



Lente Limiet Heerenveen
Heerenveen, 28-3-2026

Programmanr. 33
28-3-2026 - 18:35

Dames, 400m wisselslag

10 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Hedwig Bolt	HZ&PC Heerenveen	4:47.71	200602660	4:49.27 +0,65			
	50m: 30.79	30.79	150m: 1:45.01	37.99	250m: 3:03.05	41.29	350m: 4:18.20	33.24
	100m: 1:07.02	36.23	200m: 2:21.76	36.75	300m: 3:44.96	41.91	400m: 4:49.27	31.07
2.	Veerle de Ridder	HZ&PC Heerenveen	5:21.04	200700778	5:17.72 +0,67			
	50m: 32.80	32.80	150m: 1:55.31	38.99	250m: 3:21.53	47.35	350m: 4:43.02	33.20
	100m: 1:16.32	43.52	200m: 2:34.18	38.87	300m: 4:09.82	48.29	400m: 5:17.72	34.70
3.	Roselie ter Borg	ZCNF'34	NT	200804880	5:25.82 +0,84			
	50m: 32.66	32.66	150m: 1:57.40	44.72	250m: 3:23.72	43.60	350m: 4:48.61	39.22
	100m: 1:12.68	40.02	200m: 2:40.12	42.72	300m: 4:09.39	45.67	400m: 5:25.82	37.21
4.	Vajen de Vries	HZ&PC Heerenveen	6:09.24	201300120	6:03.62 +0,77			
	50m: 44.24	44.24	150m: 2:18.97	43.71	250m: 3:52.59	49.88	350m: 5:24.17	40.65
	100m: 1:35.26	51.02	200m: 3:02.71	43.74	300m: 4:43.52	50.93	400m: 6:03.62	39.45
5.	Fenna Ykema	HZ&PC Heerenveen	6:26.68	201300122	6:19.52 +0,87			
	50m: 44.39	44.39	150m: 2:22.83	45.73	250m: 4:00.39	53.86	350m: 5:38.27	43.56
	100m: 1:37.10	52.71	200m: 3:06.53	43.70	300m: 4:54.71	54.32	400m: 6:19.52	41.25
6.	Fayen Norde	HZ&PC Heerenveen	6:59.80	201301398	6:30.80			
	50m: 43.22	43.22	150m: 2:25.05	48.23	250m: 4:08.35	54.07	350m: 5:46.12	43.05
	100m: 1:36.82	53.60	200m: 3:14.28	49.23	300m: 5:03.07	54.72	400m: 6:30.80	44.68
7.	Elynn Eghuizen	HZ&PC Heerenveen	NT	201500074	6:43.30 +0,77			
	50m: 46.97	46.97	150m: 2:31.21	49.58	250m: 4:19.14	59.35	350m: 6:00.54	44.47
	100m: 1:41.63	54.66	200m: 3:19.79	48.58	300m: 5:16.07	56.93	400m: 6:43.30	42.76