

Programmanr. 34  
 15-12-2017

Meisjes, 400m vrije slag  
 snelste serie

Jeugd 1 en 2  
 Resultaten

rang	naam	vereniging	startnr.	tijd	RT
1.	Niamh Hofland	PSV	200205118	<b>4:15.23</b>	+0,67
	50m: 29.28	29.28 150m: 1:33.33	32.23 250m: 2:38.52	32.61 350m: 3:44.15	32.67
	100m: 1:01.10	31.82 200m: 2:05.91	32.58 300m: 3:11.48	32.96 400m: 4:15.23	31.08
2.	Imani de Jong	RTC-ZPCH	200200464	<b>4:16.09</b>	+0,72
	50m: 28.80	28.80 150m: 1:33.08	32.34 250m: 2:38.46	32.65 350m: 3:44.32	33.08
	100m: 1:00.74	31.94 200m: 2:05.81	32.73 300m: 3:11.24	32.78 400m: 4:16.09	31.77
3.	Femke Spiering	RTC-VZC	200204514	<b>4:19.16</b>	+0,80
	50m: 29.62	29.62 150m: 1:34.34	32.58 250m: 2:40.76	32.92 350m: 3:47.25	33.10
	100m: 1:01.76	32.14 200m: 2:07.84	33.50 300m: 3:14.15	33.39 400m: 4:19.16	31.91
4.	Nienke Jonk	RTC-Hieronymus	200203000	<b>4:23.42</b>	+0,73
	50m: 28.73	28.73 150m: 1:33.84	32.74 250m: 2:41.33	33.64 350m: 3:49.59	34.17
	100m: 1:01.10	32.37 200m: 2:07.69	33.85 300m: 3:15.42	34.09 400m: 4:23.42	33.83
5.	Gaia Sterre Mirotti	VZC	200305158	<b>4:29.70</b>	+0,67
	50m: 30.51	30.51 150m: 1:37.51	33.78 250m: 2:46.15	34.48 350m: 3:55.85	34.67
	100m: 1:03.73	33.22 200m: 2:11.67	34.16 300m: 3:21.18	35.03 400m: 4:29.70	33.85
6.	Lize van den Nieuwenhuijzen	PSV	200304454	<b>4:32.61</b>	+0,80
	50m: 30.06	30.06 150m: 1:38.12	34.89 250m: 2:47.74	34.66 350m: 3:58.69	35.57
	100m: 1:03.23	33.17 200m: 2:13.08	34.96 300m: 3:23.12	35.38 400m: 4:32.61	33.92
7.	Yara van Kalmthout	Nova	200200984	<b>4:34.23</b>	+0,87
	50m: 30.36	30.36 150m: 1:39.44	34.86 250m: 2:49.50	34.70 350m: 3:59.88	35.18
	100m: 1:04.58	34.22 200m: 2:14.80	35.36 300m: 3:24.70	35.20 400m: 4:34.23	34.35
8.	Carlijn Hansté	WS Twente	200201082	<b>4:34.86</b>	+0,82
	50m: 30.08	30.08 150m: 1:38.37	34.76 250m: 2:49.02	35.38 350m: 4:00.29	35.70
	100m: 1:03.61	33.53 200m: 2:13.64	35.27 300m: 3:24.59	35.57 400m: 4:34.86	34.57
9.	Vera Renshof	DWK	200301582	<b>4:34.98</b>	+0,69
	50m: 30.38	30.38 150m: 1:40.75	35.94 250m: 2:52.33	35.57 350m: 4:02.52	34.76
	100m: 1:04.81	34.43 200m: 2:16.76	36.01 300m: 3:27.76	35.43 400m: 4:34.98	32.46
	Amber Celie	De Dolfijn	200300756	<b>4:34.98</b>	+0,76
	50m: 30.71	30.71 150m: 1:38.83	34.57 250m: 2:48.87	35.01 350m: 4:00.53	35.99
	100m: 1:04.26	33.55 200m: 2:13.86	35.03 300m: 3:24.54	35.67 400m: 4:34.98	34.45
11.	Carolien Beckers	Zwemsport Parkstad (SG)	200200078	<b>4:36.88</b>	+0,76
	50m: 29.57	29.57 150m: 1:36.95	34.49 250m: 2:48.76	36.01 350m: 4:01.18	36.27
	100m: 1:02.46	32.89 200m: 2:12.75	35.80 300m: 3:24.91	36.15 400m: 4:36.88	35.70
12.	Lindsey Berghuis	ZV 44	200300104	<b>4:37.51</b>	+0,65
	50m: 29.91	29.91 150m: 1:40.02	35.69 250m: 2:51.69	35.68 350m: 4:02.84	35.49
	100m: 1:04.33	34.42 200m: 2:16.01	35.99 300m: 3:27.35	35.66 400m: 4:37.51	34.67
13.	Almudena Visser Velez	The Hague Swimming (SG)	200205904	<b>4:39.25</b>	+0,70
	50m: 30.59	30.59 150m: 1:40.15	35.35 250m: 2:52.66	36.20 350m: 4:04.97	36.00
	100m: 1:04.80	34.21 200m: 2:16.46	36.31 300m: 3:28.97	36.31 400m: 4:39.25	34.28
14.	Ilse Kraaijeveld	The Hague Swimming (SG)	200202190	<b>4:39.54</b>	+0,70
	50m: 31.13	31.13 150m: 1:42.08	36.01 250m: 2:54.37	36.16 350m: 4:05.74	35.62
	100m: 1:06.07	34.94 200m: 2:18.21	36.13 300m: 3:30.12	35.75 400m: 4:39.54	33.80
15.	Megan de Hoog	SCOM/De Zeehond'73 (SG)	200300214	<b>4:39.85</b>	+0,73
	50m: 31.45	31.45 150m: 1:41.96	35.70 250m: 2:53.71	35.90 350m: 4:05.65	35.71
	100m: 1:06.26	34.81 200m: 2:17.81	35.85 300m: 3:29.94	36.23 400m: 4:39.85	34.20
16.	Femke Hoppenbrouwer	The Hague Swimming (SG)	200301124	<b>4:41.15</b>	+0,80
	50m: 30.14	30.14 150m: 1:39.41	35.45 250m: 2:52.52	36.38 350m: 4:06.09	35.97
	100m: 1:03.96	33.82 200m: 2:16.14	36.73 300m: 3:30.12	37.60 400m: 4:41.15	35.06
17.	Joy van Dieren	De Dinkel	200300182	<b>4:41.20</b>	+0,79
	50m: 31.49	31.49 150m: 1:42.40	35.90 250m: 2:55.38	36.65 350m: 4:07.20	35.16
	100m: 1:06.50	35.01 200m: 2:18.73	36.33 300m: 3:32.04	36.66 400m: 4:41.20	34.00
18.	Babet de Voogd	ZPC De Zeeuwse Kust	200301362	<b>4:41.65</b>	+0,68
	50m: 31.46	31.46 150m: 1:42.64	36.35 250m: 2:55.43	36.39 350m: 4:07.37	35.94
	100m: 1:06.29	34.83 200m: 2:19.04	36.40 300m: 3:31.43	36.00 400m: 4:41.65	34.28
19.	Ymke Dragstra	ZPC AMERSFOORT	200300930	<b>4:41.68</b>	+0,87
	50m: 31.79	31.79 150m: 1:43.42	36.22 250m: 2:55.27	35.80 350m: 4:06.97	35.88
	100m: 1:07.20	35.41 200m: 2:19.47	36.05 300m: 3:31.09	35.82 400m: 4:41.68	34.71
20.	Hanne te Velhuis	Dedemsvaart-AC	200201324	<b>4:41.75</b>	+0,79
	50m: 30.23	30.23 150m: 1:40.24	35.58 250m: 2:53.22	36.45 350m: 4:06.90	37.14
	100m: 1:04.66	34.43 200m: 2:16.77	36.53 300m: 3:29.76	36.54 400m: 4:41.75	34.85

B=bonus inschrijving  
 onjuistheden?

mail naar: [nijkinschrijvingen@knzb.nl](mailto:nijkinschrijvingen@knzb.nl)

Programmanr. 34, Meisjes, 400m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	startnr.	tijd	RT
21.	Mariëlle Dolfijn	TriVia	200201640	<b>4:41.92</b>	+0,82
	50m: 31.44	31.44 150m: 1:41.23	35.02 250m: 2:52.33	35.79 350m: 4:05.25	36.38
	100m: 1:06.21	34.77 200m: 2:16.54	35.31 300m: 3:28.87	36.54 400m: 4:41.92	36.67
22.	Jocelyn Horbeek	ZPC De Hof	200300302	<b>4:41.97</b>	+0,81
	50m: 32.61	32.61 150m: 1:43.96	35.89 250m: 2:56.07	36.16 350m: 4:08.84	36.53
	100m: 1:08.07	35.46 200m: 2:19.91	35.95 300m: 3:32.31	36.24 400m: 4:41.97	33.13
23.	Denice Koolman	ZV 44	200200132	<b>4:42.32</b>	+0,75
	50m: 30.75	30.75 150m: 1:42.06	36.32 250m: 2:55.39	36.96 350m: 4:08.02	36.06
	100m: 1:05.74	34.99 200m: 2:18.43	36.37 300m: 3:31.96	36.57 400m: 4:42.32	34.30
24.	Amy de Sain	De Dolfijn	200304690	<b>4:42.58</b>	+0,75
	50m: 30.17	30.17 150m: 1:40.11	35.78 250m: 2:53.45	36.97 350m: 4:07.06	36.90
	100m: 1:04.33	34.16 200m: 2:16.48	36.37 300m: 3:30.16	36.71 400m: 4:42.58	35.52
25.	Famke Slabbers	Aqua-Novio'94	200200100	<b>4:42.69</b>	+0,80
	50m: 30.77	30.77 150m: 1:41.82	36.22 250m: 2:55.20	36.92 350m: 4:07.81	36.08
	100m: 1:05.60	34.83 200m: 2:18.28	36.46 300m: 3:31.73	36.53 400m: 4:42.69	34.88
26.	Mila Maas	PSV	200302966	<b>4:43.30</b>	+0,81
	50m: 31.21	31.21 150m: 1:42.65	36.36 250m: 2:55.22	36.04 350m: 4:06.10	34.94
	100m: 1:06.29	35.08 200m: 2:19.18	36.53 300m: 3:31.16	35.94 400m: 4:43.30	37.20
27.	Denise van der Burgt	Zeester-Meerval	200201812	<b>4:43.93</b>	+0,74
	50m: 31.59	32.31 150m: 1:44.29	36.07 250m: 2:56.71	35.99 350m: 4:08.62	35.79
	100m: 1:08.22	35.91 200m: 2:20.72	36.43 300m: 3:32.83	36.12 400m: 4:43.93	35.31
28.	Kiki Koopman	De Dinkel	200200232	<b>4:44.45</b>	+0,75
	50m: 30.96	30.96 150m: 1:41.51	35.63 250m: 2:53.83	36.23 350m: 4:07.88	37.03
	100m: 1:05.88	34.92 200m: 2:17.60	36.09 300m: 3:30.85	37.02 400m: 4:44.45	36.57
29.	Sasya van Hamersveld	Aqua-Novio'94	200201454	<b>4:44.59</b>	+0,88
	50m: 31.59	31.59 150m: 1:41.88	35.80 250m: 2:54.79	36.52 350m: 4:08.19	36.71
	100m: 1:06.08	34.49 200m: 2:18.27	36.39 300m: 3:31.48	36.69 400m: 4:44.59	36.40
30.	Leonie van Wier	HZ&PC Heerenveen	200200436	<b>4:44.71</b>	+0,73
	50m: 31.36	31.36 150m: 1:41.83	35.61 250m: 2:54.47	36.50 350m: 4:08.67	36.91
	100m: 1:06.22	34.86 200m: 2:17.97	36.14 300m: 3:31.76	37.29 400m: 4:44.71	36.04
31.	Inge Dekker	TriVia	200200476	<b>4:45.77</b>	+0,74
	50m: 31.45	31.45 150m: 1:43.50	36.51 250m: 2:56.78	36.74 350m: 4:10.26	36.81
	100m: 1:06.99	35.54 200m: 2:20.04	36.54 300m: 3:33.45	36.67 400m: 4:45.77	35.51
32.	Kim de Jong	LinK	200301026	<b>4:46.09</b>	+0,82
	50m: 32.18	32.18 150m: 1:43.86	36.08 250m: 2:57.04	36.83 350m: 4:10.74	36.65
	100m: 1:07.78	35.60 200m: 2:20.21	36.35 300m: 3:34.09	37.05 400m: 4:46.09	35.35
33.	Imke Beekman	Hellas-Glana	200301950	<b>4:46.39</b>	+0,81
	50m: 31.18	31.18 150m: 1:42.06	36.10 250m: 2:54.85	36.44 350m: 4:09.73	37.69
	100m: 1:05.96	34.78 200m: 2:18.41	36.35 300m: 3:32.04	37.19 400m: 4:46.39	36.66
34.	Pleun van den Bergh	HZPC	200201952	<b>4:47.54</b>	+0,88
	50m: 32.96	32.96 150m: 1:44.32	35.98 250m: 2:57.11	36.55 350m: 4:11.16	37.20
	100m: 1:08.34	35.38 200m: 2:20.56	36.24 300m: 3:33.96	36.85 400m: 4:47.54	36.38
35.	Eline Gros	Aqua-Novio'94	200302700	<b>4:48.58</b>	+0,78
	50m: 31.41	31.41 150m: 1:43.26	35.76 250m: 2:57.66	37.37 350m: 4:12.42	37.32
	100m: 1:07.50	36.09 200m: 2:20.29	37.03 300m: 3:35.10	37.44 400m: 4:48.58	36.16
36.	Lieke Nijmeijer	ZPC AMERSFOORT	200300124	<b>4:51.57</b>	+0,78
	50m: 33.03	33.03 150m: 1:46.27	36.92 250m: 3:01.13	37.34 350m: 4:15.37	36.97
	100m: 1:09.35	36.32 200m: 2:23.79	37.52 300m: 3:38.40	37.27 400m: 4:51.57	36.20
37.	Isabelle Elsweier	WS Twente	200303614	<b>4:54.78</b>	+0,86
	50m: 31.88	31.88 150m: 1:45.23	37.21 250m: 3:00.64	38.05 350m: 4:17.80	38.99
	100m: 1:08.02	36.14 200m: 2:22.59	37.36 300m: 3:38.81	38.17 400m: 4:54.78	36.98
38.	Tessa Takken	De Dolfijn	200301692	<b>4:54.84</b>	+0,82
	50m: 32.15	32.15 150m: 1:45.11	37.21 250m: 3:01.99	38.71 350m: 4:17.96	37.79
	100m: 1:07.90	35.75 200m: 2:23.28	38.17 300m: 3:40.17	38.18 400m: 4:54.84	36.88
39.	Naomi Polinder	ZV 44	200300020	<b>4:55.05</b>	+0,67
	50m: 31.43	31.43 150m: 1:45.10	37.40 250m: 3:02.22	38.41 350m: 4:18.65	38.10
	100m: 1:07.70	36.27 200m: 2:23.81	38.71 300m: 3:40.55	38.33 400m: 4:55.05	36.40
40.	Daniëlle Meinema	ZV 44	200300534	<b>4:58.81</b>	+0,75
	50m: 32.15	32.15 150m: 1:46.87	38.28 250m: 3:03.60	38.57 350m: 4:21.22	39.02
	100m: 1:08.59	36.44 200m: 2:25.03	38.16 300m: 3:42.20	38.60 400m: 4:58.81	37.59
AFGEM	Lianne van Wier	HZ&PC Heerenveen	200200438		

B=bonus inschrijving  
 onjuistheden?

mail naar: [njkinschrijvingen@knzb.nl](mailto:njkinschrijvingen@knzb.nl)

Programmanr. 34, Meisjes, 400m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	startnr.	tijd	RT
AFGEM	Jonna Wieling	Aquarijn	200205266		
AFGEM	Kim Zwinkels	ZPCH	200300422		

B=bonus inschrijving  
onjuistheden?

mail naar: [njkinschrijvingen@knzb.nl](mailto:njkinschrijvingen@knzb.nl)