

Nationale Zwem Competitie-deel1
Denekamp, 4/10/2025

Programmanr. 13
04/10/2025 - 15:55

Dames, 400m vrije slag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|-------|-------------------------|---------------------|---------|-----------|----------------|
| 1. | Dachen Haaijer | ZPC Hoogeveen 1 | 4:25.32 | 200800380 | 4:27.92 |
| | 50m: 31.60 | 31.60 150m: | | 250m: | 350m: |
| | 100m: 1:06.12 | 34.52 200m: 2:15.17 | | 300m: | 400m: 4:27.92 |
| 2. | Imre Bouwland | ZPC Hoogeveen 1 | 4:36.67 | 200700388 | 4:42.77 |
| | 50m: 31.58 | 31.58 150m: | | 250m: | 350m: |
| | 100m: 1:07.08 | 35.50 200m: 2:19.27 | | 300m: | 400m: 4:42.77 |
| 3. | Julia van den Bosch | Deltasteur | 4:39.00 | 200600232 | 4:48.04 |
| | 50m: 31.82 | 31.82 150m: | | 250m: | 350m: |
| | 100m: 1:07.89 | 36.07 200m: 2:21.04 | | 300m: | 400m: 4:48.04 |
| 4. | Eline Lutters | De Dinkel | 4:41.91 | 200600322 | 4:55.75 |
| | 50m: 32.32 | 32.32 150m: | | 250m: | 350m: |
| | 100m: 1:08.62 | 36.30 200m: 2:23.41 | | 300m: | 400m: 4:55.75 |
| 5. | Marjolie Spelde | ZPC Hoogeveen 1 | 5:00.56 | 200900266 | 4:56.39 |
| | 50m: 39.79 | 39.79 150m: | | 250m: | 350m: |
| | 100m: 1:10.32 | 30.53 200m: 2:26.37 | | 300m: | 400m: 4:56.39 |
| 6. | Claire Bosch | De Dinkel | 5:00.84 | 200401480 | 5:02.10 |
| | 50m: 33.17 | 33.17 150m: | | 250m: | 350m: |
| | 100m: 1:10.52 | 37.35 200m: 2:26.67 | | 300m: | 400m: 5:02.10 |
| 7. | Charlotte van der Meer | Deltasteur | 5:16.50 | 200704478 | 5:09.48 |
| | 50m: 38.06 | 38.06 150m: | | 250m: | 350m: |
| | 100m: 1:10.95 | 32.89 200m: 2:30.95 | | 300m: | 400m: 5:09.48 |
| 8. | Monica van der Meer | Deltasteur | 4:55.98 | 200704288 | 5:17.85 |
| | 50m: 34.65 | 34.65 150m: | | 250m: | 350m: |
| | 100m: 1:11.18 | 36.53 200m: 2:29.44 | | 300m: | 400m: 5:17.85 |
| 9. | Krista Veehof | Deltasteur | 5:38.22 | 200700140 | 5:27.56 |
| | 50m: 36.54 | 36.54 150m: | | 250m: | 350m: |
| | 100m: 1:17.16 | 40.62 200m: 2:40.36 | | 300m: | 400m: 5:27.56 |
| AFGEM | Laurien Gliese-Slooijer | De Dinkel | 4:51.50 | 200700636 | |