Programmanr. 2 — Dames, 400m vrije slag — 11 jaar en ouder
24-10-2026 - 10:03 — Resultaten

voorlopige resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Jonna Muntjewerff	ENC Arnhem	4:40.00	200402396	**4:38.42**	
	50m: 30.89	30.89 150m: 1:40.99	35.52	250m: 2:52.22	35.50 350m: 4:03.22	35.20
	100m: 1:05.47	34.58 200m: 2:16.72	35.73	300m: 3:28.02	35.80 400m: 4:38.42	35.20
2.	Tamara Geuzebroek	Azc	4:44.21	201300894	**4:42.76**	
	50m: 31.17	31.17 150m: 1:42.25	36.00	250m: 2:55.01	36.72 350m: 4:07.71	36.08
	100m: 1:06.25	35.08 200m: 2:18.29	36.04	300m: 3:31.63	36.62 400m: 4:42.76	35.05
3.	Tatum Vered	Blue Marlins	4:55.53	201201322	**4:49.79**	
	50m: 31.55	31.55 150m: 1:43.32	36.20	250m: 2:58.04	37.56 350m: 4:13.28	17.64
	100m: 1:07.12	35.57 200m: 2:20.48	37.16	300m: 3:55.64	57.60 400m: 4:49.79	36.51
4.	Elke Kriesels	Blue Marlins	4:52.54	201100898	**4:52.27**	
	50m: 32.02	32.02 150m: 1:45.35	37.14	250m: 3:00.20	37.38 350m: 4:16.25	37.97
	100m: 1:08.21	36.19 200m: 2:22.82	37.47	300m: 3:38.28	38.08 400m: 4:52.27	36.02
5.	Kassidy Martis	Azc	5:11.72	201500726	**4:52.99**	
	50m: 32.56	32.56 150m: 1:48.16	38.11	250m: 3:02.78	37.37 350m: 4:17.65	37.43
	100m: 1:10.05	37.49 200m: 2:25.41	37.25	300m: 3:40.22	37.44 400m: 4:52.99	35.34
6.	Coco Scheepers	Psv	5:00.63	201301462	**4:53.93**	
	50m: 32.75	32.75 150m: 1:47.23	38.03	250m: 3:03.00	37.66 350m: 4:18.75	38.09
	100m: 1:09.20	36.45 200m: 2:25.34	38.11	300m: 3:40.66	37.66 400m: 4:53.93	35.18
7.	Floortje Bakker	Blue Marlins	5:00.05	201101124	**4:57.40**	
	50m: 33.71	33.71 150m: 1:48.42	37.60	250m: 3:03.93	37.83 350m: 4:20.42	38.30
	100m: 1:10.82	37.11 200m: 2:26.10	37.68	300m: 3:42.12	38.19 400m: 4:57.40	36.98
8.	Florien Pot	O Z & P C	4:41.97	201000768	**4:59.99**	
	50m: 33.25	33.25 150m: 1:49.17	38.44	250m: 3:05.90	38.46 350m: 4:22.93	38.34
	100m: 1:10.73	37.48 200m: 2:27.44	38.27	300m: 3:44.59	38.69 400m: 4:59.99	37.06
9.	Ribanna Damm	O Z & P C	5:09.49	201100304	**5:01.87**	
	50m: 32.91	32.91 150m: 1:48.25	38.33	250m: 3:05.61	38.94 350m: 4:24.25	39.26
	100m: 1:09.92	37.01 200m: 2:26.67	38.42	300m: 3:44.99	39.38 400m: 5:01.87	37.62
10.	Kyara Rensen	O Z & P C	5:22.27	201102068	**5:02.10**	
	50m: 32.92	32.92 150m: 1:48.08	38.33	250m: 3:07.21	39.96 350m: 4:24.42	38.47
	100m: 1:09.75	36.83 200m: 2:27.25	39.17	300m: 3:45.95	38.74 400m: 5:02.10	37.68
11.	Evy Saarloos	ZV New Wave Almere	5:07.43	201300510	**5:02.23**	
	50m: 32.92	32.92 150m: 1:49.91	39.05	250m: 3:08.09	38.23 350m: 4:25.40	39.69
	100m: 1:10.86	37.94 200m: 2:29.86	39.95	300m: 3:45.71	37.62 400m: 5:02.23	36.83
12.	Jessica Bannatyne	BZ en PC	5:14.44	201400158	**5:07.75**	
	50m: 34.76	34.76 150m: 1:52.20	39.22	250m: 3:11.01	39.46 350m: 4:29.83	38.98
	100m: 1:12.98	38.22 200m: 2:31.55	39.35	300m: 3:50.85	39.84 400m: 5:07.75	37.92
13.	Julia Ketelaars	Psv	4:53.22	201200028	**5:10.06**	
	50m: 33.96	33.96 150m: 1:49.60	38.32	250m: 3:07.90	39.24 350m: 4:30.22	41.17
	100m: 1:11.28	37.32 200m: 2:28.66	39.06	300m: 3:49.05	41.15 400m: 5:10.06	39.84
14.	Ilse Hallie	SG Octopus - ZVV	5:17.42	200200128	**5:16.27**	
	50m: 34.37	34.37 150m: 1:52.24	39.69	250m: 3:12.59	40.07 350m: 4:34.75	40.98
	100m: 1:12.55	38.18 200m: 2:32.52	40.28	300m: 3:53.77	41.18 400m: 5:16.27	41.52
15.	Elisa Reirink	O Z & P C	5:13.66	201303452	**5:18.75**	
	50m: 32.16	32.16 150m: 1:49.65	40.12	250m: 3:12.59	42.18 350m: 4:38.06	42.63
	100m: 1:09.53	37.37 200m: 2:30.41	40.76	300m: 3:55.43	42.84 400m: 5:18.75	40.69
16.	Hozuki Araki	Blue Marlins	5:14.72	201203660	**5:19.51**	
	50m: 34.71	34.71 150m: 1:54.46	40.70	250m: 3:16.42	40.76 350m: 4:39.34	41.26
	100m: 1:13.76	39.05 200m: 2:35.66	41.20	300m: 3:58.08	41.66 400m: 5:19.51	40.17
17.	Anna Withag	O Z & P C	5:26.54	201300070	**5:20.61**	
	50m: 34.36	34.36 150m: 1:54.82	40.76	250m: 3:17.71	41.11 350m: 4:39.43	40.83
	100m: 1:14.06	39.70 200m: 2:36.60	41.78	300m: 3:58.60	40.89 400m: 5:20.61	41.18
18.	Jackie van Ieperen	Psv	5:29.82	201400140	**5:21.62**	
	50m: 35.29	35.29 150m: 1:55.15	40.70	250m: 3:18.12	41.07 350m: 4:41.54	41.61
	100m: 1:14.45	39.16 200m: 2:37.05	41.90	300m: 3:59.93	41.81 400m: 5:21.62	40.08
19.	Aimée Vos	Psv	5:50.25	201400072	**5:22.23**	
	50m: 35.38	35.38 150m: 1:57.25	41.72	250m: 3:22.00	42.20 350m: 4:45.18	41.56
	100m: 1:15.53	40.15 200m: 2:39.80	42.55	300m: 4:03.62	41.62 400m: 5:22.23	37.05
20.	Yaïma H.	Blue Marlins	5:29.45	201301814	**5:22.57**	
	50m: 34.33	34.33 150m: 1:56.52	41.74	250m: 3:19.82	41.08 350m: 4:43.40	41.26
	100m: 1:14.78	40.45 200m: 2:38.74	42.22	300m: 4:02.14	42.32 400m: 5:22.57	39.17
21.	Roos van Wingerden	Blue Marlins	5:30.15	201300946	**5:23.22**	
	50m: 35.68	35.68 150m: 1:58.60	41.32	250m: 3:21.68	41.89 350m: 4:44.68	41.24
	100m: 1:17.28	41.60 200m: 2:39.79	41.19	300m: 4:03.44	41.76 400m: 5:23.22	38.54
22.	Ineke Batenburg	Psv	5:39.84	201400148	**5:25.47**	
	50m: 34.95	34.95 150m: 1:55.18	40.66	250m: 3:19.60	42.85 350m: 4:44.17	41.08
	100m: 1:14.52	39.57 200m: 2:36.75	41.57	300m: 4:03.09	43.49 400m: 5:25.47	41.30

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rang	naam		vereniging			intijd					tijd	RT
23.	Noor van der Graaf		Vzc			NT	201004310				**5:26.86**	
	50m:	36.17	36.17	150m:	1:59.94	42.51	250m:	3:24.99	41.90	350m:	4:49.81	42.55
	100m:	1:17.43	41.26	200m:	2:43.09	43.15	300m:	4:07.26	42.27	400m:	5:26.86	37.05
24.	Lisse Bouwman		Vzc			5:33.83	201300926				**5:29.17**	
	50m:	36.42	36.42	150m:	1:58.74	41.74	250m:	3:23.04	41.97	350m:	4:47.69	42.35
	100m:	1:17.00	40.58	200m:	2:41.07	42.33	300m:	4:05.34	42.30	400m:	5:29.17	41.48
25.	Denise Ruijsch		Zwemclub Zeist			5:43.21	199800708				**5:33.10**	
	50m:	36.21	36.21	150m:	1:58.19	41.42	250m:	3:23.30	42.94	350m:	4:49.65	42.96
	100m:	1:16.77	40.56	200m:	2:40.36	42.17	300m:	4:06.69	43.39	400m:	5:33.10	43.45
26.	Naomi Mosselman		Blue Marlins			6:16.23	201300316				**5:34.81**	
	50m:	35.53	35.53	150m:	1:56.52	41.26	250m:	3:22.46	43.27	350m:	4:51.98	45.06
	100m:	1:15.26	39.73	200m:	2:39.19	42.67	300m:	4:06.92	44.46	400m:	5:34.81	42.83
27.	Liss Vertogen		Psv			6:47.73	201400276				**5:38.04**	
	50m:	37.59	37.59	150m:	2:04.15	44.24	250m:	3:32.02	43.94	350m:	4:57.48	43.03
	100m:	1:19.91	42.32	200m:	2:48.08	43.93	300m:	4:14.45	42.43	400m:	5:38.04	40.56
28.	Louise-Emma S.		Vzc			5:38.41	201101288				**5:41.36**	
	50m:	38.12	38.12	150m:	2:04.20	43.47	250m:	3:33.59	45.22	350m:	5:02.12	43.98
	100m:	1:20.73	42.61	200m:	2:48.37	44.17	300m:	4:18.14	44.55	400m:	5:41.36	39.24
29.	Sanne Eilander		SG Octopus - ZVV			5:37.32	201102514				**5:43.62**	
	50m:	37.30	37.30	150m:	2:01.64	42.94	250m:	3:29.93	44.40	350m:	4:59.67	44.71
	100m:	1:18.70	41.40	200m:	2:45.53	43.89	300m:	4:14.96	45.03	400m:	5:43.62	43.95
30.	Danique de Man		Vzc			5:49.78	201001972				**5:45.81**	
	50m:	39.75	39.75	150m:	2:08.88	45.01	250m:	3:36.47	43.22	350m:	5:03.53	43.61
	100m:	1:23.87	44.12	200m:	2:53.25	44.37	300m:	4:19.92	43.45	400m:	5:45.81	42.28
31.	Tess Jager		SG SCOM/de Zeehond'73			6:20.11	201300370				**5:50.53**	
	50m:	38.38	38.38	150m:	2:08.64	45.86	250m:	3:40.31	45.64	350m:	5:09.59	44.30
	100m:	1:22.78	44.40	200m:	2:54.67	46.03	300m:	4:25.29	44.98	400m:	5:50.53	40.94
32.	Mara van Veen		De Zwoer			5:56.08	201102844				**5:50.73**	
	50m:	37.54	37.54	150m:	2:05.61	44.95	250m:	3:35.95	45.25	350m:	5:05.91	44.65
	100m:	1:20.66	43.12	200m:	2:50.70	45.09	300m:	4:21.26	45.31	400m:	5:50.73	44.82
33.	Fiene Madlener		Vzc			6:13.01	201400576				**5:54.76**	
	50m:	38.60	38.60	150m:	2:08.52	45.98	250m:	3:40.39	45.24	350m:	5:11.08	45.60
	100m:	1:22.54	43.94	200m:	2:55.15	46.63	300m:	4:25.48	45.09	400m:	5:54.76	43.68
34.	Anniek van Ginkel		Vzc			NT	201400146				**5:55.57**	
	50m:	40.82	40.82	150m:	2:12.08	45.16	250m:	3:43.15	44.38	350m:	5:15.04	44.65
	100m:	1:26.92	46.10	200m:	2:58.77	46.69	300m:	4:30.39	47.24	400m:	5:55.57	40.53
35.	Elisa Monpellier		De Meeuwen Diemen			NT	201300822				**6:01.55**	
	50m:	34.89	34.89	150m:	2:01.02	44.65	250m:	3:35.27	47.79	350m:	5:12.67	48.91
	100m:	1:16.37	41.48	200m:	2:47.48	46.46	300m:	4:23.76	48.49	400m:	6:01.55	48.88
36.	Eliza Khoshdel		ZV New Wave Almere			6:22.64	201500264				**6:02.51**	
	50m:	39.70	39.70	150m:	2:12.38	46.33	250m:	3:45.69	46.10	350m:	5:20.34	47.68
	100m:	1:26.05	46.35	200m:	2:59.59	47.21	300m:	4:32.66	46.97	400m:	6:02.51	42.17
37.	Julin Loorbach		Vzc			5:59.30	201201742				**6:04.02**	
	50m:	40.74	40.74	150m:	2:12.72	46.62	250m:	3:46.80	47.43	350m:	5:20.04	1:36.61
	100m:	1:26.10	45.36	200m:	2:59.37	46.65	300m:	3:43.43		400m:	6:04.02	43.98
38.	Tamira Rafaan		Blue Marlins			7:55.51	201401746				**6:05.91**	
	50m:	40.78	40.78	150m:	2:12.56	46.30	250m:	3:45.67	46.67	350m:	5:20.82	47.51
	100m:	1:26.26	45.48	200m:	2:59.00	46.44	300m:	4:33.31	47.64	400m:	6:05.91	45.09
39.	Maaike van der Graaf		Vzc			NT	198102410				**6:11.59**	
	50m:	41.26	41.26	150m:	2:14.06	47.21	250m:	3:49.42	48.19	350m:	5:24.62	47.04
	100m:	1:26.85	45.59	200m:	3:01.23	47.17	300m:	4:37.58	48.16	400m:	6:11.59	46.97
40.	Lotte Kok		SG Octopus - ZVV			6:32.36	201401332				**6:22.63**	
	50m:	40.33	40.33	150m:	2:16.07	49.03	250m:	3:56.41	50.37	350m:	5:37.30	50.82
	100m:	1:27.04	46.71	200m:	3:06.04	49.97	300m:	4:46.48	50.07	400m:	6:22.63	45.33
41.	Cynthia van Veen		BZ en PC			6:05.05	199606736				**6:28.01**	
	50m:	38.37	38.37	150m:	2:13.28	48.67	250m:	3:54.57	51.71	350m:	5:38.73	52.15
	100m:	1:24.61	46.24	200m:	3:02.86	49.58	300m:	4:46.58	52.01	400m:	6:28.01	49.28
42.	Noëlla Liefers		SG Octopus - ZVV			6:39.57	200603560				**6:57.21**	
	50m:	44.48	44.48	150m:	2:29.69	53.77	250m:	4:15.54	52.99	350m:	6:03.65	54.25
	100m:	1:35.92	51.44	200m:	3:22.55	52.86	300m:	5:09.40	53.86	400m:	6:57.21	53.56
AFGEM	Bente Toth		SG Octopus - ZVV			5:18.67	201102818					
AFGEM	Skylynn Husers		Psv			4:50.62	201401968					