

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

Programmanr. 44
22-6-2025 - 15:46

Meisjes, 400m vrije slag

Onder 16
Resultaten

Punten: AQUA 2025

rang	naam			vereniging					tijd	RT	FINA	
1.	Fenne Metten			ZPC AMERSFOORT			201000102		4:28.23	+0,56	675	
	50m:	30.38	30.38	150m:	1:39.01	35.01	250m:	2:48.17	34.82	350m:	3:56.91	34.33
	100m:	1:04.00	33.62	200m:	2:13.35	34.34	300m:	3:22.58	34.41	400m:	4:28.23	31.32
2.	Bregje Dekkers			PSV			200900746		4:28.93	+0,72	670	
	50m:	31.20	31.20	150m:	1:38.86	34.39	250m:	2:47.58	34.48	350m:	3:56.52	34.29
	100m:	1:04.47	33.27	200m:	2:13.10	34.24	300m:	3:22.23	34.65	400m:	4:28.93	32.41
3.	Nina van der Schrier			AZC			201000444		4:35.69		622	
	50m:	31.00	31.00	150m:	1:38.92	34.69	250m:	2:50.12	35.92	350m:	4:01.49	35.68
	100m:	1:04.23	33.23	200m:	2:14.20	35.28	300m:	3:25.81	35.69	400m:	4:35.69	34.20
4.	Luus Gielens			PSV			200900138		4:40.18	+0,80	592	
	50m:	31.37	31.37	150m:	1:40.72	35.38	250m:	2:52.83	36.29	350m:	4:05.24	36.21
	100m:	1:05.34	33.97	200m:	2:16.54	35.82	300m:	3:29.03	36.20	400m:	4:40.18	34.94
5.	Fenna Westerneng			DZ&PC			200900070		4:40.85	+0,77	588	
	50m:	31.48	31.48	150m:	1:40.27	34.72	250m:	2:51.41	35.60	350m:	4:04.43	36.75
	100m:	1:05.55	34.07	200m:	2:15.81	35.54	300m:	3:27.68	36.27	400m:	4:40.85	36.42
6.	Elin Brinkhof			De Dolfijn			200900078		4:43.81	+1,99	570	
	50m:	31.66	31.66	150m:	1:42.66	35.89	250m:	2:55.57	36.74	350m:	4:09.01	37.09
	100m:	1:06.77	35.11	200m:	2:18.83	36.17	300m:	3:31.92	36.35	400m:	4:43.81	34.80
7.	Nina Tetteroo			De Columbiaan			201000048		4:45.74	+0,59	558	
	50m:	32.03	32.03	150m:	1:44.02	36.77	250m:	2:57.31	36.79	350m:	4:11.08	36.91
	100m:	1:07.25	35.22	200m:	2:20.52	36.50	300m:	3:34.17	36.86	400m:	4:45.74	34.66
8.	Suuz Griekspoor			Noordwijkerhout			200901204		4:47.51	+0,72	548	
	50m:	31.74	31.74	150m:	1:43.78	36.53	250m:	2:58.01	37.21	350m:	4:11.82	36.48
	100m:	1:07.25	35.51	200m:	2:20.80	37.02	300m:	3:35.34	37.33	400m:	4:47.51	35.69
9.	Simone Faber			Deltasteur			200900710		4:50.26	+0,70	533	
	50m:	33.17	33.17	150m:	1:48.06	37.60	250m:	3:03.35	37.26	350m:	4:16.95	35.83
	100m:	1:10.46	37.29	200m:	2:26.09	38.03	300m:	3:41.12	37.77	400m:	4:50.26	33.31
10.	Florien Pot			OZ&PC			201000768		4:50.43	+1,86	532	
	50m:	31.52	31.52	150m:	1:44.58	36.93	250m:	2:59.25	37.38	350m:	4:14.69	37.85
	100m:	1:07.65	36.13	200m:	2:21.87	37.29	300m:	3:36.84	37.59	400m:	4:50.43	35.74
11.	Mariia Kostina			Blue Marlins			201002042		4:50.67	+0,71	531	
	50m:	31.81	31.81	150m:	1:45.61	37.29	250m:	3:01.16	37.57	350m:	4:15.35	36.80
	100m:	1:08.32	36.51	200m:	2:23.59	37.98	300m:	3:38.55	37.39	400m:	4:50.67	35.32
12.	Ilse Jongepier			TriVia			201000006		4:51.05	+0,81	528	
	50m:	31.91	31.91	150m:	1:45.73	38.01	250m:	3:00.91	38.09	350m:	4:15.82	37.50
	100m:	1:07.72	35.81	200m:	2:22.82	37.09	300m:	3:38.32	37.41	400m:	4:51.05	35.23
13.	Tara Langkamp			Aqua-Novio'94			200900362		4:51.07	+0,68	528	
	50m:	31.18	31.18	150m:	1:44.98	37.43	250m:	3:00.42	37.61	350m:	4:15.34	37.29
	100m:	1:07.55	36.37	200m:	2:22.81	37.83	300m:	3:38.05	37.63	400m:	4:51.07	35.73
14.	Rixt Rothschild			ZPC Hoogeveen			200900026		4:51.88	+0,72	524	
	50m:	33.28	33.28	150m:	1:47.05	37.29	250m:	3:02.37	37.63	350m:	4:16.56	36.67
	100m:	1:09.76	36.48	200m:	2:24.74	37.69	300m:	3:39.89	37.52	400m:	4:51.88	35.32
15.	Yanique Bax			ZPC AMERSFOORT			201001428		4:52.52	+0,71	521	
	50m:	33.34	33.34	150m:	1:46.99	37.15	250m:	3:01.76	37.17	350m:	4:16.26	36.70
	100m:	1:09.84	36.50	200m:	2:24.59	37.60	300m:	3:39.56	37.80	400m:	4:52.52	36.26
16.	Lotte Lübbers			KSN (SG)			200900190		4:52.70	+0,74	520	
	50m:	33.41	33.41	150m:	1:47.84	38.05	250m:	3:03.26	37.49	350m:	4:17.42	36.60
	100m:	1:09.79	36.38	200m:	2:25.77	37.93	300m:	3:40.82	37.56	400m:	4:52.70	35.28
17.	Julia Dąbrowska			Blue Marlins			201000300		4:53.23	+0,64	517	
	50m:	30.87	30.87	150m:	1:44.34	37.25	250m:	3:00.29	37.93	350m:	4:16.54	37.86
	100m:	1:07.09	36.22	200m:	2:22.36	38.02	300m:	3:38.68	38.39	400m:	4:53.23	36.69
18.	Milou Geneuglijk			HZ&PC Heerenveen			200900556		4:53.53	+0,72	515	
	50m:	31.77	31.77	150m:	1:44.87	37.12	250m:	3:00.30	38.12	350m:	4:16.84	38.21
	100m:	1:07.75	35.98	200m:	2:22.18	37.31	300m:	3:38.63	38.33	400m:	4:53.53	36.69
19.	Faye Thijsse			WVZ			201001364		4:54.01	+0,76	513	
	50m:	31.29	31.29	150m:	1:44.83	37.31	250m:	2:59.85	37.97	350m:	4:16.91	38.05
	100m:	1:07.52	36.23	200m:	2:21.88	37.05	300m:	3:38.86	39.01	400m:	4:54.01	37.10

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

Programmanr. 44, Meisjes, 400m vrije slag, Onder 16

rang	naam	vereniging	tijd	RT	FINA
20.	Chiara Lammertink	ZPC AMERSFOORT	200902200	4:54.57 +0,62	510
	50m: 32.48 32.48	150m: 1:43.91 36.26	250m: 2:59.33 37.68	350m: 4:16.00 37.82	
	100m: 1:07.65 35.17	200m: 2:21.65 37.74	300m: 3:38.18 38.85	400m: 4:54.57 38.57	
21.	Myrthe Rozendaal	Aqua-Novio'94	201000790	4:54.98 +0,66	508
	50m: 32.65 32.65	150m: 1:46.61 37.36	250m: 3:02.30 37.83	350m: 4:17.82 37.33	
	100m: 1:09.25 36.60	200m: 2:24.47 37.86	300m: 3:40.49 38.19	400m: 4:54.98 37.16	
22.	Erin de Jong	GZC DONK	201000024	4:56.11 +0,77	502
	50m: 32.68 32.68	150m: 1:46.21 37.24	250m: 3:01.72 37.69	350m: 4:18.23 38.20	
	100m: 1:08.97 36.29	200m: 2:24.03 37.82	300m: 3:40.03 38.31	400m: 4:56.11 37.88	
23.	Dante van Meene	DAW	200900678	4:59.65 +0,75	484
	50m: 33.04 33.04	150m: 1:47.62 38.11	250m: 3:04.06 38.28	350m: 4:21.26 39.09	
	100m: 1:09.51 36.47	200m: 2:25.78 38.16	300m: 3:42.17 38.11	400m: 4:59.65 38.39	
24.	Sterre Dietvorst	ZPC AMERSFOORT	200900726	5:04.86 +0,68	460
	50m: 33.41 33.41	150m: 1:50.33 38.72	250m: 3:08.44 38.61	350m: 4:26.98 38.74	
	100m: 1:11.61 38.20	200m: 2:29.83 39.50	300m: 3:48.24 39.80	400m: 5:04.86 37.88	
25.	Emma Steenbrink	OZ&PC	200901376	5:07.61 +0,67	448
	50m: 33.93 33.93	150m: 1:49.89 38.70	250m: 3:09.95 40.30	350m: 4:29.00 39.31	
	100m: 1:11.19 37.26	200m: 2:29.65 39.76	300m: 3:49.69 39.74	400m: 5:07.61 38.61	
26.	Daphne Dijsselhof	Dedemsvaart-AC	200901690	5:12.12 +0,86	428
	50m: 34.33 34.33	150m: 1:52.59 39.69	250m: 3:13.23 39.99	350m: 4:33.33 40.20	
	100m: 1:12.90 38.57	200m: 2:33.24 40.65	300m: 3:53.13 39.90	400m: 5:12.12 38.79	
NG	Djelaysa Buunk	Z&PC De Zeeuwse Kust	200900536		
NG	Elin Baars	DWK	201000138		
NG	Dewi Meijer	De Dolfijn	201000302		
NG	Juliëtte Woltjes	VZC	200900774		