Programmanr. 12 — Dames, 400m vrije slag — 10 jaar en ouder
14-11-2026 - 14:55 — Resultaten

rang	naam	vereniging	intijd		tijd	RT

10 - 11 jaar

1.	Kassidy Martis	AZC	4:52.99	201500726	**4:47.80**	+0,71

50m:	32.87	32.87	150m:	1:45.89	36.83	250m:	2:59.31	36.62	350m:	4:12.52	36.84
100m:	1:09.06	36.19	200m:	2:22.69	36.80	300m:	3:35.68	36.37	400m:	4:47.80	35.28

2.	Ranomi van den Hurk **BU 400m*	AZC	6:02.87	201600194	**5:50.61**							
50m:	39.86	39.86	150m:	2:09.80	45.20	250m:	3:39.83	44.78	350m:	5:09.59	44.80
100m:	1:24.60	44.74	200m:	2:55.05	45.25	300m:	4:24.79	44.96	400m:	5:50.61	41.02

3.	Kira van Leeuwen	AZC	6:19.75	201600580	**6:09.77**	+0,61						
50m:	40.42	40.42	150m:	2:15.90	49.32	250m:	3:51.35	47.84	350m:	5:25.82	45.57
100m:	1:26.58	46.16	200m:	3:03.51	47.61	300m:	4:40.25	48.90	400m:	6:09.77	43.95

Onder 14

1.	Migle Groeneweg	SG SCOM/de Zeehond'73	5:09.48	201300702	**4:57.86**	+0,70

50m:	33.58	33.58	150m:	1:50.41	38.30	250m:	3:07.40	38.30	350m:	4:23.65	38.20
100m:	1:12.11	38.53	200m:	2:29.10	38.69	300m:	3:45.45	38.05	400m:	4:57.86	34.21

2.	Jolie Fransen	WVZ	4:59.58	201400034	**4:59.29**							
50m:	32.36	32.36	150m:	1:49.23	39.02	250m:	3:06.11	38.74	350m:	4:24.21	38.56
100m:	1:10.21	37.85	200m:	2:27.37	38.14	300m:	3:45.65	39.54	400m:	4:59.29	35.08

3.	Dominique Forschelen	MNC Dordrecht	5:15.63	201300602	**5:00.58**							
50m:	35.28	35.28	150m:	1:51.92	38.62	250m:	3:09.15	38.65	350m:	4:25.78	37.89
100m:	1:13.30	38.02	200m:	2:30.50	38.58	300m:	3:47.89	38.74	400m:	5:00.58	34.80

4.	Fien Provily	Wiekslag	5:06.77	201400030	**5:06.13**	+0,58						
50m:	33.79	33.79	150m:	1:51.79	39.34	250m:	3:10.62	39.65	350m:	4:29.17	38.95
100m:	1:12.45	38.66	200m:	2:30.97	39.18	300m:	3:50.22	39.60	400m:	5:06.13	36.96

5.	Stella Tienpont-Vives	Blue Marlins	5:31.76	201400472	**5:07.40**	+0,74						
50m:	34.10	34.10	150m:	1:54.28	39.97	250m:	3:15.27	40.52	350m:	4:33.62	38.51
100m:	1:14.31	40.21	200m:	2:34.75	40.47	300m:	3:55.11	39.84	400m:	5:07.40	33.78

6.	Senne Van den Nouland	ZVL-1886	5:18.43	201400022	**5:14.79**	+0,67						
50m:	34.88	34.88	150m:	1:54.46	40.32	250m:	3:15.47	40.16	350m:	4:36.27	40.72
100m:	1:14.14	39.26	200m:	2:35.31	40.85	300m:	3:55.55	40.08	400m:	5:14.79	38.52

7.	Fenna Bogerman	z.c De Schotejil	5:28.73	201301596	**5:17.13**							
50m:	35.57	35.57	150m:	1:55.39	40.01	250m:	3:17.08	41.02	350m:	4:38.58	40.25
100m:	1:15.38	39.81	200m:	2:36.06	40.67	300m:	3:58.33	41.25	400m:	5:17.13	38.55

8.	Fenna Visser	SG LinK-ZV Zoetermeer	5:40.75	201300678	**5:31.52**	+0,62						
50m:	35.83	35.83	150m:	1:59.22	42.50	250m:	3:24.91	43.08	350m:	4:50.60	42.46
100m:	1:16.72	40.89	200m:	2:41.83	42.61	300m:	4:08.14	43.23	400m:	5:31.52	40.92

9.	Meike Sijtsma	z.c De Schotejil	5:39.02	201400150	**5:40.04**	+0,70						
50m:	37.20	37.20	150m:	2:02.26	43.86	250m:	3:31.40	45.15	350m:	4:58.34	42.22
100m:	1:18.40	41.20	200m:	2:46.25	43.99	300m:	4:16.12	44.72	400m:	5:40.04	41.70

10.	Jelina Polak	ACZ	5:50.08	201400898	**5:43.98**	+0,54						
50m:	37.60	37.60	150m:	2:05.52	44.90	250m:	3:35.60	45.21	350m:	5:05.76	45.19
100m:	1:20.62	43.02	200m:	2:50.39	44.87	300m:	4:20.57	44.97	400m:	5:43.98	38.22

11.	Isabel Soet	Noordwijkerhout	5:53.76	201302068	**5:45.36**	+0,58						
50m:	39.04	39.04	150m:	2:07.22	44.70	250m:	3:36.25	44.11	350m:	5:04.29	43.04
100m:	1:22.52	43.48	200m:	2:52.14	44.92	300m:	4:21.25	45.00	400m:	5:45.36	41.07

12.	Loes Ripping	WVZ	6:01.91	201400740	**5:45.63**							
50m:	38.87	38.87	150m:	2:08.00	45.24	250m:	3:38.24	45.09	350m:	5:06.22	43.33
100m:	1:22.76	43.89	200m:	2:53.15	45.15	300m:	4:22.89	44.65	400m:	5:45.63	39.41

13.	Lily de Ben	Blue Marlins	5:56.05	201301834	**5:48.24**	+0,81						
50m:	38.34	38.34	150m:	2:07.32	44.91	250m:	3:37.46	45.06	350m:	5:06.44	43.94
100m:	1:22.41	44.07	200m:	2:52.40	45.08	300m:	4:22.50	45.04	400m:	5:48.24	41.80

14.	Tess Jager	SG SCOM/de Zeehond'73	5:50.53	201300370	**6:02.82**	+0,80						
50m:	39.29	39.29	150m:	2:11.67	47.21	250m:	3:44.76	47.09	350m:	5:17.61	46.23
100m:	1:24.46	45.17	200m:	2:57.67	46.00	300m:	4:31.38	46.62	400m:	6:02.82	45.21

Programmanr. 12, Dames, 400m vrije slag

Onder 16

1.	Rozalia Diederiks		ZVL-1886			4:42.66		201100904			**4:36.13**	+0,74	
	50m:	31.66	31.66	150m:	1:39.75	34.59	250m:	2:49.06	34.66	350m:	4:01.41	36.43	
	100m:	1:05.16	33.50	200m:	2:14.40	34.65	300m:	3:24.98	35.92	400m:	4:36.13	34.72	
2.	Sophie Hoogervorst		AZC			4:44.27		201100252			**4:42.29**	+0,72	
	50m:	32.41	32.41	150m:	1:43.84	36.09	250m:	2:56.54	36.37	350m:	4:08.81	36.06	
	100m:	1:07.75	35.34	200m:	2:20.17	36.33	300m:	3:32.75	36.21	400m:	4:42.29	33.48	
3.	Anouk Mulder		De Columbiaan			4:40.21		201200962			**4:43.40**	+0,78	
	50m:	31.91	31.91	150m:	1:43.32	35.87	250m:	2:56.37	36.80	350m:	4:08.66	36.21	
	100m:	1:07.45	35.54	200m:	2:19.57	36.25	300m:	3:32.45	36.08	400m:	4:43.40	34.74	
4.	Floortje Bakker		Blue Marlins			4:57.40		201101124			**4:58.62**	+0,79	
	50m:	33.29	33.29	150m:	1:47.12	37.31	250m:	3:03.19	38.09	350m:	4:20.47	38.84	
	100m:	1:09.81	36.52	200m:	2:25.10	37.98	300m:	3:41.63	38.44	400m:	4:58.62	38.15	
5.	Lieselot Penning		ZZ&PC De Devel			4:49.07		201200052			**5:06.85**	+0,73	
	50m:	34.48	34.48	150m:	1:53.26	40.17	250m:	3:11.65	38.87	350m:	4:29.00	38.30	
	100m:	1:13.09	38.61	200m:	2:32.78	39.52	300m:	3:50.70	39.05	400m:	5:06.85	37.85	
6.	Saar de Graaf		ZV Vlaardingen-Schiedam			5:07.80		201101264			**5:12.62**	+0,83	
	50m:	36.16	36.16	150m:	1:54.91	39.74	250m:	3:15.23	39.99	350m:	4:35.06	39.19	
	100m:	1:15.17	39.01	200m:	2:35.24	40.33	300m:	3:55.87	40.64	400m:	5:12.62	37.56	
7.	Gabriela Borges		Blue Marlins			5:16.05		201201726			**5:14.75**	+0,63	
	50m:	33.81	33.81	150m:	1:51.51	39.63	250m:	3:13.17	41.87	350m:	4:35.36	41.03	
	100m:	1:11.88	38.07	200m:	2:31.30	39.79	300m:	3:54.33	41.16	400m:	5:14.75	39.39	
8.	Kelsey Jansen		De Columbiaan			5:21.28		201203470			**5:15.58**	+0,72	
	50m:	35.74	35.74	150m:	1:55.10	39.98	250m:	3:17.34	41.42	350m:	4:38.36	40.48	
	100m:	1:15.12	39.38	200m:	2:35.92	40.82	300m:	3:57.88	40.54	400m:	5:15.58	37.22	

Onder 18

1.	Nina van der Schrier		AZC			4:27.93		201000444			**4:26.16**	+0,75	
	50m:	30.53	30.53	150m:	1:38.05	34.07	250m:	2:47.05	34.46	350m:	3:54.51	33.54	
	100m:	1:03.98	33.45	200m:	2:12.59	34.54	300m:	3:20.97	33.92	400m:	4:26.16	31.65	
2.	Faye Thijsse		WVZ			4:32.84		201001364			**4:32.27**	+0,82	
	50m:	30.48	30.48	150m:	1:38.85	34.35	250m:	2:48.66	34.83	350m:	3:58.59	34.73	
	100m:	1:04.50	34.02	200m:	2:13.83	34.98	300m:	3:23.86	35.20	400m:	4:32.27	33.68	
3.	Nina Tetteroo		De Columbiaan			4:31.36		201000048			**4:34.16**	+0,77	
	50m:	31.13	31.13	150m:	1:39.94	34.64	250m:	2:50.10	35.14	350m:	4:00.37	35.25	
	100m:	1:05.30	34.17	200m:	2:14.96	35.02	300m:	3:25.12	35.02	400m:	4:34.16	33.79	
4.	Suuz Griekspoor		Noordwijkerhout			4:44.82		200901204			**4:42.56**	+0,74	
	50m:	31.28	31.28	150m:	1:41.24	35.61	250m:	2:53.72	36.37	350m:	4:06.84	36.56	
	100m:	1:05.63	34.35	200m:	2:17.35	36.11	300m:	3:30.28	36.56	400m:	4:42.56	35.72	
5.	Sanne Mulder		WVZ			4:50.99		200900280			**4:45.05**	+0,68	
	**BU 400m*												
	50m:	31.43	31.43	150m:	1:42.04	35.97	250m:	2:55.55	36.81	350m:	4:09.18	36.66	
	100m:	1:06.07	34.64	200m:	2:18.74	36.70	300m:	3:32.52	36.97	400m:	4:45.05	35.87	
6.	Demi Bos		Niemo Barracuda			5:04.92		201001282			**4:59.65**	+0,72	
	50m:	34.32	34.32	150m:	1:49.47	38.24	250m:	3:06.03	38.57	350m:	4:23.83	38.80	
	100m:	1:11.23	36.91	200m:	2:27.46	37.99	300m:	3:45.03	39.00	400m:	4:59.65	35.82	
7.	Femke Sonneveld		Poseidon'56			5:01.51		200902802			**5:09.05**	+0,73	
	50m:	34.96	34.96	150m:	1:53.68	39.73	250m:	3:13.14	39.55	350m:	4:32.00	39.04	
	100m:	1:13.95	38.99	200m:	2:33.59	39.91	300m:	3:52.96	39.82	400m:	5:09.05	37.05	
8.	Annika Binneveld		De Duck			5:12.78		201001268			**5:20.32**	+0,53	
	50m:	35.25	35.25	150m:	1:53.33	39.51	250m:	3:15.18	41.08	350m:	4:38.90	42.11	
	100m:	1:13.82	38.57	200m:	2:34.10	40.77	300m:	3:56.79	41.61	400m:	5:20.32	41.42	
9.	Esmée van Sliedregt		ZOB'66			5:16.01		200902608			**5:26.26**	+0,76	
	50m:	36.80	36.80	150m:	2:00.06	42.06	250m:	3:24.86	42.09	350m:	4:47.56	41.13	
	100m:	1:18.00	41.20	200m:	2:42.77	42.71	300m:	4:06.43	41.57	400m:	5:26.26	38.70	
10.	Jente Parlevliet		Noordwijkerhout			5:58.98		201003900	S14		**5:55.64**	+0,83	248
	**BU 400m*												
	50m:	39.58	39.58	150m:	2:09.32	46.14	250m:	3:41.08	45.87	350m:	5:12.37	45.87	
	100m:	1:23.18	43.60	200m:	2:55.21	45.89	300m:	4:26.50	45.42	400m:	5:55.64	43.27	
NG	Ilse Stout		ACZ			5:05.77		201001704					

Programmanr. 12, Dames, 400m vrije slag

18 en ouder

1.	Jill Meines			Blue Marlins			4:30.18		200704846			**4:30.18**		+0,77				
	50m:	30.55	30.55	150m:	1:38.73	34.26	250m:	2:47.37	34.29	350m:	3:56.49	34.42						
	100m:	1:04.47	33.92	200m:	2:13.08	34.35	300m:	3:22.07	34.70	400m:	4:30.18	33.69						
2.	Ilse Rozema **BU 400m*			Blue Marlins			4:31.83		200803318			**4:36.02**		+0,66				
	50m:	29.39	29.39	150m:	1:36.38	34.19	250m:	2:45.83	34.63	350m:	3:57.73	36.18						
	100m:	1:02.19	32.80	200m:	2:11.20	34.82	300m:	3:21.55	35.72	400m:	4:36.02	38.29						
3.	Meyke v. Nimwegen			z.c De Schotejil			4:37.63		200800106			**4:42.73**		+0,59				
	50m:	31.96	31.96	150m:	1:42.18	35.51	250m:	2:54.39	36.19	350m:	4:06.96	36.40						
	100m:	1:06.67	34.71	200m:	2:18.20	36.02	300m:	3:30.56	36.17	400m:	4:42.73	35.77						
4.	Aleyna Bakdemir			Blue Marlins			4:54.48		200804386			**4:53.47**		+0,74				
	50m:	31.86	31.86	150m:	1:44.02	36.62	250m:	2:59.10	38.10	350m:	4:15.53	38.31						
	100m:	1:07.40	35.54	200m:	2:21.00	36.98	300m:	3:37.22	38.12	400m:	4:53.47	37.94						
5.	Daynah de Snaijer			SG LinK-ZV Zoetermeer			5:10.20		200802266			**5:01.60**						
	50m:	34.50	34.50	150m:	1:50.79	38.20	250m:	3:07.90	38.50	350m:	4:24.66	38.26						
	100m:	1:12.59	38.09	200m:	2:29.40	38.61	300m:	3:46.40	38.50	400m:	5:01.60	36.94						
6.	Sanne Pruntel			ZV Vlaardingen-Schiedam			5:05.52		200802010			**5:02.65**		+0,79				
	50m:	33.92	33.92	150m:	1:50.05	38.30	250m:	3:07.19	38.58	350m:	4:24.73	38.53						
	100m:	1:11.75	37.83	200m:	2:28.61	38.56	300m:	3:46.20	39.01	400m:	5:02.65	37.92						
7.	Dominique Overduin			z.c De Schotejil			5:13.20		200700172			**5:09.44**		+0,77				
	50m:	34.54	34.54	150m:	1:50.87	38.61	250m:	3:10.02	40.02	350m:	4:30.54	40.09						
	100m:	1:12.26	37.72	200m:	2:30.00	39.13	300m:	3:50.45	40.43	400m:	5:09.44	38.90						
8.	Marjolijn Offeringa			ZV Vlaardingen-Schiedam			5:07.41		200701788			**5:09.48**		+0,77				
	50m:	34.22	34.22	150m:	1:51.90	39.51	250m:	3:11.36	39.74	350m:	4:31.35	39.91						
	100m:	1:12.39	38.17	200m:	2:31.62	39.72	300m:	3:51.44	40.08	400m:	5:09.48	38.13						
9.	Aguila Dolsma **BU 400m*			Blue Marlins			5:31.65		200603902		S14	**5:20.81**		+0,66		561		
	50m:	35.05	35.05	150m:	1:55.70	41.06	250m:	3:18.07	41.10	350m:	4:40.71	41.33						
	100m:	1:14.64	39.59	200m:	2:36.97	41.27	300m:	3:59.38	41.31	400m:	5:20.81	40.10						
10.	Ramona Linting			AZC			5:10.65		198301274			**5:30.29**		+0,66				
	50m:	36.48	36.48	150m:	1:59.19	41.74	250m:	3:22.80	41.86	350m:	4:47.84	42.75						
	100m:	1:17.45	40.97	200m:	2:40.94	41.75	300m:	4:05.09	42.29	400m:	5:30.29	42.45						
11.	Milou van Winkel			WVZ			5:24.34		200402296		S14	**5:50.13**		+0,77		290		
	50m:	35.13	35.13	150m:	2:00.71	44.02	250m:	3:32.24	46.62	350m:	5:05.15	46.49						
	100m:	1:16.69	41.56	200m:	2:45.62	44.91	300m:	4:18.66	46.42	400m:	5:50.13	44.98						
AFGEM	Marijke Kommers			Niemo Barracuda			5:09.65		199305334									