

Limiet wedstrijd HZ&PC
Heerenveen, 29-10-2017

Programmanr. 2
29-10-2017 - 14:21

Dames, 400m vrije slag

11 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Leonie, van WIER	HZ&PC Heerenveen	4:46.45	200200436	4:44.66 +0,72 587
	50m: 31.82	31.82 150m: 1:42.92	35.82	250m: 2:55.56	36.40 350m: 4:09.31
	100m: 1:07.10	35.28 200m: 2:19.16	36.24	300m: 3:32.61	37.05 400m: 4:44.66
2.	Kyra, WOOLDRIK	ZPC Hoogeveen	4:44.99	200101042	4:49.22 +0,78 560
	50m: 31.54	31.54 150m: 1:42.89	36.13	250m: 2:57.26	37.24 350m: 4:12.25
	100m: 1:06.76	35.22 200m: 2:20.02	37.13	300m: 3:34.57	37.31 400m: 4:49.22
3.	Nynke, ZANDSTRA	Dz&Pc	4:51.33	200202044	4:52.01 +0,63 544
	50m: 32.23	32.23 150m: 1:45.27	36.84	250m: 3:00.56	37.88 350m: 4:15.32
	100m: 1:08.43	36.20 200m: 2:22.68	37.41	300m: 3:37.91	37.35 400m: 4:52.01
4.	Inge, DEKKER	TriVia	4:45.28	200200476	4:52.44 +0,72 542
	50m: 31.98	31.98 150m: 1:44.72	36.96	250m: 3:00.58	37.89 350m: 4:16.25
	100m: 1:07.76	35.78 200m: 2:22.69	37.97	300m: 3:38.61	38.03 400m: 4:52.44
5.	Manon, de MAN	Deltasteur	4:56.28	200201458	4:56.00 +0,68 522
	50m: 32.52	32.52 150m: 1:46.43	37.16	250m: 3:02.85	38.09 350m: 4:19.37
	100m: 1:09.27	36.75 200m: 2:24.76	38.33	300m: 3:41.41	38.56 400m: 4:56.00
6.	Zana, UDO	De Forel	4:59.68	200202686	4:58.10 +0,59 511
	50m: 32.72	32.72 150m: 1:46.97	37.51	250m: 3:02.98	38.29 350m: 4:18.98
	100m: 1:09.46	36.74 200m: 2:24.69	37.72	300m: 3:41.44	38.46 400m: 4:58.10
7.	Amé, HULLEMAN	ReVeLie Swim Team	4:56.40	200202794	5:05.41 475
	50m: 31.45	31.45 150m: 1:43.82	36.93	250m: 3:02.36	39.72 350m: 4:23.37
	100m: 1:06.89	35.44 200m: 2:22.64	38.82	300m: 3:42.44	40.08 400m: 5:05.41
8.	Sara, KORTHUIS	TriVia	5:19.45	200600494	5:12.47 444
	50m: 33.70	33.70 150m: 1:50.70	38.80	250m: 3:11.58	40.98 350m: 4:33.59
	100m: 1:11.90	38.20 200m: 2:30.60	39.90	300m: 3:52.32	40.74 400m: 5:12.47
9.	Myrthe, WINKELS	TriVia	5:17.88	200300212	5:14.08 437
	50m: 33.74	33.74 150m: 1:51.67	39.96	250m: 3:12.88	40.49 350m: 4:34.77
	100m: 1:11.71	37.97 200m: 2:32.39	40.72	300m: 3:53.69	40.81 400m: 5:14.08
10.	Amber, BOOMSMA	HZ&PC Heerenveen	5:38.77	200401416	5:29.83 +0,64 377
	50m: 36.05	36.05 150m: 1:59.79	42.44	250m: 3:25.67	43.10 350m: 4:51.26
	100m: 1:17.35	41.30 200m: 2:42.57	42.78	300m: 4:09.05	43.38 400m: 5:29.83
11.	Annemarijn, DAMHOFF	TriVia	5:48.56	200501000	5:43.40 +0,86 334
	50m: 36.59	36.59 150m: 2:01.84	43.78	250m: 3:30.82	45.15 350m: 5:00.93
	100m: 1:18.06	41.47 200m: 2:45.67	43.83	300m: 4:15.90	45.08 400m: 5:43.40
12.	Maud, DOKTER	HZ&PC Heerenveen	NT	200601672	6:01.44 287
	50m: 38.38	38.38 150m: 2:08.98	46.50	250m: 3:43.65	47.32 350m: 5:18.54
	100m: 1:22.48	44.10 200m: 2:56.33	47.35	300m: 4:31.33	47.68 400m: 6:01.44
13.	Jessica, DEKKingA	HZ&PC Heerenveen	6:43.58	200600180	6:57.83 186
	50m: 44.34	44.34 150m: 2:29.07	53.29	250m: 4:18.43	54.50 350m: 6:06.98
	100m: 1:35.78	51.44 200m: 3:23.93	54.86	300m: 5:12.62	54.19 400m: 6:57.83
DIS	Liselotte, SCHAAP	HZ&PC Heerenveen	7:07.20	200603016	+0,57
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>				
	50m: 41.81	41.81 150m: 2:24.20	51.92	250m: 4:08.95	52.36 350m: 5:53.64
	100m: 1:32.28	50.47 200m: 3:16.59	52.39	300m: 5:02.18	53.23 400m: 6:46.17