

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

Programmanr. 25
15/10/2023 - 10:45

Dames, 400m wisselslag

11 jaar en ouder
Resultaten

Punten: FINA 2023

Rang					Geb.					Tijd	Pnt	
17 jaar en ouder												
1.	BRINK, Djanilla				06	De Dolfijn				4:54.44	680	
	50m:	31.50	31.50	150m:	1:47.02	39.19	250m:	3:05.53	39.56	350m:	4:21.06	34.88
	100m:	1:07.83	36.33	200m:	2:25.97	38.95	300m:	3:46.18	40.65	400m:	4:54.44	33.38
15 - 16 jaar												
1.	VAN DEN HAM, Rhodee				07	De Duinkickers				4:55.15	675	
	<i>*BU 50 en 100</i>											
	50m:	31.45	31.45	150m:	1:46.33	38.96	250m:	3:06.38	41.85	350m:	4:22.69	34.01
	100m:	1:07.37	35.92	200m:	2:24.53	38.20	300m:	3:48.68	42.30	400m:	4:55.15	32.46
11 - 14 jaar												
1.	VAN BEZOUW, Yill				11	Hieronymus				5:27.07	496	
	<i>*BU 400</i>											
	50m:	35.42	35.42	150m:	1:58.92	41.62	250m:	3:25.91	46.61	350m:	4:51.02	38.68
	100m:	1:17.30	41.88	200m:	2:39.30	40.38	300m:	4:12.34	46.43	400m:	5:27.07	36.05
2.	BERTRAM, Madeleine				09	De Dolfijn				5:28.09	491	
	50m:	35.45	35.45	150m:	1:59.79	41.28	250m:	3:28.22	47.82	350m:	4:53.60	37.13
	100m:	1:18.51	43.06	200m:	2:40.40	40.61	300m:	4:16.47	48.25	400m:	5:28.09	34.49
3.	DEKKER, Wieke				10	De Dolfijn				5:48.85	408	
	50m:	38.73	38.73	150m:	2:09.04	44.23	250m:	3:39.61	48.60	350m:	5:09.28	40.43
	100m:	1:24.81	46.08	200m:	2:51.01	41.97	300m:	4:28.85	49.24	400m:	5:48.85	39.57
4.	GOVERDE, Rona				09	Hieronymus				6:00.40	370	
	<i>*BU 100 en 400</i>											
	50m:	39.95	39.95	150m:	2:16.09	45.97	250m:	3:52.70	51.65	350m:	5:23.62	37.69
	100m:	1:30.12	50.17	200m:	3:01.05	44.96	300m:	4:45.93	53.23	400m:	6:00.40	36.78
5.	STOUT, Ilse				10	Acz				6:00.98	369	
	50m:	39.33	39.33	150m:	2:13.39	46.51	250m:	3:49.97	51.29	350m:	5:22.10	40.32
	100m:	1:26.88	47.55	200m:	2:58.68	45.29	300m:	4:41.78	51.81	400m:	6:00.98	38.88