



Limietwedstrijd HZ&PC Heerenveen
Heerenveen, 1-5-2022



Programmanr. 33
1-5-2022 - 17:15

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Myrthe Natzijl	Orca Leeuwarden	5:23.82	200400076	5:20.95 +0,88			
	50m: 34.96	34.96	150m: 1:58.10	41.03	250m: 3:24.30	46.33	350m: 4:47.06	36.33
	100m: 1:17.07	42.11	200m: 2:37.97	39.87	300m: 4:10.73	46.43	400m: 5:20.95	33.89
2.	Fleur Bos	Orca Leeuwarden	5:23.69	200500674	5:27.99 +0,83			
	50m: 33.68	33.68	150m: 1:56.22	41.18	250m: 3:22.32	46.37	350m: 4:49.98	39.65
	100m: 1:15.04	41.36	200m: 2:35.95	39.73	300m: 4:10.33	48.01	400m: 5:27.99	38.01
3.	Monique Tienstra	TriVia	6:11.43	200600354	6:11.07 +0,86			
	50m: 37.18	37.18	150m: 2:12.72	51.42	250m: 3:53.14	53.33	350m: 5:31.28	45.17
	100m: 1:21.30	44.12	200m: 2:59.81	47.09	300m: 4:46.11	52.97	400m: 6:11.07	39.79
4.	Simone Kragt	Dedemsvaart-AC	NT	200901088	6:55.54			
	50m: 50.71	50.71	150m: 2:38.88	49.69	250m: 4:26.46	59.18	350m: 6:13.01	45.58
	100m: 1:49.19	58.48	200m: 3:27.28	48.40	300m: 5:27.43	1:00.97	400m: 6:55.54	42.53