

Nederlandse Junioren Kampioenschappen Zwemmen Korte Baan 2009
Dordrecht, 30.1. - 1.2.2009

Programmanr. 1
30.01.2009

Meisjes, 400m vrije slag

Junioren 1
Resultaten

rang	naam	vereniging	inschrijftijd			tijd			niveau	
1.	Lisanne van Avezaath	TriVia	5:02.59			9701304			4:59.86	C
	50m: 32.87	32.87	150m: 1:48.40	38.09	250m: 3:06.58	39.35	350m: 4:24.65	38.46		
	100m: 1:10.31	37.44	200m: 2:27.23	38.83	300m: 3:46.19	39.61	400m: 4:59.86	35.21		
2.	Marre Zandringa	Orca	5:10.24			9701136			5:01.38	C
	50m: 33.49	33.49	150m: 1:49.94	38.65	250m: 3:07.87	38.91	350m: 4:25.40	38.01		
	100m: 1:11.29	37.80	200m: 2:28.96	39.02	300m: 3:47.39	39.52	400m: 5:01.38	35.98		
3.	Judith Veldman	Eemsrobber	5:13.96			9702422			5:07.93	D
	50m: 33.51	33.51	150m: 1:49.63	38.53	250m: 3:10.03	40.75	350m: 4:30.20	39.74		
	100m: 1:11.10	37.59	200m: 2:29.28	39.65	300m: 3:50.46	40.43	400m: 5:07.93	37.73		
4.	Denise Schulpen	Aquarijn	5:09.60			9700158			5:09.86	D
	50m: 33.90	33.90	150m: 1:51.65	39.32	250m: 3:12.84	40.54	350m: 4:32.86	39.43		
	100m: 1:12.33	38.43	200m: 2:32.30	40.65	300m: 3:53.43	40.59	400m: 5:09.86	37.00		
5.	Maxime v.d. Heuvel	Oceanus	5:21.54			9701004			5:12.97	E
	50m: 35.52	35.52	150m: 1:56.28	40.68	250m: 3:17.80	41.09	350m: 4:36.77	39.45		
	100m: 1:15.60	40.08	200m: 2:36.71	40.43	300m: 3:57.32	39.52	400m: 5:12.97	36.20		
6.	Jasmijn Bink	LZ 1886	5:18.09			9700332			5:14.66	E
	50m: 35.45	35.45	150m: 1:55.40	40.18	250m: 3:16.68	40.73	350m: 4:35.92	38.72		
	100m: 1:15.22	39.77	200m: 2:35.95	40.55	300m: 3:57.20	40.52	400m: 5:14.66	38.74		
7.	Lindy Nijhuis	OZ&PC	5:09.01			9700010			5:15.97	E
	50m: 34.17	34.17	150m: 1:52.22	40.04	250m: 3:14.45	41.01	350m: 4:36.47	41.13		
	100m: 1:12.18	38.01	200m: 2:33.44	41.22	300m: 3:55.34	40.89	400m: 5:15.97	39.50		
8.	Laura Willemsen	DWK	5:20.92			9700168			5:18.27	E
	50m: 36.40	36.40	150m: 1:58.45	40.99	250m: 3:20.27	41.09	350m: 4:40.57	39.59		
	100m: 1:17.46	41.06	200m: 2:39.18	40.73	300m: 4:00.98	40.71	400m: 5:18.27	37.70		
9.	Nine Roman	LZ 1886	5:17.38			9702310			5:18.67	E
	50m: 35.12	35.12	150m: 1:57.83	41.47	250m: 3:18.58	40.10	350m: 4:38.40	39.89		
	100m: 1:16.36	41.24	200m: 2:38.48	40.65	300m: 3:58.51	39.93	400m: 5:18.67	40.27		
10.	Marije Dinkelberg	Vlaardingen	5:23.19			9703192			5:25.97	E
	50m: 36.84	36.84	150m: 2:01.49	42.33	250m: 3:25.69	41.71	350m: 4:48.66	41.14		
	100m: 1:19.16	42.32	200m: 2:43.98	42.49	300m: 4:07.52	41.83	400m: 5:25.97	37.31		