

Open Nederlandse Kampioenschappen 2009
Eindhoven, 12. - 14.6.2009

Programmanr. 24
13.06.2009 - 12:32

Dames, 800m vrije slag
Limiet EJOE Tampère (FIN) 9:15.00

Junioren 2 en ouder
Resultaten

Wereld Record	8:14.10	Rebecca Adlington	Beijing (CHN)	16.08.2008
Europees Record	8:14.10	Rebecca Adlington	Beijing (CHN)	16.08.2008
Nederlands Record Senioren	8:30.84	Kirsten Vliegheuis	Atlanta (USA)	25.07.1996
Nederlands Record Jeugd	8:37.58	Sharon van Rouwendaal	Straatsburg (FRA)	27.03.2009
Kampioenschaps Record	8:40.45	Kirsten Vliegheuis	Amersfoort	20.06.1999

rang naam vereniging inschrijftijd tijd RT niv. finale

Jeugd 1 en 2

1. Sharon van Rouwendaal	KNZB	8:37.58	9307422	8:44.32	+0,81	A+	
50m: 30.56	30.56	250m: 2:41.85	33.06	450m: 4:54.19	32.87	650m: 7:07.01	33.20
100m: 1:03.13	32.57	300m: 3:14.98	33.13	500m: 5:27.47	33.28	700m: 7:40.14	33.13
150m: 1:35.51	32.38	350m: 3:48.08	33.10	550m: 6:00.44	32.97	750m: 8:12.85	32.71
200m: 2:08.79	33.28	400m: 4:21.32	33.24	600m: 6:33.81	33.37	800m: 8:44.32	31.47
2. Marcha Admiraal	De Biesboschzwemmers	9:21.10	9300012	9:17.85	+0,84	B	
50m: 31.81	31.81	250m: 2:52.23	34.93	450m: 5:13.25	35.23	650m: 7:34.23	35.22
100m: 1:06.67	34.86	300m: 3:27.52	35.29	500m: 5:48.45	35.20	700m: 8:09.73	35.50
150m: 1:42.04	35.37	350m: 4:02.73	35.21	550m: 6:23.57	35.12	750m: 8:44.88	35.15
200m: 2:17.30	35.26	400m: 4:38.02	35.29	600m: 6:59.01	35.44	800m: 9:17.85	32.97
3. Leonie van Noort	De Zijl/LGB	9:23.63	9301752	9:18.27	+0,91	B	
50m: 31.00	31.00	250m: 2:49.75	35.00	450m: 5:11.72	35.70	650m: 7:34.44	36.11
100m: 1:05.05	34.05	300m: 3:25.16	35.41	500m: 5:47.48	35.76	700m: 8:09.91	35.47
150m: 1:39.90	34.85	350m: 4:00.71	35.55	550m: 6:22.93	35.45	750m: 8:45.11	35.20
200m: 2:14.75	34.85	400m: 4:36.02	35.31	600m: 6:58.33	35.40	800m: 9:18.27	33.16
4. Rosanne Schoonbeek	TriVia	9:41.61	9402692	9:45.54	+1,09	D	
50m: 31.99	31.99	250m: 2:57.97	37.08	450m: 5:27.90	37.82	650m: 7:57.42	37.70
100m: 1:07.66	35.67	300m: 3:35.43	37.46	500m: 6:04.72	36.82	700m: 8:34.23	36.81
150m: 1:44.12	36.46	350m: 4:12.92	37.49	550m: 6:42.42	37.70	750m: 9:11.14	36.91
200m: 2:20.89	36.77	400m: 4:50.08	37.16	600m: 7:19.72	37.30	800m: 9:45.54	34.40
5. Iris Pijtak	AZ&PC	9:55.34	9300602	9:50.20	+0,92	E	
50m: 32.75	32.75	250m: 3:02.06	38.01	450m: 5:32.67	37.61	650m: 8:02.58	36.94
100m: 1:08.87	36.12	300m: 3:39.91	37.85	500m: 6:10.27	37.60	700m: 8:39.43	36.85
150m: 1:46.27	37.40	350m: 4:17.41	37.50	550m: 6:48.01	37.74	750m: 9:15.99	36.56
200m: 2:24.05	37.78	400m: 4:55.06	37.65	600m: 7:25.64	37.63	800m: 9:50.20	34.21
6. Leonie Oude Elferink	Zignea	9:38.60	9401826	9:54.56	+0,92	D	
50m: 32.91	32.91	250m: 3:03.35	38.02	450m: 5:34.75	37.81	650m: 8:05.75	37.87
100m: 1:09.37	36.46	300m: 3:41.09	37.74	500m: 6:12.32	37.57	700m: 8:42.64	36.89
150m: 1:47.29	37.92	350m: 4:19.37	38.28	550m: 6:50.43	38.11	750m: 9:19.64	37.00
200m: 2:25.33	38.04	400m: 4:56.94	37.57	600m: 7:27.88	37.45	800m: 9:54.56	34.92
7. Seline Koek	LZ 1886	10:14.07	9400622	10:06.41	+0,94	E	
50m: 32.46	32.46	250m: 3:03.80	38.30	450m: 5:38.18	38.87	650m: 8:13.99	38.96
100m: 1:09.24	36.78	300m: 3:42.06	38.26	500m: 6:17.22	39.04	700m: 8:52.34	38.35
150m: 1:47.19	37.95	350m: 4:20.64	38.58	550m: 6:56.20	38.98	750m: 9:30.43	38.09
200m: 2:25.50	38.31	400m: 4:59.31	38.67	600m: 7:35.03	38.83	800m: 10:06.41	35.98
8. Beau Rijpers	ZPC Bikkel Hoogeveen	9:50.14	9402638	10:06.95	+0,87	E	
50m: 32.81	32.81	250m: 3:02.43	38.00	450m: 5:37.11	38.72	650m: 8:13.09	39.00
100m: 1:09.01	36.20	300m: 3:41.26	38.83	500m: 6:16.04	38.93	700m: 8:52.28	39.19
150m: 1:46.49	37.48	350m: 4:19.69	38.43	550m: 6:54.88	38.84	750m: 9:30.50	38.22
200m: 2:24.43	37.94	400m: 4:58.39	38.70	600m: 7:34.09	39.21	800m: 10:06.95	36.45

NG Kim Loeffen Tritium (SG) 10:10.82 9403432

all-in

1. Sharon van Rouwendaal	KNZB	8:37.58	9307422	8:44.32	+0,81	A+	
50m: 30.56	30.56	250m: 2:41.85	33.06	450m: 4:54.19	32.87	650m: 7:07.01	33.20
100m: 1:03.13	32.57	300m: 3:14.98	33.13	500m: 5:27.47	33.28	700m: 7:40.14	33.13
150m: 1:35.51	32.38	350m: 3:48.08	33.10	550m: 6:00.44	32.97	750m: 8:12.85	32.71
200m: 2:08.79	33.28	400m: 4:21.32	33.24	600m: 6:33.81	33.37	800m: 8:44.32	31.47
2. Rieneke Terink	AZ&PC	8:43.83	8402424	8:56.41	+0,90	B	
50m: 30.65	30.65	250m: 2:48.65	34.04	450m: 5:03.58	33.60	650m: 7:17.96	33.60
100m: 1:05.02	34.37	300m: 3:22.71	34.06	500m: 5:37.09	33.51	700m: 7:51.38	33.42
150m: 1:40.04	35.02	350m: 3:56.38	33.67	550m: 6:10.74	33.65	750m: 8:24.59	33.21
200m: 2:14.61	34.57	400m: 4:29.98	33.60	600m: 6:44.36	33.62	800m: 8:56.41	31.82
3. Lieke Verouden	AZ&PC	9:16.79	9003948	9:02.40	+0,83	B	
50m: 30.85	30.85	250m: 2:47.67	34.28	450m: 5:05.15	34.01	650m: 7:22.91	34.24
100m: 1:04.60	33.75	300m: 3:22.10	34.43	500m: 5:39.34	34.19	700m: 7:56.61	33.70
150m: 1:38.90	34.30	350m: 3:56.53	34.43	550m: 6:13.92	34.58	750m: 8:30.41	33.80
200m: 2:13.39	34.49	400m: 4:31.14	34.61	600m: 6:48.67	34.75	800m: 9:02.40	31.99

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Eindhoven, 12. - 14.6.2009

Programmanr. 24, Dames, 800m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	
4.	Marion van den Berg	DWK	9:08.56	8600272	9:03.62	+0,95	C	
	50m: 30.98	30.98	250m: 2:46.86	34.33	450m: 5:03.85	34.18	650m: 7:23.14	34.50
	100m: 1:04.59	33.61	300m: 3:21.32	34.46	500m: 5:38.55	34.70	700m: 7:57.76	34.62
	150m: 1:38.39	33.80	350m: 3:55.33	34.01	550m: 6:13.36	34.81	750m: 8:31.61	33.85
	200m: 2:12.53	34.14	400m: 4:29.67	34.34	600m: 6:48.64	35.28	800m: 9:03.62	32.01
5.	Marieke Nijhuis	OZ&PC	9:00.61	9201296	9:13.96	+0,91	C	
	50m: 30.68	30.68	250m: 2:47.14	34.81	450m: 5:06.38	34.82	650m: 7:27.92	35.61
	100m: 1:03.82	33.14	300m: 3:22.08	34.94	500m: 5:41.52	35.14	700m: 8:03.45	35.53
	150m: 1:37.71	33.89	350m: 3:57.07	34.99	550m: 6:17.06	35.54	750m: 8:39.04	35.59
	200m: 2:12.33	34.62	400m: 4:31.56	34.49	600m: 6:52.31	35.25	800m: 9:13.96	34.92
6.	Marcha Admiraal	De Biesboschwimmers	9:21.10	9300012	9:17.85	+0,84	B	
	50m: 31.81	31.81	250m: 2:52.23	34.93	450m: 5:13.25	35.23	650m: 7:34.23	35.22
	100m: 1:06.67	34.86	300m: 3:27.52	35.29	500m: 5:48.45	35.20	700m: 8:09.73	35.50
	150m: 1:42.04	35.37	350m: 4:02.73	35.21	550m: 6:23.57	35.12	750m: 8:44.88	35.15
	200m: 2:17.30	35.26	400m: 4:38.02	35.29	600m: 6:59.01	35.44	800m: 9:17.85	32.97
7.	Leonie van Noord	De Zijl/LGB	9:23.63	9301752	9:18.27	+0,91	B	
	50m: 31.00	31.00	250m: 2:49.75	35.00	450m: 5:11.72	35.70	650m: 7:34.44	36.11
	100m: 1:05.05	34.05	300m: 3:25.16	35.41	500m: 5:47.48	35.76	700m: 8:09.91	35.47
	150m: 1:39.90	34.85	350m: 4:00.71	35.55	550m: 6:22.93	35.45	750m: 8:45.11	35.20
	200m: 2:14.75	34.85	400m: 4:36.02	35.31	600m: 6:58.33	35.40	800m: 9:18.27	33.16
8.	Danique Gielen	Oceanus	9:10.54	9105922	9:40.33	+0,94	E	
	50m: 31.61	31.61	250m: 2:56.19	36.75	450m: 5:23.78	36.71	650m: 7:52.03	37.24
	100m: 1:06.61	35.00	300m: 3:33.07	36.88	500m: 6:00.85	37.07	700m: 8:29.08	37.05
	150m: 1:42.88	36.27	350m: 4:10.15	37.08	550m: 6:37.70	36.85	750m: 9:04.99	35.91
	200m: 2:19.44	36.56	400m: 4:47.07	36.92	600m: 7:14.79	37.09	800m: 9:40.33	35.34
9.	Rosanne Schoonbeek	TriVia	9:41.61	9402692	9:45.54	+1,09	D	
	50m: 31.99	31.99	250m: 2:57.97	37.08	450m: 5:27.90	37.82	650m: 7:57.42	37.70
	100m: 1:07.66	35.67	300m: 3:35.43	37.46	500m: 6:04.72	36.82	700m: 8:34.23	36.81
	150m: 1:44.12	36.46	350m: 4:12.92	37.49	550m: 6:42.42	37.70	750m: 9:11.14	36.91
	200m: 2:20.89	36.77	400m: 4:50.08	37.16	600m: 7:19.72	37.30	800m: 9:45.54	34.40
10.	Iris Pijtak	AZ&PC	9:55.34	9300602	9:50.20	+0,92	E	
	50m: 32.75	32.75	250m: 3:02.06	38.01	450m: 5:32.67	37.61	650m: 8:02.58	36.94
	100m: 1:08.87	36.12	300m: 3:39.91	37.85	500m: 6:10.27	37.60	700m: 8:39.43	36.85
	150m: 1:46.27	37.40	350m: 4:17.41	37.50	550m: 6:48.01	37.74	750m: 9:15.99	36.56
	200m: 2:24.05	37.78	400m: 4:55.06	37.65	600m: 7:25.64	37.63	800m: 9:50.20	34.21
11.	Leonie Oude Elferink	Zignea	9:38.60	9401826	9:54.56	+0,92	D	
	50m: 32.91	32.91	250m: 3:03.35	38.02	450m: 5:34.75	37.81	650m: 8:05.75	37.87
	100m: 1:09.37	36.46	300m: 3:41.09	37.74	500m: 6:12.32	37.57	700m: 8:42.64	36.89
	150m: 1:47.29	37.92	350m: 4:19.37	38.28	550m: 6:50.43	38.11	750m: 9:19.64	37.00
	200m: 2:25.33	38.04	400m: 4:56.94	37.57	600m: 7:27.88	37.45	800m: 9:54.56	34.92
12.	Seline Koek	LZ 1886	10:14.07	9400622	10:06.41	+0,94	E	
	50m: 32.46	32.46	250m: 3:03.80	38.30	450m: 5:38.18	38.87	650m: 8:13.99	38.96
	100m: 1:09.24	36.78	300m: 3:42.06	38.26	500m: 6:17.22	39.04	700m: 8:52.34	38.35
	150m: 1:47.19	37.95	350m: 4:20.64	38.58	550m: 6:56.20	38.98	750m: 9:30.43	38.09
	200m: 2:25.50	38.31	400m: 4:59.31	38.67	600m: 7:35.03	38.83	800m: 10:06.41	35.98
13.	Beau Rijpers	ZPC Bikkel Hoogeveen	9:50.14	9402638	10:06.95	+0,87	E	
	50m: 32.81	32.81	250m: 3:02.43	38.00	450m: 5:37.11	38.72	650m: 8:13.09	39.00
	100m: 1:09.01	36.20	300m: 3:41.26	38.83	500m: 6:16.04	38.93	700m: 8:52.28	39.19
	150m: 1:46.49	37.48	350m: 4:19.69	38.43	550m: 6:54.88	38.84	750m: 9:30.50	38.22
	200m: 2:24.43	37.94	400m: 4:58.39	38.70	600m: 7:34.09	39.21	800m: 10:06.95	36.45
NG	Kim Loeffen	Tritium (SG)	10:10.82	9403432				
BM	Esmee Vermeulen	E.ON-NZA	9:17.78	9600678	9:11.64	+0,82	A+	
	<i>Nederlands Record 13 jaar</i>							
	50m: 30.24	30.24	250m: 2:46.85	34.45	450m: 5:07.57	34.97	650m: 7:29.11	35.88
	100m: 1:03.89	33.65	300m: 3:21.71	34.86	500m: 5:42.57	35.00	700m: 8:03.84	34.73
	150m: 1:37.91	34.02	350m: 3:57.19	35.48	550m: 6:17.92	35.35	750m: 8:38.54	34.70
	200m: 2:12.40	34.49	400m: 4:32.60	35.41	600m: 6:53.23	35.31	800m: 9:11.64	33.10
BM	Shireen Post	AZ&PC	9:41.04	9503286	9:37.22	+0,93	C	
	50m: 32.29	32.29	250m: 2:55.61	36.57	450m: 5:22.74	36.73	650m: 7:49.17	36.77
	100m: 1:07.00	34.71	300m: 3:32.48	36.87	500m: 5:59.48	36.74	700m: 8:26.08	36.91
	150m: 1:42.78	35.78	350m: 4:09.09	36.61	550m: 6:35.87	36.39	750m: 9:02.40	36.32
	200m: 2:19.04	36.26	400m: 4:46.01	36.92	600m: 7:12.40	36.53	800m: 9:37.22	34.82