

Provinciaal Kampioenschap Utrecht dl 1
Amersfoort, 14- - 15-5-2022

Programmanr. 7
14-5-2022 - 15:11

Dames, 400m wisselslag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
Junioren 1 en 2								
1. Esm�� de Gans	ZPC Amersfoort	6:40.47	200900134	6:05.56 +0,84	1:26.43	1:33.91	1:47.07	1:18.15
50m:	38.70	38.70	150m:	2:14.01	47.58	250m:	3:53.76	53.42
100m:	1:26.43	47.73	200m:	3:00.34	46.33	300m:	4:47.41	53.65
350m:						350m:	5:27.51	40.10
400m:						400m:	6:05.56	38.05
2. Iris Duim	ZPC Amersfoort	6:34.60	200900092	6:32.92 +0,79	1:29.53	1:42.15	1:51.12	1:30.12
50m:	39.93	39.93	150m:	2:22.76	53.23	250m:	4:07.26	55.58
100m:	1:29.53	49.60	200m:	3:11.68	48.92	300m:	5:02.80	55.54
350m:						350m:	5:48.57	45.77
400m:						400m:	6:32.92	44.35
3. Kim Bouman	ZPC Amersfoort	6:56.14	201000262	7:13.52 +0,91	1:43.08	1:46.38	2:08.44	1:35.62
50m:	45.45	45.45	150m:	2:37.91	54.83	250m:	4:33.92	1:04.46
100m:	1:43.08	57.63	200m:	3:29.46	51.55	300m:	5:37.90	1:03.98
350m:						350m:	6:25.24	47.34
400m:						400m:	7:13.52	48.28
Junioren 3 en 4								
1. Nynke Boerefijn	ZPC Amersfoort	5:28.47	200700114	5:25.52 +0,87	1:13.50	1:26.25	1:38.10	1:07.67
50m:	34.15	34.15	150m:	1:56.99	43.49	250m:	3:28.92	49.17
100m:	1:13.50	39.35	200m:	2:39.75	42.76	300m:	4:17.85	48.93
350m:						350m:	4:51.91	34.06
400m:						400m:	5:25.52	33.61
2. Rosalie Reef	ZPC Amersfoort	5:19.16	200800426	5:33.65 +0,82	1:15.38	1:29.45	1:33.29	1:15.53
50m:	34.62	34.62	150m:	2:01.34	45.96	250m:	3:31.40	46.57
100m:	1:15.38	40.76	200m:	2:44.83	43.49	300m:	4:18.12	46.72
350m:						350m:	4:56.57	38.45
400m:						400m:	5:33.65	37.08
3. Rhod�� van den Ham	De Duinkickers	5:29.75	200700090	5:35.43 +0,76	1:14.34	1:29.52	1:32.84	1:18.73
50m:	34.25	34.25	150m:	1:59.95	45.61	250m:	3:29.15	45.29
100m:	1:14.34	40.09	200m:	2:43.86	43.91	300m:	4:16.70	47.55
350m:						350m:	4:57.42	40.72
400m:						400m:	5:35.43	38.01
4. Charlotte Woltjes	VZC	5:26.53	200700110	5:41.64 +0,78	1:20.38	1:24.99	1:39.47	1:16.80
50m:	36.61	36.61	150m:	2:03.73	43.35	250m:	3:35.18	49.81
100m:	1:20.38	43.77	200m:	2:45.37	41.64	300m:	4:24.84	49.66
350m:						350m:	5:03.54	38.70
400m:						400m:	5:41.64	38.10
5. Benthe Martens	ZPC Amersfoort	5:27.46	200700310	5:43.30 +0,73	1:20.56	1:32.07	1:36.37	1:14.30
50m:	36.75	36.75	150m:	2:07.08	46.52	250m:	3:39.90	47.27
100m:	1:20.56	43.81	200m:	2:52.63	45.55	300m:	4:29.00	49.10
350m:						350m:	5:06.91	37.91
400m:						400m:	5:43.30	36.39
6. Vera van der Meer	VZC	6:30.03	200701508	5:44.07 +0,76	1:15.71	1:25.35	1:40.93	1:22.08
50m:	34.76	34.76	150m:	1:58.92	43.21	250m:	3:31.95	50.89
100m:	1:15.71	40.95	200m:	2:41.06	42.14	300m:	4:21.99	50.04
350m:						350m:	5:04.06	42.07
400m:						400m:	5:44.07	40.01
7. Noa Ottens	VZC	5:32.01	200702256	5:53.05 +0,78	1:21.35	1:29.84	1:39.85	1:22.01
50m:	35.32	35.32	150m:	2:06.72	45.37	250m:	3:41.34	50.15
100m:	1:21.35	46.03	200m:	2:51.19	44.47	300m:	4:31.04	49.70
350m:						350m:	5:12.48	41.44
400m:						400m:	5:53.05	40.57
8. Diede de Vries	De Fuut	5:57.21	200803558	6:13.51 +0,82	1:28.34	1:40.67	1:41.50	1:23.00
50m:	40.47	40.47	150m:	2:18.92	50.58	250m:	3:59.01	50.00
100m:	1:28.34	47.87	200m:	3:09.01	50.09	300m:	4:50.51	51.50
350m:						350m:	5:33.24	42.73
400m:						400m:	6:13.51	40.27
9. Sanne Korndewal	ZPC Amersfoort	6:27.18	200800314	6:22.38 +0,76	1:32.81	1:38.61	1:47.80	1:23.16
50m:	41.75	41.75	150m:	2:23.80	50.99	250m:	4:04.49	53.07
100m:	1:32.81	51.06	200m:	3:11.42	47.62	300m:	4:59.22	54.73
350m:						350m:	5:41.92	42.70
400m:						400m:	6:22.38	40.46
10. Maud Smit	VZC	6:25.82	200800788	6:28.02 +0,77	1:38.83	1:29.76	1:54.17	1:25.26
50m:	43.04	43.04	150m:	2:23.96	45.13	250m:	4:05.21	56.62
100m:	1:38.83	55.79	200m:	3:08.59	44.63	300m:	5:02.76	57.55
350m:						350m:	5:46.58	43.82
400m:						400m:	6:28.02	41.44
11. Rosalie Braspenning	ZPC Woerden	6:30.90	200702530	6:28.75 +0,75	1:27.46	1:40.02	1:56.95	1:24.32
50m:	38.39	38.39	150m:	2:19.36	51.90	250m:	4:04.81	57.33
100m:	1:27.46	49.07	200m:	3:07.48	48.12	300m:	5:04.43	59.62
350m:						350m:	5:46.55	42.12
400m:						400m:	6:28.75	42.20
12. Aim�� de Feijter *BU 400 mtr	ZPC Watervlo	6:21.58	200801038	6:51.11 +0,71	1:35.24	1:45.42	1:55.46	1:34.99
50m:	42.23	42.23	150m:	2:27.98	52.74	250m:	4:17.52	56.86
100m:	1:35.24	53.01	200m:	3:20.66	52.68	300m:	5:16.12	58.60
350m:						350m:	6:05.93	49.81
400m:						400m:	6:51.11	45.18
13. Renske Danckaarts	De Fuut	6:10.27	200700116	6:54.08 +0,81	1:38.27	1:47.11	1:55.13	1:33.57
50m:	43.78	43.78	150m:	2:32.30	54.03	250m:	4:22.29	56.91
100m:	1:38.27	54.49	200m:	3:25.38	53.08	300m:	5:20.51	58.22
350m:						350m:	6:08.34	47.83
400m:						400m:	6:54.08	45.74
14. Lisa Bruining	ZPC Woerden	6:33.24	200702528	7:04.79 +0,78	1:43.39	1:51.31	1:58.06	1:32.03
50m:	45.24	45.24	150m:	2:41.52	58.13	250m:	4:31.44	56.74
100m:	1:43.39	58.15	200m:	3:34.70	53.18	300m:	5:32.76	1:01.32
350m:						350m:	6:19.77	47.01
400m:						400m:	7:04.79	45.02
Jeugd 1 en 2								
1. Mika van Riet	De Fuut	6:04.21	200501636	6:19.10 +0,76	1:34.26	1:37.70	1:39.50	1:27.64
50m:	41.10	41.10	150m:	2:23.64	49.38	250m:	4:01.45	49.49
100m:	1:34.26	53.16	200m:	3:11.96	48.32	300m:	4:51.46	50.01
350m:						350m:	5:37.85	46.39
400m:						400m:	6:19.10	41.25

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Senioren 1 en ouder

1. Silke Holkenborg	VZC	4:47.19	200100292	4:53.23	+0,66	1:04.68	1:17.91	1:25.10	1:05.54		
50m:	29.73	29.73	150m:	1:44.45	39.77	250m:	3:04.71	42.12	350m:	4:21.55	33.86
100m:	1:04.68	34.95	200m:	2:22.59	38.14	300m:	3:47.69	42.98	400m:	4:53.23	31.68
2. Tess Panjer	VZC	5:28.78	200403060	5:26.00	+0,83	1:17.29	1:23.44	1:34.22	1:11.05		
50m:	35.72	35.72	150m:	1:59.44	42.15	250m:	3:27.46	46.73	350m:	4:51.69	36.74
100m:	1:17.29	41.57	200m:	2:40.73	41.29	300m:	4:14.95	47.49	400m:	5:26.00	34.31
3. Dianne Postma	De Fuut	5:20.20	200402264	5:26.94	+0,84	1:15.03	1:23.09	1:37.19	1:11.63		
50m:	34.22	34.22	150m:	1:57.22	42.19	250m:	3:26.60	48.48	350m:	4:52.08	36.77
100m:	1:15.03	40.81	200m:	2:38.12	40.90	300m:	4:15.31	48.71	400m:	5:26.94	34.86