

Programmanr. 68 16-06-2019	Meisjes, 400m wisselslag snelste serie			Jeugd 1 en 2 Resultaten
Nederlands Record Jeugd	4:48.19	Sharon van Rouwendaal	Duinkerken (FRA)	20-04-2008
Nederlands Record 16 jaar	4:51.93	Sharon van Rouwendaal	Montpellier (FRA)	23-04-2009
Nederlands Record 15 jaar	4:48.19	Sharon van Rouwendaal	Duinkerken (FRA)	20-04-2008
Kamp. Record Jeugd	4:55.64	Niamh Hofland	Eindhoven	18-06-2017
Prestatie-eis EJK 2019	4:52.92			
Prestatie-eis EYOF 2019	5:02.80			

rang	naam	vereniging	startnr.	tijd	RT			
1.	Kirsten Verhale	VZC	200400210	<b>5:08.17</b>	+0,80			
	50m: 31.76	31.76	150m: 1:48.85	39.93	250m: 3:13.36	44.64	350m: 4:34.02	35.50
	100m: 1:08.92	37.16	200m: 2:28.72	39.87	300m: 3:58.52	45.16	400m: 5:08.17	34.15
2.	Danielle Meinema	ZV 44	200300534	<b>5:13.80</b>	+0,82			
	50m: 32.74	32.74	150m: 1:52.42	40.01	250m: 3:16.63	44.43	350m: 4:39.27	36.71
	100m: 1:12.41	39.67	200m: 2:32.20	39.78	300m: 4:02.56	45.93	400m: 5:13.80	34.53
3.	Emma Hofstee	TriVia	200401282	<b>5:14.54</b>	+0,87			
	50m: 32.53	32.53	150m: 1:53.12	42.81	250m: 3:18.06	42.65	350m: 4:38.89	36.96
	100m: 1:10.31	37.78	200m: 2:35.41	42.29	300m: 4:01.93	43.87	400m: 5:14.54	35.65
4.	Maaïke Issard	VZC	200300022	<b>5:14.63</b>	+0,86			
	50m: 32.14	32.14	150m: 1:51.05	40.83	250m: 3:17.30	45.40	350m: 4:41.48	36.66
	100m: 1:10.22	38.08	200m: 2:31.90	40.85	300m: 4:04.82	47.52	400m: 5:14.63	33.15
5.	Josse Bergman	VZC	200305146	<b>5:16.53</b>	+0,76			
	50m: 33.01	33.01	150m: 1:51.71	40.46	250m: 3:17.31	46.21	350m: 4:41.02	36.57
	100m: 1:11.25	38.24	200m: 2:31.10	39.39	300m: 4:04.45	47.14	400m: 5:16.53	35.51
6.	Veerle Nieborg	TriVia	200400428	<b>5:20.19</b>	+0,75			
	50m: 31.79	31.79	150m: 1:51.11	41.97	250m: 3:18.70	47.15	350m: 4:43.44	37.05
	100m: 1:09.14	37.35	200m: 2:31.55	40.44	300m: 4:06.39	47.69	400m: 5:20.19	36.75
7.	Kim Zwinkels	ZPCH	200300422	<b>5:21.74</b>	+0,84			
	50m: 31.99	31.99	150m: 1:51.98	41.96	250m: 3:21.71	49.58	350m: 4:47.52	36.76
	100m: 1:10.02	38.03	200m: 2:32.13	40.15	300m: 4:10.76	49.05	400m: 5:21.74	34.22
8.	Jonna Muntjewerff	ESCA Zwemmen	200402396	<b>5:24.67</b>	+0,86			
	50m: 33.78	33.78	150m: 1:57.15	42.19	250m: 3:23.60	45.46	350m: 4:47.96	37.97
	100m: 1:14.96	41.18	200m: 2:38.14	40.99	300m: 4:09.99	46.39	400m: 5:24.67	36.71
9.	Charlotte Wilbers	ZPC Hoogeveen	200400312	<b>5:25.96</b>	+0,81			
	50m: 34.42	34.42	150m: 1:58.84	42.25	250m: 3:27.72	48.18	350m: 4:52.01	35.62
	100m: 1:16.59	42.17	200m: 2:39.54	40.70	300m: 4:16.39	48.67	400m: 5:25.96	33.95
10.	Suze Kuipers	Orca	200301714	<b>5:29.63</b>	+0,87			
	50m: 34.10	34.10	150m: 1:55.74	40.06	250m: 3:24.78	50.26	350m: 4:52.64	38.17
	100m: 1:15.68	41.58	200m: 2:34.52	38.78	300m: 4:14.47	49.69	400m: 5:29.63	36.99
11.	Rinske Bouman	The Hague Swimming (SG)	200400578	<b>5:29.78</b>	+0,84			
	50m: 32.26	32.26	150m: 1:54.62	43.75	250m: 3:23.71	45.50	350m: 4:49.98	37.97
	100m: 1:10.87	38.61	200m: 2:38.21	43.59	300m: 4:12.01	48.30	400m: 5:29.78	39.80
12.	Jessie Bodden	Kimbria	200401650	<b>5:32.20</b>	+0,73			
	50m: 34.95	34.95	150m: 1:59.11	42.55	250m: 3:28.64	47.35	350m: 4:55.88	38.76
	100m: 1:16.56	41.61	200m: 2:41.29	42.18	300m: 4:17.12	48.48	400m: 5:32.20	36.32
13.	Luna Hofmeijer	WS Twente	200400006	<b>5:33.09</b>	+0,80			
	50m: 37.45	37.45	150m: 2:05.07	41.85	250m: 3:31.27	43.39	350m: 4:55.46	38.53
	100m: 1:23.22	45.77	200m: 2:47.88	42.81	300m: 4:16.93	45.66	400m: 5:33.09	37.63
14.	Jill Nai Chung Tong	ZVVS	200404272	<b>5:33.37</b>	+0,74			
	50m: 33.64	33.64	150m: 1:58.04	42.61	250m: 3:25.80	45.47	350m: 4:53.53	40.84
	100m: 1:15.43	41.79	200m: 2:40.33	42.29	300m: 4:12.69	46.89	400m: 5:33.37	39.84
15.	Lionne Klarenbeek	ZPC De Hof	200300108	<b>5:33.72</b>	+0,78			
	50m: 32.13	32.13	150m: 1:55.75	44.39	250m: 3:26.75	47.74	350m: 4:55.61	40.12
	100m: 1:11.36	39.23	200m: 2:39.01	43.26	300m: 4:15.49	48.74	400m: 5:33.72	38.11
16.	Myrthe Natzijl	TriVia	200400076	<b>5:33.80</b>	+0,81			
	50m: 37.30	37.30	150m: 2:03.66	41.75	250m: 3:31.31	47.21	350m: 4:57.19	37.53
	100m: 1:21.91	44.61	200m: 2:44.10	40.44	300m: 4:19.66	48.35	400m: 5:33.80	36.61
17.	Mara Bosman	The Hague Swimming (SG)	200303048	<b>5:37.56</b>	+0,73			
	50m: 37.15	37.15	150m: 2:04.36	41.67	250m: 3:32.43	46.78	350m: 4:58.86	38.08
	100m: 1:22.69	45.54	200m: 2:45.65	41.29	300m: 4:20.78	48.35	400m: 5:37.56	38.70
18.	Daniëlle Vis	De Columbian	200401044	<b>5:37.73</b>	+0,75			
	50m: 35.19	35.19	150m: 2:00.80	44.74	250m: 3:32.40	46.71	350m: 4:59.76	40.11
	100m: 1:16.06	40.87	200m: 2:45.69	44.89	300m: 4:19.65	47.25	400m: 5:37.73	37.97



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



Programmanr. 68, Meisjes, 400m wisselslag, Jeugd 1 en 2

rang	naam	vereniging	startnr.	tijd	RT			
19.	Quinty Rouschop	Zwemsport Parkstad (SG)	200300208	<b>5:38.02</b>	+0,81			
	50m: 35.66	35.66	150m: 2:02.96	43.08	250m: 3:32.15	47.29	350m: 4:59.40	39.49
	100m: 1:19.88	44.22	200m: 2:44.86	41.90	300m: 4:19.91	47.76	400m: 5:38.02	38.62
20.	Sophie Albers	Merlet	200300990	<b>5:38.38</b>	+0,74			
	50m: 35.48	35.48	150m: 2:03.28	44.46	250m: 3:33.30	46.64	350m: 5:00.74	39.10
	100m: 1:18.82	43.34	200m: 2:46.66	43.38	300m: 4:21.64	48.34	400m: 5:38.38	37.64
21.	Lara Hoeksema	The Hague Swimming (SG)	200400514	<b>5:39.21</b>	+0,83			
	50m: 33.96	33.96	150m: 1:58.82	42.97	250m: 3:31.82	50.59	350m: 5:01.42	38.64
	100m: 1:15.85	41.89	200m: 2:41.23	42.41	300m: 4:22.78	50.96	400m: 5:39.21	37.79
22.	Meike van de Ree	Merlet	200402646	<b>5:44.42</b>	+0,81			
	50m: 33.93	33.93	150m: 2:01.86	42.71	250m: 3:33.05	50.05	350m: 5:04.24	39.81
	100m: 1:19.15	45.22	200m: 2:43.00	41.14	300m: 4:24.43	51.38	400m: 5:44.42	40.18
23.	Irma van der Wulp	WVZ	200401950	<b>5:44.48</b>	+0,75			
	50m: 34.89	34.89	150m: 2:05.02	46.55	250m: 3:37.83	48.90	350m: 5:06.04	39.29
	100m: 1:18.47	43.58	200m: 2:48.93	43.91	300m: 4:26.75	48.92	400m: 5:44.48	38.44
24.	Nora Weerman	ZV 44	200400620	<b>5:46.52</b>	+0,72			
	50m: 33.94	33.94	150m: 2:02.78	46.94	250m: 3:34.91	47.18	350m: 5:06.84	42.02
	100m: 1:15.84	41.90	200m: 2:47.73	44.95	300m: 4:24.82	49.91	400m: 5:46.52	39.68
DIS	Kim de Jong	LinK	200301026					
	<i>VH - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i>							
AFGEM	Luna de Vries	Aqua-Novio'94	200400516					
NG	Bridget de Bat	ZPC De Zeeuwse Kust	200400382					
BM	Femke Spiering	OC-VZC	200204514	<b>5:01.85</b>	+0,86			
	50m: 30.86	30.86	150m: 1:45.15	39.08	250m: 3:08.35	44.95	350m: 4:28.52	34.58
	100m: 1:06.07	35.21	200m: 2:23.40	38.25	300m: 3:53.94	45.59	400m: 5:01.85	33.33