

20261004=Enschede_NZC1
Enschede, 4-10-2026

Programmanr. 13
4-10-2026 - 16:55

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging				intijd				tijd				RT
1.	Lynn Rötter	Livo				4:44.65 200600950				4:48.86				
	50m:	32.10	32.10	150m:	1:44.00	36.15	250m:	2:57.11	36.66	350m:	4:11.89		37.18	
	100m:	1:07.85	35.75	200m:	2:20.45	36.45	300m:	3:34.71	37.60	400m:	4:48.86		36.97	
2.	Anna Tudor	Waspo Nordhorn				4:51.15 498251				5:02.15				
	50m:	32.25	32.25	150m:	1:46.86	38.01	250m:	3:04.58	39.20	350m:	4:23.59		39.32	
	100m:	1:08.85	36.60	200m:	2:25.38	38.52	300m:	3:44.27	39.69	400m:	5:02.15		38.56	
3.	Maud Stevens	Het Ravijn				NT 200800774				5:14.38				
	50m:	33.53	33.53	150m:	1:51.34	39.54	250m:	3:11.35	39.90	350m:				
	100m:	1:11.80	38.27	200m:	2:31.45	40.11	300m:	3:52.06	40.71	400m:	5:14.38			
4.	Nicole Hermink	EZCL (SG)				5:35.70 198300818				5:16.18				
	50m:	34.36	34.36	150m:	1:52.07	39.23	250m:	3:11.82	39.83	350m:	4:34.51		42.00	
	100m:	1:12.84	38.48	200m:	2:31.99	39.92	300m:	3:52.51	40.69	400m:	5:16.18		41.67	
5.	Romy Wolf	Waspo Nordhorn				5:19.54 448517				5:20.28				
	50m:	34.24	34.24	150m:	1:53.92	40.77	250m:	3:18.35	42.90	350m:	4:41.04		40.83	
	100m:	1:13.15	38.91	200m:	2:35.45	41.53	300m:	4:00.21	41.86	400m:	5:20.28		39.24	
6.	Iris Timmermans	Het Ravijn				NT 200500172				5:21.54				
	50m:	33.77	33.77	150m:	1:54.38	40.85	250m:	3:17.82	41.23	350m:	4:41.11		41.57	
	100m:	1:13.53	39.76	200m:	2:36.59	42.21	300m:	3:59.54	41.72	400m:	5:21.54		40.43	
7.	Norah Kiehl	Waspo Nordhorn				5:21.31 432569				5:24.92				
	50m:	33.87	33.87	150m:	1:54.47	41.05	250m:	3:17.63	41.29	350m:	4:43.83		44.52	
	100m:	1:13.42	39.55	200m:	2:36.34	41.87	300m:	3:59.31	41.68	400m:	5:24.92		41.09	
8.	Leonie Smit	EZCL (SG)				5:48.06 200301978				5:32.07				
	50m:	37.40	37.40	150m:	2:00.26	41.87	250m:	3:25.29	42.69	350m:	4:50.52		42.59	
	100m:	1:18.39	40.99	200m:	2:42.60	42.34	300m:	4:07.93	42.64	400m:	5:32.07		41.55	
9.	Rosa Huntjens	EZCL (SG)				NT 200301402				5:49.99				
	50m:	37.52	37.52	150m:	2:03.55	44.03	250m:	3:33.98	45.48	350m:	5:06.53		46.29	
	100m:	1:19.52	42.00	200m:	2:48.50	44.95	300m:	4:20.24	46.26	400m:	5:49.99		43.46	
10.	Jet Rötter	Livo				NT 200803192				5:50.97				
	50m:	39.11	39.11	150m:	2:08.39	45.13	250m:	3:40.57	46.29	350m:	5:10.62		44.76	
	100m:	1:23.26	44.15	200m:	2:54.28	45.89	300m:	4:25.86	45.29	400m:	5:50.97		40.35	
11.	Kyonne Maas	EZCL (SG)				6:24.80 200200434				6:05.65				
	50m:	37.36	37.36	150m:	2:03.95	44.91	250m:	3:38.98	48.05	350m:	5:17.00		49.19	
	100m:	1:19.04	41.68	200m:	2:50.93	46.98	300m:	4:27.81	48.83	400m:	6:05.65		48.65	
12.	Sophie Schuirink	Livo				6:08.08 200802450				6:13.92				
	50m:	38.77	38.77	150m:	2:07.50	45.28	250m:	3:44.05	48.89	350m:	5:25.36		51.11	
	100m:	1:22.22	43.45	200m:	2:55.16	47.66	300m:	4:34.25	50.20	400m:	6:13.92		48.56	
13.	Mathilde van Hattum	EZCL (SG)				NT 200006662				6:25.76				
	50m:	41.27	41.27	150m:	2:17.13	49.11	250m:	3:57.08	50.13	350m:	5:37.65		50.49	
	100m:	1:28.02	46.75	200m:	3:06.95	49.82	300m:	4:47.16	50.08	400m:	6:25.76		48.11	
14.	Lieke Kamphuis	EZCL (SG)				6:05.52 200701448				6:29.84				
	50m:	40.20	40.20	150m:	2:13.01	47.63	250m:	3:54.42	51.03	350m:	5:39.53		52.93	
	100m:	1:25.38	45.18	200m:	3:03.39	50.38	300m:	4:46.60	52.18	400m:	6:29.84		50.31	
15.	Ellen Barske-Leerkotte	EZCL (SG)				NT 198302978				6:38.47				
	50m:	39.78	39.78	150m:	2:19.03	51.02	250m:	4:02.88	52.20	350m:	5:48.69		52.99	
	100m:	1:28.01	48.23	200m:	3:10.68	51.65	300m:	4:55.70	52.82	400m:	6:38.47		49.78	