

Nederlandse Junioren Kampioenschappen 2009  
Amsterdam, 19. - 21.6.2009

Programmanr. 2  
19.06.2009

Meisjes, 400m vrije slag  
Limiet EJOE Tampère (FIN) 4.29.50

Junioren 2  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Esmee Vermeulen <i>Kamp. Record Junioren 2</i>	E.ON-NZA	4:28.32	9600678	<b>4:29.87</b>	+0,85	A+	
	50m: 29.98 100m: 1:03.15	29.98 33.17	150m: 1:37.81 200m: 2:12.08	34.66 34.27	250m: 2:47.13 300m: 3:22.12	35.05 34.99	350m: 3:56.61 400m: 4:29.87	34.49 33.26
2.	Brenda Zwarthoed	DAW-FINENZO	4:54.93	9604938	<b>4:46.68</b>		C	
	50m: 31.07 100m: 1:06.20	31.07 35.13	150m: 1:42.77 200m: 2:19.88	36.57 37.11	250m: 2:57.13 300m: 3:34.77	37.25 37.64	350m: 4:11.70 400m: 4:46.68	36.93 34.98
3.	Rosa Veerman	WZ&PC Purmerend	4:45.91	9600862	<b>4:48.32</b>	+0,88	C	
	50m: 31.65 100m: 1:06.63	31.65 34.98	150m: 1:42.98 200m: 2:20.13	36.35 37.15	250m: 2:57.88 300m: 3:35.55	37.75 37.67	350m: 4:12.07 400m: 4:48.32	36.52 36.25
4.	Janine Rooker	WZ&PC Purmerend	4:48.30	9600316	<b>4:49.28</b>	+0,63	C	
	50m: 32.19 100m: 1:07.32	32.19 35.13	150m: 1:43.60 200m: 2:20.57	36.28 36.97	250m: 2:58.50 300m: 3:36.03	37.93 37.53	350m: 4:13.50 400m: 4:49.28	37.47 35.78
4.	Renate Hemmes	Bubble	4:49.55	9600418	<b>4:49.28</b>	+0,80	C	
	50m: 32.15 100m: 1:07.16	32.15 35.01	150m: 1:43.95 200m: 2:21.34	36.79 37.39	250m: 2:58.74 300m: 3:36.38	37.40 37.64	350m: 4:13.71 400m: 4:49.28	37.33 35.57
6.	Lotte Dalmeijer	Luctor et Emergo	4:59.80	9601166	<b>4:52.33</b>	+0,89	D	
	50m: 31.76 100m: 1:07.95	31.76 36.19	150m: 1:45.04 200m: 2:22.25	37.09 37.21	250m: 3:00.46 300m: 3:38.99	38.21 38.53	350m: 4:15.64 400m: 4:52.33	36.65 36.69
7.	Celine Hoogendijk	Vlaardingen	5:01.97	9601596	<b>4:55.61</b>	+0,95	D	
	50m: 32.22 100m: 1:09.35	32.22 37.13	150m: 1:47.50 200m: 2:25.37	38.15 37.87	250m: 3:03.40 300m: 3:41.97	38.03 38.57	350m: 4:19.35 400m: 4:55.61	37.38 36.26
8.	Amber de Kroon	ZV Westland Dijkglas	4:58.72	9601098	<b>4:55.71</b>		D	
	50m: 33.21 100m: 1:10.11	33.21 36.90	150m: 1:47.15 200m: 2:25.22	37.04 38.07	250m: 3:03.14 300m: 3:41.56	37.92 38.42	350m: 4:19.78 400m: 4:55.71	38.22 35.93
9.	Anouque Berghuis	De Zijl/LGB	5:05.07	9606132	<b>4:56.03</b>		D	
	50m: 33.45 100m: 1:10.28	33.45 36.83	150m: 1:48.69 200m: 2:26.76	38.41 38.07	250m: 3:04.92 300m: 3:43.30	38.16 38.38	350m: 4:20.24 400m: 4:56.03	36.94 35.79
10.	Manon Wiersma	Zwemvereniging Hoorn	5:06.02	9600112	<b>4:56.91</b>	+0,93	D	
	50m: 33.52 100m: 1:10.54	33.52 37.02	150m: 1:48.37 200m: 2:26.26	37.83 37.89	250m: 3:04.57 300m: 3:42.60	38.31 38.03	350m: 4:20.71 400m: 4:56.91	38.11 36.20
11.	Claudia Rijkhoff	Zwemvereniging Hoorn	5:02.13	9603338	<b>4:59.22</b>	+0,82	E	
	50m: 33.11 100m: 1:11.04	33.11 37.93	150m: 1:49.46 200m: 2:28.41	38.42 38.95	250m: 3:06.18 300m: 3:44.96	37.77 38.78	350m: 4:22.13 400m: 4:59.22	37.17 37.09
12.	Anouk van der Vlies	Zoetermeer	5:09.74	9603226	<b>4:59.79</b>	+0,84	E	
	50m: 33.21 100m: 1:09.82	33.21 36.61	150m: 1:47.90 200m: 2:26.63	38.08 38.73	250m: 3:05.71 300m: 3:44.74	39.08 39.03	350m: 4:23.41 400m: 4:59.79	38.67 36.38
13.	Tamara Grove	Oceanus	5:01.65	9601266	<b>4:59.82</b>	+0,93	E	
	50m: 33.71 100m: 1:11.07	33.71 37.36	150m: 1:49.78 200m: 2:28.01	38.71 38.23	250m: 3:06.24 300m: 3:44.78	38.23 38.54	350m: 4:22.75 400m: 4:59.82	37.97 37.07
14.	Carina Klees	WVZ	4:54.45	9602680	<b>5:00.43</b>		E	
	50m: 32.40 100m: 1:09.00	32.40 36.60	150m: 1:47.10 200m: 2:25.74	38.10 38.64	250m: 3:04.80 300m: 3:43.72	39.06 38.92	350m: 4:22.87 400m: 5:00.43	39.15 37.56
15.	Roxann Geenen	DAW-FINENZO	5:07.84	9601518	<b>5:01.50</b>	+0,77	E	
	50m: 32.08 100m: 1:08.45	32.08 36.37	150m: 1:47.05 200m: 2:26.00	38.60 38.95	250m: 3:05.15 300m: 3:44.24	39.15 39.09	350m: 4:23.76 400m: 5:01.50	39.52 37.74
16.	Elisabeth Rivard	WVZ	5:06.12	9600244	<b>5:02.07</b>	+0,61	E	
	50m: 32.49 100m: 1:09.69	32.49 37.20	150m: 1:47.76 200m: 2:26.61	38.07 38.85	250m: 3:06.08 300m: 3:45.68	39.47 39.60	350m: 4:23.96 400m: 5:02.07	38.28 38.11
17.	Evelien van Ruiten	Orca	4:59.41	9602924	<b>5:05.00</b>	+1,15	E	
	50m: 32.27 100m: 1:08.57	32.27 36.30	150m: 1:48.16 200m: 2:27.13	39.59 38.97	250m: 3:06.11 300m: 3:46.01	38.98 39.90	350m: 4:26.68 400m: 5:05.00	40.67 38.32
18.	Veronique van der Velde	De Dinkel	5:11.70	9601740	<b>5:06.57</b>	+0,94	E	
	50m: 33.70 100m: 1:11.59	33.70 37.89	150m: 1:50.71 200m: 2:29.89	39.12 39.18	250m: 3:09.28 300m: 3:49.03	39.39 39.75	350m: 4:28.20 400m: 5:06.57	39.17 38.37
19.	Adája Stoitman	Stadskanaal	5:09.91	9600348	<b>5:07.72</b>	+0,73	E	
	50m: 33.86 100m: 1:12.73	33.86 38.87	150m: 1:52.39 200m: 2:32.58	39.66 40.19	250m: 3:12.32 300m: 3:52.59	39.74 40.27	350m: 4:30.63 400m: 5:07.72	38.04 37.09
20.	Cynthia Verkaik	De Granaet	5:04.89	9601288	<b>5:08.61</b>		E	
	50m: 34.28 100m: 1:12.68	34.28 38.40	150m: 1:53.08 200m: 2:32.74	40.40 39.66	250m: 3:12.80 300m: 3:52.10	40.06 39.30	350m: 4:30.99 400m: 5:08.61	38.89 37.62
21.	Amber Stienstra	D'Elft	4:56.08	9604448	<b>5:09.36</b>		E	
	50m: 33.58 100m: 1:11.92	33.58 38.34	150m: 1:51.53 200m: 2:31.36	39.61 39.83	250m: 3:12.22 300m: 3:52.95	40.86 40.73	350m: 4:32.69 400m: 5:09.36	39.74 36.67

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Programmanr. 2, Meisjes, 400m vrije slag, Junioren 2

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
22.	Esther Hulsing	TriVia	4:52.60	9601080	5:09.79	+0,96	E	
	50m: 32.20	32.20	150m: 1:49.23	39.77	250m: 3:10.09	40.30	350m: 4:31.93	40.14
	100m: 1:09.46	37.26	200m: 2:29.79	40.56	300m: 3:51.79	41.70	400m: 5:09.79	37.86
23.	Nikki Habers	Zeester-Meerval	5:10.51	9600594	5:10.82		E	
	50m: 34.43	34.43	150m: 1:51.95	39.18	250m: 3:11.62	40.17	350m: 4:31.77	40.15
	100m: 1:12.77	38.34	200m: 2:31.45	39.50	300m: 3:51.62	40.00	400m: 5:10.82	39.05
24.	Maaïke Sanders	Hellas-Glana	5:10.06	9602806	5:11.17		F	
	50m: 33.86	33.86	150m: 1:50.95	39.31	250m: 3:11.98	40.62	350m: 4:33.83	40.63
	100m: 1:11.64	37.78	200m: 2:31.36	40.41	300m: 3:53.20	41.22	400m: 5:11.17	37.34
25.	Sophie Padt	DAW-FINENZO	5:04.09	9601514	5:11.86	+0,99	F	
	50m: 32.96	32.96	150m: 1:50.48	39.74	250m: 3:11.67	40.71	350m: 4:33.15	40.14
	100m: 1:10.74	37.78	200m: 2:30.96	40.48	300m: 3:53.01	41.34	400m: 5:11.86	38.71
26.	Madelon van Dam	Eiffel Swimmers PSV	5:10.78	9601624	5:12.00	+0,85	F	
	50m: 34.60	34.60	150m: 1:51.92	39.37	250m: 3:12.02	40.15	350m: 4:33.58	40.45
	100m: 1:12.55	37.95	200m: 2:31.87	39.95	300m: 3:53.13	41.11	400m: 5:12.00	38.42
27.	Lisanne vd Lelij	One Team Swimming	5:01.58	9600666	5:12.28	+1,01	F	
	50m: 33.53	33.53	150m: 1:52.51	40.40	250m: 3:12.96	40.17	350m: 4:33.53	39.90
	100m: 1:12.11	38.58	200m: 2:32.79	40.28	300m: 3:53.63	40.67	400m: 5:12.28	38.75
28.	Lola Holsboer	De Zeeschuimers	5:03.78	9601554	5:12.63		F	
	50m: 33.31	33.31	150m: 1:51.61	40.13	250m: 3:13.41	41.40	350m: 4:34.61	39.68
	100m: 1:11.48	38.17	200m: 2:32.01	40.40	300m: 3:54.93	41.52	400m: 5:12.63	38.02
29.	Jamilla van Veen	One Team Swimming	5:09.72	9603192	5:13.25	+0,84	F	
	50m: 33.40	33.40	150m: 1:52.57	40.38	250m: 3:13.91	40.78	350m: 4:35.21	40.27
	100m: 1:12.19	38.79	200m: 2:33.13	40.56	300m: 3:54.94	41.03	400m: 5:13.25	38.04
30.	Courtney van Huizen	Zwemlust/Utrecht (SG)	5:04.73	9601686	5:13.55	+0,90	F	
	50m: 34.16	34.16	150m: 1:52.89	40.30	250m: 3:14.26	40.73	350m: 4:35.63	40.50
	100m: 1:12.59	38.43	200m: 2:33.53	40.64	300m: 3:55.13	40.87	400m: 5:13.55	37.92
31.	Tamara van der Steen	Vlaardingen	5:11.74	9605156	5:14.28	+0,70	F	
	50m: 33.85	33.85	150m: 1:52.50	40.31	250m: 3:13.81	40.91	350m: 4:36.88	41.52
	100m: 1:12.19	38.34	200m: 2:32.90	40.40	300m: 3:55.36	41.55	400m: 5:14.28	37.40
32.	Jeanine Kocken	Eiffel Swimmers PSV	5:12.83	9601816	5:14.64	+0,78	F	
	50m: 35.44	35.44	150m: 1:53.78	39.88	250m: 3:14.66	40.84	350m: 4:36.30	40.87
	100m: 1:13.90	38.46	200m: 2:33.82	40.04	300m: 3:55.43	40.77	400m: 5:14.64	38.34
33.	Linda Kamperman	Aquarijn	5:01.70	9601238	5:15.23	+0,86	F	
	50m: 33.72	33.72	150m: 1:51.05	38.72	250m: 3:12.33	40.68	350m: 4:34.49	40.94
	100m: 1:12.33	38.61	200m: 2:31.65	40.60	300m: 3:53.55	41.22	400m: 5:15.23	40.74
34.	Lotte Langenhoff	Zeester-Meerval	5:12.96	9602580	5:17.25	+0,75	F	
	50m: 33.99	33.99	150m: 1:52.54	39.71	250m: 3:14.41	40.95	350m: 4:37.51	41.46
	100m: 1:12.83	38.84	200m: 2:33.46	40.92	300m: 3:56.05	41.64	400m: 5:17.25	39.74
35.	Ilse van Beelen	De Columbiaan	5:08.12	9600106	5:18.73	+0,80	F	
	50m: 34.83	34.83	150m: 1:54.11	40.22	250m: 3:16.03	41.07	350m: 4:38.97	41.51
	100m: 1:13.89	39.06	200m: 2:34.96	40.85	300m: 3:57.46	41.43	400m: 5:18.73	39.76
36.	Laura Hagreis	WS Twente	5:08.89	9600548	5:21.61	+0,81	F	
	50m: 34.85	34.85	150m: 1:53.62	40.13	250m: 3:16.58	41.64	350m: 4:41.06	42.38
	100m: 1:13.49	38.64	200m: 2:34.94	41.32	300m: 3:58.68	42.10	400m: 5:21.61	40.55
37.	Dieudonné Houtkamp	ZPC Bikkel Hoogeveen	5:04.68	9600982	5:21.63	+0,78	F	
	50m: 33.76	33.76	150m: 1:53.81	40.52	250m: 3:17.40	41.51	350m: 4:40.88	41.48
	100m: 1:13.29	39.53	200m: 2:35.89	42.08	300m: 3:59.40	42.00	400m: 5:21.63	40.75
38.	Ilona Oomen	Zaltbommel	5:09.05	9601818	5:23.59	+1,00	F	
	50m: 35.64	35.64	150m: 1:57.62	41.88	250m: 3:22.91	43.08	350m: 4:47.10	41.65
	100m: 1:15.74	40.10	200m: 2:39.83	42.21	300m: 4:05.45	42.54	400m: 5:23.59	36.49
39.	Eva Smit	GZVW	5:08.60	9602690	5:24.78		F	
	50m: 34.33	34.33	150m: 1:55.88	41.64	250m: 3:19.61	41.69	350m: 4:44.10	41.85
	100m: 1:14.24	39.91	200m: 2:37.92	42.04	300m: 4:02.25	42.64	400m: 5:24.78	40.68
40.	Aylin van Uffelen	WVZ	5:06.92	9600352	5:27.40	+0,57	F	
	50m: 35.11	35.11	150m: 1:57.68	42.23	250m: 3:22.50	43.59	350m: 4:48.24	43.21
	100m: 1:15.45	40.34	200m: 2:38.91	41.23	300m: 4:05.03	42.53	400m: 5:27.40	39.16