

Junioren-Jeugd_Senioren circuit 1
Bergschenhoek, 20-9-2020

Programmanr. 16
20-9-2020 - 18:35

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging		intijd		tijd		RT	
Junioren 1 en 2									
1.	Liv Heijdra	Feijenoord Albion		6:10.27		200800736		6:08.63	+0,72
	50m: 38.27	38.27	150m: 2:13.72	46.77	250m: 3:52.83	51.49	350m: 5:27.83	41.63	
	100m: 1:26.95	48.68	200m: 3:01.34	47.62	300m: 4:46.20	53.37	400m: 6:08.63	40.80	
Junioren 3 en 4									
1.	Annique Rupke	Wvz		5:50.72		200700876		5:44.45	+0,81
	50m: 38.00	38.00	150m: 2:09.16	45.36	250m: 3:39.31	45.45	350m: 5:06.73	40.35	
	100m: 1:23.80	45.80	200m: 2:53.86	44.70	300m: 4:26.38	47.07	400m: 5:44.45	37.72	
2.	Nayely Acosta Avarado	D'elft		6:34.91		200602934		6:26.39	+0,70
	50m: 37.86	37.86	150m: 2:13.58	47.10	250m: 4:00.10	59.83	350m: 5:45.29	43.49	
	100m: 1:26.48	48.62	200m: 3:00.27	46.69	300m: 5:01.80	1:01.70	400m: 6:26.39	41.10	
Jeugd 1 en 2									
1.	Isa Maes	Feijenoord Albion		5:21.22		200500110		5:25.71	
	50m: 35.18	35.18	150m: 1:59.54	42.68	250m: 3:26.35	45.25	350m: 4:50.79	38.18	
	100m: 1:16.86	41.68	200m: 2:41.10	41.56	300m: 4:12.61	46.26	400m: 5:25.71	34.92	
2.	Aisha Nobels	Feijenoord Albion		5:34.93		200501710		5:26.38	+0,68
	50m: 34.57	34.57	150m: 1:56.09	42.33	250m: 3:26.11	48.64	350m: 4:52.48	37.55	
	100m: 1:13.76	39.19	200m: 2:37.47	41.38	300m: 4:14.93	48.82	400m: 5:26.38	33.90	
3.	Lucile Bazalgette	D'elft		6:13.22		200403484		6:11.72	+0,67
	50m: 37.48	37.48	150m: 2:09.83	46.72	250m: 3:50.23	54.15	350m: 5:28.10	43.01	
	100m: 1:23.11	45.63	200m: 2:56.08	46.25	300m: 4:45.09	54.86	400m: 6:11.72	43.62	
4.	Megan van Delden	Wvz		6:27.12		200405500		7:13.83	415
	50m: 42.16	42.16	150m: 2:41.10	58.99	250m: 4:34.53	57.84	350m: 6:26.40	50.36	
	100m: 1:42.11	59.95	200m: 3:36.69	55.59	300m: 5:36.04	1:01.51	400m: 7:13.83	47.43	