



Programmanr. 109  
16-5-2026 - 17:15

Gemengd, 4 x 100m vrije slag

2014 en ouder  
Resultaten

rang	vereniging	intijd	tijd	RT
<b>Onder 16</b>				
1.	Deltasteur	3:59.75	<b>4:08.05</b>	
	Metz Agema	12 29.10	11 27.52	58.19
	Isabel Amelink	11 31.26	11 30.80	1:03.16
2.	Dedemsvaart-AC 3	3:58.50	<b>4:08.49</b>	
	Sjors Werger	11 32.28	11 28.81	1:02.20
	Sanne Keizer	10 29.82	10 26.57	54.94
3.	Oz&Pc 2	4:10.78	<b>4:14.92</b>	
	Rafaël Agterbos	10 28.74	13 31.59	1:08.27
	Daan Overmars	11 27.90	11 31.26	1:07.78
4.	WS Twente 2	4:17.27	<b>4:24.55</b>	
	Lara Heesterbeek	12 31.57	10 32.26	1:07.89
	Kjelt de Wit	12 32.50	11 28.41	1:00.00
5.	Dedemsvaart-AC 4	4:15.20	<b>4:30.78</b>	
	Fayenne Kouwen	13 34.68	10 29.38	1:02.93
	Femke Keizer	12 33.51	10 29.67	1:02.93
6.	de Veene 1	4:31.72	<b>4:36.98</b>	
	Britt Blaaput	10 33.03	14 35.09	1:14.46
	Daan Bekke	12 33.81	12 29.56	1:02.88

### Open

1.	Dedemsvaart-AC 1	3:43.91	<b>3:59.51</b>	
	Michelle Zomerdijk	00 30.52	06 26.16	55.58
	Alessia Sluis	03 29.75	07 26.76	55.72
2.	De Dinkel 1	3:50.13	<b>3:59.55</b>	
	Luuk Ruinemans	03 26.21	07 31.38	1:06.39
	Milan Lucas	05 25.97	06 30.18	1:03.00
3.	Oz&Pc 1	4:00.47	<b>4:01.87</b>	
	Jort Siebelt	07 27.22	06 26.51	55.85
	Isabelle Elsweier	03 30.60	09 30.54	1:03.08
4.	De Dinkel 2	3:57.46	<b>4:08.35</b>	
	Job Sportel	08 27.11	09 32.39	1:08.04
	Kevin Lucas	03 27.52	11 32.12	1:05.85
5.	Dedemsvaart-AC 2	3:57.37	<b>4:09.01</b>	
	Sofie Kragt	07 30.76	09 27.60	1:00.18
	Marlies Dijsselhof	06 30.41	07 28.04	58.57
6.	Deltasteur 1	3:54.91	<b>4:09.05</b>	
	Thijs Poll	07 28.59	07 30.24	1:03.42
	Valerie Sakkers	08 31.00	07 28.13	59.40
7.	WS Twente 1	4:06.22	<b>4:10.34</b>	
	Jasper Thijert	07 26.96	10 32.30	1:08.69
	Meyke Haytink	08 32.35	08 27.30	57.09