

LAC voorjaarsvakantie Zwolle  
Zwolle, 19- - 23-2-2024

Programmanr. 102  
19-2-2024 - 18:10

Dames, 800m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Annefleur Schraa	Swol 1894	12:34.59	201100044	<b>11:02.60</b>			
	100m: 1:19.46	1:19.46	300m: 4:07.12	1:23.18	500m: 6:54.66	1:25.01	700m: 9:45.01	1:24.90
	200m: 2:43.94	1:24.48	400m: 5:29.65	1:22.53	600m: 8:20.11	1:25.45	800m: 11:02.60	1:17.59
2.	Isabelle Meinema	Swol 1894	10:20.32	200500216	<b>11:45.64</b>			
	100m: 1:17.82	1:17.82	300m: 4:11.76	1:28.22	500m: 7:14.10	1:31.78	700m: 10:17.95	1:31.03
	200m: 2:43.54	1:25.72	400m: 5:42.32	1:30.56	600m: 8:46.92	1:32.82	800m: 11:45.64	1:27.69
3.	Myrthe te Winkel	Swol 1894	NT	200804336	<b>11:58.22</b>			
	100m: 1:25.91	1:25.91	300m: 4:29.20	1:31.87	500m: 7:32.49	1:31.85	700m: 10:32.31	1:29.13
	200m: 2:57.33	1:31.42	400m: 6:00.64	1:31.44	600m: 9:03.18	1:30.69	800m: 11:58.22	1:25.91
4.	Jinthe Kuiper	Swol 1894	13:38.84	201200688	<b>12:17.65</b>			
	100m: 1:26.08	1:26.08	300m: 4:32.33	1:33.58	500m: 7:40.67	1:34.70	700m: 10:48.80	1:32.64
	200m: 2:58.75	1:32.67	400m: 6:05.97	1:33.64	600m: 9:16.16	1:35.49	800m: 12:17.65	1:28.85
5.	Esmee Koning	Swol 1894	NT	200903234	<b>12:20.23</b>			
	100m: 1:24.51	1:24.51	300m: 4:29.23	1:32.72	500m: 7:39.04	1:35.68	700m: 10:49.23	1:34.19
	200m: 2:56.51	1:32.00	400m: 6:03.36	1:34.13	600m: 9:15.04	1:36.00	800m: 12:20.23	1:31.00
6.	Nicky Freriksen	Swol 1894	NT	200802348	<b>13:50.75</b>			
	100m: 1:31.15	1:31.15	300m: 4:57.18	1:43.63	500m: 8:30.72	1:46.71	700m: 12:07.23	1:47.63
	200m: 3:13.55	1:42.40	400m: 6:44.01	1:46.83	600m: 10:19.60	1:48.88	800m: 13:50.75	1:43.52