Programmanr. 1 — Dames, 400m vrije slag — 11 jaar en ouder
25/10/2026 - 13:30 — Resultaten

rang	naam	vereniging	intijd		tijd	RT
Onder 14						
1.	Fenne Beernink	Z&PV de Veene	NT	201300968	**5:36.86**	
	50m: 37.74	37.74 150m:		250m:	350m:	
	100m: 1:20.30	42.56 200m: 2:47.33		300m:	400m: 5:36.86	
2.	Lizzy Mmbughu	De Dinkel	5:56.51	201301620	**5:44.44**	
	50m: 36.87	36.87 150m:		250m:	350m:	
	100m: 1:19.08	42.21 200m: 2:47.04		300m:	400m: 5:44.44	
3.	Noor van der Vorm	De Dinkel	6:17.09	201400908	**5:59.37**	
	50m: 39.68	39.68 150m:		250m:	350m:	
	100m: 1:24.22	44.54 200m: 2:59.00		300m:	400m: 5:59.37	
4.	Sammie Arendsen	De Dinkel	6:27.37	201400458	**6:02.62**	
	50m: 39.93	39.93 150m:		250m:	350m:	
	100m: 1:25.37	45.44 200m: 2:59.19		300m:	400m: 6:02.62	
5.	Wies Lenferink	De Dinkel	7:19.26	201401108	**6:05.07**	
	50m: 37.46	37.46 150m:		250m:	350m:	
	100m: 1:23.02	45.56 200m: 2:58.22		300m:	400m: 6:05.07	
6.	Lynn Eekelder	ZPC Livo	6:34.12	201501244	**6:19.94**	
	50m: 41.16	41.16 150m:		250m:	350m:	
	100m: 1:28.75	47.59 200m: 3:06.88		300m:	400m: 6:19.94	
Onder 16						
1.	Imke Oude Engberink	De Dinkel	5:03.74	201100818	**5:00.37**	
	50m: 35.07	35.07 150m:		250m:	350m:	
	100m: 1:13.62	38.55 200m: 2:30.94		300m:	400m: 5:00.37	
2.	Lieselot Weijkamp	WS Twente	6:00.51	201203318	**6:01.89**	
	50m: 40.26	40.26 150m:		250m:	350m:	
	100m: 1:25.08	44.82 200m: 2:58.70		300m:	400m: 6:01.89	
3.	Ize Beuting	ZPC Livo	6:42.70	201202848	**6:26.54**	
	50m: 42.21	42.21 150m:		250m:	350m:	
	100m: 1:30.15	47.94 200m: 3:08.46		300m:	400m: 6:26.54	
18 en ouder						
1.	Ilse Siemerink	WS Twente	5:24.75	200502512	**5:25.47**	
	50m: 36.63	36.63 150m:		250m:	350m:	
	100m: 1:16.33	39.70 200m: 2:38.70		300m:	400m: 5:25.47	