

Programmanr. 24
08-06-2013

Dames, 800m vrije slag

Jeugd/Senioren
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

rang	naam	vereniging	tijd	RT
Jeugd 1 en 2				
1.	Givenchy Sneekes	De Dolfijn	199705486	9:10.37 +0,63 B
	50m: 30.50 30.50	250m: 2:48.45 34.29	450m: 5:07.81 34.69	650m: 7:28.24 34.81
	100m: 1:04.63 34.13	300m: 3:23.39 34.94	500m: 5:43.19 35.38	700m: 8:03.22 34.98
	150m: 1:39.00 34.37	350m: 3:57.99 34.60	550m: 6:18.11 34.92	750m: 8:37.17 33.95
	200m: 2:14.16 35.16	400m: 4:33.12 35.13	600m: 6:53.43 35.32	800m: 9:10.37 33.20
2.	Mirthe Hofstede	NDD	199806336	9:24.31 +0,80 C
	50m: 31.37 31.37	250m: 2:50.53 35.25	450m: 5:13.62 35.50	650m: 7:38.20 36.04
	100m: 1:05.47 34.10	300m: 3:26.56 36.03	500m: 5:50.17 36.55	700m: 8:14.83 36.63
	150m: 1:39.84 34.37	350m: 4:02.06 35.50	550m: 6:25.87 35.70	750m: 8:49.55 34.72
	200m: 2:15.28 35.44	400m: 4:38.12 36.06	600m: 7:02.16 36.29	800m: 9:24.31 34.76
3.	Janina Beckers	HGN (SG)	199800574	9:36.03 +0,75 D
	50m: 32.20 32.20	250m: 2:57.73 36.12	450m: 5:22.78 36.04	650m: 7:49.00 36.49
	100m: 1:07.96 35.76	300m: 3:33.96 36.23	500m: 5:59.21 36.43	700m: 8:25.81 36.81
	150m: 1:44.62 36.66	350m: 4:10.19 36.23	550m: 6:35.76 36.55	750m: 9:02.06 36.25
	200m: 2:21.61 36.99	400m: 4:46.74 36.55	600m: 7:12.51 36.75	800m: 9:36.03 33.97
4.	Lisanne Hassing	HZ&PC Heerenveen	199702584	9:56.95 +0,83 E
	50m: 32.41 32.41	250m: 3:00.80 37.89	450m: 5:34.20 37.92	650m: 8:06.63 37.84
	100m: 1:09.04 36.63	300m: 3:39.55 38.75	500m: 6:12.50 38.30	700m: 8:44.07 37.44
	150m: 1:45.53 36.49	350m: 4:17.65 38.10	550m: 6:50.33 37.83	750m: 9:21.27 37.20
	200m: 2:22.91 37.38	400m: 4:56.28 38.63	600m: 7:28.79 38.46	800m: 9:56.95 35.68
5.	Nynke Klokman	DZ&PC	199801424	10:01.90 +0,73 E
	50m: 33.94 33.94	250m: 3:06.69 38.50	450m: 5:39.86 38.46	650m: 8:13.50 38.28
	100m: 1:11.67 37.73	300m: 3:44.69 38.00	500m: 6:18.53 38.67	700m: 8:51.58 38.08
	150m: 1:49.98 38.31	350m: 4:23.06 38.37	550m: 6:56.94 38.41	750m: 9:27.78 36.20
	200m: 2:28.19 38.21	400m: 5:01.40 38.34	600m: 7:35.22 38.28	800m: 10:01.90 34.12
6.	Lindy Nijhuis	WS Twente	199700010	10:05.60 +0,91
	50m: 32.61 32.61	250m: 2:58.50 36.85	450m: 5:31.41 39.33	650m: 8:07.29 39.22
	100m: 1:08.09 35.48	300m: 3:35.99 37.49	500m: 6:10.29 38.88	700m: 8:47.04 39.75
	150m: 1:44.66 36.57	350m: 4:13.85 37.86	550m: 6:48.77 38.48	750m: 9:26.55 39.51
	200m: 2:21.65 36.99	400m: 4:52.08 38.23	600m: 7:28.07 39.30	800m: 10:05.60 39.05

all-in

1.	Sharon van Rouwendaal	KNZB-NTC	199307422	8:36.75 +0,74 A+
	50m: 30.30 30.30	250m: 2:40.21 32.32	450m: 4:50.21 32.28	650m: 7:00.75 32.42
	100m: 1:02.67 32.37	300m: 3:12.77 32.56	500m: 5:22.78 32.57	700m: 7:33.40 32.65
	150m: 1:35.18 32.51	350m: 3:45.20 32.43	550m: 5:55.50 32.72	750m: 8:05.55 32.15
	200m: 2:07.89 32.71	400m: 4:17.93 32.73	600m: 6:28.33 32.83	800m: 8:36.75 31.20
2.	Esmee Vermeulen	KNZB-NTC	199600678	8:57.53 +0,73 B
	50m: 31.18 31.18	250m: 2:44.24 33.43	450m: 4:59.24 33.96	650m: 7:15.97 34.46
	100m: 1:04.44 33.26	300m: 3:17.60 33.36	500m: 5:33.51 34.27	700m: 7:50.31 34.34
	150m: 1:37.52 33.08	350m: 3:51.03 33.43	550m: 6:07.46 33.95	750m: 8:24.49 34.18
	200m: 2:10.81 33.29	400m: 4:25.28 34.25	600m: 6:41.51 34.05	800m: 8:57.53 33.04
3.	Marion van den Berg	DWK	198600272	9:05.25 +0,79 D
	50m: 30.61 30.61	250m: 2:45.99 34.35	450m: 5:03.79 35.02	650m: 7:23.28 35.24
	100m: 1:03.93 33.32	300m: 3:19.93 33.94	500m: 5:38.26 34.47	700m: 7:57.30 34.02
	150m: 1:38.00 34.07	350m: 3:54.57 34.64	550m: 6:13.14 34.88	750m: 8:32.08 34.78
	200m: 2:11.64 33.64	400m: 4:28.77 34.20	600m: 6:48.04 34.90	800m: 9:05.25 33.17
4.	Givenchy Sneekes	De Dolfijn	199705486	9:10.37 +0,63 B
	50m: 30.50 30.50	250m: 2:48.45 34.29	450m: 5:07.81 34.69	650m: 7:28.24 34.81
	100m: 1:04.63 34.13	300m: 3:23.39 34.94	500m: 5:43.19 35.38	700m: 8:03.22 34.98
	150m: 1:39.00 34.37	350m: 3:57.99 34.60	550m: 6:18.11 34.92	750m: 8:37.17 33.95
	200m: 2:14.16 35.16	400m: 4:33.12 35.13	600m: 6:53.43 35.32	800m: 9:10.37 33.20
5.	Leonie van Noort	De Zijl/LGB	199301752	9:14.14 +0,81 D
	50m: 30.68 30.68	250m: 2:46.95 34.32	450m: 5:07.47 35.50	650m: 7:29.82 35.44
	100m: 1:04.24 33.56	300m: 3:21.93 34.98	500m: 5:43.11 35.64	700m: 8:05.10 35.28
	150m: 1:38.51 34.27	350m: 3:57.12 35.19	550m: 6:18.88 35.77	750m: 8:40.11 35.01
	200m: 2:12.63 34.12	400m: 4:31.97 34.85	600m: 6:54.38 35.50	800m: 9:14.14 34.03

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rang	naam		vereniging						tijd	RT	
6.	Anouque Berghuis		De Zijl/LGB			199606132			9:14.26	+0,67	C
	50m:	31.66	31.66	250m:	2:51.23	35.05	450m:	5:11.39	34.72	650m:	7:30.81 34.90
	100m:	1:06.30	34.64	300m:	3:26.40	35.17	500m:	5:46.36	34.97	700m:	8:06.01 35.20
	150m:	1:41.14	34.84	350m:	4:01.38	34.98	550m:	6:20.78	34.42	750m:	8:40.65 34.64
	200m:	2:16.18	35.04	400m:	4:36.67	35.29	600m:	6:55.91	35.13	800m:	9:14.26 33.61
7.	Mirthe Hofstede		NDD			199806336			9:24.31	+0,80	C
	50m:	31.37	31.37	250m:	2:50.53	35.25	450m:	5:13.62	35.50	650m:	7:38.20 36.04
	100m:	1:05.47	34.10	300m:	3:26.56	36.03	500m:	5:50.17	36.55	700m:	8:14.83 36.63
	150m:	1:39.84	34.37	350m:	4:02.06	35.50	550m:	6:25.87	35.70	750m:	8:49.55 34.72
	200m:	2:15.28	35.44	400m:	4:38.12	36.06	600m:	7:02.16	36.29	800m:	9:24.31 34.76
8.	Macy Oortwijn		AZ&PC			199500722			9:28.06	+0,82	E
	50m:	31.95	31.95	250m:	2:52.37	35.18	450m:	5:14.42	35.70	650m:	7:39.29 36.48
	100m:	1:06.86	34.91	300m:	3:27.68	35.31	500m:	5:50.43	36.01	700m:	8:15.91 36.62
	150m:	1:42.01	35.15	350m:	4:03.08	35.40	550m:	6:26.59	36.16	750m:	8:52.57 36.66
	200m:	2:17.19	35.18	400m:	4:38.72	35.64	600m:	7:02.81	36.22	800m:	9:28.06 35.49
9.	Janina Beckers		HGN (SG)			199800574			9:36.03	+0,75	D
	50m:	32.20	32.20	250m:	2:57.73	36.12	450m:	5:22.78	36.04	650m:	7:49.00 36.49
	100m:	1:07.96	35.76	300m:	3:33.96	36.23	500m:	5:59.21	36.43	700m:	8:25.81 36.81
	150m:	1:44.62	36.66	350m:	4:10.19	36.23	550m:	6:35.76	36.55	750m:	9:02.06 36.25
	200m:	2:21.61	36.99	400m:	4:46.74	36.55	600m:	7:12.51	36.75	800m:	9:36.03 33.97
10.	Evelien van Ruiten		KNZB-RTC			199602924			9:45.60	+0,80	E
	50m:	31.60	31.60	250m:	2:55.27	36.85	450m:	5:24.09	37.71	650m:	7:55.64 38.14
	100m:	1:05.95	34.35	300m:	3:31.91	36.64	500m:	6:01.42	37.33	700m:	8:32.94 37.30
	150m:	1:41.96	36.01	350m:	4:09.29	37.38	550m:	6:39.48	38.06	750m:	9:10.56 37.62
	200m:	2:18.42	36.46	400m:	4:46.38	37.09	600m:	7:17.50	38.02	800m:	9:45.60 35.04
11.	Lisanne Hassing		HZ&PC Heerenveen			199702584			9:56.95	+0,83	E
	50m:	32.41	32.41	250m:	3:00.80	37.89	450m:	5:34.20	37.92	650m:	8:06.63 37.84
	100m:	1:09.04	36.63	300m:	3:39.55	38.75	500m:	6:12.50	38.30	700m:	8:44.07 37.44
	150m:	1:45.53	36.49	350m:	4:17.65	38.10	550m:	6:50.33	37.83	750m:	9:21.27 37.20
	200m:	2:22.91	37.38	400m:	4:56.28	38.63	600m:	7:28.79	38.46	800m:	9:56.95 35.68
12.	Nynke Klokman		DZ&PC			199801424			10:01.90	+0,73	E
	50m:	33.94	33.94	250m:	3:06.69	38.50	450m:	5:39.86	38.46	650m:	8:13.50 38.28
	100m:	1:11.67	37.73	300m:	3:44.69	38.00	500m:	6:18.53	38.67	700m:	8:51.58 38.08
	150m:	1:49.98	38.31	350m:	4:23.06	38.37	550m:	6:56.94	38.41	750m:	9:27.78 36.20
	200m:	2:28.19	38.21	400m:	5:01.40	38.34	600m:	7:35.22	38.28	800m:	10:01.90 34.12
13.	Lindy Nijhuis		WS Twente			199700010			10:05.60	+0,91	
	50m:	32.61	32.61	250m:	2:58.50	36.85	450m:	5:31.41	39.33	650m:	8:07.29 39.22
	100m:	1:08.09	35.48	300m:	3:35.99	37.49	500m:	6:10.29	38.88	700m:	8:47.04 39.75
	150m:	1:44.66	36.57	350m:	4:13.85	37.86	550m:	6:48.77	38.48	750m:	9:26.55 39.51
	200m:	2:21.65	36.99	400m:	4:52.08	38.23	600m:	7:28.07	39.30	800m:	10:05.60 39.05
14.	Elisabeth Rivard		WVZ			199600244			10:30.41	+0,81	
	50m:	32.76	32.76	250m:	3:07.90	39.55	450m:	5:50.90	40.62	650m:	8:34.22 41.00
	100m:	1:09.64	36.88	300m:	3:48.47	40.57	500m:	6:31.72	40.82	700m:	9:14.90 40.68
	150m:	1:48.50	38.86	350m:	4:29.48	41.01	550m:	7:12.58	40.86	750m:	9:53.19 38.29
	200m:	2:28.35	39.85	400m:	5:10.28	40.80	600m:	7:53.22	40.64	800m:	10:30.41 37.22