

Utrechtse Zomerkampioenschappen 2026 Weekend 2
Amersfoort, 30- - 31-5-2026

Programmanr. 40
31-5-2026 - 14:50

Dames, 400m vrije slag

12 jaar en ouder
Resultaten

rang	naam	vereniging	intijd			tijd			RT	
Onder 14										
1.	Nine Boekema	De Duinkickers	5:08.99			201200214			4:59.60	+0,75
	50m: 32.77	32.77	150m: 1:47.08	37.86	250m: 3:04.78	38.88	350m: 4:22.17	38.73		
	100m: 1:09.22	36.45	200m: 2:25.90	38.82	300m: 3:43.44	38.66	400m: 4:59.60	37.43		
2.	Lenny Bokkers	ZPC AMERSFOORT	5:02.85			201300390			4:59.95	+0,74
	50m: 32.62	32.62	150m: 1:47.96	38.51	250m: 3:05.47	38.63	350m: 4:23.72	39.17		
	100m: 1:09.45	36.83	200m: 2:26.84	38.88	300m: 3:44.55	39.08	400m: 4:59.95	36.23		
3.	Louise Terwisscha	ZPC AMERSFOORT	4:55.85			201201240			5:02.75	+0,79
	50m: 34.03	34.03	150m: 1:49.84	38.00	250m: 3:07.02	38.48	350m: 4:24.64	38.24		
	100m: 1:11.84	37.81	200m: 2:28.54	38.70	300m: 3:46.40	39.38	400m: 5:02.75	38.11		
4.	Flore Hovens	Zwemlust- den Hommel	5:29.68			201201632			5:31.69	+0,73
	50m: 34.54	34.54	150m: 1:56.32	42.51	250m: 3:24.30	44.35	350m: 4:51.17	42.95		
	100m: 1:13.81	39.27	200m: 2:39.95	43.63	300m: 4:08.22	43.92	400m: 5:31.69	40.52		
5.	Fien Stolk	Zwemlust- den Hommel	5:33.55			201302282			5:36.76	+0,66
	50m: 37.44	37.44	150m: 2:04.40	43.91	250m: 3:32.57	43.95	350m: 4:57.52	41.86		
	100m: 1:20.49	43.05	200m: 2:48.62	44.22	300m: 4:15.66	43.09	400m: 5:36.76	39.24		
6.	Emma Juliette Jansen	ZPC AMERSFOORT	5:30.71			201200158			5:37.98 *	+0,72
	50m: 35.28	35.28	150m: 1:56.98	42.21	250m: 3:25.77	45.00	350m: 4:54.79	44.03		
	100m: 1:14.77	39.49	200m: 2:40.77	43.79	300m: 4:10.76	44.99	400m: 5:37.98	43.19		
7.	Aden Koksal	Zwemlust- den Hommel	5:50.02			201202484			5:40.71	+0,69
	50m: 36.46	36.46	150m: 2:01.32	43.44	250m: 3:29.67	44.60	350m: 4:58.83	43.69		
	100m: 1:17.88	41.42	200m: 2:45.07	43.75	300m: 4:15.14	45.47	400m: 5:40.71	41.88		
8.	Fabiënne van Remmerden	ZPC Woerden	5:16.92			201201190			5:43.25	+0,88
	50m: 35.10	35.10	150m: 2:00.62	44.50	250m: 3:30.10	45.09	350m: 5:00.31	45.55		
	100m: 1:16.12	41.02	200m: 2:45.01	44.39	300m: 4:14.76	44.66	400m: 5:43.25	42.94		
9.	Lisse Bouwman	VZC	5:33.83			201300926			5:45.70 *	+0,79
	50m: 38.03	38.03	150m: 2:06.21	44.43	250m: 3:35.11	44.20	350m: 5:02.48	43.80		
	100m: 1:21.78	43.75	200m: 2:50.91	44.70	300m: 4:18.68	43.57	400m: 5:45.70	43.22		
10.	Massa Dahan	VZC	5:49.37			201202204			5:49.19	+0,65
	50m: 38.97	38.97	150m: 2:07.61	45.27	250m: 3:37.22	43.70	350m: 5:04.62	43.66		
	100m: 1:22.34	43.37	200m: 2:53.52	45.91	300m: 4:20.96	43.74	400m: 5:49.19	44.57		
11.	Alinde van Cappelle	De Duinkickers	5:54.47			201201972			5:50.69	+0,78
	50m: 37.93	37.93	150m: 2:06.98	44.84	250m: 3:37.73	45.15	350m: 5:07.30	43.42		
	100m: 1:22.14	44.21	200m: 2:52.58	45.60	300m: 4:23.88	46.15	400m: 5:50.69	43.39		
12.	Fenna Suvaal	ZPC Woerden	5:32.76			201201502			5:51.41	+0,88
	50m: 38.01	38.01	150m: 2:07.83	45.67	250m: 3:38.88	45.80	350m: 5:09.05	44.27		
	100m: 1:22.16	44.15	200m: 2:53.08	45.25	300m: 4:24.78	45.90	400m: 5:51.41	42.36		
13.	Eva Drost	ZPC AMERSFOORT	5:47.77			201202120			5:56.92	+0,77
	50m: 38.08	38.08	150m: 2:08.40	45.62	250m: 3:40.48	46.36	350m: 5:11.96	45.27		
	100m: 1:22.78	44.70	200m: 2:54.12	45.72	300m: 4:26.69	46.21	400m: 5:56.92	44.96		
14.	Julin Loorbach	VZC	5:59.30			201201742			5:59.53	+0,83
	50m: 41.39	41.39	150m: 2:12.81	46.29	250m: 3:46.55	46.04	350m: 5:17.57	43.48		
	100m: 1:26.52	45.13	200m: 3:00.51	47.70	300m: 4:34.09	47.54	400m: 5:59.53	41.96		
15.	Elize Poot	Zwemlust- den Hommel	5:50.18			201301408			6:00.85	+0,79
	50m: 39.51	39.51	150m: 2:11.00	46.28	250m: 3:45.66	47.12	350m: 5:16.71	45.12		
	100m: 1:24.72	45.21	200m: 2:58.54	47.54	300m: 4:31.59	45.93	400m: 6:00.85	44.14		
Onder 16										
1.	Yanique Bax	ZPC AMERSFOORT	4:41.33			201001428			4:43.23	+0,60
	50m: 31.47	31.47	150m: 1:41.44	35.69	250m: 2:54.93	37.14	350m: 4:08.36	36.48		
	100m: 1:05.75	34.28	200m: 2:17.79	36.35	300m: 3:31.88	36.95	400m: 4:43.23	34.87		
2.	Brechtje Slootweg	ZPC AMERSFOORT	4:39.25			201101744			4:43.27	+0,74
	50m: 30.73	30.73	150m: 1:41.53	36.24	250m: 2:55.10	36.92	350m: 4:08.38	36.31		
	100m: 1:05.29	34.56	200m: 2:18.18	36.65	300m: 3:32.07	36.97	400m: 4:43.27	34.89		
3.	Kim Bouman	ZPC AMERSFOORT	5:02.86			201000262			5:07.76	+0,82
	50m: 33.57	33.57	150m: 1:51.53	39.55	250m: 3:11.26	40.21	350m: 4:30.46	39.64		
	100m: 1:11.98	38.41	200m: 2:31.05	39.52	300m: 3:50.82	39.56	400m: 5:07.76	37.30		
4.	Noortje Bisperink	ZPC AMERSFOORT	4:56.60			201100486			5:09.43	+0,83
	50m: 33.48	33.48	150m: 1:50.52	39.19	250m: 3:10.44	39.86	350m: 4:31.00	40.13		
	100m: 1:11.33	37.85	200m: 2:30.58	40.06	300m: 3:50.87	40.43	400m: 5:09.43	38.43		
5.	Ynthe van Wijland	Zwemlust- den Hommel	5:23.16			201003362			5:17.74	+0,80
	50m: 34.82	34.82	150m: 1:53.69	39.96	250m: 3:15.67	41.01	350m: 4:37.75	40.33		
	100m: 1:13.73	38.91	200m: 2:34.66	40.97	300m: 3:57.42	41.75	400m: 5:17.74	39.99		

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Amersfoort, 30- - 31-5-2026

Programmanr. 40, Meisjes, 400m vrije slag, Onder 16

rang	naam	vereniging	intijd			tijd			RT
6.	Hanna Rijken	Zwemlust- den Hommel	5:39.77 201102582			5:32.24			+0,76
	50m: 29.52	29.52 150m: 2:00.15	45.02	250m: 3:26.29	43.45	350m: 4:52.10	42.12		
	100m: 1:15.13	45.61 200m: 2:42.84	42.69	300m: 4:09.98	43.69	400m: 5:32.24	40.14		
7.	Lian Vonk	ZPC AMERSFOORT	4:57.63 201001606			5:39.10			+0,67
	50m: 31.01	31.01 150m: 1:53.01	47.98	250m: 3:25.10	44.92	350m: 4:55.51	44.99		
	100m: 1:05.03	34.02 200m: 2:40.18	47.17	300m: 4:10.52	45.42	400m: 5:39.10	43.59		
8.	L. Schadenberg	VZC	5:38.41 201101288			6:03.58 *			+0,78
	50m: 39.34	39.34 150m: 2:12.39	47.26	250m: 3:46.10	46.51	350m: 5:19.64	46.44		
	100m: 1:25.13	45.79 200m: 2:59.59	47.20	300m: 4:33.20	47.10	400m: 6:03.58	43.94		
AFGEM	Yfke Wijnalda	ZPC AMERSFOORT	5:07.23 201002618						

Onder 18

1.	Chiara Lammertink	ZPC AMERSFOORT	4:32.95 200902200			4:39.67			+0,77
	50m: 31.01	31.01 150m: 1:39.93	35.00	250m: 2:52.07	36.12	350m: 4:04.26	35.98		
	100m: 1:04.93	33.92 200m: 2:15.95	36.02	300m: 3:28.28	36.21	400m: 4:39.67	35.41		
2.	Esm�e de Gans	ZPC AMERSFOORT	4:36.56 200900134			4:42.17			+0,75
	50m: 31.25	31.25 150m: 1:41.43	35.80	250m: 2:53.82	36.29	350m: 4:07.18	36.69		
	100m: 1:05.63	34.38 200m: 2:17.53	36.10	300m: 3:30.49	36.67	400m: 4:42.17	34.99		
3.	Diede de Vries	Zwemlust- den Hommel	4:56.93 200803558			5:05.09			+0,83
	50m: 34.33	34.33 150m: 1:49.84	38.70	250m: 3:07.98	39.03	350m: 4:26.38	39.20		
	100m: 1:11.14	36.81 200m: 2:28.95	39.11	300m: 3:47.18	39.20	400m: 5:05.09	38.71		
4.	Jade van Berlo	Zwemclub Zeist	5:10.36 200803934			5:15.95			+0,73
	50m: 35.30	35.30 150m: 1:54.00	40.23	250m: 3:15.44	41.10	350m: 4:36.81	40.53		
	100m: 1:13.77	38.47 200m: 2:34.34	40.34	300m: 3:56.28	40.84	400m: 5:15.95	39.14		
5.	Floore Boekema	De Duinkickers	5:19.33 200901764			5:23.98			+0,83
	50m: 34.75	34.75 150m: 1:54.34	40.71	250m: 3:17.49	41.62	350m: 4:43.00	42.75		
	100m: 1:13.63	38.88 200m: 2:35.87	41.53	300m: 4:00.25	42.76	400m: 5:23.98	40.98		
AFGEM	Alya Basaran	Zwemlust- den Hommel	5:14.04 200904280						
AFGEM	Mijke van Hal	Zwemlust- den Hommel	5:06.06 200800362						

18 en ouder

1.	Noa Ottens	VZC	4:36.85 200702256			4:51.31 *			+0,68
	50m: 33.43	33.43 150m: 1:48.34	37.40	250m: 3:03.40	37.22	350m: 4:16.08	35.66		
	100m: 1:10.94	37.51 200m: 2:26.18	37.84	300m: 3:40.42	37.02	400m: 4:51.31	35.23		
2.	Annika Hogenhuis	Zwemlust- den Hommel	5:00.29 200701340			4:58.42			+0,83
	50m: 33.53	33.53 150m: 1:48.25	37.65	250m: 3:04.47	38.08	350m: 4:20.97	38.37		
	100m: 1:10.60	37.07 200m: 2:26.39	38.14	300m: 3:42.60	38.13	400m: 4:58.42	37.45		
3.	Suzanne Vesseur	ZPC AMERSFOORT	4:51.42 200500740			5:11.04 *			+0,73
	50m: 35.41	35.41 150m: 1:54.01	40.10	250m: 3:14.36	40.22	350m: 4:33.44	39.76		
	100m: 1:13.91	38.50 200m: 2:34.14	40.13	300m: 3:53.68	39.32	400m: 5:11.04	37.60		
AFGEM	Nynke Boerefijn	ZPC AMERSFOORT	4:19.35 200700114						