

Programmanr. 3
01-02-2013 - 9:25

Meisjes, 400m vrije slag

Junioren 3
Resultaten

Nederlands Record Junioren	4:19.97	Esmee Vermeulen	Amsterdam	20-12-2009
Nederlands Record 14 jaar	4:12.65	Esmee Vermeulen	Amsterdam	03-12-2010
Kamp. Record Junioren 3	4:20.31	Esmee Vermeulen	Heerenveen	29-01-2010

rang	naam	vereniging			inschrijftijd		startnr.	tijd		RT	niveau
1.	Marieke Tienstra	TriVia			4:36.04		199900302	4:36.27		+0,86	D
	50m: 30.74	30.74	150m: 1:40.79	35.46	250m: 2:52.07	35.67	350m: 4:02.90	35.16			
	100m: 1:05.33	34.59	200m: 2:16.40	35.61	300m: 3:27.74	35.67	400m: 4:36.27	33.37			
2.	Frederique Janssen	Zeester-Meerval			4:49.65		199901554	4:41.78			E
	50m: 32.73	32.73	150m: 1:44.82	35.87	250m: 2:57.83	36.69	350m: 4:08.57	34.27			
	100m: 1:08.95	36.22	200m: 2:21.14	36.32	300m: 3:34.30	36.47	400m: 4:41.78	33.21			
3.	Manon Aerssens	De Schelde			4:36.94		199900294	4:44.40		+0,75	E
	50m: 31.27	31.27	150m: 1:42.17	36.21	250m: 2:55.63	36.82	350m: 4:08.97	36.69			
	100m: 1:05.96	34.69	200m: 2:18.81	36.64	300m: 3:32.28	36.65	400m: 4:44.40	35.43			
4.	Melissa Baars	Aquarijn			4:50.57		199900376	4:49.02			E
	50m: 32.13	32.13	150m: 1:44.76	36.78	250m: 2:59.52	37.39	350m: 4:14.14	37.19			
	100m: 1:07.98	35.85	200m: 2:22.13	37.37	300m: 3:36.95	37.43	400m: 4:49.02	34.88			
5.	Hilde Dekker	TriVia			4:48.08		199901926	4:49.13		+0,49	E
	50m: 32.02	32.02	150m: 1:45.07	36.92	250m: 2:59.56	37.39	350m: 4:15.05	37.54			
	100m: 1:08.15	36.13	200m: 2:22.17	37.10	300m: 3:37.51	37.95	400m: 4:49.13	34.08			
6.	Denise Boonstra	DAW			4:53.30		199902662	4:54.55			F
	50m: 32.58	32.58	150m: 1:46.77	37.34	250m: 3:03.09	37.83	350m: 4:19.61	38.05			
	100m: 1:09.43	36.85	200m: 2:25.26	38.49	300m: 3:41.56	38.47	400m: 4:54.55	34.94			
7.	Hinke Groos	DZ&PC			4:44.53		199901768	5:01.66		+0,80	F
	50m: 33.45	33.45	150m: 1:49.57	38.30	250m: 3:07.29	38.97	350m: 4:24.35	38.31			
	100m: 1:11.27	37.82	200m: 2:28.32	38.75	300m: 3:46.04	38.75	400m: 5:01.66	37.31			