

Programmanr. 18
6-12-2025 - 16:20

Dames, 400m wisselslag

Senioren Open
Resultaten

Baanrecords Sportstad Heerenveen	4:49.94	Hedwig Bolt	02-008	Heerenveen	9-11-2024
Fries records alg.	4:42.15	Marte van der Kamp	02-008	Drachten	15-11-2025
Fries records Masters 20+	5:06.81	Chantal Nap	02-008	Nijverdal	26-1-2013
Fries records 19	4:47.71	Hedwig Bolt	02-008	Drachten	11-1-2025
Fries records 17	4:51.64	Hedwig Bolt	02-008	Den Haag	17-12-2023
Fries records 16	4:51.86	Frouke Ludwig	02-004	Den Haag	22-12-2024
Fries records 15	4:52.21	Fay Boxum	02-004	Drachten	20-10-2024
Fries records 14	4:58.49	Frouke Ludwig	02-004	Eindhoven	9-12-2022
Fries records 13	5:10.19	Fay Boxum	02-004	Zwolle	27-11-2022
Fries records 12	5:32.71	Suze Kuipers	02-013	Leeuwarden	20-12-2015
Fries records - 23	4:42.15	Marte van der Kamp	02-008	Drachten	15-11-2025
Fries records - 18	4:49.00	Hedwig Bolt	02-008	Den Haag	22-12-2024

rang	naam	vereniging	intijd	tijd	RT
Onder 14					
1.	Alena Ytsma	HZ&PC Heerenveen	5:36.02	201201736	5:38.83 +0,89
	50m: 35.18	35.18 150m: 1:58.27	42.73 250m: 3:30.11	48.60 350m: 4:58.16	40.55
	100m: 1:15.54	40.36 200m: 2:41.51	43.24 300m: 4:17.61	47.50 400m: 5:38.83	40.67
2.	Esmee Tuintjer *400	Orca Leeuwarden	6:03.10	201300084	5:57.94 +0,89
	50m: 40.51	40.51 150m: 2:16.47	42.38 250m: 3:48.95	49.60 350m: 5:18.62	40.00
	100m: 1:34.09	53.58 200m: 2:59.35	42.88 300m: 4:38.62	49.67 400m: 5:57.94	39.32
3.	Ranomi Zeegers	De Vikings	6:14.51	201201512	6:09.06 +0,87
	50m: 39.15	39.15 150m: 2:19.69	49.36 250m: 3:56.53	51.90 350m: 5:31.36	42.07
	100m: 1:30.33	51.18 200m: 3:04.63	44.94 300m: 4:49.29	52.76 400m: 6:09.06	37.70
4.	Vajen de Vries	HZ&PC Heerenveen	6:17.60	201300120	6:10.04 +0,78
	50m: 44.21	44.21 150m: 2:22.45	46.35 250m: 3:58.24	49.38 350m: 5:31.45	43.08
	100m: 1:36.10	51.89 200m: 3:08.86	46.41 300m: 4:48.37	50.13 400m: 6:10.04	38.59
5.	Fardau Loots	HZ&PC Heerenveen	6:27.74	201300376	6:29.37 +0,95
	50m: 43.04	43.04 150m: 2:22.28	46.94 250m: 4:03.98	55.93 350m: 5:45.20	42.81
	100m: 1:35.34	52.30 200m: 3:08.05	45.77 300m: 5:02.39	58.41 400m: 6:29.37	44.17
6.	Senna Oosterkamp	HZ&PC Heerenveen	6:39.39	201300976	6:44.38 +0,61
	50m: 49.21	49.21 150m: 2:34.98	48.00 250m: 4:18.67	56.06 350m: 6:00.51	44.83
	100m: 1:46.98	57.77 200m: 3:22.61	47.63 300m: 5:15.68	57.01 400m: 6:44.38	43.87
7.	Isa Nijdam	Orca Leeuwarden	6:51.91	201301206	6:51.02 +0,83
	50m: 48.81	48.81 150m: 2:35.49	50.57 250m: 4:23.98	57.39 350m: 6:08.05	46.74
	100m: 1:44.92	56.11 200m: 3:26.59	51.10 300m: 5:21.31	57.33 400m: 6:51.02	42.97
NG.ZA	Syll Rinsma	Dz&Pc	6:10.88	201200798	

Onder 16

1.	Kyara Balt	De Vikings	5:27.71	201100306	5:22.08 +0,73
	50m: 34.66	34.66 150m: 1:57.60	41.65 250m: 3:23.38	46.17 350m: 4:47.27	36.20
	100m: 1:15.95	41.29 200m: 2:37.21	39.61 300m: 4:11.07	47.69 400m: 5:22.08	34.81
2.	Lobke Hempenius	HZ&PC Heerenveen	5:29.04	201100522	5:22.35 +0,80
	50m: 34.74	34.74 150m: 1:57.57	39.96 250m: 3:22.88	46.49 350m: 4:47.64	36.84
	100m: 1:17.61	42.87 200m: 2:36.39	38.82 300m: 4:10.80	47.92 400m: 5:22.35	34.71
3.	Marre van der Wal	SG. Bolsward-Workum	5:30.80	201000046	5:35.28 +0,72
	50m: 36.06	36.06 150m: 2:05.65	44.46 250m: 3:32.50	43.51 350m: 4:57.51	39.28
	100m: 1:21.19	45.13 200m: 2:48.99	43.34 300m: 4:18.23	45.73 400m: 5:35.28	37.77
4.	Mirthe de Haan	Zcnf'34	5:41.65	201000866	5:43.76 +0,75
	50m: 39.90	39.90 150m: 2:09.93	41.37 250m: 3:39.66	49.15 350m: 5:08.07	39.62
	100m: 1:28.56	48.66 200m: 2:50.51	40.58 300m: 4:28.45	48.79 400m: 5:43.76	35.69
5.	Isa Segenhout	Orca Leeuwarden	5:48.44	201000128	5:47.02 +0,77
	50m: 36.33	36.33 150m: 2:07.23	44.06 250m: 3:40.37	49.82 350m: 5:09.65	38.70
	100m: 1:23.17	46.84 200m: 2:50.55	43.32 300m: 4:30.95	50.58 400m: 5:47.02	37.37
6.	Annefleur Schraa	HZ&PC Heerenveen	5:56.52	201100044	5:56.52 +0,64
	50m: 39.36	39.36 150m: 2:11.94	44.59 250m: 3:44.74	50.38 350m: 5:17.68	41.09
	100m: 1:27.35	47.99 200m: 2:54.36	42.42 300m: 4:36.59	51.85 400m: 5:56.52	38.84
7.	Anna Schuurman	SG. Bolsward-Workum	6:00.91	201000076	6:04.07 +0,78
	50m: 38.59	38.59 150m: 2:08.96	44.26 250m: 3:48.23	54.73 350m: 5:24.59	41.45
	100m: 1:24.70	46.11 200m: 2:53.50	44.54 300m: 4:43.14	54.91 400m: 6:04.07	39.48
AFGEM	Britt Jellesma	SG. Bolsward-Workum	6:07.77	201000310	

Programmanr. 18, Dames, 400m wisselslag

Onder 18

1. Esmee Ykema	HZ&PC Heerenveen		5:40.19	200801710			5:34.29	+0,77
50m: 35.89	35.89	150m: 2:06.12	44.60	250m: 3:34.02	45.95	350m: 4:58.68	36.81	
100m: 1:21.52	45.63	200m: 2:48.07	41.95	300m: 4:21.87	47.85	400m: 5:34.29	35.61	
AFGEM Fay Boxum	Dz&Pc		4:52.21	200900060				

Onder 20

1. Vera Wassink	Dz&Pc		5:24.82	200604976			5:19.69	+0,79
50m: 32.15	32.15	150m: 1:53.43	42.63	250m: 3:20.03	45.12	350m: 4:44.12	37.42	
100m: 1:10.80	38.65	200m: 2:34.91	41.48	300m: 4:06.70	46.67	400m: 5:19.69	35.57	
2. Amber Tiesinga	Dz&Pc		5:28.90	200600782			5:33.80	+0,78
50m: 34.86	34.86	150m: 1:58.68	43.76	250m: 3:27.59	45.85	350m: 4:55.69	39.94	
100m: 1:14.92	40.06	200m: 2:41.74	43.06	300m: 4:15.75	48.16	400m: 5:33.80	38.11	
3. Liselotte Schaap	HZ&PC Heerenveen		5:51.01	200603016			5:58.89	+0,70
50m: 37.31	37.31	150m: 2:09.68	45.60	250m: 3:47.05	52.68	350m: 5:20.11	39.83	
100m: 1:24.08	46.77	200m: 2:54.37	44.69	300m: 4:40.28	53.23	400m: 5:58.89	38.78	

20 en ouder

1. Femke Backx	Orca Leeuwarden		5:15.07	200106430			5:15.03	+0,83
50m: 31.96	31.96	150m: 1:50.17	41.01	250m: 3:16.15	44.77	350m: 4:38.54	36.72	
100m: 1:09.16	37.20	200m: 2:31.38	41.21	300m: 4:01.82	45.67	400m: 5:15.03	36.49	
2. Roos de Jong	Zcnf'34		5:23.81	200302948			5:18.24	+0,83
50m: 34.28	34.28	150m: 1:55.84	42.33	250m: 3:21.84	44.62	350m: 4:42.39	37.40	
100m: 1:13.51	39.23	200m: 2:37.22	41.38	300m: 4:04.99	43.15	400m: 5:18.24	35.85	
3. Fleur Bos	De Vikings		5:41.18	200500674			5:40.53	+0,83
50m: 36.03	36.03	150m: 2:03.02	43.70	250m: 3:33.38	47.79	350m: 5:01.66	39.56	
100m: 1:19.32	43.29	200m: 2:45.59	42.57	300m: 4:22.10	48.72	400m: 5:40.53	38.87	