

Nederlandse Junior Kampioenschappen
Drachten, 20- - 22-6-2025

Programmanr. 26
21-6-2025 - 16:55

Meisjes, 400m wisselslag

Onder 14
Resultaten

Punten: AQUA 2025

rang	naam	vereniging						tijd			RT	FINA	
1.	Yill van Bezouw <i>Kampioenschapsrecord o14</i>	Hieronymus						201100704			5:13.12	+0,76	601
	50m: 31.35 100m: 1:08.18	31.35 36.83	150m: 1:50.70 200m: 2:30.94	42.52 40.24	250m: 3:16.20 300m: 4:01.44	45.26 45.24	350m: 4:38.50 400m: 5:13.12				37.06 34.62		
2.	Ylène Zondervan	ZPC AMERSFOORT						201200016			5:20.60	+0,82	560
	50m: 33.25 100m: 1:12.59	33.25 39.34	150m: 1:54.56 200m: 2:34.77	41.97 40.21	250m: 3:21.69 300m: 4:08.99	46.92 47.30	350m: 4:45.43 400m: 5:20.60				36.44 35.17		
3.	Anna Lepoutre	PSV						201100534			5:24.50	+0,64	540
	50m: 31.93 100m: 1:09.93	31.93 38.00	150m: 1:53.51 200m: 2:36.03	43.58 42.52	250m: 3:22.55 300m: 4:13.01	46.52 50.46	350m: 4:50.43 400m: 5:24.50				37.42 34.07		
4.	Malin Roozeboom	WVZ						201100006			5:24.78	+0,66	539
	50m: 34.97 100m: 1:16.63	34.97 41.66	150m: 2:00.35 200m: 2:40.91	43.72 40.56	250m: 3:27.10 300m: 4:12.80	46.19 45.70	350m: 4:50.13 400m: 5:24.78				37.33 34.65		
5.	Elin Reinstra	TriVia						201100842			5:24.79	+0,84	539
	50m: 34.89 100m: 1:17.84	34.89 42.95	150m: 1:59.65 200m: 2:39.01	41.81 39.36	250m: 3:26.12 300m: 4:13.55	47.11 47.43	350m: 4:50.03 400m: 5:24.79				36.48 34.76		
6.	Julia Bannatyne	BZ&PC						201201020			5:26.33		531
	50m: 33.66 100m: 1:13.50	33.66 39.84	150m: 1:56.17 200m: 2:37.38	42.67 41.21	250m: 3:26.06 300m: 4:14.72	48.68 48.66	350m: 4:51.60 400m: 5:26.33				36.88 34.73		
7.	Noa van Zalk	ZPC AMERSFOORT						201102534			5:27.41	+0,78	526
	50m: 32.99 100m: 1:11.54	32.99 38.55	150m: 1:55.01 200m: 2:36.25	43.47 41.24	250m: 3:24.21 300m: 4:13.78	47.96 49.57	350m: 4:51.18 400m: 5:27.41				37.40 36.23		
8.	Milou Filemon	Blue Marlins						201100078			5:29.09	+0,72	518
	50m: 34.30 100m: 1:16.92	34.30 42.62	150m: 1:58.47 200m: 2:38.40	41.55 39.93	250m: 3:27.33 300m: 4:16.12	48.93 48.79	350m: 4:53.59 400m: 5:29.09				37.47 35.50		
9.	Odenza Soselisa	Blue Marlins						201101780			5:29.55	+0,58	516
	50m: 33.42 100m: 1:12.44	33.42 39.02	150m: 1:54.75 200m: 2:36.05	42.31 41.30	250m: 3:25.27 300m: 4:13.71	49.22 48.44	350m: 4:53.22 400m: 5:29.55				39.51 36.33		
10.	Frédérique Nijziel	De Dolfijn						201103114			5:30.80	+0,57	510
	50m: 32.69 100m: 1:10.27	32.69 37.58	150m: 1:53.51 200m: 2:33.91	43.24 40.40	250m: 3:26.27 300m: 4:17.54	52.36 51.27	350m: 4:53.87 400m: 5:30.80				36.33 36.93		
11.	Brechtje Slootweg	ZPC AMERSFOORT						201101744			5:31.91	+0,76	505
	50m: 33.05 100m: 1:11.79	33.05 38.74	150m: 1:54.74 200m: 2:36.30	42.95 41.56	250m: 3:27.28 300m: 4:18.20	50.98 50.92	350m: 4:55.73 400m: 5:31.91				37.53 36.18		
12.	Kyara Balt	De Vikings						201100306			5:33.39	+0,77	498
	50m: 36.22 100m: 1:17.89	36.22 41.67	150m: 1:59.62 200m: 2:40.02	41.73 40.40	250m: 3:29.34 300m: 4:19.43	49.32 50.09	350m: 4:57.06 400m: 5:33.39				37.63 36.33		
13.	Rozalia Diederiks	ZVL-1886						201100904			5:35.46	+0,82	489
	50m: 34.86 100m: 1:16.34	34.86 41.48	150m: 2:01.11 200m: 2:43.71	44.77 42.60	250m: 3:32.11 300m: 4:20.16	48.40 48.05	350m: 4:58.89 400m: 5:35.46				38.73 36.57		
14.	Anouk Mulder	De Columbiaan						201200962			5:39.87	+0,78	470
	50m: 35.13 100m: 1:19.06	35.13 43.93	150m: 2:03.37 200m: 2:44.69	44.31 41.32	250m: 3:34.79 300m: 4:24.49	50.10 49.70	350m: 5:04.36 400m: 5:39.87				39.87 35.51		
15.	Elle van Gemeren	DAW						201100428			5:40.28	+0,76	469
	50m: 35.78 100m: 1:19.40	35.78 43.62	150m: 2:04.74 200m: 2:47.91	45.34 43.17	250m: 3:34.63 300m: 4:22.05	46.72 47.42	350m: 5:03.04 400m: 5:40.28				40.99 37.24		
16.	Lobke Hempenius	HZ&PC Heerenveen						201100522			5:40.76	+0,68	467
	50m: 36.55 100m: 1:23.41	36.55 46.86	150m: 2:05.55 200m: 2:47.21	42.14 41.66	250m: 3:36.47 300m: 4:25.37	49.26 48.90	350m: 5:04.87 400m: 5:40.76				39.50 35.89		
17.	Sarah Förster	Hellas-Glana						201102682			5:43.39	+0,74	456
	50m: 35.85 100m: 1:19.96	35.85 44.11	150m: 2:05.63 200m: 2:50.78	45.67 45.15	250m: 3:36.99 300m: 4:24.58	46.21 47.59	350m: 5:04.51 400m: 5:43.39				39.93 38.88		
18.	Meike van der Klugt	WVZ						201100808			5:43.55	+0,80	455
	50m: 36.19 100m: 1:21.29	36.19 45.10	150m: 2:06.88 200m: 2:50.13	45.59 43.25	250m: 3:38.38 300m: 4:26.57	48.25 48.19	350m: 5:06.44 400m: 5:43.55				39.87 37.11		

Nederlandse Junior Kampioenschappen
Drachten, 20- - 22-6-2025

Programmanr. 26, Meisjes, 400m wisselslag, Onder 14

rang	naam	vereniging	tijd	RT	FINA
19.	Pien Walstra	De Treffers	201101034	5:43.78 +0,59	454
	50m: 34.82 34.82	150m: 2:06.33 47.47	250m: 3:41.94 51.29	350m: 5:10.43 37.42	
	100m: 1:18.86 44.04	200m: 2:50.65 44.32	300m: 4:33.01 51.07	400m: 5:43.78 33.35	
	Simone Brobbel	SG Hoeksche Waard	201200058	5:43.78 +0,62	454
	50m: 36.29 36.29	150m: 2:03.00 41.96	250m: 3:37.95 54.60	350m: 5:09.02 38.00	
	100m: 1:21.04 44.75	200m: 2:43.35 40.35	300m: 4:31.02 53.07	400m: 5:43.78 34.76	
21.	Casharell Kraan	Blue Marllins	201103426	5:44.44 +0,63	452
	50m: 34.55 34.55	150m: 2:05.75 45.51	250m: 3:37.75 49.76	350m: 5:07.04 39.22	
	100m: 1:20.24 45.69	200m: 2:47.99 42.24	300m: 4:27.82 50.07	400m: 5:44.44 37.40	
22.	Eva ter Horst	ZPC Hoogeveen	201200070	5:44.82 +0,82	450
	50m: 36.27 36.27	150m: 2:01.68 42.30	250m: 3:35.59 52.93	350m: 5:06.68 39.54	
	100m: 1:19.38 43.11	200m: 2:42.66 40.98	300m: 4:27.14 51.55	400m: 5:44.82 38.14	
23.	Esra Simon	Hellas-Glana	201100004	5:45.67 +0,77	447
	50m: 35.38 35.38	150m: 2:02.49 46.02	250m: 3:38.48 51.32	350m: 5:08.44 39.30	
	100m: 1:16.47 41.09	200m: 2:47.16 44.67	300m: 4:29.14 50.66	400m: 5:45.67 37.23	
24.	Norell Kroeze	ZC Polaris	201100378	5:46.60 +0,65	443
	50m: 35.65 35.65	150m: 2:05.44 45.21	250m: 3:39.56 49.11	350m: 5:08.96 38.30	
	100m: 1:20.23 44.58	200m: 2:50.45 45.01	300m: 4:30.66 51.10	400m: 5:46.60 37.64	
25.	Kamila Makhmadiyarova	Blue Marllins	201103178	5:46.67 +0,74	443
	50m: 35.21 35.21	150m: 2:03.73 46.23	250m: 3:37.42 50.64	350m: 5:08.38 40.89	
	100m: 1:17.50 42.29	200m: 2:46.78 43.05	300m: 4:27.49 50.07	400m: 5:46.67 38.29	
26.	Vicky Horens	Hellas-Glana	201200252	5:46.97 +0,57	442
	50m: 35.96 35.96	150m: 2:08.13 44.90	250m: 3:38.91 46.50	350m: 5:08.22 41.60	
	100m: 1:23.23 47.27	200m: 2:52.41 44.28	300m: 4:26.62 47.71	400m: 5:46.97 38.75	
27.	Alena Ytsma	HZ&PC Heerenveen	201201736	5:47.43 +0,80	440
	50m: 35.88 35.88	150m: 2:05.03 46.50	250m: 3:39.43 49.22	350m: 5:08.47 40.67	
	100m: 1:18.53 42.65	200m: 2:50.21 45.18	300m: 4:27.80 48.37	400m: 5:47.43 38.96	
28.	Morrison Schram	Z&PC De Zeeuwse Kust	201100686	5:48.13 +0,76	437
	50m: 36.01 36.01	150m: 2:07.56 46.99	250m: 3:43.51 49.76	350m: 5:11.95 40.89	
	100m: 1:20.57 44.56	200m: 2:53.75 46.19	300m: 4:31.06 47.55	400m: 5:48.13 36.18	
29.	Hanna Heller	ZPC AMERSFOORT	201102730	5:48.29 +0,70	437
	50m: 34.01 34.01	150m: 2:03.89 46.39	250m: 3:37.94 49.71	350m: 5:08.87 40.12	
	100m: 1:17.50 43.49	200m: 2:48.23 44.34	300m: 4:28.75 50.81	400m: 5:48.29 39.42	
30.	Fleur Buijs	Hieronymus	201100676	5:49.65 +0,74	432
	50m: 37.52 37.52	150m: 2:11.40 44.76	250m: 3:42.77 47.43	350m: 5:11.72 40.40	
	100m: 1:26.64 49.12	200m: 2:55.34 43.94	300m: 4:31.32 48.55	400m: 5:49.65 37.93	
31.	Mette Hogenhuis	Zwemlust- den Hommel	201101254	5:50.34 +0,87	429
	50m: 36.23 36.23	150m: 2:08.88 46.07	250m: 3:42.96 49.98	350m: 5:13.50 39.30	
	100m: 1:22.81 46.58	200m: 2:52.98 44.10	300m: 4:34.20 51.24	400m: 5:50.34 36.84	
32.	Valerie Rienties	Zwemsport Parkstad	201200400	5:50.36 +0,64	429
	50m: 37.62 37.62	150m: 2:10.16 44.49	250m: 3:41.38 47.09	350m: 5:12.48 41.86	
	100m: 1:25.67 48.05	200m: 2:54.29 44.13	300m: 4:30.62 49.24	400m: 5:50.36 37.88	
33.	Sara Creemers	Hellas-Glana	201100242	5:50.70 +0,69	428
	50m: 37.14 37.14	150m: 2:09.39 46.09	250m: 3:42.02 48.55	350m: 5:12.07 41.07	
	100m: 1:23.30 46.16	200m: 2:53.47 44.08	300m: 4:31.00 48.98	400m: 5:50.70 38.63	
34.	Sterre de Veen	Hellas-Glana	201100086	5:50.82 +0,72	427
	50m: 35.91 35.91	150m: 2:08.01 45.79	250m: 3:40.71 48.56	350m: 5:12.00 40.82	
	100m: 1:22.22 46.31	200m: 2:52.15 44.14	300m: 4:31.18 50.47	400m: 5:50.82 38.82	
35.	Lise Markes	SBC2000	201101276	5:53.28 +0,73	419
	50m: 35.96 35.96	150m: 2:07.89 47.14	250m: 3:44.85 50.80	350m: 5:16.03 40.73	
	100m: 1:20.75 44.79	200m: 2:54.05 46.16	300m: 4:35.30 50.45	400m: 5:53.28 37.25	
36.	Myrthe Bruinsma	ZPC AMERSFOORT	201101108	5:53.61 +0,83	417
	50m: 35.80 35.80	150m: 2:07.80 47.88	250m: 3:42.47 50.80	350m: 5:16.55 41.82	
	100m: 1:19.92 44.12	200m: 2:51.67 43.87	300m: 4:34.73 52.26	400m: 5:53.61 37.06	
37.	Annefleur Schraa	HZ&PC Heerenveen	201100044	5:54.03 +0,75	416
	50m: 40.00 40.00	150m: 2:11.75 44.85	250m: 3:44.40 49.92	350m: 5:16.02 40.38	
	100m: 1:26.90 46.90	200m: 2:54.48 42.73	300m: 4:35.64 51.24	400m: 5:54.03 38.01	
38.	Julia Ketelaars	Hellas-Glana	201200028	5:55.57 +0,62	411
	50m: 36.86 36.86	150m: 2:10.74 50.92	250m: 3:50.71 49.99	350m: 5:18.20 38.77	
	100m: 1:19.82 42.96	200m: 3:00.72 49.98	300m: 4:39.43 48.72	400m: 5:55.57 37.37	

Nederlandse Junior Kampioenschappen
Drachten, 20- - 22-6-2025

Programmanr. 26, Meisjes, 400m wisselslag, Onder 14

rang	naam	vereniging	tijd	RT	FINA
39.	Isabel Amelink	Deltasteur	201100196	5:55.58 +0,81	411
	50m: 38.25 38.25	150m: 2:13.09 48.48	250m: 3:51.50 50.11	350m: 5:18.67 37.61	
	100m: 1:24.61 46.36	200m: 3:01.39 48.30	300m: 4:41.06 49.56	400m: 5:55.58 36.91	
40.	Carlijn Dezutter	Scheldestroom	201100770	5:56.78 +0,74	406
	50m: 35.54 35.54	150m: 2:06.78 46.27	250m: 3:42.64 52.38	350m: 5:16.97 42.09	
	100m: 1:20.51 44.97	200m: 2:50.26 43.48	300m: 4:34.88 52.24	400m: 5:56.78 39.81	
41.	Mattea Gliese-Slooijs	De Dinkel	201100008	5:58.09 +0,67	402
	50m: 36.59 36.59	150m: 2:06.88 45.16	250m: 3:44.13 51.94	350m: 5:19.93 41.42	
	100m: 1:21.72 45.13	200m: 2:52.19 45.31	300m: 4:38.51 54.38	400m: 5:58.09 38.16	
42.	Isabella Ekberg	ZPC AMERSFOORT	201202206	5:59.15 +1,49	398
	50m: 35.93 35.93	150m: 2:07.29 47.01	250m: 3:47.22 54.05	350m: 5:21.18 40.11	
	100m: 1:20.28 44.35	200m: 2:53.17 45.88	300m: 4:41.07 53.85	400m: 5:59.15 37.97	
43.	Noa Spaans	De Dolfijn	201100222	5:59.96 +0,74	396
	50m: 34.94 34.94	150m: 2:06.64 48.43	250m: 3:45.42 52.86	350m: 5:19.73 42.63	
	100m: 1:18.21 43.27	200m: 2:52.56 45.92	300m: 4:37.10 51.68	400m: 5:59.96 40.23	
44.	Noortje Bisperink	ZPC AMERSFOORT	201100486	6:01.76 +0,84	390
	50m: 38.93 38.93	150m: 2:12.02 44.57	250m: 3:49.63 55.07	350m: 5:23.72 40.18	
	100m: 1:27.45 48.52	200m: 2:54.56 42.54	300m: 4:43.54 53.91	400m: 6:01.76 38.04	
45.	Esmee Reuver	ZC Polaris	201100846	6:04.33 +0,78	382
	50m: 39.17 39.17	150m: 2:13.25 43.31	250m: 3:48.14 52.05	350m: 5:23.11 41.41	
	100m: 1:29.94 50.77	200m: 2:56.09 42.84	300m: 4:41.70 53.56	400m: 6:04.33 41.22	
46.	Lisa Boogaard	Deltasteur	201100990	6:04.98 +1,65	380
	50m: 36.46 36.46	150m: 2:10.47 50.07	250m: 3:49.59 51.22	350m: 5:24.87 41.78	
	100m: 1:20.40 43.94	200m: 2:58.37 47.90	300m: 4:43.09 53.50	400m: 6:04.98 40.11	
47.	Alissa Rooijackers	Z&PV Nuenen	201101892	6:05.23 +0,68	379
	50m: 38.27 38.27	150m: 2:13.61 46.07	250m: 3:51.88 53.67	350m: 5:28.14 42.25	
	100m: 1:27.54 49.27	200m: 2:58.21 44.60	300m: 4:45.89 54.01	400m: 6:05.23 37.09	
48.	Alaine Dumont	De Watervogels	201102140	6:05.69 +0,71	377
	50m: 35.85 35.85	150m: 2:09.91 48.35	250m: 3:50.10 53.65	350m: 5:26.35 43.66	
	100m: 1:21.56 45.71	200m: 2:56.45 46.54	300m: 4:42.69 52.59	400m: 6:05.69 39.34	
49.	Kendra van der Voort	Arethusa	201100536	6:05.85 +0,89	377
	50m: 40.76 40.76	150m: 2:19.57 50.24	250m: 3:58.71 50.76	350m: 5:29.26 39.28	
	100m: 1:29.33 48.57	200m: 3:07.95 48.38	300m: 4:49.98 51.27	400m: 6:05.85 36.59	
DIS	Charlotte Stegink	Team Noord Holland	201103760		
	RF - Nadat het contact met de wand is verbroken na het keerpunt de rugligging niet aangenomen.				