

LAC ZVO periode 2
Elst, 12-5-2023

Programmanr. 1
12-5-2023

Jongens, 200m wisselslag

Minioeren 5 en 6
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Tygo Spaan	ZV Overbetuwe	NT 201100605	3:45.19		58.99	1:59.68	3:00.77	3:45.19
2. Luca Leerentveld	ZV Overbetuwe	4:09.10 201200299	3:47.67		57.30	1:55.93	2:59.90	3:47.67

Programmanr. 2
12-5-2023

Dames, 200m wisselslag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Diede Hof	ZV Overbetuwe	3:20.44 200802744	3:05.87		41.02	1:17.76	2:24.00	3:05.87
2. Juliët Matser	ZV Overbetuwe	3:12.77 200801366	3:08.24		42.06	1:28.48	2:25.14	3:08.24

Programmanr. 3
12-5-2023

Heren, 400m wisselslag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Odo McCarthy	ZV Overbetuwe	5:59.68 200700307	5:28.84		34.49	1:17.02	2:39.43	4:14.94
					50m: 34.49	100m: 1:17.02	150m: 1:58.50	200m: 2:39.43
					41.48	1:17.02	2:39.43	4:14.94
					48.21	1:17.02	2:39.43	4:14.94
					47.30	1:17.02	2:39.43	4:14.94
					350m: 4:53.00	400m: 5:28.84	38.06	36.84
2. Luc McCarthy	ZV Overbetuwe	5:29.84 200401469	5:32.37		34.93	1:15.77	2:41.38	4:18.27
					50m: 34.93	100m: 1:15.77	150m: 1:59.68	200m: 2:41.38
					43.91	1:15.77	2:41.38	4:18.27
					48.89	1:15.77	2:41.38	4:18.27
					48.00	1:15.77	2:41.38	4:18.27
					350m: 4:55.91	400m: 5:32.37	37.64	36.46
3. Sem Teunissen	ZV Overbetuwe	6:16.67 200800077	6:26.53		38.57	1:25.35	3:04.84	4:57.43
					50m: 38.57	100m: 1:25.35	150m: 2:15.20	200m: 3:04.84
					49.85	1:25.35	3:04.84	4:57.43
					55.92	1:25.35	3:04.84	4:57.43
					56.67	1:25.35	3:04.84	4:57.43
					350m: 5:43.52	400m: 6:26.53	46.09	43.01

Programmanr. 4
12-5-2023 - 18:15

Dames, 400m wisselslag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Esmee Wilcke	ZV Overbetuwe	6:36.40 200302540	6:44.14		37.78	1:31.54	3:15.68	5:15.87
					50m: 37.78	100m: 1:31.54	150m: 2:24.33	200m: 3:15.68
					52.79	1:31.54	3:15.68	5:15.87
					59.15	1:31.54	3:15.68	5:15.87
					1:01.04	1:31.54	3:15.68	5:15.87
					350m: 6:01.18	400m: 6:44.14	45.31	42.96
2. Sofie Bulsink	ZV Overbetuwe	8:41.92 201001470	7:55.42		52.26	2:01.57	4:07.17	6:13.54
					50m: 52.26	100m: 2:01.57	150m: 3:06.99	200m: 4:07.17
					1:05.42	2:01.57	4:07.17	6:13.54
					1:03.12	2:01.57	4:07.17	6:13.54
					1:03.25	2:01.57	4:07.17	6:13.54
					350m: 7:06.27	400m: 7:55.42	52.73	49.15
AFGEM Mila Hof	ZV Overbetuwe	NT 201100226						