Programmanr. 403 — Dames, 400m vrije slag — 11 jaar en ouder
22-11-2026 - 15:30 — Resultaten

rang	naam	vereniging	intijd		tijd	RT

Onder 14

1. Lena Verplak — Aqua-Novio'94 — 5:01.94 — 201400512 — **4:58.84**

50m:	32.95	32.95	150m:	1:48.77	38.41	250m:	3:05.93	38.65	350m:	4:22.94	37.95
100m:	1:10.36	37.41	200m:	2:27.28	38.51	300m:	3:44.99	39.06	400m:	4:58.84	35.90

2. Roxan Meijer — DWK — 5:15.71 — 201300854 — **5:09.57**

50m:	34.40	34.40	150m:	1:50.63	38.76	250m:	3:09.62	39.88	350m:	4:29.80	40.14
100m:	1:11.87	37.47	200m:	2:29.74	39.11	300m:	3:49.66	40.04	400m:	5:09.57	39.77

3. Sophia Heusinkveld — De Berkelduikers — 5:31.78 — 201301552 — **5:10.78**

50m:	34.62	34.62	150m:	1:53.19	39.69	250m:	3:13.62	40.23	350m:	4:33.62	39.47
100m:	1:13.50	38.88	200m:	2:33.39	40.20	300m:	3:54.15	40.53	400m:	5:10.78	37.16

4. Sara Langenberg — Aqua-Novio'94 — 5:33.31 — 201300366 — **5:17.50**

50m:	35.18	35.18	150m:	1:54.24	39.95	250m:	3:17.00	41.49	350m:	4:39.02	40.70
100m:	1:14.29	39.11	200m:	2:35.51	41.27	300m:	3:58.32	41.32	400m:	5:17.50	38.48

5. Jolijn Kraaijenbrink — Aqua-Novio'94 — 5:11.21 — 201300230 — **5:17.60**

50m:	34.63	34.63	150m:	1:53.59	39.47	250m:	3:16.42	41.60	350m:	4:38.60	41.15
100m:	1:14.12	39.49	200m:	2:34.82	41.23	300m:	3:57.45	41.03	400m:	5:17.60	39.00

6. Vlinder Mariman — Aqua-Novio'94 — 5:29.14 — 201301522 — **5:19.21**

50m:	35.50	35.50	150m:	1:56.68	40.70	250m:	3:17.93	40.43	350m:	4:39.30	40.35
100m:	1:15.98	40.48	200m:	2:37.50	40.82	300m:	3:58.95	41.02	400m:	5:19.21	39.91

7. Nynthe Spikmans — Aqua-Novio'94 — 5:40.42 — 201301168 — **5:26.90**

50m:	36.63	36.63	150m:	1:59.52	41.92	250m:	3:23.24	41.77	350m:	4:46.28	41.52
100m:	1:17.60	40.97	200m:	2:41.47	41.95	300m:	4:04.76	41.52	400m:	5:26.90	40.62

8. Fleur Kalma — Aqua-Novio'94 — 5:37.09 — 201500192 — **5:37.33**

50m:	36.02	36.02	150m:	2:00.54	43.62	250m:	3:28.48	44.04	350m:	4:55.73	43.15
100m:	1:16.92	40.90	200m:	2:44.44	43.90	300m:	4:12.58	44.10	400m:	5:37.33	41.60

9. Annelinde Straathof — SG Octopus - ZVV — 5:39.64 — 201301598 — **5:41.51**
**50, 100*

50m:	36.72	36.72	150m:	2:02.75	43.35	250m:	3:29.73	43.33	350m:	4:58.01	44.52
100m:	1:19.40	42.68	200m:	2:46.40	43.65	300m:	4:13.49	43.76	400m:	5:41.51	43.50

10. Nina van Riessen — Aquapoldro — 5:49.77 — 201401116 — **5:42.92**

50m:	35.54	35.54	150m:	2:03.69	44.50	250m:	3:34.70	45.77	350m:	5:03.22	43.83
100m:	1:19.19	43.65	200m:	2:48.93	45.24	300m:	4:19.39	44.69	400m:	5:42.92	39.70

11. Aicha Hamdi — Batavia Swim — 6:18.84 — 201400134 — **5:56.82**

50m:	38.09	38.09	150m:	2:07.32	46.00	250m:	3:41.62	47.34	350m:	5:14.74	46.17
100m:	1:21.32	43.23	200m:	2:54.28	46.96	300m:	4:28.57	46.95	400m:	5:56.82	42.08

12. Juliet Donker — NDD — 6:21.11 — 201400374 — **6:04.00**

50m:	37.43	37.43	150m:	2:09.97	47.01	250m:	3:45.16	47.75	350m:	5:20.06	46.78
100m:	1:22.96	45.53	200m:	2:57.41	47.44	300m:	4:33.28	48.12	400m:	6:04.00	43.94

13. Lotte Kok — SG Octopus - ZVV — 6:20.20 — 201401332 — **6:06.55**

50m:	37.82	37.82	150m:	2:11.17	47.76	250m:	3:47.78	48.54	350m:	5:24.65	47.82
100m:	1:23.41	45.59	200m:	2:59.24	48.07	300m:	4:36.83	49.05	400m:	6:06.55	41.90

14. Isolde Bijlsma — De Rijn — 6:21.85 — 201400204 — **6:10.88**

50m:	39.72	39.72	150m:	2:15.89	48.24	250m:	3:54.50	50.11	350m:	5:28.64	45.98
100m:	1:27.65	47.93	200m:	3:04.39	48.50	300m:	4:42.66	48.16	400m:	6:10.88	42.24

15. Caja Meijers — De Rijn — 6:25.72 — 201401058 — **6:11.72**

50m:	37.31	37.31	150m:	2:10.86	48.99	250m:	3:49.60	49.70	350m:	5:27.05	48.44
100m:	1:21.87	44.56	200m:	2:59.90	49.04	300m:	4:38.61	49.01	400m:	6:11.72	44.67

16. Lynn Eekelder — ZPC Livo — 6:19.94 — 201501244 — **6:12.79**

50m:	40.65	40.65	150m:	2:13.21	47.53	250m:	3:50.70	48.94	350m:	5:26.73	47.84
100m:	1:25.68	45.03	200m:	3:01.76	48.55	300m:	4:38.89	48.19	400m:	6:12.79	46.06

17. Lara Bourgonje — SG Octopus - ZVV — 6:30.61 — 201400746 — **6:23.66**
**50, 100*

50m:	41.47	41.47	150m:	2:21.13	49.95	250m:	4:00.41	49.34	350m:	5:36.18	47.06
100m:	1:31.18	49.71	200m:	3:11.07	49.94	300m:	4:49.12	48.71	400m:	6:23.66	47.48

Onder 16

1. Fay Jansen — Aqua-Novio'94 — 4:45.58 — 201200154 — **4:48.45**

50m:	32.43	32.43	150m:	1:44.45	36.60	250m:	2:58.18	36.88	350m:	4:12.07	37.22
100m:	1:07.85	35.42	200m:	2:21.30	36.85	300m:	3:34.85	36.67	400m:	4:48.45	36.38

2. Belle Fiering — Aqua-Novio'94 — 5:01.98 — 201202546 — **4:59.71**

50m:	32.71	32.71	150m:	1:46.78	37.33	250m:	3:04.44	39.07	350m:	4:21.82	38.55
100m:	1:09.45	36.74	200m:	2:25.37	38.59	300m:	3:43.27	38.83	400m:	4:59.71	37.89

Programmanr. 403, Meisjes, 400m vrije slag, Onder 16

rang	naam	vereniging	intijd		tijd	RT
3.	Maartje van Berkom	Aqua-Novio'94	5:00.00	201100514	**5:00.82**	
	50m: 33.70	33.70 150m: 1:49.65	38.68	250m: 3:08.36 39.10	350m: 4:24.68	37.66
	100m: 1:10.97	37.27 200m: 2:29.26	39.61	300m: 3:47.02 38.66	400m: 5:00.82	36.14
4.	Gerlin van de Krol	DWK	5:21.94	201101412	**5:07.14**	
	50m: 34.70	34.70 150m: 1:53.30	40.00	250m: 3:11.21 39.23	350m: 4:29.85	38.99
	100m: 1:13.30	38.60 200m: 2:31.98	38.68	300m: 3:50.86 39.65	400m: 5:07.14	37.29
5.	Laure Eekhoff	CWW	5:07.10	201100674	**5:09.65**	
	50m: 34.34	34.34 150m: 1:51.76	39.38	250m: 3:10.37 39.46	350m: 4:30.31	40.25
	100m: 1:12.38	38.04 200m: 2:30.91	39.15	300m: 3:50.06 39.69	400m: 5:09.65	39.34
6.	Linn Frunt	DWK	5:22.98	201101420	**5:21.23**	
	50m: 35.29	35.29 150m: 1:57.19	41.66	250m: 3:21.43 41.38	350m: 4:43.28	40.54
	100m: 1:15.53	40.24 200m: 2:40.05	42.86	300m: 4:02.74 41.31	400m: 5:21.23	37.95
7.	Femke Mandema	DWK	5:15.57	201100396	**5:22.57**	
	50m: 35.81	35.81 150m: 1:57.88	42.00	250m: 3:21.27 42.18	350m: 4:43.44	40.98
	100m: 1:15.88	40.07 200m: 2:39.09	41.21	300m: 4:02.46 41.19	400m: 5:22.57	39.13
8.	Meike van Beek	DWK	5:34.09	201201556	**5:22.64**	
	50m: 36.71	36.71 150m: 1:57.83	40.21	250m: 3:20.58 41.50	350m: 4:44.75	42.56
	100m: 1:17.62	40.91 200m: 2:39.08	41.25	300m: 4:02.19 41.61	400m: 5:22.64	37.89
9.	Femke van Duijn	DWK	5:30.29	201201070	**5:23.50**	
	50m: 36.41	36.41 150m: 1:58.33	41.00	250m: 3:21.25 41.24	350m: 4:44.92	41.86
	100m: 1:17.33	40.92 200m: 2:40.01	41.68	300m: 4:03.06 41.81	400m: 5:23.50	38.58
10.	Jaurieke Morren *50	SG Octopus - ZVV	5:24.24	201200292	**5:24.48**	
	50m: 35.72	35.72 150m: 1:57.50	41.55	250m: 3:21.13 41.66	350m: 4:44.68	41.22
	100m: 1:15.95	40.23 200m: 2:39.47	41.97	300m: 4:03.46 42.33	400m: 5:24.48	39.80

Onder 18

1.	Myrthe Rozendaal	Aqua-Novio'94	4:44.92	201000790	**4:44.32**	
	50m: 30.99	30.99 150m: 1:40.24	35.21	250m: 2:53.30 36.75	350m: 4:07.82	37.29
	100m: 1:05.03	34.04 200m: 2:16.55	36.31	300m: 3:30.53 37.23	400m: 4:44.32	36.50
2.	Lili Oosting	DWK	4:48.60	200900384	**4:51.64**	
	50m: 32.37	32.37 150m: 1:45.32	36.89	250m: 2:59.93 37.42	350m: 4:14.82	37.69
	100m: 1:08.43	36.06 200m: 2:22.51	37.19	300m: 3:37.13 37.20	400m: 4:51.64	36.82
3.	Tessa Zevenbergen	Aquapoldro	4:56.86	201002662	**5:00.94**	
	50m: 31.84	31.84 150m: 1:48.36	38.92	250m: 3:06.51 38.77	350m: 4:24.24	39.01
	100m: 1:09.44	37.60 200m: 2:27.74	39.38	300m: 3:45.23 38.72	400m: 5:00.94	36.70
4.	Elin Das	NDD	5:02.96	200901036	**5:08.24**	
	50m: 33.37	33.37 150m: 1:49.12	38.50	250m: 3:08.21 40.28	350m: 4:29.18	40.72
	100m: 1:10.62	37.25 200m: 2:27.93	38.81	300m: 3:48.46 40.25	400m: 5:08.24	39.06
5.	Lenore Donker	NDD	5:07.90	201000080	**5:08.46**	
	50m: 33.67	33.67 150m: 1:50.67	39.26	250m: 3:10.90 40.11	350m: 4:31.21	40.16
	100m: 1:11.41	37.74 200m: 2:30.79	40.12	300m: 3:51.05 40.15	400m: 5:08.46	37.25
6.	Dautsen Vaartjes	Batavia Swim	5:23.78	201003490	**5:14.15**	
	50m: 33.12	33.12 150m: 1:51.02	39.44	250m: 3:12.07 40.45	350m: 4:34.14	41.33
	100m: 1:11.58	38.46 200m: 2:31.62	40.60	300m: 3:52.81 40.74	400m: 5:14.15	40.01
7.	Ruby Hut	Wahoo Swimming	5:23.66	200901842	**5:20.83**	
	50m: 34.63	34.63 150m: 1:52.81	39.77	250m: 3:15.51 41.93	350m: 4:39.91	41.94
	100m: 1:13.04	38.41 200m: 2:33.58	40.77	300m: 3:57.97 42.46	400m: 5:20.83	40.92
8.	Pleun Schouten	De IJsselmeeuwen	5:23.88	201002106	**5:22.12**	
	50m: 34.59	34.59 150m: 1:53.60	40.14	250m: 3:16.21 41.48	350m: 4:41.64	42.89
	100m: 1:13.46	38.87 200m: 2:34.73	41.13	300m: 3:58.75 42.54	400m: 5:22.12	40.48
9.	Evi Giesbers	Wahoo Swimming	5:25.71	200901536	**5:22.57**	
	50m: 35.49	35.49 150m: 1:56.54	41.25	250m: 3:20.33 42.36	350m: 4:45.00	42.77
	100m: 1:15.29	39.80 200m: 2:37.97	41.43	300m: 4:02.23 41.90	400m: 5:22.57	37.57
10.	Sabina Klijn	RZC	5:26.38	201000050	**5:29.64**	
	50m: 37.18	37.18 150m: 1:59.77	41.64	250m: 3:23.73 42.07	350m: 4:48.95	42.58
	100m: 1:18.13	40.95 200m: 2:41.66	41.89	300m: 4:06.37 42.64	400m: 5:29.64	40.69

Onder 20

1.	Rosalie Bressers	RZC	4:55.81	200703820	**4:49.56**	
	50m: 30.94	30.94 150m: 1:41.90	35.95	250m: 2:56.34 37.60	350m: 4:12.57	38.16
	100m: 1:05.95	35.01 200m: 2:18.74	36.84	300m: 3:34.41 38.07	400m: 4:49.56	36.99
2.	Nynke van Leeuwen	De Berkelduikers	5:03.89	200701272	**5:04.23**	
	50m: 31.34	31.34 150m: 1:45.05	37.75	250m: 3:03.81 39.82	350m: 4:24.57	40.41
	100m: 1:07.30	35.96 200m: 2:23.99	38.94	300m: 3:44.16 40.35	400m: 5:04.23	39.66

Programmanr. 403, Dames, 400m vrije slag, Onder 20

rang	naam	vereniging	intijd		tijd	RT
3.	Danique van de Werken	Olympia	5:14.85	200701672	**5:16.45**	
	50m: 35.34 35.34 150m: 1:53.66 39.38 250m: 3:13.48 40.13 350m: 4:35.17 40.93					
	100m: 1:14.28 38.94 200m: 2:33.35 39.69 300m: 3:54.24 40.76 400m: 5:16.45 41.28					
4.	Kimberley Olieman	Zuiderzeezwemmers	5:19.78	200700484	**5:21.62**	
	50m: 34.86 34.86 150m: 1:55.06 40.96 250m: 3:18.99 41.91 350m: 4:42.77 41.96					
	100m: 1:14.10 39.24 200m: 2:37.08 42.02 300m: 4:00.81 41.82 400m: 5:21.62 38.85					
5.	Merle Baumeister	ENC Arnhem	5:22.93	200803026	**5:21.74**	
	50m: 34.97 34.97 150m: 1:54.59 40.43 250m: 3:17.56 41.73 350m: 4:41.96 42.01					
	100m: 1:14.16 39.19 200m: 2:35.83 41.24 300m: 3:59.95 42.39 400m: 5:21.74 39.78					
6.	Elise van der Wielen	Olympia	5:26.60	200700346	**5:21.92**	
	50m: 36.81 36.81 150m: 1:59.74 42.09 250m: 3:22.57 40.87 350m: 4:43.92 40.21					
	100m: 1:17.65 40.84 200m: 2:41.70 41.96 300m: 4:03.71 41.14 400m: 5:21.92 38.00					
7.	Tess Wakker	De Rijn	5:31.09	200700154	**5:24.32**	
	50m: 37.65 37.65 150m: 1:59.70 41.45 250m: 3:22.21 41.08 350m: 4:44.73 40.99					
	100m: 1:18.25 40.60 200m: 2:41.13 41.43 300m: 4:03.74 41.53 400m: 5:24.32 39.59					
8.	Sam Toonen Dekkers **200*	SG Wijchen-Gelenberg	5:29.60	200703316	**5:25.23**	
	50m: 34.86 34.86 150m: 1:54.38 40.99 250m: 3:18.76 42.90 350m: 4:43.87 42.35					
	100m: 1:13.39 38.53 200m: 2:35.86 41.48 300m: 4:01.52 42.76 400m: 5:25.23 41.36					
9.	Elke van Dorst **200*	CWW	5:27.94	200702816	**5:28.15**	
	50m: 34.60 34.60 150m: 1:55.49 41.41 250m: 3:19.48 42.25 350m: 4:44.75 42.79					
	100m: 1:14.08 39.48 200m: 2:37.23 41.74 300m: 4:01.96 42.48 400m: 5:28.15 43.40					

Senioren

1.	Colinda van der Zanden	Aqua-Novio'94	4:24.69	200502618	**4:21.91**	
	50m: 29.50 29.50 150m: 1:35.41 33.37 250m: 2:41.70 33.29 350m: 3:48.70 33.72					
	100m: 1:02.04 32.54 200m: 2:08.41 33.00 300m: 3:14.98 33.28 400m: 4:21.91 33.21					
2.	Jonna Muntjewerff	ENC Arnhem	4:38.42	200402396	**4:40.60**	
	50m: 30.63 30.63 150m: 1:39.44 34.91 250m: 2:50.43 35.69 350m: 4:03.63 36.74					
	100m: 1:04.53 33.90 200m: 2:14.74 35.30 300m: 3:26.89 36.46 400m: 4:40.60 36.97					
3.	Moniek van Langevelde	DWK	4:34.80	199803160	**4:44.08**	
	50m: 31.27 31.27 150m: 1:41.73 35.96 250m: 2:53.51 35.96 350m: 4:07.50 37.35					
	100m: 1:05.77 34.50 200m: 2:17.55 35.82 300m: 3:30.15 36.64 400m: 4:44.08 36.58					
4.	Feline Slijkhuis	SG Octopus - ZVV	5:03.21	200501042	**4:55.64**	
	50m: 33.82 33.82 150m: 1:47.73 37.07 250m: 3:03.22 37.99 350m: 4:19.44 37.72					
	100m: 1:10.66 36.84 200m: 2:25.23 37.50 300m: 3:41.72 38.50 400m: 4:55.64 36.20					
5.	Welmoed Doornbos	ENC Arnhem	4:58.82	200203352	**4:56.00**	
	50m: 32.43 32.43 150m: 1:47.83 37.91 250m: 3:04.68 37.89 350m: 4:20.30 38.13					
	100m: 1:09.92 37.49 200m: 2:26.79 38.96 300m: 3:42.17 37.49 400m: 4:56.00 35.70					
6.	Nienke Verploeg	Olympia	4:56.57	200000438	**4:56.33**	
	50m: 33.46 33.46 150m: 1:47.04 37.18 250m: 3:03.01 38.20 350m: 4:19.91 38.40					
	100m: 1:09.86 36.40 200m: 2:24.81 37.77 300m: 3:41.51 38.50 400m: 4:56.33 36.42					
7.	Noor Polman	CWW	4:48.37	200501248	**4:58.32**	
	50m: 31.39 31.39 150m: 1:43.98 37.29 250m: 3:01.96 39.37 350m: 4:20.64 39.38					
	100m: 1:06.69 35.30 200m: 2:22.59 38.61 300m: 3:41.26 39.30 400m: 4:58.32 37.68					
8.	Nienke Lammers	ENC Arnhem	5:06.51	200200806	**5:04.25**	
	50m: 33.14 33.14 150m: 1:48.44 38.19 250m: 3:07.62 39.53 350m: 4:26.35 39.30					
	100m: 1:10.25 37.11 200m: 2:28.09 39.65 300m: 3:47.05 39.43 400m: 5:04.25 37.90					
9.	Merith Janssen	RZC	5:08.55	200600106	**5:16.26**	
	50m: 34.11 34.11 150m: 1:53.37 40.64 250m: 3:14.87 40.71 350m: 4:36.23 40.53					
	100m: 1:12.73 38.62 200m: 2:34.16 40.79 300m: 3:55.70 40.83 400m: 5:16.26 40.03					
NG	Lynn Rötter	ZPC Livo	4:44.65	200600950		