Programmanr. 108 — Dames, 400m wisselslag — Senioren Open
14-11-2026 - 15:20 — Resultaten

rang	naam	vereniging	intijd		tijd	RT

Onder 14

1.	Madeé Boezen	ZIGNEA	5:51.32	201300782	**5:42.01**	
	50m: 37.24	37.24	150m: 2:06.19	43.63	250m: 3:37.74	48.62	350m: 5:05.38	37.57
	100m: 1:22.56	45.32	200m: 2:49.12	42.93	300m: 4:27.81	50.07	400m: 5:42.01	36.63
2.	Charlotte Bruggeman	Z&PV de Veene	5:53.76	201400448	**5:51.98**	
	50m: 38.23	38.23	150m: 2:10.80	46.00	250m: 3:44.51	48.52	350m: 5:13.32	39.12
	100m: 1:24.80	46.57	200m: 2:55.99	45.19	300m: 4:34.20	49.69	400m: 5:51.98	38.66
3.	Reva van der Veen	Dedemsvaart-AC	6:16.46	201400298	**5:53.46**	
	50m: 40.74	40.74	150m: 2:11.50	43.94	250m: 3:44.27	49.74	350m: 5:15.06	41.00
	100m: 1:27.56	46.82	200m: 2:54.53	43.03	300m: 4:34.06	49.79	400m: 5:53.46	38.40
4.	Elbrich Damoiseaux	SWOL 1894	6:02.78	201301614	**5:56.63**	
	50m: 39.43	39.43	150m: 2:14.89	44.46	250m: 3:49.48	50.27	350m: 5:20.36	39.99
	100m: 1:30.43	51.00	200m: 2:59.21	44.32	300m: 4:40.37	50.89	400m: 5:56.63	36.27
5.	E. de Velde Harsenhorst	Deltasteur	6:01.16	201300350	**5:58.16**	
	50m: 39.00	39.00	150m: 2:11.96	44.98	250m: 3:45.87	49.59	350m: 5:18.28	40.21
	100m: 1:26.98	47.98	200m: 2:56.28	44.32	300m: 4:38.07	52.20	400m: 5:58.16	39.88
6.	Jinthe Lentfert	WS Twente	6:03.61	201300166	**6:08.69**	
	50m: 38.39	38.39	150m: 2:12.94	45.22	250m: 3:52.60	53.35	350m: 5:29.49	40.75
	100m: 1:27.72	49.33	200m: 2:59.25	46.31	300m: 4:48.74	56.14	400m: 6:08.69	39.20
7.	Fenne Beernink	Z&PV de Veene	6:10.25	201300968	**6:13.00**	
	50m: 42.50	42.50	150m: 2:22.29	49.31	250m: 4:00.73	50.48	350m: 5:34.27	42.22
	100m: 1:32.98	50.48	200m: 3:10.25	47.96	300m: 4:52.05	51.32	400m: 6:13.00	38.73
8.	Nikki Mulder	O Z & P C	6:08.88	201300402	**6:13.54**	
	50m: 38.86	38.86	150m: 2:18.03	50.04	250m: 3:56.64	52.67	350m: 5:33.21	43.79
	100m: 1:27.99	49.13	200m: 3:03.97	45.94	300m: 4:49.42	52.78	400m: 6:13.54	40.33

Onder 16

1.	Lisa Boogaard	Deltasteur	5:33.61	201100990	**5:38.45**	
	50m: 34.60	34.60	150m: 1:59.18	44.75	250m: 3:32.51	50.06	350m: 5:02.44	38.87
	100m: 1:14.43	39.83	200m: 2:42.45	43.27	300m: 4:23.57	51.06	400m: 5:38.45	36.01
2.	Lara Heesterbeek	WS Twente	5:48.68	201200102	**5:38.79**	
	50m: 37.76	37.76	150m: 2:06.17	43.99	250m: 3:38.46	48.00	350m: 5:03.79	36.74
	100m: 1:22.18	44.42	200m: 2:50.46	44.29	300m: 4:27.05	48.59	400m: 5:38.79	35.00
3.	Jinthe Kuiper	SWOL 1894	5:52.13	201200688	**5:48.69**	
	50m: 37.86	37.86	150m: 2:09.17	44.98	250m: 3:42.92	50.00	350m: 5:11.20	38.81
	100m: 1:24.19	46.33	200m: 2:52.92	43.75	300m: 4:32.39	49.47	400m: 5:48.69	37.49
4.	Ilse Zuurman	Dedemsvaart-AC	5:53.80	201100112	**5:55.66**	
	50m: 39.48	39.48	150m: 2:16.01	47.21	250m: 3:49.94	48.52	350m: 5:18.13	39.48
	100m: 1:28.80	49.32	200m: 3:01.42	45.41	300m: 4:38.65	48.71	400m: 5:55.66	37.53
5.	Do Klaassen	Deltasteur	6:11.17	201200236	**6:02.92**	
	50m: 38.05	38.05	150m: 2:13.81	46.12	250m: 3:52.11	52.80	350m: 5:25.51	41.06
	100m: 1:27.69	49.64	200m: 2:59.31	45.50	300m: 4:44.45	52.34	400m: 6:02.92	37.41
6.	Anna-Sophie Lemmers	SWOL 1894	6:16.62	201201462	**6:12.17**	
	50m: 39.96	39.96	150m: 2:17.21	47.27	250m: 3:56.39	54.70	350m: 5:32.75	41.50
	100m: 1:29.94	49.98	200m: 3:01.69	44.48	300m: 4:51.25	54.86	400m: 6:12.17	39.42
AFGEM	Isabel Amelink	Deltasteur	5:45.01	201100196		
NG	Elynn Fransz	SWOL 1894	5:59.61	201102114		

Onder 18

1.	Nienke Bulter	De Dinkel	5:37.85	200902188	**5:37.42**	
	50m: 36.06	36.06	150m: 1:59.99	43.43	250m: 3:32.04	47.21	350m: 4:59.37	38.57
	100m: 1:16.56	40.50	200m: 2:44.83	44.84	300m: 4:20.80	48.76	400m: 5:37.42	38.05
2.	Kayleigh van Doeselaar	WS Twente	5:43.36	201000478	**5:51.74**	
	50m: 35.80	35.80	150m: 2:06.78	46.61	250m: 3:45.43	52.47	350m: 5:14.14	36.98
	100m: 1:20.17	44.37	200m: 2:52.96	46.18	300m: 4:37.16	51.73	400m: 5:51.74	37.60
3.	Jesmé Haytink	WS Twente	5:39.01	201000382	**5:56.53**	
	50m: 35.87	35.87	150m: 2:07.45	47.36	250m: 3:43.43	49.78	350m: 5:14.98	40.96
	100m: 1:20.09	44.22	200m: 2:53.65	46.20	300m: 4:34.02	50.59	400m: 5:56.53	41.55
4.	Karina van de Wetering	Deltasteur	6:05.65	201000972	**6:05.07**	
	50m: 38.36	38.36	150m: 2:13.48	47.28	250m: 3:53.04	53.25	350m: 5:27.45	40.83
	100m: 1:26.20	47.84	200m: 2:59.79	46.31	300m: 4:46.62	53.58	400m: 6:05.07	37.62

Programmanr. 108, Dames, 400m wisselslag

Onder 20

1.	Flore Blok		O Z & P C		5:27.06		200804348			**5:31.49**		
	50m:	34.92	34.92	150m:	1:59.04	43.27	250m:	3:28.01	46.08	350m:	4:54.83	39.86
	100m:	1:15.77	40.85	200m:	2:41.93	42.89	300m:	4:14.97	46.96	400m:	5:31.49	36.66
2.	Charlotte van der Meer		Deltasteur		5:33.62		200704478			**5:41.77**		
	50m:	36.33	36.33	150m:	2:06.03	45.52	250m:	3:36.94	46.49	350m:	5:04.05	40.80
	100m:	1:20.51	44.18	200m:	2:50.45	44.42	300m:	4:23.25	46.31	400m:	5:41.77	37.72
3.	Marlouke Weijland		Deltasteur		5:34.01		200800152			**5:48.36**		
	50m:	39.37	39.37	150m:	2:07.79	44.09	250m:	3:38.03	47.35	350m:	5:08.88	41.33
	100m:	1:23.70	44.33	200m:	2:50.68	42.89	300m:	4:27.55	49.52	400m:	5:48.36	39.48
4.	Lena Stevcic-Lukic		De IJsel		6:00.86		200804122			**6:16.22** *		
	50m:	38.45	38.45	150m:	2:17.21	47.48	250m:	3:57.10	52.47	350m:	5:34.14	43.87
	100m:	1:29.73	51.28	200m:	3:04.63	47.42	300m:	4:50.27	53.17	400m:	6:16.22	42.08
OPG	Aukje Markerink		ZPC De Hof		5:52.92		200802196					

AF - De aangegeven afstand niet uitgezwommen.

Senioren

1.	Michelle Zomerdijk		Dedemsvaart-AC		5:14.18		200003196			**5:16.29**		
	50m:	34.34	34.34	150m:	1:56.74	42.50	250m:	3:20.96	42.83	350m:	4:41.29	35.88
	100m:	1:14.24	39.90	200m:	2:38.13	41.39	300m:	4:05.41	44.45	400m:	5:16.29	35.00
2.	Alessia Sluis		Dedemsvaart-AC		5:16.97		200300896			**5:17.14**		
	50m:	33.99	33.99	150m:	1:54.62	42.35	250m:	3:19.62	44.11	350m:	4:42.27	37.62
	100m:	1:12.27	38.28	200m:	2:35.51	40.89	300m:	4:04.65	45.03	400m:	5:17.14	34.87
3.	Renske Oude Egbrink		O Z & P C		5:17.50		200600040			**5:22.41**		
	50m:	34.76	34.76	150m:	1:57.71	41.00	250m:	3:22.29	43.05	350m:	4:44.70	38.41
	100m:	1:16.71	41.95	200m:	2:39.24	41.53	300m:	4:06.29	44.00	400m:	5:22.41	37.71
4.	Cynthia Koolman		Steenwijk 1934		5:44.99		200300232			**5:44.22**		
	50m:	40.38	40.38	150m:	2:10.07	41.96	250m:	3:40.98	49.06	350m:	5:07.76	37.75
	100m:	1:28.11	47.73	200m:	2:51.92	41.85	300m:	4:30.01	49.03	400m:	5:44.22	36.46
5.	Iris Lok		WS Twente		5:46.55		200301094			**5:49.80** *		
	50m:	37.32	37.32	150m:	2:04.61	42.79	250m:	3:37.18	50.15	350m:	5:09.80	41.68
	100m:	1:21.82	44.50	200m:	2:47.03	42.42	300m:	4:28.12	50.94	400m:	5:49.80	40.00