

Nederlandse Junioren & Jeugd Kampioenschappen
lange baan 2019
Eindhoven, 13 t/m 16 juni 2019

Programmanr. 37 15-06-2019	Meisjes, 400m vrije slag snelste serie			Jeugd 1 en 2 Resultaten	
Nederlands Record Jeugd	4:11.35	Sharon van Rouwendaal	Eindhoven	12-06-2009	
Nederlands Record 16 jaar	4:11.35	Sharon van Rouwendaal	Eindhoven	12-06-2009	
Nederlands Record 15 jaar	4:12.53	Sharon van Rouwendaal	Belgrado (SRB)	31-07-2008	
Kamp. Record Jeugd	4:11.35	Sharon van Rouwendaal	Eindhoven	12-06-2009	
Prestatie-eis EJK 2019	4:18.28				
Prestatie-eis EYOF 2019	4:25.23				

rang	naam	vereniging	startnr.	tijd	RT			
1.	Janna van Kooten	TriVia	200404584	4:28.99	+0,83			
	50m: 29.42	29.42	150m: 1:36.70	34.64	250m: 2:45.99	34.68	350m: 3:55.02	34.45
	100m: 1:02.06	32.64	200m: 2:11.31	34.61	300m: 3:20.57	34.58	400m: 4:28.99	33.97
2.	Gaia Sterre Mirotti	VZC	200305158	4:29.95	+0,78			
	50m: 30.27	30.27	150m: 1:37.81	34.05	250m: 2:47.19	34.64	350m: 3:56.42	34.18
	100m: 1:03.76	33.49	200m: 2:12.55	34.74	300m: 3:22.24	35.05	400m: 4:29.95	33.53
3.	Femke Hoppenbrouwer	The Hague Swimming (SG)	200301124	4:31.54	+0,72			
	50m: 30.14	30.14	150m: 1:37.98	34.57	250m: 2:47.73	34.60	350m: 3:57.68	34.85
	100m: 1:03.41	33.27	200m: 2:13.13	35.15	300m: 3:22.83	35.10	400m: 4:31.54	33.86
4.	Lize van den Nieuwenhuijzen	Nextline Swimming	200304454	4:37.84	+0,80			
	50m: 30.76	30.76	150m: 1:39.03	34.49	250m: 2:50.70	36.08	350m: 4:03.21	36.27
	100m: 1:04.54	33.78	200m: 2:14.62	35.59	300m: 3:26.94	36.24	400m: 4:37.84	34.63
5.	Kirsten Verhalle	VZC	200400210	4:39.46	+0,85			
	50m: 31.06	31.06	150m: 1:41.30	35.02	250m: 2:53.27	36.03	350m: 4:05.04	35.58
	100m: 1:06.28	35.22	200m: 2:17.24	35.94	300m: 3:29.46	36.19	400m: 4:39.46	34.42
6.	Charlotte Wilbers	ZPC Hoogeveen	200400312	4:40.36	+0,79			
	50m: 31.36	31.36	150m: 1:42.33	35.61	250m: 2:54.13	35.88	350m: 4:06.14	35.40
	100m: 1:06.72	35.36	200m: 2:18.25	35.92	300m: 3:30.74	36.61	400m: 4:40.36	34.22
7.	Ymke Dragstra	ZPC AMERSFOORT	200300930	4:40.55	+0,64			
	50m: 30.81	30.81	150m: 1:42.26	35.98	250m: 2:54.18	35.75	350m: 4:05.95	35.72
	100m: 1:06.28	35.47	200m: 2:18.43	36.17	300m: 3:30.23	36.05	400m: 4:40.55	34.60
8.	Vera Renshof	DWK	200301582	4:40.64	+0,73			
	50m: 31.69	31.69	150m: 1:44.24	36.56	250m: 2:57.23	36.37	350m: 4:08.34	34.98
	100m: 1:07.68	35.99	200m: 2:20.86	36.62	300m: 3:33.36	36.13	400m: 4:40.64	32.30
9.	Imke Beekman	Hellas-Glana	200301950	4:41.50	+0,79			
	50m: 31.06	31.06	150m: 1:41.50	35.42	250m: 2:53.56	35.79	350m: 4:06.64	36.38
	100m: 1:06.08	35.02	200m: 2:17.77	36.27	300m: 3:30.26	36.70	400m: 4:41.50	34.86
10.	Danielle Meinema	ZV 44	200300534	4:43.08	+0,84			
	50m: 31.76	31.76	150m: 1:43.26	36.13	250m: 2:55.01	35.81	350m: 4:07.90	36.46
	100m: 1:07.13	35.37	200m: 2:19.20	35.94	300m: 3:31.44	36.43	400m: 4:43.08	35.18
11.	Dominique Dingshoff	ZPC Hoogeveen	200400804	4:44.43	+0,80			
	50m: 31.62	31.62	150m: 1:42.63	36.01	250m: 2:57.00	37.54	350m: 4:10.57	36.70
	100m: 1:06.62	35.00	200m: 2:19.46	36.83	300m: 3:33.87	36.87	400m: 4:44.43	33.86
12.	Rinske Bouman	The Hague Swimming (SG)	200400578	4:45.75	+0,83			
	50m: 32.11	32.11	150m: 1:44.04	36.59	250m: 2:57.58	36.30	350m: 4:10.57	35.66
	100m: 1:07.45	35.34	200m: 2:21.28	37.24	300m: 3:34.91	37.33	400m: 4:45.75	35.18
13.	Femke Doorenbos	De Duinkickers	200404214	4:46.65	+0,80			
	50m: 31.97	31.97	150m: 1:43.35	36.30	250m: 2:57.94	37.28	350m: 4:11.91	36.34
	100m: 1:07.05	35.08	200m: 2:20.66	37.31	300m: 3:35.57	37.63	400m: 4:46.65	34.74
14.	Lara Hoeksema	The Hague Swimming (SG)	200400514	4:47.31	+0,81			
	50m: 30.98	30.98	150m: 1:43.24	36.56	250m: 2:56.53	36.67	350m: 4:11.48	37.20
	100m: 1:06.68	35.70	200m: 2:19.86	36.62	300m: 3:34.28	37.75	400m: 4:47.31	35.83
15.	Babet de Voogd	ZPC De Zeeuwse Kust	200301362	4:52.38	+0,73			
	50m: 31.50	31.50	150m: 1:44.23	37.18	250m: 2:57.96	36.87	350m: 4:14.33	38.78
	100m: 1:07.05	35.55	200m: 2:21.09	36.86	300m: 3:35.55	37.59	400m: 4:52.38	38.05
16.	Bridget de Bat	ZPC De Zeeuwse Kust	200400382	4:55.29	+0,77			
	50m: 31.81	31.81	150m: 1:44.78	37.04	250m: 3:00.26	37.88	350m: 4:17.72	38.92
	100m: 1:07.74	35.93	200m: 2:22.38	37.60	300m: 3:38.80	38.54	400m: 4:55.29	37.57
DIS	Lindsey Berghuis	ZV 44	200300104					
	AA - Gestart voor het startsignaal (en wel gezwommen).							

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Eindhoven, 13 t/m 16 juni 2019

Programmanr. 37, Meisjes, 400m vrije slag

BM	Imani de Jong		OC-ZPCH			200200464			4:18.99		+0,73	
	50m:	28.76	28.76	150m:	1:33.62	32.87	250m:	2:39.90	33.27	350m:	3:46.63	33.34
	100m:	1:00.75	31.99	200m:	2:06.63	33.01	300m:	3:13.29	33.39	400m:	4:18.99	32.36