

Programmanr. 3
26-01-2017

Meisjes, 400m vrije slag

Junioren 1
Resultaten

rang	naam	vereniging	startnr.	tijd	RT
1.	Thera Janssen	Aqua-Novio'94	200500270	4:51.07	+0,77
	50m: 31.62	31.62 150m: 1:45.75	37.45 250m: 3:01.14	37.82 350m: 4:16.43	36.90
	100m: 1:08.30	36.68 200m: 2:23.32	37.57 300m: 3:39.53	38.39 400m: 4:51.07	34.64
2.	Lianne Beekman	ZVV	200500124	5:02.51	+0,81
	50m: 32.91	32.91 150m: 1:49.96	39.30 250m: 3:08.57	39.45 350m: 4:25.66	38.31
	100m: 1:10.66	37.75 200m: 2:29.12	39.16 300m: 3:47.35	38.78 400m: 5:02.51	36.85
3.	Bridget Vermeer	EZ&PC	200501766	5:04.34	+0,90
	50m: 33.39	33.39 150m: 1:50.30	39.17 250m: 3:08.98	39.48 350m: 4:26.67	38.79
	100m: 1:11.13	37.74 200m: 2:29.50	39.20 300m: 3:47.88	38.90 400m: 5:04.34	37.67
4.	Jennifer Veldhuisen	Kon AZ 1870	200502500	5:07.56	+0,51
	50m: 33.28	33.28 150m: 1:50.84	39.85 250m: 3:11.21	40.32 350m: 4:29.91	38.99
	100m: 1:10.99	37.71 200m: 2:30.89	40.05 300m: 3:50.92	39.71 400m: 5:07.56	37.65
5.	Jelsie van Ruijven	WVZ	200500282	5:11.15	+0,74
	50m: 33.64	33.64 150m: 1:53.62	39.88 250m: 3:14.93	40.80 350m: 4:33.58	38.66
	100m: 1:13.74	40.10 200m: 2:34.13	40.51 300m: 3:54.92	39.99 400m: 5:11.15	37.57
6.	Sophia van Droffelaar	ZVVS	200500330	5:11.66	+0,74
	50m: 35.45	35.45 150m: 1:55.52	40.72 250m: 3:16.73	40.52 350m: 4:35.83	39.08
	100m: 1:14.80	39.35 200m: 2:36.21	40.69 300m: 3:56.75	40.02 400m: 5:11.66	35.83
7.	Yke Groener 100 en 200m*	De Dinkel	200500772	5:13.74	+0,89
	50m: 34.29	34.29 150m: 1:53.46	39.89 250m: 3:14.49	40.56 350m: 4:35.25	40.21
	100m: 1:13.57	39.28 200m: 2:33.93	40.47 300m: 3:55.04	40.55 400m: 5:13.74	38.49
8.	Emma Riemers	MSV-Zeemacht	200500748	5:14.43	+0,72
	50m: 35.17	35.17 150m: 1:55.62	40.67 250m: 3:16.60	40.95 350m: 4:37.70	40.57
	100m: 1:14.95	39.78 200m: 2:35.65	40.03 300m: 3:57.13	40.53 400m: 5:14.43	36.73
9.	Dana van Leeuwen	KZC	200500150	5:18.70	+0,81
	50m: 36.86	36.86 150m: 1:57.57	40.87 250m: 3:18.42	40.31 350m: 4:39.22	40.15
	100m: 1:16.70	39.84 200m: 2:38.11	40.54 300m: 3:59.07	40.65 400m: 5:18.70	39.48
10.	Vivianne Woltjes	The Hague Swimming (SG)	200501524	5:19.00	+0,57
	50m: 35.18	35.18 150m: 1:56.75	41.33 250m: 3:18.72	41.15 350m: 4:40.53	40.98
	100m: 1:15.42	40.24 200m: 2:37.57	40.82 300m: 3:59.55	40.83 400m: 5:19.00	38.47
11.	Asha van Lobbergt	ZZ&PC De Devel	200500088	5:21.51	+0,73
	50m: 35.93	35.93 150m: 1:57.66	41.70 250m: 3:19.66	41.40 350m: 4:42.73	41.43
	100m: 1:15.96	40.03 200m: 2:38.26	40.60 300m: 4:01.30	41.64 400m: 5:21.51	38.78
12.	Iris Timmermans	Het Ravijn	200500172	5:25.43	+0,73
	50m: 32.89	32.89 150m: 1:53.76	41.57 250m: 3:17.87	42.22 350m: 4:44.59	43.27
	100m: 1:12.19	39.30 200m: 2:35.65	41.89 300m: 4:01.32	43.45 400m: 5:25.43	40.84
13.	Feline Slijkhuis	ZVV	200501042	5:25.44	+0,95
	50m: 36.17	36.17 150m: 1:57.10	41.22 250m: 3:21.91	42.72 350m: 4:46.32	41.94
	100m: 1:15.88	39.71 200m: 2:39.19	42.09 300m: 4:04.38	42.47 400m: 5:25.44	39.12
14.	Emma Verkuijl	Van Vliet-Barracuda	200500826	5:26.58	
	50m: 37.50	37.50 150m: 1:59.55	41.54 250m: 3:23.66	42.23 350m: 4:46.56	41.20
	100m: 1:18.01	40.51 200m: 2:41.43	41.88 300m: 4:05.36	41.70 400m: 5:26.58	40.02
15.	Niké Telkamp	The Hague Swimming (SG)	200501088	5:26.84	+0,69
	50m: 35.83	35.83 150m: 1:57.90	41.79 250m: 3:22.13	42.47 350m: 4:47.05	42.27
	100m: 1:16.11	40.28 200m: 2:39.66	41.76 300m: 4:04.78	42.65 400m: 5:26.84	39.79
16.	Jasmijn van Genderen	ZV De Zaan	200500656	5:28.17	+0,74
	50m: 36.58	36.58 150m: 1:58.89	41.35 250m: 3:24.05	42.58 350m: 4:49.26	42.11
	100m: 1:17.54	40.96 200m: 2:41.47	42.58 300m: 4:07.15	43.10 400m: 5:28.17	38.91
17.	Marin Wieling	Aquarijn	200501220	5:29.22	
	50m: 35.92	35.92 150m: 2:00.74	43.25 250m: 3:24.48	42.15 350m: 4:50.01	42.17
	100m: 1:17.49	41.57 200m: 2:42.33	41.59 300m: 4:07.84	43.36 400m: 5:29.22	39.21
18.	Lieke Lankes	Mosa-Regio	200501128	5:30.94	+0,73
	50m: 34.77	34.77 150m: 1:58.38	42.78 250m: 3:24.95	43.33 350m: 4:51.04	42.46
	100m: 1:15.60	40.83 200m: 2:41.62	43.24 300m: 4:08.58	43.63 400m: 5:30.94	39.90
19.	Roos Arnold	Het Ravijn	200500060	5:32.32	+0,73
	50m: 36.15	36.15 150m: 2:01.44	43.29 250m: 3:27.49	43.09 350m: 4:52.85	42.52
	100m: 1:18.15	42.00 200m: 2:44.40	42.96 300m: 4:10.33	42.84 400m: 5:32.32	39.47
20.	Isabelle Meinema	ZVV	200500216	5:33.20	+0,87
	50m: 37.44	37.44 150m: 2:02.76	42.78 250m: 3:28.49	43.09 350m: 4:55.69	44.08
	100m: 1:19.98	42.54 200m: 2:45.40	42.64 300m: 4:11.61	43.12 400m: 5:33.20	37.51

Programmanr. 3, Meisjes, 400m vrije slag, Junioren 1

rang	naam	vereniging				startnr.	tijd				RT	
21.	Marte Hieke van der Kamp	FZC'54-De Vikings (SG)				200500218	5:33.44				+0,84	
	50m:	36.54	36.54	150m:	2:01.74	43.25	250m:	3:28.20	43.15	350m:	4:54.71	43.26
	100m:	1:18.49	41.95	200m:	2:45.05	43.31	300m:	4:11.45	43.25	400m:	5:33.44	38.73
22.	Nienke Bakker	TriVia				200501178	5:33.66				+0,82	
	50m:	36.57	36.57	150m:	2:01.10	42.77	250m:	3:26.36	42.84	350m:	4:51.79	42.67
	100m:	1:18.33	41.76	200m:	2:43.52	42.42	300m:	4:09.12	42.76	400m:	5:33.66	41.87
23.	Lien Fermont	De Schelde				200500506	5:37.27				+0,86	
	50m:	36.90	36.90	150m:	2:03.37	43.71	250m:	3:31.95	44.27	350m:	4:56.38	40.61
	100m:	1:19.66	42.76	200m:	2:47.68	44.31	300m:	4:15.77	43.82	400m:	5:37.27	40.89
24.	Isa Maes	ZZ&PC De Devel				200500110	5:40.00				+0,80	
	50m:	36.87	36.87	150m:	2:02.53	43.96	250m:	3:30.66	43.93	350m:	4:58.22	43.22
	100m:	1:18.57	41.70	200m:	2:46.73	44.20	300m:	4:15.00	44.34	400m:	5:40.00	41.78