

Nederlandse Junioren Kampioenschappen 800-1500 meter  
Dordrecht, 26.4.2009

Programmanr. 5  
26.04.2009 - 15:32

Meisjes, 800m vrije slag  
Pr.nrs.5, 6 en 7 samengevoegd voor de indeling

Junioren 1 t/m 3  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	niveau		
<b>Junioren 1</b>								
1.	Denise Schulpen	Aquarijn	10:29.67	9700158	<b>10:34.17</b>	C		
	100m: 1:11.69	1:11.69	300m: 3:52.70	1:21.22	500m: 6:36.68	1:22.18	700m: 9:19.22	1:21.13
	200m: 2:31.48	1:19.79	400m: 5:14.50	1:21.80	600m: 7:58.09	1:21.41	800m: 10:34.17	1:14.95
2.	Judith Veldman	Eemsrobben	10:37.09	9702422	<b>10:39.74</b>	D		
	100m: 1:13.72	1:13.72	300m: 3:56.36	1:21.94	500m: 6:41.55	1:23.09	700m: 9:25.65	1:21.40
	200m: 2:34.42	1:20.70	400m: 5:18.46	1:22.10	600m: 8:04.25	1:22.70	800m: 10:39.74	1:14.09
3.	Lisanne van Avezaath	TriVia	10:18.43	9701304	<b>10:40.16</b>	D		
	100m: 1:10.83	1:10.83	300m: 3:52.74	1:21.22	500m: 6:38.81	1:23.28	700m: 9:24.12	1:21.81
	200m: 2:31.52	1:20.69	400m: 5:15.53	1:22.79	600m: 8:02.31	1:23.50	800m: 10:40.16	1:16.04
4.	Esmée Six	Eiffel Swimmers PSV	11:07.79	9700490	<b>10:49.89</b>	D		
	100m: 1:14.49	1:14.49	300m: 3:57.77	1:22.12	500m: 6:43.15	1:22.92	700m: 9:28.72	1:23.27
	200m: 2:35.65	1:21.16	400m: 5:20.23	1:22.46	600m: 8:05.45	1:22.30	800m: 10:49.89	1:21.17
5.	Jasmijn Bink	LZ 1886	11:00.67	9700332	<b>10:53.32</b>	E		
	100m: 1:14.96	1:14.96	300m: 3:58.54	1:22.78	500m: 6:45.49	1:23.37	700m: 9:33.11	1:23.79
	200m: 2:35.76	1:20.80	400m: 5:22.12	1:23.58	600m: 8:09.32	1:23.83	800m: 10:53.32	1:20.21
6.	Maxime van de Heuvel	Oceanus	10:52.16	9701004	<b>10:59.97</b>	E		
	100m: 1:15.36	1:15.36	300m: 4:03.54	1:24.30	500m: 6:52.63	1:24.31	700m: 9:40.28	1:23.31
	200m: 2:39.24	1:23.88	400m: 5:28.32	1:24.78	600m: 8:16.97	1:24.34	800m: 10:59.97	1:19.69
7.	Wendy Bex	Hellas-Glana	11:07.32	9701232	<b>11:00.75</b>	E		
	100m: 1:15.47	1:15.47	300m: 4:00.66	1:23.15	500m: 6:49.11	1:24.63	700m: 9:40.57	1:26.62
	200m: 2:37.51	1:22.04	400m: 5:24.48	1:23.82	600m: 8:13.95	1:24.84	800m: 11:00.75	1:20.18
8.	Lindy Nijhuis	OZ&PC	10:20.17	9700010	<b>11:02.67</b>	E		
	100m: 1:14.84	1:14.84	300m: 4:01.69	1:24.59	500m: 6:52.65	1:25.59	700m: 9:41.84	1:24.08
	200m: 2:37.10	1:22.26	400m: 5:27.06	1:25.37	600m: 8:17.76	1:25.11	800m: 11:02.67	1:20.83
9.	Nine Roman	LZ 1886	10:59.43	9702310	<b>11:20.37</b>			
	100m: 1:14.64	1:14.64	300m: 4:05.44	1:24.65	500m: 6:53.94	1:24.92	700m: 9:43.23	1:25.13
	200m: 2:40.79	1:26.15	400m: 5:29.02	1:23.58	600m: 8:18.10	1:24.16	800m: 11:20.37	1:37.14
DIS	Hannah Rosingh AA	Het Y	10:57.50	9700342				
<b>Junioren 2</b>								
1.	Esmee Vermeulen <i>Nederlands Record 13 jaar</i>	E.ON-NZA	10:01.88	9600678	<b>9:17.78</b>	A+		
	100m: 1:04.89	1:04.89	300m: 3:25.01	1:10.67	500m: 5:47.23	1:11.40	700m: 8:09.32	1:10.98
	200m: 2:14.34	1:09.45	400m: 4:35.83	1:10.82	600m: 6:58.34	1:11.11	800m: 9:17.78	1:08.46
2.	Janine Rooker	WZ&PC Purmerend	10:13.84	9600316	<b>9:51.07</b>	B		
	100m: 1:07.83	1:07.83	300m: 3:37.14	1:15.60	500m: 6:08.63	1:15.84	700m: 8:40.06	1:15.27
	200m: 2:21.54	1:13.71	400m: 4:52.79	1:15.65	600m: 7:24.79	1:16.16	800m: 9:51.07	1:11.01
3.	Esmée Bos	DWK	10:46.21	9600662	<b>9:51.41</b>	B		
	100m: 1:09.72	1:09.72	300m: 3:41.23	1:15.96	500m: 6:11.91	1:15.55	700m: 8:41.72	1:13.94
	200m: 2:25.27	1:15.55	400m: 4:56.36	1:15.13	600m: 7:27.78	1:15.87	800m: 9:51.41	1:09.69
4.	Renate Hemmes	Bubble	10:20.79	9600418	<b>9:52.53</b>	B		
	100m: 1:07.36	1:07.36	300m: 3:35.29	1:14.48	500m: 6:07.51	1:15.85	700m: 8:39.45	1:15.77
	200m: 2:20.81	1:13.45	400m: 4:51.66	1:16.37	600m: 7:23.68	1:16.17	800m: 9:52.53	1:13.08
5.	Rosa Veerman	WZ&PC Purmerend	10:30.63	9600862	<b>9:56.52</b>	C		
	100m: 1:06.73	1:06.73	300m: 3:35.61	1:15.48	500m: 6:08.72	1:16.76	700m: 8:41.23	1:16.16
	200m: 2:20.13	1:13.40	400m: 4:51.96	1:16.35	600m: 7:25.07	1:16.35	800m: 9:56.52	1:15.29
6.	Brenda Zwarthoed	DAW-FINENZO	10:24.05	9604938	<b>9:58.65</b>	C		
	100m: 1:09.19	1:09.19	300m: 3:41.22	1:16.07	500m: 6:14.05	1:15.71	700m: 8:45.95	1:15.50
	200m: 2:25.15	1:15.96	400m: 4:58.34	1:17.12	600m: 7:30.45	1:16.40	800m: 9:58.65	1:12.70
7.	Tamara Grove	Oceanus	9:53.83	9601266	<b>10:11.14</b>	D		
	100m: 1:10.69	1:10.69	300m: 3:45.34	1:17.40	500m: 6:22.19	1:18.59	700m: 8:56.26	1:16.29
	200m: 2:27.94	1:17.25	400m: 5:03.60	1:18.26	600m: 7:39.97	1:17.78	800m: 10:11.14	1:14.88
8.	Amber de Kroon	ZV Westland Dijkglas	10:13.52	9601098	<b>10:17.58</b>	D		
	100m: 1:10.31	1:10.31	300m: 3:44.95	1:17.75	500m: 6:23.13	1:19.35	700m: 9:02.71	1:19.66
	200m: 2:27.20	1:16.89	400m: 5:03.78	1:18.83	600m: 7:43.05	1:19.92	800m: 10:17.58	1:14.87
9.	Adája Stoitman	GZVW	10:20.76	9600348	<b>10:22.28</b>	E		
	100m: 1:12.01	1:12.01	300m: 3:50.19	1:19.22	500m: 6:29.58	1:19.67	700m: 9:07.88	1:18.78
	200m: 2:30.97	1:18.96	400m: 5:09.91	1:19.72	600m: 7:49.10	1:19.52	800m: 10:22.28	1:14.40
10.	Roxann Geenen	DAW-FINENZO	10:13.24	9601518	<b>10:24.01</b>	E		
	100m: 1:11.03	1:11.03	300m: 3:47.92	1:18.62	500m: 6:27.47	1:19.63	700m: 9:07.15	1:19.40
	200m: 2:29.30	1:18.27	400m: 5:07.84	1:19.92	600m: 7:47.75	1:20.28	800m: 10:24.01	1:16.86
11.	Anouk van der Vlies	Zoetermeer	10:32.95	9603226	<b>10:25.94</b>	E		
	100m: 1:12.86	1:12.86	300m: 3:50.10	1:19.18	500m: 6:30.04	1:20.30	700m: 9:09.58	1:18.95
	200m: 2:30.92	1:18.06	400m: 5:09.74	1:19.64	600m: 7:50.63	1:20.59	800m: 10:25.94	1:16.36

Nederlandse Junioren Kampioenschappen 800-1500 meter  
Dordrecht, 26.4.2009

Programmanr. 5, Meisjes, 800m vrije slag, Junioren 2

rang	naam	vereniging	inschrijftijd	startnr.	tijd	niveau		
12.	Elisabeth Rivard	WVZ	10:20.80	9600244	<b>10:28.73</b>	E		
	100m: 1:12.67	1:12.67	300m: 3:51.91	1:19.44	500m: 6:30.42	1:19.53	700m: 9:11.98	1:21.80
	200m: 2:32.47	1:19.80	400m: 5:10.89	1:18.98	600m: 7:50.18	1:19.76	800m: 10:28.73	1:16.75
13.	Veronique van der Velde	De Dinkel	10:34.61	9601740	<b>10:29.54</b>	E		
	100m: 1:13.50	1:13.50	300m: 3:53.02	1:19.80	500m: 6:33.11	1:19.94	700m: 9:12.00	1:18.85
	200m: 2:33.22	1:19.72	400m: 5:13.17	1:20.15	600m: 7:53.15	1:20.04	800m: 10:29.54	1:17.54
14.	Femke Remmits	One Team Swimming	10:22.33	9603692	<b>10:31.33</b>	E		
	100m: 1:11.73	1:11.73	300m: 3:52.18	1:20.90	500m: 6:34.56	1:21.33	700m: 9:15.62	1:19.85
	200m: 2:31.28	1:19.55	400m: 5:13.23	1:21.05	600m: 7:55.77	1:21.21	800m: 10:31.33	1:15.71
15.	Maaïke Sanders	Hellas-Glana	10:34.21	9602806	<b>10:35.76</b>	E		
	100m: 1:13.62	1:13.62	300m: 3:56.04	1:20.99	500m: 6:38.91	1:21.50	700m: 9:21.82	1:21.10
	200m: 2:35.05	1:21.43	400m: 5:17.41	1:21.37	600m: 8:00.72	1:21.81	800m: 10:35.76	1:13.94
16.	Carina Klees	WVZ	10:30.97	9602680	<b>10:35.84</b>	E		
	100m: 1:13.98	1:13.98	300m: 3:55.67	1:20.81	500m: 6:38.18	1:21.28	700m: 9:20.52	1:21.51
	200m: 2:34.86	1:20.88	400m: 5:16.90	1:21.23	600m: 7:59.01	1:20.83	800m: 10:35.84	1:15.32
17.	Jamilla van Veen	One Team Swimming	10:27.68	9603192	<b>10:36.26</b>	E		
	100m: 1:12.79	1:12.79	300m: 3:53.97	1:20.93	500m: 6:37.22	1:21.54	700m: 9:21.52	1:22.04
	200m: 2:33.04	1:20.25	400m: 5:15.68	1:21.71	600m: 7:59.48	1:22.26	800m: 10:36.26	1:14.74
18.	Lotte Langenhoff	Zeester-Meerval	10:27.24	9602580	<b>10:47.67</b>			
	100m: 1:13.04	1:13.04	300m: 3:55.24	1:22.18	500m: 6:39.58	1:21.99	700m: 9:20.23	1:23.75
	200m: 2:33.06	1:20.02	400m: 5:17.59	1:22.35	600m: 8:02.48	1:22.90	800m: 10:47.67	1:21.44
19.	Eva Smit	GZVW	10:21.23	9602690	<b>10:49.86</b>			
	100m: 1:12.45	1:12.45	300m: 3:52.79	1:20.83	500m: 6:39.10	1:22.98	700m: 9:28.93	1:24.73
	200m: 2:31.96	1:19.51	400m: 5:16.12	1:23.33	600m: 8:04.20	1:25.10	800m: 10:49.86	1:20.93
20.	Jeanine Kocken	Eiffel Swimmers PSV	10:45.67	9601816	<b>10:50.81</b>			
	100m: 1:15.19	1:15.19	300m: 3:58.94	1:22.13	500m: 6:44.91	1:23.33	700m: 9:30.78	1:22.74
	200m: 2:36.81	1:21.62	400m: 5:21.58	1:22.64	600m: 8:08.04	1:23.13	800m: 10:50.81	1:20.03
21.	Tamara van der Steen	Vlaardingen	10:47.67	9605156	<b>10:50.98</b>			
	100m: 1:11.53	1:11.53	300m: 3:54.42	1:22.29	500m: 6:43.27	1:24.14	700m: 9:32.04	1:24.19
	200m: 2:32.13	1:20.60	400m: 5:19.13	1:24.71	600m: 8:07.85	1:24.58	800m: 10:50.98	1:18.94
22.	Aniek Broekhuizen	ZC'90	10:21.82	9600052	<b>10:51.58</b>			
	100m: 1:15.07	1:15.07	300m: 3:57.39	1:21.42	500m: 6:43.75	1:24.27	700m: 9:30.33	1:23.21
	200m: 2:35.97	1:20.90	400m: 5:19.48	1:22.09	600m: 8:07.12	1:23.37	800m: 10:51.58	1:21.25
23.	Laura Hagreis	WS Twente	10:34.76	9600548	<b>11:12.81</b>			
	100m: 1:14.53	1:14.53	300m: 4:00.93	1:24.28	500m: 6:52.48	1:26.55	700m: 9:48.30	1:28.16
	200m: 2:36.65	1:22.12	400m: 5:25.93	1:25.00	600m: 8:20.14	1:27.66	800m: 11:12.81	1:24.51

Junioren 3

1.	Rachelle Visser	AZ&PC	9:19.18	9500106	<b>9:36.83</b>	C		
	100m: 1:08.32	1:08.32	300m: 3:36.35	1:14.21	500m: 6:02.96	1:13.14	700m: 8:28.04	1:12.75
	200m: 2:22.14	1:13.82	400m: 4:49.82	1:13.47	600m: 7:15.29	1:12.33	800m: 9:36.83	1:08.79
2.	Shireen Post	AZ&PC	9:28.97	9503286	<b>9:41.04</b>	C		
	100m: 1:09.43	1:09.43	300m: 3:35.64	1:13.60	500m: 6:04.74	1:15.02	700m: 8:32.24	1:13.57
	200m: 2:22.04	1:12.61	400m: 4:49.72	1:14.08	600m: 7:18.67	1:13.93	800m: 9:41.04	1:08.80
3.	Monique van der Struik	Stadskanaal	9:52.10	9502502	<b>9:48.77</b>	D		
	100m: 1:08.19	1:08.19	300m: 3:34.45	1:12.97	500m: 6:04.88	1:16.27	700m: 8:35.58	1:15.06
	200m: 2:21.48	1:13.29	400m: 4:48.61	1:14.16	600m: 7:20.52	1:15.64	800m: 9:48.77	1:13.19
4.	Macy Oortwijn	DWK	10:20.53	9500722	<b>9:51.58</b>	D		
	100m: 1:09.13	1:09.13	300m: 3:38.72	1:14.93	500m: 6:09.69	1:15.37	700m: 8:39.23	1:14.49
	200m: 2:23.79	1:14.66	400m: 4:54.32	1:15.60	600m: 7:24.74	1:15.05	800m: 9:51.58	1:12.35
5.	Carien van der Schaaf	De Dinkel	9:38.31	9500168	<b>9:52.76</b>	D		
	100m: 1:08.45	1:08.45	300m: 3:37.49	1:15.05	500m: 6:08.74	1:15.67	700m: 8:39.76	1:15.93
	200m: 2:22.44	1:13.99	400m: 4:53.07	1:15.58	600m: 7:23.83	1:15.09	800m: 9:52.76	1:13.00
6.	Maya Kingma	SBC2000	10:14.51	9503824	<b>9:58.16</b>	D		
	100m: 1:11.50	1:11.50	300m: 3:42.84	1:15.95	500m: 6:16.09	1:16.55	700m: 8:46.89	1:15.30
	200m: 2:26.89	1:15.39	400m: 4:59.54	1:16.70	600m: 7:31.59	1:15.50	800m: 9:58.16	1:11.27
7.	Kelly Wigleven	Poseidon'56	10:05.22	9500058	<b>9:58.27</b>	D		
	100m: 1:09.42	1:09.42	300m: 3:39.94	1:15.75	500m: 6:13.49	1:17.26	700m: 8:47.13	1:16.06
	200m: 2:24.19	1:14.77	400m: 4:56.23	1:16.29	600m: 7:31.07	1:17.58	800m: 9:58.27	1:11.14
8.	Claudia den Ottelander	SBC2000	10:07.30	9500552	<b>10:04.94</b>	E		
	100m: 1:10.41	1:10.41	300m: 3:42.41	1:16.50	500m: 6:16.28	1:17.31	700m: 8:49.59	1:16.30
	200m: 2:25.91	1:15.50	400m: 4:58.97	1:16.56	600m: 7:33.29	1:17.01	800m: 10:04.94	1:15.35
9.	Mandy Verhage	DAW-FINENZO	10:00.68	9501382	<b>10:08.56</b>	E		
	100m: 1:09.48	1:09.48	300m: 3:41.35	1:16.78	500m: 6:16.56	1:17.78	700m: 8:54.05	1:18.08
	200m: 2:24.57	1:15.09	400m: 4:58.78	1:17.43	600m: 7:35.97	1:19.41	800m: 10:08.56	1:14.51
10.	Cynthia van Beusekom	TriVia	9:52.29	9500134	<b>10:09.19</b>	E		
	100m: 1:09.92	1:09.92	300m: 3:43.65	1:17.36	500m: 6:19.56	1:18.31	700m: 8:55.18	1:17.08
	200m: 2:26.29	1:16.37	400m: 5:01.25	1:17.60	600m: 7:38.10	1:18.54	800m: 10:09.19	1:14.01

Nederlandse Junioren Kampioenschappen 800-1500 meter  
Dordrecht, 26.4.2009

Programmanr. 5, Meisjes, 800m vrije slag, Junioren 3

rang	naam		vereniging			inschrijftijd	startnr.	tijd	niveau			
11.	Danielle Grootes		Oceanus			<b>10:22.95</b>	9501278	<b>10:13.86</b>	E			
	100m:	1:09.53	1:09.53	300m:	3:42.79	1:18.10	500m:	6:20.29	1:18.89	700m:	8:57.81	1:18.43
	200m:	2:24.69	1:15.16	400m:	5:01.40	1:18.61	600m:	7:39.38	1:19.09	800m:	10:13.86	1:16.05
12.	Elisabeth Muthert		Stadskanaal			<b>9:53.69</b>	9500062	<b>10:15.43</b>	E			
	100m:	1:10.30	1:10.30	300m:	3:42.91	1:17.47	500m:	6:21.10	1:19.35	700m:	8:58.88	1:18.31
	200m:	2:25.44	1:15.14	400m:	5:01.75	1:18.84	600m:	7:40.57	1:19.47	800m:	10:15.43	1:16.55
13.	Zoë van Zijl		Aquarijn			<b>10:19.20</b>	9500136	<b>10:25.30</b>	E			
	100m:	1:10.98	1:10.98	300m:	3:50.15	1:20.18	500m:	6:31.52	1:20.54	700m:	9:10.96	1:19.12
	200m:	2:29.97	1:18.99	400m:	5:10.98	1:20.83	600m:	7:51.84	1:20.32	800m:	10:25.30	1:14.34
14.	Nikey van de Wetering		Zeester-Meerval			<b>10:16.22</b>	9500336	<b>10:44.45</b>				
	100m:	1:15.26	1:15.26	300m:	3:56.52	1:21.09	500m:	6:41.51	1:22.90	700m:	9:25.13	1:21.21
	200m:	2:35.43	1:20.17	400m:	5:18.61	1:22.09	600m:	8:03.92	1:22.41	800m:	10:44.45	1:19.32
NG	Sietske Veldkamp		De Whee			10:02.93	9501628					