

Programmanr. 3
14-06-2018

Meisjes, 400m vrije slag

Junioren/Jeugd
Resultaten

rang	naam	vereniging	startnr.	tijd	RT		
Junioren 3							
1.	Janna van Kooten	TriVia	200404584	4:40.04	+0,77		
	50m: 30.96	30.96 150m: 1:41.16	35.42	250m: 2:52.89	35.89		
	100m: 1:05.74	34.78 200m: 2:17.00	35.84	300m: 3:29.04	36.15		
				350m: 4:04.76	35.72		
				400m: 4:40.04	35.28		
2.	Charlotte Wilbers	ZPC Hoogeveen	200400312	4:41.07	+0,77		
	50m: 31.42	31.42 150m: 1:41.22	35.36	250m: 2:53.17	35.87		
	100m: 1:05.86	34.44 200m: 2:17.30	36.08	300m: 3:29.81	36.64		
				350m: 4:05.63	35.82		
				400m: 4:41.07	35.44		
3.	Mary Kate Farrell	The Hague Swimming (SG)	200402870	4:43.99	+0,68		
	50m: 32.36	32.36 150m: 1:43.43	35.51	250m: 2:56.29	36.06		
	100m: 1:07.92	35.56 200m: 2:20.23	36.80	300m: 3:32.78	36.49		
				350m: 4:09.02	36.24		
				400m: 4:43.99	34.97		
4.	Ismay Lichtendonk	Dedemsvaart-AC	200400622	4:45.82	+0,70		
	50m: 31.73	31.73 150m: 1:42.18	35.87	250m: 2:55.77	37.04		
	100m: 1:06.31	34.58 200m: 2:18.73	36.55	300m: 3:32.89	37.12		
				350m: 4:09.94	37.05		
				400m: 4:45.82	35.88		
5.	Bridget de Bat	ZPC De Zeeuwse Kust	200400382	4:47.71	+0,77		
	50m: 31.87	31.87 150m: 1:43.40	36.48	250m: 2:57.27	36.95		
	100m: 1:06.92	35.05 200m: 2:20.32	36.92	300m: 3:34.90	37.63		
				350m: 4:12.13	37.23		
				400m: 4:47.71	35.58		
6.	Rinske Bouman	ZZ&PC De Devel	200400578	4:48.00	+0,82		
	50m: 31.95	31.95 150m: 1:44.12	36.60	250m: 2:58.83	37.22		
	100m: 1:07.52	35.57 200m: 2:21.61	37.49	300m: 3:36.15	37.32		
				350m: 4:13.14	36.99		
				400m: 4:48.00	34.86		
7.	Myrthe Natzijl	TriVia	200400076	4:51.78	+0,82		
	50m: 32.60	32.60 150m: 1:45.36	37.05	250m: 3:00.36	37.75		
	100m: 1:08.31	35.71 200m: 2:22.61	37.25	300m: 3:37.85	37.49		
				350m: 4:15.37	37.52		
				400m: 4:51.78	36.41		
Paralympics							
1.	Feija de Bruin	WVZ	200400106	S10	5:20.90	+0,80	595
	50m: 35.16	35.16 150m: 1:53.63	39.80	250m: 3:15.87	41.03	350m: 4:39.42	41.27
	100m: 1:13.83	38.67 200m: 2:34.84	41.21	300m: 3:58.15	42.28	400m: 5:20.90	41.48
2.	Diede Struijk	Nuenen	200403824	S12	5:58.98	+0,85	460
	50m: 41.17	41.17 150m: 2:11.99	45.43	250m: 3:44.43	45.71	350m: 5:16.97	45.99
	100m: 1:26.56	45.39 200m: 2:58.72	46.73	300m: 4:30.98	46.55	400m: 5:58.98	42.01
3.	Iris Onnink	De Vrije Slag	200301836	S10	5:54.43		442
	50m: 38.74	38.74 150m: 2:08.11	45.35	250m: 3:38.80	45.71	350m: 5:09.94	45.99
	100m: 1:22.76	44.02 200m: 2:53.09	44.98	300m: 4:23.95	45.15	400m: 5:54.43	44.49