

Competitie deel 4  
Zwolle, 8-3-2025

Programmanr. 20  
8-3-2025 - 14:01

Meisjes, 400m wisselslag

Onder 16  
Resultaten

rang	naam	vereniging	intijd	tijd	RT		
1.	Fenna Westerneng	Dz&Pc	5:16.48	200900070	<b>5:19.62</b>		
	50m: 34.41	34.41 150m: 1:55.41	41.57	250m: 3:20.22	45.10	350m: 4:43.62	37.03
	100m: 1:13.84	39.43 200m: 2:35.12	39.71	300m: 4:06.59	46.37	400m: 5:19.62	36.00
2.	Silke Hooghiemstra	HZ&PC Heerenveen	5:21.58	200901224	<b>5:21.82</b>		
	50m: 32.95	32.95 150m: 1:50.78	39.36	250m: 3:17.78	48.77	350m: 4:45.83	38.39
	100m: 1:11.42	38.47 200m: 2:29.01	38.23	300m: 4:07.44	49.66	400m: 5:21.82	35.99
3.	Karlijn Siderius	Dwk 1	5:33.43	200900032	<b>5:38.60</b>		
	50m: 34.36	34.36 150m:		250m:		350m:	
	100m: 1:16.10	41.74 200m:		300m:		400m: 5:38.60	
4.	Lili Oosting	Dwk 1	5:38.29	200900384	<b>5:40.17</b>		
	50m: 36.44	36.44 150m: 2:02.62	43.15	250m: 3:36.00	51.63	350m: 5:04.53	39.02
	100m: 1:19.47	43.03 200m: 2:44.37	41.75	300m: 4:25.51	49.51	400m: 5:40.17	35.64
5.	Daphne Dijsselhof	Dedemsvaart-AC	5:34.62	200901690	<b>5:41.36</b>		
	50m: 35.90	35.90 150m: 2:05.68	44.49	250m: 3:37.39	49.59	350m: 5:05.95	38.05
	100m: 1:21.19	45.29 200m: 2:47.80	42.12	300m: 4:27.90	50.51	400m: 5:41.36	35.41
6.	Sanne Keizer	Dedemsvaart-AC	6:26.51	201001348	<b>5:43.24</b>		
	50m: 36.82	36.82 150m:		250m:		350m:	
	100m: 1:25.48	48.66 200m:		300m:		400m: 5:43.24	
7.	Milou Geneuglijk	HZ&PC Heerenveen	5:50.22	200900556	<b>5:45.12</b>		
	50m: 34.95	34.95 150m: 2:01.71	42.80	250m: 3:35.37	51.96	350m: 5:07.47	38.64
	100m: 1:18.91	43.96 200m: 2:43.41	41.70	300m: 4:28.83	53.46	400m: 5:45.12	37.65
8.	Esmé Sportel	Dedemsvaart-AC	5:54.34	200900682	<b>5:47.26</b>		
	50m: 36.55	36.55 150m: 2:03.53	42.82	250m: 3:36.78	52.03	350m: 5:08.84	40.81
	100m: 1:20.71	44.16 200m: 2:44.75	41.22	300m: 4:28.03	51.25	400m: 5:47.26	38.42
9.	Suus Hoogeveen	Dedemsvaart-AC	6:12.45	200900836	<b>5:58.75</b>		
	50m: 39.15	39.15 150m: 2:14.28	46.15	250m: 3:46.85	48.17	350m: 5:19.06	43.40
	100m: 1:28.13	48.98 200m: 2:58.68	44.40	300m: 4:35.66	48.81	400m: 5:58.75	39.69
10.	Elise Dorlandt	HZ&PC Heerenveen	6:26.24	201000232	<b>6:03.96</b>		
	50m: 38.76	38.76 150m: 2:15.31	44.60	250m: 3:55.42	57.17	350m: 5:27.51	36.65
	100m: 1:30.71	51.95 200m: 2:58.25	42.94	300m: 4:50.86	55.44	400m: 6:03.96	36.45
11.	Sofie van Poecke	Dwk 1	6:24.52	201001448	<b>6:13.98</b>		
	50m: 39.08	39.08 150m: 2:17.81	49.23	250m: 3:56.78	51.80	350m: 5:33.14	42.08
	100m: 1:28.58	49.50 200m: 3:04.98	47.17	300m: 4:51.06	54.28	400m: 6:13.98	40.84
12.	Milouck Frunt	Dwk 1	6:36.35	200901664	<b>6:20.30</b>		
	50m: 42.58	42.58 150m: 2:22.68	47.03	250m: 4:02.31	54.17	350m: 5:39.23	42.84
	100m: 1:35.65	53.07 200m: 3:08.14	45.46	300m: 4:56.39	54.08	400m: 6:20.30	41.07