

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

Programmanr. 6
20-6-2025 - 17:39

Meisjes, 400m wisselslag

Onder 16
Resultaten

Punten: AQUA 2025

rang	naam	vereniging						tijd			RT	FINA
1.	Fay Boxum <i>Kampioenschapsrecord o16</i>	DZ&PC						200900060			5:03.31	662
	50m: 31.39 100m: 1:08.40	31.39 37.01	150m: 1:46.59 200m: 2:24.28	38.19 37.69	250m: 3:08.00 300m: 3:52.54	43.72 44.54	350m: 4:28.34 400m: 5:03.31	35.80 34.97				
2.	Bregje Dekkers	PSV						200900746			5:06.96	638
	50m: 32.51 100m: 1:09.39	32.51 36.88	150m: 1:51.27 200m: 2:31.69	41.88 40.42	250m: 3:15.10 300m: 3:59.01	43.41 43.91	350m: 4:33.74 400m: 5:06.96	34.73 33.22				
3.	Fenne Metten	ZPC AMERSFOORT						201000102			5:08.55	629
	50m: 31.98 100m: 1:09.42	31.98 37.44	150m: 1:48.90 200m: 2:26.32	39.48 37.42	250m: 3:12.91 300m: 3:59.58	46.59 46.67	350m: 4:35.66 400m: 5:08.55	36.08 32.89				
4.	Luus Gielens	PSV						200900138			5:09.94	620
	50m: 32.67 100m: 1:10.91	32.67 38.24	150m: 1:51.51 200m: 2:30.83	40.60 39.32	250m: 3:15.57 300m: 4:00.73	44.74 45.16	350m: 4:36.47 400m: 5:09.94	35.74 33.47				
5.	Juliëtte Woltjes	VZC						200900774			5:14.52	593
	50m: 31.56 100m: 1:10.26	31.56 38.70	150m: 1:51.30 200m: 2:31.10	41.04 39.80	250m: 3:16.00 300m: 4:02.99	44.90 46.99	350m: 4:38.91 400m: 5:14.52	35.92 35.61				
6.	Elin Ditewig	VZC						200900392			5:22.46	551
	50m: 31.15 100m: 1:09.32	31.15 38.17	150m: 1:50.05 200m: 2:30.14	40.73 40.09	250m: 3:17.59 300m: 4:06.50	47.45 48.91	350m: 4:44.04 400m: 5:22.46	37.54 38.42				
7.	Amber Kunst	DAW						200900680			5:23.75	544
	50m: 33.98 100m: 1:17.17	33.98 43.19	150m: 1:59.87 200m: 2:41.45	42.70 41.58	250m: 3:25.36 300m: 4:10.61	43.91 45.25	350m: 4:47.69 400m: 5:23.75	37.08 36.06				
8.	Myrthe Stelten	Hellas-Glana						200900234			5:25.88	533
	50m: 32.28 100m: 1:13.38	32.28 41.10	150m: 1:55.98 200m: 2:37.69	42.60 41.71	250m: 3:22.84 300m: 4:08.41	45.15 45.57	350m: 4:48.07 400m: 5:25.88	39.66 37.81				
9.	Lotte Lübbers	KSN (SG)						200900190			5:25.93	533
	50m: 34.88 100m: 1:15.85	34.88 40.97	150m: 1:58.66 200m: 2:40.62	42.81 41.96	250m: 3:26.70 300m: 4:14.56	46.08 47.86	350m: 4:50.59 400m: 5:25.93	36.03 35.34				
10.	Esmaé de Gans	ZPC AMERSFOORT						200900134			5:29.76	515
	50m: 33.23 100m: 1:13.06	33.23 39.83	150m: 1:55.71 200m: 2:36.90	42.65 41.19	250m: 3:22.20 300m: 4:12.01	45.30 49.81	350m: 4:50.38 400m: 5:29.76	38.37 39.38				
11.	Jenny Muntinga	ZPCH						200900450			5:30.11	513
	50m: 33.23 100m: 1:13.90	33.23 40.67	150m: 1:56.57 200m: 2:38.81	42.67 42.24	250m: 3:26.39 300m: 4:15.06	47.58 48.67	350m: 4:53.08 400m: 5:30.11	38.02 37.03				
12.	Rixt Rothschild	ZPC Hoogeveen						200900026			5:31.19	508
	50m: 35.03 100m: 1:18.08	35.03 43.05	150m: 2:02.12 200m: 2:45.37	44.04 43.25	250m: 3:31.17 300m: 4:17.81	45.80 46.64	350m: 4:55.63 400m: 5:31.19	37.82 35.56				
13.	Raegan Belmar	Blue Marlins						201004070			5:31.66	506
	50m: 33.36 100m: 1:14.40	33.36 41.04	150m: 1:57.55 200m: 2:40.16	43.15 42.61	250m: 3:28.04 300m: 4:17.21	47.88 49.17	350m: 4:54.41 400m: 5:31.66	37.20 37.25				
14.	Silke Hooghiemstra	HZ&PC Heerenveen						200901224			5:32.37	503
	50m: 31.68 100m: 1:08.78	31.68 37.10	150m: 1:49.84 200m: 2:30.02	41.06 40.18	250m: 3:23.56 300m: 4:16.10	53.54 52.54	350m: 4:55.39 400m: 5:32.37	39.29 36.98				
15.	Simone Faber	Deltasteur						200900710			5:32.94	500
	50m: 34.79 100m: 1:17.26	34.79 42.47	150m: 2:01.96 200m: 2:45.12	44.70 43.16	250m: 3:32.89 300m: 4:21.01	47.77 48.12	350m: 4:59.01 400m: 5:32.94	38.00 33.93				
16.	Elin Baars	DWK						201000138			5:34.30	494
	50m: 33.99 100m: 1:16.54	33.99 42.55	150m: 2:01.45 200m: 2:43.33	44.91 41.88	250m: 3:29.42 300m: 4:16.86	46.09 47.44	350m: 4:56.30 400m: 5:34.30	39.44 38.00				
17.	Linou van Kampen	ZPCH						201000594			5:34.49	493
	50m: 34.84 100m: 1:17.14	34.84 42.30	150m: 2:02.77 200m: 2:46.11	45.63 43.34	250m: 3:30.98 300m: 4:17.69	44.87 46.71	350m: 4:57.67 400m: 5:34.49	39.98 36.82				
18.	Nina Tetteroo	De Columbiaan						201000048			5:35.14	490
	50m: 35.88 100m: 1:19.14	35.88 43.26	150m: 2:02.44 200m: 2:45.65	43.30 43.21	250m: 3:33.68 300m: 4:21.67	48.03 47.99	350m: 4:59.01 400m: 5:35.14	37.34 36.13				

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

Programmanr. 6, Meisjes, 400m wisselslag, Onder 16

rang	naam	vereniging	tijd	RT	FINA
19.	Mandy Berndsden	VZC	201001138	5:36.51	484
	50m: 34.13 34.13	150m: 2:01.57 45.23	250m: 3:32.35 47.82	350m: 4:59.65 38.24	
	100m: 1:16.34 42.21	200m: 2:44.53 42.96	300m: 4:21.41 49.06	400m: 5:36.51 36.86	
20.	Suuz Griekspoor	Noordwijkerhout	200901204	5:38.14	477
	50m: 33.35 33.35	150m: 1:59.10 45.20	250m: 3:31.82 48.47	350m: 5:01.20 39.34	
	100m: 1:13.90 40.55	200m: 2:43.35 44.25	300m: 4:21.86 50.04	400m: 5:38.14 36.94	
21.	Tessa van Beek	DWK	201001446	5:38.43	476
	50m: 34.78 34.78	150m: 2:00.04 43.10	250m: 3:30.57 49.49	350m: 5:00.67 40.03	
	100m: 1:16.94 42.16	200m: 2:41.08 41.04	300m: 4:20.64 50.07	400m: 5:38.43 37.76	
22.	Florien Pot	OZ&PC	201000768	5:38.69	475
	50m: 35.57 35.57	150m: 2:03.45 43.52	250m: 3:35.62 49.90	350m: 5:03.13 36.95	
	100m: 1:19.93 44.36	200m: 2:45.72 42.27	300m: 4:26.18 50.56	400m: 5:38.69 35.56	
23.	Romy de Graaf	Hellas-Glana	201003660	5:41.24	465
	50m: 34.92 34.92	150m: 1:58.29 41.38	250m: 3:30.78 51.16	350m: 5:03.19 40.24	
	100m: 1:16.91 41.99	200m: 2:39.62 41.33	300m: 4:22.95 52.17	400m: 5:41.24 38.05	
24.	Femke ter Horst	ZPC Hoogeveen	201000108	5:41.60	463
	50m: 34.63 34.63	150m: 2:00.80 44.52	250m: 3:35.11 51.02	350m: 5:04.78 38.68	
	100m: 1:16.28 41.65	200m: 2:44.09 43.29	300m: 4:26.10 50.99	400m: 5:41.60 36.82	
25.	Ilse Jongepier	TriVia	201000006	5:41.61	463
	50m: 36.59 36.59	150m: 2:05.38 44.63	250m: 3:36.53 48.49	350m: 5:04.81 36.63	
	100m: 1:20.75 44.16	200m: 2:48.04 42.66	300m: 4:28.18 51.65	400m: 5:41.61 36.80	
26.	Yanique Bax	ZPC AMERSFOORT	201001428	5:42.36	460
	50m: 33.65 33.65	150m: 2:00.39 45.36	250m: 3:35.78 54.08	350m: 5:07.07 37.80	
	100m: 1:15.03 41.38	200m: 2:41.70 41.31	300m: 4:29.27 53.49	400m: 5:42.36 35.29	
27.	Hadewych Forschelen	MNC Dordrecht	200903572	5:42.89	458
	50m: 35.24 35.24	150m: 2:00.84 44.82	250m: 3:34.81 50.51	350m: 5:05.10 40.60	
	100m: 1:16.02 40.78	200m: 2:44.30 43.46	300m: 4:24.50 49.69	400m: 5:42.89 37.79	
28.	Alaine Lomans	Hellas-Glana	201000420	5:43.05	457
	50m: 33.10 33.10	150m: 1:58.46 44.14	250m: 3:32.57 50.07	350m: 5:04.12 41.12	
	100m: 1:14.32 41.22	200m: 2:42.50 44.04	300m: 4:23.00 50.43	400m: 5:43.05 38.93	
29.	Juno de Roos	De Zwoer	200901868	5:43.26	456
	50m: 34.85 34.85	150m: 2:02.47 44.86	250m: 3:34.59 49.21	350m: 5:05.25 40.19	
	100m: 1:17.61 42.76	200m: 2:45.38 42.91	300m: 4:25.06 50.47	400m: 5:43.26 38.01	
30.	Renske van den Bosch	V.Z.V. Njord	201001828	5:43.78	454
	50m: 36.63 36.63	150m: 2:03.35 43.01	250m: 3:34.92 49.77	350m: 5:05.56 39.80	
	100m: 1:20.34 43.71	200m: 2:45.15 41.80	300m: 4:25.76 50.84	400m: 5:43.78 38.22	
31.	Lili Oosting	DWK	200900384	5:43.84	454
	50m: 35.59 35.59	150m: 2:03.09 45.23	250m: 3:36.77 49.35	350m: 5:06.76 39.56	
	100m: 1:17.86 42.27	200m: 2:47.42 44.33	300m: 4:27.20 50.43	400m: 5:43.84 37.08	
32.	Myrthe Rozendaal	Aqua-Novio'94	201000790	5:44.49	452
	50m: 35.45 35.45	150m: 2:07.19 45.69	250m: 3:36.93 45.53	350m: 5:05.68 40.56	
	100m: 1:21.50 46.05	200m: 2:51.40 44.21	300m: 4:25.12 48.19	400m: 5:44.49 38.81	
33.	Famke Franzen	De Schotelijl	201000058	5:45.21	449
	50m: 34.34 34.34	150m: 2:01.23 44.39	250m: 3:36.12 50.40	350m: 5:06.02 39.45	
	100m: 1:16.84 42.50	200m: 2:45.72 44.49	300m: 4:26.57 50.45	400m: 5:45.21 39.19	
34.	Jorja Verschoor	AZC	200902640	5:45.25	449
	50m: 33.98 33.98	150m: 1:59.82 44.19	250m: 3:34.30 50.54	350m: 5:06.16 39.17	
	100m: 1:15.63 41.65	200m: 2:43.76 43.94	300m: 4:26.99 52.69	400m: 5:45.25 39.09	
35.	Isis Verhoeff	ZPC AMERSFOORT	200902962	5:45.88	446
	50m: 33.73 33.73	150m: 1:55.94 43.20	250m: 3:32.41 53.12	350m: 5:06.99 40.99	
	100m: 1:12.74 39.01	200m: 2:39.29 43.35	300m: 4:26.00 53.59	400m: 5:45.88 38.89	
36.	Fardau Cazemier	ZCNF'34	200901736	5:46.14	445
	50m: 37.40 37.40	150m: 2:06.33 45.62	250m: 3:39.46 47.93	350m: 5:09.60 40.43	
	100m: 1:20.71 43.31	200m: 2:51.53 45.20	300m: 4:29.17 49.71	400m: 5:46.14 36.54	
37.	Erin de Jong	GZC DONK	201000024	5:46.28	445
	50m: 33.68 33.68	150m: 1:58.96 44.42	250m: 3:33.93 51.24	350m: 5:06.57 40.14	
	100m: 1:14.54 40.86	200m: 2:42.69 43.73	300m: 4:26.43 52.50	400m: 5:46.28 39.71	
38.	Manou Longayroux	Blue Marlines	201000580	5:46.89	442
	50m: 35.37 35.37	150m: 2:03.69 47.21	250m: 3:38.27 50.18	350m: 5:08.38 41.75	
	100m: 1:16.48 41.11	200m: 2:48.09 44.40	300m: 4:26.63 48.36	400m: 5:46.89 38.51	

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

Programmanr. 6, Meisjes, 400m wisselslag, Onder 16

rang	naam	vereniging	tijd	RT	FINA
39.	Zoë van Hameren	RZ	200901000	5:47.03	442
	50m: 37.07 37.07	150m: 2:06.89 46.65	250m: 3:40.45 48.53	350m: 5:09.65	40.05
	100m: 1:20.24 43.17	200m: 2:51.92 45.03	300m: 4:29.60 49.15	400m: 5:47.03	37.38
40.	Jayna Wagemakers	Hieronymus	201000226	5:47.19	441
	50m: 36.22 36.22	150m: 2:05.20 44.44	250m: 3:37.58 48.83	350m: 5:07.44	40.92
	100m: 1:20.76 44.54	200m: 2:48.75 43.55	300m: 4:26.52 48.94	400m: 5:47.19	39.75
41.	Nienke Bulter	De Dinkel	200902188	5:48.22	437
	50m: 35.95 35.95	150m: 2:04.02 46.30	250m: 3:37.95 49.70	350m: 5:08.75	40.82
	100m: 1:17.72 41.77	200m: 2:48.25 44.23	300m: 4:27.93 49.98	400m: 5:48.22	39.47
42.	Jasmijn Schoonen	Wiekslag	200901196	5:50.33	429
	50m: 36.56 36.56	150m: 2:07.94 45.67	250m: 3:39.93 47.99	350m: 5:11.63	42.45
	100m: 1:22.27 45.71	200m: 2:51.94 44.00	300m: 4:29.18 49.25	400m: 5:50.33	38.70
43.	Daphne Dijsselhof	Dedemsvaart-AC	200901690	5:50.80	428
	50m: 35.36 35.36	150m: 2:06.38 45.48	250m: 3:42.13 52.65	350m: 5:13.57	38.68
	100m: 1:20.90 45.54	200m: 2:49.48 43.10	300m: 4:34.89 52.76	400m: 5:50.80	37.23
44.	Dante van Meene	DAW	200900678	5:51.07	427
	50m: 38.14 38.14	150m: 2:13.47 46.37	250m: 3:43.58 45.37	350m: 5:12.70	40.18
	100m: 1:27.10 48.96	200m: 2:58.21 44.74	300m: 4:32.52 48.94	400m: 5:51.07	38.37
45.	Anna Strang van Hees	De Duinkikkers	200902566	5:51.30	426
	50m: 37.42 37.42	150m: 2:07.90 44.36	250m: 3:43.61 49.85	350m: 5:12.97	38.83
	100m: 1:23.54 46.12	200m: 2:53.76 45.86	300m: 4:34.14 50.53	400m: 5:51.30	38.33
46.	Laura Dumont	SG Patrick - De Roersoppers	200900020	5:52.19	423
	50m: 34.78 34.78	150m: 2:04.97 46.85	250m: 3:41.01 53.11	350m: 5:15.00	39.58
	100m: 1:18.12 43.34	200m: 2:47.90 42.93	300m: 4:35.42 54.41	400m: 5:52.19	37.19
47.	Yara van Asselen	De Dolfijn	200900408	5:52.27	422
	50m: 35.16 35.16	150m: 2:05.02 45.99	250m: 3:39.91 49.52	350m: 5:12.44	41.28
	100m: 1:19.03 43.87	200m: 2:50.39 45.37	300m: 4:31.16 51.25	400m: 5:52.27	39.83
48.	Victoria Diederiks	ZVL-1886	200900758	5:52.46	422
	50m: 36.77 36.77	150m: 2:07.67 45.11	250m: 3:40.08 48.08	350m: 5:13.27	43.18
	100m: 1:22.56 45.79	200m: 2:52.00 44.33	300m: 4:30.09 50.01	400m: 5:52.46	39.19
49.	Puck van Wees	De Dolfijn	200901020	5:53.70	417
	50m: 37.00 37.00	150m: 2:08.77 45.51	250m: 3:44.62 51.85	350m: 5:16.41	39.77
	100m: 1:23.26 46.26	200m: 2:52.77 44.00	300m: 4:36.64 52.02	400m: 5:53.70	37.29
50.	Karlijn Siderius	DWK	200900032	5:53.71	417
	50m: 33.71 33.71	150m: 2:03.42 47.66	250m: 3:43.11 53.25	350m: 5:15.86	39.78
	100m: 1:15.76 42.05	200m: 2:49.86 46.44	300m: 4:36.08 52.97	400m: 5:53.71	37.85
51.	Tess Meeuwissen	De Columbiaan	201000370	5:55.89	409
	50m: 33.03 33.03	150m: 2:00.53 44.19	250m: 3:34.14 50.62	350m: 5:10.69	44.10
	100m: 1:16.34 43.31	200m: 2:43.52 42.99	300m: 4:26.59 52.45	400m: 5:55.89	45.20
52.	Mare Offringa	SG. Bolsward-Workum	201001110	5:57.48	404
	50m: 35.52 35.52	150m: 2:06.16 44.25	250m: 3:44.33 53.82	350m: 5:18.39	40.01
	100m: 1:21.91 46.39	200m: 2:50.51 44.35	300m: 4:38.38 54.05	400m: 5:57.48	39.09
53.	Brecht van Ravensteijn	Arethusa	201100738	5:59.17	398
	50m: 36.65 36.65	150m: 2:08.78 47.90	250m: 3:43.53 49.04	350m: 5:18.99	43.27
	100m: 1:20.88 44.23	200m: 2:54.49 45.71	300m: 4:35.72 52.19	400m: 5:59.17	40.18
54.	Sterre Dietvorst	ZPC AMERSFOORT	200900726	6:07.39	372
	50m: 34.54 34.54	150m: 2:09.93 50.01	250m: 3:49.70 52.91	350m: 5:27.42	42.29
	100m: 1:19.92 45.38	200m: 2:56.79 46.86	300m: 4:45.13 55.43	400m: 6:07.39	39.97
DIS	Jesmé Haytink	WS Twente	201000382		
	RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.				
DIS	Robine Moot	ZPC AMERSFOORT	200900330		
	VE - Afwisselende bewegingen van de benen of voeten ten opzichte van elkaar gemaakt.				