

Programmanr. 4
 20-03-2022

Dames, 400m wisselslag

 Senioren Open
 Resultaten

Punten: Rudolph Table 2020

Rang							Tijd	RT	Rudolph
Junioren 2									
1.	Madeleine Bertram		WZ&PC Purmerend		200900516		5:57.16		9,1
	50m: 39.21	39.21	150m: 2:12.01	45.55	250m: 3:48.07	52.96	350m: 5:20.39	40.22	
	100m: 1:26.46	47.25	200m: 2:55.11	43.10	300m: 4:40.17	52.10	400m: 5:57.16	36.77	
2.	Yara van Asselen		De Dolfijn		200900408		6:28.05	+0,72	2,6
	50m: 39.86	39.86	150m: 2:17.20	49.05	250m: 3:59.03	56.15	350m: 5:43.64	46.93	
	100m: 1:28.15	48.29	200m: 3:02.88	45.68	300m: 4:56.71	57.68	400m: 6:28.05	44.41	
Junioren 3									
1.	Frouke Ludwig		DZ&PC		200800112		5:29.86	+0,70	11,7
	50m: 32.92	32.92	150m: 1:52.26	39.82	250m: 3:21.38	49.72	350m: 4:51.83	39.55	
	100m: 1:12.44	39.52	200m: 2:31.66	39.40	300m: 4:12.28	50.90	400m: 5:29.86	38.03	
2.	Ilana Gentile		Orca		200801558		5:52.90	+0,75	6,6
	50m: 35.31	35.31	150m: 2:05.48	45.60	250m: 3:40.96	50.77	350m: 5:14.23	40.99	
	100m: 1:19.88	44.57	200m: 2:50.19	44.71	300m: 4:33.24	52.28	400m: 5:52.90	38.67	
3.	Floortje van 't Wout		De Dolfijn		200802286		5:54.59	+0,83	6,2
	50m: 37.08	37.08	150m: 2:08.74	46.26	250m: 3:47.41	49.94	350m: 5:16.24	40.03	
	100m: 1:22.48	45.40	200m: 2:53.65	44.91	300m: 4:36.21	52.62	400m: 5:54.59	38.35	
4.	Marlouke Frijstein		ZV 44		200800152		5:55.66	+0,74	6,0
	50m: 37.10	37.10	150m: 2:09.83	46.35	250m: 3:47.41	51.51	350m: 5:18.13	39.62	
	100m: 1:23.48	46.38	200m: 2:55.90	46.07	300m: 4:38.51	51.10	400m: 5:55.66	37.53	
5.	Tessa Hoogstraten		De Columbiaan		200800544		5:59.74	+0,69	5,1
	50m: 35.68	35.68	150m: 2:05.40	47.04	250m: 3:45.35	54.32	350m: 5:20.69	41.38	
	100m: 1:18.36	42.68	200m: 2:51.03	45.63	300m: 4:39.31	53.96	400m: 5:59.74	39.05	
AFGEM	Liv Heijdra		Feijenoord Albion		200800736				
Junioren 4									
1.	Mila Oomens *100m		NieMo Barracuda		200700016		5:33.09	+0,71	9,6
	50m: 32.98	32.98	150m: 2:00.24	44.58	250m: 3:28.28	44.45	350m: 4:55.20	39.71	
	100m: 1:15.66	42.68	200m: 2:43.83	43.59	300m: 4:15.49	47.21	400m: 5:33.09	37.89	
2.	Floor Hogervorst		Noordwijkerhout		200701400		5:49.86	+0,69	5,8
	50m: 36.61	36.61	150m: 2:06.52	43.64	250m: 3:39.46	49.93	350m: 5:11.35	42.19	
	100m: 1:22.88	46.27	200m: 2:49.53	43.01	300m: 4:29.16	49.70	400m: 5:49.86	38.51	
Jeugd 1									
1.	Leyla Oversluizen		Feijenoord Albion		200602730		5:30.62	+0,71	8,9
	50m: 32.33	32.33	150m: 1:55.90	44.47	250m: 3:25.69	46.84	350m: 4:53.57	40.29	
	100m: 1:11.43	39.10	200m: 2:38.85	42.95	300m: 4:13.28	47.59	400m: 5:30.62	37.05	
Senioren Open									
1.	Maaïke Issard		DZ&PC		200300022		5:19.67	+0,75	10,0
	50m: 32.68	32.68	150m: 1:52.17	41.69	250m: 3:20.54	46.43	350m: 4:44.55	36.90	
	100m: 1:10.48	37.80	200m: 2:34.11	41.94	300m: 4:07.65	47.11	400m: 5:19.67	35.12	
2.	Myrthe Natzijl		Orca		200400076		5:43.01	+0,77	4,7
	50m: 35.89	35.89	150m: 2:07.11	44.70	250m: 3:38.30	48.13	350m: 5:06.46	39.52	
	100m: 1:22.41	46.52	200m: 2:50.17	43.06	300m: 4:26.94	48.64	400m: 5:43.01	36.55	
3.	Anouk Vis		De Columbiaan		200203322		5:43.54	+0,78	3,6
	50m: 36.10	36.10	150m: 2:02.13	42.56	250m: 3:32.70	48.87	350m: 5:04.35	39.73	
	100m: 1:19.57	43.47	200m: 2:43.83	41.70	300m: 4:24.62	51.92	400m: 5:43.54	39.19	
4.	Sophie Albers		HZPC		200300990		5:47.50	+0,78	3,5
	50m: 36.03	36.03	150m: 2:05.07	45.59	250m: 3:38.28	47.99	350m: 5:08.42	41.38	
	100m: 1:19.48	43.45	200m: 2:50.29	45.22	300m: 4:27.04	48.76	400m: 5:47.50	39.08	



Speedo Challenge 2022
Amsterdam, 20-3-2022



Programmanr. 4, Dames, 400m wisselslag, Senioren Open

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