

Swim-all deel 1
Zoetermeer, 18-10-2026

Programmanr. 30
18-10-2026 - 16:52

Dames, 400m vrije slag

alg. leeftijdsgroep
Resultaten

rang	naam	vereniging		intijd		tijd		RT
10 - 11 jaar								
1.	Yasmine van Remmerden	ZPC Woerden		6:19.05	201500188		6:16.27	
	50m: 39.97	39.97	150m: 2:13.12	47.70	250m: 3:50.94	48.73	350m: 5:29.72	48.77
	100m: 1:25.42	45.45	200m: 3:02.21	49.09	300m: 4:40.95	50.01	400m: 6:16.27	46.55

Onder 16

1.	Danique Groenhout	ZPC Woerden		6:14.46	201202040	6:04.69		+0,88
	50m: 39.12	39.12	150m: 2:10.16	46.95	250m: 3:44.99	47.62	350m: 5:19.79	47.78
	100m: 1:23.21	44.09	200m: 2:57.37	47.21	300m: 4:32.01	47.02	400m: 6:04.69	44.90
2.	Elize Groenhout	ZPC Woerden		6:36.00	201202478	6:39.10		
	50m: 43.13	43.13	150m: 2:21.56	49.55	250m: 4:04.73	52.19	350m: 5:48.10	50.98
	100m: 1:32.01	48.88	200m: 3:12.54	50.98	300m: 4:57.12	52.39	400m: 6:39.10	51.00

alg. leeftijdsgroep

1.	Danique Groenhout	ZPC Woerden		6:14.46	201202040	6:04.69		+0,88
	50m: 39.12	39.12	150m: 2:10.16	46.95	250m: 3:44.99	47.62	350m: 5:19.79	47.78
	100m: 1:23.21	44.09	200m: 2:57.37	47.21	300m: 4:32.01	47.02	400m: 6:04.69	44.90
2.	Yasmine van Remmerden	ZPC Woerden		6:19.05	201500188	6:16.27		
	50m: 39.97	39.97	150m: 2:13.12	47.70	250m: 3:50.94	48.73	350m: 5:29.72	48.77
	100m: 1:25.42	45.45	200m: 3:02.21	49.09	300m: 4:40.95	50.01	400m: 6:16.27	46.55
3.	Elize Groenhout	ZPC Woerden		6:36.00	201202478	6:39.10		
	50m: 43.13	43.13	150m: 2:21.56	49.55	250m: 4:04.73	52.19	350m: 5:48.10	50.98
	100m: 1:32.01	48.88	200m: 3:12.54	50.98	300m: 4:57.12	52.39	400m: 6:39.10	51.00