



Limietwedstrijd 2 Heerenveen
Heerenveen, 29-3-2025

Programmanr. 28
29-3-2025 - 19:20

Dames, 400m wisselslag

2012 en ouder
Resultaten

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

rang	naam	vereniging	intijd	tijd	RT			
1.	Mirthe de Haan	Zcnf'34	5:50.31	201000866	5:47.59 +0,80			
	50m: 37.29	37.29	150m: 2:05.15	42.04	250m: 3:38.20	53.02	350m: 5:10.17	40.54
	100m: 1:23.11	45.82	200m: 2:45.18	40.03	300m: 4:29.63	51.43	400m: 5:47.59	37.42
2.	Lana Noordenbos	Orca Leeuwarden	6:26.40	201100958	6:07.29 40,13			
	50m: 40.88	40.88	150m: 2:16.29	44.69	250m: 3:53.17	53.69	350m: 5:29.53	40.13
	100m: 1:31.60	50.72	200m: 2:59.48	43.19	300m: 4:49.40	56.23	400m: 6:07.29	37.76
3.	Anna Schuurman	SG. Bolsward-Workum	6:11.77	201000076	6:10.78 +0,84			
	50m: 41.52	41.52	150m: 2:14.08	44.64	250m: 3:53.83	55.33	350m: 5:31.66	41.15
	100m: 1:29.44	47.92	200m: 2:58.50	44.42	300m: 4:50.51	56.68	400m: 6:10.78	39.12
4.	Eline Cromwijk	de Valken	NT	200903222	6:22.84 +0,79			
	50m: 44.30	44.30	150m: 2:24.20	49.91	250m: 4:06.22	55.93	350m: 5:42.86	42.82
	100m: 1:34.29	49.99	200m: 3:10.29	46.09	300m: 5:00.04	53.82	400m: 6:22.84	39.98