

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

Programmanr. 22
20-06-2026 - 10:17

Meisjes, 400m wisselslag

Onder 16
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|---|--|--|--|----------------|
| 1. | Fenne Metten <i>Kampioenschapsrecord</i> | ZPC AMERSFOORT | 5:03.13 | 201000102 | 5:01.68 +0,62 |
| | 50m: 31.41 100m: 1:06.77 | 31.41 150m: 1:45.89 35.36 200m: 2:22.99 | 39.12 250m: 3:09.82 37.10 300m: 3:55.35 | 46.83 350m: 4:30.20 45.53 400m: 5:01.68 | 34.85 31.48 |
| 2. | Anna Lepoutre | PSV | 5:24.50 | 201100534 | 5:23.01 +0,62 |
| | 50m: 32.78 100m: 1:11.18 | 32.78 150m: 1:54.08 38.40 200m: 2:34.94 | 42.90 250m: 3:23.83 40.86 300m: 4:13.71 | 48.89 350m: 4:49.29 49.88 400m: 5:23.01 | 35.58 33.72 |
| 3. | Mia Hoeflaken | PSV | 5:18.21 | 201004108 | 5:23.73 +0,66 |
| | 50m: 32.95 100m: 1:11.38 | 32.95 150m: 1:55.58 38.43 200m: 2:37.96 | 44.20 250m: 3:24.55 42.38 300m: 4:10.74 | 46.59 350m: 4:48.49 46.19 400m: 5:23.73 | 37.75 35.24 |
| 4. | Elin Reinstra | TriVia | 5:24.79 | 201100842 | 5:25.74 +0,78 |
| | 50m: 33.44 100m: 1:13.53 | 33.44 150m: 1:55.71 40.09 200m: 2:34.69 | 42.18 250m: 3:22.77 38.98 300m: 4:11.58 | 48.08 350m: 4:49.63 48.81 400m: 5:25.74 | 38.05 36.11 |
| 5. | Yanique Bax | ZPC AMERSFOORT | 5:26.34 | 201001428 | 5:28.30 +0,70 |
| | 50m: 32.77 100m: 1:12.75 | 32.77 150m: 1:54.41 39.98 200m: 2:34.28 | 41.66 250m: 3:25.05 39.87 300m: 4:16.30 | 50.77 350m: 4:53.25 51.25 400m: 5:28.30 | 36.95 35.05 |
| 6. | Claire Castelein | De Dolfijn | 5:25.60 | 201104168 | 5:28.67 +0,72 |
| | 50m: 35.17 100m: 1:16.80 | 35.17 150m: 1:59.08 41.63 200m: 2:39.92 | 42.28 250m: 3:28.33 40.84 300m: 4:17.36 | 48.41 350m: 4:54.33 49.03 400m: 5:28.67 | 36.97 34.34 |
| 7. | Noa van Zalk | ZPC AMERSFOORT | 5:27.28 | 201102534 | 5:28.88 +0,72 |
| | 50m: 32.63 100m: 1:12.52 | 32.63 150m: 1:55.18 39.89 200m: 2:37.51 | 42.66 250m: 3:25.89 42.33 300m: 4:15.29 | 48.38 350m: 4:52.33 49.40 400m: 5:28.88 | 37.04 36.55 |
| 8. | Rozalia Diederiks | ZVL-1886 | 5:32.56 | 201100904 | 5:29.97 +0,81 |
| | 50m: 34.31 100m: 1:15.43 | 34.31 150m: 1:59.12 41.12 200m: 2:41.39 | 43.69 250m: 3:27.17 42.27 300m: 4:14.21 | 45.78 350m: 4:52.16 47.04 400m: 5:29.97 | 37.95 37.81 |
| 9. | Nina Tetteroo | De Columbiaan | 5:30.26 | 201000048 | 5:30.91 +0,79 |
| | 50m: 35.21 100m: 1:17.89 | 35.21 150m: 2:00.03 42.68 200m: 2:42.05 | 42.14 250m: 3:30.25 42.02 300m: 4:19.12 | 48.20 350m: 4:55.43 48.87 400m: 5:30.91 | 36.31 35.48 |
| 10. | Erin de Jong | LinK | 5:33.95 | 201000024 | 5:31.14 +0,74 |
| | 50m: 32.34 100m: 1:10.41 | 32.34 150m: 1:53.07 38.07 200m: 2:33.97 | 42.66 250m: 3:24.70 40.90 300m: 4:16.16 | 50.73 350m: 4:53.98 51.46 400m: 5:31.14 | 37.82 37.16 |
| 11. | Lobke Hempenius | HZ&PC Heerenveen | 5:40.76 | 201100522 | 5:31.99 +0,73 |
| | 50m: 33.73 100m: 1:17.10 | 33.73 150m: 1:58.91 43.37 200m: 2:39.12 | 41.81 250m: 3:27.83 40.21 300m: 4:17.71 | 48.71 350m: 4:56.20 49.88 400m: 5:31.99 | 38.49 35.79 |
| 12. | Dana Bulters | De Dolfijn | 5:35.11 | 201104138 | 5:32.45 +0,58 |
| | 50m: 35.42 100m: 1:17.94 | 35.42 150m: 1:59.92 42.52 200m: 2:41.57 | 41.98 250m: 3:31.58 41.65 300m: 4:21.14 | 50.01 350m: 4:57.57 49.56 400m: 5:32.45 | 36.43 34.88 |
| 13. | Myrthe Rozendaal | Aqua-Novio'94 | 5:33.38 | 201000790 | 5:32.49 +0,78 |
| | 50m: 33.41 100m: 1:14.35 | 33.41 150m: 1:58.41 40.94 200m: 2:41.73 | 44.06 250m: 3:27.23 43.32 300m: 4:15.47 | 45.50 350m: 4:54.02 48.24 400m: 5:32.49 | 38.55 38.47 |
| 14. | Kyara Balt | De Vikings | 5:33.39 | 201100306 | 5:33.15 +0,73 |
| | 50m: 35.88 100m: 1:16.93 | 35.88 150m: 1:59.72 41.05 200m: 2:40.42 | 42.79 250m: 3:29.43 40.70 300m: 4:19.45 | 49.01 350m: 4:57.53 50.02 400m: 5:33.15 | 38.08 35.62 |
| 15. | Romy de Graaf | Hellas-Glana | 5:37.64 | 201003660 | 5:33.49 +0,73 |
| | 50m: 34.12 100m: 1:15.89 | 34.12 150m: 1:56.81 41.77 200m: 2:38.89 | 40.92 250m: 3:27.87 42.08 300m: 4:17.76 | 48.98 350m: 4:56.36 49.89 400m: 5:33.49 | 38.60 37.13 |
| 16. | Alaine Lomans | Hellas-Glana | 5:33.46 | 201000420 | 5:33.85 +0,68 |
| | 50m: 33.19 100m: 1:13.70 | 33.19 150m: 1:57.81 40.51 200m: 2:41.73 | 44.11 250m: 3:30.13 43.92 300m: 4:18.75 | 48.40 350m: 4:57.59 48.62 400m: 5:33.85 | 38.84 36.26 |
| 17. | Kamila Makhmadiyarova | Blue Marlins | 5:38.51 | 201103178 | 5:37.30 +0,66 |
| | 50m: 35.63 100m: 1:18.01 | 35.63 150m: 2:02.49 42.38 200m: 2:44.70 | 44.48 250m: 3:33.13 42.21 300m: 4:21.06 | 48.43 350m: 5:00.91 47.93 400m: 5:37.30 | 39.85 36.39 |
| 18. | Nienke v. Weenen | De Schotejil | 5:47.33 | 201000282 | 5:38.33 +0,71 |
| | 50m: 33.12 100m: 1:13.47 | 33.12 150m: 1:58.11 40.35 200m: 2:40.80 | 44.64 250m: 3:31.50 42.69 300m: 4:23.10 | 50.70 350m: 5:01.98 51.60 400m: 5:38.33 | 38.88 36.35 |
| 19. | Abya Buscop | De Schotejil | 5:32.09 | 201100056 | 5:39.90 +0,72 |
| | 50m: 35.18 100m: 1:16.39 | 35.18 150m: 1:59.75 41.21 200m: 2:42.55 | 43.36 250m: 3:32.46 42.80 300m: 4:22.12 | 49.91 350m: 5:02.19 49.66 400m: 5:39.90 | 40.07 37.71 |

Programmanr. 22, Meisjes, 400m wisselslag, Onder 16

| rang | naam | vereniging | intijd | tijd | RT |
|------|----------------------|-------------------------|---------------------|---------------------|---------------|
| 20. | Mandy Berndsens | VZC | 5:36.51 | 201001138 | 5:41.39 +0,77 |
| | 50m: 33.42 | 33.42 150m: 1:59.81 | 46.10 250m: 3:32.34 | 47.09 350m: 5:01.77 | 40.55 |
| | 100m: 1:13.71 | 40.29 200m: 2:45.25 | 45.44 300m: 4:21.22 | 48.88 400m: 5:41.39 | 39.62 |
| 21. | Fleur Buijs | Hieronymus | 5:44.32 | 201100676 | 5:42.50 +0,74 |
| | 50m: 36.22 | 36.22 150m: 2:07.48 | 44.69 250m: 3:36.58 | 44.63 350m: 5:03.79 | 40.34 |
| | 100m: 1:22.79 | 46.57 200m: 2:51.95 | 44.47 300m: 4:23.45 | 46.87 400m: 5:42.50 | 38.71 |
| 22. | Myrthe Bruinsma | ZPC AMERSFOORT | 5:38.89 | 201101108 | 5:42.95 +0,82 |
| | 50m: 33.90 | 33.90 150m: 2:01.75 | 45.99 250m: 3:33.27 | 47.20 350m: 5:04.56 | 41.37 |
| | 100m: 1:15.76 | 41.86 200m: 2:46.07 | 44.32 300m: 4:23.19 | 49.92 400m: 5:42.95 | 38.39 |
| 23. | Charlotte Stegink | Team Noord Holland (SG) | 5:39.45 | 201103760 | 5:43.32 +0,71 |
| | 50m: 35.93 | 35.93 150m: 2:07.21 | 44.30 250m: 3:38.39 | 48.12 350m: 5:06.29 | 38.92 |
| | 100m: 1:22.91 | 46.98 200m: 2:50.27 | 43.06 300m: 4:27.37 | 48.98 400m: 5:43.32 | 37.03 |
| 24. | Carlijn Dezutter | Scheldestroom | 5:44.00 | 201100770 | 5:43.65 +0,74 |
| | 50m: 35.48 | 35.48 150m: 2:03.68 | 45.45 250m: 3:37.68 | 49.60 350m: 5:06.80 | 39.92 |
| | 100m: 1:18.23 | 42.75 200m: 2:48.08 | 44.40 300m: 4:26.88 | 49.20 400m: 5:43.65 | 36.85 |
| 25. | Morrison Schram | Z & PC De Zeeuwse Kust | 5:45.02 | 201100686 | 5:44.09 +0,78 |
| | 50m: 35.78 | 35.78 150m: 2:06.26 | 46.26 250m: 3:37.27 | 46.63 350m: 5:06.68 | 41.40 |
| | 100m: 1:20.00 | 44.22 200m: 2:50.64 | 44.38 300m: 4:25.28 | 48.01 400m: 5:44.09 | 37.41 |
| 26. | Sophie Hoogervorst | AZC | 5:39.20 | 201100252 | 5:45.87 +0,69 |
| | 50m: 39.78 | 39.78 150m: 2:10.56 | 42.60 250m: 3:40.98 | 48.59 350m: 5:09.02 | 38.68 |
| | 100m: 1:27.96 | 48.18 200m: 2:52.39 | 41.83 300m: 4:30.34 | 49.36 400m: 5:45.87 | 36.85 |
| 27. | Jayna Wagemakers | Hieronymus | 5:37.96 | 201000226 | 5:47.81 +0,77 |
| | 50m: 35.42 | 35.42 150m: 2:04.22 | 43.96 250m: 3:37.13 | 49.24 350m: 5:08.50 | 40.67 |
| | 100m: 1:20.26 | 44.84 200m: 2:47.89 | 43.67 300m: 4:27.83 | 50.70 400m: 5:47.81 | 39.31 |
| 28. | Sara Creemers | Hellas-Glana | 5:42.70 | 201100242 | 5:48.02 +0,67 |
| | 50m: 36.77 | 36.77 150m: 2:06.19 | 45.13 250m: 3:38.33 | 48.22 350m: 5:08.34 | 40.88 |
| | 100m: 1:21.06 | 44.29 200m: 2:50.11 | 43.92 300m: 4:27.46 | 49.13 400m: 5:48.02 | 39.68 |
| 29. | Florien Pot | OZ&PC | 5:37.94 | 201000768 | 5:48.24 +0,83 |
| | 50m: 36.40 | 36.40 150m: 2:07.27 | 46.24 250m: 3:41.38 | 50.47 350m: 5:10.78 | 37.91 |
| | 100m: 1:21.03 | 44.63 200m: 2:50.91 | 43.64 300m: 4:32.87 | 51.49 400m: 5:48.24 | 37.46 |
| 30. | Renske van den Bosch | V.Z.V. Njord | 5:43.78 | 201001828 | 5:49.19 +0,85 |
| | 50m: 38.05 | 38.05 150m: 2:08.78 | 43.47 250m: 3:42.19 | 50.75 350m: 5:12.15 | 38.68 |
| | 100m: 1:25.31 | 47.26 200m: 2:51.44 | 42.66 300m: 4:33.47 | 51.28 400m: 5:49.19 | 37.04 |
| 31. | Lana Noordenbos | Orca | 5:43.77 | 201100958 | 5:49.56 +0,65 |
| | 50m: 36.73 | 36.73 150m: 2:08.94 | 44.22 250m: 3:43.19 | 51.81 350m: 5:14.70 | 39.02 |
| | 100m: 1:24.72 | 47.99 200m: 2:51.38 | 42.44 300m: 4:35.68 | 52.49 400m: 5:49.56 | 34.86 |
| 32. | Myron Dekker | ZPC Hoogeveen | 5:41.33 | 201000512 | 5:49.60 +0,87 |
| | 50m: 41.47 | 41.47 150m: 2:14.02 | 43.80 250m: 3:45.15 | 48.45 350m: 5:12.87 | 38.45 |
| | 100m: 1:30.22 | 48.75 200m: 2:56.70 | 42.68 300m: 4:34.42 | 49.27 400m: 5:49.60 | 36.73 |
| 33. | Kendra van der Voort | Arethusa | 5:30.46 | 201100536 | 5:49.96 +0,80 |
| | 50m: 36.36 | 36.36 150m: 2:10.76 | 50.72 250m: 3:46.41 | 48.81 350m: 5:14.15 | 37.90 |
| | 100m: 1:20.04 | 43.68 200m: 2:57.60 | 46.84 300m: 4:36.25 | 49.84 400m: 5:49.96 | 35.81 |
| 34. | Marre van der Wal | SG. Bolsward-Workum | 5:27.99 | 201000046 | 5:49.97 +0,67 |
| | 50m: 35.36 | 35.36 150m: 2:09.06 | 46.47 250m: 3:39.36 | 45.09 350m: 5:09.93 | 42.07 |
| | 100m: 1:22.59 | 47.23 200m: 2:54.27 | 45.21 300m: 4:27.86 | 48.50 400m: 5:49.97 | 40.04 |
| 35. | Ilja van Gemeren | Arethusa | 5:50.72 | 201001330 | 5:50.68 +0,63 |
| | 50m: 35.83 | 35.83 150m: 2:07.05 | 48.19 250m: 3:40.91 | 48.74 350m: 5:11.12 | 40.17 |
| | 100m: 1:18.86 | 43.03 200m: 2:52.17 | 45.12 300m: 4:30.95 | 50.04 400m: 5:50.68 | 39.56 |
| 36. | Elle van Gemeren | DAW | 5:36.30 | 201100428 | 5:52.01 +0,78 |
| | 50m: 34.99 | 34.99 150m: 2:07.18 | 45.73 250m: 3:39.73 | 48.87 350m: 5:11.41 | 41.09 |
| | 100m: 1:21.45 | 46.46 200m: 2:50.86 | 43.68 300m: 4:30.32 | 50.59 400m: 5:52.01 | 40.60 |
| 37. | Meike van der Bom | Zv de Ham | 5:40.85 | 201002540 | 5:52.24 +0,76 |
| | 50m: 36.08 | 36.08 150m: 2:05.44 | 45.18 250m: 3:42.24 | 52.17 350m: 5:14.60 | 38.80 |
| | 100m: 1:20.26 | 44.18 200m: 2:50.07 | 44.63 300m: 4:35.80 | 53.56 400m: 5:52.24 | 37.64 |
| 38. | Doortje Maat | Z & PC De Zeeuwse Kust | 5:51.36 | 201002970 | 5:52.94 +0,80 |
| | 50m: 35.24 | 35.24 150m: 2:01.83 | 45.41 250m: 3:38.68 | 50.63 350m: 5:12.47 | 42.17 |
| | 100m: 1:16.42 | 41.18 200m: 2:48.05 | 46.22 300m: 4:30.30 | 51.62 400m: 5:52.94 | 40.47 |
| 39. | Anna Berkhout | TZC Vahalis | 5:51.17 | 201100080 | 5:55.15 +0,72 |
| | 50m: 36.47 | 36.47 150m: 2:08.35 | 44.21 250m: 3:40.26 | 48.63 350m: 5:13.95 | 43.08 |
| | 100m: 1:24.14 | 47.67 200m: 2:51.63 | 43.28 300m: 4:30.87 | 50.61 400m: 5:55.15 | 41.20 |

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

Programmanr. 22, Meisjes, 400m wisselslag, Onder 16

| rang | naam | vereniging | intijd | tijd | RT | |
|-------|------------------------|-------------------------|---------|---------------|---------------------|-------|
| 40. | Evy v. Nimwegen | De Schotejil | 5:46.57 | 201100168 | 5:56.22 +0,81 | |
| | 50m: 36.82 | 36.82 150m: 2:10.28 | 48.03 | 250m: 3:44.95 | 48.88 350m: 5:15.77 | 41.37 |
| | 100m: 1:22.25 | 45.43 200m: 2:56.07 | 45.79 | 300m: 4:34.40 | 49.45 400m: 5:56.22 | 40.45 |
| 41. | Anne Kük | Team Noord Holland (SG) | 5:38.40 | 201101580 | 5:57.90 +0,72 | |
| | 50m: 39.70 | 39.70 150m: 2:12.44 | 42.89 | 250m: 3:46.69 | 52.58 350m: 5:20.50 | 41.12 |
| | 100m: 1:29.55 | 49.85 200m: 2:54.11 | 41.67 | 300m: 4:39.38 | 52.69 400m: 5:57.90 | 37.40 |
| 42. | Lisa Boogaard | Deltasteur | 5:43.03 | 201100990 | 5:58.25 +0,75 | |
| | 50m: 36.44 | 36.44 150m: 2:07.58 | 46.42 | 250m: 3:43.96 | 51.90 350m: 5:18.61 | 41.13 |
| | 100m: 1:21.16 | 44.72 200m: 2:52.06 | 44.48 | 300m: 4:37.48 | 53.52 400m: 5:58.25 | 39.64 |
| 43. | Brecht van Ravensteijn | Arethusa | 5:32.58 | 201100738 | 5:59.42 +0,74 | |
| | 50m: 34.74 | 34.74 150m: 2:11.11 | 51.28 | 250m: 3:48.88 | 50.00 350m: 5:20.46 | 40.85 |
| | 100m: 1:19.83 | 45.09 200m: 2:58.88 | 47.77 | 300m: 4:39.61 | 50.73 400m: 5:59.42 | 38.96 |
| 44. | W. van der Heide | HZ&PC Heerenveen | 5:36.79 | 201100028 | 6:02.25 +0,81 | |
| | 50m: 36.76 | 36.76 150m: 2:11.26 | 47.39 | 250m: 3:49.93 | 51.08 350m: 5:22.60 | 40.86 |
| | 100m: 1:23.87 | 47.11 200m: 2:58.85 | 47.59 | 300m: 4:41.74 | 51.81 400m: 6:02.25 | 39.65 |
| 45. | Esmee Reuver | ZC Polaris | 5:39.85 | 201100846 | 6:03.40 +0,74 | |
| | 50m: 36.87 | 36.87 150m: 2:07.77 | 43.12 | 250m: 3:44.51 | 53.66 350m: 5:21.22 | 41.95 |
| | 100m: 1:24.65 | 47.78 200m: 2:50.85 | 43.08 | 300m: 4:39.27 | 54.76 400m: 6:03.40 | 42.18 |
| 46. | Yuna van den Idsert | DAW | 5:42.77 | 201001196 | 6:05.89 +0,78 | |
| | 50m: 38.68 | 38.68 150m: 2:15.02 | 49.13 | 250m: 3:54.82 | 51.76 350m: 5:27.67 | 39.97 |
| | 100m: 1:25.89 | 47.21 200m: 3:03.06 | 48.04 | 300m: 4:47.70 | 52.88 400m: 6:05.89 | 38.22 |
| 47. | Jesmé Haytink | WS Twente | 5:39.01 | 201000382 | 6:06.88 +0,64 | |
| | 50m: 37.42 | 37.42 150m: 2:12.49 | 49.95 | 250m: 3:51.69 | 51.74 350m: 5:25.62 | 42.35 |
| | 100m: 1:22.54 | 45.12 200m: 2:59.95 | 47.46 | 300m: 4:43.27 | 51.58 400m: 6:06.88 | 41.26 |
| AFGEM | Elin Baars | DWK | 5:34.30 | 201000138 | | |
| AFGEM | Noa Spaans | De Dolfijn | 5:36.59 | 201100222 | | |
| NG | Norell Kroeze | ZC Polaris | 5:46.06 | 201100378 | | |
| NG | Linou van Kampen | ZPCH | 5:34.49 | 201000594 | | |
| NG | Lotte Euverman | KSN (SG) | 5:46.41 | 201101228 | | |
| NG | Hanna Heller | ZPC AMERSFOORT | 5:43.63 | 201102730 | | |