

LAC-periode1-deel2
Denekamp, 28/11/2021

Programmanr. 7
28/11/2021 - 14:10

400m vrije slag

Meisjes Jun1 e.j, Jongens Min6 e.j
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Mattea Gliese-Sloojer	De Dinkel	6:25.04	201100008	6:00.82
	50m: 41.61	41.61 150m:		250m:	350m:
	100m: 1:28.42	46.81 200m: 3:04.19		300m:	400m: 6:00.82
2.	Daan Groener	De Dinkel	NT	201001119	6:57.56
	50m: 45.80	45.80 150m:		250m:	350m:
	100m: 1:37.72	51.92 200m: 3:27.14		300m:	400m: 6:57.56
3.	Romyrle Ter Maat	De Dinkel	NT	201100030	7:17.04
	50m: 44.65	44.65 150m:		250m:	350m:
	100m: 1:39.21	54.56 200m: 3:33.05		300m:	400m: 7:17.04
4.	Bente Groener	De Dinkel	NT	201101706	7:23.10
	50m: 50.54	50.54 150m:		250m:	350m:
	100m: 1:45.95	55.41 200m: 3:38.70		300m:	400m: 7:23.10
5.	Tijs van Alst	De Dinkel	NT	201001835	7:28.09
	50m: 46.94	46.94 150m:		250m:	350m:
	100m: 1:43.46	56.52 200m: 3:41.14		300m:	400m: 7:28.09
6.	Guus ter Braak	De Dinkel	NT	201000459	7:44.36
	50m: 50.57	50.57 150m:		250m:	350m:
	100m: 1:51.64	1:01.07 200m: 3:53.42		300m:	400m: 7:44.36
7.	Jens Rikhof	De Dinkel	NT	201001239	7:53.24
	50m: 53.41	53.41 150m:		250m:	350m:
	100m: 1:55.43	1:02.02 200m: 3:59.64		300m:	400m: 7:53.24
8.	Imke Oude Engberink	De Dinkel	NT	201100818	8:08.40
	50m: 53.09	53.09 150m:		250m:	350m:
	100m: 1:53.45	1:00.36 200m: 4:02.03		300m:	400m: 8:08.40