

Programmanr. 34
10-06-2012

Dames, 400m wisselslag

Jeugd/Senioren
Resultaten

Wereld Record	4:29.45	Stephanie Rice	Beijing (CHN)	10-08-2008
Europees Record	4:30.31	Katinka Hosszu	Rome (ITA)	02-08-2009
Nederlands Record Senioren	4:45.68	Lieke Verouden	Eindhoven	12-06-2011
Nederlands Record Jeugd	4:48.19	Sharon van Rouwendaal	Duinkerken (FRA)	20-04-2008

rang	naam	vereniging	tijd	RT
Jeugd 1 en 2				
1.	Cynthia Verkaik	Orca	199601288	5:00.84 +0,75 A
	50m: 32.58 32.58 150m: 1:49.02 40.35 250m: 3:10.94 42.38 350m: 4:28.93 35.08			
	100m: 1:08.67 36.09 200m: 2:28.56 39.54 300m: 3:53.85 42.91 400m: 5:00.84 31.91			
2.	Anouque Berghuis	De Zijl/LGB	199606132	5:13.64 +0,78 D
	50m: 32.50 32.50 150m: 1:49.67 38.98 250m: 3:15.43 47.65 350m: 4:39.13 36.08			
	100m: 1:10.69 38.19 200m: 2:27.78 38.11 300m: 4:03.05 47.62 400m: 5:13.64 34.51			
3.	Givenchy Sneekes	De Dolfijn	199705486	5:14.27 +0,65 C
	50m: 32.04 32.04 150m: 1:51.29 41.54 250m: 3:16.91 44.98 350m: 4:38.89 35.76			
	100m: 1:09.75 37.71 200m: 2:31.93 40.64 300m: 4:03.13 46.22 400m: 5:14.27 35.38			
4.	Clariss de Vries	Orca	199700942	5:20.18 +0,74 D
	50m: 33.19 33.19 150m: 1:54.20 39.80 250m: 3:20.39 47.76 350m: 4:44.64 37.02			
	100m: 1:14.40 41.21 200m: 2:32.63 38.43 300m: 4:07.62 47.23 400m: 5:20.18 35.54			
5.	Maaïke van Veen	ZPC Bikkell Hoogeveen	199700292	5:21.62 * +0,82 D
	50m: 33.60 33.60 150m: 1:53.24 39.24 250m: 3:20.44 47.41 350m: 4:44.79 37.76			
	100m: 1:14.00 40.40 200m: 2:33.03 39.79 300m: 4:07.03 46.59 400m: 5:21.62 36.83			
6.	Nicole Bennis	WVZ	199600470	5:22.79 +0,69 E
	50m: 33.79 33.79 150m: 1:56.14 41.25 250m: 3:22.78 46.27 350m: 4:46.79 38.53			
	100m: 1:14.89 41.10 200m: 2:36.51 40.37 300m: 4:08.26 45.48 400m: 5:22.79 36.00			
7.	Asmara Ritmeijer	ZVVS	199600790	5:26.58 E
	50m: 33.59 33.59 150m: 1:57.13 42.63 250m: 3:25.27 45.58 350m: 4:51.26 39.51			
	100m: 1:14.50 40.91 200m: 2:39.69 42.56 300m: 4:11.75 46.48 400m: 5:26.58 35.32			
8.	Mirl de Boer	DAW	199700468	5:29.90 +0,77 E
	50m: 35.19 35.19 150m: 2:00.94 41.78 250m: 3:29.66 45.12 350m: 4:55.80 37.70			
	100m: 1:19.16 43.97 200m: 2:44.54 43.60 300m: 4:18.10 48.44 400m: 5:29.90 34.10			
9.	Elles Becker	Zwemclub Zeist	199600628	5:30.32 +0,85 E
	50m: 33.03 33.03 150m: 1:55.01 42.77 250m: 3:25.41 49.22 350m: 4:53.17 38.52			
	100m: 1:12.24 39.21 200m: 2:36.19 41.18 300m: 4:14.65 49.24 400m: 5:30.32 37.15			
10.	Willeke Jonkman	DZ&PC	199604304	5:31.31 +0,72 E
	50m: 34.82 34.82 150m: 2:01.78 43.94 250m: 3:28.87 45.16 350m: 4:54.46 39.91			
	100m: 1:17.84 43.02 200m: 2:43.71 41.93 300m: 4:14.55 45.68 400m: 5:31.31 36.85			
11.	Moniek Heemskerk	LZ 1886	199601964	5:34.28 +0,73
	50m: 33.81 33.81 150m: 1:59.94 45.19 250m: 3:29.92 45.28 350m: 4:57.05 40.09			
	100m: 1:14.75 40.94 200m: 2:44.64 44.70 300m: 4:16.96 47.04 400m: 5:34.28 37.23			
12.	Esmée Six	EIFFELswimmersPSV	199700490	5:35.05 +0,77 E
	50m: 35.39 35.39 150m: 2:00.03 43.27 250m: 3:29.88 47.30 350m: 5:00.59 40.29			
	100m: 1:16.76 41.37 200m: 2:42.58 42.55 300m: 4:20.30 50.42 400m: 5:35.05 34.46			
13.	Manon Koster	HZPC	199701312	5:35.46 +0,90
	50m: 35.47 35.47 150m: 2:00.29 41.59 250m: 3:31.04 48.93 350m: 4:58.83 38.01			
	100m: 1:18.70 43.23 200m: 2:42.11 41.82 300m: 4:20.82 49.78 400m: 5:35.46 36.63			
14.	Noa Oldenhof	De Dolfijn	199700622	5:35.59 +0,71
	50m: 35.24 35.24 150m: 1:55.40 36.39 250m: 3:27.23 44.16 350m: 4:58.45 37.11			
	100m: 1:19.01 43.77 200m: 2:43.07 47.67 300m: 4:21.34 54.11 400m: 5:35.59 37.14			
15.	Amy van Lier	De Vennen	199603022	5:41.35 +0,64
	50m: 33.87 33.87 150m: 1:57.77 44.24 250m: 3:31.36 50.27 350m: 5:02.29 39.76			
	100m: 1:13.53 39.66 200m: 2:41.09 43.32 300m: 4:22.53 51.17 400m: 5:41.35 39.06			

all-in

1.	Lieke Verouden	Racing Club	199003948	4:50.46 +0,65 A
	50m: 30.60 30.60 150m: 1:44.95 38.93 250m: 3:03.71 40.50 350m: 4:18.44 33.17			
	100m: 1:06.02 35.42 200m: 2:23.21 38.26 300m: 3:45.27 41.56 400m: 4:50.46 32.02			
2.	Annick van Westendorp	SC Winterthur	15606	4:55.00 +0,93 B
	50m: 30.61 30.61 150m: 1:44.63 39.35 250m: 3:06.96 43.97 350m: 4:22.76 33.19			
	100m: 1:05.28 34.67 200m: 2:22.99 38.36 300m: 3:49.57 42.61 400m: 4:55.00 32.24			

Onjuistheden?

Mail naar: nknschrijvingen@knzb.nl

Splash Meet Manager 11, Build 21215

Registered to KNZB

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Programmanr. 34, Dames, 400m wisselslag, all-in

rang	naam	vereniging	tijd	RT
3.	Marjolein Delno	DWK	199400024	5:00.83 +0,83 C
	50m: 32.06 32.06 150m: 1:47.28 38.43 250m: 3:10.12 44.06 350m: 4:28.07 33.79			
	100m: 1:08.85 36.79 200m: 2:26.06 38.78 300m: 3:54.28 44.16 400m: 5:00.83 32.76			
4.	Cynthia Verkaik	Orca	199601288	5:00.84 +0,75 A
	50m: 32.58 32.58 150m: 1:49.02 40.35 250m: 3:10.94 42.38 350m: 4:28.93 35.08			
	100m: 1:08.67 36.09 200m: 2:28.56 39.54 300m: 3:53.85 42.91 400m: 5:00.84 31.91			
5.	Leonie van Noort	De Zijl/LGB	199301752	5:09.33 +0,82 D
	50m: 31.57 31.57 150m: 1:48.06 38.85 250m: 3:13.59 47.51 350m: 4:36.07 34.74			
	100m: 1:09.21 37.64 200m: 2:26.08 38.02 300m: 4:01.33 47.74 400m: 5:09.33 33.26			
6.	Judith van Meijel	HZPC	199102076	5:09.82 +0,85 E
	50m: 32.89 32.89 150m: 1:50.09 39.66 250m: 3:14.03 44.52 350m: 4:35.03 36.24			
	100m: 1:10.43 37.54 200m: 2:29.51 39.42 300m: 3:58.79 44.76 400m: 5:09.82 34.79			
7.	Macy Oortwijn	AZ&PC	199500722	5:10.11 +0,82 D
	50m: 31.37 31.37 150m: 1:49.68 39.71 250m: 3:13.68 43.97 350m: 4:34.79 35.71			
	100m: 1:09.97 38.60 200m: 2:29.71 40.03 300m: 3:59.08 45.40 400m: 5:10.11 35.32			
8.	Anouque Berghuis	De Zijl/LGB	199606132	5:13.64 +0,78 D
	50m: 32.50 32.50 150m: 1:49.67 38.98 250m: 3:15.43 47.65 350m: 4:39.13 36.08			
	100m: 1:10.69 38.19 200m: 2:27.78 38.11 300m: 4:03.05 47.62 400m: 5:13.64 34.51			
9.	Givency Sneekes	De Dolfijn	199705486	5:14.27 +0,65 C
	50m: 32.04 32.04 150m: 1:51.29 41.54 250m: 3:16.91 44.98 350m: 4:38.89 35.76			
	100m: 1:09.75 37.71 200m: 2:31.93 40.64 300m: 4:03.13 46.22 400m: 5:14.27 35.38			
10.	Clariss de Vries	Orca	199700942	5:20.18 +0,74 D
	50m: 33.19 33.19 150m: 1:54.20 39.80 250m: 3:20.39 47.76 350m: 4:44.64 37.02			
	100m: 1:14.40 41.21 200m: 2:32.63 38.43 300m: 4:07.62 47.23 400m: 5:20.18 35.54			
11.	Maaik van Veen	ZPC Bikkell Hoogeveen	199700292	5:21.62 * +0,82 D
	50m: 33.60 33.60 150m: 1:53.24 39.24 250m: 3:20.44 47.41 350m: 4:44.79 37.76			
	100m: 1:14.00 40.40 200m: 2:33.03 39.79 300m: 4:07.03 46.59 400m: 5:21.62 36.83			
12.	Nicole Bennis	WVZ	199600470	5:22.79 +0,69 E
	50m: 33.79 33.79 150m: 1:56.14 41.25 250m: 3:22.78 46.27 350m: 4:46.79 38.53			
	100m: 1:14.89 41.10 200m: 2:36.51 40.37 300m: 4:08.26 45.48 400m: 5:22.79 36.00			
13.	Shireen Post	AZ&PC	199503286	5:25.15 +0,80 E
	50m: 32.14 32.14 150m: 1:54.72 44.62 250m: 3:25.48 48.28 350m: 4:49.98 35.86			
	100m: 1:10.10 37.96 200m: 2:37.20 42.48 300m: 4:14.12 48.64 400m: 5:25.15 35.17			
14.	Asmara Ritmeijer	ZVVS	199600790	5:26.58 E
	50m: 33.59 33.59 150m: 1:57.13 42.63 250m: 3:25.27 45.58 350m: 4:51.26 39.51			
	100m: 1:14.50 40.91 200m: 2:39.69 42.56 300m: 4:11.75 46.48 400m: 5:26.58 35.32			
15.	Mirl de Boer	DAW	199700468	5:29.90 +0,77 E
	50m: 35.19 35.19 150m: 2:00.94 41.78 250m: 3:29.66 45.12 350m: 4:55.80 37.70			
	100m: 1:19.16 43.97 200m: 2:44.54 43.60 300m: 4:18.10 48.44 400m: 5:29.90 34.10			
16.	Samantha Kardol	Nuener	199502972	5:30.18 +0,73
	50m: 35.87 35.87 150m: 1:59.65 42.15 250m: 3:31.73 51.09 350m: 4:57.20 37.06			
	100m: 1:17.50 41.63 200m: 2:40.64 40.99 300m: 4:20.14 48.41 400m: 5:30.18 32.98			
17.	Elles Becker	Zwemclub Zeist	199600628	5:30.32 +0,85 E
	50m: 33.03 33.03 150m: 1:55.01 42.77 250m: 3:25.41 49.22 350m: 4:53.17 38.52			
	100m: 1:12.24 39.21 200m: 2:36.19 41.18 300m: 4:14.65 49.24 400m: 5:30.32 37.15			
18.	Willeke Jonkman	DZ&PC	199604304	5:31.31 +0,72 E
	50m: 34.82 34.82 150m: 2:01.78 43.94 250m: 3:28.87 45.16 350m: 4:54.46 39.91			
	100m: 1:17.84 43.02 200m: 2:43.71 41.93 300m: 4:14.55 45.68 400m: 5:31.31 36.85			
19.	Moniek Heemskerk	LZ 1886	199601964	5:34.28 +0,73
	50m: 33.81 33.81 150m: 1:59.94 45.19 250m: 3:29.92 45.28 350m: 4:57.05 40.09			
	100m: 1:14.75 40.94 200m: 2:44.64 44.70 300m: 4:16.96 47.04 400m: 5:34.28 37.23			
20.	Esmée Six	EIFFELswimmersPSV	199700490	5:35.05 +0,77 E
	50m: 35.39 35.39 150m: 2:00.03 43.27 250m: 3:29.88 47.30 350m: 5:00.59 40.29			
	100m: 1:16.76 41.37 200m: 2:42.58 42.55 300m: 4:20.30 50.42 400m: 5:35.05 34.46			
21.	Manon Koster	HZPC	199701312	5:35.46 +0,90
	50m: 35.47 35.47 150m: 2:00.29 41.59 250m: 3:31.04 48.93 350m: 4:58.83 38.01			
	100m: 1:18.70 43.23 200m: 2:42.11 41.82 300m: 4:20.82 49.78 400m: 5:35.46 36.63			
22.	Noa Oldenhof	De Dolfijn	199700622	5:35.59 +0,71
	50m: 35.24 35.24 150m: 1:55.40 36.39 250m: 3:27.23 44.16 350m: 4:58.45 37.11			
	100m: 1:19.01 43.77 200m: 2:43.07 47.67 300m: 4:21.34 54.11 400m: 5:35.59 37.14			
23.	Maud Hoofs	Racing Club	199501206	5:38.52 * +0,57
	50m: 34.44 34.44 150m: 2:01.79 45.03 250m: 3:33.47 45.62 350m: 5:01.10 38.87			
	100m: 1:16.76 42.32 200m: 2:47.85 46.06 300m: 4:22.23 48.76 400m: 5:38.52 37.42			

Programmanr. 34, Dames, 400m wisselslag, all-in

rang	naam	vereniging	199603022	tijd	RT
24.	Amy van Lier	De Vennen	199603022	5:41.35	+0,64
	50m: 33.87	150m: 1:57.77	250m: 3:31.36	350m: 5:02.29	39.76
	100m: 1:13.53	200m: 2:41.09	300m: 4:22.53	400m: 5:41.35	39.06
DIS	Lisa van Breugel	BZV	199506804	AA	+0,80
	50m:	150m:	250m:	350m:	
	100m:	200m:	300m:	400m:	