



Programmanr. 4
9-2-2025 - 11:44

Dames, 400m wisselslag

2012 en ouder
Resultaten

rang	naam	vereniging			intijd			tijd			RT
Gebjr 2011 - 2012											
1.	Kyara Balt	De Vikings			5:46.07			201100306			5:50.86
	50m: 38.20	38.20	150m: 2:07.85	44.39	250m: 3:41.33	50.40	350m: 5:12.16	40.30			
	100m: 1:23.46	45.26	200m: 2:50.93	43.08	300m: 4:31.86	50.53	400m: 5:50.86	38.70			
2.	Anouk Mulder	De Columbiaan			5:44.68			201200962			5:56.43
	50m: 37.48	37.48	150m: 2:11.21	46.50	250m: 3:48.04	53.34	350m: 5:19.00	40.46	+0,83		
	100m: 1:24.71	47.23	200m: 2:54.70	43.49	300m: 4:38.54	50.50	400m: 5:56.43	37.43			
Gebjr 2007 - 2008											
1.	Rhodee van den Ham	De Duinkickers			4:55.15			200700090			5:13.76
	50m: 32.35	32.35	150m: 1:50.32	41.14	250m: 3:15.65	44.54	350m: 4:38.32	37.48	+0,74		
	100m: 1:09.18	36.83	200m: 2:31.11	40.79	300m: 4:00.84	45.19	400m: 5:13.76	35.44			
2006 en ouder											
1.	Angelique van Vark	GZC DONK			5:00.74			199701478			5:17.92
	50m: 33.66	33.66	150m: 1:56.16	42.27	250m: 3:22.68	46.01	350m: 4:44.68	35.94	+0,70		
	100m: 1:13.89	40.23	200m: 2:36.67	40.51	300m: 4:08.74	46.06	400m: 5:17.92	33.24			