

Klassement deel 5 2026  
Valkenswaard, 21/6/2026

Programmanr. 6  
21/6/2026 - 15:40

Dames, 400m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Jante Cremers	Tempo	5:15.22	201102406	<b>5:09.28</b>
	50m: 33.18	33.18	150m:	250m:	350m:
	100m: 1:10.84	37.66	200m: 2:29.24	300m:	400m: 5:09.28
2.	Danique Putman	Tempo	5:03.69	200601392	<b>5:09.59</b>
	50m: 35.15	35.15	150m:	250m:	350m:
	100m: 1:13.45	38.30	200m: 2:34.29	300m:	400m: 5:09.59
3.	Mirelle de Kort	Nautilus	5:13.68	200005546	<b>5:11.95</b>
	50m: 34.62	34.62	150m:	250m:	350m:
	100m: 1:12.86	38.24	200m: 2:31.44	300m:	400m: 5:11.95
4.	Lisanne van Gennip	Hydra	5:25.07	199701444	<b>5:18.46</b>
	50m: 33.33	33.33	150m:	250m:	350m:
	100m: 1:12.05	38.72	200m: 2:33.37	300m:	400m: 5:18.46
5.	Lotte de Wit	Hydra	5:27.97	201001164	<b>5:19.53</b>
	50m: 34.12	34.12	150m:	250m:	350m:
	100m: 1:12.00	37.88	200m: 2:32.02	300m:	400m: 5:19.53
6.	Maud Spijkerboer	Nautilus	5:47.30	201000114	<b>5:25.44</b>
	50m: 35.26	35.26	150m:	250m:	350m:
	100m: 1:15.64	40.38	200m: 2:39.58	300m:	400m: 5:25.44
7.	Ize Thijs	Hydra	5:38.63	201101388	<b>5:28.04</b>
	50m: 35.55	35.55	150m:	250m:	350m:
	100m: 1:16.07	40.52	200m: 2:40.21	300m:	400m: 5:28.04
8.	Inge Nooijen	Hydra	5:39.13	200803830	<b>5:31.20</b>
	50m: 35.28	35.28	150m:	250m:	350m:
	100m: 1:16.23	40.95	200m: 2:41.11	300m:	400m: 5:31.20
9.	Fieke Buis	Zeester-Meerval	6:09.52	201300786	<b>5:36.68</b>
	50m: 37.29	37.29	150m:	250m:	350m:
	100m: 1:19.00	41.71	200m: 2:44.86	300m:	400m: 5:36.68
10.	Izzy van Kaathoven	Nautilus	6:17.22	201201642	<b>5:38.69</b>
	50m: 39.65	39.65	150m:	250m:	350m:
	100m: 1:22.89	43.24	200m: 2:53.58	300m:	400m: 5:38.69
11.	Dycke Peeters	Hydra	6:04.02	201301412	<b>5:41.49</b>
	50m: 37.97	37.97	150m:	250m:	350m:
	100m: 1:20.58	42.61	200m: 2:50.24	300m:	400m: 5:41.49
12.	Storm Blom	Tempo	5:58.97	201103930	<b>5:44.51</b>
	50m: 38.70	38.70	150m:	250m:	350m:
	100m: 1:21.73	43.03	200m: 2:50.63	300m:	400m: 5:44.51
13.	Livia van der Heide	Tempo	6:15.31	201200764	<b>6:00.07</b>
	50m: 39.03	39.03	150m:	250m:	350m:
	100m: 1:24.31	45.28	200m: 2:58.78	300m:	400m: 6:00.07
14.	Lena Opolony	Zeester-Meerval	6:14.37	201200018	<b>6:01.97</b>
	50m: 39.63	39.63	150m:	250m:	350m:
	100m: 1:24.25	44.62	200m: 2:58.26	300m:	400m: 6:01.97
AFGEM	Silke van de Weijer	Hydra	5:09.90	200300692	
AFGEM	Geerte van Lith	Zeester-Meerval	6:41.84	201300172	