

Utrechtse Zomerkampioenschappen 2026 Weekend 1
Amersfoort, 16- - 17-5-2026

Programmanr. 4
16-5-2026 - 15:05

Dames, 400m wisselslag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | |
|-----------------|------------------------|---------------------|---------|---------------|------------------------|-------|
| Onder 14 | | | | | | |
| 1. | Liza van Ginkel | VZC | 5:53.18 | 201200680 | 5:48.67 +0,79 | |
| | 50m: 35.47 | 35.47 150m: 2:07.65 | 48.55 | 250m: 3:42.30 | 46.66 350m: 5:09.50 | 40.06 |
| | 100m: 1:19.10 | 43.63 200m: 2:55.64 | 47.99 | 300m: 4:29.44 | 47.14 400m: 5:48.67 | 39.17 |
| 2. | Lenny Bokkers | ZPC AMERSFOORT | 5:44.68 | 201300390 | 5:50.20 +0,71 | |
| | 50m: 34.16 | 34.16 150m: 2:03.15 | 47.43 | 250m: 3:39.44 | 50.17 350m: 5:12.20 | 40.54 |
| | 100m: 1:15.72 | 41.56 200m: 2:49.27 | 46.12 | 300m: 4:31.66 | 52.22 400m: 5:50.20 | 38.00 |
| 3. | Nine Boekema | De Duinkickers | 5:45.16 | 201200214 | 5:58.81 +0,79 | |
| | 50m: 37.22 | 37.22 150m: 2:13.26 | 47.91 | 250m: 3:49.22 | 49.79 350m: 5:19.76 | 38.83 |
| | 100m: 1:25.35 | 48.13 200m: 2:59.43 | 46.17 | 300m: 4:40.93 | 51.71 400m: 5:58.81 | 39.05 |
| 4. | Joanne Strietman | ZPC AMERSFOORT | 6:01.81 | 201203784 | 6:04.93 +0,81 | |
| | 50m: 36.05 | 36.05 150m: 2:08.72 | 45.56 | 250m: 3:46.89 | 55.57 350m: 5:24.28 | 41.91 |
| | 100m: 1:23.16 | 47.11 200m: 2:51.32 | 42.60 | 300m: 4:42.37 | 55.48 400m: 6:04.93 | 40.65 |
| 5. | Fien Stolk | Zwemlust-den Hommel | 6:19.83 | 201302282 | 6:10.68 +0,67 | |
| | 50m: 39.02 | 39.02 150m: 2:16.08 | 50.58 | 250m: 3:53.49 | 48.73 350m: 5:28.78 | 45.46 |
| | 100m: 1:25.50 | 46.48 200m: 3:04.76 | 48.68 | 300m: 4:43.32 | 49.83 400m: 6:10.68 | 41.90 |
| 6. | Emma Juliette Jansen | ZPC AMERSFOORT | 6:07.65 | 201200158 | 6:15.61 +0,68 | |
| | 50m: 40.49 | 40.49 150m: 2:22.18 | 51.19 | 250m: 4:01.16 | 48.91 350m: 5:33.76 | 42.20 |
| | 100m: 1:30.99 | 50.50 200m: 3:12.25 | 50.07 | 300m: 4:51.56 | 50.40 400m: 6:15.61 | 41.85 |
| 7. | Flore Hovens | Zwemlust-den Hommel | 6:29.08 | 201201632 | 6:32.36 +0,80 | |
| | 50m: 40.24 | 40.24 150m: 2:20.48 | 48.67 | 250m: 4:04.87 | 55.89 350m: 5:46.65 | 43.76 |
| | 100m: 1:31.81 | 51.57 200m: 3:08.98 | 48.50 | 300m: 5:02.89 | 58.02 400m: 6:32.36 | 45.71 |
| 8. | Aden Koksall | Zwemlust-den Hommel | 6:33.44 | 201202484 | 6:37.19 +0,79 | |
| | 50m: 40.50 | 40.50 150m: 2:26.56 | 51.21 | 250m: 4:08.22 | 51.82 350m: 5:51.79 | 47.05 |
| | 100m: 1:35.35 | 54.85 200m: 3:16.40 | 49.84 | 300m: 5:04.74 | 56.52 400m: 6:37.19 | 45.40 |
| 9. | Elize Poot | Zwemlust-den Hommel | 6:42.26 | 201301408 | 6:38.38 +0,76 | |
| | 50m: 40.87 | 40.87 150m: 2:27.06 | 51.92 | 250m: 4:11.32 | 55.47 350m: 5:53.91 | 45.28 |
| | 100m: 1:35.14 | 54.27 200m: 3:15.85 | 48.79 | 300m: 5:08.63 | 57.31 400m: 6:38.38 | 44.47 |
| 10. | Milou Baars | ZPC Woerden | 6:26.51 | 201301996 | 6:43.14 +0,85 | |
| | 50m: 40.52 | 40.52 150m: 2:28.42 | 51.74 | 250m: 4:13.10 | 56.13 350m: 5:58.74 | 46.67 |
| | 100m: 1:36.68 | 56.16 200m: 3:16.97 | 48.55 | 300m: 5:12.07 | 58.97 400m: 6:43.14 | 44.40 |
| 11. | Alinde van Cappelle | De Duinkickers | 6:40.57 | 201201972 | 6:46.70 +0,85 | |
| | 50m: 45.11 | 45.11 150m: 2:35.17 | 51.12 | 250m: 4:18.67 | 55.13 350m: 6:02.11 | 46.96 |
| | 100m: 1:44.05 | 58.94 200m: 3:23.54 | 48.37 | 300m: 5:15.15 | 56.48 400m: 6:46.70 | 44.59 |
| 12. | Lisse Bouwman | VZC | 6:41.47 | 201300926 | 6:53.63 +0,81 | |
| | 50m: 39.20 | 39.20 150m: 2:27.93 | 56.85 | 250m: 4:20.28 | 58.83 350m: 6:07.21 | 46.66 |
| | 100m: 1:31.08 | 51.88 200m: 3:21.45 | 53.52 | 300m: 5:20.55 | 1:00.27 400m: 6:53.63 | 46.42 |
| AFGEM | Noa Laman | ZPC AMERSFOORT | 6:57.67 | 201302266 | | |
| Onder 16 | | | | | | |
| 1. | Fenne Metten | ZPC AMERSFOORT | 4:56.68 | 201000102 | 5:03.99 +0,76 | |
| | 50m: 31.96 | 31.96 150m: 1:47.81 | 39.11 | 250m: 3:11.32 | 45.89 350m: 4:31.88 | 34.81 |
| | 100m: 1:08.70 | 36.74 200m: 2:25.43 | 37.62 | 300m: 3:57.07 | 45.75 400m: 5:03.99 | 32.11 |
| 2. | Noa van Zalk | ZPC AMERSFOORT | 5:13.37 | 201102534 | 5:27.28 +0,59 | |
| | 50m: 33.34 | 33.34 150m: 1:55.49 | 43.27 | 250m: 3:24.85 | 47.90 350m: 5:04.90 | 37.56 |
| | 100m: 1:12.22 | 38.88 200m: 2:36.95 | 41.46 | 300m: 4:13.34 | 48.49 400m: 5:27.28 | 36.38 |
| 3. | Yanique Bax | ZPC AMERSFOORT | 5:22.28 | 201001428 | 5:32.06 +0,71 | |
| | 50m: 32.88 | 32.88 150m: 1:56.16 | 43.78 | 250m: 3:28.01 | 49.45 350m: 4:56.25 | 37.09 |
| | 100m: 1:12.38 | 39.50 200m: 2:38.56 | 42.40 | 300m: 4:19.16 | 51.15 400m: 5:32.06 | 35.81 |
| 4. | Hanna Heller | ZPC AMERSFOORT | 5:31.14 | 201102730 | 5:43.63 +0,73 | |
| | 50m: 34.38 | 34.38 150m: 2:01.00 | 44.68 | 250m: 3:35.04 | 51.63 350m: 5:05.24 | 39.38 |
| | 100m: 1:16.32 | 41.94 200m: 2:43.41 | 42.41 | 300m: 4:25.86 | 50.82 400m: 5:43.63 | 38.39 |
| 5. | Kim Bouman | ZPC AMERSFOORT | 6:09.50 | 201000262 | 6:00.04 +0,89 | |
| | 50m: 36.26 | 36.26 150m: 2:07.62 | 45.66 | 250m: 3:46.53 | 55.41 350m: 5:23.20 | 40.11 |
| | 100m: 1:21.96 | 45.70 200m: 2:51.12 | 43.50 | 300m: 4:43.09 | 56.56 400m: 6:00.04 | 36.84 |
| 6. | Ynthe van Wijland | Zwemlust-den Hommel | 6:20.05 | 201003362 | 6:12.06 +0,85 | |
| | 50m: 39.27 | 39.27 150m: 2:18.32 | 47.09 | 250m: 3:57.36 | 51.82 350m: 5:31.44 | 40.90 |
| | 100m: 1:31.23 | 51.96 200m: 3:05.54 | 47.22 | 300m: 4:50.54 | 53.18 400m: 6:12.06 | 40.62 |
| 7. | Yfke van der Leij | VZC | 5:52.15 | 201000028 | 6:21.17 * +0,74 | |
| | 50m: 36.58 | 36.58 150m: 2:11.61 | 50.29 | 250m: 3:54.26 | 53.56 350m: 5:35.46 | 45.99 |
| | 100m: 1:21.32 | 44.74 200m: 3:00.70 | 49.09 | 300m: 4:49.47 | 55.21 400m: 6:21.17 | 45.71 |
| 8. | Margriet van den Hoven | Zwemlust-den Hommel | 6:11.08 | 201000576 | 6:33.05 * +0,69 | |
| | 50m: 37.09 | 37.09 150m: 2:15.52 | 48.14 | 250m: 4:01.59 | 57.55 350m: 5:46.05 | 45.85 |
| | 100m: 1:27.38 | 50.29 200m: 3:04.04 | 48.52 | 300m: 5:00.20 | 58.61 400m: 6:33.05 | 47.00 |

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Amersfoort, 16- - 17-5-2026

Programmanr. 4, Dames, 400m wisselslag

Onder 18

| | | | | | | |
|--------------------|---------------------|---------|---------------|-------|----------------|-------|
| 1. Diede de Vries | Zwemlust-den Hommel | 5:34.13 | 200803558 | | 5:36.94 | +0,80 |
| 50m: 35.46 | 35.46 150m: 2:06.94 | 47.73 | 250m: 3:35.64 | 42.93 | 350m: 4:59.86 | 39.50 |
| 100m: 1:19.21 | 43.75 200m: 2:52.71 | 45.77 | 300m: 4:20.36 | 44.72 | 400m: 5:36.94 | 37.08 |
| 2. Floore Boekema | De Duinkickers | 6:12.61 | 200901764 | | 6:11.64 | +0,82 |
| 50m: 37.41 | 37.41 150m: 2:15.72 | 49.04 | 250m: 3:54.81 | 52.15 | 350m: 5:30.47 | 42.79 |
| 100m: 1:26.68 | 49.27 200m: 3:02.66 | 46.94 | 300m: 4:47.68 | 52.87 | 400m: 6:11.64 | 41.17 |
| 3. Sterre Dirar | ZPC AMERSFOORT | 6:00.42 | 200900354 | | 6:17.33 | +0,62 |
| 50m: 38.39 | 38.39 150m: 2:18.52 | 50.03 | 250m: 3:58.51 | 51.52 | 350m: 5:36.39 | 44.83 |
| 100m: 1:28.49 | 50.10 200m: 3:06.99 | 48.47 | 300m: 4:51.56 | 53.05 | 400m: 6:17.33 | 40.94 |
| 4. Naomi Hoogeboom | ZPC Woerden | 5:58.73 | 200802420 | | 6:18.02 | +0,85 |
| 50m: 37.94 | 37.94 150m: 2:15.39 | 52.20 | 250m: 3:58.71 | 51.48 | 350m: 5:37.07 | 45.48 |
| 100m: 1:23.19 | 45.25 200m: 3:07.23 | 51.84 | 300m: 4:51.59 | 52.88 | 400m: 6:18.02 | 40.95 |

18 en ouder

| | | | | | | |
|-----------------------|---------------------|---------|---------------|-------|----------------|-------|
| 1. Rhodee van den Ham | De Duinkickers | 4:56.79 | 200700090 | | 5:04.40 | +0,71 |
| 50m: 30.75 | 30.75 150m: 1:45.98 | 40.00 | 250m: 3:08.67 | 42.91 | 350m: 4:29.65 | 36.20 |
| 100m: 1:05.98 | 35.23 200m: 2:25.76 | 39.78 | 300m: 3:53.45 | 44.78 | 400m: 5:04.40 | 34.75 |
| 2. Noa Ottens | VZC | 5:21.05 | 200702256 | | 5:31.91 | +0,71 |
| 50m: 32.99 | 32.99 150m: 1:56.59 | 41.89 | 250m: 3:29.38 | 49.83 | 350m: 4:56.16 | 38.74 |
| 100m: 1:14.70 | 41.71 200m: 2:39.55 | 42.96 | 300m: 4:17.42 | 48.04 | 400m: 5:31.91 | 35.75 |
| 3. Debbie van Rooijen | Ijzpc | 5:43.50 | 198201402 | | 6:02.81 | +0,79 |
| 50m: 36.94 | 36.94 150m: 2:10.91 | 47.65 | 250m: 3:48.77 | 51.72 | 350m: 5:23.70 | 42.10 |
| 100m: 1:23.26 | 46.32 200m: 2:57.05 | 46.14 | 300m: 4:41.60 | 52.83 | 400m: 6:02.81 | 39.11 |