

Utrechtse Winterkampioenschappen korte baan 2025 2e weekend
Amersfoort, 29- - 30-11-2025

Programmanr. 39
30-11-2025 - 14:32

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging				intijd		tijd				RT
Onder 14												
1.	Louise Terwisscha	ZPC AMERSFOORT				5:08.50	201201240		5:02.48	+0,85		
	50m: 34.59	34.59	150m: 1:51.29	38.63	250m: 3:08.88	38.83	350m: 4:25.54	38.11				
	100m: 1:12.66	38.07	200m: 2:30.05	38.76	300m: 3:47.43	38.55	400m: 5:02.48	36.94				
2.	Lenny Bokkers	De Zwoer				5:06.69	201300390		5:02.85	+0,68		
	50m: 32.83	32.83	150m: 1:48.45	38.36	250m: 3:07.17	39.26	350m: 4:25.78	39.34				
	100m: 1:10.09	37.26	200m: 2:27.91	39.46	300m: 3:46.44	39.27	400m: 5:02.85	37.07				
3.	Nine Boekema	De Duinkickers				5:14.50	201200214		5:15.68	+0,74		
	50m: 33.56	33.56	150m: 1:49.58	38.84	250m: 3:11.03	41.14	350m: 4:34.37	41.67				
	100m: 1:10.74	37.18	200m: 2:29.89	40.31	300m: 3:52.70	41.67	400m: 5:15.68	41.31				
4.	Fabiënne van Remmerden	ZPC Woerden				5:42.88	201201190		5:24.27	+0,58		
	50m: 34.66	34.66	150m: 1:54.98	40.84	250m: 3:19.39	41.85	350m: 4:45.32	42.80				
	100m: 1:14.14	39.48	200m: 2:37.54	42.56	300m: 4:02.52	43.13	400m: 5:24.27	38.95				
5.	Flore Hovens	Zwemlust- den Hommel				5:40.79	201201632		5:26.01	+0,74		
	50m: 35.25	35.25	150m: 1:58.58	42.13	250m: 3:24.63	43.28	350m: 4:49.25	41.74				
	100m: 1:16.45	41.20	200m: 2:41.35	42.77	300m: 4:07.51	42.88	400m: 5:26.01	36.76				
6.	Aden Koksai	Zwemlust- den Hommel				5:40.90	201202484		5:28.54	+0,80		
	50m: 35.58	35.58	150m: 1:59.18	42.10	250m: 3:24.00	42.17	350m: 4:49.62	42.65				
	100m: 1:17.08	41.50	200m: 2:41.83	42.65	300m: 4:06.97	42.97	400m: 5:28.54	38.92				
7.	Fenna Suvaal	ZPC Woerden				6:01.06	201201502		5:38.04	+0,84		
	*											
	50m: 37.84	37.84	150m: 2:04.03	43.77	250m: 3:31.39	43.86	350m: 4:57.16	42.60				
	100m: 1:20.26	42.42	200m: 2:47.53	43.50	300m: 4:14.56	43.17	400m: 5:38.04	40.88				
8.	Emma Juliette Jansen	ZPC AMERSFOORT				5:38.44	201200158		5:39.13	+0,58		
	50m: 35.44	35.44	150m: 1:58.34	43.12	250m: 3:27.76	45.25	350m: 4:56.78	44.53				
	100m: 1:15.22	39.78	200m: 2:42.51	44.17	300m: 4:12.25	44.49	400m: 5:39.13	42.35				
9.	Lisse Bouwman	VZC				5:57.67	201300926		5:47.83	+0,82		
	50m: 40.10	40.10	150m: 2:07.47	43.72	250m: 3:36.07	44.04	350m: 5:04.87	44.37				
	100m: 1:23.75	43.65	200m: 2:52.03	44.56	300m: 4:20.50	44.43	400m: 5:47.83	42.96				
10.	Doris van den Broek	De Duinkickers				5:52.61	201200774		5:53.24	+0,75		
	50m: 38.25	38.25	150m: 2:06.54	45.21	250m: 3:37.82	46.13	350m: 5:09.43	45.50				
	100m: 1:21.33	43.08	200m: 2:51.69	45.15	300m: 4:23.93	46.11	400m: 5:53.24	43.81				
11.	Alinde van Cappelle	De Duinkickers				6:03.23	201201972		5:54.47	+0,76		
	50m: 38.15	38.15	150m: 2:08.40	45.83	250m: 3:40.56	45.66	350m: 5:11.03	44.94				
	100m: 1:22.57	44.42	200m: 2:54.90	46.50	300m: 4:26.09	45.53	400m: 5:54.47	43.44				
12.	Eva Drost	ZPC AMERSFOORT				5:57.40	201202120		5:55.12	+0,66		
	50m: 37.72	37.72	150m: 2:06.45	45.33	250m: 3:38.11	45.99	350m: 5:10.31	45.84				
	100m: 1:21.12	43.40	200m: 2:52.12	45.67	300m: 4:24.47	46.36	400m: 5:55.12	44.81				
Onder 16												
1.	Yanique Bax	ZPC AMERSFOORT				4:41.33	201001428		4:43.36	+0,61		
	50m: 32.11	32.11	150m: 1:43.15	35.79	250m: 2:55.78	36.50	350m: 4:08.15	36.02				
	100m: 1:07.36	35.25	200m: 2:19.28	36.13	300m: 3:32.13	36.35	400m: 4:43.36	35.21				
2.	Mette Hogenhuis	Zwemlust- den Hommel				4:50.66	201101254		4:47.00	+0,87		
	50m: 32.03	32.03	150m: 1:44.55	36.54	250m: 2:58.80	37.23	350m: 4:11.90	36.27				
	100m: 1:08.01	35.98	200m: 2:21.57	37.02	300m: 3:35.63	36.83	400m: 4:47.00	35.10				
3.	Hanna Heller	ZPC AMERSFOORT				4:56.74	201102730		4:53.67	+0,62		
	50m: 32.44	32.44	150m: 1:44.27	36.39	250m: 2:58.58	37.53	350m: 4:15.93	38.70				
	100m: 1:07.88	35.44	200m: 2:21.05	36.78	300m: 3:37.23	38.65	400m: 4:53.67	37.74				
4.	Noortje Bisperink	ZPC AMERSFOORT				4:58.51	201100486		4:56.60	+0,77		
	50m: 32.94	32.94	150m: 1:47.09	37.58	250m: 3:03.68	38.55	350m: 4:20.02	38.13				
	100m: 1:09.51	36.57	200m: 2:25.13	38.04	300m: 3:41.89	38.21	400m: 4:56.60	36.58				
5.	Lian Vonk	ZPC AMERSFOORT				4:57.63	201001606		5:00.47	+0,69		
	50m: 33.12	33.12	150m: 1:49.15	38.58	250m: 3:06.34	38.72	350m: 4:23.29	38.50				
	100m: 1:10.57	37.45	200m: 2:27.62	38.47	300m: 3:44.79	38.45	400m: 5:00.47	37.18				
6.	Kim Bouman	ZPC AMERSFOORT				5:02.86	201000262		5:13.05	+0,84		
	50m: 34.00	34.00	150m: 1:52.96	40.54	250m: 3:12.86	40.13	350m: 4:33.82	42.17				
	100m: 1:12.42	38.42	200m: 2:32.73	39.77	300m: 3:51.65	38.79	400m: 5:13.05	39.23				
7.	Yfke Wijnalda	ZPC AMERSFOORT				5:07.23	201002618		5:13.77	+0,66		
	50m: 34.33	34.33	150m: 1:52.09	39.55	250m: 3:12.97	40.63	350m: 4:34.22	40.59				
	100m: 1:12.54	38.21	200m: 2:32.34	40.25	300m: 3:53.63	40.66	400m: 5:13.77	39.55				
8.	Ynthe van Wijland	Zwemlust- den Hommel				5:16.60	201003362		5:18.60	+0,89		
	50m: 34.49	34.49	150m: 1:55.07	41.21	250m: 3:16.66	40.86	350m: 4:39.17	40.81				
	100m: 1:13.86	39.37	200m: 2:35.80	40.73	300m: 3:58.36	41.70	400m: 5:18.60	39.43				

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Programmanr. 39, Meisjes, 400m vrije slag, Onder 16

rang	naam	vereniging		intijd		tijd		RT
9.	Bente Toth	ZPC AMERSFOORT		5:33.08	201102818	5:18.67		+0,74
	50m: 34.99	34.99	150m: 1:56.11	41.01	250m: 3:17.95	40.69	350m: 4:39.33	40.71
	100m: 1:15.10	40.11	200m: 2:37.26	41.15	300m: 3:58.62	40.67	400m: 5:18.67	39.34
10.	Hanna Rijken	Zwemlust- den Hommel		5:26.09	201102582	5:23.12		+0,83
	50m: 35.73	35.73	150m: 1:57.54	41.68	250m: 3:19.84	41.56	350m: 4:42.75	41.64
	100m: 1:15.86	40.13	200m: 2:38.28	40.74	300m: 4:01.11	41.27	400m: 5:23.12	40.37
AFGEM	Brechtje Slootweg	ZPC AMERSFOORT		4:39.25	201101744			

Onder 18

1.	Chiara Lammertink	ZPC AMERSFOORT		4:37.40	200902200	4:35.69		+0,75
	50m: 30.30	30.30	150m: 1:37.32	33.79	250m: 2:47.97	35.11	350m: 4:00.58	36.10
	100m: 1:03.53	33.23	200m: 2:12.86	35.54	300m: 3:24.48	36.51	400m: 4:35.69	35.11
2.	Esma� de Gans	ZPC AMERSFOORT		4:41.24	200900134	4:36.56		+0,70
	50m: 30.78	30.78	150m: 1:39.38	34.86	250m: 2:50.49	35.67	350m: 4:02.52	35.80
	100m: 1:04.52	33.74	200m: 2:14.82	35.44	300m: 3:26.72	36.23	400m: 4:36.56	34.04
3.	Diede de Vries	Zwemlust- den Hommel		4:50.98	200803558	4:49.63		+0,74
	50m: 32.59	32.59	150m: 1:46.26	37.00	250m: 2:59.89	37.01	350m: 4:13.54	36.48
	100m: 1:09.26	36.67	200m: 2:22.88	36.62	300m: 3:37.06	37.17	400m: 4:49.63	36.09
4.	Isis Verhoeff	ZPC AMERSFOORT		4:57.51	200902962	4:54.47		+0,68
	50m: 31.52	31.52	150m: 1:43.19	36.69	250m: 2:59.01	38.02	350m: 4:16.31	38.72
	100m: 1:06.50	34.98	200m: 2:20.99	37.80	300m: 3:37.59	38.58	400m: 4:54.47	38.16
5.	Jade van Berlo	Zwemclub Zeist		5:07.09	200803934	5:10.36		+0,72
	50m: 34.14	34.14	150m: 1:51.76	39.10	250m: 3:11.47	40.02	350m: 4:31.38	40.10
	100m: 1:12.66	38.52	200m: 2:31.45	39.69	300m: 3:51.28	39.81	400m: 5:10.36	38.98
6.	Floore Boekema	De Duinkickers		5:05.42	200901764	5:10.47		+0,80
	50m: 33.08	33.08	150m: 1:49.29	39.11	250m: 3:09.22	40.29	350m: 4:30.71	40.92
	100m: 1:10.18	37.10	200m: 2:28.93	39.64	300m: 3:49.79	40.57	400m: 5:10.47	39.76
7.	Alya Basaran	Zwemlust- den Hommel		5:14.04	200904280	5:25.59		
	50m: 35.10	35.10	150m: 1:55.74	41.13	250m: 3:20.18	42.41	350m: 4:44.46	42.05
	100m: 1:14.61	39.51	200m: 2:37.77	42.03	300m: 4:02.41	42.23	400m: 5:25.59	41.13
DIS	Ifke Stam	De Duinkickers		5:14.18	200800374			+0,80
	AF - De aangegeven afstand niet uitgezwommen.							
	50m: 38.82	38.82	150m:		250m:		350m:	
	100m:		200m:		300m:		400m:	

18 en ouder

1.	Noa Ottens	VZC		4:43.98	200702256	4:36.85		+0,71
	50m: 30.72	30.72	150m: 1:42.24	35.91	250m: 2:53.39	35.34	350m: 4:13.00	34.67
	100m: 1:06.33	35.61	200m: 2:18.05	35.81	300m: 3:28.33	34.94	400m: 4:36.85	33.85
2.	Jamilla van O.	Zwemvereniging Hoogland		4:44.61	199603192	4:43.32		+0,79
	50m: 30.94	30.94	150m: 1:42.17	35.97	250m: 2:54.79	36.03	350m: 4:07.26	36.27
	100m: 1:06.20	35.26	200m: 2:18.76	36.59	300m: 3:30.99	36.20	400m: 4:43.32	36.06
3.	Myra Smulders	Zwemvereniging Hoogland		4:47.86	199904308	4:45.11		+0,65
	50m: 31.98	31.98	150m: 1:43.17	36.26	250m: 2:56.13	36.53	350m: 4:09.36	36.53
	100m: 1:06.91	34.93	200m: 2:19.60	36.43	300m: 3:32.83	36.70	400m: 4:45.11	35.75
4.	Manon Kloosterman	Zwemlust- den Hommel		4:46.79	199702082	4:49.06		+0,78
	50m: 31.69	31.69	150m: 1:43.61	36.44	250m: 2:57.78	37.20	350m: 4:12.55	37.54
	100m: 1:07.17	35.48	200m: 2:20.58	36.97	300m: 3:35.01	37.23	400m: 4:49.06	36.51
5.	Annika Hogenhuis	Zwemlust- den Hommel		4:46.39	200701340	4:49.95		+0,84
	50m: 31.40	31.40	150m: 1:42.90	36.44	250m: 2:57.01	37.18	350m: 4:13.19	38.15
	100m: 1:06.46	35.06	200m: 2:19.83	36.93	300m: 3:35.04	38.03	400m: 4:49.95	36.76
6.	Suzanne Vesseur	ZPC AMERSFOORT		4:52.85	200500740	4:51.42		+0,74
	50m: 32.40	32.40	150m: 1:44.81	36.61	250m: 2:58.96	37.23	350m: 4:13.78	37.78
	100m: 1:08.20	35.80	200m: 2:21.73	36.92	300m: 3:36.00	37.04	400m: 4:51.42	37.64
BM	Fien Stolk	Zwemlust- den Hommel		NT	201302282	5:33.72		+0,64
	50m: 36.53	36.53	150m: 1:58.24	41.39	250m: 3:25.13	43.11	350m: 4:52.00	42.99
	100m: 1:16.85	40.32	200m: 2:42.02	43.78	300m: 4:09.01	43.88	400m: 5:33.72	41.72