



Programmanr. 104  
16/5/2026 - 14:30

Dames, 400m wisselslag

2014 en ouder  
Resultaten

rang	naam	vereniging	intijd		tijd	RT	100m	200m	300m	400m
<b>Onder 14</b>										
1.	Fay Jansen	Aqua-Novio'94	5:41.83	201200154	<b>5:53.89</b>		1:19.84	2:52.13	4:39.34	5:53.89
	50m:	150m:			250m:		350m:			
	100m:	200m:	2:52.13		300m:	4:39.34	400m:	5:53.89		
2.	Belle Fiering	De Berkelduikers	6:08.94	201202546	<b>5:54.05</b>		1:23.66	2:52.04	4:38.60	5:54.05
	50m:	150m:			250m:		350m:			
	100m:	200m:	2:52.04		300m:	4:38.60	400m:	5:54.05		
3.	Jolijn Kraaijenbrink	Aqua-Novio'94	6:04.69	201300230	<b>5:57.16</b>		1:22.44	2:50.79	4:34.52	5:57.16
	50m:	150m:			250m:		350m:			
	100m:	200m:	2:50.79		300m:	4:34.52	400m:	5:57.16		
4.	Jaurieke Morren	SG Octopus - ZVV	6:06.44	201200292	<b>6:17.38</b>		1:25.79	3:00.67	4:46.77	6:17.38
	50m:	150m:			250m:		350m:			
	100m:	200m:	3:00.67		300m:	4:46.77	400m:	6:17.38		
5.	Lena Verplak	Aqua-Novio'94	6:22.70	201400512	<b>6:17.90</b>		1:33.49	3:04.89	4:54.63	6:17.90
	50m:	150m:			250m:		350m:			
	100m:	200m:	3:04.89		300m:	4:54.63	400m:	6:17.90		
6.	Vlinder Mariman	Aqua-Novio'94	6:24.60	201301522	<b>6:24.80</b>		1:31.82	3:04.77	4:59.09	6:24.80
	50m:	150m:			250m:		350m:			
	100m:	200m:	3:04.77		300m:	4:59.09	400m:	6:24.80		

**Onder 16**

1.	Myrthe Rozendaal	Aqua-Novio'94	5:33.38	201000790	<b>5:40.48</b>		1:18.80	2:49.50	4:21.57	5:40.48
	50m:	150m:			250m:		350m:			
	100m:	200m:	2:49.50		300m:	4:21.57	400m:	5:40.48		
2.	Maartje van Berkom	Aqua-Novio'94	5:42.62	201100514	<b>5:49.87</b>		1:18.76	2:52.34	4:35.46	5:49.87
	50m:	150m:			250m:		350m:			
	100m:	200m:	2:52.34		300m:	4:35.46	400m:	5:49.87		
3.	Anna Berkhout	TZC Vahalis	5:44.16	201100080	<b>5:51.17</b>		1:23.82	2:51.46	4:28.16	5:51.17
	50m:	150m:			250m:		350m:			
	100m:	200m:	2:51.46		300m:	4:28.16	400m:	5:51.17		
4.	Gerlin van de Krol	DWK	5:47.36	201101412	<b>5:54.50</b>		1:19.49	2:59.15	4:25.88	5:54.50
	50m:	150m:			250m:		350m:			
	100m:	200m:	2:59.15		300m:	4:25.88	400m:	5:54.50		
5.	Lenore Donker	NDD	5:46.98	201000080	<b>6:04.69</b>		1:25.95	2:55.63	4:42.06	6:04.69
	50m:	150m:			250m:		350m:			
	100m:	200m:	2:55.63		300m:	4:42.06	400m:	6:04.69		
6.	Maud Sellis	SG Octopus - ZVV	6:06.63	201101172	<b>6:15.57</b>		1:22.44	3:02.41	4:48.13	6:15.57
	50m:	150m:			250m:		350m:			
	100m:	200m:	3:02.41		300m:	4:48.13	400m:	6:15.57		
7.	Femke Mandema	DWK	6:12.46	201100396	<b>6:19.28</b>		1:28.37	3:06.45	4:56.66	6:19.28
	50m:	150m:			250m:		350m:			
	100m:	200m:	3:06.45		300m:	4:56.66	400m:	6:19.28		
8.	Sabina Klijn	RZC	6:08.36	201000050	<b>6:26.70</b>		1:24.80	3:06.03	4:56.63	6:26.70
	50m:	150m:			250m:		350m:			
	100m:	200m:	3:06.03		300m:	4:56.63	400m:	6:26.70		
9.	Pleun Schouten	De IJsselmeeuwen	6:09.53	201002106	<b>6:34.94</b>		1:22.91	3:11.10	5:06.11	6:34.94
	50m:	150m:			250m:		350m:			
	100m:	200m:	3:11.10		300m:	5:06.11	400m:	6:34.94		
10.	Meila Broenink	Batavia Swim	6:19.01	201102332	<b>6:52.69</b>		1:36.36	3:19.63	5:20.32	6:52.69
	50m:	150m:			250m:		350m:			
	100m:	200m:	3:19.63		300m:	5:20.32	400m:	6:52.69		
11.	G. van der Spek	Batavia Swim	7:29.17	201102806 SM7	<b>8:01.33</b>		2:03.88	4:02.70	6:15.20	8:01.33
	50m:	150m:			250m:		350m:			
	100m:	200m:	4:02.70		300m:	6:15.20	400m:	8:01.33		

**Onder 18**

1.	Lili Oosting	DWK	5:38.10	200900384	<b>5:40.97</b>		1:19.04	2:45.98	4:26.56	5:40.97
	50m:	150m:			250m:		350m:			
	100m:	200m:	2:45.98		300m:	4:26.56	400m:	5:40.97		
2.	Lynn Rozendal	NDD	5:41.55	200901038	<b>6:02.01</b>		1:20.08	2:50.05	4:38.30	6:02.01
	50m:	150m:			250m:		350m:			
	100m:	200m:	2:50.05		300m:	4:38.30	400m:	6:02.01		



Programmanr. 104, Meisjes, 400m wisselslag, Onder 18

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
AFGEM Niobe Maduro	Aqua-Novio'94	5:16.54	200800378					

Onder 20

1. Lyke Bellert	SG Octopus - ZVV	5:17.33	200701424	<b>5:40.56</b>	1:15.61	2:39.74	4:22.00	5:40.56
50m:	150m:	250m:	350m:					
100m: 1:15.61	200m: 2:39.74	300m: 4:22.00	400m: 5:40.56					
2. Lynn Rötter	ZPC Livo	5:37.01	200600950	<b>5:47.32</b>	1:22.53	2:48.98	4:27.80	5:47.32
50m:	150m:	250m:	350m:					
100m: 1:22.53	200m: 2:48.98	300m: 4:27.80	400m: 5:47.32					

20 en ouder

1. M. van Langevelde	DWK	5:30.84	199803160	<b>5:42.04</b>	1:18.05	2:48.54	4:24.74	5:42.04
50m:	150m:	250m:	350m:					
100m: 1:18.05	200m: 2:48.54	300m: 4:24.74	400m: 5:42.04					
2. Marjes Butz	RZC	5:32.60	199901502	<b>5:51.74</b>	1:15.28	2:50.32	4:32.76	5:51.74
50m:	150m:	250m:	350m:					
100m: 1:15.28	200m: 2:50.32	300m: 4:32.76	400m: 5:51.74					
3. Feline Slijkhuis	SG Octopus - ZVV	5:37.65	200501042	<b>5:54.42</b>	1:21.80	2:53.58	4:34.60	5:54.42
50m:	150m:	250m:	350m:					
100m: 1:21.80	200m: 2:53.58	300m: 4:34.60	400m: 5:54.42					

Para

1. G. van der Spek	Batavia Swim	7:29.17	201102806 SM7	<b>8:01.33</b>	2:03.88	4:02.70	6:15.20	8:01.33
50m:	150m:	250m:	350m:					
100m: 2:03.88	200m: 4:02.70	300m: 6:15.20	400m: 8:01.33					