

Event 26
16-3-2025

Girls, 400m Medley

12 - 17 years
Results

Arena I.T.T. Record 16 - 17	5:01.09	Fleur Verdonck	BEL	Eindhoven	2022
Arena I.T.T. Record 14 - 15	5:16.85	Luus Gielens	NED	Eindhoven	2024
Arena I.T.T. Record 12 - 13	5:42.70	Ylène Zondervan	NED	Eindhoven	2024

rang	naam	vereniging	intijd	tijd	RT
12 - 13 years					
1.	Yill van Bezouw <i>Arena I.T.T. Record</i>	Hieronymus	5:21.80 201100704	5:15.69	+0,76
	50m: 32.01 32.01 150m: 1:52.44 42.95 250m: 3:18.94 45.15 350m: 4:40.93 37.22				
	100m: 1:09.49 37.48 200m: 2:33.79 41.35 300m: 4:03.71 44.77 400m: 5:15.69 34.76				
2.	Ylene Zondervan <i>Nederlands Jaargang Record</i>	ZPC Amersfoort	5:33.33 201200016	5:27.08	+0,79
	50m: 34.14 34.14 150m: 1:57.32 43.24 250m: 3:27.39 47.89 350m: 4:52.19 37.12				
	100m: 1:14.08 39.94 200m: 2:39.50 42.18 300m: 4:15.07 47.68 400m: 5:27.08 34.89				
3.	Brechtje Slootweg	ZPC Amersfoort	5:39.37 201101744	5:45.21	+0,75
	50m: 34.17 34.17 150m: 2:00.53 45.74 250m: 3:37.22 53.15 350m: 5:08.17 38.19				
	100m: 1:14.79 40.62 200m: 2:44.07 43.54 300m: 4:29.98 52.76 400m: 5:45.21 37.04				
4.	Valerie Rienties	Zwemsport Parkstad	5:55.63 201200400	5:52.22	+0,64
	50m: 38.82 38.82 150m: 2:12.54 45.00 250m: 3:44.50 47.05 350m: 5:13.57 41.15				
	100m: 1:27.54 48.72 200m: 2:57.45 44.91 300m: 4:32.42 47.92 400m: 5:52.22 38.65				
5.	Fleur Buijs	Hieronymus	5:49.78 201100676	5:56.24	+0,75
	50m: 37.92 37.92 150m: 2:13.51 46.57 250m: 3:46.66 48.12 350m: 5:17.22 41.33				
	100m: 1:26.94 49.02 200m: 2:58.54 45.03 300m: 4:35.89 49.23 400m: 5:56.24 39.02				
6.	Isabella Ekberg	ZPC Amersfoort	5:59.25 201202206	5:58.58	+0,75
	50m: 37.08 37.08 150m: 2:10.76 47.67 250m: 3:49.11 52.16 350m: 5:20.93 39.36				
	100m: 1:23.09 46.01 200m: 2:56.95 46.19 300m: 4:41.57 52.46 400m: 5:58.58 37.65				
7.	Leonie Debrabandere	TSZ	6:08.19 TSZ/21071/12	6:01.48	+0,66
	50m: 37.77 37.77 150m: 2:10.49 47.29 250m: 3:50.06 54.11 350m: 5:23.21 39.80				
	100m: 1:23.20 45.43 200m: 2:55.95 45.46 300m: 4:43.41 53.35 400m: 6:01.48 38.27				
8.	Myrthe Bruinsma	ZPC Amersfoort	6:01.91 201101108	6:02.25	+0,81
	50m: 34.49 34.49 150m: 2:09.24 48.22 250m: 3:45.88 52.14 350m: 5:21.79 43.04				
	100m: 1:21.02 46.53 200m: 2:53.74 44.50 300m: 4:38.75 52.87 400m: 6:02.25 40.46				
9.	Sara Creemers	Hellas-Glana	6:07.56 201100242	6:04.10	+0,58
	50m: 39.16 39.16 150m: 2:12.92 46.21 250m: 3:47.82 49.20 350m: 5:22.24 45.23				
	100m: 1:26.71 47.55 200m: 2:58.62 45.70 300m: 4:37.01 49.19 400m: 6:04.10 41.86				
10.	Leonie Maes	Peltse Zwemclub	5:54.71 PZC/21106/12	6:15.74	+0,78
	50m: 37.97 37.97 150m: 2:14.97 50.22 250m: 3:58.02 53.90 350m: 5:35.81 43.39				
	100m: 1:24.75 46.78 200m: 3:04.12 49.15 300m: 4:52.42 54.40 400m: 6:15.74 39.93				
11.	Kate Broekman	Arethusa	6:50.26 201200176	6:48.63	+0,85
	50m: 42.45 42.45 150m: 2:32.23 54.82 250m: 4:21.19 58.60 350m: 6:05.01 45.80				
	100m: 1:37.41 54.96 200m: 3:22.59 50.36 300m: 5:19.21 58.02 400m: 6:48.63 43.62				
12.	Vismaya Borganve	PSV	NT 201103500	7:19.99	+0,55
	50m: 46.19 46.19 150m: 2:42.36 56.32 250m: 4:34.08 59.59 350m: 6:29.07 52.78				
	100m: 1:46.04 59.85 200m: 3:34.49 52.13 300m: 5:36.29 1:02.21 400m: 7:19.99 50.92				
DSQ	Hanna Heller <i>VM - Na start en/of keerpunt niet bij of voor de 15m met het hoofd het wateroppervlak doorbroken.</i>	ZPC Amersfoort	5:54.81 201102730		VM,SK
DSQ	Louise Terwisscha <i>SL - Het keer- en/of eindpunt met één hand aangetikt.</i>	ZPC Amersfoort	6:24.31 201201240		SL
WDR	Morrison Schram	De Schelde	6:03.84 201100686		
WDR	Noa van Zalk	ZPC Amersfoort	5:35.10 201102534		

Event 26, Girls, 400m Medley

14 - 15 years

1.	Siri Vanderlinden <i>Arena I.T.T. Record</i>	Vlaamse ZwemFed	5:00.50	VZF/20019/09	5:06.06	+0,77
	50m: 31.16 100m: 1:07.82	31.16 150m: 1:47.41 36.66 200m: 2:26.37	39.59 250m: 3:12.86 38.96 300m: 3:59.48	46.49 350m: 4:33.73 46.62 400m: 5:06.06	34.25 32.33	
2.	Fenne Metten	ZPC Amersfoort	5:19.60	201000102	5:17.00	+0,63
	50m: 33.46 100m: 1:13.38	33.46 150m: 1:53.34 39.92 200m: 2:32.54	39.96 250m: 3:19.59 39.20 300m: 4:06.44	47.05 350m: 4:43.02 46.85 400m: 5:17.00	36.58 33.98	
3.	Zoe Vervloet	Vlaamse ZwemFed	5:28.97	VZF/20017/10	5:17.75	+0,71
	50m: 31.94 100m: 1:11.89	31.94 150m: 1:52.97 39.95 200m: 2:33.45	41.08 250m: 3:18.46 40.48 300m: 4:04.81	45.01 350m: 4:42.03 46.35 400m: 5:17.75	37.22 35.72	
4.	Myrthe Stelten	Hellas-Glana	5:34.87	200900234	5:26.97	+0,78
	50m: 33.09 100m: 1:14.98	33.09 150m: 1:59.01 41.89 200m: 2:41.84	44.03 250m: 3:27.73 42.83 300m: 4:12.57	45.89 350m: 4:51.36 44.84 400m: 5:26.97	38.79 35.61	
5.	Julia MacHale	CNSW	5:27.25	CNSW/010030/09	5:29.44	+0,76
	50m: 35.54 100m: 1:18.36	35.54 150m: 2:00.11 42.82 200m: 2:40.77	41.75 250m: 3:28.47 40.66 300m: 4:15.97	47.70 350m: 4:54.35 47.50 400m: 5:29.44	38.38 35.09	
6.	Elynne Temmerman	Vlaamse ZwemFed	5:23.43	VZF/20012/10	5:29.68	+0,73
	50m: 33.83 100m: 1:16.90	33.83 150m: 1:58.31 43.07 200m: 2:39.50	41.41 250m: 3:26.74 41.19 300m: 4:15.47	47.24 350m: 4:53.39 48.73 400m: 5:29.68	37.92 36.29	
7.	Esmae de Gans	ZPC Amersfoort	5:35.69	200900134	5:33.36	+0,79
	50m: 33.64 100m: 1:13.33	33.64 150m: 1:58.75 39.69 200m: 2:41.76	45.42 250m: 3:29.18 43.01 300m: 4:17.64	47.42 350m: 4:56.07 48.46 400m: 5:33.36	38.43 37.29	
8.	Alva Renaud	CNSW	5:45.63	CNSW/011653/09	5:44.16	+0,67
	50m: 36.66 100m: 1:21.93	36.66 150m: 2:08.71 45.27 200m: 2:53.86	46.78 250m: 3:40.46 45.15 300m: 4:27.33	46.60 350m: 5:07.27 46.87 400m: 5:44.16	39.94 36.89	
9.	Nell Schelfaut	TSZ	5:44.72	TSZ/21056/10	5:46.85	+0,74
	50m: 38.26 100m: 1:22.31	38.26 150m: 2:04.89 44.05 200m: 2:46.44	42.58 250m: 3:37.83 41.55 300m: 4:30.19	51.39 350m: 5:09.15 52.36 400m: 5:46.85	38.96 37.70	
10.	Jayna Wagemakers	Hieronymus	5:58.16	201000226	5:47.81	+0,80
	50m: 37.74 100m: 1:22.41	37.74 150m: 2:07.05 44.67 200m: 2:50.62	44.64 250m: 3:39.98 43.57 300m: 4:29.08	49.36 350m: 5:09.60 49.10 400m: 5:47.81	40.52 38.21	
11.	Elodie Waelput	TSZ	5:34.36	TSZ/21075/10	5:48.47	+0,73
	50m: 35.26 100m: 1:17.19	35.26 150m: 2:02.88 41.93 200m: 2:47.12	45.69 250m: 3:37.01 44.24 300m: 4:28.27	49.89 350m: 5:08.84 51.26 400m: 5:48.47	40.57 39.63	
12.	Romy de de Graaf	Hellas-Glana	5:48.50	201003660	5:52.74	+0,73
	50m: 38.03 100m: 1:22.49	38.03 150m: 2:04.95 44.46 200m: 2:47.58	42.46 250m: 3:40.73 42.63 300m: 4:34.71	53.15 350m: 5:15.05 53.98 400m: 5:52.74	40.34 37.69	
13.	Sterre Dietvorst	ZPC Amersfoort	5:46.54	200900726	5:56.86	+0,88
	50m: 35.41 100m: 1:19.89	35.41 150m: 2:10.50 44.48 200m: 2:54.04	50.61 250m: 3:45.07 43.54 300m: 4:37.62	51.03 350m: 5:16.50 52.55 400m: 5:56.86	38.88 40.36	
14.	Isa van der Sanden	Hieronymus	5:58.58	200904528	5:58.18	+0,86
	50m: 39.79 100m: 1:29.04	39.79 150m: 2:13.26 49.25 200m: 2:57.06	44.22 250m: 3:48.53 43.80 300m: 4:39.83	51.47 350m: 5:20.27 51.30 400m: 5:58.18	40.44 37.91	
15.	Annelie Batenburg	PSV	6:08.49	201001962	5:58.93	+0,75
	50m: 35.45 100m: 1:17.12	35.45 150m: 2:05.28 41.67 200m: 2:51.35	48.16 250m: 3:39.96 46.07 300m: 4:30.01	48.61 350m: 5:15.56 50.05 400m: 5:58.93	45.55 43.37	
16.	Lian Vonk	ZPC Amersfoort	6:12.37	201001606	6:00.89	+0,64
	50m: 36.07 100m: 1:20.26	36.07 150m: 2:05.75 44.19 200m: 2:50.65	45.49 250m: 3:46.94 44.90 300m: 4:42.64	56.29 350m: 5:22.46 55.70 400m: 6:00.89	39.82 38.43	
17.	Hanne Van Waelderden	Westerlo Swimming Team	5:51.86	WST/21082/09	6:04.34	+0,77
	50m: 38.98 100m: 1:28.92	38.98 150m: 2:16.88 49.94 200m: 3:04.41	47.96 250m: 3:52.61 47.53 300m: 4:42.53	48.20 350m: 5:24.69 49.92 400m: 6:04.34	42.16 39.65	
18.	Vera Broekman	Arethusa	6:52.44	201001454	6:46.60	+0,72
	50m: 43.49 100m: 1:39.28	43.49 150m: 2:32.40 55.79 200m: 3:25.39	53.12 250m: 4:18.86 52.99 300m: 5:13.78	53.47 350m: 6:01.13 54.92 400m: 6:46.60	47.35 45.45	

Event 26, Girls, 400m Medley

16 - 17 years

1. Noa Hollebosch	MEGA	5:15.89	5:10.12 +0,72
50m: 32.91	32.91 150m: 1:54.41	42.28 250m: 3:17.35	42.77 350m: 4:36.64 35.56
100m: 1:12.13	39.22 200m: 2:34.58	40.17 300m: 4:01.08	43.73 400m: 5:10.12 33.48
2. Manon Colinet	CNSW	5:17.82 CNSW/012926/07	5:17.75 +0,68
50m: 33.69	33.69 150m: 1:58.52	43.80 250m: 3:23.18	42.60 350m: 4:42.83 37.14
100m: 1:14.72	41.03 200m: 2:40.58	42.06 300m: 4:05.69	42.51 400m: 5:17.75 34.92
3. Julie van Nispen	Nuenen	5:18.82 200800290	5:18.17 +0,74
50m: 33.77	33.77 150m: 1:57.33	41.53 250m: 3:24.64	47.54 350m: 4:45.94 34.68
100m: 1:15.80	42.03 200m: 2:37.10	39.77 300m: 4:11.26	46.62 400m: 5:18.17 32.23
4. Tine Vinck	MEGA	5:17.88 MEGA/41315/08	5:18.73 +0,74
50m: 34.07	34.07 150m: 1:55.88	41.35 250m: 3:22.61	46.09 350m: 4:44.89 35.47
100m: 1:14.53	40.46 200m: 2:36.52	40.64 300m: 4:09.42	46.81 400m: 5:18.73 33.84
5. Maite Van Gysel	MEGA	5:17.64 MEGA/21373/08	5:27.01 +0,73
50m: 34.05	34.05 150m: 1:57.29	42.42 250m: 3:24.97	46.63 350m: 4:49.96 37.32
100m: 1:14.87	40.82 200m: 2:38.34	41.05 300m: 4:12.64	47.67 400m: 5:27.01 37.05
6. Sien Dries	Zwemclub Geel	5:24.80 ZGEEL/21072/07	5:36.98 +0,77
50m: 34.18	34.18 150m: 1:57.62	43.32 250m: 3:30.62	51.08 350m: 5:00.15 37.36
100m: 1:14.30	40.12 200m: 2:39.54	41.92 300m: 4:22.79	52.17 400m: 5:36.98 36.83
7. Britt van der Ham	Wzvv	6:35.58 200801320	6:31.86 +0,66
50m: 43.71	43.71 150m: 2:25.28	46.97 250m: 4:08.62	56.83 350m: 5:49.04 43.70
100m: 1:38.31	54.60 200m: 3:11.79	46.51 300m: 5:05.34	56.72 400m: 6:31.86 42.82