

Lange Afstand Wedstrijd
Oss, 4-12-2016

Programmanr. 3
4-12-2016 - 17:05

Dames, 1500m vrije slag

Dames Senioren Open
Resultaten

rang	naam	vereniging				intijd				tijd				RT	
1.	Marlijn Hendriksen	Arethusa				22:44.62				198806828				18:01.53	627
	100m:	1:10.74	1:10.74	500m:	5:59.15	1:11.13	900m:	10:45.02	1:12.39	1300m:	15:36.68	1:12.85			
	200m:	2:23.40	1:12.66	600m:	7:09.61	1:10.46	1000m:	11:57.81	1:12.79	1400m:	16:49.98	1:13.30			
	300m:	3:35.89	1:12.49	700m:	8:20.59	1:10.98	1100m:	13:10.53	1:12.72	1500m:	18:01.53	1:11.55			
	400m:	4:48.02	1:12.13	800m:	9:32.63	1:12.04	1200m:	14:23.83	1:13.30						
2.	Ingrid Versteegen	Dbd				22:57.24				197300770				23:35.25	280
	100m:	1:27.61	1:27.61	500m:	7:39.82	1:34.05	900m:	14:01.25	1:36.17	1300m:	20:25.79	1:34.80			
	200m:	2:59.15	1:31.54	600m:	9:14.45	1:34.63	1000m:	15:37.93	1:36.68	1400m:	22:02.25	1:36.46			
	300m:	4:32.54	1:33.39	700m:	10:48.83	1:34.38	1100m:	17:14.09	1:36.16	1500m:	23:35.25	1:33.00			
	400m:	6:05.77	1:33.23	800m:	12:25.08	1:36.25	1200m:	18:50.99	1:36.90						