

Programmanr. 38
10-06-2012

Dames, 1500m vrije slag

Jeugd/Senioren
Resultaten

Wereld Record	15:42.54	Kate Ziegler	Mission Viejo (USA)	17-06-2007
Europees Record	15:44.93	Alessia Filippi	Rome (ITA)	28-07-2009
Nederlands Record Senioren	16:36.44	Sharon van Rouwendaal	Belgrado (SRB)	30-07-2008
Nederlands Record Jeugd	16:36.44	Sharon van Rouwendaal	Belgrado (SRB)	30-07-2008

rang naam vereniging tijd RT

Jeugd 1 en 2

1. Anouque Berghuis	De Zijl/LGB	199606132	17:47.93	+0,81	B		
50m: 31.32	31.32	450m: 5:15.85	35.62	850m: 10:02.51	35.79	1250m: 14:49.48	35.96
100m: 1:06.27	34.95	500m: 5:51.82	35.97	900m: 10:38.08	35.57	1300m: 15:25.83	36.35
150m: 1:41.71	35.44	550m: 6:27.63	35.81	950m: 11:13.87	35.79	1350m: 16:01.88	36.05
200m: 2:17.57	35.86	600m: 7:03.48	35.85	1000m: 11:49.90	36.03	1400m: 16:37.92	36.04
250m: 2:53.21	35.64	650m: 7:39.10	35.62	1050m: 12:25.67	35.77	1450m: 17:13.36	35.44
300m: 3:28.97	35.76	700m: 8:15.06	35.96	1100m: 13:01.58	35.91	1500m: 17:47.93	34.57
350m: 4:04.53	35.56	750m: 8:50.87	35.81	1150m: 13:37.54	35.96		
400m: 4:40.23	35.70	800m: 9:26.72	35.85	1200m: 14:13.52	35.98		
2. Evelien van Ruiten	Orca	199602924	18:22.41	+0,84	D		
50m: 31.95	31.95	450m: 5:24.26	36.93	850m: 10:20.88	37.02	1250m: 15:19.38	37.31
100m: 1:07.49	35.54	500m: 6:01.65	37.39	900m: 10:58.35	37.47	1300m: 15:56.61	37.23
150m: 1:43.96	36.47	550m: 6:38.36	36.71	950m: 11:35.38	37.03	1350m: 16:33.65	37.04
200m: 2:20.81	36.85	600m: 7:15.67	37.31	1000m: 12:12.78	37.40	1400m: 17:10.50	36.85
250m: 2:57.25	36.44	650m: 7:52.47	36.80	1050m: 12:49.98	37.20	1450m: 17:47.44	36.94
300m: 3:33.65	36.40	700m: 8:29.53	37.06	1100m: 13:27.29	37.31	1500m: 18:22.41	34.97
350m: 4:10.45	36.80	750m: 9:06.62	37.09	1150m: 14:04.88	37.59		
400m: 4:47.33	36.88	800m: 9:43.86	37.24	1200m: 14:42.07	37.19		
3. Elisabeth Rivard	WVZ	199600244	18:38.85	+0,83	E		
50m: 32.89	32.89	450m: 5:34.38	37.62	850m: 10:35.90	37.84	1250m: 15:36.57	37.26
100m: 1:09.84	36.95	500m: 6:12.23	37.85	900m: 11:13.42	37.52	1300m: 16:13.54	36.97
150m: 1:47.28	37.44	550m: 6:50.03	37.80	950m: 11:51.29	37.87	1350m: 16:50.81	37.27
200m: 2:25.44	38.16	600m: 7:28.03	38.00	1000m: 12:29.05	37.76	1400m: 17:27.82	37.01
250m: 3:03.23	37.79	650m: 8:05.39	37.36	1050m: 13:06.74	37.69	1450m: 18:03.74	35.92
300m: 3:41.03	37.80	700m: 8:42.91	37.52	1100m: 13:44.12	37.38	1500m: 18:38.85	35.11
350m: 4:18.82	37.79	750m: 9:20.66	37.75	1150m: 14:21.79	37.67		
400m: 4:56.76	37.94	800m: 9:58.06	37.40	1200m: 14:59.31	37.52		
4. Brenda Zwarthoed	DAW	199604938	18:41.93	+0,65	E		
50m: 31.65	31.65	450m: 5:28.72	38.43	850m: 10:31.86	37.85	1250m: 15:35.21	38.05
100m: 1:07.01	35.36	500m: 6:06.39	37.67	900m: 11:09.64	37.78	1300m: 16:13.18	37.97
150m: 1:43.40	36.39	550m: 6:44.46	38.07	950m: 11:47.53	37.89	1350m: 16:50.96	37.78
200m: 2:20.13	36.73	600m: 7:22.17	37.71	1000m: 12:25.31	37.78	1400m: 17:28.49	37.53
250m: 2:57.17	37.04	650m: 8:00.17	38.00	1050m: 13:03.36	38.05	1450m: 18:06.00	37.51
300m: 3:34.64	37.47	700m: 8:38.14	37.97	1100m: 13:41.55	38.19	1500m: 18:41.93	35.93
350m: 4:12.67	38.03	750m: 9:16.23	38.09	1150m: 14:19.30	37.75		
400m: 4:50.29	37.62	800m: 9:54.01	37.78	1200m: 14:57.16	37.86		
5. Linda Kamperman	Aquarijn	199601238	19:00.91	+0,67	E		
50m: 33.31	33.31	450m: 5:34.25	37.99	850m: 10:38.75	38.22	1250m: 15:47.48	38.50
100m: 1:09.96	36.65	500m: 6:11.95	37.70	900m: 11:17.32	38.57	1300m: 16:26.67	39.19
150m: 1:46.65	36.69	550m: 6:49.63	37.68	950m: 11:55.97	38.65	1350m: 17:05.34	38.67
200m: 2:23.90	37.25	600m: 7:27.48	37.85	1000m: 12:34.67	38.70	1400m: 17:44.62	39.28
250m: 3:01.37	37.47	650m: 8:05.52	38.04	1050m: 13:13.14	38.47	1450m: 18:23.03	38.41
300m: 3:39.63	38.26	700m: 8:43.93	38.41	1100m: 13:51.87	38.73	1500m: 19:00.91	37.88
350m: 4:17.95	38.32	750m: 9:22.05	38.12	1150m: 14:30.36	38.49		
400m: 4:56.26	38.31	800m: 10:00.53	38.48	1200m: 15:08.98	38.62		
6. Tamara Grove	Oceanus	199601266	19:34.82	+0,84			
50m: 33.15	33.15	450m: 5:38.43	38.97	850m: 10:58.02	39.76	1250m: 16:20.15	40.51
100m: 1:10.38	37.23	500m: 6:17.88	39.45	900m: 11:38.37	40.35	1300m: 16:59.97	39.82
150m: 1:47.43	37.05	550m: 6:57.29	39.41	950m: 12:18.41	40.04	1350m: 17:39.57	39.60
200m: 2:26.07	38.64	600m: 7:37.25	39.96	1000m: 12:58.76	40.35	1400m: 18:18.77	39.20
250m: 3:03.43	37.36	650m: 8:17.40	40.15	1050m: 13:38.51	39.75	1450m: 18:57.24	38.47
300m: 3:42.27	38.84	700m: 8:57.81	40.41	1100m: 14:18.64	40.13	1500m: 19:34.82	37.58
350m: 4:19.04	36.77	750m: 9:38.04	40.23	1150m: 14:59.14	40.50		
400m: 4:59.46	40.42	800m: 10:18.26	40.22	1200m: 15:39.64	40.50		

all-in

Programmanr. 38, Dames, 1500m vrije slag, all-in

rang	naam	vereniging				tijd				RT	
1.	Leonie van Noort	De Zijl/LGB				199301752				17:27.98	+0,80 C
	50m:	30.47	30.47	450m:	5:08.04	35.07	850m:	9:51.01	35.32	1250m:	14:35.06 35.31
	100m:	1:04.56	34.09	500m:	5:43.29	35.25	900m:	10:26.42	35.41	1300m:	15:10.66 35.60
	150m:	1:38.90	34.34	550m:	6:18.31	35.02	950m:	11:01.84	35.42	1350m:	15:45.52 34.86
	200m:	2:13.53	34.63	600m:	6:53.76	35.45	1000m:	11:37.69	35.85	1400m:	16:20.73 35.21
	250m:	2:47.85	34.32	650m:	7:29.10	35.34	1050m:	12:13.25	35.56	1450m:	16:55.68 34.95
	300m:	3:22.80	34.95	700m:	8:04.73	35.63	1100m:	12:49.03	35.78	1500m:	17:27.98 32.30
	350m:	3:57.74	34.94	750m:	8:40.18	35.45	1150m:	13:24.43	35.40		
	400m:	4:32.97	35.23	800m:	9:15.69	35.51	1200m:	13:59.75	35.32		
2.	Marion van den Berg	DWK				198600272				17:34.62	+0,89 D
	50m:	31.13	31.13	450m:	5:09.90	35.30	850m:	9:51.02	35.38	1250m:	14:37.83 36.52
	100m:	1:04.92	33.79	500m:	5:44.85	34.95	900m:	10:26.36	35.34	1300m:	15:14.34 36.51
	150m:	1:39.70	34.78	550m:	6:20.15	35.30	950m:	11:02.22	35.86	1350m:	15:50.38 36.04
	200m:	2:14.38	34.68	600m:	6:55.49	35.34	1000m:	11:37.76	35.54	1400m:	16:26.22 35.84
	250m:	2:49.45	35.07	650m:	7:30.51	35.02	1050m:	12:13.67	35.91	1450m:	17:01.09 34.87
	300m:	3:24.54	35.09	700m:	8:05.44	34.93	1100m:	12:49.17	35.50	1500m:	17:34.62 33.53
	350m:	3:59.61	35.07	750m:	8:40.40	34.96	1150m:	13:25.24	36.07		
	400m:	4:34.60	34.99	800m:	9:15.64	35.24	1200m:	14:01.31	36.07		
3.	Anouque Berghuis	De Zijl/LGB				199606132				17:47.93	+0,81 B
	50m:	31.32	31.32	450m:	5:15.85	35.62	850m:	10:02.51	35.79	1250m:	14:49.48 35.96
	100m:	1:06.27	34.95	500m:	5:51.82	35.97	900m:	10:38.08	35.57	1300m:	15:25.83 36.35
	150m:	1:41.71	35.44	550m:	6:27.63	35.81	950m:	11:13.87	35.79	1350m:	16:01.88 36.05
	200m:	2:17.57	35.86	600m:	7:03.48	35.85	1000m:	11:49.90	36.03	1400m:	16:37.92 36.04
	250m:	2:53.21	35.64	650m:	7:39.10	35.62	1050m:	12:25.67	35.77	1450m:	17:13.36 35.44
	300m:	3:28.97	35.76	700m:	8:15.06	35.96	1100m:	13:01.58	35.91	1500m:	17:47.93 34.57
	350m:	4:04.53	35.56	750m:	8:50.87	35.81	1150m:	13:37.54	35.96		
	400m:	4:40.23	35.70	800m:	9:26.72	35.85	1200m:	14:13.52	35.98		
4.	Evelien van Ruiten	Orca				199602924				18:22.41	+0,84 D
	50m:	31.95	31.95	450m:	5:24.26	36.93	850m:	10:20.88	37.02	1250m:	15:19.38 37.31
	100m:	1:07.49	35.54	500m:	6:01.65	37.39	900m:	10:58.35	37.47	1300m:	15:56.61 37.23
	150m:	1:43.96	36.47	550m:	6:38.36	36.71	950m:	11:35.38	37.03	1350m:	16:33.65 37.04
	200m:	2:20.81	36.85	600m:	7:15.67	37.31	1000m:	12:12.78	37.40	1400m:	17:10.50 36.85
	250m:	2:57.25	36.44	650m:	7:52.47	36.80	1050m:	12:49.98	37.20	1450m:	17:47.44 36.94
	300m:	3:33.65	36.40	700m:	8:29.53	37.06	1100m:	13:27.29	37.31	1500m:	18:22.41 34.97
	350m:	4:10.45	36.80	750m:	9:06.62	37.09	1150m:	14:04.88	37.59		
	400m:	4:47.33	36.88	800m:	9:43.86	37.24	1200m:	14:42.07	37.19		
5.	Elisabeth Rivard	WVZ				199600244				18:38.85	+0,83 E
	50m:	32.89	32.89	450m:	5:34.38	37.62	850m:	10:35.90	37.84	1250m:	15:36.57 37.26
	100m:	1:09.84	36.95	500m:	6:12.23	37.85	900m:	11:13.42	37.52	1300m:	16:13.54 36.97
	150m:	1:47.28	37.44	550m:	6:50.03	37.80	950m:	11:51.29	37.87	1350m:	16:50.81 37.27
	200m:	2:25.44	38.16	600m:	7:28.03	38.00	1000m:	12:29.05	37.76	1400m:	17:27.82 37.01
	250m:	3:03.23	37.79	650m:	8:05.39	37.36	1050m:	13:06.74	37.69	1450m:	18:03.74 35.92
	300m:	3:41.03	37.80	700m:	8:42.91	37.52	1100m:	13:44.12	37.38	1500m:	18:38.85 35.11
	350m:	4:18.82	37.79	750m:	9:20.66	37.75	1150m:	14:21.79	37.67		
	400m:	4:56.76	37.94	800m:	9:58.06	37.40	1200m:	14:59.31	37.52		
6.	Lindi Verkooijen	SBC2000				199503826				18:40.43	+0,66 E
	50m:	33.22	33.22	450m:	5:26.71	36.84	850m:	10:27.57	37.85	1250m:	15:32.37 38.35
	100m:	1:09.17	35.95	500m:	6:03.83	37.12	900m:	11:05.21	37.64	1300m:	16:10.38 38.01
	150m:	1:45.88	36.71	550m:	6:41.09	37.26	950m:	11:43.39	38.18	1350m:	16:47.69 37.31
	200m:	2:22.39	36.51	600m:	7:18.62	37.53	1000m:	12:21.04	37.65	1400m:	17:25.89 38.20
	250m:	2:59.08	36.69	650m:	7:56.74	38.12	1050m:	12:59.47	38.43	1450m:	18:03.71 37.82
	300m:	3:35.86	36.78	700m:	8:34.19	37.45	1100m:	13:37.70	38.23	1500m:	18:40.43 36.72
	350m:	4:12.88	37.02	750m:	9:12.34	38.15	1150m:	14:16.11	38.41		
	400m:	4:49.87	36.99	800m:	9:49.72	37.38	1200m:	14:54.02	37.91		
7.	Brenda Zwarthoed	DAW				199604938				18:41.93	+0,65 E
	50m:	31.65	31.65	450m:	5:28.72	38.43	850m:	10:31.86	37.85	1250m:	15:35.21 38.05
	100m:	1:07.01	35.36	500m:	6:06.39	37.67	900m:	11:09.64	37.78	1300m:	16:13.18 37.97
	150m:	1:43.40	36.39	550m:	6:44.46	38.07	950m:	11:47.53	37.89	1350m:	16:50.96 37.78
	200m:	2:20.13	36.73	600m:	7:22.17	37.71	1000m:	12:25.31	37.78	1400m:	17:28.49 37.53
	250m:	2:57.17	37.04	650m:	8:00.17	38.00	1050m:	13:03.36	38.05	1450m:	18:06.00 37.51
	300m:	3:34.64	37.47	700m:	8:38.14	37.97	1100m:	13:41.55	38.19	1500m:	18:41.93 35.93
	350m:	4:12.67	38.03	750m:	9:16.23	38.09	1150m:	14:19.30	37.75		
	400m:	4:50.29	37.62	800m:	9:54.01	37.78	1200m:	14:57.16	37.86		
8.	Linda Kamperman	Aquarijn				199601238				19:00.91	+0,67 E
	50m:	33.31	33.31	450m:	5:34.25	37.99	850m:	10:38.75	38.22	1250m:	15:47.48 38.50
	100m:	1:09.96	36.65	500m:	6:11.95	37.70	900m:	11:17.32	38.57	1300m:	16:26.67 39.19
	150m:	1:46.65	36.69	550m:	6:49.63	37.68	950m:	11:55.97	38.65	1350m:	17:05.34 38.67
	200m:	2:23.90	37.25	600m:	7:27.48	37.85	1000m:	12:34.67	38.70	1400m:	17:44.62 39.28
	250m:	3:01.37	37.47	650m:	8:05.52	38.04	1050m:	13:13.14	38.47	1450m:	18:23.03 38.41
	300m:	3:39.63	38.26	700m:	8:43.93	38.41	1100m:	13:51.87	38.73	1500m:	19:00.91 37.88
	350m:	4:17.95	38.32	750m:	9:22.05	38.12	1150m:	14:30.36	38.49		
	400m:	4:56.26	38.31	800m:	10:00.53	38.48	1200m:	15:08.98	38.62		

Programmanr. 38, Dames, 1500m vrije slag, all-in

rang	naam			vereniging						tijd		RT
9.	Tamara Grove			Oceanus			199601266			19:34.82		+0,84
	50m:	33.15	33.15	450m:	5:38.43	38.97	850m:	10:58.02	39.76	1250m:	16:20.15	40.51
	100m:	1:10.38	37.23	500m:	6:17.88	39.45	900m:	11:38.37	40.35	1300m:	16:59.97	39.82
	150m:	1:47.43	37.05	550m:	6:57.29	39.41	950m:	12:18.41	40.04	1350m:	17:39.57	39.60
	200m:	2:26.07	38.64	600m:	7:37.25	39.96	1000m:	12:58.76	40.35	1400m:	18:18.77	39.20
	250m:	3:03.43	37.36	650m:	8:17.40	40.15	1050m:	13:38.51	39.75	1450m:	18:57.24	38.47
	300m:	3:42.27	38.84	700m:	8:57.81	40.41	1100m:	14:18.64	40.13	1500m:	19:34.82	37.58
	350m:	4:19.04	36.77	750m:	9:38.04	40.23	1150m:	14:59.14	40.50			
	400m:	4:59.46	40.42	800m:	10:18.26	40.22	1200m:	15:39.64	40.50			