

Programmanr. 1
12-6-2025 - 9:00

Dames, 400m wisselslag

Senioren Open
Resultaten Voorronde

Punten: AQUA 2024

rang	naam	vereniging	tijd	RT	FINA	para
onder 18						
1.	Jade van der Schrier	AZC	200800692	4:58.10	+0,72	A 709
	50m: 32.60	32.60 150m: 1:48.08	37.25 250m: 3:08.76	43.41 350m: 4:26.22		33.37
	100m: 1:10.83	38.23 200m: 2:25.35	37.27 300m: 3:52.85	44.09 400m: 4:58.10		31.88
2.	Rhodee van den Ham	De Duinkikkers	200700090	5:02.12	+0,73	A 681
	50m: 32.06	32.06 150m: 1:48.28	39.67 250m: 3:10.08	43.33 350m: 4:28.33		34.43
	100m: 1:08.61	36.55 200m: 2:26.75	38.47 300m: 3:53.90	43.82 400m: 5:02.12		33.79
3.	Frouke Ludwig	DZ&PC	200800112	5:02.74	+0,74	A 677
	50m: 31.10	31.10 150m: 1:45.91	39.50 250m: 3:08.94	44.72 350m: 4:28.91		34.61
	100m: 1:06.41	35.31 200m: 2:24.22	38.31 300m: 3:54.30	45.36 400m: 5:02.74		33.83
4.	Fay Boxum	DZ&PC	200900060	5:07.41	+0,82	A 646
	50m: 31.79	31.79 150m: 1:47.29	38.63 250m: 3:09.59	44.27 350m: 4:31.85		36.43
	100m: 1:08.66	36.87 200m: 2:25.32	38.03 300m: 3:55.42	45.83 400m: 5:07.41		35.56
5.	Meyke v. Nimwegen	De Schoteijl	200800106	5:21.61	+0,75	B 564
	50m: 32.73	32.73 150m: 1:53.15	41.44 250m: 3:19.20	45.46 350m: 4:44.00		37.68
	100m: 1:11.71	38.98 200m: 2:33.74	40.59 300m: 4:06.32	47.12 400m: 5:21.61		37.61
6.	Ylène Zondervan	ZPC AMERSFOORT	201200016	5:22.33	+0,81	B 561
	50m: 34.08	34.08 150m: 1:55.55	41.72 250m: 3:23.07	47.71 350m: 4:47.21		36.99
	100m: 1:13.83	39.75 200m: 2:35.36	39.81 300m: 4:10.22	47.15 400m: 5:22.33		35.12
7.	Emmelien Smelt	ZVZ	200800012	5:27.31	+0,73	B 535
	50m: 33.05	33.05 150m: 1:53.09	41.05 250m: 3:21.92	48.14 350m: 4:49.71		39.34
	100m: 1:12.04	38.99 200m: 2:33.78	40.69 300m: 4:10.37	48.45 400m: 5:27.31		37.60
8.	Diede de Vries	Zwemlust-den Hommel	200803558	5:36.55	+0,74	B 493
	50m: 36.01	36.01 150m: 2:05.86	46.41 250m: 3:34.13	43.24 350m: 4:58.59		39.01
	100m: 1:19.45	43.44 200m: 2:50.89	45.03 300m: 4:19.58	45.45 400m: 5:36.55		37.96
9.	Nina Derckx	ZEPS	200700030	5:37.93	+0,80	R 486
	50m: 35.17	35.17 150m: 1:59.85	40.27 250m: 3:29.22	49.38 350m: 5:00.25		41.64
	100m: 1:19.58	44.41 200m: 2:39.84	39.99 300m: 4:18.61	49.39 400m: 5:37.93		37.68
10.	Nina Tetteroo	De Columbiaan	201000048	5:38.79	+0,79	R 483
	50m: 37.08	37.08 150m: 2:05.27	42.23 250m: 3:36.92	48.77 350m: 5:03.22		36.72
	100m: 1:23.04	45.96 200m: 2:48.15	42.88 300m: 4:26.50	49.58 400m: 5:38.79		35.57
11.	Noa Ottens	VZC	200702256	5:39.49	+0,68	480
	50m: 32.69	32.69 150m: 1:53.92	42.40 250m: 3:26.58	50.06 350m: 4:59.39		41.92
	100m: 1:11.52	38.83 200m: 2:36.52	42.60 300m: 4:17.47	50.89 400m: 5:39.49		40.10
12.	Isa Kerpels	ZPC Hoogeveen	200800880	5:40.31	+0,84	476
	50m: 36.89	36.89 150m: 2:04.22	43.04 250m: 3:33.51	46.43 350m: 5:01.70		41.28
	100m: 1:21.18	44.29 200m: 2:47.08	42.86 300m: 4:20.42	46.91 400m: 5:40.31		38.61
13.	Manou Longayroux	Blue Marlins	201000580	5:45.09	+0,65	457
	50m: 35.44	35.44 150m: 2:03.15	46.26 250m: 3:36.63	49.10 350m: 5:06.72		41.44
	100m: 1:16.89	41.45 200m: 2:47.53	44.38 300m: 4:25.28	48.65 400m: 5:45.09		38.37
14.	Lotte Blanken	SBC2000	200801476	5:46.04	+0,76	453
	50m: 37.06	37.06 150m: 2:06.65	44.20 250m: 3:39.37	49.68 350m: 5:08.57		39.13
	100m: 1:22.45	45.39 200m: 2:49.69	43.04 300m: 4:29.44	50.07 400m: 5:46.04		37.47
15.	Marlouke Weijland	Deltasteur	200800152	5:48.04	+0,77	445
	50m: 37.70	37.70 150m: 2:07.76	44.23 250m: 3:39.73	48.39 350m: 5:09.45		40.00
	100m: 1:23.53	45.83 200m: 2:51.34	43.58 300m: 4:29.45	49.72 400m: 5:48.04		38.59
AFGEM	Dachen Haaijer	ZPC Hoogeveen	200800380			
AFGEM	Elle van Gemeren	DAW	201100428			
AFGEM	Eline van Rijn	DAW	200700918			
NG	Erin de Jong	GZC DONK	201000024			

onder 20

1.	Marte Hieke van der Kamp	HZ&PC Heerenveen	200500218	4:57.15	+0,72	A 716
	50m: 30.76	30.76 150m: 1:44.72	38.65 250m: 3:06.71	45.10 350m: 4:25.77		33.50
	100m: 1:06.07	35.31 200m: 2:21.61	36.89 300m: 3:52.27	45.56 400m: 4:57.15		31.38
2.	Hedwig Bolt	HZ&PC Heerenveen	200602660	4:58.24	+0,79	A 708
	50m: 31.04	31.04 150m: 1:46.68	39.81 250m: 3:08.56	43.65 350m: 4:26.04		33.66
	100m: 1:06.87	35.83 200m: 2:24.91	38.23 300m: 3:52.38	43.82 400m: 4:58.24		32.20
3.	Djanilla Brink	Team NL - De Dolfijn	200600988	5:02.75	+0,79	A 677
	50m: 31.75	31.75 150m: 1:49.42	40.81 250m: 3:08.86	39.92 350m: 4:26.90		36.28
	100m: 1:08.61	36.86 200m: 2:28.94	39.52 300m: 3:50.62	41.76 400m: 5:02.75		35.85

Programmanr. 1, Dames, 400m wisselslag, Voorronde, onder 20

rang	naam	vereniging	tijd	RT	FINA	para
4.	Renske Oude Egbrink	OZ&PC	200600040	5:29.91	+0,77	B 523
	50m: 34.42	34.42 150m: 1:58.84	41.70 250m: 3:25.77	43.30 350m: 4:50.78		40.30
	100m: 1:17.14	42.72 200m: 2:42.47	43.63 300m: 4:10.48	44.71 400m: 5:29.91		39.13

Senioren Open

1.	Marte Hieke van der Kamp	HZ&PC Heerenveen	200500218	4:57.15	+0,72	A 716
	50m: 30.76	30.76 150m: 1:44.72	38.65 250m: 3:06.71	45.10 350m: 4:25.77		33.50
	100m: 1:06.07	35.31 200m: 2:21.61	36.89 300m: 3:52.27	45.56 400m: 4:57.15		31.38
2.	Jade van der Schrier	AZC	200800692	4:58.10	+0,72	A 709
	50m: 32.60	32.60 150m: 1:48.08	37.25 250m: 3:08.76	43.41 350m: 4:26.22		33.37
	100m: 1:10.83	38.23 200m: 2:25.35	37.27 300m: 3:52.85	44.09 400m: 4:58.10		31.88
3.	Hedwig Bolt	HZ&PC Heerenveen	200602660	4:58.24	+0,79	A 708
	50m: 31.04	31.04 150m: 1:46.68	39.81 250m: 3:08.56	43.65 350m: 4:26.04		33.66
	100m: 1:06.87	35.83 200m: 2:24.91	38.23 300m: 3:52.38	43.82 400m: 4:58.24		32.20
4.	Rhodee van den Ham	De Duinkikers	200700090	5:02.12	+0,73	A 681
	50m: 32.06	32.06 150m: 1:48.28	39.67 250m: 3:10.08	43.33 350m: 4:28.33		34.43
	100m: 1:08.61	36.55 200m: 2:26.75	38.47 300m: 3:53.90	43.82 400m: 5:02.12		33.79
5.	Frouke Ludwig	DZ&PC	200800112	5:02.74	+0,74	A 677
	50m: 31.10	31.10 150m: 1:45.91	39.50 250m: 3:08.94	44.72 350m: 4:28.91		34.61
	100m: 1:06.41	35.31 200m: 2:24.22	38.31 300m: 3:54.30	45.36 400m: 5:02.74		33.83
6.	Djanilla Brink	Team NL - De Dolfijn	200600988	5:02.75	+0,79	A 677
	50m: 31.75	31.75 150m: 1:49.42	40.81 250m: 3:08.86	39.92 350m: 4:26.90		36.28
	100m: 1:08.61	36.86 200m: 2:28.94	39.52 300m: 3:50.62	41.76 400m: 5:02.75		35.85
7.	Nikita van den Ouden	PSV	199900622	5:03.82	+0,74	A 670
	50m: 31.09	31.09 150m: 1:47.87	40.88 250m: 3:10.15	43.36 350m: 4:29.04		34.98
	100m: 1:06.99	35.90 200m: 2:26.79	38.92 300m: 3:54.06	43.91 400m: 5:03.82		34.78
8.	Fay Boxum	DZ&PC	200900060	5:07.41	+0,82	A 646
	50m: 31.79	31.79 150m: 1:47.29	38.63 250m: 3:09.59	44.27 350m: 4:31.85		36.43
	100m: 1:08.66	36.87 200m: 2:25.32	38.03 300m: 3:55.42	45.83 400m: 5:07.41		35.56
9.	Serena Stel	De Dolfijn	199801528	5:10.76	+0,71	A 626
	50m: 32.77	32.77 150m: 1:52.06	41.15 250m: 3:17.95	45.86 350m: 4:37.71		32.93
	100m: 1:10.91	38.14 200m: 2:32.09	40.03 300m: 4:04.78	46.83 400m: 5:10.76		33.05
10.	Ismay Lichtendonk	Dedemsvaart-AC	200400622	5:12.63	+0,69	A 615
	50m: 31.73	31.73 150m: 1:49.26	39.57 250m: 3:13.63	45.16 350m: 4:36.84		37.20
	100m: 1:09.69	37.96 200m: 2:28.47	39.21 300m: 3:59.64	46.01 400m: 5:12.63		35.79
11.	Angelique van Vark	GZC DONK	199701478	5:19.91	+0,72	B 574
	50m: 33.82	33.82 150m: 1:57.61	42.28 250m: 3:24.47	46.29 350m: 4:46.70		35.80
	100m: 1:15.33	41.51 200m: 2:38.18	40.57 300m: 4:10.90	46.43 400m: 5:19.91		33.21
12.	Alinda Dingshoff	De Dolfijn	200000928	5:20.97	+0,72	B 568
	50m: 31.91	31.91 150m: 1:47.31	38.80 250m: 3:14.27	48.14 350m: 4:44.52		39.83
	100m: 1:08.51	36.60 200m: 2:26.13	38.82 300m: 4:04.69	50.42 400m: 5:20.97		36.45
13.	Valesca van den Bogert	Hieronymus	200102138	5:21.56	+0,72	B 565
	50m: 32.33	32.33 150m: 1:54.37	43.51 250m: 3:22.04	44.77 350m: 4:44.84		36.82
	100m: 1:10.86	38.53 200m: 2:37.27	42.90 300m: 4:08.02	45.98 400m: 5:21.56		36.72
14.	Meyke v. Nimwegen	De Schoteijl	200800106	5:21.61	+0,75	B 564
	50m: 32.73	32.73 150m: 1:53.15	41.44 250m: 3:19.20	45.46 350m: 4:44.00		37.68
	100m: 1:11.71	38.98 200m: 2:33.74	40.59 300m: 4:06.32	47.12 400m: 5:21.61		37.61
15.	Ylène Zondervan	ZPC AMERSFOORT	201200016	5:22.33	+0,81	B 561
	50m: 34.08	34.08 150m: 1:55.55	41.72 250m: 3:23.07	47.71 350m: 4:47.21		36.99
	100m: 1:13.83	39.75 200m: 2:35.36	39.81 300m: 4:10.22	47.15 400m: 5:22.33		35.12
16.	Mara Bosman	Blue Marlins	200303048	5:26.58 *	+0,68	B 539
	50m: 33.50	33.50 150m: 1:56.49	42.45 250m: 3:26.35	47.53 350m: 4:50.76		36.35
	100m: 1:14.04	40.54 200m: 2:38.82	42.33 300m: 4:14.41	48.06 400m: 5:26.58		35.82
17.	Emmelien Smelt	ZVZ	200800012	5:27.31	+0,73	B 535
	50m: 33.05	33.05 150m: 1:53.09	41.05 250m: 3:21.92	48.14 350m: 4:49.71		39.34
	100m: 1:12.04	38.99 200m: 2:33.78	40.69 300m: 4:10.37	48.45 400m: 5:27.31		37.60
18.	Renske Oude Egbrink	OZ&PC	200600040	5:29.91	+0,77	B 523
	50m: 34.42	34.42 150m: 1:58.84	41.70 250m: 3:25.77	43.30 350m: 4:50.78		40.30
	100m: 1:17.14	42.72 200m: 2:42.47	43.63 300m: 4:10.48	44.71 400m: 5:29.91		39.13
19.	Meike van de Ree	HZPC	200402646	5:36.09	+0,78	B 495
	50m: 34.93	34.93 150m: 1:59.38	41.77 250m: 3:28.61	47.88 350m: 4:57.02		40.36
	100m: 1:17.61	42.68 200m: 2:40.73	41.35 300m: 4:16.66	48.05 400m: 5:36.09		39.07

Programmanr. 1, Dames, 400m wisselslag, Voorronde, Senioren Open

rang	naam	vereniging						tijd		RT	FINA	para
20.	Diede de Vries	Zweamlust-den Hommel						200803558	5:36.55	+0,74	B	493
	50m: 36.01	36.01	150m: 2:05.86	46.41	250m: 3:34.13	43.24	350m: 4:58.59					
	100m: 1:19.45	43.44	200m: 2:50.89	45.03	300m: 4:19.58	45.45	400m: 5:36.55					
21.	Nina Derckx	ZEPS						200700030	5:37.93	+0,80	R	486
	50m: 35.17	35.17	150m: 1:59.85	40.27	250m: 3:29.22	49.38	350m: 5:00.25					
	100m: 1:19.58	44.41	200m: 2:39.84	39.99	300m: 4:18.61	49.39	400m: 5:37.93					
22.	Nina Tetteroo	De Columbiaan						201000048	5:38.79	+0,79	R	483
	50m: 37.08	37.08	150m: 2:05.27	42.23	250m: 3:36.92	48.77	350m: 5:03.22					
	100m: 1:23.04	45.96	200m: 2:48.15	42.88	300m: 4:26.50	49.58	400m: 5:38.79					
23.	Noa Ottens	VZC						200702256	5:39.49	+0,68		480
	50m: 32.69	32.69	150m: 1:53.92	42.40	250m: 3:26.58	50.06	350m: 4:59.39					
	100m: 1:11.52	38.83	200m: 2:36.52	42.60	300m: 4:17.47	50.89	400m: 5:39.49					
24.	Isa Kerpels	ZPC Hoogeveen						200800880	5:40.31	+0,84		476
	50m: 36.89	36.89	150m: 2:04.22	43.04	250m: 3:33.51	46.43	350m: 5:01.70					
	100m: 1:21.18	44.29	200m: 2:47.08	42.86	300m: 4:20.42	46.91	400m: 5:40.31					
25.	Manou Longayroux	Blue Marlins						201000580	5:45.09	+0,65		457
	50m: 35.44	35.44	150m: 2:03.15	46.26	250m: 3:36.63	49.10	350m: 5:06.72					
	100m: 1:16.89	41.45	200m: 2:47.53	44.38	300m: 4:25.28	48.65	400m: 5:45.09					
26.	Lotte Blanken	SBC2000						200801476	5:46.04	+0,76		453
	50m: 37.06	37.06	150m: 2:06.65	44.20	250m: 3:39.37	49.68	350m: 5:08.57					
	100m: 1:22.45	45.39	200m: 2:49.69	43.04	300m: 4:29.44	50.07	400m: 5:46.04					
27.	Marlouke Weijland	Deltasteur						200800152	5:48.04	+0,77		445
	50m: 37.70	37.70	150m: 2:07.76	44.23	250m: 3:39.73	48.39	350m: 5:09.45					
	100m: 1:23.53	45.83	200m: 2:51.34	43.58	300m: 4:29.45	49.72	400m: 5:48.04					
AFGEM	Dachen Haaijer	ZPC Hoogeveen						200800380				
AFGEM	Elle van Gemeren	DAW						201100428				
AFGEM	Eline van Rijn	DAW						200700918				
NG	Erin de Jong	GZC DONK						201000024				