

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

Programmanr. 104
19-2-2024 - 18:50

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging				intijd				tijd				RT
1.	Elien Groothuismink	Swol 1894				6:17.30 200800920				5:50.95				
	50m:	39.61	39.61	150m:	2:11.26	43.94	250m:	3:42.20	50.01	350m:	5:11.38	40.17		
	100m:	1:27.32	47.71	200m:	2:52.19	40.93	300m:	4:31.21	49.01	400m:	5:50.95	39.57		
2.	Elynn Fransz	Swol 1894				NT 201102114				6:54.21				
	50m:	43.07	43.07	150m:	2:31.20	51.09	250m:	4:18.64	59.03	350m:	6:10.83	50.92		
	100m:	1:40.11	57.04	200m:	3:19.61	48.41	300m:	5:19.91	1:01.27	400m:	6:54.21	43.38		
3.	Bente Boers	Swol 1894				NT 201201540				7:13.64				
	50m:	49.95	49.95	150m:	2:44.70	51.25	250m:	4:33.48	57.41	350m:	6:26.32	50.52		
	100m:	1:53.45	1:03.50	200m:	3:36.07	51.37	300m:	5:35.80	1:02.32	400m:	7:13.64	47.32		
4.	Julia Bouman	Swol 1894				NT 201200790				7:39.58				
	50m:	54.10	54.10	150m:	2:54.21	57.60	250m:	4:52.17	58.50	350m:	6:47.41	54.75		
	100m:	1:56.61	1:02.51	200m:	3:53.67	59.46	300m:	5:52.66	1:00.49	400m:	7:39.58	52.17		
5.	Anna-Sophie van Vuuren	Swol 1894				NT 201202470				7:42.24				
	50m:	48.32	48.32	150m:	2:52.81	58.35	250m:	4:49.12	1:00.40	350m:	6:48.75	57.69		
	100m:	1:54.46	1:06.14	200m:	3:48.72	55.91	300m:	5:51.06	1:01.94	400m:	7:42.24	53.49		