



Nederlandse Junioren Kampioenschappen korte baan 2012
Amsterdam, 3. - 5.2.2012

Programmanr. 1
03.02.2012 - 9:00

Meisjes, 400m vrije slag

Junioren 1
Resultaten

Nederlands Record Junioren	4:19.97	Esmee Vermeulen	Amsterdam	20.12.2009
Nederlands Record 12 jaar	4:32.52	Esmee Vermeulen	Amsterdam	21.12.2008
Kamp. Record Junioren 1	4:51.04	Janina Beckers	Heerenveen	29.01.2010

rang	naam	vereniging				inschrijftijd		startnr.	tijd		RT	niveau
1.	Marrit Steenberghe	DZ&PC				4:51.55		200000086	4:39.46			A+
	<i>Kamp. Record Junioren 1, 200m Kampioenschapsrecord</i>											
	50m:	30.69	30.69	150m:	1:40.56	35.09	250m:	2:52.72	36.45	350m:	4:04.82	36.01
	100m:	1:05.47	34.78	200m:	2:16.27	35.71	300m:	3:28.81	36.09	400m:	4:39.46	34.64
2.	Laura van Engelen	AquAmigos				5:03.33		200000350	4:59.91		+0,51	D
	50m:	32.85	32.85	150m:	1:49.04	38.68	250m:	3:06.67	38.43	350m:	4:24.23	38.14
	100m:	1:10.36	37.51	200m:	2:28.24	39.20	300m:	3:46.09	39.42	400m:	4:59.91	35.68
3.	Jasmijn Boon	WVZ				5:15.49		200001280	5:09.36		+0,70	E
	50m:	33.96	33.96	150m:	1:51.84	39.76	250m:	3:11.93	39.84	350m:	4:32.09	39.84
	100m:	1:12.08	38.12	200m:	2:32.09	40.25	300m:	3:52.25	40.32	400m:	5:09.36	37.27
4.	Myrthe Beijen	GoSwim				5:10.26		200002350	5:10.30			E
	50m:	33.72	33.72	150m:	1:52.53	40.00	250m:	3:13.72	40.33	350m:	4:34.06	40.28
	100m:	1:12.53	38.81	200m:	2:33.39	40.86	300m:	3:53.78	40.06	400m:	5:10.30	36.24
5.	Amber Kerkhofs	Kimbria				5:15.64		200000074	5:10.85		+0,85	E
	50m:	34.20	34.20	150m:	1:52.99	39.95	250m:	3:12.80	39.82	350m:	4:32.75	40.38
	100m:	1:13.04	38.84	200m:	2:32.98	39.99	300m:	3:52.37	39.57	400m:	5:10.85	38.10
6.	Marlin Klarenbeek	ZPC De Hof				5:16.66		200000106	5:11.40		+0,88	E
	50m:	34.09	34.09	150m:	1:52.05	39.61	250m:	3:11.68	39.67	350m:	4:31.89	40.43
	100m:	1:12.44	38.35	200m:	2:32.01	39.96	300m:	3:51.46	39.78	400m:	5:11.40	39.51
7.	Claudia Schouten	GoSwim				5:22.92		200000812	5:14.07		+0,84	E
	50m:	33.92	33.92	150m:	1:51.09	39.37	250m:	3:12.51	40.87	350m:	4:33.41	40.58
	100m:	1:11.72	37.80	200m:	2:31.64	40.55	300m:	3:52.83	40.32	400m:	5:14.07	40.66
8.	Floor Gerritsma	TriVia				5:27.58		200002464	5:14.10		+0,72	E
	50m:	34.96	34.96	150m:	1:54.99	40.36	250m:	3:17.64	41.34	350m:	4:37.83	39.73
	100m:	1:14.63	39.67	200m:	2:36.30	41.31	300m:	3:58.10	40.46	400m:	5:14.10	36.27
9.	Kaylee de Jong	ZPCH				5:27.51		200001234	5:14.37		+0,88	E
	50m:	35.31	35.31	150m:	1:55.00	39.29	250m:	3:16.85	41.38	350m:	4:38.30	40.47
	100m:	1:15.71	40.40	200m:	2:35.47	40.47	300m:	3:57.83	40.98	400m:	5:14.37	36.07
10.	Marleen Ankersmit	DWV				5:20.57		200001930	5:15.46		+0,75	F
	50m:	35.92	35.92	150m:	1:56.13	40.70	250m:	3:16.46	40.06	350m:	4:37.50	40.38
	100m:	1:15.43	39.51	200m:	2:36.40	40.27	300m:	3:57.12	40.66	400m:	5:15.46	37.96
11.	Marieke van der Meer	De Columbiaan				5:19.13		200000162	5:15.48		+0,58	F
	50m:	35.54	35.54	150m:	1:54.00	39.64	250m:	3:14.33	40.17	350m:	4:34.92	40.32
	100m:	1:14.36	38.82	200m:	2:34.16	40.16	300m:	3:54.60	40.27	400m:	5:15.48	40.56
12.	Brigit van der Vegte	Octopus				5:26.98		200000714	5:18.10		+0,73	F
	50m:	35.72	35.72	150m:	1:56.72	40.63	250m:	3:17.83	40.99	350m:	4:39.53	40.95
	100m:	1:16.09	40.37	200m:	2:36.84	40.12	300m:	3:58.58	40.75	400m:	5:18.10	38.57
13.	Manon Ritten	Eurode KZC				5:16.67		200002440	5:21.24			F
	50m:	35.92	35.92	150m:	1:57.76	41.46	250m:	3:21.94	42.31	350m:	4:43.88	40.41
	100m:	1:16.30	40.38	200m:	2:39.63	41.87	300m:	4:03.47	41.53	400m:	5:21.24	37.36
14.	Amber Raadschilders	Kimbria				5:27.20		200000534	5:24.19		+1,20	F
	50m:	35.31	35.31	150m:	1:57.16	41.94	250m:	3:19.92	42.10	350m:	4:43.11	41.56
	100m:	1:15.22	39.91	200m:	2:37.82	40.66	300m:	4:01.55	41.63	400m:	5:24.19	41.08
15.	Amber Zwama	Zignea				5:18.21		200001734	5:24.36		+0,80	F
	50m:	36.77	36.77	150m:	1:59.27	41.78	250m:	3:24.55	42.76	350m:	4:45.94	40.27
	100m:	1:17.49	40.72	200m:	2:41.79	42.52	300m:	4:05.67	41.12	400m:	5:24.36	38.42
16.	Laura Setz	Stadskanaal				5:29.43		200000130	5:25.99			F
	50m:	36.66	36.66	150m:	1:58.79	41.10	250m:	3:22.19	42.31	350m:	4:45.23	41.40
	100m:	1:17.69	41.03	200m:	2:39.88	41.09	300m:	4:03.83	41.64	400m:	5:25.99	40.76
17.	Marit Boxum	ZVZ				5:20.11		200000068	5:32.45		+0,92	
	50m:	34.77	34.77	150m:	1:57.23	42.08	250m:	3:22.09	42.43	350m:	4:48.88	43.96
	100m:	1:15.15	40.38	200m:	2:39.66	42.43	300m:	4:04.92	42.83	400m:	5:32.45	43.57
18.	Esmée van Geest	WVZ				5:28.44		200001286	5:37.51		*	+0,71
	50m:	36.58	36.58	150m:	1:58.76	41.25	250m:	3:21.30	41.92	350m:	4:40.48	38.68
	100m:	1:17.51	40.93	200m:	2:39.38	40.62	300m:	4:01.80	40.50	400m:	5:37.51	57.03
19.	Lieve Göbbels	Eurode KZC				5:31.05		200000514	5:37.65			
	50m:	37.29	37.29	150m:	2:02.06	42.79	250m:	3:29.34	43.92	350m:	4:57.71	44.54
	100m:	1:19.27	41.98	200m:	2:45.42	43.36	300m:	4:13.17	43.83	400m:	5:37.65	39.94



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Programmanr. 1, Meisjes, 400m vrije slag, Junioren 1

rang	naam	vereniging			inschrijftijd	startnr.	tijd	RT	niveau
20.	Floor Habers	Zeester-Meerval			5:30.88	200000054	5:48.92	+0,79	
	50m: 37.61	37.61	150m: 1:59.31	40.95	250m: 3:21.89	41.53	350m: 4:44.07	40.59	
	100m: 1:18.36	40.75	200m: 2:40.36	41.05	300m: 4:03.48	41.59	400m: 5:48.92	1:04.85	