

Programmanr. 2
08-06-2012

Dames, 400m vrije slag

Jeugd/Senioren
Resultaten

Wereld Record	3:59.15	Federica Pellegrini	Rome (ITA)	26-07-2009
Europees Record	3:59.15	Federica Pellegrini	Rome (ITA)	26-07-2009
Nederlands Record Senioren	4:08.70	Kirsten Vlieghuis	Atlanta (USA)	22-07-1996
Nederlands Record Jeugd	4:11.35	Sharon van Rouwendaal	Eindhoven	12-06-2009

rang	naam	vereniging	tijd	RT
Jeugd 1 en 2				
1.	Esmee Vermeulen	E.ON-NZA	199600678	4:16.31 +0,74
	50m: 29.65	29.65 150m: 1:32.84	31.41 250m: 2:37.77	32.54 350m: 3:44.63
	100m: 1:01.43	31.78 200m: 2:05.23	32.39 300m: 3:11.36	33.59 400m: 4:16.31
2.	Rosa Veerman	E.ON-NZA	199600862	4:24.31 * +0,81
	50m: 29.86	29.86 150m: 1:35.12	32.71 250m: 2:42.02	33.65 350m: 3:50.45
	100m: 1:02.41	32.55 200m: 2:08.37	33.25 300m: 3:16.24	34.22 400m: 4:24.31
3.	Manon Friskes	DWK	199701566	4:28.78 +0,65
	50m: 30.67	30.67 150m: 1:38.30	34.00 250m: 2:46.60	34.07 350m: 3:55.34
	100m: 1:04.30	33.63 200m: 2:12.53	34.23 300m: 3:21.18	34.58 400m: 4:28.78
4.	Anouque Berghuis	De Zijl/LGB	199606132	4:28.96 +0,74
	50m: 30.52	30.52 150m: 1:39.07	34.61 250m: 2:47.40	33.87 350m: 3:55.48
	100m: 1:04.46	33.94 200m: 2:13.53	34.46 300m: 3:21.90	34.50 400m: 4:28.96
5.	Lindy Nijhuis	OZ&PC	199700010	4:34.50 +0,88
	50m: 30.26	30.26 150m: 1:39.19	35.17 250m: 2:50.17	35.41 350m: 4:00.74
	100m: 1:04.02	33.76 200m: 2:14.76	35.57 300m: 3:25.41	35.24 400m: 4:34.50
6.	Givenchy Sneekes	De Dolfijn	199705486	4:34.65
	50m: 30.62	30.62 150m: 1:40.15	35.06 250m: 2:50.46	34.76 350m: 4:01.20
	100m: 1:05.09	34.47 200m: 2:15.70	35.55 300m: 3:26.02	35.56 400m: 4:34.65
7.	Renate Hemmes	DZ&PC	199600418	4:37.02 +0,77
	50m: 30.89	30.89 150m: 1:39.16	34.51 250m: 2:50.58	35.67 350m: 4:01.76
	100m: 1:04.65	33.76 200m: 2:14.91	35.75 300m: 3:26.53	35.95 400m: 4:37.02
8.	Evelien van Ruiten	Orca	199602924	4:44.92 +0,80
	50m: 31.18	31.18 150m: 1:41.44	35.54 250m: 2:54.37	36.60 350m: 4:08.77
	100m: 1:05.90	34.72 200m: 2:17.77	36.33 300m: 3:31.40	37.03 400m: 4:44.92
9.	Carina Klees	WVZ	199602680	4:46.59 +0,77
	50m: 31.73	31.73 150m: 1:43.57	36.50 250m: 2:57.39	37.02 350m: 4:11.35
	100m: 1:07.07	35.34 200m: 2:20.37	36.80 300m: 3:34.62	37.23 400m: 4:46.59
10.	Marre Zandringa	Orca	199701136	4:46.62 +0,66
	50m: 31.49	31.49 150m: 1:43.76	36.65 250m: 2:56.97	35.95 350m: 4:12.07
	100m: 1:07.11	35.62 200m: 2:21.02	37.26 300m: 3:34.54	37.57 400m: 4:46.62
11.	Brenda Zwarthoed	DAW	199604938	4:47.85
	50m: 31.08	31.08 150m: 1:41.49	35.90 250m: 2:55.04	36.85 350m: 4:10.25
	100m: 1:05.59	34.51 200m: 2:18.19	36.70 300m: 3:32.82	37.78 400m: 4:47.85
12.	Noa Oldenhof	De Dolfijn	199700622	4:49.78 +0,76
	50m: 31.75	31.75 150m: 1:43.95	36.85 250m: 2:58.48	37.29 350m: 4:13.30
	100m: 1:07.10	35.35 200m: 2:21.19	37.24 300m: 3:36.19	37.71 400m: 4:49.78
13.	Madelon van Dam	EIFFELswimmersPSV	199601624	4:51.73
	50m: 31.94	31.94 150m: 1:43.67	36.09 250m: 2:57.92	37.45 350m: 4:14.74
	100m: 1:07.58	35.64 200m: 2:20.47	36.80 300m: 3:36.30	38.38 400m: 4:51.73
14.	Jana Nikolic	SC Winterthur	21901	4:52.06 +0,77
	50m: 33.10	33.10 150m: 1:46.68	37.01 250m: 3:01.72	37.80 350m: 4:17.67
	100m: 1:09.67	36.57 200m: 2:23.92	37.24 300m: 3:39.42	37.70 400m: 4:52.06
15.	Tamara Grove	Oceanus	199601266	4:55.09 +0,64
	50m: 32.09	32.09 150m: 1:45.01	36.56 250m: 3:01.01	38.07 350m: 4:17.90
	100m: 1:08.45	36.36 200m: 2:22.94	37.93 300m: 3:39.96	38.95 400m: 4:55.09
16.	Amy van Lier	De Vennen	199603022	4:59.69 +0,81
	50m: 32.62	32.62 150m: 1:47.22	38.11 250m: 3:04.59	39.16 350m: 4:22.58
	100m: 1:09.11	36.49 200m: 2:25.43	38.21 300m: 3:43.96	39.37 400m: 4:59.69

Programmanr. 2, Dames, 400m vrije slag

all-in

1.	Esme Vermeulen	E.ON-NZA	199600678	4:16.31	+0,74	
	50m: 29.65	29.65 150m: 1:32.84	31.41 250m: 2:37.77	32.54 350m: 3:44.63	33.27	
	100m: 1:01.43	31.78 200m: 2:05.23	32.39 300m: 3:11.36	33.59 400m: 4:16.31	31.68	
2.	Rieneke Terink	EIFFELswimmersPSV	198402424	4:16.46	+0,75	
	50m: 29.55	29.55 150m: 1:33.17	30.99 250m: 2:38.07	30.69 350m: 3:44.95	32.42	
	100m: 1:02.18	32.63 200m: 2:07.38	34.21 300m: 3:12.53	34.46 400m: 4:16.46	31.51	
3.	Judith Stap	EIFFELswimmersPSV	199302702	4:17.87	+0,82	
	50m: 30.05	30.05 150m: 1:35.42	32.49 250m: 2:40.97	32.73 350m: 3:46.46	32.72	
	100m: 1:02.93	32.88 200m: 2:08.24	32.82 300m: 3:13.74	32.77 400m: 4:17.87	31.41	
4.	Annick van Westendorp	SC Winterthur	15606	4:18.30	+1,04	
	50m: 30.04	30.04 150m: 1:35.39	33.22 250m: 2:41.90	33.08 350m: 3:47.08	32.24	
	100m: 1:02.17	32.13 200m: 2:08.82	33.43 300m: 3:14.84	32.94 400m: 4:18.30	31.22	
5.	Rosa Veerman	E.ON-NZA	199600862	4:24.31 *	+0,81	
	50m: 29.86	29.86 150m: 1:35.12	32.71 250m: 2:42.02	33.65 350m: 3:50.45	34.21	
	100m: 1:02.41	32.55 200m: 2:08.37	33.25 300m: 3:16.24	34.22 400m: 4:24.31	33.86	
6.	Leonie van Noort	De Zijl/LGB	199301752	4:25.65	+0,80	
	50m: 30.33	30.33 150m: 1:36.86	33.27 250m: 2:43.97	33.60 350m: 3:51.71	33.93	
	100m: 1:03.59	33.26 200m: 2:10.37	33.51 300m: 3:17.78	33.81 400m: 4:25.65	33.94	
7.	Marion van den Berg	DWK	198600272	4:26.93	+0,89	
	50m: 30.84	30.84 150m: 1:36.79	32.96 250m: 2:43.52	33.33 350m: 3:52.35	34.96	
	100m: 1:03.83	32.99 200m: 2:10.19	33.40 300m: 3:17.39	33.87 400m: 4:26.93	34.58	
8.	Manon Friskes	DWK	199701566	4:28.78	+0,65	
	50m: 30.67	30.67 150m: 1:38.30	34.00 250m: 2:46.60	34.07 350m: 3:55.34	34.16	
	100m: 1:04.30	33.63 200m: 2:12.53	34.23 300m: 3:21.18	34.58 400m: 4:28.78	33.44	
9.	Lotte Wilms	AZ&PC	198402770	4:28.86	+0,86	
	50m: 30.85	30.85 150m: 1:39.54	34.43 250m: 2:47.86	33.90 350m: 3:55.78	33.75	
	100m: 1:05.11	34.26 200m: 2:13.96	34.42 300m: 3:22.03	34.17 400m: 4:28.86	33.08	
10.	Anouke Berghuis	De Zijl/LGB	199606132	4:28.96	+0,74	
	50m: 30.52	30.52 150m: 1:39.07	34.61 250m: 2:47.40	33.87 350m: 3:55.48	33.58	
	100m: 1:04.46	33.94 200m: 2:13.53	34.46 300m: 3:21.90	34.50 400m: 4:28.96	33.48	
11.	Kim Loeffen	Zeester-Meerval	199403432	4:33.29	+0,99	
	50m: 31.38	31.38 150m: 1:39.62	34.33 250m: 2:48.22	34.26 350m: 3:58.39	35.15	
	100m: 1:05.29	33.91 200m: 2:13.96	34.34 300m: 3:23.24	35.02 400m: 4:33.29	34.90	
12.	Lindy Nijhuis	OZ&PC	199700010	4:34.50	+0,88	
	50m: 30.26	30.26 150m: 1:39.19	35.17 250m: 2:50.17	35.41 350m: 4:00.74	35.33	
	100m: 1:04.02	33.76 200m: 2:14.76	35.57 300m: 3:25.41	35.24 400m: 4:34.50	33.76	
13.	Givenchy Sneekes	De Dolfijn	199705486	4:34.65		
	50m: 30.62	30.62 150m: 1:40.15	35.06 250m: 2:50.46	34.76 350m: 4:01.20	35.18	
	100m: 1:05.09	34.47 200m: 2:15.70	35.55 300m: 3:26.02	35.56 400m: 4:34.65	33.45	
14.	Lisa van Breugel	BZV	199506804	4:34.82		
	50m: 31.47	31.47 150m: 1:40.14	35.03 250m: 2:50.68	35.45 350m: 4:01.40	35.20	
	100m: 1:05.11	33.64 200m: 2:15.23	35.09 300m: 3:26.20	35.52 400m: 4:34.82	33.42	
15.	Milou Schraeverus	AZ&PC	199503878	4:35.07	+0,73	
	50m: 31.54	31.54 150m: 1:40.67	34.84 250m: 2:50.17	34.81 350m: 4:00.39	35.28	
	100m: 1:05.83	34.29 200m: 2:15.36	34.69 300m: 3:25.11	34.94 400m: 4:35.07	34.68	
16.	Renate Hemmes	DZ&PC	199600418	4:37.02	+0,77	
	50m: 30.89	30.89 150m: 1:39.16	34.51 250m: 2:50.58	35.67 350m: 4:01.76	35.23	
	100m: 1:04.65	33.76 200m: 2:14.91	35.75 300m: 3:26.53	35.95 400m: 4:37.02	35.26	
17.	Lynn Dybiona	AZ&PC	199501786	4:37.16		
	50m: 31.29	31.29 150m: 1:40.26	34.97 250m: 2:51.39	35.61 350m: 4:03.06	35.67	
	100m: 1:05.29	34.00 200m: 2:15.78	35.52 300m: 3:27.39	36.00 400m: 4:37.16	34.10	
18.	Inge Pepping	De Rijn	199402308	4:37.41	+0,83	
	50m: 30.79	30.79 150m: 1:39.71	34.67 250m: 2:49.87	35.36 350m: 4:01.78	36.07	
	100m: 1:05.04	34.25 200m: 2:14.51	34.80 300m: 3:25.71	35.84 400m: 4:37.41	35.63	
19.	Mette Bijeman	Aquarijn	199506282	4:40.34	+0,66	
	50m: 30.97	30.97 150m: 1:40.88	35.00 250m: 2:52.69	36.00 350m: 4:05.05	35.98	
	100m: 1:05.88	34.91 200m: 2:16.69	35.81 300m: 3:29.07	36.38 400m: 4:40.34	35.29	
20.	Shireen Post	AZ&PC	199503286	4:41.03	+0,65	
	50m: 31.68	31.68 150m: 1:40.72	35.18 250m: 2:52.22	35.76 350m: 4:04.93	36.39	
	100m: 1:05.54	33.86 200m: 2:16.46	35.74 300m: 3:28.54	36.32 400m: 4:41.03	36.10	
21.	Lindi Verkooijen	SBC2000	199503826	4:41.31	+0,79	
	50m: 32.48	32.48 150m: 1:43.76	36.03 250m: 2:55.82	35.81 350m: 4:07.22	35.73	
	100m: 1:07.73	35.25 200m: 2:20.01	36.25 300m: 3:31.49	35.67 400m: 4:41.31	34.09	

Programmanr. 2, Dames, 400m vrije slag, all-in

rang	naam	vereniging			tijd			RT		
22.	Maya Kingma	SBC2000			199503824			4:41.34		
	50m: 31.97	31.97	150m: 1:42.55	35.78	250m: 2:54.85	35.73	350m: 4:06.69	35.43		
	100m: 1:06.77	34.80	200m: 2:19.12	36.57	300m: 3:31.26	36.41	400m: 4:41.34	34.65		
23.	Pauline van Dam	EIFFELswimmersPSV			199304422			4:43.71 +0,82		
	50m: 31.48	31.48	150m: 1:40.68	34.68	250m: 2:53.64	36.32	350m: 4:07.35	36.70		
	100m: 1:06.00	34.52	200m: 2:17.32	36.64	300m: 3:30.65	37.01	400m: 4:43.71	36.36		
24.	Evelien van Ruiten	Orca			199602924			4:44.92 +0,80		
	50m: 31.18	31.18	150m: 1:41.44	35.54	250m: 2:54.37	36.60	350m: 4:08.77	37.37		
	100m: 1:05.90	34.72	200m: 2:17.77	36.33	300m: 3:31.40	37.03	400m: 4:44.92	36.15		
25.	Maud Hoofs	Racing Club			199501206			4:46.24 +0,58		
	50m: 31.93	31.93	150m: 1:44.42	36.63	250m: 2:57.71	36.65	350m: 4:11.94	36.66		
	100m: 1:07.79	35.86	200m: 2:21.06	36.64	300m: 3:35.28	37.57	400m: 4:46.24	34.30		
26.	Carina Klees	WVZ			199602680			4:46.59 +0,77		
	50m: 31.73	31.73	150m: 1:43.57	36.50	250m: 2:57.39	37.02	350m: 4:11.35	36.73		
	100m: 1:07.07	35.34	200m: 2:20.37	36.80	300m: 3:34.62	37.23	400m: 4:46.59	35.24		
27.	Marre Zandringa	Orca			199701136			4:46.62 +0,66		
	50m: 31.49	31.49	150m: 1:43.76	36.65	250m: 2:56.97	35.95	350m: 4:12.07	37.53		
	100m: 1:07.11	35.62	200m: 2:21.02	37.26	300m: 3:34.54	37.57	400m: 4:46.62	34.55		
28.	Brenda Zwarthoed	DAW			199604938			4:47.85		
	50m: 31.08	31.08	150m: 1:41.49	35.90	250m: 2:55.04	36.85	350m: 4:10.25	37.43		
	100m: 1:05.59	34.51	200m: 2:18.19	36.70	300m: 3:32.82	37.78	400m: 4:47.85	37.60		
29.	Noa Oldenhof	De Dolfijn			199700622			4:49.78 +0,76		
	50m: 31.75	31.75	150m: 1:43.95	36.85	250m: 2:58.48	37.29	350m: 4:13.30	37.11		
	100m: 1:07.10	35.35	200m: 2:21.19	37.24	300m: 3:36.19	37.71	400m: 4:49.78	36.48		
30.	Madelon van Dam	EIFFELswimmersPSV			199601624			4:51.73		
	50m: 31.94	31.94	150m: 1:43.67	36.09	250m: 2:57.92	37.45	350m: 4:14.74	38.44		
	100m: 1:07.58	35.64	200m: 2:20.47	36.80	300m: 3:36.30	38.38	400m: 4:51.73	36.99		
31.	Jana Nikolic	SC Winterthur			21901			4:52.06 +0,77		
	50m: 33.10	33.10	150m: 1:46.68	37.01	250m: 3:01.72	37.80	350m: 4:17.67	38.25		
	100m: 1:09.67	36.57	200m: 2:23.92	37.24	300m: 3:39.42	37.70	400m: 4:52.06	34.39		
32.	Tamara Grove	Oceanus			199601266			4:55.09 +0,64		
	50m: 32.09	32.09	150m: 1:45.01	36.56	250m: 3:01.01	38.07	350m: 4:17.90	37.94		
	100m: 1:08.45	36.36	200m: 2:22.94	37.93	300m: 3:39.96	38.95	400m: 4:55.09	37.19		
33.	Amy van Lier	De Vennen			199603022			4:59.69 +0,81		
	50m: 32.62	32.62	150m: 1:47.22	38.11	250m: 3:04.59	39.16	350m: 4:22.58	38.62		
	100m: 1:09.11	36.49	200m: 2:25.43	38.21	300m: 3:43.96	39.37	400m: 4:59.69	37.11		