

Programmanr. 4
2-7-2026

Dames, 400m vrije slag

Senioren Open
Resultaten Finale

Punten: AQUA 2025

rang	naam	vereniging	tijd	RT	FINA	para
PARA open						
1.	Oliwia Jablonska	Poland Paraswimming	S9	4:37.37	611	987
	50m: 32.45	32.45 150m: 1:41.66	34.74 250m: 2:51.88	35.07 350m: 4:02.44	35.19	
	100m: 1:06.92	34.47 200m: 2:16.81	35.15 300m: 3:27.25	35.37 400m: 4:37.37	34.93	
2.	Faye Rogers	Team GBR	S10	4:34.44	+0,78	630 920
	50m: 31.56	31.56 150m: 1:39.75	34.25 250m: 2:49.94	35.07 350m: 4:00.26	34.85	
	100m: 1:05.50	33.94 200m: 2:14.87	35.12 300m: 3:25.41	35.47 400m: 4:34.44	34.18	
3.	Liesette Bruinsma	HZ&PC Heerenveen	200004346 S11	5:07.14	+0,68	450 908
	50m: 34.34	34.34 150m: 1:50.96	38.86 250m: 3:09.19	38.88 350m: 4:28.02	39.28	
	100m: 1:12.10	37.76 200m: 2:30.31	39.35 300m: 3:48.74	39.55 400m: 5:07.14	39.12	
4.	Amber van der Kruk	MSV-Zeemacht	200102730 S14	4:50.75	+0,67	530 843
	50m: 32.16	32.16 150m: 1:43.77	35.98 250m: 2:58.39	37.59 350m: 4:14.42	37.79	
	100m: 1:07.79	35.63 200m: 2:20.80	37.03 300m: 3:36.63	38.24 400m: 4:50.75	36.33	
5.	Nora Meister	PluSport Behindertensport Schwe	24864 S6	5:27.02	+0,60	372 840
	50m: 38.31	38.31 150m: 2:00.08	41.52 250m: 3:22.64	41.07 350m: 4:46.01	41.57	
	100m: 1:18.56	40.25 200m: 2:41.57	41.49 300m: 4:04.44	41.80 400m: 5:27.02	41.01	
6.	Monica Boggioni	Pavia Nuoto Asd	30727 S5	6:00.54		278 810
	50m: 41.29	41.29 150m: 2:10.70	45.03 250m: 3:42.96	45.79 350m: 5:15.44	45.56	
	100m: 1:25.67	44.38 200m: 2:57.17	46.47 300m: 4:29.88	46.92 400m: 6:00.54	45.10	
7.	Brooklyn Hale	Team GBR	S9	4:59.63		484 783
	50m: 33.81	33.81 150m: 1:48.84	38.07 250m: 3:05.84	38.58 350m: 4:22.94	38.80	
	100m: 1:10.77	36.96 200m: 2:27.26	38.42 300m: 3:44.14	38.30 400m: 4:59.63	36.69	
8.	Brock Whiston	Team GBR	S9	5:10.78	+0,89	434 702
	50m: 35.34	35.34 150m: 1:52.46	39.07 250m: 3:11.84	39.67 350m: 4:31.79	40.10	
	100m: 1:13.39	38.05 200m: 2:32.17	39.71 300m: 3:51.69	39.85 400m: 5:10.78	38.99	
9.	Julia Soltysik	Poland Paraswimming	S10	5:31.97	+0,53	356 520
	50m: 36.96	36.96 150m: 2:00.01	42.07 250m: 3:25.67	43.14 350m: 4:50.63	42.41	
	100m: 1:17.94	40.98 200m: 2:42.53	42.52 300m: 4:08.22	42.55 400m: 5:31.97	41.34	
10.	Milou van Winkel	WVZ	200402296 S14	5:52.22	+0,59	298 474
	50m: 34.79	34.79 150m: 2:01.74	44.55 250m: 3:34.36	46.08 350m: 5:08.01	47.19	
	100m: 1:17.19	42.40 200m: 2:48.28	46.54 300m: 4:20.82	46.46 400m: 5:52.22	44.21	
NG	Alice Tai	Team GBR	S8			

Senioren Open

Finale A

1.	Lucy Fox	Aquatics GB		4:11.08	+0,63	823
	50m: 29.05	29.05 150m: 1:32.20	31.76 250m: 2:36.36	32.20 350m: 3:40.26	31.78	
	100m: 1:00.44	31.39 200m: 2:04.16	31.96 300m: 3:08.48	32.12 400m: 4:11.08	30.82	
2.	Marte Hieke van der Kamp	HZ&PC Heerenveen	200500218	4:12.10	+0,72	813
	50m: 29.07	29.07 150m: 1:32.67	32.11 250m: 2:37.24	32.37 350m: 3:41.78	32.37	
	100m: 1:00.56	31.49 200m: 2:04.87	32.20 300m: 3:09.41	32.17 400m: 4:12.10	30.32	
3.	Hedwig Bolt	HZ&PC Heerenveen	200602660	4:18.33	+0,59	756
	50m: 29.71	29.71 150m: 1:34.63	32.83 250m: 2:40.53	32.95 350m: 3:46.58	33.16	
	100m: 1:01.80	32.09 200m: 2:07.58	32.95 300m: 3:13.42	32.89 400m: 4:18.33	31.75	
4.	Svenja Götting	Germany		4:19.44	+0,68	746
	50m: 29.79	29.79 150m: 1:36.03	33.16 250m: 2:42.66	33.17 350m: 3:48.78	33.07	
	100m: 1:02.87	33.08 200m: 2:09.49	33.46 300m: 3:15.71	33.05 400m: 4:19.44	30.66	
5.	Leni von Bonin	Germany		4:20.41	+0,76	738
	50m: 30.82	30.82 150m: 1:36.85	32.87 250m: 2:42.72	32.73 350m: 3:48.65	32.73	
	100m: 1:03.98	33.16 200m: 2:09.99	33.14 300m: 3:15.92	33.20 400m: 4:20.41	31.76	
6.	Zara Selimovic	SG Essen	363732	4:21.02	+0,65	733
	50m: 30.11	30.11 150m: 1:36.34	33.35 250m: 2:42.90	32.76 350m: 3:48.94	33.11	
	100m: 1:02.99	32.88 200m: 2:10.14	33.80 300m: 3:15.83	32.93 400m: 4:21.02	32.08	
7.	Nynke Boerefijn	ZPC AMERSFOORT	200700114	4:21.08	+0,66	732
	50m: 28.99	28.99 150m: 1:35.02	33.21 250m: 2:41.84	33.33 350m: 3:48.51	33.31	
	100m: 1:01.81	32.82 200m: 2:08.51	33.49 300m: 3:15.20	33.36 400m: 4:21.08	32.57	
8.	Jade van der Schrier	AZC	200800692	4:22.20	+0,80	723
	50m: 30.17	30.17 150m: 1:35.59	33.04 250m: 2:42.72	33.54 350m: 3:50.33	33.50	
	100m: 1:02.55	32.38 200m: 2:09.18	33.59 300m: 3:16.83	34.11 400m: 4:22.20	31.87	

B = Bonus inschrijving

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



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

rang	naam	vereniging		tijd		RT	FINA	para
9.	Fenne Metten	ZPC AMERSFOORT		201000102		4:25.26	+0,61	698
	50m: 30.56	30.56	150m: 1:36.56	33.42	250m: 2:43.66	33.73	350m: 3:51.76	34.31
	100m: 1:03.14	32.58	200m: 2:09.93	33.37	300m: 3:17.45	33.79	400m: 4:25.26	33.50
10.	Frouke Ludwig	DZ&PC		200800112		4:28.23		675
	50m: 30.85	30.85	150m: 1:38.03	33.19	250m: 2:45.56	33.60	350m: 3:54.23	34.28
	100m: 1:04.84	33.99	200m: 2:11.96	33.93	300m: 3:19.95	34.39	400m: 4:28.23	34.00
Finale B								
11.	Sofiia Barabash	Ukraine				4:22.82	+0,63	718
	50m: 30.27	30.27	150m: 1:37.22	33.84	250m: 2:44.54	33.74	350m: 3:51.08	32.91
	100m: 1:03.38	32.11	200m: 2:10.80	33.58	300m: 3:18.17	33.63	400m: 4:22.82	31.74
12.	Bregje Dekkers	PSV		200900746		4:24.87		701
	50m: 30.57	30.57	150m: 1:37.41	33.66	250m: 2:44.84	33.30	350m: 3:51.78	33.09
	100m: 1:03.75	33.18	200m: 2:11.54	34.13	300m: 3:18.69	33.85	400m: 4:24.87	33.09
13.	Veerle de Ridder	HZ&PC Heerenveen		200700778		4:36.25	+0,52	618
	50m: 30.77	30.77	150m: 1:39.96	34.82	250m: 2:50.50	35.15	350m: 4:01.79	35.63
	100m: 1:05.14	34.37	200m: 2:15.35	35.39	300m: 3:26.16	35.66	400m: 4:36.25	34.46
14.	Fenna Westerneng	DZ&PC		200900070		4:37.59	+0,74	609
	50m: 31.33	31.33	150m: 1:42.04	35.65	250m: 2:52.56	35.20	350m: 4:03.46	35.29
	100m: 1:06.39	35.06	200m: 2:17.36	35.32	300m: 3:28.17	35.61	400m: 4:37.59	34.13
15.	Chiara Lammertink	ZPC AMERSFOORT		200902200		4:40.63	+0,58	590
	50m: 31.33	31.33	150m: 1:40.18	34.98	250m: 2:52.18	36.26	350m: 4:05.53	36.77
	100m: 1:05.20	33.87	200m: 2:15.92	35.74	300m: 3:28.76	36.58	400m: 4:40.63	35.10
16.	Elin Reinstra	TriVia		201100842		4:43.40	+0,75	572
	50m: 31.97	31.97	150m: 1:43.39	36.19	250m: 2:56.21	36.34	350m: 4:08.78	36.17
	100m: 1:07.20	35.23	200m: 2:19.87	36.48	300m: 3:32.61	36.40	400m: 4:43.40	34.62
17.	Esmaé de Gans	ZPC AMERSFOORT		200900134		4:44.45	+0,71	566
	50m: 31.34	31.34	150m: 1:42.24	35.96	250m: 2:55.25	36.87	350m: 4:09.34	37.16
	100m: 1:06.28	34.94	200m: 2:18.38	36.14	300m: 3:32.18	36.93	400m: 4:44.45	35.11
18.	Meyke v. Nimwegen	De Schoteijl		200800106		4:44.81	+0,75	564
	50m: 31.92	31.92	150m: 1:42.84	35.82	250m: 2:55.86	36.58	350m: 4:09.11	36.41
	100m: 1:07.02	35.10	200m: 2:19.28	36.44	300m: 3:32.70	36.84	400m: 4:44.81	35.70
19.	Imre Bouwland	ZPC Hoogeveen		200700388		4:52.88		519
	50m: 32.63	32.63	150m: 1:45.68	36.93	250m: 3:00.70	37.66	350m: 4:16.22	37.99
	100m: 1:08.75	36.12	200m: 2:23.04	37.36	300m: 3:38.23	37.53	400m: 4:52.88	36.66
20.	Esmee Ykema	HZ&PC Heerenveen		200801710		4:55.52	+0,74	505
	50m: 32.35	32.35	150m: 1:45.65	37.34	250m: 3:01.66	37.68	350m: 4:18.39	38.05
	100m: 1:08.31	35.96	200m: 2:23.98	38.33	300m: 3:40.34	38.68	400m: 4:55.52	37.13
NG	Alice Tai	Team GBR						S8

B = Bonus inschrijving