Programmanr. 19 — Dames, 400m wisselslag — 10 jaar en ouder
15-11-2026 - 10:10 — Resultaten

rang	naam	vereniging	intijd		tijd	RT

Onder 14

1.	Dominique Forschelen	MNC Dordrecht	5:52.32	201300602	**5:39.68**	
	50m: 36.53	36.53 150m: 2:04.24	43.95	250m: 3:37.38	50.24	350m: 5:04.97	37.42
	100m: 1:20.29	43.76 200m: 2:47.14	42.90	300m: 4:27.55	50.17	400m: 5:39.68	34.71
2.	Jessica Bannatyne	BZ en PC	5:57.24	201400158	**5:48.52**	+0,60
	50m: 37.79	37.79 150m: 2:07.72	43.52	250m: 3:40.04	48.72	350m: 5:09.80	39.42
	100m: 1:24.20	46.41 200m: 2:51.32	43.60	300m: 4:30.38	50.34	400m: 5:48.52	38.72
3.	Fien Provily	Wiekslag	6:39.78	201400030	**5:49.80**	+0,54
	50m: 36.50	36.50 150m: 2:05.68	44.68	250m: 3:40.72	52.11	350m: 5:12.32	39.34
	100m: 1:21.00	44.50 200m: 2:48.61	42.93	300m: 4:32.98	52.26	400m: 5:49.80	37.48
4.	Stella Tienpont-Vives	Blue Marlins	5:48.35	201400472	**5:49.96**	+0,80
	50m: 34.76	34.76 150m: 2:00.33	45.97	250m: 3:36.37	52.14	350m: 5:11.53	43.35
	100m: 1:14.36	39.60 200m: 2:44.23	43.90	300m: 4:28.18	51.81	400m: 5:49.96	38.43
5.	Jorinde Winkelhorst	ZPB H&L Productions	6:10.33	201300878	**5:57.80**	
	50m: 37.22	37.22 150m: 2:07.60	44.78	250m: 3:45.52	54.05	350m: 5:20.27	40.81
	100m: 1:22.82	45.60 200m: 2:51.47	43.87	300m: 4:39.46	53.94	400m: 5:57.80	37.53
6.	Daniella Mazur	ZVL-1886	6:30.17	201400550	**6:04.52**	+0,79
	50m: 39.35	39.35 150m: 2:14.32	46.63	250m: 3:52.04	52.28	350m: 5:24.93	41.33
	100m: 1:27.69	48.34 200m: 2:59.76	45.44	300m: 4:43.60	51.56	400m: 6:04.52	39.59
7.	Julie Lindgreen	Wiekslag	6:25.70	201301624	**6:08.40**	+0,57
	50m: 36.71	36.71 150m: 2:09.49	45.44	250m: 3:48.10	52.66	350m: 5:28.28	43.40
	100m: 1:24.05	47.34 200m: 2:55.44	45.95	300m: 4:44.88	56.78	400m: 6:08.40	40.12
8.	Fenna Bogerman	z.c De Schotejil	6:38.98	201301596	**6:27.17**	+0,48
	50m: 40.72	40.72 150m: 2:21.00	48.54	250m: 4:08.10	59.76	350m: 5:47.67	42.23
	100m: 1:32.46	51.74 200m: 3:08.34	47.34	300m: 5:05.44	57.34	400m: 6:27.17	39.50
9.	Isabel Soet **BU 50m en 400m*	Noordwijkerhout	6:46.89	201302068	**6:44.85**	+0,57
	50m: 43.27	43.27 150m: 2:30.10	50.68	250m: 4:15.61	54.43	350m: 5:59.40	46.44
	100m: 1:39.42	56.15 200m: 3:21.18	51.08	300m: 5:12.96	57.35	400m: 6:44.85	45.45

Onder 16

1.	Julia Bannatyne	BZ en PC	5:13.62	201201020	**5:10.74**	+0,71
	50m: 32.31	32.31 150m: 1:49.15	38.64	250m: 3:15.34	47.07	350m: 4:36.83	34.59
	100m: 1:10.51	38.20 200m: 2:28.27	39.12	300m: 4:02.24	46.90	400m: 5:10.74	33.91
2.	Rozalia Diederiks	ZVL-1886	5:09.76	201100904	**5:14.77**	+0,77
	50m: 33.64	33.64 150m: 1:52.77	40.06	250m: 3:17.77	44.92	350m: 4:39.67	36.44
	100m: 1:12.71	39.07 200m: 2:32.85	40.08	300m: 4:03.23	45.46	400m: 5:14.77	35.10
3.	Simone Brobbel	SG Hoekse Waard	5:20.76	201200058	**5:18.85**	+0,56
	50m: 32.01	32.01 150m: 1:55.12	41.49	250m: 3:20.12	46.38	350m: 4:44.95	36.99
	100m: 1:13.63	41.62 200m: 2:33.74	38.62	300m: 4:07.96	47.84	400m: 5:18.85	33.90
4.	Meike van der Klugt	WVZ	5:23.31	201100808	**5:20.20**	+0,60
	50m: 34.50	34.50 150m: 1:58.26	40.28	250m: 3:22.04	44.46	350m: 4:46.13	38.87
	100m: 1:17.98	43.48 200m: 2:37.58	39.32	300m: 4:07.26	45.22	400m: 5:20.20	34.07
5.	Anouk Mulder	De Columbiaan	5:24.16	201200962	**5:21.96**	+0,76
	50m: 33.99	33.99 150m: 1:57.43	40.99	250m: 3:24.30	46.61	350m: 4:47.57	37.56
	100m: 1:16.44	42.45 200m: 2:37.69	40.26	300m: 4:10.01	45.71	400m: 5:21.96	34.39
6.	Kamila Samad **BU 400m*	WVZ	5:22.38	201103178	**5:27.56**	+0,78
	50m: 35.03	35.03 150m: 1:57.36	40.19	250m: 3:25.50	47.27	350m: 4:50.11	35.68
	100m: 1:17.17	42.14 200m: 2:38.23	40.87	300m: 4:14.43	48.93	400m: 5:27.56	37.45
7.	Sophie Hoogervorst	AZC	5:28.62	201100252	**5:28.03**	+0,57
	50m: 36.57	36.57 150m: 2:02.82	41.86	250m: 3:28.13	45.24	350m: 4:51.59	37.78
	100m: 1:20.96	44.39 200m: 2:42.89	40.07	300m: 4:13.81	45.68	400m: 5:28.03	36.44
8.	Tatum Vered	Blue Marlins	5:41.56	201201322	**5:30.55**	+0,71
	50m: 35.14	35.14 150m: 1:56.15	42.16	250m: 3:25.21	47.36	350m: 4:53.24	37.67
	100m: 1:13.99	38.85 200m: 2:37.85	41.70	300m: 4:15.57	50.36	400m: 5:30.55	37.31
9.	Charlotte Bakker	BZ en PC	5:40.36	201200524	**5:52.50**	
	50m: 37.34	37.34 150m: 2:08.27	46.19	250m: 3:43.76	50.89	350m: 5:13.72	39.56
	100m: 1:22.08	44.74 200m: 2:52.87	44.60	300m: 4:34.16	50.40	400m: 5:52.50	38.78
10.	Kelsey Jansen	De Columbiaan	6:03.01	201203470	**5:58.57**	+0,60
	50m: 39.75	39.75 150m: 2:13.33	45.95	250m: 3:50.30	50.72	350m: 5:22.30	40.57
	100m: 1:27.38	47.63 200m: 2:59.58	46.25	300m: 4:41.73	51.43	400m: 5:58.57	36.27

Programmanr. 19, Meisjes, 400m wisselslag, Onder 16

rang	naam	vereniging	intijd		tijd	RT
11.	Nikki de Heij	BZ en PC	6:04.93	201101194	**5:59.39**	+0,68
	50m: 40.30	40.30 150m: 2:12.00	45.51	250m: 3:47.07 50.95	350m: 5:20.73	40.85
	100m: 1:26.49	46.19 200m: 2:56.12	44.12	300m: 4:39.88 52.81	400m: 5:59.39	38.66
12.	Elise Batist	De Duck	6:20.90	201201174	**6:02.40**	+0,76
	50m: 36.38	36.38 150m: 2:08.16	47.92	250m: 3:46.97 52.99	350m: 5:23.69	42.61
	100m: 1:20.24	43.86 200m: 2:53.98	45.82	300m: 4:41.08 54.11	400m: 6:02.40	38.71
13.	Rianne Voet	SG Westland	6:20.00	201103088	**6:07.86**	+0,72
	50m: 35.04	35.04 150m: 2:06.39	48.22	250m: 3:47.67 54.75	350m: 5:26.51	43.28
	100m: 1:18.17	43.13 200m: 2:52.92	46.53	300m: 4:43.23 55.56	400m: 6:07.86	41.35
14.	Pip Verhoeven	ZZ&PC De Devel	6:04.38	201200544	**6:10.41**	+0,76
	**BU 100m*					
	50m: 39.19	39.19 150m: 2:16.95	49.27	250m: 3:55.19 50.40	350m: 5:30.34	43.58
	100m: 1:27.68	48.49 200m: 3:04.79	47.84	300m: 4:46.76 51.57	400m: 6:10.41	40.07
15.	Lieselot Penning	ZZ&PC De Devel	5:32.05	201200052	**6:11.97**	+0,61
	50m: 39.82	39.82 150m: 2:16.14	48.97	250m: 3:54.29 52.43	350m: 5:31.06	43.01
	100m: 1:27.17	47.35 200m: 3:01.86	45.72	300m: 4:48.05 53.76	400m: 6:11.97	40.91
16.	Lauren Kalmbach	WZK Zwemmen	6:29.40	201103990	**6:13.92**	+0,63
	50m: 37.07	37.07 150m: 2:08.94	46.65	250m: 3:51.54 56.39	350m: 5:31.94	44.05
	100m: 1:22.29	45.22 200m: 2:55.15	46.21	300m: 4:47.89 56.35	400m: 6:13.92	41.98
17.	Anouk Cornelissen	De Watervogels	6:40.61	201100084	**6:20.17**	+0,74
	50m: 38.90	38.90 150m: 2:15.85	47.83	250m: 3:59.02 56.09	350m: 5:40.10	44.10
	100m: 1:28.02	49.12 200m: 3:02.93	47.08	300m: 4:56.00 56.98	400m: 6:20.17	40.07
18.	Floor Jonkman	De Duck	6:47.36	201201176	**6:21.11**	+0,74
	50m: 41.35	41.35 150m: 2:24.09	52.21	250m: 4:06.38 51.23	350m: 5:41.16	41.67
	100m: 1:31.88	50.53 200m: 3:15.15	51.06	300m: 4:59.49 53.11	400m: 6:21.11	39.95
19.	Amelia Dziuba	SG SCOM/de Zeehond'73	6:36.51	201201208	**6:25.36**	+0,76
	**BU 100m*					
	50m: 38.63	38.63 150m: 2:19.92	51.47	250m: 4:01.87 54.13	350m: 5:43.60	46.34
	100m: 1:28.45	49.82 200m: 3:07.74	47.82	300m: 4:57.26 55.39	400m: 6:25.36	41.76
20.	Grayson Hall	WZK Zwemmen	6:30.03	201104106	**6:29.38**	
	50m: 42.89	42.89 150m: 2:26.79	50.89	250m: 4:09.64 54.59	350m: 5:47.52	43.69
	100m: 1:35.90	53.01 200m: 3:15.05	48.26	300m: 5:03.83 54.19	400m: 6:29.38	41.86
21.	Bente van Rijn	SG Westland	6:32.52	201103086	**6:37.93**	+0,64
	**BU 400m*					
	50m: 42.05	42.05 150m: 2:25.47	49.05	250m: 4:09.73 57.14	350m: 5:52.14	44.74
	100m: 1:36.42	54.37 200m: 3:12.59	47.12	300m: 5:07.40 57.67	400m: 6:37.93	45.79
OPG	Jet Hogervorst	De Columbiaan	5:36.31	201200738		
	AF - De aangegeven afstand niet uitgezwommen.					
NG	Lisa Maat	ZOB'66	6:26.43	201100974		

Onder 18

1.	Nienke v. Weenen	z.c De Schotejil	5:33.46	201000282	**5:28.42**	+0,68
	50m: 32.59	32.59 150m: 1:54.96	42.43	250m: 3:24.28 48.33	350m: 4:51.85	38.59
	100m: 1:12.53	39.94 200m: 2:35.95	40.99	300m: 4:13.26 48.98	400m: 5:28.42	36.57
2.	Jorja Verschoor	AZC	5:29.95	200902640	**5:32.42**	+0,69
	50m: 34.83	34.83 150m: 1:56.89	41.81	250m: 3:28.10 48.79	350m: 4:56.22	38.80
	100m: 1:15.08	40.25 200m: 2:39.31	42.42	300m: 4:17.42 49.32	400m: 5:32.42	36.20
3.	Hadewych Forschelen	MNC Dordrecht	5:29.00	200903572	**5:33.91**	+0,70
	50m: 32.98	32.98 150m: 1:57.91	43.34	250m: 3:29.33 49.06	350m: 4:57.02	38.72
	100m: 1:14.57	41.59 200m: 2:40.27	42.36	300m: 4:18.30 48.97	400m: 5:33.91	36.89
4.	Annika Binneveld	De Duck	6:01.92	201001268	**6:08.63**	+0,61
	50m: 38.35	38.35 150m: 2:09.84	46.42	250m: 3:49.38 53.91	350m: 5:27.52	43.06
	100m: 1:23.42	45.07 200m: 2:55.47	45.63	300m: 4:44.46 55.08	400m: 6:08.63	41.11
NG	Nina Tetteroo	De Columbiaan	5:20.63	201000048		

18 en ouder

1.	Angelique van Vark	GZC Donk	5:07.65	199701478	**5:12.93**	+0,69
	50m: 32.91	32.91 150m: 1:54.46	41.00	250m: 3:20.42 46.10	350m: 4:40.65	34.77
	100m: 1:13.46	40.55 200m: 2:34.32	39.86	300m: 4:05.88 45.46	400m: 5:12.93	32.28
2.	Mila Oomens	Niemo Barracuda	5:41.74	200700016	**5:30.01**	+0,75
	50m: 34.77	34.77 150m: 1:59.42	41.53	250m: 3:26.33 45.72	350m: 4:51.85	38.60
	100m: 1:17.89	43.12 200m: 2:40.61	41.19	300m: 4:13.25 46.92	400m: 5:30.01	38.16
3.	Eline van Winden	Z&PC De Gouwe	5:57.14	200702090	**5:48.82**	+0,78
	50m: 36.61	36.61 150m: 2:04.46	43.80	250m: 3:40.41 52.23	350m: 5:12.25	39.14
	100m: 1:20.66	44.05 200m: 2:48.18	43.72	300m: 4:33.11 52.70	400m: 5:48.82	36.57

Programmanr. 19, Dames, 400m wisselslag, 18 en ouder

rang	naam	vereniging	intijd		tijd	RT
4.	Daynah de Snaijer	SG LinK-ZV Zoetermeer	6:02.97	200802266	**5:56.33**	+0,79
	50m: 38.99	38.99	150m: 2:08.54	42.21	250m: 3:44.55	53.54	350m: 5:15.40	38.85
	100m: 1:26.33	47.34	200m: 2:51.01	42.47	300m: 4:36.55	52.00	400m: 5:56.33	40.93
5.	Sanne Pruntel	ZV Vlaardingen-Schiedam	5:53.46	200802010	**6:03.83**	+0,76
	50m: 38.00	38.00	150m: 2:09.98	44.21	250m: 3:46.96	53.00	350m: 5:23.80	42.12
	100m: 1:25.77	47.77	200m: 2:53.96	43.98	300m: 4:41.68	54.72	400m: 6:03.83	40.03
6.	Marjolijn Offeringa **BU 100m*	ZV Vlaardingen-Schiedam	6:04.45	200701788	**6:05.94**	+0,70
	50m: 36.52	36.52	150m: 2:09.69	48.27	250m: 3:50.17	55.56	350m: 5:27.41	41.43
	100m: 1:21.42	44.90	200m: 2:54.61	44.92	300m: 4:45.98	55.81	400m: 6:05.94	38.53
NG	Meyke v. Nimwegen	z.c De Schotejil	5:07.80	200800106		