

Programmanr. 13
13-6-2025 - 17:17

Dames, 400m vrije slag

Senioren Open
Resultaten Finale

Punten: AQUA 2024

rang	naam	vereniging	tijd	RT	FINA	para
PARA Open						
1.	Liesette Bruinsma	HZ&PC Heerenveen	200004346 S11	5:10.35 *	+0,73	436 883
	50m: 34.27	34.27 150m: 1:51.96	39.28 250m: 3:11.18	39.50 350m: 4:31.56	40.14	
	100m: 1:12.68	38.41 200m: 2:31.68	39.72 300m: 3:51.42	40.24 400m: 5:10.35	38.79	
2.	Irene van Drimmelen	TeamNL PARA - MSV Zeemacht	200502210 S11	5:50.20	+0,70	303 614
	50m: 36.06	36.06 150m: 2:02.75	45.18 250m: 3:35.48	46.52 350m: 5:08.47	46.13	
	100m: 1:17.57	41.51 200m: 2:48.96	46.21 300m: 4:22.34	46.86 400m: 5:50.20	41.73	
3.	Águila Dolsma	Blue Marlins	200603902 S14	5:37.24	+0,76	340 533
	50m: 35.49	35.49 150m: 1:58.76	43.74 250m: 3:27.37	44.66 350m: 4:55.83	44.09	
	100m: 1:15.02	39.53 200m: 2:42.71	43.95 300m: 4:11.74	44.37 400m: 5:37.24	41.41	
4.	Jenna Gorter	De Otters Het Gooi	200702746 S9	6:21.46	+0,84	234 379
	50m: 43.91	43.91 150m: 2:21.60	49.61 250m: 4:00.33	49.56 350m: 5:36.85	47.73	
	100m: 1:31.99	48.08 200m: 3:10.77	49.17 300m: 4:49.12	48.79 400m: 6:21.46	44.61	

Senioren Open

Finale A

1.	Imani de Jong	Team NL - PSV	200200464	4:12.61	+0,71	809
	50m: 29.31	29.31 150m: 1:32.80	31.76 250m: 2:36.78	32.27 350m: 3:41.26	32.24	
	100m: 1:01.04	31.73 200m: 2:04.51	31.71 300m: 3:09.02	32.24 400m: 4:12.61	31.35	
2.	Marte Hieke van der Kamp	HZ&PC Heerenveen	200500218	4:16.31	+0,78	774
	50m: 29.43	29.43 150m: 1:34.06	32.49 250m: 2:39.71	32.91 350m: 3:45.73	33.08	
	100m: 1:01.57	32.14 200m: 2:06.80	32.74 300m: 3:12.65	32.94 400m: 4:16.31	30.58	
3.	Angelina Rolman	Team NL - De Dolfijn	200701972	4:16.38	+0,68	773
	50m: 30.61	30.61 150m: 1:36.22	32.78 250m: 2:41.80	32.56 350m: 3:45.78	31.62	
	100m: 1:03.44	32.83 200m: 2:09.24	33.02 300m: 3:14.16	32.36 400m: 4:16.38	30.60	
4.	Hedwig Bolt	HZ&PC Heerenveen	200602660	4:19.26	+0,77	748
	50m: 29.93	29.93 150m: 1:34.75	32.58 250m: 2:40.70	32.94 350m: 3:47.02	32.84	
	100m: 1:02.17	32.24 200m: 2:07.76	33.01 300m: 3:14.18	33.48 400m: 4:19.26	32.24	
5.	Jade van der Schrier	AZC	200800692	4:23.07 *	+0,80	716
	50m: 30.93	30.93 150m: 1:36.55	33.05 250m: 2:43.52	33.92 350m: 3:50.64	33.73	
	100m: 1:03.50	32.57 200m: 2:09.60	33.05 300m: 3:16.91	33.39 400m: 4:23.07	32.43	
6.	Frouke Ludwig	DZ&PC	200800112	4:25.23	+0,76	698
	50m: 30.28	30.28 150m: 1:37.02	33.65 250m: 2:44.02	33.63 350m: 3:51.76	34.09	
	100m: 1:03.37	33.09 200m: 2:10.39	33.37 300m: 3:17.67	33.65 400m: 4:25.23	33.47	
7.	Evy Rozeboom	Team NL - DAW	200601338	4:31.39	+0,79	652
	50m: 30.73	30.73 150m: 1:38.89	34.27 250m: 2:47.61	34.43 350m: 3:57.22	34.72	
	100m: 1:04.62	33.89 200m: 2:13.18	34.29 300m: 3:22.50	34.89 400m: 4:31.39	34.17	
8.	Laura van Etten	HZ&PC Heerenveen	200800264	4:35.18	+0,84	625
	50m: 30.76	30.76 150m: 1:40.76	35.29 250m: 2:51.33	35.34 350m: 4:00.66	34.54	
	100m: 1:05.47	34.71 200m: 2:15.99	35.23 300m: 3:26.12	34.79 400m: 4:35.18	34.52	
9.	Jill Meines	PSV	200704846	4:37.92	+0,82	607
	50m: 30.87	30.87 150m: 1:40.79	35.65 250m: 2:51.88	35.51 350m: 4:03.17	35.64	
	100m: 1:05.14	34.27 200m: 2:16.37	35.58 300m: 3:27.53	35.65 400m: 4:37.92	34.75	
10.	Angelique van Vark	GZC DONK	199701478	4:43.26	+0,71	573
	50m: 31.45	31.45 150m: 1:42.09	35.82 250m: 2:55.78	36.95 350m: 4:09.08	36.29	
	100m: 1:06.27	34.82 200m: 2:18.83	36.74 300m: 3:32.79	37.01 400m: 4:43.26	34.18	

Finale B

11.	Veerle de Ridder	HZ&PC Heerenveen	200700778	4:38.66	+0,70	602
	50m: 30.60	30.60 150m: 1:40.02	35.56 250m: 2:52.07	35.90 350m: 4:04.22	35.82	
	100m: 1:04.46	33.86 200m: 2:16.17	36.15 300m: 3:28.40	36.33 400m: 4:38.66	34.44	
12.	Anique Hazebroek	ZPC AMERSFOORT	200502196	4:38.70	+0,76	602
	50m: 30.71	30.71 150m: 1:40.26	35.36 250m: 2:52.17	36.16 350m: 4:04.38	36.15	
	100m: 1:04.90	34.19 200m: 2:16.01	35.75 300m: 3:28.23	36.06 400m: 4:38.70	34.32	
13.	Imre Bouwland	ZPC Hoogetveen	200700388	4:42.67	+0,73	577
	50m: 31.25	31.25 150m: 1:42.53	36.19 250m: 2:54.73	36.04 350m: 4:07.39	36.36	
	100m: 1:06.34	35.09 200m: 2:18.69	36.16 300m: 3:31.03	36.30 400m: 4:42.67	35.28	
14.	Vera Wassink	DZ&PC	200604976	4:43.65	+0,75	571
	50m: 31.84	31.84 150m: 1:42.69	35.90 250m: 2:55.68	36.41 350m: 4:08.50	36.03	
	100m: 1:06.79	34.95 200m: 2:19.27	36.58 300m: 3:32.47	36.79 400m: 4:43.65	35.15	

Programmanr. 13, Dames, 400m vrije slag, Finale, Senioren Open

rang	naam	vereniging				tijd				RT	FINA	para
15.	Amé Hulleman	DZ&PC				200202794				4:45.49	+0,77	560
	50m: 31.29	31.29	150m: 1:41.32	35.74	250m: 2:53.45	36.18	350m: 4:08.50	37.83				
	100m: 1:05.58	34.29	200m: 2:17.27	35.95	300m: 3:30.67	37.22	400m: 4:45.49	36.99				
16.	Meyke v. Nimwegen	De Schoteijl				200800106				4:49.37	+0,74	538
	50m: 31.56	31.56	150m: 1:43.36	36.43	250m: 2:57.41	37.44	350m: 4:12.18	37.22				
	100m: 1:06.93	35.37	200m: 2:19.97	36.61	300m: 3:34.96	37.55	400m: 4:49.37	37.19				
17.	Julia Agricola	DZ&PC				200800266				4:49.47	+0,77	537
	50m: 32.19	32.19	150m: 1:44.69	36.89	250m: 2:58.34	36.64	350m: 4:12.58	36.96				
	100m: 1:07.80	35.61	200m: 2:21.70	37.01	300m: 3:35.62	37.28	400m: 4:49.47	36.89				
18.	Niobe Maduro	Aqua-Novio'94				200800378				4:51.49	+0,72	526
	50m: 32.52	32.52	150m: 1:45.51	36.78	250m: 3:00.01	37.09	350m: 4:14.71	37.09				
	100m: 1:08.73	36.21	200m: 2:22.92	37.41	300m: 3:37.62	37.61	400m: 4:51.49	36.78				
19.	Esmée Ykema	HZ&PC Heerenveen				200801710				4:51.73	+0,73	525
	50m: 32.24	32.24	150m: 1:47.03	37.72	250m: 3:02.05	36.86	350m: 4:15.94	35.99				
	100m: 1:09.31	37.07	200m: 2:25.19	38.16	300m: 3:39.95	37.90	400m: 4:51.73	35.79				
20.	Noa Ottens	VZC				200702256				4:53.18	+0,69	517
	50m: 32.12	32.12	150m: 1:45.36	37.26	250m: 3:00.97	38.20	350m: 4:16.93	38.25				
	100m: 1:08.10	35.98	200m: 2:22.77	37.41	300m: 3:38.68	37.71	400m: 4:53.18	36.25				