

Nederlandse Junioren Kampioenschappen 2013
Utrecht, 21 - 23 juni 2013



Programmanr. 1
21-06-2013 - 9:00

Meisjes, 400m vrije slag

Junioren 1
Resultaten

Nederlands Record Junioren	4:20.37	Karen Wammes	Antwerpen (BEL)	01-08-1991
Nederlands Record 12 jaar	4:35.09	Esmee Vermeulen	Eindhoven	05-12-2008
Kamp. Record Junioren 1	4:47.28	Marrit Steenberghe	Drachten	15-06-2012

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Claire Verkijk	WVZ	5:05.16	200100240	5:00.59		D
	50m: 33.62	150m: 1:50.68	250m: 3:08.91	350m: 4:23.88			
	100m: 1:11.80	200m: 2:29.80	300m: 3:46.98	400m: 5:00.59		36.90	36.71
2.	Inge Vieveen	WVZ	5:04.65	200100024	5:06.91	+0,78	E
	50m: 33.83	150m: 1:50.74	250m: 3:09.05	350m: 4:28.22			39.78
	100m: 1:11.78	200m: 2:29.99	300m: 3:48.44	400m: 5:06.91			38.69
3.	Storm Willemssen	DWK	5:24.31	200100570	5:09.07	+0,58	E
	50m: 33.51	150m: 1:51.14	250m: 3:10.68	350m: 4:30.53			39.73
	100m: 1:11.82	200m: 2:31.07	300m: 3:50.80	400m: 5:09.07			38.54
4.	Eline Brok	ZPC De Hof	5:08.04	200100186	5:10.38	+0,62	E
	50m: 33.66	150m: 1:51.20	250m: 3:11.03	350m: 4:32.13			40.37
	100m: 1:12.05	200m: 2:30.86	300m: 3:51.76	400m: 5:10.38			38.25
5.	Sanne Barten	Aquarijn	5:17.88	200101282	5:14.38	+0,65	E
	50m: 36.10	150m: 1:55.09	250m: 3:16.10	350m: 4:36.57			40.23
	100m: 1:15.30	200m: 2:35.77	300m: 3:56.34	400m: 5:14.38			37.81
6.	Sanne Heemskerk	LZ 1886	5:09.14	200100600	5:15.86		E
	50m: 34.09	150m: 1:53.55	250m: 3:16.10	350m: 4:37.87			40.97
	100m: 1:13.00	200m: 2:33.80	300m: 3:56.90	400m: 5:15.86			37.99
7.	Eva Willebrands	De Granaet	5:08.95	200101510	5:16.27	+0,79	E
	50m: 33.19	150m: 1:53.11	250m: 3:15.18	350m: 4:38.45			41.09
	100m: 1:12.52	200m: 2:34.08	300m: 3:57.36	400m: 5:16.27			37.82
8.	Mathilde Stolmeijer	ZPC De Hof	5:11.68	200100590	5:16.57	+0,82	E
	50m: 34.36	150m: 1:55.50	250m: 3:18.24	350m: 4:40.71			41.31
	100m: 1:14.22	200m: 2:36.38	300m: 3:59.40	400m: 5:16.57			35.86
9.	Anne Dickens	SBC2000	5:17.69	200100734	5:18.46	+0,82	E
	50m: 34.49	150m: 1:55.12	250m: 3:18.06	350m: 4:40.07			40.59
	100m: 1:14.37	200m: 2:36.82	300m: 3:59.48	400m: 5:18.46			38.39
10.	Madelon van der Ploeg	De Kikker	5:22.50	200100070	5:18.61		E
	50m: 34.95	150m: 1:56.46	250m: 3:18.90	350m: 4:39.97			39.53
	100m: 1:15.94	200m: 2:37.86	300m: 4:00.44	400m: 5:18.61			38.64
11.	Janneke Lenderink	De Dinkel	5:32.23	200100328	5:21.93		F
	50m: 35.30	150m: 1:56.06	250m: 3:19.54	350m: 4:43.06			41.63
	100m: 1:15.33	200m: 2:37.61	300m: 4:01.43	400m: 5:21.93			38.87
12.	Kaylin Stel	De Dolfijn	5:27.33	200100290	5:23.52	+0,78	F
	50m: 34.17	150m: 1:55.23	250m: 3:19.44	350m: 4:44.05			41.87
	100m: 1:13.71	200m: 2:37.12	300m: 4:02.18	400m: 5:23.52			39.47
13.	Saskia Pietersen	GoSwim	5:14.91	200101580	5:23.94	+0,58	F
	50m: 34.38	150m: 1:53.95	250m: 3:17.67	350m: 4:42.35			42.28
	100m: 1:13.31	200m: 2:35.07	300m: 4:00.07	400m: 5:23.94			41.59
14.	Giulia Corsi	Oceanus	5:31.96	200100468	5:25.25	+0,77	F
	50m: 36.48	150m: 2:00.22	250m: 3:25.39	350m: 4:47.74			40.90
	100m: 1:17.65	200m: 2:42.75	300m: 4:06.84	400m: 5:25.25			37.51
15.	Lize Janna de Vries	Orca	5:28.22	200101948	5:26.62		F
	50m: 35.06	150m: 1:58.47	250m: 3:23.45	350m: 4:48.33			41.37
	100m: 1:15.84	200m: 2:41.39	300m: 4:06.96	400m: 5:26.62			38.29
16.	Aphrodite Cival	Het Y	5:26.40	200103252	5:26.74	+0,67	F
	50m: 35.06	150m: 1:57.36	250m: 3:22.14	350m: 4:47.13			42.65
	100m: 1:15.72	200m: 2:39.70	300m: 4:04.48	400m: 5:26.74			39.61
17.	Aïcha Samaké	VZC E&P	5:32.04	200101504	5:27.06	+0,78	F
	50m: 34.11	150m: 1:57.42	250m: 3:24.09	350m: 4:48.19			41.08
	100m: 1:13.75	200m: 2:40.75	300m: 4:07.11	400m: 5:27.06			38.87
18.	Jessica Baars	Aquarijn	5:35.60	200101966	5:29.03	+0,90	F
	50m: 36.55	150m: 1:57.96	250m: 3:23.09	350m: 4:48.64			42.28
	100m: 1:16.28	200m: 2:40.59	300m: 4:06.36	400m: 5:29.03			40.39
19.	Kim Rebergen	HGN (SG)	5:24.57	200100676	5:29.75		F
	50m: 36.35	150m: 2:01.23	250m: 3:27.45	350m: 4:51.63			41.42
	100m: 1:18.09	200m: 2:44.44	300m: 4:10.21	400m: 5:29.75			38.12

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rang	naam		vereniging				inschrijftijd		startnr.		tijd	RT	niveau
20.	Sam van Nunen		Nautilus				5:23.14		200100036		5:29.89	+0,73	F
	50m:	36.03	36.03	150m:	1:59.36	42.51	250m:	3:24.68	42.80	350m:	4:50.08	42.50	
	100m:	1:16.85	40.82	200m:	2:41.88	42.52	300m:	4:07.58	42.90	400m:	5:29.89	39.81	
21.	Diana Noordermeer		De Zeehond'73				5:26.57		200102110		5:29.95		F
	50m:	36.23	36.23	150m:	2:00.31	42.25	250m:	3:23.74	41.70	350m:	4:48.83	41.52	
	100m:	1:18.06	41.83	200m:	2:42.04	41.73	300m:	4:07.31	43.57	400m:	5:29.95	41.12	
22.	Sam IJzerman		De Geul				5:33.82		200101204		5:32.04	+0,84	F
	50m:	35.83	35.83	150m:	2:00.27	42.00	250m:	3:27.58	43.09	350m:	4:50.06	42.68	
	100m:	1:18.27	42.44	200m:	2:44.49	44.22	300m:	4:07.38	39.80	400m:	5:32.04	41.98	
23.	Jasmijn van der Valk		HGN (SG)				5:26.20		200101408		5:32.80	+0,63	F
	50m:	36.09	36.09	150m:	1:59.56	42.07	250m:	3:24.83	42.76	350m:	4:50.91	42.49	
	100m:	1:17.49	41.40	200m:	2:42.07	42.51	300m:	4:08.42	43.59	400m:	5:32.80	41.89	
24.	Marike de Jong		Avéna				5:34.25		200101074		5:33.52	+0,94	F
	50m:	36.16	36.16	150m:	2:00.07	42.38	250m:	3:25.97	42.69	350m:	4:53.01	42.47	
	100m:	1:17.69	41.53	200m:	2:43.28	43.21	300m:	4:10.54	44.57	400m:	5:33.52	40.51	
25.	Lonneke Kampman		Zegenwerp				5:34.69		200100146		5:33.84	+0,67	F
	50m:	36.42	36.42	150m:	2:00.66	42.91	250m:	3:27.20	43.49	350m:	4:55.99	44.57	
	100m:	1:17.75	41.33	200m:	2:43.71	43.05	300m:	4:11.42	44.22	400m:	5:33.84	37.85	
26.	Maaïke Huijsmans		VZC E&P				5:33.72		200100184		5:33.96	+0,86	F
	50m:	36.65	36.65	150m:	2:01.07	42.93	250m:	3:27.18	43.29	350m:	4:53.82	43.33	
	100m:	1:18.14	41.49	200m:	2:43.89	42.82	300m:	4:10.49	43.31	400m:	5:33.96	40.14	
27.	Julia Eijer		ZV De Zaan				5:34.97		200100456		5:34.60	+0,90	F
	50m:	36.93	36.93	150m:	2:01.82	42.94	250m:	3:27.97	42.95	350m:	4:55.19	42.92	
	100m:	1:18.88	41.95	200m:	2:45.02	43.20	300m:	4:12.27	44.30	400m:	5:34.60	39.41	
28.	Roos van Holland		MNC Dordrecht				5:36.05		200101490		5:35.87		F
	50m:	37.09	37.09	150m:	2:03.66	43.69	250m:	3:30.87	43.78	350m:	4:56.57	42.30	
	100m:	1:19.97	42.88	200m:	2:47.09	43.43	300m:	4:14.27	43.40	400m:	5:35.87	39.30	
29.	Janneke Weiland		Orca				5:32.97		200100128		5:47.00	+0,77	
	50m:	35.74	35.74	150m:	2:01.96	43.59	250m:	3:31.77	45.19	350m:	5:02.33	44.85	
	100m:	1:18.37	42.63	200m:	2:46.58	44.62	300m:	4:17.48	45.71	400m:	5:47.00	44.67	