

Programmanr. 52  
08-12-2019

Meisjes, 400m wisselslag  
snelste serie

Jun 3+4 / Jeu  
Resultaten

|                              |         |                       |                    |            |
|------------------------------|---------|-----------------------|--------------------|------------|
| Nederlands Record Jeugd      | 4:42.72 | Sharon van Rouwendaal | Saint Dizier (FRA) | 16-11-2008 |
| Nederlands Record Junioren   | 4:54.16 | Niamh Hofland         | Nottingham (GBR)   | 08-11-2015 |
| Nederlands Record 16 jaar    | 4:43.00 | Sharon van Rouwendaal | Amsterdam          | 20-12-2009 |
| 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 |
| Nederlands Record 13 jaar    | 4:54.16 | Niamh Hofland         | Nottingham (GBR)   | 08-11-2015 |
| Kamp. Record Jeugd           | 4:45.49 | Niamh Hofland         | Eindhoven          | 16-12-2017 |
| Kamp. Record Junioren 3 en 4 | 5:01.62 | Tessa Vermeulen       | Amsterdam          | 05-02-2012 |

| rang | naam                     | vereniging              | startnr.            | tijd                | RT    |
|------|--------------------------|-------------------------|---------------------|---------------------|-------|
| 1.   | Merel Schravendijk       | The Hague Swimming (SG) | 200503382           | <b>5:03.11</b>      | +0,74 |
|      | 50m: 32.78               | 32.78 150m: 1:48.64     | 38.15 250m: 3:09.46 | 42.81 350m: 4:29.46 | 34.89 |
|      | 100m: 1:10.49            | 37.71 200m: 2:26.65     | 38.01 300m: 3:54.57 | 45.11 400m: 5:03.11 | 33.65 |
| 2.   | Bridget Vermeer          | VZC                     | 200501766           | <b>5:05.16</b>      | +0,81 |
|      | 50m: 31.84               | 31.84 150m: 1:50.56     | 40.96 250m: 3:13.29 | 41.69 350m: 4:31.22 | 34.64 |
|      | 100m: 1:09.60            | 37.76 200m: 2:31.60     | 41.04 300m: 3:56.58 | 43.29 400m: 5:05.16 | 33.94 |
| 3.   | Megan Jonkman            | The Hague Swimming (SG) | 200600508           | <b>5:10.91</b>      | +0,86 |
|      | 50m: 33.04               | 33.04 150m: 1:50.64     | 40.16 250m: 3:13.77 | 44.08 350m: 4:35.89 | 36.65 |
|      | 100m: 1:10.48            | 37.44 200m: 2:29.69     | 39.05 300m: 3:59.24 | 45.47 400m: 5:10.91 | 35.02 |
| 4.   | Jelsie van Ruijven       | WVZ                     | 200500282           | <b>5:13.40</b>      | +0,68 |
|      | 50m: 32.63               | 32.63 150m: 1:53.04     | 41.28 250m: 3:17.29 | 44.17 350m: 4:37.55 | 34.77 |
|      | 100m: 1:11.76            | 39.13 200m: 2:33.12     | 40.08 300m: 4:02.78 | 45.49 400m: 5:13.40 | 35.85 |
| 5.   | Noor Vermeer             | SBC2000                 | 200600752           | <b>5:16.05</b>      | +0,80 |
|      | 50m: 34.78               | 34.78 150m: 1:55.80     | 41.27 250m: 3:20.19 | 45.12 350m: 4:42.41 | 36.74 |
|      | 100m: 1:14.53            | 39.75 200m: 2:35.07     | 39.27 300m: 4:05.67 | 45.48 400m: 5:16.05 | 33.64 |
| 6.   | Emma van Leeuwen         | DAW                     | 200500200           | <b>5:18.06</b>      | +0,86 |
|      | 50m: 36.11               | 36.11 150m: 1:58.53     | 39.21 250m: 3:21.98 | 44.44 350m: 4:43.39 | 37.16 |
|      | 100m: 1:19.32            | 43.21 200m: 2:37.54     | 39.01 300m: 4:06.23 | 44.25 400m: 5:18.06 | 34.67 |
| 7.   | Joy Willekus             | De Dolfijn              | 200602420           | <b>5:19.00</b>      | +0,76 |
|      | 50m: 33.99               | 33.99 150m: 1:57.25     | 41.81 250m: 3:21.66 | 43.87 350m: 4:43.53 | 38.18 |
|      | 100m: 1:15.44            | 41.45 200m: 2:37.79     | 40.54 300m: 4:05.35 | 43.69 400m: 5:19.00 | 35.47 |
| 8.   | Marte Hieke van der Kamp | Orca                    | 200500218           | <b>5:19.78</b>      | +0,77 |
|      | 50m: 33.80               | 33.80 150m: 1:52.94     | 39.01 250m: 3:19.39 | 47.75 350m: 4:44.44 | 36.67 |
|      | 100m: 1:13.93            | 40.13 200m: 2:31.64     | 38.70 300m: 4:07.77 | 48.38 400m: 5:19.78 | 35.34 |
| 9.   | Emma Verkuyll            | ZPV Barracuda           | 200500826           | <b>5:21.47</b>      | +0,79 |
|      | 50m: 33.07               | 33.07 150m: 1:55.01     | 43.21 250m: 3:22.89 | 46.55 350m: 4:46.93 | 36.67 |
|      | 100m: 1:11.80            | 38.73 200m: 2:36.34     | 41.33 300m: 4:10.26 | 47.37 400m: 5:21.47 | 34.54 |
| 10.  | Fleur Bos                | Orca                    | 200500674           | <b>5:24.38</b>      | +0,84 |
|      | 50m: 33.79               | 33.79 150m: 1:56.74     | 41.01 250m: 3:21.81 | 45.14 350m: 4:47.51 | 39.05 |
|      | 100m: 1:15.73            | 41.94 200m: 2:36.67     | 39.93 300m: 4:08.46 | 46.65 400m: 5:24.38 | 36.87 |
| 11.  | Sophia van Droffelaar    | ZVVS                    | 200500330           | <b>5:26.18</b>      | +0,74 |
|      | 50m: 34.18               | 34.18 150m: 2:00.37     | 43.23 250m: 3:26.41 | 44.57 350m: 4:49.61 | 37.55 |
|      | 100m: 1:17.14            | 42.96 200m: 2:41.84     | 41.47 300m: 4:12.06 | 45.65 400m: 5:26.18 | 36.57 |
| 12.  | Isa Maes                 | Albion WZK (SG)         | 200500110           | <b>5:26.74</b>      | +0,74 |
|      | 50m: 34.13               | 34.13 150m: 1:57.59     | 41.65 250m: 3:24.53 | 46.29 350m: 4:49.86 | 38.15 |
|      | 100m: 1:15.94            | 41.81 200m: 2:38.24     | 40.65 300m: 4:11.71 | 47.18 400m: 5:26.74 | 36.88 |
| 13.  | Lianne Beekman           | ZVV                     | 200500124           | <b>5:27.87</b>      | +0,78 |
|      | 50m: 32.89               | 32.89 150m: 1:55.48     | 42.38 250m: 3:23.87 | 46.78 350m: 4:50.98 | 39.17 |
|      | 100m: 1:13.10            | 40.21 200m: 2:37.09     | 41.61 300m: 4:11.81 | 47.94 400m: 5:27.87 | 36.89 |
| 14.  | Jennifer Veldhuisen      | De Dolfijn              | 200502500           | <b>5:27.89</b>      | +0,75 |
|      | 50m: 35.04               | 35.04 150m: 1:58.81     | 43.12 250m: 3:29.10 | 48.24 350m: 4:53.98 | 36.10 |
|      | 100m: 1:15.69            | 40.65 200m: 2:40.86     | 42.05 300m: 4:17.88 | 48.78 400m: 5:27.89 | 33.91 |
| 15.  | Michelle Jørgensen       | De Dolfijn              | 200501364           | <b>5:28.87</b>      | +0,74 |
|      | 50m: 34.00               | 34.00 150m: 1:57.68     | 41.56 250m: 3:27.05 | 48.70 350m: 4:54.15 | 37.70 |
|      | 100m: 1:16.12            | 42.12 200m: 2:38.35     | 40.67 300m: 4:16.45 | 49.40 400m: 5:28.87 | 34.72 |
| 16.  | Evica Klok               | VZC                     | 200501828           | <b>5:29.13</b>      | +0,91 |
|      | 50m: 33.09               | 33.09 150m: 1:55.17     | 42.60 250m: 3:24.46 | 48.43 350m: 4:52.93 | 39.39 |
|      | 100m: 1:12.57            | 39.48 200m: 2:36.03     | 40.86 300m: 4:13.54 | 49.08 400m: 5:29.13 | 36.20 |
| 17.  | Felinn van Lienden       | Hieronymus              | 200602038           | <b>5:33.90</b>      | +0,81 |
|      | 50m: 35.94               | 35.94 150m: 1:59.63     | 40.86 250m: 3:28.85 | 48.14 350m: 4:55.92 | 38.24 |
|      | 100m: 1:18.77            | 42.83 200m: 2:40.71     | 41.08 300m: 4:17.68 | 48.83 400m: 5:33.90 | 37.98 |

onjuistheden?

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Programmanr. 52, Meisjes, 400m wisselslag, Junioren 3 en 4

| rang  | naam               | vereniging              | startnr.      | tijd           | RT            |       |               |       |
|-------|--------------------|-------------------------|---------------|----------------|---------------|-------|---------------|-------|
| 18.   | Evy Rozeboom       | DAW                     | 200601338     | <b>5:35.49</b> | +0,77         |       |               |       |
|       | 50m: 35.77         | 35.77                   | 150m: 2:01.86 | 43.06          | 250m: 3:31.22 | 47.86 | 350m: 4:59.10 | 38.50 |
|       | 100m: 1:18.80      | 43.03                   | 200m: 2:43.36 | 41.50          | 300m: 4:20.60 | 49.38 | 400m: 5:35.49 | 36.39 |
| 19.   | Leyla Oversluijzen | MNC Dordrecht           | 200602730     | <b>5:37.15</b> | +0,75         |       |               |       |
|       | 50m: 35.17         | 35.17                   | 150m: 2:02.46 | 43.59          | 250m: 3:31.74 | 46.82 | 350m: 4:59.81 | 39.48 |
|       | 100m: 1:18.87      | 43.70                   | 200m: 2:44.92 | 42.46          | 300m: 4:20.33 | 48.59 | 400m: 5:37.15 | 37.34 |
| AFGEM | Mara Tims          | The Hague Swimming (SG) | 200601136     |                |               |       |               |       |

Jeugd 1 en 2

|     |                     |                         |               |                |               |       |               |       |
|-----|---------------------|-------------------------|---------------|----------------|---------------|-------|---------------|-------|
| 1.  | Anna van Droffelaar | ZVVS                    | 200400258     | <b>4:54.68</b> | +0,67         |       |               |       |
|     | 50m: 31.04          | 31.04                   | 150m: 1:45.25 | 36.89          | 250m: 3:04.50 | 41.52 | 350m: 4:22.65 | 35.91 |
|     | 100m: 1:08.36       | 37.32                   | 200m: 2:22.98 | 37.73          | 300m: 3:46.74 | 42.24 | 400m: 4:54.68 | 32.03 |
| 2.  | Josse Bergman       | VZC                     | 200305146     | <b>4:55.80</b> | +0,73         |       |               |       |
|     | 50m: 31.39          | 31.39                   | 150m: 1:45.95 | 38.23          | 250m: 3:06.88 | 43.90 | 350m: 4:24.07 | 33.43 |
|     | 100m: 1:07.72       | 36.33                   | 200m: 2:22.98 | 37.03          | 300m: 3:50.64 | 43.76 | 400m: 4:55.80 | 31.73 |
| 3.  | Kirsten Verhalle    | VZC                     | 200400210     | <b>4:57.69</b> | +0,79         |       |               |       |
|     | 50m: 31.52          | 31.52                   | 150m: 1:45.13 | 37.52          | 250m: 3:05.72 | 43.07 | 350m: 4:24.57 | 34.77 |
|     | 100m: 1:07.61       | 36.09                   | 200m: 2:22.65 | 37.52          | 300m: 3:49.80 | 44.08 | 400m: 4:57.69 | 33.12 |
| 4.  | Danielle Meinema    | ZV 44                   | 200300534     | <b>5:03.13</b> | +0,83         |       |               |       |
|     | 50m: 32.19          | 32.19                   | 150m: 1:48.74 | 38.74          | 250m: 3:10.11 | 42.93 | 350m: 4:29.49 | 35.39 |
|     | 100m: 1:10.00       | 37.81                   | 200m: 2:27.18 | 38.44          | 300m: 3:54.10 | 43.99 | 400m: 5:03.13 | 33.64 |
| 5.  | Maike Issard        | VZC                     | 200300022     | <b>5:04.50</b> | +0,82         |       |               |       |
|     | 50m: 31.60          | 31.60                   | 150m: 1:47.01 | 38.68          | 250m: 3:09.80 | 44.13 | 350m: 4:30.25 | 35.62 |
|     | 100m: 1:08.33       | 36.73                   | 200m: 2:25.67 | 38.66          | 300m: 3:54.63 | 44.83 | 400m: 5:04.50 | 34.25 |
| 6.  | Luna de Vries       | HZPC                    | 200400516     | <b>5:08.65</b> | +0,79         |       |               |       |
|     | 50m: 32.50          | 32.50                   | 150m: 1:50.34 | 39.79          | 250m: 3:12.80 | 43.73 | 350m: 4:33.04 | 35.88 |
|     | 100m: 1:10.55       | 38.05                   | 200m: 2:29.07 | 38.73          | 300m: 3:57.16 | 44.36 | 400m: 5:08.65 | 35.61 |
| 7.  | Veerie Nieborg      | TriVia                  | 200400428     | <b>5:10.41</b> | +0,76         |       |               |       |
|     | 50m: 31.17          | 31.17                   | 150m: 1:48.82 | 41.05          | 250m: 3:13.34 | 44.75 | 350m: 4:35.46 | 36.18 |
|     | 100m: 1:07.77       | 36.60                   | 200m: 2:28.59 | 39.77          | 300m: 3:59.28 | 45.94 | 400m: 5:10.41 | 34.95 |
| 8.  | Jessie Bodden       | Hellas-Glana            | 200401650     | <b>5:11.49</b> | +0,77         |       |               |       |
|     | 50m: 34.06          | 34.06                   | 150m: 1:51.18 | 38.24          | 250m: 3:14.59 | 45.46 | 350m: 4:36.72 | 36.27 |
|     | 100m: 1:12.94       | 38.88                   | 200m: 2:29.13 | 37.95          | 300m: 4:00.45 | 45.86 | 400m: 5:11.49 | 34.77 |
| 9.  | Kim Zwinkels        | ZPCH                    | 200300422     | <b>5:12.57</b> | +0,76         |       |               |       |
|     | 50m: 31.61          | 31.61                   | 150m: 1:49.08 | 40.51          | 250m: 3:16.22 | 47.51 | 350m: 4:39.41 | 36.41 |
|     | 100m: 1:08.57       | 36.96                   | 200m: 2:28.71 | 39.63          | 300m: 4:03.00 | 46.78 | 400m: 5:12.57 | 33.16 |
| 10. | Charlotte Wilbers   | ZPC Hoogeveen           | 200400312     | <b>5:14.49</b> | +0,75         |       |               |       |
|     | 50m: 34.29          | 34.29                   | 150m: 1:54.83 | 39.29          | 250m: 3:19.27 | 46.28 | 350m: 4:41.49 | 34.93 |
|     | 100m: 1:15.54       | 41.25                   | 200m: 2:32.99 | 38.16          | 300m: 4:06.56 | 47.29 | 400m: 5:14.49 | 33.00 |
| 11. | Aniek van de Weerd  | VZC                     | 200404136     | <b>5:15.14</b> | +0,79         |       |               |       |
|     | 50m: 32.07          | 32.07                   | 150m: 1:49.62 | 39.38          | 250m: 3:16.65 | 48.67 | 350m: 4:40.95 | 35.71 |
|     | 100m: 1:10.24       | 38.17                   | 200m: 2:27.98 | 38.36          | 300m: 4:05.24 | 48.59 | 400m: 5:15.14 | 34.19 |
| 12. | Emma Hofstee        | TriVia                  | 200401282     | <b>5:15.30</b> | +0,85         |       |               |       |
|     | 50m: 31.58          | 31.58                   | 150m: 1:49.56 | 41.28          | 250m: 3:14.43 | 43.94 | 350m: 4:38.22 | 38.34 |
|     | 100m: 1:08.28       | 36.70                   | 200m: 2:30.49 | 40.93          | 300m: 3:59.88 | 45.45 | 400m: 5:15.30 | 37.08 |
| 13. | Rinske Bouman       | The Hague Swimming (SG) | 200400578     | <b>5:17.46</b> | +0,77         |       |               |       |
|     | 50m: 32.81          | 32.81                   | 150m: 1:54.38 | 42.55          | 250m: 3:21.45 | 44.40 | 350m: 4:42.45 | 36.05 |
|     | 100m: 1:11.83       | 39.02                   | 200m: 2:37.05 | 42.67          | 300m: 4:06.40 | 44.95 | 400m: 5:17.46 | 35.01 |
| 14. | Femke Doorenbos     | The Hague Swimming (SG) | 200404214     | <b>5:17.89</b> | +0,83         |       |               |       |
|     | 50m: 32.22          | 32.22                   | 150m: 1:52.79 | 41.91          | 250m: 3:20.87 | 47.97 | 350m: 4:44.63 | 35.46 |
|     | 100m: 1:10.88       | 38.66                   | 200m: 2:32.90 | 40.11          | 300m: 4:09.17 | 48.30 | 400m: 5:17.89 | 33.26 |
| 15. | Kim de Jong         | LinK                    | 200301026     | <b>5:20.71</b> | +0,86         |       |               |       |
|     | 50m: 33.76          | 33.76                   | 150m: 1:56.64 | 42.89          | 250m: 3:21.19 | 43.53 | 350m: 4:44.39 | 38.82 |
|     | 100m: 1:13.75       | 39.99                   | 200m: 2:37.66 | 41.02          | 300m: 4:05.57 | 44.38 | 400m: 5:20.71 | 36.32 |