

Provinciaal Kampioenschap kb - middellange afstand
Alphen a/d Rijn, 29-11-2025

Programmanr. 7
29-11-2025 - 14:25

Dames, 400m vrije slag

11 jaar en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
11 - 13 jaar						
1.	Anouk Mulder	De Columbiaan	4:44.68	201200962	4:46.80	
	50m: 31.95	31.95 150m:		250m:	350m:	
	100m: 1:08.17	36.22 200m: 2:22.35		300m:	400m: 4:46.80	
2.	Lieselot Penning	ZZ&PC De Devel	4:54.19	201200052	4:53.62	
	50m: 33.42	33.42 150m:		250m:	350m:	
	100m: 1:10.14	36.72 200m: 2:24.91		300m:	400m: 4:53.62	
3.	Tatum Vered	Blue Marlins	5:07.57	201201322	5:02.26	
	50m: 33.48	33.48 150m:		250m:	350m:	
	100m: 1:10.80	37.32 200m: 2:26.96		300m:	400m: 5:02.26	
4.	Tamara Geuzebroek	AZC	5:12.03	201300894	5:06.12	
	50m: 32.39	32.39 150m:		250m:	350m:	
	100m: 1:10.06	37.67 200m: 2:28.20		300m:	400m: 5:06.12	
5.	Migle Groeneweg	SG SCOM/de Zeehond'73	5:16.78	201300702	5:13.74	
	50m: 34.06	34.06 150m:		250m:	350m:	
	100m: 1:12.50	38.44 200m: 2:31.79		300m:	400m: 5:13.74	
6.	Fien Provily	Wiekslag	5:13.99	201400030	5:14.63	
	50m: 34.59	34.59 150m:		250m:	350m:	
	100m: 1:14.35	39.76 200m: 2:35.14		300m:	400m: 5:14.63	
7.	Lisa Krispijn	SG Hoekse Waard	5:23.84	201300568	5:15.20	
	50m: 34.72	34.72 150m:		250m:	350m:	
	100m: 1:13.62	38.90 200m: 2:34.18		300m:	400m: 5:15.20	
8.	Dominique Forschelen	MNC Dordrecht	5:17.21	201300602	5:15.63	
	50m: 37.88	37.88 150m:		250m:	350m:	
	100m: 1:19.31	41.43 200m: 2:40.00		300m:	400m: 5:15.63	
9.	Fee Sevenants	De Watervogels	5:34.66	201201884	5:26.83	
	50m: 37.88	37.88 150m:		250m:	350m:	
	100m: 1:19.60	41.72 200m: 2:45.16		300m:	400m: 5:26.83	
10.	Fenna Bogerman	z.c De Schotejil	5:51.49	201301596	5:28.73	
	50m: 35.71	35.71 150m:		250m:	350m:	
	100m: 1:17.18	41.47 200m: 2:41.45		300m:	400m: 5:28.73	
11.	Catoo van Oosterhout	ACZ	5:39.12	201301970	5:29.33	
	50m: 36.74	36.74 150m:		250m:	350m:	
	100m: 1:17.42	40.68 200m: 2:41.91		300m:	400m: 5:29.33	
12.	Roos Wingerden	Blue Marlins	5:50.02	201300946	5:39.10	
	50m: 38.82	38.82 150m:		250m:	350m:	
	100m: 1:21.36	42.54 200m: 2:48.34		300m:	400m: 5:39.10	
13.	Yaïma H.	Blue Marlins	5:43.37	201301814	5:39.38	
	50m: 36.70	36.70 150m:		250m:	350m:	
	100m: 1:18.57	41.87 200m: 2:46.01		300m:	400m: 5:39.38	
14.	Natasha Stewart	Blue Marlins	5:49.33	201201382	5:42.21	
	50m: 38.83	38.83 150m:		250m:	350m:	
	100m: 1:21.80	42.97 200m: 2:49.30		300m:	400m: 5:42.21	
15.	Julie Lindgreen	Wiekslag	5:47.30	201301624	5:44.05	
	50m: 34.54	34.54 150m:		250m:	350m:	
	100m: 1:14.52	39.98 200m: 2:42.96		300m:	400m: 5:44.05	
AFGEM	Fenna Visser	SG LinK-ZV Zoetermeer	5:44.98	201300678		

Onder 16

1.	Nina Tetteroo	De Columbiaan	4:38.79	201000048	4:38.66	
	50m: 31.68	31.68 150m:		250m:	350m:	
	100m: 1:05.85	34.17 200m: 2:16.95		300m:	400m: 4:38.66	
2.	Milou Filemon	Blue Marlins	4:37.04	201100078	4:38.94	
	50m: 32.09	32.09 150m:		250m:	350m:	
	100m: 1:06.45	34.36 200m: 2:17.15		300m:	400m: 4:38.94	
3.	Famke Franzen	z.c De Schotejil	4:42.14	201000058	4:39.69	
	50m: 30.93	30.93 150m:		250m:	350m:	
	100m: 1:05.40	34.47 200m: 2:16.33		300m:	400m: 4:39.69	
4.	Mariia Kostina	Blue Marlins	4:43.13	201002042	4:51.46	
	50m: 30.52	30.52 150m:		250m:	350m:	
	100m: 1:05.20	34.68 200m: 2:18.09		300m:	400m: 4:51.46	
5.	Sophie Hoogervorst	AZC	4:57.18	201100252	4:57.27	
	50m: 32.77	32.77 150m:		250m:	350m:	
	100m: 1:09.96	37.19 200m: 2:25.46		300m:	400m: 4:57.27	

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Programmanr. 7, Meisjes, 400m vrije slag, Onder 16

rang	naam	vereniging	intijd		tijd	RT
6.	Ilse Stout	ACZ	5:15.37	201001704	5:05.77	
	50m: 33.82	33.82 150m:		250m:	350m:	
	100m: 1:11.83	38.01 200m: 2:29.56		300m:	400m: 5:05.77	
7.	Mijntje Mees	Blue Marlins	5:08.43	201104116	5:06.71	
	50m: 35.09	35.09 150m:		250m:	350m:	
	100m: 1:13.57	38.48 200m: 2:32.56		300m:	400m: 5:06.71	
8.	Floortje Bakker	Blue Marlins	5:04.42	201101124	5:06.91	
	50m: 34.97	34.97 150m:		250m:	350m:	
	100m: 1:12.91	37.94 200m: 2:31.22		300m:	400m: 5:06.91	
9.	Saar de Graaf	ZV Vlaardingen-Schiedam	5:08.02	201101264	5:07.80	
	50m: 34.72	34.72 150m:		250m:	350m:	
	100m: 1:12.48	37.76 200m: 2:31.00		300m:	400m: 5:07.80	
10.	Alaine Dumont	De Watervogels	5:21.36	201102140	5:14.11	
	50m: 34.96	34.96 150m:		250m:	350m:	
	100m: 1:13.43	38.47 200m: 2:33.92		300m:	400m: 5:14.11	
11.	Annika Binneveld	De Duck	5:13.86	201001268	5:19.26	
	50m: 35.54	35.54 150m:		250m:	350m:	
	100m: 1:13.98	38.44 200m: 2:34.11		300m:	400m: 5:19.26	
12.	Jente Parlevliet	Noordwijkerhout	6:00.30	201003900	6:00.96	210
	50m: 39.44	39.44 150m:		250m:	350m:	
	100m: 1:23.68	44.24 200m: 3:41.57		300m:	400m: 6:00.96	
NG	Emma Putters	ZV Vlaardingen-Schiedam	5:21.10	201001738		
NG	Elke Kriesels	Blue Marlins	4:53.12	201100898		

Onder 18

1.	Jade van der Schrier	AZC	4:13.99	200800692	4:16.78	
	50m: 29.78	29.78 150m:		250m:	350m:	
	100m: 1:01.37	31.59 200m: 2:06.85		300m:	400m: 4:16.78	
2.	Ilse Rozema	Blue Marlins	4:35.36	200803318	4:31.83	
	50m: 30.34	30.34 150m:		250m:	350m:	
	100m: 1:05.08	34.74 200m: 2:15.42		300m:	400m: 4:31.83	
3.	Suuz Griekspoor	Noordwijkerhout	4:37.04	200901204	4:49.83	
	50m: 31.63	31.63 150m:		250m:	350m:	
	100m: 1:07.08	35.45 200m: 2:20.99		300m:	400m: 4:49.83	
4.	Jasmijn Schoonen	Wiekslag	4:56.26	200901196	5:03.09	
	50m: 33.34	33.34 150m:		250m:	350m:	
	100m: 1:10.45	37.11 200m: 2:27.52		300m:	400m: 5:03.09	
5.	Sanne Pruntel	ZV Vlaardingen-Schiedam	5:13.17	200802010	5:11.59	
	50m: 35.31	35.31 150m:		250m:	350m:	
	100m: 1:14.44	39.13 200m: 2:34.68		300m:	400m: 5:11.59	
6.	Femke Sonneveld	Poseidon'56	5:16.32	200902802	5:14.07	
	50m: 35.45	35.45 150m:		250m:	350m:	
	100m: 1:15.40	39.95 200m: 2:37.00		300m:	400m: 5:14.07	
7.	Daynah de Snaijer	SG LinK-ZV Zoetermeer	5:10.20	200802266	5:18.34	
	50m: 35.51	35.51 150m:		250m:	350m:	
	100m: 1:15.35	39.84 200m: 2:37.16		300m:	400m: 5:18.34	
8.	Esmée van Sliedregt	ZOB'66	5:09.72	200902608	5:38.22	
	50m: 38.39	38.39 150m:		250m:	350m:	
	100m: 1:21.89	43.50 200m: 2:49.20		300m:	400m: 5:38.22	

18 en ouder

1.	Angelique van Vark	GZC DONK	4:34.21	199701478	4:37.69	
	50m: 30.22	30.22 150m:		250m:	350m:	
	100m: 1:04.30	34.08 200m: 2:15.90		300m:	400m: 4:37.69	
2.	Donna van der Meer	BZ en PC	5:04.56	200601146	4:58.89	
	50m: 33.28	33.28 150m:		250m:	350m:	
	100m: 1:10.94	37.66 200m: 2:26.90		300m:	400m: 4:58.89	
3.	Babet van Andel	ZVL-1886	5:03.64	200304308	5:02.01	
	50m: 33.59	33.59 150m:		250m:	350m:	
	100m: 1:11.01	37.42 200m: 2:27.74		300m:	400m: 5:02.01	
4.	Daphne van Tilburg	De Geul	5:13.47	200500580	5:10.10	
	50m: 33.58	33.58 150m:		250m:	350m:	
	100m: 1:11.83	38.25 200m: 2:30.03		300m:	400m: 5:10.10	
5.	Ramona Linting	AZC	5:10.65	198301274	5:20.02	
	50m: 35.14	35.14 150m:		250m:	350m:	
	100m: 1:14.44	39.30 200m: 2:35.82		300m:	400m: 5:20.02	

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Alphen a/d Rijn, 29-11-2025

Programmanr. 7, Dames, 400m vrije slag, 18 en ouder

rang	naam	vereniging		intijd			tijd		RT
6.	Milou van Winkel	WVZ		5:30.02	200402296	S14	5:37.90		396
	50m:	35.94	35.94	150m:	250m:		350m:		
	100m:	1:17.11	41.17	200m:	300m:		400m:	5:37.90	