Programmanr. 3 — 400m vrije slag — 10 - 11 jaar
23-10-2026 - 18:55 — Resultaten

rang	naam	vereniging	intijd		tijd	RT

10 - 11 jaar, Meisjes

voorlopige resultaten

1.	Nina Bruinink	WS Twente		6:01.93	201500756				**5:30.83**				
	50m:	37.74	37.74	150m:	1:58.34	40.50	250m:	3:24.01	42.95	350m:	4:49.30	43.05	
	100m:	1:17.84	40.10	200m:	2:41.06	42.72	300m:	4:06.25	42.24	400m:	5:30.83	41.53	
2.	Roos Lok	WS Twente		6:58.53	201500432				**6:28.38**				
	50m:	42.58	42.58	150m:	2:22.31	50.65	250m:	4:04.19	50.26	350m:	5:46.25	50.86	
	100m:	1:31.66	49.08	200m:	3:13.93	51.62	300m:	4:55.39	51.20	400m:	6:28.38	42.13	
3.	Jolien Benerink	WS Twente		6:48.63	201600324				**6:32.28**				
	50m:	40.52	40.52	150m:	2:19.49	51.36	250m:	4:00.97	51.14	350m:	5:43.49	51.49	
	100m:	1:28.13	47.61	200m:	3:09.83	50.34	300m:	4:52.00	51.03	400m:	6:32.28	48.79	
4.	Vayèn Broeze	Sg - E Z C L		NT	201500598				**6:58.69**				
	50m:	46.50	46.50	150m:	2:32.46	53.57	250m:	4:20.43	54.40	350m:	6:11.14	55.61	
	100m:	1:38.89	52.39	200m:	3:26.03	53.57	300m:	5:15.53	55.10	400m:	6:58.69	47.55	
5.	Marit Meijs	Sg - E Z C L		8:21.37	201500754				**6:59.81**				
	50m:	47.75	47.75	150m:	2:35.79	53.29	250m:	4:25.71	54.63	350m:	6:13.03	53.51	
	100m:	1:42.50	54.75	200m:	3:31.08	55.29	300m:	5:19.52	53.81	400m:	6:59.81	46.78	
6.	Louise Heusinkveld	De Berkelduikers		7:22.04	201600626				**7:05.12**				
	50m:	42.94	42.94	150m:	2:33.89	57.66	250m:	4:28.07	57.67	350m:	6:18.25	54.63	
	100m:	1:36.23	53.29	200m:	3:30.40	56.51	300m:	5:23.62	55.55	400m:	7:05.12	46.87	
7.	Vlinder ten Vergert	Sg - E Z C L		NT	201600220				**7:10.49**				
	50m:	47.53	47.53	150m:	2:38.80	56.10	250m:	4:29.58	54.81	350m:	6:20.08	55.66	
	100m:	1:42.70	55.17	200m:	3:34.77	55.97	300m:	5:24.42	54.84	400m:	7:10.49	50.41	
8.	Marit Doosje	Sg - E Z C L		7:46.26	201500076				**7:39.70**				
	50m:	47.19	47.19	150m:	2:41.77	58.40	250m:	4:41.45	59.23	350m:	6:44.35	1:02.50	
	100m:	1:43.37	56.18	200m:	3:42.22	1:00.45	300m:	5:41.85	1:00.40	400m:	7:39.70	55.35	
9.	Fien Pot	WS Twente		NT	201502408				**8:01.00**				
	50m:	47.18	47.18	150m:	2:46.88	1:01.59	250m:	4:52.53	1:02.67	350m:	7:03.09	1:06.09	
	100m:	1:45.29	58.11	200m:	3:49.86	1:02.98	300m:	5:57.00	1:04.47	400m:	8:01.00	57.91	

10 - 11 jaar, Jongens

voorlopige resultaten

1.	Riyad Hariri	Sg - E Z C L		6:55.69	201600609				**6:34.82**				
	50m:	41.20	41.20	150m:	2:19.16	51.13	250m:	4:01.07	51.86	350m:	5:43.88	52.01	
	100m:	1:28.03	46.83	200m:	3:09.21	50.05	300m:	4:51.87	50.80	400m:	6:34.82	50.94	
2.	Raf Molenaar	WS Twente		NT	201501287				**6:53.62**				
	50m:	42.85	42.85	150m:	2:25.87	52.83	250m:	4:14.68	55.02	350m:	6:03.30	53.30	
	100m:	1:33.04	50.19	200m:	3:19.66	53.79	300m:	5:10.00	55.32	400m:	6:53.62	50.32	
AFGEM	Mick Lentfert	WS Twente		6:53.11	201600205								