

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

Programmanr. 28  
14-3-2026 - 16:20

Meisjes, 400m vrije slag

Onder 14  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Vicky Horens	Hellas-Glana 1	4:58.33	201200252	<b>4:54.92</b>
	50m: 32.58	32.58 150m:	250m:	350m:	
	100m: 1:09.14	36.56 200m: 2:23.77	300m:	400m: 4:54.92	
2.	Vlinder Melis	Psv 1	4:56.67	201203882	<b>4:55.84</b>
	50m: 32.00	32.00 150m:	250m:	350m:	
	100m: 1:07.97	35.97 200m: 2:25.90	300m:	400m: 4:55.84	
3.	Jana Nelissen	Psv 1	5:00.40	201200350	<b>4:58.62</b>
	50m: 33.87	33.87 150m:	250m:	350m:	
	100m: 1:10.78	36.91 200m: 2:26.90	300m:	400m: 4:58.62	
4.	Fenna Beumer	Psv 1	5:05.75	201300176	<b>5:00.59</b>
	50m: 33.12	33.12 150m:	250m:	350m:	
	100m: 1:10.33	37.21 200m: 2:25.80	300m:	400m: 5:00.59	
5.	Benthe de Beer	Psv 1	4:58.21	201302638	<b>5:01.16</b>
	50m: 33.58	33.58 150m:	250m:	350m:	
	100m: 1:10.16	36.58 200m: 2:26.04	300m:	400m: 5:01.16	
6.	Liza van Ginkel	Vzc	5:23.67	201200680	<b>5:06.21</b>
	50m: 34.68	34.68 150m:	250m:	350m:	
	100m: 1:13.77	39.09 200m: 2:31.96	300m:	400m: 5:06.21	
7.	Eveline van den Enden	Hellas-Glana 1	5:19.85	201300914	<b>5:12.19</b>
	50m: 34.27	34.27 150m:	250m:	350m:	
	100m: 1:11.59	37.32 200m: 2:29.97	300m:	400m: 5:12.19	
8.	Si Yue Chen	Hellas-Glana 1	5:16.30	201200260	<b>5:17.92</b>
	50m: 35.52	35.52 150m:	250m:	350m:	
	100m: 1:14.26	38.74 200m: 2:34.58	300m:	400m: 5:17.92	
9.	Aylin Turgut	De Dolfijn	5:44.94	201301548	<b>5:26.26</b>
	50m: 37.26	37.26 150m:	250m:	350m:	
	100m: 1:18.51	41.25 200m: 2:43.67	300m:	400m: 5:26.26	
10.	Lisse Bouwman	Vzc	5:47.83	201300926	<b>5:33.83</b>
	50m: 37.45	37.45 150m:	250m:	350m:	
	100m: 1:19.51	42.06 200m: 2:45.79	300m:	400m: 5:33.83	
11.	Lacey Koekebacker	De Dolfijn	5:55.63	201200326	<b>5:36.53</b>
	50m: 32.60	32.60 150m:	250m:	350m:	
	100m: 1:12.25	39.65 200m: 2:40.41	300m:	400m: 5:36.53	
12.	Tahlia Taylor Wehman	De Dolfijn	5:45.26	201300556	<b>5:49.25</b>
	50m: 38.16	38.16 150m:	250m:	350m:	
	100m: 1:21.41	43.25 200m: 2:49.47	300m:	400m: 5:49.25	
13.	Massa Dahan	Vzc	5:46.34	201202204	<b>5:49.37</b>
	50m: 39.58	39.58 150m:	250m:	350m:	
	100m: 1:23.95	44.37 200m: 2:55.16	300m:	400m: 5:49.37	
AFGEM	Urvi Baldawa	De Dolfijn	NT	201301544	
AFGEM	Aiysha Mahr	De Dolfijn	6:21.31	201302216	
AFGEM	Julia Olthof	Vzc	NT	201202426	