Programmanr. 403
22-11-2026 - 13:15

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd	RT

Onder 14

1.	Madeé Boezen	ZIGNEA	5:07.32	201300782	**4:58.62**	
	50m: 31.94	31.94 150m: 1:47.51	38.41	250m: 3:05.36	38.77	350m: 4:22.34 38.18
	100m: 1:09.10	37.16 200m: 2:26.59	39.08	300m: 3:44.16	38.80	400m: 4:58.62 36.28
2.	Vera van Dijk	Deltasteur	5:21.32	201301238	**4:59.54**	
	50m: 33.08	33.08 150m: 1:49.03	38.86	250m: 3:06.87	38.46	350m: 4:23.97 38.07
	100m: 1:10.17	37.09 200m: 2:28.41	39.38	300m: 3:45.90	39.03	400m: 4:59.54 35.57
3.	Nikki Mulder	O Z & P C	5:11.72	201300402	**5:00.05**	
	50m: 32.27	32.27 150m: 1:48.31	38.60	250m: 3:06.90	39.14	350m: 4:24.71 38.74
	100m: 1:09.71	37.44 200m: 2:27.76	39.45	300m: 3:45.97	39.07	400m: 5:00.05 35.34
4.	Puck Hoekman	WS Twente	5:12.11	201300574	**5:04.59**	
	50m: 33.04	33.04 150m: 1:50.87	39.43	250m: 3:11.35	40.22	350m: 4:29.51 38.72
	100m: 1:11.44	38.40 200m: 2:31.13	40.26	300m: 3:50.79	39.44	400m: 5:04.59 35.08
5.	Nova Volmer	Deltasteur	5:09.11	201300426	**5:04.97**	
	50m: 33.24	33.24 150m: 1:50.31	39.61	250m: 3:10.95	40.23	350m: 4:29.49 38.66
	100m: 1:10.70	37.46 200m: 2:30.72	40.41	300m: 3:50.83	39.88	400m: 5:04.97 35.48
6.	Charlotte Bruggeman	Z&PV de Veene	5:39.26	201400448	**5:08.45**	
	50m: 34.77	34.77 150m: 1:53.30	39.67	250m: 3:12.90	39.56	350m: 4:31.49 39.36
	100m: 1:13.63	38.86 200m: 2:33.34	40.04	300m: 3:52.13	39.23	400m: 5:08.45 36.96
7.	Jinthe Lentfert	WS Twente	5:27.32	201300166	**5:09.61**	
	50m: 34.59	34.59 150m: 1:53.95	39.98	250m: 3:15.27	40.76	350m: 4:34.16 39.26
	100m: 1:13.97	39.38 200m: 2:34.51	40.56	300m: 3:54.90	39.63	400m: 5:09.61 35.45
8.	Elbrich Damoiseaux	SWOL 1894	5:20.98	201301614	**5:11.13**	
	50m: 32.71	32.71 150m: 1:51.57	40.20	250m: 3:11.92	40.16	350m: 4:32.26 40.22
	100m: 1:11.37	38.66 200m: 2:31.76	40.19	300m: 3:52.04	40.12	400m: 5:11.13 38.87
9.	E. de Velde Harsenhorst	Deltasteur	5:22.44	201300350	**5:12.56**	
	50m: 33.92	33.92 150m: 1:53.48	40.23	250m: 3:13.01	39.97	350m: 4:33.36 40.23
	100m: 1:13.25	39.33 200m: 2:33.04	39.56	300m: 3:53.13	40.12	400m: 5:12.56 39.20
10.	Noa Brands	SWOL 1894	5:37.69	201500386	**5:17.39**	
	50m: 34.96	34.96 150m: 1:55.92	41.17	250m: 3:17.61	41.00	350m: 4:38.81 39.96
	100m: 1:14.75	39.79 200m: 2:36.61	40.69	300m: 3:58.85	41.24	400m: 5:17.39 38.58
11.	Fayienne Roelink	O Z & P C	5:38.57	201400154	**5:18.81**	
	50m: 35.12	35.12 150m: 1:56.75	41.48	250m: 3:18.32	40.78	350m: 4:40.76 40.89
	100m: 1:15.27	40.15 200m: 2:37.54	40.79	300m: 3:59.87	41.55	400m: 5:18.81 38.05
12.	Reva van der Veen	Dedemsvaart-AC	5:15.26	201400298	**5:19.02**	
	50m: 34.78	34.78 150m: 1:54.15	40.65	250m: 3:16.31	41.23	350m: 4:39.05 41.36
	100m: 1:13.50	38.72 200m: 2:35.08	40.93	300m: 3:57.69	41.38	400m: 5:19.02 39.97
13.	Lynn Hofste	De Dinkel	5:26.97	201500238	**5:27.09**	
	50m: 36.04	36.04 150m: 1:59.03	41.99	250m: 3:24.28	42.57	350m: 4:50.24 42.44
	100m: 1:17.04	41.00 200m: 2:41.71	42.68	300m: 4:07.80	43.52	400m: 5:27.09 36.85
14.	Marley Zwolle	O Z & P C	5:56.41	201401018	**5:31.58**	
	50m: 37.06	37.06 150m: 2:04.05	43.57	250m: 3:29.10	42.19	350m: 4:53.65 41.90
	100m: 1:20.48	43.42 200m: 2:46.91	42.86	300m: 4:11.75	42.65	400m: 5:31.58 37.93
	Fleur Lemmers	SWOL 1894	5:34.82	201400886	**5:31.58**	
	50m: 34.97	34.97 150m: 1:57.58	42.52	250m: 3:23.50	43.15	350m: 4:51.64 43.81
	100m: 1:15.06	40.09 200m: 2:40.35	42.77	300m: 4:07.83	44.33	400m: 5:31.58 39.94
16.	Kaily Remmers	Dedemsvaart-AC	5:34.65	201301020	**5:32.70**	
	50m: 34.70	34.70 150m: 1:56.20	41.91	250m: 3:23.04	43.93	350m: 4:51.00 44.17
	100m: 1:14.29	39.59 200m: 2:39.11	42.91	300m: 4:06.83	43.79	400m: 5:32.70 41.70
17.	Elle Hut	O Z & P C	5:41.95	201300092	**5:33.29**	
	50m: 36.11	36.11 150m: 1:59.89	42.62	250m: 3:26.82	43.06	350m: 4:53.24 43.33
	100m: 1:17.27	41.16 200m: 2:43.76	43.87	300m: 4:09.91	43.09	400m: 5:33.29 40.05
18.	Nina Bruinink	WS Twente	5:30.83	201500756	**5:34.63**	
	50m: 36.47	36.47 150m: 2:00.18	42.48	250m: 3:25.93	43.04	350m: 4:53.12 43.80
	100m: 1:17.70	41.23 200m: 2:42.89	42.71	300m: 4:09.32	43.39	400m: 5:34.63 41.51
19.	Lizzy Mmbughu	De Dinkel	5:44.44	201301620	**5:38.77**	
	50m: 36.49	36.49 150m: 2:02.12	43.40	250m: 3:30.97	44.98	350m: 4:58.80 43.94
	100m: 1:18.72	42.23 200m: 2:45.99	43.87	300m: 4:14.86	43.89	400m: 5:38.77 39.97
20.	Marsja Kroeze	Deltasteur	5:40.35	201300348	**5:38.95**	
	50m: 37.42	37.42 150m: 2:02.14	42.88	250m: 3:29.51	44.13	350m: 4:56.85 43.35
	100m: 1:19.26	41.84 200m: 2:45.38	43.24	300m: 4:13.50	43.99	400m: 5:38.95 42.10
21.	Eva Schans	Dedemsvaart-AC	5:51.60	201400254	**5:41.85**	
	50m: 37.32	37.32 150m: 2:06.46	45.60	250m: 3:36.13	44.33	350m: 5:01.30 42.32
	100m: 1:20.86	43.54 200m: 2:51.80	45.34	300m: 4:18.98	42.85	400m: 5:41.85 40.55

Programmanr. 403, Meisjes, 400m vrije slag, Onder 14

rang	naam	vereniging	intijd		tijd	RT
22.	Suzanne Janssen	Dedemsvaart-AC	5:40.33	201300664	**5:45.57**	
	50m: 36.33	36.33 150m: 2:02.24	44.20	250m: 3:31.83 45.37	350m: 5:02.45	45.26
	100m: 1:18.04	41.71 200m: 2:46.46	44.22	300m: 4:17.19 45.36	400m: 5:45.57	43.12
23.	Daphne Spijker	Dedemsvaart-AC	5:45.81	201300662	**5:46.76**	
	50m: 38.07	38.07 150m: 2:06.36	45.16	250m: 3:36.07 44.80	350m: 5:04.85	44.55
	100m: 1:21.20	43.13 200m: 2:51.27	44.91	300m: 4:20.30 44.23	400m: 5:46.76	41.91
24.	Vièn Zoer	Dedemsvaart-AC	5:48.31	201500084	**5:49.97**	
	50m: 36.93	36.93 150m: 2:03.43	44.40	250m: 3:36.18 46.90	350m: 5:07.94	45.97
	100m: 1:19.03	42.10 200m: 2:49.28	45.85	300m: 4:21.97 45.79	400m: 5:49.97	42.03
25.	Vayèn Meekhof *250m*, 350m**	ZVZwartsluis	5:55.30	201500004	**5:53.33**	
	50m: 37.95	37.95 150m: 2:06.25	44.50	250m: 3:38.08 46.17	350m: 5:08.32	43.02
	100m: 1:21.75	43.80 200m: 2:51.91	45.66	300m: 4:25.30 47.22	400m: 5:53.33	45.01
26.	Lotte de Vries	Steenwijk 1934	5:38.39	201300226	**5:58.11**	
	50m: 38.11	38.11 150m: 2:05.75	44.84	250m: 3:38.66 46.69	350m: 5:12.83	47.47
	100m: 1:20.91	42.80 200m: 2:51.97	46.22	300m: 4:25.36 46.70	400m: 5:58.11	45.28

Onder 16

1.	Lisa Boogaard	Deltasteur	4:50.76	201100990	**4:46.50**	
	50m: 32.09	32.09 150m: 1:44.24	36.69	250m: 2:57.93 36.65	350m: 4:11.24	36.48
	100m: 1:07.55	35.46 200m: 2:21.28	37.04	300m: 3:34.76 36.83	400m: 4:46.50	35.26
2.	Jinthe Kuiper	SWOL 1894	5:00.53	201200688	**4:55.42**	
	50m: 32.72	32.72 150m: 1:46.00	37.37	250m: 3:02.83 38.66	350m: 4:19.93	38.50
	100m: 1:08.63	35.91 200m: 2:24.17	38.17	300m: 3:41.43 38.60	400m: 4:55.42	35.49
3.	Isabel Amelink	Deltasteur	4:55.95	201100196	**4:55.59**	
	50m: 32.22	32.22 150m: 1:45.58	37.37	250m: 3:01.36 38.00	350m: 4:18.87	39.10
	100m: 1:08.21	35.99 200m: 2:23.36	37.78	300m: 3:39.77 38.41	400m: 4:55.59	36.72
4.	Imke Oude Engberink	De Dinkel	5:00.37	201100818	**5:00.76**	
	50m: 33.42	33.42 150m: 1:48.90	38.20	250m: 3:06.51 39.04	350m: 4:24.58	39.04
	100m: 1:10.70	37.28 200m: 2:27.47	38.57	300m: 3:45.54 39.03	400m: 5:00.76	36.18
5.	Kyara Rensen	O Z & P C	5:02.10	201102068	**5:01.52**	
	50m: 33.53	33.53 150m: 1:47.76	37.70	250m: 3:05.58 39.16	350m: 4:23.84	39.41
	100m: 1:10.06	36.53 200m: 2:26.42	38.66	300m: 3:44.43 38.85	400m: 5:01.52	37.68
6.	Karlijn Siero	SWOL 1894	5:04.48	201201758	**5:02.70**	
	50m: 34.32	34.32 150m: 1:51.47	38.18	250m: 3:09.54 39.40	350m: 4:26.25	37.87
	100m: 1:13.29	38.97 200m: 2:30.14	38.67	300m: 3:48.38 38.84	400m: 5:02.70	36.45
7.	Ribanna Damm	O Z & P C	5:01.87	201100304	**5:02.78**	
	50m: 32.64	32.64 150m: 1:47.70	38.34	250m: 3:06.17 39.47	350m: 4:25.17	39.76
	100m: 1:09.36	36.72 200m: 2:26.70	39.00	300m: 3:45.41 39.24	400m: 5:02.78	37.61
8.	Ilse Zuurman	Dedemsvaart-AC	5:09.96	201100112	**5:03.06**	
	50m: 34.53	34.53 150m: 1:52.38	39.36	250m: 3:10.03 38.89	350m: 4:26.70	38.30
	100m: 1:13.02	38.49 200m: 2:31.14	38.76	300m: 3:48.40 38.37	400m: 5:03.06	36.36
9.	Maurieke Frijstein	Deltasteur	5:02.90	201100198	**5:06.41** *	
	50m: 33.67	33.67 150m: 1:50.00	38.72	250m: 3:08.51 38.99	350m: 4:28.58	39.87
	100m: 1:11.28	37.61 200m: 2:29.52	39.52	300m: 3:48.71 40.20	400m: 5:06.41	37.83
10.	Do Klaassen	Deltasteur	5:14.26	201200236	**5:09.64**	
	50m: 33.23	33.23 150m: 1:51.46	40.06	250m: 3:11.43 39.92	350m: 4:31.40	40.01
	100m: 1:11.40	38.17 200m: 2:31.51	40.05	300m: 3:51.39 39.96	400m: 5:09.64	38.24
11.	Dagmar Bos	Deltasteur	5:14.39	201202438	**5:14.92**	
	50m: 35.57	35.57 150m: 1:55.06	40.10	250m: 3:15.86 40.47	350m: 4:37.02	40.49
	100m: 1:14.96	39.39 200m: 2:35.39	40.33	300m: 3:56.53 40.67	400m: 5:14.92	37.90
12.	Fayenne Hemmelder	WS Twente	5:18.19	201200538	**5:18.03**	
	50m: 36.06	36.06 150m: 1:58.96	41.60	250m: 3:21.13 41.73	350m: 4:42.06	40.45
	100m: 1:17.36	41.30 200m: 2:39.40	40.44	300m: 4:01.61 40.48	400m: 5:18.03	35.97
13.	Anna-Sophie Lemmers	SWOL 1894	5:34.45	201201462	**5:30.20**	
	50m: 34.42	34.42 150m: 1:55.85	41.82	250m: 3:22.59 43.65	350m: 4:48.45	42.71
	100m: 1:14.03	39.61 200m: 2:38.94	43.09	300m: 4:05.74 43.15	400m: 5:30.20	41.75

Onder 18

1.	Kayleigh van Doeselaar	WS Twente	4:47.29	201000478	**4:48.02**	
	50m: 32.21	32.21 150m: 1:44.84	37.02	250m: 2:59.89 37.64	350m: 4:14.77	37.21
	100m: 1:07.82	35.61 200m: 2:22.25	37.41	300m: 3:37.56 37.67	400m: 4:48.02	33.25
2.	Daphne Dijsselhof	Dedemsvaart-AC	4:52.88	200901690	**4:50.68**	
	50m: 32.53	32.53 150m: 1:46.73	37.52	250m: 3:02.76 37.83	350m: 4:16.43	36.13
	100m: 1:09.21	36.68 200m: 2:24.93	38.20	300m: 3:40.30 37.54	400m: 4:50.68	34.25

Programmanr. 403, Meisjes, 400m vrije slag, Onder 18

rang	naam	vereniging	intijd		tijd	RT
3.	Nienke Bulter	De Dinkel	5:05.23	200902188	**5:04.36**	
	50m: 33.63	33.63 150m: 1:47.53	37.53	250m: 3:05.64	39.48 350m: 4:25.13	39.61
	100m: 1:10.00	36.37 200m: 2:26.16	38.63	300m: 3:45.52	39.88 400m: 5:04.36	39.23
4.	Marloes Overbeek	De IJsel	5:22.31	200903232	**5:14.37**	
	50m: 33.43	33.43 150m: 1:50.28	39.05	250m: 3:10.78	40.65 350m: 4:34.15	41.72
	100m: 1:11.23	37.80 200m: 2:30.13	39.85	300m: 3:52.43	41.65 400m: 5:14.37	40.22
5.	Nikki Groot Rouwen	O Z & P C	5:10.77	200900106	**5:15.90**	
	50m: 33.97	33.97 150m: 1:51.89	39.73	250m: 3:13.48	40.91 350m: 4:35.92	41.13
	100m: 1:12.16	38.19 200m: 2:32.57	40.68	300m: 3:54.79	41.31 400m: 5:15.90	39.98
6.	Marlinde ter Maat	WS Twente	5:26.46	200900346	**5:29.26**	
	50m: 35.37	35.37 150m: 1:58.38	41.85	250m: 3:23.55	42.44 350m: 4:49.78	43.12
	100m: 1:16.53	41.16 200m: 2:41.11	42.73	300m: 4:06.66	43.11 400m: 5:29.26	39.48
DIS	Meike Hultink	De Grunte	5:17.06	201001686		
	AA - De start ingezet voor het startsignaal (en wel gezwommen).					
NG	Florien Pot	O Z & P C	4:41.97	201000768		

o20 en senioren

1.	Sofie Kragt	Dedemsvaart-AC	4:57.02	200701020	**4:53.25**	
	50m: 33.40	33.40 150m: 1:48.45	37.60	250m: 3:03.80	37.96 350m: 4:18.31	36.83
	100m: 1:10.85	37.45 200m: 2:25.84	37.39	300m: 3:41.48	37.68 400m: 4:53.25	34.94
2.	Anique Polinder	Dedemsvaart-AC	4:55.70	200800008	**4:54.08**	
	50m: 32.91	32.91 150m: 1:46.92	37.50	250m: 3:02.71	37.86 350m: 4:18.04	37.54
	100m: 1:09.42	36.51 200m: 2:24.85	37.93	300m: 3:40.50	37.79 400m: 4:54.08	36.04
3.	Aukje Markerink	ZPC De Hof	5:08.22	200802196	**5:03.21**	
	50m: 34.54	34.54 150m: 1:51.20	38.25	250m: 3:07.11	38.10 350m: 4:24.26	38.99
	100m: 1:12.95	38.41 200m: 2:29.01	37.81	300m: 3:45.27	38.16 400m: 5:03.21	38.95
4.	Veerle Westenbroek	O Z & P C	5:04.72	200800128	**5:08.33**	
	50m: 35.01	35.01 150m: 1:50.61	38.13	250m: 3:08.95	39.27 350m: 4:28.61	39.91
	100m: 1:12.48	37.47 200m: 2:29.68	39.07	300m: 3:48.70	39.75 400m: 5:08.33	39.72
5.	Meyke Haytink	WS Twente	4:59.36	200801188	**5:18.68**	
	50m: 34.46	34.46 150m: 1:53.34	39.77	250m: 3:14.77	40.83 350m: 4:37.51	41.42
	100m: 1:13.57	39.11 200m: 2:33.94	40.60	300m: 3:56.09	41.32 400m: 5:18.68	41.17

Senioren

1.	Cynthia Koolman	Steenwijk 1934	4:46.25	200300232	**4:48.40**	
	50m: 32.55	32.55 150m: 1:43.25	35.69	250m: 2:56.90	36.84 350m: 4:11.82	37.47
	100m: 1:07.56	35.01 200m: 2:20.06	36.81	300m: 3:34.35	37.45 400m: 4:48.40	36.58
2.	Claire Bosch	De Dinkel	5:00.63	200401480	**5:06.57**	
	50m: 33.61	33.61 150m: 1:49.25	38.51	250m: 3:08.12	39.61 350m: 4:28.09	40.09
	100m: 1:10.74	37.13 200m: 2:28.51	39.26	300m: 3:48.00	39.88 400m: 5:06.57	38.48
3.	Pien Ooijman	WS Twente	5:16.69	200504500	**5:13.98**	
	50m: 34.36	34.36 150m: 1:52.99	40.21	250m: 3:13.54	40.17 350m: 4:35.11	41.02
	100m: 1:12.78	38.42 200m: 2:33.37	40.38	300m: 3:54.09	40.55 400m: 5:13.98	38.87
AFGEM	Michelle Zomerdijk	Dedemsvaart-AC	4:41.65	200003196		