

Programmanr. 3 13-06-2019	Meisjes, 400m vrije slag			Junioren/Jeugd Resultaten	
Nederlands Record Junioren	4:20.37	Karen Wammes	Antwerpen (BEL)	01-08-1991	
Nederlands Record 14 jaar	4:20.37	Karen Wammes	Antwerpen (BEL)	01-08-1991	
Kamp. Record Junioren 3	4:21.18	Esmee Vermeulen	Amsterdam	18-06-2010	
Prestatie-eis EJK 2019	4:18.28				
Prestatie-eis EYOF 2019	4:25.23				

rang	naam	vereniging	startnr.	tijd	RT		
Junioren 3							
1.	Merel Schravendijk	The Hague Swimming (SG)	200503382	4:35.16	+0,72		
	50m: 31.17	31.17 150m: 1:40.25	35.13	250m: 2:50.57	34.98	350m: 4:00.57	35.04
	100m: 1:05.12	33.95 200m: 2:15.59	35.34	300m: 3:25.53	34.96	400m: 4:35.16	34.59
2.	Thera Janssen	Aqua-Novio'94	200500270	4:40.66	+0,80		
	50m: 30.95	30.95 150m: 1:41.79	35.84	250m: 2:54.92	36.73	350m: 4:07.32	35.79
	100m: 1:05.95	35.00 200m: 2:18.19	36.40	300m: 3:31.53	36.61	400m: 4:40.66	33.34
3.	Marte Hieke van der Kamp	FZC'54-De Vikings (SG)	200500218	4:40.88	+0,81		
	50m: 30.96	30.96 150m: 1:42.22	36.26	250m: 2:55.04	36.46	350m: 4:07.40	36.11
	100m: 1:05.96	35.00 200m: 2:18.58	36.36	300m: 3:31.29	36.25	400m: 4:40.88	33.48
4.	Marin Wieling	Aquarijn	200501220	4:41.26	+0,78		
	50m: 31.43	31.43 150m: 1:41.81	35.72	250m: 2:54.73	36.43	350m: 4:07.82	35.91
	100m: 1:06.09	34.66 200m: 2:18.30	36.49	300m: 3:31.91	37.18	400m: 4:41.26	33.44
5.	Sophia van Droffelaar	ZVVS	200500330	4:43.97	+0,69		
	50m: 31.95	31.95 150m: 1:43.13	35.64	250m: 2:56.78	36.83	350m: 4:09.83	36.13
	100m: 1:07.49	35.54 200m: 2:19.95	36.82	300m: 3:33.70	36.92	400m: 4:43.97	34.14
6.	Yke Groener	De Dinkel	200500772	4:47.93	+0,77		
	50m: 31.85	31.85 150m: 1:43.24	36.08	250m: 2:55.90	36.36	350m: 4:09.79	37.39
	100m: 1:07.16	35.31 200m: 2:19.54	36.30	300m: 3:32.40	36.50	400m: 4:47.93	38.14
7.	Michelle Jørgensen	De Dolfijn	200501364	4:48.23	+0,66		
	50m: 32.07	32.07 150m: 1:44.06	36.56	250m: 2:58.27	36.91	350m: 4:12.51	36.87
	100m: 1:07.50	35.43 200m: 2:21.36	37.30	300m: 3:35.64	37.37	400m: 4:48.23	35.72
8.	Jennifer Veldhuisen	De Dolfijn	200502500	4:51.20	+0,70		
	50m: 33.18	33.18 150m: 1:48.53	37.92	250m: 3:04.23	38.02	350m: 4:16.81	36.02
	100m: 1:10.61	37.43 200m: 2:26.21	37.68	300m: 3:40.79	36.56	400m: 4:51.20	34.39
9.	Emma Riemers	MSV-Zeemacht	200500748	4:51.83	+0,80		
	50m: 31.80	31.80 150m: 1:44.63	36.63	250m: 2:59.12	37.22	350m: 4:14.86	37.55
	100m: 1:08.00	36.20 200m: 2:21.90	37.27	300m: 3:37.31	38.19	400m: 4:51.83	36.97
10.	Roos Arnold	ZV 44	200500060	4:53.22	+0,73		
	50m: 33.30	33.30 150m: 1:48.67	37.94	250m: 3:03.66	37.28	350m: 4:18.32	37.14
	100m: 1:10.73	37.43 200m: 2:26.38	37.71	300m: 3:41.18	37.52	400m: 4:53.22	34.90
11.	Anique Hazebroek	The Hague Swimming (SG)	200502196	4:53.87	+0,73		
	50m: 31.63	31.63 150m: 1:44.32	37.32	250m: 2:59.66	37.65	350m: 4:15.96	38.04
	100m: 1:07.00	35.37 200m: 2:22.01	37.69	300m: 3:37.92	38.26	400m: 4:53.87	37.91
DIS	Bridget Vermeer	VZC	200501766				
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>						

Paralympics

1.	Milou van Winkel	LinK	200402296	S14	5:30.77	+0,81	526
	50m: 33.86	33.86 150m: 1:55.89	41.75	250m: 3:21.69	43.42	350m: 4:48.65	43.24
	100m: 1:14.14	40.28 200m: 2:38.27	42.38	300m: 4:05.41	43.72	400m: 5:30.77	42.12
2.	Diede Struijk	Nuenen	200403824	S13	5:29.78	+0,84	488
	50m: 38.81	38.81 150m: 2:03.52	42.91	250m: 3:29.33	42.86	350m: 4:52.28	40.78
	100m: 1:20.61	41.80 200m: 2:46.47	42.95	300m: 4:11.50	42.17	400m: 5:29.78	37.50
3.	Lieke Duijnkerke	ZPC De Zeeuwse Kust	200700468	S10	5:43.67	+0,76	485
	50m: 36.59	36.59 150m: 2:03.28	44.41	250m: 3:32.18	44.50	350m: 5:02.54	45.32
	100m: 1:18.87	42.28 200m: 2:47.68	44.40	300m: 4:17.22	45.04	400m: 5:43.67	41.13
4.	Iris Onnink	DWK	200301836	S10	5:51.48	+0,79	453
	50m: 38.22	38.22 150m: 2:06.48	44.64	250m: 3:35.96	45.36	350m: 5:07.29	46.12
	100m: 1:21.84	43.62 200m: 2:50.60	44.12	300m: 4:21.17	45.21	400m: 5:51.48	44.19



Programmanr. 3, Meisjes, 400m vrije slag, Paralympics

rang	naam	vereniging				startnr.				tijd		RT	
5.	Mara de Bruin	ZPC AMERSFOORT				200303268	S9			6:08.23		+0,78	436
	50m:	39.29	39.29	150m:	2:11.79	47.20	250m:	3:47.90	47.77	350m:	5:24.48	47.46	
	100m:	1:24.59	45.30	200m:	3:00.13	48.34	300m:	4:37.02	49.12	400m:	6:08.23	43.75	
6.	Suzie Pellis	Hieronymus				200701600	S9			6:08.76		+0,64	434
	50m:	39.62	39.62	150m:	2:11.00	46.53	250m:	3:46.84	48.20	350m:	5:22.91	47.70	
	100m:	1:24.47	44.85	200m:	2:58.64	47.64	300m:	4:35.21	48.37	400m:	6:08.76	45.85	

