



Limietwedstrijd lange baan deel 2  
Nijmegen, 28-2-2026



Programmanr. 1  
28-2-2026 - 14:00

Dames, 400m vrije slag

10 jaar en ouder  
Resultaten

| rang  | naam                 | vereniging             | intijd              | tijd           | RT |
|-------|----------------------|------------------------|---------------------|----------------|----|
| 1.    | Maartje van Berkom   | Aqua-Novio'94          | 5:10.50 201100514   | <b>5:12.94</b> |    |
|       | 50m: 1:13.87         | 150m: 2:34.79          | 250m: 350m: 5:12.94 |                |    |
|       | 100m:                | 200m:                  | 300m: 400m:         |                |    |
| 2.    | Jolijn Kraaijenbrink | Aqua-Novio'94          | 6:39.00 201300230   | <b>5:29.71</b> |    |
|       | 50m: 1:18.41         | 150m: 2:42.24          | 250m: 350m: 5:29.71 |                |    |
|       | 100m:                | 200m:                  | 300m: 400m:         |                |    |
| 3.    | Vlinder Mariman      | Aqua-Novio'94          | NT 201301522        | <b>5:37.34</b> |    |
|       | 50m: 1:20.18         | 150m: 2:46.60          | 250m: 350m: 5:37.34 |                |    |
|       | 100m:                | 200m:                  | 300m: 400m:         |                |    |
| 4.    | Fleur Kalma          | Aqua-Novio'94          | 6:37.46 201500192   | <b>5:50.19</b> |    |
|       | 50m: 1:18.67         | 150m: 2:48.19          | 250m: 350m: 5:50.19 |                |    |
|       | 100m:                | 200m:                  | 300m: 400m:         |                |    |
| 5.    | Julia van Well       | HZPC                   | 6:38.17 201000744   | <b>6:11.92</b> |    |
|       | 50m: 1:23.17         | 150m: 2:57.96          | 250m: 350m: 6:11.92 |                |    |
|       | 100m:                | 200m:                  | 300m: 400m:         |                |    |
| 6.    | Vayèn Meekhof        | ZVZ                    | 6:07.15 201500004   | <b>6:16.71</b> |    |
|       | 50m: 1:22.68         | 150m: 2:58.24          | 250m: 350m: 6:16.71 |                |    |
|       | 100m:                | 200m:                  | 300m: 400m:         |                |    |
| 7.    | Ylana van Kuijk      | Aqua-Novio'94          | 6:14.72 201201554   | <b>6:17.11</b> |    |
|       | 50m: 1:29.94         | 150m: 3:06.76          | 250m: 350m: 6:17.11 |                |    |
|       | 100m:                | 200m:                  | 300m: 400m:         |                |    |
| 8.    | Femke Hofkens        | Aqua-Novio '94 Masters | 6:21.38 197801094   | <b>6:25.05</b> |    |
|       | 50m: 1:25.44         | 150m: 3:02.56          | 250m: 350m: 6:25.05 |                |    |
|       | 100m:                | 200m:                  | 300m: 400m:         |                |    |
| 9.    | Ilse Buit            | ZVZ                    | 6:22.21 201400168   | <b>6:32.25</b> |    |
|       | 50m: 1:31.84         | 150m: 3:11.02          | 250m: 350m: 6:32.25 |                |    |
|       | 100m:                | 200m:                  | 300m: 400m:         |                |    |
| 10.   | Lise van de Loo      | Z&PC Zegenwerp         | NT 201401994        | <b>6:49.24</b> |    |
|       | 50m: 1:34.90         | 150m: 3:19.49          | 250m: 350m: 6:49.24 |                |    |
|       | 100m:                | 200m:                  | 300m: 400m:         |                |    |
| AFGEM | Esmay van Kuijk      | Aqua-Novio'94          | 6:40.47 201003314   |                |    |