



Limietwedstrijd 2  
Heerenveen, 1-12-2024

Programmanr. 14  
1-12-2024 - 15:45

Dames, 400m vrije slag

Senioren Open  
Resultaten

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

rang	naam	vereniging	intijd	tijd	RT		
1.	Vera Wassink	Dz&Pc	4:37.66	200604976	4:40.24 +0,73		
	50m: 31.68	31.68 150m: 1:41.85	35.57	250m: 2:53.56	35.91	350m: 4:05.42	35.65
	100m: 1:06.28	34.60 200m: 2:17.65	35.80	300m: 3:29.77	36.21	400m: 4:40.24	34.82
2.	Fenna Westerneng	Dz&Pc	4:36.82	200900070	4:41.92 +0,60		
	50m: 31.26	31.26 150m: 1:41.61	35.41	250m: 2:53.26	35.77	350m: 4:04.03	34.87
	100m: 1:06.20	34.94 200m: 2:17.49	35.88	300m: 3:29.16	35.90	400m: 4:41.92	37.89
3.	Julia Agricola	Dz&Pc	4:43.99	200800266	4:44.77 +0,72		
	50m: 32.11	32.11 150m: 1:43.22	35.78	250m: 2:56.23	36.62	350m: 4:09.14	36.14
	100m: 1:07.44	35.33 200m: 2:19.61	36.39	300m: 3:33.00	36.77	400m: 4:44.77	35.63
4.	Daphne Dijsselhof	Dedemsvaart-AC	4:52.49	200901690	4:48.04 +0,82		
	50m: 32.92	32.92 150m: 1:46.92	37.73	250m: 3:01.65	37.48	350m: 4:15.16	36.52
	100m: 1:09.19	36.27 200m: 2:24.17	37.25	300m: 3:38.64	36.99	400m: 4:48.04	32.88
5.	Marjolie Spelde	ZC Borger	5:04.85	200900266	5:04.87 +0,83		
	50m: 32.60	32.60 150m: 1:48.33	38.76	250m: 3:06.81	39.51	350m: 4:27.08	40.20
	100m: 1:09.57	36.97 200m: 2:27.30	38.97	300m: 3:46.88	40.07	400m: 5:04.87	37.79
6.	Lana Noordenbos	Orca Leeuwarden	5:33.61	201100958	5:15.38		
	50m: 35.30	35.30 150m: 1:55.08	40.58	250m: 3:17.56	41.24	350m: 4:39.03	40.00
	100m: 1:14.50	39.20 200m: 2:36.32	41.24	300m: 3:59.03	41.47	400m: 5:15.38	36.35
7.	Lotte Euverman	Aqua 68	5:27.67	201101228	5:15.58		
	50m: 35.22	35.22 150m: 1:55.83	41.51	250m: 3:17.56	40.69	350m: 4:40.10	41.13
	100m: 1:14.32	39.10 200m: 2:36.87	41.04	300m: 3:58.97	41.41	400m: 5:15.58	35.48
8.	Alena Ytsma	HZ&PC Heerenveen	5:23.16	201201736	5:16.98		
	50m: 35.23	35.23 150m: 1:54.95	40.83	250m: 3:17.12	40.91	350m: 4:39.23	40.32
	100m: 1:14.12	38.89 200m: 2:36.21	41.26	300m: 3:58.91	41.79	400m: 5:16.98	37.75
9.	Marike de Jong	Avena	NT	200101074	5:22.97 +0,82		
	50m: 34.82	34.82 150m: 1:54.36	40.47	250m: 3:17.72	42.06	350m: 4:42.61	42.55
	100m: 1:13.89	39.07 200m: 2:35.66	41.30	300m: 4:00.06	42.34	400m: 5:22.97	40.36
10.	Elin Berfelo	MZ&PC De Reest	5:43.11	201102816	5:30.30		
	50m: 37.65	37.65 150m: 2:02.62	42.84	250m: 3:27.14	42.23	350m: 4:51.11	41.80
	100m: 1:19.78	42.13 200m: 2:44.91	42.29	300m: 4:09.31	42.17	400m: 5:30.30	39.19
11.	Marjet Minnema	Avena	NT	200501328	5:38.02 +0,84		
	50m: 36.02	36.02 150m: 1:58.55	42.37	250m: 3:26.53	44.26	350m: 4:55.77	44.29
	100m: 1:16.18	40.16 200m: 2:42.27	43.72	300m: 4:11.48	44.95	400m: 5:38.02	42.25
12.	Nienke van Rooijen	TriVia	NT	201202070	6:23.09		
	50m: 44.49	44.49 150m: 2:21.87	49.31	250m: 4:00.04	48.92	350m: 5:37.82	48.64
	100m: 1:32.56	48.07 200m: 3:11.12	49.25	300m: 4:49.18	49.14	400m: 6:23.09	45.27