

Programmanr. 1
26-01-2017

Meisjes, 400m vrije slag
snelste serie

Jeugd 1 en 2
Resultaten

rang	naam	vereniging	startnr.	tijd	RT			
1.	Imani de Jong <i>Kamp. Record Jeugd</i>	RTC - ZPCH	200200464	4:12.00	+0,72			
	50m: 28.58 100m: 59.90	28.58 31.32	150m: 1:31.85 200m: 2:04.00	31.95 32.15	250m: 2:36.01 300m: 3:08.42	32.01 32.41	350m: 3:40.73 400m: 4:12.00	32.31 31.27
2.	Silke Holkenborg	RTC - VZC E&P	200100292	4:18.55	+0,71			
	50m: 29.12 100m: 1:01.34	29.12 32.22	150m: 1:34.01 200m: 2:06.93	32.67 32.92	250m: 2:39.91 300m: 3:13.27	32.98 33.36	350m: 3:46.32 400m: 4:18.55	33.05 32.23
3.	Nienke Jonk	RTC - Hieronymus	200203000	4:20.46	+0,77			
	50m: 29.06 100m: 1:01.21	29.06 32.15	150m: 1:34.12 200m: 2:07.60	32.91 33.48	250m: 2:40.75 300m: 3:14.50	33.15 33.75	350m: 3:47.86 400m: 4:20.46	33.36 32.60
4.	Femke Spiering	VZC E&P	200204514	4:20.53	+0,79			
	50m: 29.70 100m: 1:02.50	29.70 32.80	150m: 1:35.42 200m: 2:08.31	32.92 32.89	250m: 2:41.42 300m: 3:15.10	33.11 33.68	350m: 3:48.52 400m: 4:20.53	33.42 32.01
5.	Kaylin Stel	De Dolfijn	200100290	4:34.77	+0,69			
	50m: 30.09 100m: 1:03.30	30.09 33.21	150m: 1:37.62 200m: 2:12.95	34.32 35.33	250m: 2:48.47 300m: 3:24.12	35.52 35.65	350m: 4:00.31 400m: 4:34.77	36.19 34.46
6.	Carlijn Hansté	WS Twente	200201082	4:35.42	+0,70			
	50m: 30.10 100m: 1:04.12	30.10 34.02	150m: 1:38.92 200m: 2:13.98	34.80 35.06	250m: 2:49.85 300m: 3:25.60	35.87 35.75	350m: 4:01.03 400m: 4:35.42	35.43 34.39
7.	Famke Slabbers	Arethusa	200200100	4:37.08	+0,75			
	50m: 31.42 100m: 1:06.00	31.42 34.58	150m: 1:41.22 200m: 2:16.64	35.22 35.42	250m: 2:52.28 300m: 3:27.65	35.64 35.37	350m: 4:02.78 400m: 4:37.08	35.13 34.30
8.	Janneke Lenderink	De Dinkel	200100328	4:38.68	+0,72			
	50m: 31.18 100m: 1:05.86	31.18 34.68	150m: 1:41.53 200m: 2:17.39	35.67 35.86	250m: 2:52.74 300m: 3:28.36	35.35 35.62	350m: 4:03.83 400m: 4:38.68	35.47 34.85
9.	Zanthe Janssen	Aqua-Novio'94	200201786	4:38.98	+0,81			
	50m: 29.91 100m: 1:04.54	29.91 34.63	150m: 1:40.14 200m: 2:16.19	35.60 36.05	250m: 2:51.92 300m: 3:27.69	35.73 35.77	350m: 4:03.65 400m: 4:38.98	35.96 35.33
10.	Isabel Dijkstra	Hellas-Glana	200200918	4:39.93	+0,76			
	50m: 31.92 100m: 1:06.45	31.92 34.53	150m: 1:41.91 200m: 2:17.70	35.46 35.79	250m: 2:53.48 300m: 3:29.36	35.78 35.88	350m: 4:05.51 400m: 4:39.93	36.15 34.42
11.	Sterre van de Goor	Arethusa	200102168	4:40.45	+0,78			
	50m: 32.50 100m: 1:07.83	32.50 35.33	150m: 1:43.40 200m: 2:19.12	35.57 35.72	250m: 2:54.53 300m: 3:30.27	35.41 35.74	350m: 4:05.78 400m: 4:40.45	35.51 34.67
12.	Eva Willebrands	Orca	200101510	4:41.03	+0,83			
	50m: 30.21 100m: 1:04.22	30.21 34.01	150m: 1:39.91 200m: 2:15.59	35.69 35.68	250m: 2:51.66 300m: 3:27.89	36.07 36.23	350m: 4:05.20 400m: 4:41.03	37.31 35.83
13.	Mariëlle Dolfijn	TriVia	200201640	4:41.86				
	50m: 31.87 100m: 1:07.18	31.87 35.31	150m: 1:43.17 200m: 2:18.93	35.99 35.76	250m: 2:54.56 300m: 3:30.18	35.63 35.62	350m: 4:05.91 400m: 4:41.86	35.73 35.95
14.	Hanne te Velthuis	Dedemsvaart-AC	200201324	4:43.54				
	50m: 31.01 100m: 1:05.77	31.01 34.76	150m: 1:42.26 200m: 2:19.05	36.49 36.79	250m: 2:55.17 300m: 3:31.65	36.12 36.48	350m: 4:07.69 400m: 4:43.54	36.04 35.85
15.	Giulia Corsi	De Columbiaan	200100468	4:43.88	+0,78			
	50m: 32.19 100m: 1:07.32	32.19 35.13	150m: 1:43.29 200m: 2:19.72	35.97 36.43	250m: 2:55.43 300m: 3:32.73	35.71 37.30	350m: 4:09.73 400m: 4:43.88	37.00 34.15
16.	Kiki Koopman	De Dinkel	200200232	4:44.45	+0,71			
	50m: 31.11 100m: 1:05.94	31.11 34.83	150m: 1:42.20 200m: 2:18.68	36.26 36.48	250m: 2:55.54 300m: 3:32.51	36.86 36.97	350m: 4:08.64 400m: 4:44.45	36.13 35.81
17.	Sanne Heemskerk	LZ 1886	200100600	4:44.96	+0,69			
	50m: 31.25 100m: 1:06.73	31.25 35.48	150m: 1:43.28 200m: 2:19.78	36.55 36.50	250m: 2:55.92 300m: 3:32.54	36.14 36.62	350m: 4:09.46 400m: 4:44.96	36.92 35.50
18.	Samantha van Vuure	ZPCH	200200230	4:46.38	+0,65			
	50m: 30.95 100m: 1:05.62	30.95 34.67	150m: 1:41.87 200m: 2:18.40	36.25 36.53	250m: 2:55.38 300m: 3:32.68	36.98 37.30	350m: 4:09.89 400m: 4:46.38	37.21 36.49
19.	Jonna Wieling	Aquarijn	200205266	4:46.49	+0,90			
	50m: 32.79 100m: 1:09.63	32.79 36.84	150m: 1:46.52 200m: 2:23.33	36.89 36.81	250m: 3:00.12 300m: 3:37.12	36.79 37.00	350m: 4:14.03 400m: 4:46.49	36.91 32.46
20.	Denise van der Burgt	Zeester- Meerval	200201812	4:46.87	+0,71			
	50m: 32.57 100m: 1:09.26	32.57 36.69	150m: 1:45.69 200m: 2:22.24	36.43 36.55	250m: 2:59.03 300m: 3:35.65	36.79 36.62	350m: 4:11.74 400m: 4:46.87	36.09 35.13

onjuistheden?

mail naar: nijkinschrijvingen@knzb.nl

Programmanr. 1, Meisjes, 400m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	startnr.	tijd	RT
21.	Imke van den Hoef	HZPC	200101552	4:47.37	+0,82
	50m: 32.25	32.25 150m: 1:44.23	36.17 250m: 2:57.90	36.93 350m: 4:11.86	37.03
	100m: 1:08.06	35.81 200m: 2:20.97	36.74 300m: 3:34.83	36.93 400m: 4:47.37	35.51
22.	Kim Groeneveld	DAW	200100924	4:47.43	+0,72
	50m: 31.93	31.93 150m: 1:43.56	36.29 250m: 2:57.17	36.84 350m: 4:10.95	37.06
	100m: 1:07.27	35.34 200m: 2:20.33	36.77 300m: 3:33.89	36.72 400m: 4:47.43	36.48
23.	Lize Janna de Vries	Orca	200101948	4:48.47	+0,76
	50m: 30.46	30.46 150m: 1:40.67	35.75 250m: 2:54.54	37.23 350m: 4:10.96	38.56
	100m: 1:04.92	34.46 200m: 2:17.31	36.64 300m: 3:32.40	37.86 400m: 4:48.47	37.51
24.	Chiméne Rakers	De Dinkel	200101778	4:48.80	+0,82
	50m: 32.89	32.89 150m: 1:45.22	36.52 250m: 2:59.13	37.06 350m: 4:13.25	37.11
	100m: 1:08.70	35.81 200m: 2:22.07	36.85 300m: 3:36.14	37.01 400m: 4:48.80	35.55
25.	Anne Dickens	De Warande	200100734	4:50.30	+0,72
	50m: 31.72	31.72 150m: 1:44.18	36.54 250m: 2:57.65	36.99 350m: 4:13.43	37.83
	100m: 1:07.64	35.92 200m: 2:20.66	36.48 300m: 3:35.60	37.95 400m: 4:50.30	36.87
26.	Leonie van Wier	HZ&PC Heerenveen	200200436	4:50.44	+0,71
	50m: 32.85	32.85 150m: 1:46.33	37.08 250m: 3:01.33	37.91 350m: 4:15.13	35.92
	100m: 1:09.25	36.40 200m: 2:23.42	37.09 300m: 3:39.21	37.88 400m: 4:50.44	35.31
27.	Lianne van Wier	HZ&PC Heerenveen	200200438	4:51.03	+0,72
	50m: 32.09	32.09 150m: 1:43.55	36.14 250m: 2:57.79	37.09 350m: 4:13.22	37.73
	100m: 1:07.41	35.32 200m: 2:20.70	37.15 300m: 3:35.49	37.70 400m: 4:51.03	37.81
28.	Sterre Veersma	ZPC AMERSFOORT	200203550	4:51.41	+0,69
	50m: 31.26	31.26 150m: 1:44.48	37.53 250m: 2:59.47	37.13 350m: 4:14.98	38.08
	100m: 1:06.95	35.69 200m: 2:22.34	37.86 300m: 3:36.90	37.43 400m: 4:51.41	36.43
29.	Roëlle op de Haar	WS Twente	200103428	4:51.50	+0,73
	50m: 31.15	31.15 150m: 1:46.68	38.18 250m: 3:01.05	37.05 350m: 4:16.11	37.49
	100m: 1:08.50	37.35 200m: 2:24.00	37.32 300m: 3:38.62	37.57 400m: 4:51.50	35.39
30.	Jolien Wind	Nova	200100510	4:54.52	+0,78
	50m: 32.50	32.50 150m: 1:45.86	37.25 250m: 3:01.09	37.77 350m: 4:17.71	38.40
	100m: 1:08.61	36.11 200m: 2:23.32	37.46 300m: 3:39.31	38.22 400m: 4:54.52	36.81