

Programmanr. 4
 22-10-2026 - 18:47

Dames, 400m vrije slag

 Senioren Open
 Resultaten Finale

Punten: AQUA 2025

rang	naam	vereniging	tijd	RT	FINA	para
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Senioren Open

Finale A

1.	Imani de Jong	HPC - PSV	200200464	NED	4:01.51	+0,70	866
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Championship Record

25m:	12.69	12.69	125m:	1:11.61	15.07	225m:	2:13.08	15.41	325m:	3:15.58	15.73
50m:	27.03	14.34	150m:	1:26.85	15.24	250m:	2:28.68	15.60	350m:	3:31.43	15.85
75m:	41.65	14.62	175m:	1:42.18	15.33	275m:	2:44.16	15.48	375m:	3:46.77	15.34
100m:	56.54	14.89	200m:	1:57.67	15.49	300m:	2:59.85	15.69	400m:	4:01.51	14.74

2.	Marte Hieke van der Kamp	HZ&PC Heerenveen	200500218	NED	4:08.38	+0,75	796
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25m:	13.57	13.57	125m:	1:15.00	15.66	225m:	2:18.62	15.90	325m:	3:22.60	16.05
50m:	28.23	14.66	150m:	1:30.81	15.81	250m:	2:34.66	16.04	350m:	3:38.59	15.99
75m:	43.75	15.52	175m:	1:46.68	15.87	275m:	2:50.56	15.90	375m:	3:53.75	15.16
100m:	59.34	15.59	200m:	2:02.72	16.04	300m:	3:06.55	15.99	400m:	4:08.38	14.63

3.	Hedwig Bolt	HZ&PC Heerenveen	200602660	NED	4:08.99	+0,76	790
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25m:	13.61	13.61	125m:	1:15.01	15.54	225m:	2:18.36	15.86	325m:	3:22.31	15.86
50m:	28.74	15.13	150m:	1:30.75	15.74	250m:	2:34.41	16.05	350m:	3:38.42	16.11
75m:	43.93	15.19	175m:	1:46.49	15.74	275m:	2:50.24	15.83	375m:	3:53.98	15.56
100m:	59.47	15.54	200m:	2:02.50	16.01	300m:	3:06.45	16.21	400m:	4:08.99	15.01

4.	Nynke Boerefijn	HPC - ZPC AMERSFOORT	200700114	NED	4:13.96	+0,80	745
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25m:	13.44	13.44	125m:	1:15.88	16.02	225m:	2:20.64	16.15	325m:	3:25.90	16.30
50m:	28.39	14.95	150m:	1:32.02	16.14	250m:	2:36.91	16.27	350m:	3:42.17	16.27
75m:	44.06	15.67	175m:	1:48.18	16.16	275m:	2:53.17	16.26	375m:	3:58.33	16.16
100m:	59.86	15.80	200m:	2:04.49	16.31	300m:	3:09.60	16.43	400m:	4:13.96	15.63

5.	Jade van der Schrier	HPC - AZC	200800692	NED	4:14.21	+0,82	743
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25m:	14.20	14.20	125m:	1:17.76	15.98	225m:	2:22.52	15.81	325m:	3:27.06	15.99
50m:	29.87	15.67	150m:	1:34.04	16.28	250m:	2:38.70	16.18	350m:	3:43.41	16.35
75m:	45.76	15.89	175m:	1:50.15	16.11	275m:	2:54.74	16.04	375m:	3:59.15	15.74
100m:	1:01.78	16.02	200m:	2:06.71	16.56	300m:	3:11.07	16.33	400m:	4:14.21	15.06

6.	Nore Michiels	Zwemfed	VZF/20009/08	BEL	4:17.22	+0,76	717
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25m:	14.41	14.41	125m:	1:19.04	16.48	225m:	2:24.86	16.32	325m:	3:29.64	16.03
50m:	30.13	15.72	150m:	1:35.62	16.58	250m:	2:41.17	16.31	350m:	3:45.62	15.98
75m:	46.32	16.19	175m:	1:52.18	16.56	275m:	2:57.40	16.23	375m:	4:01.63	16.01
100m:	1:02.56	16.24	200m:	2:08.54	16.36	300m:	3:13.61	16.21	400m:	4:17.22	15.59

7.	Fenne Metten	ZPC AMERSFOORT	201000102	NED	4:17.83	+0,81	712
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25m:	13.78	13.78	125m:	1:17.17	16.28	225m:	2:23.36	16.39	325m:	3:30.25	17.02
50m:	29.06	15.28	150m:	1:33.78	16.61	250m:	2:39.94	16.58	350m:	3:46.62	16.37
75m:	44.79	15.73	175m:	1:50.30	16.52	275m:	2:56.56	16.62	375m:	4:02.84	16.22
100m:	1:00.89	16.10	200m:	2:06.97	16.67	300m:	3:13.23	16.67	400m:	4:17.83	14.99

8.	Bregje Dekkers	PSV	200900746	NED	4:18.09	+0,72	710
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25m:	14.03	14.03	125m:	1:18.74	16.29	225m:	2:24.45	16.36	325m:	3:29.75	16.32
50m:	29.88	15.85	150m:	1:35.16	16.42	250m:	2:40.84	16.39	350m:	3:46.09	16.34
75m:	46.01	16.13	175m:	1:51.62	16.46	275m:	2:57.13	16.29	375m:	4:02.33	16.24
100m:	1:02.45	16.44	200m:	2:08.09	16.47	300m:	3:13.43	16.30	400m:	4:18.09	15.76

9.	Rhodee van den Ham	HPC - De Duinkikkers	200700090	NED	4:20.25	+0,62	692
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25m:	14.18	14.18	125m:	1:18.23	16.44	225m:	2:24.52	16.43	325m:	3:31.06	16.45
50m:	29.81	15.63	150m:	1:34.72	16.49	250m:	2:41.17	16.65	350m:	3:47.77	16.71
75m:	45.61	15.80	175m:	1:51.40	16.68	275m:	2:57.78	16.61	375m:	4:04.13	16.36
100m:	1:01.79	16.18	200m:	2:08.09	16.69	300m:	3:14.61	16.83	400m:	4:20.25	16.12

10.	Veerle de Ridder	HZ&PC Heerenveen	200700778	NED	4:31.21	+0,67	611
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25m:	14.00	14.00	125m:	1:19.90	17.17	225m:	2:29.15	17.27	325m:	3:39.31	17.36
50m:	29.43	15.43	150m:	1:37.09	17.19	250m:	2:46.68	17.53	350m:	3:57.12	17.81
75m:	45.63	16.20	175m:	1:54.33	17.24	275m:	3:04.44	17.76	375m:	4:14.37	17.25
100m:	1:02.73	17.10	200m:	2:11.88	17.55	300m:	3:21.95	17.51	400m:	4:31.21	16.84

Finale B

11.	Nina Tetteroo	De Columbiaan	201000048	NED	4:31.36	+0,81	610
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25m:	14.63	14.63	125m:	1:22.20	17.33	225m:	2:31.79	17.49	325m:	3:41.18	17.24
50m:	30.78	16.15	150m:	1:39.66	17.46	250m:	2:49.08	17.29	350m:	3:58.50	17.32
75m:	47.60	16.82	175m:	1:57.04	17.38	275m:	3:06.52	17.44	375m:	4:15.59	17.09
100m:	1:04.87	17.27	200m:	2:14.30	17.26	300m:	3:23.94	17.42	400m:	4:31.36	15.77

12.	Brechtje Slootweg	ZPC AMERSFOORT	201101744	NED	4:31.55	+0,69	609
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25m:	14.38	14.38	125m:	1:21.96	17.19	225m:	2:31.40	17.19	325m:	3:40.88	17.35
50m:	30.60	16.22	150m:	1:39.43	17.47	250m:	2:48.71	17.31	350m:	3:58.42	17.54
75m:	47.51	16.91	175m:	1:56.64	17.21	275m:	3:06.02	17.31	375m:	4:15.28	16.86
100m:	1:04.77	17.26	200m:	2:14.21	17.57	300m:	3:23.53	17.51	400m:	4:31.55	16.27



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

rang	naam	vereniging				tijd				RT	FINA	para
13.	Yanique Eekhof	ZPC AMERSFOORT				201001428	NED	4:33.77		+0,74	594	
	25m: 14.53	14.53	125m: 1:22.16	17.36	225m: 2:31.93	17.59	325m: 3:42.24	17.69				
	50m: 30.70	16.17	150m: 1:39.45	17.29	250m: 2:49.41	17.48	350m: 3:59.62	17.38				
	75m: 47.51	16.81	175m: 1:56.72	17.27	275m: 3:06.84	17.43	375m: 4:17.01	17.39				
	100m: 1:04.80	17.29	200m: 2:14.34	17.62	300m: 3:24.55	17.71	400m: 4:33.77	16.76				
14.	Imre Bouwland	ZPC Hoogeveen				200700388	NED	4:39.83		+0,71	557	
	25m: 14.61	14.61	125m: 1:22.47	17.59	225m: 2:33.52	18.00	325m: 3:46.06	18.23				
	50m: 30.73	16.12	150m: 1:39.99	17.52	250m: 2:51.41	17.89	350m: 4:04.33	18.27				
	75m: 47.71	16.98	175m: 1:57.81	17.82	275m: 3:09.70	18.29	375m: 4:22.46	18.13				
	100m: 1:04.88	17.17	200m: 2:15.52	17.71	300m: 3:27.83	18.13	400m: 4:39.83	17.37				
15.	Mariia Kostina	Blue Marlins				201002042	NED	4:40.36		+0,72	553	
	25m: 14.40	14.40	125m: 1:23.91	17.59	225m: 2:34.62	17.71	325m: 3:46.98	18.46				
	50m: 30.74	16.34	150m: 1:41.60	17.69	250m: 2:52.49	17.87	350m: 4:04.99	18.01				
	75m: 48.34	17.60	175m: 1:59.32	17.72	275m: 3:10.44	17.95	375m: 4:22.82	17.83				
	100m: 1:06.32	17.98	200m: 2:16.91	17.59	300m: 3:28.52	18.08	400m: 4:40.36	17.54				
16.	Elin Brinkhof	PSV				200900078	NED	4:41.41		+0,62	547	
	25m: 15.00	15.00	125m: 1:24.02	17.87	225m: 2:35.64	18.31	325m: 3:48.15	18.52				
	50m: 31.60	16.60	150m: 1:41.63	17.61	250m: 2:53.39	17.75	350m: 4:06.42	18.27				
	75m: 49.01	17.41	175m: 1:59.82	18.19	275m: 3:11.73	18.34	375m: 4:24.58	18.16				
	100m: 1:06.15	17.14	200m: 2:17.33	17.51	300m: 3:29.63	17.90	400m: 4:41.41	16.83				
17.	Nicole Pestman	DZ&PC				201000668	NED	4:43.37 *		+0,53	536	
	25m: 14.72	14.72	125m: 1:24.61	17.95	225m: 2:37.33	18.36	325m: 3:49.79	18.07				
	50m: 31.51	16.79	150m: 1:42.59	17.98	250m: 2:55.51	18.18	350m: 4:08.07	18.28				
	75m: 48.97	17.46	175m: 2:00.95	18.36	275m: 3:13.55	18.04	375m: 4:25.91	17.84				
	100m: 1:06.66	17.69	200m: 2:18.97	18.02	300m: 3:31.72	18.17	400m: 4:43.37	17.46				
18.	Puck van Wees	De Dolfijn				200901020	NED	4:44.59 *		+0,80	529	
	25m: 14.54	14.54	125m: 1:24.81	18.13	225m: 2:37.28	17.90	325m: 3:50.36	18.36				
	50m: 31.21	16.67	150m: 1:43.04	18.23	250m: 2:55.40	18.12	350m: 4:09.08	18.72				
	75m: 48.62	17.41	175m: 2:01.06	18.02	275m: 3:13.53	18.13	375m: 4:27.05	17.97				
	100m: 1:06.68	18.06	200m: 2:19.38	18.32	300m: 3:32.00	18.47	400m: 4:44.59	17.54				
19.	Julia Dijkstra	PSV				200904546	NED	4:50.29		+0,76	499	
	25m: 15.64	15.64	125m: 1:26.76	18.19	225m: 2:39.94	18.72	325m: 3:54.88	18.48				
	50m: 32.87	17.23	150m: 1:44.88	18.12	250m: 2:58.90	18.96	350m: 4:13.68	18.80				
	75m: 50.71	17.84	175m: 2:03.01	18.13	275m: 3:17.56	18.66	375m: 4:32.32	18.64				
	100m: 1:08.57	17.86	200m: 2:21.22	18.21	300m: 3:36.40	18.84	400m: 4:50.29	17.97				
20.	Kayleigh van Doeselaar	WS Twente				201000478	NED	4:52.93		+0,76	485	
	25m: 15.52	15.52	125m: 1:25.49	18.10	225m: 2:39.79	18.73	325m: 3:57.07	19.38				
	50m: 32.37	16.85	150m: 1:44.07	18.58	250m: 2:59.10	19.31	350m: 4:16.49	19.42				
	75m: 49.50	17.13	175m: 2:02.35	18.28	275m: 3:18.20	19.10	375m: 4:34.83	18.34				
	100m: 1:07.39	17.89	200m: 2:21.06	18.71	300m: 3:37.69	19.49	400m: 4:52.93	18.10				