

LAQUA Superprestige 2024 - Speedocup en Memorial Rik Vandenbosch  
LEUVEN, 23 - 24/11/2024

Programmanr. 15  
23/11/2024 - 15:07

Dames, 400m wisselslag

11 jaar en ouder  
Resultaten

Punten: AQUA 2024

Rang				Inschr.			Tijd	Pnt				
1.	VANDERLINDEN Siri			LAQUA/21540/094:50.21			<b>4:51.39</b>	701				
	50m:	30.45	30.45	150m:	1:43.15	37.56	250m:	3:03.76	43.92	350m:	4:20.07	31.56
	100m:	1:05.59	35.14	200m:	2:19.84	36.69	300m:	3:48.51	44.75	400m:	4:51.39	31.32
2.	VACHAUDEZ Ella			ENLN/008863/09 5:02.93			<b>4:54.10</b>	682				
	50m:	32.09	32.09	150m:	1:45.89	37.37	250m:	3:04.09	41.41	350m:	4:20.74	35.16
	100m:	1:08.52	36.43	200m:	2:22.68	36.79	300m:	3:45.58	41.49	400m:	4:54.10	33.36
3.	RINCHON Rachel			ENLN/012798/08 4:58.02			<b>4:57.93</b>	656				
	50m:	30.12	30.12	150m:	1:42.50	37.18	250m:	3:03.25	43.49	350m:	4:23.13	35.60
	100m:	1:05.32	35.20	200m:	2:19.76	37.26	300m:	3:47.53	44.28	400m:	4:57.93	34.80
4.	COLINET Manon			CNSW/012926/075:13.08			<b>5:09.68</b>	584				
	50m:	33.50	33.50	150m:	1:53.72	41.01	250m:	3:14.59	41.75	350m:	4:33.94	36.99
	100m:	1:12.71	39.21	200m:	2:32.84	39.12	300m:	3:56.95	42.36	400m:	5:09.68	35.74
5.	GRAHAM Jil			LAQUA/21654/065:06.05			<b>5:12.68</b>	567				
	50m:	34.40	34.40	150m:	1:51.62	37.76	250m:	3:16.94	47.50	350m:	4:39.00	34.89
	100m:	1:13.86	39.46	200m:	2:29.44	37.82	300m:	4:04.11	47.17	400m:	5:12.68	33.68
6.	MEYER Thyri			KAZS/21181/09 5:29.87			<b>5:25.91</b>	501				
	50m:	35.59	35.59	150m:	1:58.92	42.54	250m:	3:26.79	47.16	350m:	4:50.73	36.06
	100m:	1:16.38	40.79	200m:	2:39.63	40.71	300m:	4:14.67	47.88	400m:	5:25.91	35.18
7.	MARC Sarah			SCR/013889/12 5:54.91			<b>5:32.69</b>	471				
	50m:	34.97	34.97	150m:	2:00.10	42.98	250m:	3:28.11	46.77	350m:	4:54.76	38.80
	100m:	1:17.12	42.15	200m:	2:41.34	41.24	300m:	4:15.96	47.85	400m:	5:32.69	37.93
dis	ALAYED Mashaël Meshari			di:CNSW/014223/065:35.00			<b>5:38.77</b>					
	<i>SW 7.6 - Niet met 2 handen gelijktijdig muur geraakt of handen op elkaar gelegd bij KP of A</i>											
	50m:	37.77	37.77	150m:	2:04.35	43.70	250m:	3:34.91	48.34	350m:	5:01.99	38.24
	100m:	1:20.65	42.88	200m:	2:46.57	42.22	300m:	4:23.75	48.84	400m:	5:38.77	36.78