

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

Programmanr. 30
20-06-2026 - 17:04

Meisjes, 400m vrije slag

Onder 14
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Julia Bannatyne	BZ&PC	4:47.64	201201020	4:43.89 +0,73
	50m: 32.49	32.49 150m: 1:44.15	36.33 250m: 2:57.17	36.44 350m: 4:09.77	35.88
	100m: 1:07.82	35.33 200m: 2:20.73	36.58 300m: 3:33.89	36.72 400m: 4:43.89	34.12
2.	Anouk Mulder	De Columbiaan	4:50.15	201200962	4:48.14 +0,78
	50m: 33.07	33.07 150m: 1:46.02	36.51 250m: 3:00.33	37.20 350m: 4:13.27	36.40
	100m: 1:09.51	36.44 200m: 2:23.13	37.11 300m: 3:36.87	36.54 400m: 4:48.14	34.87
3.	Fay Jansen	Aqua-Novio'94	4:55.87	201200154	4:49.06 +0,79
	50m: 32.98	32.98 150m: 1:46.37	36.87 250m: 3:00.47	36.61 350m: 4:14.01	36.29
	100m: 1:09.50	36.52 200m: 2:23.86	37.49 300m: 3:37.72	37.25 400m: 4:49.06	35.05
4.	Tamara Geuzebroek	AZC	4:58.17	201300894	4:51.15 +0,70
	50m: 32.01	32.01 150m: 1:46.16	37.07 250m: 3:01.42	37.49 350m: 4:15.46	36.64
	100m: 1:09.09	37.08 200m: 2:23.93	37.77 300m: 3:38.82	37.40 400m: 4:51.15	35.69
5.	Simone Brobbel	ZPC Numansdorp	4:54.94	201200058	4:54.30 +0,72
	50m: 33.17	33.17 150m: 1:48.19	37.81 250m: 3:03.72	37.33 350m: 4:18.73	37.20
	100m: 1:10.38	37.21 200m: 2:26.39	38.20 300m: 3:41.53	37.81 400m: 4:54.30	35.57
6.	Benthe de Beer	PSV	4:57.93	201302638	4:55.68 +0,68
	50m: 33.72	33.72 150m: 1:48.48	37.48 250m: 3:03.36	37.46 350m: 4:18.89	38.01
	100m: 1:11.00	37.28 200m: 2:25.90	37.42 300m: 3:40.88	37.52 400m: 4:55.68	36.79
7.	Coco Scheepers	PSV	5:01.44	201301462	4:56.22 +0,75
	50m: 34.16	34.16 150m: 1:47.51	36.29 250m: 3:03.64	37.81 350m: 4:20.11	38.16
	100m: 1:11.22	37.06 200m: 2:25.83	38.32 300m: 3:41.95	38.31 400m: 4:56.22	36.11
8.	Liv Schoon	DAW	4:58.44	201202112	4:56.81 +0,74
	50m: 32.37	32.37 150m: 1:48.74	39.05 250m: 3:04.69	37.90 350m: 4:21.14	38.00
	100m: 1:09.69	37.32 200m: 2:26.79	38.05 300m: 3:43.14	38.45 400m: 4:56.81	35.67
9.	Lenny Bokkers	ZPC AMERSFOORT	4:59.95	201300390	4:58.39 +0,70
	50m: 33.11	33.11 150m: 1:48.05	37.96 250m: 3:05.09	38.66 350m: 4:21.83	37.86
	100m: 1:10.09	36.98 200m: 2:26.43	38.38 300m: 3:43.97	38.88 400m: 4:58.39	36.56
10.	Julia Ketelaars	PSV	4:54.17	201200028	4:58.50 +0,77
	50m: 33.88	33.88 150m: 1:48.57	37.83 250m: 3:05.69	38.73 350m: 4:21.41	37.75
	100m: 1:10.74	36.86 200m: 2:26.96	38.39 300m: 3:43.66	37.97 400m: 4:58.50	37.09
11.	Boukje de Baedts	Het Y	5:02.40	201300756	4:58.99 +0,51
	50m: 32.67	32.67 150m: 1:47.68	37.89 250m: 3:04.89	38.62 350m: 4:21.65	38.47
	100m: 1:09.79	37.12 200m: 2:26.27	38.59 300m: 3:43.18	38.29 400m: 4:58.99	37.34
12.	Lieselot Penning	ZZ&PC De Devel	4:50.76	201200052	4:59.50 +0,71
	50m: 33.50	33.50 150m: 1:49.25	38.55 250m: 3:06.08	38.82 350m: 4:22.63	38.24
	100m: 1:10.70	37.20 200m: 2:27.26	38.01 300m: 3:44.39	38.31 400m: 4:59.50	36.87
13.	Louise Terwisscha	ZPC AMERSFOORT	5:02.75	201201240	5:01.92 +0,79
	50m: 34.47	34.47 150m: 1:50.43	38.31 250m: 3:08.32	38.76 350m: 4:24.43	37.63
	100m: 1:12.12	37.65 200m: 2:29.56	39.13 300m: 3:46.80	38.48 400m: 5:01.92	37.49
14.	Belle Fiering	Aqua-Novio'94	5:04.18	201202546	5:01.98 +0,59
	50m: 33.46	33.46 150m: 1:49.35	37.54 250m: 3:07.22	38.96 350m: 4:24.69	38.03
	100m: 1:11.81	38.35 200m: 2:28.26	38.91 300m: 3:46.66	39.44 400m: 5:01.98	37.29
15.	Jet Hogervorst	De Columbiaan	5:08.64	201200738	5:02.40 +0,60
	50m: 34.90	34.90 150m: 1:51.04	38.00 250m: 3:09.12	38.69 350m: 4:26.10	38.23
	100m: 1:13.04	38.14 200m: 2:30.43	39.39 300m: 3:47.87	38.75 400m: 5:02.40	36.30
16.	Veronika Parkhomenko	Het Y	4:59.57	201301610	5:02.45 +0,74
	50m: 32.90	32.90 150m: 1:48.30	37.77 250m: 3:06.21	38.90 350m: 4:24.01	38.92
	100m: 1:10.53	37.63 200m: 2:27.31	39.01 300m: 3:45.09	38.88 400m: 5:02.45	38.44
17.	Eva ter Horst	ZPC Hoogveen	5:07.84	201200070	5:02.52 +0,79
	50m: 34.09	34.09 150m: 1:49.52	38.35 250m: 3:07.63	39.30 350m: 4:25.31	38.72
	100m: 1:11.17	37.08 200m: 2:28.33	38.81 300m: 3:46.59	38.96 400m: 5:02.52	37.21
18.	Caitlin Lakke	Team Noord Holland (SG)	5:07.13	201302438	5:03.10 +0,67
	50m: 33.11	33.11 150m: 1:49.89	38.99 250m: 3:08.76	39.80 350m: 4:27.20	39.00
	100m: 1:10.90	37.79 200m: 2:28.96	39.07 300m: 3:48.20	39.44 400m: 5:03.10	35.90
19.	Joanne Strietman	ZPC AMERSFOORT	5:11.08	201203784	5:04.95 +0,77
	50m: 32.97	32.97 150m: 1:48.92	38.60 250m: 3:08.68	40.34 350m: 4:29.52	40.11
	100m: 1:10.32	37.35 200m: 2:28.34	39.42 300m: 3:49.41	40.73 400m: 5:04.95	35.43

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Programmanr. 30, Meisjes, 400m vrije slag, Onder 14

rang	naam	vereniging	intijd	tijd	RT
20.	Roubin van Kampen	ZPCH	5:01.39	201200370	5:04.99 +0,73
	50m: 32.64	32.64 150m: 1:48.53	39.10 250m: 3:07.75	39.67 350m: 4:27.48	39.51
	100m: 1:09.43	36.79 200m: 2:28.08	39.55 300m: 3:47.97	40.22 400m: 5:04.99	37.51
21.	Jinthe Kuiper	SWOL 1894	5:05.20	201200688	5:05.07 +0,69
	50m: 34.22	34.22 150m: 1:51.39	39.21 250m: 3:09.95	39.21 350m: 4:27.54	38.41
	100m: 1:12.18	37.96 200m: 2:30.74	39.35 300m: 3:49.13	39.18 400m: 5:05.07	37.53
22.	Liva van Groningen	Team Noord Holland (SG)	5:14.32	201200280	5:05.66 +0,64
	50m: 34.06	34.06 150m: 1:52.27	39.84 250m: 3:11.83	39.94 350m: 4:30.63	39.28
	100m: 1:12.43	38.37 200m: 2:31.89	39.62 300m: 3:51.35	39.52 400m: 5:05.66	35.03
23.	Charlotte Bakker	BZ&PC	5:03.07	201200524	5:06.38 +0,72
	50m: 34.51	34.51 150m: 1:51.34	38.72 250m: 3:09.30	38.73 350m: 4:27.68	39.06
	100m: 1:12.62	38.11 200m: 2:30.57	39.23 300m: 3:48.62	39.32 400m: 5:06.38	38.70
24.	Valerie Rienties	Zwemsport Parkstad	5:06.18	201200400	5:06.44 +0,69
	50m: 32.94	32.94 150m: 1:48.18	37.45 250m: 3:07.11	39.83 350m: 4:27.44	40.09
	100m: 1:10.73	37.79 200m: 2:27.28	39.10 300m: 3:47.35	40.24 400m: 5:06.44	39.00
25.	Tatum Vered	Blue Marlins	5:11.38	201201322	5:08.95 +0,78
	50m: 34.82	34.82 150m: 1:52.50	39.04 250m: 3:11.42	39.44 350m: 4:31.00	39.83
	100m: 1:13.46	38.64 200m: 2:31.98	39.48 300m: 3:51.17	39.75 400m: 5:08.95	37.95
26.	Karlijn Siero	SWOL 1894	5:24.54	201201758	5:09.34 +0,85
	50m: 35.22	35.22 150m: 1:55.15	40.05 250m: 3:15.65	40.33 350m: 4:33.74	38.42
	100m: 1:15.10	39.88 200m: 2:35.32	40.17 300m: 3:55.32	39.67 400m: 5:09.34	35.60
27.	Fenna Gabriels	ZPC Hoogveen	5:14.05	201201230	5:09.67 +0,71
	50m: 33.82	33.82 150m: 1:51.54	38.91 250m: 3:11.96	39.79 350m: 4:31.60	38.79
	100m: 1:12.63	38.81 200m: 2:32.17	40.63 300m: 3:52.81	40.85 400m: 5:09.67	38.07
28.	Esmee Tuintjer	Orca	5:17.34	201300084	5:10.02 +0,64
	50m: 35.32	35.32 150m: 1:53.76	39.41 250m: 3:12.75	39.30 350m: 4:31.90	39.50
	100m: 1:14.35	39.03 200m: 2:33.45	39.69 300m: 3:52.40	39.65 400m: 5:10.02	38.12
29.	Elisa Obdam	DAW	5:25.57	201201444	5:10.11 +0,60
	50m: 34.37	34.37 150m: 1:52.37	39.96 250m: 3:13.59	40.26 350m: 4:33.37	39.38
	100m: 1:12.41	38.04 200m: 2:33.33	40.96 300m: 3:53.99	40.40 400m: 5:10.11	36.74
30.	Querine Schminnes	ZC Borger	5:27.05	201200624	5:10.90 +0,59
	50m: 33.73	33.73 150m: 1:51.82	39.94 250m: 3:13.23	40.84 350m: 4:33.48	40.19
	100m: 1:11.88	38.15 200m: 2:32.39	40.57 300m: 3:53.29	40.06 400m: 5:10.90	37.42
31.	Kaja Kowalska	Hieronymus	5:19.37	201301986	5:11.03 +0,79
	50m: 34.17	34.17 150m: 1:51.67	39.27 250m: 3:11.56	39.85 350m: 4:31.79	39.85
	100m: 1:12.40	38.23 200m: 2:31.71	40.04 300m: 3:51.94	40.38 400m: 5:11.03	39.24
32.	Evy Saarloos	ZV New Wave Almere	5:16.82	201300510	5:11.74 +0,73
	50m: 34.73	34.73 150m: 1:54.39	40.31 250m: 3:15.65	40.62 350m: 4:34.05	39.33
	100m: 1:14.08	39.35 200m: 2:35.03	40.64 300m: 3:54.72	39.07 400m: 5:11.74	37.69
33.	Liza van Ginkel	VZC	5:16.32	201200680	5:12.28 +0,69
	50m: 34.51	34.51 150m: 1:53.54	40.39 250m: 3:13.89	40.38 350m: 4:33.62	39.86
	100m: 1:13.15	38.64 200m: 2:33.51	39.97 300m: 3:53.76	39.87 400m: 5:12.28	38.66
34.	Nine Boekema	De Duinkickers	4:59.60	201200214	5:12.82 +0,64
	50m: 33.16	33.16 150m: 1:49.61	39.32 250m: 3:10.63	41.22 350m: 4:32.81	41.10
	100m: 1:10.29	37.13 200m: 2:29.41	39.80 300m: 3:51.71	41.08 400m: 5:12.82	40.01
35.	Fiene Quaak	Z&PC De Ganze	5:08.60	201201142	5:13.29 +0,61
	50m: 34.21	34.21 150m: 1:54.15	40.17 250m: 3:15.56	40.89 350m: 4:35.80	39.56
	100m: 1:13.98	39.77 200m: 2:34.67	40.52 300m: 3:56.24	40.68 400m: 5:13.29	37.49
36.	Jaylin Roks	Hieronymus	5:18.97	201300620	5:15.18 +0,75
	50m: 34.44	34.44 150m: 1:54.33	41.08 250m: 3:16.30	40.90 350m: 4:38.06	40.72
	100m: 1:13.25	38.81 200m: 2:35.40	41.07 300m: 3:57.34	41.04 400m: 5:15.18	37.12
37.	Jade van der Veen	ZPC Hoogveen	5:12.81	201200416	5:16.54 +0,73
	50m: 34.65	34.65 150m: 1:53.90	40.22 250m: 3:15.52	41.04 350m: 4:37.23	40.84
	100m: 1:13.68	39.03 200m: 2:34.48	40.58 300m: 3:56.39	40.87 400m: 5:16.54	39.31
38.	Tesse van de Wetering	Arethusa	5:22.19	201200780	5:17.23 +0,71
	50m: 34.48	34.48 150m: 1:56.06	40.88 250m: 3:19.16	41.35 350m: 4:41.10	40.58
	100m: 1:15.18	40.70 200m: 2:37.81	41.75 300m: 4:00.52	41.36 400m: 5:17.23	36.13
39.	Jolijn Kraaijenbrink	Aqua-Novio'94	5:16.00	201300230	5:17.72 +0,74
	50m: 34.34	34.34 150m: 1:53.53	39.69 250m: 3:15.06	41.08 350m: 4:37.25	40.90
	100m: 1:13.84	39.50 200m: 2:33.98	40.45 300m: 3:56.35	41.29 400m: 5:17.72	40.47

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Drachten, 19- - 21-6-2026

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rang	naam	vereniging	intijd	tijd	RT
40.	Alena Ytsma	HZ&PC Heerenveen	5:26.71	201201736	5:19.25 +0,77
	50m: 35.25	35.25 150m: 1:55.50	40.47	250m: 3:17.95	41.10
	100m: 1:15.03	39.78 200m: 2:36.85	41.35	300m: 3:59.48	41.53
				350m: 4:40.18	40.70
				400m: 5:19.25	39.07
41.	Tess Broer	ZPC Hoogveen	5:22.33	201200420	5:19.89 +0,77
	50m: 34.20	34.20 150m: 1:54.06	40.90	250m: 3:16.93	41.83
	100m: 1:13.16	38.96 200m: 2:35.10	41.04	300m: 3:57.92	40.99
				350m: 4:39.70	41.78
				400m: 5:19.89	40.19
42.	Madeé Boezen	ZIGNEA	5:20.04	201300782	5:19.90 +0,66
	50m: 34.17	34.17 150m: 1:54.43	40.69	250m: 3:17.44	40.81
	100m: 1:13.74	39.57 200m: 2:36.63	42.20	300m: 3:59.88	42.44
				350m: 4:41.32	41.44
				400m: 5:19.90	38.58
43.	Charlaine Visser	Team Noord Holland (SG)	5:10.65	201200164	5:21.18 +0,80
	50m: 35.18	35.18 150m: 1:56.57	40.78	250m: 3:19.87	41.58
	100m: 1:15.79	40.61 200m: 2:38.29	41.72	300m: 4:01.80	41.93
				350m: 4:42.86	41.06
				400m: 5:21.18	38.32
44.	Fee Sevenants	De Watervogels	5:29.25	201201884	5:22.04 +0,80
	50m: 36.09	36.09 150m: 1:58.15	41.33	250m: 3:22.06	42.08
	100m: 1:16.82	40.73 200m: 2:39.98	41.83	300m: 4:04.45	42.39
				350m: 4:45.49	41.04
				400m: 5:22.04	36.55
45.	Vicky Horens	Hellas-Glana	5:07.58	201200252	5:23.55 +0,71
	50m: 34.49	34.49 150m: 1:55.77	41.49	250m: 3:18.19	40.47
	100m: 1:14.28	39.79 200m: 2:37.72	41.95	300m: 4:00.94	42.75
				350m: 4:42.82	41.88
				400m: 5:23.55	40.73
46.	Saar Begeman	ZPC De Kanaalstreek	5:36.56	201201594	5:24.78 +0,69
	50m: 35.18	35.18 150m: 1:56.08	40.90	250m: 3:19.13	40.96
	100m: 1:15.18	40.00 200m: 2:38.17	42.09	300m: 4:01.44	42.31
				350m: 4:43.16	41.72
				400m: 5:24.78	41.62
47.	Fien Stolk	Zwemlust- den Hommel	5:33.55	201302282	5:25.39 +0,62
	50m: 36.13	36.13 150m: 1:57.83	41.87	250m: 3:21.65	42.07
	100m: 1:15.96	39.83 200m: 2:39.58	41.75	300m: 4:04.50	42.85
				350m: 4:45.69	41.19
				400m: 5:25.39	39.70
48.	Guusje van Geest	ACZ	5:21.49	201200352	5:27.97 +0,82
	50m: 35.99	35.99 150m: 1:58.99	41.87	250m: 3:22.98	42.15
	100m: 1:17.12	41.13 200m: 2:40.83	41.84	300m: 4:05.61	42.63
				350m: 4:47.50	41.89
				400m: 5:27.97	40.47
49.	Jazz Hollander	ZZ&PC De Devel	5:42.21	201300528	5:46.16 +0,69
	50m: 36.70	36.70 150m: 2:03.14	44.28	250m: 3:34.28	45.59
	100m: 1:18.86	42.16 200m: 2:48.69	45.55	300m: 4:20.21	45.93
				350m: 5:04.75	44.54
				400m: 5:46.16	41.41
AFGEM	Thyrsa de Vries	Bubble	5:12.02	201301766	