



Programmanr. 403
31/5/2026 - 14:20

Dames, 400m vrije slag
o18 en o20 zwemmen samen

2014 en ouder
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
Onder 14								
1. Fay Jansen	Aqua-Novio'94	4:58.25 201200154	4:55.87		1:10.04	2:25.98	3:41.41	4:55.87
		50m: 150m: 100m: 200m:	250m: 300m:		350m: 400m:			
		1:10.04 2:25.98	3:41.41 4:55.87					
2. Belle Fiering	De Berkelduikers	5:11.12 201202546	5:04.18		1:12.29	2:29.85	3:47.75	5:04.18
		50m: 150m: 100m: 200m:	250m: 300m:		350m: 400m:			
		1:12.29 2:29.85	3:47.75 5:04.18					
3. Jolijn Kraaijenbrink	Aqua-Novio'94	5:21.08 201300230	5:16.00		1:14.23	2:35.74	3:57.50	5:16.00
		50m: 150m: 100m: 200m:	250m: 300m:		350m: 400m:			
		1:14.23 2:35.74	3:57.50 5:16.00					
Robin Versteeg	Aqua-Novio'94	5:15.83 201200276	5:16.00		1:14.53	2:36.15	3:57.36	5:16.00
		50m: 150m: 100m: 200m:	250m: 300m:		350m: 400m:			
		1:14.53 2:36.15	3:57.36 5:16.00					
5. Lena Verplak	Aqua-Novio'94	5:26.33 201400512	5:19.44		1:15.87	2:37.50	4:00.19	5:19.44
		50m: 150m: 100m: 200m:	250m: 300m:		350m: 400m:			
		1:15.87 2:37.50	4:00.19 5:19.44					
6. Roxan Meijer	DWK	5:31.31 201300854	5:21.58		1:14.99	2:36.56	3:59.70	5:21.58
		50m: 150m: 100m: 200m:	250m: 300m:		350m: 400m:			
		1:14.99 2:36.56	3:59.70 5:21.58					
7. Vlinder Mariman	Aqua-Novio'94	5:29.14 201301522	5:30.17		1:18.55	2:43.06	4:07.75	5:30.17
		50m: 150m: 100m: 200m:	250m: 300m:		350m: 400m:			
		1:18.55 2:43.06	4:07.75 5:30.17					
8. Femke van Duijn	DWK	5:52.92 201201070	5:30.29		1:15.24	2:38.61	4:04.77	5:30.29
		50m: 150m: 100m: 200m:	250m: 300m:		350m: 400m:			
		1:15.24 2:38.61	4:04.77 5:30.29					
9. Jaurieke Morren	SG Octopus - ZVV	5:30.44 201200292	5:35.11		1:17.92	2:45.37	4:12.75	5:35.11
		50m: 150m: 100m: 200m:	250m: 300m:		350m: 400m:			
		1:17.92 2:45.37	4:12.75 5:35.11					
10. Sophia van Gent	CWW	5:49.87 201302482	5:53.11		1:21.30	2:51.65	4:23.16	5:53.11
		50m: 150m: 100m: 200m:	250m: 300m:		350m: 400m:			
		1:21.30 2:51.65	4:23.16 5:53.11					
11. Anouk van de Steeg	DWK	5:24.50 201200558	5:53.64		1:17.64	2:48.12	4:22.23	5:53.64
		50m: 150m: 100m: 200m:	250m: 300m:		350m: 400m:			
		1:17.64 2:48.12	4:22.23 5:53.64					
12. Eloise Gerringa	Batavia Swim	5:46.37 201200548	6:20.80		1:24.69	3:02.34	4:42.97	6:20.80
		50m: 150m: 100m: 200m:	250m: 300m:		350m: 400m:			
		1:24.69 3:02.34	4:42.97 6:20.80					
AFGEM Meike van Beek	DWK	5:34.09 201201556						
AFGEM Sara Langenberg	Aqua-Novio'94	5:33.31 201300366						
Onder 16								
1. Myrthe Rozendaal	Aqua-Novio'94	4:45.90 201000790	4:57.58		1:09.51	2:25.08	3:41.78	4:57.58
		50m: 150m: 100m: 200m:	250m: 300m:		350m: 400m:			
		1:09.51 2:25.08	3:41.78 4:57.58					
2. Maartje van Berkom	Aqua-Novio'94	4:58.37 201100514	5:00.20		1:10.42	2:27.09	3:44.95	5:00.20
		50m: 150m: 100m: 200m:	250m: 300m:		350m: 400m:			
		1:10.42 2:27.09	3:44.95 5:00.20					
3. Tessa Zevenbergen	Aquapoldro	4:56.86 201002662	5:14.56		1:13.86	2:35.24	3:57.18	5:14.56
		50m: 150m: 100m: 200m:	250m: 300m:		350m: 400m:			
		1:13.86 2:35.24	3:57.18 5:14.56					
4. Lenore Donker	NDD	5:09.15 201000080	5:14.85		1:12.14	2:32.57	3:55.94	5:14.85
		50m: 150m: 100m: 200m:	250m: 300m:		350m: 400m:			
		1:12.14 2:32.57	3:55.94 5:14.85					
5. Laure Eekhoff	CWW	5:07.10 201100674	5:16.47		1:14.53	2:34.77	3:56.76	5:16.47
		50m: 150m: 100m: 200m:	250m: 300m:		350m: 400m:			
		1:14.53 2:34.77	3:56.76 5:16.47					
6. Gerlin van de Krol	DWK	5:21.94 201101412	5:17.92		1:13.61	2:36.35	3:58.88	5:17.92
		50m: 150m: 100m: 200m:	250m: 300m:		350m: 400m:			
		1:13.61 2:36.35	3:58.88 5:17.92					
7. Sofie van Poecke	DWK	5:12.12 201001448	5:21.79		1:15.13	2:37.69	4:00.39	5:21.79
		50m: 150m: 100m: 200m:	250m: 300m:		350m: 400m:			
		1:15.13 2:37.69	4:00.39 5:21.79					
8. Tess Dugandzic	Zuiderzeewimmers	5:12.30 201002908	5:25.04		1:15.42	2:40.03	4:04.25	5:25.04
		50m: 150m: 100m: 200m:	250m: 300m:		350m: 400m:			
		1:15.42 2:40.03	4:04.25 5:25.04					

Programmanr. 403, Meisjes, 400m vrije slag, Onder 16

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
9. Femke Mandema	DWK	5:25.25 201100396	5:35.15		1:18.48	2:44.96	4:10.53	5:35.15
50m:		150m:	250m:		350m:			
100m: 1:18.48		200m: 2:44.96	300m: 4:10.53		400m: 5:35.15			
10. G. van der Spek	Batavia Swim	6:43.27 201102806 S7	6:59.95	353	1:42.89	3:32.36	5:19.70	6:59.95
50m:		150m:	250m:		350m:			
100m: 1:42.89		200m: 3:32.36	300m: 5:19.70		400m: 6:59.95			

Onder 18

1. Lili Oosting	DWK	5:02.51 200900384	4:56.70		1:10.33	2:25.66	3:42.02	4:56.70
50m:		150m:	250m:		350m:			
100m: 1:10.33		200m: 2:25.66	300m: 3:42.02		400m: 4:56.70			
2. Karlijn Siderius	DWK	4:59.66 200900032	5:14.84		1:12.77	2:31.75	3:52.84	5:14.84
50m:		150m:	250m:		350m:			
100m: 1:12.77		200m: 2:31.75	300m: 3:52.84		400m: 5:14.84			
AFGEM Niobe Maduro	Aqua-Novio'94	4:43.97 200800378						

Onder 20

1. Lynn Rötter	ZPC Livo	4:44.65 200600950	4:57.80		1:10.14	2:26.27	3:43.51	4:57.80
50m:		150m:	250m:		350m:			
100m: 1:10.14		200m: 2:26.27	300m: 3:43.51		400m: 4:57.80			
2. Rosalie Bressers	RZC	4:55.81 200703820	5:11.69		1:12.20	2:31.65	3:53.23	5:11.69
50m:		150m:	250m:		350m:			
100m: 1:12.20		200m: 2:31.65	300m: 3:53.23		400m: 5:11.69			
3. Myrthe Dam	Zuiderzeewemmers	4:49.57 200602336	5:13.44		1:14.89	2:36.30	3:57.41	5:13.44
50m:		150m:	250m:		350m:			
100m: 1:14.89		200m: 2:36.30	300m: 3:57.41		400m: 5:13.44			

20 en ouder

1. C. van der Zanden	Aqua-Novio'94	4:38.06 200502618	4:36.58		1:05.01	2:15.80	3:26.50	4:36.58
50m:		150m:	250m:		350m:			
100m: 1:05.01		200m: 2:15.80	300m: 3:26.50		400m: 4:36.58			
2. M. van Langevelde	DWK	4:45.90 199803160	4:50.77		1:08.82	2:22.10	3:36.65	4:50.77
50m:		150m:	250m:		350m:			
100m: 1:08.82		200m: 2:22.10	300m: 3:36.65		400m: 4:50.77			
3. Noor Polman	CWW	4:48.37 200501248	5:08.58		1:09.85	2:27.75	3:48.26	5:08.58
50m:		150m:	250m:		350m:			
100m: 1:09.85		200m: 2:27.75	300m: 3:48.26		400m: 5:08.58			
4. Nienke Verploeg	Olympia	4:56.57 200000438	5:12.57		1:12.25	2:32.98	3:54.13	5:12.57
50m:		150m:	250m:		350m:			
100m: 1:12.25		200m: 2:32.98	300m: 3:54.13		400m: 5:12.57			

Para

1. G. van der Spek	Batavia Swim	6:43.27 201102806 S7	6:59.95	353	1:42.89	3:32.36	5:19.70	6:59.95
50m:		150m:	250m:		350m:			
100m: 1:42.89		200m: 3:32.36	300m: 5:19.70		400m: 6:59.95			