

Limietwedstrijd Lange baan  
Eindhoven, 10-5-2026

Programmanr. 29  
10-5-2026 - 17:52

Dames, 400m wisselslag

11 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT		
1.	Fran Vertessen	PSV	5:09.82	200904550	5:15.99		
	50m: 32.96	32.96 150m: 1:53.32	42.38	250m: 3:19.44	43.41	350m: 4:40.19	36.54
	100m: 1:10.94	37.98 200m: 2:36.03	42.71	300m: 4:03.65	44.21	400m: 5:15.99	35.80
2.	Mia Hoeflaken	PSV	5:28.86	201004108	5:18.21	+0,65	
	50m: 32.27	32.27 150m: 1:53.16	43.08	250m: 3:19.41	44.58	350m: 4:42.17	37.39
	100m: 1:10.08	37.81 200m: 2:34.83	41.67	300m: 4:04.78	45.37	400m: 5:18.21	36.04
3.	Isa Schellekens	Zegenwerp	5:17.18	200002330	5:24.22		
	50m: 33.56	33.56 150m: 1:56.04	41.78	250m: 3:24.31	48.05	350m: 4:48.29	36.36
	100m: 1:14.26	40.70 200m: 2:36.26	40.22	300m: 4:11.93	47.62	400m: 5:24.22	35.93
4.	Anna Lepoutre	PSV	5:24.50	201100534	5:27.72	+0,64	
	50m: 32.33	32.33 150m: 1:53.64	43.65	250m: 3:23.95	47.51	350m: 4:52.33	37.74
	100m: 1:09.99	37.66 200m: 2:36.44	42.80	300m: 4:14.59	50.64	400m: 5:27.72	35.39
5.	Meike van de Ree	HZPC	5:26.14	200402646	5:36.13	+0,62	
	50m: 34.97	34.97 150m: 1:59.86	42.39	250m: 3:28.75	47.42	350m: 4:57.67	40.01
	100m: 1:17.47	42.50 200m: 2:41.33	41.47	300m: 4:17.66	48.91	400m: 5:36.13	38.46
6.	Simone Brobbel	ZPC Numansdorp	5:43.78	201200058	5:41.56	+0,78	
	50m: 34.31	34.31 150m: 2:01.57	43.39	250m: 3:34.78	51.26	350m: 5:05.19	39.07
	100m: 1:18.18	43.87 200m: 2:43.52	41.95	300m: 4:26.12	51.34	400m: 5:41.56	36.37
7.	Florien Pot	OZ&PC	5:27.65	201000768	5:45.97	+0,76	
	50m: 35.13	35.13 150m: 2:04.40	45.61	250m: 3:39.29	50.72	350m: 5:08.40	40.34
	100m: 1:18.79	43.66 200m: 2:48.57	44.17	300m: 4:30.76	51.47	400m: 5:45.97	37.57
8.	Benthe de Beer	PSV	5:50.61	201302638	5:48.29		
	50m: 36.12	36.12 150m: 2:05.93	45.84	250m: 3:39.95	49.30	350m: 5:09.21	40.62
	100m: 1:20.09	43.97 200m: 2:50.65	44.72	300m: 4:28.59	48.64	400m: 5:48.29	39.08
9.	Julia Ketelaars	PSV	5:55.57	201200028	5:51.31	+0,66	
	50m: 35.49	35.49 150m: 2:04.16	47.52	250m: 3:40.80	49.55	350m: 5:11.79	40.34
	100m: 1:16.64	41.15 200m: 2:51.25	47.09	300m: 4:31.45	50.65	400m: 5:51.31	39.52
10.	Anne de Beer	ZWK Merlet	6:03.38	200502878	5:56.94	+0,74	
	50m: 37.04	37.04 150m: 2:10.34	49.33	250m: 3:48.23	51.12	350m: 5:18.95	40.16
	100m: 1:21.01	43.97 200m: 2:57.11	46.77	300m: 4:38.79	50.56	400m: 5:56.94	37.99
11.	Doortje Maat	ZPC De Zeeuwse Kust	NT	201002970	6:00.84	+0,77	
	50m: 36.75	36.75 150m: 2:06.53	46.54	250m: 3:43.35	50.89	350m: 5:19.72	43.73
	100m: 1:19.99	43.24 200m: 2:52.46	45.93	300m: 4:35.99	52.64	400m: 6:00.84	41.12
12.	Liselotte Joling	PSV	5:54.43	197500268	6:00.86	+0,82	
	50m: 37.41	37.41 150m: 2:11.00	49.54	250m: 3:49.94	51.94	350m: 5:23.33	39.83
	100m: 1:21.46	44.05 200m: 2:58.00	47.00	300m: 4:43.50	53.56	400m: 6:00.86	37.53
13.	Chloë Beekman	HZPC	6:23.41	201100376	6:02.52	+0,83	
	50m: 40.49	40.49 150m: 2:16.57	46.73	250m: 3:52.22	48.08	350m: 5:23.33	41.99
	100m: 1:29.84	49.35 200m: 3:04.14	47.57	300m: 4:41.34	49.12	400m: 6:02.52	39.19
14.	Fiene Quaak	Z&PC De Ganze	NT	201201142	6:03.53	+0,59	
	50m: 38.14	38.14 150m: 2:18.73	46.38	250m: 3:52.34	51.04	350m: 5:25.51	42.37
	100m: 1:32.35	54.21 200m: 3:01.30	42.57	300m: 4:43.14	50.80	400m: 6:03.53	38.02
15.	Lili de Graaf	Hellas-Glana	5:59.37	201103068	6:07.92		
	50m: 40.29	40.29 150m: 2:19.63	48.07	250m: 3:53.75	47.75	350m: 5:27.04	45.24
	100m: 1:31.56	51.27 200m: 3:06.00	46.37	300m: 4:41.80	48.05	400m: 6:07.92	40.88
16.	Evy Saarloos	New Wave Almere	6:28.44	201300510	6:19.96	+0,93	
	50m: 39.92	39.92 150m: 2:21.59	50.67	250m: 4:00.70	50.76	350m: 5:40.68	45.64
	100m: 1:30.92	51.00 200m: 3:09.94	48.35	300m: 4:55.04	54.34	400m: 6:19.96	39.28
17.	Juul Walstra	De Treffers	NT	201400136	6:21.37		
	50m: 42.35	42.35 150m: 2:18.34	46.65	250m: 3:58.03	54.24	350m: 5:38.08	44.30
	100m: 1:31.69	49.34 200m: 3:03.79	45.45	300m: 4:53.78	55.75	400m: 6:21.37	43.29
18.	Dycke Peeters	Hydra	NT	201301412	6:37.37		
	50m: 41.64	41.64 150m: 2:27.38	53.76	250m: 4:08.84	52.34	350m: 5:53.45	48.78
	100m: 1:33.62	51.98 200m: 3:16.50	49.12	300m: 5:04.67	55.83	400m: 6:37.37	43.92
19.	Esmeralda Elbers	ZPC Numansdorp	8:23.01	200404888	7:50.25	+0,96	
	50m: 49.39	49.39 150m: 2:48.24	59.20	250m: 4:51.42	1:05.68	350m: 6:56.88	54.97
	100m: 1:49.04	59.65 200m: 3:45.74	57.50	300m: 6:01.91	1:10.49	400m: 7:50.25	53.37
DIS	Ellis Manders	ZPC Nederweert	NT	201002236		SA	
	<i>SA - Na start en/of keerpunt niet met het hoofd het wateroppervlak doorbroken, voordat bij het wijdste gedeelte v.d. 2e armslag de handen naar binnen beginnen te draaien.</i>						
DIS	Vicky Horens	Hellas-Glana	5:46.97	201200252		SL	
	<i>SL - Het keer- en/of eindpunt met één hand aangetikt.</i>						
AFGEM	Nadine Scheeve	De Biesboschzwemmers	6:58.90	199700684			
AFGEM	Jana Nelissen	PSV	6:03.61	201200350			