

Programmanr. 68
16-12-2018

Meisjes, 400m wisselslag
snelste serie

Jeugd 1 en 2
Resultaten

Nederlands Record Jeugd	4:42.72	Sharon van Rouwendaal	Saint Dizier (FRA)	16-11-2008
Nederlands Record 15 jaar	4:42.72	Sharon van Rouwendaal	Saint Dizier (FRA)	16-11-2008
Nederlands Record 14 jaar	4:49.56	Niamh Hofland	Sheffield (GBR)	18-12-2016
Kamp. Record Jeugd	4:45.49	Niamh Hofland	Eindhoven	16-12-2017

rang	naam	vereniging	startnr.	tijd	RT
1.	Silke Huisman	Orca	200301182	4:54.93	+0,72
	50m: 30.59	30.59 150m: 1:45.65	38.95	250m: 3:04.60	41.49
	100m: 1:06.70	36.11 200m: 2:23.11	37.46	300m: 3:46.61	42.01
				400m: 4:54.93	32.62
2.	Danielle Meinema	ZV 44	200300534	5:04.78	+0,85
	50m: 33.53	33.53 150m: 1:51.64	39.34	250m: 3:12.04	41.98
	100m: 1:12.30	38.77 200m: 2:30.06	38.42	300m: 3:55.48	43.44
				350m: 4:30.97	35.49
				400m: 5:04.78	33.81
3.	Emma Hofstee	TriVia	200401282	5:08.02	+0,89
	50m: 31.93	31.93 150m: 1:48.97	40.34	250m: 3:11.26	42.33
	100m: 1:08.63	36.70 200m: 2:28.93	39.96	300m: 3:55.15	43.89
				350m: 4:32.76	37.61
				400m: 5:08.02	35.26
4.	Josse Bergman	VZC	200305146	5:08.20	+0,76
	50m: 32.29	32.29 150m: 1:48.91	38.25	250m: 3:11.60	44.65
	100m: 1:10.66	38.37 200m: 2:26.95	38.04	300m: 3:56.54	44.94
				350m: 4:33.65	37.11
				400m: 5:08.20	34.55
5.	Kirsten Verhale	VZC	200400210	5:08.59	+0,83
	50m: 31.45	31.45 150m: 1:48.71	39.74	250m: 3:13.06	45.32
	100m: 1:08.97	37.52 200m: 2:27.74	39.03	300m: 3:58.54	45.48
				350m: 4:34.81	36.27
				400m: 5:08.59	33.78
6.	Veerle Nieborg	TriVia	200400428	5:12.54	+0,79
	50m: 33.13	33.13 150m: 1:52.35	41.03	250m: 3:16.59	45.13
	100m: 1:11.32	38.19 200m: 2:31.46	39.11	300m: 4:01.64	45.05
				350m: 4:38.10	36.46
				400m: 5:12.54	34.44
7.	Suze Kuipers	Orca	200301714	5:14.39	+0,87
	50m: 34.12	34.12 150m: 1:51.74	38.28	250m: 3:15.49	46.62
	100m: 1:13.46	39.34 200m: 2:28.87	37.13	300m: 4:02.58	47.09
				350m: 4:39.39	36.81
				400m: 5:14.39	35.00
8.	Maaïke Issard	The Hague Swimming (SG)	200300022	5:15.28	+0,84
	50m: 31.59	31.59 150m: 1:49.62	39.96	250m: 3:14.50	44.95
	100m: 1:09.66	38.07 200m: 2:29.55	39.93	300m: 4:00.70	46.20
				350m: 4:38.49	37.79
				400m: 5:15.28	36.79
9.	Kim Zwinkels	ZPCH	200300422	5:16.72	+0,77
	50m: 33.06	33.06 150m: 1:50.76	40.57	250m: 3:18.64	48.16
	100m: 1:10.19	37.13 200m: 2:30.48	39.72	300m: 4:05.89	47.25
				350m: 4:42.47	36.58
				400m: 5:16.72	34.25
10.	Milou ten Koppel	Deltasteur	200302572	5:21.98	+0,79
	50m: 33.14	33.14 150m: 1:54.91	40.81	250m: 3:21.00	47.24
	100m: 1:14.10	40.96 200m: 2:33.76	38.85	300m: 4:08.41	47.41
				350m: 4:46.43	38.02
				400m: 5:21.98	35.55
	Lionne Klarenbeek	ZPC De Hof	200300108	5:21.98	+0,81
	50m: 33.44	33.44 150m: 1:54.32	42.22	250m: 3:22.55	46.73
	100m: 1:12.10	38.66 200m: 2:35.82	41.50	300m: 4:08.79	46.24
				350m: 4:46.78	37.99
				400m: 5:21.98	35.20
12.	Kim de Jong	LinK	200301026	5:22.01	+0,86
	50m: 34.05	34.05 150m: 1:57.33	42.56	250m: 3:23.48	44.62
	100m: 1:14.77	40.72 200m: 2:38.86	41.53	300m: 4:08.66	45.18
				350m: 4:46.35	37.69
				400m: 5:22.01	35.66
13.	Rinske Bouman	The Hague Swimming (SG)	200400578	5:22.36	+0,79
	50m: 33.03	33.03 150m: 1:56.22	42.63	250m: 3:25.50	46.31
	100m: 1:13.59	40.56 200m: 2:39.19	42.97	300m: 4:12.15	46.65
				350m: 4:48.40	36.25
				400m: 5:22.36	33.96
14.	Luna de Vries	Aqua-Novio'94	200400516	5:22.67	+0,76
	50m: 32.85	32.85 150m: 1:54.78	42.39	250m: 3:21.47	45.65
	100m: 1:12.39	39.54 200m: 2:35.82	41.04	300m: 4:07.66	46.19
				350m: 4:45.83	38.17
				400m: 5:22.67	36.84
15.	Soraya Rakers	De Dinkel	200300818	5:24.58	+0,87
	50m: 36.11	36.11 150m: 2:01.10	40.31	250m: 3:26.02	45.52
	100m: 1:20.79	44.68 200m: 2:40.50	39.40	300m: 4:12.43	46.41
				350m: 4:49.69	37.26
				400m: 5:24.58	34.89
16.	Jonna Muntjewerff	ESCA Zwemmen	200402396	5:24.95	+0,78
	50m: 35.53	35.53 150m: 1:58.60	41.78	250m: 3:25.07	45.46
	100m: 1:16.82	41.29 200m: 2:39.61	41.01	300m: 4:11.00	45.93
				350m: 4:48.86	37.86
				400m: 5:24.95	36.09
17.	Aniek van de Weerd	VZC	200404136	5:25.57	+0,76
	50m: 32.67	32.67 150m: 1:51.81	40.37	250m: 3:21.06	49.68
	100m: 1:11.44	38.77 200m: 2:31.38	39.57	300m: 4:11.60	50.54
				350m: 4:49.08	37.48
				400m: 5:25.57	36.49
18.	Alessia Sluis	Dedemsvaart-AC	200300896	5:27.13	+0,75
	50m: 32.98	32.98 150m: 1:56.10	42.55	250m: 3:24.59	46.45
	100m: 1:13.55	40.57 200m: 2:38.14	42.04	300m: 4:12.19	47.60
				350m: 4:50.78	38.59
				400m: 5:27.13	36.35
19.	Daniëlle Vis	De Columbian	200401044	5:27.45	+0,81
	50m: 35.43	35.43 150m: 2:00.16	43.32	250m: 3:27.89	44.86
	100m: 1:16.84	41.41 200m: 2:43.03	42.87	300m: 4:13.16	45.27
				350m: 4:52.15	38.99
				400m: 5:27.45	35.30

Programmanr. 68, Meisjes, 400m wisselslag, Jeugd 1 en 2

rang	naam	vereniging	startnr.	tijd	RT
20.	Sterre-Marit Drok	Bubble	200400880	5:27.64	+0,72
	50m: 32.37	32.37 150m: 1:54.19	42.85 250m: 3:23.79	48.35 350m: 4:50.00	37.63
	100m: 1:11.34	38.97 200m: 2:35.44	41.25 300m: 4:12.37	48.58 400m: 5:27.64	37.64
21.	Charlotte Wilbers	ZPC Hoogeveen	200400312	5:28.26	+0,80
	50m: 34.67	34.67 150m: 1:57.65	40.83 250m: 3:25.69	48.20 350m: 4:52.80	37.45
	100m: 1:16.82	42.15 200m: 2:37.49	39.84 300m: 4:15.35	49.66 400m: 5:28.26	35.46
22.	Marieke Lenderink	De Dinkel	200400778	5:29.55	+0,86
	50m: 34.09	34.09 150m: 1:57.71	42.48 250m: 3:28.08	49.11 350m: 4:55.71	38.69
	100m: 1:15.23	41.14 200m: 2:38.97	41.26 300m: 4:17.02	48.94 400m: 5:29.55	33.84
23.	Luna Hofmeijer	WS Twente	200400006	5:30.38	+0,83
	50m: 35.36	35.36 150m: 2:03.33	42.68 250m: 3:29.15	42.81 350m: 4:53.05	38.39
	100m: 1:20.65	45.29 200m: 2:46.34	43.01 300m: 4:14.66	45.51 400m: 5:30.38	37.33
24.	Alysha de Jong	ZPCH	200400086	5:31.14	+0,84
	50m: 34.24	34.24 150m: 1:58.59	42.92 250m: 3:29.22	47.49 350m: 4:55.35	37.93
	100m: 1:15.67	41.43 200m: 2:41.73	43.14 300m: 4:17.42	48.20 400m: 5:31.14	35.79
25.	Irma van der Wulp	WVZ	200401950	5:32.48	+0,76
	50m: 35.66	35.66 150m: 2:00.69	41.98 250m: 3:29.00	46.82 350m: 4:54.92	38.58
	100m: 1:18.71	43.05 200m: 2:42.18	41.49 300m: 4:16.34	47.34 400m: 5:32.48	37.56
26.	Quinty Rouschop	Zwemsport Parkstad (SG)	200300208	5:36.08	+0,80
	50m: 34.34	34.34 150m: 1:59.32	42.66 250m: 3:26.37	45.72 350m: 4:55.67	41.48
	100m: 1:16.66	42.32 200m: 2:40.65	41.33 300m: 4:14.19	47.82 400m: 5:36.08	40.41
27.	Nora Weerman	ZV 44	200400620	5:39.20	+0,76
	50m: 34.56	34.56 150m: 1:59.35	44.25 250m: 3:30.54	47.26 350m: 5:02.33	42.13
	100m: 1:15.10	40.54 200m: 2:43.28	43.93 300m: 4:20.20	49.66 400m: 5:39.20	36.87
28.	Isa Maarleveld	ZPCH	200402626	5:41.05	+0,82
	50m: 34.60	34.60 150m: 1:56.91	40.77 250m: 3:30.24	53.49 350m: 5:02.02	40.94
	100m: 1:16.14	41.54 200m: 2:36.75	39.84 300m: 4:21.08	50.84 400m: 5:41.05	39.03
NGZA	Jocelyn Horbeek	WS Twente	200300302		