

Programmanr. 131
24-6-2018

Dames, 400m vrije slag

PARA
Resultaten

| rank | name | club name | time | RT | para |
|------|--------------------|-----------------------------|---------------------|---------------------|-----------|
| 1. | Liesette Bruinsma | NTC PARA - HZ&PC Heerenveen | 200004346 S11 | 5:15.35 | +0,70 957 |
| | 50m: 33.93 | 33.93 150m: 1:54.29 41.47 | 250m: 3:14.41 40.02 | 350m: 4:36.97 40.07 | |
| | 100m: 1:12.82 | 38.89 200m: 2:34.39 40.10 | 300m: 3:56.90 42.49 | 400m: 5:15.35 38.38 | |
| 2. | Amber van der Kruk | NTC PARA - MSV Zeemacht | 200102730 S14 | 4:50.41 | +0,88 778 |
| | 50m: 31.22 | 31.22 150m: 1:44.44 37.50 | 250m: 2:58.79 37.07 | 350m: 4:14.12 37.65 | |
| | 100m: 1:06.94 | 35.72 200m: 2:21.72 37.28 | 300m: 3:36.47 37.68 | 400m: 4:50.41 36.29 | |
| 3. | Manon Vermarien | NTC PARA - Hieronymus | 199705680 S10 | 4:57.32 | +0,74 749 |
| | 50m: 34.47 | 34.47 150m: 1:48.22 37.43 | 250m: 3:03.89 37.87 | 350m: 4:19.81 38.12 | |
| | 100m: 1:10.79 | 36.32 200m: 2:26.02 37.80 | 300m: 3:41.69 37.80 | 400m: 4:57.32 37.51 | |
| 4. | Feija de Bruin | WVZ | 200400106 S10 | 5:17.90 | +0,82 612 |
| | 50m: 35.67 | 35.67 150m: 1:54.58 40.31 | 250m: 3:15.60 40.84 | 350m: 4:37.82 41.11 | |
| | 100m: 1:14.27 | 38.60 200m: 2:34.76 40.18 | 300m: 3:56.71 41.11 | 400m: 5:17.90 40.08 | |