

Programmanr. 67 Meisjes, 400m wisselslag Junioren 3
 16-12-2018 Resultaten

Nederlands Record Junioren	4:54.16	Niamh Hofland	Nottingham (GBR)	08-11-2015
Nederlands Record 13 jaar	4:54.16	Niamh Hofland	Nottingham (GBR)	08-11-2015
Kamp. Record Junioren 3	5:01.62	Tessa Vermeulen	Amsterdam	05-02-2012

rang	naam	vereniging	startnr.	tijd	RT
1.	Bridget Vermeer	VZC	200501766	5:13.70	+0,80
	50m: 33.51	33.51 150m: 1:55.43	41.28	250m: 3:17.24	41.18
	100m: 1:14.15	40.64 200m: 2:36.06	40.63	300m: 4:01.71	44.47
				350m: 4:38.24	36.53
				400m: 5:13.70	35.46
2.	Merel Schravendijk	The Hague Swimming (SG)	200503382	5:18.69	+0,72
	50m: 35.56	35.56 150m: 1:58.46	40.41	250m: 3:23.43	45.76
	100m: 1:18.05	42.49 200m: 2:37.67	39.21	300m: 4:09.12	45.69
				350m: 4:45.24	36.12
				400m: 5:18.69	33.45
3.	Lianne Beekman	ZVV	200500124	5:18.88	+0,76
	50m: 32.58	32.58 150m: 1:53.49	41.66	250m: 3:18.94	45.14
	100m: 1:11.83	39.25 200m: 2:33.80	40.31	300m: 4:05.80	46.86
				350m: 4:44.42	38.62
				400m: 5:18.88	34.46
4.	Jelsie van Ruijven	WVZ	200500282	5:19.70	+0,76
	50m: 34.14	34.14 150m: 1:58.09	42.15	250m: 3:22.01	44.13
	100m: 1:15.94	41.80 200m: 2:37.88	39.79	300m: 4:07.34	45.33
				350m: 4:45.23	37.89
				400m: 5:19.70	34.47
5.	Jennifer Veldhuisen	De Dolfijn	200502500	5:28.29	+0,82
	50m: 34.32	34.32 150m: 1:56.63	41.96	250m: 3:27.64	49.28
	100m: 1:14.67	40.35 200m: 2:38.36	41.73	300m: 4:16.98	49.34
				350m: 4:53.32	36.34
				400m: 5:28.29	34.97
6.	Michelle Jørgensen	De Dolfijn	200501364	5:30.24	+0,72
	50m: 34.69	34.69 150m: 1:58.38	41.41	250m: 3:27.23	48.34
	100m: 1:16.97	42.28 200m: 2:38.89	40.51	300m: 4:16.57	49.34
				350m: 4:54.32	37.75
				400m: 5:30.24	35.92
7.	Marte Hieke van der Kamp	FZC'54-De Vikings (SG)	200500218	5:30.86	+0,79
	50m: 35.29	35.29 150m: 1:57.98	38.56	250m: 3:28.18	50.76
	100m: 1:19.42	44.13 200m: 2:37.42	39.44	300m: 4:18.89	50.71
				350m: 4:55.32	36.43
				400m: 5:30.86	35.54
8.	Isa Maes	Feijenoord Albion Zwemclub	200500110	5:32.80	+0,69
	50m: 35.29	35.29 150m: 2:00.20	42.19	250m: 3:30.41	47.73
	100m: 1:18.01	42.72 200m: 2:42.68	42.48	300m: 4:18.89	48.48
				350m: 4:56.92	38.03
				400m: 5:32.80	35.88
9.	Fleur Bos	Orca	200500674	5:32.87	+0,77
	50m: 35.82	35.82 150m: 2:01.86	41.52	250m: 3:30.15	46.78
	100m: 1:20.34	44.52 200m: 2:43.37	41.51	300m: 4:18.14	47.99
				350m: 4:55.79	37.65
				400m: 5:32.87	37.08
10.	Evica Klok	VZC	200501828	5:34.06	+0,80
	50m: 33.20	33.20 150m: 1:57.83	43.61	250m: 3:28.59	49.68
	100m: 1:14.22	41.02 200m: 2:38.91	41.08	300m: 4:18.48	49.89
				350m: 4:57.62	39.14
				400m: 5:34.06	36.44
11.	Emma Verkuil	ZPV Barracuda	200500826	5:41.10	+0,71
	50m: 37.64	37.64 150m: 2:05.34	44.74	250m: 3:38.16	50.45
	100m: 1:20.60	42.96 200m: 2:47.71	42.37	300m: 4:28.09	49.93
				350m: 5:05.49	37.40
				400m: 5:41.10	35.61
12.	Robin Spreeuw	ZPCH	200501262	5:42.11	+0,81
	50m: 36.36	36.36 150m: 2:03.07	44.30	250m: 3:36.56	50.21
	100m: 1:18.77	42.41 200m: 2:46.35	43.28	300m: 4:26.31	49.75
				350m: 5:04.31	38.00
				400m: 5:42.11	37.80
13.	Colinda van der Zanden	Mosa-Regio	200502618	5:44.86	+0,72
	50m: 35.95	35.95 150m: 2:03.82	43.28	250m: 3:37.55	51.11
	100m: 1:20.54	44.59 200m: 2:46.44	42.62	300m: 4:28.46	50.91
				350m: 5:07.29	38.83
				400m: 5:44.86	37.57
14.	Sophia van Droffelaar	ZVVS	200500330	5:50.27	+0,77
	50m: 33.71	33.71 150m: 2:03.79	46.50	250m: 3:38.02	49.06
	100m: 1:17.29	43.58 200m: 2:48.96	45.17	300m: 4:30.18	52.16
				350m: 5:12.40	42.22
				400m: 5:50.27	37.87
DIS	Feline Slijkhuis	ZVV	200501042		
	<i>VE - De bewegingen van de benen niet op gelijke wijze uitgevoerd.</i>				
AFGEM	Liz Veltman	De Ward	200503668		