

Programmanr. 28  
07-12-2019

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 16 jaar	4:05.14	Sharon van Rouwendaal	Istanbul (TUR)	12-12-2009
Nederlands Record 15 jaar	4:08.29	Sharon van Rouwendaal	Angers (FRA)	07-12-2008
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	<b>4:20.00</b>	+0,84	
	50m: 28.75	28.75	150m: 1:33.57	32.59	250m: 2:40.12	33.25
	100m: 1:00.98	32.23	200m: 2:06.86	33.29	300m: 3:13.61	33.14
					350m: 3:46.86	
					400m: 4:20.00	
2.	Gaia Sterre Mirotti	ZPC AMERSFOORT	200305158	<b>4:21.94</b>	+0,72	
	50m: 29.08	29.08	150m: 1:33.85	32.80	250m: 2:40.72	34.20
	100m: 1:01.05	31.97	200m: 2:07.20	33.35	300m: 3:14.38	33.36
					350m: 3:48.58	
					400m: 4:21.94	
3.	Kirsten Verhale	VZC	200400210	<b>4:26.14</b>	+0,76	
	50m: 30.28	30.28	150m: 1:37.78	34.02	250m: 2:46.12	33.96
	100m: 1:03.76	33.48	200m: 2:11.99	34.21	300m: 3:19.99	32.19
					350m: 3:53.95	
					400m: 4:26.14	
4.	Ismay Lichtendonk	Dedemsvaart-AC	200400622	<b>4:27.35</b>	+0,71	
	50m: 29.68	29.68	150m: 1:35.85	33.66	250m: 2:44.44	35.04
	100m: 1:02.19	32.51	200m: 2:09.92	34.07	300m: 3:19.39	32.92
					350m: 3:54.43	
					400m: 4:27.35	
5.	Femke Doorenbos	The Hague Swimming (SG)	200404214	<b>4:29.51</b>	+0,79	
	50m: 31.07	31.07	150m: 1:39.23	34.82	250m: 2:48.88	34.36
	100m: 1:04.41	33.34	200m: 2:14.13	34.90	300m: 3:23.13	32.02
					350m: 3:57.49	
					400m: 4:29.51	
6.	Charlotte Wilbers	ZPC Hoogeveen	200400312	<b>4:29.73</b>	+0,76	
	50m: 30.78	30.78	150m: 1:38.58	34.07	250m: 2:47.65	34.40
	100m: 1:04.51	33.73	200m: 2:12.95	34.37	300m: 3:21.98	33.35
					350m: 3:56.38	
					400m: 4:29.73	
7.	Imke Beekman	Hellas-Glana	200301950	<b>4:31.32</b>	+0,81	
	50m: 30.61	30.61	150m: 1:38.05	34.11	250m: 2:47.38	34.90
	100m: 1:03.94	33.33	200m: 2:12.52	34.47	300m: 3:22.11	34.31
					350m: 3:57.01	
					400m: 4:31.32	
8.	Danielle Meinema	ZV 44	200300534	<b>4:32.19</b>	+0,87	
	50m: 31.04	31.04	150m: 1:39.30	34.28	250m: 2:49.15	34.77
	100m: 1:05.02	33.98	200m: 2:14.37	35.07	300m: 3:23.76	33.66
					350m: 3:58.53	
					400m: 4:32.19	
9.	Lize van den Nieuwehuijzen	Nextline Swimming	200304454	<b>4:33.18</b>	+0,74	
	50m: 30.38	30.38	150m: 1:37.78	34.36	250m: 2:47.51	35.59
	100m: 1:03.42	33.04	200m: 2:12.44	34.66	300m: 3:23.35	34.24
					350m: 3:58.94	
					400m: 4:33.18	
10.	Ymke Dragstra	ZPC AMERSFOORT	200300930	<b>4:33.51</b>	+0,73	
	50m: 30.39	30.39	150m: 1:40.38	35.44	250m: 2:49.89	34.77
	100m: 1:04.94	34.55	200m: 2:15.67	35.29	300m: 3:24.12	34.62
					350m: 3:58.89	
					400m: 4:33.51	
11.	Lieke Nijmeijer	ZPC AMERSFOORT	200300124	<b>4:37.16</b>	+0,73	
	50m: 31.10	31.10	150m: 1:40.49	35.04	250m: 2:51.24	35.69
	100m: 1:05.45	34.35	200m: 2:15.90	35.41	300m: 3:26.55	34.92
					350m: 4:02.24	
					400m: 4:37.16	
12.	Dominique Dingshoff	ZPC Hoogeveen	200400804	<b>4:38.80</b>	+0,79	
	50m: 30.91	30.91	150m: 1:40.34	35.42	250m: 2:52.12	35.77
	100m: 1:04.92	34.01	200m: 2:15.97	35.63	300m: 3:28.25	34.78
					350m: 4:04.02	
					400m: 4:38.80	
13.	Coco Sowden	PSV	200405910	<b>4:39.10</b>	+0,77	
	50m: 31.03	31.03	150m: 1:40.81	35.60	250m: 2:52.93	35.71
	100m: 1:05.21	34.18	200m: 2:16.67	35.86	300m: 3:29.11	34.28
					350m: 4:04.82	
					400m: 4:39.10	
14.	Jessie Bodden	Hellas-Glana	200401650	<b>4:39.55</b>	+0,74	
	50m: 31.51	31.51	150m: 1:41.31	35.39	250m: 2:53.34	35.66
	100m: 1:05.92	34.41	200m: 2:17.33	36.02	300m: 3:29.48	34.41
					350m: 4:05.14	
					400m: 4:39.55	
15.	Chantal Tiesinga	HZ&PC Heerenveen	200302452	<b>4:40.12</b>	+0,82	
	50m: 31.39	31.39	150m: 1:41.13	35.33	250m: 2:52.55	36.15
	100m: 1:05.80	34.41	200m: 2:16.77	35.64	300m: 3:28.79	35.18
					350m: 4:04.94	
					400m: 4:40.12	
16.	Megan de Hoog	SCOM/De Zeehond'73 (SG)	200300214	<b>4:41.71</b>	+0,85	
	50m: 32.30	32.30	150m: 1:42.49	35.35	250m: 2:54.77	36.41
	100m: 1:07.14	34.84	200m: 2:18.68	36.19	300m: 3:31.11	34.19
					350m: 4:07.52	
					400m: 4:41.71	
17.	Vera Renshof	DWK	200301582	<b>4:42.37</b>	+0,72	
	50m: 30.51	30.51	150m: 1:40.88	35.66	250m: 2:52.95	37.53
	100m: 1:05.22	34.71	200m: 2:16.85	35.97	300m: 3:29.72	35.12
					350m: 4:07.25	
					400m: 4:42.37	
18.	Rinske Bouman	The Hague Swimming (SG)	200400578	<b>4:42.56</b>	+0,81	
	50m: 30.92	30.92	150m: 1:41.52	36.01	250m: 2:53.68	36.85
	100m: 1:05.51	34.59	200m: 2:18.27	36.75	300m: 3:29.85	35.86
					350m: 4:06.70	
					400m: 4:42.56	
19.	Myrthe Natzijl	TriVia	200400076	<b>4:45.48</b>	+0,85	
	50m: 31.89	31.89	150m: 1:42.61	35.50	250m: 2:54.99	36.98
	100m: 1:07.11	35.22	200m: 2:18.63	36.02	300m: 3:32.07	36.43
					350m: 4:09.05	
					400m: 4:45.48	

onjuistheden?

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Programmanr. 28, Meisjes, 400m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	startnr.	tijd	RT			
20.	Soraya Rakers	De Dinkel	200300818	<b>4:48.78</b>	+0,85			
	50m: 31.46	31.46	150m: 1:43.20	36.74	250m: 2:57.46	37.16	350m: 4:12.33	37.25
	100m: 1:06.46	35.00	200m: 2:20.30	37.10	300m: 3:35.08	37.62	400m: 4:48.78	36.45
AFGEM	Mila Maas	PSV	200302966					