

Nederlandse Junioren Kampioenschappen Zwemmen Korte Baan 2010  
Heerenveen, 29. - 31.1.2010

Programmanr. 1 Meisjes, 400m vrije slag Junioren 1  
29.01.2010 - 9:00 Resultaten

Nederlands Record Junioren	4:19.97	Esmee Vermeulen	Amsterdam	20.12.2009
Nederlands Record 12 jaar	4:32.52	Esmee Vermeulen	Amsterdam	21.12.2008
Kamp. Record Junioren 1	4:54.96	Rachelle Visser	Emmen	26.01.2007

rang	naam	vereniging	inschrijftijd	startnr.	tijd	niveau
1.	Janina Beckers <i>Kamp. Record Junioren 1</i>	Eurode KZC	5:04.05	9800574	<b>4:51.04</b>	A
	50m: 32.59 32.59	150m: 1:46.13 37.29	250m: 3:01.11 37.47	350m: 4:15.66 37.26		
	100m: 1:08.84 36.25	200m: 2:23.64 37.51	300m: 3:38.40 37.29	400m: 4:51.04 35.38		
2.	Tessa Vermeulen	De Dolfijn	5:01.22	9800068	<b>4:54.73</b>	B
	50m: 33.51 33.51	150m: 1:47.73 37.05	250m: 3:04.13 37.98	350m: 4:19.48 37.71		
	100m: 1:10.68 37.17	200m: 2:26.15 38.42	300m: 3:41.77 37.64	400m: 4:54.73 35.25		
3.	Daphne de Wildt	Aqua-Novio'94	5:09.98	9800710	<b>4:54.88</b>	B
	50m: 33.11 33.11	150m: 1:48.09 38.01	250m: 3:04.14 38.05	350m: 4:18.79 37.29		
	100m: 1:10.08 36.97	200m: 2:26.09 38.00	300m: 3:41.50 37.36	400m: 4:54.88 36.09		
4.	Rosanne Leeuwis	DWK	5:10.63	9801974	<b>5:05.46</b>	D
	50m: 33.39 33.39	150m: 1:49.55 38.60	250m: 3:08.78 39.64	350m: 4:28.19 39.67		
	100m: 1:10.95 37.56	200m: 2:29.14 39.59	300m: 3:48.52 39.74	400m: 5:05.46 37.27		
5.	Serena Stel	OEZA	5:11.39	9801528	<b>5:07.64</b>	D
	50m: 34.45 34.45	150m: 1:50.75 38.94	250m: 3:10.64 39.79	350m: 4:30.38 39.65		
	100m: 1:11.81 37.36	200m: 2:30.85 40.10	300m: 3:50.73 40.09	400m: 5:07.64 37.26		
6.	Nienke Lijzenga	LZ 1886	5:17.10	9805338	<b>5:08.08</b>	D
	50m: 34.56 34.56	150m: 1:52.31 39.20	250m: 3:11.61 39.56	350m: 4:30.75 40.06		
	100m: 1:13.11 38.55	200m: 2:32.05 39.74	300m: 3:50.69 39.08	400m: 5:08.08 37.33		
7.	Raiesha Sardar	ZC Ooievaar (SG)	5:11.93	9800604	<b>5:09.97</b>	E
	50m: 35.37 35.37	150m: 1:54.20 40.01	250m: 3:13.87 39.72	350m: 4:33.99 40.13		
	100m: 1:14.19 38.82	200m: 2:34.15 39.95	300m: 3:53.86 39.99	400m: 5:09.97 35.98		
8.	Sanne Advocaat	MNC Dordrecht	5:08.55	9801320	<b>5:10.18</b>	E
	50m: 34.64 34.64	150m: 1:52.49 39.67	250m: 3:14.20 41.09	350m: 4:34.22 39.12		
	100m: 1:12.82 38.18	200m: 2:33.11 40.62	300m: 3:55.10 40.90	400m: 5:10.18 35.96		
9.	Kirsten Bies	Dedemsvaart-AC	5:18.72	9800516	<b>5:19.03</b>	E
	50m: 34.66 34.66	150m: 1:53.03 39.80	250m: 3:15.38 41.77	350m: 4:38.76 41.48		
	100m: 1:13.23 38.57	200m: 2:33.61 40.58	300m: 3:57.28 41.90	400m: 5:19.03 40.27		
10.	Amber Visser	Appingedam	5:21.75	9801416	<b>5:20.54</b>	E
	50m: 35.05 35.05	150m: 1:56.73 41.85	250m: 3:19.49 41.63	350m: 4:43.03 41.42		
	100m: 1:14.88 39.83	200m: 2:37.86 41.13	300m: 4:01.61 42.12	400m: 5:20.54 37.51		
11.	Rebecca Jager	ZC De Toekomst	5:23.73	9800402	<b>5:22.30</b>	F
	50m: 35.63 35.63	150m: 1:56.06 40.63	250m: 3:19.70 41.71	350m: 4:42.58 42.38		
	100m: 1:15.43 39.80	200m: 2:37.99 41.93	300m: 4:00.20 40.50	400m: 5:22.30 39.72		
12.	Anouk van Nellestijn	DWK	5:21.59	9800366	<b>5:25.26</b>	F
	50m: 35.52 35.52	150m: 1:56.75 41.38	250m: 3:20.57 42.09	350m: 4:44.12 41.32		
	100m: 1:15.37 39.85	200m: 2:38.48 41.73	300m: 4:02.80 42.23	400m: 5:25.26 41.14		
13.	Lisa Brantjes	KZC	5:22.48	9800950	<b>5:26.06</b>	F
	50m: 36.41 36.41	150m: 1:57.83 41.27	250m: 3:21.27 41.78	350m: 4:44.59 41.88		
	100m: 1:16.56 40.15	200m: 2:39.49 41.66	300m: 4:02.71 41.44	400m: 5:26.06 41.47		
14.	Audrey Bams	Zwemclub Eijnsden	5:18.56	9803700	<b>5:28.35</b>	F
	50m: 35.81 35.81	150m: 1:56.90 41.10	250m: 3:21.29 42.47	350m: 4:47.05 43.39		
	100m: 1:15.80 39.99	200m: 2:38.82 41.92	300m: 4:03.66 42.37	400m: 5:28.35 41.30		