

Midwintertest 2024
Aalst, 21/12/2024

Programmanr. 15
21/12/2024 - 17:06

Dames, 400m wisselslag

open leeftijdsgroep
Resultaten

Punten: AQUA 2024

Rang	Geb.					Tijd	Pnt	100m	200m	300m	400m
1. Ruysinck Diede	10	ZNA/21271/10				5:47.75	446	1:20.87	1:31.10	1:37.33	1:18.45
50m:	35.97	35.97	150m:	2:06.87	46.00	250m:	3:40.17	48.20	350m:	5:09.38	40.08
100m:	1:20.87	44.90	200m:	2:51.97	45.10	300m:	4:29.30	49.13	400m:	5:47.75	38.37
2. Wachtelaer Charlot	10	AST/21051/10				5:52.86	427	1:22.68	1:31.59	1:40.37	1:18.22
50m:	36.33	36.33	150m:	2:09.83	47.15	250m:	3:44.43	50.16	350m:	5:14.26	39.62
100m:	1:22.68	46.35	200m:	2:54.27	44.44	300m:	4:34.64	50.21	400m:	5:52.86	38.60
3. Maes Noor	11	AST/21062/11				6:02.75	393	1:23.73	1:30.25	1:51.24	1:17.53
50m:	36.52	36.52	150m:	2:10.17	46.44	250m:	3:49.09	55.11	350m:	5:25.05	39.83
100m:	1:23.73	47.21	200m:	2:53.98	43.81	300m:	4:45.22	56.13	400m:	6:02.75	37.70