

NZC deel 1
Hardenberg, 3-10-2026

Programmanr. 29
3-10-2026 - 16:33

Meisjes, 400m vrije slag

Onder 18
Resultaten

rang	naam	vereniging		intijd		tijd		RT
1.	Meike Hultink	De Grunte		5:39.17	201001686	5:17.06		
	50m: 33.82	33.82	150m: 1:51.62	39.98	250m: 3:54.85	350m: 4:38.00	43.15	
	100m: 1:11.64	37.82	200m: 2:32.09	40.47	300m: 3:54.85	400m: 5:17.06	39.06	
2.	Marloes Overbeek	de IJssel		5:25.67	200903232	5:22.31		
	50m: 35.05	35.05	150m: 1:54.66	40.43	250m: 3:18.27	350m: 4:41.80	41.83	
	100m: 1:14.23	39.18	200m: 2:36.88	42.22	300m: 3:59.97	400m: 5:22.31	40.51	
3.	Annemiek Back	De Grunte		5:54.00	201000700	5:49.26		
	50m: 35.82	35.82	150m: 2:01.09	44.06	250m: 3:33.56	350m: 5:05.60	45.81	
	100m: 1:17.03	41.21	200m: 2:46.91	45.82	300m: 4:19.79	400m: 5:49.26	43.66	
4.	Gwen Schuur	De Grunte		5:51.56	201000698	6:05.82		
	50m: 38.18	38.18	150m: 2:07.45	45.69	250m: 3:41.49	350m: 5:16.86	47.86	
	100m: 1:21.76	43.58	200m: 2:54.61	47.16	300m: 4:29.00	400m: 6:05.82	48.96	
5.	Lotte Fröger	de IJssel		NT	201004268	6:16.44		
	50m: 37.07	37.07	150m: 2:06.50	46.69	250m: 3:45.56	350m: 5:26.44	50.52	
	100m: 1:19.81	42.74	200m: 2:55.45	48.95	300m: 4:35.92	400m: 6:16.44	50.00	