

NZC deel 4 2025-2026  
Veenendaal, 14-3-2026

Programmanr. 20  
14-3-2026 - 15:20

Meisjes, 400m wisselslag

Onder 16  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Elina van de Cloot	Psv 1	5:06.25	201004312	<b>5:08.20</b>	
	50m: 29.88	29.88	150m:	250m:	350m:	
	100m: 1:06.68	36.80	200m:	300m:	400m: 5:08.20	
2.	Anna Lepoutre	Psv 1	5:15.36	201100534	<b>5:13.07</b>	
	50m: 31.91	31.91	150m:	250m:	350m:	
	100m: 1:09.14	37.23	200m:	300m:	400m: 5:13.07	
3.	Frédérique Nijziel	De Dolfijn	5:27.47	201103114	<b>5:22.77</b>	
	50m: 33.40	33.40	150m:	250m:	350m:	
	100m: 1:12.82	39.42	200m:	300m:	400m: 5:22.77	
4.	Alaine Lomans	Hellas-Glana 1	5:28.57	201000420	<b>5:24.93</b>	
	50m: 32.89	32.89	150m:	250m:	350m:	
	100m: 1:12.88	39.99	200m:	300m:	400m: 5:24.93	
5.	Mandy Berndsen	Vzc	5:23.56	201001138	<b>5:25.56</b>	
	50m: 33.38	33.38	150m:	250m:	350m:	
	100m: 1:13.36	39.98	200m:	300m:	400m: 5:25.56	
6.	Romy de Graaf	Hellas-Glana 1	5:30.22	201003660	<b>5:30.58</b>	
	50m: 35.34	35.34	150m:	250m:	350m:	
	100m: 1:16.94	41.60	200m:	300m:	400m: 5:30.58	
7.	Wieke Dekker	De Dolfijn	5:22.58	201002020	<b>5:33.76</b>	
	50m: 37.21	37.21	150m:	250m:	350m:	
	100m: 1:21.71	44.50	200m:	300m:	400m: 5:33.76	
8.	Sara Creemers	Hellas-Glana 1	5:32.10	201100242	<b>5:34.82</b>	
	50m: 34.93	34.93	150m:	250m:	350m:	
	100m: 1:17.07	42.14	200m:	300m:	400m: 5:34.82	
9.	Emma Stokmans	Psv 1	5:31.16	201004190	<b>5:41.70</b>	
	50m: 34.08	34.08	150m:	250m:	350m:	
	100m: 1:14.81	40.73	200m:	300m:	400m: 5:41.70	
10.	Noa Spaans	De Dolfijn	5:36.59	201100222	<b>5:49.54</b>	
	50m: 36.06	36.06	150m:	250m:	350m:	
	100m: 1:21.31	45.25	200m:	300m:	400m: 5:49.54	
11.	Melody Paulussen	De Dolfijn	5:56.85	201101106	<b>5:51.74</b>	
	50m: 34.99	34.99	150m:	250m:	350m:	
	100m: 1:17.91	42.92	200m:	300m:	400m: 5:51.74	
12.	Yfke van der Leij	Vzc	5:52.15	201000028	<b>5:57.89</b>	
	50m: 37.20	37.20	150m:	250m:	350m:	
	100m: 1:21.93	44.73	200m:	300m:	400m: 5:57.89	
13.	Julie Simonis	Hellas-Glana 1	6:03.01	201000144	<b>5:59.63</b>	
	50m: 37.81	37.81	150m:	250m:	350m:	
	100m: 1:22.97	45.16	200m:	300m:	400m: 5:59.63	
14.	Sofija Velevska	De Dolfijn	NT	201102774	<b>6:20.61</b>	
	50m: 37.88	37.88	150m:	250m:	350m:	
	100m: 1:22.30	44.42	200m:	300m:	400m: 6:20.61	
15.	Danique de Man	Vzc	7:10.27	201001972	<b>7:05.18</b>	
	50m: 52.18	52.18	150m:	250m:	350m:	
	100m: 1:51.98	59.80	200m:	300m:	400m: 7:05.18	
AFGEM	Dewi Meijer	De Dolfijn	5:30.52	201000302		