Programmanr. 7 — Dames, 400m vrije slag — alg. leeftijdsgroep
28-11-2026 - 14:55 — Resultaten

rang	naam	vereniging	intijd																	RT
1.	Alinda Dingshoff	A.S.Z.V. Spons	4:23.02	200000928															**4:23.07**	+0,77
	50m:	31.50	31.50	150m:	1:37.42	32.76	250m:	2:43.76	32.89	350m:	3:49.97	33.13								
	100m:	1:04.66	33.16	200m:	2:10.87	33.45	300m:	3:16.84	33.08	400m:	4:23.07	33.10								
2.	Elin Brinkhof	E.S.W.Z.V. Nayade	4:50.00	200900078															**4:41.03**	+0,73
	50m:	31.71	31.71	150m:	1:41.71	35.44	250m:	2:53.25	35.65	350m:	4:06.00	36.48								
	100m:	1:06.27	34.56	200m:	2:17.60	35.89	300m:	3:29.52	36.27	400m:	4:41.03	35.03								
3.	Romy Haanschoten	SZV Aquifer	4:54.52	200106466															**4:47.88**	+0,67
	50m:	31.94	31.94	150m:	1:44.55	37.14	250m:	2:59.90	37.75	350m:	4:13.31	35.61								
	100m:	1:07.41	35.47	200m:	2:22.15	37.60	300m:	3:37.70	37.80	400m:	4:47.88	34.57								
4.	Sterre-Marrit Drok	G.S.Z.V. De Golfbreker	4:49.05	200400880															**4:49.45**	+0,71
	50m:	31.32	31.32	150m:	1:42.28	36.24	250m:	2:56.66	37.42	350m:	4:12.73	38.13								
	100m:	1:06.04	34.72	200m:	2:19.24	36.96	300m:	3:34.60	37.94	400m:	4:49.45	36.72								
5.	Imke Beekman	N.S.Z.& W.V. Hydrofiel	4:45.59	200301950															**4:53.02**	+0,80
	50m:	32.25	32.25	150m:	1:43.83	36.32	250m:	2:59.10	37.82	350m:	4:15.76	38.47								
	100m:	1:07.51	35.26	200m:	2:21.28	37.45	300m:	3:37.29	38.19	400m:	4:53.02	37.26								
6.	Jolien Wind	G.S.Z.V. De Golfbreker	4:59.70	200100510															**4:59.51**	+0,74
	50m:	32.90	32.90	150m:	1:48.43	38.48	250m:	3:04.91	38.08	350m:	4:21.48	38.37								
	100m:	1:09.95	37.05	200m:	2:26.83	38.40	300m:	3:43.11	38.20	400m:	4:59.51	38.03								
7.	Ilana Gentile	SZV Aquifer	4:37.52	200801558															**4:59.96**	+0,54
	50m:	32.27	32.27	150m:	1:45.29	37.23	250m:	3:02.29	38.59	350m:	4:22.01	39.86								
	100m:	1:08.06	35.79	200m:	2:23.70	38.41	300m:	3:42.15	39.86	400m:	4:59.96	37.95								
8.	Lucas de Lugt	USZ&WF Het Zinkstuk	4:47.94	200503302															**5:02.31**	+0,58
	50m:	32.98	32.98	150m:	1:47.15	37.67	250m:	3:04.71	39.08	350m:	4:23.91	39.68								
	100m:	1:09.48	36.50	200m:	2:25.63	38.48	300m:	3:44.23	39.52	400m:	5:02.31	38.40								
9.	Gwen Eygendaal	Ragnar	5:13.00	200404680															**5:02.95**	+0,77
	50m:	34.09	34.09	150m:	1:49.57	38.23	250m:	3:07.43	38.93	350m:	4:25.92	39.28								
	100m:	1:11.34	37.25	200m:	2:28.50	38.93	300m:	3:46.64	39.21	400m:	5:02.95	37.03								
10.	Anique Polinder	G.S.Z.V. De Golfbreker	4:55.70	200800008															**5:03.35**	+0,74
	50m:	32.58	32.58	150m:	1:48.13	38.51	250m:	3:06.43	39.18	350m:	4:25.28	39.39								
	100m:	1:09.62	37.04	200m:	2:27.25	39.12	300m:	3:45.89	39.46	400m:	5:03.35	38.07								
11.	Anna Mulder	ZPV Piranha	5:09.66	200504646															**5:05.56**	+0,76
	50m:	34.25	34.25	150m:	1:50.65	38.60	250m:	3:09.46	39.65	350m:	4:28.13	39.62								
	100m:	1:12.05	37.80	200m:	2:29.81	39.16	300m:	3:48.51	39.05	400m:	5:05.56	37.43								
12.	Eline Jonard	MSZV Tiburon	NT																**5:11.50**	+0,69
	50m:	34.48	34.48	150m:	1:50.55	38.51	250m:	3:10.27	40.38	350m:	4:32.87	41.43								
	100m:	1:12.04	37.56	200m:	2:29.89	39.34	300m:	3:51.44	41.17	400m:	5:11.50	38.63								
13.	Hilde Koole	TSZWV Avalon	5:00.00	200502492															**5:13.89**	
	50m:	34.23	34.23	150m:	1:51.42	39.51	250m:	3:13.01	40.87	350m:	4:35.10	40.49								
	100m:	1:11.91	37.68	200m:	2:32.14	40.72	300m:	3:54.61	41.60	400m:	5:13.89	38.79								
14.	Lotte Mudde	MSZV Tiburon	5:20.00	200700502															**5:14.64**	+0,88
	50m:	34.07	34.07	150m:	1:50.41	38.75	250m:	3:11.58	40.99	350m:	4:35.51	42.20								
	100m:	1:11.66	37.59	200m:	2:30.59	40.18	300m:	3:53.31	41.73	400m:	5:14.64	39.13								
15.	Lianne Kaanen	MSZV Tiburon	5:38.14																**5:15.38**	+0,81
	50m:	35.44	35.44	150m:	1:53.59	39.41	250m:	3:13.95	40.63	350m:	4:35.86	40.82								
	100m:	1:14.18	38.74	200m:	2:33.32	39.73	300m:	3:55.04	41.09	400m:	5:15.38	39.52								
16.	Nora Howard	N.S.Z.& W.V. Hydrofiel	5:20.00	200605386															**5:16.65**	+0,74
	50m:	34.01	34.01	150m:	1:52.04	39.94	250m:	3:13.17	41.24	350m:	4:36.72	41.55								
	100m:	1:12.10	38.09	200m:	2:31.93	39.89	300m:	3:55.17	42.00	400m:	5:16.65	39.93								
17.	Pleun van den Bergh	MSZV Tiburon	5:30.00	200201952															**5:18.09**	+0,49
	50m:	34.73	34.73	150m:	1:53.23	39.77	250m:	3:15.66	41.35	350m:	4:38.30	41.40								
	100m:	1:13.46	38.73	200m:	2:34.31	41.08	300m:	3:56.90	41.24	400m:	5:18.09	39.79								
18.	Hanna de Graaf	Dsz Wave	5:41.63	200600300															**5:18.27**	
	50m:	34.91	34.91	150m:	1:53.98	40.40	250m:	3:15.65	41.23	350m:	4:36.84	39.65								
	100m:	1:13.58	38.67	200m:	2:34.42	40.44	300m:	3:57.19	41.54	400m:	5:18.27	41.43								
19.	Olivia Schalekamp	Aquamania	5:21.60	200203732															**5:23.03**	+0,67
	50m:	33.81	33.81	150m:	1:52.32	40.54	250m:	3:16.16	42.43	350m:	4:42.06	43.12								
	100m:	1:11.78	37.97	200m:	2:33.73	41.41	300m:	3:58.94	42.78	400m:	5:23.03	40.97								
20.	Sterre Dingemanse	E.S.W.Z.V. Nayade	5:49.00	200302482															**5:39.40**	+0,77
	50m:	36.40	36.40	150m:	1:59.72	42.37	250m:	3:27.17	44.20	350m:	4:55.54	44.56								
	100m:	1:17.35	40.95	200m:	2:42.97	43.25	300m:	4:10.98	43.81	400m:	5:39.40	43.86								
21.	Maud Ruitenbeek	Ragnar	5:46.64	200501894															**5:41.98**	+0,72
	50m:	37.76	37.76	150m:	2:03.07	43.08	250m:	3:30.44	43.91	350m:	4:59.22	44.35								
	100m:	1:19.99	42.23	200m:	2:46.53	43.46	300m:	4:14.87	44.43	400m:	5:41.98	42.76								
22.	Britt Gerdes	G.S.Z.V. De Golfbreker	7:33.33	200201636															**5:42.70**	+0,79
	50m:	37.17	37.17	150m:	2:01.74	43.01	250m:	3:31.42	45.07	350m:	5:00.23	44.65								
	100m:	1:18.73	41.56	200m:	2:46.35	44.61	300m:	4:15.58	44.16	400m:	5:42.70	42.47								

Programmanr. 7, Dames, 400m vrije slag, alg. leeftijdsgroep

rang	naam	vereniging	intijd						tijd	RT
23.	Juliëtte Burger	ZPV Piranha	NT	200702966					**5:44.20**	
	50m: 37.12	37.12	150m: 2:03.52	43.91	250m: 3:34.09	45.27	350m: 5:03.91	43.93		
	100m: 1:19.61	42.49	200m: 2:48.82	45.30	300m: 4:19.98	45.89	400m: 5:44.20	40.29		
24.	Meike Wurkum	G.S.Z.V. De Golfbreker	NT						**5:45.33**	+0,62
	50m: 36.37	36.37	150m: 2:03.39	43.93	250m: 3:33.55	45.16	350m: 5:03.97	44.68		
	100m: 1:19.46	43.09	200m: 2:48.39	45.00	300m: 4:19.29	45.74	400m: 5:45.33	41.36		
25.	Femke Sweegers	E.S.W.Z.V. Nayade	6:13.63						**5:52.95**	+0,80
	50m: 38.38	38.38	150m: 2:07.61	45.18	250m: 3:38.74	45.52	350m: 5:10.72	46.08		
	100m: 1:22.43	44.05	200m: 2:53.22	45.61	300m: 4:24.64	45.90	400m: 5:52.95	42.23		
26.	Ester Meirink	G.S.Z.V. De Golfbreker	7:33.33	200404872					**6:05.35**	+0,89
	50m: 38.86	38.86	150m: 2:10.79	46.98	250m: 3:48.39	49.33	350m: 5:23.77	46.75		
	100m: 1:23.81	44.95	200m: 2:59.06	48.27	300m: 4:37.02	48.63	400m: 6:05.35	41.58		
27.	Elise Therrien	A.S.Z.V. Spons	NT						**6:17.69**	+0,82
	50m: 41.27	41.27	150m: 2:15.31	48.01	250m: 3:53.51	49.19	350m: 5:32.32	49.17		
	100m: 1:27.30	46.03	200m: 3:04.32	49.01	300m: 4:43.15	49.64	400m: 6:17.69	45.37		
28.	Annelieke Verriet	N.S.Z.& W.V. Hydrofiel	6:15.85	200300552					**6:20.59**	+0,80
	50m: 39.43	39.43	150m: 2:11.29	47.32	250m: 3:50.13	49.81	350m: 5:31.13	50.55		
	100m: 1:23.97	44.54	200m: 3:00.32	49.03	300m: 4:40.58	50.45	400m: 6:20.59	49.46		
29.	Femke Magro	A.S.Z.V. Spons	NT						**6:24.83**	+0,75
	50m: 40.09	40.09	150m: 2:14.45	47.78	250m: 3:54.59	50.92	350m: 5:36.71	50.83		
	100m: 1:26.67	46.58	200m: 3:03.67	49.22	300m: 4:45.88	51.29	400m: 6:24.83	48.12		
30.	Malaika van Helvoort	SZV Aquifer	6:30.15						**6:28.34**	+0,83
	50m: 40.39	40.39	150m: 2:15.76	49.04	250m: 3:58.13	51.08	350m: 5:40.26	50.74		
	100m: 1:26.72	46.33	200m: 3:07.05	51.29	300m: 4:49.52	51.39	400m: 6:28.34	48.08		
31.	Sietske Trouw	USZ&WF Het Zinkstuk	NT						**8:03.39**	+0,81
	50m: 45.45	45.45	150m: 2:42.40	1:02.60	250m: 4:49.06	1:02.51	350m: 6:58.89	1:04.35		
	100m: 1:39.80	54.35	200m: 3:46.55	1:04.15	300m: 5:54.54	1:05.48	400m: 8:03.39	1:04.50		