

Event 2  
08-06-2012

Women, 400m Freestyle

Jeugd/Senioren  
Results

Wereld Record	3:59.15	Federica Pellegrini	Rome (ITA)	26-07-2009
Europees Record	3:59.15	Federica Pellegrini	Rome (ITA)	26-07-2009
Nederlands Record Senioren	4:08.70	Kirsten Vliegheuis	Atlanta (USA)	22-07-1996
Nederlands Record Jeugd	4:11.35	Sharon van Rouwendaal	Eindhoven	12-06-2009

rang	naam	vereniging	tijd	RT
<b>Jeugd 1 en 2</b>				
1.	Esmee Vermeulen	E.ON-NZA	199600678	<b>4:16.31</b> +0,74
	50m: 29.65	29.65 150m: 1:32.84	31.41 250m: 2:37.77	32.54 350m: 3:44.63
	100m: 1:01.43	31.78 200m: 2:05.23	32.39 300m: 3:11.36	33.59 400m: 4:16.31
32.27				31.68
2.	Rosa Veerman	E.ON-NZA	199600862	<b>4:24.31</b> * +0,81
	50m: 29.86	29.86 150m: 1:35.12	32.71 250m: 2:42.02	33.65 350m: 3:50.45
	100m: 1:02.41	32.55 200m: 2:08.37	33.25 300m: 3:16.24	34.22 400m: 4:24.31
34.21				33.86
3.	Manon Friskes	DWK	199701566	<b>4:28.78</b> +0,65
	50m: 30.67	30.67 150m: 1:38.30	34.00 250m: 2:46.60	34.07 350m: 3:55.34
	100m: 1:04.30	33.63 200m: 2:12.53	34.23 300m: 3:21.18	34.58 400m: 4:28.78
34.16				33.44
4.	Anouque Berghuis	De Zijl/LGB	199606132	<b>4:28.96</b> +0,74
	50m: 30.52	30.52 150m: 1:39.07	34.61 250m: 2:47.40	33.87 350m: 3:55.48
	100m: 1:04.46	33.94 200m: 2:13.53	34.46 300m: 3:21.90	34.50 400m: 4:28.96
33.58				33.48
5.	Lindy Nijhuis	OZ&PC	199700010	<b>4:34.50</b> +0,88
	50m: 30.26	30.26 150m: 1:39.19	35.17 250m: 2:50.17	35.41 350m: 4:00.74
	100m: 1:04.02	33.76 200m: 2:14.76	35.57 300m: 3:25.41	35.24 400m: 4:34.50
35.33				33.76
6.	Givenchy Sneekes	De Dolfijn	199705486	<b>4:34.65</b>
	50m: 30.62	30.62 150m: 1:40.15	35.06 250m: 2:50.46	34.76 350m: 4:01.20
	100m: 1:05.09	34.47 200m: 2:15.70	35.55 300m: 3:26.02	35.56 400m: 4:34.65
35.18				33.45
7.	Renate Hemmes	DZ&PC	199600418	<b>4:37.02</b> +0,77
	50m: 30.89	30.89 150m: 1:39.16	34.51 250m: 2:50.58	35.67 350m: 4:01.76
	100m: 1:04.65	33.76 200m: 2:14.91	35.75 300m: 3:26.53	35.95 400m: 4:37.02
35.23				35.26
8.	Evelien van Ruiten	Orca	199602924	<b>4:44.92</b> +0,80
	50m: 31.18	31.18 150m: 1:41.44	35.54 250m: 2:54.37	36.60 350m: 4:08.77
	100m: 1:05.90	34.72 200m: 2:17.77	36.33 300m: 3:31.40	37.03 400m: 4:44.92
37.37				36.15
9.	Carina Klees	WVZ	199602680	<b>4:46.59</b> +0,77
	50m: 31.73	31.73 150m: 1:43.57	36.50 250m: 2:57.39	37.02 350m: 4:11.35
	100m: 1:07.07	35.34 200m: 2:20.37	36.80 300m: 3:34.62	37.23 400m: 4:46.59
36.73				35.24
10.	Marre Zandringa	Orca	199701136	<b>4:46.62</b> +0,66
	50m: 31.49	31.49 150m: 1:43.76	36.65 250m: 2:56.97	35.95 350m: 4:12.07
	100m: 1:07.11	35.62 200m: 2:21.02	37.26 300m: 3:34.54	37.57 400m: 4:46.62
37.53				34.55
11.	Brenda Zwarthoed	DAW	199604938	<b>4:47.85</b>
	50m: 31.08	31.08 150m: 1:41.49	35.90 250m: 2:55.04	36.85 350m: 4:10.25
	100m: 1:05.59	34.51 200m: 2:18.19	36.70 300m: 3:32.82	37.78 400m: 4:47.85
37.43				37.60
12.	Noa Oldenhof	De Dolfijn	199700622	<b>4:49.78</b> +0,76
	50m: 31.75	31.75 150m: 1:43.95	36.85 250m: 2:58.48	37.29 350m: 4:13.30
	100m: 1:07.10	35.35 200m: 2:21.19	37.24 300m: 3:36.19	37.71 400m: 4:49.78
37.11				36.48
13.	Madelon van Dam	EIFFELswimmersPSV	199601624	<b>4:51.73</b>
	50m: 31.94	31.94 150m: 1:43.67	36.09 250m: 2:57.92	37.45 350m: 4:14.74
	100m: 1:07.58	35.64 200m: 2:20.47	36.80 300m: 3:36.30	38.38 400m: 4:51.73
38.44				36.99
14.	Jana Nikolic	SC Winterthur	21901	<b>4:52.06</b> +0,77
	50m: 33.10	33.10 150m: 1:46.68	37.01 250m: 3:01.72	37.80 350m: 4:17.67
	100m: 1:09.67	36.57 200m: 2:23.92	37.24 300m: 3:39.42	37.70 400m: 4:52.06
38.25				34.39
15.	Tamara Grove	Oceanus	199601266	<b>4:55.09</b> +0,64
	50m: 32.09	32.09 150m: 1:45.01	36.56 250m: 3:01.01	38.07 350m: 4:17.90
	100m: 1:08.45	36.36 200m: 2:22.94	37.93 300m: 3:39.96	38.95 400m: 4:55.09
37.94				37.19
16.	Amy van Lier	De Vennen	199603022	<b>4:59.69</b> +0,81
	50m: 32.62	32.62 150m: 1:47.22	38.11 250m: 3:04.59	39.16 350m: 4:22.58
	100m: 1:09.11	36.49 200m: 2:25.43	38.21 300m: 3:43.96	39.37 400m: 4:59.69
38.62				37.11

Event 2, Women, 400m Freestyle

all-in

1.	Esmee Vermeulen	E.ON-NZA	199600678	<b>4:16.31</b>	+0,74			
	50m: 29.65	29.65	150m: 1:32.84	31.41	250m: 2:37.77	32.54	350m: 3:44.63	33.27
	100m: 1:01.43	31.78	200m: 2:05.23	32.39	300m: 3:11.36	33.59	400m: 4:16.31	31.68
2.	Rieneke Terink	EIFFELswimmersPSV	198402424	<b>4:16.46</b>	+0,75			
	50m: 29.55	29.55	150m: 1:33.17	30.99	250m: 2:38.07	30.69	350m: 3:44.95	32.42
	100m: 1:02.18	32.63	200m: 2:07.38	34.21	300m: 3:12.53	34.46	400m: 4:16.46	31.51
3.	Judith Stap	EIFFELswimmersPSV	199302702	<b>4:17.87</b>	+0,82			
	50m: 30.05	30.05	150m: 1:35.42	32.49	250m: 2:40.97	32.73	350m: 3:46.46	32.72
	100m: 1:02.93	32.88	200m: 2:08.24	32.82	300m: 3:13.74	32.77	400m: 4:17.87	31.41
4.	Annick van Westendorp	SC Winterthur	15606	<b>4:18.30</b>	+1,04			
	50m: 30.04	30.04	150m: 1:35.39	33.22	250m: 2:41.90	33.08	350m: 3:47.08	32.24
	100m: 1:02.17	32.13	200m: 2:08.82	33.43	300m: 3:14.84	32.94	400m: 4:18.30	31.22
5.	Rosa Veerman	E.ON-NZA	199600862	<b>4:24.31</b> *	+0,81			
	50m: 29.86	29.86	150m: 1:35.12	32.71	250m: 2:42.02	33.65	350m: 3:50.45	34.21
	100m: 1:02.41	32.55	200m: 2:08.37	33.25	300m: 3:16.24	34.22	400m: 4:24.31	33.86
6.	Leonie van Noort	De Zijl/LGB	199301752	<b>4:25.65</b>	+0,80			
	50m: 30.33	30.33	150m: 1:36.86	33.27	250m: 2:43.97	33.60	350m: 3:51.71	33.93
	100m: 1:03.59	33.26	200m: 2:10.37	33.51	300m: 3:17.78	33.81	400m: 4:25.65	33.94
7.	Marion van den Berg	DWK	198600272	<b>4:26.93</b>	+0,89			
	50m: 30.84	30.84	150m: 1:36.79	32.96	250m: 2:43.52	33.33	350m: 3:52.35	34.96
	100m: 1:03.83	32.99	200m: 2:10.19	33.40	300m: 3:17.39	33.87	400m: 4:26.93	34.58
8.	Manon Friskes	DWK	199701566	<b>4:28.78</b>	+0,65			
	50m: 30.67	30.67	150m: 1:38.30	34.00	250m: 2:46.60	34.07	350m: 3:55.34	34.16
	100m: 1:04.30	33.63	200m: 2:12.53	34.23	300m: 3:21.18	34.58	400m: 4:28.78	33.44
9.	Lotte Wilms	AZ&PC	198402770	<b>4:28.86</b>	+0,86			
	50m: 30.85	30.85	150m: 1:39.54	34.43	250m: 2:47.86	33.90	350m: 3:55.78	33.75
	100m: 1:05.11	34.26	200m: 2:13.96	34.42	300m: 3:22.03	34.17	400m: 4:28.86	33.08
10.	Anouke Berghuis	De Zijl/LGB	199606132	<b>4:28.96</b>	+0,74			
	50m: 30.52	30.52	150m: 1:39.07	34.61	250m: 2:47.40	33.87	350m: 3:55.48	33.58
	100m: 1:04.46	33.94	200m: 2:13.53	34.46	300m: 3:21.90	34.50	400m: 4:28.96	33.48
11.	Kim Loeffen	Zeester-Meerval	199403432	<b>4:33.29</b>	+0,99			
	50m: 31.38	31.38	150m: 1:39.62	34.33	250m: 2:48.22	34.26	350m: 3:58.39	35.15
	100m: 1:05.29	33.91	200m: 2:13.96	34.34	300m: 3:23.24	35.02	400m: 4:33.29	34.90
12.	Lindy Nijhuis	OZ&PC	199700010	<b>4:34.50</b>	+0,88			
	50m: 30.26	30.26	150m: 1:39.19	35.17	250m: 2:50.17	35.41	350m: 4:00.74	35.33
	100m: 1:04.02	33.76	200m: 2:14.76	35.57	300m: 3:25.41	35.24	400m: 4:34.50	33.76
13.	Givenchy Sneekes	De Dolfijn	199705486	<b>4:34.65</b>				
	50m: 30.62	30.62	150m: 1:40.15	35.06	250m: 2:50.46	34.76	350m: 4:01.20	35.18
	100m: 1:05.09	34.47	200m: 2:15.70	35.55	300m: 3:26.02	35.56	400m: 4:34.65	33.45
14.	Lisa van Breugel	BZV	199506804	<b>4:34.82</b>				
	50m: 31.47	31.47	150m: 1:40.14	35.03	250m: 2:50.68	35.45	350m: 4:01.40	35.20
	100m: 1:05.11	33.64	200m: 2:15.23	35.09	300m: 3:26.20	35.52	400m: 4:34.82	33.42
15.	Milou Schraeverus	AZ&PC	199503878	<b>4:35.07</b>	+0,73			
	50m: 31.54	31.54	150m: 1:40.67	34.84	250m: 2:50.17	34.81	350m: 4:00.39	35.28
	100m: 1:05.83	34.29	200m: 2:15.36	34.69	300m: 3:25.11	34.94	400m: 4:35.07	34.68
16.	Renate Hemmes	DZ&PC	199600418	<b>4:37.02</b>	+0,77			
	50m: 30.89	30.89	150m: 1:39.16	34.51	250m: 2:50.58	35.67	350m: 4:01.76	35.23
	100m: 1:04.65	33.76	200m: 2:14.91	35.75	300m: 3:26.53	35.95	400m: 4:37.02	35.26
17.	Lynn Dybiona	AZ&PC	199501786	<b>4:37.16</b>				
	50m: 31.29	31.29	150m: 1:40.26	34.97	250m: 2:51.39	35.61	350m: 4:03.06	35.67
	100m: 1:05.29	34.00	200m: 2:15.78	35.52	300m: 3:27.39	36.00	400m: 4:37.16	34.10
18.	Inge Pepping	De Rijn	199402308	<b>4:37.41</b>	+0,83			
	50m: 30.79	30.79	150m: 1:39.71	34.67	250m: 2:49.87	35.36	350m: 4:01.78	36.07
	100m: 1:05.04	34.25	200m: 2:14.51	34.80	300m: 3:25.71	35.84	400m: 4:37.41	35.63
19.	Mette Bijeman	Aquarijn	199506282	<b>4:40.34</b>	+0,66			
	50m: 30.97	30.97	150m: 1:40.88	35.00	250m: 2:52.69	36.00	350m: 4:05.05	35.98
	100m: 1:05.88	34.91	200m: 2:16.69	35.81	300m: 3:29.07	36.38	400m: 4:40.34	35.29
20.	Shireen Post	AZ&PC	199503286	<b>4:41.03</b>	+0,65			
	50m: 31.68	31.68	150m: 1:40.72	35.18	250m: 2:52.22	35.76	350m: 4:04.93	36.39
	100m: 1:05.54	33.86	200m: 2:16.46	35.74	300m: 3:28.54	36.32	400m: 4:41.03	36.10
21.	Lindi Verkooijen	SBC2000	199503826	<b>4:41.31</b>	+0,79			
	50m: 32.48	32.48	150m: 1:43.76	36.03	250m: 2:55.82	35.81	350m: 4:07.22	35.73
	100m: 1:07.73	35.25	200m: 2:20.01	36.25	300m: 3:31.49	35.67	400m: 4:41.31	34.09

Event 2, Women, 400m Freestyle, all-in

rang	naam	vereniging	tijd	RT
22.	Maya Kingma	SBC2000	<b>4:41.34</b>	
	50m: 31.97	31.97 150m: 1:42.55	35.73 250m: 2:54.85	35.43 350m: 4:06.69
	100m: 1:06.77	34.80 200m: 2:19.12	36.41 300m: 3:31.26	34.65 400m: 4:41.34
23.	Pauline van Dam	EIFFELswimmersPSV	<b>4:43.71</b>	+0,82
	50m: 31.48	31.48 150m: 1:40.68	36.32 250m: 2:53.64	36.70 350m: 4:07.35
	100m: 1:06.00	34.52 200m: 2:17.32	37.01 300m: 3:30.65	36.36 400m: 4:43.71
24.	Evelien van Ruiten	Orca	<b>4:44.92</b>	+0,80
	50m: 31.18	31.18 150m: 1:41.44	36.60 250m: 2:54.37	37.37 350m: 4:08.77
	100m: 1:05.90	34.72 200m: 2:17.77	37.03 300m: 3:31.40	36.15 400m: 4:44.92
25.	Maud Hoofs	Racing Club	<b>4:46.24</b>	+0,58
	50m: 31.93	31.93 150m: 1:44.42	36.65 250m: 2:57.71	36.66 350m: 4:11.94
	100m: 1:07.79	35.86 200m: 2:21.06	37.57 300m: 3:35.28	34.30 400m: 4:46.24
26.	Carina Klees	WVZ	<b>4:46.59</b>	+0,77
	50m: 31.73	31.73 150m: 1:43.57	37.02 250m: 2:57.39	36.73 350m: 4:11.35
	100m: 1:07.07	35.34 200m: 2:20.37	37.23 300m: 3:34.62	35.24 400m: 4:46.59
27.	Marre Zandringa	Orca	<b>4:46.62</b>	+0,66
	50m: 31.49	31.49 150m: 1:43.76	35.95 250m: 2:56.97	37.53 350m: 4:12.07
	100m: 1:07.11	35.62 200m: 2:21.02	37.57 300m: 3:34.54	34.55 400m: 4:46.62
28.	Brenda Zwarthoed	DAW	<b>4:47.85</b>	
	50m: 31.08	31.08 150m: 1:41.49	36.85 250m: 2:55.04	37.43 350m: 4:10.25
	100m: 1:05.59	34.51 200m: 2:18.19	37.78 300m: 3:32.82	37.60 400m: 4:47.85
29.	Noa Oldenhof	De Dolfijn	<b>4:49.78</b>	+0,76
	50m: 31.75	31.75 150m: 1:43.95	37.29 250m: 2:58.48	37.11 350m: 4:13.30
	100m: 1:07.10	35.35 200m: 2:21.19	37.71 300m: 3:36.19	36.48 400m: 4:49.78
30.	Madelon van Dam	EIFFELswimmersPSV	<b>4:51.73</b>	
	50m: 31.94	31.94 150m: 1:43.67	37.45 250m: 2:57.92	38.44 350m: 4:14.74
	100m: 1:07.58	35.64 200m: 2:20.47	38.38 300m: 3:36.30	36.99 400m: 4:51.73
31.	Jana Nikolic	SC Winterthur	<b>4:52.06</b>	+0,77
	50m: 33.10	33.10 150m: 1:46.68	37.80 250m: 3:01.72	38.25 350m: 4:17.67
	100m: 1:09.67	36.57 200m: 2:23.92	37.70 300m: 3:39.42	34.39 400m: 4:52.06
32.	Tamara Grove	Oceanus	<b>4:55.09</b>	+0,64
	50m: 32.09	32.09 150m: 1:45.01	38.07 250m: 3:01.01	37.94 350m: 4:17.90
	100m: 1:08.45	36.36 200m: 2:22.94	38.95 300m: 3:39.96	37.19 400m: 4:55.09
33.	Amy van Lier	De Vennen	<b>4:59.69</b>	+0,81
	50m: 32.62	32.62 150m: 1:47.22	39.16 250m: 3:04.59	38.62 350m: 4:22.58
	100m: 1:09.11	36.49 200m: 2:25.43	39.37 300m: 3:43.96	37.11 400m: 4:59.69