



GK lange baan 2025
Nijmegen, 17- - 25-5-2025



Programmanr. 4
17-5-2025 - 14:45

Dames, 400m wisselslag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
Onder 14								
1. Maartje van Berkom	Aqua-Novio'94	5:48.06 201100514	5:56.24		1:18.97	1:33.18	1:45.51	1:18.58
50m:	150m:	250m:	350m:					
100m: 1:18.97	200m: 2:52.15	300m: 4:37.66	400m: 5:56.24					
2. Jaurieke Morren	SG Octopus - ZVV	6:17.08 201200292	6:13.39		1:29.39	1:33.28	1:45.31	1:25.41
50m:	150m:	250m:	350m:					
100m: 1:29.39	200m: 3:02.67	300m: 4:47.98	400m: 6:13.39					
3. Anna Berkhout	TZC Vahalis	6:03.63 201100080	6:15.93		1:32.31	1:32.59	1:41.81	1:29.22
50m:	150m:	250m:	350m:					
100m: 1:32.31	200m: 3:04.90	300m: 4:46.71	400m: 6:15.93					
4. Meila Broenink	Batavia Swim	6:09.66 201102332	6:19.01		1:26.04	1:37.85	1:49.80	1:25.32
50m:	150m:	250m:	350m:					
100m: 1:26.04	200m: 3:03.89	300m: 4:53.69	400m: 6:19.01					
5. Fay Jansen	Aqua-Novio'94	6:08.69 201200154	6:21.68		1:23.79	1:38.51	1:55.14	1:24.24
50m:	150m:	250m:	350m:					
100m: 1:23.79	200m: 3:02.30	300m: 4:57.44	400m: 6:21.68					
6. Belle Fiering	De Berkelduikers	6:08.94 201202546	6:28.16		1:32.35	1:36.88	1:54.47	1:24.46
50m:	150m:	250m:	350m:					
100m: 1:32.35	200m: 3:09.23	300m: 5:03.70	400m: 6:28.16					
7. Elin Hut	Wahoo Swimming	6:33.13 201300020	6:56.35		1:42.56	1:44.26	1:53.49	1:36.04
50m:	150m:	250m:	350m:					
100m: 1:42.56	200m: 3:26.82	300m: 5:20.31	400m: 6:56.35					

Onder 16

1. Myrthe Rozendaal	Aqua-Novio'94	5:34.28 201000790	5:37.60		1:19.12	1:27.59	1:33.18	1:17.71
50m:	150m:	250m:	350m:					
100m: 1:19.12	200m: 2:46.71	300m: 4:19.89	400m: 5:37.60					
2. Lili Oosting	DWK	5:46.89 200900384	5:38.10		1:18.68	1:27.58	1:38.59	1:13.25
50m:	150m:	250m:	350m:					
100m: 1:18.68	200m: 2:46.26	300m: 4:24.85	400m: 5:38.10					
3. Tessa van Beek	DWK	5:56.10 201001446	5:43.38		1:18.92	1:25.97	1:38.64	1:19.85
50m:	150m:	250m:	350m:					
100m: 1:18.92	200m: 2:44.89	300m: 4:23.53	400m: 5:43.38					
4. Karlijn Siderius	DWK	5:33.43 200900032	6:00.87		1:18.14	1:34.67	1:47.01	1:21.05
50m:	150m:	250m:	350m:					
100m: 1:18.14	200m: 2:52.81	300m: 4:39.82	400m: 6:00.87					
5. Tessa Zevenbergen	Aquapoldro	5:59.03 201002662	6:12.03		1:18.95	1:36.36	1:53.67	1:23.05
50m:	150m:	250m:	350m:					
100m: 1:18.95	200m: 2:55.31	300m: 4:48.98	400m: 6:12.03					

Onder 18

1. Lyke Bellert	SG Octopus - ZVV	5:11.15 200701424	5:36.50		1:17.03	1:24.54	1:39.15	1:15.78
50m:	150m:	250m:	350m:					
100m: 1:17.03	200m: 2:41.57	300m: 4:20.72	400m: 5:36.50					
2. Leonoor Smale	Aqua-Novio'94	5:52.91 200800942	5:42.03		1:23.90	1:31.36	1:27.68	1:19.09
50m:	150m:	250m:	350m:					
100m: 1:23.90	200m: 2:55.26	300m: 4:22.94	400m: 5:42.03					
3. Fenna Reijmers	CWW Swimteam	5:46.54 200800244	5:44.79		1:20.88	1:27.50	1:37.33	1:19.08
50m:	150m:	250m:	350m:					
100m: 1:20.88	200m: 2:48.38	300m: 4:25.71	400m: 5:44.79					
4. Felice Baris	NDD	5:55.08 200701822	6:26.26		1:29.67	1:41.29	1:45.41	1:29.89
50m:	150m:	250m:	350m:					
100m: 1:29.67	200m: 3:10.96	300m: 4:56.37	400m: 6:26.26					

Onder 20

1. Lynn Rötter	ZPC Livo	5:43.78 200600950	5:37.01		1:21.46	1:28.85	1:34.78	1:11.92
50m:	150m:	250m:	350m:					
100m: 1:21.46	200m: 2:50.31	300m: 4:25.09	400m: 5:37.01					
2. Myrthe Dam	Zuiderzeewimmers	5:28.99 200602336	5:43.67		1:19.75	1:33.17	1:35.22	1:15.53
50m:	150m:	250m:	350m:					
100m: 1:19.75	200m: 2:52.92	300m: 4:28.14	400m: 5:43.67					



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Programmanr. 4, Dames, 400m wisselslag, Onder 20

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
3. Lois Hofman	SG Octopus - ZVV	6:09.59 200602040	6:16.46		1:30.62	1:36.08	1:44.99	1:24.77
50m:	150m:	250m:			350m:			
100m: 1:30.62	200m: 3:06.70	300m: 4:51.69			400m: 6:16.46			
4. Iris de Schrijver	CWW Swimteam	5:50.91 200600536	6:16.72		1:27.53	1:42.75	1:42.49	1:23.95
50m:	150m:	250m:			350m:			
100m: 1:27.53	200m: 3:10.28	300m: 4:52.77			400m: 6:16.72			
5. Anna Kamphuis	DWK	6:10.75 200600334	6:21.32		1:22.18	1:36.52	1:54.59	1:28.03
50m:	150m:	250m:			350m:			
100m: 1:22.18	200m: 2:58.70	300m: 4:53.29			400m: 6:21.32			

Senioren

1. Aline Meuleman	ZPC Livo	5:26.31 200401136	5:42.44		1:16.94	1:25.25	1:41.55	1:18.70
50m:	150m:	250m:			350m:			
100m: 1:16.94	200m: 2:42.19	300m: 4:23.74			400m: 5:42.44			
2. Marjes Butz	RZC	5:57.37 199901502	5:49.94		1:16.27	1:32.85	1:43.18	1:17.64
50m:	150m:	250m:			350m:			
100m: 1:16.27	200m: 2:49.12	300m: 4:32.30			400m: 5:49.94			
3. Kim Vos	De Woelwaters	5:23.20 200000990	5:57.91		1:17.26	1:36.35	1:37.96	1:26.34
50m:	150m:	250m:			350m:			
100m: 1:17.26	200m: 2:53.61	300m: 4:31.57			400m: 5:57.91			
4. Raisa Schasfoort	ZV De Meer	5:56.94 200400294	6:15.59		1:26.91	1:32.38	1:52.10	1:24.20
50m:	150m:	250m:			350m:			
100m: 1:26.91	200m: 2:59.29	300m: 4:51.39			400m: 6:15.59			