

4 - NJK lange afstanden

3-7-2026 - 13:00

Programmanr. 20
3-7-2026 - 13:00

Meisjes, 1500m vrije slag

Onder 16
Resultaten

Punten: AQUA 2025

rang	naam	vereniging	tijd	RT	FINA	para
1.	Nina Tetteroo	De Columbiaan	201000048	18:18.75		587
	100m: 1:06.27	1:06.27 500m: 5:58.52	1:13.32 900m: 10:54.22	1:13.99 1300m: 15:52.18	1:15.00	
	200m: 2:18.71	1:12.44 600m: 7:12.30	1:13.78 1000m: 12:08.38	1:14.16 1400m: 17:06.42	1:14.24	
	300m: 3:31.93	1:13.22 700m: 8:26.34	1:14.04 1100m: 13:22.54	1:14.16 1500m: 18:18.75	1:12.33	
	400m: 4:45.20	1:13.27 800m: 9:40.23	1:13.89 1200m: 14:37.18	1:14.64		
2.	Kyara Balt	De Vikings	201100306	18:33.57		564
	100m: 1:09.29	1:09.29 500m: 6:07.31	1:14.53 900m: 11:07.32	1:14.82 1300m: 16:06.56	1:14.30	
	200m: 2:23.01	1:13.72 600m: 7:22.56	1:15.25 1000m: 12:22.17	1:14.85 1400m: 17:20.48	1:13.92	
	300m: 3:37.51	1:14.50 700m: 8:37.86	1:15.30 1100m: 13:37.35	1:15.18 1500m: 18:33.57	1:13.09	
	400m: 4:52.78	1:15.27 800m: 9:52.50	1:14.64 1200m: 14:52.26	1:14.91		
3.	Yanique Bax	ZPC AMERSFOORT	201001428	18:40.71	+0,60	554
	100m: 1:06.99	1:06.99 500m: 6:03.39	1:15.26 900m: 11:05.88	1:15.48 1300m: 16:10.44	1:16.48	
	200m: 2:19.55	1:12.56 600m: 7:18.64	1:15.25 1000m: 12:21.46	1:15.58 1400m: 17:26.47	1:16.03	
	300m: 3:33.44	1:13.89 700m: 8:34.52	1:15.88 1100m: 13:37.48	1:16.02 1500m: 18:40.71	1:14.24	
	400m: 4:48.13	1:14.69 800m: 9:50.40	1:15.88 1200m: 14:53.96	1:16.48		
4.	Dana Bulters	De Dolfijn	201104138	18:45.85	+0,54	546
	100m: 1:09.01	1:09.01 500m: 6:13.34	1:16.24 900m: 11:16.81	1:15.59 1300m: 16:18.23	1:15.23	
	200m: 2:24.57	1:15.56 600m: 7:29.34	1:16.00 1000m: 12:32.58	1:15.77 1400m: 17:33.72	1:15.49	
	300m: 3:40.91	1:16.34 700m: 8:45.14	1:15.80 1100m: 13:47.60	1:15.02 1500m: 18:45.85	1:12.13	
	400m: 4:57.10	1:16.19 800m: 10:01.22	1:16.08 1200m: 15:03.00	1:15.40		
5.	Rozalia Diederiks	ZVL-1886	201100904	18:58.92	+0,49	527
	100m: 1:10.13	1:10.13 500m: 6:15.33	1:16.68 900m: 11:22.97	1:17.26 1300m: 16:29.90	1:16.73	
	200m: 2:25.61	1:15.48 600m: 7:32.15	1:16.82 1000m: 12:39.55	1:16.58 1400m: 17:45.02	1:15.12	
	300m: 3:42.06	1:16.45 700m: 8:49.00	1:16.85 1100m: 13:55.57	1:16.02 1500m: 18:58.92	1:13.90	
	400m: 4:58.65	1:16.59 800m: 10:05.71	1:16.71 1200m: 15:13.17	1:17.60		
6.	Sophie Hoogervorst	AZC	201100252	19:04.72		519
	100m: 1:10.17	1:10.17 500m: 6:14.07	1:16.35 900m: 11:21.54	1:17.34 1300m: 16:32.00	1:17.81	
	200m: 2:25.21	1:15.04 600m: 7:30.74	1:16.67 1000m: 12:38.98	1:17.44 1400m: 17:49.19	1:17.19	
	300m: 3:41.51	1:16.30 700m: 8:47.24	1:16.50 1100m: 13:56.90	1:17.92 1500m: 19:04.72	1:15.53	
	400m: 4:57.72	1:16.21 800m: 10:04.20	1:16.96 1200m: 15:14.19	1:17.29		
7.	Florien Pot	OZ&PC	201000768	19:23.34	+0,83	495
	100m: 1:11.85	1:11.85 500m: 6:25.35	1:19.00 900m: 11:39.71	1:18.31 1300m: 16:50.49	1:17.27	
	200m: 2:29.83	1:17.98 600m: 7:44.61	1:19.26 1000m: 12:58.17	1:18.46 1400m: 18:07.74	1:17.25	
	300m: 3:47.93	1:18.10 700m: 9:03.14	1:18.53 1100m: 14:16.32	1:18.15 1500m: 19:23.34	1:15.60	
	400m: 5:06.35	1:18.42 800m: 10:21.40	1:18.26 1200m: 15:33.22	1:16.90		
8.	Odenza Soselisa	Blue Marlins	201101780	19:39.81	+0,55	474
	100m: 1:08.82	1:08.82 500m: 6:16.22	1:17.95 900m: 11:37.46	1:21.21 1300m: 17:02.72	1:20.68	
	200m: 2:24.03	1:15.21 600m: 7:35.39	1:19.17 1000m: 12:58.87	1:21.41 1400m: 18:23.94	1:21.22	
	300m: 3:41.33	1:17.30 700m: 8:55.78	1:20.39 1100m: 14:20.50	1:21.63 1500m: 19:39.81	1:15.87	
	400m: 4:58.27	1:16.94 800m: 10:16.25	1:20.47 1200m: 15:42.04	1:21.54		
9.	Boukje de Baedts	Het Y	201300756	19:49.30		463
	100m: 1:13.09	1:13.09 500m: 6:32.09	1:19.97 900m: 11:52.75	1:20.67 1300m: 17:12.48	1:19.54	
	200m: 2:32.50	1:19.41 600m: 7:52.34	1:20.25 1000m: 13:12.97	1:20.22 1400m: 18:32.31	1:19.83	
	300m: 3:52.46	1:19.96 700m: 9:12.34	1:20.00 1100m: 14:32.89	1:19.92 1500m: 19:49.30	1:16.99	
	400m: 5:12.12	1:19.66 800m: 10:32.08	1:19.74 1200m: 15:52.94	1:20.05		
10.	Renske van den Bosch	VZV Njord	201001828	19:51.25		461
	100m: 1:12.67	1:12.67 500m: 6:33.31	1:20.68 900m: 11:54.82	1:19.77 1300m: 17:14.56	1:19.89	
	200m: 2:32.07	1:19.40 600m: 7:54.25	1:20.94 1000m: 13:14.38	1:19.56 1400m: 18:34.52	1:19.96	
	300m: 3:52.34	1:20.27 700m: 9:15.30	1:21.05 1100m: 14:34.09	1:19.71 1500m: 19:51.25	1:16.73	
	400m: 5:12.63	1:20.29 800m: 10:35.05	1:19.75 1200m: 15:54.67	1:20.58		
11.	Alaine Lomans	Hellas-Glana	201000420	19:57.58	+0,66	454
	100m: 1:10.21	1:10.21 500m: 6:25.19	1:19.84 900m: 11:49.22	1:21.43 1300m: 17:17.00	1:21.95	
	200m: 2:27.10	1:16.89 600m: 7:46.07	1:20.88 1000m: 13:11.10	1:21.88 1400m: 18:37.98	1:20.98	
	300m: 3:45.84	1:18.74 700m: 9:06.84	1:20.77 1100m: 14:33.11	1:22.01 1500m: 19:57.58	1:19.60	
	400m: 5:05.35	1:19.51 800m: 10:27.79	1:20.95 1200m: 15:55.05	1:21.94		
12.	Lisa Boogaard	Deltasteur	201100990	20:07.11		443
	100m: 1:12.08	1:12.08 500m: 6:31.02	1:20.49 900m: 11:53.97	1:20.69 1300m: 17:20.47	1:22.30	
	200m: 2:30.46	1:18.38 600m: 7:51.48	1:20.46 1000m: 13:14.92	1:20.95 1400m: 18:43.63	1:23.16	
	300m: 3:50.31	1:19.85 700m: 9:12.35	1:20.87 1100m: 14:36.19	1:21.27 1500m: 20:07.11	1:23.48	
	400m: 5:10.53	1:20.22 800m: 10:33.28	1:20.93 1200m: 15:58.17	1:21.98		

B = Bonus inschrijving

Open Nederlandse Kampioenschappen lange baan & European Swimming Trials 2026
Eindhoven, 2- - 5-7-2026



Programmanr. 20, Meisjes, 1500m vrije slag, Onder 16

rang	naam	vereniging						tijd	RT	FINA	para
13.	Brecht van Ravensteijn	Arethusa			201100738			20:08.09	+0,57		442
	100m: 1:13.58	1:13.58	500m: 6:36.83	1:21.78	900m: 12:02.50	1:20.66	1300m: 17:30.53	1:21.51			
	200m: 2:33.56	1:19.98	600m: 7:58.03	1:21.20	1000m: 13:24.79	1:22.29	1400m: 18:51.96	1:21.43			
	300m: 3:53.98	1:20.42	700m: 9:20.09	1:22.06	1100m: 14:46.80	1:22.01	1500m: 20:08.09	1:16.13			
	400m: 5:15.05	1:21.07	800m: 10:41.84	1:21.75	1200m: 16:09.02	1:22.22					
14.	Myron Dekker	ZPC Hoogeveen			201000512			20:10.17	+0,85		440
	100m: 1:14.03	1:14.03	500m: 6:35.85	1:21.43	900m: 12:01.95	1:21.64	1300m: 17:29.44	1:21.61			
	200m: 2:33.77	1:19.74	600m: 7:57.30	1:21.45	1000m: 13:23.88	1:21.93	1400m: 18:50.87	1:21.43			
	300m: 3:53.90	1:20.13	700m: 9:18.57	1:21.27	1100m: 14:45.83	1:21.95	1500m: 20:10.17	1:19.30			
	400m: 5:14.42	1:20.52	800m: 10:40.31	1:21.74	1200m: 16:07.83	1:22.00					
15.	Kayleigh van Doeselaar	WS Twente			201000478			20:34.48			414
	100m: 1:12.59	1:12.59	500m: 6:39.13	1:22.59	900m: 12:13.35	1:24.33	1300m: 17:52.53	1:26.12			
	200m: 2:32.15	1:19.56	600m: 8:01.00	1:21.87	1000m: 13:37.02	1:23.67	1400m: 19:15.71	1:23.18			
	300m: 3:54.34	1:22.19	700m: 9:24.03	1:23.03	1100m: 15:01.16	1:24.14	1500m: 20:34.48	1:18.77			
	400m: 5:16.54	1:22.20	800m: 10:49.02	1:24.99	1200m: 16:26.41	1:25.25					
16.	Elise Dorlandt	HZ&PC Heerenveen			201000232			20:36.15	+0,85		412
	100m: 1:13.99	1:13.99	500m: 6:43.31	1:23.03	900m: 12:16.92	1:23.86	1300m: 17:52.36	1:24.12			
	200m: 2:35.20	1:21.21	600m: 8:06.43	1:23.12	1000m: 13:40.73	1:23.81	1400m: 19:15.91	1:23.55			
	300m: 3:57.51	1:22.31	700m: 9:29.65	1:23.22	1100m: 15:05.08	1:24.35	1500m: 20:36.15	1:20.24			
	400m: 5:20.28	1:22.77	800m: 10:53.06	1:23.41	1200m: 16:28.24	1:23.16					
17.	Fenne Hardeman	Hellas-Glana			201100244			20:43.73	+0,82		405
	100m: 1:15.88	1:15.88	500m: 6:45.40	1:22.86	900m: 12:20.33	1:24.08	1300m: 17:57.25	1:24.81			
	200m: 2:36.74	1:20.86	600m: 8:09.15	1:23.75	1000m: 13:43.91	1:23.58	1400m: 19:22.08	1:24.83			
	300m: 3:59.58	1:22.84	700m: 9:32.89	1:23.74	1100m: 15:07.60	1:23.69	1500m: 20:43.73	1:21.65			
	400m: 5:22.54	1:22.96	800m: 10:56.25	1:23.36	1200m: 16:32.44	1:24.84					
18.	Lotte Euverman	KSN (SG)			201101228			20:48.28	+0,62		400
	100m: 1:14.26	1:14.26	500m: 6:45.80	1:24.70	900m: 12:25.72	1:25.11	1300m: 18:05.06	1:24.66			
	200m: 2:34.93	1:20.67	600m: 8:10.31	1:24.51	1000m: 13:50.69	1:24.97	1400m: 19:28.17	1:23.11			
	300m: 3:57.35	1:22.42	700m: 9:35.21	1:24.90	1100m: 15:15.26	1:24.57	1500m: 20:48.28	1:20.11			
	400m: 5:21.10	1:23.75	800m: 11:00.61	1:25.40	1200m: 16:40.40	1:25.14					
19.	Fenna Hölsgens	Hellas-Glana			201000276			21:01.32	+0,82		388
	100m: 1:17.15	1:17.15	500m: 6:51.48	1:24.58	900m: 12:30.02	1:24.92	1300m: 18:13.62	1:26.56			
	200m: 2:38.97	1:21.82	600m: 8:15.67	1:24.19	1000m: 13:54.84	1:24.82	1400m: 19:38.23	1:24.61			
	300m: 4:02.42	1:23.45	700m: 9:40.38	1:24.71	1100m: 15:20.51	1:25.67	1500m: 21:01.32	1:23.09			
	400m: 5:26.90	1:24.48	800m: 11:05.10	1:24.72	1200m: 16:47.06	1:26.55					
20.	Maurieke Frijstein	Deltasteur			201100198			21:07.14	+0,51		383
	100m: 1:14.14	1:14.14	500m: 6:47.41	1:25.67	900m: 12:30.20	1:27.01	1300m: 18:19.36	1:28.64			
	200m: 2:36.40	1:22.26	600m: 8:13.64	1:26.23	1000m: 13:58.03	1:27.83	1400m: 19:44.34	1:24.98			
	300m: 3:58.19	1:21.79	700m: 9:37.66	1:24.02	1100m: 15:23.49	1:25.46	1500m: 21:07.14	1:22.80			
	400m: 5:21.74	1:23.55	800m: 11:03.19	1:25.53	1200m: 16:50.72	1:27.23					

Programmanr. 21
3-7-2026 - 13:42

Jongens, 800m vrije slag

Onder 16
Resultaten

Punten: AQUA 2025

voorlopige resultaten

rang	naam	vereniging						tijd	RT	FINA	para
	Christiaan Wegman	ZPCH			201001751			9:37.50	+0,87		479
	100m: 1:08.96	1:08.96	300m: 3:39.45	1:15.24	500m: 6:07.21	1:13.48	700m: 8:30.25	1:10.43			
	200m: 2:24.21	1:15.25	400m: 4:53.73	1:14.28	600m: 7:19.82	1:12.61	800m: 9:37.50	1:07.25			
	Mathijs Boersma	ZPC Hoogeveen			201000313			9:42.94	+0,76		466
	100m: 1:04.79	1:04.79	300m: 3:30.35	1:13.56	500m: 6:00.58	1:15.43	700m: 8:29.41	1:13.93			
	200m: 2:16.79	1:12.00	400m: 4:45.15	1:14.80	600m: 7:15.48	1:14.90	800m: 9:42.94	1:13.53			
	Nanne Woldring	De Vikings			201102035			9:55.13			438
	100m: 1:08.47	1:08.47	300m: 3:40.26	1:16.41	500m: 6:13.28	1:16.39	700m: 8:44.86	1:15.85			
	200m: 2:23.85	1:15.38	400m: 4:56.89	1:16.63	600m: 7:29.01	1:15.73	800m: 9:55.13	1:10.27			
	Milan Eikenaar	SWOL 1894			201100599			10:02.16	+0,74		423
	100m: 1:07.65	1:07.65	300m: 3:40.35	1:17.00	500m: 6:15.24	1:17.76	700m: 8:48.79	1:17.01			
	200m: 2:23.35	1:15.70	400m: 4:57.48	1:17.13	600m: 7:31.78	1:16.54	800m: 10:02.16	1:13.37			
	Maarten Dijks	GoSwim			201000135			10:03.36 *	+0,74		420
	100m: 1:06.87	1:06.87	300m: 3:39.63	1:17.00	500m: 6:14.17	1:17.21	700m: 8:49.22	1:17.49			
	200m: 2:22.63	1:15.76	400m: 4:56.96	1:17.33	600m: 7:31.73	1:17.56	800m: 10:03.36	1:14.14			
	Izayah Castillo	Blue Marlins			201100311			10:19.98	+0,60		387
	100m: 1:03.86	1:03.86	300m: 3:37.42	1:18.64	500m: 6:18.08	1:21.22	700m: 9:01.57	1:21.45			
	200m: 2:18.78	1:14.92	400m: 4:56.86	1:19.44	600m: 7:40.12	1:22.04	800m: 10:19.98	1:18.41			

B = Bonus inschrijving

Programmanr. 21, Jongens, 800m vrije slag, Onder 16

rang	naam	vereniging						tijd		RT	FINA	para
	Daan Vinke	Deltasteur						201001039		10:21.72	+0,74	384
	100m:	1:08.68	1:08.68	300m:	3:43.80	1:18.92	500m:	6:22.58	1:19.67	700m:	9:02.87	1:20.20
	200m:	2:24.88	1:16.20	400m:	5:02.91	1:19.11	600m:	7:42.67	1:20.09	800m:	10:21.72	1:18.85
	Jelle Postma	De Duinkickers						201000559		10:34.58	+0,79	361
	100m:	1:08.10	1:08.10	300m:	3:44.82	1:20.24	500m:	6:29.82	1:23.02	700m:	9:14.84	1:21.89
	200m:	2:24.58	1:16.48	400m:	5:06.80	1:21.98	600m:	7:52.95	1:23.13	800m:	10:34.58	1:19.74

B = Bonus inschrijving