

Programmanr. 6
15-06-2018

Meisjes, 400m vrije slag
snelste serie

Jeugd 1 en 2
Resultaten

rang	naam	vereniging	startnr.	tijd	RT			
1.	Imani de Jong	RTC - ZPCH	200200464	4:22.56	+0,75			
	50m: 29.16	29.16	150m: 1:34.97	33.30	250m: 2:42.17	33.61	350m: 3:50.02	33.94
	100m: 1:01.67	32.51	200m: 2:08.56	33.59	300m: 3:16.08	33.91	400m: 4:22.56	32.54
2.	Femke Spiering	RTC - VZC	200204514	4:24.64	+0,84			
	50m: 30.34	30.34	150m: 1:38.05	34.11	250m: 2:46.45	33.87	350m: 3:54.05	33.27
	100m: 1:03.94	33.60	200m: 2:12.58	34.53	300m: 3:20.78	34.33	400m: 4:24.64	30.59
3.	Nienke Jonk	RTC - Hieronymus	200203000	4:24.80	+0,72			
	50m: 30.03	30.03	150m: 1:37.62	34.04	250m: 2:46.24	34.00	350m: 3:54.03	33.33
	100m: 1:03.58	33.55	200m: 2:12.24	34.62	300m: 3:20.70	34.46	400m: 4:24.80	30.77
4.	Lize van den Nieuwenhuijzen	PSV	200304454	4:33.25	+0,84			
	50m: 30.83	30.83	150m: 1:38.54	33.98	250m: 2:49.37	35.58	350m: 4:00.08	35.30
	100m: 1:04.56	33.73	200m: 2:13.79	35.25	300m: 3:24.78	35.41	400m: 4:33.25	33.17
5.	Gaia Sterre Mirotti	VZC	200305158	4:34.40	+0,64			
	50m: 30.09	30.09	150m: 1:38.47	34.71	250m: 2:48.82	35.06	350m: 3:59.91	35.47
	100m: 1:03.76	33.67	200m: 2:13.76	35.29	300m: 3:24.44	35.62	400m: 4:34.40	34.49
6.	Femke Hoppenbrouwer	The Hague Swimming (SG)	200301124	4:34.50	+0,71			
	50m: 29.99	29.99	150m: 1:38.16	34.38	250m: 2:49.13	35.55	350m: 4:00.60	35.46
	100m: 1:03.78	33.79	200m: 2:13.58	35.42	300m: 3:25.14	36.01	400m: 4:34.50	33.90
7.	Lindsey Berghuis	ZV 44	200300104	4:38.94	+0,71			
	50m: 30.75	30.75	150m: 1:39.77	34.73	250m: 2:51.19	35.49	350m: 4:03.75	36.55
	100m: 1:05.04	34.29	200m: 2:15.70	35.93	300m: 3:27.20	36.01	400m: 4:38.94	35.19
8.	Yara van Kalmthout	Nova	200200984	4:41.17	+0,79			
	50m: 31.30	31.30	150m: 1:41.09	35.27	250m: 2:52.67	35.72	350m: 4:05.57	36.53
	100m: 1:05.82	34.52	200m: 2:16.95	35.86	300m: 3:29.04	36.37	400m: 4:41.17	35.60
9.	Imke Beekman	Hellas-Glana	200301950	4:41.78	+0,80			
	50m: 31.58	31.58	150m: 1:42.23	35.71	250m: 2:54.68	36.03	350m: 4:07.59	36.33
	100m: 1:06.52	34.94	200m: 2:18.65	36.42	300m: 3:31.26	36.58	400m: 4:41.78	34.19
10.	Babet de Voogd	ZPC De Zeeuwse Kust	200301362	4:45.14	+0,43			
	50m: 31.61	31.61	150m: 1:43.30	36.28	250m: 2:56.43	36.21	350m: 4:09.45	36.11
	100m: 1:07.02	35.41	200m: 2:20.22	36.92	300m: 3:33.34	36.91	400m: 4:45.14	35.69
11.	Ymke Dragstra	ZPC AMERSFOORT	200300930	4:45.72	+0,74			
	50m: 31.73	31.73	150m: 1:44.46	36.69	250m: 2:57.75	36.22	350m: 4:10.62	36.39
	100m: 1:07.77	36.04	200m: 2:21.53	37.07	300m: 3:34.23	36.48	400m: 4:45.72	35.10
12.	Eline Gros	Aqua-Novio'94	200302700	4:47.40	+0,80			
	50m: 30.82	30.82	150m: 1:41.55	36.08	250m: 2:55.12	37.44	350m: 4:10.55	36.93
	100m: 1:05.47	34.65	200m: 2:17.68	36.13	300m: 3:33.62	38.50	400m: 4:47.40	36.85
13.	Vera Renshof	DWK	200301582	4:47.71	+0,72			
	50m: 31.48	31.48	150m: 1:43.60	36.69	250m: 2:58.28	37.70	350m: 4:12.97	37.20
	100m: 1:06.91	35.43	200m: 2:20.58	36.98	300m: 3:35.77	37.49	400m: 4:47.71	34.74
14.	Megan de Hoog	SCOM/De Zeehond'73 (SG)	200300214	4:48.38	+0,75			
	50m: 32.04	32.04	150m: 1:44.86	36.59	250m: 2:58.69	36.61	350m: 4:12.52	36.46
	100m: 1:08.27	36.23	200m: 2:22.08	37.22	300m: 3:36.06	37.37	400m: 4:48.38	35.86
15.	Ilse Kraaijeveld	The Hague Swimming (SG)	200202190	4:48.41	+0,70			
	50m: 31.31	31.31	150m: 1:43.58	37.01	250m: 2:58.80	37.92	350m: 4:13.85	37.58
	100m: 1:06.57	35.26	200m: 2:20.88	37.30	300m: 3:36.27	37.47	400m: 4:48.41	34.56
16.	Amber Celie	De Dolfijn	200300756	4:49.07	+0,80			
	50m: 31.93	31.93	150m: 1:44.75	37.19	250m: 2:59.55	37.59	350m: 4:14.54	37.63
	100m: 1:07.56	35.63	200m: 2:21.96	37.21	300m: 3:36.91	37.36	400m: 4:49.07	34.53
17.	Suze Kuipers	Orca	200301714	4:49.76	+0,84			
	50m: 32.25	32.25	150m: 1:44.97	36.56	250m: 2:59.03	36.97	350m: 4:13.19	36.84
	100m: 1:08.41	36.16	200m: 2:22.06	37.09	300m: 3:36.35	37.32	400m: 4:49.76	36.57
18.	Lieke Nijmeijer	ZPC AMERSFOORT	200300124	4:51.33	+0,75			
	50m: 32.49	32.49	150m: 1:45.50	37.02	250m: 3:00.22	37.40	350m: 4:15.21	37.27
	100m: 1:08.48	35.99	200m: 2:22.82	37.32	300m: 3:37.94	37.72	400m: 4:51.33	36.12