

A-Limietwedstrijd LB deel 2  
Hengelo, 6-4-2024



Programmanr. 1  
6-4-2024 - 13:30

Dames, 400m wisselslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Marlies Dijsselhof	Dedemsvaart-AC	5:39.20	200601046	<b>5:35.34</b> +0,74	
	50m: 33.53	33.53 150m: 1:57.01	41.66 250m: 3:24.88	47.09	350m: 4:55.38	42.14
	100m: 1:15.35	41.82 200m: 2:37.79	40.78 300m: 4:13.24	48.36	400m: 5:35.34	39.96
2.	Jesmé Haytink	WS Twente	5:44.65	201000382	<b>5:52.72</b> +0,64	
	50m: 37.88	37.88 150m: 2:10.79	47.49 250m: 3:45.80	48.91	350m: 5:15.24	40.07
	100m: 1:23.30	45.42 200m: 2:56.89	46.10 300m: 4:35.17	49.37	400m: 5:52.72	37.48
3.	Daphne Dijsselhof	Dedemsvaart-AC	6:10.74	200901690	<b>5:59.06</b> +0,78	
	50m: 39.17	39.17 150m: 2:15.34	46.91 250m: 3:50.76	50.99	350m: 5:23.13	39.14
	100m: 1:28.43	49.26 200m: 2:59.77	44.43 300m: 4:43.99	53.23	400m: 5:59.06	35.93
4.	Flore Blok	de IJsel	6:06.60	200804348	<b>6:01.66</b> +0,57	
	50m: 35.96	35.96 150m: 2:06.74	48.75 250m: 3:45.03	50.72	350m: 5:21.67	44.41
	100m: 1:17.99	42.03 200m: 2:54.31	47.57 300m: 4:37.26	52.23	400m: 6:01.66	39.99
5.	Mare Offringa	SG. Bolsward-Workum	6:01.92	201001110	<b>6:05.82</b> +0,61	
	50m: 37.61	37.61 150m: 2:13.57	48.18 250m: 3:51.67	51.32	350m: 5:26.48	42.60
	100m: 1:25.39	47.78 200m: 3:00.35	46.78 300m: 4:43.88	52.21	400m: 6:05.82	39.34
6.	Annefleur Schraa	Swol 1894	6:04.44	201100044	<b>6:12.31</b> +0,64	
	50m: 42.13	42.13 150m: 2:18.85	48.43 250m: 3:56.22	52.27	350m: 5:32.87	42.65
	100m: 1:30.42	48.29 200m: 3:03.95	45.10 300m: 4:50.22	54.00	400m: 6:12.31	39.44
7.	Emma Jansen	Dedemsvaart-AC	6:28.62	200902408	<b>6:21.15</b> +0,53	
	50m: 41.46	41.46 150m: 2:20.55	48.09 250m: 4:00.20	53.22	350m: 5:39.27	45.03
	100m: 1:32.46	51.00 200m: 3:06.98	46.43 300m: 4:54.24	54.04	400m: 6:21.15	41.88
8.	Aukje Markerink	ZPC De Hof	6:08.61	200802196	<b>6:28.08</b>	
	50m: 38.73	38.73 150m: 2:18.38	49.04 250m: 3:59.83	53.15	350m: 5:41.62	46.79
	100m: 1:29.34	50.61 200m: 3:06.68	48.30 300m: 4:54.83	55.00	400m: 6:28.08	46.46
9.	Karlijn Siero	de IJsel	NT	201201758	<b>6:50.36</b>	
	50m: 44.97	44.97 150m: 2:36.30	55.74 250m: 4:23.84	55.82	350m: 6:07.55	47.00
	100m: 1:40.56	55.59 200m: 3:28.02	51.72 300m: 5:20.55	56.71	400m: 6:50.36	42.81