Programmanr. 17 — Meisjes, 400m vrije slag — Onder 16
8-11-2026 - 15:05 — Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Valerie Rienties	Zwemsport Parkstad	4:52.74	201200400	**4:57.01**	
	50m: 31.14	31.14 150m: 1:44.46	36.93	250m: 3:01.96 39.29	350m: 4:20.25	39.03
	100m: 1:07.53	36.39 200m: 2:22.67	38.21	300m: 3:41.22 39.26	400m: 4:57.01	36.76
2.	Sara Creemers	Hellas-Glana 2	5:01.27	201100242	**4:58.20**	
	50m: 33.32	33.32 150m: 1:49.03	38.27	250m: 3:05.45 37.94	350m: 4:21.95	38.52
	100m: 1:10.76	37.44 200m: 2:27.51	38.48	300m: 3:43.43 37.98	400m: 4:58.20	36.25
3.	Sterre de Veen	Hellas-Glana 2	4:49.36	201100086	**5:05.16**	
	50m: 33.28	33.28 150m: 1:48.98	38.47	250m: 3:06.66 38.83	350m: 4:25.66	39.18
	100m: 1:10.51	37.23 200m: 2:27.83	38.85	300m: 3:46.48 39.82	400m: 5:05.16	39.50
4.	June Schuurmans	Hellas-Glana 2	5:14.89	201100874	**5:14.38**	
	50m: 32.98	32.98 150m: 1:49.82	39.44	250m: 3:10.82 40.75	350m: 4:34.02	41.77
	100m: 1:10.38	37.40 200m: 2:30.07	40.25	300m: 3:52.25 41.43	400m: 5:14.38	40.36
5.	Chloë Beekman	Hzpc	5:15.08	201100376	**5:30.72**	
	50m: 35.26	35.26 150m: 1:57.49	42.11	250m: 3:23.55 43.15	350m: 4:49.16	42.36
	100m: 1:15.38	40.12 200m: 2:40.40	42.91	300m: 4:06.80 43.25	400m: 5:30.72	41.56
6.	Pien van Putten	Zwemsport Parkstad	5:26.53	201301034	**5:31.56**	
	50m: 36.71	36.71 150m: 1:59.98	41.82	250m: 3:25.68 42.82	350m: 4:51.06	42.78
	100m: 1:18.16	41.45 200m: 2:42.86	42.88	300m: 4:08.28 42.60	400m: 5:31.56	40.50
7.	Koosje Versteeg	Hzpc	5:26.07	201100422	**5:33.24**	
	50m: 35.62	35.62 150m: 1:59.54	42.71	250m: 3:25.90 43.30	350m: 4:51.99	42.49
	100m: 1:16.83	41.21 200m: 2:42.60	43.06	300m: 4:09.50 43.60	400m: 5:33.24	41.25
8.	Dewi Rienties	Zwemsport Parkstad	6:17.09	201400922	**5:40.41**	
	50m: 38.18	38.18 150m: 2:04.62	43.33	250m: 3:32.38 43.76	350m: 4:59.92	43.40
	100m: 1:21.29	43.11 200m: 2:48.62	44.00	300m: 4:16.52 44.14	400m: 5:40.41	40.49
9.	Hannah Clemens	Hellas-Glana 2	5:52.68	201102200	**5:40.90**	
	50m: 37.69	37.69 150m: 2:04.17	43.57	250m: 3:31.27 43.46	350m: 4:58.94	44.48
	100m: 1:20.60	42.91 200m: 2:47.81	43.64	300m: 4:14.46 43.19	400m: 5:40.90	41.96
10.	Femke Derkx	Hzpc	5:58.95	201103242	**5:43.77**	
	50m: 39.71	39.71 150m: 2:06.79	43.82	250m: 3:35.02 44.19	350m: 5:03.07	43.61
	100m: 1:22.97	43.26 200m: 2:50.83	44.04	300m: 4:19.46 44.44	400m: 5:43.77	40.70
11.	Saar van den Berg	Hzpc	6:14.67	201201156	**5:54.87**	
	50m: 37.94	37.94 150m: 2:07.15	45.95	250m: 3:40.57 46.62	350m: 5:12.99	45.66
	100m: 1:21.20	43.26 200m: 2:53.95	46.80	300m: 4:27.33 46.76	400m: 5:54.87	41.88
12.	Lauren de Bock	MZ&PC	NT	201201198	**6:08.97**	
	50m: 40.77	40.77 150m: 2:14.25	47.32	250m: 3:49.43 47.50	350m: 5:23.81	46.35
	100m: 1:26.93	46.16 200m: 3:01.93	47.68	300m: 4:37.46 48.03	400m: 6:08.97	45.16
13.	Eva Pronk	MZ&PC	6:07.05	201103252	**6:11.77**	
	50m: 41.28	41.28 150m: 2:12.10	45.03	250m: 3:46.54 47.63	350m: 5:24.19	48.54
	100m: 1:27.07	45.79 200m: 2:58.91	46.81	300m: 4:35.65 49.11	400m: 6:11.77	47.58
14.	Renske Cuijpers	Hzpc	6:38.79	201203136	**6:18.01**	
	50m: 42.85	42.85 150m: 2:19.70	48.78	250m: 3:58.11 49.49	350m: 5:38.68	49.97
	100m: 1:30.92	48.07 200m: 3:08.62	48.92	300m: 4:48.71 50.60	400m: 6:18.01	39.33
15.	Madalena Leandro	MZ&PC	NT	201203654	**6:18.97**	
	50m: 41.36	41.36 150m: 2:15.75	47.77	250m: 3:53.50 49.70	350m: 5:31.78	49.33
	100m: 1:27.98	46.62 200m: 3:03.80	48.05	300m: 4:42.45 48.95	400m: 6:18.97	47.19
16.	Defne Karakas	MZ&PC	6:18.35	201204000	**6:23.08**	
	50m: 39.09	39.09 150m: 2:11.36	48.03	250m: 3:50.52 50.11	350m: 5:33.86	52.67
	100m: 1:23.33	44.24 200m: 3:00.41	49.05	300m: 4:41.19 50.67	400m: 6:23.08	49.22
17.	Amber Dury	MZ&PC	NT	201104226	**6:25.91**	
	50m: 42.95	42.95 150m: 2:20.12	48.71	250m: 3:57.98 49.04	350m: 5:38.49	50.44
	100m: 1:31.41	48.46 200m: 3:08.94	48.82	300m: 4:48.05 50.07	400m: 6:25.91	47.42
18.	Mara Schreurs	MZ&PC	6:13.38	201102648	**6:35.32**	
	50m: 42.34	42.34 150m: 2:18.70	49.28	250m: 3:59.55 51.44	350m: 5:44.28	51.71
	100m: 1:29.42	47.08 200m: 3:08.11	49.41	300m: 4:52.57 53.02	400m: 6:35.32	51.04
DIS	Tara Haziri	Zwemsport Parkstad	NT	201100634		
	AA - De start ingezet voor het startsignaal (en wel gezwommen).					
AFGEM	Faith Stassen	Hellas-Glana 2	6:00.97	201201266		
AFGEM	Liselotte van de Bergh	MZ&PC	NT	201202044		
AFGEM	Madalena Gama	MZ&PC	NT	201203512		
AFGEM	Joanna Kuusk	MZ&PC	7:09.30	201104042		
AFGEM	Cynthia Theodory	MZ&PC	NT	201103042		