

KNZB Competitie Ronde 1
Oldenzaal, 3-10-2026

Programmanr. 29
3-10-2026 - 16:41

Meisjes, 400m vrije slag

Onder 18
Resultaten

rang	naam	vereniging		intijd		tijd		RT
1.	Florien Pot	O Z & P C		4:41.97	201000768	4:47.56		
	50m: 33.29	33.29	150m: 1:45.97	36.90	250m: 2:59.45	36.76	350m: 4:12.95	36.76
	100m: 1:09.07	35.78	200m: 2:22.69	36.72	300m: 3:36.19	36.74	400m: 4:47.56	34.61
2.	Lili Oosting	Dwk 1		4:53.61	200900384	4:48.60		
	50m: 32.77	32.77	150m: 1:45.00	36.67	250m: 2:59.63	37.40	350m: 4:13.51	36.85
	100m: 1:08.33	35.56	200m: 2:22.23	37.23	300m: 3:36.66	37.03	400m: 4:48.60	35.09
3.	Daphne Dijsselhof	Dedemsvaart-AC		4:48.04	200901690	4:52.88		
	50m: 32.63	32.63	150m: 1:46.48	37.60	250m: 3:01.80	37.82	350m: 4:16.48	37.07
	100m: 1:08.88	36.25	200m: 2:23.98	37.50	300m: 3:39.41	37.61	400m: 4:52.88	36.40
4.	Emma Steenbrink	O Z & P C		4:47.09	200901376	4:53.88		
	50m: 34.74	34.74	150m: 1:50.75	38.36	250m: 3:05.55	37.08	350m: 4:18.77	36.65
	100m: 1:12.39	37.65	200m: 2:28.47	37.72	300m: 3:42.12	36.57	400m: 4:53.88	35.11
5.	Elin Baars	Dwk 1		4:48.05	201000138	4:55.90		
	50m: 33.39	33.39	150m: 1:47.68	37.61	250m: 3:02.89	37.66	350m: 4:18.41	38.45
	100m: 1:10.07	36.68	200m: 2:25.23	37.55	300m: 3:39.96	37.07	400m: 4:55.90	37.49
6.	Sofie van Poecke	Dwk 1		5:07.96	201001448	5:10.15		
	50m: 33.78	33.78	150m: 1:51.58	39.50	250m: 3:11.14	39.68	350m: 4:31.02	39.71
	100m: 1:12.08	38.30	200m: 2:31.46	39.88	300m: 3:51.31	40.17	400m: 5:10.15	39.13
7.	Nikki Groot Rouwen	O Z & P C		5:13.42	200900106	5:10.77		
	50m: 34.52	34.52	150m: 1:53.03	39.76	250m: 3:12.77	40.00	350m: 4:32.20	39.35
	100m: 1:13.27	38.75	200m: 2:32.77	39.74	300m: 3:52.85	40.08	400m: 5:10.77	38.57
8.	Esmé Sportel	Dedemsvaart-AC		5:06.26	200900682	5:12.12		
	50m: 34.76	34.76	150m: 1:53.32	40.01	250m: 3:13.39	39.62	350m: 4:33.81	39.71
	100m: 1:13.31	38.55	200m: 2:33.77	40.45	300m: 3:54.10	40.71	400m: 5:12.12	38.31
9.	Sanne Keizer	Dedemsvaart-AC		5:02.31	201001348	5:17.81		
	50m: 35.04	35.04	150m: 1:55.09	40.49	250m: 3:18.03	41.39	350m: 4:39.61	40.62
	100m: 1:14.60	39.56	200m: 2:36.64	41.55	300m: 3:58.99	40.96	400m: 5:17.81	38.20
10.	Eva Oude Egbrink	O Z & P C		5:27.89	200900242	5:20.18		
	50m: 35.24	35.24	150m: 1:55.34	40.35	250m: 3:18.20	41.71	350m: 4:40.49	41.39
	100m: 1:14.99	39.75	200m: 2:36.49	41.15	300m: 3:59.10	40.90	400m: 5:20.18	39.69
11.	Daphne Spijker	Dedemsvaart-AC		5:55.95	201300662	5:45.81		
	50m: 37.78	37.78	150m: 2:05.39	44.36	250m: 3:36.08	45.15	350m: 5:04.39	43.84
	100m: 1:21.03	43.25	200m: 2:50.93	45.54	300m: 4:20.55	44.47	400m: 5:45.81	41.42