

Juttercup 2026
Den Helder, 18/10/2026

Programmanr. 4
18/10/2026 - 12:35

Meisjes, 400m wisselslag

Gebjr 2009 - 2016
Resultaten

Punten: AQUA 2025

Rang	Leef.										Tijd	Pnt
Gebjr 2014												
1.	Elisa Kossen			12	Daw						5:42.32	415
	50m:	36.82	36.82	150m:	2:04.70	43.21	250m:	3:34.02	47.45	350m:	5:02.79	40.12
	100m:	1:21.49	44.67	200m:	2:46.57	41.87	300m:	4:22.67	48.65	400m:	5:42.32	39.53
2.	Noura Jonker			12	ZV De Zaan						6:01.77	352
	50m:	37.06	37.06	150m:	2:18.39	51.24	250m:	3:56.10	51.38	350m:	5:25.32	41.19
	100m:	1:27.15	50.09	200m:	3:04.72	46.33	300m:	4:44.13	48.03	400m:	6:01.77	36.45
3.	Yasmine de Beurs			12	ZV De Zaan						6:10.03	329
	50m:	39.09	39.09	150m:	2:17.87	50.22	250m:	3:57.59	51.77	350m:	5:31.32	41.81
	100m:	1:27.65	48.56	200m:	3:05.82	47.95	300m:	4:49.51	51.92	400m:	6:10.03	38.71
4.	Cira Hensema			12	Daw						7:14.93	202
	50m:	1:00.45	1:00.45	150m:	2:59.33	50.39	250m:	4:46.61	54.47	350m:	6:32.02	47.07
	100m:	2:08.94	1:08.49	200m:	3:52.14	52.81	300m:	5:44.95	58.34	400m:	7:14.93	42.91

Gebjr 2010

1.	Heidi Stobbe			16	MSV-Zeemacht					6:40.85	258	
	50m:	42.41	42.41	150m:	2:27.88	54.40	250m:	4:16.31	54.34	350m:	5:56.12	45.76
	100m:	1:33.48	51.07	200m:	3:21.97	54.09	300m:	5:10.36	54.05	400m:	6:40.85	44.73