

Programmanr. 4
22-10-2026 - 9:56

Dames, 400m vrije slag

Senioren Open
Resultaten Voorronde

Punten: AQUA 2025

rang	naam	vereniging				tijd				RT	FINA	para
NK PARA onder 18												
1.	Jente Parlevliet	Noordwijkerhout				201003900	NED	S14	6:07.01	+0,68	Q	246 419
	25m: 18.55	18.55	125m: 1:46.68	22.66	225m: 3:21.29	23.80	325m: 4:55.20	23.42				
	50m: 39.62	21.07	150m: 2:10.88	24.20	250m: 3:44.35	23.06	350m: 5:18.76	23.56				
	75m: 1:01.70	22.08	175m: 2:33.99	23.11	275m: 4:07.68	23.33	375m: 5:45.06	26.30				
	100m: 1:24.02	22.32	200m: 2:57.49	23.50	300m: 4:31.78	24.10	400m: 6:07.01	21.95				
PARA open												
1.	Jente Parlevliet	Noordwijkerhout				201003900	NED	S14	6:07.01	+0,68	Q	246 419
	25m: 18.55	18.55	125m: 1:46.68	22.66	225m: 3:21.29	23.80	325m: 4:55.20	23.42				
	50m: 39.62	21.07	150m: 2:10.88	24.20	250m: 3:44.35	23.06	350m: 5:18.76	23.56				
	75m: 1:01.70	22.08	175m: 2:33.99	23.11	275m: 4:07.68	23.33	375m: 5:45.06	26.30				
	100m: 1:24.02	22.32	200m: 2:57.49	23.50	300m: 4:31.78	24.10	400m: 6:07.01	21.95				
NK onder 18												
1.	Fenne Metten	ZPC AMERSFOORT				201000102	NED		4:18.82	+0,80	A	704
	25m: 13.93	13.93	125m: 1:17.81	16.20	225m: 2:23.71	16.29	325m: 3:30.54	16.68				
	50m: 29.51	15.58	150m: 1:34.29	16.48	250m: 2:40.21	16.50	350m: 3:47.23	16.69				
	75m: 45.52	16.01	175m: 1:50.79	16.50	275m: 2:57.00	16.79	375m: 4:03.49	16.26				
	100m: 1:01.61	16.09	200m: 2:07.42	16.63	300m: 3:13.86	16.86	400m: 4:18.82	15.33				
2.	Bregje Dekkers	PSV				200900746	NED		4:21.85	+0,76	A	679
	25m: 14.22	14.22	125m: 1:18.35	16.27	225m: 2:24.40	16.50	325m: 3:31.62	16.87				
	50m: 29.76	15.54	150m: 1:34.72	16.37	250m: 2:41.03	16.63	350m: 3:48.70	17.08				
	75m: 45.90	16.14	175m: 1:51.25	16.53	275m: 2:57.83	16.80	375m: 4:05.41	16.71				
	100m: 1:02.08	16.18	200m: 2:07.90	16.65	300m: 3:14.75	16.92	400m: 4:21.85	16.44				
3.	Nina Tetteroo	De Columbiaan				201000048	NED		4:32.02	+0,75	B	606
	25m: 14.39	14.39	125m: 1:20.69	16.99	225m: 2:30.59	17.61	325m: 3:40.59	17.59				
	50m: 30.34	15.95	150m: 1:38.06	17.37	250m: 2:47.93	17.34	350m: 3:57.95	17.36				
	75m: 46.82	16.48	175m: 1:55.41	17.35	275m: 3:05.40	17.47	375m: 4:15.23	17.28				
	100m: 1:03.70	16.88	200m: 2:12.98	17.57	300m: 3:23.00	17.60	400m: 4:32.02	16.79				
4.	Yanique Eekhof	ZPC AMERSFOORT				201001428	NED		4:34.44	+0,71	B	590
	25m: 14.71	14.71	125m: 1:22.61	17.43	225m: 2:32.65	17.42	325m: 3:42.87	17.60				
	50m: 31.04	16.33	150m: 1:40.11	17.50	250m: 2:50.21	17.56	350m: 4:00.37	17.50				
	75m: 47.99	16.95	175m: 1:57.58	17.47	275m: 3:07.68	17.47	375m: 4:17.80	17.43				
	100m: 1:05.18	17.19	200m: 2:15.23	17.65	300m: 3:25.27	17.59	400m: 4:34.44	16.64				
5.	Mariia Kostina	Blue Marlins				201002042	NED		4:41.89	+0,75	B	544
	25m: 14.49	14.49	125m: 1:21.87	17.32	225m: 2:32.57	17.82	325m: 3:46.47	18.55				
	50m: 30.51	16.02	150m: 1:39.45	17.58	250m: 2:50.71	18.14	350m: 4:05.11	18.64				
	75m: 47.16	16.65	175m: 1:56.95	17.50	275m: 3:09.01	18.30	375m: 4:23.45	18.34				
	100m: 1:04.55	17.39	200m: 2:14.75	17.80	300m: 3:27.92	18.91	400m: 4:41.89	18.44				
6.	Elin Brinkhof	PSV				200900078	NED		4:44.02	+0,61	B	532
	25m: 14.92	14.92	125m: 1:23.97	18.09	225m: 2:36.98	18.35	325m: 3:49.97	18.16				
	50m: 31.57	16.65	150m: 1:42.20	18.23	250m: 2:55.25	18.27	350m: 4:08.38	18.41				
	75m: 48.72	17.15	175m: 2:00.33	18.13	275m: 3:13.40	18.15	375m: 4:26.56	18.18				
	100m: 1:05.88	17.16	200m: 2:18.63	18.30	300m: 3:31.81	18.41	400m: 4:44.02	17.46				
7.	Wieke Dekker	De Dolfijn				201002020	NED		4:44.39 *	+0,77	B	530
	25m: 14.91	14.91	125m: 1:25.05	18.13	225m: 2:37.24	17.87	325m: 3:50.32	18.30				
	50m: 31.68	16.77	150m: 1:43.25	18.20	250m: 2:55.12	17.88	350m: 4:08.80	18.48				
	75m: 49.11	17.43	175m: 2:01.34	18.09	275m: 3:13.34	18.22	375m: 4:26.87	18.07				
	100m: 1:06.92	17.81	200m: 2:19.37	18.03	300m: 3:32.02	18.68	400m: 4:44.39	17.52				
8.	Puck van Wees	De Dolfijn				200901020	NED		4:48.44 *	+0,72	R	508
	25m: 14.76	14.76	125m: 1:23.43	17.81	225m: 2:36.31	18.39	325m: 3:50.94	18.81				
	50m: 30.98	16.22	150m: 1:41.40	17.97	250m: 2:54.91	18.60	350m: 4:10.46	19.52				
	75m: 47.86	16.88	175m: 1:59.65	18.25	275m: 3:13.51	18.60	375m: 4:30.30	19.84				
	100m: 1:05.62	17.76	200m: 2:17.92	18.27	300m: 3:32.13	18.62	400m: 4:48.44	18.14				
9.	Lili Oosting	DWK				200900384	NED		4:51.38	+0,73	R	493
	25m: 15.07	15.07	125m: 1:26.55	18.20	225m: 2:41.13	18.83	325m: 3:56.06	18.38				
	50m: 32.53	17.46	150m: 1:45.16	18.61	250m: 3:00.04	18.91	350m: 4:14.94	18.88				
	75m: 50.25	17.72	175m: 2:03.68	18.52	275m: 3:18.47	18.43	375m: 4:33.31	18.37				
	100m: 1:08.35	18.10	200m: 2:22.30	18.62	300m: 3:37.68	19.21	400m: 4:51.38	18.07				
10.	Nicole Pestman	DZ&PC				201000668	NED		4:53.23	+0,66		484
	25m: 14.81	14.81	125m: 1:24.95	18.04	225m: 2:39.47	18.43	325m: 3:55.77	18.70				
	50m: 31.86	17.05	150m: 1:43.86	18.91	250m: 2:58.48	19.01	350m: 4:15.17	19.40				
	75m: 48.92	17.06	175m: 2:01.94	18.08	275m: 3:17.50	19.02	375m: 4:34.32	19.15				
	100m: 1:06.91	17.99	200m: 2:21.04	19.10	300m: 3:37.07	19.57	400m: 4:53.23	18.91				



Programmanr. 4, Meisjes, 400m vrije slag, Voorronde, NK onder 18

rang	naam	vereniging						tijd		RT	FINA	para
11.	Kayleigh van Doeselaar	WS Twente				201000478	NED	4:53.34		+0,69	483	
	25m:	15.34	15.34	125m:	1:25.77	18.49	225m:	2:40.48	18.77	325m:	3:56.92	19.11
	50m:	32.33	16.99	150m:	1:44.26	18.49	250m:	2:59.51	19.03	350m:	4:16.00	19.08
	75m:	49.54	17.21	175m:	2:02.92	18.66	275m:	3:18.31	18.80	375m:	4:34.84	18.84
	100m:	1:07.28	17.74	200m:	2:21.71	18.79	300m:	3:37.81	19.50	400m:	4:53.34	18.50
12.	Julia Dijkstra	PSV				200904546	NED	4:53.98		+0,76	480	
	25m:	15.41	15.41	125m:	1:25.80	17.92	225m:	2:41.16	18.94	325m:	3:57.90	19.33
	50m:	32.52	17.11	150m:	1:44.39	18.59	250m:	3:00.13	18.97	350m:	4:17.16	19.26
	75m:	49.79	17.27	175m:	2:03.02	18.63	275m:	3:19.25	19.12	375m:	4:35.81	18.65
	100m:	1:07.88	18.09	200m:	2:22.22	19.20	300m:	3:38.57	19.32	400m:	4:53.98	18.17
13.	Hadewych Forschelen	MNC Dordrecht				200903572	NED	4:54.64		+0,76	477	
	25m:	14.85	14.85	125m:	1:26.58	18.69	225m:	2:41.93	18.88	325m:	3:58.08	19.01
	50m:	31.94	17.09	150m:	1:45.28	18.70	250m:	3:00.94	19.01	350m:	4:17.47	19.39
	75m:	49.79	17.85	175m:	2:04.31	19.03	275m:	3:19.91	18.97	375m:	4:36.40	18.93
	100m:	1:07.89	18.10	200m:	2:23.05	18.74	300m:	3:39.07	19.16	400m:	4:54.64	18.24
14.	Elise Dorlandt	HZ&PC Heerenveen				201000232	NED	4:55.30		+0,64	474	
	25m:	14.73	14.73	125m:	1:27.62	18.94	225m:	2:43.98	19.24	325m:	4:00.98	19.14
	50m:	31.83	17.10	150m:	1:46.60	18.98	250m:	3:03.26	19.28	350m:	4:19.67	18.69
	75m:	50.15	18.32	175m:	2:05.88	19.28	275m:	3:22.69	19.43	375m:	4:38.33	18.66
	100m:	1:08.68	18.53	200m:	2:24.74	18.86	300m:	3:41.84	19.15	400m:	4:55.30	16.97
15.	Isus Verdysseidnck	PSV				201002878	NED	4:57.00 *		+0,70	465	
	25m:	16.06	16.06	125m:	1:29.29	18.19	225m:	2:44.13	19.00	325m:	4:00.24	19.12
	50m:	34.07	18.01	150m:	1:47.87	18.58	250m:	3:03.14	19.01	350m:	4:19.27	19.03
	75m:	52.43	18.36	175m:	2:06.36	18.49	275m:	3:22.50	19.36	375m:	4:38.85	19.58
	100m:	1:11.10	18.67	200m:	2:25.13	18.77	300m:	3:41.12	18.62	400m:	4:57.00	18.15

NK onder 20

1.	Nynke Boerefijn	HPC - ZPC AMERSFOORT				200700114	NED	4:15.61		+0,83	A	730
	25m:	13.70	13.70	125m:	1:17.50	16.43	225m:	2:23.16	16.33	325m:	3:27.41	16.23
	50m:	29.03	15.33	150m:	1:33.81	16.31	250m:	2:39.16	16.00	350m:	3:43.73	16.32
	75m:	44.94	15.91	175m:	1:50.48	16.67	275m:	2:55.12	15.96	375m:	4:00.13	16.40
	100m:	1:01.07	16.13	200m:	2:06.83	16.35	300m:	3:11.18	16.06	400m:	4:15.61	15.48
2.	Jade van der Schrier	HPC - AZC				200800692	NED	4:16.10		+0,76	A	726
	25m:	14.10	14.10	125m:	1:18.13	16.11	225m:	2:24.09	16.45	325m:	3:29.64	16.13
	50m:	30.06	15.96	150m:	1:34.69	16.56	250m:	2:40.62	16.53	350m:	3:45.64	16.00
	75m:	46.02	15.96	175m:	1:51.11	16.42	275m:	2:57.04	16.42	375m:	4:01.33	15.69
	100m:	1:02.02	16.00	200m:	2:07.64	16.53	300m:	3:13.51	16.47	400m:	4:16.10	14.77
3.	Rhodee van den Ham	HPC - De Duinkikkers				200700090	NED	4:18.14		+0,69	A	709
	25m:	14.20	14.20	125m:	1:19.04	16.57	225m:	2:24.58	16.32	325m:	3:30.00	16.13
	50m:	30.10	15.90	150m:	1:35.40	16.36	250m:	2:40.95	16.37	350m:	3:46.36	16.36
	75m:	46.22	16.12	175m:	1:51.82	16.42	275m:	2:57.33	16.38	375m:	4:02.57	16.21
	100m:	1:02.47	16.25	200m:	2:08.26	16.44	300m:	3:13.87	16.54	400m:	4:18.14	15.57
4.	Julie van Nispen	Nuenen				200800290	NED	4:19.84		+0,56	A	695
	25m:	13.90	13.90	125m:	1:19.55	16.76	225m:	2:25.83	16.50	325m:	3:31.86	16.41
	50m:	29.87	15.97	150m:	1:35.97	16.42	250m:	2:42.24	16.41	350m:	3:48.07	16.21
	75m:	46.20	16.33	175m:	1:52.69	16.72	275m:	2:58.83	16.59	375m:	4:04.10	16.03
	100m:	1:02.79	16.59	200m:	2:09.33	16.64	300m:	3:15.45	16.62	400m:	4:19.84	15.74
5.	Veerle de Ridder	HZ&PC Heerenveen				200700778	NED	4:30.90 *		+0,67	B	614
	25m:	13.79	13.79	125m:	1:19.63	16.80	225m:	2:28.73	17.29	325m:	3:38.81	17.71
	50m:	29.58	15.79	150m:	1:36.67	17.04	250m:	2:46.29	17.56	350m:	3:56.62	17.81
	75m:	46.12	16.54	175m:	1:53.97	17.30	275m:	3:03.66	17.37	375m:	4:13.84	17.22
	100m:	1:02.83	16.71	200m:	2:11.44	17.47	300m:	3:21.10	17.44	400m:	4:30.90	17.06
6.	Imre Bouwland	ZPC Hoozeveen				200700388	NED	4:41.41		+0,74	B	547
	25m:	14.71	14.71	125m:	1:23.85	17.64	225m:	2:35.28	17.86	325m:	3:47.91	18.27
	50m:	31.20	16.49	150m:	1:41.57	17.72	250m:	2:53.15	17.87	350m:	4:05.96	18.05
	75m:	48.46	17.26	175m:	1:59.51	17.94	275m:	3:11.26	18.11	375m:	4:24.24	18.28
	100m:	1:06.21	17.75	200m:	2:17.42	17.91	300m:	3:29.64	18.38	400m:	4:41.41	17.17

Senioren Open

1.	Marte Hieke van der Kamp	HZ&PC Heerenveen				200500218	NED	4:09.91		+0,75	A	782
	25m:	13.81	13.81	125m:	1:16.33	15.98	225m:	2:20.11	15.94	325m:	3:24.22	16.02
	50m:	28.85	15.04	150m:	1:32.29	15.96	250m:	2:36.17	16.06	350m:	3:40.30	16.08
	75m:	44.58	15.73	175m:	1:48.23	15.94	275m:	2:52.15	15.98	375m:	3:55.36	15.06
	100m:	1:00.35	15.77	200m:	2:04.17	15.94	300m:	3:08.20	16.05	400m:	4:09.91	14.55
2.	Imani de Jong	HPC - PSV				200200464	NED	4:10.39		+0,69	A	777
	25m:	13.17	13.17	125m:	1:15.48	15.87	225m:	2:19.66	16.16	325m:	3:23.78	16.02
	50m:	28.32	15.15	150m:	1:31.33	15.85	250m:	2:35.65	15.99	350m:	3:39.80	16.02
	75m:	43.92	15.60	175m:	1:47.33	16.00	275m:	2:51.64	15.99	375m:	3:55.55	15.75
	100m:	59.61	15.69	200m:	2:03.50	16.17	300m:	3:07.76	16.12	400m:	4:10.39	14.84



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

rang	naam	vereniging				tijd				RT	FINA	para
3.	Hedwig Bolt	HZ&PC Heerenveen				200602660	NED	4:10.79 *		+0,76	A	773
	25m: 13.80	13.80	125m: 1:16.21	15.86	225m: 2:20.05	15.90	325m: 3:24.03					15.95
	50m: 29.07	15.27	150m: 1:32.14	15.93	250m: 2:36.09	16.04	350m: 3:40.11					16.08
	75m: 44.62	15.55	175m: 1:48.12	15.98	275m: 2:52.01	15.92	375m: 3:55.78					15.67
	100m: 1:00.35	15.73	200m: 2:04.15	16.03	300m: 3:08.08	16.07	400m: 4:10.79					15.01
4.	Nynke Boerefijn	HPC - ZPC AMERSFOORT				200700114	NED	4:15.61		+0,83	A	730
	25m: 13.70	13.70	125m: 1:17.50	16.43	225m: 2:23.16	16.33	325m: 3:27.41					16.23
	50m: 29.03	15.33	150m: 1:33.81	16.31	250m: 2:39.16	16.00	350m: 3:43.73					16.32
	75m: 44.94	15.91	175m: 1:50.48	16.67	275m: 2:55.12	15.96	375m: 4:00.13					16.40
	100m: 1:01.07	16.13	200m: 2:06.83	16.35	300m: 3:11.18	16.06	400m: 4:15.61					15.48
5.	Jade van der Schrier	HPC - AZC				200800692	NED	4:16.10		+0,76	A	726
	25m: 14.10	14.10	125m: 1:18.13	16.11	225m: 2:24.09	16.45	325m: 3:29.64					16.13
	50m: 30.06	15.96	150m: 1:34.69	16.56	250m: 2:40.62	16.53	350m: 3:45.64					16.00
	75m: 46.02	15.96	175m: 1:51.11	16.42	275m: 2:57.04	16.42	375m: 4:01.33					15.69
	100m: 1:02.02	16.00	200m: 2:07.64	16.53	300m: 3:13.51	16.47	400m: 4:16.10					14.77
6.	Rhodee van den Ham	HPC - De Duinkickers				200700090	NED	4:18.14		+0,69	A	709
	25m: 14.20	14.20	125m: 1:19.04	16.57	225m: 2:24.58	16.32	325m: 3:30.00					16.13
	50m: 30.10	15.90	150m: 1:35.40	16.36	250m: 2:40.95	16.37	350m: 3:46.36					16.36
	75m: 46.22	16.12	175m: 1:51.82	16.42	275m: 2:57.33	16.38	375m: 4:02.57					16.21
	100m: 1:02.47	16.25	200m: 2:08.26	16.44	300m: 3:13.87	16.54	400m: 4:18.14					15.57
7.	Fenne Metten	ZPC AMERSFOORT				201000102	NED	4:18.82		+0,80	A	704
	25m: 13.93	13.93	125m: 1:17.81	16.20	225m: 2:23.71	16.29	325m: 3:30.54					16.68
	50m: 29.51	15.58	150m: 1:34.29	16.48	250m: 2:40.21	16.50	350m: 3:47.23					16.69
	75m: 45.52	16.01	175m: 1:50.79	16.50	275m: 2:57.00	16.79	375m: 4:03.49					16.26
	100m: 1:01.61	16.09	200m: 2:07.42	16.63	300m: 3:13.86	16.86	400m: 4:18.82					15.33
8.	Julie van Nispen	Nuenen				200800290	NED	4:19.84		+0,56	A	695
	25m: 13.90	13.90	125m: 1:19.55	16.76	225m: 2:25.83	16.50	325m: 3:31.86					16.41
	50m: 29.87	15.97	150m: 1:35.97	16.42	250m: 2:42.24	16.41	350m: 3:48.07					16.21
	75m: 46.20	16.33	175m: 1:52.69	16.72	275m: 2:58.83	16.59	375m: 4:04.10					16.03
	100m: 1:02.79	16.59	200m: 2:09.33	16.64	300m: 3:15.45	16.62	400m: 4:19.84					15.74
9.	Nore Michiels	Zwemfed				VZF/20009/08	BEL	4:20.05		+0,74	A	694
	25m: 14.11	14.11	125m: 1:17.70	16.23	225m: 2:23.57	16.52	325m: 3:30.28					17.00
	50m: 29.71	15.60	150m: 1:34.04	16.34	250m: 2:40.08	16.51	350m: 3:47.25					16.97
	75m: 45.47	15.76	175m: 1:50.41	16.37	275m: 2:56.57	16.49	375m: 4:03.99					16.74
	100m: 1:01.47	16.00	200m: 2:07.05	16.64	300m: 3:13.28	16.71	400m: 4:20.05					16.06
10.	Bregje Dekkers	PSV				200900746	NED	4:21.85		+0,76	A	679
	25m: 14.22	14.22	125m: 1:18.35	16.27	225m: 2:24.40	16.50	325m: 3:31.62					16.87
	50m: 29.76	15.54	150m: 1:34.72	16.37	250m: 2:41.03	16.63	350m: 3:48.70					17.08
	75m: 45.90	16.14	175m: 1:51.25	16.53	275m: 2:57.83	16.80	375m: 4:05.41					16.71
	100m: 1:02.08	16.18	200m: 2:07.90	16.65	300m: 3:14.75	16.92	400m: 4:21.85					16.44
11.	Alinda Dingshoff	De Dolfijn				200000928	NED	4:26.31		+0,77	B	646
	25m: 14.57	14.57	125m: 1:20.15	16.54	225m: 2:26.95	16.61	325m: 3:34.91					17.17
	50m: 30.67	16.10	150m: 1:36.87	16.72	250m: 2:43.78	16.83	350m: 3:52.42					17.51
	75m: 46.93	16.26	175m: 1:53.46	16.59	275m: 3:00.67	16.89	375m: 4:09.64					17.22
	100m: 1:03.61	16.68	200m: 2:10.34	16.88	300m: 3:17.74	17.07	400m: 4:26.31					16.67
12.	Veerle de Ridder	HZ&PC Heerenveen				200700778	NED	4:30.90 *		+0,67	B	614
	25m: 13.79	13.79	125m: 1:19.63	16.80	225m: 2:28.73	17.29	325m: 3:38.81					17.71
	50m: 29.58	15.79	150m: 1:36.67	17.04	250m: 2:46.29	17.56	350m: 3:56.62					17.81
	75m: 46.12	16.54	175m: 1:53.97	17.30	275m: 3:03.66	17.37	375m: 4:13.84					17.22
	100m: 1:02.83	16.71	200m: 2:11.44	17.47	300m: 3:21.10	17.44	400m: 4:30.90					17.06
13.	Nina Tetteroo	De Columbiaan				201000048	NED	4:32.02		+0,75	B	606
	25m: 14.39	14.39	125m: 1:20.69	16.99	225m: 2:30.59	17.61	325m: 3:40.59					17.59
	50m: 30.34	15.95	150m: 1:38.06	17.37	250m: 2:47.93	17.34	350m: 3:57.95					17.36
	75m: 46.82	16.48	175m: 1:55.41	17.35	275m: 3:05.40	17.47	375m: 4:15.23					17.28
	100m: 1:03.70	16.88	200m: 2:12.98	17.57	300m: 3:23.00	17.60	400m: 4:32.02					16.79
14.	Angelique van Vark	GZC DONK				199701478	NED	4:33.61 *		+0,72	B	595
	25m: 14.34	14.34	125m: 1:21.62	17.18	225m: 2:30.79	17.60	325m: 3:41.51					17.46
	50m: 30.43	16.09	150m: 1:38.66	17.04	250m: 2:48.64	17.85	350m: 3:59.36					17.85
	75m: 47.23	16.80	175m: 1:55.72	17.06	275m: 3:06.33	17.69	375m: 4:16.91					17.55
	100m: 1:04.44	17.21	200m: 2:13.19	17.47	300m: 3:24.05	17.72	400m: 4:33.61					16.70
15.	Yanique Eekhof	ZPC AMERSFOORT				201001428	NED	4:34.44		+0,71	B	590
	25m: 14.71	14.71	125m: 1:22.61	17.43	225m: 2:32.65	17.42	325m: 3:42.87					17.60
	50m: 31.04	16.33	150m: 1:40.11	17.50	250m: 2:50.21	17.56	350m: 4:00.37					17.50
	75m: 47.99	16.95	175m: 1:57.58	17.47	275m: 3:07.68	17.47	375m: 4:17.80					17.43
	100m: 1:05.18	17.19	200m: 2:15.23	17.65	300m: 3:25.27	17.59	400m: 4:34.44					16.64
16.	Brechtje Slootweg	ZPC AMERSFOORT				201101744	NED	4:35.21		+0,55	B	585
	25m: 14.47	14.47	125m: 1:21.40	17.16	225m: 2:31.55	17.61	325m: 3:42.29					17.71
	50m: 30.39	15.92	150m: 1:38.86	17.46	250m: 2:49.01	17.46	350m: 4:00.02					17.73
	75m: 47.26	16.87	175m: 1:56.22	17.36	275m: 3:06.83	17.82	375m: 4:17.77					17.75
	100m: 1:04.24	16.98	200m: 2:13.94	17.72	300m: 3:24.58	17.75	400m: 4:35.21					17.44



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

rang	naam	vereniging						tijd		RT	FINA		para
17.	Imre Bouwland	ZPC Hoogeveen						200700388	NED	4:41.41	+0,74	B	547
	25m:	14.71	14.71	125m:	1:23.85	17.64	225m:	2:35.28	17.86	325m:	3:47.91	18.27	
	50m:	31.20	16.49	150m:	1:41.57	17.72	250m:	2:53.15	17.87	350m:	4:05.96	18.06	
	75m:	48.46	17.26	175m:	1:59.51	17.94	275m:	3:11.26	18.11	375m:	4:24.24	18.28	
	100m:	1:06.21	17.75	200m:	2:17.42	17.91	300m:	3:29.64	18.38	400m:	4:41.41	17.17	
18.	Mariia Kostina	Blue Marlins						201002042	NED	4:41.89	+0,75	B	544
	25m:	14.49	14.49	125m:	1:21.87	17.32	225m:	2:32.57	17.82	325m:	3:46.47	18.55	
	50m:	30.51	16.02	150m:	1:39.45	17.58	250m:	2:50.71	18.14	350m:	4:05.11	18.64	
	75m:	47.16	16.65	175m:	1:56.95	17.50	275m:	3:09.01	18.30	375m:	4:23.45	18.34	
	100m:	1:04.55	17.39	200m:	2:14.75	17.80	300m:	3:27.92	18.91	400m:	4:41.89	18.44	
19.	Elin Brinkhof	PSV						200900078	NED	4:44.02	+0,61	B	532
	25m:	14.92	14.92	125m:	1:23.97	18.09	225m:	2:36.98	18.35	325m:	3:49.97	18.16	
	50m:	31.57	16.65	150m:	1:42.20	18.23	250m:	2:55.25	18.27	350m:	4:08.38	18.41	
	75m:	48.72	17.15	175m:	2:00.33	18.13	275m:	3:13.40	18.15	375m:	4:26.56	18.18	
	100m:	1:05.88	17.16	200m:	2:18.63	18.30	300m:	3:31.81	18.41	400m:	4:44.02	17.46	
20.	Wieke Dekker	De Dolfijn						201002020	NED	4:44.39 *	+0,77	B	530
	25m:	14.91	14.91	125m:	1:25.05	18.13	225m:	2:37.24	17.87	325m:	3:50.32	18.30	
	50m:	31.68	16.77	150m:	1:43.25	18.20	250m:	2:55.12	17.88	350m:	4:08.80	18.48	
	75m:	49.11	17.43	175m:	2:01.34	18.09	275m:	3:13.34	18.22	375m:	4:26.87	18.07	
	100m:	1:06.92	17.81	200m:	2:19.37	18.03	300m:	3:32.02	18.68	400m:	4:44.39	17.52	
21.	Puck van Wees	De Dolfijn						200901020	NED	4:48.44 *	+0,72	R	508
	25m:	14.76	14.76	125m:	1:23.43	17.81	225m:	2:36.31	18.39	325m:	3:50.94	18.81	
	50m:	30.98	16.22	150m:	1:41.40	17.97	250m:	2:54.91	18.60	350m:	4:10.46	19.52	
	75m:	47.86	16.88	175m:	1:59.65	18.25	275m:	3:13.51	18.60	375m:	4:30.30	19.84	
	100m:	1:05.62	17.76	200m:	2:17.92	18.27	300m:	3:32.13	18.62	400m:	4:48.44	18.14	
22.	Lili Oosting	DWK						200900384	NED	4:51.38	+0,73	R	493
	25m:	15.07	15.07	125m:	1:26.55	18.20	225m:	2:41.13	18.83	325m:	3:56.06	18.38	
	50m:	32.53	17.46	150m:	1:45.16	18.61	250m:	3:00.04	18.91	350m:	4:14.94	18.88	
	75m:	50.25	17.72	175m:	2:03.68	18.52	275m:	3:18.47	18.43	375m:	4:33.31	18.37	
	100m:	1:08.35	18.10	200m:	2:22.30	18.62	300m:	3:37.68	19.21	400m:	4:51.38	18.07	
23.	Nicole Pestman	DZ&PC						201000668	NED	4:53.23	+0,66		484
	25m:	14.81	14.81	125m:	1:24.95	18.04	225m:	2:39.47	18.43	325m:	3:55.77	18.70	
	50m:	31.86	17.05	150m:	1:43.86	18.91	250m:	2:58.48	19.01	350m:	4:15.17	19.40	
	75m:	48.92	17.06	175m:	2:01.94	18.08	275m:	3:17.50	19.02	375m:	4:34.32	19.15	
	100m:	1:06.91	17.99	200m:	2:21.04	19.10	300m:	3:37.07	19.57	400m:	4:53.23	18.91	
24.	Kayleigh van Doeselaar	WS Twente						201000478	NED	4:53.34	+0,69		483
	25m:	15.34	15.34	125m:	1:25.77	18.49	225m:	2:40.48	18.77	325m:	3:56.92	19.11	
	50m:	32.33	16.99	150m:	1:44.26	18.49	250m:	2:59.51	19.03	350m:	4:16.00	19.08	
	75m:	49.54	17.21	175m:	2:02.92	18.66	275m:	3:18.31	18.80	375m:	4:34.84	18.84	
	100m:	1:07.28	17.74	200m:	2:21.71	18.79	300m:	3:37.81	19.50	400m:	4:53.34	18.50	
25.	Julia Dijkstra	PSV						200904546	NED	4:53.98	+0,76		480
	25m:	15.41	15.41	125m:	1:25.80	17.92	225m:	2:41.16	18.94	325m:	3:57.90	19.33	
	50m:	32.52	17.11	150m:	1:44.39	18.59	250m:	3:00.13	18.97	350m:	4:17.16	19.26	
	75m:	49.79	17.27	175m:	2:03.02	18.63	275m:	3:19.25	19.12	375m:	4:35.81	18.65	
	100m:	1:07.88	18.09	200m:	2:22.22	19.20	300m:	3:38.57	19.32	400m:	4:53.98	18.17	
26.	Hadewych Forschelen	MNC Dordrecht						200903572	NED	4:54.64	+0,76		477
	25m:	14.85	14.85	125m:	1:26.58	18.69	225m:	2:41.93	18.88	325m:	3:58.08	19.01	
	50m:	31.94	17.09	150m:	1:45.28	18.70	250m:	3:00.94	19.01	350m:	4:17.47	19.39	
	75m:	49.79	17.85	175m:	2:04.31	19.03	275m:	3:19.91	18.97	375m:	4:36.40	18.93	
	100m:	1:07.89	18.10	200m:	2:23.05	18.74	300m:	3:39.07	19.16	400m:	4:54.64	18.24	
27.	Elise Dorlandt	HZ&PC Heerenveen						201000232	NED	4:55.30	+0,64		474
	25m:	14.73	14.73	125m:	1:27.62	18.94	225m:	2:43.98	19.24	325m:	4:00.98	19.14	
	50m:	31.83	17.10	150m:	1:46.60	18.98	250m:	3:03.26	19.28	350m:	4:19.67	18.69	
	75m:	50.15	18.32	175m:	2:05.88	19.28	275m:	3:22.69	19.43	375m:	4:38.33	18.66	
	100m:	1:08.68	18.53	200m:	2:24.74	18.86	300m:	3:41.84	19.15	400m:	4:55.30	16.97	
28.	Isus Verdysseldonk	PSV						201002878	NED	4:57.00 *	+0,70		465
	25m:	16.06	16.06	125m:	1:29.29	18.19	225m:	2:44.13	19.00	325m:	4:00.24	19.12	
	50m:	34.07	18.01	150m:	1:47.87	18.58	250m:	3:03.14	19.01	350m:	4:19.27	19.03	
	75m:	52.43	18.36	175m:	2:06.36	18.49	275m:	3:22.50	19.36	375m:	4:38.85	19.58	
	100m:	1:11.10	18.67	200m:	2:25.13	18.77	300m:	3:41.12	18.62	400m:	4:57.00	18.15	
29.	Jente Parlevliet	Noordwijkerhout						201003900	NED S14	6:07.01	+0,68	Q	246 419
	25m:	18.55	18.55	125m:	1:46.68	22.66	225m:	3:21.29	23.80	325m:	4:55.20	23.42	
	50m:	39.62	21.07	150m:	2:10.88	24.20	250m:	3:44.35	23.06	350m:	5:18.76	23.56	
	75m:	1:01.70	22.08	175m:	2:33.99	23.11	275m:	4:07.68	23.33	375m:	5:45.06	26.30	
	100m:	1:24.02	22.32	200m:	2:57.49	23.50	300m:	4:31.78	24.10	400m:	6:07.01	21.95	
DIS	Malla Hamalainen	Vieskan Uimarit						08A079	FIN	AF			
	AF - De aangegeven afstand niet uitgezwommen.												