

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

Programmanr. 3  
30.01.2009

Meisjes, 400m vrije slag

Junioren 3  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	niveau
1.	Rachelle Visser	AZ&PC	4:38.44 9500106	<b>4:32.03</b>	A
	50m: 31.18 31.18	150m: 1:40.90 34.92	250m: 2:50.78 34.84	350m: 3:58.65 33.56	
	100m: 1:05.98 34.80	200m: 2:15.94 35.04	300m: 3:25.09 34.31	400m: 4:32.03 33.38	
2.	Jovanna Koens	Eiffel Swimmers PSV	4:38.81 9505652	<b>4:34.54</b> *	B
	50m: 31.43 31.43	150m: 1:39.50 33.66	250m: 2:48.80 34.68	350m: 3:58.79 34.97	
	100m: 1:05.84 34.41	200m: 2:14.12 34.62	300m: 3:23.82 35.02	400m: 4:34.54 35.75	
3.	Shireen Post	AZ&PC	4:39.20 9503286	<b>4:36.42</b>	B
	50m: 31.24 31.24	150m: 1:40.86 35.10	250m: 2:51.10 34.98	350m: 4:01.94 35.22	
	100m: 1:05.76 34.52	200m: 2:16.12 35.26	300m: 3:26.72 35.62	400m: 4:36.42 34.48	
4.	Carien van der Schaaf	De Dinkel	4:47.32 9500168	<b>4:41.70</b>	C
	50m: 31.32 31.32	150m: 1:41.43 35.48	250m: 2:53.03 35.77	350m: 4:05.87 36.55	
	100m: 1:05.95 34.63	200m: 2:17.26 35.83	300m: 3:29.32 36.29	400m: 4:41.70 35.83	
5.	Femke Leenstra	Orca	4:45.24 9503038	<b>4:49.06</b>	E
	50m: 30.95 30.95	150m: 1:42.31 36.09	250m: 2:56.84 37.44	350m: 4:12.37 37.82	
	100m: 1:06.22 35.27	200m: 2:19.40 37.09	300m: 3:34.55 37.71	400m: 4:49.06 36.69	
6.	Maya Kingma	SBC2000	4:56.64 9503824	<b>4:49.15</b>	E
	50m: 34.28 34.28	150m: 1:48.54 37.21	250m: 3:01.50 36.48	350m: 4:14.59 36.75	
	100m: 1:11.33 37.05	200m: 2:25.02 36.48	300m: 3:37.84 36.34	400m: 4:49.15 34.56	
7.	Kelly Wigleven	Poseidon'56	4:53.59 9500058	<b>4:49.29</b>	E
	50m: 32.93 32.93	150m: 1:45.96 36.82	250m: 3:00.11 37.14	350m: 4:15.00 37.20	
	100m: 1:09.14 36.21	200m: 2:22.97 37.01	300m: 3:37.80 37.69	400m: 4:49.29 34.29	
8.	Claudia den Ottelander	SBC2000	4:52.81 9500552	<b>4:52.65</b>	E
	50m: 32.60 32.60	150m: 1:46.00 37.30	250m: 3:00.72 37.53	350m: 4:16.84 38.17	
	100m: 1:08.70 36.10	200m: 2:23.19 37.19	300m: 3:38.67 37.95	400m: 4:52.65 35.81	
9.	Elisabeth Muthert	Stadskanaal	4:52.34 9500062	<b>4:55.78</b>	E
	50m: 32.67 32.67	150m: 1:45.13 37.17	250m: 3:02.04 38.64	350m: 4:19.30 38.70	
	100m: 1:07.96 35.29	200m: 2:23.40 38.27	300m: 3:40.60 38.56	400m: 4:55.78 36.48	
10.	Sietske Veldkamp	De Whee	4:54.80 9501628	<b>4:57.31</b>	E
	50m: 33.69 33.69	150m: 1:48.95 38.22	250m: 3:04.49 37.85	350m: 4:19.98 37.71	
	100m: 1:10.73 37.04	200m: 2:26.64 37.69	300m: 3:42.27 37.78	400m: 4:57.31 37.33	
11.	Zoë van Zijl	Aquarijn	4:57.03 9500136	<b>5:02.60</b>	F
	50m: 32.65 32.65	150m: 1:49.46 39.09	250m: 3:08.14 39.20	350m: 4:25.99 38.60	
	100m: 1:10.37 37.72	200m: 2:28.94 39.48	300m: 3:47.39 39.25	400m: 5:02.60 36.61	
12.	Danielle Grootes	Oceanus	4:48.36 9501278	<b>5:06.56</b>	F
	50m: 33.42 33.42	150m: 1:49.83 39.04	250m: 3:09.56 39.81	350m: 4:28.60 39.82	
	100m: 1:10.79 37.37	200m: 2:29.75 39.92	300m: 3:48.78 39.22	400m: 5:06.56 37.96	
13.	Cecily Sadowski	Aquapoldro	4:55.06 9500188	<b>5:08.01</b>	F
	50m: 33.64 33.64	150m: 1:49.42 38.47	250m: 3:06.84 39.00	350m: 4:27.70 40.73	
	100m: 1:10.95 37.31	200m: 2:27.84 38.42	300m: 3:46.97 40.13	400m: 5:08.01 40.31	
14.	Mandy Verhage	DAW-FINENZO	4:58.36 9501382	<b>5:12.68</b>	F
	50m: 34.40 34.40	150m: 1:51.10 38.85	250m: 3:11.58 40.44	350m: 4:33.46 40.82	
	100m: 1:12.25 37.85	200m: 2:31.14 40.04	300m: 3:52.64 41.06	400m: 5:12.68 39.22	
DIS	Davina van Perge	DAW-FINENZO	4:56.64 9503786		
	<i>AA - Te vroeg weg of bewogen bij start.</i>				