

Programmanr. 42
21-12-2025 - 19:09

Dames, 1500m vrije slag

Senioren Open
Resultaten

Punten: AQUA 2025

rang	naam	vereniging				tijd		RT	FINA	para
Onder 18										
1.	Jade van der Schrier	AZC		200800692		16:32.82		+0,76	765	
	50m: 30.19	30.19	450m: 4:53.63	33.17	850m: 9:20.40	33.20	1250m: 13:48.90		33.42	
	100m: 1:02.53	32.34	500m: 5:26.92	33.29	900m: 9:54.00	33.60	1300m: 14:22.42		33.52	
	150m: 1:35.29	32.76	550m: 6:00.18	33.26	950m: 10:27.66	33.66	1350m: 14:55.90		33.48	
	200m: 2:08.24	32.95	600m: 6:33.57	33.39	1000m: 11:01.32	33.66	1400m: 15:29.21		33.31	
	250m: 2:41.12	32.88	650m: 7:06.95	33.38	1050m: 11:34.96	33.64	1450m: 16:02.25		33.04	
	300m: 3:14.17	33.05	700m: 7:40.41	33.46	1100m: 12:08.47	33.51	1500m: 16:32.82		30.57	
	350m: 3:47.25	33.08	750m: 8:13.87	33.46	1150m: 12:42.01	33.54				
	400m: 4:20.46	33.21	800m: 8:47.20	33.33	1200m: 13:15.48	33.47				
2.	Laura van Etten	HZ&PC Heerenveen		200800264		17:24.82		+0,89	656	
	50m: 30.40	30.40	450m: 5:05.60	34.67	850m: 9:45.94	34.77	1250m: 14:28.84		36.49	
	100m: 1:04.21	33.81	500m: 5:40.67	35.07	900m: 10:21.02	35.08	1300m: 15:04.11		35.27	
	150m: 1:38.44	34.23	550m: 6:15.90	35.23	950m: 10:56.23	35.21	1350m: 15:40.24		36.13	
	200m: 2:12.53	34.09	600m: 6:50.72	34.82	1000m: 11:31.51	35.28	1400m: 16:15.70		35.46	
	250m: 2:47.17	34.64	650m: 7:25.60	34.88	1050m: 12:06.36	34.85	1450m: 16:51.38		35.68	
	300m: 3:21.81	34.64	700m: 8:00.69	35.09	1100m: 12:41.80	35.44	1500m: 17:24.82		33.44	
	350m: 3:56.34	34.53	750m: 8:35.91	35.22	1150m: 13:16.97	35.17				
	400m: 4:30.93	34.59	800m: 9:11.17	35.26	1200m: 13:52.35	35.38				
3.	Julie van Nispen	Nuenen		200800290		17:32.27			643	
	50m: 30.41	30.41	450m: 5:06.50	34.63	850m: 9:49.94	35.58	1250m: 14:36.52		35.99	
	100m: 1:04.78	34.37	500m: 5:41.65	35.15	900m: 10:25.96	36.02	1300m: 15:12.29		35.77	
	150m: 1:38.18	33.40	550m: 6:17.02	35.37	950m: 11:01.61	35.65	1350m: 15:47.58		35.29	
	200m: 2:12.41	34.23	600m: 6:52.21	35.19	1000m: 11:37.58	35.97	1400m: 16:22.74		35.16	
	250m: 2:46.92	34.51	650m: 7:27.47	35.26	1050m: 12:13.49	35.91	1450m: 16:58.04		35.30	
	300m: 3:21.59	34.67	700m: 8:02.91	35.44	1100m: 12:49.77	36.28	1500m: 17:32.27		34.23	
	350m: 3:56.78	35.19	750m: 8:38.55	35.64	1150m: 13:24.95	35.18				
	400m: 4:31.87	35.09	800m: 9:14.36	35.81	1200m: 14:00.53	35.58				
4.	Esmee Ykema	HZ&PC Heerenveen		200801710		18:45.98		+0,79	524	
	50m: 32.32	32.32	450m: 5:35.48	38.09	850m: 10:39.26	38.37	1250m: 15:42.49		37.20	
	100m: 1:08.76	36.44	500m: 6:14.16	38.68	900m: 11:16.87	37.61	1300m: 16:20.20		37.71	
	150m: 1:46.75	37.99	550m: 6:52.29	38.13	950m: 11:54.93	38.06	1350m: 16:57.04		36.84	
	200m: 2:24.99	38.24	600m: 7:30.63	38.34	1000m: 12:33.76	38.83	1400m: 17:34.12		37.08	
	250m: 3:03.05	38.06	650m: 8:07.61	36.98	1050m: 13:11.92	38.16	1450m: 18:10.59		36.47	
	300m: 3:41.12	38.07	700m: 8:44.80	37.19	1100m: 13:49.52	37.60	1500m: 18:45.98		35.39	
	350m: 4:19.40	38.28	750m: 9:22.70	37.90	1150m: 14:27.30	37.78				
	400m: 4:57.39	37.99	800m: 10:00.89	38.19	1200m: 15:05.29	37.99				
NG	Bregje Dekkers	PSV		200900746						
Onder 20										
1.	Hedwig Bolt	HZ&PC Heerenveen		200602660		16:37.46		+0,64	754	
	50m: 29.94	29.94	450m: 4:54.30	33.33	850m: 9:22.19	33.61	1250m: 13:51.39		33.56	
	100m: 1:02.31	32.37	500m: 5:27.61	33.31	900m: 9:55.77	33.58	1300m: 14:25.12		33.73	
	150m: 1:35.14	32.83	550m: 6:01.01	33.40	950m: 10:29.36	33.59	1350m: 14:58.73		33.61	
	200m: 2:08.20	33.06	600m: 6:34.45	33.44	1000m: 11:02.95	33.59	1400m: 15:32.30		33.57	
	250m: 2:41.33	33.13	650m: 7:07.90	33.45	1050m: 11:36.63	33.68	1450m: 16:05.32		33.02	
	300m: 3:14.56	33.23	700m: 7:41.52	33.62	1100m: 12:10.33	33.70	1500m: 16:37.46		32.14	
	350m: 3:47.71	33.15	750m: 8:15.06	33.54	1150m: 12:44.01	33.68				
	400m: 4:20.97	33.26	800m: 8:48.58	33.52	1200m: 13:17.83	33.82				
2.	Veerle de Ridder	HZ&PC Heerenveen		200700778		17:33.86		+0,69	640	
	50m: 29.65	29.65	450m: 5:10.44	34.96	850m: 9:53.39	35.22	1250m: 14:39.12		35.95	
	100m: 1:04.10	34.45	500m: 5:45.49	35.05	900m: 10:29.26	35.87	1300m: 15:14.99		35.87	
	150m: 1:38.98	34.88	550m: 6:21.07	35.58	950m: 11:04.89	35.63	1350m: 15:50.03		35.04	
	200m: 2:14.40	35.42	600m: 6:56.33	35.26	1000m: 11:40.54	35.65	1400m: 16:25.58		35.55	
	250m: 2:49.66	35.26	650m: 7:31.63	35.30	1050m: 12:15.90	35.36	1450m: 17:00.68		35.10	
	300m: 3:24.90	35.24	700m: 8:06.85	35.22	1100m: 12:51.86	35.96	1500m: 17:33.86		33.18	
	350m: 4:00.09	35.19	750m: 8:42.14	35.29	1150m: 13:27.92	36.06				
	400m: 4:35.48	35.39	800m: 9:18.17	36.03	1200m: 14:03.17	35.25				
3.	Imre Bouwland	ZPC Hoozeveen		200700388		18:06.95		+0,57	583	
	50m: 31.16	31.16	450m: 5:19.25	36.60	850m: 10:13.28	36.88	1250m: 15:07.88		36.82	
	100m: 1:06.37	35.21	500m: 5:55.95	36.70	900m: 10:50.00	36.72	1300m: 15:43.97		36.09	
	150m: 1:42.33	35.96	550m: 6:32.48	36.53	950m: 11:26.77	36.77	1350m: 16:20.36		36.39	
	200m: 2:18.29	35.96	600m: 7:09.18	36.70	1000m: 12:03.49	36.72	1400m: 16:56.64		36.28	
	250m: 2:53.93	35.64	650m: 7:46.07	36.89	1050m: 12:40.56	37.07	1450m: 17:32.62		35.98	
	300m: 3:29.70	35.77	700m: 8:22.77	36.70	1100m: 13:17.22	36.66	1500m: 18:06.95		34.33	
	350m: 4:06.12	36.42	750m: 8:59.43	36.66	1150m: 13:53.93	36.71				
	400m: 4:42.65	36.53	800m: 9:36.40	36.97	1200m: 14:31.06	37.13				

B = Bonus inschrijving

Programmanr. 42, Dames, 1500m vrije slag

senioren Open

1. Marte Hieke van der Kamp Kampioenschaps Record	HZ&PC Heerenveen		200500218		16:15.68		+0,72		806		
50m:	29.78	29.78	450m:	4:50.71	32.73	850m:	9:13.12	32.75	1250m:	13:35.50	32.83
100m:	1:01.86	32.08	500m:	5:23.48	32.77	900m:	9:45.92	32.80	1300m:	14:08.30	32.80
150m:	1:34.35	32.49	550m:	5:56.27	32.79	950m:	10:18.76	32.84	1350m:	14:40.91	32.61
200m:	2:06.90	32.55	600m:	6:29.17	32.90	1000m:	10:51.59	32.83	1400m:	15:13.76	32.85
250m:	2:39.59	32.69	650m:	7:01.91	32.74	1050m:	11:24.37	32.78	1450m:	15:46.43	32.67
300m:	3:12.44	32.85	700m:	7:34.78	32.87	1100m:	11:57.09	32.72	1500m:	16:15.68	29.25
350m:	3:45.23	32.79	750m:	8:07.60	32.82	1150m:	12:29.86	32.77			
400m:	4:17.98	32.75	800m:	8:40.37	32.77	1200m:	13:02.67	32.81			
2. Jade van der Schrier	AZC		200800692		16:32.82		+0,76		765		
50m:	30.19	30.19	450m:	4:53.63	33.17	850m:	9:20.40	33.20	1250m:	13:48.90	33.42
100m:	1:02.53	32.34	500m:	5:26.92	33.29	900m:	9:54.00	33.60	1300m:	14:22.42	33.52
150m:	1:35.29	32.76	550m:	6:00.18	33.26	950m:	10:27.66	33.66	1350m:	14:55.90	33.48
200m:	2:08.24	32.95	600m:	6:33.57	33.39	1000m:	11:01.32	33.66	1400m:	15:29.21	33.31
250m:	2:41.12	32.88	650m:	7:06.95	33.38	1050m:	11:34.96	33.64	1450m:	16:02.25	33.04
300m:	3:14.17	33.05	700m:	7:40.41	33.46	1100m:	12:08.47	33.51	1500m:	16:32.82	30.57
350m:	3:47.25	33.08	750m:	8:13.87	33.46	1150m:	12:42.01	33.54			
400m:	4:20.46	33.21	800m:	8:47.20	33.33	1200m:	13:15.48	33.47			
3. Hedwig Bolt	HZ&PC Heerenveen		200602660		16:37.46		+0,64		754		
50m:	29.94	29.94	450m:	4:54.30	33.33	850m:	9:22.19	33.61	1250m:	13:51.39	33.56
100m:	1:02.31	32.37	500m:	5:27.61	33.31	900m:	9:55.77	33.58	1300m:	14:25.12	33.73
150m:	1:35.14	32.83	550m:	6:01.01	33.40	950m:	10:29.36	33.59	1350m:	14:58.73	33.61
200m:	2:08.20	33.06	600m:	6:34.45	33.44	1000m:	11:02.95	33.59	1400m:	15:32.30	33.57
250m:	2:41.33	33.13	650m:	7:07.90	33.45	1050m:	11:36.63	33.68	1450m:	16:05.32	33.02
300m:	3:14.56	33.23	700m:	7:41.52	33.62	1100m:	12:10.33	33.70	1500m:	16:37.46	32.14
350m:	3:47.71	33.15	750m:	8:15.06	33.54	1150m:	12:44.01	33.68			
400m:	4:20.97	33.26	800m:	8:48.58	33.52	1200m:	13:17.83	33.82			
4. Alinda Dingshoff	De Dolfijn		200000928		17:16.90		+0,82		672		
50m:	31.32	31.32	450m:	5:07.47	34.82	850m:	9:45.02	34.87	1250m:	14:24.50	34.63
100m:	1:05.06	33.74	500m:	5:42.25	34.78	900m:	10:19.94	34.92	1300m:	14:59.46	34.96
150m:	1:39.17	34.11	550m:	6:16.99	34.74	950m:	10:55.12	35.18	1350m:	15:34.52	35.06
200m:	2:13.57	34.40	600m:	6:51.51	34.52	1000m:	11:29.93	34.81	1400m:	16:09.59	35.07
250m:	2:48.20	34.63	650m:	7:26.09	34.58	1050m:	12:04.57	34.64	1450m:	16:43.72	34.13
300m:	3:22.88	34.68	700m:	8:00.83	34.74	1100m:	12:39.35	34.78	1500m:	17:16.90	33.18
350m:	3:57.74	34.86	750m:	8:35.37	34.54	1150m:	13:14.81	35.46			
400m:	4:32.65	34.91	800m:	9:10.15	34.78	1200m:	13:49.87	35.06			
5. Roos Englebert	Hieronymus		200200606		17:18.80		+0,77		668		
50m:	30.81	30.81	450m:	5:05.09	34.53	850m:	9:45.85	35.19	1250m:	14:26.06	34.87
100m:	1:04.20	33.39	500m:	5:40.01	34.92	900m:	10:21.05	35.20	1300m:	15:00.95	34.89
150m:	1:38.11	33.91	550m:	6:14.87	34.86	950m:	10:56.15	35.10	1350m:	15:35.77	34.82
200m:	2:12.33	34.22	600m:	6:49.87	35.00	1000m:	11:31.13	34.98	1400m:	16:10.57	34.80
250m:	2:47.04	34.71	650m:	7:25.03	35.16	1050m:	12:06.13	35.00	1450m:	16:45.10	34.53
300m:	3:21.61	34.57	700m:	8:00.28	35.25	1100m:	12:41.33	35.20	1500m:	17:18.80	33.70
350m:	3:56.09	34.48	750m:	8:35.56	35.28	1150m:	13:16.31	34.98			
400m:	4:30.56	34.47	800m:	9:10.66	35.10	1200m:	13:51.19	34.88			
6. Laura van Etten	HZ&PC Heerenveen		200800264		17:24.82		+0,89		656		
50m:	30.40	30.40	450m:	5:05.60	34.67	850m:	9:45.94	34.77	1250m:	14:28.84	36.49
100m:	1:04.21	33.81	500m:	5:40.67	35.07	900m:	10:21.02	35.08	1300m:	15:04.11	35.27
150m:	1:38.44	34.23	550m:	6:15.90	35.23	950m:	10:56.23	35.21	1350m:	15:40.24	36.13
200m:	2:12.53	34.09	600m:	6:50.72	34.82	1000m:	11:31.51	35.28	1400m:	16:15.70	35.46
250m:	2:47.17	34.64	650m:	7:25.60	34.88	1050m:	12:06.36	34.85	1450m:	16:51.38	35.68
300m:	3:21.81	34.64	700m:	8:00.69	35.09	1100m:	12:41.80	35.44	1500m:	17:24.82	33.44
350m:	3:56.34	34.53	750m:	8:35.91	35.22	1150m:	13:16.97	35.17			
400m:	4:30.93	34.59	800m:	9:11.17	35.26	1200m:	13:52.35	35.38			
7. Julie van Nispen	Nuenen		200800290		17:32.27				643		
50m:	30.41	30.41	450m:	5:06.50	34.63	850m:	9:49.94	35.58	1250m:	14:36.52	35.99
100m:	1:04.78	34.37	500m:	5:41.65	35.15	900m:	10:25.96	36.02	1300m:	15:12.29	35.77
150m:	1:38.18	33.40	550m:	6:17.02	35.37	950m:	11:01.61	35.65	1350m:	15:47.58	35.29
200m:	2:12.41	34.23	600m:	6:52.21	35.19	1000m:	11:37.58	35.97	1400m:	16:22.74	35.16
250m:	2:46.92	34.51	650m:	7:27.47	35.26	1050m:	12:13.49	35.91	1450m:	16:58.04	35.30
300m:	3:21.59	34.67	700m:	8:02.91	35.44	1100m:	12:49.77	36.28	1500m:	17:32.27	34.23
350m:	3:56.78	35.19	750m:	8:38.55	35.64	1150m:	13:24.95	35.18			
400m:	4:31.87	35.09	800m:	9:14.36	35.81	1200m:	14:00.53	35.58			
8. Veerle de Ridder	HZ&PC Heerenveen		200700778		17:33.86		+0,69		640		
50m:	29.65	29.65	450m:	5:10.44	34.96	850m:	9:53.39	35.22	1250m:	14:39.12	35.95
100m:	1:04.10	34.45	500m:	5:45.49	35.05	900m:	10:29.26	35.87	1300m:	15:14.99	35.87
150m:	1:38.98	34.88	550m:	6:21.07	35.58	950m:	11:04.89	35.63	1350m:	15:50.03	35.04
200m:	2:14.40	35.42	600m:	6:56.33	35.26	1000m:	11:40.54	35.65	1400m:	16:25.58	35.55
250m:	2:49.66	35.26	650m:	7:31.63	35.30	1050m:	12:15.90	35.36	1450m:	17:00.68	35.10
300m:	3:24.90	35.24	700m:	8:06.85	35.22	1100m:	12:51.86	35.96	1500m:	17:33.86	33.18
350m:	4:00.09	35.19	750m:	8:42.14	35.29	1150m:	13:27.92	36.06			
400m:	4:35.48	35.39	800m:	9:18.17	36.03	1200m:	14:03.17	35.25			

B = Bonus inschrijving

Programmanr. 42, Dames, 1500m vrije slag, senioren Open

rang	naam	vereniging		tijd		RT	FINA	para
9.	Mara Bosman	De Dolfijn		200303048		17:33.88	+0,73	640
	50m: 30.63	30.63	450m: 5:08.94	35.28	850m: 9:53.22	35.61	1250m: 14:37.51	35.36
	100m: 1:04.34	33.71	500m: 5:44.34	35.40	900m: 10:29.12	35.90	1300m: 15:13.17	35.66
	150m: 1:38.54	34.20	550m: 6:19.60	35.26	950m: 11:04.74	35.62	1350m: 15:48.65	35.48
	200m: 2:13.21	34.67	600m: 6:55.19	35.59	1000m: 11:40.57	35.83	1400m: 16:24.06	35.41
	250m: 2:48.10	34.89	650m: 7:30.89	35.70	1050m: 12:15.81	35.24	1450m: 16:59.47	35.41
	300m: 3:23.19	35.09	700m: 8:06.22	35.33	1100m: 12:51.74	35.93	1500m: 17:33.88	34.41
	350m: 3:58.26	35.07	750m: 8:42.05	35.83	1150m: 13:26.56	34.82		
	400m: 4:33.66	35.40	800m: 9:17.61	35.56	1200m: 14:02.15	35.59		
10.	Imre Bouwland	ZPC Hoogetveen		200700388		18:06.95	+0,57	583
	50m: 31.16	31.16	450m: 5:19.25	36.60	850m: 10:13.28	36.88	1250m: 15:07.88	36.82
	100m: 1:06.37	35.21	500m: 5:55.95	36.70	900m: 10:50.00	36.72	1300m: 15:43.97	36.09
	150m: 1:42.33	35.96	550m: 6:32.48	36.53	950m: 11:26.77	36.77	1350m: 16:20.36	36.39
	200m: 2:18.29	35.96	600m: 7:09.18	36.70	1000m: 12:03.49	36.72	1400m: 16:56.64	36.28
	250m: 2:53.93	35.64	650m: 7:46.07	36.89	1050m: 12:40.56	37.07	1450m: 17:32.62	35.98
	300m: 3:29.70	35.77	700m: 8:22.77	36.70	1100m: 13:17.22	36.66	1500m: 18:06.95	34.33
	350m: 4:06.12	36.42	750m: 8:59.43	36.66	1150m: 13:53.93	36.71		
	400m: 4:42.65	36.53	800m: 9:36.40	36.97	1200m: 14:31.06	37.13		
11.	Maaïke Vooren	DAW		199103324		18:29.57		548
	50m: 32.60	32.60	450m: 5:27.64	36.86	850m: 10:23.36	37.02	1250m: 15:22.75	37.75
	100m: 1:08.74	36.14	500m: 6:04.60	36.96	900m: 11:00.47	37.11	1300m: 16:00.72	37.97
	150m: 1:45.61	36.87	550m: 6:41.41	36.81	950m: 11:37.98	37.51	1350m: 16:37.84	37.12
	200m: 2:22.69	37.08	600m: 7:18.12	36.71	1000m: 12:15.32	37.34	1400m: 17:15.48	37.64
	250m: 2:59.74	37.05	650m: 7:55.14	37.02	1050m: 12:52.83	37.51	1450m: 17:53.12	37.64
	300m: 3:36.86	37.12	700m: 8:32.11	36.97	1100m: 13:30.04	37.21	1500m: 18:29.57	36.45
	350m: 4:13.96	37.10	750m: 9:09.25	37.14	1150m: 14:07.56	37.52		
	400m: 4:50.78	36.82	800m: 9:46.34	37.09	1200m: 14:45.00	37.44		
12.	Esmee Ykema	HZ&PC Heerenveen		200801710		18:45.98	+0,79	524
	50m: 32.32	32.32	450m: 5:35.48	38.09	850m: 10:39.26	38.37	1250m: 15:42.49	37.20
	100m: 1:08.76	36.44	500m: 6:14.16	38.68	900m: 11:16.87	37.61	1300m: 16:20.20	37.71
	150m: 1:46.75	37.99	550m: 6:52.29	38.13	950m: 11:54.93	38.06	1350m: 16:57.04	36.84
	200m: 2:24.99	38.24	600m: 7:30.63	38.34	1000m: 12:33.76	38.83	1400m: 17:34.12	37.08
	250m: 3:03.05	38.06	650m: 8:07.61	36.98	1050m: 13:11.92	38.16	1450m: 18:10.59	36.47
	300m: 3:41.12	38.07	700m: 8:44.80	37.19	1100m: 13:49.52	37.60	1500m: 18:45.98	35.39
	350m: 4:19.40	38.28	750m: 9:22.70	37.90	1150m: 14:27.30	37.78		
	400m: 4:57.39	37.99	800m: 10:00.89	38.19	1200m: 15:05.29	37.99		
NG	Bregje Dekkers	PSV		200900746				

B = Bonus inschrijving