

Programmanr. 11
3-3-2017

Dames, 1500m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	tijd	RT	fin	pnt	niv	
Senioren Open								
1.	Serena Stel	RTC - De Dolfijn	199801528	17:17.61	+0,70	710		
	50m: 30.42	30.42	450m: 5:05.39	34.97	850m: 9:44.84	34.40	1250m: 14:25.08	34.84
	100m: 1:03.77	33.35	500m: 5:40.19	34.80	900m: 10:19.40	34.56	1300m: 14:59.84	34.76
	150m: 1:37.49	33.72	550m: 6:15.08	34.89	950m: 10:54.80	35.40	1350m: 15:34.65	34.81
	200m: 2:11.87	34.38	600m: 6:49.78	34.70	1000m: 11:29.83	35.03	1400m: 16:09.38	34.73
	250m: 2:46.19	34.32	650m: 7:25.00	35.22	1050m: 12:04.75	34.92	1450m: 16:43.89	34.51
	300m: 3:20.78	34.59	700m: 8:00.00	35.00	1100m: 12:39.77	35.02	1500m: 17:17.61	33.72
	350m: 3:55.59	34.81	750m: 8:35.20	35.20	1150m: 13:15.22	35.45		
	400m: 4:30.42	34.83	800m: 9:10.44	35.24	1200m: 13:50.24	35.02		
2.	Kaylee de Jong	ZPCH	200001234	17:46.53	+0,93	653		
	50m: 30.96	30.96	450m: 5:12.52	35.70	850m: 9:59.26	35.94	1250m: 14:48.75	36.31
	100m: 1:04.88	33.92	500m: 5:48.45	35.93	900m: 10:35.73	36.47	1300m: 15:24.80	36.05
	150m: 1:39.57	34.69	550m: 6:24.16	35.71	950m: 11:11.86	36.13	1350m: 16:01.06	36.26
	200m: 2:14.60	35.03	600m: 7:00.04	35.88	1000m: 11:48.20	36.34	1400m: 16:36.80	35.74
	250m: 2:49.90	35.30	650m: 7:35.69	35.65	1050m: 12:24.26	36.06	1450m: 17:12.19	35.39
	300m: 3:25.52	35.62	700m: 8:11.53	35.84	1100m: 13:00.29	36.03	1500m: 17:46.53	34.34
	350m: 4:01.19	35.67	750m: 8:47.34	35.81	1150m: 13:36.39	36.10		
	400m: 4:36.82	35.63	800m: 9:23.32	35.98	1200m: 14:12.44	36.05		
3.	Lisanne Hassing	HZ&PC Heerenvveen	199702584	17:52.98	+0,94	642		
	50m: 31.38	31.38	450m: 5:17.64	35.80	850m: 10:07.36	36.37	1250m: 14:56.47	36.15
	100m: 1:06.46	35.08	500m: 5:54.01	36.37	900m: 10:43.66	36.30	1300m: 15:32.60	36.13
	150m: 1:42.31	35.85	550m: 6:29.62	35.61	950m: 11:19.77	36.11	1350m: 16:08.24	35.64
	200m: 2:18.09	35.78	600m: 7:05.90	36.28	1000m: 11:56.02	36.25	1400m: 16:44.15	35.91
	250m: 2:53.87	35.78	650m: 7:41.97	36.07	1050m: 12:32.15	36.13	1450m: 17:19.50	35.35
	300m: 3:29.92	36.05	700m: 8:18.20	36.23	1100m: 13:08.06	35.91	1500m: 17:52.98	33.48
	350m: 4:05.81	35.89	750m: 8:54.44	36.24	1150m: 13:44.01	35.95		
	400m: 4:41.84	36.03	800m: 9:30.99	36.55	1200m: 14:20.32	36.31		
4.	Maaïke Tijhof	VZC	199800112	18:44.45		558		
	50m: 32.20	32.20	450m: 5:25.75	37.19	850m: 10:30.05	37.63	1250m: 15:35.05	38.11
	100m: 1:07.46	35.26	500m: 6:03.49	37.74	900m: 11:07.84	37.79	1300m: 16:13.15	38.10
	150m: 1:43.76	36.30	550m: 6:41.25	37.76	950m: 11:46.07	38.23	1350m: 16:51.08	37.93
	200m: 2:20.31	36.55	600m: 7:19.39	38.14	1000m: 12:24.33	38.26	1400m: 17:29.07	37.99
	250m: 2:57.01	36.70	650m: 7:57.59	38.20	1050m: 13:02.29	37.96	1450m: 18:07.06	37.99
	300m: 3:33.75	36.74	700m: 8:35.92	38.33	1100m: 13:40.22	37.93	1500m: 18:44.45	37.39
	350m: 4:11.03	37.28	750m: 9:14.16	38.24	1150m: 14:18.58	38.36		
	400m: 4:48.56	37.53	800m: 9:52.42	38.26	1200m: 14:56.94	38.36		
5.	Lisa de Beijer	PSV	200002814	19:13.08	+0,74	517		
	50m: 33.46	33.46	450m: 5:41.38	38.55	850m: 10:51.60	38.88	1250m: 16:01.88	39.54
	100m: 1:11.76	38.30	500m: 6:20.19	38.81	900m: 11:30.45	38.85	1300m: 16:40.63	38.75
	150m: 1:49.98	38.22	550m: 6:58.43	38.24	950m: 12:08.95	38.50	1350m: 17:20.06	39.43
	200m: 2:29.23	39.25	600m: 7:37.22	38.79	1000m: 12:47.98	39.03	1400m: 17:59.02	38.96
	250m: 3:06.75	37.52	650m: 8:15.91	38.69	1050m: 13:26.34	38.36	1450m: 18:36.69	37.67
	300m: 3:45.98	39.23	700m: 8:54.91	39.00	1100m: 14:04.81	38.47	1500m: 19:13.08	36.39
	350m: 4:24.65	38.67	750m: 9:33.39	38.48	1150m: 14:43.27	38.46		
	400m: 5:02.83	38.18	800m: 10:12.72	39.33	1200m: 15:22.34	39.07		