

Programmanr. 32
21-12-2025 - 17:19

Dames, 400m wisselslag

senioren Open
Resultaten Finale

Punten: AQUA 2025

rang	naam	vereniging	tijd	RT	FINA	para
Finale A						
1.	Rhodee van den Ham	De Duinkickers	200700090	4:46.10	+0,73	712
	50m: 31.22	31.22 150m: 1:43.18	36.82 250m: 2:59.67	39.96 350m: 4:14.13		33.09
	100m: 1:06.36	35.14 200m: 2:19.71	36.53 300m: 3:41.04	41.37 400m: 4:46.10		31.97
2.	Djanilla Brink	Team NL - De Dolfijn	200600988	4:49.55	+0,62	686
	50m: 31.37	31.37 150m: 1:47.25	39.07 250m: 3:03.34	37.58 350m: 4:16.82		33.94
	100m: 1:08.18	36.81 200m: 2:25.76	38.51 300m: 3:42.88	39.54 400m: 4:49.55		32.73
3.	Marte Hieke van der Kamp	HZ&PC Heerenveen	200500218	4:49.88	+0,73	684
	50m: 30.56	30.56 150m: 1:41.68	36.71 250m: 3:01.31	43.60 350m: 4:19.05		33.26
	100m: 1:04.97	34.41 200m: 2:17.71	36.03 300m: 3:45.79	44.48 400m: 4:49.88		30.83
4.	Frouke Ludwig	DZ&PC	200800112	4:51.72		671
	50m: 30.62	30.62 150m: 1:42.21	36.59 250m: 3:01.29	43.40 350m: 4:19.75		34.36
	100m: 1:05.62	35.00 200m: 2:17.89	35.68 300m: 3:45.39	44.10 400m: 4:51.72		31.97
5.	Dachen Haaijer	ZPC Hoozeveen	200800380	4:57.27	+0,75	634
	50m: 32.27	32.27 150m: 1:47.61	38.22 250m: 3:06.72	41.40 350m: 4:23.92		34.86
	100m: 1:09.39	37.12 200m: 2:25.32	37.71 300m: 3:49.06	42.34 400m: 4:57.27		33.35
6.	Isa Schellekens	Zegenwerp	200002330	5:00.56	+0,75	614
	50m: 31.67	31.67 150m: 1:47.35	38.44 250m: 3:08.34	43.20 350m: 4:26.70		34.97
	100m: 1:08.91	37.24 200m: 2:25.14	37.79 300m: 3:51.73	43.39 400m: 5:00.56		33.86
7.	Luus Gielens	PSV	200900138	5:02.60	+0,87	601
	50m: 31.32	31.32 150m: 1:45.21	38.26 250m: 3:07.73	44.44 350m: 4:28.56		35.85
	100m: 1:06.95	35.63 200m: 2:23.29	38.08 300m: 3:52.71	44.98 400m: 5:02.60		34.04
8.	Annieke Rupke	WVZ	200700876	5:06.26	+0,77	580
	50m: 31.33	31.33 150m: 1:49.87	40.46 250m: 3:11.75	42.25 350m: 4:30.62		35.94
	100m: 1:09.41	38.08 200m: 2:29.50	39.63 300m: 3:54.68	42.93 400m: 5:06.26		35.64
Finale B						
9.	Mara Bosman	De Dolfijn	200303048	5:05.95	+0,69	582
	50m: 32.33	32.33 150m: 1:48.39	38.67 250m: 3:12.23	44.76 350m: 4:32.00		34.35
	100m: 1:09.72	37.39 200m: 2:27.47	39.08 300m: 3:57.65	45.42 400m: 5:05.95		33.95
10.	Meyke v. Nimwegen	De Schoteijl	200800106	5:07.80	+0,59	571
	50m: 31.83	31.83 150m: 1:48.91	38.81 250m: 3:12.03	44.81 350m: 4:32.88		35.61
	100m: 1:10.10	38.27 200m: 2:27.22	38.31 300m: 3:57.27	45.24 400m: 5:07.80		34.92
11.	Angelique van Vark	GZC DONK	199701478	5:10.61	+0,70	556
	50m: 33.36	33.36 150m: 1:53.20	40.56 250m: 3:17.16	44.61 350m: 4:37.06		35.23
	100m: 1:12.64	39.28 200m: 2:32.55	39.35 300m: 4:01.83	44.67 400m: 5:10.61		33.55
12.	Roos de Jong	ZCNF'34	200302948	5:15.23		532
	50m: 34.11	34.11 150m: 1:55.81	42.30 250m: 3:19.45	42.82 350m: 4:40.03		37.54
	100m: 1:13.51	39.40 200m: 2:36.63	40.82 300m: 4:02.49	43.04 400m: 5:15.23		35.20
13.	Michelle Zomerdijk	Dedemsvaart-AC	200003196	5:15.27	+0,74	532
	50m: 32.55	32.55 150m: 1:52.59	41.23 250m: 3:16.25	43.62 350m: 4:39.42		37.74
	100m: 1:11.36	38.81 200m: 2:32.63	40.04 300m: 4:01.68	45.43 400m: 5:15.27		35.85
14.	Jenny Muntinga	ZPCH	200900450	5:16.36	+0,67	526
	50m: 32.39	32.39 150m: 1:53.32	41.81 250m: 3:19.57	45.13 350m: 4:41.92		36.88
	100m: 1:11.51	39.12 200m: 2:34.44	41.12 300m: 4:05.04	45.47 400m: 5:16.36		34.44
15.	Niobe Maduro	Aqua-Novio'94	200800378	5:16.54	+0,78	525
	50m: 32.32	32.32 150m: 1:53.10	41.50 250m: 3:18.32	43.87 350m: 4:39.73		37.26
	100m: 1:11.60	39.28 200m: 2:34.45	41.35 300m: 4:02.47	44.15 400m: 5:16.54		36.81
16.	Marlies Dijsselhof	Dedemsvaart-AC	200601046	5:24.08	+0,81	489
	50m: 32.92	32.92 150m: 1:54.84	40.63 250m: 3:20.53	45.45 350m: 4:46.05		39.03
	100m: 1:14.21	41.29 200m: 2:35.08	40.24 300m: 4:07.02	46.49 400m: 5:24.08		38.03

B = Bonus inschrijving