

Nederlandse Junioren Kampioenschappen
Eindhoven, 10- - 12-6-2022

Programmanr. 5
10-06-2022

Meisjes, 400m wisselslag

Junioren 3 en 4
Resultaten

Punten: FINA 2021

rang	naam		vereniging				tijd	RT	FINA para
1.	Charlotte Leijnse		Blue Marlins (SG)		200802948		5:15.46	+0,76	601
	50m: 32.70	32.70	150m: 1:51.25	40.01	250m: 3:18.92	48.44	350m: 4:40.74		35.03
	100m: 1:11.24	38.54	200m: 2:30.48	39.23	300m: 4:05.71	46.79	400m: 5:15.46		34.72
2.	Dachen Haaijer		ZPC Hoogeveen		200800380		5:18.02	+0,75	587
	50m: 34.79	34.79	150m: 1:55.59	39.63	250m: 3:19.65	44.34	350m: 4:42.04		37.14
	100m: 1:15.96	41.17	200m: 2:35.31	39.72	300m: 4:04.90	45.25	400m: 5:18.02		35.98
3.	Frouke Ludwig		DZ&PC		200800112		5:22.26	+0,72	564
	50m: 31.99	31.99	150m: 1:48.69	38.62	250m: 3:17.47	50.19	350m: 4:47.25		39.25
	100m: 1:10.07	38.08	200m: 2:27.28	38.59	300m: 4:08.00	50.53	400m: 5:22.26		35.01
4.	Flòra Szili-Torok		Blue Marlins (SG)		200800114		5:22.79	+0,72	561
	50m: 33.61	33.61	150m: 1:53.33	40.46	250m: 3:19.14	45.18	350m: 4:43.98		38.24
	100m: 1:12.87	39.26	200m: 2:33.96	40.63	300m: 4:05.74	46.60	400m: 5:22.79		38.81
5.	Nova Nijziel		PSV		200804416		5:23.52	+0,70	558
	50m: 32.27	32.27	150m: 1:53.12	42.01	250m: 3:20.88	47.25	350m: 4:46.92		37.83
	100m: 1:11.11	38.84	200m: 2:33.63	40.51	300m: 4:09.09	48.21	400m: 5:23.52		36.60
6.	Ylva Konings		PSV		200700148		5:27.15	+0,79	539
	50m: 32.40	32.40	150m: 1:53.90	42.39	250m: 3:23.02	48.71	350m: 4:50.57		38.37
	100m: 1:11.51	39.11	200m: 2:34.31	40.41	300m: 4:12.20	49.18	400m: 5:27.15		36.58
7.	Rosalie Reef		ZPC AMERSFOORT		200800426		5:27.37	+0,71	538
	50m: 32.14	32.14	150m: 1:55.66	45.05	250m: 3:25.77	46.51	350m: 4:50.91		38.35
	100m: 1:10.61	38.47	200m: 2:39.26	43.60	300m: 4:12.56	46.79	400m: 5:27.37		36.46
8.	Lyke Bellert		Octopus-ZVV (SG)		200701424		5:27.78	+0,70	536
	50m: 32.74	32.74	150m: 1:55.78	42.20	250m: 3:24.92	47.94	350m: 4:52.97		40.00
	100m: 1:13.58	40.84	200m: 2:36.98	41.20	300m: 4:12.97	48.05	400m: 5:27.78		34.81
9.	Meyke v. Nimwegen		De Schoteijl		200800106		5:28.92	+0,77	531
	50m: 32.66	32.66	150m: 1:54.41	41.30	250m: 3:22.51	48.09	350m: 4:50.53		38.50
	100m: 1:13.11	40.45	200m: 2:34.42	40.01	300m: 4:12.03	49.52	400m: 5:28.92		38.39
10.	Esmée Mulder		SWOL 1894		200800038		5:30.55	+0,64	523
	50m: 33.19	33.19	150m: 1:56.73	43.36	250m: 3:25.04	45.56	350m: 4:52.83		39.48
	100m: 1:13.37	40.18	200m: 2:39.48	42.75	300m: 4:13.35	48.31	400m: 5:30.55		37.72
11.	Robin Vermeulen		Blue Marlins (SG)		200700412		5:30.73	+0,78	522
	50m: 33.57	33.57	150m: 1:57.56	43.65	250m: 3:26.36	46.05	350m: 4:52.95		39.25
	100m: 1:13.91	40.34	200m: 2:40.31	42.75	300m: 4:13.70	47.34	400m: 5:30.73		37.78
12.	Mila Oomens		Niemo Barracuda		200700016		5:31.01	+0,73	521
	50m: 32.88	32.88	150m: 1:57.42	43.35	250m: 3:25.93	45.45	350m: 4:52.14		39.36
	100m: 1:14.07	41.19	200m: 2:40.48	43.06	300m: 4:12.78	46.85	400m: 5:31.01		38.87
13.	Eline van Rijn 100m backup		DAW		200700918		5:31.34	+0,66	519
	50m: 33.92	33.92	150m: 1:59.71	43.38	250m: 3:28.80	47.05	350m: 4:54.61		38.19
	100m: 1:16.33	42.41	200m: 2:41.75	42.04	300m: 4:16.42	47.62	400m: 5:31.34		36.73
14.	Rhodee van den Ham		De Duinkikers		200700090		5:33.26	+0,73	510
	50m: 33.44	33.44	150m: 1:55.87	43.48	250m: 3:25.59	46.08	350m: 4:53.89		40.15
	100m: 1:12.39	38.95	200m: 2:39.51	43.64	300m: 4:13.74	48.15	400m: 5:33.26		39.37
15.	Rafaela Mulders		De Reuring		200701398		5:34.54	+0,74	504
	50m: 33.44	33.44	150m: 1:59.64	44.34	250m: 3:31.57	47.27	350m: 4:57.88		37.47
	100m: 1:15.30	41.86	200m: 2:44.30	44.66	300m: 4:20.41	48.84	400m: 5:34.54		36.66
16.	Jinth Engelse		Niemo Barracuda		200800204		5:34.82	+0,77	503
	50m: 33.73	33.73	150m: 1:56.57	42.37	250m: 3:28.20	49.80	350m: 4:57.36		38.76
	100m: 1:14.20	40.47	200m: 2:38.40	41.83	300m: 4:18.60	50.40	400m: 5:34.82		37.46
17.	Carlijn Gruppen		ZPC Hoogeveen		200700046		5:35.04	+0,87	502
	50m: 35.90	35.90	150m: 1:59.75	41.13	250m: 3:29.43	49.32	350m: 4:57.46		38.63
	100m: 1:18.62	42.72	200m: 2:40.11	40.36	300m: 4:18.83	49.40	400m: 5:35.04		37.58
18.	Britt Colijn		ZV New Wave Almere		200700544		5:36.09	+0,81	497
	50m: 32.96	32.96	150m: 1:55.22	42.95	250m: 3:26.16	49.74	350m: 4:58.47		41.37
	100m: 1:12.27	39.31	200m: 2:36.42	41.20	300m: 4:17.10	50.94	400m: 5:36.09		37.62

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rang	naam	vereniging	tijd	RT	FINA para			
19.	Emmelien Smelt	ZVZwartsluis	200800012	5:36.37	+0,85 496			
	50m: 32.99	32.99	150m: 1:56.17	42.71	250m: 3:27.20	49.21	350m: 4:57.01	40.74
	100m: 1:13.46	40.47	200m: 2:37.99	41.82	300m: 4:16.27	49.07	400m: 5:36.37	39.36
20.	Jente Koren	NDD	200703560	5:37.40	+0,67 492			
	50m: 33.42	33.42	150m: 1:59.05	43.99	250m: 3:32.03	50.52	350m: 5:00.94	39.25
	100m: 1:15.06	41.64	200m: 2:41.51	42.46	300m: 4:21.69	49.66	400m: 5:37.40	36.46
21.	Hannah Markovinovic	WS Twente	200803266	5:37.94	+0,58 489			
	50m: 34.72	34.72	150m: 2:00.27	44.02	250m: 3:33.69	48.58	350m: 5:00.43	37.59
	100m: 1:16.25	41.53	200m: 2:45.11	44.84	300m: 4:22.84	49.15	400m: 5:37.94	37.51
	Noa Ottens	VZC	200702256	5:37.94	+0,73 489			
	50m: 33.87	33.87	150m: 1:58.21	42.99	250m: 3:28.72	48.24	350m: 4:58.69	40.84
	100m: 1:15.22	41.35	200m: 2:40.48	42.27	300m: 4:17.85	49.13	400m: 5:37.94	39.25
23.	Julia Agricola	DZ&PC	200800266	5:38.67	+0,79 486			
	50m: 34.71	34.71	150m: 2:01.19	45.89	250m: 3:32.92	47.63	350m: 5:01.01	38.94
	100m: 1:15.30	40.59	200m: 2:45.29	44.10	300m: 4:22.07	49.15	400m: 5:38.67	37.66
24.	Charlotte Woltjes	VZC	200700110	5:38.92	+0,78 485			
	50m: 33.77	33.77	150m: 1:56.47	41.41	250m: 3:27.31	49.92	350m: 4:59.72	40.27
	100m: 1:15.06	41.29	200m: 2:37.39	40.92	300m: 4:19.45	52.14	400m: 5:38.92	39.20
25.	Floor Hogervorst	Noordwijkerhout	200701400	5:40.50	+0,69 478			
	50m: 34.72	34.72	150m: 1:59.39	42.55	250m: 3:32.03	51.03	350m: 5:02.83	40.27
	100m: 1:16.84	42.12	200m: 2:41.00	41.61	300m: 4:22.56	50.53	400m: 5:40.50	37.67
26.	Vera van der Meer	VZC	200701508	5:41.13	+0,84 476			
	50m: 33.97	33.97	150m: 1:56.63	42.78	250m: 3:29.08	50.54	350m: 5:02.20	42.34
	100m: 1:13.85	39.88	200m: 2:38.54	41.91	300m: 4:19.86	50.78	400m: 5:41.13	38.93
27.	Féline Sam	ZV 44	200700018	5:43.13	+0,67 467			
	50m: 33.54	33.54	150m: 2:01.59	45.07	250m: 3:37.07	51.04	350m: 5:06.62	38.68
	100m: 1:16.52	42.98	200m: 2:46.03	44.44	300m: 4:27.94	50.87	400m: 5:43.13	36.51
28.	Pascalie Smal	DAW	200802958	5:44.17	+0,66 463			
	50m: 35.63	35.63	150m: 2:03.20	45.73	250m: 3:35.16	47.89	350m: 5:03.93	41.28
	100m: 1:17.47	41.84	200m: 2:47.27	44.07	300m: 4:22.65	47.49	400m: 5:44.17	40.24
29.	Laura van Etten	HZ&PC Heerenveen	200800264	5:44.42	+0,87 462			
	50m: 36.74	36.74	150m: 2:02.74	40.62	250m: 3:35.74	52.75	350m: 5:06.03	37.66
	100m: 1:22.12	45.38	200m: 2:42.99	40.25	300m: 4:28.37	52.63	400m: 5:44.42	38.39
30.	Livia Groenewegen	PSV	200700244	5:44.69	+0,79 461			
	50m: 36.43	36.43	150m: 2:04.01	42.51	250m: 3:35.55	49.69	350m: 5:06.11	40.11
	100m: 1:21.50	45.07	200m: 2:45.86	41.85	300m: 4:26.00	50.45	400m: 5:44.69	38.58
31.	Isa Jansen	SBC2000	200701176	5:46.11	+0,81 455			
	50m: 36.79	36.79	150m: 2:07.35	44.05	250m: 3:37.47	48.29	350m: 5:07.33	39.65
	100m: 1:23.30	46.51	200m: 2:49.18	41.83	300m: 4:27.68	50.21	400m: 5:46.11	38.78
32.	Rosalie van der Bijl	Hieronymus	200701644	5:46.45	+0,80 454			
	50m: 34.93	34.93	150m: 2:01.36	43.68	250m: 3:34.43	49.38	350m: 5:07.06	41.88
	100m: 1:17.68	42.75	200m: 2:45.05	43.69	300m: 4:25.18	50.75	400m: 5:46.45	39.39
33.	Veerle Hildebrand	PSV	200801830	5:48.06	+0,86 448			
	50m: 36.50	36.50	150m: 2:08.09	47.50	250m: 3:40.54	47.25	350m: 5:08.90	40.76
	100m: 1:20.59	44.09	200m: 2:53.29	45.20	300m: 4:28.14	47.60	400m: 5:48.06	39.16
34.	Ilana Gentile	Orca	200801558	5:48.50	+0,79 446			
	50m: 35.35	35.35	150m: 2:05.46	44.95	250m: 3:37.66	47.39	350m: 5:10.10	42.21
	100m: 1:20.51	45.16	200m: 2:50.27	44.81	300m: 4:27.89	50.23	400m: 5:48.50	38.40
35.	Sofie Vos	ZPC Hoogeveen	200800804	5:48.82	+0,85 445			
	50m: 37.11	37.11	150m: 2:04.36	42.27	250m: 3:38.43	51.95	350m: 5:10.47	39.17
	100m: 1:22.09	44.98	200m: 2:46.48	42.12	300m: 4:31.30	52.87	400m: 5:48.82	38.35
36.	Maud Roffel	HZ&PC Heerenveen	200700840	5:49.66	+0,83 442			
	50m: 35.93	35.93	150m: 2:06.31	42.75	250m: 3:40.67	52.60	350m: 5:12.53	40.38
	100m: 1:23.56	47.63	200m: 2:48.07	41.76	300m: 4:32.15	51.48	400m: 5:49.66	37.13
37.	Jannoula Jaspers	De Vikings	200800202	5:49.82	+0,77 441			
	50m: 37.96	37.96	150m: 2:10.85	44.16	250m: 3:42.32	47.61	350m: 5:12.58	43.22
	100m: 1:26.69	48.73	200m: 2:54.71	43.86	300m: 4:29.36	47.04	400m: 5:49.82	37.24
38.	Maud van Zwienen	De Warande	200703734	5:52.32	+0,78 432			
	50m: 33.41	33.41	150m: 1:58.56	43.88	250m: 3:36.20	54.08	350m: 5:11.76	41.20
	100m: 1:14.68	41.27	200m: 2:42.12	43.56	300m: 4:30.56	54.36	400m: 5:52.32	40.56



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rang	naam	vereniging	tijd	RT	FINA para			
39.	Leyona Lichtendonk	Dedemsvaart-AC	200700010	5:52.88	+0,74 430			
	50m: 33.12	33.12	150m: 2:01.08	44.40	250m: 3:37.98	53.97	350m: 5:15.22	39.23
	100m: 1:16.68	43.56	200m: 2:44.01	42.93	300m: 4:35.99	58.01	400m: 5:52.88	37.66
40.	Britte Lodder	ZZ&PC De Devel	200702290	6:01.79	+0,85 399			
	50m: 37.32	37.32	150m: 2:11.69	49.35	250m: 3:49.94	51.27	350m: 5:23.01	40.87
	100m: 1:22.34	45.02	200m: 2:58.67	46.98	300m: 4:42.14	52.20	400m: 6:01.79	38.78
AFGEM	Benthe Martens	ZPC AMERSFOORT	200700310					

