

Programmanr. 104
16-5-2026 - 15:10

Dames, 400m wisselslag

2014 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
Onder 14						
1.	Jinthe Kuiper	Swol 1894	6:00.04	201200688	6:01.53	
	50m: 38.01	38.01 150m: 2:11.10	44.92	250m: 3:47.19	51.71 350m: 5:21.40	41.93
	100m: 1:26.18	48.17 200m: 2:55.48	44.38	300m: 4:39.47	52.28 400m: 6:01.53	40.13
2.	Madeé Boezen	Zignea	5:51.32	201300782	6:09.94	
	50m: 40.53	40.53 150m: 2:17.20	46.01	250m: 3:57.27	53.05 350m: 5:29.87	40.35
	100m: 1:31.19	50.66 200m: 3:04.22	47.02	300m: 4:49.52	52.25 400m: 6:09.94	40.07
3.	Femke Keizer	Dedemsvaart-AC	5:57.85	201200272	6:15.33	
	50m: 38.65	38.65 150m: 2:15.46	47.77	250m: 3:54.65	52.34 350m: 5:33.69	43.54
	100m: 1:27.69	49.04 200m: 3:02.31	46.85	300m: 4:50.15	55.50 400m: 6:15.33	41.64
4.	E. de Velde Harsenhorst	Deltasteur	6:20.36	201300350	6:15.38	
	50m: 39.85	39.85 150m: 2:18.95	48.14	250m: 3:57.83	51.59 350m: 5:32.48	42.62
	100m: 1:30.81	50.96 200m: 3:06.24	47.29	300m: 4:49.86	52.03 400m: 6:15.38	42.90
5.	Reva van der Veen	Dedemsvaart-AC	6:16.46	201400298	6:16.82	
	50m: 41.57	41.57 150m: 2:19.09	46.75	250m: 4:00.25	54.99 350m: 5:37.63	41.36
	100m: 1:32.34	50.77 200m: 3:05.26	46.17	300m: 4:56.27	56.02 400m: 6:16.82	39.19
6.	Nova Volmer	Deltasteur	5:45.89	201300426	6:18.07	
	50m: 36.98	36.98 150m: 2:12.32	47.83	250m: 3:56.97	56.63 350m: 5:37.38	42.46
	100m: 1:24.49	47.51 200m: 3:00.34	48.02	300m: 4:54.92	57.95 400m: 6:18.07	40.69
7.	Fayenne Hemmelder	WS Twente	6:10.96	201200538	6:23.50	
	50m: 38.64	38.64 150m: 2:19.17	49.67	250m: 3:59.60	50.69 350m: 5:41.37	48.38
	100m: 1:29.50	50.86 200m: 3:08.91	49.74	300m: 4:52.99	53.39 400m: 6:23.50	42.13
8.	Jinthe Lentfert	WS Twente	6:08.38	201300166	6:24.58	
	50m: 40.81	40.81 150m: 2:20.97	51.40	250m: 4:05.90	58.22 350m: 5:45.94	42.42
	100m: 1:29.57	48.76 200m: 3:07.68	46.71	300m: 5:03.52	57.62 400m: 6:24.58	38.64
9.	Do Klaassen	Deltasteur	6:11.17	201200236	6:24.97	
	50m: 39.11	39.11 150m: 2:21.42	50.40	250m: 4:07.85	58.37 350m: 5:47.07	41.85
	100m: 1:31.02	51.91 200m: 3:09.48	48.06	300m: 5:05.22	57.37 400m: 6:24.97	37.90
10.	Anna-Sophie Lemmers	Swol 1894	6:16.62	201201462	6:39.37	
	50m: 41.57	41.57 150m: 2:23.40	48.89	250m: 4:10.98	1:00.19 350m: 5:54.06	45.34
	100m: 1:34.51	52.94 200m: 3:10.79	47.39	300m: 5:08.72	57.74 400m: 6:39.37	45.31
Onder 16						
1.	Florien Pot	Oz&Pc	5:37.94	201000768	5:42.73	
	50m: 35.38	35.38 150m: 2:03.60	45.11	250m: 3:38.24	50.54 350m: 5:05.88	37.34
	100m: 1:18.49	43.11 200m: 2:47.70	44.10	300m: 4:28.54	50.30 400m: 5:42.73	36.85
2.	Lisa Boogaard	Deltasteur	5:33.61	201100990	5:43.03	
	50m: 35.10	35.10 150m: 2:04.56	45.47	250m: 3:38.89	49.83 350m: 5:07.41	38.78
	100m: 1:19.09	43.99 200m: 2:49.06	44.50	300m: 4:28.63	49.74 400m: 5:43.03	35.62
3.	Jesmé Haytink	WS Twente	5:39.01	201000382	5:52.57	
	50m: 36.56	36.56 150m: 2:07.78	47.46	250m: 3:43.70	49.63 350m: 5:13.12	39.41
	100m: 1:20.32	43.76 200m: 2:54.07	46.29	300m: 4:33.71	50.01 400m: 5:52.57	39.45
4.	Ine-Joy Tilburg	Z&PV de Veene	5:57.25	201002036	5:57.19	
	50m: 35.43	35.43 150m: 2:04.00	45.53	250m: 3:41.24	53.05 350m: 5:17.95	41.02
	100m: 1:18.47	43.04 200m: 2:48.19	44.19	300m: 4:36.93	55.69 400m: 5:57.19	39.24
5.	Isabel Amelink	Deltasteur	5:45.01	201100196	5:59.95	
	50m: 35.45	35.45 150m: 2:09.63	47.66	250m: 3:47.72	49.57 350m: 5:19.94	41.24
	100m: 1:21.97	46.52 200m: 2:58.15	48.52	300m: 4:38.70	50.98 400m: 5:59.95	40.01
6.	Kayleigh van Doeselaar	WS Twente	5:53.80	201000478	6:07.42	
	50m: 36.16	36.16 150m: 2:07.22	46.32	250m: 3:48.70	56.06 350m: 5:26.46	39.99
	100m: 1:20.90	44.74 200m: 2:52.64	45.42	300m: 4:46.47	57.77 400m: 6:07.42	40.96
7.	Ribanna Damm	Oz&Pc	6:14.82	201100304	6:16.79	
	50m: 37.60	37.60 150m: 2:15.16	49.07	250m: 3:57.24	54.92 350m: 5:36.32	43.31
	100m: 1:26.09	48.49 200m: 3:02.32	47.16	300m: 4:53.01	55.77 400m: 6:16.79	40.47
8.	Nikki Kannegieter	Zignea	6:02.37	201100750	6:17.96	
	50m: 39.96	39.96 150m: 2:16.74	49.67	250m: 4:00.92	54.75 350m: 5:37.65	42.17
	100m: 1:27.07	47.11 200m: 3:06.17	49.43	300m: 4:55.48	54.56 400m: 6:17.96	40.31

Programmanr. 104, Meisjes, 400m wisselslag, Onder 16

rang	naam	vereniging	intijd	tijd	RT			
9.	Ilse Zuurman	Dedemsvaart-AC	6:04.11	201100112	6:18.36			
	50m: 42.30	42.30	150m: 2:25.03	50.09	250m: 4:06.22	52.61	350m: 5:39.75	40.88
	100m: 1:34.94	52.64	200m: 3:13.61	48.58	300m: 4:58.87	52.65	400m: 6:18.36	38.61
10.	Maurieke Frijstein	Deltasteur	5:59.47	201100198	6:20.24			
	50m: 39.08	39.08	150m: 2:21.09	50.13	250m: 4:01.02	50.79	350m: 5:37.13	43.64
	100m: 1:30.96	51.88	200m: 3:10.23	49.14	300m: 4:53.49	52.47	400m: 6:20.24	43.11
11.	Karina van de Wetering	Deltasteur	6:05.65	201000972	6:29.05			
	50m: 37.60	37.60	150m: 2:17.31	51.32	250m: 4:04.95	58.09	350m: 5:47.93	43.52
	100m: 1:25.99	48.39	200m: 3:06.86	49.55	300m: 5:04.41	59.46	400m: 6:29.05	41.12

Onder 18

1.	Emmelien Smelt	ZVZwartsluis	5:23.60	200800012	5:24.86			
	50m: 31.97	31.97	150m: 1:52.08	41.91	250m: 3:21.09	47.14	350m: 4:47.56	38.87
	100m: 1:10.17	38.20	200m: 2:33.95	41.87	300m: 4:08.69	47.60	400m: 5:24.86	37.30
2.	Marlouke Weijland	Deltasteur	5:28.84	200800152	5:54.64			
	50m: 38.71	38.71	150m: 2:09.56	44.97	250m: 3:43.04	48.99	350m: 5:15.17	41.42
	100m: 1:24.59	45.88	200m: 2:54.05	44.49	300m: 4:33.75	50.71	400m: 5:54.64	39.47
3.	Anique Polinder	Dedemsvaart-AC	5:46.09	200800008	5:58.46			
	50m: 37.22	37.22	150m: 2:10.43	47.33	250m: 3:46.98	49.90	350m: 5:19.16	40.09
	100m: 1:23.10	45.88	200m: 2:57.08	46.65	300m: 4:39.07	52.09	400m: 5:58.46	39.30
4.	Nienke Bulter	De Dinkel	5:27.35	200902188	6:03.53			
	50m: 36.44	36.44	150m: 2:08.43	47.45	250m: 3:46.31	51.13	350m: 5:21.82	42.53
	100m: 1:20.98	44.54	200m: 2:55.18	46.75	300m: 4:39.29	52.98	400m: 6:03.53	41.71
AFGEM	Aukje Markerink	ZPC De Hof	5:52.92	200802196				

Onder 20 en Senioren samen

1.	Renske Oude Egbrink	Oz&Pc	5:27.73	200600040	5:36.60			
	50m: 35.00	35.00	150m: 2:02.67	43.39	250m: 3:31.38	45.21	350m: 4:57.47	40.14
	100m: 1:19.28	44.28	200m: 2:46.17	43.50	300m: 4:17.33	45.95	400m: 5:36.60	39.13
2.	Sofie Kragt	Dedemsvaart-AC	5:45.82	200701020	5:55.52			
	50m: 38.64	38.64	150m: 2:10.24	46.21	250m: 3:47.30	50.95	350m: 5:17.81	39.35
	100m: 1:24.03	45.39	200m: 2:56.35	46.11	300m: 4:38.46	51.16	400m: 5:55.52	37.71
3.	Leyona Lichtendonk	Dedemsvaart-AC	5:38.63	200700010	6:25.95			
	50m: 35.44	35.44	150m: 2:11.73	48.36	250m: 3:54.61	55.98	350m: 5:42.02	47.09
	100m: 1:23.37	47.93	200m: 2:58.63	46.90	300m: 4:54.93	1:00.32	400m: 6:25.95	43.93

20 en ouder

1.	Alessia Sluis	Dedemsvaart-AC	5:16.97	200300896	5:35.77			
	50m: 34.03	34.03	150m: 1:59.90	45.47	250m: 3:30.18	47.56	350m: 4:59.01	40.35
	100m: 1:14.43	40.40	200m: 2:42.62	42.72	300m: 4:18.66	48.48	400m: 5:35.77	36.76
2.	Michelle Zomerdijk	Dedemsvaart-AC	5:12.11	200003196	5:36.02			
	50m: 34.86	34.86	150m: 2:00.89	45.22	250m: 3:30.01	45.27	350m: 4:56.74	39.56
	100m: 1:15.67	40.81	200m: 2:44.74	43.85	300m: 4:17.18	47.17	400m: 5:36.02	39.28
3.	Iris Lok	WS Twente	5:46.55	200301094	6:01.42			
	50m: 37.01	37.01	150m: 2:05.29	43.59	250m: 3:43.40	54.45	350m: 5:19.60	42.92
	100m: 1:21.70	44.69	200m: 2:48.95	43.66	300m: 4:36.68	53.28	400m: 6:01.42	41.82
4.	Stéphanie Dekker-Bergsma	Dedemsvaart-AC	5:44.13	199203374	6:04.13			
	50m: 35.49	35.49	150m: 2:07.04	48.54	250m: 3:48.09	54.45	350m: 5:24.04	41.33
	100m: 1:18.50	43.01	200m: 2:53.64	46.60	300m: 4:42.71	54.62	400m: 6:04.13	40.09