

DAW KB 1
Alkmaar, 27-9-2026

Programmanr. 3
27-9-2026 - 14:15

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd	RT
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Onder 16

1.	Marije Koopmans	Orca Leeuwarden	5:10.75	201400318	5:06.81	
	50m: 32.82	32.82 150m:		250m:	350m:	
	100m: 1:10.88	38.06 200m: 2:30.93		300m:	400m: 5:06.81	
2.	Evy Saarloos	ZV New Wave Almere	5:11.74	201300510	5:07.43	
	50m: 33.11	33.11 150m:		250m:	350m:	
	100m: 1:11.61	38.50 200m: 2:31.36		300m:	400m: 5:07.43	
3.	Noura Jonker	ZV De Zaan	NT	201400548	5:08.75	
	50m: 34.16	34.16 150m:		250m:	350m:	
	100m: 1:12.72	38.56 200m: 2:33.62		300m:	400m: 5:08.75	
4.	Julia Dijkstra	Orca Leeuwarden	5:37.24	201400330	5:27.57	
	50m: 36.47	36.47 150m:		250m:	350m:	
	100m: 1:16.48	40.01 200m: 2:41.20		300m:	400m: 5:27.57	
5.	Dees Hendriks	De Ham	6:23.32	201402054	5:36.35	
	50m: 36.47	36.47 150m:		250m:	350m:	
	100m: 1:18.16	41.69 200m: 2:44.11		300m:	400m: 5:36.35	
6.	Louisa-Jade Striet	MSV-Zeemacht	NT	201402716	5:58.05	
	50m: 38.27	38.27 150m:		250m:	350m:	
	100m: 1:22.72	44.45 200m: 2:53.15		300m:	400m: 5:58.05	
7.	Femke de Wit	WZ&PC Purmerend	6:00.19	201103656	6:04.87	
	50m: 37.12	37.12 150m:		250m:	350m:	
	100m: 1:19.59	42.47 200m: 2:50.91		300m:	400m: 6:04.87	
8.	Alicia Leeflang	ZV New Wave Almere	NT	201301722	6:09.30	
	50m: 39.05	39.05 150m:		250m:	350m:	
	100m: 1:25.67	46.62 200m: 3:01.36		300m:	400m: 6:09.30	
9.	Silke Dijkstra	Orca Leeuwarden	6:30.50	201300302	6:09.47	
	50m: 42.06	42.06 150m:		250m:	350m:	
	100m: 1:29.98	47.92 200m: 3:07.48		300m:	400m: 6:09.47	
10.	Yasmine Atiq	ZV New Wave Almere	NT	201302562	6:13.16	
	50m: 41.94	41.94 150m:		250m:	350m:	
	100m: 1:30.54	48.60 200m: 3:06.50		300m:	400m: 6:13.16	
11.	Amberlyn Leenards	ZV New Wave Almere	NT	201302184	6:25.24	
	50m: 41.04	41.04 150m:		250m:	350m:	
	100m: 1:29.91	48.87 200m: 3:07.88		300m:	400m: 6:25.24	

Onder 18

1.	Dante van Meene	Daw	4:52.23	200900678	4:55.87	
	50m: 31.81	31.81 150m:		250m:	350m:	
	100m: 1:07.75	35.94 200m: 2:23.11		300m:	400m: 4:55.87	
2.	Isa Segenhout	Orca Leeuwarden	4:58.52	201000128	4:57.77	
	50m: 33.42	33.42 150m:		250m:	350m:	
	100m: 1:10.07	36.65 200m: 2:25.66		300m:	400m: 4:57.77	
3.	Lenthe Licht	Daw	5:36.00	201003668	5:43.14	
	50m: 36.72	36.72 150m:		250m:	350m:	
	100m: 1:18.19	41.47 200m: 2:46.11		300m:	400m: 5:43.14	