

Programmanr. 29
 30-5-2026 - 15:41

Dames, 400m vrije slag

 Senioren Open
 Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Onder 14								
1.	Julia Ketelaars	PSV	5:00.69	201200028	4:54.17			
	50m: 34.14	34.14	150m: 1:49.11	37.83	250m: 3:04.99	37.84	350m: 4:19.94	36.53
	100m: 1:11.28	37.14	200m: 2:27.15	38.04	300m: 3:43.41	38.42	400m: 4:54.17	34.23
2.	Benthe de Beer	PSV	5:04.85	201302638	4:57.93			
	50m: 33.87	33.87	150m: 1:48.56	37.38	250m: 3:04.29	37.80	350m: 4:20.47	37.70
	100m: 1:11.18	37.31	200m: 2:26.49	37.93	300m: 3:42.77	38.48	400m: 4:57.93	37.46
3.	Coco Scheepers	PSV	5:01.44	201301462	5:08.05			
	50m: 33.93	33.93	150m: 1:49.81	38.93	250m: 3:08.22	39.37	350m: 4:28.23	40.34
	100m: 1:10.88	36.95	200m: 2:28.85	39.04	300m: 3:47.89	39.67	400m: 5:08.05	39.82
4.	Anoek van den Bosch	V.Z.V. Njord	5:15.90	201200368	5:12.46	+0,91		
	50m: 35.43	35.43	150m: 1:53.52	40.03	250m: 3:14.14	40.83	350m: 4:34.41	40.32
	100m: 1:13.49	38.06	200m: 2:33.31	39.79	300m: 3:54.09	39.95	400m: 5:12.46	38.05
5.	Fiene Quaak	Z&PC De Ganze	5:08.60	201201142	5:13.30			
	50m: 34.71	34.71	150m: 1:54.83	40.92	250m: 3:16.47	40.68	350m: 4:37.25	39.61
	100m: 1:13.91	39.20	200m: 2:35.79	40.96	300m: 3:57.64	41.17	400m: 5:13.30	36.05
6.	Jaylin Roks	Hieronymus	5:34.05	201300620	5:18.97	+0,66		
	50m: 35.17	35.17	150m: 1:55.47	41.16	250m: 3:17.90	41.97	350m: 4:40.25	41.44
	100m: 1:14.31	39.14	200m: 2:35.93	40.46	300m: 3:58.81	40.91	400m: 5:18.97	38.72
7.	Indy Verbist	De Marlijn (SG)	5:24.61	201200286	5:19.00	+0,78		
	50m: 35.38	35.38	150m: 1:55.59	40.83	250m: 3:18.68	41.92	350m: 4:41.61	41.43
	100m: 1:14.76	39.38	200m: 2:36.76	41.17	300m: 4:00.18	41.50	400m: 5:19.00	37.39
8.	Tesse van de Wetering	Arethusa	5:24.36	201200780	5:22.19	+0,73		
	50m: 35.34	35.34	150m: 1:57.10	41.47	250m: 3:20.78	41.75	350m: 4:43.54	41.03
	100m: 1:15.63	40.29	200m: 2:39.03	41.93	300m: 4:02.51	41.73	400m: 5:22.19	38.65
9.	Sophie Runia	Dzt'62	5:23.64	201300930	5:24.09			
	50m: 35.62	35.62	150m: 1:57.03	41.21	250m: 3:21.85	42.09	350m: 4:46.31	41.97
	100m: 1:15.82	40.20	200m: 2:39.76	42.73	300m: 4:04.34	42.49	400m: 5:24.09	37.78
10.	Giulia Zanchettin	V.Z.V. Njord	5:39.54	201301132	5:37.40			
	50m: 38.82	38.82	150m: 2:04.26	43.59	250m: 3:31.18	43.63	350m: 4:56.75	42.51
	100m: 1:20.67	41.85	200m: 2:47.55	43.29	300m: 4:14.24	43.06	400m: 5:37.40	40.65
11.	Noor van der Ploeg	Hieronymus	5:35.95	201201694	5:41.47	+0,65		
	50m: 35.79	35.79	150m: 1:59.65	42.38	250m: 3:28.87	45.75	350m: 5:00.88	45.75
	100m: 1:17.27	41.48	200m: 2:43.12	43.47	300m: 4:15.13	46.26	400m: 5:41.47	40.59
12.	Femke van den Oven	Sbc2000	5:29.50	201300130	5:42.90			
	50m: 38.93	38.93	150m: 2:03.63	43.59	250m: 3:31.96	44.12	350m: 5:00.68	43.97
	100m: 1:20.04	41.11	200m: 2:47.84	44.21	300m: 4:16.71	44.75	400m: 5:42.90	42.22
13.	Annemijn Gassner	Trb/Res	5:54.20	201303234	5:44.82	+0,71		
	50m: 37.76	37.76	150m: 2:04.69	43.61	250m: 3:33.08	44.33	350m: 5:02.61	44.64
	100m: 1:21.08	43.32	200m: 2:48.75	44.06	300m: 4:17.97	44.89	400m: 5:44.82	42.21
14.	Liz Miller	ZWK Merlet	5:50.07	201201234	5:48.13	+0,81		
	50m: 38.90	38.90	150m: 2:08.03	44.76	250m: 3:38.89	44.95	350m: 5:07.91	43.03
	100m: 1:23.27	44.37	200m: 2:53.94	45.91	300m: 4:24.88	45.99	400m: 5:48.13	40.22
15.	Dieudonné Vermaas	ZWK Merlet	5:58.39	201201440	5:56.88	+0,86		
	50m: 38.02	38.02	150m: 2:05.81	44.83	250m: 3:38.44	46.87	350m: 5:13.22	46.47
	100m: 1:20.98	42.96	200m: 2:51.57	45.76	300m: 4:26.75	48.31	400m: 5:56.88	43.66
AFGEM	Jana Nelissen	PSV	5:15.15	201200350				

Onder 16

1.	Isus Verdysseidonk	PSV	4:53.96	201002878	4:47.08			
	50m: 33.33	33.33	150m: 1:45.92	35.72	250m: 2:59.24	36.20	350m: 4:11.54	35.56
	100m: 1:10.20	36.87	200m: 2:23.04	37.12	300m: 3:35.98	36.74	400m: 4:47.08	35.54
2.	Renske van den Bosch	V.Z.V. Njord	5:01.53	201001828	4:54.63	+0,65		
	50m: 33.09	33.09	150m: 1:47.68	37.44	250m: 3:03.02	37.82	350m: 4:18.14	37.67
	100m: 1:10.24	37.15	200m: 2:25.20	37.52	300m: 3:40.47	37.45	400m: 4:54.63	36.49
3.	Carlijn Dezutter	Scheldestroom	4:59.26	201100770	5:00.09	+0,53		
	50m: 32.97	32.97	150m: 1:46.76	37.36	250m: 3:02.88	38.65	350m: 4:22.08	39.55
	100m: 1:09.40	36.43	200m: 2:24.23	37.47	300m: 3:42.53	39.65	400m: 5:00.09	38.01

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

rang	naam	vereniging	intijd	tijd	RT
4.	Fleur Bujs	Hieronymus	5:01.27	201100676	5:02.52 +0,71
	50m: 32.53	32.53 150m: 1:47.21	37.78	250m: 3:04.79	39.00
	100m: 1:09.43	36.90 200m: 2:25.79	38.58	300m: 3:44.27	39.48
				350m: 4:24.15	39.88
				400m: 5:02.52	38.37
5.	Jayna Wagemakers	Hieronymus	5:03.90	201000226	5:04.12 +0,63
	50m: 33.72	33.72 150m: 1:50.08	38.75	250m: 3:08.11	38.86
	100m: 1:11.33	37.61 200m: 2:29.25	39.17	300m: 3:47.94	39.83
				350m: 4:26.90	38.96
				400m: 5:04.12	37.22
6.	Brecht van Ravensteijn	Arethusa	4:59.66	201100738	5:04.13 +0,61
	50m: 33.59	33.59 150m: 1:49.01	38.00	250m: 3:06.92	39.22
	100m: 1:11.01	37.42 200m: 2:27.70	38.69	300m: 3:46.64	39.72
				350m: 4:26.02	39.38
				400m: 5:04.13	38.11
7.	Kendra van der Voort	Arethusa	5:01.27	201100536	5:05.68
	50m: 34.44	34.44 150m: 1:52.00	39.18	250m: 3:12.12	40.26
	100m: 1:12.82	38.38 200m: 2:31.86	39.86	300m: 3:51.90	39.78
				350m: 4:29.92	38.02
				400m: 5:05.68	35.76
8.	Dagmar Wierckx	Sbc2000	5:18.97	201101278	5:13.81 +0,51
	50m: 35.54	35.54 150m: 1:54.75	40.21	250m: 3:16.06	40.79
	100m: 1:14.54	39.00 200m: 2:35.27	40.52	300m: 3:56.67	40.61
				350m: 4:36.36	39.69
				400m: 5:13.81	37.45
9.	Morrison Schram	Z & PC De Zeeuwse Kust	5:04.92	201100686	5:16.97 +0,78
	50m: 34.30	34.30 150m: 1:54.41	40.67	250m: 3:15.67	40.12
	100m: 1:13.74	39.44 200m: 2:35.55	41.14	300m: 3:56.06	40.39
				350m: 4:36.83	40.77
				400m: 5:16.97	40.14
10.	Jante Cremers	Tempo Valkenswaard	5:18.83	201102406	5:18.63 +0,56
	50m: 34.30	34.30 150m: 1:53.54	40.29	250m: 3:15.98	41.56
	100m: 1:13.25	38.95 200m: 2:34.42	40.88	300m: 3:57.66	41.68
				350m: 4:38.84	41.18
				400m: 5:18.63	39.79
11.	Ilja van Gemeren	Arethusa	5:14.79	201001330	5:19.33 +0,69
	50m: 34.41	34.41 150m: 1:54.56	40.87	250m: 3:16.55	40.79
	100m: 1:13.69	39.28 200m: 2:35.76	41.20	300m: 3:58.23	41.68
				350m: 4:39.50	41.27
				400m: 5:19.33	39.83
12.	Door van Haperen	Sbc2000	5:33.84	201002874	5:19.62
	50m: 35.89	35.89 150m: 1:57.76	41.21	250m: 3:20.73	41.38
	100m: 1:16.55	40.66 200m: 2:39.35	41.59	300m: 4:01.61	40.88
				350m: 4:42.13	40.52
				400m: 5:19.62	37.49
13.	Vlada Filimonov	De Bevelanders	5:14.01	201002642	5:24.33 +0,61
	50m: 35.51	35.51 150m: 1:57.90	41.80	250m: 3:21.45	42.26
	100m: 1:16.10	40.59 200m: 2:39.19	41.29	300m: 4:02.39	40.94
				350m: 4:44.01	41.62
				400m: 5:24.33	40.32
14.	Lise Markes	Sbc2000	5:13.39	201101276	5:29.25 +0,55
	50m: 34.96	34.96 150m: 1:56.43	41.95	250m: 3:22.67	43.27
	100m: 1:14.48	39.52 200m: 2:39.40	42.97	300m: 4:05.97	43.30
				350m: 4:48.85	42.88
				400m: 5:29.25	40.40
15.	Lotte de Wit	ZV Hydra	5:27.97	201001164	5:30.18 +0,76
	50m: 36.00	36.00 150m: 1:56.90	40.91	250m: 3:21.75	42.47
	100m: 1:15.99	39.99 200m: 2:39.28	42.38	300m: 4:05.67	43.92
				350m: 4:48.29	42.62
				400m: 5:30.18	41.89
16.	Marieke van Voren	Scheldeestroom	5:27.31	201100358	5:43.44 +0,67
	50m: 36.99	36.99 150m: 2:03.44	44.00	250m: 3:32.72	45.08
	100m: 1:19.44	42.45 200m: 2:47.64	44.20	300m: 4:17.36	44.64
				350m: 5:00.60	43.24
				400m: 5:43.44	42.84
17.	Faye Hofstad	Sbc2000	5:28.83	201101496	5:51.47 +0,73
	50m: 37.22	37.22 150m: 2:04.86	44.64	250m: 3:36.62	46.23
	100m: 1:20.22	43.00 200m: 2:50.39	45.53	300m: 4:22.71	46.09
				350m: 5:07.89	45.18
				400m: 5:51.47	43.58

Onder 18

1.	Julia Dijkstra	PSV	5:03.12	200904546	5:06.10
	50m: 34.07	34.07 150m: 1:50.43	38.82	250m: 3:09.39	39.54
	100m: 1:11.61	37.54 200m: 2:29.85	39.42	300m: 3:49.09	39.70
				350m: 4:28.33	39.24
				400m: 5:06.10	37.77
2.	Eva Steggerda	Sbc2000	5:06.58	200901506	5:10.69 +0,65
	50m: 34.43	34.43 150m: 1:51.77	39.22	250m: 3:11.45	39.92
	100m: 1:12.55	38.12 200m: 2:31.53	39.76	300m: 3:51.40	39.95
				350m: 4:31.32	39.92
				400m: 5:10.69	39.37
3.	Hanna Advokaat	PSV	5:17.95	200901502	5:14.35 +0,61
	50m: 34.41	34.41 150m: 1:52.42	39.90	250m: 3:13.37	40.32
	100m: 1:12.52	38.11 200m: 2:33.05	40.63	300m: 3:54.12	40.75
				350m: 4:35.09	40.97
				400m: 5:14.35	39.26
4.	Isa van der Sanden	Hieronymus	5:18.12	200904528	5:39.89
	50m: 37.21	37.21 150m: 2:02.27	43.39	250m: 3:31.09	44.73
	100m: 1:18.88	41.67 200m: 2:46.36	44.09	300m: 4:15.26	44.17
				350m: 4:58.40	43.14
				400m: 5:39.89	41.49

Programmanr. 29, Dames, 400m vrije slag

18 en ouder

1. Roos Englebert	Hieronymus	4:37.02	200200606	4:35.29	
50m: 31.06	31.06 150m: 1:40.48	34.88	250m: 2:50.53	35.02	350m: 4:01.10 35.33
100m: 1:05.60	34.54 200m: 2:15.51	35.03	300m: 3:25.77	35.24	400m: 4:35.29 34.19
2. Isa Jansen	Sbc2000	4:53.70	200701176	4:50.04	+0,57
50m: 32.32	32.32 150m: 1:45.06	37.20	250m: 3:00.07	37.77	350m: 4:15.31 37.65
100m: 1:07.86	35.54 200m: 2:22.30	37.24	300m: 3:37.66	37.59	400m: 4:50.04 34.73
3. Barbara Broekhuis	PSV	4:49.03	200700880	4:50.19	+0,63
50m: 31.69	31.69 150m: 1:43.15	36.53	250m: 2:57.52	37.10	350m: 4:13.10 37.60
100m: 1:06.62	34.93 200m: 2:20.42	37.27	300m: 3:35.50	37.98	400m: 4:50.19 37.09
4. Liselotte Joling	PSV	4:57.61	197500268	4:55.46	+0,85
50m: 34.49	34.49 150m: 1:49.24	37.46	250m: 3:04.20	37.29	350m: 4:19.08 37.21
100m: 1:11.78	37.29 200m: 2:26.91	37.67	300m: 3:41.87	37.67	400m: 4:55.46 36.38
5. Tamar Roosen	V.Z.V. Njord	5:15.95	200501168	5:05.53	+0,60
50m: 34.39	34.39 150m: 1:50.04	38.55	250m: 3:08.68	39.24	350m: 4:28.00 39.52
100m: 1:11.49	37.10 200m: 2:29.44	39.40	300m: 3:48.48	39.80	400m: 5:05.53 37.53
6. Anne de Beer	ZWK Merlet	5:03.39	200502878	5:15.89	+0,77
50m: 36.18	36.18 150m: 1:56.60	40.45	250m: 3:17.80	40.50	350m: 4:38.33 38.97
100m: 1:16.15	39.97 200m: 2:37.30	40.70	300m: 3:59.36	41.56	400m: 5:15.89 37.56
7. Michelle van Dijk	Dzt'62	5:12.38	199806564	5:18.41	+0,83
50m: 35.57	35.57 150m: 1:55.31	40.54	250m: 3:17.55	41.37	350m: 4:39.68 40.58
100m: 1:14.77	39.20 200m: 2:36.18	40.87	300m: 3:59.10	41.55	400m: 5:18.41 38.73
8. Maud Weijmans	Z&PV Nuenen	5:06.80	200103830	5:28.27	+0,75
50m: 35.90	35.90 150m: 1:56.89	40.90	250m: 3:21.03	42.26	350m: 4:46.25 42.44
100m: 1:15.99	40.09 200m: 2:38.77	41.88	300m: 4:03.81	42.78	400m: 5:28.27 42.02
9. Silke van de Weijer	ZV Hydra	5:09.90	200300692	5:30.43	+0,60
50m: 34.06	34.06 150m: 1:55.20	41.91	250m: 3:21.50	43.32	350m: 4:48.89 43.46
100m: 1:13.29	39.23 200m: 2:38.18	42.98	300m: 4:05.43	43.93	400m: 5:30.43 41.54