

Programmanr. 1
12-6-2025 - 17:00

Dames, 400m wisselslag

Senioren Open
Resultaten Finale

Punten: AQUA 2024

rang	naam	vereniging				tijd				RT	FINA	para
Finale A												
1.	Marte Hieke van der Kamp	HZ&PC Heerenveen				200500218	4:53.20				+0,76	745
	50m: 30.72	30.72	150m: 1:43.07	37.65	250m: 3:03.74	44.09	350m: 4:21.53				32.80	
	100m: 1:05.42	34.70	200m: 2:19.65	36.58	300m: 3:48.73	44.99	400m: 4:53.20				31.67	
2.	Djanilla Brink	Team NL - De Dolfijn				200600988	4:57.05				+0,79	717
	50m: 31.46	31.46	150m: 1:48.76	40.52	250m: 3:07.11	39.34	350m: 4:23.31				34.83	
	100m: 1:08.24	36.78	200m: 2:27.77	39.01	300m: 3:48.48	41.37	400m: 4:57.05				33.74	
3.	Jade van der Schrier	AZC				200800692	4:57.56				+0,75	713
	50m: 32.49	32.49	150m: 1:49.21	39.03	250m: 3:09.82	42.85	350m: 4:26.34				33.07	
	100m: 1:10.18	37.69	200m: 2:26.97	37.76	300m: 3:53.27	43.45	400m: 4:57.56				31.22	
4.	Hedwig Bolt	HZ&PC Heerenveen				200602660	4:58.81				+0,79	704
	50m: 31.35	31.35	150m: 1:47.58	40.01	250m: 3:08.97	43.18	350m: 4:26.60				34.07	
	100m: 1:07.57	36.22	200m: 2:25.79	38.21	300m: 3:52.53	43.56	400m: 4:58.81				32.21	
5.	Nikita van den Ouden	PSV				199900622	5:01.08 *				+0,70	688
	50m: 30.82	30.82	150m: 1:47.17	40.62	250m: 3:09.55	43.38	350m: 4:27.65				34.04	
	100m: 1:06.55	35.73	200m: 2:26.17	39.00	300m: 3:53.61	44.06	400m: 5:01.08				33.43	
6.	Frouke Ludwig	DZ&PC				200800112	5:02.28				+0,75	680
	50m: 31.37	31.37	150m: 1:46.28	38.95	250m: 3:09.69	44.79	350m: 4:29.55				34.08	
	100m: 1:07.33	35.96	200m: 2:24.90	38.62	300m: 3:55.47	45.78	400m: 5:02.28				32.73	
7.	Rhodee van den Ham	De Duinkikkers				200700090	5:04.66				+0,76	664
	50m: 32.33	32.33	150m: 1:49.17	40.01	250m: 3:11.54	42.79	350m: 4:30.54				34.84	
	100m: 1:09.16	36.83	200m: 2:28.75	39.58	300m: 3:55.70	44.16	400m: 5:04.66				34.12	
8.	Fay Boxum	DZ&PC				200900060	5:07.35				+0,80	647
	50m: 32.38	32.38	150m: 1:49.71	39.61	250m: 3:12.42	44.60	350m: 4:32.80				35.47	
	100m: 1:10.10	37.72	200m: 2:27.82	38.11	300m: 3:57.33	44.91	400m: 5:07.35				34.55	
9.	Serena Stel	De Dolfijn				199801528	5:08.51				+0,72	640
	50m: 32.44	32.44	150m: 1:51.39	41.08	250m: 3:16.06	44.79	350m: 4:36.18				33.72	
	100m: 1:10.31	37.87	200m: 2:31.27	39.88	300m: 4:02.46	46.40	400m: 5:08.51				32.33	
NG.ZA	Ismay Lichtendonk	Dedemsvaart-AC				200400622						
Finale B												
11.	Valesca van den Bogert	Hieronymus				200102138	5:16.94				+0,71	590
	50m: 33.57	33.57	150m: 1:55.65	42.71	250m: 3:21.24	43.78	350m: 4:41.49				37.10	
	100m: 1:12.94	39.37	200m: 2:37.46	41.81	300m: 4:04.39	43.15	400m: 5:16.94				35.45	
12.	Angelique van Vark	GZC DONK				199701478	5:19.42				+0,73	576
	50m: 33.59	33.59	150m: 1:55.71	41.57	250m: 3:22.14	46.31	350m: 4:45.44				36.38	
	100m: 1:14.14	40.55	200m: 2:35.83	40.12	300m: 4:09.06	46.92	400m: 5:19.42				33.98	
13.	Noa Ottens	VZC				200702256	5:23.65				+0,66	554
	50m: 33.81	33.81	150m: 1:56.86	42.25	250m: 3:24.28	46.64	350m: 4:49.19				37.93	
	100m: 1:14.61	40.80	200m: 2:37.64	40.78	300m: 4:11.26	46.98	400m: 5:23.65				34.46	
14.	Mara Bosman	Blue Marlins				200303048	5:25.25				+0,68	546
	50m: 34.93	34.93	150m: 1:58.56	41.75	250m: 3:27.67	46.75	350m: 4:49.97				35.60	
	100m: 1:16.81	41.88	200m: 2:40.92	42.36	300m: 4:14.37	46.70	400m: 5:25.25				35.28	
15.	Meike van de Ree	HZPC				200402646	5:30.92				+0,74	518
	50m: 34.58	34.58	150m: 1:59.33	41.64	250m: 3:27.23	45.39	350m: 4:53.01				37.90	
	100m: 1:17.69	43.11	200m: 2:41.84	42.51	300m: 4:15.11	47.88	400m: 5:30.92				37.91	
16.	Diede de Vries	Zwemlust-den Hommel				200803558	5:34.13				+0,71	503
	50m: 35.00	35.00	150m: 2:03.73	46.02	250m: 3:31.78	44.10	350m: 4:56.18				39.11	
	100m: 1:17.71	42.71	200m: 2:47.68	43.95	300m: 4:17.07	45.29	400m: 5:34.13				37.95	
17.	Isa Kerpels	ZPC Hoogeveen				200800880	5:36.78				+0,79	492
	50m: 37.55	37.55	150m: 2:06.24	42.02	250m: 3:34.93	45.60	350m: 5:00.29				39.42	
	100m: 1:24.22	46.67	200m: 2:49.33	43.09	300m: 4:20.87	45.94	400m: 5:36.78				36.49	
18.	Marlouke Weijland	Deltasteur				200800152	5:44.22				+0,76	460
	50m: 36.73	36.73	150m: 2:05.58	44.09	250m: 3:36.46	47.42	350m: 5:05.78				40.11	
	100m: 1:21.49	44.76	200m: 2:49.04	43.46	300m: 4:25.67	49.21	400m: 5:44.22				38.44	
NG	Manou Longavroux	Blue Marlins				201000580						