

Nederlandse Junioren Kampioenschappen 2013
Utrecht, 21 - 23 juni 2013



Programmanr. 2
21-06-2013 - 9:24

Meisjes, 400m vrije slag
Richttijd EYOF Utrecht 2013: 04:27,70

Junioren 2
Resultaten

Nederlands Record Junioren	4:20.37	Karen Wammes	Antwerpen (BEL)	01-08-1991
Nederlands Record 13 jaar	4:27.28	Esmee Vermeulen	Eindhoven	11-10-2009
Kamp. Record Junioren 2	4:29.87	Esmee Vermeulen	Amsterdam	19-06-2009

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Laura van Engelen	AquAmigos	4:46.85	200000350	4:50.76	+0,67	D
	50m: 31.44	150m: 1:44.55	250m: 2:58.96	36.61	350m: 4:13.44	36.78	
	100m: 1:07.62	200m: 2:22.35	300m: 3:36.66	37.70	400m: 4:50.76	37.32	
2.	Marij van der Mast	SBC2000	4:52.89	200000676	4:52.86	+0,68	D
	50m: 31.27	150m: 1:43.58	250m: 2:58.49	37.21	350m: 4:15.03	37.72	
	100m: 1:07.17	200m: 2:21.28	300m: 3:37.31	38.82	400m: 4:52.86	37.83	
3.	Laura Setz	Nova	5:03.33	200000130	4:56.53	+0,82	E
	50m: 33.17	150m: 1:47.41	250m: 3:04.45	38.96	350m: 4:21.33	38.26	
	100m: 1:09.24	200m: 2:25.49	300m: 3:43.07	38.62	400m: 4:56.53	35.20	
4.	Alinda Dingshoff	ZPC Bikkel Hoozeveen	5:04.48	200000928	4:56.63	+0,76	E
	50m: 32.59	150m: 1:47.02	250m: 3:04.66	38.30	350m: 4:20.84	38.08	
	100m: 1:08.89	200m: 2:26.36	300m: 3:42.76	38.10	400m: 4:56.63	35.79	
5.	Amber Kerkhofs	Kimbria	4:54.69	200000074	4:57.11	+0,79	E
	50m: 32.30	150m: 1:48.49	250m: 3:05.63	38.97	350m: 4:23.37	38.40	
	100m: 1:09.30	200m: 2:26.66	300m: 3:44.97	39.34	400m: 4:57.11	33.74	
6.	Myrthe Beijen	GoSwim	4:54.77	200002350	4:57.73		E
	50m: 31.70	150m: 1:46.28	250m: 3:02.67	38.02	350m: 4:20.42	38.73	
	100m: 1:08.30	200m: 2:24.65	300m: 3:41.69	39.02	400m: 4:57.73	37.31	
7.	Kim Vos	SBC2000	5:01.79	200000990	5:01.62	+0,56	E
	50m: 31.90	150m: 1:47.84	250m: 3:06.25	39.58	350m: 4:24.75	39.36	
	100m: 1:09.02	200m: 2:26.67	300m: 3:45.39	39.14	400m: 5:01.62	36.87	
8.	Manon Ritten	Eurode KZC	5:03.98	200002440	5:02.30		E
	50m: 32.32	150m: 1:47.81	250m: 3:06.07	39.32	350m: 4:24.04	38.60	
	100m: 1:09.16	200m: 2:26.75	300m: 3:45.44	39.37	400m: 5:02.30	38.26	
9.	Kaylee de Jong	ZPCH	5:03.08	200001234	5:11.72	+0,82	F
	50m: 32.67	150m: 1:50.16	250m: 3:11.04	40.53	350m: 4:33.56	41.05	
	100m: 1:10.96	200m: 2:30.51	300m: 3:52.51	41.47	400m: 5:11.72	38.16	
10.	Lené Doomen	TRB-RES	5:03.16	200001330	5:15.26	+0,71	F
	50m: 33.82	150m: 1:53.54	250m: 3:14.24	40.07	350m: 4:37.03	41.86	
	100m: 1:12.77	200m: 2:34.17	300m: 3:55.17	40.93	400m: 5:15.26	38.23	