

Programmanr. 4
23-01-2026 - 16:11

Meisjes, 400m vrije slag

Onder 14
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Julia Bannatyne	BZ&PC	4:47.64 201201020	4:39.00	+0,73
	50m: 30.99	30.99 150m: 1:41.29	35.68 250m: 2:53.55	35.71 350m: 4:04.95	35.13
	100m: 1:05.61	34.62 200m: 2:17.84	36.55 300m: 3:29.82	36.27 400m: 4:39.00	34.05
2.	Anouk Mulder	De Columbiaan	4:44.68 201200962	4:43.35	+0,74
	50m: 30.99	30.99 150m: 1:41.88	35.85 250m: 2:54.91	36.40 350m: 4:07.89	36.53
	100m: 1:06.03	35.04 200m: 2:18.51	36.63 300m: 3:31.36	36.45 400m: 4:43.35	35.46
3.	Lieselot Penning	ZZ&PC De Devel	4:53.62 201200052	4:51.30	+0,73
	50m: 32.90	32.90 150m: 1:45.77	36.76 250m: 3:00.53	37.46 350m: 4:15.11	37.26
	100m: 1:09.01	36.11 200m: 2:23.07	37.30 300m: 3:37.85	37.32 400m: 4:51.30	36.19
4.	Simone Brobbel	Hoeksche Waard (SG)	4:52.57 201200058	4:52.25	+0,71
	50m: 31.79	31.79 150m: 1:45.04	37.31 250m: 3:01.16	37.97 350m: 4:16.81	37.05
	100m: 1:07.73	35.94 200m: 2:23.19	38.15 300m: 3:39.76	38.60 400m: 4:52.25	35.44
5.	Valerie Rienties	Zwemsport Parkstad	5:01.62 201200400	4:52.74	+0,69
	50m: 31.58	31.58 150m: 1:44.62	37.10 250m: 3:00.15	37.77 350m: 4:15.98	38.10
	100m: 1:07.52	35.94 200m: 2:22.38	37.76 300m: 3:37.88	37.73 400m: 4:52.74	36.76
6.	Julia Ketelaars	Hellas-Glana	4:55.03 201200028	4:53.22	+0,78
	50m: 32.82	32.82 150m: 1:45.95	37.11 250m: 3:01.13	37.35 350m: 4:17.00	38.04
	100m: 1:08.84	36.02 200m: 2:23.78	37.83 300m: 3:38.96	37.83 400m: 4:53.22	36.22
7.	Charlotte Bakker	BZ&PC	5:00.63 201200524	4:53.50	+0,72
	50m: 32.49	32.49 150m: 1:46.28	37.43 250m: 3:01.30	37.69 350m: 4:16.64	37.68
	100m: 1:08.85	36.36 200m: 2:23.61	37.33 300m: 3:38.96	37.66 400m: 4:53.50	36.86
8.	Roubin van Kampen	ZPCH	5:05.05 201200370	4:53.69	+0,76
	50m: 31.66	31.66 150m: 1:45.26	37.73 250m: 3:01.47	38.28 350m: 4:16.97	37.22
	100m: 1:07.53	35.87 200m: 2:23.19	37.93 300m: 3:39.75	38.28 400m: 4:53.69	36.72
9.	Liv Schoon	DAW	5:00.75 201202112	4:55.44	+0,65
	50m: 30.94	30.94 150m: 1:44.23	37.88 250m: 3:01.59	38.62 350m: 4:18.55	38.32
	100m: 1:06.35	35.41 200m: 2:22.97	38.74 300m: 3:40.23	38.64 400m: 4:55.44	36.89
10.	Tatum Vered	Blue Marlins	5:02.26 201201322	4:55.53 *	+0,73
	50m: 32.75	32.75 150m: 1:46.40	36.86 250m: 3:01.39	37.69 350m: 4:18.01	38.52
	100m: 1:09.54	36.79 200m: 2:23.70	37.30 300m: 3:39.49	38.10 400m: 4:55.53	37.52
11.	Boukje de Baedts	Het Y	4:57.29 201300756	4:56.79	+0,66
	50m: 33.02	33.02 150m: 1:46.44	37.21 250m: 3:02.31	37.96 350m: 4:19.06	38.57
	100m: 1:09.23	36.21 200m: 2:24.35	37.91 300m: 3:40.49	38.18 400m: 4:56.79	37.73
12.	Veronika Parkhomenko	Het Y	4:58.11 201301610	4:56.90	+0,73
	50m: 33.32	33.32 150m: 1:47.47	37.38 250m: 3:03.67	38.38 350m: 4:20.67	38.51
	100m: 1:10.09	36.77 200m: 2:25.29	37.82 300m: 3:42.16	38.49 400m: 4:56.90	36.23
13.	Eva ter Horst	ZPC Hoogeveen	4:55.41 201200070	4:57.30	+0,78
	50m: 33.37	33.37 150m: 1:47.01	37.30 250m: 3:03.11	38.24 350m: 4:20.33	38.64
	100m: 1:09.71	36.34 200m: 2:24.87	37.86 300m: 3:41.69	38.58 400m: 4:57.30	36.97
14.	Benthe de Beer	PSV	5:01.18 201302638	4:58.21 *	+0,62
	50m: 33.14	33.14 150m: 1:46.86	37.16 250m: 3:02.68	37.88 350m: 4:20.04	39.08
	100m: 1:09.70	36.56 200m: 2:24.80	37.94 300m: 3:40.96	38.28 400m: 4:58.21	38.17
15.	Fay Jansen	Aqua-Novio'94	5:00.98 201200154	4:59.03	+0,81
	50m: 33.72	33.72 150m: 1:48.40	37.68 250m: 3:04.82	38.43 350m: 4:21.87	38.51
	100m: 1:10.72	37.00 200m: 2:26.39	37.99 300m: 3:43.36	38.54 400m: 4:59.03	37.16
16.	Jana Nelissen	PSV	5:03.06 201200350	5:00.40	+0,71
	50m: 34.08	34.08 150m: 1:50.26	38.09 250m: 3:06.67	38.10 350m: 4:23.32	38.15
	100m: 1:12.17	38.09 200m: 2:28.57	38.31 300m: 3:45.17	38.50 400m: 5:00.40	37.08
17.	Coco Scheepers	PSV	5:04.02 201301462	5:00.63	+0,74
	50m: 33.95	33.95 150m: 1:51.07	39.08 250m: 3:10.54	40.35 350m: 4:26.10	37.99
	100m: 1:11.99	38.04 200m: 2:30.19	39.12 300m: 3:48.11	37.57 400m: 5:00.63	34.53
18.	Fenna Gabriels	ZPC Hoogeveen	5:11.20 201201230	5:02.75	+0,71
	50m: 34.61	34.61 150m: 1:50.78	38.53 250m: 3:08.85	39.35 350m: 4:26.65	38.31
	100m: 1:12.25	37.64 200m: 2:29.50	38.72 300m: 3:48.34	39.49 400m: 5:02.75	36.10
19.	Fiene Quaak	Z&PC De Ganze	5:12.42 201201142	5:02.96	+0,77
	50m: 34.45	34.45 150m: 1:53.70	40.16 250m: 3:11.53	38.16 350m: 4:28.34	38.03
	100m: 1:13.54	39.09 200m: 2:33.37	39.67 300m: 3:50.31	38.78 400m: 5:02.96	34.62

Programmanr. 4, Meisjes, 400m vrije slag, Onder 14

rang	naam	vereniging	intijd	tijd	RT
20.	Jet Hogervorst	De Columbiaan	5:06.94	201200738	5:03.81 +0,64
	50m: 33.31	33.31 150m: 1:49.43	38.79 250m: 3:07.97	39.49 350m: 4:25.82	38.04
	100m: 1:10.64	37.33 200m: 2:28.48	39.05 300m: 3:47.78	39.81 400m: 5:03.81	37.99
21.	Lenny Bokkers	De Zwoer	5:02.85	201300390	5:04.18 +0,67
	50m: 33.52	33.52 150m: 1:49.15	38.29 250m: 3:08.17	39.04 350m: 4:26.08	38.46
	100m: 1:10.86	37.34 200m: 2:29.13	39.98 300m: 3:47.62	39.45 400m: 5:04.18	38.10
22.	Jinthe Kuiper	SWOL 1894	5:04.30	201200688	5:04.35 * +0,67
	50m: 32.80	32.80 150m: 1:49.24	39.07 250m: 3:07.60	39.64 350m: 4:26.53	39.68
	100m: 1:10.17	37.37 200m: 2:27.96	38.72 300m: 3:46.85	39.25 400m: 5:04.35	37.82
23.	Fenna Beumer	PSV	5:11.32	201300176	5:05.75 * +0,73
	50m: 33.09	33.09 150m: 1:48.43	38.09 250m: 3:07.50	40.00 350m: 4:28.34	40.05
	100m: 1:10.34	37.25 200m: 2:27.50	39.07 300m: 3:48.29	40.79 400m: 5:05.75	37.41
24.	Joanne Strietman	ZPC AMERSFOORT	5:08.07	201203784	5:06.22 +0,77
	50m: 32.29	32.29 150m: 1:50.37	39.86 250m: 3:11.40	40.46 350m: 4:31.06	39.03
	100m: 1:10.51	38.22 200m: 2:30.94	40.57 300m: 3:52.03	40.63 400m: 5:06.22	35.16
25.	Madeé Boezen	Zignea	5:07.32	201300782	5:07.96 +0,65
	50m: 33.35	33.35 150m: 1:49.40	38.94 250m: 3:09.72	40.36 350m: 4:30.28	40.55
	100m: 1:10.46	37.11 200m: 2:29.36	39.96 300m: 3:49.73	40.01 400m: 5:07.96	37.68
26.	Querine Schminnes	ZC Borger	5:15.07	201200624	5:08.67 +0,79
	50m: 33.81	33.81 150m: 1:51.95	39.97 250m: 3:12.51	40.06 350m: 4:31.57	38.79
	100m: 1:11.98	38.17 200m: 2:32.45	40.50 300m: 3:52.78	40.27 400m: 5:08.67	37.10
27.	Mischa Brouwers	Hieronimus	5:13.45	201202208	5:09.33 +0,69
	50m: 31.68	31.68 150m: 1:47.20	38.58 250m: 3:08.84	41.56 350m: 4:32.44	41.36
	100m: 1:08.62	36.94 200m: 2:27.28	40.08 300m: 3:51.08	42.24 400m: 5:09.33	36.89
28.	Caithlin Lakke	Team Noord Holland (SG)	5:14.06	201302438	5:09.37 +0,72
	50m: 33.34	33.34 150m: 1:51.33	40.12 250m: 3:13.19	40.91 350m: 4:33.06	39.58
	100m: 1:11.21	37.87 200m: 2:32.28	40.95 300m: 3:53.48	40.29 400m: 5:09.37	36.31
29.	Tesse van de Wetering	Arethusa	5:11.94	201200780	5:09.52 +0,72
	50m: 33.61	33.61 150m: 1:52.29	39.91 250m: 3:13.00	40.41 350m: 4:33.49	40.11
	100m: 1:12.38	38.77 200m: 2:32.59	40.30 300m: 3:53.38	40.38 400m: 5:09.52	36.03
30.	Vicky Horens	Hellas-Glana	4:58.33	201200252	5:09.95 +0,68
	50m: 31.85	31.85 150m: 1:46.84	38.41 250m: 3:07.69	40.49 350m: 4:29.12	40.07
	100m: 1:08.43	36.58 200m: 2:27.20	40.36 300m: 3:49.05	41.36 400m: 5:09.95	40.83
31.	Guusje van Geest	ACZ	5:22.51	201200352	5:10.78 +0,82
	50m: 33.73	33.73 150m: 1:52.37	39.85 250m: 3:12.88	39.97 350m: 4:33.10	40.01
	100m: 1:12.52	38.79 200m: 2:32.91	40.54 300m: 3:53.09	40.21 400m: 5:10.78	37.68
32.	Karlijn Siero	SWOL 1894	5:12.54	201201758	5:11.73 +0,86
	50m: 35.30	35.30 150m: 1:55.32	40.63 250m: 3:16.58	40.78 350m: 4:35.98	38.85
	100m: 1:14.69	39.39 200m: 2:35.80	40.48 300m: 3:57.13	40.55 400m: 5:11.73	35.75
33.	Alena Ytsma	HZ&PC Heerenveen	5:16.98	201201736	5:12.67 +0,81
	50m: 34.09	34.09 150m: 1:52.51	39.60 250m: 3:11.89	39.74 350m: 4:32.26	40.43
	100m: 1:12.91	38.82 200m: 2:32.15	39.64 300m: 3:51.83	39.94 400m: 5:12.67	40.41
34.	Nova Volmer	Deltasteur	5:11.33	201300426	5:12.72 +0,75
	50m: 34.57	34.57 150m: 1:53.67	39.86 250m: 3:15.45	40.75 350m: 4:35.85	39.63
	100m: 1:13.81	39.24 200m: 2:34.70	41.03 300m: 3:56.22	40.77 400m: 5:12.72	36.87
35.	Liva van Groningen	Team Noord Holland (SG)	5:09.76	201200280	5:13.83 +0,75
	50m: 32.91	32.91 150m: 1:50.38	39.90 250m: 3:11.27	40.76 350m: 4:33.41	41.13
	100m: 1:10.48	37.57 200m: 2:30.51	40.13 300m: 3:52.28	41.01 400m: 5:13.83	40.42
36.	Feline Bruns	ZC Polaris	5:05.98	201200730	5:15.85 +0,74
	50m: 34.11	34.11 150m: 1:54.07	40.53 250m: 3:16.01	41.33 350m: 4:36.96	40.10
	100m: 1:13.54	39.43 200m: 2:34.68	40.61 300m: 3:56.86	40.85 400m: 5:15.85	38.89
37.	Saar Begeman	ZPC de Kanaalstreek	5:15.63	201201594	5:15.88 +0,71
	50m: 33.22	33.22 150m: 1:51.78	39.99 250m: 3:14.12	41.13 350m: 4:36.44	41.24
	100m: 1:11.79	38.57 200m: 2:32.99	41.21 300m: 3:55.20	41.08 400m: 5:15.88	39.44
38.	Elisa Obdam	DAW	5:07.08	201201444	5:20.33 +0,60
	50m: 31.67	31.67 150m: 1:46.67	38.62 250m: 3:06.65	40.02 350m: 4:24.42	38.22
	100m: 1:08.05	36.38 200m: 2:26.63	39.96 300m: 3:46.20	39.55 400m: 5:20.33	55.91
39.	Fee Sevenants	De Watervogels	5:26.83	201201884	5:22.98 +0,74
	50m: 34.54	34.54 150m: 1:55.55	41.08 250m: 3:18.84	41.38 350m: 4:43.16	42.35
	100m: 1:14.47	39.93 200m: 2:37.46	41.91 300m: 4:00.81	41.97 400m: 5:22.98	39.82

Programmanr. 4, Meisjes, 400m vrije slag, Onder 14

rang	naam	vereniging		intijd		tijd		RT	
40.	Jazz Hollander	ZZ&PC De Devel		5:42.00		201300528		5:41.32	
	50m: 34.82	34.82	150m: 1:59.14	43.35	250m: 3:28.61	45.34	350m: 4:58.41	44.92	
	100m: 1:15.79	40.97	200m: 2:43.27	44.13	300m: 4:13.49	44.88	400m: 5:41.32	42.91	