

Programmanr. 28
 24-10-2026 - 11:16

Dames, 400m wisselslag

 Senioren Open
 Resultaten Voorronde

Punten: AQUA 2025

rang	naam	vereniging				tijd				RT	FINA	para
NK onder 18												
1.	Fay Boxum	DZ&PC				200900060	NED	4:52.47		+0,77	A	666
	25m: 13.48	13.48	125m: 1:24.36	18.58	225m: 2:39.44	20.74	325m: 4:01.52	17.72				
	50m: 30.20	16.72	150m: 1:42.49	18.13	250m: 3:00.53	21.09	350m: 4:18.53	17.01				
	75m: 47.82	17.62	175m: 2:00.81	18.32	275m: 3:22.12	21.59	375m: 4:35.79	17.26				
	100m: 1:05.78	17.96	200m: 2:18.70	17.89	300m: 3:43.80	21.68	400m: 4:52.47	16.68				
2.	Esmaé de Gans	ZPC AMERSFOORT				200900134	NED	5:12.58		+0,72	B	545
	25m: 14.39	14.39	125m: 1:30.19	20.87	225m: 2:52.78	22.45	325m: 4:19.76	18.71				
	50m: 32.79	18.40	150m: 1:50.25	20.06	250m: 3:15.22	22.44	350m: 4:37.68	17.92				
	75m: 50.29	17.50	175m: 2:10.31	20.06	275m: 3:37.76	22.54	375m: 4:55.48	17.80				
	100m: 1:09.32	19.03	200m: 2:30.33	20.02	300m: 4:01.05	23.29	400m: 5:12.58	17.10				
3.	Jenny Muntinga	ZPCH				200900450	NED	5:17.18 *		+0,68	B	522
	25m: 14.81	14.81	125m: 1:31.76	20.21	225m: 2:53.52	22.70	325m: 4:21.51	18.61				
	50m: 33.17	18.36	150m: 1:51.30	19.54	250m: 3:16.33	22.81	350m: 4:39.89	18.38				
	75m: 51.82	18.65	175m: 2:11.19	19.89	275m: 3:39.15	22.82	375m: 4:58.70	18.81				
	100m: 1:11.55	19.73	200m: 2:30.82	19.63	300m: 4:02.90	23.75	400m: 5:17.18	18.48				
4.	Nina Tetteroo	De Columbiaan				201000048	NED	5:23.17		+0,80	B	494
	25m: 15.83	15.83	125m: 1:37.41	20.63	225m: 3:01.07	23.36	325m: 4:30.64	17.42				
	50m: 35.65	19.82	150m: 1:57.54	20.13	250m: 3:24.70	23.63	350m: 4:48.47	17.83				
	75m: 55.21	19.56	175m: 2:17.76	20.22	275m: 3:48.26	23.56	375m: 5:06.30	17.83				
	100m: 1:16.78	21.57	200m: 2:37.71	19.95	300m: 4:13.22	24.96	400m: 5:23.17	16.87				
5.	Mia Hoeflaken	PSV				201004108	NED	5:23.24		+0,66	B	493
	25m: 15.16	15.16	125m: 1:33.81	21.11	225m: 2:59.06	21.94	325m: 4:27.45	18.79				
	50m: 33.05	17.89	150m: 1:54.73	20.92	250m: 3:22.11	23.05	350m: 4:46.19	18.74				
	75m: 52.07	19.02	175m: 2:15.63	20.90	275m: 3:44.85	22.74	375m: 5:05.35	19.16				
	100m: 1:12.70	20.63	200m: 2:37.12	21.49	300m: 4:08.66	23.81	400m: 5:23.24	17.89				
6.	Romy de Graaf	Hellas-Glana				201003660	NED	5:23.30		+0,71	R	493
	25m: 15.13	15.13	125m: 1:31.06	20.00	225m: 2:53.87	24.22	325m: 4:27.44	20.26				
	50m: 32.96	17.83	150m: 1:50.28	19.22	250m: 3:17.70	23.83	350m: 4:46.74	19.30				
	75m: 51.61	18.65	175m: 2:10.18	19.90	275m: 3:42.34	24.64	375m: 5:05.42	18.68				
	100m: 1:11.06	19.45	200m: 2:29.65	19.47	300m: 4:07.18	24.84	400m: 5:23.30	17.88				
7.	Alaine Lomans	Hellas-Glana				201000420	NED	5:24.39		+0,70	R	488
	25m: 14.46	14.46	125m: 1:33.34	20.30	225m: 2:58.38	23.28	325m: 4:28.93	19.47				
	50m: 32.33	17.87	150m: 1:53.81	20.47	250m: 3:22.11	23.73	350m: 4:47.57	18.64				
	75m: 52.06	19.73	175m: 2:14.43	20.62	275m: 3:45.27	23.16	375m: 5:06.37	18.80				
	100m: 1:13.04	20.98	200m: 2:35.10	20.67	300m: 4:09.46	24.19	400m: 5:24.39	18.02				
8.	Linou van Kampen	ZPCH				201000594	NED	5:34.04 *		+0,87		447
	25m: 15.74	15.74	125m: 1:39.94	21.87	225m: 3:08.50	20.31	325m: 4:36.19	19.08				
	50m: 35.92	20.18	150m: 2:02.49	22.55	250m: 3:31.37	22.87	350m: 4:55.77	19.58				
	75m: 55.15	19.23	175m: 2:24.69	22.20	275m: 3:53.79	22.42	375m: 5:15.22	19.45				
	100m: 1:18.07	22.92	200m: 2:48.19	23.50	300m: 4:17.11	23.32	400m: 5:34.04	18.82				
9.	Jayna Wagemakers	Hieronymus				201000226	NED	5:34.84		+0,78		444
	25m: 15.71	15.71	125m: 1:39.32	21.35	225m: 3:04.98	23.56	325m: 4:37.87	20.32				
	50m: 35.48	19.77	150m: 2:00.34	21.02	250m: 3:29.33	24.35	350m: 4:57.27	19.40				
	75m: 55.95	20.47	175m: 2:20.89	20.55	275m: 3:52.89	23.56	375m: 5:16.43	19.16				
	100m: 1:17.97	22.02	200m: 2:41.42	20.53	300m: 4:17.55	24.66	400m: 5:34.84	18.41				
10.	Hadewych Forschelen	MNC Dordrecht				200903572	NED	5:36.96		+0,76		435
	25m: 14.89	14.89	125m: 1:37.82	20.92	225m: 3:06.48	24.89	325m: 4:40.70	18.71				
	50m: 34.48	19.59	150m: 1:59.09	21.27	250m: 3:32.29	25.81	350m: 5:00.00	19.30				
	75m: 53.94	19.46	175m: 2:20.32	21.23	275m: 3:56.17	23.88	375m: 5:18.74	18.74				
	100m: 1:16.90	22.96	200m: 2:41.59	21.27	300m: 4:21.99	25.82	400m: 5:36.96	18.22				
11.	Jorja Verschoor	AZC				200902640	NED	5:37.00		+0,58		435
	25m: 15.34	15.34	125m: 1:34.03	22.27	225m: 3:04.63	25.24	325m: 4:40.40	19.28				
	50m: 33.74	18.40	150m: 1:55.95	21.92	250m: 3:30.10	25.47	350m: 4:59.32	18.92				
	75m: 52.04	18.30	175m: 2:17.70	21.75	275m: 3:55.49	25.39	375m: 5:18.45	19.13				
	100m: 1:11.76	19.72	200m: 2:39.39	21.69	300m: 4:21.12	25.63	400m: 5:37.00	18.55				
12.	Lili Oosting	DWK				200900384	NED	5:37.05 *		+0,63		435
	25m: 15.21	15.21	125m: 1:35.93	21.30	225m: 3:04.15	25.76	325m: 4:38.85	20.62				
	50m: 34.22	19.01	150m: 1:56.29	20.36	250m: 3:28.56	24.41	350m: 4:58.04	19.19				
	75m: 53.70	19.48	175m: 2:17.32	21.03	275m: 3:53.37	24.81	375m: 5:17.85	19.81				
	100m: 1:14.63	20.93	200m: 2:38.39	21.07	300m: 4:18.23	24.86	400m: 5:37.05	19.20				
13.	Jasmijn Scott	De Duinkickers				201001236	NED	5:44.52		+0,63		407
	25m: 16.27	16.27	125m: 1:46.90	23.30	225m: 3:16.71	21.22	325m: 4:45.94	19.90				
	50m: 37.50	21.23	150m: 2:09.68	22.78	250m: 3:39.97	23.26	350m: 5:06.36	20.42				
	75m: 59.66	22.16	175m: 2:31.94	22.26	275m: 4:02.66	22.69	375m: 5:25.73	19.37				
	100m: 1:23.60	23.94	200m: 2:55.49	23.55	300m: 4:26.04	23.38	400m: 5:44.52	18.79				



Programmanr. 28, Meisjes, 400m wisselslag, Voorronde, NK onder 18

rang	naam	vereniging				tijd		RT	FINA	para
14.	Fardau Cazemier	ZCNF34		200901736	NED	5:47.67		+0,66	396	
	25m: 16.50	16.50	125m: 1:43.77	23.43	225m: 3:15.46	23.70	325m: 4:50.51	20.70		
	50m: 36.86	20.36	150m: 2:06.63	22.86	250m: 3:39.99	24.53	350m: 5:10.06	19.55		
	75m: 58.52	21.66	175m: 2:29.43	22.80	275m: 4:04.76	24.77	375m: 5:29.63	19.57		
	100m: 1:20.34	21.82	200m: 2:51.76	22.33	300m: 4:29.81	25.05	400m: 5:47.67	18.04		

NK onder 20

1.	Rhodee van den Ham	HPC - De Duinkickers		200700090	NED	4:54.16		+0,73	A	655
	25m: 14.20	14.20	125m: 1:26.38	19.56	225m: 2:43.68	21.03	325m: 4:04.02	17.79		
	50m: 31.28	17.08	150m: 1:45.04	18.66	250m: 3:04.17	20.49	350m: 4:20.87	16.85		
	75m: 48.96	17.68	175m: 2:04.08	19.04	275m: 3:24.96	20.79	375m: 4:37.98	17.11		
	100m: 1:06.82	17.86	200m: 2:22.65	18.57	300m: 3:46.23	21.27	400m: 4:54.16	16.18		
2.	Meyke v. Nimwegen	De Schoteijl		200800106	NED	5:10.29		+0,71	A	558
	25m: 14.26	14.26	125m: 1:28.72	19.75	225m: 2:47.91	21.89	325m: 4:14.64	18.98		
	50m: 31.49	17.23	150m: 1:47.82	19.10	250m: 3:10.14	22.23	350m: 4:33.21	18.57		
	75m: 49.76	18.27	175m: 2:07.11	19.29	275m: 3:32.81	22.67	375m: 4:52.08	18.87		
	100m: 1:08.97	19.21	200m: 2:26.02	18.91	300m: 3:55.66	22.85	400m: 5:10.29	18.21		
3.	Isa Jansen	SBC2000		200701176	NED	5:16.46		+0,75	B	526
	25m: 14.68	14.68	125m: 1:33.05	20.95	225m: 2:56.48	23.25	325m: 4:22.02	18.95		
	50m: 32.90	18.22	150m: 1:53.02	19.97	250m: 3:18.46	21.98	350m: 4:40.41	18.39		
	75m: 52.47	19.57	175m: 2:12.95	19.93	275m: 3:40.28	21.82	375m: 4:58.58	18.17		
	100m: 1:12.10	19.63	200m: 2:33.23	20.28	300m: 4:03.07	22.79	400m: 5:16.46	17.88		
4.	Lotte Blanken	SBC2000		200801476	NED	5:21.27		+0,74	B	502
	25m: 15.24	15.24	125m: 1:36.31	21.14	225m: 2:59.48	22.51	325m: 4:27.26	19.11		
	50m: 34.12	18.88	150m: 1:56.51	20.20	250m: 3:22.42	22.94	350m: 4:45.64	18.38		
	75m: 54.17	20.05	175m: 2:16.89	20.38	275m: 3:45.11	22.69	375m: 5:03.92	18.28		
	100m: 1:15.17	21.00	200m: 2:36.97	20.08	300m: 4:08.15	23.04	400m: 5:21.27	17.35		

AFGEM Niobe Maduro

Aqua-Novio'94

200800378

NED

Senioren Open

1.	Eszter Szabo Feltothy	BVSC-Zuglo			HUN	4:46.55		+0,77	A	708
	25m: 14.02	14.02	125m: 1:22.90	18.38	225m: 2:36.64	20.12	325m: 3:56.31	18.12		
	50m: 30.24	16.22	150m: 1:40.76	17.86	250m: 2:56.85	20.21	350m: 4:13.30	16.99		
	75m: 47.30	17.06	175m: 1:58.76	18.00	275m: 3:17.82	20.97	375m: 4:29.83	16.53		
	100m: 1:04.52	17.22	200m: 2:16.52	17.76	300m: 3:38.19	20.37	400m: 4:46.55	16.72		
2.	Hedwig Bolt	HZ&PC Heerenveen		200602660	NED	4:47.26		+0,77	A	703
	25m: 13.85	13.85	125m: 1:24.81	19.26	225m: 2:40.22	20.31	325m: 3:59.54	16.99		
	50m: 30.47	16.62	150m: 1:43.33	18.52	250m: 3:00.75	20.53	350m: 4:15.78	16.24		
	75m: 47.69	17.22	175m: 2:01.81	18.48	275m: 3:21.53	20.78	375m: 4:31.95	16.17		
	100m: 1:05.55	17.86	200m: 2:19.91	18.10	300m: 3:42.55	21.02	400m: 4:47.26	15.31		
3.	Fay Boxum	DZ&PC		200900060	NED	4:52.47		+0,77	A	666
	25m: 13.48	13.48	125m: 1:24.36	18.58	225m: 2:39.44	20.74	325m: 4:01.52	17.72		
	50m: 30.20	16.72	150m: 1:42.49	18.13	250m: 3:00.53	21.09	350m: 4:18.53	17.01		
	75m: 47.82	17.62	175m: 2:00.81	18.32	275m: 3:22.12	21.59	375m: 4:35.79	17.26		
	100m: 1:05.78	17.96	200m: 2:18.70	17.89	300m: 3:43.80	21.68	400m: 4:52.47	16.68		
4.	Rhodee van den Ham	HPC - De Duinkickers		200700090	NED	4:54.16		+0,73	A	655
	25m: 14.20	14.20	125m: 1:26.38	19.56	225m: 2:43.68	21.03	325m: 4:04.02	17.79		
	50m: 31.28	17.08	150m: 1:45.04	18.66	250m: 3:04.17	20.49	350m: 4:20.87	16.85		
	75m: 48.96	17.68	175m: 2:04.08	19.04	275m: 3:24.96	20.79	375m: 4:37.98	17.11		
	100m: 1:06.82	17.86	200m: 2:22.65	18.57	300m: 3:46.23	21.27	400m: 4:54.16	16.18		
5.	Marte Hieke van der Kamp	HZ&PC Heerenveen		200500218	NED	4:56.60 *		+0,75	A	639
	25m: 14.15	14.15	125m: 1:26.04	19.90	225m: 2:43.12	21.34	325m: 4:06.71	17.39		
	50m: 31.07	16.92	150m: 1:44.88	18.84	250m: 3:04.96	21.84	350m: 4:23.48	16.77		
	75m: 48.41	17.34	175m: 2:03.41	18.53	275m: 3:26.84	21.88	375m: 4:40.11	16.63		
	100m: 1:06.14	17.73	200m: 2:21.78	18.37	300m: 3:49.32	22.48	400m: 4:56.60	16.49		
6.	Isa Schellekens	Z&PC Zegenwerp		200002330	NED	5:04.50		+0,78	A	590
	25m: 14.70	14.70	125m: 1:29.47	19.42	225m: 2:47.28	22.47	325m: 4:11.58	17.88		
	50m: 32.42	17.72	150m: 1:47.80	18.33	250m: 3:09.27	21.99	350m: 4:29.17	17.59		
	75m: 50.81	18.39	175m: 2:06.31	18.51	275m: 3:31.35	22.08	375m: 4:46.91	17.74		
	100m: 1:10.05	19.24	200m: 2:24.81	18.50	300m: 3:53.70	22.35	400m: 5:04.50	17.59		
7.	Fran Vertessen	PSV		200904550	BEL	5:07.21		+0,64	A	575
	25m: 14.72	14.72	125m: 1:29.50	20.82	225m: 2:51.30	21.03	325m: 4:14.41	19.02		
	50m: 31.82	17.10	150m: 1:49.62	20.12	250m: 3:12.44	21.14	350m: 4:32.39	17.98		
	75m: 49.96	18.14	175m: 2:10.04	20.42	275m: 3:33.63	21.19	375m: 4:50.16	17.77		
	100m: 1:08.68	18.72	200m: 2:30.27	20.23	300m: 3:55.39	21.76	400m: 5:07.21	17.05		



Programmanr. 28, Dames, 400m wisselslag, Voorronde, Senioren Open

rang	naam	vereniging				tijd				RT	FINA	para
8.	Meyke v. Nimwegen	De Schoteijl				200800106	NED	5:10.29		+0,71	A	558
	25m: 14.26	14.26	125m: 1:28.72	19.75	225m: 2:47.91	21.89	325m: 4:14.64					18.98
	50m: 31.49	17.23	150m: 1:47.82	19.10	250m: 3:10.14	22.23	350m: 4:33.21					18.57
	75m: 49.76	18.27	175m: 2:07.11	19.29	275m: 3:32.81	22.67	375m: 4:52.08					18.87
	100m: 1:08.97	19.21	200m: 2:26.02	18.91	300m: 3:55.66	22.85	400m: 5:10.29					18.21
9.	Famke Irvine	ZPC AMERSFOORT				200501724	NED	5:11.28		+0,73	A	552
	25m: 14.26	14.26	125m: 1:29.99	20.16	225m: 2:50.92	22.82	325m: 4:19.02					18.69
	50m: 31.92	17.66	150m: 1:49.24	19.25	250m: 3:13.63	22.71	350m: 4:36.74					17.72
	75m: 50.46	18.54	175m: 2:08.83	19.59	275m: 3:36.69	23.06	375m: 4:54.34					17.60
	100m: 1:09.83	19.37	200m: 2:28.10	19.27	300m: 4:00.33	23.64	400m: 5:11.28					16.94
10.	Angelique van Vark	GZC DONK				199701478	NED	5:11.82		+0,69	A	549
	25m: 14.51	14.51	125m: 1:31.81	20.69	225m: 2:52.41	22.81	325m: 4:20.33					18.74
	50m: 32.67	18.16	150m: 1:50.97	19.16	250m: 3:15.70	23.29	350m: 4:37.93					17.60
	75m: 51.68	19.01	175m: 2:10.13	19.16	275m: 3:38.34	22.64	375m: 4:55.29					17.36
	100m: 1:11.12	19.44	200m: 2:29.60	19.47	300m: 4:01.59	23.25	400m: 5:11.82					16.53
11.	Esmaé de Gans	ZPC AMERSFOORT				200900134	NED	5:12.58		+0,72	B	545
	25m: 14.39	14.39	125m: 1:30.19	20.87	225m: 2:52.78	22.45	325m: 4:19.76					18.71
	50m: 32.79	18.40	150m: 1:50.25	20.06	250m: 3:15.22	22.44	350m: 4:37.68					17.92
	75m: 50.29	17.50	175m: 2:10.31	20.06	275m: 3:37.76	22.54	375m: 4:55.48					17.80
	100m: 1:09.32	19.03	200m: 2:30.33	20.02	300m: 4:01.05	23.29	400m: 5:12.58					17.10
12.	Isa Jansen	SBC2000				200701176	NED	5:16.46		+0,75	B	526
	25m: 14.68	14.68	125m: 1:33.05	20.95	225m: 2:56.48	23.25	325m: 4:22.02					18.95
	50m: 32.90	18.22	150m: 1:53.02	19.97	250m: 3:18.46	21.98	350m: 4:40.41					18.39
	75m: 52.47	19.57	175m: 2:12.95	19.93	275m: 3:40.28	21.82	375m: 4:58.58					18.17
	100m: 1:12.10	19.63	200m: 2:33.23	20.28	300m: 4:03.07	22.79	400m: 5:16.46					17.88
13.	Rozalia Diederiks	ZVL-1886				201100904	NED	5:17.16		+0,80	B	522
	25m: 15.06	15.06	125m: 1:32.49	20.36	225m: 2:54.23	22.19	325m: 4:22.47					18.94
	50m: 33.20	18.14	150m: 1:52.39	19.90	250m: 3:17.62	23.39	350m: 4:41.09					18.62
	75m: 51.91	18.71	175m: 2:12.06	19.67	275m: 3:40.30	22.68	375m: 4:59.57					18.48
	100m: 1:12.13	20.22	200m: 2:32.04	19.98	300m: 4:03.53	23.23	400m: 5:17.16					17.59
14.	Jenny Muntinga	ZPCH				200900450	NED	5:17.18 *		+0,68	B	522
	25m: 14.81	14.81	125m: 1:31.76	20.21	225m: 2:53.52	22.70	325m: 4:21.51					18.61
	50m: 33.17	18.36	150m: 1:51.30	19.54	250m: 3:16.33	22.81	350m: 4:39.89					18.38
	75m: 51.82	18.65	175m: 2:11.19	19.89	275m: 3:39.15	22.82	375m: 4:58.70					18.81
	100m: 1:11.55	19.73	200m: 2:30.82	19.63	300m: 4:02.90	23.75	400m: 5:17.18					18.48
15.	Dana Bulters	De Dolfijn				201104138	NED	5:17.73		+0,57	B	519
	25m: 15.49	15.49	125m: 1:36.27	20.97	225m: 2:59.03	23.52	325m: 4:27.14					17.60
	50m: 34.41	18.92	150m: 1:55.82	19.55	250m: 3:22.38	23.35	350m: 4:44.43					17.29
	75m: 54.22	19.81	175m: 2:16.07	20.25	275m: 3:46.32	23.94	375m: 5:01.57					17.14
	100m: 1:15.30	21.08	200m: 2:35.51	19.44	300m: 4:09.54	23.22	400m: 5:17.73					16.16
16.	Julia Bannatnye	BZ&PC				201201020	NED	5:18.93		+0,61	B	514
	25m: 14.88	14.88	125m: 1:31.83	20.20	225m: 2:56.40	23.66	325m: 4:27.50					16.80
	50m: 32.73	17.85	150m: 1:52.22	20.39	250m: 3:21.70	25.30	350m: 4:45.52					18.02
	75m: 51.74	19.01	175m: 2:12.67	20.45	275m: 3:45.06	23.36	375m: 5:02.47					16.95
	100m: 1:11.63	19.89	200m: 2:32.74	20.07	300m: 4:10.70	25.64	400m: 5:18.93					16.46
17.	Roos de Jong	ZCNF'34				200302948	NED	5:19.01 *		+0,75	B	513
	25m: 15.68	15.68	125m: 1:35.91	22.13	225m: 3:01.21	21.84	325m: 4:25.53					18.96
	50m: 34.43	18.75	150m: 1:56.87	20.96	250m: 3:22.88	21.67	350m: 4:43.74					18.21
	75m: 53.77	19.34	175m: 2:18.20	21.33	275m: 3:44.55	21.67	375m: 5:01.80					18.06
	100m: 1:13.78	20.01	200m: 2:39.37	21.17	300m: 4:06.57	22.02	400m: 5:19.01					17.21
18.	Lotte Blanken	SBC2000				200801476	NED	5:21.27		+0,74	B	502
	25m: 15.24	15.24	125m: 1:36.31	21.14	225m: 2:59.48	22.51	325m: 4:27.26					19.11
	50m: 34.12	18.88	150m: 1:56.51	20.20	250m: 3:22.42	22.94	350m: 4:45.64					18.38
	75m: 54.17	20.05	175m: 2:16.89	20.38	275m: 3:45.11	22.69	375m: 5:03.92					18.28
	100m: 1:15.17	21.00	200m: 2:36.97	20.08	300m: 4:08.15	23.04	400m: 5:21.27					17.35
19.	Nina Tetteroo	De Columbiaan				201000048	NED	5:23.17		+0,80	B	494
	25m: 15.83	15.83	125m: 1:37.41	20.63	225m: 3:01.07	23.36	325m: 4:30.64					17.42
	50m: 35.65	19.82	150m: 1:57.54	20.13	250m: 3:24.70	23.63	350m: 4:48.47					17.83
	75m: 55.21	19.56	175m: 2:17.76	20.22	275m: 3:48.26	23.56	375m: 5:06.30					17.83
	100m: 1:16.78	21.57	200m: 2:37.71	19.95	300m: 4:13.22	24.96	400m: 5:23.17					16.87
20.	Mia Hoeflaken	PSV				201004108	NED	5:23.24		+0,66	B	493
	25m: 15.16	15.16	125m: 1:33.81	21.11	225m: 2:59.06	21.94	325m: 4:27.45					18.79
	50m: 33.05	17.89	150m: 1:54.73	20.92	250m: 3:22.11	23.05	350m: 4:46.19					18.74
	75m: 52.07	19.02	175m: 2:15.63	20.90	275m: 3:44.85	22.74	375m: 5:05.35					19.16
	100m: 1:12.70	20.63	200m: 2:37.12	21.49	300m: 4:08.66	23.81	400m: 5:23.24					17.89
21.	Romy de Graaf	Hellas-Glana				201003660	NED	5:23.30		+0,71	R	493
	25m: 15.13	15.13	125m: 1:31.06	20.00	225m: 2:53.87	24.22	325m: 4:27.44					20.26
	50m: 32.96	17.83	150m: 1:50.28	19.22	250m: 3:17.70	23.83	350m: 4:46.74					19.30
	75m: 51.61	18.65	175m: 2:10.18	19.90	275m: 3:42.34	24.64	375m: 5:05.42					18.68
	100m: 1:11.06	19.45	200m: 2:29.65	19.47	300m: 4:07.18	24.84	400m: 5:23.30					17.88



Programmanr. 28, Dames, 400m wisselslag, Voorronde, Senioren Open

rang	naam	vereniging				tijd		RT	FINA	para
22.	Alaine Lomans	Hellas-Glana		201000420	NED	5:24.39		+0,70	R	488
	25m: 14.46	14.46	125m: 1:33.34	20.30	225m: 2:58.38	23.28	325m: 4:28.93			19.47
	50m: 32.33	17.87	150m: 1:53.81	20.47	250m: 3:22.11	23.73	350m: 4:47.57			18.64
	75m: 52.06	19.73	175m: 2:14.43	20.62	275m: 3:45.27	23.16	375m: 5:06.37			18.80
	100m: 1:13.04	20.98	200m: 2:35.10	20.67	300m: 4:09.46	24.19	400m: 5:24.39			18.02
23.	Linou van Kampen	ZPCH		201000594	NED	5:34.04 *		+0,87		447
	25m: 15.74	15.74	125m: 1:39.94	21.87	225m: 3:08.50	20.31	325m: 4:36.19			19.08
	50m: 35.92	20.18	150m: 2:02.49	22.55	250m: 3:31.37	22.87	350m: 4:55.77			19.58
	75m: 55.15	19.23	175m: 2:24.69	22.20	275m: 3:53.79	22.42	375m: 5:15.22			19.45
	100m: 1:18.07	22.92	200m: 2:48.19	23.50	300m: 4:17.11	23.32	400m: 5:34.04			18.82
24.	Jayna Wagemakers	Hieronymus		201000226	NED	5:34.84		+0,78		444
	25m: 15.71	15.71	125m: 1:39.32	21.35	225m: 3:04.98	23.56	325m: 4:37.87			20.32
	50m: 35.48	19.77	150m: 2:00.34	21.02	250m: 3:29.33	24.35	350m: 4:57.27			19.40
	75m: 55.95	20.47	175m: 2:20.89	20.55	275m: 3:52.89	23.56	375m: 5:16.43			19.16
	100m: 1:17.97	22.02	200m: 2:41.42	20.53	300m: 4:17.55	24.66	400m: 5:34.84			18.41
25.	Hadewych Forschelen	MNC Dordrecht		200903572	NED	5:36.96		+0,76		435
	25m: 14.89	14.89	125m: 1:37.82	20.92	225m: 3:06.48	24.89	325m: 4:40.70			18.71
	50m: 34.48	19.59	150m: 1:59.09	21.27	250m: 3:32.29	25.81	350m: 5:00.00			19.30
	75m: 53.94	19.46	175m: 2:20.32	21.23	275m: 3:56.17	23.88	375m: 5:18.74			18.74
	100m: 1:16.90	22.96	200m: 2:41.59	21.27	300m: 4:21.99	25.82	400m: 5:36.96			18.22
26.	Jorja Verschoor	AZC		200902640	NED	5:37.00		+0,58		435
	25m: 15.34	15.34	125m: 1:34.03	22.27	225m: 3:04.63	25.24	325m: 4:40.40			19.28
	50m: 33.74	18.40	150m: 1:55.95	21.92	250m: 3:30.10	25.47	350m: 4:59.32			18.92
	75m: 52.04	18.30	175m: 2:17.70	21.75	275m: 3:55.49	25.39	375m: 5:18.45			19.13
	100m: 1:11.76	19.72	200m: 2:39.39	21.69	300m: 4:21.12	25.63	400m: 5:37.00			18.55
27.	Lili Oosting	DWK		200900384	NED	5:37.05 *		+0,63		435
	25m: 15.21	15.21	125m: 1:35.93	21.30	225m: 3:04.15	25.76	325m: 4:38.85			20.62
	50m: 34.22	19.01	150m: 1:56.29	20.36	250m: 3:28.56	24.41	350m: 4:58.04			19.19
	75m: 53.70	19.48	175m: 2:17.32	21.03	275m: 3:53.37	24.81	375m: 5:17.85			19.81
	100m: 1:14.63	20.93	200m: 2:38.39	21.07	300m: 4:18.23	24.86	400m: 5:37.05			19.20
28.	Jasmijn Scott	De Duinkickers		201001236	NED	5:44.52		+0,63		407
	25m: 16.27	16.27	125m: 1:46.90	23.30	225m: 3:16.71	21.22	325m: 4:45.94			19.90
	50m: 37.50	21.23	150m: 2:09.68	22.78	250m: 3:39.97	23.26	350m: 5:06.36			20.42
	75m: 59.66	22.16	175m: 2:31.94	22.26	275m: 4:02.66	22.69	375m: 5:25.73			19.37
	100m: 1:23.60	23.94	200m: 2:55.49	23.55	300m: 4:26.04	23.38	400m: 5:44.52			18.79
29.	Fardau Cazemier	ZCNF'34		200901736	NED	5:47.67		+0,66		396
	25m: 16.50	16.50	125m: 1:43.77	23.43	225m: 3:15.46	23.70	325m: 4:50.51			20.70
	50m: 36.86	20.36	150m: 2:06.63	22.86	250m: 3:39.99	24.53	350m: 5:10.06			19.55
	75m: 58.52	21.66	175m: 2:29.43	22.80	275m: 4:04.76	24.77	375m: 5:29.63			19.57
	100m: 1:20.34	21.82	200m: 2:51.76	22.33	300m: 4:29.81	25.05	400m: 5:47.67			18.04
AFGEM	Niobe Maduro	Aqua-Novio'94		200800378	NED					