

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

Programmanr. 202
23-2-2024 - 18:50

Dames, 1500m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging				intijd				tijd				RT
1.	Annefleur Schraa	Swol 1894				NT 201100044				21:07.62				
	100m:	1:19.54	1:19.54	500m:	7:01.33	1:25.52	900m:	12:39.69	1:25.04	1300m:	18:22.45	1:25.94		
	200m:	2:44.93	1:25.39	600m:	8:25.91	1:24.58	1000m:	14:05.60	1:25.91	1400m:	19:47.36	1:24.91		
	300m:	4:10.56	1:25.63	700m:	9:50.02	1:24.11	1100m:	15:31.16	1:25.56	1500m:	21:07.62	1:20.26		
	400m:	5:35.81	1:25.25	800m:	11:14.65	1:24.63	1200m:	16:56.51	1:25.35					
2.	Denise Thül	Swol 1894				NT 200902530				22:44.47				
	100m:	1:22.95	1:22.95	500m:	7:30.58	1:32.49	900m:	13:41.15	1:32.92	1300m:	19:48.56	1:31.03		
	200m:	2:53.94	1:30.99	600m:	9:03.42	1:32.84	1000m:	15:13.61	1:32.46	1400m:	21:19.18	1:30.62		
	300m:	4:26.31	1:32.37	700m:	10:35.77	1:32.35	1100m:	16:45.38	1:31.77	1500m:	22:44.47	1:25.29		
	400m:	5:58.09	1:31.78	800m:	12:08.23	1:32.46	1200m:	18:17.53	1:32.15					
3.	Jinthe Kuiper	Swol 1894				NT 201200688				23:11.83				
	100m:	1:27.86	1:27.86	500m:	7:44.93	1:34.41	900m:	13:57.44	1:32.38	1300m:	20:10.91	1:33.11		
	200m:	3:00.63	1:32.77	600m:	9:17.81	1:32.88	1000m:	15:30.64	1:33.20	1400m:	21:44.24	1:33.33		
	300m:	4:36.03	1:35.40	700m:	10:50.59	1:32.78	1100m:	17:04.59	1:33.95	1500m:	23:11.83	1:27.59		
	400m:	6:10.52	1:34.49	800m:	12:25.06	1:34.47	1200m:	18:37.80	1:33.21					
4.	Bente Boers	Swol 1894				NT 201201540				27:49.02				
	100m:	1:36.27	1:36.27	500m:	9:03.65	1:53.80	900m:	16:37.84	1:55.08	1300m:	24:18.67	1:51.64		
	200m:	3:23.92	1:47.65	600m:	10:55.13	1:51.48	1000m:	18:35.74	1:57.90	1400m:	26:09.88	1:51.21		
	300m:	5:15.11	1:51.19	700m:	12:48.05	1:52.92	1100m:	20:31.09	1:55.35	1500m:	27:49.02	1:39.14		
	400m:	7:09.85	1:54.74	800m:	14:42.76	1:54.71	1200m:	22:27.03	1:55.94					