

Competitie deel 4
Zwolle, 8-3-2025

Programmanr. 28
8-3-2025 - 15:00

Meisjes, 400m vrije slag

Onder 14
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Lobke Hempenius	HZ&PC Heerenveen	4:57.47	201100522	4:51.95			
	50m: 31.24	31.24	150m: 1:45.18	37.75	250m: 3:00.67	37.33	350m: 4:16.81	37.87
	100m: 1:07.43	36.19	200m: 2:23.34	38.16	300m: 3:38.94	38.27	400m: 4:51.95	35.14
2.	Marlies Brouwer	Dz&Pc	5:12.92	201101152	5:02.12			
	50m: 34.25	34.25	150m: 1:51.90	39.50	250m: 3:11.04	39.77	350m: 4:26.72	37.58
	100m: 1:12.40	38.15	200m: 2:31.27	39.37	300m: 3:49.14	38.10	400m: 5:02.12	35.40
3.	Amila Mustafic	Dz&Pc	5:00.19	201200026	5:22.07			
	50m: 32.96	32.96	150m: 1:51.96	40.61	250m: 3:16.96	43.02	350m: 4:42.84	43.22
	100m: 1:11.35	38.39	200m: 2:33.94	41.98	300m: 3:59.62	42.66	400m: 5:22.07	39.23
4.	Alena Ytsma	HZ&PC Heerenveen	5:16.98	201201736	5:22.90			
	50m: 36.49	36.49	150m: 1:58.37	41.26	250m: 3:22.09	41.70	350m: 4:44.42	40.85
	100m: 1:17.11	40.62	200m: 2:40.39	42.02	300m: 4:03.57	41.48	400m: 5:22.90	38.48
5.	Yvonne de Graaf	Dwk 1	5:18.90	201101418	5:28.04			
	50m: 34.66	34.66	150m: 1:55.98	41.35	250m: 3:22.18	42.94	350m: 4:47.03	42.14
	100m: 1:14.63	39.97	200m: 2:39.24	43.26	300m: 4:04.89	42.71	400m: 5:28.04	41.01
6.	Femke Keizer	Dedemsvaart-AC	5:48.20	201200272	5:28.40			
	50m: 36.45	36.45	150m: 1:59.97	43.04	250m: 3:25.18	43.17	350m: 4:49.38	41.70
	100m: 1:16.93	40.48	200m: 2:42.01	42.04	300m: 4:07.68	42.50	400m: 5:28.40	39.02
7.	Gerlin van de Krol	Dwk 1	5:36.44	201101412	5:33.13			
	50m: 36.58	36.58	150m: 1:58.22	42.11	250m: 3:24.58		350m: 4:51.57	43.58
	100m: 1:16.11	39.53	200m:		300m: 4:07.99	43.41	400m: 5:33.13	41.56
8.	Zsofi Bouw	Dwk 1	5:38.36	201101102	5:33.58			
	50m: 38.10	38.10	150m: 2:01.51	42.30	250m: 3:27.97	43.49	350m: 4:53.35	42.63
	100m: 1:19.21	41.11	200m: 2:44.48	42.97	300m: 4:10.72	42.75	400m: 5:33.58	40.23
9.	Linn Frunt	Dwk 1	5:44.75	201101420	5:43.36			
	50m: 37.93	37.93	150m: 2:03.99	43.73	250m: 3:32.67	44.38	350m: 5:01.02	43.65
	100m: 1:20.26	42.33	200m: 2:48.29	44.30	300m: 4:17.37	44.70	400m: 5:43.36	42.34
10.	Mieke Jansen	Dedemsvaart-AC	6:27.47	201101950	5:46.51			
	50m: 36.86	36.86	150m: 2:03.43	44.40	250m: 3:32.77	44.88	350m: 5:03.59	45.54
	100m: 1:19.03	42.17	200m: 2:47.89	44.46	300m: 4:18.05	45.28	400m: 5:46.51	42.92
11.	Maira Iseger	Dwk 1	5:41.06	201101908	5:48.78			
	50m: 36.86	36.86	150m: 2:03.98	44.28	250m: 3:33.50	45.21	350m: 5:03.94	45.35
	100m: 1:19.70	42.84	200m: 2:48.29	44.31	300m: 4:18.59	45.09	400m: 5:48.78	44.84
12.	Danne-Bo Eghuizen	HZ&PC Heerenveen	6:31.04	201100588	6:09.75			
	50m: 41.60	41.60	150m: 2:14.79	46.97	250m: 3:50.29	48.01	350m: 5:25.87	47.25
	100m: 1:27.82	46.22	200m: 3:02.28	47.49	300m: 4:38.62	48.33	400m: 6:09.75	43.88
13.	Famke Ytsma	HZ&PC Heerenveen	7:09.61	201101920	6:21.27			
	50m: 40.33	40.33	150m: 2:17.06	49.82	250m: 3:53.98	48.32	350m: 5:33.63	50.58
	100m: 1:27.24	46.91	200m: 3:05.66	48.60	300m: 4:43.05	49.07	400m: 6:21.27	47.64
14.	Emma Mintjes	HZ&PC Heerenveen	6:39.91	201200216	6:26.40			
	50m: 42.62	42.62	150m: 2:20.15	48.95	250m: 3:59.70	50.39	350m: 5:39.45	49.76
	100m: 1:31.20	48.58	200m: 3:09.31	49.16	300m: 4:49.69	49.99	400m: 6:26.40	46.95
15.	Vita Tjoelker	Dz&Pc	NT	201300840	6:41.13			
	50m: 43.80	43.80	150m: 2:25.55	51.53	250m: 4:10.81	52.82	350m: 5:56.42	51.84
	100m: 1:34.02	50.22	200m: 3:17.99	52.44	300m: 5:04.58	53.77	400m: 6:41.13	44.71
16.	Lieke Boelsma	HZ&PC Heerenveen	NT	201201672	6:47.62			
	50m: 43.62	43.62	150m: 2:27.13	52.40	250m: 4:13.30	53.50	350m: 6:00.50	53.39
	100m: 1:34.73	51.11	200m: 3:19.80	52.67	300m: 5:07.11	53.81	400m: 6:47.62	47.12
17.	Veronika Hula	HZ&PC Heerenveen	NT	201203556	7:00.76			
	50m: 43.83	43.83	150m: 2:27.64	52.01	250m: 4:13.26	55.38	350m: 6:06.06	56.50
	100m: 1:35.63	51.80	200m: 3:17.88	50.24	300m: 5:09.56	56.30	400m: 7:00.76	54.70
DIS	Ashal Yon	Dz&Pc	NT	201302314				
	<i>VRA - Het keer- en/of eindpunt niet aangeraakt met enig lichaamsdeel.</i>							