Event 7 — Women, 400m Freestyle — Open
28-11-2026 - 14:55 — Results

rang	naam	vereniging	intijd		tijd	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

Event 7, Women, 400m Freestyle, Open

rang	naam	vereniging	intijd						tijd	RT
23.	Juliette 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		