

Programmanr. 37
15-12-2018

Meisjes, 400m vrije slag
snelste serie

Jeugd 1 en 2
Resultaten

Nederlands Record Jeugd	4:08.29	Sharon van Rouwendaal	Angers (FRA)	07-12-2008
Nederlands Record 15 jaar	4:08.29	Sharon van Rouwendaal	Angers (FRA)	07-12-2008
Nederlands Record 14 jaar	4:12.65	Esmee Vermeulen	Amsterdam	03-12-2010
Kamp. Record Jeugd	4:12.00	Imani de Jong	Eindhoven	26-01-2017

rang	naam	vereniging	startnr.	tijd	RT			
1.	Janna van Kooten	TriVia	200404584	4:23.64	+0,90			
	50m: 30.14	30.14	150m: 1:37.26	33.92	250m: 2:45.07	34.05	350m: 3:52.04	32.96
	100m: 1:03.34	33.20	200m: 2:11.02	33.76	300m: 3:19.08	34.01	400m: 4:23.64	31.60
2.	Gaia Sterre Mirotti	VZC	200305158	4:24.19	+0,55			
	50m: 30.11	30.11	150m: 1:36.53	33.40	250m: 2:44.81	33.94	350m: 3:52.50	33.46
	100m: 1:03.13	33.02	200m: 2:10.87	34.34	300m: 3:19.04	34.23	400m: 4:24.19	31.69
3.	Femke Hoppenbrouwer	The Hague Swimming (SG)	200301124	4:24.78	+0,75			
	50m: 30.00	30.00	150m: 1:36.63	33.91	250m: 2:45.22	34.34	350m: 3:52.97	33.74
	100m: 1:02.72	32.72	200m: 2:10.88	34.25	300m: 3:19.23	34.01	400m: 4:24.78	31.81
4.	Silke Huisman	Orca	200301182	4:25.42	+0,73			
	50m: 28.50	28.50	150m: 1:34.83	33.81	250m: 2:43.48	34.11	350m: 3:52.19	34.29
	100m: 1:01.02	32.52	200m: 2:09.37	34.54	300m: 3:17.90	34.42	400m: 4:25.42	33.23
5.	Lize van den Nieuwehuijzen	Nextline Swimming	200304454	4:26.07	+0,78			
	50m: 30.01	30.01	150m: 1:36.84	33.77	250m: 2:44.78	33.93	350m: 3:52.93	34.00
	100m: 1:03.07	33.06	200m: 2:10.85	34.01	300m: 3:18.93	34.15	400m: 4:26.07	33.14
6.	Ismay Lichtendonk	Dedemsvaart-AC	200400622	4:35.29	+0,74			
	50m: 30.58	30.58	150m: 1:39.78	35.10	250m: 2:49.16	34.77	350m: 4:00.67	35.71
	100m: 1:04.68	34.10	200m: 2:14.39	34.61	300m: 3:24.96	35.80	400m: 4:35.29	34.62
7.	Vera Renshof	DWK	200301582	4:35.33	+0,70			
	50m: 31.05	31.05	150m: 1:40.17	35.19	250m: 2:50.79	35.63	350m: 4:00.93	35.20
	100m: 1:04.98	33.93	200m: 2:15.16	34.99	300m: 3:25.73	34.94	400m: 4:35.33	34.40
8.	Joy van Dieren	De Dinkel	200300182	4:35.86	+0,78			
	50m: 30.66	30.66	150m: 1:39.02	35.20	250m: 2:50.91	35.97	350m: 4:02.38	35.39
	100m: 1:03.82	33.16	200m: 2:14.94	35.92	300m: 3:26.99	36.08	400m: 4:35.86	33.48
9.	Mila Maas	PSV	200302966	4:35.93	+0,81			
	50m: 31.19	31.19	150m: 1:40.93	35.44	250m: 2:51.06	34.82	350m: 4:01.45	35.42
	100m: 1:05.49	34.30	200m: 2:16.24	35.31	300m: 3:26.03	34.97	400m: 4:35.93	34.48
10.	Imke Beekman	Hellas-Glana	200301950	4:38.10	+0,81			
	50m: 30.92	30.92	150m: 1:39.73	34.86	250m: 2:50.47	35.41	350m: 4:02.44	36.01
	100m: 1:04.87	33.95	200m: 2:15.06	35.33	300m: 3:26.43	35.96	400m: 4:38.10	35.66
11.	Charlotte Wilbers	ZPC Hoogeveen	200400312	4:38.91				
	50m: 31.20	31.20	150m: 1:40.53	34.79	250m: 2:52.26	35.80	350m: 4:04.01	35.82
	100m: 1:05.74	34.54	200m: 2:16.46	35.93	300m: 3:28.19	35.93	400m: 4:38.91	34.90
12.	Suze Kuipers	Orca	200301714	4:39.57	+0,82			
	50m: 31.96	31.96	150m: 1:41.86	35.30	250m: 2:52.94	35.54	350m: 4:04.22	35.60
	100m: 1:06.56	34.60	200m: 2:17.40	35.54	300m: 3:28.62	35.68	400m: 4:39.57	35.35
13.	Soraya Rakera	De Dinkel	200300818	4:40.58	+0,82			
	50m: 31.92	31.92	150m: 1:41.44	35.15	250m: 2:53.39	35.99	350m: 4:05.64	36.04
	100m: 1:06.29	34.37	200m: 2:17.40	35.96	300m: 3:29.60	36.21	400m: 4:40.58	34.94
14.	Kim Zwinkels	ZPCH	200300422	4:40.62	+0,79			
	50m: 32.79	32.79	150m: 1:44.21	35.97	250m: 2:56.44	36.04	350m: 4:07.90	35.58
	100m: 1:08.24	35.45	200m: 2:20.40	36.19	300m: 3:32.32	35.88	400m: 4:40.62	32.72
15.	Danielle Meinema	ZV 44	200300534	4:41.34	+0,84			
	50m: 30.50	30.50	150m: 1:39.39	35.30	250m: 2:51.73	36.65	350m: 4:05.27	36.90
	100m: 1:04.09	33.59	200m: 2:15.08	35.69	300m: 3:28.37	36.64	400m: 4:41.34	36.07
16.	Eline Gros	Aqua-Novio'94	200302700	4:42.78	+0,79			
	50m: 30.34	30.34	150m: 1:39.69	35.17	250m: 2:53.43	37.22	350m: 4:07.49	36.76
	100m: 1:04.52	34.18	200m: 2:16.21	36.52	300m: 3:30.73	37.30	400m: 4:42.78	35.29
17.	Lieke Nijmeijer	ZPC AMERSFOORT	200300124	4:42.92	+0,83			
	50m: 32.08	32.08	150m: 1:44.35	36.43	250m: 2:57.60	36.57	350m: 4:09.57	35.75
	100m: 1:07.92	35.84	200m: 2:21.03	36.68	300m: 3:33.82	36.22	400m: 4:42.92	33.35
18.	Babet de Voogd	ZPC De Zeeuwse Kust	200301362	4:43.19	+0,71			
	50m: 31.84	31.84	150m: 1:43.47	36.35	250m: 2:55.74	35.52	350m: 4:07.34	35.43
	100m: 1:07.12	35.28	200m: 2:20.22	36.75	300m: 3:31.91	36.17	400m: 4:43.19	35.85
19.	Ilse Volkers	DWK	200301580	4:45.95	+0,74			
	50m: 32.64	32.64	150m: 1:44.52	36.43	250m: 2:56.81	36.15	350m: 4:09.93	36.65
	100m: 1:08.09	35.45	200m: 2:20.66	36.14	300m: 3:33.28	36.47	400m: 4:45.95	36.02

onjuistheden?

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Programmanr. 37, Meisjes, 400m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	startnr.	tijd	RT			
20.	Milou ten Koppel	Deltasteur	200302572	4:45.96	+0,83			
	50m: 32.18	32.18	150m: 1:44.88	36.33	250m: 2:57.95	36.21	350m: 4:11.85	36.98
	100m: 1:08.55	36.37	200m: 2:21.74	36.86	300m: 3:34.87	36.92	400m: 4:45.96	34.11
21.	Lionne Klarenbeek	ZPC De Hof	200300108	4:46.16	+0,80			
	50m: 33.24	33.24	150m: 1:45.79	36.41	250m: 2:58.67	36.41	350m: 4:12.09	36.76
	100m: 1:09.38	36.14	200m: 2:22.26	36.47	300m: 3:35.33	36.66	400m: 4:46.16	34.07
22.	Dominique Dingshoff	ZPC Hoogeveen	200400804	4:47.68	+0,80			
	50m: 32.21	32.21	150m: 1:44.04	36.43	250m: 2:58.62	37.35	350m: 4:12.52	36.78
	100m: 1:07.61	35.40	200m: 2:21.27	37.23	300m: 3:35.74	37.12	400m: 4:47.68	35.16
23.	Myrthe Natzijl	TriVia	200400076	4:48.11	+0,85			
	50m: 32.29	32.29	150m: 1:44.35	36.36	250m: 2:58.16	36.95	350m: 4:12.63	37.20
	100m: 1:07.99	35.70	200m: 2:21.21	36.86	300m: 3:35.43	37.27	400m: 4:48.11	35.48
24.	Kim Roestenberg	TRB-RES	200402670	4:48.51	+0,76			
	50m: 32.40	32.40	150m: 1:44.68	36.63	250m: 2:59.07	37.15	350m: 4:12.97	36.40
	100m: 1:08.05	35.65	200m: 2:21.92	37.24	300m: 3:36.57	37.50	400m: 4:48.51	35.54
25.	Marieke Lenderink	De Dinkel	200400778	4:48.74	+0,81			
	50m: 31.96	31.96	150m: 1:43.56	36.28	250m: 2:58.00	37.26	350m: 4:13.28	37.69
	100m: 1:07.28	35.32	200m: 2:20.74	37.18	300m: 3:35.59	37.59	400m: 4:48.74	35.46
26.	Jocelyn Horbeek	WS Twente	200300302	4:54.28	+0,79			
	50m: 33.86	33.86	150m: 1:46.72	36.90	250m: 3:02.19	37.69	350m: 4:17.69	37.54
	100m: 1:09.82	35.96	200m: 2:24.50	37.78	300m: 3:40.15	37.96	400m: 4:54.28	36.59
27.	Femke Doorenbos	De Duinkickers	200404214	4:54.41	+0,79			
	50m: 32.78	32.78	150m: 1:46.20	37.83	250m: 3:03.02	38.41	350m: 4:18.41	37.32
	100m: 1:08.37	35.59	200m: 2:24.61	38.41	300m: 3:41.09	38.07	400m: 4:54.41	36.00
28.	Lara Hoeksema	The Hague Swimming (SG)	200400514	4:54.87	+0,84			
	50m: 32.80	32.80	150m: 1:47.22	37.55	250m: 3:02.00	37.42	350m: 4:17.57	38.04
	100m: 1:09.67	36.87	200m: 2:24.58	37.36	300m: 3:39.53	37.53	400m: 4:54.87	37.30
DIS	Megan de Hoog	SCOM/De Zeehond'73 (SG)	200300214					
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>							
AFGEM	Bridget de Bat	ZPC De Zeeuwse Kust	200400382					
NG	Ymke Dragstra	ZPC AMERSFOORT	200300930					
NG	Rinske Bouman	The Hague Swimming (SG)	200400578					