

Programmanr. 67 16-06-2019	Meisjes, 400m wisselslag			Juniores 3 Resultaten
Nederlands Record Junioren	4:56.95	Niamh Hofland	Sheffield (GBR)	26-07-2016
Nederlands Record 14 jaar	4:56.95	Niamh Hofland	Sheffield (GBR)	26-07-2016
Kamp. Record Junioren 3	5:09.19	Esmée Bos	Amsterdam	20-06-2010
Prestatie-eis EJK 2019	4:52.92			
Prestatie-eis EYOF 2019	5:02.80			

rang	naam	vereniging	startnr.	tijd	RT
1.	Jelsie van Ruijven	WVZ	200500282	5:15.20	+0,70
	50m: 34.03	34.03 150m: 1:53.54	250m: 3:16.76	44.16 350m: 4:41.97	39.50
	100m: 1:13.56	39.53 200m: 2:32.60	300m: 4:02.47	45.71 400m: 5:15.20	33.23
2.	Bridget Vermeer	VZC	200501766	5:15.84	+0,82
	50m: 32.38	32.38 150m: 1:54.81	250m: 3:22.29	44.22 350m: 4:43.11	36.25
	100m: 1:10.73	38.35 200m: 2:38.07	300m: 4:06.86	44.57 400m: 5:15.84	32.73
3.	Merel Schravendijk	The Hague Swimming (SG)	200503382	5:22.95	+0,78
	50m: 35.66	35.66 150m: 2:00.18	250m: 3:25.81	46.00 350m: 4:47.82	35.62
	100m: 1:18.89	43.23 200m: 2:39.81	300m: 4:12.20	46.39 400m: 5:22.95	35.13
4.	Lianne Beekman	ZVV	200500124	5:29.42	+0,75
	50m: 32.27	32.27 150m: 1:55.94	250m: 3:25.27	45.90 350m: 4:52.04	39.15
	100m: 1:12.47	40.20 200m: 2:39.37	300m: 4:12.89	47.62 400m: 5:29.42	37.38
5.	Evica Klok	VZC	200501828	5:35.43	+0,89
	50m: 33.62	33.62 150m: 1:56.09	250m: 3:26.64	49.68 350m: 4:57.02	40.54
	100m: 1:13.21	39.59 200m: 2:36.96	300m: 4:16.48	49.84 400m: 5:35.43	38.41
6.	Sophia van Droffelaar	ZVVS	200500330	5:36.75	+0,76
	50m: 34.38	34.38 150m: 2:04.47	250m: 3:32.92	45.10 350m: 4:59.30	38.60
	100m: 1:17.96	43.58 200m: 2:47.82	300m: 4:20.70	47.78 400m: 5:36.75	37.45
7.	Michelle Jørgensen	De Dolfijn	200501364	5:37.40	+0,72
	50m: 33.87	33.87 150m: 2:00.37	250m: 3:31.67	49.20 350m: 5:00.51	38.35
	100m: 1:17.13	43.26 200m: 2:42.47	300m: 4:22.16	50.49 400m: 5:37.40	36.89
8.	Isa Maes	Feijenoord Albion Zwemclub	200500110	5:39.16	+0,80
	50m: 36.03	36.03 150m: 2:04.67	250m: 3:35.78	48.02 350m: 5:02.79	38.86
	100m: 1:20.35	44.32 200m: 2:47.76	300m: 4:23.93	48.15 400m: 5:39.16	36.37
9.	Roos Arnold	ZV 44	200500060	5:40.00	+0,81
	50m: 37.67	37.67 150m: 2:07.68	250m: 3:38.67	48.22 350m: 5:03.62	38.79
	100m: 1:24.16	46.49 200m: 2:50.45	300m: 4:24.83	46.16 400m: 5:40.00	36.38
10.	Emma van Leeuwen	DAW	200500200	5:44.71	+0,90
	50m: 38.73	38.73 150m: 2:09.23	250m: 3:38.64	47.78 350m: 5:06.29	39.48
	100m: 1:26.09	47.36 200m: 2:50.86	300m: 4:26.81	48.17 400m: 5:44.71	38.42
11.	Liz Veltman	De Ward	200503668	5:46.25	+0,86
	50m: 36.68	36.68 150m: 2:08.48	250m: 3:41.94	49.55 350m: 5:10.20	37.46
	100m: 1:23.19	46.51 200m: 2:52.39	300m: 4:32.74	50.80 400m: 5:46.25	36.05
12.	Neomi Koetsier	WS Twente	200502144	5:46.85	+0,75
	50m: 34.70	34.70 150m: 2:01.25	250m: 3:37.21	53.18 350m: 5:09.26	37.53
	100m: 1:17.39	42.69 200m: 2:44.03	300m: 4:31.73	54.52 400m: 5:46.85	37.59
13.	Robin Spreeuw	ZPCH	200501262	5:49.87	+0,81
	50m: 34.91	34.91 150m: 2:03.95	250m: 3:40.29	51.04 350m: 5:10.84	39.69
	100m: 1:18.63	43.72 200m: 2:49.25	300m: 4:31.15	50.86 400m: 5:49.87	39.03
14.	Colinda van der Zanden	Mosa-Regio	200502618	5:51.51	+0,72
	50m: 35.84	35.84 150m: 2:07.76	250m: 3:43.38	49.77 350m: 5:13.53	40.33
	100m: 1:19.24	43.40 200m: 2:53.61	300m: 4:33.20	49.82 400m: 5:51.51	37.98