

Programmanr. 33  
23-11-2025

Dames, 400m wisselslag

20 en ouder  
Inschrijftijd

| rang       | naam                            | vereniging                          |                | inschrijftijd |
|------------|---------------------------------|-------------------------------------|----------------|---------------|
| <b>20+</b> |                                 |                                     |                |               |
| 1          | Valesca van den Bogert          | Hieronymus                          | 200102138      | 5:05.64       |
| AFGEM      | Eline Hoekstra                  | OEZA                                | 200301280      | 5:38.45       |
| AFGEM      | Zoë van der Reijden             | SG LinK-ZV Zoetermeer               | 200505296      | 7:22.47       |
| RES        | Feline Slijkhuis                | SG Octopus - ZVV                    | 200501042      | 5:35.95       |
| RES        | Emma Riemers                    | MSV-Zeemacht                        | 200500748      | 5:36.87       |
| RES        | Esmee Wijnmaalen                | De Geul                             | 200100298      | 5:50.86       |
| RES        | Cynthia Koolman                 | Steenwijk 1934                      | 200300232      | 6:00.75       |
| RES        | Esmeralda Elbers                | SGHW                                | 200404888      | 8:23.01       |
| <b>25+</b> |                                 |                                     |                |               |
| 1          | Tamara Grove                    | De Dolfijn                          | 199601266      | 5:11.03       |
| 2          | Sarah Strack                    | SG Aumund - Vegesack                | 195679         | 5:36.23       |
| 3          | Anouk van der Lans              | Westland Swimming Stars             | 199801614      | 6:14.81       |
| RES        | Nadine Scheeve                  | De Biesboschzwemmers                | 199700684      | 6:58.90       |
| RES        | Cynthia van Veen                | BZ en PC                            | 199606736      | 7:46.78       |
| <b>30+</b> |                                 |                                     |                |               |
| 1          | Fiona Meuffels                  | PSV                                 | 199504366      | 5:27.41       |
| 2          | Floor Weijmans                  | HZPC                                | 199502522      | 5:41.81       |
| 3          | Wendan Poelstra                 | TriVia                              | 199102496      | 5:44.52       |
| 4          | Diane Schoenmaker               | PSV                                 | 199502920      | 5:46.75       |
| 5          | Larissa Jansen                  | PSV                                 | 199500660      | 5:48.48       |
| 6          | Kelly Wigleaven                 | Poseidon'56                         | 199500058      | 6:11.51       |
| RES        | Irmgard van Weeghel             | ENC Arnhem                          | 199204834      | 6:17.74       |
| <b>35+</b> |                                 |                                     |                |               |
| 1          | Jacyntha Plat                   | Steenwijk 1934                      | 199002956      | 5:38.43       |
| 2          | Jil Pocervina                   | Swimming Luxembourg                 | 345            | 6:04.22       |
| RES        | Anouk Bloem                     | TRB-RES                             | 199000320      | 8:27.55       |
| <b>40+</b> |                                 |                                     |                |               |
| 1          | Viktoria Haden-Felfoldi         | Iron Swim                           | 66/3267        | 5:22.23       |
| 2          | Ann Wanter                      | Zwemclub Geel                       | ZGEEL/21082/82 | 5:32.18       |
| 3          | Debbie van Rooijen              | IJZPC                               | 198201402      | 5:51.83       |
| 4          | Michelle de Villiers            | Hellas-Glana                        | 198302944      | 6:25.58       |
| RES        | Linda Hoogendam                 | WVZ                                 | 198300892      | 6:50.32       |
| <b>45+</b> |                                 |                                     |                |               |
| 1          | Carole Kettenmeyer-Reuland      | Swimming Club Le Dauphin Ettelbrück | 2017           | 5:28.71       |
| 2          | Melanie Kuiper                  | Zignea                              | 197600350      | 6:14.07       |
| 3          | Jolanda van Gendt               | PSV                                 | 197800266      | 6:29.16       |
| 4          | Chantal Verhoeff                | Old Dutch                           | 197900912      | 6:33.05       |
| 5          | Jannie Vennik                   | HZ&PC Heerenveen                    | 197601006      | 6:42.22       |
| <b>50+</b> |                                 |                                     |                |               |
| 1          | Liselotte Joling                | PSV                                 | 197500268      | 5:36.34       |
| <b>55+</b> |                                 |                                     |                |               |
| 1          | Claudia Thielemann              | SG Bayer                            | 333958         | 5:44.27       |
| 2          | Bianca Groot                    | MSV-Zeemacht                        | 197000652      | 6:24.68       |
| 3          | Peggi Hurenkamp                 | HZ&PC Heerenveen                    | 196900922      | 6:41.06       |
| 4          | Karin van Nassau-van den Heuvel | Old Dutch                           | 196600188      | 7:03.55       |
| AFGEM      | Annette van Dok                 | MSV-Zeemacht                        | 196800742      | 7:59.51       |
| AFGEM      | Annette Spies                   | SG LinK-ZV Zoetermeer               | 197001110      | 8:03.03       |

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60+

|   |                  |                                     |                |         |
|---|------------------|-------------------------------------|----------------|---------|
| 1 | Pierrette Michel | Cercle De Natation Sportcity Woluwe | CNSW/000835/62 | 6:12.56 |
| 2 | Petra Tossings   | GZC Donk                            | 196100376      | 6:44.45 |
| 3 | Anita Steijger   | WVZ                                 | 196500628      | 6:54.44 |

65+

|   |                 |          |           |         |
|---|-----------------|----------|-----------|---------|
| 1 | Lia Bijkerk     | GZC Donk | 196000014 | 7:56.86 |
| 2 | Hannie Poletiek | TriVia   | 195900278 | 7:58.88 |

75+

|   |                            |           |           |         |
|---|----------------------------|-----------|-----------|---------|
| 1 | Antoinette Gilding-Tussaud | WS Twente | 195000038 | 9:53.41 |
|---|----------------------------|-----------|-----------|---------|