

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



Programmanr. 4
2-7-2026 - 9:48

Dames, 400m vrije slag

Senioren Open
Resultaten Voorronde

Punten: AQUA 2025

rang	naam	vereniging				tijd				RT	FINA	para
PARA onder 16												
1.	Jente Parlevliet	Noordwijkerhout				201003900	S14	6:08.18	+0,77		261	415
	50m: 40.33	40.33	150m: 2:12.74	47.08	250m: 3:48.64	48.30	350m: 5:24.24	47.32				
	100m: 1:25.66	45.33	200m: 3:00.34	47.60	300m: 4:36.92	48.28	400m: 6:08.18	43.94				
PARA open												
1.	Oliwia Jablonska	Poland Paraswimming					S9	4:41.82	+0,54	B	582	941
	50m: 32.71	32.71	150m: 1:43.55	35.43	250m: 2:54.84	35.36	350m: 4:06.51	35.67				
	100m: 1:08.12	35.41	200m: 2:19.48	35.93	300m: 3:30.84	36.00	400m: 4:41.82	35.31				
2.	Liesette Bruinsma	HZ&PC Heerenveen				200004346	S11	5:10.30	+0,70	Q	436	881
	50m: 34.30	34.30	150m: 1:51.25	39.12	250m: 3:10.10	39.47	350m: 4:30.26	40.15				
	100m: 1:12.13	37.83	200m: 2:30.63	39.38	300m: 3:50.11	40.01	400m: 5:10.30	40.04				
3.	Faye Rogers	Team GBR					S10	4:42.23	+0,78	R	580	845
	50m: 32.07	32.07	150m: 1:42.22	35.36	250m: 2:53.02	35.55	350m: 4:05.99	36.97				
	100m: 1:06.86	34.79	200m: 2:17.47	35.25	300m: 3:29.02	36.00	400m: 4:42.23	36.24				
	Nora Meister	PluSport Behindertensport Schwe24864					S6	5:26.43		Q	374	845
	50m: 38.09	38.09	150m: 1:59.96	41.34	250m: 3:22.67	41.69	350m: 4:45.60	41.79				
	100m: 1:18.62	40.53	200m: 2:40.98	41.02	300m: 4:03.81	41.14	400m: 5:26.43	40.83				
5.	Amber van der Kruk	MSV-Zeemacht				200102730	S14	4:54.35		Q	511	812
	50m: 31.63	31.63	150m: 1:44.39	37.27	250m: 3:00.27	38.19	350m: 4:16.92	37.98				
	100m: 1:07.12	35.49	200m: 2:22.08	37.69	300m: 3:38.94	38.67	400m: 4:54.35	37.43				
6.	Monica Boggioni	Pavia Nuoto Asd				30727	S5	6:03.27		Q	272	791
	50m: 43.73	43.73	150m: 2:14.86	47.99	250m: 3:46.50	46.11	350m: 5:18.75	46.07				
	100m: 1:26.87	43.14	200m: 3:00.39	45.53	300m: 4:32.68	46.18	400m: 6:03.27	44.52				
7.	Brooklyn Hale	Team GBR					S9	5:06.04		Q	454	735
	50m: 34.11	34.11	150m: 1:50.71	38.77	250m: 3:08.61	39.00	350m: 4:27.69	39.52				
	100m: 1:11.94	37.83	200m: 2:29.61	38.90	300m: 3:48.17	39.56	400m: 5:06.04	38.35				
8.	Alice Tai	Team GBR					S8	5:11.83	+0,59	Q	430	730
	50m: 33.94	33.94	150m: 1:47.57	37.40	250m: 3:04.48	38.90	350m: 4:27.59	42.93				
	100m: 1:10.17	36.23	200m: 2:25.58	38.01	300m: 3:44.66	40.18	400m: 5:11.83	44.24				
9.	Brock Whiston	Team GBR					S9	5:10.53		Q	435	703
	50m: 35.10	35.10	150m: 1:51.87	39.02	250m: 3:10.95	39.62	350m: 4:31.10	40.32				
	100m: 1:12.85	37.75	200m: 2:31.33	39.46	300m: 3:50.78	39.83	400m: 5:10.53	39.43				
10.	Julia Soltysik	Poland Paraswimming					S10	5:37.02		Q	340	497
	50m: 39.06	39.06	150m: 2:04.62	42.93	250m: 3:30.21	42.80	350m: 4:55.63	42.07				
	100m: 1:21.69	42.63	200m: 2:47.41	42.79	300m: 4:13.56	43.35	400m: 5:37.02	41.39				
11.	Marika Noszczyk	Poland Paraswimming					S6	6:37.99		R	206	466
	50m: 48.01	48.01	150m: 2:29.29	51.11	250m: 4:09.52	49.65	350m: 5:49.25	49.90				
	100m: 1:38.18	50.17	200m: 3:19.87	50.58	300m: 4:59.35	49.83	400m: 6:37.99	48.74				
12.	Milou van Winkel	WVZ				200402296	S14	6:01.58 *	+0,76	R	275	438
	50m: 34.55	34.55	150m: 2:01.19	45.74	250m: 3:36.12	48.18	350m: 5:13.77	49.83				
	100m: 1:15.45	40.90	200m: 2:47.94	46.75	300m: 4:23.94	47.82	400m: 6:01.58	47.81				
13.	Jente Parlevliet	Noordwijkerhout				201003900	S14	6:08.18	+0,77		261	415
	50m: 40.33	40.33	150m: 2:12.74	47.08	250m: 3:48.64	48.30	350m: 5:24.24	47.32				
	100m: 1:25.66	45.33	200m: 3:00.34	47.60	300m: 4:36.92	48.28	400m: 6:08.18	43.94				

Onder 18

1.	Jade van der Schrier	AZC		200800692		4:21.64		A 728
	50m: 29.54	29.54	150m: 1:33.88	32.65	250m: 2:40.94	33.76	350m: 3:48.98	33.97
	100m: 1:01.23	31.69	200m: 2:07.18	33.30	300m: 3:15.01	34.07	400m: 4:21.64	32.66
2.	Frouke Ludwig	DZ&PC		200800112		4:26.22	+0,70	A 691
	50m: 30.19	30.19	150m: 1:36.31	33.53	250m: 2:43.64	33.70	350m: 3:52.40	34.63
	100m: 1:02.78	32.59	200m: 2:09.94	33.63	300m: 3:17.77	34.13	400m: 4:26.22	33.82
3.	Bregje Dekkers	PSV		200900746		4:26.51	+0,59	B 688
	50m: 30.49	30.49	150m: 1:36.96	33.40	250m: 2:44.79	34.09	350m: 3:53.36	34.42
	100m: 1:03.56	33.07	200m: 2:10.70	33.74	300m: 3:18.94	34.15	400m: 4:26.51	33.15

B = Bonus inschrijving

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



Programmanr. 4, Meisjes, 400m vrije slag, Voorronde, Onder 18

rang	naam	vereniging				tijd				RT	FINA	para	
4.	Laura van Etten	HZ&PC Heerenveen				200800264				4:34.12	+0,76	B	633
	50m: 30.68	30.68	150m: 1:37.93	34.12	250m: 2:47.83	34.94	350m: 3:58.76	35.16					
	100m: 1:03.81	33.13	200m: 2:12.89	34.96	300m: 3:23.60	35.77	400m: 4:34.12	35.36					
5.	Julie van Nispen	Nuenen				200800290				4:36.54		B	616
	50m: 30.65	30.65	150m: 1:39.68	34.63	250m: 2:50.55	34.62	350m: 4:01.39	35.21					
	100m: 1:05.05	34.40	200m: 2:15.93	36.25	300m: 3:26.18	35.63	400m: 4:36.54	35.15					
6.	Chiara Lammertink	ZPC AMERSFOORT				200902200				4:39.40	+0,74	B	597
	50m: 31.06	31.06	150m: 1:39.98	34.74	250m: 2:51.70	35.68	350m: 4:04.26	36.21					
	100m: 1:05.24	34.18	200m: 2:16.02	36.04	300m: 3:28.05	36.35	400m: 4:39.40	35.14					
7.	Fenna Westerneng	DZ&PC				200900070				4:39.69	+0,73	B	596
	50m: 31.02	31.02	150m: 1:41.03	35.26	250m: 2:52.78	36.00	350m: 4:04.45	36.13					
	100m: 1:05.77	34.75	200m: 2:16.78	35.75	300m: 3:28.32	35.54	400m: 4:39.69	35.24					
8.	Esmaé de Gans	ZPC AMERSFOORT				200900134				4:45.14 *	+0,71		562
	50m: 30.94	30.94	150m: 1:41.87	36.18	250m: 2:55.05	36.57	350m: 4:08.55	36.80					
	100m: 1:05.69	34.75	200m: 2:18.48	36.61	300m: 3:31.75	36.70	400m: 4:45.14	36.59					
9.	Meyke v. Nimwegen	De Schoteijl				200800106				4:48.58	+0,75		542
	50m: 32.12	32.12	150m: 1:43.86	36.31	250m: 2:57.69	37.11	350m: 4:11.76	37.03					
	100m: 1:07.55	35.43	200m: 2:20.58	36.72	300m: 3:34.73	37.04	400m: 4:48.58	36.82					
10.	Esmee Ykema	HZ&PC Heerenveen				200801710				4:52.09 *	+0,72		523
	50m: 32.18	32.18	150m: 1:44.78	37.03	250m: 2:59.75	37.61	350m: 4:15.41	37.38					
	100m: 1:07.75	35.57	200m: 2:22.14	37.36	300m: 3:38.03	38.28	400m: 4:52.09	36.68					
11.	Djelaysa Buunk	ZPC De Zeeuwse Kust				200900536				4:56.15	+0,79		502
	50m: 33.09	33.09	150m: 1:48.26	37.51	250m: 3:04.25	37.84	350m: 4:19.65	37.01					
	100m: 1:10.75	37.66	200m: 2:26.41	38.15	300m: 3:42.64	38.39	400m: 4:56.15	36.50					
12.	Diede de Vries	Zwemlust-den Hommel				200803558				4:56.51			500
	50m: 33.18	33.18	150m: 1:47.74	37.48	250m: 3:03.76	37.86	350m: 4:19.92	37.76					
	100m: 1:10.26	37.08	200m: 2:25.90	38.16	300m: 3:42.16	38.40	400m: 4:56.51	36.59					
13.	Hadewych Forschelen	MNC Dordrecht				200903572				4:58.63	+0,82		489
	50m: 32.42	32.42	150m: 1:46.89	38.13	250m: 3:03.02	38.08	350m: 4:20.42	38.72					
	100m: 1:08.76	36.34	200m: 2:24.94	38.05	300m: 3:41.70	38.68	400m: 4:58.63	38.21					
14.	Suuz Griekspoor	Noordwijkerhout				200901204				4:58.71			489
	50m: 32.04	32.04	150m: 1:44.41	37.00	250m: 3:00.89	38.59	350m: 4:19.73	39.12					
	100m: 1:07.41	35.37	200m: 2:22.30	37.89	300m: 3:40.61	39.72	400m: 4:58.71	38.98					
15.	Lotte Blanken	SBC2000				200801476				5:06.41	+0,73		453
	50m: 32.21	32.21	150m: 1:46.79	37.89	250m: 3:06.71	40.05	350m: 4:27.87	40.41					
	100m: 1:08.90	36.69	200m: 2:26.66	39.87	300m: 3:47.46	40.75	400m: 5:06.41	38.54					
GEM	Puck van Wees	De Dolfijn				200901020							
GEM	Julia Dijkstra	PSV				200904546							

Onder 20

1.	Nynke Boerefijn	ZPC AMERSFOORT			200700114			4:16.83		+0,80	A	769	
		50m:	28.99	28.99	150m:	1:34.16	33.14	250m:	2:40.61	33.23	350m:	3:45.64	32.53
		100m:	1:01.02	32.03	200m:	2:07.38	33.22	300m:	3:13.11	32.50	400m:	4:16.83	31.19
2.	Hedwig Bolt	HZ&PC Heerenveen			200602660			4:17.49			A	763	
		50m:	29.60	29.60	150m:	1:34.33	32.69	250m:	2:40.05	32.84	350m:	3:46.09	32.85
		100m:	1:01.64	32.04	200m:	2:07.21	32.88	300m:	3:13.24	33.19	400m:	4:17.49	31.40
3.	Rhodee van den Ham	De Duinkickers			200700090			4:30.45		+0,57	B	659	
		50m:	31.23	31.23	150m:	1:39.65	34.39	250m:	2:48.78	34.53	350m:	3:57.30	34.06
		100m:	1:05.26	34.03	200m:	2:14.25	34.60	300m:	3:23.24	34.46	400m:	4:30.45	33.15
4.	Veerle de Ridder	HZ&PC Heerenveen			200700778			4:34.79		+0,53	B	628	
		50m:	30.22	30.22	150m:	1:38.62	34.72	250m:	2:49.16	35.38	350m:	3:59.23	35.01
		100m:	1:03.90	33.68	200m:	2:13.78	35.16	300m:	3:24.22	35.06	400m:	4:34.79	35.56
5.	Vera Wassink	DZ&PC			200604976			4:42.00		+0,78	R	581	
		50m:	31.03	31.03	150m:	1:41.29	35.81	250m:	2:53.46	36.06	350m:	4:06.68	36.63
		100m:	1:05.48	34.45	200m:	2:17.40	36.11	300m:	3:30.05	36.59	400m:	4:42.00	35.32
6.	Imre Bouwland	ZPC Hoozeveen			200700388			4:51.79		+0,63		524	
		50m:	32.01	32.01	150m:	1:44.61	36.43	250m:	2:59.52	37.47	350m:	4:15.04	37.97
		100m:	1:08.18	36.17	200m:	2:22.05	37.44	300m:	3:37.07	37.55	400m:	4:51.79	36.75
7.	Noa Ottens	VZC			200702256			4:58.00		+0,54		492	
		50m:	32.98	32.98	150m:	1:48.54	38.27	250m:	3:04.70	38.35	350m:	4:20.70	38.16
		100m:	1:10.27	37.29	200m:	2:26.35	37.81	300m:	3:42.54	37.84	400m:	4:58.00	37.30

B = Bonus inschrijving

Programmanr. 4, Dames, 400m vrije slag, Voorronde

Senioren Open

1.	Lucy Fox	Aquatics GB							4:16.00	+0,64	A	777
	50m: 29.28	29.28	150m: 1:33.25	32.23	250m: 2:38.24	32.45	350m: 3:43.97	32.90				
	100m: 1:01.02	31.74	200m: 2:05.79	32.54	300m: 3:11.07	32.83	400m: 4:16.00	32.03				
2.	Marte Hieke van der Kamp	HZ&PC Heerenveen	200500218						4:16.36	+0,50	A	774
	50m: 29.40	29.40	150m: 1:34.25	32.53	250m: 2:39.64	32.76	350m: 3:45.14	32.68				
	100m: 1:01.72	32.32	200m: 2:06.88	32.63	300m: 3:12.46	32.82	400m: 4:16.36	31.22				
3.	Nynke Boerefijn	ZPC AMERSFOORT	200700114						4:16.83	+0,80	A	769
	50m: 28.99	28.99	150m: 1:34.16	33.14	250m: 2:40.61	33.23	350m: 3:45.64	32.53				
	100m: 1:01.02	32.03	200m: 2:07.38	33.22	300m: 3:13.11	32.50	400m: 4:16.83	31.19				
4.	Hedwig Bolt	HZ&PC Heerenveen	200602660						4:17.49		A	763
	50m: 29.60	29.60	150m: 1:34.33	32.69	250m: 2:40.05	32.84	350m: 3:46.09	32.85				
	100m: 1:01.64	32.04	200m: 2:07.21	32.88	300m: 3:13.24	33.19	400m: 4:17.49	31.40				
5.	Svenja Götting	Germany							4:21.17	+0,55	A	732
	50m: 29.56	29.56	150m: 1:35.56	33.41	250m: 2:42.09	32.93	350m: 3:48.82	33.10				
	100m: 1:02.15	32.59	200m: 2:09.16	33.60	300m: 3:15.72	33.63	400m: 4:21.17	32.35				
6.	Jade van der Schrier	AZC	200800692						4:21.64		A	728
	50m: 29.54	29.54	150m: 1:33.88	32.65	250m: 2:40.94	33.76	350m: 3:48.98	33.97				
	100m: 1:01.23	31.69	200m: 2:07.18	33.30	300m: 3:15.01	34.07	400m: 4:21.64	32.66				
7.	Leni von Bonin	Germany							4:22.20	+0,78	A	723
	50m: 30.68	30.68	150m: 1:36.17	33.08	250m: 2:42.53	33.26	350m: 3:49.33	33.56				
	100m: 1:03.09	32.41	200m: 2:09.27	33.10	300m: 3:15.77	33.24	400m: 4:22.20	32.87				
8.	Zara Selimovic	SG Essen	363732						4:23.23	+0,70	A	714
	50m: 29.82	29.82	150m: 1:35.72	33.20	250m: 2:42.85	33.45	350m: 3:50.02	33.65				
	100m: 1:02.52	32.70	200m: 2:09.40	33.68	300m: 3:16.37	33.52	400m: 4:23.23	33.21				
9.	Frouke Ludwig	DZ&PC	200800112						4:26.22	+0,70	A	691
	50m: 30.19	30.19	150m: 1:36.31	33.53	250m: 2:43.64	33.70	350m: 3:52.40	34.63				
	100m: 1:02.78	32.59	200m: 2:09.94	33.63	300m: 3:17.77	34.13	400m: 4:26.22	33.82				
10.	Fenne Metten	ZPC AMERSFOORT	201000102						4:26.31	+0,66	A	690
	50m: 29.92	29.92	150m: 1:36.67	33.70	250m: 2:45.14	34.08	350m: 3:53.66	34.08				
	100m: 1:02.97	33.05	200m: 2:11.06	34.39	300m: 3:19.58	34.44	400m: 4:26.31	32.65				
11.	Bregje Dekkers	PSV	200900746						4:26.51	+0,59	B	688
	50m: 30.49	30.49	150m: 1:36.96	33.40	250m: 2:44.79	34.09	350m: 3:53.36	34.42				
	100m: 1:03.56	33.07	200m: 2:10.70	33.74	300m: 3:18.94	34.15	400m: 4:26.51	33.15				
12.	Sofiia Barabash	Ukraine							4:26.67		B	687
	50m: 30.91	30.91	150m: 1:38.18	33.30	250m: 2:45.75	34.15	350m: 3:53.58	33.90				
	100m: 1:04.88	33.97	200m: 2:11.60	33.42	300m: 3:19.68	33.93	400m: 4:26.67	33.09				
13.	Rhodee van den Ham	De Duinkickers	200700090						4:30.45	+0,57	B	659
	50m: 31.23	31.23	150m: 1:39.65	34.39	250m: 2:48.78	34.53	350m: 3:57.30	34.06				
	100m: 1:05.26	34.03	200m: 2:14.25	34.60	300m: 3:23.24	34.46	400m: 4:30.45	33.15				
14.	Laura van Etten	HZ&PC Heerenveen	200800264						4:34.12	+0,76	B	633
	50m: 30.68	30.68	150m: 1:37.93	34.12	250m: 2:47.83	34.94	350m: 3:58.76	35.16				
	100m: 1:03.81	33.13	200m: 2:12.89	34.96	300m: 3:23.60	35.77	400m: 4:34.12	35.36				
15.	Veerle de Ridder	HZ&PC Heerenveen	200700778						4:34.79	+0,53	B	628
	50m: 30.22	30.22	150m: 1:38.62	34.72	250m: 2:49.16	35.38	350m: 3:59.23	35.01				
	100m: 1:03.90	33.68	200m: 2:13.78	35.16	300m: 3:24.22	35.06	400m: 4:34.79	35.56				
16.	Julie van Nispen	Nuenen	200800290						4:36.54		B	616
	50m: 30.65	30.65	150m: 1:39.68	34.63	250m: 2:50.55	34.62	350m: 4:01.39	35.21				
	100m: 1:05.05	34.40	200m: 2:15.93	36.25	300m: 3:26.18	35.63	400m: 4:36.54	35.15				
17.	Malin Roozeboom	WVZ	201100006						4:37.27	+0,80	B	611
	50m: 31.40	31.40	150m: 1:41.83	35.45	250m: 2:52.18	35.30	350m: 4:02.77	35.26				
	100m: 1:06.38	34.98	200m: 2:16.88	35.05	300m: 3:27.51	35.33	400m: 4:37.27	34.50				
18.	Chiara Lammertink	ZPC AMERSFOORT	200902200						4:39.40	+0,74	B	597
	50m: 31.06	31.06	150m: 1:39.98	34.74	250m: 2:51.70	35.68	350m: 4:04.26	36.21				
	100m: 1:05.24	34.18	200m: 2:16.02	36.04	300m: 3:28.05	36.35	400m: 4:39.40	35.14				
19.	Fenna Westerneng	DZ&PC	200900070						4:39.69	+0,73	B	596
	50m: 31.02	31.02	150m: 1:41.03	35.26	250m: 2:52.78	36.00	350m: 4:04.45	36.13				
	100m: 1:05.77	34.75	200m: 2:16.78	35.75	300m: 3:28.32	35.54	400m: 4:39.69	35.24				
20.	Oliwia Jablonska	Poland Paraswimming	S9						4:41.82	+0,54	B	582 941
	50m: 32.71	32.71	150m: 1:43.55	35.43	250m: 2:54.84	35.36	350m: 4:06.51	35.67				
	100m: 1:08.12	35.41	200m: 2:19.48	35.93	300m: 3:30.84	36.00	400m: 4:41.82	35.31				
21.	Vera Wassink	DZ&PC	200604976						4:42.00	+0,78	R	581
	50m: 31.03	31.03	150m: 1:41.29	35.81	250m: 2:53.46	36.06	350m: 4:06.68	36.63				
	100m: 1:05.48	34.45	200m: 2:17.40	36.11	300m: 3:30.05	36.59	400m: 4:42.00	35.32				

B = Bonus inschrijving

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



Programmanr. 4, Dames, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging		tijd		RT	FINA	para
22.	Faye Rogers	Team GBR		S10	4:42.23	+0,78	R	580 845
	50m: 32.07	32.07	150m: 1:42.22	35.36	250m: 2:53.02	35.55	350m: 4:05.99	36.97
	100m: 1:06.86	34.79	200m: 2:17.47	35.25	300m: 3:29.02	36.00	400m: 4:42.23	36.24
23.	Mara Bosman	De Dolfijn		200303048	4:42.34			579
	50m: 31.93	31.93	150m: 1:42.51	35.62	250m: 2:54.33	35.92	350m: 4:07.09	36.14
	100m: 1:06.89	34.96	200m: 2:18.41	35.90	300m: 3:30.95	36.62	400m: 4:42.34	35.25
24.	Esmaé de Gans	ZPC AMERSFOORT		200900134	4:45.14 *	+0,71		562
	50m: 30.94	30.94	150m: 1:41.87	36.18	250m: 2:55.05	36.57	350m: 4:08.55	36.80
	100m: 1:05.69	34.75	200m: 2:18.48	36.61	300m: 3:31.75	36.70	400m: 4:45.14	36.59
25.	Elin Reinstra	TriVia		201100842	4:45.18	+0,78		562
	50m: 31.99	31.99	150m: 1:43.72	36.30	250m: 2:56.48	36.38	350m: 4:09.80	36.78
	100m: 1:07.42	35.43	200m: 2:20.10	36.38	300m: 3:33.02	36.54	400m: 4:45.18	35.38
26.	Angelique van Vark	GZC DONK		199701478	4:46.02	+0,68		557
	50m: 32.06	32.06	150m: 1:43.74	35.91	250m: 2:57.01	36.63	350m: 4:11.26	37.12
	100m: 1:07.83	35.77	200m: 2:20.38	36.64	300m: 3:34.14	37.13	400m: 4:46.02	34.76
27.	Meyke v. Nimwegen	De Schotelijl		200800106	4:48.58	+0,75		542
	50m: 32.12	32.12	150m: 1:43.86	36.31	250m: 2:57.69	37.11	350m: 4:11.76	37.03
	100m: 1:07.55	35.43	200m: 2:20.58	36.72	300m: 3:34.73	37.04	400m: 4:48.58	36.82
28.	Imre Bouwland	ZPC Hoogetveen		200700388	4:51.79	+0,63		524
	50m: 32.01	32.01	150m: 1:44.61	36.43	250m: 2:59.52	37.47	350m: 4:15.04	37.97
	100m: 1:08.18	36.17	200m: 2:22.05	37.44	300m: 3:37.07	37.55	400m: 4:51.79	36.75
29.	Esmee Ykema	HZ&PC Heerenveen		200801710	4:52.09 *	+0,72		523
	50m: 32.18	32.18	150m: 1:44.78	37.03	250m: 2:59.75	37.61	350m: 4:15.41	37.38
	100m: 1:07.75	35.57	200m: 2:22.14	37.36	300m: 3:38.03	38.28	400m: 4:52.09	36.68
30.	Amber van der Kruk	MSV-Zeemacht		200102730	S14 4:54.35		Q	511 812
	50m: 31.63	31.63	150m: 1:44.39	37.27	250m: 3:00.27	38.19	350m: 4:16.92	37.98
	100m: 1:07.12	35.49	200m: 2:22.08	37.69	300m: 3:38.94	38.67	400m: 4:54.35	37.43
31.	Djelaysa Buunk	ZPC De Zeeuwse Kust		200900536	4:56.15	+0,79		502
	50m: 33.09	33.09	150m: 1:48.26	37.51	250m: 3:04.25	37.84	350m: 4:19.65	37.01
	100m: 1:10.75	37.66	200m: 2:26.41	38.15	300m: 3:42.64	38.39	400m: 4:56.15	36.50
32.	Diede de Vries	Zwemlust-den Hommel		200803558	4:56.51			500
	50m: 33.18	33.18	150m: 1:47.74	37.48	250m: 3:03.76	37.86	350m: 4:19.92	37.76
	100m: 1:10.26	37.08	200m: 2:25.90	38.16	300m: 3:42.16	38.40	400m: 4:56.51	36.59
33.	Noa Ottens	VZC		200702256	4:58.00	+0,54		492
	50m: 32.98	32.98	150m: 1:48.54	38.27	250m: 3:04.70	38.35	350m: 4:20.70	38.16
	100m: 1:10.27	37.29	200m: 2:26.35	37.81	300m: 3:42.54	37.84	400m: 4:58.00	37.30
34.	Hadewych Forschelen	MNC Dordrecht		200903572	4:58.63	+0,82		489
	50m: 32.42	32.42	150m: 1:46.89	38.13	250m: 3:03.02	38.08	350m: 4:20.42	38.72
	100m: 1:08.76	36.34	200m: 2:24.94	38.05	300m: 3:41.70	38.68	400m: 4:58.63	38.21
35.	Suuz Griekspoor	Noordwijkerhout		200901204	4:58.71			489
	50m: 32.04	32.04	150m: 1:44.41	37.00	250m: 3:00.89	38.59	350m: 4:19.73	39.12
	100m: 1:07.41	35.37	200m: 2:22.30	37.89	300m: 3:40.61	39.72	400m: 4:58.71	38.98
36.	Brooklyn Hale	Team GBR		S9	5:06.04		Q	454 735
	50m: 34.11	34.11	150m: 1:50.71	38.77	250m: 3:08.61	39.00	350m: 4:27.69	39.52
	100m: 1:11.94	37.83	200m: 2:29.61	38.90	300m: 3:48.17	39.56	400m: 5:06.04	38.35
37.	Lotte Blanken	SBC2000		200801476	5:06.41	+0,73		453
	50m: 32.21	32.21	150m: 1:46.79	37.89	250m: 3:06.71	40.05	350m: 4:27.87	40.41
	100m: 1:08.90	36.69	200m: 2:26.66	39.87	300m: 3:47.46	40.75	400m: 5:06.41	38.54
38.	Liesette Bruinsma	HZ&PC Heerenveen		200004346	S11 5:10.30	+0,70	Q	436 881
	50m: 34.30	34.30	150m: 1:51.25	39.12	250m: 3:10.10	39.47	350m: 4:30.26	40.15
	100m: 1:12.13	37.83	200m: 2:30.63	39.38	300m: 3:50.11	40.01	400m: 5:10.30	40.04
39.	Brock Whiston	Team GBR		S9	5:10.53		Q	435 703
	50m: 35.10	35.10	150m: 1:51.87	39.02	250m: 3:10.95	39.62	350m: 4:31.10	40.32
	100m: 1:12.85	37.75	200m: 2:31.33	39.46	300m: 3:50.78	39.83	400m: 5:10.53	39.43
40.	Alice Tai	Team GBR		S8	5:11.83	+0,59	Q	430 730
	50m: 33.94	33.94	150m: 1:47.57	37.40	250m: 3:04.48	38.90	350m: 4:27.59	42.93
	100m: 1:10.17	36.23	200m: 2:25.58	38.01	300m: 3:44.66	40.18	400m: 5:11.83	44.24
41.	Nora Meister	PluSport Behindertensport Schwe24864		S6	5:26.43		Q	374 845
	50m: 38.09	38.09	150m: 1:59.96	41.34	250m: 3:22.67	41.69	350m: 4:45.60	41.79
	100m: 1:18.62	40.53	200m: 2:40.98	41.02	300m: 4:03.81	41.14	400m: 5:26.43	40.83
42.	Julia Soltysik	Poland Paraswimming		S10	5:37.02		Q	340 497
	50m: 39.06	39.06	150m: 2:04.62	42.93	250m: 3:30.21	42.80	350m: 4:55.63	42.07
	100m: 1:21.69	42.63	200m: 2:47.41	42.79	300m: 4:13.56	43.35	400m: 5:37.02	41.39

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



Programmanr. 4, Dames, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging	tijd	RT	FINA	para
43.	Milou van Winkel	WVZ	200402296 S14	6:01.58 *	+0,76 R	275 438
	50m: 34.55	34.55 150m: 2:01.19	45.74 250m: 3:36.12	48.18 350m: 5:13.77		
	100m: 1:15.45	40.90 200m: 2:47.94	46.75 300m: 4:23.94	47.82 400m: 6:01.58		49.83 47.81
44.	Monica Boggioni	Pavia Nuoto Asd	30727 S5	6:03.27	Q	272 791
	50m: 43.73	43.73 150m: 2:14.86	47.99 250m: 3:46.50	46.11 350m: 5:18.75		46.07
	100m: 1:26.87	43.14 200m: 3:00.39	45.53 300m: 4:32.68	46.18 400m: 6:03.27		44.52
45.	Jente Parlevliet	Noordwijkerhout	201003900 S14	6:08.18	+0,77	261 415
	50m: 40.33	40.33 150m: 2:12.74	47.08 250m: 3:48.64	48.30 350m: 5:24.24		47.32
	100m: 1:25.66	45.33 200m: 3:00.34	47.60 300m: 4:36.92	48.28 400m: 6:08.18		43.94
46.	Marika Noszczyk	Poland Paraswimming	S6	6:37.99	R	206 466
	50m: 48.01	48.01 150m: 2:29.29	51.11 250m: 4:09.52	49.65 350m: 5:49.25		49.90
	100m: 1:38.18	50.17 200m: 3:19.87	50.58 300m: 4:59.35	49.83 400m: 6:37.99		48.74
AFGEM	Nina Tetteroo	De Columbiaan	201000048			
AFGEM	Puck van Wees	De Dolfijn	200901020			
AFGEM	Julia Dijkstra	PSV	200904546			
NG	Jette Lenz	Germany				

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