

Lente Limiet Heerenveen
Heerenveen, 28-3-2026

Programmanr. 17
28-3-2026 - 17:40

Dames, 400m vrije slag

10 jaar en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Hedwig Bolt	HZ&PC Heerenveen	4:12.41	200602660	4:10.84	+0,79
	50m: 29.16	29.16	150m: 1:32.14	31.81	250m: 2:36.04	31.76
	100m: 1:00.33	31.17	200m: 2:04.28	32.14	300m: 3:07.99	31.95
					350m: 3:39.88	31.89
					400m: 4:10.84	30.96
2.	Annefleur Schraa	HZ&PC Heerenveen	5:11.10	201100044	5:05.51	+0,65
	50m: 34.81	34.81	150m: 1:51.06	38.70	250m: 3:08.85	39.13
	100m: 1:12.36	37.55	200m: 2:29.72	38.66	300m: 3:47.78	38.93
					350m: 4:26.86	39.08
					400m: 5:05.51	38.65
3.	Vajen de Vries	HZ&PC Heerenveen	5:30.48	201300120	5:21.29	+0,76
	50m: 35.37	35.37	150m: 1:56.08	40.88	250m: 3:19.96	42.03
	100m: 1:15.20	39.83	200m: 2:37.93	41.85	300m: 4:02.28	42.32
					350m: 4:43.67	41.39
					400m: 5:21.29	37.62
4.	Kyra van Houten	HZ&PC Heerenveen	NT	201401402	5:55.36	
	50m: 39.11	39.11	150m: 2:09.31	45.62	250m: 3:41.32	45.49
	100m: 1:23.69	44.58	200m: 2:55.83	46.52	300m: 4:26.60	45.28
					350m: 5:11.70	45.10
					400m: 5:55.36	43.66
5.	Eva Kalter	Neptunia '24	NT	201301784	6:54.87	+0,77
	50m: 45.52	45.52	150m: 3:25.06	1:48.47	250m:	350m: 6:04.31
	100m: 1:36.59	51.07	200m: 4:19.23	54.17	300m: 5:12.40	400m: 6:54.87
						51.91
						50.56