

Programmanr. 2
19.12.2008 - 9:20

Meisjes, 400m vrije slag

Jeugd 1 en 2
Resultaten

rang	naam	vereniging	intijd	tijd	RT	niv.	finale
1.	Andrea Kneppers	Zwemvereniging Hoorn	4:22.67	9302216	4:24.80	+0,96	A
	50m: 29.80	150m: 1:36.40	250m: 2:43.12	350m: 3:51.00			34.03
	100m: 1:03.26	200m: 2:09.44	300m: 3:16.97	400m: 4:24.80			33.80
2.	Marcha Admiraal	De Biesboschzwemmers	4:37.51	9300012	4:29.06	+0,88	B
	50m: 30.77	150m: 1:39.23	250m: 2:47.49	350m: 3:55.86			34.24
	100m: 1:04.69	200m: 2:13.38	300m: 3:21.62	400m: 4:29.06			33.20
3.	Pauline van Dam	Eiffel Swimmers PSV	4:36.15	9304422	4:36.68 *	+0,84	D
	50m: 31.11	150m: 1:40.84	250m: 2:51.72	350m: 4:02.60			35.19
	100m: 1:05.63	200m: 2:16.13	300m: 3:27.41	400m: 4:36.68			34.08
4.	Rosanne Schoonbeek	TriVia	4:35.00	9402692	4:36.74		C
	50m: 31.29	150m: 1:40.57	250m: 2:51.39	350m: 4:02.79			35.60
	100m: 1:05.68	200m: 2:15.78	300m: 3:27.19	400m: 4:36.74			33.95
5.	Noortje van den Boom	Eiffel Swimmers PSV	4:35.86	9400574	4:37.31	+0,81	C
	50m: 31.15	150m: 1:40.53	250m: 2:50.87	350m: 4:02.02			35.56
	100m: 1:05.56	200m: 2:15.86	300m: 3:26.46	400m: 4:37.31			35.29
6.	Malissa van de Heuvel	Eiffel Swimmers PSV	4:32.46	9304922	4:39.41	+0,78	D
	50m: 33.05	150m: 1:43.88	250m: 2:54.70	350m: 4:05.90			35.45
	100m: 1:08.52	200m: 2:19.46	300m: 3:30.45	400m: 4:39.41			33.51
7.	Leonie Oude Elferink	Zignea	4:38.36	9401826	4:39.89	+0,98	D
	50m: 32.33	150m: 1:42.73	250m: 2:54.44	350m: 4:05.76			35.47
	100m: 1:07.27	200m: 2:18.56	300m: 3:30.29	400m: 4:39.89			34.13
8.	Inge Pepping	De Rijn	4:44.62	9402308	4:41.18	+0,89	D
	50m: 32.00	150m: 1:43.19	250m: 2:55.34	350m: 4:07.13			35.65
	100m: 1:07.31	200m: 2:19.28	300m: 3:31.48	400m: 4:41.18			34.05
9.	Iris Pijtak	AZ&PC	4:43.69	9300602	4:42.38	+0,87	E
	50m: 32.72	150m: 1:44.46	250m: 2:57.37	350m: 4:09.21			35.88
	100m: 1:08.39	200m: 2:21.19	300m: 3:33.33	400m: 4:42.38			33.17
10.	Ela Hutten	SBC2000	4:44.94	9300354	4:42.62	+0,87	E
	50m: 31.52	150m: 1:42.68	250m: 2:54.47	350m: 4:07.02			36.41
	100m: 1:06.87	200m: 2:18.57	300m: 3:30.61	400m: 4:42.62			35.60
11.	Tanja van Essen	Wiekslag	4:46.69	9404678	4:43.31		D
	50m: 31.38	150m: 1:42.52	250m: 2:55.69	350m: 4:08.42			36.12
	100m: 1:06.07	200m: 2:19.27	300m: 3:32.30	400m: 4:43.31			34.89
12.	Femke Swier	Zwemvereniging Hoorn	4:44.42	9305122	4:45.36	+0,86	E
	50m: 32.07	150m: 1:45.63	250m: 2:57.98	350m: 4:10.62			36.67
	100m: 1:08.41	200m: 2:22.46	300m: 3:33.95	400m: 4:45.36			34.74
13.	Renske de Groot	DZ&PC	4:43.01	9300276	4:45.52	+0,91	E
	50m: 32.66	150m: 1:44.48	250m: 2:57.34	350m: 4:10.17			36.55
	100m: 1:08.31	200m: 2:20.74	300m: 3:33.62	400m: 4:45.52			35.35
14.	Eva van Etten	Poseidon'56	4:48.00	9403044	4:46.75	+0,89	E
	50m: 31.47	150m: 1:42.66	250m: 2:57.53	350m: 4:11.69			36.74
	100m: 1:06.48	200m: 2:19.94	300m: 3:34.95	400m: 4:46.75			35.06
15.	Astrid van Nieuwkerk	ZV Westland Dijkglas	4:47.41	9402904	4:47.76	+0,85	E
	50m: 32.44	150m: 1:44.48	250m: 2:58.24	350m: 4:11.70			36.95
	100m: 1:08.03	200m: 2:21.13	300m: 3:34.75	400m: 4:47.76			36.06
16.	Yvonne Verbeek	WZ&PC Purmerend	4:48.93	9402788	4:47.78	+0,86	E
	50m: 32.63	150m: 1:44.66	250m: 2:58.59	350m: 4:12.34			36.72
	100m: 1:08.24	200m: 2:21.61	300m: 3:35.62	400m: 4:47.78			35.44
17.	Beau Rijpers	ZPC Bikkel Hoogeveen	4:51.02	9402638	4:49.64 *	+0,94	E
	50m: 32.29	150m: 1:43.69	250m: 2:57.71	350m: 4:13.08			37.87
	100m: 1:07.16	200m: 2:20.60	300m: 3:35.21	400m: 4:49.64			36.56
18.	Maxime de Wilde	DZ&PC	4:43.15	9304658	4:51.26	+0,97	E
	50m: 32.01	150m: 1:44.37	250m: 2:57.79	350m: 4:12.78			37.80
	100m: 1:07.94	200m: 2:20.90	300m: 3:34.98	400m: 4:51.26			38.48
19.	Seline Koek	LZ 1886-KartoenZ	4:51.54	9400622	4:51.60	+0,91	E
	50m: 32.18	150m: 1:45.52	250m: 3:00.30	350m: 4:15.10			37.19
	100m: 1:08.24	200m: 2:22.97	300m: 3:37.91	400m: 4:51.60			36.50
20.	Maud Hesselink	De Dinkel	4:51.77	9400854	4:52.98		E
	50m: 30.99	150m: 1:43.47	250m: 2:58.81	350m: 4:15.57			38.46
	100m: 1:06.33	200m: 2:20.93	300m: 3:37.11	400m: 4:52.98			37.41
21.	Iris van den Heuvel	De Kempvis	4:49.70	9401732	4:57.81	+0,85	E
	50m: 32.13	150m: 1:45.57	250m: 3:02.42	350m: 4:20.06			38.84
	100m: 1:08.29	200m: 2:23.86	300m: 3:41.22	400m: 4:57.81			37.75

Timing & Data-Handling by KNZB

Programmanr. 2, Meisjes, 400m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT	niv.	finale
DIS	Debby Boerefijn	Zignea	4:51.39	9400240			
	<i>AF - Niet de aangegeven afstand gezwommen (geen tijd noteren).</i>						
NG	Priscilla Meerman	Luctor et Emergo	4:47.21	9401428			

Programmanr. 2
19.12.2008 - 9:20

Dames, 400m vrije slag

all-in
Resultaten

rang	naam	vereniging	intijd	tijd	RT	niv.	finale
1.	Rieneke Terink <i>Kampioenschaps Record</i>	AZ&PC	4:09.45	8402424	4:05.92	+0,86	A+
	50m: 28.58 28.58	150m: 1:31.21 31.43	250m: 2:34.26 31.42	350m: 3:36.21 30.55			
	100m: 59.78 31.20	200m: 2:02.84 31.63	300m: 3:05.66 31.40	400m: 4:05.92 29.71			
2.	Ranomi Kromowidjojo <i>Nederlands Record 18 jaar</i>	Eiffel Swimmers PSV	4:16.44	9002156	4:06.25	+0,85	A+
	50m: 28.27 28.27	150m: 1:31.30 31.73	250m: 2:34.37 31.48	350m: 3:37.02 31.18			
	100m: 59.57 31.30	200m: 2:02.89 31.59	300m: 3:05.84 31.47	400m: 4:06.25 29.23			
3.	Lieke Verouden	AZ&PC	4:19.41	9003948	4:15.20	+0,64	A+
	50m: 29.72 29.72	150m: 1:34.09 32.28	250m: 2:38.90 32.15	350m: 3:43.37 32.13			
	100m: 1:01.81 32.09	200m: 2:06.75 32.66	300m: 3:11.24 32.34	400m: 4:15.20 31.83			
4.	Maaïke Waaijer	Eiffel Swimmers PSV	4:19.54	9004120	4:16.49	+0,90	A
	50m: 30.57 30.57	150m: 1:35.36 32.54	250m: 2:40.94 32.79	350m: 3:45.54 32.02			
	100m: 1:02.82 32.25	200m: 2:08.15 32.79	300m: 3:13.52 32.58	400m: 4:16.49 30.95			
5.	Marieke Nijhuis	OZ&PC	4:17.76	9201296	4:16.82	+1,03	A+
	50m: 29.66 29.66	150m: 1:34.31 32.65	250m: 2:39.94 32.84	350m: 3:45.20 32.59			
	100m: 1:01.66 32.00	200m: 2:07.10 32.79	300m: 3:12.61 32.67	400m: 4:16.82 31.62			
6.	Elise Bouwens	Zwemlust/Utrecht(SG)	4:20.82	9103964	4:18.86	+0,89	A
	50m: 30.07 30.07	150m: 1:36.00 33.05	250m: 2:41.77 32.80	350m: 3:47.22 32.41			
	100m: 1:02.95 32.88	200m: 2:08.97 32.97	300m: 3:14.81 33.04	400m: 4:18.86 31.64			
7.	Linsy Heister	Eiffel Swimmers PSV	4:27.06	8801672	4:24.37	+0,93	C
	50m: 32.12 32.12	150m: 1:39.67 33.45	250m: 2:45.48 32.48	350m: 3:52.80 33.80			
	100m: 1:06.22 34.10	200m: 2:13.00 33.33	300m: 3:19.00 33.52	400m: 4:24.37 31.57			
8.	Andrea Kneppers	Zwemvereniging Hoorn	4:22.67	9302216	4:24.80	+0,96	A
	50m: 29.80 29.80	150m: 1:36.40 33.14	250m: 2:43.12 33.68	350m: 3:51.00 34.03			
	100m: 1:03.26 33.46	200m: 2:09.44 33.04	300m: 3:16.97 33.85	400m: 4:24.80 33.80			
9.	Marion van den Berg	DWK	4:22.34	8600272	4:28.86	+0,96	D
	50m: 29.25 29.25	150m: 1:35.73 33.94	250m: 2:44.06 34.65	350m: 3:53.62 34.63			
	100m: 1:01.79 32.54	200m: 2:09.41 33.68	300m: 3:18.99 34.93	400m: 4:28.86 35.24			
10.	Marcha Admiraal	De Biesboschzwemmers	4:37.51	9300012	4:29.06	+0,88	B
	50m: 30.77 30.77	150m: 1:39.23 34.54	250m: 2:47.49 34.11	350m: 3:55.86 34.24			
	100m: 1:04.69 33.92	200m: 2:13.38 34.15	300m: 3:21.62 34.13	400m: 4:29.06 33.20			
11.	Alice Bravo	Het Y	4:32.36	8705346	4:36.23	+0,89	E
	50m: 31.58 31.58	150m: 1:40.60 34.76	250m: 2:50.50 34.89	350m: 4:01.53 35.64			
	100m: 1:05.84 34.26	200m: 2:15.61 35.01	300m: 3:25.89 35.39	400m: 4:36.23 34.70			
12.	Pauline van Dam	Eiffel Swimmers PSV	4:36.15	9304422	4:36.68 *	+0,84	D
	50m: 31.11 31.11	150m: 1:40.84 35.21	250m: 2:51.72 35.59	350m: 4:02.60 35.19			
	100m: 1:05.63 34.52	200m: 2:16.13 35.29	300m: 3:27.41 35.69	400m: 4:36.68 34.08			
13.	Rosanne Schoonbeek	TriVia	4:35.00	9402692	4:36.74		C
	50m: 31.29 31.29	150m: 1:40.57 34.89	250m: 2:51.39 35.61	350m: 4:02.79 35.60			
	100m: 1:05.68 34.39	200m: 2:15.78 35.21	300m: 3:27.19 35.80	400m: 4:36.74 33.95			
14.	Noortje van den Boom	Eiffel Swimmers PSV	4:35.86	9400574	4:37.31	+0,81	C
	50m: 31.15 31.15	150m: 1:40.53 34.97	250m: 2:50.87 35.01	350m: 4:02.02 35.56			
	100m: 1:05.56 34.41	200m: 2:15.86 35.33	300m: 3:26.46 35.59	400m: 4:37.31 35.29			
15.	Yvon Versteeg	De Veene	4:37.76	9201864	4:38.99		E
	50m: 31.36 31.36	150m: 1:40.80 35.14	250m: 2:52.68 36.05	350m: 4:04.74 35.78			
	100m: 1:05.66 34.30	200m: 2:16.63 35.83	300m: 3:28.96 36.28	400m: 4:38.99 34.25			
16.	Malissa van de Heuvel	Eiffel Swimmers PSV	4:32.46	9304922	4:39.41	+0,78	D
	50m: 33.05 33.05	150m: 1:43.88 35.36	250m: 2:54.70 35.24	350m: 4:05.90 35.45			
	100m: 1:08.52 35.47	200m: 2:19.46 35.58	300m: 3:30.45 35.75	400m: 4:39.41 33.51			
17.	Leonie Oude Elferink	Zignea	4:38.36	9401826	4:39.89	+0,98	D
	50m: 32.33 32.33	150m: 1:42.73 35.46	250m: 2:54.44 35.88	350m: 4:05.76 35.47			
	100m: 1:07.27 34.94	200m: 2:18.56 35.83	300m: 3:30.29 35.85	400m: 4:39.89 34.13			
18.	Inge Pepping	De Rijn	4:44.62	9402308	4:41.18	+0,89	D
	50m: 32.00 32.00	150m: 1:43.19 35.88	250m: 2:55.34 36.06	350m: 4:07.13 35.65			
	100m: 1:07.31 35.31	200m: 2:19.28 36.09	300m: 3:31.48 36.14	400m: 4:41.18 34.05			

Timing & Data-Handling by KNZB

Programmanr. 2, Dames, 400m vrije slag, all-in

rang	naam	vereniging	intijd	tijd	RT	niv.	finale
19.	Iris Pijtak 50m: 32.72 100m: 1:08.39	AZ&PC 150m: 1:44.46 200m: 2:21.19	32.72 35.67	4:43.69 250m: 2:57.37 300m: 3:33.33	9300602 36.18 35.96	4:42.38 350m: 4:09.21 400m: 4:42.38	+0,87 E 35.88 33.17
20.	Ela Hutten 50m: 31.52 100m: 1:06.87	SBC2000 150m: 1:42.68 200m: 2:18.57	31.52 35.35	4:44.94 250m: 2:54.47 300m: 3:30.61	9300354 35.90 36.14	4:42.62 350m: 4:07.02 400m: 4:42.62	+0,87 E 36.41 35.60
21.	Tanja van Essen 50m: 31.38 100m: 1:06.07	Wiekslag 150m: 1:42.52 200m: 2:19.27	31.38 34.69	4:46.69 250m: 2:55.69 300m: 3:32.30	9404678 36.42 36.61	4:43.31 350m: 4:08.42 400m: 4:43.31	D 36.12 34.89
22.	Femke Swier 50m: 32.07 100m: 1:08.41	Zwemvereniging Hoorn 150m: 1:45.63 200m: 2:22.46	32.07 36.34	4:44.42 250m: 2:57.98 300m: 3:33.95	9305122 35.52 35.97	4:45.36 350m: 4:10.62 400m: 4:45.36	+0,86 E 36.67 34.74
23.	Renske de Groot 50m: 32.66 100m: 1:08.31	DZ&PC 150m: 1:44.48 200m: 2:20.74	32.66 35.65	4:43.01 250m: 2:57.34 300m: 3:33.62	9300276 36.60 36.28	4:45.52 350m: 4:10.17 400m: 4:45.52	+0,91 E 36.55 35.35
24.	Eva van Etten 50m: 31.47 100m: 1:06.48	Poseidon'56 150m: 1:42.66 200m: 2:19.94	31.47 35.01	4:48.00 250m: 2:57.53 300m: 3:34.95	9403044 37.59 37.42	4:46.75 350m: 4:11.69 400m: 4:46.75	+0,89 E 36.74 35.06
25.	Astrid van Nieuwkerk 50m: 32.44 100m: 1:08.03	ZV Westland Dijkglas 150m: 1:44.48 200m: 2:21.13	32.44 35.59	4:47.41 250m: 2:58.24 300m: 3:34.75	9402904 37.11 36.51	4:47.76 350m: 4:11.70 400m: 4:47.76	+0,85 E 36.95 36.06
26.	Yvonne Verbeek 50m: 32.63 100m: 1:08.24	WZ&PC Purmerend 150m: 1:44.66 200m: 2:21.61	32.63 35.61	4:48.93 250m: 2:58.59 300m: 3:35.62	9402788 36.98 37.03	4:47.78 350m: 4:12.34 400m: 4:47.78	+0,86 E 36.72 35.44
27.	Beau Rijpers 50m: 32.29 100m: 1:07.16	ZPC Bikkel Hoogeveen 150m: 1:43.69 200m: 2:20.60	32.29 34.87	4:51.02 250m: 2:57.71 300m: 3:35.21	9402638 37.11 37.50	4:49.64 * 350m: 4:13.08 400m: 4:49.64	+0,94 E 37.87 36.56
28.	Maxime de Wilde 50m: 32.01 100m: 1:07.94	DZ&PC 150m: 1:44.37 200m: 2:20.90	32.01 35.93	4:43.15 250m: 2:57.79 300m: 3:34.98	9304658 36.89 37.19	4:51.26 350m: 4:12.78 400m: 4:51.26	+0,97 E 37.80 38.48
29.	Seline Koek 50m: 32.18 100m: 1:08.24	LZ 1886-Kartoenz 150m: 1:45.52 200m: 2:22.97	32.18 36.06	4:51.54 250m: 3:00.30 300m: 3:37.91	9400622 37.33 37.61	4:51.60 350m: 4:15.10 400m: 4:51.60	+0,91 E 37.19 36.50
30.	Maud Hesselink 50m: 30.99 100m: 1:06.33	De Dinkel 150m: 1:43.47 200m: 2:20.93	30.99 35.34	4:51.77 250m: 2:58.81 300m: 3:37.11	9400854 37.88 38.30	4:52.98 350m: 4:15.57 400m: 4:52.98	E 38.46 37.41
31.	Iris van den Heuvel 50m: 32.13 100m: 1:08.29	De Kempvis 150m: 1:45.57 200m: 2:23.86	32.13 36.16	4:49.70 250m: 3:02.42 300m: 3:41.22	9401732 38.56 38.80	4:57.81 350m: 4:20.06 400m: 4:57.81	+0,85 E 38.84 37.75
DIS	Debby Boerefijn	Zignea		4:51.39	9400240		
	<i>AF - Niet de aangegeven afstand gezwommen (geen tijd noteren).</i>						
NG	Priscilla Meerman	Luctor et Emergo		4:47.21	9401428		