

Limietwedstrijd Lange baan
Eindhoven, 10-5-2026

Programmanr. 1
10-5-2026 - 12:45

Dames, 400m vrije slag

11 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Luus Gielens	PSV	4:33.20	200900138	4:33.15 +0,82
	50m: 30.73	30.73 150m: 1:38.86	34.52	250m: 2:48.48	34.81 350m: 3:58.81
	100m: 1:04.34	33.61 200m: 2:13.67	34.81	300m: 3:23.62	35.14 400m: 4:33.15
2.	Angelique van Vark	Gzc Donk	4:36.92	199701478	4:43.24 +0,68
	50m: 31.60	31.60 150m: 1:41.48	35.43	250m: 2:54.20	36.87 350m: 4:08.25
	100m: 1:06.05	34.45 200m: 2:17.33	35.85	300m: 3:31.15	36.95 400m: 4:43.24
3.	Florien Pot	OZ&PC	4:41.97	201000768	4:59.44 +0,69
	50m: 32.64	32.64 150m: 1:46.82	37.62	250m: 3:03.38	38.52 350m: 4:21.50
	100m: 1:09.20	36.56 200m: 2:24.86	38.04	300m: 3:42.34	38.96 400m: 4:59.44
4.	Brecht van Ravensteijn	Arethusa	5:12.34	201100738	4:59.66 +0,70
	50m: 33.15	33.15 150m: 1:48.77	38.13	250m: 3:06.09	38.65 350m: 4:23.34
	100m: 1:10.64	37.49 200m: 2:27.44	38.67	300m: 3:44.96	38.87 400m: 4:59.66
5.	Kendra van der Voort	Arethusa	5:08.90	201100536	5:01.27 +0,75
	50m: 33.88	33.88 150m: 1:50.47	38.52	250m: 3:08.55	38.85 350m: 4:25.29
	100m: 1:11.95	38.07 200m: 2:29.70	39.23	300m: 3:47.85	39.30 400m: 5:01.27
	Fleur Buijs	Hieronymus	5:05.97	201100676	5:01.27 +0,74
	50m: 32.79	32.79 150m: 1:48.40	38.10	250m: 3:05.87	38.63 350m: 4:23.85
	100m: 1:10.30	37.51 200m: 2:27.24	38.84	300m: 3:45.26	39.39 400m: 5:01.27
7.	Coco Scheepers	PSV	5:14.92	201301462	5:01.44
	50m: 33.64	33.64 150m: 1:50.17	38.32	250m: 3:08.09	38.24 350m: 4:25.28
	100m: 1:11.85	38.21 200m: 2:29.85	39.68	300m: 3:47.31	39.22 400m: 5:01.44
8.	Renske van den Bosch	VZV Njord	NT	201001828	5:01.53 +0,79
	50m: 32.87	32.87 150m: 1:48.38	38.72	250m: 3:06.26	39.11 350m: 4:24.14
	100m: 1:09.66	36.79 200m: 2:27.15	38.77	300m: 3:45.42	39.16 400m: 5:01.53
9.	Kim Bouman	Zpc Amersfoort	5:02.86	201000262	5:06.50 +0,86
	50m: 33.59	33.59 150m: 1:50.26	38.75	250m: 3:08.39	39.18 350m: 4:28.25
	100m: 1:11.51	37.92 200m: 2:29.21	38.95	300m: 3:48.75	40.36 400m: 5:06.50
10.	Anoek van den Bosch	VZV Njord	5:34.56	201200368	5:15.90 +0,94
	50m: 35.83	35.83 150m: 1:55.92	40.68	250m: 3:17.33	40.55 350m: 4:37.46
	100m: 1:15.24	39.41 200m: 2:36.78	40.86	300m: 3:58.05	40.72 400m: 5:15.90
11.	Ribanna Damm	OZ&PC	5:17.10	201100304	5:17.90 +0,75
	50m: 34.94	34.94 150m: 1:54.99	40.63	250m: 3:17.02	40.49 350m: 4:38.92
	100m: 1:14.36	39.42 200m: 2:36.53	41.54	300m: 3:58.24	41.22 400m: 5:17.90
12.	Rosalie Vlassaks	Peltse Zwemclub	5:24.90	PZC/21103/13	5:24.55 +0,75
	50m: 36.14	36.14 150m: 1:57.85	42.08	250m: 3:21.51	42.01 350m: 4:46.14
	100m: 1:15.77	39.63 200m: 2:39.50	41.65	300m: 4:03.91	42.40 400m: 5:24.55
13.	Elisa Reirink	OZ&PC	5:17.65	201303452	5:28.64 +0,68
	50m: 34.59	34.59 150m: 1:56.41	41.74	250m: 3:21.73	42.92 350m: 4:46.46
	100m: 1:14.67	40.08 200m: 2:38.81	42.40	300m: 4:04.16	42.43 400m: 5:28.64
14.	Sophie Runia	DZT'62	6:00.09	201300930	5:28.93 +0,56
	50m: 37.00	37.00 150m: 2:00.28	42.19	250m: 3:26.15	42.89 350m: 4:51.45
	100m: 1:18.09	41.09 200m: 2:43.26	42.98	300m: 4:09.51	43.36 400m: 5:28.93
15.	Elise van der Wielen	Olympia	5:26.60	200700346	5:37.70 +0,76
	50m: 37.92	37.92 150m: 2:04.12	44.12	250m: 3:31.07	43.00 350m: 4:56.29
	100m: 1:20.00	42.08 200m: 2:48.07	43.95	300m: 4:13.88	42.81 400m: 5:37.70
16.	Marlies Jehoel-van As	PSV	5:50.00	198500074	5:38.19 +0,62
	50m: 37.28	37.28 150m: 2:02.62	43.34	250m: 3:29.65	43.30 350m: 4:56.60
	100m: 1:19.28	42.00 200m: 2:46.35	43.73	300m: 4:13.22	43.57 400m: 5:38.19
17.	Doris van den Broek	De Duinkickers	5:45.70	201200774	5:41.60
	50m: 36.57	36.57 150m: 2:01.38	42.65	250m: 3:29.28	43.77 350m: 4:58.88
	100m: 1:18.73	42.16 200m: 2:45.51	44.13	300m: 4:14.74	45.46 400m: 5:41.60
18.	Femke Postma	De Duinkickers	5:46.30	201200346	5:43.01 +0,75
	50m: 35.66	35.66 150m: 2:00.15	42.05	250m: 3:31.26	45.58 350m: 5:00.43
	100m: 1:18.10	42.44 200m: 2:45.68	45.53	300m: 4:17.05	45.79 400m: 5:43.01
19.	Mila Hermans	DZT'62	5:33.71	200801006	5:45.09
	50m: 37.38	37.38 150m: 2:03.57	44.11	250m: 3:34.24	45.93 350m: 5:03.40
	100m: 1:19.46	42.08 200m: 2:48.31	44.74	300m: 4:18.45	44.21 400m: 5:45.09
20.	Louane Carfantan	MZ&PC	5:43.85	201101042	5:45.14 +0,57
	50m: 36.49	36.49 150m: 2:03.33	44.40	250m: 3:32.00	44.54 350m: 5:01.25
	100m: 1:18.93	42.44 200m: 2:47.46	44.13	300m: 4:17.02	45.02 400m: 5:45.14
21.	Emma Vaneesbeck	Peltse Zwemclub	6:16.22	PZC/21116/14	5:52.37
	50m: 39.54	39.54 150m: 2:10.48	46.31	250m: 3:42.79	45.87 350m: 5:12.25
	100m: 1:24.17	44.63 200m: 2:56.92	46.44	300m: 4:28.78	45.99 400m: 5:52.37
22.	Annemijn Gassner	Trb/Res	NT	201303234	5:54.20 +0,74
	50m: 39.19	39.19 150m: 2:10.32	45.92	250m: 3:42.24	45.76 350m: 5:11.65
	100m: 1:24.40	45.21 200m: 2:56.48	46.16	300m: 4:27.65	45.41 400m: 5:54.20

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Eindhoven, 10-5-2026

Programmanr. 1, Dames, 400m vrije slag, 11 jaar en ouder

rang	naam	vereniging		intijd		tijd		RT
23.	Danique de Man	VZC		7:10.80		201001972		5:55.78
	50m: 39.69	39.69	150m: 2:09.38	44.91	250m: 3:40.25	45.04	350m: 5:11.34	45.02
	100m: 1:24.47	44.78	200m: 2:55.21	45.83	300m: 4:26.32	46.07	400m: 5:55.78	44.44
24.	Lyne Thomas	Peltse Zwemclub		7:33.81		PZC/21126/14		6:03.41
	50m: 40.47	40.47	150m: 2:11.09	45.03	250m: 3:42.20	46.52	350m: 5:17.56	47.90
	100m: 1:26.06	45.59	200m: 2:55.68	44.59	300m: 4:29.66	47.46	400m: 6:03.41	45.85
25.	Elena De Laat	de Lommelse Waterbengels		7:05.49		LWB/21098/14		6:20.36
	50m: 41.69	41.69	150m: 2:18.36	49.13	250m: 3:55.96	48.26	350m: 5:33.97	48.24
	100m: 1:29.23	47.54	200m: 3:07.70	49.34	300m: 4:45.73	49.77	400m: 6:20.36	46.39
26.	Renée van de Graaf	SG Patrick - De Roersoppers		7:03.02		201201222		6:34.11
	50m: 38.59	38.59	150m: 2:14.79	50.25	250m: 4:00.06	52.80	350m: 5:45.41	54.67
	100m: 1:24.54	45.95	200m: 3:07.26	52.47	300m: 4:50.74	50.68	400m: 6:34.11	48.70
AFGEM	Djelaysa Buunk	ZPC De Zeeuwse Kust		4:47.86		200900536		