

Competitie eerste divisie deel 4  
Amersfoort, 14-3-2026

Programmanr. 28  
14-3-2026 - 16:15

Meisjes, 400m vrije slag

Onder 14  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Nine Boekema	De Duinkickers	5:10.02	201200214	<b>5:02.26</b>
	50m: 32.97	32.97	150m:	250m:	350m:
	100m: 1:10.00	37.03	200m: 2:28.72	300m:	400m: 5:02.26
2.	Fabiënne van Remmerden	ZPC Woerden	5:24.27	201201190	<b>5:16.92</b>
	50m: 33.66	33.66	150m:	250m:	350m:
	100m: 1:11.81	38.15	200m: 2:32.99	300m:	400m: 5:16.92
3.	Mira Kaim	ZPC AMERSFOORT 2	5:52.86	201301078	<b>5:25.45</b>
	50m: 36.80	36.80	150m:	250m:	350m:
	100m: 1:17.88	41.08	200m: 2:40.91	300m:	400m: 5:25.45
4.	Fenna Suvaal	ZPC Woerden	5:38.04	201201502	<b>5:32.76</b>
	50m: 36.14	36.14	150m:	250m:	350m:
	100m: 1:17.70	41.56	200m: 2:41.84	300m:	400m: 5:32.76
5.	Femke Postma	De Duinkickers	5:46.95	201200346	<b>5:35.64</b>
	50m: 35.02	35.02	150m:	250m:	350m:
	100m: 1:16.00	40.98	200m: 2:41.42	300m:	400m: 5:35.64
6.	Mila Hoogendam	ZPC AMERSFOORT 2	5:51.10	201201692	<b>5:36.36</b>
	50m: 36.48	36.48	150m:	250m:	350m:
	100m: 1:17.57	41.09	200m: 2:42.70	300m:	400m: 5:36.36
7.	Eva Drost	ZPC AMERSFOORT 2	5:55.12	201202120	<b>5:47.77</b>
	50m: 36.56	36.56	150m:	250m:	350m:
	100m: 1:18.44	41.88	200m: 2:46.13	300m:	400m: 5:47.77
8.	Sophia van Gent	CWW Swimteam	6:13.64	201302482	<b>5:49.87</b>
	50m: 38.84	38.84	150m:	250m:	350m:
	100m: 1:23.25	44.41	200m: 2:54.04	300m:	400m: 5:49.87
9.	Larisse van Cappelle	De Duinkickers	7:19.39	201201974	<b>6:11.86</b>
	50m: 39.25	39.25	150m:	250m:	350m:
	100m: 1:25.99	46.74	200m: 3:02.78	300m:	400m: 6:11.86
10.	Danique Groenhout	ZPC Woerden	6:20.27	201202040	<b>6:14.46</b>
	50m: 38.96	38.96	150m:	250m:	350m:
	100m: 1:23.11	44.15	200m: 2:58.73	300m:	400m: 6:14.46
11.	Anastasia Czykieta	De Duinkickers	NT	201301686	<b>6:24.03</b>
	50m: 40.55	40.55	150m:	250m:	350m:
	100m: 1:27.87	47.32	200m: 3:07.16	300m:	400m: 6:24.03
12.	Lisa Scheel	ZPC Woerden	7:07.64	201300682	<b>6:29.94</b>
	50m: 43.14	43.14	150m:	250m:	350m:
	100m: 1:31.41	48.27	200m: 3:10.70	300m:	400m: 6:29.94
13.	Sam Hoeve	ZPC Woerden	NT	201202916	<b>6:42.66</b>
	50m: 42.43	42.43	150m:	250m:	350m:
	100m: 1:34.20	51.77	200m: 3:18.77	300m:	400m: 6:42.66
14.	Elize Groenhout	ZPC Woerden	6:36.00	201202478	<b>6:45.44</b>
	50m: 45.43	45.43	150m:	250m:	350m:
	100m: 1:35.12	49.69	200m: 3:20.54	300m:	400m: 6:45.44
15.	Hannah Herder	De Duinkickers	NT	201302550	<b>6:45.56</b>
	50m: 43.85	43.85	150m:	250m:	350m:
	100m: 1:35.18	51.33	200m: 3:21.15	300m:	400m: 6:45.56
16.	Marylise de Jong	ZPC Woerden	NT	201203220	<b>7:16.15</b>
	50m: 45.54	45.54	150m:	250m:	350m:
	100m: 1:40.01	54.47	200m: 3:34.11	300m:	400m: 7:16.15