

Event 14
25-10-2025 - 17:37

Women, 400m Freestyle

Open
Results Final

Points: AQUA 2025

rang	naam	vereniging	intijd	tijd	RT	wa para
1.	Imani de Jong	Team NL - PSV	4:10.34	200200464	4:05.26 EK	+0,69 827
	50m: 27.55	27.55 150m: 1:28.51	30.68	250m: 2:30.90	31.27 350m: 3:34.48	31.86
	100m: 57.83	30.28 200m: 1:59.63	31.12	300m: 3:02.62	31.72 400m: 4:05.26	30.78
2.	M. van der Kamp	HZ&PC Heerenveen	4:08.49	200500218	4:08.54 EK	+0,71 795
	50m: 28.58	28.58 150m: 1:31.28	31.53	250m: 2:35.02	31.91 350m: 3:39.05	31.94
	100m: 59.75	31.17 200m: 2:03.11	31.83	300m: 3:07.11	32.09 400m: 4:08.54	29.49
3.	Siri Vanderlinden	Leuven Aquatics	4:13.90	LAQUA/21540/09	4:13.07	+0,73 753
	50m: 29.68	29.68 150m: 1:33.81	32.22	250m: 2:38.14	32.31 350m: 3:42.55	31.99
	100m: 1:01.59	31.91 200m: 2:05.83	32.02	300m: 3:10.56	32.42 400m: 4:13.07	30.52
4.	Hedwig Bolt	HZ&PC Heerenveen	4:15.49	200602660	4:14.70	+0,75 738
	50m: 29.17	29.17 150m: 1:32.85	32.24	250m: 2:37.81	32.54 350m: 3:43.03	32.55
	100m: 1:00.61	31.44 200m: 2:05.27	32.42	300m: 3:10.48	32.67 400m: 4:14.70	31.67
5.	Nynke Boerefijn	ZPC AMERSFOORT	4:24.78	200700114	4:17.01	+0,78 719
	50m: 29.04	29.04 150m: 1:33.90	32.71	250m: 2:39.98	32.81 350m: 3:45.20	32.74
	100m: 1:01.19	32.15 200m: 2:07.17	33.27	300m: 3:12.46	32.48 400m: 4:17.01	31.81
6.	Bregje Dekkers	PSV	4:19.94	200900746	4:19.25	+0,80 700
	50m: 30.24	30.24 150m: 1:35.16	32.62	250m: 2:40.68	32.91 350m: 3:46.95	33.04
	100m: 1:02.54	32.30 200m: 2:07.77	32.61	300m: 3:13.91	33.23 400m: 4:19.25	32.30
7.	Julie van Nispen	Nuenen	4:25.63	200800290	4:19.72	+0,73 696
	50m: 29.50	29.50 150m: 1:35.36	32.85	250m: 2:41.91	33.35 350m: 3:47.93	33.00
	100m: 1:02.51	33.01 200m: 2:08.56	33.20	300m: 3:14.93	33.02 400m: 4:19.72	31.79
8.	Lora Sharankova	Plovdiv 2019	4:24.60	001326	4:21.90	+0,67 679
	50m: 30.01	30.01 150m: 1:34.89	32.69	250m: 2:41.55	33.40 350m: 3:48.98	33.75
	100m: 1:02.20	32.19 200m: 2:08.15	33.26	300m: 3:15.23	33.68 400m: 4:21.90	32.92
9.	Fenne Metten	ZPC AMERSFOORT	4:25.56	201000102	4:22.21	+0,75 677
	50m: 29.68	29.68 150m: 1:35.58	33.50	250m: 2:42.95	33.74 350m: 3:50.32	33.75
	100m: 1:02.08	32.40 200m: 2:09.21	33.63	300m: 3:16.57	33.62 400m: 4:22.21	31.89
10.	Fenna Westerneng	DZ&PC	4:33.44	200900070	4:32.87	+0,64 600
	50m: 30.18	30.18 150m: 1:36.93	33.88	250m: 2:46.49	34.70 350m: 3:57.81	35.78
	100m: 1:03.05	32.87 200m: 2:11.79	34.86	300m: 3:22.03	35.54 400m: 4:32.87	35.06