

Limietwedstrijd KB 2026
Nijmegen, 17-10-2026

Programmanr. 2
17-10-2026 - 14:06

Dames, 400m vrije slag

10 jaar en ouder
Resultaten

rang	naam	vereniging		intijd		tijd		RT
1.	Noor Polman	CWW Swimteam		4:48.37	200501248	4:58.41		
	50m: 32.66	32.66	150m: 1:47.70	38.11	250m: 3:04.52	38.46	350m: 4:20.80	38.54
	100m: 1:09.59	36.93	200m: 2:26.06	38.36	300m: 3:42.26	37.74	400m: 4:58.41	37.61
2.	Nynke van Leeuwen	De Berkelduikers		5:06.64	200701272	5:03.89		
	50m: 32.70	32.70	150m: 1:49.06	38.58	250m: 3:07.43	39.46	350m: 4:25.51	39.07
	100m: 1:10.48	37.78	200m: 2:27.97	38.91	300m: 3:46.44	39.01	400m: 5:03.89	38.38
3.	Danique van de Werken	Olympia		5:14.85	200701672	5:24.26		
	50m: 35.78	35.78	150m: 1:57.05	41.35	250m: 3:20.73	42.19	350m: 4:44.35	41.07
	100m: 1:15.70	39.92	200m: 2:38.54	41.49	300m: 4:03.28	42.55	400m: 5:24.26	39.91
4.	Petra Guijt	Aqua-Novio'94 Masters		5:34.79	197600978	5:32.72		
	50m: 36.87	36.87	150m: 2:00.97	42.61	250m: 3:26.59	42.74	350m: 4:51.51	42.57
	100m: 1:18.36	41.49	200m: 2:43.85	42.88	300m: 4:08.94	42.35	400m: 5:32.72	41.21
5.	Anouk van Beugen	CWW Swimteam		5:41.45	200303586	5:34.19		
	50m: 34.64	34.64	150m: 1:56.05	41.88	250m: 3:23.18	43.49	350m: 4:50.95	43.70
	100m: 1:14.17	39.53	200m: 2:39.69	43.64	300m: 4:07.25	44.07	400m: 5:34.19	43.24
6.	Kayleigh Mol	SG SCOM/de Zeehond'73		6:50.23	201301976	6:01.67		
	50m: 39.81	39.81	150m: 2:11.46	46.12	250m: 3:46.09	46.92	350m: 5:19.46	46.47
	100m: 1:25.34	45.53	200m: 2:59.17	47.71	300m: 4:32.99	46.90	400m: 6:01.67	42.21