

Limietwedstrijd deel 3
Hengelo, 28/3/2026

Programmanr. 1
28/3/2026 - 13:45

Dames, 400m vrije slag

11 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Florien Pot	O Z & P C	4:50.43	201000768	4:54.06			
	50m: 32.84	32.84	150m: 1:46.82	37.47	250m: 3:01.85	37.78	350m: 4:18.02	37.96
	100m: 1:09.35	36.51	200m: 2:24.07	37.25	300m: 3:40.06	38.21	400m: 4:54.06	36.04
2.	Kayleigh van Doeselaar	WS Twente	5:00.61	201000478	4:54.42			
	50m: 33.31	33.31	150m: 1:46.80	37.44	250m: 3:02.94	38.47	350m: 4:19.40	37.98
	100m: 1:09.36	36.05	200m: 2:24.47	37.67	300m: 3:41.42	38.48	400m: 4:54.42	35.02
3.	Imke Oude Engberink	De Dinkel	5:13.28	201100818	5:07.07			
	50m: 33.49	33.49	150m: 1:51.98	39.61	250m: 3:10.90	38.79	350m: 4:29.77	39.01
	100m: 1:12.37	38.88	200m: 2:32.11	40.13	300m: 3:50.76	39.86	400m: 5:07.07	37.30
4.	Tessa Zevenbergen	Aquapoldro	4:57.97	201002662	5:09.08			
	50m: 33.29	33.29	150m: 1:52.21	40.37	250m: 3:11.94	40.20	350m: 4:32.06	40.12
	100m: 1:11.84	38.55	200m: 2:31.74	39.53	300m: 3:51.94	40.00	400m: 5:09.08	37.02
5.	Belle Fiering	De Berkelduikers	5:15.21	201202546	5:11.12			
	50m: 34.09	34.09	150m: 1:53.23	40.26	250m: 3:14.31	40.95	350m: 4:33.55	39.28
	100m: 1:12.97	38.88	200m: 2:33.36	40.13	300m: 3:54.27	39.96	400m: 5:11.12	37.57
6.	Nikki Mulder	O Z & P C	5:11.72	201300402	5:11.59			
	50m: 35.61	35.61	150m: 1:56.30	40.33	250m: 3:17.06	39.79	350m: 4:34.99	38.56
	100m: 1:15.97	40.36	200m: 2:37.27	40.97	300m: 3:56.43	39.37	400m: 5:11.59	36.60
7.	Anique Polinder	Dedemsvaart-AC	5:14.28	200800008	5:14.28			
	50m: 33.35	33.35	150m: 1:50.79	39.63	250m: 3:11.83	40.83	350m: 4:34.36	41.28
	100m: 1:11.16	37.81	200m: 2:31.00	40.21	300m: 3:53.08	41.25	400m: 5:14.28	39.92
8.	Claire Bosch	De Dinkel	5:13.39	200401480	5:16.25			
	50m: 34.83	34.83	150m: 1:53.82	40.17	250m: 3:14.38	40.22	350m: 4:36.13	40.94
	100m: 1:13.65	38.82	200m: 2:34.16	40.34	300m: 3:55.19	40.81	400m: 5:16.25	40.12
9.	Maurieke Frijstein	Deltasteur	5:02.90	201100198	5:16.80			
	50m: 34.62	34.62	150m: 1:54.17	40.17	250m: 3:15.52	41.06	350m: 4:37.31	39.96
	100m: 1:14.00	39.38	200m: 2:34.46	40.29	300m: 3:57.35	41.83	400m: 5:16.80	39.49
10.	Veerle Westenbroek	O Z & P C	5:05.94	200800128	5:19.90			
	50m: 35.98	35.98	150m: 1:55.50	40.12	250m: 3:16.34	40.55	350m: 4:39.27	41.32
	100m: 1:15.38	39.40	200m: 2:35.79	40.29	300m: 3:57.95	41.61	400m: 5:19.90	40.63
11.	Ilse Zuurman	Dedemsvaart-AC	5:24.16	201100112	5:20.86			
	50m: 36.25	36.25	150m: 1:58.84	41.36	250m: 3:21.54	41.29	350m: 4:42.18	40.23
	100m: 1:17.48	41.23	200m: 2:40.25	41.41	300m: 4:01.95	40.41	400m: 5:20.86	38.68
12.	Puck Hoekman	WS Twente	5:19.75	201300574	5:22.13			
	50m: 37.31	37.31	150m: 2:01.17	42.35	250m: 3:24.34	41.18	350m: 4:45.47	39.49
	100m: 1:18.82	41.51	200m: 2:43.16	41.99	300m: 4:05.98	41.64	400m: 5:22.13	36.66
13.	Esther Dijsselhof	Dedemsvaart-AC	5:23.66	200800784	5:22.85			
	50m: 34.18	34.18	150m: 1:54.08	40.44	250m: 3:16.69	41.58	350m: 4:40.98	41.77
	100m: 1:13.64	39.46	200m: 2:35.11	41.03	300m: 3:59.21	42.52	400m: 5:22.85	41.87
14.	Welmoed Doornbos	De IJsselmeeuwen	4:56.18	200203352	5:25.17			
	50m: 33.99	33.99	150m: 1:53.72	40.83	250m: 3:17.89	42.34	350m: 4:43.76	42.91
	100m: 1:12.89	38.90	200m: 2:35.55	41.83	300m: 4:00.85	42.96	400m: 5:25.17	41.41
15.	Britt Hopman	SG Octopus - ZVV	5:13.92	200702688	5:27.62			
	50m: 35.21	35.21	150m: 1:57.27	41.49	250m: 3:22.26	42.40	350m: 4:46.38	42.30
	100m: 1:15.78	40.57	200m: 2:39.86	42.59	300m: 4:04.08	41.82	400m: 5:27.62	41.24
16.	Fayenne Hemmelder	WS Twente	5:23.49	201200538	5:29.70			
	50m: 37.12	37.12	150m: 2:01.64	43.14	250m: 3:27.69	43.13	350m: 4:50.91	41.05
	100m: 1:18.50	41.38	200m: 2:44.56	42.92	300m: 4:09.86	42.17	400m: 5:29.70	38.79