

Open Nederlandse Kampioenschappen lange baan & European Swimming Trials 2026
Eindhoven, 2- - 5-7-2026



Programmanr. 27
4-7-2026 - 11:16

Dames, 400m wisselslag

Senioren Open
Resultaten Voorronde

Punten: AQUA 2025

rang	naam	vereniging	tijd	RT	FINA	para
Onder 18						
1.	Frouke Ludwig	DZ&PC	200800112	4:58.99	+0,77	A 691
	50m: 31.33	31.33 150m: 1:44.86	37.66 250m: 3:04.99	43.32 350m: 4:24.29		35.28
	100m: 1:07.20	35.87 200m: 2:21.67	36.81 300m: 3:49.01	44.02 400m: 4:58.99		34.70
2.	Fay Boxum	DZ&PC	200900060	5:06.56	+0,64	A 641
	50m: 32.39	32.39 150m: 1:48.40	38.05 250m: 3:10.50	43.96 350m: 4:31.59		35.95
	100m: 1:10.35	37.96 200m: 2:26.54	38.14 300m: 3:55.64	45.14 400m: 5:06.56		34.97
3.	Dachen Haaijer	ZPC Hogeveen	200800380	5:09.67 *	+0,76	B 622
	50m: 33.23	33.23 150m: 1:51.67	38.73 250m: 3:13.63	44.12 350m: 4:34.46		36.63
	100m: 1:12.94	39.71 200m: 2:29.51	37.84 300m: 3:57.83	44.20 400m: 5:09.67		35.21
4.	Bregje Dekkers	PSV	200900746	5:16.00		B 585
	50m: 32.24	32.24 150m: 1:52.39	42.72 250m: 3:18.27	45.30 350m: 4:40.95		36.34
	100m: 1:09.67	37.43 200m: 2:32.97	40.58 300m: 4:04.61	46.34 400m: 5:16.00		35.05
5.	Meyke v. Nimwegen	De Schoteijl	200800106	5:20.98	+0,73	B 558
	50m: 32.12	32.12 150m: 1:51.94	40.95 250m: 3:17.51	45.48 350m: 4:43.75		38.57
	100m: 1:10.99	38.87 200m: 2:32.03	40.09 300m: 4:05.18	47.67 400m: 5:20.98		37.23
6.	Emmelien Smelt	ZVZ	200800012	5:22.98	+0,70	B 548
	50m: 31.85	31.85 150m: 1:51.51	41.54 250m: 3:19.44	46.76 350m: 4:45.50		38.47
	100m: 1:09.97	38.12 200m: 2:32.68	41.17 300m: 4:07.03	47.59 400m: 5:22.98		37.48
7.	Esmaë de Gans	ZPC AMERSFOORT	200900134	5:27.71	+0,62	525
	50m: 32.77	32.77 150m: 1:54.01	42.55 250m: 3:23.03	47.38 350m: 4:51.36		38.66
	100m: 1:11.46	38.69 200m: 2:35.65	41.64 300m: 4:12.70	49.67 400m: 5:27.71		36.35
8.	Diede de Vries	Zwemlust-den Hommel	200803558	5:37.80	+0,80	479
	50m: 36.41	36.41 150m: 2:07.51	47.02 250m: 3:35.67	43.05 350m: 5:00.08		39.84
	100m: 1:20.49	44.08 200m: 2:52.62	45.11 300m: 4:20.24	44.57 400m: 5:37.80		37.72
9.	Hadewych Forschelen	MNC Dordrecht	200903572	5:38.70	+0,75	475
	50m: 33.77	33.77 150m: 1:56.50	43.77 250m: 3:31.07	51.25 350m: 5:00.87		38.76
	100m: 1:12.73	38.96 200m: 2:39.82	43.32 300m: 4:22.11	51.04 400m: 5:38.70		37.83
10.	Jorja Verschoor	AZC	200902640	5:39.88	+0,58	470
	50m: 34.57	34.57 150m: 1:59.22	44.80 250m: 3:32.32	48.86 350m: 5:01.22		39.55
	100m: 1:14.42	39.85 200m: 2:43.46	44.24 300m: 4:21.67	49.35 400m: 5:39.88		38.66
11.	Fardau Cazemier	ZCNF'34	200901736	5:39.94		470
	50m: 36.49	36.49 150m: 2:05.56	45.58 250m: 3:37.55	46.87 350m: 5:04.45		38.76
	100m: 1:19.98	43.49 200m: 2:50.68	45.12 300m: 4:25.69	48.14 400m: 5:39.94		35.49
12.	Lili Oosting	DWK	200900384	5:40.92	+0,63	466
	50m: 35.05	35.05 150m: 1:57.45	41.58 250m: 3:32.14	50.66 350m: 5:02.99		39.60
	100m: 1:15.87	40.82 200m: 2:41.48	44.03 300m: 4:23.39	51.25 400m: 5:40.92		37.93
13.	Rosa Visscher	ZVZ	200800706	5:41.27	+0,72	464
	50m: 33.98	33.98 150m: 2:00.75	43.76 250m: 3:31.35	48.18 350m: 5:03.45		42.78
	100m: 1:16.99	43.01 200m: 2:43.17	42.42 300m: 4:20.67	49.32 400m: 5:41.27		37.82
14.	Juno de Roos	De Zwoer	200901868	5:42.43		460
	50m: 35.66	35.66 150m: 2:03.43	43.99 250m: 3:33.70	47.56 350m: 5:03.75		40.40
	100m: 1:19.44	43.78 200m: 2:46.14	42.71 300m: 4:23.35	49.65 400m: 5:42.43		38.68
15.	Zoë van Hameren	RZ	200901000	5:44.13	+0,61	453
	50m: 35.92	35.92 150m: 2:04.67	46.49 250m: 3:37.77	48.05 350m: 5:05.63		39.45
	100m: 1:18.18	42.26 200m: 2:49.72	45.05 300m: 4:26.18	48.41 400m: 5:44.13		38.50
16.	Lotte Blanken	SBC2000	200801476	5:45.94	+0,57	446
	50m: 35.29	35.29 150m: 2:04.54	45.18 250m: 3:37.75	48.96 350m: 5:08.18		39.77
	100m: 1:19.36	44.07 200m: 2:48.79	44.25 300m: 4:28.41	50.66 400m: 5:45.94		37.76

Onder 20

1.	Hedwig Bolt	HZ&PC Heerenveen	200602660	4:58.13	+0,78	A 697
	50m: 31.16	31.16 150m: 1:47.19	39.81 250m: 3:08.51	42.73 350m: 4:25.55		33.74
	100m: 1:07.38	36.22 200m: 2:25.78	38.59 300m: 3:51.81	43.30 400m: 4:58.13		32.58
2.	Rhodee van den Ham	De Duinkickers	200700090	5:02.55	+0,78	A 667
	50m: 32.22	32.22 150m: 1:48.57	40.07 250m: 3:10.66	41.79 350m: 4:29.23		34.94
	100m: 1:08.50	36.28 200m: 2:28.87	40.30 300m: 3:54.29	43.63 400m: 5:02.55		33.32

B = Bonus inschrijving

Open Nederlandse Kampioenschappen lange baan & European Swimming Trials 2026
Eindhoven, 2- - 5-7-2026



Programmanr. 27, Dames, 400m wisselslag, Voorronde, Onder 20

rang	naam	vereniging		tijd		RT	FINA	para
3.	Djanilla Brink	Team NL - De Dolfijn		200600988		5:03.76	+0,63	A 659
	50m: 32.32	32.32	150m: 1:52.92	43.14	250m: 3:14.38	40.05	350m: 4:30.34	34.58
	100m: 1:09.78	37.46	200m: 2:34.33	41.41	300m: 3:55.76	41.38	400m: 5:03.76	33.42
4.	Isa Jansen	SBC2000		200701176		5:27.22		R 527
	50m: 33.05	33.05	150m: 1:56.29	43.19	250m: 3:25.85	47.53	350m: 4:51.50	38.14
	100m: 1:13.10	40.05	200m: 2:38.32	42.03	300m: 4:13.36	47.51	400m: 5:27.22	35.72
5.	Vera Wassink	DZ&PC		200604976		5:28.01	+0,64	523
	50m: 33.06	33.06	150m: 1:54.94	42.81	250m: 3:25.11	48.86	350m: 4:52.18	37.65
	100m: 1:12.13	39.07	200m: 2:36.25	41.31	300m: 4:14.53	49.42	400m: 5:28.01	35.83
6.	Nieke Dovic	PSV		200700238		5:35.25	+0,69	490
	50m: 33.80	33.80	150m: 2:01.87	47.99	250m: 3:30.97	44.09	350m: 4:56.49	40.14
	100m: 1:13.88	40.08	200m: 2:46.88	45.01	300m: 4:16.35	45.38	400m: 5:35.25	38.76
7.	Renske Oude Egbrink	OZ&PC		200600040		5:42.66	+0,63	459
	50m: 35.07	35.07	150m: 2:03.86	44.79	250m: 3:33.49	45.87	350m: 5:02.24	41.23
	100m: 1:19.07	44.00	200m: 2:47.62	43.76	300m: 4:21.01	47.52	400m: 5:42.66	40.42
AFGEM	Mila Oomens	NieMo Barracuda		200700016				
AFGEM	Noa Ottens	VZC		200702256				

Senioren Open

1.	Eszter Szabo Feltothy	Hungarian Swimming Federation				4:53.58	+0,82	A 730
	50m: 30.52	30.52	150m: 1:42.44	37.46	250m: 3:00.60	41.57	350m: 4:18.11	34.89
	100m: 1:04.98	34.46	200m: 2:19.03	36.59	300m: 3:43.22	42.62	400m: 4:53.58	35.47
2.	Leni von Bonin	Germany				4:55.58	+0,78	A 715
	50m: 31.27	31.27	150m: 1:45.39	38.88	250m: 3:04.28	41.18	350m: 4:21.61	35.51
	100m: 1:06.51	35.24	200m: 2:23.10	37.71	300m: 3:46.10	41.82	400m: 4:55.58	33.97
3.	Hedwig Bolt	HZ&PC Heerenveen		200602660		4:58.13	+0,78	A 697
	50m: 31.16	31.16	150m: 1:47.19	39.81	250m: 3:08.51	42.73	350m: 4:25.55	33.74
	100m: 1:07.38	36.22	200m: 2:25.78	38.59	300m: 3:51.81	43.30	400m: 4:58.13	32.58
4.	Frouke Ludwig	DZ&PC		200800112		4:58.99	+0,77	A 691
	50m: 31.33	31.33	150m: 1:44.86	37.66	250m: 3:04.99	43.32	350m: 4:24.29	35.28
	100m: 1:07.20	35.87	200m: 2:21.67	36.81	300m: 3:49.01	44.02	400m: 4:58.99	34.70
5.	Suzie McNair	University of Stirling				4:59.40	+0,77	A 688
	50m: 30.10	30.10	150m: 1:42.92	38.41	250m: 3:02.53	43.27	350m: 4:23.68	36.98
	100m: 1:04.51	34.41	200m: 2:19.26	36.34	300m: 3:46.70	44.17	400m: 4:59.40	35.72
6.	Marte Hieke van der Kamp	HZ&PC Heerenveen		200500218		5:01.82	+0,70	A 672
	50m: 31.13	31.13	150m: 1:45.09	38.64	250m: 3:08.06	45.91	350m: 4:28.05	33.87
	100m: 1:06.45	35.32	200m: 2:22.15	37.06	300m: 3:54.18	46.12	400m: 5:01.82	33.77
7.	Rhodee van den Ham	De Duinkikkers		200700090		5:02.55	+0,78	A 667
	50m: 32.22	32.22	150m: 1:48.57	40.07	250m: 3:10.66	41.79	350m: 4:29.23	34.94
	100m: 1:08.50	36.28	200m: 2:28.87	40.30	300m: 3:54.29	43.63	400m: 5:02.55	33.32
8.	Djanilla Brink	Team NL - De Dolfijn		200600988		5:03.76	+0,63	A 659
	50m: 32.32	32.32	150m: 1:52.92	43.14	250m: 3:14.38	40.05	350m: 4:30.34	34.58
	100m: 1:09.78	37.46	200m: 2:34.33	41.41	300m: 3:55.76	41.38	400m: 5:03.76	33.42
9.	Sydney Leblic Garcia	Real Canoe Natacion Club		1054467		5:06.16	+0,63	A 643
	50m: 31.99	31.99	150m: 1:48.99	39.59	250m: 3:12.34	44.73	350m: 4:32.16	34.89
	100m: 1:09.40	37.41	200m: 2:27.61	38.62	300m: 3:57.27	44.93	400m: 5:06.16	34.00
10.	Fay Boxum	DZ&PC		200900060		5:06.56	+0,64	A 641
	50m: 32.39	32.39	150m: 1:48.40	38.05	250m: 3:10.50	43.96	350m: 4:31.59	35.95
	100m: 1:10.35	37.96	200m: 2:26.54	38.14	300m: 3:55.64	45.14	400m: 5:06.56	34.97
11.	Dachen Haaijer	ZPC Hoogeveen		200800380		5:09.67 *	+0,76	B 622
	50m: 33.23	33.23	150m: 1:51.67	38.73	250m: 3:13.63	44.12	350m: 4:34.46	36.63
	100m: 1:12.94	39.71	200m: 2:29.51	37.84	300m: 3:57.83	44.20	400m: 5:09.67	35.21
12.	Paula Buß	Team Bochum		395912		5:12.64	+0,52	B 604
	50m: 32.03	32.03	150m: 1:49.96	41.04	250m: 3:15.81	46.26	350m: 4:38.73	36.38
	100m: 1:08.92	36.89	200m: 2:29.55	39.59	300m: 4:02.35	46.54	400m: 5:12.64	33.91
13.	Bregje Dekkers	PSV		200900746		5:16.00		B 585
	50m: 32.24	32.24	150m: 1:52.39	42.72	250m: 3:18.27	45.30	350m: 4:40.95	36.34
	100m: 1:09.67	37.43	200m: 2:32.97	40.58	300m: 4:04.61	46.34	400m: 5:16.00	35.05
14.	Isa Schellekens	Z&PC Zegenwerp		200002330		5:20.18		B 562
	50m: 33.37	33.37	150m: 1:51.15	39.13	250m: 3:17.07	46.58	350m: 4:42.31	37.67
	100m: 1:12.02	38.65	200m: 2:30.49	39.34	300m: 4:04.64	47.57	400m: 5:20.18	37.87

B = Bonus inschrijving

Open Nederlandse Kampioenschappen lange baan & European Swimming Trials 2026
Eindhoven, 2- - 5-7-2026



Programmanr. 27, Dames, 400m wisselslag, Voorronde, Senioren Open

rang	naam	vereniging		tijd		RT	FINA	para
15.	Ismay Lichtendonk	HZ&PC Heerenveen		200400622		5:20.64	+0,69	B 560
	50m: 32.61	32.61	150m: 1:51.83	39.91	250m: 3:18.65	47.02	350m: 4:43.83	37.79
	100m: 1:11.92	39.31	200m: 2:31.63	39.80	300m: 4:06.04	47.39	400m: 5:20.64	36.81
16.	Meyke v. Nimwegen	De Schotelijl		200800106		5:20.98	+0,73	B 558
	50m: 32.12	32.12	150m: 1:51.94	40.95	250m: 3:17.51	45.48	350m: 4:43.75	38.57
	100m: 1:10.99	38.87	200m: 2:32.03	40.09	300m: 4:05.18	47.67	400m: 5:20.98	37.23
17.	Emmelien Smelt	ZVZ		200800012		5:22.98	+0,70	B 548
	50m: 31.85	31.85	150m: 1:51.51	41.54	250m: 3:19.44	46.76	350m: 4:45.50	38.47
	100m: 1:09.97	38.12	200m: 2:32.68	41.17	300m: 4:07.03	47.59	400m: 5:22.98	37.48
18.	Maaïke Issard	HZ&PC Heerenveen		200300022		5:23.64	+0,78	B 545
	50m: 32.56	32.56	150m: 1:52.47	41.58	250m: 3:20.31	45.73	350m: 4:45.87	39.09
	100m: 1:10.89	38.33	200m: 2:34.58	42.11	300m: 4:06.78	46.47	400m: 5:23.64	37.77
19.	Angelique van Vark	GZC DONK		199701478		5:25.21	+0,67	B 537
	50m: 33.82	33.82	150m: 1:56.28	42.07	250m: 3:25.39	47.89	350m: 4:51.17	37.60
	100m: 1:14.21	40.39	200m: 2:37.50	41.22	300m: 4:13.57	48.18	400m: 5:25.21	34.04
20.	Mia Hoeflaken	PSV		201004108		5:26.18	+0,59	B 532
	50m: 33.20	33.20	150m: 1:55.35	43.70	250m: 3:23.68	46.03	350m: 4:48.58	38.43
	100m: 1:11.65	38.45	200m: 2:37.65	42.30	300m: 4:10.15	46.47	400m: 5:26.18	37.60
21.	Mara Bosman	De Dolfijn		200303048		5:26.29	+0,56	R 531
	50m: 33.82	33.82	150m: 1:56.07	41.53	250m: 3:26.09	48.36	350m: 4:51.30	35.86
	100m: 1:14.54	40.72	200m: 2:37.73	41.66	300m: 4:15.44	49.35	400m: 5:26.29	34.99
22.	Isa Jansen	SBC2000		200701176		5:27.22		R 527
	50m: 33.05	33.05	150m: 1:56.29	43.19	250m: 3:25.85	47.53	350m: 4:51.50	38.14
	100m: 1:13.10	40.05	200m: 2:38.32	42.03	300m: 4:13.36	47.51	400m: 5:27.22	35.72
23.	Esmaë de Gans	ZPC AMERSFOORT		200900134		5:27.71	+0,62	525
	50m: 32.77	32.77	150m: 1:54.01	42.55	250m: 3:23.03	47.38	350m: 4:51.36	38.66
	100m: 1:11.46	38.69	200m: 2:35.65	41.64	300m: 4:12.70	49.67	400m: 5:27.71	36.35
24.	Vera Wassink	DZ&PC		200604976		5:28.01	+0,64	523
	50m: 33.06	33.06	150m: 1:54.94	42.81	250m: 3:25.11	48.86	350m: 4:52.18	37.65
	100m: 1:12.13	39.07	200m: 2:36.25	41.31	300m: 4:14.53	49.42	400m: 5:28.01	35.83
25.	Roos de Jong	ZCNF'34		200302948		5:28.15	*	522
	50m: 35.43	35.43	150m: 2:00.81	44.19	250m: 3:27.74	44.03	350m: 4:51.20	38.21
	100m: 1:16.62	41.19	200m: 2:43.71	42.90	300m: 4:12.99	45.25	400m: 5:28.15	36.95
26.	Alysha de Jong	ZPCH		200400086		5:28.79	+0,77	519
	50m: 32.13	32.13	150m: 1:58.20	44.76	250m: 3:29.19	47.01	350m: 4:54.20	36.63
	100m: 1:13.44	41.31	200m: 2:42.18	43.98	300m: 4:17.57	48.38	400m: 5:28.79	34.59
27.	Noa van Zalk	ZPC AMERSFOORT		201102534		5:33.53	+0,71	498
	50m: 32.47	32.47	150m: 1:53.56	42.52	250m: 3:24.36	49.56	350m: 4:54.69	40.15
	100m: 1:11.04	38.57	200m: 2:34.80	41.24	300m: 4:14.54	50.18	400m: 5:33.53	38.84
28.	Nieke Dovic	PSV		200700238		5:35.25	+0,69	490
	50m: 33.80	33.80	150m: 2:01.87	47.99	250m: 3:30.97	44.09	350m: 4:56.49	40.14
	100m: 1:13.88	40.08	200m: 2:46.88	45.01	300m: 4:16.35	45.38	400m: 5:35.25	38.76
29.	Michelle Zomerdijs	Dedemsvaart-AC		200003196		5:35.33	+0,77	490
	50m: 34.66	34.66	150m: 2:00.41	45.14	250m: 3:28.47	44.62	350m: 4:55.81	40.13
	100m: 1:15.27	40.61	200m: 2:43.85	43.44	300m: 4:15.68	47.21	400m: 5:35.33	39.52
30.	Diede de Vries	Zwemlust-den Hommel		200803558		5:37.80	+0,80	479
	50m: 36.41	36.41	150m: 2:07.51	47.02	250m: 3:35.67	43.05	350m: 5:00.08	39.84
	100m: 1:20.49	44.08	200m: 2:52.62	45.11	300m: 4:20.24	44.57	400m: 5:37.80	37.72
31.	Hadewych Forschelen	MNC Dordrecht		200903572		5:38.70	+0,75	475
	50m: 33.77	33.77	150m: 1:56.50	43.77	250m: 3:31.07	51.25	350m: 5:00.87	38.76
	100m: 1:12.73	38.96	200m: 2:39.82	43.32	300m: 4:22.11	51.04	400m: 5:38.70	37.83
32.	Jorja Verschoor	AZC		200902640		5:39.88	+0,58	470
	50m: 34.57	34.57	150m: 1:59.22	44.80	250m: 3:32.32	48.86	350m: 5:01.22	39.55
	100m: 1:14.42	39.85	200m: 2:43.46	44.24	300m: 4:21.67	49.35	400m: 5:39.88	38.66
33.	Fardau Cazemier	ZCNF'34		200901736		5:39.94		470
	50m: 36.49	36.49	150m: 2:05.56	45.58	250m: 3:37.55	46.87	350m: 5:04.45	38.76
	100m: 1:19.98	43.49	200m: 2:50.68	45.12	300m: 4:25.69	48.14	400m: 5:39.94	35.49
34.	Alessia Sluis	Dedemsvaart-AC		200300896		5:40.88	+0,73	466
	50m: 33.87	33.87	150m: 2:03.10	47.51	250m: 3:33.82	46.34	350m: 5:02.89	39.42
	100m: 1:15.59	41.72	200m: 2:47.48	44.38	300m: 4:23.47	49.65	400m: 5:40.88	37.99
35.	Lili Oosting	DWK		200900384		5:40.92	+0,63	466
	50m: 35.05	35.05	150m: 1:57.45	41.58	250m: 3:32.14	50.66	350m: 5:02.99	39.60
	100m: 1:15.87	40.82	200m: 2:41.48	44.03	300m: 4:23.39	51.25	400m: 5:40.92	37.93

B = Bonus inschrijving

Programmanr. 27, Dames, 400m wisselslag, Voorronde, Senioren Open

rang	naam	vereniging				tijd				RT	FINA	para
36.	Rosa Visscher	ZVZ				200800706				5:41.27	+0,72	464
	50m: 33.98	33.98	150m: 2:00.75	43.76	250m: 3:31.35	48.18	350m: 5:03.45	42.78				
	100m: 1:16.99	43.01	200m: 2:43.17	42.42	300m: 4:20.67	49.32	400m: 5:41.27	37.82				
37.	Juno de Roos	De Zwoer				200901868				5:42.43		460
	50m: 35.66	35.66	150m: 2:03.43	43.99	250m: 3:33.70	47.56	350m: 5:03.75	40.40				
	100m: 1:19.44	43.78	200m: 2:46.14	42.71	300m: 4:23.35	49.65	400m: 5:42.43	38.68				
38.	Renske Oude Egbrink	OZ&PC				200600040				5:42.66	+0,63	459
	50m: 35.07	35.07	150m: 2:03.86	44.79	250m: 3:33.49	45.87	350m: 5:02.24	41.23				
	100m: 1:19.07	44.00	200m: 2:47.62	43.76	300m: 4:21.01	47.52	400m: 5:42.66	40.42				
39.	Zoë van Hameren	RZ				200901000				5:44.13	+0,61	453
	50m: 35.92	35.92	150m: 2:04.67	46.49	250m: 3:37.77	48.05	350m: 5:05.63	39.45				
	100m: 1:18.18	42.26	200m: 2:49.72	45.05	300m: 4:26.18	48.41	400m: 5:44.13	38.50				
40.	Lotte Blanken	SBC2000				200801476				5:45.94	+0,57	446
	50m: 35.29	35.29	150m: 2:04.54	45.18	250m: 3:37.75	48.96	350m: 5:08.18	39.77				
	100m: 1:19.36	44.07	200m: 2:48.79	44.25	300m: 4:28.41	50.66	400m: 5:45.94	37.76				
AFGEM	Mila Oomens	NieMo Barracuda				200700016						
AFGEM	Noa Ottens	VZC				200702256						
NG	Famke Irvine	ZPC AMERSFOORT				200501724						

B = Bonus inschrijving