



Limietwedstrijd HZ&PC Heerenveen Minioren - Senioren  
Heerenveen, 13-4-2024

Programmanr. 17  
13-4-2024 - 18:15

Dames, 400m vrije slag

11 jaar en ouder  
Resultaten

Baanrecords Sportstad Heerenveen 4:13.71 Tessa Vermeulen Heerenveen 17-2-2023

rang	naam	vereniging	intijd	tijd				
1.	Ilana Gentile	Orca Leeuwarden	4:46.04	200801558	<b>4:40.68</b>			
	50m: 31.86	31.86	150m: 1:42.68	35.73	250m: 2:54.45	36.11	350m: 4:06.55	35.97
	100m: 1:06.95	35.09	200m: 2:18.34	35.66	300m: 3:30.58	36.13	400m: 4:40.68	34.13
2.	Sofie Vos	ZPC Hoogeveen	4:46.63	200800804	<b>4:44.90</b>			
	50m: 32.27	32.27	150m: 1:43.72	36.14	250m: 2:56.28	36.26	350m: 4:09.23	36.32
	100m: 1:07.58	35.31	200m: 2:20.02	36.30	300m: 3:32.91	36.63	400m: 4:44.90	35.67
3.	Elise Dorlandt	HZ&PC Heerenveen	5:24.16	201000232	<b>5:07.16</b>			
	50m: 32.48	32.48	150m: 1:48.16	38.74	250m: 3:08.15	40.32	350m: 4:28.60	40.28
	100m: 1:09.42	36.94	200m: 2:27.83	39.67	300m: 3:48.32	40.17	400m: 5:07.16	38.56
4.	Lotte Berghout	Zcnf'34	5:12.57	200901644	<b>5:07.38</b>			
	50m: 34.49	34.49	150m: 1:53.84	40.65	250m: 3:13.73	40.11	350m: 4:31.80	38.81
	100m: 1:13.19	38.70	200m: 2:33.62	39.78	300m: 3:52.99	39.26	400m: 5:07.38	35.58
5.	Kyara Balt *400	De Vikings	5:22.33	201100306	<b>5:08.84</b>			
	50m: 35.67	35.67	150m: 1:54.39	39.75	250m: 3:13.05	39.12	350m: 4:30.98	39.00
	100m: 1:14.64	38.97	200m: 2:33.93	39.54	300m: 3:51.98	38.93	400m: 5:08.84	37.86
6.	Lobke Hempenius	HZ&PC Heerenveen	5:19.53	201100522	<b>5:16.74</b>			
	50m: 33.90	33.90	150m: 1:54.52	41.24	250m: 3:16.95	40.05	350m: 4:38.10	40.57
	100m: 1:13.28	39.38	200m: 2:36.90	42.38	300m: 3:57.53	40.58	400m: 5:16.74	38.64
7.	Anna Schuurman	SG. Bolsward-Workum	5:26.11	201000076	<b>5:22.03</b>			
	50m: 36.43	36.43	150m: 1:57.75	41.08	250m: 3:20.25	41.21	350m: 4:42.33	40.73
	100m: 1:16.67	40.24	200m: 2:39.04	41.29	300m: 4:01.60	41.35	400m: 5:22.03	39.70
8.	Quirine de Ridder	HZ&PC Heerenveen	5:40.63	201000228	<b>5:31.74</b>			
	50m: 35.23	35.23	150m: 1:59.10	43.10	250m: 3:24.67	43.01	350m: 4:50.05	42.44
	100m: 1:16.00	40.77	200m: 2:41.66	42.56	300m: 4:07.61	42.94	400m: 5:31.74	41.69
9.	Fenna Gabriels	ZPC Hoogeveen	6:30.71	201201230	<b>5:52.59</b>			
	50m: 39.94	39.94	150m: 2:09.10	46.08	250m: 3:40.06	44.98	350m: 5:11.17	45.21
	100m: 1:23.02	43.08	200m: 2:55.08	45.98	300m: 4:25.96	45.90	400m: 5:52.59	41.42
10.	Tess Broer	ZPC Hoogeveen	6:02.99	201200420	<b>5:53.31</b>			
	50m: 38.80	38.80	150m: 2:08.10	45.33	250m: 3:39.18	45.64	350m: 5:11.12	46.69
	100m: 1:22.77	43.97	200m: 2:53.54	45.44	300m: 4:24.43	45.25	400m: 5:53.31	42.19
11.	Lotte Pleizier	TriVia	6:26.50	201102728	<b>5:59.17</b>			
	50m: 36.90	36.90	150m: 2:03.91	44.23	250m: 3:37.01	46.91	350m: 5:12.34	47.93
	100m: 1:19.68	42.78	200m: 2:50.10	46.19	300m: 4:24.41	47.40	400m: 5:59.17	46.83