

Programmanr. 3
05-12-2019

Meisjes, 800m vrije slag

Jeugd 1 en 2
Resultaten

Nederlands Record Jeugd	8:27.44	Sharon van Rouwendaal	Saint Dizier (FRA)	14-11-2008
Nederlands Record 16 jaar	8:34.50	Sharon van Rouwendaal	Aken (GER)	23-10-2009
Nederlands Record 15 jaar	8:27.44	Sharon van Rouwendaal	Saint Dizier (FRA)	14-11-2008
Kamp. Record Jeugd	8:42.74	Imani de Jong	Eindhoven	27-01-2017

rang	naam	vereniging	startnr.	tijd	RT
1.	Janna van Kooten	TriVia	200404584	9:01.20	+0,85
	50m: 29.26	29.26 250m: 2:43.62	34.22	450m: 5:00.81	34.13
	100m: 1:01.74	32.48 300m: 3:17.85	34.23	500m: 5:35.31	34.50
	150m: 1:35.29	33.55 350m: 3:51.96	34.11	550m: 6:09.66	34.35
	200m: 2:09.40	34.11 400m: 4:26.68	34.72	600m: 6:44.22	34.56
				700m: 7:19.06	34.84
				750m: 7:53.74	34.68
				800m: 8:28.34	34.60
				850m: 9:01.20	32.86
2.	Gaia Sterre Mirotti	ZPC AMERSFOORT	200305158	9:06.87	+0,69
	50m: 29.60	29.60 250m: 2:43.96	34.50	450m: 5:03.86	35.08
	100m: 1:01.94	32.34 300m: 3:18.45	34.49	500m: 5:38.73	34.87
	150m: 1:35.33	33.39 350m: 3:53.38	34.93	550m: 6:13.58	34.85
	200m: 2:09.46	34.13 400m: 4:28.78	35.40	600m: 6:48.33	34.75
				650m: 7:23.13	34.80
				700m: 7:58.16	35.03
				750m: 8:32.82	34.66
				800m: 9:06.87	34.05
3.	Josse Bergman	VZC	200305146	9:08.52	+0,69
	50m: 30.25	30.25 250m: 2:47.34	34.29	450m: 5:05.33	34.40
	100m: 1:03.88	33.63 300m: 3:21.60	34.26	500m: 5:40.07	34.74
	150m: 1:37.99	34.11 350m: 3:56.46	34.86	550m: 6:15.20	35.13
	200m: 2:13.05	35.06 400m: 4:30.93	34.47	600m: 6:49.81	34.61
				650m: 7:25.05	35.24
				700m: 7:59.92	34.87
				750m: 8:34.45	34.53
				800m: 9:08.52	34.07
4.	Femke Doorenbos	The Hague Swimming (SG)	200404214	9:08.87	+0,77
	50m: 30.92	30.92 250m: 2:48.65	34.84	450m: 5:08.01	34.40
	100m: 1:04.36	33.44 300m: 3:23.88	35.23	500m: 5:42.44	34.43
	150m: 1:38.60	34.24 350m: 3:59.02	35.14	550m: 6:16.99	34.55
	200m: 2:13.81	35.21 400m: 4:33.61	34.59	600m: 6:51.88	34.89
				650m: 7:26.54	34.66
				700m: 8:01.30	34.76
				750m: 8:35.75	34.45
				800m: 9:08.87	33.12
5.	Kirsten Verhalle	VZC	200400210	9:11.64	+0,80
	50m: 30.25	30.25 250m: 2:46.34	34.42	450m: 5:06.26	35.10
	100m: 1:03.79	33.54 300m: 3:21.03	34.69	500m: 5:41.54	35.28
	150m: 1:37.58	33.79 350m: 3:56.37	35.34	550m: 6:16.99	35.45
	200m: 2:11.92	34.34 400m: 4:31.16	34.79	600m: 6:52.43	35.44
				650m: 7:27.78	35.35
				700m: 8:03.27	35.49
				750m: 8:38.55	35.28
				800m: 9:11.64	33.09
6.	Ismay Lichtendonk	Dedemsvaart-AC	200400622	9:12.81	+0,72
	50m: 30.18	30.18 250m: 2:45.87	34.42	450m: 5:06.37	35.63
	100m: 1:03.27	33.09 300m: 3:20.87	35.00	500m: 5:41.57	35.20
	150m: 1:37.04	33.77 350m: 3:55.87	35.00	550m: 6:16.80	35.23
	200m: 2:11.45	34.41 400m: 4:30.74	34.87	600m: 6:52.49	35.69
				650m: 7:27.74	35.25
				700m: 8:04.08	36.34
				750m: 8:39.88	35.80
				800m: 9:12.81	32.93
7.	Imke Beekman	Hellas-Glana	200301950	9:13.57	+0,79
	50m: 30.74	30.74 250m: 2:48.36	34.71	450m: 5:09.80	35.21
	100m: 1:04.36	33.62 300m: 3:23.65	35.29	500m: 5:45.11	35.31
	150m: 1:38.79	34.43 350m: 3:59.12	35.47	550m: 6:20.22	35.11
	200m: 2:13.65	34.86 400m: 4:34.59	35.47	600m: 6:55.39	35.17
				650m: 7:30.75	35.36
				700m: 8:05.93	35.18
				750m: 8:40.63	34.70
				800m: 9:13.57	32.94
8.	Charlotte Wilbers	ZPC Hoogeveen	200400312	9:18.46	+0,76
	50m: 30.86	30.86 250m: 2:48.62	34.73	450m: 5:10.09	35.50
	100m: 1:04.86	34.00 300m: 3:23.57	34.95	500m: 5:45.56	35.47
	150m: 1:39.30	34.44 350m: 3:59.25	35.68	550m: 6:21.52	35.96
	200m: 2:13.89	34.59 400m: 4:34.59	35.34	600m: 6:57.07	35.55
				650m: 7:33.01	35.94
				700m: 8:08.99	35.98
				750m: 8:44.67	35.68
				800m: 9:18.46	33.79
9.	Lize van den Nieuwehuijzen	Nextline Swimming	200304454	9:20.38	+0,76
	50m: 30.75	30.75 250m: 2:48.15	34.71	450m: 5:09.44	35.76
	100m: 1:04.39	33.64 300m: 3:23.02	34.87	500m: 5:45.48	36.04
	150m: 1:38.79	34.40 350m: 3:58.13	35.11	550m: 6:21.53	36.05
	200m: 2:13.44	34.65 400m: 4:33.68	35.55	600m: 6:57.43	35.90
				650m: 7:33.49	36.06
				700m: 8:09.62	36.13
				750m: 8:45.61	35.99
				800m: 9:20.38	34.77
10.	Kim Zwinkels	ZPCH	200300422	9:26.43	+0,77
	50m: 31.92	31.92 250m: 2:54.79	36.09	450m: 5:19.17	36.02
	100m: 1:06.75	34.83 300m: 3:30.58	35.79	500m: 5:55.52	36.35
	150m: 1:42.44	35.69 350m: 4:06.83	36.25	550m: 6:31.64	36.12
	200m: 2:18.70	36.26 400m: 4:43.15	36.32	600m: 7:07.81	36.17
				650m: 7:43.41	35.60
				700m: 8:18.87	35.46
				750m: 8:53.65	34.78
				800m: 9:26.43	32.78
11.	Danielle Meinema	ZV 44	200300534	9:28.76	+0,83
	50m: 30.08	30.08 250m: 2:46.86	34.75	450m: 5:08.86	36.30
	100m: 1:03.55	33.47 300m: 3:21.72	34.86	500m: 5:45.70	36.84
	150m: 1:37.66	34.11 350m: 3:56.99	35.27	550m: 6:23.24	37.54
	200m: 2:12.11	34.45 400m: 4:32.56	35.57	600m: 7:01.07	37.83
				650m: 7:38.59	37.52
				700m: 8:16.35	37.76
				750m: 8:52.55	36.20
				800m: 9:28.76	36.21
12.	Jonna Muntjewerff	The Hague Swimming (SG)	200402396	9:32.85	+0,78
	50m: 31.14	31.14 250m: 2:54.60	36.45	450m: 5:19.84	36.47
	100m: 1:06.43	35.29 300m: 3:30.72	36.12	500m: 5:56.21	36.37
	150m: 1:42.20	35.77 350m: 4:07.16	36.44	550m: 6:32.92	36.71
	200m: 2:18.15	35.95 400m: 4:43.37	36.21	600m: 7:09.49	36.57
				650m: 7:46.24	36.75
				700m: 8:22.45	36.21
				750m: 8:58.61	36.16
				800m: 9:32.85	34.24

Programmanr. 3, Meisjes, 800m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	startnr.	tijd	RT		
13.	Mirthe Schenkel	ZPC Hoogeveen	200300666	9:40.50	+0,89		
	50m: 31.87	31.87 250m: 2:53.15	36.21	450m: 5:20.36	37.14	650m: 7:49.59	37.23
	100m: 1:06.02	34.15 300m: 3:29.58	36.43	500m: 5:57.48	37.12	700m: 8:26.94	37.35
	150m: 1:41.15	35.13 350m: 4:06.52	36.94	550m: 6:35.02	37.54	750m: 9:04.27	37.33
	200m: 2:16.94	35.79 400m: 4:43.22	36.70	600m: 7:12.36	37.34	800m: 9:40.50	36.23
14.	Mara Bosman	The Hague Swimming (SG)	200303048	9:40.67	+0,65		
	50m: 31.26	31.26 250m: 2:53.79	35.95	450m: 5:20.74	36.93	650m: 7:50.06	37.77
	100m: 1:06.28	35.02 300m: 3:30.18	36.39	500m: 5:57.75	37.01	700m: 8:27.43	37.37
	150m: 1:42.14	35.86 350m: 4:06.95	36.77	550m: 6:35.20	37.45	750m: 9:04.82	37.39
	200m: 2:17.84	35.70 400m: 4:43.81	36.86	600m: 7:12.29	37.09	800m: 9:40.67	35.85
15.	Dominique Dingshoff	ZPC Hoogeveen	200400804	9:43.56	+0,86		
	50m: 31.73	31.73 250m: 2:55.57	36.61	450m: 5:20.45	36.30	650m: 7:47.91	37.90
	100m: 1:06.50	34.77 300m: 3:31.48	35.91	500m: 5:56.60	36.15	700m: 8:26.33	38.42
	150m: 1:42.45	35.95 350m: 4:07.92	36.44	550m: 6:33.01	36.41	750m: 9:05.55	39.22
	200m: 2:18.96	36.51 400m: 4:44.15	36.23	600m: 7:10.01	37.00	800m: 9:43.56	38.01
16.	Alysha de Jong	ZPCH	200400086	9:44.45	+0,86		
	50m: 30.77	30.77 250m: 2:55.44	36.79	450m: 5:24.60	37.83	650m: 7:55.49	37.36
	100m: 1:05.53	34.76 300m: 3:32.64	37.20	500m: 6:02.43	37.83	700m: 8:32.47	36.98
	150m: 1:41.95	36.42 350m: 4:09.64	37.00	550m: 6:39.85	37.42	750m: 9:09.63	37.16
	200m: 2:18.65	36.70 400m: 4:46.77	37.13	600m: 7:18.13	38.28	800m: 9:44.45	34.82
17.	Lara Hoeksema	The Hague Swimming (SG)	200400514	9:44.71	+0,83		
	50m: 31.66	31.66 250m: 2:57.95	36.98	450m: 5:27.04	36.94	650m: 7:55.45	36.77
	100m: 1:07.31	35.65 300m: 3:35.23	37.28	500m: 6:04.46	37.42	700m: 8:32.57	37.12
	150m: 1:43.95	36.64 350m: 4:12.51	37.28	550m: 6:41.67	37.21	750m: 9:09.11	36.54
	200m: 2:20.97	37.02 400m: 4:50.10	37.59	600m: 7:18.68	37.01	800m: 9:44.71	35.60
18.	Soraya Rakers	De Dinkel	200300818	10:11.64	+0,84		
	50m: 32.54	32.54 250m: 3:01.71	38.48	450m: 5:37.44	39.53	650m: 8:15.73	39.69
	100m: 1:08.36	35.82 300m: 3:40.07	38.36	500m: 6:16.69	39.25	700m: 8:55.35	39.62
	150m: 1:45.36	37.00 350m: 4:18.64	38.57	550m: 6:56.15	39.46	750m: 9:34.55	39.20
	200m: 2:23.23	37.87 400m: 4:57.91	39.27	600m: 7:36.04	39.89	800m: 10:11.64	37.09