

Programmanr. 14
25-10-2025 - 10:11

Dames, 400m vrije slag

Open
Resultaten Voorronde

Punten: AQUA 2025

rang	naam	vereniging	intijd		tijd	RT	wa para
1.	M. van der Kamp	HZ&PC Heerenveen	4:07.32	200500218	4:08.49 Q	+0,70	795
	50m: 29.17	29.17 150m: 1:32.04	31.59	250m: 2:35.53	31.67 350m: 3:39.01	31.72	31.72
	100m: 1:00.45	31.28 200m: 2:03.86	31.82	300m: 3:07.29	31.76 400m: 4:08.49	29.48	29.48
2.	Imani de Jong	Team NL - PSV	4:04.45	200200464	4:10.34 Q	+0,68	778
	50m: 28.59	28.59 150m: 1:31.60	31.50	250m: 2:34.74	31.60 350m: 3:38.49	31.94	31.94
	100m: 1:00.10	31.51 200m: 2:03.14	31.54	300m: 3:06.55	31.81 400m: 4:10.34	31.85	31.85
3.	Siri Vanderlinden	Leuven Aquatics	4:11.10	LAQUA/21540/09	4:13.90 Q	+0,72	745
	50m: 29.54	29.54 150m: 1:34.01	32.55	250m: 2:38.35	31.95 350m: 3:42.84	32.23	32.23
	100m: 1:01.46	31.92 200m: 2:06.40	32.39	300m: 3:10.61	32.26 400m: 4:13.90	31.06	31.06
4.	Hedwig Bolt	HZ&PC Heerenveen	4:12.41	200602660	4:15.49 Q	+0,78	731
	50m: 29.56	29.56 150m: 1:33.11	31.94	250m: 2:38.01	32.57 350m: 3:43.64	32.91	32.91
	100m: 1:01.17	31.61 200m: 2:05.44	32.33	300m: 3:10.73	32.72 400m: 4:15.49	31.85	31.85
5.	Bregje Dekkers	PSV	4:21.85	200900746	4:19.94 Q	+0,83	694
	50m: 30.21	30.21 150m: 1:35.62	32.70	250m: 2:41.71	33.01 350m: 3:47.45	32.82	32.82
	100m: 1:02.92	32.71 200m: 2:08.70	33.08	300m: 3:14.63	32.92 400m: 4:19.94	32.49	32.49
6.	Lora Sharankova	Plovdiv 2019	4:22.91	001326	4:24.60 Q	+0,76	658
	50m: 30.27	30.27 150m: 1:35.67	33.13	250m: 2:42.84	33.59 350m: 3:51.04	34.19	34.19
	100m: 1:02.54	32.27 200m: 2:09.25	33.58	300m: 3:16.85	34.01 400m: 4:24.60	33.56	33.56
7.	Nynke Boerefijn	ZPC AMERSFOORT	4:18.76	200700114	4:24.78 Q	+0,78	657
	50m: 30.23	30.23 150m: 1:37.34	33.92	250m: 2:44.91	33.48 350m: 3:51.87	33.50	33.50
	100m: 1:03.42	33.19 200m: 2:11.43	34.09	300m: 3:18.37	33.46 400m: 4:24.78	32.91	32.91
8.	Fenne Metten	ZPC AMERSFOORT	4:24.85	201000102	4:25.56 Q	+0,78	651
	50m: 30.26	30.26 150m: 1:37.82	34.14	250m: 2:44.90	33.00 350m: 3:52.73	33.95	33.95
	100m: 1:03.68	33.42 200m: 2:11.90	34.08	300m: 3:18.78	33.88 400m: 4:25.56	32.83	32.83
9.	Julie van Nispen	Z&PV Nuenen	4:20.80	200800290	4:25.63 Q	+0,72	651
	50m: 29.76	29.76 150m: 1:35.81	33.11	250m: 2:43.38	33.96 350m: 3:52.21	34.59	34.59
	100m: 1:02.70	32.94 200m: 2:09.42	33.61	300m: 3:17.62	34.24 400m: 4:25.63	33.42	33.42
10.	Fenna Westerneng	DZ&PC	4:32.73	200900070	4:33.44 Q	+0,76	597
	50m: 30.28	30.28 150m: 1:37.87	34.19	250m: 2:47.22	34.83 350m: 3:58.47	35.89	35.89
	100m: 1:03.68	33.40 200m: 2:12.39	34.52	300m: 3:22.58	35.36 400m: 4:33.44	34.97	34.97
NG	Kiran Tak	India	5:57.19	S9			