

Nederlandse Junioren Kampioenschappen 2009
Amsterdam, 19. - 21.6.2009

Programmanr. 3
19.06.2009

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

Junioren 3
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Shireen Post	AZ&PC	4:39.55	9503286	4:38.99	+0,93	C	
	50m: 31.47	31.47	150m: 1:42.54	36.14	250m: 2:54.71	35.63	350m: 4:06.10	35.18
	100m: 1:06.40	34.93	200m: 2:19.08	36.54	300m: 3:30.92	36.21	400m: 4:38.99	32.89
1.	Rachelle Visser	AZ&PC	4:37.57	9500106	4:38.99	+0,94	C	
	50m: 31.83	31.83	150m: 1:42.67	35.90	250m: 2:54.74	35.95	350m: 4:05.52	34.81
	100m: 1:06.77	34.94	200m: 2:18.79	36.12	300m: 3:30.71	35.97	400m: 4:38.99	33.47
3.	Annemarie Worst	Octopus	4:39.67	9500042	4:39.00	+0,89	C	
	50m: 31.55	31.55	150m: 1:42.22	35.57	250m: 2:53.54	36.11	350m: 4:05.03	35.41
	100m: 1:06.65	35.10	200m: 2:17.43	35.21	300m: 3:29.62	36.08	400m: 4:39.00	33.97
4.	Carien van der Schaaf	De Dinkel	4:50.39	9500168	4:44.59	+0,95	D	
	50m: 31.38	31.38	150m: 1:42.69	36.33	250m: 2:55.75	36.74	350m: 4:09.35	36.96
	100m: 1:06.36	34.98	200m: 2:19.01	36.32	300m: 3:32.39	36.64	400m: 4:44.59	35.24
5.	Maya Kingma	SBC2000	4:51.01	9503824	4:49.00		D	
	50m: 33.58	33.58	150m: 1:45.80	36.52	250m: 2:59.49	36.90	350m: 4:13.62	37.35
	100m: 1:09.28	35.70	200m: 2:22.59	36.79	300m: 3:36.27	36.78	400m: 4:49.00	35.38
6.	Claudia den Ottelander	SBC2000	4:51.71	9500552	4:50.10		E	
	50m: 32.70	32.70	150m: 1:45.45	36.91	250m: 2:59.86	37.16	350m: 4:14.95	37.50
	100m: 1:08.54	35.84	200m: 2:22.70	37.25	300m: 3:37.45	37.59	400m: 4:50.10	35.15
7.	Kelly Wigleven	Poseidon'56	4:48.88	9500058	4:50.15	+0,85	E	
	50m: 32.69	32.69	150m: 1:44.72	36.58	250m: 2:59.33	37.56	350m: 4:14.80	37.72
	100m: 1:08.14	35.45	200m: 2:21.77	37.05	300m: 3:37.08	37.75	400m: 4:50.15	35.35
8.	Kim Smulders	TRB-RES	4:55.97	9501248	4:51.74	+0,85	E	
	50m: 32.50	32.50	150m: 1:45.30	37.04	250m: 3:00.92	38.27	350m: 4:16.37	37.72
	100m: 1:08.26	35.76	200m: 2:22.65	37.35	300m: 3:38.65	37.73	400m: 4:51.74	35.37
9.	Zoë van Zijl	Aquarijn	4:53.04	9500136	4:56.16	+0,55	E	
	50m: 32.10	32.10	150m: 1:46.85	37.99	250m: 3:04.13	38.20	350m: 4:20.24	37.63
	100m: 1:08.86	36.76	200m: 2:25.93	39.08	300m: 3:42.61	38.48	400m: 4:56.16	35.92
10.	Jessie Smeding	Orca	4:54.02	9504528	4:56.54	+0,90	E	
	50m: 31.42	31.42	150m: 1:43.61	37.49	250m: 3:00.26	38.40	350m: 4:18.32	39.37
	100m: 1:06.12	34.70	200m: 2:21.86	38.25	300m: 3:38.95	38.69	400m: 4:56.54	38.22
11.	Mandy Verhage	DAW-FINENZO	4:58.78	9501382	4:58.24	+0,84	E	
	50m: 31.72	31.72	150m: 1:44.65	37.06	250m: 3:02.42	39.06	350m: 4:20.68	38.87
	100m: 1:07.59	35.87	200m: 2:23.36	38.71	300m: 3:41.81	39.39	400m: 4:58.24	37.56
12.	Danielle Grootes	Oceanus	4:56.19	9501278	4:58.44	* +0,80	E	
	50m: 32.96	32.96	150m: 1:47.15	37.74	250m: 3:03.88	38.53	350m: 4:21.35	38.61
	100m: 1:09.41	36.45	200m: 2:25.35	38.20	300m: 3:42.74	38.86	400m: 4:58.44	37.09
13.	Elisabeth Muthert	Stadskanaal	4:54.97	9500062	4:58.84	+0,90	E	
	50m: 32.42	32.42	150m: 1:45.89	37.90	250m: 3:03.24	38.86	350m: 4:21.21	39.07
	100m: 1:07.99	35.57	200m: 2:24.38	38.49	300m: 3:42.14	38.90	400m: 4:58.84	37.63
14.	Annika Arvin	De Dolfijn	4:54.98	9500008	5:03.70	+0,75	F	
	50m: 34.01	34.01	150m: 1:51.94	39.59	250m: 3:09.89	39.03	350m: 4:27.38	38.89
	100m: 1:12.35	38.34	200m: 2:30.86	38.92	300m: 3:48.49	38.60	400m: 5:03.70	36.32
15.	Rosanne Ligtoet	De Devel	4:54.00	9501212	5:03.80		F	
	50m: 31.23	31.23	150m: 1:46.58	38.02	250m: 3:05.84	39.89	350m: 4:26.69	40.48
	100m: 1:08.56	37.33	200m: 2:25.95	39.37	300m: 3:46.21	40.37	400m: 5:03.80	37.11
16.	Maud Hoofs	WVZ	4:53.09	9501206	5:06.45		F	
	50m: 33.47	33.47	150m: 1:49.47	38.34	250m: 3:08.51	39.68	350m: 4:29.05	40.39
	100m: 1:11.13	37.66	200m: 2:28.83	39.36	300m: 3:48.66	40.15	400m: 5:06.45	37.40
17.	Sietske Veldkamp	De Whee	4:51.95	9501628	5:08.45	+1,02	F	
	50m: 33.29	33.29	150m: 1:48.64	38.43	250m: 3:07.52	40.01	350m: 4:28.80	40.74
	100m: 1:10.21	36.92	200m: 2:27.51	38.87	300m: 3:48.06	40.54	400m: 5:08.45	39.65
18.	Sabine Koudijs	WVZ	4:54.18	9500024	5:12.59	+0,78	F	
	50m: 34.11	34.11	150m: 1:52.56	39.99	250m: 3:12.46	40.27	350m: 4:33.66	40.78
	100m: 1:12.57	38.46	200m: 2:32.19	39.63	300m: 3:52.88	40.42	400m: 5:12.59	38.93