

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

Programmanr. 33  
28-4-2019 - 17:25

Dames, 400m wisselslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Laura Noord	De Wellerobben	5:46.51	200202568	<b>5:55.56</b> +0,78			
	50m: 37.58	37.58	150m: 2:06.92	43.78	250m: 3:40.96	49.75	350m: 5:14.88	42.83
	100m: 1:23.14	45.56	200m: 2:51.21	44.29	300m: 4:32.05	51.09	400m: 5:55.56	40.68
2.	Roos de Jong	Zcnf'34	5:59.46	200302948	<b>5:59.34</b> +0,89			
	50m: 39.36	39.36	150m: 2:14.52	48.15	250m: 3:50.04	48.57	350m: 5:19.88	41.40
	100m: 1:26.37	47.01	200m: 3:01.47	46.95	300m: 4:38.48	48.44	400m: 5:59.34	39.46
3.	Hedwig Bolt	HZ&PC Heerenveen	NT	200602660	<b>6:04.34</b> +0,72			
	50m: 41.76	41.76	150m: 2:20.90	47.80	250m: 3:54.44	47.64	350m: 5:24.46	41.17
	100m: 1:33.10	51.34	200m: 3:06.80	45.90	300m: 4:43.29	48.85	400m: 6:04.34	39.88
4.	Maud Roffel	HZ&PC Heerenveen	NT	200700840	<b>6:08.68</b>			
	50m: 41.64	41.64	150m: 2:13.94	43.99	250m: 3:51.77	54.92	350m: 5:27.92	42.32
	100m: 1:29.95	48.31	200m: 2:56.85	42.91	300m: 4:45.60	53.83	400m: 6:08.68	40.76
5.	Liselotte Schaap	HZ&PC Heerenveen	6:21.82	200603016	<b>6:15.64</b> +0,66			
	50m: 44.41	44.41	150m: 2:20.52	46.55	250m: 3:59.47	53.91	350m: 5:37.31	41.39
	100m: 1:33.97	49.56	200m: 3:05.56	45.04	300m: 4:55.92	56.45	400m: 6:15.64	38.33
6.	Karin van Dijk	De Wellerobben	5:34.46	198600850	<b>6:21.89</b> +0,75			
	50m: 38.23	38.23	150m: 2:18.42	51.18	250m: 3:57.93	46.48	350m: 5:36.19	46.58
	100m: 1:27.24	49.01	200m: 3:11.45	53.03	300m: 4:49.61	51.68	400m: 6:21.89	45.70
7.	Anouk Boltendal	HZ&PC Heerenveen	NT	200002518	<b>7:03.34</b> +0,62			
	50m: 43.11	43.11	150m: 2:28.82	50.88	250m: 4:20.65	1:01.49	350m: 6:14.10	49.44
	100m: 1:37.94	54.83	200m: 3:19.16	50.34	300m: 5:24.66	1:04.01	400m: 7:03.34	49.24
DIS	Esmee Hofstra	Wetterwille	6:21.08	200501816				
	<i>VD - Schoolslagbenen gezwommen of andere stuwende beweging in het horizontale vlak.</i>							