

Programmanr. 1
9-11-2024 - 10:15

Dames, 400m wisselslag

2012 en eerder
Resultaten

Baanrecords Sportstad Heerenveen	4:52.82	Cynthia Verkaik	02-013	Heerenveen	9-3-2014
Friese records alg.	4:49.14	Hedwig Bolt	02-008	Aachen (GER)	25-10-2024
Friese records 19	5:00.54	Marloes Oldenburg	02-013	Amsterdam	23-12-2007
Friese records 18	4:49.14	Hedwig Bolt	02-008	Aachen (GER)	25-10-2024
Friese records 17	4:51.64	Hedwig Bolt	02-008	Den Haag	17-12-2023
Friese records 16	4:52.68	Marieke Tienstra	02-004	Amsterdam	31-1-2015
Friese records 15	4:52.21	Fay Boxum	02-004	Drachten	20-10-2024
Friese records 14	4:58.49	Frouke Ludwig	02-004	Eindhoven	9-12-2022
Friese records 13	5:10.19	Fay Boxum	02-004	Zwolle	27-11-2022
Friese records 12	5:32.71	Suze Kuipers	02-013	Leeuwarden	20-12-2015
Friese records - 23	4:49.14	Hedwig Bolt	02-008	Aachen (GER)	25-10-2024
Friese records - 18	4:49.14	Hedwig Bolt	02-008	Aachen (GER)	25-10-2024

rang	naam	vereniging	intijd	tijd	RT
o14					
1.	Lobke Hempenius	HZ&PC Heerenveen	5:43.97	201100522	5:38.49 +0,66
	50m: 36.02	36.02 150m: 2:03.51	42.00	250m: 3:32.82	48.34 350m: 5:00.36
	100m: 1:21.51	45.49 200m: 2:44.48	40.97	300m: 4:20.39	47.57 400m: 5:38.49
2.	Kyara Balt	De Vikings	5:49.30	201100306	5:46.07
	50m: 37.38	37.38 150m: 2:04.51	43.88	250m: 3:36.95	50.11 350m: 5:07.59
	100m: 1:20.63	43.25 200m: 2:46.84	42.33	300m: 4:27.98	51.03 400m: 5:46.07
3.	Amila Mustafic	Dz&Pc	6:16.88	201200026	6:18.53 +0,79
	50m: 36.33	36.33 150m: 2:10.57	46.25	250m: 3:52.33	57.36 350m: 5:38.18
	100m: 1:24.32	47.99 200m: 2:54.97	44.40	300m: 4:55.10	1:02.77 400m: 6:18.53
4.	Ranomi Zeegers	De Vikings	6:55.20	201201512	6:29.60 +0,84
	50m: 40.20	40.20 150m: 2:24.42	51.09	250m: 4:07.42	54.13 350m: 5:48.79
	100m: 1:33.33	53.13 200m: 3:13.29	48.87	300m: 5:03.58	56.16 400m: 6:29.60
DIS	W. van der Heide	Orca Leeuwarden	6:14.25	201100028	
	<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>				
	50m: 34.50	34.50 150m: 2:01.75	42.17	250m: 3:40.17	52.01 350m: 5:33.94
	100m: 1:24.86	46.36 200m: 2:49.76	42.44	300m: 4:27.33	49.56 400m: 5:41.27

o16					
1.	Fay Boxum	Dz&Pc	4:52.21	200900060	4:54.98 +0,87
	50m: 31.63	31.63 150m: 1:46.02	37.74	250m: 3:04.97	41.64 350m: 4:21.73
	100m: 1:08.28	36.65 200m: 2:23.33	37.31	300m: 3:48.01	43.04 400m: 4:54.98
2.	Silke Hooghiemstra	HZ&PC Heerenveen	5:21.58	200901224	5:27.89 +0,71
	50m: 33.09	33.09 150m: 1:52.83	41.13	250m: 3:22.24	49.40 350m: 4:50.82
	100m: 1:11.70	38.61 200m: 2:32.84	40.01	300m: 4:12.51	50.27 400m: 5:27.89
3.	Marre van der Wal	SG. Bolsward-Workum	5:28.92	201000046	5:40.18
	50m: 34.50	34.50 150m: 2:01.54	43.64	250m: 3:31.40	46.69 350m: 5:00.59
	100m: 1:17.90	43.40 200m: 2:44.71	43.17	300m: 4:19.21	47.81 400m: 5:40.18
4.	Mare Offringa	SG. Bolsward-Workum	5:45.90	201001110	5:41.27 +0,78
	50m: 38.50	38.50 150m: 2:07.32	42.46	250m: 3:37.77	48.01 350m: 5:05.50
	100m: 1:24.86	46.36 200m: 2:49.76	42.44	300m: 4:27.33	49.56 400m: 5:41.27
5.	Fardau Cazemier	Zcnf'34	5:41.18	200901736	5:46.41 +0,95
	50m: 37.22	37.22 150m: 2:06.89	45.21	250m: 3:40.29	49.44 350m: 5:09.92
	100m: 1:21.68	44.46 200m: 2:50.85	43.96	300m: 4:30.34	50.05 400m: 5:46.41
6.	Lotte Berghout	Zcnf'34	5:59.87	200901644	5:52.19
	50m: 38.67	38.67 150m: 2:08.78	44.89	250m: 3:43.70	51.08 350m: 5:15.01
	100m: 1:23.89	45.22 200m: 2:52.62	43.84	300m: 4:35.38	51.68 400m: 5:52.19
7.	Anna Schuurman	SG. Bolsward-Workum	6:15.51	201000076	6:11.77
	50m: 41.33	41.33 150m: 2:14.65	44.36	250m: 3:55.14	56.05 350m: 5:31.07
	100m: 1:30.29	48.96 200m: 2:59.09	44.44	300m: 4:49.99	54.85 400m: 6:11.77

o18					
1.	Frouke Ludwig	Dz&Pc	4:56.12	200800112	5:03.06 +0,78
	50m: 32.06	32.06 150m: 1:45.99	37.68	250m: 3:07.97	43.54 350m: 4:28.25
	100m: 1:08.31	36.25 200m: 2:24.43	38.44	300m: 3:52.71	44.74 400m: 5:03.06
2.	Esmee Mulder	Dz&Pc	5:06.94	200800038	5:18.65
	50m: 33.45	33.45 150m: 1:54.22	40.56	250m: 3:18.90	43.99 350m: 4:42.49
	100m: 1:13.66	40.21 200m: 2:34.91	40.69	300m: 4:04.58	45.68 400m: 5:18.65



Programmanr. 1, Dames, 400m wisselslag

o20

1. Hedwig Bolt		HZ&PC Heerenveen		4:51.64	200602660			4:49.94	+0,82		
50m:	31.26	31.26	150m:	1:45.16	37.87	250m:	3:02.09	40.72	350m:	4:17.52	33.63
100m:	1:07.29	36.03	200m:	2:21.37	36.21	300m:	3:43.89	41.80	400m:	4:49.94	32.42
2. Sara Korhuis		Dz&Pc		4:57.06	200600494			4:59.93	+0,62		
50m:	30.58	30.58	150m:	1:45.91	38.69	250m:	3:07.85	44.79	350m:	4:27.14	33.79
100m:	1:07.22	36.64	200m:	2:23.06	37.15	300m:	3:53.35	45.50	400m:	4:59.93	32.79
3. Vera Wassink		Dz&Pc		5:32.40	200604976			5:29.76	+0,83		
50m:	34.75	34.75	150m:	1:59.33	42.46	250m:	3:27.78	47.03	350m:	4:53.67	36.77
100m:	1:16.87	42.12	200m:	2:40.75	41.42	300m:	4:16.90	49.12	400m:	5:29.76	36.09