



Limietwedstrijd 2 Heerenveen
Heerenveen, 8-11-2025

Programmanr. 14
8-11-2025 - 18:00

Dames, 400m vrije slag

12 jaar en ouder
Resultaten

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

Punten: AQUA 2025

Rang				Geb.				Tijd	Pnt
1.	Marte Hieke van der Kamp			05	HZ&PC Heerenveen			4:44.05	532
	50m:	30.89	30.89	150m:	1:41.33	35.79	250m:	2:53.58	36.31
	100m:	1:05.54	34.65	200m:	2:17.27	35.94	300m:	3:30.59	37.01
							350m:	4:07.49	36.90
							400m:	4:44.05	36.56
2.	Silke Hooghiemstra			09	HZ&PC Heerenveen			5:05.36	428
	50m:	32.14	32.14	150m:	1:49.52	39.93	250m:	3:08.74	39.87
	100m:	1:09.59	37.45	200m:	2:28.87	39.35	300m:	3:48.72	39.98
							350m:	4:26.95	38.23
							400m:	5:05.36	38.41
3.	Wyneke Edou van der Heide			11	HZ&PC Heerenveen			5:09.47	411
	50m:	35.06	35.06	150m:	1:55.00	40.23	250m:	3:14.86	39.74
	100m:	1:14.77	39.71	200m:	2:35.12	40.12	300m:	3:54.95	40.09
							350m:	4:33.07	38.12
							400m:	5:09.47	36.40
4.	Femke-Romy Wiersma			01	Neptunia'24			5:17.58	381
	50m:	33.36	33.36	150m:	1:51.38	40.10	250m:	3:12.47	40.61
	100m:	1:11.28	37.92	200m:	2:31.86	40.48	300m:	3:53.54	41.07
							350m:	4:35.60	42.06
							400m:	5:17.58	41.98
5.	Evelien de Jong			98	Neptunia'24			5:30.97	336
	50m:	35.13	35.13	150m:	1:56.02	41.12	250m:	3:20.33	42.72
	100m:	1:14.90	39.77	200m:	2:37.61	41.59	300m:	4:04.14	43.81
							350m:	4:48.31	44.17
							400m:	5:30.97	42.66
6.	Hedwig Bolt			06	HZ&PC Heerenveen			5:31.68	334
	50m:	36.42	36.42	150m:	1:59.37	41.68	250m:	3:24.69	42.75
	100m:	1:17.69	41.27	200m:	2:41.94	42.57	300m:	4:07.43	42.74
							350m:	4:50.05	42.62
							400m:	5:31.68	41.63
7.	Ismay Dekker			11	ZPC Hoogeveen			5:44.23	299
	50m:	36.57	36.57	150m:	2:00.89	43.44	250m:	3:29.82	44.94
	100m:	1:17.45	40.88	200m:	2:44.88	43.99	300m:	4:15.44	45.62
							350m:	5:00.73	45.29
							400m:	5:44.23	43.50
8.	Fenna Ykema			13	HZ&PC Heerenveen			5:48.48	288
	*400								
	50m:	38.79	38.79	150m:	2:07.72	44.68	250m:	3:37.76	44.51
	100m:	1:23.04	44.25	200m:	2:53.25	45.53	300m:	4:22.39	44.63
							350m:	5:06.76	44.37
							400m:	5:48.48	41.72
9.	Vajen de Vries			13	HZ&PC Heerenveen			5:50.00	284
	50m:	39.12	39.12	150m:	2:06.88	44.11	250m:	3:38.45	45.37
	100m:	1:22.77	43.65	200m:	2:53.08	46.20	300m:	4:23.94	45.49
							350m:	5:10.35	46.41
							400m:	5:50.00	39.65
10.	Senna Oosterkamp			13	HZ&PC Heerenveen			6:06.75	247
	50m:	41.20	41.20	150m:	2:14.27	46.95	250m:	3:49.98	48.08
	100m:	1:27.32	46.12	200m:	3:01.90	47.63	300m:	4:36.70	46.72
							350m:	5:24.08	47.38
							400m:	6:06.75	42.67