



NK 5000 meter en NJK 800/1500 meter 2013
Amersfoort, 20-4-2013



Programmanr. 6
20-04-2013 - 12:20

Meisjes, 800m vrije slag

Juniores 2
Resultaten

Nederlands Record Junioren	8:56.79	Esmee Vermeulen	Amsterdam	27-03-2010
Nederlands Record 13 jaar	9:01.19	Esmee Vermeulen	Eindhoven	27-11-2009

rang	naam		vereniging		inschrijftijd		startnr.		tijd	
1.	Laura van Engelen		AquAmigos		9:58.48		200000350		9:49.11	
	100m:	1:07.25	300m:	3:36.17	1:15.02	500m:	6:07.60	1:15.85	700m:	8:38.23
	200m:	2:21.15	400m:	4:51.75	1:15.58	600m:	7:23.33	1:15.73	800m:	9:49.11
		1:07.25								1:14.90
		1:13.90								1:10.88
2.	Marij van der Mast		SBC2000		10:18.92		200000676		9:59.23	
	100m:	1:09.66	300m:	3:42.73	1:16.78	500m:	6:15.74	1:16.35	700m:	8:48.16
	200m:	2:25.95	400m:	4:59.39	1:16.66	600m:	7:31.94	1:16.20	800m:	9:59.23
		1:09.66								1:16.22
		1:16.29								1:11.07
3.	Iris Tjonk		De Veene		10:25.51		200004066		10:02.41	
	100m:	1:06.83	300m:	3:36.70	1:15.41	500m:	6:12.53	1:18.74	700m:	8:48.03
	200m:	2:21.29	400m:	4:53.79	1:17.09	600m:	7:30.85	1:18.32	800m:	10:02.41
		1:06.83								1:17.18
		1:14.46								1:14.38
4.	Amber Kerkhofs		Kimbria		10:25.75		200000074		10:12.36	
	100m:	1:10.78	300m:	3:44.15	1:16.63	500m:	6:18.67	1:17.70	700m:	8:58.31
	200m:	2:27.52	400m:	5:00.97	1:16.82	600m:	7:38.46	1:19.79	800m:	10:12.36
		1:10.78								1:19.85
		1:16.74								1:14.05
5.	Myrthe Beijen		GoSwim		10:16.26		200002350		10:13.41	
	100m is handtijd									
	100m:	1:10.27	300m:	3:46.17	1:17.13	500m:	6:23.03	1:19.90	700m:	9:00.45
	200m:	2:29.04	400m:	5:03.13	1:16.96	600m:	7:43.30	1:20.27	800m:	10:13.41
		1:10.27								1:17.15
		1:18.77								1:12.96
6.	Laura Setz		Nova		9:53.09		200000130		10:13.76	
	100m:	1:11.14	300m:	3:45.37	1:17.88	500m:	6:21.88	1:18.55	700m:	8:59.33
	200m:	2:27.49	400m:	5:03.33	1:17.96	600m:	7:40.99	1:19.11	800m:	10:13.76
		1:11.14								1:18.34
		1:16.35								1:14.43
7.	Kaylee de Jong		ZPCH		10:34.22		200001234		10:27.88	
	100m:	1:10.73	300m:	3:46.99	1:18.74	500m:	6:27.64	1:20.81	700m:	9:10.20
	200m:	2:28.25	400m:	5:06.83	1:19.84	600m:	7:49.24	1:21.60	800m:	10:27.88
		1:10.73								1:20.96
		1:17.52								1:17.68
8.	Kim Vos		SBC2000		10:12.01		200000990		10:30.66	
	100m:	1:09.79	300m:	3:47.75	1:19.35	500m:	6:29.59	1:21.60	700m:	9:13.06
	200m:	2:28.40	400m:	5:07.99	1:20.24	600m:	7:51.73	1:22.14	800m:	10:30.66
		1:09.79								1:21.33
		1:18.61								1:17.60