

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

Programmanr. 5  
19-06-2026 - 9:58

Meisjes, 400m vrije slag

Onder 16  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Fenne Metten	ZPC AMERSFOORT	4:18.51	201000102	4:24.57 +0,76
	50m: 29.44	29.44 150m: 1:35.10	33.15 250m: 2:43.36	34.52 350m: 3:52.42	34.46
	100m: 1:01.95	32.51 200m: 2:08.84	33.74 300m: 3:17.96	34.60 400m: 4:24.57	32.15
2.	Anna Lepoutre	PSV	4:37.42	201100534	4:34.66 +0,62
	50m: 30.93	30.93 150m: 1:40.13	35.04 250m: 2:50.37	34.99 350m: 4:00.37	34.78
	100m: 1:05.09	34.16 200m: 2:15.38	35.25 300m: 3:25.59	35.22 400m: 4:34.66	34.29
3.	Brechtje Slootweg	ZPC AMERSFOORT	4:42.26	201101744	4:38.80 +0,67
	50m: 31.41	31.41 150m: 1:41.32	35.50 250m: 2:52.07	35.24 350m: 4:03.51	35.96
	100m: 1:05.82	34.41 200m: 2:16.83	35.51 300m: 3:27.55	35.48 400m: 4:38.80	35.29
4.	Nina Tetteroo	De Columbiaan	4:41.63	201000048	4:41.03 +0,76
	50m: 30.62	30.62 150m: 1:40.33	35.71 250m: 2:52.71	36.07 350m: 4:05.45	36.64
	100m: 1:04.62	34.00 200m: 2:16.64	36.31 300m: 3:28.81	36.10 400m: 4:41.03	35.58
5.	Yanique Bax	ZPC AMERSFOORT	4:43.23	201001428	4:44.05 +0,68
	50m: 31.96	31.96 150m: 1:42.75	36.01 250m: 2:55.66	36.60 350m: 4:08.51	36.37
	100m: 1:06.74	34.78 200m: 2:19.06	36.31 300m: 3:32.14	36.48 400m: 4:44.05	35.54
6.	Claire Castelein	De Dolfijn	4:44.35	201104168	4:47.51 +0,83
	50m: 32.23	32.23 150m: 1:43.63	36.48 250m: 2:57.16	36.66 350m: 4:11.56	37.47
	100m: 1:07.15	34.92 200m: 2:20.50	36.87 300m: 3:34.09	36.93 400m: 4:47.51	35.95
7.	Dana Bulters	De Dolfijn	4:48.40	201104138	4:47.62 +0,70
	50m: 31.54	31.54 150m: 1:44.12	36.84 250m: 2:58.92	37.22 350m: 4:12.70	36.59
	100m: 1:07.28	35.74 200m: 2:21.70	37.58 300m: 3:36.11	37.19 400m: 4:47.62	34.92
8.	Pien Walstra	De Treffers	4:47.89	201101034	4:47.91 +0,68
	50m: 33.23	33.23 150m: 1:46.46	36.75 250m: 3:00.20	37.49 350m: 4:15.33	38.08
	100m: 1:09.71	36.48 200m: 2:22.71	36.25 300m: 3:37.25	37.05 400m: 4:47.91	32.58
9.	Isus Verdysseeldonk	PSV	4:47.08	201002878	4:48.13 +0,79
	50m: 33.28	33.28 150m: 1:46.27	36.06 250m: 2:58.66	36.30 350m: 4:12.18	36.89
	100m: 1:10.21	36.93 200m: 2:22.36	36.09 300m: 3:35.29	36.63 400m: 4:48.13	35.95
10.	Rozalia Diederiks	ZVL-1886	4:51.54	201100904	4:48.51 +0,81
	50m: 33.11	33.11 150m: 1:45.24	36.56 250m: 2:58.72	36.75 350m: 4:12.60	36.85
	100m: 1:08.68	35.57 200m: 2:21.97	36.73 300m: 3:35.75	37.03 400m: 4:48.51	35.91
11.	Kyara Balt	De Vikings	4:49.55	201100306	4:52.09 +0,65
	50m: 33.44	33.44 150m: 1:47.68	37.47 250m: 3:02.24	37.08 350m: 4:17.02	37.54
	100m: 1:10.21	36.77 200m: 2:25.16	37.48 300m: 3:39.48	37.24 400m: 4:52.09	35.07
12.	Kamila Makhmadiyarova	Blue Marlins	4:51.97	201103178	4:52.89 +0,77
	50m: 33.57	33.57 150m: 1:46.73	37.12 250m: 3:02.05	37.30 350m: 4:17.26	37.29
	100m: 1:09.61	36.04 200m: 2:24.75	38.02 300m: 3:39.97	37.92 400m: 4:52.89	35.63
13.	Wieke Dekker	De Dolfijn	4:46.94	201002020	4:53.16 +0,72
	50m: 33.15	33.15 150m: 1:47.13	37.41 250m: 3:01.96	37.18 350m: 4:16.74	37.63
	100m: 1:09.72	36.57 200m: 2:24.78	37.65 300m: 3:39.11	37.15 400m: 4:53.16	36.42
14.	Ilse Jongepier	TriVia	4:47.79	201000006	4:54.92 +0,84
	50m: 31.26	31.26 150m: 1:43.56	36.72 250m: 2:59.31	37.96 350m: 4:16.59	38.46
	100m: 1:06.84	35.58 200m: 2:21.35	37.79 300m: 3:38.13	38.82 400m: 4:54.92	38.33
15.	Florien Pot	OZ&PC	4:50.43	201000768	4:55.43 +0,89
	50m: 32.71	32.71 150m: 1:46.84	37.78 250m: 3:02.53	37.92 350m: 4:18.62	37.77
	100m: 1:09.06	36.35 200m: 2:24.61	37.77 300m: 3:40.85	38.32 400m: 4:55.43	36.81
16.	Sophie Hoogervorst	AZC	4:56.15	201100252	4:56.62 +0,72
	50m: 33.67	33.67 150m: 1:47.90	37.52 250m: 3:03.82	37.81 350m: 4:19.76	37.54
	100m: 1:10.38	36.71 200m: 2:26.01	38.11 300m: 3:42.22	38.40 400m: 4:56.62	36.86
17.	Renske van den Bosch	V.Z.V. Njord	4:54.63	201001828	4:58.05 +0,82
	50m: 32.80	32.80 150m: 1:47.94	38.18 250m: 3:04.56	38.13 350m: 4:21.58	38.50
	100m: 1:09.76	36.96 200m: 2:26.43	38.49 300m: 3:43.08	38.52 400m: 4:58.05	36.47
18.	Elke Kriesels	Blue Marlins	4:56.28	201100898	5:01.01 +0,75
	50m: 33.67	33.67 150m: 1:49.41	38.90 250m: 3:06.53	38.75 350m: 4:24.41	38.96
	100m: 1:10.51	36.84 200m: 2:27.78	38.37 300m: 3:45.45	38.92 400m: 5:01.01	36.60
19.	Isabel Amelink	Deltasteur	4:56.95	201100196	5:03.72 +0,80
	50m: 32.62	32.62 150m: 1:46.83	37.79 250m: 3:05.51	39.53 350m: 4:25.93	40.06
	100m: 1:09.04	36.42 200m: 2:25.98	39.15 300m: 3:45.87	40.36 400m: 5:03.72	37.79

Programmanr. 5, Meisjes, 400m vrije slag, Onder 16

rang	naam	vereniging	intijd			tijd			RT
20.	Lisa Boogaard	Deltasteur	4:56.22			<b>5:05.90</b>			+0,67
	50m: 34.97	34.97	150m: 1:52.40	38.71	250m: 3:10.56	38.60	350m: 4:27.89	38.18	
	100m: 1:13.69	38.72	200m: 2:31.96	39.56	300m: 3:49.71	39.15	400m: 5:05.90	38.01	
AFGEM	Elin Baars	DWK	4:49.07			201000138			
NG	Lotte Euverman	KSN (SG)	4:52.38			201101228			