Programmanr. 17 — Meisjes, 400m vrije slag — Onder 16
7/11/2026 - 15:10 — Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Lara Heesterbeek	WS Twente 1	5:35.78	201200102	**5:05.55**	
	50m: 35.16	35.16 150m:		250m:	350m:	
	100m: 1:14.33	39.17 200m: 2:34.63		300m:	400m: 5:05.55	
2.	Bregje van den Burg	WS Twente 1	6:06.77	201102318	**5:42.25**	
	50m: 37.39	37.39 150m:		250m:	350m:	
	100m: 1:20.43	43.04 200m: 2:48.32		300m:	400m: 5:42.25	
3.	Daphne Schijffelen	WS Twente 2	5:40.34	201102168	**5:44.84**	
	50m: 38.91	38.91 150m:		250m:	350m:	
	100m: 1:21.42	42.51 200m: 2:49.09		300m:	400m: 5:44.84	
4.	Silke Prins	WS Twente 2	6:11.10	201102124	**5:44.97**	
	50m: 39.57	39.57 150m:		250m:	350m:	
	100m: 1:24.42	44.85 200m: 2:53.58		300m:	400m: 5:44.97	
5.	Nienke Wisselink	WS Twente 2	6:12.17	201102320	**6:08.01**	
	50m: 41.73	41.73 150m:		250m:	350m:	
	100m: 1:28.66	46.93 200m: 3:04.25		300m:	400m: 6:08.01	
6.	Nienke Portengen	ZPC De Hof	NT	201402672	**6:13.95**	
	50m: 39.39	39.39 150m:		250m:	350m:	
	100m: 1:24.63	45.24 200m: 3:00.48		300m:	400m: 6:13.95	
7.	Lotte Wesselink	ZPC De Hof	NT	201201330	**6:25.40**	
	50m: 41.47	41.47 150m:		250m:	350m:	
	100m: 1:29.47	48.00 200m: 3:06.46		300m:	400m: 6:25.40	
8.	Evy Luidens	ZPC De Hof	NT	201300738	**6:35.69**	
	50m: 43.21	43.21 150m:		250m:	350m:	
	100m: 1:31.98	48.77 200m: 3:14.02		300m:	400m: 6:35.69	
9.	Thirza Kolenbrander	Z&PV de Veene	6:51.53	201103098	**6:59.17**	
	50m: 47.09	47.09 150m:		250m:	350m:	
	100m: 1:38.41	51.32 200m: 3:25.78		300m:	400m: 6:59.17	
10.	Juliëtte Lohuis	Z&PV de Veene	NT	201203944	**7:14.22**	
	50m: 47.19	47.19 150m:		250m:	350m:	
	100m: 1:41.39	54.20 200m: 3:34.10		300m:	400m: 7:14.22	