

A-Limietwedstrijd LB deel 3  
Hengelo, 20-4-2024

Programmanr. 1  
20-4-2024 - 13:30

Dames, 400m vrije slag

Senioren Open  
Resultaten

rang naam	vereniging	intijd		tijd	RT	100m	200m	300m	400m
1. H. Markovinovic	WS Twente	4:48.38	200803266	<b>4:48.57</b>	+0,46	1:07.31	1:13.66	1:14.54	1:13.06
50m: 32.00	32.00	150m: 1:43.67	36.36	250m: 2:58.02	37.05	350m: 4:12.80	37.29		
100m: 1:07.31	35.31	200m: 2:20.97	37.30	300m: 3:35.51	37.49	400m: 4:48.57	35.77		
2. Sofie Vos	ZPC Hoogeveen	4:46.63	200800804	<b>5:00.15</b>	+0,80	1:10.48	1:16.48	1:17.07	1:16.12
50m: 33.40	33.40	150m: 1:48.42	37.94	250m: 3:05.46	38.50	350m: 4:22.62	38.59		
100m: 1:10.48	37.08	200m: 2:26.96	38.54	300m: 3:44.03	38.57	400m: 5:00.15	37.53		
3. Florian Pot	WS Twente	5:20.21	201000768	<b>5:05.73</b>		1:13.19	1:19.07	1:18.05	1:15.42
50m: 34.64	34.64	150m: 1:52.98	39.79	250m: 3:11.55	39.29	350m: 4:29.07	38.76		
100m: 1:13.19	38.55	200m: 2:32.26	39.28	300m: 3:50.31	38.76	400m: 5:05.73	36.66		
4. Jesmé Haytink	WS Twente	5:29.74	201000382	<b>5:12.83</b>	+0,57	1:14.16	1:19.68	1:19.08	1:19.91
50m: 34.91	34.91	150m: 1:54.35	40.19	250m: 3:12.86	39.02	350m: 4:32.88	39.96		
100m: 1:14.16	39.25	200m: 2:33.84	39.49	300m: 3:52.92	40.06	400m: 5:12.83	39.95		
5. Anique Polinder	Dedemsvaart-AC	5:09.61	200800008	<b>5:18.78</b>	+0,86	1:14.47	1:22.33	1:23.20	1:18.78
50m: 34.74	34.74	150m: 1:55.33	40.86	250m: 3:17.99	41.19	350m: 4:41.23	41.23		
100m: 1:14.47	39.73	200m: 2:36.80	41.47	300m: 4:00.00	42.01	400m: 5:18.78	37.55		
6. Cato Tulen	Swol 1894	5:06.82	200701946	<b>5:19.39</b>	+0,65	1:13.42	1:23.25	1:24.04	1:18.68
50m: 33.69	33.69	150m: 1:54.72	41.30	250m: 3:18.39	41.72	350m: 4:42.45	41.74		
100m: 1:13.42	39.73	200m: 2:36.67	41.95	300m: 4:00.71	42.32	400m: 5:19.39	36.94		
7. Elien Groothuismink	Swol 1894	5:09.19	200800920	<b>5:23.00</b>		1:15.68	1:22.70	1:23.65	1:20.97
50m: 36.03	36.03	150m: 1:57.35	41.67	250m: 3:20.26	41.88	350m: 4:43.36	41.33		
100m: 1:15.68	39.65	200m: 2:38.38	41.03	300m: 4:02.03	41.77	400m: 5:23.00	39.64		
8. Eva ter Horst	ZPC Hoogeveen	5:37.22	201200070	<b>5:39.13</b>	+0,62	1:19.18	1:28.67	1:27.92	1:23.36
50m: 37.07	37.07	150m: 2:02.87	43.69	250m: 3:32.10	44.25	350m: 4:58.77	43.00		
100m: 1:19.18	42.11	200m: 2:47.85	44.98	300m: 4:15.77	43.67	400m: 5:39.13	40.36		
9. Myron Dekker	ZPC Hoogeveen	5:35.40	201000512	<b>5:39.61</b>		1:19.78	1:26.98	1:28.17	1:24.68
50m: 37.45	37.45	150m: 2:02.74	42.96	250m: 3:30.87	44.11	350m: 4:58.41	43.48		
100m: 1:19.78	42.33	200m: 2:46.76	44.02	300m: 4:14.93	44.06	400m: 5:39.61	41.20		
10. Sophie Kortenschijl	WS Twente	6:13.36	201100672	<b>5:49.99</b>		1:20.42	1:32.26	1:32.53	1:24.78
50m: 36.88	36.88	150m: 2:06.09	45.67	250m: 3:39.19	46.51	350m: 5:09.71	44.50		
100m: 1:20.42	43.54	200m: 2:52.68	46.59	300m: 4:25.21	46.02	400m: 5:49.99	40.28		
11. Karlijn Siero	de IJssel	6:38.87	201201758	<b>5:56.39</b>		1:24.02	1:32.42	1:32.53	1:27.42
50m: 39.26	39.26	150m: 2:10.45	46.43	250m: 3:42.64	46.20	350m: 5:14.41	45.44		
100m: 1:24.02	44.76	200m: 2:56.44	45.99	300m: 4:28.97	46.33	400m: 5:56.39	41.98		
12. Sjors Werger	Dedemsvaart-AC	5:48.80	201100906	<b>5:56.40</b>	* +0,87	1:23.93	1:33.45	1:33.41	1:25.61
*200m									
50m: 38.63	38.63	150m: 2:10.37	46.44	250m: 3:44.53	47.15	350m: 5:15.09	44.30		
100m: 1:23.93	45.30	200m: 2:57.38	47.01	300m: 4:30.79	46.26	400m: 5:56.40	41.31		
13. Noor Wierda	WS Twente	6:34.92	201200542	<b>6:05.22</b>	+0,80	1:23.47	1:35.81	1:35.71	1:30.23
50m: 37.85	37.85	150m: 2:11.49	48.02	250m: 3:46.88	47.60	350m: 5:21.66	46.67		
100m: 1:23.47	45.62	200m: 2:59.28	47.79	300m: 4:34.99	48.11	400m: 6:05.22	43.56		
14. Tess Broer	ZPC Hoogeveen	6:02.99	201200420	<b>6:09.43</b>		1:24.68	1:34.09	1:34.71	1:35.95
50m: 39.48	39.48	150m: 2:10.87	46.19	250m: 3:45.60	46.83	350m: 5:21.17	47.69		
100m: 1:24.68	45.20	200m: 2:58.77	47.90	300m: 4:33.48	47.88	400m: 6:09.43	48.26		