

Programmanr. 30
10-11-2024 - 15:00

Dames, 400m vrije slag

2012 en eerder
Resultaten

Baanrecords Sportstad Heerenveen	4:13.71	Tessa Vermeulen	07-009	Heerenveen	17-2-2023
Friese records alg.	4:10.71	Janna van Kooten	02-004	Den Haag	4-12-2021
Friese records 19	4:13.34	Yara van Kalmthout	02-004	Berlin (GER)	1-10-2021
Friese records 18	4:11.09	Janna van Kooten	02-004	Amsterdam	30-10-2022
Friese records 17	4:10.71	Janna van Kooten	02-004	Den Haag	4-12-2021
Friese records 16	4:13.49	Janna van Kooten	02-004	Drachten	3-10-2020
Friese records 15	4:23.45	Manon Friskes	02-004	Amsterdam	26-10-2012
Friese records 14	4:18.03	Marrit Steenbergen	02-004	Tilburg	9-11-2014
Friese records 13	4:29.61	Marrit Steenbergen	02-004	Oldenzaal	9-3-2013
Friese records 12	4:34.53	Marrit Steenbergen	02-004	Lelystad	10-3-2012
Friese records - 23	4:10.71	Janna van Kooten	02-004	Den Haag	4-12-2021
Friese records - 18	4:10.71	Janna van Kooten	02-004	Den Haag	4-12-2021

rang naam vereniging intijd tijd RT

o14

1. Lobke Hempenius	HZ&PC Heerenveen	5:16.74	201100522	5:04.60	+0,83
50m: 33.02	33.02 150m: 1:50.16	38.99	250m: 3:08.75	39.33	350m: 4:27.83
100m: 1:11.17	38.15 200m: 2:29.42	39.26	300m: 3:47.97	39.22	400m: 5:04.60
2. Marlies Brouwer	Dz&Pc	5:19.12	201101152	5:12.92	+0,78
50m: 34.84	34.84 150m: 1:55.08	40.65	250m: 3:16.13	40.33	350m: 4:35.16
100m: 1:14.43	39.59 200m: 2:35.80	40.72	300m: 3:55.86	39.73	400m: 5:12.92
3. W. van der Heide	Orca Leeuwarden	5:23.01	201100028	5:17.21	+0,79
50m: 35.92	35.92 150m: 1:57.07	40.91	250m: 3:19.83	41.49	350m: 4:41.99
100m: 1:16.16	40.24 200m: 2:38.34	41.27	300m: 4:01.22	41.39	400m: 5:17.21
4. Alena Ytsma	HZ&PC Heerenveen	7:08.48	201201736	5:23.16	+0,77
50m: 35.37	35.37 150m: 1:56.36	40.97	250m: 3:18.91	41.27	350m: 4:39.47
100m: 1:15.39	40.02 200m: 2:37.64	41.28	300m: 3:59.97	41.06	400m: 5:23.16
5. Evy Anna Nijdam	Orca Leeuwarden	5:37.24	201100834	5:29.50	+0,84
50m: 36.91	36.91 150m: 2:00.42	42.35	250m: 3:26.39	42.75	350m: 4:50.35
100m: 1:18.07	41.16 200m: 2:43.64	43.22	300m: 4:08.64	42.25	400m: 5:29.50
6. Ranomi Zeegers	De Vikings	6:22.81	201201512	5:35.65	+0,79
50m: 36.03	36.03 150m: 2:01.47	42.83	250m: 3:28.27	43.46	350m: 4:55.36
100m: 1:18.64	42.61 200m: 2:44.81	43.34	300m: 4:12.07	43.80	400m: 5:35.65
7. Femke De Vries	De Vikings	6:10.29	201200202	6:02.32	
50m: 39.91	39.91 150m: 2:13.47	47.46	250m: 3:48.18	47.22	350m: 5:20.91
100m: 1:26.01	46.10 200m: 3:00.96	47.49	300m: 4:35.56	47.38	400m: 6:02.32

o16

1. Fay Boxum	Dz&Pc	4:33.28	200900060	4:27.40	+0,79
50m: 29.22	29.22 150m: 1:36.26	34.07	250m: 2:44.79	34.31	350m: 3:53.81
100m: 1:02.19	32.97 200m: 2:10.48	34.22	300m: 3:19.38	34.59	400m: 4:27.40
2. Mare Offringa	SG. Bolsward-Workum	5:00.03	201001110	4:54.81	+0,79
50m: 32.75	32.75 150m: 1:48.02	37.81	250m: 3:03.85	37.51	350m: 4:19.42
100m: 1:10.21	37.46 200m: 2:26.34	38.32	300m: 3:41.95	38.10	400m: 4:54.81
3. Elise Dorlandt	HZ&PC Heerenveen	5:00.88	201000232	4:57.13	+0,68
50m: 32.47	32.47 150m: 1:47.33	37.58	250m: 3:03.46	37.94	350m: 4:20.28
100m: 1:09.75	37.28 200m: 2:25.52	38.19	300m: 3:41.98	38.52	400m: 4:57.13
4. Lotte Berghout	Zcnf'34	5:07.38	200901644	5:09.78	
50m: 35.03	35.03 150m: 1:52.36	39.24	250m: 3:11.70	40.10	350m: 4:32.48
100m: 1:13.12	38.09 200m: 2:31.60	39.24	300m: 3:51.85	40.15	400m: 5:09.78
5. Isa Segenhout	Orca Leeuwarden	5:09.43	201000128	5:16.58	+0,72
50m: 34.90	34.90 150m: 1:56.42	41.20	250m: 3:18.42	41.12	350m: 4:39.08
100m: 1:15.22	40.32 200m: 2:37.30	40.88	300m: 3:58.52	40.10	400m: 5:16.58
6. Anna Schuurman	SG. Bolsward-Workum	5:21.01	201000076	5:24.87	+0,79
50m: 35.80	35.80 150m: 1:56.19	40.68	250m: 3:19.85	42.46	350m: 4:44.36
100m: 1:15.51	39.71 200m: 2:37.39	41.20	300m: 4:02.21	42.36	400m: 5:24.87

o18

1. Frouke Ludwig	Dz&Pc	4:22.65	200800112	4:26.26	
50m: 30.59	30.59 150m: 1:37.43	33.64	250m: 2:44.94	33.49	350m: 3:52.46
100m: 1:03.79	33.20 200m: 2:11.45	34.02	300m: 3:18.58	33.64	400m: 4:26.26
2. Esmee Mulder *400	Dz&Pc	4:33.02	200800038	4:33.91	+0,72
50m: 31.66	31.66 150m: 1:41.31	35.13	250m: 2:51.21	34.79	350m: 4:00.52
100m: 1:06.18	34.52 200m: 2:16.42	35.11	300m: 3:26.29	35.08	400m: 4:33.91

Programmanr. 30, Meisjes, 400m vrije slag, o18

rang	naam	vereniging	intijd	tijd	RT
3.	Esmée Ykema	HZ&PC Heerenveen	4:44.92	200801710	4:40.07 +0,58
	50m: 31.76	31.76 150m: 1:43.45	36.24 250m: 2:55.44	35.43 350m: 4:06.77	34.66
	100m: 1:07.21	35.45 200m: 2:20.01	36.56 300m: 3:32.11	36.67 400m: 4:40.07	33.30

o20

1.	Hedwig Bolt	HZ&PC Heerenveen	4:14.94	200602660	4:17.12 +0,78
	50m: 29.96	29.96 150m: 1:35.22	32.89 250m: 2:40.89	32.55 350m: 3:45.83	32.33
	100m: 1:02.33	32.37 200m: 2:08.34	33.12 300m: 3:13.50	32.61 400m: 4:17.12	31.29
2.	Sara Korhuis	Dz&Pc	4:17.46	200600494	4:23.43 +0,78
	50m: 29.51	29.51 150m: 1:35.50	33.34 250m: 2:42.24	33.48 350m: 3:49.51	33.65
	100m: 1:02.16	32.65 200m: 2:08.76	33.26 300m: 3:15.86	33.62 400m: 4:23.43	33.92
3.	Vera Wassink	Dz&Pc	4:37.66	200604976	4:40.93 +0,74
	50m: 31.07	31.07 150m: 1:42.25	35.96 250m: 2:54.44	35.83 350m: 4:06.46	36.13
	100m: 1:06.29	35.22 200m: 2:18.61	36.36 300m: 3:30.33	35.89 400m: 4:40.93	34.47
4.	Amber Tiesinga	Dz&Pc	4:54.91	200600782	4:52.46 +0,78
	50m: 31.82	31.82 150m: 1:43.63	36.01 250m: 2:58.27	37.71 350m: 4:15.44	38.91
	100m: 1:07.62	35.80 200m: 2:20.56	36.93 300m: 3:36.53	38.26 400m: 4:52.46	37.02

o21 en ouder

1.	Myrthe Natzijl	Dz&Pc	4:28.60	200400076	4:31.65 +0,80
	50m: 31.29	31.29 150m: 1:39.72	34.29 250m: 2:49.11	34.78 350m: 3:58.11	34.58
	100m: 1:05.43	34.14 200m: 2:14.33	34.61 300m: 3:23.53	34.42 400m: 4:31.65	33.54
2.	Lize Janna de Vries	Orca Leeuwarden	4:39.85	200101948	4:42.23 +0,75
	50m: 31.55	31.55 150m: 1:42.73	35.83 250m: 2:54.43	35.81 350m: 4:06.78	36.30
	100m: 1:06.90	35.35 200m: 2:18.62	35.89 300m: 3:30.48	36.05 400m: 4:42.23	35.45
3.	Roos de Jong	Zcnf'34	4:54.24	200302948	4:50.97
	50m: 33.54	33.54 150m: 1:47.21	37.29 250m: 3:01.88	37.47 350m: 4:16.19	36.82
	100m: 1:09.92	36.38 200m: 2:24.41	37.20 300m: 3:39.37	37.49 400m: 4:50.97	34.78
4.	Evelien de Jong	Neptunia '24	5:44.44	199805316	5:32.89 +0,77
	50m: 36.39	36.39 150m: 2:00.89	43.05 250m: 3:28.33	43.74 350m: 4:53.48	41.85
	100m: 1:17.84	41.45 200m: 2:44.59	43.70 300m: 4:11.63	43.30 400m: 5:32.89	39.41