

Programmanr. 14
18-4-2026 - 10:18

Dames, 400m vrije slag

 Senior Open
Resultaten Voorrunde

Punten: AQUA 2025

rang	naam		vereniging			tijd	RT	FINA	PARA
Paralympic									
1.	Liesette Bruinsma		HZ&PC Heerenveen	200004346	S11	5:11.13	+0,65	Q	432 874
	50m: 33.63	33.63	150m: 1:51.01	39.72	250m: 3:11.45	39.61	350m: 4:31.12	39.98	
	100m: 1:11.29	37.66	200m: 2:31.84	40.83	300m: 3:51.14	39.69	400m: 5:11.13	40.01	
2.	Celine Vermaut		Belgian Organisation for Adapt	KZK/21125/99	S14	5:09.84	+0,86	R	438 696
	50m: 33.29	33.29	150m: 1:50.13	39.17	250m: 3:10.28	40.08	350m: 4:30.67	40.04	
	100m: 1:10.96	37.67	200m: 2:30.20	40.07	300m: 3:50.63	40.35	400m: 5:09.84	39.17	
3.	Verena Schott		BPRSV e.v.	100171	S6	5:58.77		Q	282 636
	50m: 42.18	42.18	150m: 2:12.47	45.23	250m: 3:43.34	45.34	350m: 5:14.59	44.98	
	100m: 1:27.24	45.06	200m: 2:58.00	45.53	300m: 4:29.61	46.27	400m: 5:58.77	44.18	
4.	Leonie Mai		SV Motor Babelsberg	101558	S9	5:58.77	+0,75	Q	282 456
	50m: 39.27	39.27	150m: 2:11.45	45.89	250m: 3:43.55	45.50	350m: 5:15.16	45.14	
	100m: 1:25.56	46.29	200m: 2:58.05	46.60	300m: 4:30.02	46.47	400m: 5:58.77	43.61	
	Nisanur Kocabas		SV Motor Babelsberg	101687	S6	6:41.05 *		Q	202 456
	50m: 46.75	46.75	150m: 2:28.38	51.57	250m: 4:10.31	51.24	350m: 5:51.37	49.84	
	100m: 1:36.81	50.06	200m: 3:19.07	50.69	300m: 5:01.53	51.22	400m: 6:41.05	49.68	

junior

1.	Jade van der Schrier		AZC	200800692		4:22.06	+0,76	Q	724
	50m: 30.41	30.41	150m: 1:36.66	33.51	250m: 2:43.86	33.41	350m: 3:50.62	33.17	
	100m: 1:03.15	32.74	200m: 2:10.45	33.79	300m: 3:17.45	33.59	400m: 4:22.06	31.44	
2.	Fenne Metten		ZPC AMERSFOORT	201000102		4:22.62	+0,80	Q	719
	50m: 29.69	29.69	150m: 1:35.84	33.56	250m: 2:42.58	33.29	350m: 3:49.97	33.72	
	100m: 1:02.28	32.59	200m: 2:09.29	33.45	300m: 3:16.25	33.67	400m: 4:22.62	32.65	
3.	Bregje Dekkers		PSV	200900746		4:26.49	+0,68	Q	689
	50m: 30.99	30.99	150m: 1:37.72	33.73	250m: 2:45.11	33.78	350m: 3:52.90	34.01	
	100m: 1:03.99	33.00	200m: 2:11.33	33.61	300m: 3:18.89	33.78	400m: 4:26.49	33.59	
4.	Fenna Westerneng		DZ&PC	200900070		4:37.72	+0,75	Q	608
	50m: 31.05	31.05	150m: 1:41.51	35.78	250m: 2:52.65	35.57	350m: 4:03.43	35.31	
	100m: 1:05.73	34.68	200m: 2:17.08	35.57	300m: 3:28.12	35.47	400m: 4:37.72	34.29	
5.	Anna Lepoutre		PSV	201100534		4:38.25	+0,66	Q	605
	50m: 31.00	31.00	150m: 1:40.93	35.33	250m: 2:51.73	35.47	350m: 4:03.78	35.99	
	100m: 1:05.60	34.60	200m: 2:16.26	35.33	300m: 3:27.79	36.06	400m: 4:38.25	34.47	

Senior Open

1.	Imani de Jong		Team NL - PSV	200200464		4:13.88	+0,68	Q	796
	50m: 28.84	28.84	150m: 1:32.94	32.01	250m: 2:37.45	32.34	350m: 3:42.55	32.48	
	100m: 1:00.93	32.09	200m: 2:05.11	32.17	300m: 3:10.07	32.62	400m: 4:13.88	31.33	
2.	Caroline Laure Jouisse		Nogent' 94			4:20.17	+0,75	Q	740
	50m: 30.64	30.64	150m: 1:36.16	32.88	250m: 2:41.98	32.67	350m: 3:48.32	33.36	
	100m: 1:03.28	32.64	200m: 2:09.31	33.15	300m: 3:14.96	32.98	400m: 4:20.17	31.85	
3.	Jade van der Schrier		AZC	200800692		4:22.06	+0,76	Q	724
	50m: 30.41	30.41	150m: 1:36.66	33.51	250m: 2:43.86	33.41	350m: 3:50.62	33.17	
	100m: 1:03.15	32.74	200m: 2:10.45	33.79	300m: 3:17.45	33.59	400m: 4:22.06	31.44	
4.	Fenne Metten		ZPC AMERSFOORT	201000102		4:22.62	+0,80	Q	719
	50m: 29.69	29.69	150m: 1:35.84	33.56	250m: 2:42.58	33.29	350m: 3:49.97	33.72	
	100m: 1:02.28	32.59	200m: 2:09.29	33.45	300m: 3:16.25	33.67	400m: 4:22.62	32.65	
5.	Nynke Boerefijn		ZPC AMERSFOORT	200700114		4:24.61	+0,80	Q	703
	50m: 29.89	29.89	150m: 1:37.16	33.77	250m: 2:44.59	33.22	350m: 3:51.76	33.67	
	100m: 1:03.39	33.50	200m: 2:11.37	34.21	300m: 3:18.09	33.50	400m: 4:24.61	32.85	
6.	Zara Selimovic		SG Essen	363732		4:24.75	+0,66	Q	702
	50m: 30.16	30.16	150m: 1:37.23	33.34	250m: 2:44.05	33.00	350m: 3:51.40	33.65	
	100m: 1:03.89	33.73	200m: 2:11.05	33.82	300m: 3:17.75	33.70	400m: 4:24.75	33.35	
7.	Angelina Rolman		Team NL - PSV	200701972		4:26.19	+0,70	Q	691
	50m: 30.61	30.61	150m: 1:38.31	33.93	250m: 2:45.88	33.70	350m: 3:53.53	34.32	
	100m: 1:04.38	33.77	200m: 2:12.18	33.87	300m: 3:19.21	33.33	400m: 4:26.19	32.66	
8.	Bregje Dekkers		PSV	200900746		4:26.49	+0,68	Q	689
	50m: 30.99	30.99	150m: 1:37.72	33.73	250m: 2:45.11	33.78	350m: 3:52.90	34.01	
	100m: 1:03.99	33.00	200m: 2:11.33	33.61	300m: 3:18.89	33.78	400m: 4:26.49	33.59	

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rang	naam		vereniging					tijd	RT	FINA	PARA
9.	Fenna Westerneng		DZ&PC		200900070			4:37.72	+0,75	Q	608
	50m:	31.05	150m:	1:41.51	35.78	250m:	2:52.65	35.57	350m:	4:03.43	35.31
	100m:	1:05.73	200m:	2:17.08	35.57	300m:	3:28.12	36.47	400m:	4:37.72	34.29
10.	Anna Lepoutre		PSV		201100534			4:38.25	+0,66	Q	605
	50m:	31.00	150m:	1:40.93	35.33	250m:	2:51.73	35.47	350m:	4:03.78	35.99
	100m:	1:05.60	200m:	2:16.26	35.33	300m:	3:27.79	36.06	400m:	4:38.25	34.47
11.	Mara Bosman		De Dolfijn		200303048			4:42.89	+0,67	R	576
	50m:	31.41	150m:	1:41.22	35.40	250m:	2:53.90	36.42	350m:	4:06.83	36.10
	100m:	1:05.82	200m:	2:17.48	36.26	300m:	3:30.73	36.83	400m:	4:42.89	36.06
12.	Celine Vermaut		Belgian Organisation for Adapt	KZK/21125/99	S14			5:09.84	+0,86	R	438 696
	50m:	33.29	150m:	1:50.13	39.17	250m:	3:10.28	40.08	350m:	4:30.67	40.04
	100m:	1:10.96	200m:	2:30.20	40.07	300m:	3:50.63	40.35	400m:	5:09.84	39.17
13.	Liesette Bruinsma		HZ&PC Heerenveen		200004346	S11		5:11.13	+0,65	Q	432 874
	50m:	33.63	150m:	1:51.01	39.72	250m:	3:11.45	39.61	350m:	4:31.12	39.98
	100m:	1:11.29	200m:	2:31.84	40.83	300m:	3:51.14	39.69	400m:	5:11.13	40.01
14.	Leonie Mai		SV Motor Babelsberg		101558	S9		5:58.77	+0,75	Q	282 456
	50m:	39.27	150m:	2:11.45	45.89	250m:	3:43.55	45.50	350m:	5:15.16	45.14
	100m:	1:25.56	200m:	2:58.05	46.60	300m:	4:30.02	46.47	400m:	5:58.77	43.61
	Verena Schott		BPRSV e.V.		100171	S6		5:58.77		Q	282 636
	50m:	42.18	150m:	2:12.47	45.23	250m:	3:43.34	45.34	350m:	5:14.59	44.98
	100m:	1:27.24	200m:	2:58.00	45.53	300m:	4:29.61	46.27	400m:	5:58.77	44.18
16.	Nisanur Kocabas		SV Motor Babelsberg		101687	S6		6:41.05 *		Q	202 456
	50m:	46.75	150m:	2:28.38	51.57	250m:	4:10.31	51.24	350m:	5:51.37	49.84
	100m:	1:36.81	200m:	3:19.07	50.69	300m:	5:01.53	51.22	400m:	6:41.05	49.68