

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

Programmanr. 29  
5-10-2025 - 15:00

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

Onder 18  
Resultaten

| rang  | naam              | vereniging          | intijd  | tijd          | RT             |
|-------|-------------------|---------------------|---------|---------------|----------------|
| 1.    | Erin de Jong      | Gzc Donk            | 4:44.26 | 201000024     | <b>4:54.85</b> |
|       | 50m: 31.86        | 31.86 150m:         |         | 250m:         | 350m:          |
|       | 100m: 1:07.70     | 35.84 200m: 2:22.88 |         | 300m: 3:38.77 | 400m: 4:54.85  |
| 2.    | Nikki de Heij     | BZ en PC            | 6:12.65 | 201101194     | <b>5:19.42</b> |
|       | 50m: 34.71        | 34.71 150m:         |         | 250m:         | 350m:          |
|       | 100m: 1:14.09     | 39.38 200m: 2:36.33 |         | 300m: 3:58.34 | 400m: 5:19.42  |
| 3.    | Stella Koese      | De Watervogels      | 5:34.14 | 200902768     | <b>5:28.96</b> |
|       | 50m: 36.92        | 36.92 150m:         |         | 250m:         | 350m:          |
|       | 100m: 1:17.44     | 40.52 200m: 2:40.78 |         | 300m: 4:06.59 | 400m: 5:28.96  |
| 4.    | Arienne Que       | ZV Sassenheim       | 5:49.15 | 200801548     | <b>5:31.19</b> |
|       | 50m: 37.57        | 37.57 150m:         |         | 250m:         | 350m:          |
|       | 100m: 1:17.97     | 40.40 200m: 2:43.71 |         | 300m: 4:10.19 | 400m: 5:31.19  |
| 5.    | Michelle Corsten  | ZV Sassenheim       | 6:18.11 | 200901812     | <b>5:49.83</b> |
|       | 50m: 37.27        | 37.27 150m:         |         | 250m:         | 350m:          |
|       | 100m: 1:19.64     | 42.37 200m: 2:48.09 |         | 300m: 4:19.25 | 400m: 5:49.83  |
| 6.    | Charlotte Brouwer | Gzc Donk            | 7:43.03 | 200902606     | <b>6:23.38</b> |
|       | 50m: 42.68        | 42.68 150m:         |         | 250m:         | 350m:          |
|       | 100m: 1:29.61     | 46.93 200m: 3:07.10 |         | 300m: 4:47.17 | 400m: 6:23.38  |
| AFGEM | Brisa Dekkers     | Gzc Donk            | 5:26.40 | 201002164     |                |
| AFGEM | Naomi de Rooij    | ZV Sassenheim       | NT      | 200802612     |                |