

Open Nederlandse Kampioenschappen 2009  
Amsterdam, 18. - 20.12.2009

Programmanr. 2  
18.12.2009 - 9:21

Dames, 400m vrije slag

Jeugd 1 en ouder  
Resultaten

Wereld Record	3:54.92	Joanne Jackson	Leeds (GBR)	08.08.2009
Europees Record	3:54.92	Joanne Jackson	Leeds (GBR)	08.08.2009
Nederlands Record Senioren	4:03.47	Rieneke Terink	Berlijn (GER)	15.11.2009
Nederlands Record Jeugd	4:08.29	Sharon van Rouwendaal	Angers (FRA)	07.12.2008

rang	naam	vereniging	intijd	tijd	RT	niv.
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Jeugd 1 en 2

1.	Marjolein Delno	De Rijn	4:33.68	9400024	4:27.11	+0,97	C	
	50m: 29.67	29.67	150m: 1:36.22	33.72	250m: 2:45.74	34.94	350m: 3:54.76	34.04
	100m: 1:02.50	32.83	200m: 2:10.80	34.58	300m: 3:20.72	34.98	400m: 4:27.11	32.35
2.	Rosanne Schoonbeek	TriVia	4:30.19	9402692	4:35.33	+1,00	D	
	50m: 30.47	30.47	150m: 1:38.77	34.59	250m: 2:49.17	35.33	350m: 4:00.71	35.86
	100m: 1:04.18	33.71	200m: 2:13.84	35.07	300m: 3:24.85	35.68	400m: 4:35.33	34.62
3.	Jovanna Koens	Eiffel Swimmers PSV	4:34.54	9505652	4:35.82	+0,83	C	
	50m: 31.77	31.77	150m: 1:41.01	34.75	250m: 2:51.52	34.90	350m: 4:02.08	34.93
	100m: 1:06.26	34.49	200m: 2:16.62	35.61	300m: 3:27.15	35.63	400m: 4:35.82	33.74
4.	Leonie Oude Elferink	Zignea	4:34.95	9401826	4:36.90	* +1,08	D	
	50m: 32.03	32.03	150m: 1:41.85	35.30	250m: 2:52.61	35.25	350m: 4:02.85	34.94
	100m: 1:06.55	34.52	200m: 2:17.36	35.51	300m: 3:27.91	35.30	400m: 4:36.90	34.05
5.	Rachelle Visser	AZ&PC	4:30.60	9500106	4:39.55	+1,01	D	
	50m: 31.71	31.71	150m: 1:41.84	35.29	250m: 2:53.33	35.67	350m: 4:04.87	35.55
	100m: 1:06.55	34.84	200m: 2:17.66	35.82	300m: 3:29.32	35.99	400m: 4:39.55	34.68
6.	Kelly Wigleven	Poseidon'56	4:40.58	9500058	4:40.74	+1,08	D	
	50m: 31.52	31.52	150m: 1:40.90	35.25	250m: 2:52.53	36.03	350m: 4:05.50	36.45
	100m: 1:05.65	34.13	200m: 2:16.50	35.60	300m: 3:29.05	36.52	400m: 4:40.74	35.24
7.	Carien van der Schaaf	De Dinkel	4:34.09	9500168	4:41.17	+0,93	D	
	50m: 30.76	30.76	150m: 1:40.22	35.35	250m: 2:52.48	36.47	350m: 4:05.54	36.45
	100m: 1:04.87	34.11	200m: 2:16.01	35.79	300m: 3:29.09	36.61	400m: 4:41.17	35.63
8.	Jessie Smeding	Orca	4:40.51	9504528	4:48.63	+0,86	E	
	50m: 30.97	30.97	150m: 1:41.51	36.16	250m: 2:56.61	37.87	350m: 4:11.76	37.68
	100m: 1:05.35	34.38	200m: 2:18.74	37.23	300m: 3:34.08	37.47	400m: 4:48.63	36.87
9.	Shireen Post	AZ&PC	4:36.13	9503286	4:49.78	+0,68	E	
	50m: 32.46	32.46	150m: 1:45.19	36.71	250m: 2:58.87	36.96	350m: 4:13.38	37.39
	100m: 1:08.48	36.02	200m: 2:21.91	36.72	300m: 3:35.99	37.12	400m: 4:49.78	36.40
NG.ZA	Yvonne Verbeek	WZ&PC Purmerend	4:38.13	9402788				

all-in

1.	Rieneke Terink	AZ&PC	4:03.47	8402424	4:04.35	+0,83	A+	
	<i>Kampioenschaps Record</i>							
	50m: 28.33	28.33	150m: 1:29.99	31.02	250m: 2:32.21	30.98	350m: 3:34.10	30.93
	100m: 58.97	30.64	200m: 2:01.23	31.24	300m: 3:03.17	30.96	400m: 4:04.35	30.25
2.	Sharon van Rouwendaal	Eiffel Swimmers PSV	4:08.29	9307422	4:12.30	+0,83	A+	
	50m: 29.60	29.60	150m: 1:33.00	31.86	250m: 2:36.77	31.67	350m: 3:40.57	31.90
	100m: 1:01.14	31.54	200m: 2:05.10	32.10	300m: 3:08.67	31.90	400m: 4:12.30	31.73
3.	Trine Gudnitz	Danish Swimming Federation	4:12.99	8728AA	4:14.79	+0,79	A	
	50m: 30.13	30.13	150m: 1:34.11	31.99	250m: 2:38.77	32.48	350m: 3:43.32	32.16
	100m: 1:02.12	31.99	200m: 2:06.29	32.18	300m: 3:11.16	32.39	400m: 4:14.79	31.47
4.	Lucy Ellis	University of Stirling	4:23.81	36779	4:15.33	* +0,82	A+	
	50m: 30.02	30.02	150m: 1:34.89	32.41	250m: 2:38.81	31.96	350m: 3:43.38	32.51
	100m: 1:02.48	32.46	200m: 2:06.85	31.96	300m: 3:10.87	32.06	400m: 4:15.33	31.95
5.	Saskia de Jonge	E.ON-NZA	4:17.27	8601826	4:16.00	+0,82	B	
	50m: 29.52	29.52	150m: 1:34.27	32.53	250m: 2:38.23	31.93	350m: 3:43.11	32.67
	100m: 1:01.74	32.22	200m: 2:06.30	32.03	300m: 3:10.44	32.21	400m: 4:16.00	32.89
6.	Marieke Nijhuis	OZ&PC	4:15.57	9201296	4:16.07	+0,96	A	
	50m: 29.49	29.49	150m: 1:33.65	32.34	250m: 2:39.10	32.80	350m: 3:44.38	32.53
	100m: 1:01.31	31.82	200m: 2:06.30	32.65	300m: 3:11.85	32.75	400m: 4:16.07	31.69
7.	Eleanor Faulkner	City of Sheffield Swim Squad	4:11.92	42774	4:16.52	+0,86	A+	
	50m: 29.55	29.55	150m: 1:34.26	32.57	250m: 2:39.67	32.50	350m: 3:44.53	32.45
	100m: 1:01.69	32.14	200m: 2:07.17	32.91	300m: 3:12.08	32.41	400m: 4:16.52	31.99
8.	Andrea Kneppers	Zwemvereniging Hoor	4:16.44	9302216	4:16.80	+0,95	A	
	50m: 30.24	30.24	150m: 1:35.92	32.80	250m: 2:40.61	32.04	350m: 3:44.81	32.21
	100m: 1:03.12	32.88	200m: 2:08.57	32.65	300m: 3:12.60	31.99	400m: 4:16.80	31.99
9.	Randi Nielsen	Danish Swimming Federation	4:21.83	8948AC	4:19.14	+0,85	B	
	50m: 29.69	29.69	150m: 1:34.38	32.63	250m: 2:39.62	32.68	350m: 3:46.14	33.44
	100m: 1:01.75	32.06	200m: 2:06.94	32.56	300m: 3:12.70	33.08	400m: 4:19.14	33.00

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Programmanr. 2, Dames, 400m vrije slag, all-in

rang	naam	vereniging	intijd	tijd	RT	niv.		
10.	Helen McRoberts	City of Sheffield Swim Squad	4:13.63	28274	4:20.60	+0,78 B		
	50m: 30.58	30.58	150m: 1:35.55	32.74	250m: 2:41.12	32.89	350m: 3:47.67	33.44
	100m: 1:02.81	32.23	200m: 2:08.23	32.68	300m: 3:14.23	33.11	400m: 4:20.60	32.93
11.	Roxanne Linders	Eiffel Swimmers PSV	4:28.83	9204230	4:22.81	+0,93 C		
	50m: 30.27	30.27	150m: 1:36.19	33.02	250m: 2:42.70	33.44	350m: 3:49.98	33.65
	100m: 1:03.17	32.90	200m: 2:09.26	33.07	300m: 3:16.33	33.63	400m: 4:22.81	32.83
12.	Marion van den Berg	DWK	4:19.46	8600272	4:22.93	+1,00 C		
	50m: 29.77	29.77	150m: 1:35.38	33.17	250m: 2:42.56	33.62	350m: 3:49.70	33.41
	100m: 1:02.21	32.44	200m: 2:08.94	33.56	300m: 3:16.29	33.73	400m: 4:22.93	33.23
13.	Aynsley Heseltine	City of Sheffield Swim Squad	4:17.16	25745	4:22.96	+0,79 C		
	50m: 29.94	29.94	150m: 1:35.18	33.02	250m: 2:42.02	33.52	350m: 3:49.60	33.80
	100m: 1:02.16	32.22	200m: 2:08.50	33.32	300m: 3:15.80	33.78	400m: 4:22.96	33.36
14.	Pernille Jalsøe	Danish Swimming Federation	4:16.60	9372AA	4:23.59	+0,93 B		
	50m: 30.39	30.39	150m: 1:35.76	32.87	250m: 2:42.49	33.13	350m: 3:50.30	34.05
	100m: 1:02.89	32.50	200m: 2:09.36	33.60	300m: 3:16.25	33.76	400m: 4:23.59	33.29
15.	Malissa van der Horst	Zwemlust den Hommel	4:27.26	9200810	4:24.92	+0,95 C		
	50m: 29.37	29.37	150m: 1:35.55	33.35	250m: 2:43.22	33.99	350m: 3:52.11	34.37
	100m: 1:02.20	32.83	200m: 2:09.23	33.68	300m: 3:17.74	34.52	400m: 4:24.92	32.81
16.	Marjolein Delno	De Rijn	4:33.68	9400024	4:27.11	+0,97 C		
	50m: 29.67	29.67	150m: 1:36.22	33.72	250m: 2:45.74	34.94	350m: 3:54.76	34.04
	100m: 1:02.50	32.83	200m: 2:10.80	34.58	300m: 3:20.72	34.98	400m: 4:27.11	32.35
17.	Chantal Senden	ZC Valkenburg	4:34.65	9300698	4:28.08	+0,86 C		
	50m: 29.12	29.12	150m: 1:36.04	34.01	250m: 2:45.25	34.78	350m: 3:54.89	34.68
	100m: 1:02.03	32.91	200m: 2:10.47	34.43	300m: 3:20.21	34.96	400m: 4:28.08	33.19
18.	Pauline van Dam	Eiffel Swimmers PSV	4:30.73	9304422	4:30.75	+0,92 D		
	50m: 31.38	31.38	150m: 1:38.71	33.71	250m: 2:46.99	34.42	350m: 3:57.25	34.89
	100m: 1:05.00	33.62	200m: 2:12.57	33.86	300m: 3:22.36	35.37	400m: 4:30.75	33.50
19.	Marcha Admiraal	De Biesboschwimmers	4:27.01	9300012	4:31.56	+0,87 D		
	50m: 30.37	30.37	150m: 1:37.43	33.86	250m: 2:46.61	34.48	350m: 3:56.88	35.24
	100m: 1:03.57	33.20	200m: 2:12.13	34.70	300m: 3:21.64	35.03	400m: 4:31.56	34.68
20.	Leonie van Noort	De Zijl/LGB	4:31.71	9301752	4:33.57	+0,73 D		
	50m: 31.01	31.01	150m: 1:40.32	34.74	250m: 2:49.88	34.65	350m: 3:59.65	34.83
	100m: 1:05.58	34.57	200m: 2:15.23	34.91	300m: 3:24.82	34.94	400m: 4:33.57	33.92
21.	Evelien Sohl	Het Y	4:30.97	8603346	4:33.74	+1,01 E		
	50m: 31.29	31.29	150m: 1:39.56	34.36	250m: 2:49.24	34.88	350m: 3:59.41	35.19
	100m: 1:05.20	33.91	200m: 2:14.36	34.80	300m: 3:24.22	34.98	400m: 4:33.74	34.33
22.	Lotte Wilms	AZ&PC	4:25.98	8402770	4:35.00	+0,95 E		
	50m: 30.70	30.70	150m: 1:39.07	34.43	250m: 2:48.85	34.95	350m: 3:59.81	35.51
	100m: 1:04.64	33.94	200m: 2:13.90	34.83	300m: 3:24.30	35.45	400m: 4:35.00	35.19
23.	Rosanne Schoonbeek	TriVia	4:30.19	9402692	4:33.33	+1,00 D		
	50m: 30.47	30.47	150m: 1:38.77	34.59	250m: 2:49.17	35.33	350m: 4:00.71	35.86
	100m: 1:04.18	33.71	200m: 2:13.84	35.07	300m: 3:24.85	35.68	400m: 4:35.33	34.62
24.	Jovanna Koens	Eiffel Swimmers PSV	4:34.54	9505652	4:35.82	+0,83 C		
	50m: 31.77	31.77	150m: 1:41.01	34.75	250m: 2:51.52	34.90	350m: 4:02.08	34.93
	100m: 1:06.26	34.49	200m: 2:16.62	35.61	300m: 3:27.15	35.63	400m: 4:35.82	33.74
25.	Leonie Oude Elferink	Zignea	4:34.95	9401826	4:36.90	* +1,08 D		
	50m: 32.03	32.03	150m: 1:41.85	35.30	250m: 2:52.61	35.25	350m: 4:02.85	34.94
	100m: 1:06.55	34.52	200m: 2:17.36	35.51	300m: 3:27.91	35.30	400m: 4:36.90	34.05
26.	Iris Pijtak	AZ&PC	4:35.78	9300602	4:37.67	+1,00 E		
	50m: 32.00	32.00	150m: 1:41.34	35.04	250m: 2:52.17	35.38	350m: 4:03.28	35.42
	100m: 1:06.30	34.30	200m: 2:16.79	35.45	300m: 3:27.86	35.69	400m: 4:37.67	34.39
27.	Bianca de Bruijn	De Devel	4:31.75	8400390	4:38.61	+0,98 E		
	50m: 31.52	31.52	150m: 1:40.42	34.81	250m: 2:51.17	35.41	350m: 4:03.03	36.06
	100m: 1:05.61	34.09	200m: 2:15.76	35.34	300m: 3:26.97	35.80	400m: 4:38.61	35.58
28.	Rachelle Visser	AZ&PC	4:30.60	9500106	4:39.55	+1,01 D		
	50m: 31.71	31.71	150m: 1:41.84	35.29	250m: 2:53.33	35.67	350m: 4:04.87	35.55
	100m: 1:06.55	34.84	200m: 2:17.66	35.82	300m: 3:29.32	35.99	400m: 4:39.55	34.68
29.	Malissa van de Heuvel	Eiffel Swimmers PSV	4:31.55	9304922	4:40.00	+0,85 E		
	50m: 31.74	31.74	150m: 1:40.67	34.63	250m: 2:51.46	35.42	350m: 4:04.50	36.62
	100m: 1:06.04	34.30	200m: 2:16.04	35.37	300m: 3:27.88	36.42	400m: 4:40.00	35.50
30.	Kelly Wigleven	Poseidon'56	4:40.58	9500058	4:40.74	+1,08 D		
	50m: 31.52	31.52	150m: 1:40.90	35.25	250m: 2:52.53	36.03	350m: 4:05.50	36.45
	100m: 1:05.65	34.13	200m: 2:16.50	35.60	300m: 3:29.05	36.52	400m: 4:40.74	35.24
31.	Carien van der Schaaf	De Dinkel	4:34.09	9500168	4:41.17	+0,93 D		
	50m: 30.76	30.76	150m: 1:40.22	35.35	250m: 2:52.48	36.47	350m: 4:05.54	36.45
	100m: 1:04.87	34.11	200m: 2:16.01	35.79	300m: 3:29.09	36.61	400m: 4:41.17	35.63
32.	Jamie de Jong	De Dolfijn	4:35.22	9300898	4:42.12	E		
	50m: 30.73	30.73	150m: 1:41.30	35.75	250m: 2:54.03	36.23	350m: 4:06.97	36.63
	100m: 1:05.55	34.82	200m: 2:17.80	36.50	300m: 3:30.34	36.31	400m: 4:42.12	35.15

Open Nederlandse Kampioenschappen 2009  
Amsterdam, 18. - 20.12.2009

Programmanr. 2, Dames, 400m vrije slag, all-in

rang	naam		vereniging			intijd			tijd	RT	niv.	
33.	Jessie Smeding		Orca			4:40.51	9504528		<b>4:48.63</b>	+0,86	E	
	50m:	30.97	30.97	150m:	1:41.51	36.16	250m:	2:56.61	37.87	350m:	4:11.76	37.68
	100m:	1:05.35	34.38	200m:	2:18.74	37.23	300m:	3:34.08	37.47	400m:	4:48.63	36.87
34.	Shireen Post		AZ&PC			4:36.13	9503286		<b>4:49.78</b>	+0,68	E	
	50m:	32.46	32.46	150m:	1:45.19	36.71	250m:	2:58.87	36.96	350m:	4:13.38	37.39
	100m:	1:08.48	36.02	200m:	2:21.91	36.72	300m:	3:35.99	37.12	400m:	4:49.78	36.40
NG.ZA	Yvonne Verbeek		WZ&PC Purmerend			4:38.13	9402788					