

Albion Open 2023  
Rotterdam, 14 - 15/10/2023

Programmanr. 17  
14/10/2023 - 14:28

Dames, 400m vrije slag

11 jaar en ouder  
Resultaten

Punten: FINA 2023

Rang			Geb.						Tijd	Pnt		
<b>11 jaar en ouder</b>												
1.	LICHTENDONK, Ismay		04	Dedemsvaart-AC						<b>4:22.13</b>	687	
	50m:	29.55	29.55	150m:	1:34.70	32.94	250m:	2:41.43	33.54	350m:	3:49.41	34.19
	100m:	1:01.76	32.21	200m:	2:07.89	33.19	300m:	3:15.22	33.79	400m:	4:22.13	32.72
2.	IRVINE, Eefje		07	De Dolfijn						<b>4:33.52</b>	604	
	50m:	31.17	31.17	150m:	1:40.27	34.71	250m:	2:49.83	34.75	350m:	3:59.36	34.50
	100m:	1:05.56	34.39	200m:	2:15.08	34.81	300m:	3:24.86	35.03	400m:	4:33.52	34.16
3.	GOVERDE, Rona		09	Hieronymus						<b>5:06.39</b>	430	
	50m:	33.97	33.97	150m:	1:52.57	39.47	250m:	3:11.75	39.57	350m:	4:30.10	38.96
	100m:	1:13.10	39.13	200m:	2:32.18	39.61	300m:	3:51.14	39.39	400m:	5:06.39	36.29
4.	KRIESELS, Elke		11	Hieronymus						<b>5:10.36</b>	413	
	50m:	35.46	35.46	150m:	1:54.06	39.67	250m:	3:13.38	39.39	350m:	4:33.42	39.73
	100m:	1:14.39	38.93	200m:	2:33.99	39.93	300m:	3:53.69	40.31	400m:	5:10.36	36.94
<b>15 - 16 jaar</b>												
1.	IRVINE, Eefje		07	De Dolfijn						<b>4:33.52</b>	604	
	50m:	31.17	31.17	150m:	1:40.27	34.71	250m:	2:49.83	34.75	350m:	3:59.36	34.50
	100m:	1:05.56	34.39	200m:	2:15.08	34.81	300m:	3:24.86	35.03	400m:	4:33.52	34.16
<b>11 - 14 jaar</b>												
1.	GOVERDE, Rona		09	Hieronymus						<b>5:06.39</b>	430	
	50m:	33.97	33.97	150m:	1:52.57	39.47	250m:	3:11.75	39.57	350m:	4:30.10	38.96
	100m:	1:13.10	39.13	200m:	2:32.18	39.61	300m:	3:51.14	39.39	400m:	5:06.39	36.29
2.	KRIESELS, Elke		11	Hieronymus						<b>5:10.36</b>	413	
	50m:	35.46	35.46	150m:	1:54.06	39.67	250m:	3:13.38	39.39	350m:	4:33.42	39.73
	100m:	1:14.39	38.93	200m:	2:33.99	39.93	300m:	3:53.69	40.31	400m:	5:10.36	36.94