

Programmanr. 5  
05-12-2019

Meisjes, 400m vrije slag

Junioren/Jeugd  
Resultaten

Nederlands Record Junioren	4:19.97	Esmee Vermeulen	Amsterdam	20-12-2009
Nederlands Record 14 jaar	4:12.65	Esmee Vermeulen	Amsterdam	03-12-2010
Nederlands Record 13 jaar	4:19.97	Esmee Vermeulen	Amsterdam	20-12-2009
Kamp. Record Junioren 3 en 4	4:20.31	Esmee Vermeulen	Heerenveen	29-01-2010

rang	naam	vereniging	startnr.	tijd	RT
<b>Junioren 3 en 4</b>					
1.	Merel Schravendijk	The Hague Swimming (SG)	200503382	<b>4:25.71</b>	+0,72
	50m: 30.76	30.76 150m: 1:37.68	33.48	250m: 2:45.72	34.12
	100m: 1:04.20	33.44 200m: 2:11.60	33.92	300m: 3:19.75	34.03
				350m: 3:53.30	33.55
				400m: 4:25.71	32.41
2.	Bridget Vermeer	VZC	200501766	<b>4:27.24</b>	+0,75
	50m: 30.56	30.56 150m: 1:38.06	33.75	250m: 2:46.71	34.61
	100m: 1:04.31	33.75 200m: 2:12.10	34.04	300m: 3:20.87	34.16
				350m: 3:54.70	33.83
				400m: 4:27.24	32.54
3.	Yke Groener	De Dinkel	200500772	<b>4:33.04</b>	+0,78
	50m: 31.16	31.16 150m: 1:39.15	34.26	250m: 2:47.04	34.08
	100m: 1:04.89	33.73 200m: 2:12.96	33.81	300m: 3:22.18	35.14
				350m: 3:57.71	35.53
				400m: 4:33.04	35.33
4.	Marte Hieke van der Kamp	Orca	200500218	<b>4:34.21</b>	+0,80
	50m: 29.99	29.99 150m: 1:38.01	34.39	250m: 2:47.55	34.90
	100m: 1:03.62	33.63 200m: 2:12.65	34.64	300m: 3:22.92	35.37
				350m: 3:58.62	35.70
				400m: 4:34.21	35.59
5.	Marin Wieling	ZPC AMERSFOORT	200501220	<b>4:35.99</b>	+0,79
	50m: 30.49	30.49 150m: 1:39.74	34.93	250m: 2:49.50	35.68
	100m: 1:04.81	34.32 200m: 2:13.82	34.08	300m: 3:26.11	36.61
				350m: 4:02.29	36.18
				400m: 4:35.99	33.70
6.	Elydjah van der Heul	The Hague Swimming (SG)	200602180	<b>4:36.56</b>	+0,74
	50m: 30.55	30.55 150m: 1:40.12	35.31	250m: 2:50.86	35.48
	100m: 1:04.81	34.26 200m: 2:15.38	35.26	300m: 3:26.61	35.75
				350m: 4:02.17	35.56
				400m: 4:36.56	34.39
7.	Noor Vermeer	SBC2000	200600752	<b>4:38.73</b>	+0,86
	50m: 31.86	31.86 150m: 1:42.59	35.98	250m: 2:55.28	36.40
	100m: 1:06.61	34.75 200m: 2:18.88	36.29	300m: 3:30.66	35.38
				350m: 4:06.01	35.35
				400m: 4:38.73	32.72
8.	Sophia van Droffelaar	ZVVS	200500330	<b>4:39.26</b>	+0,72
	50m: 30.75	30.75 150m: 1:40.29	35.19	250m: 2:51.55	35.97
	100m: 1:05.10	34.35 200m: 2:15.58	35.29	300m: 3:27.91	36.36
				350m: 4:04.45	36.54
				400m: 4:39.26	34.81
9.	Isa Maes	Albion WZK (SG)	200500110	<b>4:40.14</b>	+0,72
	50m: 30.42	30.42 150m: 1:42.12	36.39	250m: 2:54.50	36.51
	100m: 1:05.73	35.31 200m: 2:17.99	35.87	300m: 3:30.58	36.08
				350m: 4:06.15	35.57
				400m: 4:40.14	33.99
10.	Emma van Leeuwen	DAW	200500200	<b>4:40.29</b>	+0,89
	50m: 31.96	31.96 150m: 1:43.32	35.97	250m: 2:55.31	35.85
	100m: 1:07.35	35.39 200m: 2:19.46	36.14	300m: 3:31.13	35.82
				350m: 4:06.40	35.27
				400m: 4:40.29	33.89
11.	Michelle Jørgensen	De Dolfijn	200501364	<b>4:40.96</b>	+0,73
	50m: 31.04	31.04 150m: 1:40.77	35.21	250m: 2:52.38	35.70
	100m: 1:05.56	34.52 200m: 2:16.68	35.91	300m: 3:28.74	36.36
				350m: 4:05.54	36.80
				400m: 4:40.96	35.42
12.	Lianne Beekman	ZVV	200500124	<b>4:42.20</b>	+0,76
	50m: 30.03	30.03 150m: 1:39.75	35.32	250m: 2:52.63	36.82
	100m: 1:04.43	34.40 200m: 2:15.81	36.06	300m: 3:29.70	37.07
				350m: 4:06.63	36.93
				400m: 4:42.20	35.57
13.	Emma Verkuyll	ZPV Barracuda	200500826	<b>4:42.74</b>	+0,73
	50m: 31.61	31.61 150m: 1:43.13	36.45	250m: 2:56.56	36.52
	100m: 1:06.68	35.07 200m: 2:20.04	36.91	300m: 3:32.73	36.17
				350m: 4:08.34	35.61
				400m: 4:42.74	34.40
14.	Aisha Nobels	Albion WZK (SG)	200501710	<b>4:43.02</b>	+0,68
	50m: 32.16	32.16 150m: 1:44.07	36.52	250m: 2:56.01	36.10
	100m: 1:07.55	35.39 200m: 2:19.91	35.84	300m: 3:32.73	36.72
				350m: 4:08.45	35.72
				400m: 4:43.02	34.57
15.	Roos Arnold	ZV 44	200500060	<b>4:44.78</b>	+0,77
	50m: 31.98	31.98 150m: 1:45.01	36.79	250m: 2:57.82	36.31
	100m: 1:08.22	36.24 200m: 2:21.51	36.50	300m: 3:34.11	36.29
				350m: 4:10.65	36.54
				400m: 4:44.78	34.13
16.	Indy van Laarhoven	TRB-RES	200500710	<b>4:44.97</b>	+0,80
	50m: 32.13	32.13 150m: 1:44.38	36.74	250m: 2:57.58	36.49
	100m: 1:07.64	35.51 200m: 2:21.09	36.71	300m: 3:34.09	36.51
				350m: 4:10.43	36.34
				400m: 4:44.97	34.54
17.	Emma Riemers	MSV-Zeemacht	200500748	<b>4:45.11</b>	+0,73
	50m: 32.08	32.08 150m: 1:43.61	35.97	250m: 2:56.80	36.59
	100m: 1:07.64	35.56 200m: 2:20.21	36.60	300m: 3:34.44	37.64
				350m: 4:11.60	37.16
				400m: 4:45.11	33.51
18.	Emma-Leigh Barkhuis	PSV	200505228	<b>4:45.33</b>	+0,75
	50m: 31.94	31.94 150m: 1:43.66	36.56	250m: 2:56.74	36.24
	100m: 1:07.10	35.16 200m: 2:20.50	36.84	300m: 3:33.11	36.37
				350m: 4:10.06	36.95
				400m: 4:45.33	35.27

onjuistheden?

mail naar: [nijkinschrijvingen@knzb.nl](mailto:nijkinschrijvingen@knzb.nl)

Programmanr. 5, Meisjes, 400m vrije slag, Junioren 3 en 4

rang	naam	vereniging	startnr.	tijd	RT
19.	Vivianne Woltjes	The Hague Swimming (SG)	200501524	<b>4:45.94</b>	+0,70
	50m: 31.53	31.53 150m: 1:43.85	36.55 250m: 2:57.51	36.82 350m: 4:10.71	36.71
	100m: 1:07.30	35.77 200m: 2:20.69	36.84 300m: 3:34.00	36.49 400m: 4:45.94	35.23
20.	Neomi Koetsier	WS Twente	200502144	<b>4:47.10</b>	+0,68
	50m: 31.57	31.57 150m: 1:43.57	36.47 250m: 2:56.86	36.49 350m: 4:10.55	36.86
	100m: 1:07.10	35.53 200m: 2:20.37	36.80 300m: 3:33.69	36.83 400m: 4:47.10	36.55
21.	Evica Klok	VZC	200501828	<b>4:48.04</b>	+0,73
	50m: 32.17	32.17 150m: 1:43.55	36.27 250m: 2:56.84	36.80 350m: 4:11.35	37.38
	100m: 1:07.28	35.11 200m: 2:20.04	36.49 300m: 3:33.97	37.13 400m: 4:48.04	36.69
22.	Jennifer Veldhuisen	De Dolfijn	200502500	<b>4:48.50</b>	+0,73
	50m: 31.60	31.60 150m: 1:42.61	35.93 250m: 2:56.76	37.24 350m: 4:11.71	37.40
	100m: 1:06.68	35.08 200m: 2:19.52	36.91 300m: 3:34.31	37.55 400m: 4:48.50	36.79
23.	Chloe Boes	WZ&PC Purmerend	200502384	<b>4:49.00</b>	+0,73
	50m: 31.47	31.47 150m: 1:43.57	36.87 250m: 2:57.32	36.82 350m: 4:12.21	37.51
	100m: 1:06.70	35.23 200m: 2:20.50	36.93 300m: 3:34.70	37.38 400m: 4:49.00	36.79
24.	Megan Jonkman	The Hague Swimming (SG)	200600508	<b>4:49.21</b>	+0,81
	50m: 30.95	30.95 150m: 1:43.91	36.93 250m: 2:58.79	37.22 350m: 4:12.74	36.87
	100m: 1:06.98	36.03 200m: 2:21.57	37.66 300m: 3:35.87	37.08 400m: 4:49.21	36.47
25.	Robyn Hulleman	ZVV	200600890	<b>4:50.52</b>	+0,71
	50m: 30.97	30.97 150m: 1:41.13	35.90 250m: 2:55.47	37.23 350m: 4:12.70	38.60
	100m: 1:05.23	34.26 200m: 2:18.24	37.11 300m: 3:34.10	38.63 400m: 4:50.52	37.82
26.	Julia van den Bosch	Deltasteur	200600232	<b>4:52.15</b>	+0,77
	50m: 32.13	32.13 150m: 1:45.78	37.57 250m: 3:01.41	37.89 350m: 4:16.99	37.94
	100m: 1:08.21	36.08 200m: 2:23.52	37.74 300m: 3:39.05	37.64 400m: 4:52.15	35.16
27.	Kim Oudendijk	DAW	200600964	<b>4:53.36</b>	+0,74
	50m: 31.65	31.65 150m: 1:44.68	37.43 250m: 2:58.47	37.12 350m: 4:13.97	38.94
	100m: 1:07.25	35.60 200m: 2:21.35	36.67 300m: 3:35.03	36.56 400m: 4:53.36	39.39
28.	Melissa Odemis	De Dolfijn	200602422	<b>4:53.48</b>	+0,75
	50m: 32.36	32.36 150m: 1:44.25	36.42 250m: 2:59.29	37.62 350m: 4:16.13	38.60
	100m: 1:07.83	35.47 200m: 2:21.67	37.42 300m: 3:37.53	38.24 400m: 4:53.48	37.35
29.	Charley Blide	TriVia	200600164	<b>4:54.35</b>	+0,74
	50m: 31.59	31.59 150m: 1:44.11	36.90 250m: 2:59.99	38.02 350m: 4:16.68	38.31
	100m: 1:07.21	35.62 200m: 2:21.97	37.86 300m: 3:38.37	38.38 400m: 4:54.35	37.67
30.	Aniek van den Brink	De Dolfijn	200500090	<b>4:55.76</b>	+0,75
	50m: 31.66	31.66 150m: 1:43.98	36.82 250m: 3:00.20	38.45 350m: 4:18.05	38.99
	100m: 1:07.16	35.50 200m: 2:21.75	37.77 300m: 3:39.06	38.86 400m: 4:55.76	37.71

Paralympics

1.	Milou van Winkel	HPC PARA-Link	200402296	S14	<b>5:16.26</b>	+0,81	602
	50m: 34.66	34.66 150m: 1:54.72	40.54 250m: 3:13.90	39.18 350m: 4:35.20	41.16		
	100m: 1:14.18	39.52 200m: 2:34.72	40.00 300m: 3:54.04	40.14 400m: 5:16.26	41.06		
2.	Lieke Duijnkerke	ZPC De Zeeuwse Kust	200700468	S10	<b>5:22.55</b>	+0,88	586
	50m: 35.12	35.12 150m: 1:55.76	40.86 250m: 3:17.89	41.31 350m: 4:41.72	41.88		
	100m: 1:14.90	39.78 200m: 2:36.58	40.82 300m: 3:59.84	41.95 400m: 5:22.55	40.83		
3.	Iris Onnink	HPC PARA-DWK	200301836	S10	<b>5:32.95</b>	+0,70	533
	50m: 36.29	36.29 150m: 1:59.55	42.14 250m: 3:24.24	42.48 350m: 4:49.45	42.30		
	100m: 1:17.41	41.12 200m: 2:41.76	42.21 300m: 4:07.15	42.91 400m: 5:32.95	43.50		
4.	Suzie Pellis	Hieronymus	200701600	S9	<b>5:47.52</b>	+0,94	519
	50m: 36.04	36.04 150m: 2:01.59	43.92 250m: 3:31.37	45.00 350m: 5:01.49	45.08		
	100m: 1:17.67	41.63 200m: 2:46.37	44.78 300m: 4:16.41	45.04 400m: 5:47.52	46.03		
5.	Mara de Bruin	ZPC AMERSFOORT	200303268	S9	<b>6:09.04</b>	+0,84	433
	50m: 40.05	40.05 150m: 2:10.24	45.97 250m: 3:45.71	48.08 350m: 5:21.08	47.17		
	100m: 1:24.27	44.22 200m: 2:57.63	47.39 300m: 4:33.91	48.20 400m: 6:09.04	47.96		