

Verenigingscompetitie-Eredivisie-deel 3
Heerenveen, 1-2-2025

Programmanr. 14
1-2-2025 - 14:40

Meisjes, 400m wisselslag

Gebjr 2007 - 2013
Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Frouke Ludwig	DZ&PC	4:51.86	200800112	4:53.44	
	50m: 30.44	30.44 150m:		250m:	350m:	
	100m: 1:05.19	34.75 200m:		300m:	400m: 4:53.44	
2.	Laura van Etten	HZ&PC Heerenveen	4:58.28	200800264	5:02.91	
	50m: 30.59	30.59 150m:		250m:	350m:	
	100m: 1:07.87	37.28 200m:		300m:	400m: 5:02.91	
3.	Julia Agricola	DZ&PC	5:17.44	200800266	5:22.64	
	50m: 32.93	32.93 150m:		250m:	350m:	
	100m: 1:11.50	38.57 200m:		300m:	400m: 5:22.64	
4.	Veerle de Ridder	HZ&PC Heerenveen	5:32.77	200700778	5:26.97	
	50m: 32.78	32.78 150m:		250m:	350m:	
	100m: 1:17.69	44.91 200m:		300m:	400m: 5:26.97	
5.	Leyona Lichtendonk	Dedemsvaart-AC	5:36.52	200700010	5:38.63	
	50m: 32.52	32.52 150m:		250m:	350m:	
	100m: 1:11.37	38.85 200m:		300m:	400m: 5:38.63	
6.	Lili Oosting	Dwk 1	5:38.29	200900384	5:41.12	
	50m: 35.25	35.25 150m:		250m:	350m:	
	100m: 1:16.31	41.06 200m:		300m:	400m: 5:41.12	
7.	Sofie Kragt	Dedemsvaart-AC	5:47.88	200701020	5:45.82	
	50m: 35.36	35.36 150m:		250m:	350m:	
	100m: 1:18.23	42.87 200m:		300m:	400m: 5:45.82	
8.	Anique Polinder	Dedemsvaart-AC	5:58.61	200800008	5:46.92	
	50m: 36.36	36.36 150m:		250m:	350m:	
	100m: 1:22.91	46.55 200m:		300m:	400m: 5:46.92	
9.	Karlijn Siderius	Dwk 1	5:33.43	200900032	5:47.05	
	50m: 33.90	33.90 150m:		250m:	350m:	
	100m: 1:16.47	42.57 200m:		300m:	400m: 5:47.05	
10.	Jente Nijsingh	Dedemsvaart-AC	NT	200801594	5:57.87	
	50m: 33.82	33.82 150m:		250m:	350m:	
	100m: 1:17.25	43.43 200m:		300m:	400m: 5:57.87	
11.	Laura Volkers	Dwk 1	6:05.11	200800056	6:17.65	
	50m: 38.07	38.07 150m:		250m:	350m:	
	100m: 1:27.53	49.46 200m:		300m:	400m: 6:17.65	