

Provinciale Zomerkampioenschappen 2025
Eindhoven, 17- - 25-5-2025

Programmanr. 29
24-5-2025 - 16:23

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging				intijd				tijd				RT
Onder 14 - Limburg														
1.	Sterre de Veen	Hellas-Glana				5:04.83		201100086		4:57.32		+0,73		
	50m: 33.10	33.10	150m: 1:46.87	37.62	250m: 3:03.56	38.37	350m: 4:20.02	37.90						
	100m: 1:09.25	36.15	200m: 2:25.19	38.32	300m: 3:42.12	38.56	400m: 4:57.32	37.30						
2.	Esra Simon	Hellas-Glana				5:09.17		201100004		5:02.76		+0,77		
	50m: 35.62	35.62	150m: 1:52.51	38.79	250m: 3:10.73	39.30	350m: 4:27.83	38.07						
	100m: 1:13.72	38.10	200m: 2:31.43	38.92	300m: 3:49.76	39.03	400m: 5:02.76	34.93						
3.	Julia Ketelaars	Hellas-Glana				5:04.35		201200028		5:04.02				
	50m: 34.70	34.70	150m: 1:52.21	39.06	250m: 3:10.83	39.16	350m: 4:28.50	38.44						
	100m: 1:13.15	38.45	200m: 2:31.67	39.46	300m: 3:50.06	39.23	400m: 5:04.02	35.52						
4.	Vicky Horens	Hellas-Glana				5:21.22		201200252		5:07.58		+0,58		
	50m: 34.22	34.22	150m: 1:51.41	39.23	250m: 3:10.47	39.52	350m: 4:29.61	39.14						
	100m: 1:12.18	37.96	200m: 2:30.95	39.54	300m: 3:50.47	40.00	400m: 5:07.58	37.97						
5.	Sarah Förster	Hellas-Glana				5:15.12		201102682		5:07.70		+0,79		
	50m: 34.18	34.18	150m: 1:51.69	39.07	250m: 3:10.61	39.37	350m: 4:29.62	39.32						
	100m: 1:12.62	38.44	200m: 2:31.24	39.55	300m: 3:50.30	39.69	400m: 5:07.70	38.08						
6.	Jana Nelissen	SG Patrick - De Roersoppers				5:15.59		201200350		5:17.05		+0,55		
	50m: 34.04	34.04	150m: 1:53.98	41.20	250m: 3:16.38	41.74	350m: 4:39.78	41.73						
	100m: 1:12.78	38.74	200m: 2:34.64	40.66	300m: 3:58.05	41.67	400m: 5:17.05	37.27						
7.	Valerie Rienties	Zwemsport Parkstad				5:26.51		201200400		5:19.70				
	50m: 35.69	35.69	150m: 1:57.95	42.10	250m: 3:20.70	41.70	350m: 4:42.01	40.52						
	100m: 1:15.85	40.16	200m: 2:39.00	41.05	300m: 4:01.49	40.79	400m: 5:19.70	37.69						
8.	Sara Creemers	Hellas-Glana				5:16.46		201100242		5:26.93				
	50m: 36.22	36.22	150m: 1:57.64	41.07	250m: 3:21.53	42.38	350m: 4:46.01	41.99						
	100m: 1:16.57	40.35	200m: 2:39.15	41.51	300m: 4:04.02	42.49	400m: 5:26.93	40.92						
9.	Lili de Graaf	Hellas-Glana				5:34.45		201103068		5:45.43				
	50m: 38.29	38.29	150m: 2:06.58	44.32	250m: 3:35.77	43.99	350m: 5:03.86	43.38						
	100m: 1:22.26	43.97	200m: 2:51.78	45.20	300m: 4:20.48	44.71	400m: 5:45.43	41.57						
10.	Louane Carfantan	MZ&PC Maastricht				5:43.85		201101042		5:46.82		+0,51		
	50m: 39.23	39.23	150m: 2:07.42	44.57	250m: 3:37.47	45.39	350m: 5:07.04	44.11						
	100m: 1:22.85	43.62	200m: 2:52.08	44.66	300m: 4:22.93	45.46	400m: 5:46.82	39.78						
11.	Chloë Beekman	HZPC				6:05.98		201100376		5:47.45		+0,91		
	50m: 38.82	38.82	150m: 2:08.47	45.50	250m: 3:38.38	44.46	350m: 5:06.49	43.25						
	100m: 1:22.97	44.15	200m: 2:53.92	45.45	300m: 4:23.24	44.86	400m: 5:47.45	40.96						
12.	Koosje Versteeg	HZPC				5:45.82		201100422		5:51.69		+0,75		
	50m: 37.43	37.43	150m: 2:04.96	44.73	250m: 3:36.47	45.17	350m: 5:07.96	46.15						
	100m: 1:20.23	42.80	200m: 2:51.30	46.34	300m: 4:21.81	45.34	400m: 5:51.69	43.73						
13.	Hannah Clemens	Hellas-Glana				6:01.89		201102200		5:56.72				
	50m: 38.70	38.70	150m: 2:09.29	45.50	250m: 3:42.10	46.50	350m: 5:14.33	45.61						
	100m: 1:23.79	45.09	200m: 2:55.60	46.31	300m: 4:28.72	46.62	400m: 5:56.72	42.39						
14.	Joni Ploumen	Zeps				5:57.95		201200458		5:58.79		+0,56		
	50m: 38.65	38.65	150m: 2:08.56	45.79	250m: 3:42.26	46.76	350m: 5:15.17	46.58						
	100m: 1:22.77	44.12	200m: 2:55.50	46.94	300m: 4:28.59	46.33	400m: 5:58.79	43.62						
15.	Faith Stassen	Zeps				6:12.16		201201266		6:07.75				
	50m: 38.97	38.97	150m: 2:11.67	47.71	250m: 3:47.44	48.11	350m: 5:24.17	47.83						
	100m: 1:23.96	44.99	200m: 2:59.33	47.66	300m: 4:36.34	48.90	400m: 6:07.75	43.58						
16.	Stella Sangers	Zeps				6:04.87		201100380		6:07.87		+0,72		
	50m: 39.04	39.04	150m: 2:09.61	45.97	250m: 3:44.65	47.64	350m: 5:21.04	47.47						
	100m: 1:23.64	44.60	200m: 2:57.01	47.40	300m: 4:33.57	48.92	400m: 6:07.87	46.83						
17.	Djalisa Theunissen	HZPC				6:18.06		201102642		6:15.15		+0,81		
	50m: 41.51	41.51	150m: 2:16.69	48.15	250m: 3:55.14	49.13	350m: 5:33.15	48.09						
	100m: 1:28.54	47.03	200m: 3:06.01	49.32	300m: 4:45.06	49.92	400m: 6:15.15	42.00						
18.	Tessa Naus	ZPC Nederweert				6:16.06		201100540		6:28.94				
	50m: 40.71	40.71	150m: 2:17.91	50.31	250m: 3:58.94	50.20	350m: 5:40.51	49.82						
	100m: 1:27.60	46.89	200m: 3:08.74	50.83	300m: 4:50.69	51.75	400m: 6:28.94	48.43						
AFGEM	Floor Smedts	ZPC De Rog Weert				6:13.40		201101988						

Onder 14 - Brabant

1.	Yill van Bezouw	Hieronymus		4:35.81		201100704		4:35.53 +0,74
	50m: 30.77	30.77	150m: 1:39.92	34.93	250m: 2:50.64	35.48	350m: 4:01.58	35.63
	100m: 1:04.99	34.22	200m: 2:15.16	35.24	300m: 3:25.95	35.31	400m: 4:35.53	33.95
2.	Anna Lepoutre	PSV		4:45.32		201100534		4:37.42 +0,57
	50m: 31.20	31.20	150m: 1:41.40	35.54	250m: 2:52.99	36.01	350m: 4:03.34	35.15
	100m: 1:05.86	34.66	200m: 2:16.98	35.58	300m: 3:28.19	35.20	400m: 4:37.42	34.08

Provinciale Zomerkampioenschappen 2025
Eindhoven, 17- - 25-5-2025

Programmanr. 29, Meisjes, 400m vrije slag, Onder 14 - Brabant

rang	naam	vereniging		intijd		tijd		RT	
3.	Pien Walstra	De Treffers		4:55.65		201101034		4:59.74 +0,78	
	50m: 33.52	33.52	150m: 1:49.49	39.64	250m: 3:08.68	39.64	350m: 4:26.16	38.96	
	100m: 1:09.85	36.33	200m: 2:29.04	39.55	300m: 3:47.20	38.52	400m: 4:59.74	33.58	
4.	Alissa Rooijakkers	Z&PV Nuenen		5:01.15		201101892		5:03.91 +0,74	
	50m: 33.94	33.94	150m: 1:50.26	39.14	250m: 3:09.00	39.19	350m: 4:26.97	38.72	
	100m: 1:11.12	37.18	200m: 2:29.81	39.55	300m: 3:48.25	39.25	400m: 5:03.91	36.94	
5.	Fleur Buijs	Hieronymus		5:11.94		201100676		5:11.29 +0,69	
	50m: 33.94	33.94	150m: 1:51.93	39.84	250m: 3:11.84	39.58	350m: 4:32.78	39.97	
	100m: 1:12.09	38.15	200m: 2:32.26	40.33	300m: 3:52.81	40.97	400m: 5:11.29	38.51	
6.	Brecht van Ravensteijn	Arethusa		5:12.34		201100738		5:14.63 +0,67	
	50m: 34.80	34.80	150m: 1:54.21	40.11	250m: 3:14.88	40.80	350m: 4:35.97	40.80	
	100m: 1:14.10	39.30	200m: 2:34.08	39.87	300m: 3:55.17	40.29	400m: 5:14.63	38.66	
7.	Kendra van der Voort	Arethusa		5:24.36		201100536		5:16.49 +0,78	
	50m: 35.96	35.96	150m: 1:57.35	41.46	250m: 3:21.00	41.88	350m: 4:41.22	39.92	
	100m: 1:15.89	39.93	200m: 2:39.12	41.77	300m: 4:01.30	40.30	400m: 5:16.49	35.27	
8.	Lise Markes	Sbc2000		5:21.48		201101276		5:16.65 +0,61	
	50m: 35.46	35.46	150m: 1:56.73	41.57	250m: 3:19.20	41.00	350m: 4:39.62	39.85	
	100m: 1:15.16	39.70	200m: 2:38.20	41.47	300m: 3:59.77	40.57	400m: 5:16.65	37.03	
9.	Zora Spriet	Hieronymus		5:15.27		201100532		5:16.79 +0,54	
	50m: 33.87	33.87	150m: 1:54.75	41.10	250m: 3:17.78	41.71	350m: 4:39.93	40.48	
	100m: 1:13.65	39.78	200m: 2:36.07	41.32	300m: 3:59.45	41.67	400m: 5:16.79	36.86	
10.	Dagmar Wierckx	Sbc2000		5:27.79		201101278		5:18.97 +0,55	
	50m: 35.54	35.54	150m: 1:55.62	40.47	250m: 3:18.26	40.88	350m: 4:40.23	40.70	
	100m: 1:15.15	39.61	200m: 2:37.38	41.76	300m: 3:59.53	41.27	400m: 5:18.97	38.74	
11.	Tesse van de Wetering	Arethusa		5:33.96		201200780		5:24.36	
	50m: 35.99	35.99	150m: 1:59.38	42.01	250m: 3:23.83	42.08	350m: 4:47.08	40.10	
	100m: 1:17.37	41.38	200m: 2:41.75	42.37	300m: 4:06.98	43.15	400m: 5:24.36	37.28	
12.	Evelien de Rooij	De Treffers		5:33.13		201102074		5:33.28 +0,90	
	50m: 37.70	37.70	150m: 2:02.36	42.81	250m: 3:28.18	43.12	350m: 4:53.59	42.52	
	100m: 1:19.55	41.85	200m: 2:45.06	42.70	300m: 4:11.07	42.89	400m: 5:33.28	39.69	
13.	Anoek van den Bosch	V.Z.V. Njord		5:47.97		201200368		5:34.56 +1,00	
	50m: 38.09	38.09	150m: 2:02.50	42.17	250m: 3:28.65	43.11	350m: 4:54.55	42.43	
	100m: 1:20.33	42.24	200m: 2:45.54	43.04	300m: 4:12.12	43.47	400m: 5:34.56	40.01	
14.	Amaya Nomine	PSV		5:39.35		201103872		5:51.03 +0,76	
	50m: 38.05	38.05	150m: 2:05.35	44.71	250m: 3:36.12	45.84	350m: 5:07.63	45.53	
	100m: 1:20.64	42.59	200m: 2:50.28	44.93	300m: 4:22.10	45.98	400m: 5:51.03	43.40	
15.	Marina Petkovic	PSV		5:59.04		201102494		5:51.26	
	50m: 38.62	38.62	150m: 2:06.05	45.06	250m: 3:37.10	45.74	350m: 5:08.21	45.26	
	100m: 1:20.99	42.37	200m: 2:51.36	45.31	300m: 4:22.95	45.85	400m: 5:51.26	43.05	
16.	Ize Thijs	ZV Hydra		5:49.35		201101388		5:54.35 +0,76	
	50m: 38.62	38.62	150m: 2:08.69	45.72	250m: 3:41.64	46.68	350m: 5:12.81	45.06	
	100m: 1:22.97	44.35	200m: 2:54.96	46.27	300m: 4:27.75	46.11	400m: 5:54.35	41.54	
17.	Amy de Kooter	De Biesboschzwemmers		5:53.89		201100128		5:55.34 +0,68	
	50m: 38.90	38.90	150m: 2:08.70	45.64	250m: 3:41.69	46.74	350m: 5:12.98	44.85	
	100m: 1:23.06	44.16	200m: 2:54.95	46.25	300m: 4:28.13	46.44	400m: 5:55.34	42.36	
18.	Dieudonné Vermaas	ZWK Merlet		5:58.39		201201440		5:59.37 +0,71	
	50m: 39.18	39.18	150m: 2:10.09	45.42	250m: 3:42.30	45.92	350m: 5:16.44	46.78	
	100m: 1:24.67	45.49	200m: 2:56.38	46.29	300m: 4:29.66	47.36	400m: 5:59.37	42.93	
19.	Faye Hofstad	Sbc2000		5:59.37		201101496		6:06.42	
	50m: 39.77	39.77	150m: 2:11.21	46.58	250m: 3:46.91	48.23	350m: 5:21.41	47.18	
	100m: 1:24.63	44.86	200m: 2:58.68	47.47	300m: 4:34.23	47.32	400m: 6:06.42	45.01	
20.	Kate Broekman	Arethusa		5:57.80		201200176		6:14.95 +0,90	
	50m: 40.19	40.19	150m: 2:16.03	48.91	250m: 3:54.94	49.55	350m: 5:31.11	47.93	
	100m: 1:27.12	46.93	200m: 3:05.39	49.36	300m: 4:43.18	48.24	400m: 6:14.95	43.84	

Onder 14 - Zeeland

1.	Carlijn Dezutter	Scheldestroom		5:12.80		201100770		5:18.12	
	50m: 34.39	34.39	150m: 1:52.63	39.76	250m: 3:14.38	40.93	350m: 4:37.70	41.94	
	100m: 1:12.87	38.48	200m: 2:33.45	40.82	300m: 3:55.76	41.38	400m: 5:18.12	40.42	
2.	Marieke van Voren	Scheldestroom		5:53.31		201100358		5:43.31 +0,61	
	50m: 38.66	38.66	150m: 2:04.60	43.62	250m: 3:34.07	45.06	350m: 5:03.96	44.52	
	100m: 1:20.98	42.32	200m: 2:49.01	44.41	300m: 4:19.44	45.37	400m: 5:43.31	39.35	
3.	Indy Verbist	De Marlijn (SG)		5:57.20		201200286		5:43.34	
	50m: 38.24	38.24	150m: 2:05.21	44.13	250m: 3:35.07	44.94	350m: 5:04.65	44.11	
	100m: 1:21.08	42.84	200m: 2:50.13	44.92	300m: 4:20.54	45.47	400m: 5:43.34	38.69	

Provinciale Zomerkampioenschappen 2025
Eindhoven, 17- - 25-5-2025

Programmanr. 29, Dames, 400m vrije slag

Onder 16 - Limburg

1.	Laura Dumont	SG Patrick - De Roersoppers	4:59.78	200900020		4:59.98	+0,78
	50m: 34.43	34.43 150m: 1:51.20	38.71	250m: 3:07.30	37.90	350m: 4:23.71	37.90
	100m: 1:12.49	38.06 200m: 2:29.40	38.20	300m: 3:45.81	38.51	400m: 4:59.98	36.27
2.	Alaine Lomans	Hellas-Glana	5:04.88	201000420		5:00.01	
	50m: 33.56	33.56 150m: 1:49.33	38.18	250m: 3:06.09	38.28	350m: 4:23.15	38.09
	100m: 1:11.15	37.59 200m: 2:27.81	38.48	300m: 3:45.06	38.97	400m: 5:00.01	36.86
3.	Romy de Graaf	Hellas-Glana	5:34.79	201003660		5:03.39	+0,75
	50m: 33.86	33.86 150m: 1:49.77	38.23	250m: 3:09.78	39.86	350m: 4:27.05	38.29
	100m: 1:11.54	37.68 200m: 2:29.92	40.15	300m: 3:48.76	38.98	400m: 5:03.39	36.34
4.	Julie Simonis	Hellas-Glana	5:15.16	201000144		5:11.72	+0,72
	50m: 33.59	33.59 150m: 1:49.58	38.37	250m: 3:09.19	40.07	350m: 4:31.15	41.54
	100m: 1:11.21	37.62 200m: 2:29.12	39.54	300m: 3:49.61	40.42	400m: 5:11.72	40.57
5.	Danné van Munster	Hellas-Glana	5:28.51	200901262		5:17.81	+0,56
	50m: 35.58	35.58 150m: 1:55.60	40.34	250m: 3:17.40	40.57	350m: 4:38.58	40.35
	100m: 1:15.26	39.68 200m: 2:36.83	41.23	300m: 3:58.23	40.83	400m: 5:17.81	39.23
6.	Fenna Hölsgens	Hellas-Glana	5:19.14	201000276		5:20.53	+0,74
	50m: 36.99	36.99 150m: 1:58.53	41.01	250m: 3:21.04	40.65	350m: 4:42.44	40.23
	100m: 1:17.52	40.53 200m: 2:40.39	41.86	300m: 4:02.21	41.17	400m: 5:20.53	38.09
7.	Anouk Leurs	Zeps	5:25.88	200900232		5:25.33	+0,59
	50m: 36.30	36.30 150m: 1:59.76	42.41	250m: 3:23.85	42.07	350m: 4:47.35	41.29
	100m: 1:17.35	41.05 200m: 2:41.78	42.02	300m: 4:06.06	42.21	400m: 5:25.33	37.98
8.	Sophie Reijnders	RZ	5:22.08	200900086		5:26.07	+0,77
	50m: 35.01	35.01 150m: 1:56.22	41.73	250m: 3:21.03	42.94	350m: 4:46.24	42.12
	100m: 1:14.49	39.48 200m: 2:38.09	41.87	300m: 4:04.12	43.09	400m: 5:26.07	39.83
9.	Lynn Peters	RZ	5:28.23	200900454		5:28.42	+0,74
	50m: 35.92	35.92 150m: 1:58.65	41.96	250m: 3:24.04	42.88	350m: 4:49.49	42.14
	100m: 1:16.69	40.77 200m: 2:41.16	42.51	300m: 4:07.35	43.31	400m: 5:28.42	38.93
10.	Izzie Hesselink	Zeps	5:36.47	200900820		5:28.74	+0,69
	50m: 36.86	36.86 150m: 2:01.57	43.57	250m: 3:26.51	42.29	350m: 4:50.60	41.65
	100m: 1:18.00	41.14 200m: 2:44.22	42.65	300m: 4:08.95	42.44	400m: 5:28.74	38.14
11.	Renske Coppens	Vivalo	5:40.64	200900440		5:28.99	
	50m: 35.90	35.90 150m: 1:57.79	41.99	250m: 3:23.41	43.08	350m: 4:48.56	42.67
	100m: 1:15.80	39.90 200m: 2:40.33	42.54	300m: 4:05.89	42.48	400m: 5:28.99	40.43
12.	Nynke Blok	Zwemclub Eijsden	5:27.84	201000204		5:31.14	
	50m: 37.00	37.00 150m: 2:01.35	42.47	250m: 3:26.28	41.83	350m: 4:51.74	41.73
	100m: 1:18.88	41.88 200m: 2:44.45	43.10	300m: 4:10.01	43.73	400m: 5:31.14	39.40

Onder 16 - Brabant

1.	Luus Gielens	PSV	4:33.20	200900138		4:37.49	+0,78
	50m: 31.37	31.37 150m: 1:40.48	34.67	250m: 2:50.79	35.40	350m: 4:02.27	35.68
	100m: 1:05.81	34.44 200m: 2:15.39	34.91	300m: 3:26.59	35.80	400m: 4:37.49	35.22
2.	Isus Verdysseeldonk	PSV	5:08.99	201002878		5:02.67	
	50m: 33.37	33.37 150m: 1:48.82	38.16	250m: 3:06.95	38.53	350m: 4:24.72	38.27
	100m: 1:10.66	37.29 200m: 2:28.42	39.60	300m: 3:46.45	39.50	400m: 5:02.67	37.95
3.	Emma Stokmans	PSV	4:59.70	201004190		5:04.43	+0,63
	50m: 33.67	33.67 150m: 1:49.94	38.77	250m: 3:08.64	38.64	350m: 4:27.05	38.38
	100m: 1:11.17	37.50 200m: 2:30.00	40.06	300m: 3:48.67	40.03	400m: 5:04.43	37.38
4.	Renske van den Bosch	V.Z.V. Njord	5:11.66	201001828		5:08.27	+0,72
	50m: 34.42	34.42 150m: 1:51.56	38.97	250m: 3:11.60	40.34	350m: 4:30.95	39.32
	100m: 1:12.59	38.17 200m: 2:31.26	39.70	300m: 3:51.63	40.03	400m: 5:08.27	37.32
5.	Jayna Wagemakers	Hieronymus	5:14.72	201000226		5:08.28	+0,60
	50m: 34.71	34.71 150m: 1:52.24	39.21	250m: 3:11.54	39.66	350m: 4:31.10	39.71
	100m: 1:13.03	38.32 200m: 2:31.88	39.64	300m: 3:51.39	39.85	400m: 5:08.28	37.18
6.	Louise Verschueren	De Wildert	5:23.83	200904526		5:20.92	+0,88
	50m: 34.82	34.82 150m: 1:56.43	41.43	250m: 3:18.64	41.08	350m: 4:41.46	41.37
	100m: 1:15.00	40.18 200m: 2:37.56	41.13	300m: 4:00.09	41.45	400m: 5:20.92	39.46
7.	Eva Steggerda	Sbc2000	5:21.16	200901506		5:21.76	+0,86
	50m: 35.12	35.12 150m: 1:54.52	40.68	250m: 3:18.17	42.07	350m: 4:41.68	41.39
	100m: 1:13.84	38.72 200m: 2:36.10	41.58	300m: 4:00.29	42.12	400m: 5:21.76	40.08
8.	Isa van der Sanden	Hieronymus	5:23.10	200904528		5:23.11	
	50m: 36.57	36.57 150m: 1:57.49	40.88	250m: 3:21.14	41.84	350m: 4:44.56	40.82
	100m: 1:16.61	40.04 200m: 2:39.30	41.81	300m: 4:03.74	42.60	400m: 5:23.11	38.55
9.	Ilja van Gemeren	Arethusa	5:15.91	201001330		5:23.45	+0,70
	50m: 35.81	35.81 150m: 1:56.83	41.51	250m: 3:20.99	41.66	350m: 4:44.34	41.55
	100m: 1:15.32	39.51 200m: 2:39.33	42.50	300m: 4:02.79	41.80	400m: 5:23.45	39.11
10.	Hanna Advokaat	PSV	5:18.35	200901502		5:24.43	
	50m: 35.33	35.33 150m: 1:55.57	40.65	250m: 3:19.42	41.76	350m: 4:43.61	41.46
	100m: 1:14.92	39.59 200m: 2:37.66	42.09	300m: 4:02.15	42.73	400m: 5:24.43	40.82

Provinciale Zomerkampioenschappen 2025
Eindhoven, 17 - 25-5-2025

Programmanr. 29, Meisjes, 400m vrije slag, Onder 16 - Brabant

rang	naam	vereniging		intijd		tijd		RT
11.	Door van Haperen	Sbc2000		5:35.20		201002874		5:33.84 +0,58
	50m: 36.22	36.22	150m: 2:00.17	43.03	250m: 3:27.17	44.00	350m: 4:52.41	42.65
	100m: 1:17.14	40.92	200m: 2:43.17	43.00	300m: 4:09.76	42.59	400m: 5:33.84	41.43
12.	Alexx Broekman	Arethusa		5:30.71		200902374		5:38.81 +0,92
	50m: 36.31	36.31	150m: 2:00.81	42.75	250m: 3:28.61	43.92	350m: 4:56.24	43.72
	100m: 1:18.06	41.75	200m: 2:44.69	43.88	300m: 4:12.52	43.91	400m: 5:38.81	42.57
13.	Evi Grauwman	Sbc2000		5:24.42		200902326		5:39.33 +0,56
	50m: 37.38	37.38	150m: 2:03.27	43.49	250m: 3:31.77	44.62	350m: 4:59.87	44.17
	100m: 1:19.78	42.40	200m: 2:47.15	43.88	300m: 4:15.70	43.93	400m: 5:39.33	39.46

Onder 16 - Zeeland

1.	Djelaysa Buunk	Z & PC De Zeeuwse Kust		4:47.86		200900536		4:50.96 +0,74
	50m: 32.64	32.64	150m: 1:44.88	36.55	250m: 2:59.18	37.30	350m: 4:14.70	37.77
	100m: 1:08.33	35.69	200m: 2:21.88	37.00	300m: 3:36.93	37.75	400m: 4:50.96	36.26
2.	Lotte van den Hoven	De Marlijn (SG)		5:23.92		200900158		5:30.27
	50m: 36.66	36.66	150m: 2:00.96	42.39	250m: 3:27.13	43.29	350m: 4:51.10	41.87
	100m: 1:18.57	41.91	200m: 2:43.84	42.88	300m: 4:09.23	42.10	400m: 5:30.27	39.17

Onder 18 - Limburg

1.	Nina Derckx	Zeps		5:11.55		200700030		5:05.29 +0,80
	50m: 34.50	34.50	150m: 1:53.24	39.79	250m: 3:11.62	39.05	350m: 4:28.73	38.22
	100m: 1:13.45	38.95	200m: 2:32.57	39.33	300m: 3:50.51	38.89	400m: 5:05.29	36.56
2.	Sara Gootzen	RZ		4:55.94		200702166		5:05.42
	50m: 34.92	34.92	150m: 1:52.84	39.17	250m: 3:10.63	38.43	350m: 4:28.62	38.91
	100m: 1:13.67	38.75	200m: 2:32.20	39.36	300m: 3:49.71	39.08	400m: 5:05.42	36.80
3.	Lucie Schreurs	RZL		5:18.06		200801464		5:09.94 +0,69 *
	50m: 34.64	34.64	150m: 1:53.01	39.73	250m: 3:11.77	39.27	350m: 4:31.09	39.52
	100m: 1:13.28	38.64	200m: 2:32.50	39.49	300m: 3:51.57	39.80	400m: 5:09.94	38.85
4.	Bente Hölsgens	Hellas-Glana		5:16.30		200801470		5:20.66
	50m: 35.60	35.60	150m: 1:56.80	41.19	250m: 3:20.68	42.29	350m: 4:42.90	40.86
	100m: 1:15.61	40.01	200m: 2:38.39	41.59	300m: 4:02.04	41.36	400m: 5:20.66	37.76
5.	Veerle Claessens	Zeps		5:24.67		200800100		5:33.71 +0,75
	50m: 36.42	36.42	150m: 1:58.72	41.85	250m: 3:24.46	43.18	350m: 4:51.12	42.81
	100m: 1:16.87	40.45	200m: 2:41.28	42.56	300m: 4:08.31	43.85	400m: 5:33.71	42.59

Onder 18 - Brabant

1.	Veerle Hildebrand	PSV		4:44.37		200801830		4:42.28 +0,67
	50m: 31.02	31.02	150m: 1:41.34	35.76	250m: 2:53.72	36.06	350m: 4:06.70	36.46
	100m: 1:05.58	34.56	200m: 2:17.66	36.32	300m: 3:30.24	36.52	400m: 4:42.28	35.58
2.	Isa Jansen	Sbc2000		4:56.50		200701176		4:54.91 +0,62
	50m: 31.63	31.63	150m: 1:46.26	38.26	250m: 3:02.64	38.26	350m: 4:18.43	37.97
	100m: 1:08.00	36.37	200m: 2:24.38	38.12	300m: 3:40.46	37.82	400m: 4:54.91	36.48
3.	Lotte Blanken	Sbc2000		5:06.01		200801476		5:02.91 +0,76
	50m: 32.43	32.43	150m: 1:48.91	38.87	250m: 3:07.37	39.01	350m: 4:26.27	39.29
	100m: 1:10.04	37.61	200m: 2:28.36	39.45	300m: 3:46.98	39.61	400m: 5:02.91	36.64
4.	Jansje de Ridder	De Biesboschzwemmers		5:09.22		200800194		5:10.01
	50m: 34.24	34.24	150m: 1:52.19	39.70	250m: 3:12.42	39.98	350m: 4:31.75	39.80
	100m: 1:12.49	38.25	200m: 2:32.44	40.25	300m: 3:51.95	39.53	400m: 5:10.01	38.26
5.	Anne Madelief van Buren	PSV		5:16.13		200803856		5:15.52 +0,61
	50m: 34.87	34.87	150m: 1:55.22	40.88	250m: 3:17.46	41.92	350m: 4:37.90	39.34
	100m: 1:14.34	39.47	200m: 2:35.54	40.32	300m: 3:58.56	41.10	400m: 5:15.52	37.62
6.	Marith Ewijk	Waalwijkse Zwem Vereniging		5:14.55		200801414		5:41.39 +0,80
	50m: 36.38	36.38	150m: 2:02.10	43.88	250m: 3:30.41	44.40	350m: 4:59.55	44.34
	100m: 1:18.22	41.84	200m: 2:46.01	43.91	300m: 4:15.21	44.80	400m: 5:41.39	41.84

Senioren Open - Limburg

1.	Kim Crins	RZL		5:07.31		200501212		5:00.08 +0,81
	50m: 33.36	33.36	150m: 1:48.85	38.59	250m: 3:06.15	38.42	350m: 4:22.84	38.58
	100m: 1:10.26	36.90	200m: 2:27.73	38.88	300m: 3:44.26	38.11	400m: 5:00.08	37.24
2.	Senna Bongartz	SG Patrick - De Roersoppers		5:14.86		200301826		5:18.07
	50m: 36.16	36.16	150m: 1:56.80	40.23	250m: 3:17.91	40.30	350m: 4:38.54	39.84
	100m: 1:16.57	40.41	200m: 2:37.61	40.81	300m: 3:58.70	40.79	400m: 5:18.07	39.53
3.	Jennifer Koonen	Zwemsport Parkstad		5:05.21		200500386		5:30.21 +0,75
	50m: 36.44	36.44	150m: 1:59.74	42.58	250m: 3:25.50	43.11	350m: 4:50.11	43.01
	100m: 1:17.16	40.72	200m: 2:42.39	42.65	300m: 4:07.10	41.60	400m: 5:30.21	40.10

Provinciale Zomerkampioenschappen 2025
Eindhoven, 17- - 25-5-2025

Programmanr. 29, Dames, 400m vrije slag

Senioren Open - Brabant

1.	Yara van Kalmthout	PSV			4:16.92	200200984			4:24.43	+0,71		
	Top time - Regio Zuid											
	50m:	30.13	30.13	150m:	1:36.79	33.76	250m:	2:44.52	33.90	350m:	3:52.47	33.81
	100m:	1:03.03	32.90	200m:	2:10.62	33.83	300m:	3:18.66	34.14	400m:	4:24.43	31.96
2.	Nikita van den Ouden	PSV			4:29.60	199900622			4:35.86	+0,67		
	Top time - Regio Zuid											
	50m:	32.16	32.16	150m:	1:42.92	35.78	250m:	2:53.41	35.16	350m:	4:02.70	34.72
	100m:	1:07.14	34.98	200m:	2:18.25	35.33	300m:	3:27.98	34.57	400m:	4:35.86	33.16
3.	Roos Englebert	Hieronymus			4:46.06	200200606			4:37.02	+0,77		
	50m:	31.78	31.78	150m:	1:42.39	35.62	250m:	2:53.32	35.30	350m:	4:03.67	35.16
	100m:	1:06.77	34.99	200m:	2:18.02	35.63	300m:	3:28.51	35.19	400m:	4:37.02	33.35
4.	Janne Slegers	PSV			4:26.82	200404090			4:46.09	+0,64		
	50m:	31.11	31.11	150m:	1:41.35	35.87	250m:	2:55.48	37.28	350m:	4:09.93	37.30
	100m:	1:05.48	34.37	200m:	2:18.20	36.85	300m:	3:32.63	37.15	400m:	4:46.09	36.16
5.	Liselotte Joling	PSV			4:59.40	197500268			4:57.61			
	50m:	34.70	34.70	150m:	1:50.36	37.76	250m:	3:06.04	37.42	350m:	4:21.34	37.51
	100m:	1:12.60	37.90	200m:	2:28.62	38.26	300m:	3:43.83	37.79	400m:	4:57.61	36.27
6.	Fiona Meuffels	PSV			5:04.87	199504366			5:00.56	+0,69		
	50m:	33.58	33.58	150m:	1:49.28	38.08	250m:	3:06.76	38.52	350m:	4:24.47	38.40
	100m:	1:11.20	37.62	200m:	2:28.24	38.96	300m:	3:46.07	39.31	400m:	5:00.56	36.09
7.	Maud Weijmans	Z&PV Nuenen			5:10.52	200103830			5:06.80	+0,73		
	50m:	35.05	35.05	150m:	1:52.72	39.10	250m:	3:10.74	38.77	350m:	4:28.50	38.58
	100m:	1:13.62	38.57	200m:	2:31.97	39.25	300m:	3:49.92	39.18	400m:	5:06.80	38.30
8.	Michelle van Dijk	DZT'62			5:13.02	199806564			5:12.38	+0,74	*	
	50m:	34.39	34.39	150m:	1:52.32	39.65	250m:	3:12.98	40.47	350m:	4:34.50	40.66
	100m:	1:12.67	38.28	200m:	2:32.51	40.19	300m:	3:53.84	40.86	400m:	5:12.38	37.88
9.	Larissa Jansen	PSV			5:14.94	199500660			5:13.03	+0,80	*	
	50m:	35.00	35.00	150m:	1:53.55	39.63	250m:	3:13.61	39.75	350m:	4:34.80	40.55
	100m:	1:13.92	38.92	200m:	2:33.86	40.31	300m:	3:54.25	40.64	400m:	5:13.03	38.23
10.	Tamar Roosen	V.Z.V. Njord			5:16.20	200501168			5:17.18	+0,71		
	50m:	35.27	35.27	150m:	1:54.29	40.65	250m:	3:17.06	41.63	350m:	4:39.38	40.53
	100m:	1:13.64	38.37	200m:	2:35.43	41.14	300m:	3:58.85	41.79	400m:	5:17.18	37.80
11.	Anne de Beer	ZWK Merlet			5:16.78	200502878			5:29.77	+0,80		
	50m:	35.72	35.72	150m:	1:57.14	41.13	250m:	3:22.47	42.78	350m:	4:49.01	43.57
	100m:	1:16.01	40.29	200m:	2:39.69	42.55	300m:	4:05.44	42.97	400m:	5:29.77	40.76
AFGEM	Daniek van den Berg	DBD			5:00.27	200505398						