

Limietwedstrijd LB voorjaar 2026 deel 3
Amersfoort, 29-3-2026

Programmanr. 15
29-3-2026 - 16:05

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Jade van der Schrier	AZC	4:12.86	200800692	4:21.79 +0,78
	50m: 30.46	30.46 150m: 1:35.95	33.06 250m: 2:42.56	33.29 350m: 3:50.01	33.80
	100m: 1:02.89	32.43 200m: 2:09.27	33.32 300m: 3:16.21	33.65 400m: 4:21.79	31.78
2.	Sophie Hoogervorst	AZC	4:57.13	201100252	4:59.47
	50m: 34.04	34.04 150m: 1:49.98	38.54 250m: 3:06.79	38.51 350m: 4:23.17	37.98
	100m: 1:11.44	37.40 200m: 2:28.28	38.30 300m: 3:45.19	38.40 400m: 4:59.47	36.30
3.	Hanna Heller	ZPC AMERSFOORT	4:53.67	201102730	5:06.75 * +0,80
	50m: 34.10	34.10 150m: 1:50.66	38.60 250m: 3:09.09	39.28 350m: 4:28.13	39.10
	100m: 1:12.06	37.96 200m: 2:29.81	39.15 300m: 3:49.03	39.94 400m: 5:06.75	38.62
4.	Lenny Bokkers	De Zwoer	5:27.72	201300390	5:08.37 +0,67
	50m: 33.15	33.15 150m: 1:48.68	38.58 250m: 3:08.19	39.72 350m: 4:29.09	40.04
	100m: 1:10.10	36.95 200m: 2:28.47	39.79 300m: 3:49.05	40.86 400m: 5:08.37	39.28
5.	Nine Boekema	De Duinkickers	5:27.35	201200214	5:08.99 +0,78
	50m: 34.19	34.19 150m: 1:52.01	39.43 250m: 3:11.62	39.48 350m: 4:30.56	38.74
	100m: 1:12.58	38.39 200m: 2:32.14	40.13 300m: 3:51.82	40.20 400m: 5:08.99	38.43
6.	Myron Dekker	ZPC Hoogeveen	4:55.15	201000512	5:12.32 +0,86
	50m: 35.00	35.00 150m: 1:52.79	39.46 250m: 3:12.97	40.13 350m: 4:33.20	40.12
	100m: 1:13.33	38.33 200m: 2:32.84	40.05 300m: 3:53.08	40.11 400m: 5:12.32	39.12
7.	Fenna Gabriels	ZPC Hoogeveen	5:02.75	201201230	5:14.05 +0,65
	50m: 35.40	35.40 150m: 1:55.69	40.52 250m: 3:16.85	40.56 350m: 4:35.85	39.24
	100m: 1:15.17	39.77 200m: 2:36.29	40.60 300m: 3:56.61	39.76 400m: 5:14.05	38.20
8.	Jet Hogervorst	De Columbiaan	5:35.37	201200738	5:14.98 +0,57
	50m: 34.75	34.75 150m: 1:53.65	40.34 250m: 3:14.63	40.22 350m: 4:36.46	40.78
	100m: 1:13.31	38.56 200m: 2:34.41	40.76 300m: 3:55.68	41.05 400m: 5:14.98	38.52
9.	Ynthe van Wijland	Zwemlust- den Hommel	5:42.71	201003362	5:23.16 +0,81
	50m: 34.99	34.99 150m: 1:54.96	40.81 250m: 3:17.48	41.34 350m: 4:41.54	41.79
	100m: 1:14.15	39.16 200m: 2:36.14	41.18 300m: 3:59.75	42.27 400m: 5:23.16	41.62
10.	Flore Hovens	Zwemlust- den Hommel	5:31.59	201201632	5:29.68 +0,82
	50m: 35.10	35.10 150m: 1:56.51	41.50 250m: 3:20.81	42.02 350m: 4:46.87	42.92
	100m: 1:15.01	39.91 200m: 2:38.79	42.28 300m: 4:03.95	43.14 400m: 5:29.68	42.81
11.	Fien Stolk	Zwemlust- den Hommel	5:45.55	201302282	5:33.55 +0,66
	50m: 36.53	36.53 150m: 2:01.19	43.38 250m: 3:27.39	42.84 350m: 4:52.85	42.73
	100m: 1:17.81	41.28 200m: 2:44.55	43.36 300m: 4:10.12	42.73 400m: 5:33.55	40.70
12.	Ramona Linting	AZC	5:10.65	198301274	5:33.61 +0,69
	50m: 36.12	36.12 150m: 1:58.06	41.83 250m: 3:24.19	43.29 350m: 4:51.25	43.61
	100m: 1:16.23	40.11 200m: 2:40.90	42.84 300m: 4:07.64	43.45 400m: 5:33.61	42.36
13.	Mira Kaim	ZPC AMERSFOORT	5:25.45	201301078	5:34.69 +0,76
	50m: 37.31	37.31 150m: 2:03.24	43.19 250m: 3:30.37	43.30 350m: 4:58.12	43.49
	100m: 1:20.05	42.74 200m: 2:47.07	43.83 300m: 4:14.63	44.26 400m: 5:34.69	36.57
14.	Joanne Vos	ZPC Hoogeveen	5:36.54	201200422	5:42.03 +0,81
	50m: 35.65	35.65 150m: 2:00.09	43.62 250m:	350m:	44.22
	100m: 1:16.47	40.82 200m: 2:44.85	44.76 300m: 4:15.43	400m: 5:42.03	
15.	Bente Toth	ZPC AMERSFOORT	5:18.67	201102818	5:49.42 +0,60
	50m: 36.81	36.81 150m: 2:04.46	44.47 250m: 3:35.33	45.80 350m: 5:05.32	44.73
	100m: 1:19.99	43.18 200m: 2:49.53	45.07 300m: 4:20.59	45.26 400m: 5:49.42	44.10
16.	Meila Broenink	Batavia Swim	5:45.33	201102332	5:49.63 +0,76
	50m: 39.56	39.56 150m: 2:08.75	43.88 250m: 3:38.91	44.80 350m: 5:08.30	44.22
	100m: 1:24.87	45.31 200m: 2:54.11	45.36 300m: 4:24.08	45.17 400m: 5:49.63	41.33
17.	Keysha-Florance Kasima	Batavia Swim	6:09.73	201101158	5:53.78
	50m: 39.09	39.09 150m: 2:08.54	45.13 250m: 3:39.11	45.59 350m: 5:10.23	45.17
	100m: 1:23.41	44.32 200m: 2:53.52	44.98 300m: 4:25.06	45.95 400m: 5:53.78	43.55
18.	Jente Parlevliet	Noordwijkerhout	6:29.13	201003900	6:04.98 +0,83 184
	50m: 39.25	39.25 150m: 2:10.18	46.06 250m: 3:45.03	48.22 350m: 5:18.63	47.29
	100m: 1:24.12	44.87 200m: 2:56.81	46.63 300m: 4:31.34	46.31 400m: 6:04.98	46.35
19.	Silvia Vos	Swol 1894	6:43.92	201000442	6:13.30
	50m: 40.35	40.35 150m: 2:12.21	46.29 250m: 3:47.77	48.26 350m: 5:25.92	48.18
	100m: 1:25.92	45.57 200m: 2:59.51	47.30 300m: 4:37.74	49.97 400m: 6:13.30	47.38
20.	Cynthia van Veen	BZ en PC	6:15.51	199606736	6:28.19 +0,78
	50m: 39.62	39.62 150m: 2:16.09	49.20 250m: 3:58.20	51.21 350m: 5:40.45	51.11
	100m: 1:26.89	47.27 200m: 3:06.99	50.90 300m: 4:49.34	51.14 400m: 6:28.19	47.74