

Programmanr. 20
7-12-2025 - 10:00

Dames, 400m vrije slag

Senioren Open
Resultaten

Baanrecords Sportstad Heerenveen	4:13.71	Tessa Vermeulen	07-009	Heerenveen	17-2-2023
Fries records alg.	4:07.32	Marte van der Kamp	02-008	Aachen (GER)	11-10-2025
Fries records Masters 20+	4:30.68	Wendan Poelstra	02-008	Heerenveen	22-1-2011
Fries records 19	4:10.14	Marte van der Kamp	02-008	Den Haag	20-12-2024
Fries records 18	4:11.09	Janna van Kooten	02-004	Amsterdam	30-10-2022
Fries records 17	4:10.71	Janna van Kooten	02-004	Den Haag	4-12-2021
Fries records 16	4:13.49	Janna van Kooten	02-004	Drachten	3-10-2020
Fries records 15	4:23.45	Manon Friskes	02-004	Amsterdam	26-10-2012
Fries records 14	4:18.03	Marrit Steenbergen	02-004	Tilburg	9-11-2014
Fries records 13	4:29.61	Marrit Steenbergen	02-004	Oldenzaal	9-3-2013
Fries records 12	4:34.53	Marrit Steenbergen	02-004	Lelystad	10-3-2012
Fries records - 23	4:07.32	Marte van der Kamp	02-008	Aachen (GER)	11-10-2025
Fries records - 18	4:10.71	Janna van Kooten	02-004	Den Haag	4-12-2021

rang	naam	vereniging	intijd	tijd	RT
Onder 14					
1.	Alena Ytsma	HZ&PC Heerenveen	5:16.98	201201736	5:18.58 +0,80
	50m: 35.54	35.54 150m: 1:55.01	40.50 250m: 3:17.05	41.26 350m: 4:38.53	40.65
	100m: 1:14.51	38.97 200m: 2:35.79	40.78 300m: 3:57.88	40.83 400m: 5:18.58	40.05
2.	Ranomi Zeegers	De Vikings	5:22.41	201201512	5:24.10 +0,91
	50m: 35.66	35.66 150m: 1:58.77	42.08 250m: 3:23.52	42.40 350m: 4:46.92	41.35
	100m: 1:16.69	41.03 200m: 2:41.12	42.35 300m: 4:05.57	42.05 400m: 5:24.10	37.18
3.	Fardau Loots	HZ&PC Heerenveen	5:50.38	201300376	5:28.34 +0,96
	50m: 37.01	37.01 150m: 1:59.44	41.25 250m: 3:22.94	41.93 350m: 4:47.50	41.95
	100m: 1:18.19	41.18 200m: 2:41.01	41.57 300m: 4:05.55	42.61 400m: 5:28.34	40.84
4.	Fenna Ykema	HZ&PC Heerenveen	5:48.48	201300122	5:34.35 +0,81
	50m: 37.62	37.62 150m: 2:02.44	42.86 250m: 3:27.85	42.51 350m: 4:53.90	42.81
	100m: 1:19.58	41.96 200m: 2:45.34	42.90 300m: 4:11.09	43.24 400m: 5:34.35	40.45
5.	Vajen de Vries	HZ&PC Heerenveen	5:50.00	201300120	5:35.11 +0,74
	50m: 36.26	36.26 150m: 2:00.95	42.72 250m: 3:27.10	42.82 350m: 4:54.70	43.62
	100m: 1:18.23	41.97 200m: 2:44.28	43.33 300m: 4:11.08	43.98 400m: 5:35.11	40.41
6.	Syll Rinsma *400	Dz&Pc	5:36.11	201200798	5:41.87 +0,77
	50m: 36.08	36.08 150m: 2:02.08	44.13 250m: 3:31.89	45.40 350m: 5:00.67	44.86
	100m: 1:17.95	41.87 200m: 2:46.49	44.41 300m: 4:15.81	43.92 400m: 5:41.87	41.20
7.	Vita Tjoelker	Dz&Pc	6:41.13	201300840	5:54.31 +0,93
	50m: 38.98	38.98 150m: 2:07.20	44.99 250m: 3:39.34	45.72 350m: 5:12.21	46.48
	100m: 1:22.21	43.23 200m: 2:53.62	46.42 300m: 4:25.73	46.39 400m: 5:54.31	42.10
8.	Isa Nijdam	Orca Leeuwarden	6:13.98	201301206	5:59.12 +0,70
	50m: 39.27	39.27 150m: 2:11.51	46.42 250m: 3:44.43	46.56 350m: 5:15.45	45.02
	100m: 1:25.09	45.82 200m: 2:57.87	46.36 300m: 4:30.43	46.00 400m: 5:59.12	43.67
9.	Feline Evertse *50 *200 *300	HZ&PC Heerenveen	6:12.04	201301194	6:05.87
	50m: 39.91	39.91 150m: 2:11.79	47.07 250m: 3:46.36	47.23 350m: 5:20.60	46.77
	100m: 1:24.72	44.81 200m: 2:59.13	47.34 300m: 4:33.83	47.47 400m: 6:05.87	45.27
10.	Fayen Norde	HZ&PC Heerenveen	6:26.44	201301398	6:20.92 +0,75
	50m: 41.15	41.15 150m: 2:16.74	48.94 250m: 3:54.82	49.15 350m: 5:34.20	50.98
	100m: 1:27.80	46.65 200m: 3:05.67	48.93 300m: 4:43.22	48.40 400m: 6:20.92	46.72

Onder 16

1.	Kyara Balt *400	De Vikings	4:46.34	201100306	4:49.53
	50m: 32.52	32.52 150m: 1:45.04	36.54 250m: 2:59.33	37.48 350m: 4:13.01	36.69
	100m: 1:08.50	35.98 200m: 2:21.85	36.81 300m: 3:36.32	36.99 400m: 4:49.53	36.52
2.	Elise Dorlandt	HZ&PC Heerenveen	4:57.13	201000232	4:55.28 +0,84
	50m: 32.52	32.52 150m: 1:47.10	37.50 250m: 3:03.65	38.83 350m: 4:19.92	37.48
	100m: 1:09.60	37.08 200m: 2:24.82	37.72 300m: 3:42.44	38.79 400m: 4:55.28	35.36
3.	Marlies Brouwer	Dz&Pc	5:02.12	201101152	5:02.26 +0,78
	50m: 33.36	33.36 150m: 1:47.79	37.81 250m: 3:05.50	38.97 350m: 4:24.53	39.50
	100m: 1:09.98	36.62 200m: 2:26.53	38.74 300m: 3:45.03	39.53 400m: 5:02.26	37.73
4.	Isa Segenhout	Orca Leeuwarden	5:02.62	201000128	5:02.80 +0,77
	50m: 33.97	33.97 150m: 1:51.86	39.24 250m: 3:09.28	38.47 350m: 4:26.44	38.32
	100m: 1:12.62	38.65 200m: 2:30.81	38.95 300m: 3:48.12	38.84 400m: 5:02.80	36.36

Programmanr. 20, Meisjes, 400m vrije slag, Onder 16

rang	naam	vereniging	intijd	tijd	RT
5.	Wyneke Edou van der H.	HZ&PC Heerenveen	5:00.30 201100028	5:03.34	+0,86
	50m: 34.62	34.62 150m: 1:51.49	38.89 250m: 3:08.47	38.04 350m: 4:26.52	38.22
	100m: 1:12.60	37.98 200m: 2:30.43	38.94 300m: 3:48.30	39.83 400m: 5:03.34	36.82
6.	Anna Schuurman	SG. Bolsward-Workum	5:17.86 201000076	5:12.52	+0,78
	50m: 35.05	35.05 150m: 1:54.16	39.76 250m: 3:13.82	39.65 350m: 4:33.88	39.72
	100m: 1:14.40	39.35 200m: 2:34.17	40.01 300m: 3:54.16	40.34 400m: 5:12.52	38.64
7.	Evy Anna Nijdam	Orca Leeuwarden	5:21.98 201100834	5:17.98	+0,84
	50m: 34.26	34.26 150m: 1:55.29	41.09 250m: 3:17.99	41.47 350m: 4:39.72	40.69
	100m: 1:14.20	39.94 200m: 2:36.52	41.23 300m: 3:59.03	41.04 400m: 5:17.98	38.26
8.	Annefleur Schraa	HZ&PC Heerenveen	5:11.10 201100044	5:21.43	+0,65
	50m: 35.10	35.10 150m: 1:55.42	41.05 250m: 3:17.22	41.34 350m: 4:40.60	41.38
	100m: 1:14.37	39.27 200m: 2:35.88	40.46 300m: 3:59.22	42.00 400m: 5:21.43	40.83
9.	Famke Ytsma *300	HZ&PC Heerenveen	6:21.27 201101920	6:19.71	+0,85
	50m: 40.18	40.18 150m: 2:13.82	48.72 250m: 3:51.78	48.67 350m: 5:33.35	51.19
	100m: 1:25.10	44.92 200m: 3:03.11	49.29 300m: 4:42.16	50.38 400m: 6:19.71	46.36

Onder 18

1.	Esmee Ykema	HZ&PC Heerenveen	4:40.07 200801710	4:45.93	+0,77
	50m: 33.06	33.06 150m: 1:47.16	37.32 250m: 2:59.51	35.45 350m: 4:11.09	35.59
	100m: 1:09.84	36.78 200m: 2:24.06	36.90 300m: 3:35.50	35.99 400m: 4:45.93	34.84
2.	Lotte Berghout	Zcnf'34	5:09.78 200901644	5:01.22	+0,86
	50m: 34.63	34.63 150m: 1:51.62	38.92 250m: 3:09.53	38.94 350m: 4:26.45	38.31
	100m: 1:12.70	38.07 200m: 2:30.59	38.97 300m: 3:48.14	38.61 400m: 5:01.22	34.77
3.	Fardau Cazemier	Zcnf'34	5:04.77 200901736	5:01.26	+0,76
	50m: 33.94	33.94 150m: 1:50.50	38.67 250m: 3:08.86	39.06 350m: 4:25.96	38.29
	100m: 1:11.83	37.89 200m: 2:29.80	39.30 300m: 3:47.67	38.81 400m: 5:01.26	35.30
AFGEM	Fay Boxum	Dz&Pc	4:23.87 200900060		
AFGEM	Fenna Westerneng	Dz&Pc	4:32.73 200900070		

Onder 20

1.	Veerle de Ridder	HZ&PC Heerenveen	4:33.89 200700778	4:33.32	+0,71
	50m: 29.99	29.99 150m: 1:38.32	34.33 250m: 2:48.39	35.29 350m: 3:58.22	35.00
	100m: 1:03.99	34.00 200m: 2:13.10	34.78 300m: 3:23.22	34.83 400m: 4:33.32	35.10
2.	Vera Wassink	Dz&Pc	4:37.66 200604976	4:45.84	+0,85
	50m: 31.62	31.62 150m: 1:43.79	36.59 250m: 2:56.32	36.31 350m: 4:10.32	36.89
	100m: 1:07.20	35.58 200m: 2:20.01	36.22 300m: 3:33.43	37.11 400m: 4:45.84	35.52
3.	Liselotte Schaap	HZ&PC Heerenveen	5:08.40 200603016	5:01.88	+0,67
	50m: 33.28	33.28 150m: 1:49.10	38.25 250m: 3:05.63	38.19 350m: 4:22.62	38.73
	100m: 1:10.85	37.57 200m: 2:27.44	38.34 300m: 3:43.89	38.26 400m: 5:01.88	39.26
AFGEM	Wendy Elferink	HZ&PC Heerenveen	5:43.09 200604202		

20 en ouder

1.	Roos de Jong	Zcnf'34	4:50.97 200302948	4:51.40	+0,79
	50m: 32.93	32.93 150m: 1:46.32	37.17 250m: 3:00.32	37.08 350m: 4:14.57	37.34
	100m: 1:09.15	36.22 200m: 2:23.24	36.92 300m: 3:37.23	36.91 400m: 4:51.40	36.83
2.	Fleur Bos	De Vikings	5:02.20 200500674	5:00.21	+0,79
	50m: 33.10	33.10 150m: 1:47.88	37.75 250m: 3:04.84	38.49 350m: 4:23.19	39.49
	100m: 1:10.13	37.03 200m: 2:26.35	38.47 300m: 3:43.70	38.86 400m: 5:00.21	37.02