

Programmanr. 35 15-12-2018	Meisjes, 400m vrije slag			Juniores 1 Resultaten
Nederlands Record Junioren	4:19.97	Esmee Vermeulen	Amsterdam	20-12-2009
Nederlands Record 11 jaar	4:45.10	Karen Wammes	Tiel	26-11-1988
Kamp. Record Junioren 1	4:39.46	Marrit Steenbergen	Amsterdam	03-02-2012

rang	naam	vereniging	startnr.	tijd	RT
1.	Hylcke de Beer	Zwemsport Parkstad (SG)	200700006	4:56.87	+0,79
	50m: 33.51	33.51 150m: 1:49.20 38.10	250m: 3:06.14 38.40	350m: 4:22.38	38.24
	100m: 1:11.10	37.59 200m: 2:27.74 38.54	300m: 3:44.14 38.00	400m: 4:56.87	34.49
2.	Robin Vermeulen	MNC Dordrecht	200700412	4:57.12	+0,88
	50m: 33.73	33.73 150m: 1:50.87 38.80	250m: 3:08.02 38.92	350m: 4:23.76	37.44
	100m: 1:12.07	38.34 200m: 2:29.10 38.23	300m: 3:46.32 38.30	400m: 4:57.12	33.36
3.	Nynke Boerefijn	De Fuut	200700114	5:05.73	+0,84
	50m: 33.23	33.23 150m: 1:49.51 39.04	250m: 3:08.14 39.68	350m: 4:27.77	39.86
	100m: 1:10.47	37.24 200m: 2:28.46 38.95	300m: 3:47.91 39.77	400m: 5:05.73	37.96
4.	Yara Mels	TRB-RES	200700232	5:08.88	+0,79
	50m: 34.51	34.51 150m: 1:51.50 39.23	250m: 3:11.35 39.78	350m: 4:33.02	41.09
	100m: 1:12.27	37.76 200m: 2:31.57 40.07	300m: 3:51.93 40.58	400m: 5:08.88	35.86
5.	Julie Rupperecht	De Ham	200702322	5:09.64	+0,78
	50m: 34.88	34.88 150m: 1:54.21 40.02	250m: 3:14.35 40.40	350m: 4:33.61	39.15
	100m: 1:14.19	39.31 200m: 2:33.95 39.74	300m: 3:54.46 40.11	400m: 5:09.64	36.03
6.	Angelina Rolman	WZ&PC Purmerend	200701972	5:09.93	+0,65
	50m: 34.70	34.70 150m: 1:54.50 40.31	250m: 3:14.60 40.78	350m: 4:34.13	39.38
	100m: 1:14.19	39.49 200m: 2:33.82 39.32	300m: 3:54.75 40.15	400m: 5:09.93	35.80
7.	Angela Whitney	De Duinkickers	200700002	5:14.93	+0,78
	50m: 34.21	34.21 150m: 1:54.44 40.63	250m: 3:16.58 41.21	350m: 4:36.84	39.63
	100m: 1:13.81	39.60 200m: 2:35.37 40.93	300m: 3:57.21 40.63	400m: 5:14.93	38.09
8.	Rosa Kremers	TRB-RES	200701224	5:15.03	+0,63
	50m: 35.11	35.11 150m: 1:55.15 40.55	250m: 3:15.73 40.41	350m: 4:34.23	37.64
	100m: 1:14.60	39.49 200m: 2:35.32 40.17	300m: 3:56.59 40.86	400m: 5:15.03	40.80
9.	Ananda van der Wiel	WVZ	200701562	5:15.64	
	50m: 35.55	35.55 150m: 1:57.17 41.22	250m: 3:18.31 40.92	350m: 4:37.90	39.90
	100m: 1:15.95	40.40 200m: 2:37.39 40.22	300m: 3:58.00 39.69	400m: 5:15.64	37.74
10.	Féline Sam	ZVZ	200700018	5:17.27	+0,75
	50m: 35.44	35.44 150m: 1:57.67 41.77	250m: 3:20.57 41.57	350m: 4:40.57	39.02
	100m: 1:15.90	40.46 200m: 2:39.00 41.33	300m: 4:01.55 40.98	400m: 5:17.27	36.70
11.	Maya Petroustos	KZC	200701814	5:18.77	+0,70
	50m: 36.65	36.65 150m: 1:58.72 41.42	250m: 3:20.61 40.73	350m: 4:40.99	39.66
	100m: 1:17.30	40.65 200m: 2:39.88 41.16	300m: 4:01.33 40.72	400m: 5:18.77	37.78
12.	Ylva Konings	Hellas-Glana	200700148	5:19.11	+0,83
	50m: 35.85	35.85 150m: 1:56.68 40.65	250m: 3:18.65 41.27	350m: 4:41.40	41.27
	100m: 1:16.03	40.18 200m: 2:37.38 40.70	300m: 4:00.13 41.48	400m: 5:19.11	37.71
13.	Charlotte Woltjes	The Hague Swimming (SG)	200700110	5:22.10	+0,79
	50m: 34.88	34.88 150m: 1:55.89 41.72	250m: 3:19.49 42.32	350m: 4:39.09	38.18
	100m: 1:14.17	39.29 200m: 2:37.17 41.28	300m: 4:00.91 41.42	400m: 5:22.10	43.01
14.	Liza Voronov	WVZ	200700564	5:25.23	+0,66
	50m: 35.65	35.65 150m: 1:55.18 40.29	250m: 3:19.83 42.23	350m: 4:45.38	42.49
	100m: 1:14.89	39.24 200m: 2:37.60 42.42	300m: 4:02.89 43.06	400m: 5:25.23	39.85
15.	Samantha van der Jagt	ZZ&PC De Devel	200700220	5:27.59	+0,77
	50m: 37.37	37.37 150m: 2:01.10 42.41	250m: 3:26.07 41.75	350m: 4:48.92	41.12
	100m: 1:18.69	41.32 200m: 2:44.32 43.22	300m: 4:07.80 41.73	400m: 5:27.59	38.67
16.	Mila Oomens	ZPV Barracuda	200700016	5:33.18	+0,56
	50m: 34.55	34.55 150m: 1:56.73 42.21	250m: 3:23.55 43.44	350m: 4:51.67	44.44
	100m: 1:14.52	39.97 200m: 2:40.11 43.38	300m: 4:07.23 43.68	400m: 5:33.18	41.51
17.	Jasmijn Sterken	ZPC Hoogeveen	200701196	5:37.34	
	50m: 36.49	36.49 150m: 2:03.03 43.29	250m: 3:30.64 43.63	350m: 4:57.44	43.17
	100m: 1:19.74	43.25 200m: 2:47.01 43.98	300m: 4:14.27 43.63	400m: 5:37.34	39.90