

Programmanr. 208
26/5/2024 - 15:35

Dames, 400m wisselslag

All-in
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 1 en 2					
1.	Annefleur Schraa	SWOL 1894	6:12.31	201100044	6:02.60
	50m: 37.19	37.19 150m: 2:10.38	47.65	250m: 3:47.75	53.39
	100m: 1:22.73	45.54 200m: 2:54.36	43.98	300m: 4:41.47	53.72
				350m: 5:22.67	41.20
				400m: 6:02.60	39.93
2.	Isabel Amelink	Deltasteur	5:51.16	201100196	6:13.99
	50m: 40.45	40.45 150m: 2:19.45	50.77	250m: 3:59.37	53.82
	100m: 1:28.68	48.23 200m: 3:05.55	46.10	300m: 4:54.02	54.65
				350m: 5:34.41	40.39
				400m: 6:13.99	39.58
3.	Lisa Boogaard	Deltasteur	6:12.14	201100990	6:17.92
	50m: 38.08	38.08 150m: 2:16.85	50.15	250m: 3:59.52	54.72
	100m: 1:26.70	48.62 200m: 3:04.80	47.95	300m: 4:55.00	55.48
				350m: 5:37.05	42.05
				400m: 6:17.92	40.87
4.	Maurieke Frijstein	Deltasteur	6:20.38	201100198	6:23.17
	50m: 42.16	42.16 150m: 2:27.84	49.21	250m: 4:06.62	51.23
	100m: 1:38.63	56.47 200m: 3:15.39	47.55	300m: 4:59.43	52.81
				350m: 5:42.10	42.67
				400m: 6:23.17	41.07
5.	Jinthe Kuiper	SWOL 1894	6:28.52	201200688	6:30.68
	50m: 43.10	43.10 150m: 2:26.04	50.03	250m: 4:06.54	53.15
	100m: 1:36.01	52.91 200m: 3:13.39	47.35	300m: 4:59.94	53.40
				350m: 5:45.87	45.93
				400m: 6:30.68	44.81
6.	Benthe Boersma	Deltasteur	6:45.76	201100994	6:41.93
	50m: 47.98	47.98 150m: 2:38.04	53.59	250m: 4:23.90	55.73
	100m: 1:44.45	56.47 200m: 3:28.17	50.13	300m: 5:19.80	55.90
				350m: 6:04.03	44.23
				400m: 6:41.93	37.90
7.	Romyrle ter Maat	De Dinkel	6:25.68	201100030	6:43.08
	50m: 41.65	41.65 150m: 2:24.94	50.82	250m: 4:12.81	56.66
	100m: 1:34.12	52.47 200m: 3:16.15	51.21	300m: 5:10.47	57.66
				350m: 5:56.91	46.44
				400m: 6:43.08	46.17
8.	Imke Oude Engberink	De Dinkel	6:35.87	201100818	6:45.36
	50m: 46.66	46.66 150m: 2:35.71	55.18	250m: 4:25.48	1:01.79
	100m: 1:40.53	53.87 200m: 3:23.69	47.98	300m: 5:24.77	59.29
				350m: 6:06.20	41.43
				400m: 6:45.36	39.16
9.	Femke Keizer	Dedemsvaart-AC	6:51.90	201200272	6:52.93
	50m: 47.94	47.94 150m: 2:41.30	50.10	250m: 4:27.67	57.40
	100m: 1:51.20	1:03.26 200m: 3:30.27	48.97	300m: 5:23.79	56.12
				350m: 6:10.97	47.18
				400m: 6:52.93	41.96
10.	Ribanna Damm	Sg - E Z C L	6:42.05	201100304	6:58.26
	50m: 47.18	47.18 150m: 2:36.92	53.17	250m: 4:28.34	58.46
	100m: 1:43.75	56.57 200m: 3:29.88	52.96	300m: 5:28.38	1:00.04
				350m: 6:14.39	46.01
				400m: 6:58.26	43.87
DIS	Fayenne Hemmelder	WS Twente	7:26.19	201200538	
	<i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.</i>				
DIS	Noor Wierda	WS Twente	7:07.13	201200542	
	<i>VI - Met één hand keer- en/of eindpunt aangetikt.</i>				
Junioren 3 en 4					
1.	Florien Pot	WS Twente	5:40.47	201000768	5:44.39
	50m: 35.30	35.30 150m: 2:03.30	45.09	250m: 3:38.92	52.43
	100m: 1:18.21	42.91 200m: 2:46.49	43.19	300m: 4:30.54	51.62
				350m: 5:07.62	37.08
				400m: 5:44.39	36.77
2.	Emma Steenbrink	WS Twente	5:45.45	200901376	5:48.67
	50m: 37.17	37.17 150m: 2:08.84	43.42	250m: 3:40.89	49.97
	100m: 1:25.42	48.25 200m: 2:50.92	42.08	300m: 4:33.91	53.02
				350m: 5:12.12	38.21
				400m: 5:48.67	36.55
3.	Nienke Bulter	De Dinkel	5:42.59	200902188	5:50.37
	50m: 36.73	36.73 150m: 2:05.05	45.82	250m: 3:38.95	49.63
	100m: 1:19.23	42.50 200m: 2:49.32	44.27	300m: 4:29.87	50.92
				350m: 5:11.44	41.57
				400m: 5:50.37	38.93
4.	Simone Faber	Deltasteur	5:32.30	200900710	5:53.41
	50m: 37.51	37.51 150m: 2:10.42	45.89	250m: 3:45.60	50.11
	100m: 1:24.53	47.02 200m: 2:55.49	45.07	300m: 4:38.05	52.45
				350m: 5:17.27	39.22
				400m: 5:53.41	36.14
5.	Daphne Dijsselhof	Dedemsvaart-AC	5:48.69	200901690	5:57.03
	50m: 37.88	37.88 150m: 2:13.08	46.72	250m: 3:49.40	51.69
	100m: 1:26.36	48.48 200m: 2:57.71	44.63	300m: 4:42.27	52.87
				350m: 5:21.52	39.25
				400m: 5:57.03	35.51
6.	Jesmé Haytink	WS Twente	5:52.72	201000382	6:02.83
	50m: 37.39	37.39 150m: 2:11.01	47.13	250m: 3:47.63	50.33
	100m: 1:23.88	46.49 200m: 2:57.30	46.29	300m: 4:39.03	51.40
				350m: 5:21.65	42.62
				400m: 6:02.83	41.18
7.	Sofie Kleissen	O Z & P C	6:07.88	200901134	6:05.64
	50m: 37.65	37.65 150m: 2:14.51	46.99	250m: 3:51.62	54.33
	100m: 1:27.52	49.87 200m: 2:57.29	42.78	300m: 4:45.31	53.69
				350m: 5:27.65	42.34
				400m: 6:05.64	37.99
8.	Mila Soethof	De Dinkel	5:54.23	200900482	6:09.03
	50m: 37.01	37.01 150m: 2:13.49	46.34	250m: 3:52.00	53.14
	100m: 1:27.15	50.14 200m: 2:58.86	45.37	300m: 4:46.34	54.34
				350m: 5:29.15	42.81
				400m: 6:09.03	39.88

Programmanr. 208, Meisjes, 400m wisselslag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT
9.	Amber Spronk	Deltasteur	6:19.41	201000970	6:26.58 +0,68
	50m: 41.93	41.93 150m: 2:18.42	46.87	250m: 4:04.80	59.96 350m: 5:44.66
	100m: 1:31.55	49.62 200m: 3:04.84	46.42	300m: 5:03.65	58.85 400m: 6:26.58
10.	Ine-Joy Tilburg	Z&PV de Veene	6:22.43	201002036	6:30.91 +0,67
	50m: 40.96	40.96 150m: 2:25.04	54.10	250m: 4:10.31	57.91 350m: 5:52.25
	100m: 1:30.94	49.98 200m: 3:12.40	47.36	300m: 5:06.96	56.65 400m: 6:30.91
11.	Sanne Keizer	Dedemsvaart-AC	6:26.51	201001348	6:32.95
	50m: 43.42	43.42 150m: 2:30.06	51.09	250m: 4:13.47	53.45 350m: 5:50.84
	100m: 1:38.97	55.55 200m: 3:20.02	49.96	300m: 5:06.38	52.91 400m: 6:32.95
12.	Kayleigh van Doeselaar	Sg - E Z C L	6:11.69	201000478	6:35.27
	50m: 42.90	42.90 150m: 2:25.55	51.81	250m: 4:11.69	57.26 350m: 5:51.38
	100m: 1:33.74	50.84 200m: 3:14.43	48.88	300m: 5:09.32	57.63 400m: 6:35.27
13.	Jente van 't Hul	Deltasteur	6:18.03	201000186	6:38.05
	50m: 43.35	43.35 150m: 2:35.19	55.55	250m: 4:21.25	51.51 350m: 5:58.72
	100m: 1:39.64	56.29 200m: 3:29.74	54.55	300m: 5:13.88	52.63 400m: 6:38.05
14.	Linde Kamman	SWOL 1894	6:34.64	201000742	6:53.83
	50m: 43.65	43.65 150m: 2:36.34	55.48	250m: 4:26.65	57.63 350m: 6:12.12
	100m: 1:40.86	57.21 200m: 3:29.02	52.68	300m: 5:26.46	59.81 400m: 6:53.83
15.	Meike Hultink	De Grunte	6:25.57	201001686	6:55.57
	50m: 47.91	47.91 150m: 2:43.48	55.57	250m: 4:30.50	54.11 350m: 6:10.08
	100m: 1:47.91	1:00.00 200m: 3:36.39	52.91	300m: 5:26.05	55.55 400m: 6:55.57

Jeugd 1 en 2

1.	Barbara Broekhuis	De Dinkel	5:33.18	200700880	5:34.20 +0,61
	50m: 35.96	35.96 150m: 2:07.73	47.04	250m: 3:38.07	45.54 350m: 5:01.41
	100m: 1:20.69	44.73 200m: 2:52.53	44.80	300m: 4:24.91	46.84 400m: 5:34.20
2.	Hannah Markovinovic	WS Twente	5:17.45	200803266	5:34.51 +0,47
	50m: 33.74	33.74 150m: 1:56.59	42.40	250m: 3:30.06	50.61 350m: 4:58.66
	100m: 1:14.19	40.45 200m: 2:39.45	42.86	300m: 4:20.53	50.47 400m: 5:34.51
3.	Lois Waterham	Dedemsvaart-AC	5:33.82	200803726	5:41.45 +0,55
	50m: 34.62	34.62 150m: 2:00.86	44.85	250m: 3:35.74	50.53 350m: 5:05.25
	100m: 1:16.01	41.39 200m: 2:45.21	44.35	300m: 4:27.26	51.52 400m: 5:41.45
4.	Marlouke Frijstein	Deltasteur	5:37.72	200800152	5:51.93 +0,73
	50m: 36.76	36.76 150m: 2:07.81	45.36	250m: 3:42.50	49.84 350m: 5:14.22
	100m: 1:22.45	45.69 200m: 2:52.66	44.85	300m: 4:34.21	51.71 400m: 5:51.93
5.	Esmee Nieuwenhuis	ZPC De Hof	5:44.42	200701444	5:57.47 +0,84
	50m: 35.61	35.61 150m: 2:05.68	48.38	250m: 3:49.41	58.65 350m: 5:22.08
	100m: 1:17.30	41.69 200m: 2:50.76	45.08	300m: 4:44.43	55.02 400m: 5:57.47
6.	Flore Blok	de IJssel	5:46.05	200804348	5:58.44 +0,57
	50m: 35.70	35.70 150m: 2:05.90	48.06	250m: 3:43.80	50.81 350m: 5:18.21
	100m: 1:17.84	42.14 200m: 2:52.99	47.09	300m: 4:35.41	51.61 400m: 5:58.44
7.	Leyona Lichtendonk	Dedemsvaart-AC	5:36.52	200700010	6:05.57
	50m: 34.95	34.95 150m: 2:06.43	46.09	250m: 3:47.96	56.12 350m: 5:25.94
	100m: 1:20.34	45.39 200m: 2:51.84	45.41	300m: 4:43.05	55.09 400m: 6:05.57
8.	Sofie Kragt	Dedemsvaart-AC	5:47.88	200701020	6:07.46
	50m: 38.57	38.57 150m: 2:14.43	48.71	250m: 3:55.12	52.97 350m: 5:28.24
	100m: 1:25.72	47.15 200m: 3:02.15	47.72	300m: 4:48.04	52.92 400m: 6:07.46
9.	Charlotte van der Meer	Deltasteur	5:52.61	200704478	6:12.44 +0,61
	50m: 39.61	39.61 150m: 2:15.35	46.39	250m: 3:54.83	53.83 350m: 5:32.69
	100m: 1:28.96	49.35 200m: 3:01.00	45.65	300m: 4:48.73	53.90 400m: 6:12.44
10.	Esther Dijsselhof	Dedemsvaart-AC	5:55.59	200800784	6:13.86 +0,54
	50m: 38.73	38.73 150m: 2:16.47	51.06	250m: 3:56.11	50.34 350m: 5:31.49
	100m: 1:25.41	46.68 200m: 3:05.77	49.30	300m: 4:47.50	51.39 400m: 6:13.86

Senioren 1-2 en Senioren

1.	Marlies Dijsselhof	Dedemsvaart-AC	5:14.45	200601046	5:52.08 +0,81
	50m: 35.64	35.64 150m: 2:02.04	40.51	250m: 3:34.94	51.73 350m: 5:08.48
	100m: 1:21.53	45.89 200m: 2:43.21	41.17	300m: 4:25.92	50.98 400m: 5:52.08

Senioren

1.	Ismay Lichtendonk	Dedemsvaart-AC	4:56.43	200400622	5:10.05 +0,68
	50m: 30.91	30.91 150m: 1:48.01	40.24	250m: 3:11.79	44.87 350m: 4:35.51
	100m: 1:07.77	36.86 200m: 2:26.92	38.91	300m: 3:58.39	46.60 400m: 5:10.05
2.	Michelle Zomerdijk	Dedemsvaart-AC	5:10.86	200003196	5:33.83 +0,57
	50m: 33.60	33.60 150m: 1:59.50	45.44	250m: 3:29.75	45.47 350m: 4:56.50
	100m: 1:14.06	40.46 200m: 2:44.28	44.78	300m: 4:17.28	47.53 400m: 5:33.83