

Swim-all Circuit deel 3
Zoetermeer, 15-2-2026

Programmanr. 30
15-2-2026 - 15:58

Dames, 400m vrije slag

alg. leeftijdsgroep
Resultaten

rang	naam	vereniging	intijd		tijd		RT	
Onder 14								
1.	Migle Groeneweg	SG SCOM/de Zeehond'73	5:13.74	201300702	5:28.42			
	50m: 34.47	34.47	150m: 1:52.04	39.57	250m: 3:12.23	40.02	350m: 4:31.67	39.04
	100m: 1:12.47	38.00	200m: 2:32.21	40.17	300m: 3:52.63	40.40	400m: 5:28.42	56.75
2.	Nikki de Raadt <i>* BU 200m1 en 250m1</i>	ZPB H&L Productions	7:05.93	201300876	6:37.86			
	50m: 41.18	41.18	150m: 2:23.51	52.29	250m: 4:10.39	53.43	350m: 5:53.50	51.48
	100m: 1:31.22	50.04	200m: 3:16.96	53.45	300m: 5:02.02	51.63	400m: 6:37.86	44.36
Onder 16								
1.	Alaine Dumont	De Watervogels	5:14.11	201102140	5:26.92			
	50m: 33.79	33.79	150m: 1:51.84	39.83	250m: 3:12.37	40.20	350m: 4:30.32	37.45
	100m: 1:12.01	38.22	200m: 2:32.17	40.33	300m: 3:52.87	40.50	400m: 5:26.92	56.60
2.	Aayushi Kaushal	AZ&PC De Futen	6:02.25	201102522	5:48.13		+0,64	
	50m: 37.50	37.50	150m: 2:05.35	44.99	250m: 3:36.43	45.37	350m: 5:06.53	44.31
	100m: 1:20.36	42.86	200m: 2:51.06	45.71	300m: 4:22.22	45.79	400m: 5:48.13	41.60
Onder 18								
1.	Emma Beeloo	D.E.S.	NT	200904516	5:25.28			
	50m: 35.25	35.25	150m: 1:53.38	40.12	250m: 3:13.40	39.97	350m: 4:32.66	39.83
	100m: 1:13.26	38.01	200m: 2:33.43	40.05	300m: 3:52.83	39.43	400m: 5:25.28	52.62
alg. leeftijdsgroep								
1.	Emma Beeloo	D.E.S.	NT	200904516	5:25.28			
	50m: 35.25	35.25	150m: 1:53.38	40.12	250m: 3:13.40	39.97	350m: 4:32.66	39.83
	100m: 1:13.26	38.01	200m: 2:33.43	40.05	300m: 3:52.83	39.43	400m: 5:25.28	52.62
2.	Alaine Dumont	De Watervogels	5:14.11	201102140	5:26.92			
	50m: 33.79	33.79	150m: 1:51.84	39.83	250m: 3:12.37	40.20	350m: 4:30.32	37.45
	100m: 1:12.01	38.22	200m: 2:32.17	40.33	300m: 3:52.87	40.50	400m: 5:26.92	56.60
3.	Migle Groeneweg	SG SCOM/de Zeehond'73	5:13.74	201300702	5:28.42			
	50m: 34.47	34.47	150m: 1:52.04	39.57	250m: 3:12.23	40.02	350m: 4:31.67	39.04
	100m: 1:12.47	38.00	200m: 2:32.21	40.17	300m: 3:52.63	40.40	400m: 5:28.42	56.75
4.	Aayushi Kaushal	AZ&PC De Futen	6:02.25	201102522	5:48.13		+0,64	
	50m: 37.50	37.50	150m: 2:05.35	44.99	250m: 3:36.43	45.37	350m: 5:06.53	44.31
	100m: 1:20.36	42.86	200m: 2:51.06	45.71	300m: 4:22.22	45.79	400m: 5:48.13	41.60
5.	Nikki de Raadt <i>* BU 200m1 en 250m1</i>	ZPB H&L Productions	7:05.93	201300876	6:37.86			
	50m: 41.18	41.18	150m: 2:23.51	52.29	250m: 4:10.39	53.43	350m: 5:53.50	51.48
	100m: 1:31.22	50.04	200m: 3:16.96	53.45	300m: 5:02.02	51.63	400m: 6:37.86	44.36