

Zwemcompetitie-deel1
Denekamp, 3/10/2026

Programmanr. 13
03/10/2026 - 15:58

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Dachen Haaijer	ZPC Hoogeveen	4:25.32 200800380	4:32.18	
	50m: 31.04 100m: 1:04.81	31.04 150m: 33.77 200m: 2:13.41	250m: 300m:	350m: 400m: 4:32.18	
2.	Eline Lutters	De Dinkel	4:41.91 200600322	4:44.86	
	50m: 31.55 100m: 1:06.22	31.55 150m: 34.67 200m: 2:18.49	250m: 300m:	350m: 400m: 4:44.86	
3.	Imre Bouwland	ZPC Hoogeveen	4:36.67 200700388	4:45.91	
	50m: 31.41 100m: 1:06.62	31.41 150m: 35.21 200m: 2:19.64	250m: 300m:	350m: 400m: 4:45.91	
4.	Monica van der Meer	Deltasteur	4:55.98 200704288	4:54.39	
	50m: 32.66 100m: 1:10.08	32.66 150m: 37.42 200m: 2:26.57	250m: 300m:	350m: 400m: 4:54.39	
5.	Marlouke Weijland	Deltasteur	4:55.47 200800152	4:59.78	
	50m: 34.13 100m: 1:11.44	34.13 150m: 37.31 200m: 2:28.16	250m: 300m:	350m: 400m: 4:59.78	
6.	Sofie Vos	ZPC Hoogeveen	4:46.53 200800804	5:00.44	
	50m: 100m:	150m: 200m:	250m: 300m:	350m: 400m: 5:00.44	
7.	Charlotte van der Meer	Deltasteur	4:59.71 200704478	5:02.66	
	50m: 34.31 100m: 1:12.50	34.31 150m: 38.19 200m: 2:29.91	250m: 300m:	350m: 400m: 5:02.66	
8.	Laurien Gliese-Slooijer	De Dinkel	5:03.87 200700636	5:06.85	
	50m: 34.38 100m: 1:12.28	34.38 150m: 37.90 200m: 2:30.55	250m: 300m:	350m: 400m: 5:06.85	
9.	Claire Bosch	De Dinkel	5:00.63 200401480	5:07.46	
	50m: 33.74 100m: 1:11.03	33.74 150m: 37.29 200m: 2:28.00	250m: 300m:	350m: 400m: 5:07.46	
10.	Nienke Koster	ZPC Hoogeveen	4:53.31 200900612	5:11.50	
	50m: 33.34 100m: 1:11.51	33.34 150m: 38.17 200m: 2:30.14	250m: 300m:	350m: 400m: 5:11.50	
11.	Valerie Sakkers	Deltasteur	5:02.54 200800080	5:12.99	
	50m: 34.77 100m: 1:13.24	34.77 150m: 38.47 200m: 2:33.44	250m: 300m:	350m: 400m: 5:12.99	
12.	Femke Bollema	Deltasteur	5:37.96 200500264	5:36.53	
	50m: 37.61 100m: 1:19.40	37.61 150m: 41.79 200m: 2:46.18	250m: 300m:	350m: 400m: 5:36.53	
AFGEM	Krista Veehof	Deltasteur	5:22.85 200700140		