Programmanr. 1 — Dames, 400m vrije slag — Senioren Open
1-11-2026 - 14:15 — Resultaten

voorlopige resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Cynthia Koolman	Steenwijk 1934	4:46.58	200300232	**4:46.25**	+0,70
	50m: 32.07	32.07 150m: 1:42.67	35.91	250m: 2:56.31 36.80	350m: 4:10.24	37.06
	100m: 1:06.76	34.69 200m: 2:19.51	36.84	300m: 3:33.18 36.87	400m: 4:46.25	36.01
2.	Jamilla van O.	Zwemvereniging Hoogland	4:44.61	199603192	**4:48.47** *	+0,83
	50m: 31.87	31.87 150m: 1:43.71	36.34	250m: 2:57.67 37.15	350m: 4:12.16	37.45
	100m: 1:07.37	35.50 200m: 2:20.52	36.81	300m: 3:34.71 37.04	400m: 4:48.47	36.31
3.	Joanne Strietman	ZPC AMERSFOORT	4:59.40	201203784	**4:49.54**	+0,76
	50m: 31.03	31.03 150m: 1:42.73	36.45	250m: 2:58.13 38.21	350m: 4:14.17	37.93
	100m: 1:06.28	35.25 200m: 2:19.92	37.19	300m: 3:36.24 38.11	400m: 4:49.54	35.37
4.	Caithlin Lakke	De Reuring	4:58.38	201302438	**4:53.32**	+0,64
	50m: 31.85	31.85 150m: 1:45.13	37.20	250m: 3:01.19 38.36	350m: 4:16.93	38.04
	100m: 1:07.93	36.08 200m: 2:22.83	37.70	300m: 3:38.89 37.70	400m: 4:53.32	36.39
5.	Mijke van Hal	Zwemlust- den Hommel	4:54.70	200800362	**4:54.19**	+0,84
	50m: 32.70	32.70 150m: 1:46.49	37.59	250m: 3:02.22 37.84	350m: 4:18.63	37.86
	100m: 1:08.90	36.20 200m: 2:24.38	37.89	300m: 3:40.77 38.55	400m: 4:54.19	35.56
6.	Anne-Irene Ducheine	Zwemvereniging Hoogland	4:58.03	199506824	**5:00.21**	+0,67
	50m: 34.17	34.17 150m: 1:49.30	38.29	250m: 3:06.15 38.46	350m: 4:23.12	38.33
	100m: 1:11.01	36.84 200m: 2:27.69	38.39	300m: 3:44.79 38.64	400m: 5:00.21	37.09
7.	Aylin Turgut	De Dolfijn	5:26.26	201301548	**5:13.74** *	
	50m: 34.87	34.87 150m:		250m:	350m:	
	100m: 1:13.31	38.44 200m: 2:33.64		300m:	400m: 5:13.74	
8.	Fien Stolk	Zwemlust- den Hommel	5:17.73	201302282	**5:14.80** *	
	50m: 35.19	35.19 150m:		250m:	350m:	
	100m: 1:14.52	39.33 200m: 2:36.19		300m:	400m: 5:14.80	
9.	Milou Baars	ZPC Woerden	5:15.00	201301996	**5:17.92**	+0,79
	50m: 34.65	34.65 150m: 1:54.35	40.49	250m: 3:15.23 40.03	350m: 4:38.99	41.81
	100m: 1:13.86	39.21 200m: 2:35.20	40.85	300m: 3:57.18 41.95	400m: 5:17.92	38.93
10.	Kim van de Heisteeg	De Fuut	5:11.53	200900956	**5:18.83**	+0,86
	50m: 34.86	34.86 150m: 1:54.30	40.54	250m: 3:16.09 40.96	350m: 4:39.42	41.59
	100m: 1:13.76	38.90 200m: 2:35.13	40.83	300m: 3:57.83 41.74	400m: 5:18.83	39.41
11.	Fabiënne van Remmerden	ZPC Woerden	5:16.92	201201190	**5:19.98**	+0,86
	50m: 34.87	34.87 150m: 1:55.23	40.44	250m: 3:17.11 41.09	350m: 4:40.47	41.79
	100m: 1:14.79	39.92 200m: 2:36.02	40.79	300m: 3:58.68 41.57	400m: 5:19.98	39.51
12.	Bente van Lare	De Meeuwen Diemen	5:42.29	201201516	**5:39.25** *	
	50m: 36.51	36.51 150m:		250m:	350m:	
	100m: 1:17.80	41.29 200m: 2:45.16		300m:	400m: 5:39.25	
13.	Lola Opdam	DAW	5:37.98	201103150	**5:39.81** *	
	50m: 36.71	36.71 150m:		250m:	350m:	
	100m: 1:17.59	40.88 200m: 2:44.06		300m:	400m: 5:39.81	
14.	Fenna Suvaal	ZPC Woerden	5:32.76	201201502	**5:40.09** *	
	50m: 36.43	36.43 150m:		250m:	350m:	
	100m: 1:17.76	41.33 200m: 2:44.23		300m:	400m: 5:40.09	
15.	Julia Oosterbeek	De Meeuwen Diemen	5:48.48	201400028	**5:46.30** *	
	50m: 36.96	36.96 150m:		250m:	350m:	
	100m: 1:18.10	41.14 200m: 2:46.06		300m:	400m: 5:46.30	
16.	Rosa van Schaik	De Fuut	6:58.19	201102462	**5:47.87**	+0,68
	50m: 38.23	38.23 150m: 2:04.50	43.71	250m: 3:34.92 45.55	350m:	
	100m: 1:20.79	42.56 200m: 2:49.37	44.87	300m: 4:20.70 45.78	400m: 5:47.87	
17.	Frieda Machartzki	GoSwim	5:44.30	201102204	**5:51.21** *	
	50m: 39.49	39.49 150m:		250m:	350m:	
	100m: 1:23.31	43.82 200m: 2:53.80		300m:	400m: 5:51.21	
18.	Kayleigh Mol	LinK	6:01.67	201301976	**5:52.65** *	
	50m: 38.17	38.17 150m:		250m:	350m:	
	100m: 1:22.59	44.42 200m: 2:54.00		300m:	400m: 5:52.65	
19.	Danique Groenhout	ZPC Woerden	6:04.69	201202040	**5:53.60** *	+0,88
	50m: 36.19	36.19 150m: 2:02.28	45.19	250m: 3:35.07 47.01	350m:	
	100m: 1:17.09	40.90 200m: 2:48.06	45.78	300m: 4:22.05 46.98	400m: 5:53.60	
20.	Evelijn Feitsma	ZPC AMERSFOORT	6:27.21	201401000	**5:54.65**	+0,49
	50m: 37.27	37.27 150m: 2:05.62	45.33	250m: 3:38.04 46.63	350m:	
	100m: 1:20.29	43.02 200m: 2:51.41	45.79	300m: 4:24.46 46.42	400m: 5:54.65	
21.	Leandra Ammerlaan	De Dolfijn	6:03.06	201400376	**5:56.59**	
	50m: 39.23	39.23 150m:		250m:	350m:	
	100m: 1:22.38	43.15 200m: 2:53.35		300m:	400m: 5:56.59	
22.	Elise Desnos	De Dolfijn	6:33.11	201400200	**6:07.83**	+0,81
	50m: 39.85	39.85 150m: 2:09.97	46.10	250m: 3:45.38 47.25	350m:	
	100m: 1:23.87	44.02 200m: 2:58.13	48.16	300m: 4:34.19 48.81	400m: 6:07.83	

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rang	naam	vereniging	intijd		tijd	RT	
23.	Chelsea Malone	De Dolfijn	5:59.96	201402044	**6:10.57** *		
	50m: 40.80	40.80 150m:		250m:	350m:		
	100m: 1:25.78	44.98 200m: 3:01.91		300m:	400m: 6:10.57		
24.	Petra Bonardo	De Dolfijn	6:38.51	201402278	**6:13.34** *	+0,67	
	50m: 41.18	41.18 150m: 2:14.90	47.30	250m: 3:52.91	49.30 350m: 5:29.81	47.50	
	100m: 1:27.60	46.42 200m: 3:03.61	48.71	300m: 4:42.31	49.40 400m: 6:13.34	43.53	
25.	Allysia Loer	ZV New Wave Almere	NT	201400676	**6:13.69**	+0,78	
	50m: 39.93	39.93 150m: 2:11.75	47.34	250m: 3:48.19	48.88 350m:		
	100m: 1:24.41	44.48 200m: 2:59.31	47.56	300m: 4:36.01	47.82 400m: 6:13.69		
26.	Katrin Glatzer	ZPC AMERSFOORT	6:25.09	197601200	S9 **6:24.03**		146
	50m: 44.41	44.41 150m: 2:22.16	48.98	250m: 3:59.26	48.44 350m:		
	100m: 1:33.18	48.77 200m: 3:10.82	48.66	300m:	400m: 6:24.03		
27.	Franca de Man	GoSwim	7:01.34	201302224	**6:25.09** *	+0,81	
	50m: 44.45	44.45 150m: 2:23.32	49.43	250m: 4:02.88	50.49 350m:		
	100m: 1:33.89	49.44 200m: 3:12.39	49.07	300m: 4:52.79	49.91 400m: 6:25.09		
28.	Elize Groenhout	ZPC Woerden	6:36.00	201202478	**6:44.95**	+0,87	
	50m: 40.29	40.29 150m: 2:20.84	51.02	250m: 4:06.51	53.31 350m:		
	100m: 1:29.82	49.53 200m: 3:13.20	52.36	300m:	400m: 6:44.95		
AFGEM	Quinty Duijndam	De Fuut	6:33.53	201002408			
AFGEM	Mila van Leeuwen	De Fuut	NT	201203366			
AFGEM	Kirsten Opmeer	ZPC AMERSFOORT	5:04.83	199800014			