

Limietwedstrijd KB
Kampen, 2-5-2026

Programmanr. 2
2-5-2026 - 16:48

Dames, 400m vrije slag

11 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Michelle Zomerdijk	Dedemsvaart-AC	4:38.17	200003196	4:41.65
	50m: 30.60	30.60 150m:		250m:	350m:
	100m: 1:04.80	34.20 200m: 2:15.65		300m:	400m: 4:41.65
2.	Tessa Zevenbergen	Aquapoldro	4:57.97	201002662	4:56.86
	50m: 31.45	31.45 150m:		250m:	350m:
	100m: 1:08.41	36.96 200m: 2:24.69		300m:	400m: 4:56.86
3.	Anique Polinder	Dedemsvaart-AC	4:55.70	200800008	4:57.84
	50m: 32.95	32.95 150m:		250m:	350m:
	100m: 1:08.94	35.99 200m: 2:24.52		300m:	400m: 4:57.84
4.	Charlotte van der Meer	Deltasteur	5:02.58	200704478	4:59.71
	50m: 34.14	34.14 150m:		250m:	350m:
	100m: 1:12.69	38.55 200m: 2:29.19		300m:	400m: 4:59.71
5.	Maurieke Frijstein	Deltasteur	5:02.90	201100198	5:09.43
	50m: 32.65	32.65 150m:		250m:	350m:
	100m: 1:09.81	37.16 200m: 2:29.04		300m:	400m: 5:09.43
6.	Ilse Zuurman	Dedemsvaart-AC	5:27.50	201100112	5:09.96
	50m: 35.81	35.81 150m:		250m:	350m:
	100m: 1:15.35	39.54 200m: 2:35.28		300m:	400m: 5:09.96
7.	Maureen Bruins	ZC Polaris	5:59.48	201102526	5:26.91
	50m: 35.47	35.47 150m:		250m:	350m:
	100m: 1:15.09	39.62 200m: 2:39.09		300m:	400m: 5:26.91
8.	Babette Heesakkers	ZC Polaris	6:01.69	201301966	5:30.10
	50m: 37.12	37.12 150m:		250m:	350m:
	100m: 1:18.03	40.91 200m: 2:42.24		300m:	400m: 5:30.10
9.	Daelysa Ramos	ZC Polaris	6:29.41	201400386	5:32.86
	50m: 36.01	36.01 150m:		250m:	350m:
	100m: 1:16.62	40.61 200m: 2:41.25		300m:	400m: 5:32.86
10.	Kaily Remmers	Dedemsvaart-AC	5:40.61	201301020	5:34.65
	50m: 34.69	34.69 150m:		250m:	350m:
	100m: 1:14.95	40.26 200m: 2:39.83		300m:	400m: 5:34.65
11.	Femke Bollema	Deltasteur	5:53.00	200500264	5:37.96
	50m: 36.84	36.84 150m:		250m:	350m:
	100m: 1:19.22	42.38 200m: 2:46.29		300m:	400m: 5:37.96
12.	Sanne Reuver	ZC Polaris	6:08.08	201300168	5:38.92
	50m: 38.23	38.23 150m:		250m:	350m:
	100m: 1:20.45	42.22 200m: 2:47.70		300m:	400m: 5:38.92
13.	Eloise Gerringa	Batavia Swim	6:31.50	201200548	5:46.37
	50m: 37.43	37.43 150m:		250m:	350m:
	100m: 1:21.06	43.63 200m: 2:51.56		300m:	400m: 5:46.37
14.	Keysha-Florance Kasima	Batavia Swim	5:45.44	201101158	5:50.23
	50m: 40.87	40.87 150m:		250m:	350m:
	100m: 1:24.28	43.41 200m: 2:52.79		300m:	400m: 5:50.23
15.	Josefyn Bruins	ZC Polaris	6:20.28	201400388	5:54.25
	50m: 38.67	38.67 150m:		250m:	350m:
	100m: 1:21.29	42.62 200m: 2:51.03		300m:	400m: 5:54.25
16.	Silvia Vos	Swol 1894	5:55.74	201000442	6:01.04
	50m: 38.98	38.98 150m:		250m:	350m:
	100m: 1:23.40	44.42 200m: 2:54.34		300m:	400m: 6:01.04