

Programmanr. 8
1-3-2020 - 10:50

Dames, 400m wisselslag
Winnares 2019: Veerle Nieborg 5.26.48

11 jaar en ouder
Resultaten

Punten: FINA 2020

Rang					In.tijd	Tijd	Fina	RT	Finale
1.	Alinda Dingshoff	ZPC Hoogeveen	200000928	5:03.73	5:15.38	602	+0,80		
	50m: 32.16	32.16	150m: 1:47.56	39.08	250m: 3:13.74	47.88	350m: 4:39.31	37.15	
	100m: 1:08.48	36.32	200m: 2:25.86	38.30	300m: 4:02.16	48.42	400m: 5:15.38	36.07	
2.	Danielle Meinema	SWOL 1894	200300534	5:03.13	5:15.82	599	+0,97		
	50m: 32.54	32.54	150m: 1:52.01	41.88	250m: 3:18.59	45.18	350m: 4:41.46	36.61	
	100m: 1:10.13	37.59	200m: 2:33.41	41.40	300m: 4:04.85	46.26	400m: 5:15.82	34.36	
3.	Myrthe Dorgelo	ZVZwartsluis	200500068	5:36.17	5:46.80	453			
	50m: 35.78	35.78	150m: 2:03.55	46.06	250m: 3:35.57	48.15	350m: 5:06.80	42.31	
	100m: 1:17.49	41.71	200m: 2:47.42	43.87	300m: 4:24.49	48.92	400m: 5:46.80	40.00	
4.	Miron Schimmelpenning	ZPC Hoogeveen	200500426	5:54.13	5:57.32	414			
	50m: 41.55	41.55	150m: 2:15.01	43.65	250m: 3:47.13	48.72	350m: 5:18.04	39.96	
	100m: 1:31.36	49.81	200m: 2:58.41	43.40	300m: 4:38.08	50.95	400m: 5:57.32	39.28	
5.	Leyona Lichtendonk	Dedemsvaart-AC	200700010	5:49.41	6:12.84	364	+0,84		
	50m: 35.04	35.04	150m: 2:07.95	48.93	250m: 3:48.87	54.82	350m: 5:31.60	44.48	
	100m: 1:19.02	43.98	200m: 2:54.05	46.10	300m: 4:47.12	58.25	400m: 6:12.84	41.24	
6.	Ciska de Lugt	Aqua 68	200503302	5:50.49	6:13.19	363	+0,74		
	50m: 37.78	37.78	150m: 2:11.52	47.41	250m: 3:52.83	54.91	350m: 5:32.08	43.82	
	100m: 1:24.11	46.33	200m: 2:57.92	46.40	300m: 4:48.26	55.43	400m: 6:13.19	41.11	
7.	Isabelle Meinema	SWOL 1894	200500216	6:00.97	6:17.60	351			
	50m: 38.84	38.84	150m: 2:16.07	48.08	250m: 3:58.88	55.62	350m: 5:37.49	42.08	
	100m: 1:27.99	49.15	200m: 3:03.26	47.19	300m: 4:55.41	56.53	400m: 6:17.60	40.11	
8.	Laura van Etten	HZ&PC Heerenveen	200800264	NT	6:34.69	307	+0,97		
	50m: 41.43	41.43	150m: 2:21.59	48.89	250m: 4:07.41	58.88	350m: 5:50.30	41.95	
	100m: 1:32.70	51.27	200m: 3:08.53	46.94	300m: 5:08.35	1:00.94	400m: 6:34.69	44.39	

Uitslag

DZ&PC Spring Swim 2020

Splash Meet Manager, 11.63017

Registered to Dz&Pc

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