

Programmanr. 1
19-12-2025 - 17:19

Dames, 400m vrije slag

Senioren Open
Resultaten Finale

Punten: AQUA 2025

rang	naam	vereniging	tijd	RT	FINA	para
PARA Open						
1.	Milou van Winkel	WVZ	200402296 S14	5:24.34	+0,73	357 607
	50m: 33.14	33.14 150m: 1:54.48	41.74 250m: 3:17.35	41.35 350m: 4:42.97		43.49
	100m: 1:12.74	39.60 200m: 2:36.00	41.52 300m: 3:59.48	42.13 400m: 5:24.34		41.37
2.	Aguila Dolsma	Blue Marlins	200603902 S14	5:31.65		334 568
	50m: 35.27	35.27 150m: 1:57.09	41.54 250m: 3:22.44	42.52 350m: 4:49.51		44.01
	100m: 1:15.55	40.28 200m: 2:39.92	42.83 300m: 4:05.50	43.06 400m: 5:31.65		42.14
3.	Jente Parlevliet	Noordwijkerhout	201003900 S14	6:07.74	+0,82	245 417
	50m: 40.56	40.56 150m: 2:14.88	46.97 250m: 3:48.10	46.74 350m: 5:22.23		46.43
	100m: 1:27.91	47.35 200m: 3:01.36	46.48 300m: 4:35.80	47.70 400m: 6:07.74		45.51

senioren Open

Finale A

1.	Marte Hieke van der Kamp	HZ&PC Heerenveen	200500218	4:08.41	+0,73	796
	50m: 28.15	28.15 150m: 1:30.95	31.62 250m: 2:34.57	31.79 350m: 3:38.24		31.83
	100m: 59.33	31.18 200m: 2:02.78	31.83 300m: 3:06.41	31.84 400m: 4:08.41		30.17
2.	Nynke Boerefijn	ZPC AMERSFOORT	200700114	4:11.47	+0,73	767
	50m: 28.43	28.43 150m: 1:31.78	32.13 250m: 2:36.10	32.15 350m: 3:40.30		31.88
	100m: 59.65	31.22 200m: 2:03.95	32.17 300m: 3:08.42	32.32 400m: 4:11.47		31.17
3.	Jade van der Schrier	AZC	200800692	4:12.86	+0,75	755
	50m: 29.40	29.40 150m: 1:32.68	31.87 250m: 2:37.25	32.19 350m: 3:41.74		32.19
	100m: 1:00.81	31.41 200m: 2:05.06	32.38 300m: 3:09.55	32.30 400m: 4:12.86		31.12
4.	Yill van Bezouw	Hieronymus	201100704	4:13.99	+0,73	744
	50m: 28.63	28.63 150m: 1:32.02	32.02 250m: 2:36.73	32.52 350m: 3:42.40		32.77
	100m: 1:00.00	31.37 200m: 2:04.21	32.19 300m: 3:09.63	32.90 400m: 4:13.99		31.59
5.	Hedwig Bolt	HZ&PC Heerenveen	200602660	4:16.05		727
	50m: 29.51	29.51 150m: 1:33.54	32.22 250m: 2:38.63	32.52 350m: 3:44.13		32.79
	100m: 1:01.32	31.81 200m: 2:06.11	32.57 300m: 3:11.34	32.71 400m: 4:16.05		31.92
6.	Fenne Metten	ZPC AMERSFOORT	201000102	4:16.76	+0,74	721
	50m: 29.46	29.46 150m: 1:33.99	32.24 250m: 2:39.66	32.79 350m: 3:45.32		32.77
	100m: 1:01.75	32.29 200m: 2:06.87	32.88 300m: 3:12.55	32.89 400m: 4:16.76		31.44
7.	Rhodee van den Ham	De Duinkickers	200700090	4:17.31	+0,74	716
	50m: 29.82	29.82 150m: 1:34.83	32.77 250m: 2:40.56	32.79 350m: 3:46.05		32.47
	100m: 1:02.06	32.24 200m: 2:07.77	32.94 300m: 3:13.58	33.02 400m: 4:17.31		31.26
8.	Julie van Nispen	Nuenen	200800290	4:27.27	+0,73	639
	50m: 29.60	29.60 150m: 1:35.64	33.33 250m: 2:43.43	34.30 350m: 3:53.38		35.20
	100m: 1:02.31	32.71 200m: 2:09.13	33.49 300m: 3:18.18	34.75 400m: 4:27.27		33.89

Finale B

9.	Hannah Huisman	De Dolfijn	201000002	4:25.80	+0,75	650
	50m: 29.86	29.86 150m: 1:37.04	33.33 250m: 2:45.08	33.73 350m: 3:53.42		33.87
	100m: 1:03.71	33.85 200m: 2:11.35	34.31 300m: 3:19.55	34.47 400m: 4:25.80		32.38
10.	Veerle de Ridder	HZ&PC Heerenveen	200700778	4:27.98	+0,50	634
	50m: 29.10	29.10 150m: 1:36.38	33.70 250m: 2:44.76	34.11 350m: 3:54.09		34.78
	100m: 1:02.68	33.58 200m: 2:10.65	34.27 300m: 3:19.31	34.55 400m: 4:27.98		33.89
11.	Fenna Westerneng	DZ&PC	200900070	4:28.30	+0,75	632
	50m: 29.91	29.91 150m: 1:37.68	34.27 250m: 2:46.23	33.98 350m: 3:54.76		34.32
	100m: 1:03.41	33.50 200m: 2:12.25	34.57 300m: 3:20.44	34.21 400m: 4:28.30		33.54
12.	Mara Bosman	De Dolfijn	200303048	4:29.75		621
	50m: 29.88	29.88 150m: 1:36.28	33.43 250m: 2:44.65	34.54 350m: 3:55.32		35.41
	100m: 1:02.85	32.97 200m: 2:10.11	33.83 300m: 3:19.91	35.26 400m: 4:29.75		34.43
13.	Anna Lepoutre	PSV	201100534	4:30.33	+0,68	617
	50m: 30.47	30.47 150m: 1:38.35	34.24 250m: 2:47.19	34.31 350m: 3:55.74		33.89
	100m: 1:04.11	33.64 200m: 2:12.88	34.53 300m: 3:21.85	34.66 400m: 4:30.33		34.59
14.	Chiara Lammertink	ZPC AMERSFOORT	200902200	4:32.95	+0,74	600
	50m: 30.58	30.58 150m: 1:38.71	34.47 250m: 2:48.43	34.96 350m: 3:58.74		35.24
	100m: 1:04.24	33.66 200m: 2:13.47	34.76 300m: 3:23.50	35.07 400m: 4:32.95		34.21

B = Bonus inschrijving



Nederlandse Kampioenschappen korte baan 2025
Den Haag, 19- - 21-12-2025



Programmanr. 1, Dames, 400m vrije slag, Finale, senioren Open

rang	naam	vereniging						tijd		RT	FINA	para
15.	Elin Reinstra	TriVia						201100842		4:33.44	+0,81	597
	50m:	30.83	30.83	150m:	1:38.55	34.21	250m:	2:48.48	35.06	350m:	3:59.11	35.06
	100m:	1:04.34	33.51	200m:	2:13.42	34.87	300m:	3:24.05	35.57	400m:	4:33.44	34.33
16.	Tess Panjer	VZC						200403060		4:37.62	+0,81	570
	50m:	30.36	30.36	150m:	1:38.46	34.61	250m:	2:49.34	35.49	350m:	4:01.33	36.12
	100m:	1:03.85	33.49	200m:	2:13.85	35.39	300m:	3:25.21	35.87	400m:	4:37.62	36.29

B = Bonus inschrijving