

SFWM 2026
Amsterdam, 11- - 12-7-2026

Programmanr. 24
12-7-2026 - 12:18

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging				intijd		tijd				RT
1.	Yanique Bax	ZPC AMERSFOORT				4:41.33	201001428	4:39.10				+0,68
	50m: 31.14	31.14	150m: 1:41.20	35.56	250m: 2:52.70	35.70	350m: 4:04.40	35.70				
	100m: 1:05.64	34.50	200m: 2:17.00	35.80	300m: 3:28.70	36.00	400m: 4:39.10	34.70				
2.	Moniek van Langevelde	DWK				4:40.25	199803160	4:43.35				+0,75
	50m: 31.92	31.92	150m: 1:43.18	36.05	250m: 2:55.96	36.21	350m: 4:08.46	35.97				
	100m: 1:07.13	35.21	200m: 2:19.75	36.57	300m: 3:32.49	36.53	400m: 4:43.35	34.89				
3.	Louise Terwisscha	ZPC AMERSFOORT				4:55.85	201201240	4:56.78				+0,75
	50m: 33.98	33.98	150m: 1:49.19	37.65	250m: 3:04.56	37.75	350m: 4:20.43	37.85				
	100m: 1:11.54	37.56	200m: 2:26.81	37.62	300m: 3:42.58	38.02	400m: 4:56.78	36.35				
4.	Fleur Buijs	Hieronymus				4:55.42	201100676	4:57.86				+0,75
	50m: 32.40	32.40	150m: 1:48.38	38.86	250m: 3:04.91	38.70	350m: 4:21.33	37.87				
	100m: 1:09.52	37.12	200m: 2:26.21	37.83	300m: 3:43.46	38.55	400m: 4:57.86	36.53				
5.	Caithlin Lakke	De Reuring				5:09.37	201302438	4:58.38 *				+0,69
	50m: 33.39	33.39	150m: 1:48.41	38.14	250m: 3:05.12	38.62	350m: 4:22.00	38.35				
	100m: 1:10.27	36.88	200m: 2:26.50	38.09	300m: 3:43.65	38.53	400m: 4:58.38	36.38				
6.	Floortje Bakker	Blue Marlins				5:04.42	201101124	5:00.05 *				+0,76
	50m: 33.81	33.81	150m: 1:49.62	38.20	250m: 3:06.35	38.45	350m: 4:22.67	38.06				
	100m: 1:11.42	37.61	200m: 2:27.90	38.28	300m: 3:44.61	38.26	400m: 5:00.05	37.38				
7.	Aleyna Bakdemir	Blue Marlins				4:55.38	200804386	5:01.11				+0,75
	50m: 33.60	33.60	150m: 1:47.51	37.58	250m: 3:04.73	38.77	350m: 4:22.31	38.81				
	100m: 1:09.93	36.33	200m: 2:25.96	38.45	300m: 3:43.50	38.77	400m: 5:01.11	38.80				
8.	Isa Segenhout	Orca Leeuwarden				4:58.52	201000128	5:01.12				+0,74
	*50 *100 *150 *200 *250 *300 *350											
	50m: 33.53	33.53	150m: 1:49.03	38.06	250m: 3:06.31	38.52	350m: 4:23.62	38.64				
	100m: 1:10.97	37.44	200m: 2:27.79	38.76	300m: 3:44.98	38.67	400m: 5:01.12	37.50				
9.	Jade van Berlo	Zwemclub Zeist				5:10.36	200803934	5:07.71				+0,69
	50m: 34.72	34.72	150m: 1:52.31	38.99	250m: 3:10.63	39.19	350m: 4:29.26	39.06				
	100m: 1:13.32	38.60	200m: 2:31.44	39.13	300m: 3:50.20	39.57	400m: 5:07.71	38.45				
10.	Yfke Wijndal	ZPC AMERSFOORT				5:07.23	201002618	5:08.25				+0,74
	50m: 34.99	34.99	150m: 1:52.18	39.03	250m: 3:11.76	39.84	350m: 4:30.69	39.33				
	100m: 1:13.15	38.16	200m: 2:31.92	39.74	300m: 3:51.36	39.60	400m: 5:08.25	37.56				
11.	Anna Schuurman	DZ&PC				5:12.52	201000076	5:09.54				+0,79
	50m: 34.96	34.96	150m: 1:52.80	39.51	250m: 3:11.70	39.31	350m: 4:30.86	39.35				
	100m: 1:13.29	38.33	200m: 2:32.39	39.59	300m: 3:51.51	39.81	400m: 5:09.54	38.68				
12.	Marlies Brouwer	HZ&PC Heerenveen				5:02.12	201101152	5:10.04				+0,81
	50m: 34.24	34.24	150m: 1:52.33	39.25	250m: 3:11.77	40.09	350m: 4:31.83	40.17				
	100m: 1:13.08	38.84	200m: 2:31.68	39.35	300m: 3:51.66	39.89	400m: 5:10.04	38.21				
13.	Femke Mandema	DWK				5:23.35	201100396	5:19.41				+0,75
	*150 *250 *300											
	50m: 34.78	34.78	150m: 1:53.96	40.68	250m: 3:16.64	41.41	350m: 4:39.26	41.32				
	100m: 1:13.28	38.50	200m: 2:35.23	41.27	300m: 3:57.94	41.30	400m: 5:19.41	40.15				
14.	Roxan Meijer	DWK				5:20.51	201300854	5:29.01 *				+0,79
	*300											
	50m: 36.26	36.26	150m: 1:55.34	40.02	250m: 3:19.29	43.16	350m: 4:45.08	43.50				
	100m: 1:15.32	39.06	200m: 2:36.13	40.79	300m: 4:01.58	42.29	400m: 5:29.01	43.93				
15.	Amelie Kieboom	Zwemclub Zeist				5:31.10	200902262	5:30.99				+0,75
	50m: 37.11	37.11	150m: 1:58.33	40.83	250m: 3:23.50	42.89	350m: 4:49.66	43.27				
	100m: 1:17.50	40.39	200m: 2:40.61	42.28	300m: 4:06.39	42.89	400m: 5:30.99	41.33				
16.	Koyuki Hofstra	Zwemlust- den Hommel				NT	201103384	5:50.05				+0,82
	50m: 38.39	38.39	150m: 2:06.72	44.37	250m: 3:37.32	45.19	350m: 5:08.15	44.65				
	100m: 1:22.35	43.96	200m: 2:52.13	45.41	300m: 4:23.50	46.18	400m: 5:50.05	41.90				
17.	Julia Happel	DWK				6:00.97	201201666	5:54.03				+0,82
	50m: 39.06	39.06	150m: 2:08.49	45.18	250m: 3:41.42	46.68	350m: 5:12.48	45.13				
	100m: 1:23.31	44.25	200m: 2:54.74	46.25	300m: 4:27.35	45.93	400m: 5:54.03	41.55				
18.	Valeria Blisceac	MNC Dordrecht				7:19.69	201002762	6:56.44				+0,78
	* 50 *150 *200 *250 *300											
	50m: 42.20	42.20	150m: 2:24.18	52.18	250m: 4:12.99	54.59	350m: 6:06.66	57.16				
	100m: 1:32.00	49.80	200m: 3:18.40	54.22	300m: 5:09.50	56.51	400m: 6:56.44	49.78				
AFGEM	Nynke Boerefijn	ZPC AMERSFOORT				4:11.47	200700114					