

Programmanr. 3  
 13-12-2018

Meisjes, 400m vrije slag

Junioren/Jeugd  
 Resultaten

|                            |         |                 |            |            |
|----------------------------|---------|-----------------|------------|------------|
| Nederlands Record Junioren | 4:19.97 | Esmee Vermeulen | Amsterdam  | 20-12-2009 |
| Nederlands Record 13 jaar  | 4:19.97 | Esmee Vermeulen | Amsterdam  | 20-12-2009 |
| Kamp. Record Junioren 3    | 4:20.31 | Esmee Vermeulen | Heerenveen | 29-01-2010 |

| rang              | naam                     | vereniging                 | startnr.  | tijd           | RT    |
|-------------------|--------------------------|----------------------------|-----------|----------------|-------|
| <b>Junioren 3</b> |                          |                            |           |                |       |
| 1.                | Bridget Vermeer          | VZC                        | 200501766 | <b>4:28.87</b> | +0,76 |
|                   | 50m: 30.86               | 30.86 150m: 1:40.22        | 34.71     | 250m: 2:49.26  | 34.10 |
|                   | 100m: 1:05.51            | 34.65 200m: 2:15.16        | 34.94     | 300m: 3:22.50  | 33.24 |
|                   |                          |                            |           | 350m: 3:55.60  | 33.10 |
|                   |                          |                            |           | 400m: 4:28.87  | 33.27 |
| 2.                | Yke Groener              | De Dinkel                  | 200500772 | <b>4:31.65</b> | +0,81 |
|                   | 50m: 31.22               | 31.22 150m: 1:40.62        | 34.82     | 250m: 2:50.48  | 34.73 |
|                   | 100m: 1:05.80            | 34.58 200m: 2:15.75        | 35.13     | 300m: 3:24.86  | 34.38 |
|                   |                          |                            |           | 350m: 3:59.20  | 34.34 |
|                   |                          |                            |           | 400m: 4:31.65  | 32.45 |
|                   | Thera Janssen            | Aqua-Novio'94              | 200500270 | <b>4:31.65</b> | +0,78 |
|                   | 50m: 30.93               | 30.93 150m: 1:40.48        | 34.82     | 250m: 2:50.36  | 34.67 |
|                   | 100m: 1:05.66            | 34.73 200m: 2:15.69        | 35.21     | 300m: 3:24.36  | 34.00 |
|                   |                          |                            |           | 350m: 3:58.69  | 34.33 |
|                   |                          |                            |           | 400m: 4:31.65  | 32.96 |
| 4.                | Sophia van Droffelaar    | ZVVS                       | 200500330 | <b>4:36.64</b> | +0,73 |
|                   | 50m: 30.21               | 30.21 150m: 1:38.25        | 34.68     | 250m: 2:49.32  | 35.51 |
|                   | 100m: 1:03.57            | 33.36 200m: 2:13.81        | 35.56     | 300m: 3:25.16  | 35.84 |
|                   |                          |                            |           | 350m: 4:01.49  | 36.33 |
|                   |                          |                            |           | 400m: 4:36.64  | 35.15 |
| 5.                | Merel Schravendijk       | The Hague Swimming (SG)    | 200503382 | <b>4:37.88</b> | +0,71 |
|                   | 50m: 31.24               | 31.24 150m: 1:40.85        | 34.89     | 250m: 2:51.62  | 35.63 |
|                   | 100m: 1:05.96            | 34.72 200m: 2:15.99        | 35.14     | 300m: 3:26.68  | 35.06 |
|                   |                          |                            |           | 350m: 4:02.47  | 35.79 |
|                   |                          |                            |           | 400m: 4:37.88  | 35.41 |
| 6.                | Marte Hieke van der Kamp | FZC'54-De Vikings (SG)     | 200500218 | <b>4:40.69</b> | +0,74 |
|                   | 50m: 31.62               | 31.62 150m: 1:42.40        | 35.84     | 250m: 2:54.41  | 36.42 |
|                   | 100m: 1:06.56            | 34.94 200m: 2:17.99        | 35.59     | 300m: 3:30.10  | 35.69 |
|                   |                          |                            |           | 350m: 4:06.25  | 36.15 |
|                   |                          |                            |           | 400m: 4:40.69  | 34.44 |
| 7.                | Emma Riemers             | MSV-Zeemacht               | 200500748 | <b>4:43.22</b> | +0,82 |
|                   | 50m: 31.66               | 31.66 150m: 1:42.79        | 36.06     | 250m: 2:56.27  | 36.90 |
|                   | 100m: 1:06.73            | 35.07 200m: 2:19.37        | 36.58     | 300m: 3:32.86  | 36.59 |
|                   |                          |                            |           | 350m: 4:09.61  | 36.75 |
|                   |                          |                            |           | 400m: 4:43.22  | 33.61 |
| 8.                | Marin Wieling            | Aquarijn                   | 200501220 | <b>4:44.93</b> | +0,76 |
|                   | 50m: 31.86               | 31.86 150m: 1:42.65        | 35.78     | 250m: 2:56.94  | 36.50 |
|                   | 100m: 1:06.87            | 35.01 200m: 2:20.44        | 37.79     | 300m: 3:34.21  | 37.27 |
|                   |                          |                            |           | 350m: 4:10.32  | 36.11 |
|                   |                          |                            |           | 400m: 4:44.93  | 34.61 |
| 9.                | Liz Veltman              | De Ward                    | 200503668 | <b>4:45.04</b> | +0,79 |
|                   | 50m: 31.99               | 31.99 150m: 1:45.06        | 37.05     | 250m: 2:58.63  | 36.55 |
|                   | 100m: 1:08.01            | 36.02 200m: 2:22.08        | 37.02     | 300m: 3:34.99  | 36.36 |
|                   |                          |                            |           | 350m: 4:10.97  | 35.98 |
|                   |                          |                            |           | 400m: 4:45.04  | 34.07 |
| 10.               | Isa Maes                 | Feijenoord Albion Zwemclub | 200500110 | <b>4:45.99</b> | +0,65 |
|                   | 50m: 32.26               | 32.26 150m: 1:45.08        | 36.76     | 250m: 2:58.19  | 36.60 |
|                   | 100m: 1:08.32            | 36.06 200m: 2:21.59        | 36.51     | 300m: 3:35.00  | 36.81 |
|                   |                          |                            |           | 350m: 4:11.44  | 36.44 |
|                   |                          |                            |           | 400m: 4:45.99  | 34.55 |
| 11.               | Michelle Jørgensen       | De Dolfijn                 | 200501364 | <b>4:46.11</b> | +0,78 |
|                   | 50m: 32.18               | 32.18 150m: 1:45.10        | 36.88     | 250m: 2:57.88  | 36.68 |
|                   | 100m: 1:08.22            | 36.04 200m: 2:21.20        | 36.10     | 300m: 3:33.96  | 36.08 |
|                   |                          |                            |           | 350m: 4:10.96  | 37.00 |
|                   |                          |                            |           | 400m: 4:46.11  | 35.15 |
| 12.               | Emma Verkuijl            | ZPV Barracuda              | 200500826 | <b>4:50.69</b> | +0,76 |
|                   | 50m: 32.77               | 32.77 150m: 1:46.32        | 37.27     | 250m: 3:01.31  | 37.52 |
|                   | 100m: 1:09.05            | 36.28 200m: 2:23.79        | 37.47     | 300m: 3:39.12  | 37.81 |
|                   |                          |                            |           | 350m: 4:15.99  | 36.87 |
|                   |                          |                            |           | 400m: 4:50.69  | 34.70 |
| 13.               | Evica Klok               | VZC                        | 200501828 | <b>4:52.65</b> | +0,83 |
|                   | 50m: 32.74               | 32.74 150m: 1:46.16        | 37.32     | 250m: 3:00.33  | 37.39 |
|                   | 100m: 1:08.84            | 36.10 200m: 2:22.94        | 36.78     | 300m: 3:38.31  | 37.98 |
|                   |                          |                            |           | 350m: 4:15.98  | 37.67 |
|                   |                          |                            |           | 400m: 4:52.65  | 36.67 |
| 14.               | Asha van Lobberegt       | Feijenoord Albion Zwemclub | 200500088 | <b>4:57.32</b> | +0,68 |
|                   | 50m: 31.87               | 31.87 150m: 1:43.89        | 36.60     | 250m: 3:00.32  | 38.76 |
|                   | 100m: 1:07.29            | 35.42 200m: 2:21.56        | 37.67     | 300m: 3:39.43  | 38.11 |
|                   |                          |                            |           | 350m: 4:18.73  | 39.30 |
|                   |                          |                            |           | 400m: 4:57.32  | 38.59 |
| 15.               | Indy van Laarhoven       | De Warande                 | 200500710 | <b>5:01.89</b> | +0,82 |
|                   | 50m: 33.30               | 33.30 150m: 1:49.69        | 38.56     | 250m: 3:07.48  | 38.69 |
|                   | 100m: 1:11.13            | 37.83 200m: 2:28.79        | 39.10     | 300m: 3:45.56  | 38.08 |
|                   |                          |                            |           | 350m: 4:24.29  | 38.73 |
|                   |                          |                            |           | 400m: 5:01.89  | 37.60 |

Paralympics

|    |                  |                     |           |               |                  |               |
|----|------------------|---------------------|-----------|---------------|------------------|---------------|
| 1. | Diede Struijk    | Nuenen              | 200403824 | S12           | <b>5:37.91</b>   | 552           |
|    | 50m: 38.64       | 38.64 150m: 2:04.41 | 44.18     | 250m: 3:32.12 | 43.89            | 350m: 4:58.41 |
|    | 100m: 1:20.23    | 41.59 200m: 2:48.23 | 43.82     | 300m: 4:15.62 | 43.50            | 400m: 5:37.91 |
|    |                  |                     |           |               |                  | 42.79         |
|    |                  |                     |           |               |                  | 39.50         |
| 2. | Milou van Winkel | Link                | 200402296 | S14           | <b>5:38.12</b> * | +0,80 493     |
|    | 50m: 33.94       | 33.94 150m: 1:57.01 | 42.33     | 250m: 3:23.91 | 43.42            | 350m: 4:54.12 |
|    | 100m: 1:14.68    | 40.74 200m: 2:40.49 | 43.48     | 300m: 4:08.66 | 44.75            | 400m: 5:38.12 |
|    |                  |                     |           |               |                  | 45.46         |
|    |                  |                     |           |               |                  | 44.00         |

Programmanr. 3, Meisjes, 400m vrije slag, Paralympics

| rang | naam          | vereniging     |       |       |         | startnr.  | tijd  |         |       |       | RT             |       |     |
|------|---------------|----------------|-------|-------|---------|-----------|-------|---------|-------|-------|----------------|-------|-----|
| 3.   | Iris Onnink   | DWK            |       |       |         | 200301836 | S10   |         |       |       | <b>5:43.72</b> | +0,66 | 484 |
|      | 50m:          | 37.21          | 37.21 | 150m: | 2:05.07 | 44.53     | 250m: | 3:33.76 | 44.19 | 350m: | 5:01.95        | 44.43 |     |
|      | 100m:         | 1:20.54        | 43.33 | 200m: | 2:49.57 | 44.50     | 300m: | 4:17.52 | 43.76 | 400m: | 5:43.72        | 41.77 |     |
| 4.   | Mara de Bruin | ZPC AMERSFOORT |       |       |         | 200303268 | S9    |         |       |       | <b>5:56.48</b> | +0,91 | 481 |
|      | 50m:          | 39.34          | 39.34 | 150m: | 2:08.61 | 45.81     | 250m: | 3:40.18 | 46.28 | 350m: | 5:11.39        | 45.59 |     |
|      | 100m:         | 1:22.80        | 43.46 | 200m: | 2:53.90 | 45.29     | 300m: | 4:25.80 | 45.62 | 400m: | 5:56.48        | 45.09 |     |
| 5.   | Suzie Pellis  | Hieronymus     |       |       |         | 200701600 | S9    |         |       |       | <b>6:09.78</b> |       | 431 |
|      | 50m:          | 38.40          | 38.40 | 150m: | 2:10.83 | 47.21     | 250m: | 3:46.45 | 47.86 | 350m: | 5:22.49        | 48.14 |     |
|      | 100m:         | 1:23.62        | 45.22 | 200m: | 2:58.59 | 47.76     | 300m: | 4:34.35 | 47.90 | 400m: | 6:09.78        | 47.29 |     |