

Programmanr. 23  
6-7-2025 - 10:49

Dames, 400m vrije slag

alg. leeftijdsgroep  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Hedwig Bolt	HZ&PC Heerenveen	4:12.41	200602660	<b>4:14.63</b> +0,80			
	50m: 29.11	29.11	150m: 1:32.73	32.23	250m: 2:37.68	32.50	350m: 3:42.83	32.58
	100m: 1:00.50	31.39	200m: 2:05.18	32.45	300m: 3:10.25	32.57	400m: 4:14.63	31.80
2.	Lana Ravelingien	Zwemfed	4:20.70	VZF/20011/03	<b>4:21.59</b> +0,68			
	50m: 29.48	29.48	150m: 1:34.25	32.66	250m: 2:41.17	33.58	350m: 3:48.53	33.77
	100m: 1:01.59	32.11	200m: 2:07.59	33.34	300m: 3:14.76	33.59	400m: 4:21.59	33.06
3.	Dominique Dingshoff	ZPC Hoogeveen	4:38.14	200400804	<b>4:35.83</b> +0,73			
	50m: 30.72	30.72	150m: 1:39.16	34.94	250m: 2:49.57	34.85	350m: 4:00.89	35.63
	100m: 1:04.22	33.50	200m: 2:14.72	35.56	300m: 3:25.26	35.69	400m: 4:35.83	34.94
4.	Ylène Zondervan	ZPC AMERSFOORT	4:38.88	201200016	<b>4:39.02</b> +0,72			
	50m: 31.47	31.47	150m: 1:42.06	35.79	250m: 2:54.10	36.41	350m: 4:05.09	35.40
	100m: 1:06.27	34.80	200m: 2:17.69	35.63	300m: 3:29.69	35.59	400m: 4:39.02	33.93
5.	Brechtje Slootweg	ZPC AMERSFOORT	4:44.67	201101744	<b>4:39.25</b> +0,73			
	50m: 31.59	31.59	150m: 1:42.47	35.69	250m: 2:53.92	35.88	350m: 4:05.14	35.31
	100m: 1:06.78	35.19	200m: 2:18.04	35.57	300m: 3:29.83	35.91	400m: 4:39.25	34.11
6.	Esmée Ykema	HZ&PC Heerenveen	4:40.07	200801710	<b>4:42.13</b> +0,74			
	50m: 32.30	32.30	150m: 1:45.27	36.71	250m: 2:57.53	35.46	350m: 4:07.71	34.89
	100m: 1:08.56	36.26	200m: 2:22.07	36.80	300m: 3:32.82	35.29	400m: 4:42.13	34.42
7.	Yanique Bax	ZPC AMERSFOORT	4:47.22	201001428	<b>4:44.98</b> +0,70			
	50m: 33.06	33.06	150m: 1:44.57	35.83	250m: 2:57.32	36.31	350m: 4:09.10	35.82
	100m: 1:08.74	35.68	200m: 2:21.01	36.44	300m: 3:33.28	35.96	400m: 4:44.98	35.88
8.	Wieke Dekker	De Dolfijn	4:50.96	201002020	<b>4:46.94</b> +0,78			
	50m: 32.00	32.00	150m: 1:45.79	37.23	250m: 2:59.67	36.86	350m: 4:11.94	35.87
	100m: 1:08.56	36.56	200m: 2:22.81	37.02	300m: 3:36.07	36.40	400m: 4:46.94	35.00
9.	Senna Rijnbeek	ZPC AMERSFOORT	4:52.92	200901480	<b>4:47.21</b> +0,78			
	50m: 31.65	31.65	150m: 1:43.46	36.22	250m: 2:57.28	37.00	350m: 4:11.83	37.35
	100m: 1:07.24	35.59	200m: 2:20.28	36.82	300m: 3:34.48	37.20	400m: 4:47.21	35.38
10.	Moniek van Langevelde	DWK	4:39.61	199803160	<b>4:47.77</b> +0,74			
	50m: 32.72	32.72	150m: 1:45.76	37.04	250m: 2:59.53	36.76	350m: 4:12.42	36.27
	100m: 1:08.72	36.00	200m: 2:22.77	37.01	300m: 3:36.15	36.62	400m: 4:47.77	35.35
11.	Eloisa Gomes Delgado	Feijenoord Albion	4:50.59	200700812	<b>4:50.13</b> +0,75			
	50m: 31.81	31.81	150m: 1:43.65	36.67	250m: 2:58.84	37.47	350m: 4:13.93	37.57
	100m: 1:06.98	35.17	200m: 2:21.37	37.72	300m: 3:36.36	37.52	400m: 4:50.13	36.20
12.	Karlijn Siderius	DWK	5:04.94	200900032	<b>5:02.38</b> +0,76			
	50m: 33.93	33.93	150m: 1:50.23	39.36	250m: 3:07.09	38.63	350m: 4:23.88	38.52
	100m: 1:10.87	36.94	200m: 2:28.46	38.23	300m: 3:45.36	38.27	400m: 5:02.38	38.50
13.	Aleyna Bakdemir	Blue Marlins	5:07.09	200804386	<b>5:03.03</b> +0,77			
	50m: 33.66	33.66	150m: 1:49.24	38.39	250m: 3:06.17	38.44	350m: 4:24.21	39.39
	100m: 1:10.85	37.19	200m: 2:27.73	38.49	300m: 3:44.82	38.65	400m: 5:03.03	38.82
14.	W. van der Heide	Orca Leeuwarden	5:17.21	201100028	<b>5:10.62</b> +0,82			
	50m: 34.83	34.83	150m: 1:54.36	39.97	250m: 3:14.96	40.22	350m: 4:34.21	38.48
	100m: 1:14.39	39.56	200m: 2:34.74	40.38	300m: 3:55.73	40.77	400m: 5:10.62	36.41
15.	Evelien de Vree	Blue Marlins	5:08.28	201002158	<b>5:11.87</b> +0,71			
	50m: 34.21	34.21	150m: 1:51.61	39.36	250m: 3:12.13	40.63	350m: 4:33.32	40.44
	100m: 1:12.25	38.04	200m: 2:31.50	39.89	300m: 3:52.88	40.75	400m: 5:11.87	38.55
16.	Jet Hogervorst	De Columbiaan	5:29.88	201200738	<b>5:19.94</b> +0,57			
	50m: 36.34	36.34	150m: 1:56.99	40.85	250m: 3:19.82	41.31	350m: 4:41.33	39.31
	100m: 1:16.14	39.80	200m: 2:38.51	41.52	300m: 4:02.02	42.20	400m: 5:19.94	38.61
17.	Sophie Beekvelt	ZV De Aalscholver	5:31.13	200801966	<b>5:25.50</b> +0,79			
	50m: 35.72	35.72	150m: 1:57.91	41.28	250m: 3:21.62	42.26	350m: 4:45.82	41.67
	100m: 1:16.63	40.91	200m: 2:39.36	41.45	300m: 4:04.15	42.53	400m: 5:25.50	39.68
18.	Isaura van den Brink	DAW	5:34.84	201102540	<b>5:25.70</b> * +0,75			
	50m: 35.98	35.98	150m: 1:57.68	41.35	250m: 3:21.81	42.45	350m: 4:45.61	41.40
	100m: 1:16.33	40.35	200m: 2:39.36	41.68	300m: 4:04.21	42.40	400m: 5:25.70	40.09
19.	Isabelle Toole	AZ&PC De Futen	5:27.43	200801982	<b>5:30.03</b> +0,72			
	50m: 38.06	38.06	150m: 2:02.48	42.70	250m: 3:27.02	41.87	350m: 4:49.60	40.79
	100m: 1:19.78	41.72	200m: 2:45.15	42.67	300m: 4:08.81	41.79	400m: 5:30.03	40.43
20.	Syll Rinsma	DZ&PC	5:34.20	201200798	<b>5:36.11</b> * +0,74			
	50m: 36.80	36.80	150m: 1:59.87	42.37	250m: 3:26.88	43.81	350m: 4:54.35	44.02
	100m: 1:17.50	40.70	200m: 2:43.07	43.20	300m: 4:10.33	43.45	400m: 5:36.11	41.76

Programmanr. 23, Dames, 400m vrije slag, alg. leeftijdsgroep

rang	naam	vereniging	intijd	tijd	RT			
21.	Emma Juliette Jansen	ZPC AMERSFOORT	5:38.44	201200158	<b>5:53.33</b> +0,66			
	50m: 37.44	37.44	150m: 2:04.10	44.70	250m: 3:37.17	46.76	350m: 5:09.24	45.26
	100m: 1:19.40	41.96	200m: 2:50.41	46.31	300m: 4:23.98	46.81	400m: 5:53.33	44.09
22.	Delta Angeloni	De Dolfijn	8:34.41	201301706	<b>6:20.14</b> *			
	50m: 45.60	45.60	150m: 2:22.07	47.01	250m: 3:57.77	48.29	350m: 5:34.03	48.11
	100m: 1:35.06	49.46	200m: 3:09.48	47.41	300m: 4:45.92	48.15	400m: 6:20.14	46.11
23.	Aiysha Mahr	De Dolfijn	6:34.89	201302216	<b>6:21.31</b> +0,80			
	50m: 40.80	40.80	150m:		250m: 3:50.66	48.96	350m: 5:31.40	51.09
	100m: 1:26.42	45.62	200m: 3:01.70		300m: 4:40.31	49.65	400m: 6:21.31	49.91