

Limietwedstrijd kb 26-27 deel 1 ZPC AMERSFOORT
Amersfoort, 27-9-2026

Programmanr. 29
27-9-2026 - 18:34

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging		intijd		tijd		RT
1.	Yanique Eekhof	ZPC AMERSFOORT		4:39.10	201001428	4:36.85		+0,63
	50m: 30.55	30.55	150m: 1:40.22	35.17	250m: 2:50.90	35.46	350m: 4:02.33	35.75
	100m: 1:05.05	34.50	200m: 2:15.44	35.22	300m: 3:26.58	35.68	400m: 4:36.85	34.52
2.	Wieke Dekker	De Dolfijn		4:46.94	201002020	4:43.98		+0,77
	50m: 31.78	31.78	150m: 1:44.54	36.63	250m: 2:55.92	35.75	350m: 4:09.06	36.46
	100m: 1:07.91	36.13	200m: 2:20.17	35.63	300m: 3:32.60	36.68	400m: 4:43.98	34.92
3.	Kamila Samad	WVZ		4:50.76	201103178	4:45.62		+0,69
	50m: 32.47	32.47	150m: 1:44.68	36.35	250m: 2:57.46	36.85	350m: 4:10.09	36.84
	100m: 1:08.33	35.86	200m: 2:20.61	35.93	300m: 3:33.25	35.79	400m: 4:45.62	35.53
4.	Cynthia Koolman	Steenwijk 1934		4:46.58	200300232	4:49.70		+0,69
	50m: 32.46	32.46	150m: 1:43.52	35.83	250m: 2:57.58	37.24	350m: 4:12.83	37.66
	100m: 1:07.69	35.23	200m: 2:20.34	36.82	300m: 3:35.17	37.59	400m: 4:49.70	36.87
5.	Kayleigh van Doeselaar	WS Twente		4:54.42	201000478	4:51.57		+0,80
	50m: 33.65	33.65	150m: 1:46.45	36.98	250m: 3:02.04	37.85	350m: 4:17.12	37.80
	100m: 1:09.47	35.82	200m: 2:24.19	37.74	300m: 3:39.32	37.28	400m: 4:51.57	34.45
6.	Florien Pot	O Z & P C		4:41.97	201000768	4:52.43 *		+0,90
	50m: 32.83	32.83	150m: 1:45.91	36.91	250m: 3:01.26	38.13	350m: 4:17.18	38.33
	100m: 1:09.00	36.17	200m: 2:23.13	37.22	300m: 3:38.85	37.59	400m: 4:52.43	35.25
7.	Elin Berfelo	MZ&PC De Reest		5:08.34	201102816	4:57.65		+0,75
	50m: 32.89	32.89	150m: 1:47.75	38.11	250m: 3:04.97	38.47	350m: 4:20.93	37.82
	100m: 1:09.64	36.75	200m: 2:26.50	38.75	300m: 3:43.11	38.14	400m: 4:57.65	36.72
8.	Kyara Balt	De Vikings		4:46.34	201100306	5:00.03		
	50m: 32.96	32.96	150m: 1:47.96	37.90	250m: 3:05.58	38.30	350m: 4:21.79	37.93
	100m: 1:10.06	37.10	200m: 2:27.28	39.32	300m: 3:43.86	38.28	400m: 5:00.03	38.24
9.	Ynthe van Wijland	Zwemlust- den Hommel		5:15.53	201003362	5:03.14		+0,82
	50m: 33.35	33.35	150m: 1:48.54	38.15	250m: 3:06.39	38.79	350m: 4:24.00	39.12
	100m: 1:10.39	37.04	200m: 2:27.60	39.06	300m: 3:44.88	38.49	400m: 5:03.14	39.14
10.	Anna Schuurman	DZ&PC		5:09.54	201000076	5:07.07		+0,77
	50m: 34.02	34.02	150m: 1:50.29	38.70	250m: 3:09.29	39.59	350m: 4:28.66	39.43
	100m: 1:11.59	37.57	200m: 2:29.70	39.41	300m: 3:49.23	39.94	400m: 5:07.07	38.41
11.	Sofija Velevska	De Dolfijn		5:04.01	201102774	5:08.87		+0,80
	50m: 34.63	34.63	150m: 1:52.67	39.75	250m: 3:11.68	39.71	350m: 4:31.46	40.21
	100m: 1:12.92	38.29	200m: 2:31.97	39.30	300m: 3:51.25	39.57	400m: 5:08.87	37.41
12.	Ribanna Damm	O Z & P C		5:17.10	201100304	5:09.78 *		+0,66
	50m: 33.26	33.26	150m: 1:51.20	39.74	250m: 3:10.76	39.81	350m: 4:31.14	40.06
	100m: 1:11.46	38.20	200m: 2:30.95	39.75	300m: 3:51.08	40.32	400m: 5:09.78	38.64
13.	Myron Dekker	ZPC Hoogeveen		4:55.15	201000512	5:10.83		+0,86
	50m: 34.38	34.38	150m: 1:50.14	38.52	250m: 3:10.15	40.37	350m: 4:30.84	40.38
	100m: 1:11.62	37.24	200m: 2:29.78	39.64	300m: 3:50.46	40.31	400m: 5:10.83	39.99
14.	Elisa Reirink	O Z & P C		5:17.65	201303452	5:13.66		+0,68
	50m: 33.78	33.78	150m: 1:51.84	40.15	250m: 3:12.01	40.32	350m: 4:34.49	41.05
	100m: 1:11.69	37.91	200m: 2:31.69	39.85	300m: 3:53.44	41.43	400m: 5:13.66	39.17
15.	Aimee van Tongeren	O Z & P C		5:21.38	201100214	5:19.38		+0,70
	50m: 35.65	35.65	150m: 1:55.46	40.42	250m: 3:17.77	41.44	350m: 4:40.74	41.36
	100m: 1:15.04	39.39	200m: 2:36.33	40.87	300m: 3:59.38	41.61	400m: 5:19.38	38.64
16.	Flore Hovens	Zwemlust- den Hommel		5:21.25	201201632	5:24.36 *		+0,78
	50m: 34.81	34.81	150m: 1:54.73	40.81	250m: 3:18.66	42.02	350m: 4:43.21	42.40
	100m: 1:13.92	39.11	200m: 2:36.64	41.91	300m: 4:00.81	42.15	400m: 5:24.36	41.15
17.	Fien Stolk	Zwemlust- den Hommel		5:25.39	201302282	5:26.55		+0,65
	50m: 36.65	36.65	150m: 1:58.87	41.31	250m: 3:23.32	42.52	350m: 4:46.45	41.06
	100m: 1:17.56	40.91	200m: 2:40.80	41.93	300m: 4:05.39	42.07	400m: 5:26.55	40.10
18.	Fayenne Hemmelder	WS Twente		5:23.49	201200538	5:32.04		+0,80
	50m: 35.93	35.93	150m: 1:58.29	41.91	250m: 3:25.20	43.43	350m: 4:50.53	42.11
	100m: 1:16.38	40.45	200m: 2:41.77	43.48	300m: 4:08.42	43.22	400m: 5:32.04	41.51
19.	Elize Poot	Zwemlust- den Hommel		5:50.18	201301408	5:47.64		+0,64
	50m: 37.68	37.68	150m: 2:06.28	45.08	250m: 3:36.79	45.82	350m: 5:06.59	44.84
	100m: 1:21.20	43.52	200m: 2:50.97	44.69	300m: 4:21.75	44.96	400m: 5:47.64	41.05
20.	Vita Tjoelker	DZ&PC		5:50.73	201300840	5:48.58		+0,79
	50m: 40.67	40.67	150m: 2:13.24	46.77	250m: 3:43.85	44.53	350m: 5:11.50	43.60
	100m: 1:26.47	45.80	200m: 2:59.32	46.08	300m: 4:27.90	44.05	400m: 5:48.58	37.08
21.	Emmy Jonk	De Dolfijn		5:46.67	201400926	6:10.20		+0,83
	50m: 40.71	40.71	150m: 2:14.00	46.93	250m: 3:48.39	47.48	350m: 5:26.23	48.87
	100m: 1:27.07	46.36	200m: 3:00.91	46.91	300m: 4:37.36	48.97	400m: 6:10.20	43.97
22.	Kaisa Spaans	WVZ		5:59.42	201401488	6:10.25		+0,83
	50m: 42.60	42.60	150m: 2:16.20	47.87	250m: 3:50.68	47.33	350m: 5:26.80	48.32
	100m: 1:28.33	45.73	200m: 3:03.35	47.15	300m: 4:38.48	47.80	400m: 6:10.25	43.45

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rang	naam	vereniging			intijd			tijd			RT	
23.	Femke van As	ZPC AMERSFOORT			6:36.65			201400962			6:12.07	+0,79
	50m:	39.10	39.10	150m:	2:15.01	48.27	250m:	3:53.11	49.32	350m:	5:30.21	48.15
	100m:	1:26.74	47.64	200m:	3:03.79	48.78	300m:	4:42.06	48.95	400m:	6:12.07	41.86
24.	Leandra Ammerlaan	De Dolfijn			6:03.06			201400376			6:15.35 *	+0,86
	50m:	41.99	41.99	150m:	2:17.61	48.40	250m:	3:54.76	48.76	350m:	5:30.66	48.00
	100m:	1:29.21	47.22	200m:	3:06.00	48.39	300m:	4:42.66	47.90	400m:	6:15.35	44.69
25.	Isolde Bijlsma	De Rijn			7:03.96			201400204			6:21.85	
	50m:	40.96	40.96	150m:	2:18.91	49.65	250m:	3:59.47	50.41	350m:	5:36.95	48.70
	100m:	1:29.26	48.30	200m:	3:09.06	50.15	300m:	4:48.25	48.78	400m:	6:21.85	44.90
AFGEM	Barbara Broekhuis	PSV			4:36.32			200700880				
AFGEM	Stella Koese	WVZ			5:28.96			200902768				