

Nederlandse Junioren Kampioenschappen 2009  
Amsterdam, 19. - 21.6.2009

Programmanr. 1  
19.06.2009

Meisjes, 400m vrije slag

Junioren 1  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Maxime van de Heuvel	Oceanus	5:16.51	9701004	<b>4:59.82</b>		B	
	50m: 33.50	33.50	150m: 1:50.09	39.00	250m: 3:08.00	39.45	350m: 4:24.24	37.30
	100m: 1:11.09	37.59	200m: 2:28.55	38.46	300m: 3:46.94	38.94	400m: 4:59.82	35.58
2.	Mirl de Boer	DAW-FINENZO	5:11.84	9700468	<b>4:59.95</b>	+0,97	C	
	50m: 33.23	33.23	150m: 1:48.12	38.04	250m: 3:05.80	38.33	350m: 4:23.35	37.80
	100m: 1:10.08	36.85	200m: 2:27.47	39.35	300m: 3:45.55	39.75	400m: 4:59.95	36.60
3.	Marre Zandringa	Orca	5:01.38	9701136	<b>5:01.09</b>	+0,95	C	
	50m: 32.65	32.65	150m: 1:47.41	38.30	250m: 3:05.18	39.09	350m: 4:23.93	39.38
	100m: 1:09.11	36.46	200m: 2:26.09	38.68	300m: 3:44.55	39.37	400m: 5:01.09	37.16
4.	Denise Schulpen	Aquarijn	5:08.18	9700158	<b>5:02.22</b>	+0,88	C	
	50m: 32.56	32.56	150m: 1:49.35	39.36	250m: 3:08.39	39.29	350m: 4:27.38	39.34
	100m: 1:09.99	37.43	200m: 2:29.10	39.75	300m: 3:48.04	39.65	400m: 5:02.22	34.84
5.	Lisanne van Avezaaht	TriVia	5:15.53	9701304	<b>5:05.95</b>	+0,96	D	
	50m: 33.26	33.26	150m: 1:49.59	39.22	250m: 3:08.83	39.60	350m: 4:27.81	38.72
	100m: 1:10.37	37.11	200m: 2:29.23	39.64	300m: 3:49.09	40.26	400m: 5:05.95	38.14
6.	Givenchy Sneekes	ZC Ooievaar (SG)	5:12.50	9705486	<b>5:13.18</b>	+0,54	E	
	50m: 34.47	34.47	150m: 1:53.80	40.78	250m: 3:14.75	40.53	350m: 4:34.65	39.59
	100m: 1:13.02	38.55	200m: 2:34.22	40.42	300m: 3:55.06	40.31	400m: 5:13.18	38.53
7.	Jasmijn Bink	LZ 1886	5:22.12	9700332	<b>5:15.91</b>		E	
	50m: 34.27	34.27	150m: 1:52.75	39.95	250m: 3:13.64	40.78	350m: 4:35.39	40.82
	100m: 1:12.80	38.53	200m: 2:32.86	40.11	300m: 3:54.57	40.93	400m: 5:15.91	40.52
8.	Lindy Nijhuis	OZ&PC	5:17.00	9700010	<b>5:16.06</b>	+1,12	E	
	50m: 34.29	34.29	150m: 1:54.07	40.17	250m: 3:15.02	40.59	350m: 4:36.44	40.42
	100m: 1:13.90	39.61	200m: 2:34.43	40.36	300m: 3:56.02	41.00	400m: 5:16.06	39.62
9.	Shannon Mommersteeg	Aquarijn	5:25.86	9702398	<b>5:16.18</b>		E	
	50m: 34.33	34.33	150m: 1:54.56	41.32	250m: 3:17.19	41.61	350m: 4:38.47	40.92
	100m: 1:13.24	38.91	200m: 2:35.58	41.02	300m: 3:57.55	40.36	400m: 5:16.18	37.71
10.	Nine Roman	LZ 1886	5:22.82	9702310	<b>5:17.11</b>	+0,78	E	
	50m: 34.50	34.50	150m: 1:56.14	42.09	250m: 3:19.33	42.01	350m: 4:40.68	40.39
	100m: 1:14.05	39.55	200m: 2:37.32	41.18	300m: 4:00.29	40.96	400m: 5:17.11	36.43
11.	Angelique van Vark	Van Uden-De Gouwe	5:23.72	9701478	<b>5:17.14</b>		E	
	50m: 34.81	34.81	150m: 1:54.35	40.75	250m: 3:16.92	41.39	350m: 4:40.18	41.33
	100m: 1:13.60	38.79	200m: 2:35.53	41.18	300m: 3:58.85	41.93	400m: 5:17.14	36.96
12.	Laura Willemsen	DWK	5:14.78	9700168	<b>5:19.99</b>	+0,94	E	
	50m: 35.07	35.07	150m: 1:56.20	41.23	250m: 3:18.69	41.26	350m: 4:42.11	41.74
	100m: 1:14.97	39.90	200m: 2:37.43	41.23	300m: 4:00.37	41.68	400m: 5:19.99	37.88
13.	Melissa van Houts	Aqua-Novio'94	5:17.26	9700182	<b>5:20.84</b>	* +0,98	E	
	50m: 35.60	35.60	150m: 1:55.63	40.69	250m: 3:18.30	41.42	350m: 4:41.58	41.59
	100m: 1:14.94	39.34	200m: 2:36.88	41.25	300m: 3:59.99	41.69	400m: 5:20.84	39.26
14.	Amy de Langen	De Fuut	5:27.31	9702046	<b>5:20.89</b>	+0,62	E	
	50m: 34.85	34.85	150m: 1:56.57	41.45	250m: 3:20.22	41.81	350m: 4:42.42	40.87
	100m: 1:15.12	40.27	200m: 2:38.41	41.84	300m: 4:01.55	41.33	400m: 5:20.89	38.47
15.	Esmée Six	Eiffel Swimmers PSV	5:16.19	9700490	<b>5:22.22</b>		E	
	50m: 35.41	35.41	150m: 1:55.94	40.79	250m: 3:18.70	41.74	350m: 4:42.38	42.13
	100m: 1:15.15	39.74	200m: 2:36.96	41.02	300m: 4:00.25	41.55	400m: 5:22.22	39.84
16.	Ina Willigers	Zwemclub Eijsden	5:25.92	9702678	<b>5:22.86</b>	* +0,88	E	
	50m: 35.33	35.33	150m: 1:55.81	41.19	250m: 3:18.57	41.59	350m: 4:43.30	42.32
	100m: 1:14.62	39.29	200m: 2:36.98	41.17	300m: 4:00.98	42.41	400m: 5:22.86	39.56
17.	Saranda Hofstra	De Kikker	5:17.23	9700526	<b>5:26.79</b>		F	
	50m: 34.85	34.85	150m: 1:56.04	41.45	250m: 3:20.19	42.19	350m: 4:45.68	43.06
	100m: 1:14.59	39.74	200m: 2:38.00	41.96	300m: 4:02.62	42.43	400m: 5:26.79	41.11
18.	Bente Gerits	Eiffel Swimmers PSV	5:23.53	9702052	<b>5:27.77</b>		F	
	50m: 36.34	36.34	150m: 1:58.57	42.15	250m: 3:24.23	42.25	350m: 4:49.16	42.11
	100m: 1:16.42	40.08	200m: 2:41.98	43.41	300m: 4:07.05	42.82	400m: 5:27.77	38.61
19.	Clariss de Vries	DZ&PC	5:24.59	9700942	<b>5:27.79</b>	+0,87	F	
	50m: 34.73	34.73	150m: 1:58.16	41.83	250m: 3:23.08	42.31	350m: 4:47.43	41.20
	100m: 1:16.33	41.60	200m: 2:40.77	42.61	300m: 4:06.23	43.15	400m: 5:27.79	40.36
20.	Gaby Zittersteijn	De Rijn	5:18.67	9700104	<b>5:31.99</b>		F	
	50m: 35.90	35.90	150m: 1:58.93	42.94	250m: 3:24.77	43.06	350m: 4:51.87	43.43
	100m: 1:15.99	40.09	200m: 2:41.71	42.78	300m: 4:08.44	43.67	400m: 5:31.99	40.12
21.	Paulien Koenen	TRB-RES	5:24.97	9701856	<b>5:32.89</b>	+0,65	F	
	50m: 34.78	34.78	150m: 1:56.42	41.85	250m: 3:23.56	43.21	350m: 4:51.22	43.19
	100m: 1:14.57	39.79	200m: 2:40.35	43.93	300m: 4:08.03	44.47	400m: 5:32.89	41.67
22.	Hannah Rosingh	Het Y	5:21.55	9700342	<b>5:34.17</b>		F	
	50m: 36.69	36.69	150m: 2:01.49	42.79	250m: 3:28.03	43.35	350m: 4:54.29	42.89
	100m: 1:18.70	42.01	200m: 2:44.68	43.19	300m: 4:11.40	43.37	400m: 5:34.17	39.88

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Programmanr. 1, Meisjes, 400m vrije slag, Junioren 1

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
23.	Demi van der Werf	De Stormvogel	5:21.86	9701860	<b>5:40.11</b>	+1,01	F	
	50m: 37.12	37.12	150m: 2:01.56	43.11	250m: 3:29.29	44.36	350m: 4:57.81	44.53
	100m: 1:18.45	41.33	200m: 2:44.93	43.37	300m: 4:13.28	43.99	400m: 5:40.11	42.30