

Lac Deel 5
Hengelo, 10-4-2026

Programmanr. 5
10-4-2026 - 19:00

Dames, 400m wisselslag

2013 en ouder
Resultaten

rang	naam	vereniging				intijd				tijd				RT
1.	Jesmé Haytink	WS Twente				5:43.04 201000382				5:39.01				
	50m: 35.74	35.74	150m:	2:04.74	46.05	250m:	3:38.09	48.55	350m:	5:03.34	36.55			
	100m: 1:18.69	42.95	200m:	2:49.54	44.80	300m:	4:26.79	48.70	400m:	5:39.01	35.67			
2.	Jinthe Lentfert	WS Twente				6:30.00 201300166				6:08.38				
	50m: 39.73	39.73	150m:	2:13.26	47.33	250m:	3:52.33	54.03	350m:	5:28.83	41.32			
	100m: 1:25.93	46.20	200m:	2:58.30	45.04	300m:	4:47.51	55.18	400m:	6:08.38	39.55			
3.	Puck Hoekman	WS Twente				6:34.03 201300574				6:25.53				
	50m: 47.94	47.94	150m:	2:35.40	44.63	250m:	4:14.70	56.34	350m:	5:48.69	38.88			
	100m: 1:50.77	1:02.83	200m:	3:18.36	42.96	300m:	5:09.81	55.11	400m:	6:25.53	36.84			
4.	Tess Fischer	WS Twente				7:02.04 201102122				6:36.28				
	50m: 44.39	44.39	150m:	2:29.84	51.69	250m:	4:13.23	53.44	350m:	5:52.81	44.98			
	100m: 1:38.15	53.76	200m:	3:19.79	49.95	300m:	5:07.83	54.60	400m:	6:36.28	43.47			