

KNZB Competitie dl 3
Heerenveen, 8-2-2026

Programmanr. 14
8-2-2026 - 14:55

Meisjes, 400m wisselslag

Onder 18
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Fay Boxum	Dz&Pc	4:52.21 200900060	4:54.33	
	50m: 30.94	30.94 150m:	250m:	350m:	
	100m: 1:07.16	36.22 200m:	300m:	400m: 4:54.33	
2.	Laura van Etten	HZ&PC Heerenveen	4:58.28 200800264	5:03.53	
	50m: 31.14	31.14 150m:	250m:	350m:	
	100m: 1:08.14	37.00 200m:	300m:	400m: 5:03.53	
3.	Fenna Westerneng	Dz&Pc	5:16.48 200900070	5:17.29	
	50m: 32.05	32.05 150m:	250m:	350m:	
	100m: 1:10.94	38.89 200m:	300m:	400m: 5:17.29	
4.	Julia Agricola	Dz&Pc	5:17.44 200800266	5:20.65	
	50m: 33.02	33.02 150m:	250m:	350m:	
	100m: 1:10.89	37.87 200m:	300m:	400m: 5:20.65	
5.	Esmee Mulder	Dz&Pc	5:06.94 200800038	5:21.48	
	50m: 33.88	33.88 150m:	250m:	350m:	
	100m: 1:16.00	42.12 200m:	300m:	400m: 5:21.48	
6.	Silke Hooghiemstra	HZ&PC Heerenveen	5:21.58 200901224	5:22.87	
	50m: 31.77	31.77 150m:	250m:	350m:	
	100m: 1:10.10	38.33 200m:	300m:	400m: 5:22.87	
7.	Flore Blok	O Z & P C	5:27.06 200804348	5:27.81	
	50m: 34.17	34.17 150m:	250m:	350m:	
	100m: 1:13.90	39.73 200m:	300m:	400m: 5:27.81	
8.	Esmee Ykema	HZ&PC Heerenveen	5:34.29 200801710	5:31.22	
	50m: 34.84	34.84 150m:	250m:	350m:	
	100m: 1:17.47	42.63 200m:	300m:	400m: 5:31.22	
9.	Emma Steenbrink	O Z & P C	5:37.29 200901376	5:39.13	
	50m: 35.57	35.57 150m:	250m:	350m:	
	100m: 1:18.19	42.62 200m:	300m:	400m: 5:39.13	
10.	Daphne Dijsselhof	Dedemsvaart-AC	5:34.62 200901690	5:45.09	
	50m:	150m:	250m:	350m:	
	100m: 1:19.37	200m:	300m:	400m: 5:45.09	
11.	Milou Geneuglijk	HZ&PC Heerenveen	5:45.12 200900556	5:46.47	
	50m: 34.14	34.14 150m:	250m:	350m:	
	100m: 1:15.56	41.42 200m:	300m:	400m: 5:46.47	
12.	Esmé Sportel	Dedemsvaart-AC	5:47.26 200900682	5:52.16	
	50m: 37.96	37.96 150m:	250m:	350m:	
	100m: 1:22.47	44.51 200m:	300m:	400m: 5:52.16	
13.	Anique Polinder	Dedemsvaart-AC	5:46.09 200800008	5:53.04	
	50m: 35.88	35.88 150m:	250m:	350m:	
	100m: 1:21.76	45.88 200m:	300m:	400m: 5:53.04	
14.	Eva Oude Egbrink	O Z & P C	6:13.52 200900242	6:09.48	
	50m: 42.47	42.47 150m:	250m:	350m:	
	100m: 1:35.94	53.47 200m:	300m:	400m: 6:09.48	
AFGEM	Lois Waterham	Dedemsvaart-AC	5:33.82 200803726		