

Programmanr. 2  
 23-5-2026 - 12:52

Dames, 400m wisselslag

 Senioren Open  
 Resultaten

rang	naam	vereniging	intijd	tijd	RT	
<b>Onder 14</b>						
1.	Benthe de Beer	PSV	5:48.29	201302638	<b>5:45.39</b>	
	50m: 35.31	35.31 150m: 2:03.19	45.52	250m: 3:37.15	48.50 350m: 5:06.54	40.86
	100m: 1:17.67	42.36 200m: 2:48.65	45.46	300m: 4:25.68	48.53 400m: 5:45.39	38.85
2.	Julia Ketelaars	PSV	5:51.31	201200028	<b>5:55.23</b>	+0,61
	50m: 36.75	36.75 150m: 2:08.44	48.12	250m: 3:45.94	50.92 350m: 5:16.51	40.48
	100m: 1:20.32	43.57 200m: 2:55.02	46.58	300m: 4:36.03	50.09 400m: 5:55.23	38.72
3.	Fiene Quaak	Z&PC De Ganze	6:03.53	201201142	<b>6:01.80</b>	+0,72
	50m: 39.02	39.02 150m: 2:13.21	46.19	250m: 3:47.42	51.28 350m: 5:21.35	42.68
	100m: 1:27.02	48.00 200m: 2:56.14	42.93	300m: 4:38.67	51.25 400m: 6:01.80	40.45
4.	Indy Verbist	De Marlijn (SG)	6:11.40	201200286	<b>6:14.01</b>	
	50m: 39.30	39.30 150m: 2:16.27	47.46	250m: 3:58.33	55.29 350m: 5:34.77	41.98
	100m: 1:28.81	49.51 200m: 3:03.04	46.77	300m: 4:52.79	54.46 400m: 6:14.01	39.24
5.	Anoek van den Bosch	V.Z.V. Njord	6:42.46	201200368	<b>6:14.23</b>	+0,92
	50m: 40.27	40.27 150m: 2:19.79	47.72	250m: 4:00.68	52.88 350m: 5:34.81	40.59
	100m: 1:32.07	51.80 200m: 3:07.80	48.01	300m: 4:54.22	53.54 400m: 6:14.23	39.42
6.	Sophie Runia	Dzt'62	6:12.53	201300930	<b>6:15.46</b>	+0,54
	50m: 37.70	37.70 150m: 2:17.29	50.63	250m: 3:55.08	50.89 350m: 5:32.94	44.89
	100m: 1:26.66	48.96 200m: 3:04.19	46.90	300m: 4:48.05	52.97 400m: 6:15.46	42.52
7.	Lisa van den Berg	V.Z.V. Njord	6:06.39	201300342	<b>6:22.76</b>	+0,80
	50m: 38.72	38.72 150m: 2:16.68	51.23	250m: 3:58.02	52.48 350m: 5:38.00	44.96
	100m: 1:25.45	46.73 200m: 3:05.54	48.86	300m: 4:53.04	55.02 400m: 6:22.76	44.76
8.	Annemijn Gassner	Trb/Res	6:12.42	201303234	<b>6:26.78</b>	+0,72
	50m: 41.72	41.72 150m: 2:22.14	48.69	250m: 4:03.87	52.79 350m: 5:44.15	45.24
	100m: 1:33.45	51.73 200m: 3:11.08	48.94	300m: 4:58.91	55.04 400m: 6:26.78	42.63
9.	Liz Miller	ZWK Merlet	6:27.61	201201234	<b>6:28.13</b>	+0,83
	50m: 43.26	43.26 150m: 2:24.36	48.66	250m: 4:03.86	51.96 350m: 5:43.66	45.31
	100m: 1:35.70	52.44 200m: 3:11.90	47.54	300m: 4:58.35	54.49 400m: 6:28.13	44.47
10.	Kate Broekman	Arethusa	6:48.63	201200176	<b>6:28.63</b>	+0,83
	50m: 40.53	40.53 150m: 2:23.15	50.77	250m: 4:07.10	54.10 350m: 5:47.11	44.13
	100m: 1:32.38	51.85 200m: 3:13.00	49.85	300m: 5:02.98	55.88 400m: 6:28.63	41.52
11.	Giulia Zanchettin	V.Z.V. Njord	6:24.08	201301132	<b>6:31.44</b>	
	50m: 43.16	43.16 150m: 2:25.50	51.20	250m: 4:11.89	55.66 350m: 5:50.69	43.15
	100m: 1:34.30	51.14 200m: 3:16.23	50.73	300m: 5:07.54	55.65 400m: 6:31.44	40.75
12.	Femke van den Oven	Sbc2000	6:05.95	201300130	<b>6:35.95</b>	
	50m: 38.98	38.98 150m: 2:18.16	49.45	250m: 4:01.72	55.32 350m: 5:50.57	49.89
	100m: 1:28.71	49.73 200m: 3:06.40	48.24	300m: 5:00.68	58.96 400m: 6:35.95	45.38
13.	Dycke Peeters	ZV Hydra	6:37.37	201301412	<b>6:36.45</b>	+0,88
	50m: 43.68	43.68 150m: 2:28.08	52.18	250m: 4:12.51	53.33 350m: 5:52.89	44.17
	100m: 1:35.90	52.22 200m: 3:19.18	51.10	300m: 5:08.72	56.21 400m: 6:36.45	43.56
<b>Onder 16</b>						
1.	Jayna Wagemakers	Hieronymus	5:37.96	201000226	<b>5:38.59</b>	
	50m: 35.43	35.43 150m: 2:01.25	43.65	250m: 3:31.42	48.15 350m: 5:00.06	40.31
	100m: 1:17.60	42.17 200m: 2:43.27	42.02	300m: 4:19.75	48.33 400m: 5:38.59	38.53
2.	Renske van den Bosch	V.Z.V. Njord	5:43.78	201001828	<b>5:45.08</b>	+0,66
	50m: 36.57	36.57 150m: 2:03.56	43.35	250m: 3:36.34	50.20 350m: 5:06.59	39.75
	100m: 1:20.21	43.64 200m: 2:46.14	42.58	300m: 4:26.84	50.50 400m: 5:45.08	38.49
3.	Ilja van Gemeren	Arethusa	5:52.81	201001330	<b>5:50.72</b>	+0,65
	50m: 36.24	36.24 150m: 2:06.87	46.42	250m: 3:40.24	49.21 350m: 5:11.56	41.15
	100m: 1:20.45	44.21 200m: 2:51.03	44.16	300m: 4:30.41	50.17 400m: 5:50.72	39.16
4.	Doortje Maat	Z & PC De Zeeuwse Kust	6:00.84	201002970	<b>5:51.36</b>	+0,78
	50m: 35.65	35.65 150m: 2:05.61	46.77	250m: 3:39.98	48.86 350m: 5:12.78	42.36
	100m: 1:18.84	43.19 200m: 2:51.12	45.51	300m: 4:30.42	50.44 400m: 5:51.36	38.58
5.	Dagmar Wierckx	Sbc2000	6:02.47	201101278	<b>5:54.56</b>	+0,70
	50m: 37.13	37.13 150m: 2:06.81	46.16	250m: 3:43.79	50.93 350m: 5:16.55	40.16
	100m: 1:20.65	43.52 200m: 2:52.86	46.05	300m: 4:36.39	52.60 400m: 5:54.56	38.01
6.	Lise Markes	Sbc2000	5:53.28	201101276	<b>6:10.16</b>	+0,56
	50m: 35.00	35.00 150m: 2:06.03	47.99	250m: 3:47.17	54.15 350m: 5:25.58	44.38
	100m: 1:18.04	43.04 200m: 2:53.02	46.99	300m: 4:41.20	54.03 400m: 6:10.16	44.58



## Programmanr. 2, Meisjes, 400m wisselslag, Onder 16

rang	naam	vereniging	intijd	tijd	RT
7.	Door van Haperen	Sbc2000	6:04.34	201002874	<b>6:16.34</b> +0,79
	50m: 38.46	38.46 150m: 2:16.74	50.67 250m: 3:57.65	51.54	350m: 5:33.68
	100m: 1:26.07	47.61 200m: 3:06.11	49.37 300m: 4:51.53	53.88	400m: 6:16.34
8.	Lieve Bakker	Dzt'62	6:31.92	201101788	<b>6:40.27</b> +0,85
	50m: 42.08	42.08 150m: 2:25.64	50.26 250m: 4:10.61	56.16	350m: 5:55.32
	100m: 1:35.38	53.30 200m: 3:14.45	48.81 300m: 5:07.96	57.35	400m: 6:40.27
9.	Amy de Kooter	De Biesboschzweimmers	6:27.40	201100128	<b>6:41.13</b> +0,64
	50m: 42.49	42.49 150m: 2:28.58	52.34 250m: 4:12.55	55.13	350m: 5:56.27
	100m: 1:36.24	53.75 200m: 3:17.42	48.84 300m: 5:11.45	58.90	400m: 6:41.13
DIS	Marieke van Voren	Scheldestroom	6:23.75	201100358	
	<i>SA - Na start en/of keerpunt niet met het hoofd het wateroppervlak doorbroken, voordat bij het wideste gedeelte v.d. 2e armslag de handen naar binnen beginnen te draaien.</i>				

## Onder 18

1.	Bregje Dekkers	PSV	5:06.96	200900746	<b>5:11.11</b> +0,52
	50m: 31.54	31.54 150m: 1:49.23	42.06 250m: 3:14.87	45.26	350m: 4:36.89
	100m: 1:07.17	35.63 200m: 2:29.61	40.38 300m: 4:01.49	46.62	400m: 5:11.11
2.	Lotte Blanken	Sbc2000	5:41.42	200801476	<b>5:37.50</b> +0,74
	50m: 35.06	35.06 150m: 2:01.72	44.45 250m: 3:31.98	47.67	350m: 5:00.50
	100m: 1:17.27	42.21 200m: 2:44.31	42.59 300m: 4:20.45	48.47	400m: 5:37.50
3.	Kyana de Vries	ZWK Merlet	5:53.95	200901260	<b>5:54.23</b> +0,75
	50m: 37.74	37.74 150m: 2:11.13	48.46 250m: 3:42.28	44.63	350m: 5:11.42
	100m: 1:22.67	44.93 200m: 2:57.65	46.52 300m: 4:28.50	46.22	400m: 5:54.23
4.	Eva Steggerda	Sbc2000	6:27.09	200901506	<b>6:08.84</b>
	50m: 38.11	38.11 150m: 2:13.24	46.82 250m: 3:51.52	53.08	350m: 5:28.10
	100m: 1:26.42	48.31 200m: 2:58.44	45.20 300m: 4:46.07	54.55	400m: 6:08.84
5.	Britt van der Ham	WZV	6:13.54	200801320	<b>6:37.05</b> +0,64
	50m: 42.15	42.15 150m: 2:24.03	49.37 250m: 4:07.57	55.48	350m: 5:51.59
	100m: 1:34.66	52.51 200m: 3:12.09	48.06 300m: 5:04.47	56.90	400m: 6:37.05
6.	Danielle Bos	Z & PC De Zeeuwse Kust	6:18.54	200902946	<b>6:40.85</b> +0,77
	50m: 41.28	41.28 150m: 2:24.43	53.60 250m: 4:12.36	55.76	350m: 5:56.69
	100m: 1:30.83	49.55 200m: 3:16.60	52.17 300m: 5:10.97	58.61	400m: 6:40.85

## 18 en ouder

1.	Roos Englebert	Hieronymus	5:09.74	200200606	<b>5:07.82</b> +0,61
	50m: 33.06	33.06 150m: 1:52.03	41.79 250m: 3:15.45	42.26	350m: 4:33.93
	100m: 1:10.24	37.18 200m: 2:33.19	41.16 300m: 3:58.75	43.30	400m: 5:07.82
2.	Isa Schellekens	Zegenwerp	5:17.42	200002330	<b>5:12.27</b> +0,60
	50m: 33.91	33.91 150m: 1:52.12	40.12 250m: 3:16.92	45.79	350m: 4:37.01
	100m: 1:12.00	38.09 200m: 2:31.13	39.01 300m: 4:01.46	44.54	400m: 5:12.27
3.	Isa Jansen	Sbc2000	5:27.80	200701176	<b>5:17.98</b> +0,58
	50m: 34.47	34.47 150m: 1:54.30	40.97 250m: 3:19.18	44.53	350m: 4:42.00
	100m: 1:13.33	38.86 200m: 2:34.65	40.35 300m: 4:04.72	45.54	400m: 5:17.98
4.	Esther Tiemersma	PSV	5:38.46	200202962	<b>5:47.61</b> +0,69
	50m: 36.81	36.81 150m: 2:07.97	49.16 250m: 3:40.71	46.06	350m: 5:08.70
	100m: 1:18.81	42.00 200m: 2:54.65	46.68 300m: 4:26.85	46.14	400m: 5:47.61
5.	Anne de Beer	ZWK Merlet	5:56.94	200502878	<b>5:48.05</b> +0,77
	50m: 36.71	36.71 150m: 2:05.74	45.99 250m: 3:39.86	47.88	350m: 5:10.14
	100m: 1:19.75	43.04 200m: 2:51.98	46.24 300m: 4:29.18	49.32	400m: 5:48.05
6.	Liselotte Joling	PSV	5:55.90	197500268	<b>5:50.20</b> +0,81
	50m: 37.63	37.63 150m: 2:06.48	47.93 250m: 3:42.88	51.13	350m: 5:13.10
	100m: 1:18.55	40.92 200m: 2:51.75	45.27 300m: 4:33.01	50.13	400m: 5:50.20
7.	Isabel van Alebeek	WZV	5:42.41	200301694	<b>6:05.45</b> +0,71
	50m: 35.63	35.63 150m: 2:06.51	48.23 250m: 3:46.48	50.98	350m: 5:22.36
	100m: 1:18.28	42.65 200m: 2:55.50	48.99 300m: 4:39.36	52.88	400m: 6:05.45