

Programmanr. 102  
21-6-2019

Dames, 400m vrije slag

PARA  
Resultaten

rank	name	club name				time	RT	para
1.	Liesette Bruinsma <i>Nederlands Record PARA</i>	HPC PARA - HZ&PC Heerenveen	200004346	S11		<b>5:08.75</b>	+0,69	1020
	50m: 33.89	33.89	150m: 1:50.15	39.18	250m: 3:09.28	39.84	350m: 4:30.20	40.43
	100m: 1:10.97	37.08	200m: 2:29.44	39.29	300m: 3:49.77	40.49	400m: 5:08.75	38.55
2.	Amber van der Kruk	HPC PARA - MSV Zeemacht	200102730	S14		<b>4:43.46</b>	+0,82	836
	50m: 31.02	31.02	150m: 1:41.99	35.79	250m: 2:54.05	35.96	350m: 4:08.05	37.25
	100m: 1:06.20	35.18	200m: 2:18.09	36.10	300m: 3:30.80	36.75	400m: 4:43.46	35.41
3.	Jonne Moleman	LinK	200006264	S7		<b>5:28.83</b>	+0,95	752
	50m: 36.51	36.51	150m: 1:58.84	41.50	250m: 3:23.02	41.92	350m: 4:47.40	41.98
	100m: 1:17.34	40.83	200m: 2:41.10	42.26	300m: 4:05.42	42.40	400m: 5:28.83	41.43