

Programmanr. 44
25-01-2026 - 15:47

Meisjes, 400m vrije slag

Onder 16
Resultaten

rang	naam	vereniging		intijd		tijd		RT	
1.	Yill van Bezouw <i>Kampioenschapsrecord</i>	Hieronymus		4:13.99 201100704		4:14.09		+0,72	
	50m: 28.81 100m: 1:00.41	28.81 31.60	150m: 1:32.58 200m: 2:05.02	32.17 32.44	250m: 2:37.58 300m: 3:10.23	32.56 32.65	350m: 3:43.29 400m: 4:14.09	33.06 30.80	
2.	Fenne Metten	ZPC AMERSFOORT		4:16.76 201000102		4:20.84		+0,81	
	50m: 29.64 100m: 1:01.93	29.64 32.29	150m: 1:34.91 200m: 2:08.20	32.98 33.29	250m: 2:41.38 300m: 3:14.66	33.18 33.28	350m: 3:48.08 400m: 4:20.84	33.42 32.76	
3.	Hannah Huisman <i>200m*</i>	De Dolfijn		4:25.80 201000002		4:28.66		+0,75	
	50m: 29.98 100m: 1:03.54	29.98 33.56	150m: 1:37.59 200m: 2:12.01	34.05 34.42	250m: 2:46.22 300m: 3:21.09	34.21 34.87	350m: 3:55.36 400m: 4:28.66	34.27 33.30	
4.	Nina van der Schrier	AZC		4:27.93 201000444		4:33.36		+0,75	
	50m: 30.62 100m: 1:04.42	30.62 33.80	150m: 1:39.37 200m: 2:14.19	34.95 34.82	250m: 2:49.08 300m: 3:24.30	34.89 35.22	350m: 3:59.03 400m: 4:33.36	34.73 34.33	
5.	Elin Reinstra	TriVia		4:33.44 201100842		4:34.39		+0,81	
	50m: 31.57 100m: 1:06.05	31.57 34.48	150m: 1:40.93 200m: 2:16.04	34.88 35.11	250m: 2:50.77 300m: 3:25.82	34.73 35.05	350m: 4:00.66 400m: 4:34.39	34.84 33.73	
6.	Anna Lepoutre	PSV		4:30.33 201100534		4:34.89		+0,64	
	50m: 30.33 100m: 1:04.10	30.33 33.77	150m: 1:39.17 200m: 2:14.21	35.07 35.04	250m: 2:49.02 300m: 3:24.40	34.81 35.38	350m: 3:59.93 400m: 4:34.89	35.53 34.96	
7.	Nina Tetteroo	De Columbiaan		4:38.66 201000048		4:34.94		+0,80	
	50m: 30.57 100m: 1:04.14	30.57 33.57	150m: 1:38.99 200m: 2:13.88	34.85 34.89	250m: 2:49.18 300m: 3:24.56	35.30 35.38	350m: 4:00.43 400m: 4:34.94	35.87 34.51	
8.	Pien Walstra	De Treffers		4:46.70 201101034		4:37.59		+0,76	
	50m: 31.01 100m: 1:05.78	31.01 34.77	150m: 1:41.98 200m: 2:17.99	36.20 36.01	250m: 2:53.47 300m: 3:29.17	35.48 35.70	350m: 4:05.47 400m: 4:37.59	36.30 32.12	
9.	Erin de Jong	LinK		4:44.26 201000024		4:41.20		+0,76	
	50m: 31.09 100m: 1:06.41	31.09 35.32	150m: 1:42.03 200m: 2:18.02	35.62 35.99	250m: 2:54.16 300m: 3:30.56	36.14 36.40	350m: 4:06.66 400m: 4:41.20	36.10 34.54	
10.	Faye Thijsse	WVZ		4:40.85 201001364		4:41.59		+0,82	
	50m: 30.88 100m: 1:05.72	30.88 34.84	150m: 1:41.71 200m: 2:18.32	35.99 36.61	250m: 2:54.29 300m: 3:30.15	35.97 35.86	350m: 4:06.36 400m: 4:41.59	36.21 35.23	
11.	Ilse Jongepier	TriVia		4:41.86 201000006		4:42.21		+0,93	
	50m: 31.03 100m: 1:05.74	31.03 34.71	150m: 1:41.69 200m: 2:18.27	35.95 36.58	250m: 2:54.51 300m: 3:30.95	36.24 36.44	350m: 4:07.01 400m: 4:42.21	36.06 35.20	
12.	Frédérique Nijziel	De Dolfijn		4:44.44 201103114		4:42.32		+0,73	
	50m: 32.72 100m: 1:08.21	32.72 35.49	150m: 1:43.84 200m: 2:20.13	35.63 36.29	250m: 2:55.84 300m: 3:31.90	35.71 36.06	350m: 4:07.44 400m: 4:42.32	35.54 34.88	
13.	Casharell Kraan	Blue Marlins		4:38.59 201103426		4:42.60		+0,67	
	50m: 30.54 100m: 1:04.39	30.54 33.85	150m: 1:39.90 200m: 2:17.22	35.51 37.32	250m: 2:54.54 300m: 3:31.79	37.32 37.25	350m: 4:08.64 400m: 4:42.60	36.85 33.96	
14.	Rozalia Diederiks	ZVL-1886		4:42.69 201100904		4:42.66		+0,82	
	50m: 31.56 100m: 1:06.28	31.56 34.72	150m: 1:41.94 200m: 2:18.08	35.66 36.14	250m: 2:54.60 300m: 3:30.93	36.52 36.33	350m: 4:07.78 400m: 4:42.66	36.85 34.88	
15.	Yanique Bax	ZPC AMERSFOORT		4:41.33 201001428		4:43.17		+0,75	
	50m: 31.61 100m: 1:06.68	31.61 35.07	150m: 1:42.93 200m: 2:19.27	36.25 36.34	250m: 2:55.63 300m: 3:31.97	36.36 36.34	350m: 4:08.26 400m: 4:43.17	36.29 34.91	
16.	Dana Bulters	De Dolfijn		4:44.29 201104138		4:43.86		+0,71	
	50m: 30.91 100m: 1:05.88	30.91 34.97	150m: 1:42.42 200m: 2:19.46	36.54 37.04	250m: 2:56.13 300m: 3:32.76	36.67 36.63	350m: 4:09.28 400m: 4:43.86	36.52 34.58	
17.	Milou Filemon	Blue Marlins		4:37.04 201100078		4:43.89		+0,68	
	50m: 32.09 100m: 1:07.11	32.09 35.02	150m: 1:42.61 200m: 2:18.41	35.50 35.80	250m: 2:54.36 300m: 3:30.65	35.95 36.29	350m: 4:07.55 400m: 4:43.89	36.90 36.34	
18.	Florien Pot	OZ&PC		4:41.97 201000768		4:44.33		+0,90	
	50m: 31.73 100m: 1:07.17	31.73 35.44	150m: 1:43.27 200m: 2:19.73	36.10 36.46	250m: 2:56.03 300m: 3:32.54	36.30 36.51	350m: 4:08.93 400m: 4:44.33	36.39 35.40	

Programmanr. 44, Meisjes, 400m vrije slag, Onder 16

rang	naam	vereniging	intijd	tijd	RT
19.	Lobke Hempenius	HZ&PC Heerenveen	4:48.00	201100522	4:44.67 +0,76
	50m: 30.60	30.60 150m: 1:41.40	36.24 250m: 2:53.81	36.52 350m: 4:09.01	37.97
	100m: 1:05.16	34.56 200m: 2:17.29	35.89 300m: 3:31.04	37.23 400m: 4:44.67	35.66
20.	Famke Franzen	De Schoteijl	4:39.69	201000058	4:46.28 +0,76
	50m: 30.48	30.48 150m: 1:40.73	35.91 250m: 2:54.61	37.07 350m: 4:09.69	37.50
	100m: 1:04.82	34.34 200m: 2:17.54	36.81 300m: 3:32.19	37.58 400m: 4:46.28	36.59
21.	Romy de Graaf	Hellas-Glana	4:47.25	201003660	4:46.37 +0,82
	50m: 32.62	32.62 150m: 1:43.92	36.23 250m: 2:58.03	37.33 350m: 4:12.14	37.22
	100m: 1:07.69	35.07 200m: 2:20.70	36.78 300m: 3:34.92	36.89 400m: 4:46.37	34.23
22.	Alaine Lomans	Hellas-Glana	4:46.94	201000420	4:46.40 +0,75
	50m: 31.49	31.49 150m: 1:43.18	36.19 250m: 2:56.84	36.85 350m: 4:11.32	37.18
	100m: 1:06.99	35.50 200m: 2:19.99	36.81 300m: 3:34.14	37.30 400m: 4:46.40	35.08
23.	Julia Dąbrowska	Blue Marlins	4:45.68	201000300	4:46.52 +0,78
	50m: 30.98	30.98 150m: 1:42.89	36.37 250m: 2:57.77	37.53 350m: 4:11.39	36.62
	100m: 1:06.52	35.54 200m: 2:20.24	37.35 300m: 3:34.77	37.00 400m: 4:46.52	35.13
24.	Mette Hogenhuis	Zwemlust- den Hommel	4:47.00	201101254	4:46.99 +0,83
	50m: 31.94	31.94 150m: 1:45.25	37.08 250m: 2:58.74	36.64 350m: 4:12.39	36.64
	100m: 1:08.17	36.23 200m: 2:22.10	36.85 300m: 3:35.75	37.01 400m: 4:46.99	34.60
25.	Mariia Kostina	Blue Marlins	4:42.32	201002042	4:50.01 * +0,80
	50m: 30.82	30.82 150m: 1:42.52	36.61 250m: 2:57.39	37.67 350m: 4:12.60	37.78
	100m: 1:05.91	35.09 200m: 2:19.72	37.20 300m: 3:34.82	37.43 400m: 4:50.01	37.41
26.	Sterre de Veen	Hellas-Glana	4:49.36	201100086	4:50.34 +0,73
	50m: 31.99	31.99 150m: 1:44.95	36.92 250m: 2:59.60	37.53 350m: 4:14.51	37.51
	100m: 1:08.03	36.04 200m: 2:22.07	37.12 300m: 3:37.00	37.40 400m: 4:50.34	35.83
27.	Mandy Berndsén	VZC	4:52.36	201001138	4:51.82 +0,77
	50m: 32.57	32.57 150m: 1:45.48	36.91 250m: 2:59.99	37.41 350m: 4:15.12	37.28
	100m: 1:08.57	36.00 200m: 2:22.58	37.10 300m: 3:37.84	37.85 400m: 4:51.82	36.70
28.	Wieke Dekker 200m*	De Dolfijn	4:46.94	201002020	4:52.73 +0,79
	50m: 32.35	32.35 150m: 1:46.24	37.35 250m: 3:00.37	36.84 350m: 4:15.61	37.66
	100m: 1:08.89	36.54 200m: 2:23.53	37.29 300m: 3:37.95	37.58 400m: 4:52.73	37.12
29.	Kyara Balt	De Vikings	4:46.34	201100306	4:54.76 +0,73
	50m: 32.55	32.55 150m: 1:46.47	37.66 250m: 3:02.01	37.94 350m: 4:17.20	37.90
	100m: 1:08.81	36.26 200m: 2:24.07	37.60 300m: 3:39.30	37.29 400m: 4:54.76	37.56
30.	Kamila Makhmadiyarova	Blue Marlins	4:50.76	201103178	4:54.82 +0,75
	50m: 32.89	32.89 150m: 1:47.36	37.44 250m: 3:02.45	37.61 350m: 4:18.67	37.90
	100m: 1:09.92	37.03 200m: 2:24.84	37.48 300m: 3:40.77	38.32 400m: 4:54.82	36.15
31.	Isus Verdysseidnók	PSV	4:52.75	201002878	4:54.99 +0,77
	50m: 32.32	32.32 150m: 1:45.02	36.68 250m: 2:59.64	37.24 350m: 4:16.21	38.48
	100m: 1:08.34	36.02 200m: 2:22.40	37.38 300m: 3:37.73	38.09 400m: 4:54.99	38.78
32.	Lotte Euverman 200m*	KSN (SG)	4:52.38	201101228	4:58.40 +0,78
	50m: 32.69	32.69 150m: 1:48.02	38.71 250m: 3:04.55	38.66 350m: 4:21.39	37.77
	100m: 1:09.31	36.62 200m: 2:25.89	37.87 300m: 3:43.62	39.07 400m: 4:58.40	37.01
33.	Yuna van den Idsert	DAW	4:50.87	201001196	5:07.37 +0,76
	50m: 33.53	33.53 150m: 1:49.88	39.05 250m: 3:08.88	39.98 350m: 4:28.44	39.68
	100m: 1:10.83	37.30 200m: 2:28.90	39.02 300m: 3:48.76	39.88 400m: 5:07.37	38.93
NG	Myrthe Rozendaal	Aqua-Novio'94	4:45.90	201000790	
NG	Linou van Kampen	ZPCH	4:52.19	201000594	
NG	Noa van Zalk	ZPC AMERSFOORT	4:36.03	201102534	
NG	Ylène Zondervan	ZPC AMERSFOORT	4:38.88	201200016	