

limietkb
Oosterhout, 29-10-2023

Programmanr. 18
29-10-2023 - 15:27

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT		
1.	Angelique van Vark	Gzc Donk	4:35.07	199701478	4:32.56		
	50m: 30.69	30.69 150m: 1:38.25	33.99	250m: 2:47.34	34.81	350m: 3:57.83	35.43
	100m: 1:04.26	33.57 200m: 2:12.53	34.28	300m: 3:22.40	35.06	400m: 4:32.56	34.73
2.	Anne Paulusse	O.Z. & P.C. De Warande	4:53.85	200200834	4:53.68		
	50m: 32.33	32.33 150m: 1:44.26	36.43	250m: 2:58.65	37.20	350m: 4:15.87	39.02
	100m: 1:07.83	35.50 200m: 2:21.45	37.19	300m: 3:36.85	38.20	400m: 4:53.68	37.81
3.	Yara Mels	Hieronymus	4:51.80	200700232	4:55.39		
	50m: 32.69	32.69 150m: 1:45.97	37.23	250m: 3:01.53	38.06	350m: 4:18.74	38.30
	100m: 1:08.74	36.05 200m: 2:23.47	37.50	300m: 3:40.44	38.91	400m: 4:55.39	36.65
4.	Yill van Bezouw	Hieronymus	5:11.59	201100704	4:57.58		
	50m: 32.91	32.91 150m: 1:47.32	37.43	250m: 3:04.52	38.68	350m: 4:21.88	38.48
	100m: 1:09.89	36.98 200m: 2:25.84	38.52	300m: 3:43.40	38.88	400m: 4:57.58	35.70
5.	Maud van Zwienen	O.Z. & P.C. De Warande	5:15.53	200703734	5:02.49		
	50m: 32.74	32.74 150m: 1:47.30	38.22	250m: 3:07.13	40.02	350m: 4:26.15	38.28
	100m: 1:09.08	36.34 200m: 2:27.11	39.81	300m: 3:47.87	40.74	400m: 5:02.49	36.34
6.	Erin de Jong	Gzc Donk	5:01.68	201000024	5:05.15		
	50m: 33.62	33.62 150m: 1:48.86	38.25	250m: 3:06.59	39.10	350m: 4:25.82	39.98
	100m: 1:10.61	36.99 200m: 2:27.49	38.63	300m: 3:45.84	39.25	400m: 5:05.15	39.33
7.	Marit Libregts	O.Z. & P.C. De Warande	5:37.33	200901652	5:33.90		
	50m: 36.99	36.99 150m: 2:01.60	43.05	250m: 3:28.18	43.15	350m: 4:56.31	43.73
	100m: 1:18.55	41.56 200m: 2:45.03	43.43	300m: 4:12.58	44.40	400m: 5:33.90	37.59