



Limietwedstrijd-1 2024-2025
Heerenveen, 12-10-2024

Programmanr. 14
12-10-2024 - 17:55

Dames, 400m vrije slag

11 jaar en ouder
Resultaten

Baanrecords Sportstad Heerenveen 4:13.71 Tessa Vermeulen 07-009 Heerenveen 17-2-2023

rang	naam	vereniging	intijd	tijd	RT			
1.	Elise Dorlandt	HZ&PC Heerenveen	5:07.16	201000232	5:00.88			
	50m: 32.60	32.60	150m: 1:48.85	38.91	250m: 3:06.60	38.46	350m: 4:24.59	38.91
	100m: 1:09.94	37.34	200m: 2:28.14	39.29	300m: 3:45.68	39.08	400m: 5:00.88	36.29
2.	Evy Anna Nijdam	Orca Leeuwarden	5:51.52	201100834	5:37.24			
	50m: 36.88	36.88	150m: 2:04.01	44.23	250m: 3:30.95	42.68	350m: 4:56.37	42.87
	100m: 1:19.78	42.90	200m: 2:48.27	44.26	300m: 4:13.50	42.55	400m: 5:37.24	40.87
3.	Marjolein Boer *300	Aqualero	5:45.76	200801068	5:39.08	+0,65		
	50m: 36.47	36.47	150m: 2:01.31	43.21	250m: 3:29.01	43.88	350m: 4:58.02	44.59
	100m: 1:18.10	41.63	200m: 2:45.13	43.82	300m: 4:13.43	44.42	400m: 5:39.08	41.06
4.	Elize Theodore *400	TriVia	6:28.72	201301104	5:59.64	+0,87		
	50m: 39.18	39.18	150m: 2:09.22	45.99	250m: 3:44.34	47.91	350m: 5:17.29	45.28
	100m: 1:23.23	44.05	200m: 2:56.43	47.21	300m: 4:32.01	47.67	400m: 5:59.64	42.35
5.	Evelien Hensen	TriVia	6:44.38	201301468	6:13.85			
	50m: 41.61	41.61	150m:		250m:		350m:	
	100m: 1:28.04	46.43	200m: 3:04.53		300m: 4:30.00		400m: 6:13.85	