

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

Dames, 400m wisselslag

2014 en ouder
Resultaten

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

Onder 16

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

Onder 18

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



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	5:40.56		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	5:47.32		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	5:42.04		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	5:51.74		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	5:54.42		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	8:01.33		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					