

Swim-all Circuit deel 5  
Zoetermeer, 19-4-2026

Programmanr. 30  
19-4-2026 - 16:23

Dames, 400m vrije slag

alg. leeftijdsgroep  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>10 - 11 jaar</b>					
1.	Nahla Kelder	GZC DONK	NT 201501120	<b>6:14.99</b>	
	50m: 41.96	41.96 150m: 2:16.72	48.50 250m: 3:52.18	48.06 350m: 5:27.53	47.34
	100m: 1:28.22	46.26 200m: 3:04.12	47.40 300m: 4:40.19	48.01 400m: 6:14.99	47.46
2.	Melissa Wagner	SG Link-ZV Zoetermeer	NT 201500372	<b>7:03.62</b>	+0,66
	50m: 45.42	45.42 150m: 2:32.59	54.39 250m: 4:24.01	55.81 350m: 6:12.49	53.22
	100m: 1:38.20	52.78 200m: 3:28.20	55.61 300m: 5:19.27	55.26 400m: 7:03.62	51.13
<b>Onder 14</b>					
1.	Cailyn van den Broek	GZC DONK	5:59.21 201200020	<b>5:46.18</b>	+0,87
	50m: 37.66	37.66 150m: 2:03.26	43.90 250m: 3:33.60	45.26 350m: 5:03.25	44.51
	100m: 1:19.36	41.70 200m: 2:48.34	45.08 300m: 4:18.74	45.14 400m: 5:46.18	42.93
<b>18 en ouder</b>					
1.	Angelique van Vark	GZC DONK	4:34.21 199701478	<b>4:32.78</b>	
	50m: 31.06	31.06 150m: 1:41.01	34.98 250m: 2:50.72	34.91 350m: 3:59.86	34.44
	100m: 1:06.03	34.97 200m: 2:15.81	34.80 300m: 3:25.42	34.70 400m: 4:32.78	32.92
2.	Eline van Winden	Z&PC De Gouwe	5:07.32 200702090	<b>5:08.78</b>	
	50m: 34.46	34.46 150m: 1:52.86	40.15 250m: 3:13.03	39.67 350m: 4:31.69	38.98
	100m: 1:12.71	38.25 200m: 2:33.36	40.50 300m: 3:52.71	39.68 400m: 5:08.78	37.09
<b>alg. leeftijdsgroep</b>					
1.	Angelique van Vark	GZC DONK	4:34.21 199701478	<b>4:32.78</b>	
	50m: 31.06	31.06 150m: 1:41.01	34.98 250m: 2:50.72	34.91 350m: 3:59.86	34.44
	100m: 1:06.03	34.97 200m: 2:15.81	34.80 300m: 3:25.42	34.70 400m: 4:32.78	32.92
2.	Eline van Winden	Z&PC De Gouwe	5:07.32 200702090	<b>5:08.78</b>	
	50m: 34.46	34.46 150m: 1:52.86	40.15 250m: 3:13.03	39.67 350m: 4:31.69	38.98
	100m: 1:12.71	38.25 200m: 2:33.36	40.50 300m: 3:52.71	39.68 400m: 5:08.78	37.09
3.	Cailyn van den Broek	GZC DONK	5:59.21 201200020	<b>5:46.18</b>	+0,87
	50m: 37.66	37.66 150m: 2:03.26	43.90 250m: 3:33.60	45.26 350m: 5:03.25	44.51
	100m: 1:19.36	41.70 200m: 2:48.34	45.08 300m: 4:18.74	45.14 400m: 5:46.18	42.93
4.	Nahla Kelder	GZC DONK	NT 201501120	<b>6:14.99</b>	
	50m: 41.96	41.96 150m: 2:16.72	48.50 250m: 3:52.18	48.06 350m: 5:27.53	47.34
	100m: 1:28.22	46.26 200m: 3:04.12	47.40 300m: 4:40.19	48.01 400m: 6:14.99	47.46
5.	Melissa Wagner	SG Link-ZV Zoetermeer	NT 201500372	<b>7:03.62</b>	+0,66
	50m: 45.42	45.42 150m: 2:32.59	54.39 250m: 4:24.01	55.81 350m: 6:12.49	53.22
	100m: 1:38.20	52.78 200m: 3:28.20	55.61 300m: 5:19.27	55.26 400m: 7:03.62	51.13