

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

Programmanr. 4
20-6-2025 - 16:19

Meisjes, 400m vrije slag

Onder 14
Resultaten

Punten: AQUA 2025

rang	naam	vereniging	tijd	RT	FINA
1.	Yill van Bezouw	Hieronymus	201100704	4:32.02	647
	50m: 30.52 30.52	150m: 1:38.60 34.46	250m: 2:48.40 35.30	350m: 3:58.79 35.47	35.47
	100m: 1:04.14 33.62	200m: 2:13.10 34.50	300m: 3:23.32 34.92	400m: 4:32.02 33.23	33.23
2.	Ylène Zondervan	ZPC AMERSFOORT	201200016	4:38.88	601
	50m: 31.35 31.35	150m: 1:40.90 35.38	250m: 2:52.39 35.91	350m: 4:04.58 36.04	36.04
	100m: 1:05.52 34.17	200m: 2:16.48 35.58	300m: 3:28.54 36.15	400m: 4:38.88 34.30	34.30
3.	Anna Lepoutre	PSV	201100534	4:39.05	600
	50m: 31.03 31.03	150m: 1:39.70 34.92	250m: 2:51.42 36.45	350m: 4:04.26 36.41	36.41
	100m: 1:04.78 33.75	200m: 2:14.97 35.27	300m: 3:27.85 36.43	400m: 4:39.05 34.79	34.79
4.	Malin Roozeboom	WVZ	201100006	4:41.85	582
	50m: 31.94 31.94	150m: 1:42.57 35.82	250m: 2:54.44 36.04	350m: 4:06.43 35.87	35.87
	100m: 1:06.75 34.81	200m: 2:18.40 35.83	300m: 3:30.56 36.12	400m: 4:41.85 35.42	35.42
5.	Brechtje Slootweg	ZPC AMERSFOORT	201101744	4:44.67	565
	50m: 32.43 32.43	150m: 1:43.98 36.30	250m: 2:56.98 36.35	350m: 4:09.46 35.89	35.89
	100m: 1:07.68 35.25	200m: 2:20.63 36.65	300m: 3:33.57 36.59	400m: 4:44.67 35.21	35.21
6.	Noa van Zalk	ZPC AMERSFOORT	201102534	4:46.00	557
	50m: 32.17 32.17	150m: 1:43.62 36.16	250m: 2:57.13 37.05	350m: 4:10.80 36.94	36.94
	100m: 1:07.46 35.29	200m: 2:20.08 36.46	300m: 3:33.86 36.73	400m: 4:46.00 35.20	35.20
7.	Elin Reinstra	TriVia	201100842	4:46.07	557
	50m: 32.30 32.30	150m: 1:43.65 36.39	250m: 2:57.41 37.06	350m: 4:10.76 36.97	36.97
	100m: 1:07.26 34.96	200m: 2:20.35 36.70	300m: 3:33.79 36.38	400m: 4:46.07 35.31	35.31
8.	Julia Bannatyne	BZ&PC	201201020	4:47.64	547
	50m: 32.25 32.25	150m: 1:44.74 36.53	250m: 2:59.51 36.91	350m: 4:13.14 35.92	35.92
	100m: 1:08.21 35.96	200m: 2:22.60 37.86	300m: 3:37.22 37.71	400m: 4:47.64 34.50	34.50
9.	Kyara Balt	De Vikings	201100306	4:49.55	537
	50m: 32.25 32.25	150m: 1:44.53 36.52	250m: 2:59.05 37.03	350m: 4:13.22 36.72	36.72
	100m: 1:08.01 35.76	200m: 2:22.02 37.49	300m: 3:36.50 37.45	400m: 4:49.55 36.33	36.33
10.	Pien Walstra	De Treffers	201101034	4:50.34	532
	50m: 32.69 32.69	150m: 1:46.82 37.36	250m: 3:02.89 37.96	350m: 4:17.00 36.82	36.82
	100m: 1:09.46 36.77	200m: 2:24.93 38.11	300m: 3:40.18 37.29	400m: 4:50.34 33.34	33.34
11.	Milou Filemon	Blue Marlins	201100078	4:51.42	526
	50m: 32.42 32.42	150m: 1:44.93 36.70	250m: 3:00.22 37.63	350m: 4:15.19 37.40	37.40
	100m: 1:08.23 35.81	200m: 2:22.59 37.66	300m: 3:37.79 37.57	400m: 4:51.42 36.23	36.23
12.	Rozalia Diederiks	ZVL-1886	201100904	4:51.54	526
	50m: 34.01 34.01	150m: 1:47.63 37.43	250m: 3:02.57 37.63	350m: 4:16.49 37.16	37.16
	100m: 1:10.20 36.19	200m: 2:24.94 37.31	300m: 3:39.33 36.76	400m: 4:51.54 35.05	35.05
13.	Odenza Soselisa	Blue Marlins	201101780	4:51.98	523
	50m: 32.88 32.88	150m: 1:47.21 37.54	250m: 3:02.36 37.21	350m: 4:17.10 37.14	37.14
	100m: 1:09.67 36.79	200m: 2:25.15 37.94	300m: 3:39.96 37.60	400m: 4:51.98 34.88	34.88
14.	Frédérique Nijziel	De Dolfijn	201103114	4:52.96	518
	50m: 33.82 33.82	150m: 1:49.71 38.11	250m: 3:02.82 35.59	350m: 4:16.02 36.25	36.25
	100m: 1:11.60 37.78	200m: 2:27.23 37.52	300m: 3:39.77 36.95	400m: 4:52.96 36.94	36.94
15.	Casharell Kraan	Blue Marlins	201103426	4:56.45	500
	50m: 32.74 32.74	150m: 1:45.76 37.07	250m: 3:01.20 38.27	350m: 4:18.83 39.24	39.24
	100m: 1:08.69 35.95	200m: 2:22.93 37.17	300m: 3:39.59 38.39	400m: 4:56.45 37.62	37.62
16.	Isabel Amelink	Deltasteur	201100196	4:56.95	498
	50m: 32.74 32.74	150m: 1:47.18 37.79	250m: 3:03.89 38.23	350m: 4:21.11 37.72	37.72
	100m: 1:09.39 36.65	200m: 2:25.66 38.48	300m: 3:43.39 39.50	400m: 4:56.95 35.84	35.84
17.	Sterre de Veen	Hellas-Glana	201100086	4:57.13	497
	50m: 32.84 32.84	150m: 1:46.81 37.62	250m: 3:03.52 38.23	350m: 4:20.08 37.70	37.70
	100m: 1:09.19 36.35	200m: 2:25.29 38.48	300m: 3:42.38 38.86	400m: 4:57.13 37.05	37.05
18.	Lobke Hempenius	HZ&PC Heerenveen	201100522	4:58.12	492
	50m: 32.49 32.49	150m: 1:47.62 38.28	250m: 3:04.38 38.42	350m: 4:21.40 38.98	38.98
	100m: 1:09.34 36.85	200m: 2:25.96 38.34	300m: 3:42.42 38.04	400m: 4:58.12 36.72	36.72
19.	Julia Ketelaars	Hellas-Glana	201200028	5:00.69	479
	50m: 33.71 33.71	150m: 1:48.41 37.59	250m: 3:05.26 38.43	350m: 4:22.48 38.68	38.68
	100m: 1:10.82 37.11	200m: 2:26.83 38.42	300m: 3:43.80 38.54	400m: 5:00.69 38.21	38.21

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Programmanr. 4, Meisjes, 400m vrije slag, Onder 14

rang	naam	vereniging	tijd	RT	FINA
20.	Anouk Mulder	De Columbiaan	201200962	5:00.82	479
	50m: 31.92	150m: 1:47.60	250m: 3:05.74	350m: 4:24.06	39.02
	100m: 1:09.15	200m: 2:26.46	300m: 3:45.04	400m: 5:00.82	36.76
21.	Kamila Makhmadiyarova	Blue Marlins	201103178	5:02.03	473
	50m: 34.21	150m: 1:50.45	250m: 3:07.66	350m: 4:25.44	38.73
	100m: 1:11.88	200m: 2:28.62	300m: 3:46.71	400m: 5:02.03	36.59
22.	Esra Simon	Hellas-Glana	201100004	5:03.23	467
	50m: 34.74	150m: 1:50.60	250m: 3:07.73	350m: 4:25.95	39.02
	100m: 1:12.28	200m: 2:28.73	300m: 3:46.93	400m: 5:03.23	37.28
23.	Mattea Gliese-Slooijs	De Dinkel	201100008	5:03.85	464
	50m: 33.30	150m: 1:49.55	250m: 3:07.86	350m: 4:26.27	38.89
	100m: 1:10.98	200m: 2:28.63	300m: 3:47.38	400m: 5:03.85	37.58
24.	Simone Brobbel	SG Hoeksche Waard	201200058	5:04.58	461
	50m: 32.44	150m: 1:48.33	250m: 3:06.99	350m: 4:25.83	39.11
	100m: 1:09.52	200m: 2:27.31	300m: 3:46.72	400m: 5:04.58	38.75
25.	Fleur Buijs	Hieronymus	201100676	5:05.97	455
	50m: 33.45	150m: 1:49.67	250m: 3:08.61	350m: 4:27.80	39.79
	100m: 1:10.46	200m: 2:28.60	300m: 3:48.01	400m: 5:05.97	38.17
26.	Meike van der Klugt	WVZ	201100808	5:06.32	453
	50m: 33.89	150m: 1:52.38	250m: 3:11.15	350m: 4:29.50	39.11
	100m: 1:12.77	200m: 2:31.40	300m: 3:50.39	400m: 5:06.32	36.82
27.	Sarah Förster	Hellas-Glana	201102682	5:06.40	453
	50m: 33.92	150m: 1:50.56	250m: 3:09.44	350m: 4:28.69	39.38
	100m: 1:11.66	200m: 2:30.12	300m: 3:49.31	400m: 5:06.40	37.71
28.	Hanna Heller	ZPC AMERSFOORT	201102730	5:07.69	447
	50m: 33.87	150m: 1:50.17	250m: 3:09.38	350m: 4:29.40	40.25
	100m: 1:11.31	200m: 2:29.71	300m: 3:49.15	400m: 5:07.69	38.29
29.	Noa Spaans	De Dolfijn	201100222	5:08.05	446
	50m: 35.28	150m: 1:53.82	250m: 3:12.97	350m: 4:31.35	38.55
	100m: 1:14.66	200m: 2:33.76	300m: 3:52.80	400m: 5:08.05	36.70
30.	Mette Hogenhuis	Zwemlust- den Hommel	201101254	5:08.09	445
	50m: 33.77	150m: 1:51.17	250m: 3:09.10	350m: 4:29.08	39.69
	100m: 1:12.51	200m: 2:30.47	300m: 3:49.39	400m: 5:08.09	39.01
31.	Alissa Rooijackers	Z&PV Nuenen	201101892	5:08.78	442
	50m: 33.43	150m: 1:49.65	250m: 3:09.29	350m: 4:30.33	40.57
	100m: 1:10.51	200m: 2:28.65	300m: 3:49.76	400m: 5:08.78	38.45
32.	Charlotte Stegink	Team Noord Holland	201103760	5:08.83	442
	50m: 33.15	150m: 1:48.80	250m: 3:08.61	350m: 4:29.26	40.71
	100m: 1:09.81	200m: 2:28.52	300m: 3:48.55	400m: 5:08.83	39.57
33.	Eva ter Horst	ZPC Hoogeveen	201200070	5:09.62	439
	50m: 35.00	150m: 1:51.40	250m: 3:10.79	350m: 4:30.53	39.85
	100m: 1:12.43	200m: 2:30.99	300m: 3:50.68	400m: 5:09.62	39.09
34.	Esmee Reuver	ZC Polaris	201100846	5:09.93	438
	50m: 34.53	150m: 1:51.39	250m: 3:11.38	350m: 4:31.84	40.59
	100m: 1:12.04	200m: 2:30.80	300m: 3:51.25	400m: 5:09.93	38.09
35.	Elle van Gemeren	DAW	201100428	5:10.92	433
	50m: 33.22	150m: 1:50.70	250m: 3:10.96	350m: 4:32.32	40.14
	100m: 1:11.39	200m: 2:31.02	300m: 3:52.18	400m: 5:10.92	38.60
36.	Lisa Boogaard	Deltasteur	201100990	5:11.29	432
	50m: 34.73	150m: 1:51.81	250m: 3:12.11	350m: 4:32.67	40.20
	100m: 1:12.88	200m: 2:31.66	300m: 3:52.47	400m: 5:11.29	38.62
37.	Noortje Bisperink	ZPC AMERSFOORT	201100486	5:11.35	432
	50m: 33.58	150m: 1:51.32	250m: 3:11.30	350m: 4:32.29	40.31
	100m: 1:11.82	200m: 2:31.21	300m: 3:51.98	400m: 5:11.35	39.06
38.	Carlijn Dezutter	Scheldestroom	201100770	5:11.96	429
	50m: 33.47	150m: 1:49.08	250m: 3:09.10	350m: 4:31.54	41.14
	100m: 1:10.39	200m: 2:28.81	300m: 3:50.40	400m: 5:11.96	40.42
39.	Annefleur Schraa	HZ&PC Heerenveen	201100044	5:12.65	426
	50m: 34.04	150m: 1:51.78	250m: 3:12.03	350m: 4:33.57	40.65
	100m: 1:11.64	200m: 2:31.32	300m: 3:52.92	400m: 5:12.65	39.08

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

Programmanr. 4, Meisjes, 400m vrije slag, Onder 14

rang	naam	vereniging								tijd	RT	FINA
40.	Norell Kroeze	ZC Polaris					201100378			5:12.90		425
	50m:	35.27	35.27	150m:	1:54.88	40.53	250m:	3:15.56	40.33	350m:	4:35.06	38.52
	100m:	1:14.35	39.08	200m:	2:35.23	40.35	300m:	3:56.54	40.98	400m:	5:12.90	37.84
41.	Lise Markes	SBC2000					201101276			5:13.39		423
	50m:	34.23	34.23	150m:	1:53.05	40.36	250m:	3:14.36	40.65	350m:	4:35.75	40.21
	100m:	1:12.69	38.46	200m:	2:33.71	40.66	300m:	3:55.54	41.18	400m:	5:13.39	37.64
42.	Valerie Rienties	Zwemsport Parkstad					201200400			5:13.64		422
	50m:	34.59	34.59	150m:	1:54.13	40.14	250m:	3:15.17	40.28	350m:	4:36.11	40.15
	100m:	1:13.99	39.40	200m:	2:34.89	40.76	300m:	3:55.96	40.79	400m:	5:13.64	37.53
43.	Sara Creemers	Hellas-Glana					201100242			5:14.12		420
	50m:	34.16	34.16	150m:	1:53.99	41.19	250m:	3:15.58	41.10	350m:	4:35.98	39.57
	100m:	1:12.80	38.64	200m:	2:34.48	40.49	300m:	3:56.41	40.83	400m:	5:14.12	38.14
44.	Kendra van der Voort	Arethusa					201100536			5:15.08		416
	50m:	35.31	35.31	150m:	1:54.71	40.41	250m:	3:18.01	41.95	350m:	4:38.60	39.66
	100m:	1:14.30	38.99	200m:	2:36.06	41.35	300m:	3:58.94	40.93	400m:	5:15.08	36.48
45.	Morrison Schram	Z&PC De Zeeuwse Kust					201100686			5:16.90		409
	50m:	34.45	34.45	150m:	1:52.98	40.06	250m:	3:15.02	41.03	350m:	4:37.50	40.63
	100m:	1:12.92	38.47	200m:	2:33.99	41.01	300m:	3:56.87	41.85	400m:	5:16.90	39.40
46.	Vicky Horens	Hellas-Glana					201200252			5:18.04		405
	50m:	33.23	33.23	150m:	1:50.61	39.70	250m:	3:12.78	41.80	350m:	4:37.32	42.12
	100m:	1:10.91	37.68	200m:	2:30.98	40.37	300m:	3:55.20	42.42	400m:	5:18.04	40.72
47.	Isabella Ekberg	ZPC AMERSFOORT					201202206			5:18.87		402
	50m:	34.22	34.22	150m:	1:53.58	39.86	250m:	3:14.43	39.71	350m:	4:37.25	41.57
	100m:	1:13.72	39.50	200m:	2:34.72	41.14	300m:	3:55.68	41.25	400m:	5:18.87	41.62
48.	Myrthe Bruinsma	ZPC AMERSFOORT					201101108			5:20.94		394
	50m:	35.24	35.24	150m:	1:56.95	42.12	250m:	3:19.68	40.55	350m:	4:43.26	40.47
	100m:	1:14.83	39.59	200m:	2:39.13	42.18	300m:	4:02.79	43.11	400m:	5:20.94	37.68
49.	Alena Ytsma	HZ&PC Heerenveen					201201736			5:29.42		364
	50m:	36.12	36.12	150m:	1:59.23	42.03	250m:	3:23.82	42.41	350m:	4:49.10	42.30
	100m:	1:17.20	41.08	200m:	2:41.41	42.18	300m:	4:06.80	42.98	400m:	5:29.42	40.32
50.	Alaine Dumont	De Watervogels					201102140			5:34.75		347
	50m:	34.34	34.34	150m:	1:54.67	40.99	250m:	3:21.48	43.08	350m:	4:50.15	44.39
	100m:	1:13.68	39.34	200m:	2:38.40	43.73	300m:	4:05.76	44.28	400m:	5:34.75	44.60