

Programmanr. 4
05-12-2019

Meisjes, 400m vrije slag
NJJK groot klassement

Junioren 1 en 2
Resultaten

Nederlands Record Junioren	4:19.97	Esmee Vermeulen	Amsterdam	20-12-2009
Nederlands Record 12 jaar	4:32.52	Esmee Vermeulen	Amsterdam	21-12-2008
Nederlands Record 11 jaar	4:45.10	Karen Wammes	Tiel	26-11-1988
Kamp. Record Junioren 1 en 2	4:28.29	Esmee Vermeulen	Dordrecht	30-01-2009

Punten: FINA 2019

rang	naam	vereniging	startnr.	tijd	RT	FINA
1.	Nynke Boerefijn	De Fuut	200700114	4:42.76	+0,87	566
	50m: 32.05	150m: 1:43.57	250m: 2:55.61	350m: 4:08.21		36.56
	100m: 1:07.10	200m: 2:19.51	300m: 3:31.65	400m: 4:42.76		34.55
2.	Hylcke de Beer	Zwemsport Parkstad (SG)	200700006	4:43.94	+0,76	559
	50m: 31.04	150m: 1:41.90	250m: 2:54.55	350m: 4:07.90		36.77
	100m: 1:05.87	200m: 2:18.25	300m: 3:31.13	400m: 4:43.94		36.04
3.	Robin Vermeulen	MNC Dordrecht	200700412	4:49.57	+0,81	527
	50m: 31.70	150m: 1:43.00	250m: 2:57.97	350m: 4:13.81		36.30
	100m: 1:06.72	200m: 2:19.49	300m: 3:37.51	400m: 4:49.57		35.76
4.	Angelina Rolman	WZ&PC Purmerend	200701972	4:50.10	+0,72	524
	50m: 31.30	150m: 1:44.09	250m: 2:59.28	350m: 4:15.40		37.62
	100m: 1:07.28	200m: 2:21.26	300m: 3:37.78	400m: 4:50.10		34.70
5.	Ylva Konings	PSV	200700148	4:51.36	+0,77	517
	50m: 32.90	150m: 1:45.58	250m: 3:00.62	350m: 4:15.94		37.30
	100m: 1:08.93	200m: 2:22.93	300m: 3:38.64	400m: 4:51.36		35.42
6.	Yara Mels	TRB-RES	200700232	4:52.92	+0,77	509
	50m: 32.82	150m: 1:45.64	250m: 3:00.85	350m: 4:17.36		38.37
	100m: 1:08.66	200m: 2:23.14	300m: 3:38.99	400m: 4:52.92		35.56
7.	Eefje Irvine	De Otters Het Gooi	200700164	4:54.38	+0,79	501
	50m: 33.43	150m: 1:46.55	250m: 3:01.50	350m: 4:17.59		38.47
	100m: 1:09.48	200m: 2:24.05	300m: 3:39.12	400m: 4:54.38		36.79
8.	Leyona Lichtendonk	Dedemsvaart-AC	200700010	4:54.92	+0,63	498
	50m: 32.26	150m: 1:45.86	250m: 3:01.56	350m: 4:18.82		39.02
	100m: 1:08.57	200m: 2:24.49	300m: 3:39.80	400m: 4:54.92		36.10
9.	Hannah Markovinic	WS Twente	200803266	4:56.02	+0,70	493
	50m: 33.43	150m: 1:47.74	250m: 3:03.93	350m: 4:20.57		37.98
	100m: 1:10.11	200m: 2:25.61	300m: 3:42.59	400m: 4:56.02		35.45
10.	Barbara Broekhuis	De Dinkel	200700880	4:56.40	+0,72	491
	50m: 32.85	150m: 1:45.79	250m: 3:01.69	350m: 4:19.25		39.18
	100m: 1:08.78	200m: 2:23.59	300m: 3:40.07	400m: 4:56.40		37.15
11.	Ananda van der Wiel	WVZ	200701562	4:57.51	+0,63	486
	50m: 33.00	150m: 1:48.30	250m: 3:04.66	350m: 4:21.08		38.18
	100m: 1:10.04	200m: 2:26.17	300m: 3:42.90	400m: 4:57.51		36.43
12.	Charlotte Woltjes	The Hague Swimming (SG)	200700110	4:58.11	+0,78	483
	50m: 32.24	150m: 1:46.38	250m: 3:03.25	350m: 4:20.44		39.16
	100m: 1:08.55	200m: 2:24.81	300m: 3:41.28	400m: 4:58.11		37.67
13.	Noa Ottens	VZC	200702256	4:59.79	+0,78	475
	50m: 32.61	150m: 1:47.99	250m: 3:06.09	350m: 4:23.60		38.67
	100m: 1:10.12	200m: 2:27.13	300m: 3:44.93	400m: 4:59.79		36.19
14.	Rosa Kremers	TRB-RES	200701224	5:00.48	+0,67	471
	50m: 32.55	150m: 1:47.92	250m: 3:05.86	350m: 4:24.23		38.85
	100m: 1:09.33	200m: 2:26.73	300m: 3:45.38	400m: 5:00.48		36.25
15.	Suze Creemers	Hellas-Glana	200700738	5:00.89	+0,76	469
	50m: 34.77	150m: 1:49.82	250m: 3:06.02	350m: 4:23.96		38.68
	100m: 1:11.99	200m: 2:28.04	300m: 3:45.28	400m: 5:00.89		36.93
	Lyke Bellert	ZVV	200701424	5:00.89	+0,84	469
	50m: 32.69	150m: 1:48.86	250m: 3:07.13	350m: 4:24.73		39.14
	100m: 1:10.31	200m: 2:27.82	300m: 3:45.59	400m: 5:00.89		36.16
17.	Feline Sam	ZV 44	200700018	5:02.24	+0,79	463
	50m: 33.64	150m: 1:50.50	250m: 3:09.59	350m: 4:27.24		38.48
	100m: 1:11.46	200m: 2:30.19	300m: 3:48.76	400m: 5:02.24		35.00
18.	Rosalie Reef	De Zwoer	200800426	5:02.41	+0,64	462
	50m: 33.55	150m: 1:49.40	250m: 3:06.91	350m: 4:25.52		39.28
	100m: 1:11.25	200m: 2:28.03	300m: 3:46.24	400m: 5:02.41		36.89
19.	Flora Szili-Torok	The Hague Swimming (SG)	200800114	5:02.52	+0,81	462
	50m: 33.18	150m: 1:47.98	250m: 3:06.11	350m: 4:24.73		39.34
	100m: 1:09.77	200m: 2:26.53	300m: 3:45.39	400m: 5:02.52		37.79

onjuistheden?

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Programmanr. 4, Meisjes, 400m vrije slag, Junioren 1 en 2

rang	naam	vereniging	startnr.	tijd	RT	FINA
20.	Angela Whitney	De Duinkickers	200700002	5:02.59	+0,74	461
	50m: 32.61	32.61	150m: 1:47.64	38.17	250m: 3:05.81	39.37
	100m: 1:09.47	36.86	200m: 2:26.44	38.80	300m: 3:44.91	39.10
					350m: 4:24.16	39.25
					400m: 5:02.59	38.43
21.	Alexandra Gepkens	Aqua-Novio'94	200701690	5:04.22	+0,71	454
	50m: 33.54	33.54	150m: 1:48.97	38.03	250m: 3:07.24	38.99
	100m: 1:10.94	37.40	200m: 2:28.25	39.28	300m: 3:46.58	39.34
					350m: 4:25.92	39.34
					400m: 5:04.22	38.30
22.	Lisa Roberts	Hellas-Glana	200700170	5:06.45	+0,75	444
	50m: 33.74	33.74	150m: 1:50.67	39.13	250m: 3:10.36	40.02
	100m: 1:11.54	37.80	200m: 2:30.34	39.67	300m: 3:50.24	39.88
					350m: 4:30.38	40.14
					400m: 5:06.45	36.07
23.	Esmee Mulder	ZV 44	200800038	5:07.22	+0,70	441
	50m: 33.84	33.84	150m: 1:50.53	38.85	250m: 3:10.31	40.13
	100m: 1:11.68	37.84	200m: 2:30.18	39.65	300m: 3:49.93	39.62
					350m: 4:30.18	40.25
					400m: 5:07.22	37.04
24.	Skye van Gilse	ZV Zaltbommel	200700606	5:11.59	+0,75	423
	50m: 32.91	32.91	150m: 1:50.95	39.23	250m: 3:12.12	41.05
	100m: 1:11.72	38.81	200m: 2:31.07	40.12	300m: 3:52.97	40.85
					350m: 4:32.76	39.79
					400m: 5:11.59	38.83
25.	Thalia Meijer	MNC Dordrecht	200704048	5:12.78	+0,69	418
	50m: 33.51	33.51	150m: 1:52.37	39.79	250m: 3:12.50	40.51
	100m: 1:12.58	39.07	200m: 2:31.99	39.62	300m: 3:53.66	41.16
					350m: 4:33.65	39.99
					400m: 5:12.78	39.13
26.	Carlijn Gruppen	ZPC Hoogeveen	200700046	5:13.92	+0,86	413
	50m: 35.16	35.16	150m: 1:53.88	39.83	250m: 3:15.00	40.95
	100m: 1:14.05	38.89	200m: 2:34.05	40.17	300m: 3:55.41	40.41
					350m: 4:35.47	40.06
					400m: 5:13.92	38.45
27.	Maud van Zwienen	TRB-RES	200703734	5:15.53	+0,75	407
	50m: 33.80	33.80	150m: 1:51.02	39.62	250m: 3:11.25	40.73
	100m: 1:11.40	37.60	200m: 2:30.52	39.50	300m: 3:52.83	41.58
					350m: 4:34.58	41.75
					400m: 5:15.53	40.95
28.	Anniëke Rupke	WIDEX GZC DONK	200700876	5:16.46	+0,77	403
	50m: 34.37	34.37	150m: 1:53.57	40.13	250m: 3:15.88	41.54
	100m: 1:13.44	39.07	200m: 2:34.34	40.77	300m: 3:57.18	41.30
					350m: 4:37.37	40.19
					400m: 5:16.46	39.09
29.	Fleur Kamminga	WVZ	200701838	5:17.92	+0,85	398
	50m: 34.19	34.19	150m: 1:53.23	40.41	250m: 3:15.63	41.12
	100m: 1:12.82	38.63	200m: 2:34.51	41.28	300m: 3:57.11	41.48
					350m: 4:38.07	40.96
					400m: 5:17.92	39.85
DIS	Mila Oomens	ZPV Barracuda	200700016		+0,48	
	AA - Gestart voor het startsignaal (en wel gezwommen).					