

Programmanr. 403
31/5/2026 - 14:50

Dames, 400m vrije slag

2014 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
Onder 14						
1.	Nikki Mulder	Oz&Pc	5:11.59	201300402	5:08.85	
	50m: 34.96	34.96 150m: 1:54.75	40.20	250m: 3:13.89	39.15 350m: 4:32.69	38.73
	100m: 1:14.55	39.59 200m: 2:34.74	39.99	300m: 3:53.96	40.07 400m: 5:08.85	36.16
2.	Jinthe Kuiper	Swol 1894	5:05.20	201200688	5:09.61	
	50m: 33.98	33.98 150m: 1:51.69	39.04	250m: 3:13.11	40.68 350m: 4:32.72	39.95
	100m: 1:12.65	38.67 200m: 2:32.43	40.74	300m: 3:52.77	39.66 400m: 5:09.61	36.89
3.	Puck Hoekman	WS Twente	5:22.13	201300574	5:12.11	
	50m: 35.31	35.31 150m: 1:55.29	40.57	250m: 3:15.98	40.52 350m: 4:34.18	38.53
	100m: 1:14.72	39.41 200m: 2:35.46	40.17	300m: 3:55.65	39.67 400m: 5:12.11	37.93
4.	Madeé Boezen	Zignea	5:07.32	201300782	5:20.04	
	50m: 34.23	34.23 150m: 1:54.90	41.28	250m: 3:18.26	41.66 350m: 4:41.45	41.01
	100m: 1:13.62	39.39 200m: 2:36.60	41.70	300m: 4:00.44	42.18 400m: 5:20.04	38.59
5.	Elisa Reirink	Oz&Pc	5:17.65	201303452	5:20.65	
	50m: 34.49	34.49 150m: 1:56.05	41.85	250m: 3:19.36	41.66 350m: 4:41.67	40.49
	100m: 1:14.20	39.71 200m: 2:37.70	41.65	300m: 4:01.18	41.82 400m: 5:20.65	38.98
6.	Nova Volmer	Deltasteur	5:09.11	201300426	5:20.83	
	50m: 36.18	36.18 150m: 1:59.43	42.55	250m: 3:22.17	41.07 350m: 4:44.74	40.97
	100m: 1:16.88	40.70 200m: 2:41.10	41.67	300m: 4:03.77	41.60 400m: 5:20.83	36.09
7.	Vera van Dijk	Deltasteur	5:21.32	201301238	5:20.87	
	50m: 35.32	35.32 150m: 1:57.09	41.19	250m: 3:20.60	41.64 350m: 4:43.05	41.04
	100m: 1:15.90	40.58 200m: 2:38.96	41.87	300m: 4:02.01	41.41 400m: 5:20.87	37.82
8.	Do Klaassen	Deltasteur	5:14.26	201200236	5:22.08	
	50m: 36.24	36.24 150m: 1:58.05	41.43	250m: 3:21.35	41.65 350m: 4:44.02	41.01
	100m: 1:16.62	40.38 200m: 2:39.70	41.65	300m: 4:03.01	41.66 400m: 5:22.08	38.06
9.	Reva van der Veen	Dedemsvaart-AC	5:15.26	201400298	5:24.31	
	50m: 36.15	36.15 150m: 1:57.19	41.18	250m: 3:20.63	41.86 350m: 4:44.20	41.80
	100m: 1:16.01	39.86 200m: 2:38.77	41.58	300m: 4:02.40	41.77 400m: 5:24.31	40.11
10.	Elbrich Damoiseaux	Swol 1894	5:29.65	201301614	5:25.54	
	50m: 34.10	34.10 150m: 1:57.37	42.65	250m: 3:22.10	42.85 350m: 4:46.29	42.81
	100m: 1:14.72	40.62 200m: 2:39.25	41.88	300m: 4:03.48	41.38 400m: 5:25.54	39.25
11.	Dagmar Bos	Deltasteur	5:14.39	201202438	5:27.87	
	50m: 37.82	37.82 150m: 2:00.97	42.02	250m: 3:26.83	42.08 350m: 4:48.77	40.55
	100m: 1:18.95	41.13 200m: 2:44.75	43.78	300m: 4:08.22	41.39 400m: 5:27.87	39.10
12.	Anna Withag	Oz&Pc	5:26.54	201300070	5:33.59	
	50m: 35.78	35.78 150m: 1:58.27	42.38	250m: 3:23.69	42.71 350m: 4:50.94	43.91
	100m: 1:15.89	40.11 200m: 2:40.98	42.71	300m: 4:07.03	43.34 400m: 5:33.59	42.65
13.	Femke Keizer 300m*	Dedemsvaart-AC	5:13.74	201200272	5:39.91	
	50m: 35.45	35.45 150m: 1:59.90	44.20	250m: 3:26.62	43.03 350m: 4:56.59	45.05
	100m: 1:15.70	40.25 200m: 2:43.59	43.69	300m: 4:11.54	44.92 400m: 5:39.91	43.32
14.	E. de Velde Harsenhorst	Deltasteur	5:22.44	201300350	5:42.50	
	50m: 36.42	36.42 150m: 2:03.67	44.34	250m: 3:32.15	44.63 350m: 5:00.54	44.17
	100m: 1:19.33	42.91 200m: 2:47.52	43.85	300m: 4:16.37	44.22 400m: 5:42.50	41.96
AFGEM	Fayenne Hemmelder	WS Twente	5:29.70	201200538		

Onder 16

1.	Florien Pot	Oz&Pc	4:50.43	201000768	4:52.86	
	50m: 32.98	32.98 150m: 1:46.25	37.00	250m: 3:01.96	38.00 350m: 4:17.02	36.92
	100m: 1:09.25	36.27 200m: 2:23.96	37.71	300m: 3:40.10	38.14 400m: 4:52.86	35.84
2.	Lisa Boogaard	Deltasteur	4:50.76	201100990	4:56.22	
	50m: 33.42	33.42 150m: 1:48.34	38.20	250m: 3:04.75	38.00 350m: 4:20.21	37.69
	100m: 1:10.14	36.72 200m: 2:26.75	38.41	300m: 3:42.52	37.77 400m: 4:56.22	36.01
3.	Kayleigh van Doeselaar	WS Twente	4:54.42	201000478	4:58.57	
	50m: 32.53	32.53 150m: 1:45.41	37.24	250m: 3:01.82	38.46 350m: 4:20.24	38.98
	100m: 1:08.17	35.64 200m: 2:23.36	37.95	300m: 3:41.26	39.44 400m: 4:58.57	38.33
4.	Isabel Amelink	Deltasteur	4:56.95	201100196	5:06.35	
	50m: 33.23	33.23 150m: 1:47.83	37.81	250m: 3:06.66	39.73 350m: 4:26.59	39.54
	100m: 1:10.02	36.79 200m: 2:26.93	39.10	300m: 3:47.05	40.39 400m: 5:06.35	39.76
5.	Maurieke Frijstein	Deltasteur	5:02.90	201100198	5:19.72	
	50m: 34.27	34.27 150m: 1:53.41	40.60	250m: 3:16.46	41.07 350m: 4:39.94	41.79
	100m: 1:12.81	38.54 200m: 2:35.39	41.98	300m: 3:58.15	41.69 400m: 5:19.72	39.78
6.	Manoah Dekker	Deltasteur	5:10.29	201100656	5:23.40	
	50m: 34.72	34.72 150m: 1:56.56	41.65	250m: 3:20.51	41.87 350m: 4:44.21	41.46
	100m: 1:14.91	40.19 200m: 2:38.64	42.08	300m: 4:02.75	42.24 400m: 5:23.40	39.19

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

rang	naam	vereniging	intijd	intijd	tijd	RT
7.	Ilse Zuurman	Dedemsvaart-AC	5:09.96	201100112	5:23.82	
	50m: 36.45	36.45 150m: 1:57.47	41.10	250m: 3:21.61	42.08	350m: 4:44.15 41.12
	100m: 1:16.37	39.92 200m: 2:39.53	42.06	300m: 4:03.03	41.42	400m: 5:23.82 39.67
8.	Imke Oude Engberink	De Dinkel	5:07.07	201100818	5:25.65	
	50m: 35.14	35.14 150m: 1:57.24	42.04	250m: 3:22.74	43.26	350m: 4:46.48 42.06
	100m: 1:15.20	40.06 200m: 2:39.48	42.24	300m: 4:04.42	41.68	400m: 5:25.65 39.17
NG	Jente van t Hul	Deltasteur	5:06.71	201000186		

Onder 18

1.	Flore Blok	Oz&Pc	4:47.14	200804348	5:04.82	
	50m: 35.04	35.04 150m: 1:53.59	39.88	250m: 3:12.08	38.98	350m: 4:28.44 38.08
	100m: 1:13.71	38.67 200m: 2:33.10	39.51	300m: 3:50.36	38.28	400m: 5:04.82 36.38
2.	Anique Polinder	Dedemsvaart-AC	4:55.70	200800008	5:07.33	
	50m: 34.84	34.84 150m: 1:52.71	39.24	250m: 3:11.37	39.31	350m: 4:29.86 39.23
	100m: 1:13.47	38.63 200m: 2:32.06	39.35	300m: 3:50.63	39.26	400m: 5:07.33 37.47
3.	Daphne Dijsselhof 300m *	Dedemsvaart-AC	4:51.28	200901690	5:11.88	
	50m: 34.85	34.85 150m: 1:54.79	40.65	250m: 3:15.47	40.00	350m: 4:35.27 40.45
	100m: 1:14.14	39.29 200m: 2:35.47	40.68	300m: 3:54.82	39.35	400m: 5:11.88 36.61
4.	Rosa Visscher	ZVZwartsluis	4:57.34	200800706	5:12.50	
	50m: 34.36	34.36 150m: 1:53.80	40.13	250m: 3:15.11	40.38	350m: 4:34.77 39.23
	100m: 1:13.67	39.31 200m: 2:34.73	40.93	300m: 3:55.54	40.43	400m: 5:12.50 37.73
5.	Meyke Haytink	WS Twente	4:59.36	200801188	5:17.39	
	50m: 35.12	35.12 150m: 1:54.84	40.24	250m: 3:16.29	40.80	350m: 4:37.22 40.03
	100m: 1:14.60	39.48 200m: 2:35.49	40.65	300m: 3:57.19	40.90	400m: 5:17.39 40.17

Onder 20 en Senioren

1.	Eline Lutters	De Dinkel	4:53.38	200600322	4:56.15	
	50m: 32.64	32.64 150m: 1:45.83	36.94	250m: 3:01.53	37.85	350m: 4:19.27 38.97
	100m: 1:08.89	36.25 200m: 2:23.68	37.85	300m: 3:40.30	38.77	400m: 4:56.15 36.88
2.	Charlotte van der Meer	Deltasteur	4:59.71	200704478	5:19.16	
	50m: 36.05	36.05 150m: 1:57.56	40.94	250m: 3:19.48	40.81	350m: 4:40.74 40.33
	100m: 1:16.62	40.57 200m: 2:38.67	41.11	300m: 4:00.41	40.93	400m: 5:19.16 38.42
3.	Leyona Lichtendonk 350m *	Dedemsvaart-AC	4:53.71	200700010	5:34.93	
	50m: 36.26	36.26 150m: 1:57.99	41.51	250m: 3:23.68	42.72	350m: 4:51.37 44.61
	100m: 1:16.48	40.22 200m: 2:40.96	42.97	300m: 4:06.76	43.08	400m: 5:34.93 43.56

20 en ouder

1.	Claire Bosch	De Dinkel	5:00.63	200401480	5:24.66	
	50m: 34.04	34.04 150m: 1:52.92	40.31	250m: 3:17.17	42.74	350m: 4:42.60 42.80
	100m: 1:12.61	38.57 200m: 2:34.43	41.51	300m: 3:59.80	42.63	400m: 5:24.66 42.06