

JJS deel 2
Capelle aan den IJssel, 17-1-2026

Programmanr. 10
17-1-26 - 15:50

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Onder 14					
1.	Noa Milou Kooiman	Poseidon'56	5:42.53	201201134	5:35.77
	50m: 35.43 100m: 1:16.64	35.43 150m: 41.21 200m:	2:43.26	250m: 300m:	350m: 400m: 5:35.77
2.	Julie Lindgreen	Wiekslag	5:44.05	201301624	5:50.39
	50m: 36.51 100m: 1:18.20	36.51 150m: 41.69 200m:	2:49.12	250m: 300m:	350m: 400m: 5:50.39
3.	Lise Bochoven	Zob'66	NT	201301180	6:17.08
	50m: 41.33 100m: 1:27.61	41.33 150m: 46.28 200m:	3:04.30	250m: 300m:	350m: 400m: 6:17.08
4.	Lieke de Jager	Wiekslag	6:54.63	201303200	6:51.46
	50m: 46.62 100m: 1:38.35	46.62 150m: 51.73 200m:	3:23.92	250m: 300m:	350m: 400m: 6:51.46
5.	Emma Korpel	Zob'66	NT	201302654	6:55.50
	50m: 44.51 100m: 1:34.74	44.51 150m: 50.23 200m:	3:20.49	250m: 300m:	350m: 400m: 6:55.50
Onder 18					
1.	Mèlanie Sonder	z.c De Schotejil	5:53.31	200900478	5:29.94
	50m: 34.25 100m: 1:14.88	34.25 150m: 40.63 200m:	2:40.13	250m: 300m:	350m: 400m: 5:29.94
2.	Pascale Sanders	Zob'66	5:50.92	200901940	5:44.56
	50m: 38.05 100m: 1:20.35	38.05 150m: 42.30 200m:	2:47.38	250m: 300m:	350m: 400m: 5:44.56
18 en ouder					
1.	Britte Lodder	ZZ&PC De Devel	4:52.91	200702290	5:01.06
	50m: 33.48 100m: 1:11.60	33.48 150m: 38.12 200m:	2:29.02	250m: 300m:	350m: 400m: 5:01.06
2.	Daphne van Tilburg	De Geul	5:10.10	200500580	5:11.35
	50m: 34.21 100m: 1:13.75	34.21 150m: 39.54 200m:	2:34.94	250m: 300m:	350m: 400m: 5:11.35
3.	Katinka van Dongen	ZZ&PC De Devel	5:21.69	197700190	5:24.99
	50m: 35.77 100m: 1:16.94	35.77 150m: 41.17 200m:	2:41.28	250m: 300m:	350m: 400m: 5:24.99
4.	Linda van Klei	A cz	5:14.11	198802088	5:25.00
	50m: 35.57 100m: 1:15.25	35.57 150m: 39.68 200m:	2:38.47	250m: 300m:	350m: 400m: 5:25.00
5.	Dayna van Hoorn	Poseidon'56	5:52.09	200502800	6:07.07
	50m: 39.49 100m: 1:24.30	39.49 150m: 44.81 200m:	2:56.81	250m: 300m:	350m: 400m: 6:07.07
6.	Roxanne van Bavel	Poseidon'56	6:02.80	199407378	6:17.09
	50m: 40.96 100m: 1:26.99	40.96 150m: 46.03 200m:	3:02.53	250m: 300m:	350m: 400m: 6:17.09