

Programmanr. 26  
22-3-2026 - 14:02

Meisjes, 400m wisselslag

12 - 17 jaar  
Resultaten

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			
<b>12 - 13 jaar</b>								
1.	Amelia W s	St. Olimpijczyk Brzesko	5:23.71	<b>5:24.84</b>	+0,62			
	50m: 33.23	33.23	150m: 1:57.40	43.62	250m: 3:24.44	44.03	350m: 4:48.10	37.48
	100m: 1:13.78	40.55	200m: 2:40.41	43.01	300m: 4:10.62	46.18	400m: 5:24.84	36.74
2.	Valerie Rienties	Zwemsport Parkstad	5:50.36	<b>5:35.31</b>	+0,72			
	50m: 36.01	36.01	150m: 2:04.39	42.79	250m: 3:32.25	45.80	350m: 4:58.19	40.15
	100m: 1:21.60	45.59	200m: 2:46.45	42.06	300m: 4:18.04	45.79	400m: 5:35.31	37.12
3.	Fenna Beumer	PSV	5:55.18	<b>5:45.56</b>	+0,67			
	50m: 36.20	36.20	150m: 2:00.27	39.33	250m: 3:34.13	52.20	350m: 5:07.36	39.32
	100m: 1:20.94	44.74	200m: 2:41.93	41.66	300m: 4:28.04	53.91	400m: 5:45.56	38.20
4.	Benthe de Beer	PSV	5:56.16	<b>5:50.61</b>	+0,51			
	50m: 36.34	36.34	150m: 2:07.98	47.19	250m: 3:43.23	49.92	350m: 5:12.73	39.45
	100m: 1:20.79	44.45	200m: 2:53.31	45.33	300m: 4:33.28	50.05	400m: 5:50.61	37.88
5.	Coco Scheepers	PSV	5:42.39	<b>5:54.90</b>	+0,79			
	50m: 37.24	37.24	150m: 2:10.47	48.61	250m: 3:45.65	49.29	350m: 5:16.77	41.92
	100m: 1:21.86	44.62	200m: 2:56.36	45.89	300m: 4:34.85	49.20	400m: 5:54.90	38.13
6.	Victoria Kacejko	Waterloo Natation	NT	<b>5:57.87</b>				
	50m: 40.79	40.79	150m: 2:16.53	46.93	250m: 3:50.39	48.92	350m: 5:18.80	39.81
	100m: 1:29.60	48.81	200m: 3:01.47	44.94	300m: 4:38.99	48.60	400m: 5:57.87	39.07
7.	Sophie Masschelein	Waterloo Natation	6:37.76	<b>5:58.20</b>				
	50m: 37.89	37.89	150m: 2:10.67	46.70	250m: 3:48.94	54.17	350m: 5:21.13	38.25
	100m: 1:23.97	46.08	200m: 2:54.77	44.10	300m: 4:42.88	53.94	400m: 5:58.20	37.07
8.	Louise Terwisscha	ZPC AMERSFOORT	6:24.31	<b>5:59.25</b>	+0,74			
	50m: 38.36	38.36	150m: 2:14.23	46.29	250m: 3:49.55	50.90	350m: 5:21.08	40.37
	100m: 1:27.94	49.58	200m: 2:58.65	44.42	300m: 4:40.71	51.16	400m: 5:59.25	38.17
9.	Jana Nelissen	PSV	6:18.21	<b>6:03.61</b>	+0,71			
	50m: 36.90	36.90	150m: 2:12.42	48.85	250m: 3:51.82	53.09	350m: 5:25.62	38.62
	100m: 1:23.57	46.67	200m: 2:58.73	46.31	300m: 4:47.00	55.18	400m: 6:03.61	37.99
10.	Romee Claeys	MEGA	NT	<b>6:04.97</b>	+0,50			
	50m: 38.20	38.20	150m: 2:12.22	47.18	250m: 3:51.08	53.42	350m: 5:24.50	40.74
	100m: 1:25.04	46.84	200m: 2:57.66	45.44	300m: 4:43.76	52.68	400m: 6:04.97	40.47
11.	Frauke Van Tilburg	Zwemclub Geel	6:06.86	<b>6:06.64</b>	+0,80			
	50m: 35.75	35.75	150m: 2:06.12	46.21	250m: 3:44.16	52.80	350m: 5:24.96	43.72
	100m: 1:19.91	44.16	200m: 2:51.36	45.24	300m: 4:41.24	57.08	400m: 6:06.64	41.68
12.	Eveline van den Enden	Hellas-Glana	6:05.84	<b>6:08.50</b>	+0,65			
	50m: 37.03	37.03	150m: 2:13.51	49.02	250m: 3:52.64	52.53	350m: 5:28.88	42.03
	100m: 1:24.49	47.46	200m: 3:00.11	46.60	300m: 4:46.85	54.21	400m: 6:08.50	39.62
13.	Indy Verbist	De Marlijn (SG)	6:08.78	<b>6:11.40</b>				
	50m: 38.89	38.89	150m: 2:16.00	47.89	250m: 3:56.78	53.84	350m: 5:32.02	41.16
	100m: 1:28.11	49.22	200m: 3:02.94	46.94	300m: 4:50.86	54.08	400m: 6:11.40	39.38
14.	Emma Juliette Jansen	ZPC AMERSFOORT	6:15.70	<b>6:12.18</b>				
	50m: 42.40	42.40	150m: 2:20.77	50.69	250m: 3:57.04	47.12	350m: 5:29.31	43.00
	100m: 1:30.08	47.68	200m: 3:09.92	49.15	300m: 4:46.31	49.27	400m: 6:12.18	42.87
15.	Jaylin Roks	Hieronymus	5:55.07	<b>6:24.69</b>	+0,83			
	50m: 41.90	41.90	150m: 2:25.32	50.34	250m: 4:07.32	54.25	350m: 5:44.73	42.45
	100m: 1:34.98	53.08	200m: 3:13.07	47.75	300m: 5:02.28	54.96	400m: 6:24.69	39.96
16.	Charlotte Braeken	Zwemclub Geel	NT	<b>6:24.88</b>	+0,64			
	50m: 37.08	37.08	150m: 2:13.12	47.44	250m: 3:55.19	55.75	350m: 5:39.03	45.53
	100m: 1:25.68	48.60	200m: 2:59.44	46.32	300m: 4:53.50	58.31	400m: 6:24.88	45.85
17.	Pien van Putten	Zwemsport Parkstad	NT	<b>6:47.90</b>				
	50m: 51.15	51.15	150m: 2:41.41	49.50	250m: 4:26.93	56.24	350m: 6:05.21	44.84
	100m: 1:51.91	1:00.76	200m: 3:30.69	49.28	300m: 5:20.37	53.44	400m: 6:47.90	42.69
18.	Noa Laman	ZPC AMERSFOORT	7:01.93	<b>6:57.67</b>	+0,82			
	50m: 44.55	44.55	150m: 2:37.91	58.33	250m: 4:27.29	52.76	350m: 6:11.48	49.88
	100m: 1:39.58	55.03	200m: 3:34.53	56.62	300m: 5:21.60	54.31	400m: 6:57.67	46.19

Programmanr. 26, Meisjes, 400m wisselslag, 12 - 13 jaar

rang	naam	vereniging	intijd	tijd	RT			
19.	Dora Wouters	Zwemclub Geel	NT	ZGEEL/21168/12	<b>7:04.70</b> +0,64			
	50m: 43.32	43.32	150m: 2:37.57	58.09	250m: 4:33.18	1:00.95	350m: 6:21.83	46.26
	100m: 1:39.48	56.16	200m: 3:32.23	54.66	300m: 5:35.57	1:02.39	400m: 7:04.70	42.87
NG.ZA	Emilie Scarmure	Waterloo Natation	6:17.59	WN/014112/13				

14 - 15 jaar

1.	Fenne Metten <i>Arena I.T.T. Record</i>	ZPC AMERSFOORT	5:08.55	201000102	<b>5:03.13</b> +0,76			
	50m: 31.75	31.75	150m: 1:46.16	38.41	250m: 3:08.88	45.93	350m: 4:29.98	35.70
	100m: 1:07.75	36.00	200m: 2:22.95	36.79	300m: 3:54.28	45.40	400m: 5:03.13	33.15
2.	Noa van Zalk	ZPC AMERSFOORT	5:27.41	201102534	<b>5:28.83</b> +0,72			
	50m: 32.85	32.85	150m: 1:54.27	42.75	250m: 3:23.16	47.65	350m: 4:51.21	39.21
	100m: 1:11.52	38.67	200m: 2:35.51	41.24	300m: 4:12.00	48.84	400m: 5:28.83	37.62
3.	Jayna Wagemakers	Hieronymus	5:47.19	201000226	<b>5:37.96</b> +0,63			
	50m: 35.78	35.78	150m: 2:02.57	44.03	250m: 3:33.61	47.79	350m: 5:01.19	39.32
	100m: 1:18.54	42.76	200m: 2:45.82	43.25	300m: 4:21.87	48.26	400m: 5:37.96	36.77
4.	Julie Maes	Zwemclub Geel	5:52.61	ZGEEL/21105/10	<b>5:38.47</b> +0,53			
	50m: 36.05	36.05	150m: 2:02.22	42.79	250m: 3:30.61	47.07	350m: 5:00.31	40.73
	100m: 1:19.43	43.38	200m: 2:43.54	41.32	300m: 4:19.58	48.97	400m: 5:38.47	38.16
5.	Yanique Bax	ZPC AMERSFOORT	5:26.34	201001428	<b>5:42.12</b> +0,56			
	50m: 33.29	33.29	150m: 2:01.79	47.33	250m: 3:35.98	50.88	350m: 5:06.19	37.89
	100m: 1:14.46	41.17	200m: 2:45.10	43.31	300m: 4:28.30	52.32	400m: 5:42.12	35.93
6.	Sara Creemers	Hellas-Glana	5:50.70	201100242	<b>5:42.70</b> +0,65			
	50m: 35.37	35.37	150m: 2:03.00	45.25	250m: 3:35.18	47.86	350m: 5:04.25	40.44
	100m: 1:17.75	42.38	200m: 2:47.32	44.32	300m: 4:23.81	48.63	400m: 5:42.70	38.45
7.	Carlijn Dezutter	Scheldestroom	5:26.57	201100770	<b>5:44.00</b> +0,59			
	50m: 35.17	35.17	150m: 2:03.70	46.04	250m: 3:38.26	50.28	350m: 5:06.60	39.91
	100m: 1:17.66	42.49	200m: 2:47.98	44.28	300m: 4:26.69	48.43	400m: 5:44.00	37.40
8.	Fleur Buijs	Hieronymus	5:48.82	201100676	<b>5:44.32</b> +0,75			
	50m: 38.15	38.15	150m: 2:10.20	45.38	250m: 3:39.93	44.84	350m: 5:06.89	40.54
	100m: 1:24.82	46.67	200m: 2:55.09	44.89	300m: 4:26.35	46.42	400m: 5:44.32	37.43
9.	L. Vanlommel	Zwemclub Geel	5:44.25	ZGEEL/21150/11	<b>5:44.73</b> +0,54			
	50m: 36.24	36.24	150m: 2:03.37	43.51	250m: 3:37.76	51.75	350m: 5:08.16	39.50
	100m: 1:19.86	43.62	200m: 2:46.01	42.64	300m: 4:28.66	50.90	400m: 5:44.73	36.57
10.	Morrison Schram	Z & PC De Zeeuwse Kust	5:48.13	201100686	<b>5:45.02</b> +0,73			
	50m: 35.59	35.59	150m: 2:07.02	46.69	250m: 3:38.81	47.70	350m: 5:07.38	40.19
	100m: 1:20.33	44.74	200m: 2:51.11	44.09	300m: 4:27.19	48.38	400m: 5:45.02	37.64
11.	Myrthe Bruinsma	ZPC AMERSFOORT	5:50.00	201101108	<b>5:48.20</b>			
	50m: 34.55	34.55	150m: 2:02.92	46.59	250m: 3:36.35	49.21	350m: 5:08.28	41.59
	100m: 1:16.33	41.78	200m: 2:47.14	44.22	300m: 4:26.69	50.34	400m: 5:48.20	39.92
12.	Stien Wouters	KAZS	5:37.65	KAZS/21210/10	<b>5:51.93</b> +0,81			
	50m: 37.84	37.84	150m: 2:06.36	43.97	250m: 3:38.86	50.66	350m: 5:11.61	42.76
	100m: 1:22.39	44.55	200m: 2:48.20	41.84	300m: 4:28.85	49.99	400m: 5:51.93	40.32
13.	Brecht van Ravenstein	Arethusa	5:51.16	201100738	<b>5:54.39</b> +0,76			
	50m: 37.84	37.84	150m: 2:12.16	49.48	250m: 3:47.23	49.17	350m: 5:16.28	39.63
	100m: 1:22.68	44.84	200m: 2:58.06	45.90	300m: 4:36.65	49.42	400m: 5:54.39	38.11
14.	Lili de Graaf	Hellas-Glana	5:46.84	201103068	<b>5:59.37</b> +0,75			
	50m: 40.13	40.13	150m: 2:16.56	46.41	250m: 3:48.77	46.55	350m: 5:19.33	42.97
	100m: 1:30.15	50.02	200m: 3:02.22	45.66	300m: 4:36.36	47.59	400m: 5:59.37	40.04
15.	Lian Vonk	ZPC AMERSFOORT	6:00.89	201001606	<b>5:59.50</b> +0,70			
	50m: 35.38	35.38	150m: 2:04.91	44.79	250m: 3:45.44	56.48	350m: 5:22.33	39.13
	100m: 1:20.12	44.74	200m: 2:48.96	44.05	300m: 4:43.20	57.76	400m: 5:59.50	37.17
16.	Gitte Bollen <i>Arena I.T.T. Para Record</i>	Peltse Zwemclub	5:50.88	PZC/41102/11	<b>6:01.09</b> +0,79			
	50m: 36.85	36.85	150m: 2:07.11	45.41	250m: 3:44.04	51.25	350m: 5:18.52	41.10
	100m: 1:21.70	44.85	200m: 2:52.79	45.68	300m: 4:37.42	53.38	400m: 6:01.09	42.57
17.	Dina El Moussaoui	CNSW	5:53.84	CNSW/013776/11	<b>6:08.06</b> +0,85			
	50m: 40.81	40.81	150m: 2:17.83	47.14	250m: 3:53.50	49.44	350m: 5:25.42	42.24
	100m: 1:30.69	49.88	200m: 3:04.06	46.23	300m: 4:43.18	49.68	400m: 6:08.06	42.64
18.	Bente Toth	ZPC AMERSFOORT	6:27.06	201102818	<b>6:08.63</b> +0,70			
	50m: 38.53	38.53	150m: 2:14.90	47.45	250m: 3:55.02	53.05	350m: 5:28.86	42.22
	100m: 1:27.45	48.92	200m: 3:01.97	47.07	300m: 4:46.64	51.62	400m: 6:08.63	39.77

Programmanr. 26, Meisjes, 400m wisselslag, 14 - 15 jaar

rang	naam	vereniging	intijd	tijd	RT			
19.	Mila Silverans	KAZS	5:59.21	KAZS/21116/11	<b>6:14.14</b> +0,60			
	50m: 40.07	40.07	150m: 2:15.43	45.98	250m: 3:54.86	52.21	350m: 5:33.56	44.73
	100m: 1:29.45	49.38	200m: 3:02.65	47.22	300m: 4:48.83	53.97	400m: 6:14.14	40.58
20.	Mare Engelse	Niemo Barracuda	6:26.56	201100826	<b>6:16.71</b> +0,87			
	50m: 39.84	39.84	150m: 2:14.14	45.66	250m: 3:52.68	53.06	350m: 5:32.93	45.87
	100m: 1:28.48	48.64	200m: 2:59.62	45.48	300m: 4:47.06	54.38	400m: 6:16.71	43.78
21.	Do De Cat	KAZS	6:12.22	KAZS/21134/10	<b>6:35.64</b> +0,83			
	50m: 41.44	41.44	150m: 2:24.85	49.88	250m: 4:10.78	57.02	350m: 5:53.38	44.88
	100m: 1:34.97	53.53	200m: 3:13.76	48.91	300m: 5:08.50	57.72	400m: 6:35.64	42.26
22.	Yanne Valkenborghs	Zwemclub Geel	6:33.77	ZGEEL/21151/10	<b>6:49.07</b>			
	50m: 39.80	39.80	150m: 2:23.78	52.16	250m: 4:18.50	1:01.95	350m: 6:06.79	45.26
	100m: 1:31.62	51.82	200m: 3:16.55	52.77	300m: 5:21.53	1:03.03	400m: 6:49.07	42.28
23.	Vismaya Borganve	PSV	7:19.99	201103500	<b>7:17.97</b> +0,46			
	50m: 46.74	46.74	150m: 2:43.56	57.38	250m: 4:39.26	1:01.04	350m: 6:30.91	50.72
	100m: 1:46.18	59.44	200m: 3:38.22	54.66	300m: 5:40.19	1:00.93	400m: 7:17.97	47.06
AFGEM	Yfke Wijnalda	ZPC AMERSFOORT	6:00.24	201002618				
<b>16 - 17 jaar</b>								
1.	Bregje Dekkers	PSV	5:06.96	200900746	<b>5:10.60</b> +0,55			
	50m: 33.06	33.06	150m: 1:50.85	40.58	250m: 3:15.06	44.79	350m: 4:36.66	35.63
	100m: 1:10.27	37.21	200m: 2:30.27	39.42	300m: 4:01.03	45.97	400m: 5:10.60	33.94
2.	Esmaé de Gans	ZPC AMERSFOORT	5:29.76	200900134	<b>5:27.43</b> +0,72			
	50m: 33.49	33.49	150m: 1:56.23	42.90	250m: 3:24.74	46.59	350m: 4:50.82	38.72
	100m: 1:13.33	39.84	200m: 2:38.15	41.92	300m: 4:12.10	47.36	400m: 5:27.43	36.61
3.	Thyrvi Meyer	KAZS	5:28.13	KAZS/21181/09	<b>5:32.77</b> +0,72			
	50m: 35.73	35.73	150m: 1:59.42	42.54	250m: 3:30.22	49.01	350m: 4:56.88	36.71
	100m: 1:16.88	41.15	200m: 2:41.21	41.79	300m: 4:20.17	49.95	400m: 5:32.77	35.89
4.	Alva Renaud	CNSW	5:39.72	CNSW/011653/09	<b>5:44.09</b> +0,68			
	50m: 36.59	36.59	150m: 2:08.39	48.07	250m: 3:41.82	45.72	350m: 5:09.08	39.80
	100m: 1:20.32	43.73	200m: 2:56.10	47.71	300m: 4:29.28	47.46	400m: 5:44.09	35.01
5.	Anaïs Gries	Waterloo Natation	5:34.92	WN/12735/09	<b>5:45.74</b> +0,72			
	50m: 36.56	36.56	150m: 2:01.69	44.84	250m: 3:36.86	50.73	350m: 5:07.91	40.99
	100m: 1:16.85	40.29	200m: 2:46.13	44.44	300m: 4:26.92	50.06	400m: 5:45.74	37.83
6.	Stine Baeke	MEGA	NT	MEGA/21332/09	<b>6:07.95</b> +0,78			
	50m: 40.38	40.38	150m: 2:17.61	49.09	250m: 3:57.02	50.83	350m: 5:29.36	40.06
	100m: 1:28.52	48.14	200m: 3:06.19	48.58	300m: 4:49.30	52.28	400m: 6:07.95	38.59
7.	Nomi Poels	Zwemclub Geel	6:16.69	ZGEEL/21095/08	<b>6:23.66</b> +0,79			
	50m: 40.08	40.08	150m: 2:19.10	50.75	250m: 4:00.24	53.54	350m: 5:40.91	44.56
	100m: 1:28.35	48.27	200m: 3:06.70	47.60	300m: 4:56.35	56.11	400m: 6:23.66	42.75
8.	Britt van der Ham	WZV	6:31.86	200801320	<b>6:37.23</b> +0,63			
	50m: 42.86	42.86	150m: 2:25.69	48.18	250m: 4:08.58	55.96	350m: 5:52.69	47.27
	100m: 1:37.51	54.65	200m: 3:12.62	46.93	300m: 5:05.42	56.84	400m: 6:37.23	44.54
9.	Inge Nooijen	ZV Hydra	7:01.53	200803830	<b>6:43.26</b> +0,70			
	50m: 44.69	44.69	150m: 2:34.86	52.60	250m: 4:20.57	52.90	350m: 6:01.72	45.73
	100m: 1:42.26	57.57	200m: 3:27.67	52.81	300m: 5:15.99	55.42	400m: 6:43.26	41.54
AFGEM	Sterre Dirar	ZPC AMERSFOORT	6:00.42	200900354				