

Eredivisie competitie deel 1 2025-2026  
Amersfoort, 4-10-2025

Programmanr. 13  
4-10-2025 - 15:14

Dames, 400m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Imani de Jong	PSV 1	4:04.45	200200464	<b>4:11.36</b>
	50m: 28.46	28.46	150m:	250m:	350m:
	100m: 59.77	31.31	200m: 2:03.13	300m:	400m: 4:11.36
2.	Yara van Kalmthout	PSV 1	4:11.77	200200984	<b>4:19.42</b>
	50m: 28.71	28.71	150m:	250m:	350m:
	100m: 1:00.23	31.52	200m: 2:05.32	300m:	400m: 4:19.42
3.	Femke Spiering	ZPC AMERSFOORT 1	4:18.34	200204514	<b>4:20.22</b>
	50m: 29.47	29.47	150m:	250m:	350m:
	100m: 1:02.00	32.53	200m: 2:08.47	300m:	400m: 4:20.22
4.	Nynke Boerefijn	ZPC AMERSFOORT 1	4:18.76	200700114	<b>4:23.43</b>
	50m: 29.50	29.50	150m:	250m:	350m:
	100m: 1:01.87	32.37	200m: 2:08.56	300m:	400m: 4:23.43
5.	Djanilla Brink	De Dolfijn	4:23.62	200600988	<b>4:23.91</b>
	50m: 29.65	29.65	150m:	250m:	350m:
	100m: 1:02.07	32.42	200m: 2:09.09	300m:	400m: 4:23.91
6.	Alinda Dingshoff	De Dolfijn	4:23.41	200000928	<b>4:25.48</b>
	50m: 31.49	31.49	150m:	250m:	350m:
	100m: 1:04.80	33.31	200m: 2:12.54	300m:	400m: 4:25.48
7.	Marin Wieling	ZPC AMERSFOORT 1	4:30.15	200501220	<b>4:28.50</b>
	50m: 29.46	29.46	150m:	250m:	350m:
	100m: 1:02.59	33.13	200m: 2:11.67	300m:	400m: 4:28.50
8.	Bridget Vermeer	ZPC AMERSFOORT 1	4:30.27	200501766	<b>4:32.36</b>
	50m: 28.90	28.90	150m:	250m:	350m:
	100m: 1:01.58	32.68	200m: 2:11.81	300m:	400m: 4:32.36
9.	Mara Bosman	De Dolfijn	4:31.76	200303048	<b>4:32.82</b>
	50m: 30.14	30.14	150m:	250m:	350m:
	100m: 1:03.73	33.59	200m: 2:13.01	300m:	400m: 4:32.82
10.	Tamara Grove	De Dolfijn	4:26.29	199601266	<b>4:35.52</b>
	50m: 30.72	30.72	150m:	250m:	350m:
	100m: 1:04.82	34.10	200m: 2:14.35	300m:	400m: 4:35.52
11.	Lynn Blommers	Blue Marlins 1	4:26.97	200105062	<b>4:36.26</b>
	50m: 30.68	30.68	150m:	250m:	350m:
	100m: 1:05.26	34.58	200m: 2:15.74	300m:	400m: 4:36.26
12.	Jetske Moot	ZPC AMERSFOORT 1	4:39.86	200400230	<b>4:39.28</b>
	50m: 30.69	30.69	150m:	250m:	350m:
	100m: 1:04.79	34.10	200m: 2:14.87	300m:	400m: 4:39.28
13.	Hanna Kareinen	De Dolfijn	4:44.87	200006774	<b>4:44.04</b>
	50m: 32.07	32.07	150m:	250m:	350m:
	100m: 1:07.39	35.32	200m: 2:18.32	300m:	400m: 4:44.04
14.	Milou Filemon	Blue Marlins 1	4:41.26	201100078	<b>4:44.74</b>
	50m: 31.67	31.67	150m:	250m:	350m:
	100m: 1:06.92	35.25	200m: 2:20.08	300m:	400m: 4:44.74
15.	Kinge Zandringa	De Dolfijn	4:22.47	199801422	<b>4:45.76</b>
	50m: 31.36	31.36	150m:	250m:	350m:
	100m: 1:06.00	34.64	200m: 2:17.13	300m:	400m: 4:45.76
16.	Lisa Dirkzwager	Blue Marlins 1	4:59.95	200703458	<b>4:56.80</b>
	50m: 31.85	31.85	150m:	250m:	350m:
	100m: 1:07.81	35.96	200m: 2:23.24	300m:	400m: 4:56.80