

Programmanr. 13
19-06-2026 - 16:05

Meisjes, 400m wisselslag

Onder 14
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Julia Bannatyne	BZ&PC	5:21.67	201201020	5:21.09 +0,69			
	50m: 33.10	33.10	150m: 1:51.05	39.81	250m: 3:20.37	48.95	350m: 4:45.86	36.29
	100m: 1:11.24	38.14	200m: 2:31.42	40.37	300m: 4:09.57	49.20	400m: 5:21.09	35.23
2.	Veronika Parkhomenko	Het Y	5:38.15	201301610	5:30.71 +0,71			
	50m: 34.96	34.96	150m: 1:58.69	42.50	250m: 3:26.64	46.49	350m: 4:54.14	39.55
	100m: 1:16.19	41.23	200m: 2:40.15	41.46	300m: 4:14.59	47.95	400m: 5:30.71	36.57
3.	Anouk Mulder	De Columbiaan	5:31.99	201200962	5:31.05 +0,77			
	50m: 34.08	34.08	150m: 1:59.53	43.79	250m: 3:29.23	48.31	350m: 4:55.92	38.77
	100m: 1:15.74	41.66	200m: 2:40.92	41.39	300m: 4:17.15	47.92	400m: 5:31.05	35.13
4.	Simone Brobbel	ZPC Numansdorp	5:36.12	201200058	5:35.79 +0,79			
	50m: 33.90	33.90	150m: 1:57.49	41.90	250m: 3:31.07	52.66	350m: 5:00.16	37.54
	100m: 1:15.59	41.69	200m: 2:38.41	40.92	300m: 4:22.62	51.55	400m: 5:35.79	35.63
5.	Valerie Rienties	Zwemsport Parkstad	5:35.31	201200400	5:38.94 +0,67			
	50m: 34.93	34.93	150m: 2:00.25	43.36	250m: 3:30.52	47.99	350m: 5:00.44	42.82
	100m: 1:16.89	41.96	200m: 2:42.53	42.28	300m: 4:17.62	47.10	400m: 5:38.94	38.50
6.	Lieselot Penning	ZZ&PC De Devel	5:40.75	201200052	5:40.97 +0,74			
	50m: 36.43	36.43	150m: 2:04.50	44.73	250m: 3:37.70	50.74	350m: 5:05.56	36.64
	100m: 1:19.77	43.34	200m: 2:46.96	42.46	300m: 4:28.92	51.22	400m: 5:40.97	35.41
7.	Jet Hogervorst	De Columbiaan	6:03.67	201200738	5:42.00 +0,61			
	50m: 35.73	35.73	150m: 2:05.45	46.37	250m: 3:35.15	45.74	350m: 5:03.62	41.62
	100m: 1:19.08	43.35	200m: 2:49.41	43.96	300m: 4:22.00	46.85	400m: 5:42.00	38.38
8.	Benthe de Beer	PSV	5:45.39	201302638	5:43.47 +0,57			
	50m: 35.77	35.77	150m: 2:04.24	45.24	250m: 3:37.71	48.95	350m: 5:05.55	39.16
	100m: 1:19.00	43.23	200m: 2:48.76	44.52	300m: 4:26.39	48.68	400m: 5:43.47	37.92
9.	Tamara Geuzebroek	AZC	5:51.71	201300894	5:44.07 +0,70			
	50m: 34.72	34.72	150m: 2:03.16	45.35	250m: 3:37.66	50.38	350m: 5:07.24	38.14
	100m: 1:17.81	43.09	200m: 2:47.28	44.12	300m: 4:29.10	51.44	400m: 5:44.07	36.83
10.	Julia Ketelaars	PSV	5:51.31	201200028	5:44.69 +0,76			
	50m: 35.57	35.57	150m: 2:03.97	46.96	250m: 3:39.70	49.00	350m: 5:07.60	38.38
	100m: 1:17.01	41.44	200m: 2:50.70	46.73	300m: 4:29.22	49.52	400m: 5:44.69	37.09
11.	Fay Jansen	Aqua-Novio'94	5:53.89	201200154	5:45.62 +0,81			
	50m: 35.92	35.92	150m: 2:04.91	46.25	250m: 3:41.27	50.95	350m: 5:10.19	36.37
	100m: 1:18.66	42.74	200m: 2:50.32	45.41	300m: 4:33.82	52.55	400m: 5:45.62	35.43
12.	Alena Ytsma	HZ&PC Heerenveen	5:47.43	201201736	5:45.63 +0,80			
	50m: 35.21	35.21	150m: 2:02.17	44.36	250m: 3:34.44	47.51	350m: 5:04.77	40.63
	100m: 1:17.81	42.60	200m: 2:46.93	44.76	300m: 4:24.14	49.70	400m: 5:45.63	40.86
13.	Coco Scheepers	PSV	5:54.90	201301462	5:46.46 +0,77			
	50m: 35.72	35.72	150m: 2:03.30	45.99	250m: 3:39.11	50.83	350m: 5:08.90	39.94
	100m: 1:17.31	41.59	200m: 2:48.28	44.98	300m: 4:28.96	49.85	400m: 5:46.46	37.56
14.	Eva ter Horst	ZPC Hoogeveen	5:41.49	201200070	5:46.63 +0,83			
	50m: 36.10	36.10	150m: 2:01.08	42.45	250m: 3:33.78	52.37	350m: 5:07.51	39.78
	100m: 1:18.63	42.53	200m: 2:41.41	40.33	300m: 4:27.73	53.95	400m: 5:46.63	39.12
15.	Tatum Vered	Blue Marlins	5:50.76	201201322	5:47.46 +0,75			
	50m: 36.48	36.48	150m: 2:05.67	45.55	250m: 3:38.95	49.80	350m: 5:08.65	40.79
	100m: 1:20.12	43.64	200m: 2:49.15	43.48	300m: 4:27.86	48.91	400m: 5:47.46	38.81
16.	Liza van Ginkel	VZC	5:48.67	201200680	5:47.60 +0,58			
	50m: 34.77	34.77	150m: 2:07.24	49.79	250m: 3:41.90	47.65	350m: 5:09.28	40.08
	100m: 1:17.45	42.68	200m: 2:54.25	47.01	300m: 4:29.20	47.30	400m: 5:47.60	38.32
17.	Caitlin Lakke	Team Noord Holland (SG)	5:53.09	201302438	5:48.03 +0,71			
	50m: 33.85	33.85	150m: 2:00.95	46.53	250m: 3:37.86	51.83	350m: 5:10.29	40.30
	100m: 1:14.42	40.57	200m: 2:46.03	45.08	300m: 4:29.99	52.13	400m: 5:48.03	37.74
18.	Lenny Bokkers	ZPC AMERSFOORT	5:50.20	201300390	5:48.06 +0,71			
	50m: 34.70	34.70	150m: 2:04.15	46.98	250m: 3:39.40	50.62	350m: 5:10.52	40.06
	100m: 1:17.17	42.47	200m: 2:48.78	44.63	300m: 4:30.46	51.06	400m: 5:48.06	37.54
19.	Liv Schoon	DAW	6:04.00	201202112	5:48.34 +0,53			
	50m: 35.38	35.38	150m: 2:09.86	45.81	250m: 3:42.72	49.06	350m: 5:11.50	38.27
	100m: 1:24.05	48.67	200m: 2:53.66	43.80	300m: 4:33.23	50.51	400m: 5:48.34	36.84

Programmanr. 13, Meisjes, 400m wisselslag, Onder 14

rang	naam	vereniging	intijd	tijd	RT	
20.	Nine Boekema	De Duinkickers	5:58.81	201200214	5:50.85 +0,70	
	50m: 36.54	36.54 150m: 2:09.22	47.96	250m: 3:44.07	49.72 350m: 5:14.12	39.39
	100m: 1:21.26	44.72 200m: 2:54.35	45.13	300m: 4:34.73	50.66 400m: 5:50.85	36.73
21.	Querine Schminnes	ZC Borger	6:02.87	201200624	5:51.03 +0,81	
	50m: 40.27	40.27 150m: 2:15.17	46.38	250m: 3:47.08	48.09 350m: 5:13.80	39.06
	100m: 1:28.79	48.52 200m: 2:58.99	43.82	300m: 4:34.74	47.66 400m: 5:51.03	37.23
22.	Boukje de Baedts	Het Y	6:01.07	201300756	5:51.71 +0,70	
	50m: 36.06	36.06 150m: 2:09.18	45.24	250m: 3:43.30	50.72 350m: 5:13.89	38.88
	100m: 1:23.94	47.88 200m: 2:52.58	43.40	300m: 4:35.01	51.71 400m: 5:51.71	37.82
23.	Fenna Gabriels	ZPC Hoogeveen	5:59.16	201201230	5:51.86 +0,73	
	50m: 36.83	36.83 150m: 2:07.32	45.54	250m: 3:42.90	51.06 350m: 5:14.17	39.63
	100m: 1:21.78	44.95 200m: 2:51.84	44.52	300m: 4:34.54	51.64 400m: 5:51.86	37.69
24.	Liva van Groningen	Team Noord Holland (SG)	5:54.87	201200280	5:51.91 +0,73	
	50m: 36.56	36.56 150m: 2:10.06	48.34	250m: 3:44.71	48.34 350m: 5:13.77	40.53
	100m: 1:21.72	45.16 200m: 2:56.37	46.31	300m: 4:33.24	48.53 400m: 5:51.91	38.14
25.	Thyrsa de Vries	Bubble	5:49.93	201301766	5:52.33 +0,73	
	50m: 36.52	36.52 150m: 2:07.09	45.10	250m: 3:41.80	51.39 350m: 5:14.77	41.16
	100m: 1:21.99	45.47 200m: 2:50.41	43.32	300m: 4:33.61	51.81 400m: 5:52.33	37.56
26.	Belle Fiering	Aqua-Novio'94	5:54.05	201202546	5:52.61 +0,64	
	50m: 34.60	34.60 150m: 2:03.53	46.00	250m: 3:41.52	52.46 350m: 5:14.84	39.30
	100m: 1:17.53	42.93 200m: 2:49.06	45.53	300m: 4:35.54	54.02 400m: 5:52.61	37.77
27.	Charlotte Bakker	BZ&PC	5:52.42	201200524	5:52.95 +0,76	
	50m: 37.76	37.76 150m: 2:09.87	47.72	250m: 3:45.39	48.30 350m: 5:13.97	39.25
	100m: 1:22.15	44.39 200m: 2:57.09	47.22	300m: 4:34.72	49.33 400m: 5:52.95	38.98
28.	Fiene Quaak	Z&PC De Ganze	6:01.80	201201142	5:52.99 +0,77	
	50m: 36.85	36.85 150m: 2:08.96	45.52	250m: 3:42.20	50.14 350m: 5:16.30	42.92
	100m: 1:23.44	46.59 200m: 2:52.06	43.10	300m: 4:33.38	51.18 400m: 5:52.99	36.69
29.	Saar Begeman	ZPC De Kanaalstreek	6:05.01	201201594	5:53.69 +0,68	
	50m: 37.29	37.29 150m: 2:09.53	45.72	250m: 3:46.49	53.18 350m: 5:16.96	38.68
	100m: 1:23.81	46.52 200m: 2:53.31	43.78	300m: 4:38.28	51.79 400m: 5:53.69	36.73
30.	Roubin van Kampen	ZPCH	6:01.23	201200370	5:53.73 +0,74	
	50m: 36.30	36.30 150m: 2:10.52	49.16	250m: 3:47.25	49.54 350m: 5:17.23	40.66
	100m: 1:21.36	45.06 200m: 2:57.71	47.19	300m: 4:36.57	49.32 400m: 5:53.73	36.50
31.	Joanne Strietman	ZPC AMERSFOORT	6:04.93	201203784	5:53.91 +0,76	
	50m: 33.14	33.14 150m: 2:03.73	46.44	250m: 3:39.95	53.78 350m: 5:15.96	41.01
	100m: 1:17.29	44.15 200m: 2:46.17	42.44	300m: 4:34.95	55.00 400m: 5:53.91	37.95
32.	Guusje van Geest	ACZ	6:10.89	201200352	5:54.15 +0,86	
	50m: 35.44	35.44 150m: 2:04.35	45.00	250m: 3:38.80	52.03 350m: 5:14.52	43.57
	100m: 1:19.35	43.91 200m: 2:46.77	42.42	300m: 4:30.95	52.15 400m: 5:54.15	39.63
33.	Elisa Obdam	DAW	6:09.18	201201444	5:54.31 +0,64	
	50m: 33.62	33.62 150m: 2:05.50	49.32	250m: 3:43.84	51.05 350m: 5:14.64	40.26
	100m: 1:16.18	42.56 200m: 2:52.79	47.29	300m: 4:34.38	50.54 400m: 5:54.31	39.67
34.	Tesse van de Wetering	Arethusa	6:13.87	201200780	5:54.79 +0,73	
	50m: 35.38	35.38 150m: 2:06.30	47.87	250m: 3:43.35	52.92 350m: 5:17.88	41.40
	100m: 1:18.43	43.05 200m: 2:50.43	44.13	300m: 4:36.48	53.13 400m: 5:54.79	36.91
	Jaylin Roks	Hieronymus	6:24.69	201300620	5:54.79 +0,74	
	50m: 38.25	38.25 150m: 2:14.10	47.16	250m: 3:47.39	48.96 350m: 5:18.21	40.56
	100m: 1:26.94	48.69 200m: 2:58.43	44.33	300m: 4:37.65	50.26 400m: 5:54.79	36.58
36.	Jolijn Kraaijenbrink	Aqua-Novio'94	5:57.16	201300230	5:55.24 +0,77	
	50m: 37.40	37.40 150m: 2:10.13	46.34	250m: 3:45.90	51.54 350m: 5:16.91	38.87
	100m: 1:23.79	46.39 200m: 2:54.36	44.23	300m: 4:38.04	52.14 400m: 5:55.24	38.33
37.	Evy Saarloos	ZV New Wave Almere	6:14.70	201300510	5:55.50 +0,74	
	50m: 36.46	36.46 150m: 2:11.90	47.87	250m: 3:47.15	50.20 350m: 5:17.05	40.92
	100m: 1:24.03	47.57 200m: 2:56.95	45.05	300m: 4:36.13	48.98 400m: 5:55.50	38.45
38.	Louise Terwisscha	ZPC AMERSFOORT	5:59.25	201201240	5:57.98 +0,76	
	50m: 39.82	39.82 150m: 2:16.62	45.37	250m: 3:50.00	48.43 350m: 5:20.14	39.42
	100m: 1:31.25	51.43 200m: 3:01.57	44.95	300m: 4:40.72	50.72 400m: 5:57.98	37.84
39.	Jazz Hollander	ZZ&PC De Devel	5:59.03	201300528	5:58.86 +0,77	
	50m: 34.72	34.72 150m: 2:07.38	49.31	250m: 3:42.77	48.16 350m: 5:14.92	43.95
	100m: 1:18.07	43.35 200m: 2:54.61	47.23	300m: 4:30.97	48.20 400m: 5:58.86	43.94

NJK 2026
Drachten, 19- - 21-6-2026

Programmanr. 13, Meisjes, 400m wisselslag, Onder 14

rang	naam	vereniging	intijd	tijd	RT		
40.	Esmee Tuintjer	Orca	5:54.62	201300084	6:00.86 +0,85		
	50m: 37.50	37.50 150m: 2:14.64	47.15	250m: 3:49.75	49.10	350m: 5:21.28	40.06
	100m: 1:27.49	49.99 200m: 3:00.65	46.01	300m: 4:41.22	51.47	400m: 6:00.86	39.58
41.	Fien Stolk	Zwemlust- den Hommel	6:10.68	201302282	6:01.68 +0,66		
	50m: 38.46	38.46 150m: 2:13.51	48.25	250m: 3:49.45	48.06	350m: 5:20.99	43.02
	100m: 1:25.26	46.80 200m: 3:01.39	47.88	300m: 4:37.97	48.52	400m: 6:01.68	40.69
42.	Karlijn Siero	SWOL 1894	6:06.83	201201758	6:03.65 +0,78		
	50m: 37.29	37.29 150m: 2:13.94	49.05	250m: 3:54.01	53.96	350m: 5:26.90	39.93
	100m: 1:24.89	47.60 200m: 3:00.05	46.11	300m: 4:46.97	52.96	400m: 6:03.65	36.75
43.	Charlaine Visser	Team Noord Holland (SG)	6:08.79	201200164	6:04.02 +0,77		
	50m: 34.91	34.91 150m: 2:05.51	46.00	250m: 3:46.44	55.99	350m: 5:25.52	41.63
	100m: 1:19.51	44.60 200m: 2:50.45	44.94	300m: 4:43.89	57.45	400m: 6:04.02	38.50
44.	Jade van der Veen	ZPC Hoogeveen	6:11.05	201200416	6:04.94 +0,74		
	50m: 37.92	37.92 150m: 2:13.05	44.27	250m: 3:49.56	54.50	350m: 5:25.29	41.60
	100m: 1:28.78	50.86 200m: 2:55.06	42.01	300m: 4:43.69	54.13	400m: 6:04.94	39.65
45.	Jinthe Kuiper	SWOL 1894	6:00.04	201200688	6:04.99 +0,78		
	50m: 38.61	38.61 150m: 2:15.01	48.64	250m: 3:53.72	51.69	350m: 5:26.33	40.95
	100m: 1:26.37	47.76 200m: 3:02.03	47.02	300m: 4:45.38	51.66	400m: 6:04.99	38.66
46.	Madeé Boezen	ZIGNEA	6:09.94	201300782	6:05.94 +0,69		
	50m: 38.97	38.97 150m: 2:15.54	46.53	250m: 3:53.22	51.80	350m: 5:27.02	42.91
	100m: 1:29.01	50.04 200m: 3:01.42	45.88	300m: 4:44.11	50.89	400m: 6:05.94	38.92
47.	Tess Broer	ZPC Hoogeveen	6:08.08	201200420	6:06.53 +0,84		
	50m: 40.22	40.22 150m: 2:13.88	45.16	250m: 3:50.32	52.29	350m: 5:25.84	42.77
	100m: 1:28.72	48.50 200m: 2:58.03	44.15	300m: 4:43.07	52.75	400m: 6:06.53	40.69
48.	Vicky Horens	Hellas-Glana	5:46.97	201200252	6:18.66 +0,70		
	50m: 36.44	36.44 150m: 2:16.57	49.87	250m: 3:54.56	48.77	350m: 5:33.39	47.10
	100m: 1:26.70	50.26 200m: 3:05.79	49.22	300m: 4:46.29	51.73	400m: 6:18.66	45.27
49.	Kaja Kowalska	Hieronymus	6:12.29	201301986	6:19.45 +0,83		
	50m: 40.60	40.60 150m: 2:17.88	45.91	250m: 3:56.35	53.77	350m: 5:36.35	43.46
	100m: 1:31.97	51.37 200m: 3:02.58	44.70	300m: 4:52.89	56.54	400m: 6:19.45	43.10
DIS	Fee Sevenants	De Watervogels	5:57.59	201201884	+0,77		
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>						