

Zwemcompetitie 2025-2026 Deel 1
Gouda, 5-10-2025

Programmanr. 13
5-10-2025 - 14:00

Dames, 400m vrije slag
[Eerste Divisie - A Klasse]

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|-------|---|--|-------------------|--|----|
| 1. | Angelique van Vark 50m: 32.17 100m: 1:07.46 | Gzc Donk 32.17 150m: 35.29 200m: 2:18.13 | 4:26.29 199701478 | 4:39.40 250m: 300m: 3:29.79 350m: 400m: 4:39.40 | |
| 2. | Donna van der Meer 50m: 34.13 100m: 1:12.26 | BZ en PC 34.13 150m: 38.13 200m: 2:29.44 | 4:56.96 200601146 | 5:04.56 250m: 300m: 3:47.16 350m: 400m: 5:04.56 | |
| 3. | Wendy Visser 50m: 33.98 100m: 1:12.47 | De Watervogels 33.98 150m: 38.49 200m: 2:32.99 | 5:31.72 200201600 | 5:14.36 250m: 300m: 3:54.24 350m: 400m: 5:14.36 | |
| 4. | Amy Duijnhoven 50m: 36.37 100m: 1:16.54 | ZV Sassenheim 36.37 150m: 40.17 200m: 2:39.22 | 5:16.82 200502606 | 5:20.97 250m: 300m: 4:02.54 350m: 400m: 5:20.97 | |
| 5. | Isa Warmerdam 50m: 35.61 100m: 1:15.32 | ZV Sassenheim 35.61 150m: 39.71 200m: 2:37.77 | 5:12.34 200202516 | 5:24.86 250m: 300m: 4:02.23 350m: 400m: 5:24.86 | |
| 6. | Lotte Nienhuis 50m: 36.59 100m: 1:17.96 | De Watervogels 36.59 150m: 41.37 200m: 2:45.86 | 5:28.99 199205256 | 5:47.77 250m: 300m: 4:16.60 350m: 400m: 5:47.77 | |
| 7. | Jana Driest 50m: 37.27 100m: 1:19.80 | Gzc Donk 37.27 150m: 42.53 200m: 2:50.94 | NT 200103582 | 5:58.23 250m: 300m: 4:24.88 350m: 400m: 5:58.23 | |
| 8. | Cynthia van Veen 50m: 40.30 100m: 1:26.87 | BZ en PC 40.30 150m: 46.57 200m: 3:07.43 | NT 199606736 | 6:37.99 250m: 300m: 4:53.62 350m: 400m: 6:37.99 | |
| AFGEM | Rebecca Onderstal | Gzc Donk | 5:10.48 199901642 | | |
| AFGEM | Chantal van der Zwaan | BZ en PC | NT 199302084 | | |