Programmanr. 1 — Dames, 400m vrije slag — Senioren Open
14-11-2026 - 14:30 — Resultaten

rang	naam	vereniging	intijd						tijd		RT
Onder 14											
1.	Eveline van den Enden	Hellas-Glana	5:05.72	201300914					**4:58.89**		+0,77
	50m: 31.98	31.98	150m: 1:47.22	38.52	250m: 3:05.16	38.92	350m: 4:24.21	38.99			
	100m: 1:08.70	36.72	200m: 2:26.24	39.02	300m: 3:45.22	40.06	400m: 4:58.89	34.68			
2.	Sofia Valtanen	MZ&PC	5:33.02	201402498					**5:12.80**		+0,58
	50m: 34.10	34.10	150m: 1:54.00	40.49	250m: 3:13.70	39.72	350m: 4:34.42	39.85			
	100m: 1:13.51	39.41	200m: 2:33.98	39.98	300m: 3:54.57	40.87	400m: 5:12.80	38.38			
3.	Maud Gaemers	Zeps	5:22.02	201302838					**5:16.79**		
	50m: 33.54	33.54	150m: 1:53.06	40.90	250m: 3:14.47	40.57	350m: 4:36.69	41.20			
	100m: 1:12.16	38.62	200m: 2:33.90	40.84	300m: 3:55.49	41.02	400m: 5:16.79	40.10			
4.	Livia Notten	Zwemsport Parkstad	5:55.48	201401214					**5:17.86**		+0,79
	50m: 34.83	34.83	150m: 1:55.43	40.85	250m: 3:17.58	40.81	350m: 4:39.88	40.99			
	100m: 1:14.58	39.75	200m: 2:36.77	41.34	300m: 3:58.89	41.31	400m: 5:17.86	37.98			
5.	Pien van Putten	Zwemsport Parkstad	5:26.53	201301034					**5:27.41**		+0,75
	50m: 36.45	36.45	150m: 1:58.08	41.12	250m: 3:22.06	41.99	350m: 4:46.08	41.83			
	100m: 1:16.96	40.51	200m: 2:40.07	41.99	300m: 4:04.25	42.19	400m: 5:27.41	41.33			
6.	Halina Peters	Zwemsport Parkstad	5:36.93	201300506					**5:35.48**		+0,73
	50m: 36.04	36.04	150m: 1:58.82	42.58	250m: 3:24.95	43.14	350m: 4:52.12	44.27			
	100m: 1:16.24	40.20	200m: 2:41.81	42.99	300m: 4:07.85	42.90	400m: 5:35.48	43.36			
7.	Dewi Rienties	Zwemsport Parkstad	5:40.41	201400922					**5:39.56**		+0,74
	50m: 37.23	37.23	150m: 2:02.18	42.96	250m: 3:30.15	43.50	350m: 4:58.38	43.47			
	100m: 1:19.22	41.99	200m: 2:46.65	44.47	300m: 4:14.91	44.76	400m: 5:39.56	41.18			
8.	Joy Schuurmans	Hellas-Glana	6:03.49	201400568					**6:02.27**		
	50m: 39.09	39.09	150m: 2:11.18	47.05	250m: 3:45.48	47.60	350m: 5:19.70	46.26			
	100m: 1:24.13	45.04	200m: 2:57.88	46.70	300m: 4:33.44	47.96	400m: 6:02.27	42.57			
9.	Djaylinn van Betteray	Mosa-Regio	6:15.61	201302196					**6:10.40**		+0,85
	50m: 40.57	40.57	150m: 2:13.09	47.15	250m: 3:48.22	48.13	350m: 5:24.94	48.60			
	100m: 1:25.94	45.37	200m: 3:00.09	47.00	300m: 4:36.34	48.12	400m: 6:10.40	45.46			
Onder 16											
1.	Sarah Förster	Hellas-Glana	4:59.22	201102682					**4:52.74**		+0,75
	50m: 33.51	33.51	150m: 1:47.47	37.06	250m: 3:02.40	37.82	350m: 4:16.75	36.77			
	100m: 1:10.41	36.90	200m: 2:24.58	37.11	300m: 3:39.98	37.58	400m: 4:52.74	35.99			
2.	Fenne Hardeman	Hellas-Glana	5:00.02	201100244					**5:00.26**		+0,46
	50m: 34.66	34.66	150m: 1:50.82	38.16	250m: 3:07.29	38.17	350m: 4:23.46	38.03			
	100m: 1:12.66	38.00	200m: 2:29.12	38.30	300m: 3:45.43	38.14	400m: 5:00.26	36.80			
3.	Tessa Kuipers	RZ	5:23.60	201100448					**5:17.90**		+0,75
	50m: 35.81	35.81	150m: 1:56.04	40.76	250m: 3:18.38	40.99	350m: 4:39.23	40.24			
	100m: 1:15.28	39.47	200m: 2:37.39	41.35	300m: 3:58.99	40.61	400m: 5:17.90	38.67			
4.	Chloë Beekman	HZPC	5:15.08	201100376					**5:18.22**		+0,74
	50m: 34.43	34.43	150m: 1:53.53	40.47	250m: 3:15.73	41.07	350m: 4:39.73	42.11			
	100m: 1:13.06	38.63	200m: 2:34.66	41.13	300m: 3:57.62	41.89	400m: 5:18.22	38.49			
5.	Joni Ploumen	Zeps	5:28.64	201200458					**5:30.70**		+0,71
	50m: 36.17	36.17	150m: 1:57.71	41.36	250m: 3:23.17	42.83	350m: 4:49.20	42.91			
	100m: 1:16.35	40.18	200m: 2:40.34	42.63	300m: 4:06.29	43.12	400m: 5:30.70	41.50			
6.	Stella Sangers	Zeps	5:39.92	201100380					**5:38.63**		+0,62
	50m: 36.57	36.57	150m: 2:00.14	42.75	250m: 3:27.70	44.10	350m: 4:56.06	43.86			
	100m: 1:17.39	40.82	200m: 2:43.60	43.46	300m: 4:12.20	44.50	400m: 5:38.63	42.57			
Onder 18											
1.	Romy de Graaf	Hellas-Glana	4:43.97	201003660					**4:39.42**		+0,70
	50m: 31.21	31.21	150m: 1:40.00	34.91	250m: 2:51.31	35.48	350m: 4:03.93	36.23			
	100m: 1:05.09	33.88	200m: 2:15.83	35.83	300m: 3:27.70	36.39	400m: 4:39.42	35.49			
2.	Alaine Lomans	Hellas-Glana	4:44.84	201000420					**4:41.65**		
	50m: 30.70	30.70	150m: 1:40.17	35.21	250m: 2:52.27	36.31	350m: 4:06.08	37.01			
	100m: 1:04.96	34.26	200m: 2:15.96	35.79	300m: 3:29.07	36.80	400m: 4:41.65	35.57			
3.	Fenna Hölsgens	Hellas-Glana	5:00.06	201000276					**5:01.26**		+0,73
	50m: 34.02	34.02	150m: 1:49.33	38.35	250m: 3:06.63	38.85	350m: 4:23.70	38.34			
	100m: 1:10.98	36.96	200m: 2:27.78	38.45	300m: 3:45.36	38.73	400m: 5:01.26	37.56			
4.	Jaydee Leenders	Vivalo	4:53.84	200900112					**5:03.77**		+0,74
	50m: 31.80	31.80	150m: 1:44.49	37.40	250m: 3:03.34	40.02	350m: 4:24.83	40.54			
	100m: 1:07.09	35.29	200m: 2:23.32	38.83	300m: 3:44.29	40.95	400m: 5:03.77	38.94			

Programmanr. 1, Meisjes, 400m vrije slag, Onder 18

rang	naam	vereniging	intijd		tijd	RT
5.	Danné van Munster	Hellas-Glana	5:05.43	200901262	**5:06.73**	+0,61
	50m: 33.86	33.86 150m: 1:50.92	38.87	250m: 3:08.93	39.22 350m: 4:28.79	40.39
	100m: 1:12.05	38.19 200m: 2:29.71	38.79	300m: 3:48.40	39.47 400m: 5:06.73	37.94
6.	Renske Coppens	Vivalo	5:17.76	200900440	**5:19.44**	+0,78
	50m: 33.87	33.87 150m: 1:50.00	39.08	250m: 3:12.16	41.58 350m: 4:37.22	42.87
	100m: 1:10.92	37.05 200m: 2:30.58	40.58	300m: 3:54.35	42.19 400m: 5:19.44	42.22
AFGEM	Zoë van Hameren	RZ	5:01.71	200901000		

18 en ouder

1.	Lotte Frissen	SG Patrick - De Roersoppers	4:45.87	200701354	**4:49.73**	+0,70
	50m: 32.09	32.09 150m: 1:45.01	36.95	250m: 2:59.05	37.09 350m: 4:13.45	37.36
	100m: 1:08.06	35.97 200m: 2:21.96	36.95	300m: 3:36.09	37.04 400m: 4:49.73	36.28
2.	Sara Gootzen	RZ	4:49.68	200702166	**4:54.13**	
	50m: 32.81	32.81 150m: 1:47.22	37.16	250m: 3:01.67	37.07 350m: 4:16.67	37.64
	100m: 1:10.06	37.25 200m: 2:24.60	37.38	300m: 3:39.03	37.36 400m: 4:54.13	37.46
3.	Floor Weijmans	HZPC	4:58.73	199502522	**5:04.10**	+0,76
	50m: 34.77	34.77 150m: 1:49.45	37.67	250m: 3:06.38	38.56 350m: 4:25.10	39.58
	100m: 1:11.78	37.01 200m: 2:27.82	38.37	300m: 3:45.52	39.14 400m: 5:04.10	39.00
4.	Senna Bongartz	SG Patrick - De Roersoppers	5:09.90	200301826	**5:10.29**	+0,59
	50m: 36.13	36.13 150m: 1:55.45	40.01	250m: 3:14.38	38.91 350m: 4:32.74	39.00
	100m: 1:15.44	39.31 200m: 2:35.47	40.02	300m: 3:53.74	39.36 400m: 5:10.29	37.55