

Programmanr. 5
26-01-2017

Meisjes, 400m vrije slag

Junioren 3
Resultaten

rang	naam	vereniging	startnr.	tijd	RT		
1.	Imke Beekman	Albion d'ELFT (SG)	200301950	4:39.85	+0,78		
	50m: 31.38	31.38 150m: 1:41.24	35.40	250m: 2:52.41	35.50	350m: 4:04.22	36.03
	100m: 1:05.84	34.46 200m: 2:16.91	35.67	300m: 3:28.19	35.78	400m: 4:39.85	35.63
2.	Lindsey Berghuis	ZV 44	200300104	4:41.41	+0,78		
	50m: 30.52	30.52 150m: 1:39.88	35.11	250m: 2:49.30	34.87	350m: 4:01.02	36.27
	100m: 1:04.77	34.25 200m: 2:14.43	34.55	300m: 3:24.75	35.45	400m: 4:41.41	40.39
3.	Gaia Sterre Mirotti	VZC E&P	200305158	4:42.20	+0,67		
	50m: 31.65	31.65 150m: 1:41.24	35.07	250m: 2:51.80	35.32	350m: 3:59.21	32.74
	100m: 1:06.17	34.52 200m: 2:16.48	35.24	300m: 3:26.47	34.67	400m: 4:42.20	42.99
4.	Kim Zwinkels	ZPCH	200300422	4:44.49	+0,79		
	50m: 32.90	32.90 150m: 1:44.31	36.07	250m: 2:57.28	36.59	350m: 4:10.37	36.41
	100m: 1:08.24	35.34 200m: 2:20.69	36.38	300m: 3:33.96	36.68	400m: 4:44.49	34.12
5.	Amy de Sain	De Dolfijn	200304690	4:45.55	+0,75		
	50m: 31.16	31.16 150m: 1:41.14	35.53	250m: 2:51.56	35.43	350m: 3:59.19	33.22
	100m: 1:05.61	34.45 200m: 2:16.13	34.99	300m: 3:25.97	34.41	400m: 4:45.55	46.36
6.	Judith Houtvast	Hellas-Glana	200300714	4:46.88	+0,71		
	50m: 32.86	32.86 150m: 1:45.27	36.39	250m: 2:58.63	36.83	350m: 4:09.29	34.20
	100m: 1:08.88	36.02 200m: 2:21.80	36.53	300m: 3:35.09	36.46	400m: 4:46.88	37.59
7.	Kim de Jong	LINK	200301026	4:49.33	+0,82		
	50m: 33.00	33.00 150m: 1:46.59	36.92	250m: 3:00.71	37.28	350m: 4:14.35	36.51
	100m: 1:09.67	36.67 200m: 2:23.43	36.84	300m: 3:37.84	37.13	400m: 4:49.33	34.98
8.	Eline Gros	Aqua-Novio'94	200302700	4:50.02	+0,77		
	50m: 31.46	31.46 150m: 1:43.46	36.83	250m: 2:59.43	38.03	350m: 4:13.19	36.24
	100m: 1:06.63	35.17 200m: 2:21.40	37.94	300m: 3:36.95	37.52	400m: 4:50.02	36.83
9.	Silke Huisman	Orca	200301182	4:50.25	+0,75		
	50m: 31.32	31.32 150m: 1:45.22	37.41	250m: 2:58.98	36.90	350m: 4:14.66	37.93
	100m: 1:07.81	36.49 200m: 2:22.08	36.86	300m: 3:36.73	37.75	400m: 4:50.25	35.59
10.	Jocelyn Horbeek	ZPC De Hof	200300302	4:51.39	+0,81		
	50m: 33.40	33.40 150m: 1:47.14	37.14	250m: 3:02.65	38.05	350m: 4:18.34	37.67
	100m: 1:10.00	36.60 200m: 2:24.60	37.46	300m: 3:40.67	38.02	400m: 4:51.39	33.05
11.	Megan de Hoog	SCOM-De Zeehond'73 (SG)	200300214	4:53.45	+0,75		
	50m: 31.63	31.63 150m: 1:43.61	36.41	250m: 2:59.00	38.00	350m: 4:15.27	38.00
	100m: 1:07.20	35.57 200m: 2:21.00	37.39	300m: 3:37.27	38.27	400m: 4:53.45	38.18
12.	Tessa Takken	De Dolfijn	200301692	4:53.66	+0,79		
	50m: 32.80	32.80 150m: 1:46.88	37.55	250m: 3:02.00	37.31	350m: 4:17.68	37.64
	100m: 1:09.33	36.53 200m: 2:24.69	37.81	300m: 3:40.04	38.04	400m: 4:53.66	35.98
13.	Babet de Voogd	ZPC De Zeeuwse Kust	200301362	4:53.81	+0,69		
	50m: 32.34	32.34 150m: 1:45.53	37.18	250m: 3:00.45	37.87	350m: 4:16.18	37.69
	100m: 1:08.35	36.01 200m: 2:22.58	37.05	300m: 3:38.49	38.04	400m: 4:53.81	37.63
14.	Isabelle Elsweier	WS Twente	200303614	5:09.86	+0,95		
	50m: 33.28	33.28 150m: 1:49.73	39.05	250m: 3:09.95	40.65	350m: 4:30.67	40.36
	100m: 1:10.68	37.40 200m: 2:29.30	39.57	300m: 3:50.31	40.36	400m: 5:09.86	39.19