



2e Internationaal PaasYtoernooi
Amsterdam, 4- - 5-4-2026

Programmanr. 16
4-4-2026 - 16:10

Dames, 400m vrije slag

2016 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Gebjr 2014 - 2016					
1.	Julia Oosterbeek	De Meeuwen Diemen	NT 201400028	5:48.48	-
	50m: 36.96	36.96 150m: 2:04.31	43.99 250m: 3:35.60	45.49 350m: 5:07.27	45.68
	100m: 1:20.32	43.36 200m: 2:50.11	45.80 300m: 4:21.59	45.99 400m: 5:48.48	41.21
2.	Emmy Jonk	De Dolfijn	NT 201400926	5:55.55	+0,81 -
	50m: 41.23	41.23 150m: 2:10.22	44.98 250m: 3:41.80	46.15 350m: 5:14.11	46.41
	100m: 1:25.24	44.01 200m: 2:55.65	45.43 300m: 4:27.70	45.90 400m: 5:55.55	41.44
3.	Leandra Ammerlaan	De Dolfijn	6:08.44 201400376	6:08.08	100%
	50m: 39.42	39.42 150m: 2:11.10	47.06 250m: 3:46.26	47.19 350m: 5:20.45	47.44
	100m: 1:24.04	44.62 200m: 2:59.07	47.97 300m: 4:33.01	46.75 400m: 6:08.08	47.63
4.	Suus Leek	Het Y	NT 201501736	6:30.46	+0,83 -
	50m: 42.47	42.47 150m: 2:18.68	48.21 250m: 3:57.64	49.73 350m: 5:41.57	51.75
	100m: 1:30.47	48.00 200m: 3:07.91	49.23 300m: 4:49.82	52.18 400m: 6:30.46	48.89
5.	Aleksandra Kostina	Blue Marlins	6:45.05 201500210	6:33.99	+0,6106%
	50m: 40.84	40.84 150m: 2:16.54	49.10 250m: 3:58.09	51.55 350m: 5:43.82	52.45
	100m: 1:27.44	46.60 200m: 3:06.54	50.00 300m: 4:51.37	53.28 400m: 6:33.99	50.17
Gebjr 2012 - 2013					
1.	Veronika Parkhomenko	Het Y	4:55.52 201301610	4:59.13	+0,7298%
	50m: 32.82	32.82 150m: 1:47.55	37.60 250m: 3:04.96	38.53 350m: 4:22.93	38.93
	100m: 1:09.95	37.13 200m: 2:26.43	38.88 300m: 3:44.00	39.04 400m: 4:59.13	36.20
2.	Julie van Keimpema	Het Y	5:18.84 201201966	5:15.88	+0,9102%
	50m: 34.49	34.49 150m: 1:54.06	40.52 250m: 3:14.71	40.52 350m: 4:36.58	41.01
	100m: 1:13.54	39.05 200m: 2:34.19	40.13 300m: 3:55.57	40.86 400m: 5:15.88	39.30
3.	Annabelle Dame	Het Y	5:28.29 201201964	5:17.97	+0,8107%
	50m: 35.18	35.18 150m: 1:53.99	40.45 250m: 3:16.21	41.56 350m: 4:38.66	40.25
	100m: 1:13.54	38.36 200m: 2:34.65	40.66 300m: 3:58.41	42.20 400m: 5:17.97	39.31
4.	Hozuki Araki	Blue Marlins	5:51.19 201203660	5:29.59	+0,6114%
	50m: 35.87	35.87 150m: 1:55.79	40.70 250m: 3:20.96	42.87 350m: 4:46.74	42.73
	100m: 1:15.09	39.22 200m: 2:38.09	42.30 300m: 4:04.01	43.05 400m: 5:29.59	42.85
5.	Yaiima H.	Blue Marlins	5:39.38 201301814	5:32.82	+0,7104%
	50m: 36.04	36.04 150m: 1:58.62	42.27 250m: 3:25.51	43.57 350m: 4:52.26	42.95
	100m: 1:16.35	40.31 200m: 2:41.94	43.32 300m: 4:09.31	43.80 400m: 5:32.82	40.56
6.	Bente van Lare	De Meeuwen Diemen	5:56.79 201201516	5:42.29	109%
	50m: 36.17	36.17 150m: 2:01.04	43.67 250m: 3:30.13	44.85 350m: 4:59.59	44.52
	100m: 1:17.37	41.20 200m: 2:45.28	44.24 300m: 4:15.07	44.94 400m: 5:42.29	42.70
Gebjr 2010 - 2011					
1.	Malin Roozeboom	Wvz	4:31.86 201100006	4:25.14	+0,7105%
	50m: 30.60	30.60 150m: 1:37.76	33.98 250m: 2:45.28	33.70 350m: 3:52.63	33.66
	100m: 1:03.78	33.18 200m: 2:11.58	33.82 300m: 3:18.97	33.69 400m: 4:25.14	32.51
2.	Eva de C.	Het Y	5:25.31 201102474	5:15.75	+0,6106%
	50m: 35.34	35.34 150m: 1:54.90	40.54 250m: 3:16.71	40.74 350m: 4:38.10	40.48
	100m: 1:14.36	39.02 200m: 2:35.97	41.07 300m: 3:57.62	40.91 400m: 5:15.75	37.65
3.	Juliette Bolhuis	Het Y	NT 201004192	5:23.62	+0,80 -
	50m: 37.24	37.24 150m: 1:57.25	40.58 250m: 3:21.38	42.63 350m: 4:45.19	41.79
	100m: 1:16.67	39.43 200m: 2:38.75	41.50 300m: 4:03.40	42.02 400m: 5:23.62	38.43
4.	Eva Blokzijl	Het Y	5:41.72 201003214	5:31.44	+0,8106%
	50m: 36.26	36.26 150m: 1:59.29	42.31 250m: 3:24.91	42.87 350m: 4:51.01	42.74
	100m: 1:16.98	40.72 200m: 2:42.04	42.75 300m: 4:08.27	43.36 400m: 5:31.44	40.43
5.	Julia de Jong	Het Y	6:26.85 201103750	5:57.25	+0,7117%
	50m: 37.41	37.41 150m: 2:06.17	46.36 250m: 3:40.85	47.27 350m: 5:15.41	47.41
	100m: 1:19.81	42.40 200m: 2:53.58	47.41 300m: 4:28.00	47.15 400m: 5:57.25	41.84



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Gebjr 2008 - 2009

1. Ayla Willaert	Hoogstraten Zwemteam	4:34.30	HOZT/21038/09	4:46.62	+0,7192%		
50m: 30.86	30.86	150m: 1:41.63	36.30	250m: 2:54.10	36.41	350m: 4:09.22	37.75
100m: 1:05.33	34.47	200m: 2:17.69	36.06	300m: 3:31.47	37.37	400m: 4:46.62	37.40
2. Nina de Witt	Het Y	5:24.32	200801858	5:21.83	+0,7102%		
50m: 37.20	37.20	150m: 1:56.91	40.47	250m: 3:18.40	40.70	350m: 4:41.88	42.09
100m: 1:16.44	39.24	200m: 2:37.70	40.79	300m: 3:59.79	41.39	400m: 5:21.83	39.95
3. Sarah Akil	Het Y	4:59.32	200900984	5:38.41	+0,8278%		
50m: 35.08	35.08	150m: 1:59.05	42.60	250m: 3:26.43	44.30	350m: 4:55.20	43.78
100m: 1:16.45	41.37	200m: 2:42.13	43.08	300m: 4:11.42	44.99	400m: 5:38.41	43.21
4. Sarah Sasbrink	De Meeuwen Diemen	5:55.31	200904218	6:01.10	+0,9097%		
50m: 39.25	39.25	150m: 2:09.54	46.31	250m: 3:43.31	46.86	350m: 5:16.90	46.52
100m: 1:23.23	43.98	200m: 2:56.45	46.91	300m: 4:30.38	47.07	400m: 6:01.10	44.20