

Programmanr. 34
09-06-2013

Dames, 400m wisselslag

Jeugd/Senioren
Resultaten

Wereld Record	4:28.43	Shiwen Ye	Londen (GBR)	28-07-2012
Europees Record	4:30.31	Katinka Hosszu	Rome (ITA)	02-08-2009
Nederlands Record Senioren	4:45.68	Lieke Verouden	Eindhoven	12-06-2011
Nederlands Record Jeugd	4:48.19	Sharon van Rouwendaal	Duinkerken (FRA)	20-04-2008

rang	naam	vereniging	tijd	RT
Jeugd 1 en 2				
1.	Givenchy Sneekes	De Dolfijn	199705486	5:04.88 +0,65 B
	50m: 31.15 31.15	150m: 1:46.01 38.96	250m: 3:10.43 46.13	350m: 4:31.51 35.22
	100m: 1:07.05 35.90	200m: 2:24.30 38.29	300m: 3:56.29 45.86	400m: 5:04.88 33.37
2.	Tessa Vermeulen	KNZB-RTC	199800068	5:06.72 +0,76 B
	50m: 31.35 31.35	150m: 1:48.84 39.90	250m: 3:12.89 45.26	350m: 4:34.00 35.26
	100m: 1:08.94 37.59	200m: 2:27.63 38.79	300m: 3:58.74 45.85	400m: 5:06.72 32.72
3.	Judith Veldman	Eemsrobbe	199702422	5:15.91 +0,80 D
	50m: 33.02 33.02	150m: 1:54.13 40.87	250m: 3:18.16 44.61	350m: 4:41.76 37.56
	100m: 1:13.26 40.24	200m: 2:33.55 39.42	300m: 4:04.20 46.04	400m: 5:15.91 34.15
4.	Maaik van Veen	ZPC Bikkell Hoogeveen	199700292	5:16.63 +0,77 D
	50m: 33.05 33.05	150m: 1:51.60 38.71	250m: 3:18.22 47.21	350m: 4:41.18 36.78
	100m: 1:12.89 39.84	200m: 2:31.01 39.41	300m: 4:04.40 46.18	400m: 5:16.63 35.45
5.	Mirl de Boer	DAW	199700468	5:27.93 +0,72 E
	50m: 34.15 34.15	150m: 1:58.12 42.72	250m: 3:26.05 46.84	350m: 4:51.02 37.68
	100m: 1:15.40 41.25	200m: 2:39.21 41.09	300m: 4:13.34 47.29	400m: 5:27.93 36.91
6.	Willemeijn Hoving	TriVia	199800106	5:28.51 +0,65 E
	50m: 33.83 33.83	150m: 1:56.62 41.23	250m: 3:25.00 46.57	350m: 4:50.68 38.43
	100m: 1:15.39 41.56	200m: 2:38.43 41.81	300m: 4:12.25 47.25	400m: 5:28.51 37.83
7.	Clariss de Vries	Orca	199700942	5:32.24 +0,70 E
	50m: 33.04 33.04	150m: 1:56.69 41.24	250m: 3:27.53 50.69	350m: 4:55.59 37.13
	100m: 1:15.45 42.41	200m: 2:36.84 40.15	300m: 4:18.46 50.93	400m: 5:32.24 36.65
8.	Vivianne Dortmund	De Pinquin	199801578	5:36.70 +0,83
	50m: 33.63 33.63	150m: 1:59.06 43.00	250m: 3:30.72 48.39	350m: 5:00.09 37.96
	100m: 1:16.06 42.43	200m: 2:42.33 43.27	300m: 4:22.13 51.41	400m: 5:36.70 36.61
9.	Kirsten Bies	Dedemsvaart-AC	199800516	5:36.85 +0,79
	50m: 37.55 37.55	150m: 2:06.46 44.09	250m: 3:34.87 45.16	350m: 5:01.14 39.47
	100m: 1:22.37 44.82	200m: 2:49.71 43.25	300m: 4:21.67 46.80	400m: 5:36.85 35.71
10.	Silke Voets	Nuenen	199806370	6:02.20 +0,78
	50m: 41.58 41.58	150m: 2:16.70 46.76	250m: 3:48.67 46.88	350m: 5:20.66 41.72
	100m: 1:29.94 48.36	200m: 3:01.79 45.09	300m: 4:38.94 50.27	400m: 6:02.20 41.54

all-in

1.	Wendy van der Zanden	KNZB-NTC	198805004	4:47.71 +0,70 A
	50m: 29.54 29.54	150m: 1:42.13 37.76	250m: 3:00.41 41.94	350m: 4:15.55 33.11
	100m: 1:04.37 34.83	200m: 2:18.47 36.34	300m: 3:42.44 42.03	400m: 4:47.71 32.16
2.	Marjolein Delno	KNZB-RTC	199400024	4:53.13 +0,79 B
	50m: 30.84 30.84	150m: 1:44.53 37.63	250m: 3:02.88 41.03	350m: 4:19.95 34.25
	100m: 1:06.90 36.06	200m: 2:21.85 37.32	300m: 3:45.70 42.82	400m: 4:53.13 33.18
3.	Lieke Verouden	Racing Club	199003948	4:56.06 +0,76 C
	50m: 31.03 31.03	150m: 1:46.95 39.35	250m: 3:06.97 41.22	350m: 4:22.67 33.49
	100m: 1:07.60 36.57	200m: 2:25.75 38.80	300m: 3:49.18 42.21	400m: 4:56.06 33.39
4.	Annick van Westendorp	Schwimmclub Winterthur	15606	4:58.27 +0,75 C
	50m: 29.72 29.72	150m: 1:43.44 39.64	250m: 3:06.44 43.88	350m: 4:25.36 34.10
	100m: 1:03.80 34.08	200m: 2:22.56 39.12	300m: 3:51.26 44.82	400m: 4:58.27 32.91
5.	Lisa Dreesens	PSV	199105798	5:02.85 +0,83 D
	50m: 30.04 30.04	150m: 1:46.12 41.07	250m: 3:09.22 42.90	350m: 4:28.49 34.84
	100m: 1:05.05 35.01	200m: 2:26.32 40.20	300m: 3:53.65 44.43	400m: 5:02.85 34.36
6.	Givenchy Sneekes	De Dolfijn	199705486	5:04.88 +0,65 B
	50m: 31.15 31.15	150m: 1:46.01 38.96	250m: 3:10.43 46.13	350m: 4:31.51 35.22
	100m: 1:07.05 35.90	200m: 2:24.30 38.29	300m: 3:56.29 45.86	400m: 5:04.88 33.37
7.	Cynthia Verkaik	KNZB-RTC	199601288	5:06.30 +0,74 C
	50m: 32.71 32.71	150m: 1:50.66 40.60	250m: 3:13.01 42.83	350m: 4:33.24 35.86
	100m: 1:10.06 37.35	200m: 2:30.18 39.52	300m: 3:57.38 44.37	400m: 5:06.30 33.06

Programmanr. 34, Dames, 400m wisselslag, all-in

rang	naam			vereniging						tijd	RT	
8.	Tessa Vermeulen			KNZB-RTC			199800068			5:06.72	+0,76	B
	50m:	31.35	31.35	150m:	1:48.84	39.90	250m:	3:12.89	45.26	350m:	4:34.00	35.26
	100m:	1:08.94	37.59	200m:	2:27.63	38.79	300m:	3:58.74	45.85	400m:	5:06.72	32.72
9.	Judith van Meijel			HZPC			199102076			5:07.00	+0,84	D
	50m:	32.13	32.13	150m:	1:50.44	39.86	250m:	3:13.13	42.90	350m:	4:32.35	35.38
	100m:	1:10.58	38.45	200m:	2:30.23	39.79	300m:	3:56.97	43.84	400m:	5:07.00	34.65
10.	Judith Veldman			Eemsrobber			199702422			5:15.91	+0,80	D
	50m:	33.02	33.02	150m:	1:54.13	40.87	250m:	3:18.16	44.61	350m:	4:41.76	37.56
	100m:	1:13.26	40.24	200m:	2:33.55	39.42	300m:	4:04.20	46.04	400m:	5:15.91	34.15
11.	Maaïke van Veen			ZPC Bikkel Hoogeveen			199700292			5:16.63	+0,77	D
	50m:	33.05	33.05	150m:	1:51.60	38.71	250m:	3:18.22	47.21	350m:	4:41.18	36.78
	100m:	1:12.89	39.84	200m:	2:31.01	39.41	300m:	4:04.40	46.18	400m:	5:16.63	35.45
12.	Mirl de Boer			DAW			199700468			5:27.93	+0,72	E
	50m:	34.15	34.15	150m:	1:58.12	42.72	250m:	3:26.05	46.84	350m:	4:51.02	37.68
	100m:	1:15.40	41.25	200m:	2:39.21	41.09	300m:	4:13.34	47.29	400m:	5:27.93	36.91
13.	Willemeï Hoving			TriVia			199800106			5:28.51	+0,65	E
	50m:	33.83	33.83	150m:	1:56.62	41.23	250m:	3:25.00	46.57	350m:	4:50.68	38.43
	100m:	1:15.39	41.56	200m:	2:38.43	41.81	300m:	4:12.25	47.25	400m:	5:28.51	37.83
14.	Asmara Ritmeijer			ZVVS			199600790			5:31.22	+0,87	
	50m:	33.18	33.18	150m:	1:56.65	43.51	250m:	3:26.08	46.65	350m:	4:53.35	39.85
	100m:	1:13.14	39.96	200m:	2:39.43	42.78	300m:	4:13.50	47.42	400m:	5:31.22	37.87
15.	Claris de Vries			Orca			199700942			5:32.24	+0,70	E
	50m:	33.04	33.04	150m:	1:56.69	41.24	250m:	3:27.53	50.69	350m:	4:55.59	37.13
	100m:	1:15.45	42.41	200m:	2:36.84	40.15	300m:	4:18.46	50.93	400m:	5:32.24	36.65
16.	Vivianne Dortmund			De Pinquin			199801578			5:36.70	+0,83	
	50m:	33.63	33.63	150m:	1:59.06	43.00	250m:	3:30.72	48.39	350m:	5:00.09	37.96
	100m:	1:16.06	42.43	200m:	2:42.33	43.27	300m:	4:22.13	51.41	400m:	5:36.70	36.61
17.	Kirsten Bies			Dedemsvaart-AC			199800516			5:36.85	+0,79	
	50m:	37.55	37.55	150m:	2:06.46	44.09	250m:	3:34.87	45.16	350m:	5:01.14	39.47
	100m:	1:22.37	44.82	200m:	2:49.71	43.25	300m:	4:21.67	46.80	400m:	5:36.85	35.71
18.	Silke Voets			Nuenen			199806370			6:02.20	+0,78	
	50m:	41.58	41.58	150m:	2:16.70	46.76	250m:	3:48.67	46.88	350m:	5:20.66	41.72
	100m:	1:29.94	48.36	200m:	3:01.79	45.09	300m:	4:38.94	50.27	400m:	6:02.20	41.54