

VC Deel 1
Delfzijl, 3-10-2026

Programmanr. 13
03-10-2026 - 15:05

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging		intijd		tijd		RT
1.	Anne Fleur Willemsen	Azuro		4:35.23		199901396		4:35.95
	50m: 30.32	30.32	150m:		250m:	350m:		
	100m: 1:04.02	33.70	200m: 2:14.26		300m:	400m: 4:35.95		
2.	Kiki Bootsman	Azuro		4:55.33		200502850		4:54.94
	50m: 33.89	33.89	150m:		250m:	350m:		
	100m: 1:09.59	35.70	200m: 2:23.82		300m:	400m: 4:54.94		
3.	Aniek Ausema	Azuro		5:01.95		200602084		5:15.52
	50m: 35.95	35.95	150m:		250m:	350m:		
	100m: 1:14.41	38.46	200m: 2:33.58		300m:	400m: 5:15.52		
4.	Amelina Stevens	Azuro		5:24.61		200402740		5:37.31
	50m: 35.62	35.62	150m:		250m:	350m:		
	100m: 1:16.91	41.29	200m: 2:43.30		300m:	400m: 5:37.31		
5.	Kim van Duinen	Aqualero		5:59.58		200603498		5:47.71
	50m: 37.52	37.52	150m:		250m:	350m:		
	100m: 1:20.20	42.68	200m: 2:48.90		300m:	400m: 5:47.71		
6.	Josse van Geffen	Gzvw		5:50.00		198604730		5:50.26
	50m: 39.57	39.57	150m:		250m:	350m:		
	100m: 1:22.98	43.41	200m: 2:53.41		300m:	400m: 5:50.26		
7.	Lisa Hommes	Zeno		5:54.42		201001558		5:52.74
	50m: 37.22	37.22	150m:		250m:	350m:		
	100m: 1:20.69	43.47	200m: 2:53.00		300m:	400m: 5:52.74		
8.	Emma Mulder	Gzvw		6:10.42		201102756		6:04.59
	50m: 41.32	41.32	150m:		250m:	350m:		
	100m: 1:26.68	45.36	200m: 3:01.62		300m:	400m: 6:04.59		
9.	Danique Rootinck	Zeno		5:59.69		200402024		6:04.83
	50m: 38.34	38.34	150m:		250m:	350m:		
	100m: 1:22.39	44.05	200m: 2:56.42		300m:	400m: 6:04.83		
10.	Larissa Boonstra	Zeno		6:16.74		200006808		6:05.27
	50m: 37.76	37.76	150m:		250m:	350m:		
	100m: 1:21.99	44.23	200m: 2:54.12		300m:	400m: 6:05.27		
11.	Suzanne Mol	Aqualero		6:04.13		198202408		6:07.21
	50m: 40.03	40.03	150m:		250m:	350m:		
	100m: 1:25.09	45.06	200m: 2:58.83		300m:	400m: 6:07.21		
12.	Elisa Stevens	Azuro		6:25.90		200600604		6:13.60
	50m: 40.33	40.33	150m:		250m:	350m:		
	100m: 1:26.13	45.80	200m: 3:01.49		300m:	400m: 6:13.60		
13.	Nada Lisa Hut	Aqualero		NT		199307280		6:23.20
	50m: 42.51	42.51	150m:		250m:	350m:		
	100m: 1:29.86	47.35	200m: 3:07.25		300m:	400m: 6:23.20		
14.	Chantal Lokhorst	Aqualero		6:15.00		199401362		6:25.31
	50m: 40.57	40.57	150m:		250m:	350m:		
	100m: 1:25.70	45.13	200m: 3:03.06		300m:	400m: 6:25.31		
15.	Suzanne Mulder	Gzvw		6:28.95		199307820		6:38.16
	50m: 41.60	41.60	150m:		250m:	350m:		
	100m: 1:28.49	46.89	200m:		300m:	400m: 6:38.16		
16.	Charlotte M.	Aqualero		6:53.27		198503170		6:45.89
	50m: 42.57	42.57	150m:		250m:	350m:		
	100m: 1:31.63	49.06	200m: 3:14.90		300m:	400m: 6:45.89		