

Limietwedstrijd HZ&PC Heerenveen
Heerenveen, 28-4-2019

Programmanr. 17
28-4-2019 - 15:28

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Lianne van Wier	HZ&PC Heerenveen	4:42.29	200200438	4:42.21	+0,68
	50m: 31.10	31.10	150m: 1:39.97	34.78	250m: 2:52.63	36.47
	100m: 1:05.19	34.09	200m: 2:16.16	36.19	300m: 3:29.67	37.04
					350m: 4:06.75	37.08
					400m: 4:42.21	35.46
2.	Chantal Tiesinga	HZ&PC Heerenveen	4:46.74	200302452	4:45.01	+0,67
	50m: 32.45	32.45	150m: 1:44.40	36.04	250m: 2:56.80	35.95
	100m: 1:08.36	35.91	200m: 2:20.85	36.45	300m: 3:32.81	36.01
					350m: 4:09.14	36.33
					400m: 4:45.01	35.87
3.	Charley Zethoven	HZ&PC Heerenveen	5:37.96	200500868	5:05.13	
	50m: 34.49	34.49	150m: 1:52.36	39.25	250m: 3:10.10	37.80
	100m: 1:13.11	38.62	200m: 2:32.30	39.94	300m: 3:49.01	38.91
					350m: 4:28.04	39.03
					400m: 5:05.13	37.09
4.	Amber Tiesinga	HZ&PC Heerenveen	5:18.34	200600782	5:14.37	
	50m: 36.45	36.45	150m: 1:56.39	39.59	250m: 3:15.84	39.67
	100m: 1:16.80	40.35	200m: 2:36.17	39.78	300m: 3:54.98	39.14
					350m: 4:35.74	40.76
					400m: 5:14.37	38.63
5.	Maud Dokter	HZ&PC Heerenveen	5:24.34	200601672	5:19.10 *	
	50m: 34.55	34.55	150m: 1:52.90	39.89	250m: 3:14.59	41.21
	100m: 1:13.01	38.46	200m: 2:33.38	40.48	300m: 3:56.10	41.51
					350m: 4:37.47	41.37
					400m: 5:19.10	41.63
6.	Anna Prieshof	Ksn (Sg)	5:57.72	200701482	5:42.27	
	50m: 36.85	36.85	150m: 2:02.51	44.15	250m: 3:33.53	45.70
	100m: 1:18.36	41.51	200m: 2:47.83	45.32	300m: 4:19.30	45.77
					350m: 5:03.48	44.18
					400m: 5:42.27	38.79
7.	Carlijn Boltendal	HZ&PC Heerenveen	5:51.02	200700082	5:53.67	
	50m: 38.67	38.67	150m: 2:08.32	45.85	250m: 3:39.10	45.48
	100m: 1:22.47	43.80	200m: 2:53.62	45.30	300m: 4:24.72	45.62
					350m: 5:10.43	45.71
					400m: 5:53.67	43.24
8.	Jessica Dekkinga	HZ&PC Heerenveen	6:07.00	200600180	6:06.12	
	50m: 40.47	40.47	150m: 2:12.88	46.73	250m: 3:48.68	47.50
	100m: 1:26.15	45.68	200m: 3:01.18	48.30	300m: 4:35.82	47.14
					350m: 5:22.61	46.79
					400m: 6:06.12	43.51