

LAC Overbetuwe 1
Elst, 20-5-2022

Programmanr. 1
20-5-2022

Meisjes, 800m vrije slag

Minioren 5
Resultaten

| rang | naam | vereniging | | | | intijd | | | | tijd | | | | RT |
|------|----------|---------------|---------|-------|---------|--------------|-------|----------|---------|-----------------|----------|---------|--|----|
| 1. | Mila Hof | ZV Overbetuwe | | | | NT 201100226 | | | | 15:56.27 | | | | |
| | 50m: | 44.73 | 44.73 | 250m: | 4:41.16 | 1:01.19 | 450m: | 8:48.06 | 1:02.43 | 650m: | 12:54.46 | 1:02.23 | | |
| | 100m: | 1:39.12 | 54.39 | 300m: | 5:41.68 | 1:00.52 | 500m: | 9:47.81 | 59.75 | 700m: | 13:57.35 | 1:02.89 | | |
| | 150m: | 2:38.64 | 59.52 | 350m: | 6:43.94 | 1:02.26 | 550m: | 10:48.92 | 1:01.11 | 750m: | 14:58.89 | 1:01.54 | | |
| | 200m: | 3:39.97 | 1:01.33 | 400m: | 7:45.63 | 1:01.69 | 600m: | 11:52.23 | 1:03.31 | 800m: | 15:56.27 | 57.38 | | |

Programmanr. 3
20-5-2022

Heren, 2000m vrije slag

Senioren Open
Resultaten

| rang | naam | vereniging | | | | intijd | | | | tijd | | | | RT |
|------|----------------|---------------|-------|--------|----------|--------------------|--------|----------|-------|-----------------|----------|-------|--|----|
| 1. | Luc McCarthy | ZV Overbetuwe | | | | 27:05.98 200401469 | | | | 26:13.23 | | | | |
| | 50m: | 32.24 | 32.24 | 550m: | 6:54.59 | 39.55 | 1050m: | 13:34.66 | 40.54 | 1550m: | 20:16.63 | 39.80 | | |
| | 100m: | 1:08.54 | 36.30 | 600m: | 7:34.10 | 39.51 | 1100m: | 14:15.49 | 40.83 | 1600m: | 20:55.86 | 39.23 | | |
| | 150m: | 1:45.70 | 37.16 | 650m: | 8:13.69 | 39.59 | 1150m: | 14:55.78 | 40.29 | 1650m: | 21:36.05 | 40.19 | | |
| | 200m: | 2:22.99 | 37.29 | 700m: | 8:53.37 | 39.68 | 1200m: | 15:35.93 | 40.15 | 1700m: | 22:15.78 | 39.73 | | |
| | 250m: | 3:00.74 | 37.75 | 750m: | 9:33.09 | 39.72 | 1250m: | 16:16.81 | 40.88 | 1750m: | 22:56.06 | 40.28 | | |
| | 300m: | 3:39.02 | 38.28 | 800m: | 10:12.93 | 39.84 | 1300m: | 16:57.25 | 40.44 | 1800m: | 23:36.19 | 40.13 | | |
| | 350m: | 4:17.32 | 38.30 | 850m: | 10:53.55 | 40.62 | 1350m: | 17:37.07 | 39.82 | 1850m: | 24:16.12 | 39.93 | | |
| | 400m: | 4:56.11 | 38.79 | 900m: | 11:33.12 | 39.57 | 1400m: | 18:16.77 | 39.70 | 1900m: | 24:55.79 | 39.67 | | |
| | 450m: | 5:35.55 | 39.44 | 950m: | 12:13.33 | 40.21 | 1450m: | 18:56.81 | 40.04 | 1950m: | 25:35.54 | 39.75 | | |
| | 500m: | 6:15.04 | 39.49 | 1000m: | 12:54.12 | 40.79 | 1500m: | 19:36.83 | 40.02 | 2000m: | 26:13.23 | 37.69 | | |
| 2. | Odo McCarthy | ZV Overbetuwe | | | | NT 200700307 | | | | 26:43.31 | | | | |
| | 50m: | 30.83 | 30.83 | 550m: | 6:56.07 | 40.16 | 1050m: | 13:42.74 | 41.07 | 1550m: | 20:38.88 | 41.28 | | |
| | 100m: | 1:06.32 | 35.49 | 600m: | 7:36.06 | 39.99 | 1100m: | 14:24.14 | 41.40 | 1600m: | 21:20.70 | 41.82 | | |
| | 150m: | 1:43.68 | 37.36 | 650m: | 8:16.13 | 40.07 | 1150m: | 15:05.53 | 41.39 | 1650m: | 22:01.67 | 40.97 | | |
| | 200m: | 2:21.67 | 37.99 | 700m: | 8:56.49 | 40.36 | 1200m: | 15:47.27 | 41.74 | 1700m: | 22:42.38 | 40.71 | | |
| | 250m: | 2:59.53 | 37.86 | 750m: | 9:37.35 | 40.86 | 1250m: | 16:28.42 | 41.15 | 1750m: | 23:23.16 | 40.78 | | |
| | 300m: | 3:38.49 | 38.96 | 800m: | 10:17.84 | 40.49 | 1300m: | 17:09.81 | 41.39 | 1800m: | 24:04.73 | 41.57 | | |
| | 350m: | 4:17.28 | 38.79 | 850m: | 10:59.13 | 41.29 | 1350m: | 17:51.54 | 41.73 | 1850m: | 24:45.63 | 40.90 | | |
| | 400m: | 4:56.63 | 39.35 | 900m: | 11:40.00 | 40.87 | 1400m: | 18:33.87 | 42.33 | 1900m: | 25:26.27 | 40.64 | | |
| | 450m: | 5:35.95 | 39.32 | 950m: | 12:20.52 | 40.52 | 1450m: | 19:16.20 | 42.33 | 1950m: | 26:06.08 | 39.81 | | |
| | 500m: | 6:15.91 | 39.96 | 1000m: | 13:01.67 | 41.15 | 1500m: | 19:57.60 | 41.40 | 2000m: | 26:43.31 | 37.23 | | |
| 3. | Joost Pollmann | ZV Overbetuwe | | | | NT 200603521 | | | | 36:36.40 | | | | |
| | 50m: | 41.77 | 41.77 | 550m: | 9:30.94 | 55.73 | 1050m: | 18:54.44 | 56.67 | 1550m: | 28:26.25 | 56.34 | | |
| | 100m: | 1:29.19 | 47.42 | 600m: | 10:29.03 | 58.09 | 1100m: | 19:51.91 | 57.47 | 1600m: | 29:20.60 | 54.35 | | |
| | 150m: | 2:18.96 | 49.77 | 650m: | 11:25.73 | 56.70 | 1150m: | 20:48.31 | 56.40 | 1650m: | 30:17.56 | 56.96 | | |
| | 200m: | 3:10.14 | 51.18 | 700m: | 12:21.04 | 55.31 | 1200m: | 21:45.01 | 56.70 | 1700m: | 31:15.09 | 57.53 | | |
| | 250m: | 4:02.09 | 51.95 | 750m: | 13:17.52 | 56.48 | 1250m: | 22:43.36 | 58.35 | 1750m: | 32:10.02 | 54.93 | | |
| | 300m: | 4:56.06 | 53.97 | 800m: | 14:14.90 | 57.38 | 1300m: | 23:41.29 | 57.93 | 1800m: | 33:06.54 | 56.52 | | |
| | 350m: | 5:49.78 | 53.72 | 850m: | 15:10.75 | 55.85 | 1350m: | 24:39.27 | 57.98 | 1850m: | 34:03.33 | 56.79 | | |
| | 400m: | 6:43.75 | 53.97 | 900m: | 16:06.36 | 55.61 | 1400m: | 25:36.30 | 57.03 | 1900m: | 34:56.67 | 53.34 | | |
| | 450m: | 7:39.15 | 55.40 | 950m: | 17:02.29 | 55.93 | 1450m: | 26:32.70 | 56.40 | 1950m: | 35:48.27 | 51.60 | | |
| | 500m: | 8:35.21 | 56.06 | 1000m: | 17:57.77 | 55.48 | 1500m: | 27:29.91 | 57.21 | 2000m: | 36:36.40 | 48.13 | | |

Programmanr. 4
20-5-2022

Dames, 400m wisselslag

Senioren Open
Resultaten

| rang | naam | vereniging | | | | intijd | | | | tijd | | | | RT |
|------|---------------|---------------|---------|-------|---------|--------------|-------|---------|---------|----------------|---------|-------|--|----|
| 1. | Isis Lamers | ZV Overbetuwe | | | | NT 201000346 | | | | 8:35.60 | | | | |
| | 50m: | 59.53 | 59.53 | 150m: | 3:18.47 | 1:04.73 | 250m: | 5:29.99 | 1:09.98 | 350m: | 7:43.67 | 59.98 | | |
| | 100m: | 2:13.74 | 1:14.21 | 200m: | 4:20.01 | 1:01.54 | 300m: | 6:43.69 | 1:13.70 | 400m: | 8:35.60 | 51.93 | | |
| 2. | Sofie Bulsink | ZV Overbetuwe | | | | NT 201001470 | | | | 8:41.92 | | | | |
| | 50m: | 1:00.47 | 1:00.47 | 150m: | 3:26.92 | 1:06.83 | 250m: | 5:36.27 | 1:06.50 | 350m: | 7:43.89 | 59.00 | | |
| | 100m: | 2:20.09 | 1:19.62 | 200m: | 4:29.77 | 1:02.85 | 300m: | 6:44.89 | 1:08.62 | 400m: | 8:41.92 | 58.03 | | |

LAC Overbetuwe 1
Elst, 20-5-2022

Programmanr. 5
20-5-2022

Heren, 400m wisselslag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | | | |
|-------|---------------|---------------|---------------|----------------|---------------|-------|---------------|-------|
| 1. | Enna Lamers | ZV Overbetuwe | NT 200800899 | 6:14.32 | | | | |
| | 50m: 41.27 | 41.27 | 150m: 2:20.14 | 48.52 | 250m: 3:59.50 | 53.31 | 350m: 5:37.01 | 43.72 |
| | 100m: 1:31.62 | 50.35 | 200m: 3:06.19 | 46.05 | 300m: 4:53.29 | 53.79 | 400m: 6:14.32 | 37.31 |
| AFGEM | Sem Teunissen | ZV Overbetuwe | NT 200800077 | | | | | |