

LAC ZVO periode 1
Elst, 9-12-2022

Programmanr. 1
9-12-2022

800m vrije slag

11 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Luc McCarthy	ZV Overbetuwe	10:11.72	200401469	10:00.50			
	50m: 31.83	31.83	250m: 3:00.05	38.08	450m: 5:32.51	38.15	650m: 8:04.67	38.14
	100m: 1:07.90	36.07	300m: 3:38.23	38.18	500m: 6:10.82	38.31	700m: 8:43.17	38.50
	150m: 1:44.54	36.64	350m: 4:16.09	37.86	550m: 6:48.67	37.85	750m: 9:21.89	38.72
	200m: 2:21.97	37.43	400m: 4:54.36	38.27	600m: 7:26.53	37.86	800m: 10:00.50	38.61
2.	Odo McCarthy	ZV Overbetuwe	10:08.83	200700307	10:23.58			
	50m: 33.03	33.03	250m: 3:04.60	38.68	450m: 5:44.00	40.24	650m: 8:25.56	40.65
	100m: 1:09.02	35.99	300m: 3:44.04	39.44	500m: 6:25.32	41.32	700m: 9:05.29	39.73
	150m: 1:47.32	38.30	350m: 4:23.78	39.74	550m: 7:05.15	39.83	750m: 9:44.30	39.01
	200m: 2:25.92	38.60	400m: 5:03.76	39.98	600m: 7:44.91	39.76	800m: 10:23.58	39.28
3.	Enna Lamers	ZV Overbetuwe	11:20.86	200800899	11:10.71			
	50m: 36.08	36.08	250m: 3:21.81	42.35	450m: 6:14.38	44.00	650m: 9:09.95	44.05
	100m: 1:16.04	39.96	300m: 4:03.65	41.84	500m: 6:58.09	43.71	700m: 9:54.15	44.20
	150m: 1:57.46	41.42	350m: 4:47.00	43.35	550m: 7:41.88	43.79	750m: 10:36.69	42.54
	200m: 2:39.46	42.00	400m: 5:30.38	43.38	600m: 8:25.90	44.02	800m: 11:10.71	34.02
4.	Gyan Spaan	ZV Overbetuwe	11:25.89	200701061	11:20.51			
	50m: 36.61	36.61	250m: 3:23.29	42.96	450m: 6:18.80	44.88	650m: 9:15.41	44.27
	100m: 1:16.87	40.26	300m: 4:05.73	42.44	500m: 7:03.44	44.64	700m: 9:59.80	44.39
	150m: 1:58.21	41.34	350m: 4:49.68	43.95	550m: 7:47.88	44.44	750m: 10:42.26	42.46
	200m: 2:40.33	42.12	400m: 5:33.92	44.24	600m: 8:31.14	43.26	800m: 11:20.51	38.25
5.	Sem Teunissen	ZV Overbetuwe	11:30.59	200800077	11:25.32			
	50m: 37.49	37.49	250m: 3:26.98	42.98	450m: 6:20.50	43.60	650m: 9:16.40	43.67
	100m: 1:19.54	42.05	300m: 4:10.13	43.15	500m: 7:04.55	44.05	700m: 10:01.06	44.66
	150m: 2:01.95	42.41	350m: 4:53.51	43.38	550m: 7:48.34	43.79	750m: 10:45.69	44.63
	200m: 2:44.00	42.05	400m: 5:36.90	43.39	600m: 8:32.73	44.39	800m: 11:25.32	39.63
6.	Anouk van Beugen	ZV Overbetuwe	11:43.99	200303586	11:51.93			
	50m: 37.00	37.00	250m: 3:28.69	43.97	450m: 6:30.18	45.52	650m: 9:35.72	46.53
	100m: 1:18.40	41.40	300m: 4:13.20	44.51	500m: 7:16.20	46.02	700m: 10:22.34	46.62
	150m: 2:01.65	43.25	350m: 4:58.75	45.55	550m: 8:02.41	46.21	750m: 11:08.37	46.03
	200m: 2:44.72	43.07	400m: 5:44.66	45.91	600m: 8:49.19	46.78	800m: 11:51.93	43.56
7.	Esmee Wilcke	ZV Overbetuwe	11:23.37	200302540	11:53.63			
	50m: 35.05	35.05	250m: 3:29.75	45.46	450m: 6:34.23	46.36	650m: 9:39.62	46.16
	100m: 1:16.62	41.57	300m: 4:15.46	45.71	500m: 7:20.55	46.32	700m: 10:26.11	46.49
	150m: 1:59.54	42.92	350m: 5:01.61	46.15	550m: 8:07.37	46.82	750m: 11:12.88	46.77
	200m: 2:44.29	44.75	400m: 5:47.87	46.26	600m: 8:53.46	46.09	800m: 11:53.63	40.75
8.	Juliët Matser	ZV Overbetuwe	12:38.17	200801366	12:17.44			
	50m: 37.24	37.24	250m: 3:36.19	45.80	450m: 6:43.38	46.89	650m: 9:54.17	47.99
	100m: 1:20.63	43.39	300m: 4:22.74	46.55	500m: 7:31.16	47.78	700m: 10:41.66	47.49
	150m: 2:05.13	44.50	350m: 5:09.77	47.03	550m: 8:18.48	47.32	750m: 11:30.14	48.48
	200m: 2:50.39	45.26	400m: 5:56.49	46.72	600m: 9:06.18	47.70	800m: 12:17.44	47.30
9.	Diede Hof	ZV Overbetuwe	13:23.15	200802744	13:51.17			
	50m: 40.39	40.39	250m: 3:51.10	49.38	450m: 7:16.13	53.20	650m: 11:05.31	59.05
	100m: 1:25.61	45.22	300m: 4:41.13	50.03	500m: 8:11.74	55.61	700m: 12:00.15	54.84
	150m: 2:13.97	48.36	350m: 5:32.02	50.89	550m: 9:08.89	57.15	750m: 12:57.54	57.39
	200m: 3:01.72	47.75	400m: 6:22.93	50.91	600m: 10:06.26	57.37	800m: 13:51.17	53.63