

Programmanr. 17
01-07-2023

Dames, 1500m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	startnr.	tijd	RT			
1.	Serena Stel	De Dolfijn	199801528	16:32.78	+0,70			
	100m: 1:02.63	1:02.63	500m: 5:30.19	1:06.57	900m: 9:57.49	1:07.06	1300m: 14:23.58	1:06.08
	200m: 2:09.75	1:07.12	600m: 6:36.80	1:06.61	1000m: 11:04.05	1:06.56	1400m: 15:29.21	1:05.63
	300m: 3:16.73	1:06.98	700m: 7:43.83	1:07.03	1100m: 12:10.86	1:06.81	1500m: 16:32.78	1:03.57
	400m: 4:23.62	1:06.89	800m: 8:50.43	1:06.60	1200m: 13:17.50	1:06.64		
2.	Julie van Nispen	Nuenen	200800290	18:08.59	+0,90			
	100m: 1:08.12	1:08.12	500m: 5:56.81	1:12.74	900m: 10:47.75	1:12.56	1300m: 15:42.76	1:15.39
	200m: 2:20.78	1:12.66	600m: 7:09.02	1:12.21	1000m: 11:59.77	1:12.02	1400m: 16:57.69	1:14.93
	300m: 3:32.57	1:11.79	700m: 8:22.40	1:13.38	1100m: 13:13.71	1:13.94	1500m: 18:08.59	1:10.90
	400m: 4:44.07	1:11.50	800m: 9:35.19	1:12.79	1200m: 14:27.37	1:13.66		
3.	Laura van Etten	HZ&PC Heerenveen	200800264	18:39.38	+0,81			
	100m: 1:09.39	1:09.39	500m: 6:09.27	1:15.64	900m: 11:09.74	1:15.63	1300m: 16:12.47	1:15.40
	200m: 2:24.26	1:14.87	600m: 7:24.53	1:15.26	1000m: 12:25.82	1:16.08	1400m: 17:27.89	1:15.42
	300m: 3:38.74	1:14.48	700m: 8:40.20	1:15.67	1100m: 13:40.76	1:14.94	1500m: 18:39.38	1:11.49
	400m: 4:53.63	1:14.89	800m: 9:54.11	1:13.91	1200m: 14:57.07	1:16.31		
4.	Cynthia Koolman	Steenwijk 1934	200300232	18:56.11	+0,72			
	100m: 1:10.78	1:10.78	500m: 6:10.53	1:15.63	900m: 11:15.50	1:16.25	1300m: 16:23.87	1:17.49
	200m: 2:25.31	1:14.53	600m: 7:26.35	1:15.82	1000m: 12:31.89	1:16.39	1400m: 17:41.10	1:17.23
	300m: 3:39.69	1:14.38	700m: 8:42.65	1:16.30	1100m: 13:48.77	1:16.88	1500m: 18:56.11	1:15.01
	400m: 4:54.90	1:15.21	800m: 9:59.25	1:16.60	1200m: 15:06.38	1:17.61		