

KNZB Competitie Ronde 1
Oldenzaal, 3-10-2026

Programmanr. 13
3-10-2026 - 15:18

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Moniek van Langevelde	Dwk 1	4:39.61 199803160	4:38.18	
	50m: 31.37	31.37 150m: 1:42.39	35.64 250m: 2:53.20	35.45 350m: 4:03.71	35.27
	100m: 1:06.75	35.38 200m: 2:17.75	35.36 300m: 3:28.44	35.24 400m: 4:38.18	34.47
2.	Michelle Zomerdijk	Dedemsvaart-AC	4:41.65 200003196	4:42.79	
	50m: 31.38	31.38 150m: 1:41.75	35.48 250m: 2:52.94	35.76 350m: 4:06.41	37.02
	100m: 1:06.27	34.89 200m: 2:17.18	35.43 300m: 3:29.39	36.45 400m: 4:42.79	36.38
3.	Inge Koekoek	Dwk 1	4:47.66 200401648	4:50.09	
	50m: 31.94	31.94 150m: 1:44.89	36.38 250m: 2:58.61	36.95 350m: 4:12.81	36.99
	100m: 1:08.51	36.57 200m: 2:21.66	36.77 300m: 3:35.82	37.21 400m: 4:50.09	37.28
4.	Alessia Sluis	Dedemsvaart-AC	4:50.01 200300896	4:52.04	
	50m: 31.77	31.77 150m: 1:43.71	36.67 250m: 2:57.89	37.05 350m: 4:13.94	38.21
	100m: 1:07.04	35.27 200m: 2:20.84	37.13 300m: 3:35.73	37.84 400m: 4:52.04	38.10
5.	Tessa van Beek	Dwk 1	4:59.85 201001446	4:52.80	
	50m: 32.41	32.41 150m: 1:46.73	37.71 250m: 3:01.79	37.56 350m: 4:16.96	37.52
	100m: 1:09.02	36.61 200m: 2:24.23	37.50 300m: 3:39.44	37.65 400m: 4:52.80	35.84
6.	Marlies Dijsselhof	Dedemsvaart-AC	4:46.54 200601046	4:54.72	
	50m: 31.72	31.72 150m: 1:44.29	36.97 250m: 2:59.61	37.72 350m: 4:16.10	38.28
	100m: 1:07.32	35.60 200m: 2:21.89	37.60 300m: 3:37.82	38.21 400m: 4:54.72	38.62
7.	Flore Blok	O Z & P C	4:47.14 200804348	4:54.84	
	50m: 33.22	33.22 150m: 1:47.08	37.27 250m: 3:02.20	37.41 350m: 4:17.96	37.66
	100m: 1:09.81	36.59 200m: 2:24.79	37.71 300m: 3:40.30	38.10 400m: 4:54.84	36.88
8.	Renske Oude Egbrink	O Z & P C	4:50.27 200600040	4:58.96	
	50m: 32.24	32.24 150m: 1:48.61	38.90 250m: 3:05.67	37.53 350m: 4:21.06	37.60
	100m: 1:09.71	37.47 200m: 2:28.14	39.53 300m: 3:43.46	37.79 400m: 4:58.96	37.90
9.	Veerle Westenbroek	O Z & P C	5:05.94 200800128	5:04.72	
	50m: 34.41	34.41 150m: 1:49.90	38.26 250m: 3:06.59	38.47 350m: 4:25.69	39.83
	100m: 1:11.64	37.23 200m: 2:28.12	38.22 300m: 3:45.86	39.27 400m: 5:04.72	39.03
10.	Anique Polinder	Dedemsvaart-AC	4:55.70 200800008	5:09.84	
	50m: 32.76	32.76 150m: 1:48.69	38.76 250m: 3:07.65	39.51 350m: 4:29.22	41.16
	100m: 1:09.93	37.17 200m: 2:28.14	39.45 300m: 3:48.06	40.41 400m: 5:09.84	40.62
11.	Nouk Achterhuis	O Z & P C	5:21.63 200600120	5:36.42	
	50m: 36.01	36.01 150m: 1:58.70	42.22 250m: 3:25.85	43.39 350m: 4:55.16	44.64
	100m: 1:16.48	40.47 200m: 2:42.46	43.76 300m: 4:10.52	44.67 400m: 5:36.42	41.26
12.	Ilon Schuurman	O Z & P C	5:34.17 200304766	5:36.54	
	50m: 35.55	35.55 150m: 1:59.33	43.11 250m: 3:28.02	44.29 350m: 4:55.09	43.66
	100m: 1:16.22	40.67 200m: 2:43.73	44.40 300m: 4:11.43	43.41 400m: 5:36.54	41.45