



Limietwedstrijd 2  
Heerenveen, 1-12-2024

Programmanr. 28  
1-12-2024 - 17:35

Dames, 400m wisselslag

Senioren Open  
Resultaten

Baanrecords Sportstad Heerenveen 4:49.94 Hedwig Bolt 02-008 Heerenveen 9-11-2024

rang	naam	vereniging	intijd	tijd	RT				
1.	Marte Hieke van der Kamp	HZ&PC Heerenveen	5:05.18	200500218	4:54.25 +0,77				
	50m: 31.33	31.33	150m: 1:45.35	38.32	250m: 3:05.85	43.39	350m: 4:23.13	33.28	
	100m: 1:07.03	35.70	200m: 2:22.46	37.11	300m: 3:49.85	44.00	400m: 4:54.25	31.12	
2.	Frouke Ludwig	Dz&Pc	4:57.90	200800112	4:55.48 +0,74				
	50m: 31.88	31.88	150m: 1:42.92	36.62	250m: 3:03.01	44.20	350m: 4:22.01	34.09	
	100m: 1:06.30	34.42	200m: 2:18.81	35.89	300m: 3:47.92	44.91	400m: 4:55.48	33.47	
3.	Ismay Lichtendonk	Dedemsvaart-AC	5:00.41	200400622	5:01.61 +0,78				
	50m: 31.54	31.54	150m: 1:47.30	38.62	250m: 3:06.68	41.90	350m: 4:27.19	36.71	
	100m: 1:08.68	37.14	200m: 2:24.78	37.48	300m: 3:50.48	43.80	400m: 5:01.61	34.42	
4.	Daphne Dijsselhof	Dedemsvaart-AC	5:48.69	200901690	5:38.78 +0,85				
	50m: 36.67	36.67	150m: 2:04.03	43.10	250m: 3:37.09	50.97	350m: 5:04.42	37.18	
	100m: 1:20.93	44.26	200m: 2:46.12	42.09	300m: 4:27.24	50.15	400m: 5:38.78	34.36	
5.	Isa Kerpels	ZPC Hoogeveen	5:35.88	200800880	5:39.63 +0,88				
	50m: 39.22	39.22	150m: 2:09.32	42.51	250m: 3:37.54	46.43	350m: 5:03.13	39.24	
	100m: 1:26.81	47.59	200m: 2:51.11	41.79	300m: 4:23.89	46.35	400m: 5:39.63	36.50	
6.	Alena Ytsma	HZ&PC Heerenveen	NT	201201736	5:42.92				
	50m: 38.89	38.89	150m: 2:06.47	44.14	250m: 3:39.48	46.66	350m: 5:05.52	39.56	
	100m: 1:22.33	43.44	200m: 2:52.82	46.35	300m: 4:25.96	46.48	400m: 5:42.92	37.40	
7.	Isa Segenhout	Orca Leeuwarden	6:06.52	201000128	5:56.46 +0,59				
	50m: 38.02	38.02	150m: 2:10.67	43.92	250m: 3:46.36	52.15	350m: 5:17.74	39.09	
	100m: 1:26.75	48.73	200m: 2:54.21	43.54	300m: 4:38.65	52.29	400m: 5:56.46	38.72	
8.	Amila Mustafic	Dz&Pc	6:16.88	201200026	6:08.61				
	50m: 36.67	36.67	150m: 2:11.21	42.83	250m: 3:51.22	58.50	350m: 5:31.80	39.82	
	100m: 1:28.38	51.71	200m: 2:52.72	41.51	300m: 4:51.98	1:00.76	400m: 6:08.61	36.81	
9.	Elize Schierbeek	TriVia	6:50.48	201100652	6:10.34 +0,58				
	50m: 38.34	38.34	150m: 2:12.38	45.98	250m: 3:51.69	54.99	350m: 5:30.76	41.60	
	100m: 1:26.40	48.06	200m: 2:56.70	44.32	300m: 4:49.16	57.47	400m: 6:10.34	39.58	
10.	Marlies Brouwer	Dz&Pc	NT	201101152	6:11.27 +0,98				
	50m: 40.91	40.91	150m: 2:20.03	47.82	250m: 3:58.77	52.94	350m: 5:33.90	39.78	
	100m: 1:32.21	51.30	200m: 3:05.83	45.80	300m: 4:54.12	55.35	400m: 6:11.27	37.37	
11.	Sharon Oldenkamp	de Valken	6:28.51	200600276	6:27.79				
	50m: 39.69	39.69	150m: 2:20.51	48.44	250m: 4:03.61	56.37	350m: 5:44.10	44.44	
	100m: 1:32.07	52.38	200m: 3:07.24	46.73	300m: 4:59.66	56.05	400m: 6:27.79	43.69	
12.	Carlijn Aardema	ZC Borger	NT	201100272	6:45.70				
	50m: 48.95	48.95	150m: 2:36.26	49.13	250m: 4:20.15	54.65	350m: 6:02.92	44.27	
	100m: 1:47.13	58.18	200m: 3:25.50	49.24	300m: 5:18.65	58.50	400m: 6:45.70	42.78	
13.	Elske de Vries	De Vikings	6:50.44	200800786	6:49.17				
	50m: 44.52	44.52	150m: 2:32.74	51.43	250m: 4:21.27	58.13	350m: 6:06.20	45.16	
	100m: 1:41.31	56.79	200m: 3:23.14	50.40	300m: 5:21.04	59.77	400m: 6:49.17	42.97	
14.	Lisa van Ewijk *400	Avena	NT	200901800	6:54.66 +0,74				
	50m: 41.12	41.12	150m: 2:28.72	53.53	250m: 4:21.45	59.62	350m: 6:09.27	46.47	
	100m: 1:35.19	54.07	200m: 3:21.83	53.11	300m: 5:22.80	1:01.35	400m: 6:54.66	45.39	
15.	Puck van Butzelaar	MZ&PC De Reest	NT	200801132	6:55.15 +0,89				
	50m: 48.16	48.16	150m: 2:38.74	52.97	250m: 4:27.16	57.91	350m: 6:13.98	47.42	
	100m: 1:45.77	57.61	200m: 3:29.25	50.51	300m: 5:26.56	59.40	400m: 6:55.15	41.17	