

Steigerplank Cup
Hoogeveen, 3-7-2021

Programmanr. 13
3-7-2021 - 10:55

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Imre Bouwland	ZPC Hoogeveen	4:58.99	200700388	4:58.45			
	50m: 32.70	32.70	150m: 1:48.84	38.98	250m: 3:04.58	37.54	350m: 4:20.98	38.43
	100m: 1:09.86	37.16	200m: 2:27.04	38.20	300m: 3:42.55	37.97	400m: 4:58.45	37.47
2.	Mare Broekstra	De Vikings	5:10.18	200600616	5:26.92			
	50m: 32.64	32.64	150m: 1:51.29	40.71	250m: 3:16.90	43.00	350m: 4:44.46	43.42
	100m: 1:10.58	37.94	200m: 2:33.90	42.61	300m: 4:01.04	44.14	400m: 5:26.92	42.46
3.	Jannoula Jaspers	De Vikings	5:33.56	200800202	5:28.86			
	50m: 35.01	35.01	150m: 2:00.11	43.85	250m: 3:25.80	41.24	350m: 4:50.39	42.00
	100m: 1:16.26	41.25	200m: 2:44.56	44.45	300m: 4:08.39	42.59	400m: 5:28.86	38.47