

Open Nederlandse Kampioenschappen 2009
Eindhoven, 12. - 14.6.2009

Programmanr. 2
12.06.2009 - 9:34

Dames, 400m vrije slag

Jeugd 1 en ouder
Resultaten

Wereld Record	4:00.66	Joanne Jackson	Sheffield (GBR)	16.03.2009
Europees Record	4:00.66	Joanne Jackson	Sheffield (GBR)	14.03.2009
Nederlands Record Senioren	4:08.70	Kirsten Vliegheuis	Atlanta (USA)	22.07.1996
Nederlands Record Jeugd	4:12.53	Sharon van Rouwendaal	Belgrado (SRB)	31.07.2008
Kampioenschaps Record	4:12.66	Kirsten Vliegheuis	Amersfoort	18.06.1999

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	finale
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Jeugd 1 en 2

1.	Sharon van Rouwendaal <i>Nederlands Record Jeugd</i>	KNZB	4:12.53	9307422	4:11.35	+0,85	A+
	50m: 30.11 30.11	150m: 1:34.41 32.01	250m: 2:38.28 31.64	350m: 3:41.07 31.23			
	100m: 1:02.40 32.29	200m: 2:06.64 32.23	300m: 3:09.84 31.56	400m: 4:11.35 30.28			
2.	Andrea Kneppers	Zwemvereniging Hoorn	4:25.88	9302216	4:22.00	+0,96	A+
	50m: 30.81 30.81	150m: 1:36.88 32.28	250m: 2:42.98 32.69	350m: 3:49.44 32.81			
	100m: 1:04.60 33.79	200m: 2:10.29 33.41	300m: 3:16.63 33.65	400m: 4:22.00 32.56			
3.	Pauline van Dam	Eiffel Swimmers PSV	4:35.23	9304422	4:31.31	+0,78	C
	50m: 31.17 31.17	150m: 1:39.49 34.48	250m: 2:48.75 34.80	350m: 3:57.89 34.10			
	100m: 1:05.01 33.84	200m: 2:13.95 34.46	300m: 3:23.79 35.04	400m: 4:31.31 33.42			
4.	Marcha Admiraal	De Biesboschwimmers	4:32.05	9300012	4:33.17	+0,83	C
	50m: 30.78 30.78	150m: 1:38.61 34.20	250m: 2:48.25 34.77	350m: 3:58.44 35.07			
	100m: 1:04.41 33.63	200m: 2:13.48 34.87	300m: 3:23.37 35.12	400m: 4:33.17 34.73			
5.	Rosanne Schoonbeek	TriVia	4:40.11	9402692	4:39.93	+1,02	D
	50m: 31.84 31.84	150m: 1:42.11 35.60	250m: 2:53.59 35.88	350m: 4:05.79 35.95			
	100m: 1:06.51 34.67	200m: 2:17.71 35.60	300m: 3:29.84 36.25	400m: 4:39.93 34.14			
6.	Leonie Oude Elferink	Zignea	4:41.57	9401826	4:41.83	+0,93	D
	50m: 31.80 31.80	150m: 1:42.00 35.58	250m: 2:54.18 36.24	350m: 4:06.84 36.41			
	100m: 1:06.42 34.62	200m: 2:17.94 35.94	300m: 3:30.43 36.25	400m: 4:41.83 34.99			
7.	Emilie Desquiers	Comité de Provence	4:44.71	868125	4:42.73	+0,81	E
	50m: 31.99 31.99	150m: 1:43.53 36.19	250m: 2:56.42 36.10	350m: 4:08.04 35.51			
	100m: 1:07.34 35.35	200m: 2:20.32 36.79	300m: 3:32.53 36.11	400m: 4:42.73 34.69			
8.	Inge Pepping	De Rijn	4:51.85	9402308	4:44.29	+0,86	D
	50m: 32.12 32.12	150m: 1:44.15 35.76	250m: 2:56.74 36.00	350m: 4:09.31 36.04			
	100m: 1:08.39 36.27	200m: 2:20.74 36.59	300m: 3:33.27 36.53	400m: 4:44.29 34.98			
9.	Noortje van den Boom	Eiffel Swimmers PSV	4:40.38	9400574	4:44.38	+0,81	D
	50m: 31.42 31.42	150m: 1:41.13 35.24	250m: 2:53.71 36.56	350m: 4:07.54 37.02			
	100m: 1:05.89 34.47	200m: 2:17.15 36.02	300m: 3:30.52 36.81	400m: 4:44.38 36.84			
10.	Nikki van der Hoorn	Oceanus	4:46.46	9307224	4:46.31	+0,77	E
	50m: 31.32 31.32	150m: 1:42.32 35.95	250m: 2:56.29 37.14	350m: 4:10.93 37.14			
	100m: 1:06.37 35.05	200m: 2:19.15 36.83	300m: 3:33.79 37.50	400m: 4:46.31 35.38			
11.	Iris Pijtak	AZ&PC	4:42.38	9300602	4:46.96	+0,91	E
	50m: 32.21 32.21	150m: 1:44.22 36.38	250m: 2:58.29 37.03	350m: 4:12.58 37.06			
	100m: 1:07.84 35.63	200m: 2:21.26 37.04	300m: 3:35.52 37.23	400m: 4:46.96 34.38			
12.	Thekla Sophia Rodd	De Zwoer	4:53.73	9407120	4:49.08	+0,79	E
	50m: 32.96 32.96	150m: 1:45.21 36.53	250m: 2:58.45 36.39	350m: 4:12.38 37.10			
	100m: 1:08.68 35.72	200m: 2:22.06 36.85	300m: 3:35.28 36.83	400m: 4:49.08 36.70			
13.	Yvonne Verbeek	WZ&PC Purmerend	4:48.75	9402788	4:49.29	+0,76	E
	50m: 31.93 31.93	150m: 1:43.63 36.49	250m: 2:58.20 37.70	350m: 4:13.46 37.67			
	100m: 1:07.14 35.21	200m: 2:20.50 36.87	300m: 3:35.79 37.59	400m: 4:49.29 35.83			
14.	Linda van der Hout	ZV Westland Dijkglas	4:40.58	9300344	4:49.72	+0,83	E
	50m: 33.02 33.02	150m: 1:45.85 36.83	250m: 2:59.84 37.01	350m: 4:13.55 36.91			
	100m: 1:09.02 36.00	200m: 2:22.83 36.98	300m: 3:36.64 36.80	400m: 4:49.72 36.17			
15.	Femke Swier	Zwemvereniging Hoorn	4:44.42	9305122	4:49.91	+0,89	E
	50m: 32.80 32.80	150m: 1:46.50 37.58	250m: 3:01.26 37.22	350m: 4:14.54 36.16			
	100m: 1:08.92 36.12	200m: 2:24.04 37.54	300m: 3:38.38 37.12	400m: 4:49.91 35.37			
16.	Malissa van de Heuvel	Eiffel Swimmers PSV	4:35.00	9304922	4:50.13	+0,80	E
	50m: 32.11 32.11	150m: 1:43.19 35.93	250m: 2:56.60 37.12	350m: 4:12.06 37.46			
	100m: 1:07.26 35.15	200m: 2:19.48 36.29	300m: 3:34.60 38.00	400m: 4:50.13 38.07			
17.	Sharona Mlcoch	DAW-FINENZO	4:52.51	9406178	4:51.04	+0,99	E
	50m: 31.69 31.69	150m: 1:43.88 37.09	250m: 2:58.47 37.48	350m: 4:14.73 37.71			
	100m: 1:06.79 35.10	200m: 2:20.99 37.11	300m: 3:37.02 38.55	400m: 4:51.04 36.31			
18.	Jose Sijbring	De Pinquin	4:41.31	9300702	4:51.54	+0,88	E
	50m: 32.14 32.14	150m: 1:44.77 37.22	250m: 3:00.18 37.97	350m: 4:15.49 38.06			
	100m: 1:07.55 35.41	200m: 2:22.21 37.44	300m: 3:37.43 37.25	400m: 4:51.54 36.05			

Open Nederlandse Kampioenschappen 2009
Eindhoven, 12. - 14.6.2009

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

rang	naam		vereniging		inschrijftijd		tijd	RT	niv.	finale	
19.	Beau Rijpers		ZPC Bikkel Hoogeveen		4:55.24	9402638	4:52.82	+0,89	E		
	50m:	32.27	150m:	1:43.96	36.66	250m:	2:59.27	37.96	350m:	4:16.13	38.47
	100m:	1:07.30	200m:	2:21.31	37.35	300m:	3:37.66	38.39	400m:	4:52.82	36.69
20.	Kimberley van Wijk		Van Uden-De Gouwe		4:47.95	9402040	4:54.15	+0,89	E		
	50m:	31.37	150m:	1:43.24	37.16	250m:	2:58.64	38.01	350m:	4:15.74	38.66
	100m:	1:06.08	200m:	2:20.63	37.39	300m:	3:37.08	38.44	400m:	4:54.15	38.41
21.	Seline Koek		LZ 1886		4:53.94	9400622	4:54.24	+1,03	E		
	50m:	32.34	150m:	1:46.51	37.55	250m:	3:03.07	38.45	350m:	4:18.37	37.27
	100m:	1:08.96	200m:	2:24.62	38.11	300m:	3:41.10	38.03	400m:	4:54.24	35.87
22.	Ivana Lingen		Zoetermeer		4:42.99	9305020	4:57.79	+0,75			
	50m:	31.91	150m:	1:44.74	37.30	250m:	3:01.73	38.83	350m:	4:20.01	39.54
	100m:	1:07.44	200m:	2:22.90	38.16	300m:	3:40.47	38.74	400m:	4:57.79	37.78
23.	Renske de Groot		DZ&PC		4:48.13	9300276	4:58.59	+0,93			
	50m:	33.06	150m:	1:46.04	36.88	250m:	3:03.40	39.09	350m:	4:21.23	38.84
	100m:	1:09.16	200m:	2:24.31	38.27	300m:	3:42.39	38.99	400m:	4:58.59	37.36
24.	Eva van Etten		Poseidon'56		4:54.33	9403044	5:05.24	+0,91			
	50m:	32.21	150m:	1:46.23	37.94	250m:	3:05.60	39.61	350m:	4:25.85	40.24
	100m:	1:08.29	200m:	2:25.99	39.76	300m:	3:45.61	40.01	400m:	5:05.24	39.39
25.	Amber Reijm		Van Vliet Barracuda		4:54.61	9405434	5:06.72	+0,90			
	50m:	33.93	150m:	1:49.85	38.66	250m:	3:09.00	39.89	350m:	4:28.44	39.53
	100m:	1:11.19	200m:	2:29.11	39.26	300m:	3:48.91	39.91	400m:	5:06.72	38.28
26.	Tanja van Essen		Wiekslag		4:43.31	9404678	5:09.83	+0,88			
	50m:	33.88	150m:	1:52.24	39.79	250m:	3:12.06	40.36	350m:	4:32.56	40.22
	100m:	1:12.45	200m:	2:31.70	39.46	300m:	3:52.34	40.28	400m:	5:09.83	37.27

all-in

1.	Sharon van Rouwendaal		KNZB		4:12.53	9307422	4:11.35	+0,85	A+		
	<i>Nederlands Record Jeugd</i>										
	50m:	30.11	150m:	1:34.41	32.01	250m:	2:38.28	31.64	350m:	3:41.07	31.23
	100m:	1:02.40	200m:	2:06.64	32.23	300m:	3:09.84	31.56	400m:	4:11.35	30.28
2.	Femke Heemskerk		E.ON-NZA		4:13.82	8705224	4:13.33	+0,86	A+		
	50m:	30.11	150m:	1:33.95	31.81	250m:	2:37.83	31.77	350m:	3:41.75	31.83
	100m:	1:02.14	200m:	2:06.06	32.11	300m:	3:09.92	32.09	400m:	4:13.33	31.58
3.	Rieneke Terink		AZ&PC		4:18.74	8402424	4:14.82	+0,86	A+		
	50m:	29.63	150m:	1:34.67	32.61	250m:	2:39.37	32.16	350m:	3:43.43	31.71
	100m:	1:02.06	200m:	2:07.21	32.54	300m:	3:11.72	32.35	400m:	4:14.82	31.39
4.	Saskia de Jonge		E.ON-NZA		4:20.00	8601826	4:17.27	+0,77	A		
	50m:	30.25	150m:	1:35.11	32.26	250m:	2:39.46	32.03	350m:	3:44.37	32.52
	100m:	1:02.85	200m:	2:07.43	32.32	300m:	3:11.85	32.39	400m:	4:17.27	32.90
5.	Andrea Kneppers		Zwemvereniging Hoorn		4:25.88	9302216	4:22.00	+0,96	A+		
	50m:	30.81	150m:	1:36.88	32.28	250m:	2:42.98	32.69	350m:	3:49.44	32.81
	100m:	1:04.60	200m:	2:10.29	33.41	300m:	3:16.63	33.65	400m:	4:22.00	32.56
6.	Lieke Verouden		AZ&PC		4:25.92	9003948	4:24.18	+0,91	C		
	50m:	30.13	150m:	1:36.77	33.15	250m:	2:43.48	33.26	350m:	3:50.91	33.83
	100m:	1:03.62	200m:	2:10.22	33.45	300m:	3:17.08	33.60	400m:	4:24.18	33.27
7.	Marieke Nijhuis		OZ&PC		4:20.98	9201296	4:25.72	+0,91	B		
	50m:	30.13	150m:	1:36.33	33.28	250m:	2:43.66	33.61	350m:	3:51.92	34.07
	100m:	1:03.05	200m:	2:10.05	33.72	300m:	3:17.85	34.19	400m:	4:25.72	33.80
8.	Marion van den Berg		DWK		4:24.57	8600272	4:25.94	+0,98	C		
	50m:	30.26	150m:	1:37.23	33.62	250m:	2:44.25	33.17	350m:	3:52.54	34.20
	100m:	1:03.61	200m:	2:11.08	33.85	300m:	3:18.34	34.09	400m:	4:25.94	33.40
9.	Pauline van Dam		Eiffel Swimmers PSV		4:35.23	9304422	4:31.31	+0,78	C		
	50m:	31.17	150m:	1:39.49	34.48	250m:	2:48.75	34.80	350m:	3:57.89	34.10
	100m:	1:05.01	200m:	2:13.95	34.46	300m:	3:23.79	35.04	400m:	4:31.31	33.42
10.	Marcha Admiraal		De Biesboschzwemmers		4:32.05	9300012	4:33.17	+0,83	C		
	50m:	30.78	150m:	1:38.61	34.20	250m:	2:48.25	34.77	350m:	3:58.44	35.07
	100m:	1:04.41	200m:	2:13.48	34.87	300m:	3:23.37	35.12	400m:	4:33.17	34.73
11.	Marlies Reinders		De Dinkel		4:31.49	8602976	4:36.63	+0,90	E		
	50m:	31.18	150m:	1:41.15	35.25	250m:	2:51.16	34.81	350m:	4:01.84	35.36
	100m:	1:05.90	200m:	2:16.35	35.20	300m:	3:26.48	35.32	400m:	4:36.63	34.79
12.	Rosanne Schoonbeek		TriVia		4:40.11	9402692	4:39.93	+1,02	D		
	50m:	31.84	150m:	1:42.11	35.60	250m:	2:53.59	35.88	350m:	4:05.79	35.95
	100m:	1:06.51	200m:	2:17.71	35.60	300m:	3:29.84	36.25	400m:	4:39.93	34.14

Open Nederlandse Kampioenschappen 2009
Eindhoven, 12. - 14.6.2009

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

rang	naam	vereniging	inschrijftijd		tijd	RT	niv.	finale
13.	Leonie Oude Elferink	Zignea	4:41.57		9401826	4:41.83	+0,93	D
	50m: 31.80	31.80	150m: 1:42.00	35.58	250m: 2:54.18	36.24	350m: 4:06.84	36.41
	100m: 1:06.42	34.62	200m: 2:17.94	35.94	300m: 3:30.43	36.25	400m: 4:41.83	34.99
14.	Emilie Desquiens	Comité de Provence	4:44.71		868125	4:42.73	+0,81	E
	50m: 31.99	31.99	150m: 1:43.53	36.19	250m: 2:56.42	36.10	350m: 4:08.04	35.51
	100m: 1:07.34	35.35	200m: 2:20.32	36.79	300m: 3:32.53	36.11	400m: 4:42.73	34.69
15.	Inge Pepping	De Rijn	4:51.85		9402308	4:44.29	+0,86	D
	50m: 32.12	32.12	150m: 1:44.15	35.76	250m: 2:56.74	36.00	350m: 4:09.31	36.04
	100m: 1:08.39	36.27	200m: 2:20.74	36.59	300m: 3:33.27	36.53	400m: 4:44.29	34.98
16.	Noortje van den Boom	Eiffel Swimmers PSV	4:40.38		9400574	4:44.38	+0,81	D
	50m: 31.42	31.42	150m: 1:41.13	35.24	250m: 2:53.71	36.56	350m: 4:07.54	37.02
	100m: 1:05.89	34.47	200m: 2:17.15	36.02	300m: 3:30.52	36.81	400m: 4:44.38	36.84
17.	Yvon Versteeg	De Veene	4:38.99		9201864	4:46.20	+0,88	E
	50m: 31.71	31.71	150m: 1:43.79	36.80	250m: 2:57.95	37.12	350m: 4:11.67	36.35
	100m: 1:06.99	35.28	200m: 2:20.83	37.04	300m: 3:35.32	37.37	400m: 4:46.20	34.53
18.	Nikki van der Hoorn	Oceanus	4:46.46		9307224	4:46.31	+0,77	E
	50m: 31.32	31.32	150m: 1:42.32	35.95	250m: 2:56.29	37.14	350m: 4:10.93	37.14
	100m: 1:06.37	35.05	200m: 2:19.15	36.83	300m: 3:33.79	37.50	400m: 4:46.31	35.38
19.	Iris Pijtak	AZ&PC	4:42.38		9300602	4:46.96	+0,91	E
	50m: 32.21	32.21	150m: 1:44.22	36.38	250m: 2:58.29	37.03	350m: 4:12.58	37.06
	100m: 1:07.84	35.63	200m: 2:21.26	37.04	300m: 3:35.52	37.23	400m: 4:46.96	34.38
20.	Alice Bravo	Het Y	4:32.36		8705346	4:48.64	+0,80	
	50m: 32.74	32.74	150m: 1:46.00	37.15	250m: 2:59.58	36.53	350m: 4:12.82	36.42
	100m: 1:08.85	36.11	200m: 2:23.05	37.05	300m: 3:36.40	36.82	400m: 4:48.64	35.82
21.	Thekla Sophia Rodd	De Zwoer	4:53.73		9407120	4:49.08	+0,79	E
	50m: 32.96	32.96	150m: 1:45.21	36.53	250m: 2:58.45	36.39	350m: 4:12.38	37.10
	100m: 1:08.68	35.72	200m: 2:22.06	36.85	300m: 3:35.28	36.83	400m: 4:49.08	36.70
22.	Yvonne Verbeek	WZ&PC Purmerend	4:48.75		9402788	4:49.29	+0,76	E
	50m: 31.93	31.93	150m: 1:43.63	36.49	250m: 2:58.20	37.70	350m: 4:13.46	37.67
	100m: 1:07.14	35.21	200m: 2:20.50	36.87	300m: 3:35.79	37.59	400m: 4:49.29	35.83
23.	Linda van der Hout	ZV Westland Dijkglas	4:40.58		9300344	4:49.72	+0,83	E
	50m: 33.02	33.02	150m: 1:45.85	36.83	250m: 2:59.84	37.01	350m: 4:13.55	36.91
	100m: 1:09.02	36.00	200m: 2:22.83	36.98	300m: 3:36.64	36.80	400m: 4:49.72	36.17
24.	Femke Swier	Zwemvereniging Hoorn	4:44.42		9305122	4:49.91	+0,89	E
	50m: 32.80	32.80	150m: 1:46.50	37.58	250m: 3:01.26	37.22	350m: 4:14.54	36.16
	100m: 1:08.92	36.12	200m: 2:24.04	37.54	300m: 3:38.38	37.12	400m: 4:49.91	35.37
25.	Malissa van de Heuvel	Eiffel Swimmers PSV	4:35.00		9304922	4:50.13	+0,80	E
	50m: 32.11	32.11	150m: 1:43.19	35.93	250m: 2:56.60	37.12	350m: 4:12.06	37.46
	100m: 1:07.26	35.15	200m: 2:19.48	36.29	300m: 3:34.60	38.00	400m: 4:50.13	38.07
26.	Sharona Mlcoch	DAW-FINENZO	4:52.51		9406178	4:51.04	+0,99	E
	50m: 31.69	31.69	150m: 1:43.88	37.09	250m: 2:58.47	37.48	350m: 4:14.73	37.71
	100m: 1:06.79	35.10	200m: 2:20.99	37.11	300m: 3:37.02	38.55	400m: 4:51.04	36.31
27.	Jose Sijbring	De Pinquin	4:41.31		9300702	4:51.54	+0,88	E
	50m: 32.14	32.14	150m: 1:44.77	37.22	250m: 3:00.18	37.97	350m: 4:15.49	38.06
	100m: 1:07.55	35.41	200m: 2:22.21	37.44	300m: 3:37.43	37.25	400m: 4:51.54	36.05
28.	Beau Rijpers	ZPC Bikkel Hoogeveen	4:55.24		9402638	4:52.82	+0,89	E
	50m: 32.27	32.27	150m: 1:43.96	36.66	250m: 2:59.27	37.96	350m: 4:16.13	38.47
	100m: 1:07.30	35.03	200m: 2:21.31	37.35	300m: 3:37.66	38.39	400m: 4:52.82	36.69
29.	Désirée Emmen	De Vennen	4:42.62		9204862	4:53.47	+0,70	
	50m: 31.24	31.24	150m: 1:43.44	36.94	250m: 2:58.76	38.04	350m: 4:16.29	38.82
	100m: 1:06.50	35.26	200m: 2:20.72	37.28	300m: 3:37.47	38.71	400m: 4:53.47	37.18
30.	Kimberley van Wijk	Van Uden-De Gouwe	4:47.95		9402040	4:54.15	+0,89	E
	50m: 31.37	31.37	150m: 1:43.24	37.16	250m: 2:58.64	38.01	350m: 4:15.74	38.66
	100m: 1:06.08	34.71	200m: 2:20.63	37.39	300m: 3:37.08	38.44	400m: 4:54.15	38.41
31.	Seline Koek	LZ 1886	4:53.94		9400622	4:54.24	+1,03	E
	50m: 32.34	32.34	150m: 1:46.51	37.55	250m: 3:03.07	38.45	350m: 4:18.37	37.27
	100m: 1:08.96	36.62	200m: 2:24.62	38.11	300m: 3:41.10	38.03	400m: 4:54.24	35.87
32.	Ivana Lingen	Zoetermeer	4:42.99		9305020	4:57.79	+0,75	
	50m: 31.91	31.91	150m: 1:44.74	37.30	250m: 3:01.73	38.83	350m: 4:20.01	39.54
	100m: 1:07.44	35.53	200m: 2:22.90	38.16	300m: 3:40.47	38.74	400m: 4:57.79	37.78
33.	Renske de Groot	DZ&PC	4:48.13		9300276	4:58.59	+0,93	
	50m: 33.06	33.06	150m: 1:46.04	36.88	250m: 3:03.40	39.09	350m: 4:21.23	38.84
	100m: 1:09.16	36.10	200m: 2:24.31	38.27	300m: 3:42.39	38.99	400m: 4:58.59	37.36

Open Nederlandse Kampioenschappen 2009
Eindhoven, 12. - 14.6.2009

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

rang	naam		vereniging			inschrijftijd			tijd	RT	niv.	finale
34.	Eva van Etten		Poseidon'56			4:54.33	9403044		5:05.24	+0,91		
	50m:	32.21	32.21	150m:	1:46.23	37.94	250m:	3:05.60	39.61	350m:	4:25.85	40.24
	100m:	1:08.29	36.08	200m:	2:25.99	39.76	300m:	3:45.61	40.01	400m:	5:05.24	39.39
35.	Amber Reijm		Van Vliet Barracuda			4:54.61	9405434		5:06.72	+0,90		
	50m:	33.93	33.93	150m:	1:49.85	38.66	250m:	3:09.00	39.89	350m:	4:28.44	39.53
	100m:	1:11.19	37.26	200m:	2:29.11	39.26	300m:	3:48.91	39.91	400m:	5:06.72	38.28
36.	Tanja van Essen		Wiekslag			4:43.31	9404678		5:09.83	+0,88		
	50m:	33.88	33.88	150m:	1:52.24	39.79	250m:	3:12.06	40.36	350m:	4:32.56	40.22
	100m:	1:12.45	38.57	200m:	2:31.70	39.46	300m:	3:52.34	40.28	400m:	5:09.83	37.27
NG	Alice Bedel		Comité de Provence			4:42.53	362465					