

Programmanr. 2
07-06-2013

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 Vliegheuis	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.	Manon Friskes	KNZB-RTC	199701566	4:30.88 +0,72
	50m: 30.53	30.53	150m: 1:38.58	34.16
	100m: 1:04.42	33.89	200m: 2:13.04	34.46
			250m: 2:47.66	34.62
			300m: 3:22.53	34.87
			350m: 3:56.93	34.40
			400m: 4:30.88	33.95
2.	Mirthe Hofstede	NDD	199806336	4:35.83 +0,82
	50m: 31.11	31.11	150m: 1:39.47	34.55
	100m: 1:04.92	33.81	200m: 2:15.02	35.55
			250m: 2:50.27	35.25
			300m: 3:25.99	35.72
			350m: 4:01.66	35.67
			400m: 4:35.83	34.17
3.	Lindy Nijhuis	WS Twente	199700010	4:41.74 +0,83
	50m: 30.77	30.77	150m: 1:40.22	35.46
	100m: 1:04.76	33.99	200m: 2:16.25	36.03
			250m: 2:52.61	36.36
			300m: 3:29.47	36.86
			350m: 4:06.56	37.09
			400m: 4:41.74	35.18
4.	Janina Beckers	HGN (SG)	199800574	4:42.03 +0,77
	50m: 32.38	32.38	150m: 1:43.22	35.26
	100m: 1:07.96	35.58	200m: 2:19.64	36.42
			250m: 2:55.41	35.77
			300m: 3:32.06	36.65
			350m: 4:07.83	35.77
			400m: 4:42.03	34.20
5.	Lisanne Hassing	HZ&PC Heerenveen	199702584	4:42.17 +0,86
	50m: 31.10	31.10	150m: 1:43.20	36.49
	100m: 1:06.71	35.61	200m: 2:20.04	36.84
			250m: 2:56.72	36.68
			300m: 3:33.20	36.48
			350m: 4:08.62	35.42
			400m: 4:42.17	33.55
6.	Silke Voets	Nuenen	199806370	4:43.77 +0,69
	50m: 31.80	31.80	150m: 1:43.22	36.14
	100m: 1:07.08	35.28	200m: 2:19.75	36.53
			250m: 2:56.55	36.80
			300m: 3:33.08	36.53
			350m: 4:09.48	36.40
			400m: 4:43.77	34.29
7.	Shania Haenen	Eurode Kerkrade	199802528	4:46.79 +0,78
	50m: 31.32	31.32	150m: 1:43.17	36.41
	100m: 1:06.76	35.44	200m: 2:20.15	36.98
			250m: 2:56.77	36.62
			300m: 3:34.38	37.61
			350m: 4:11.15	36.77
			400m: 4:46.79	35.64
8.	Brigit Beukeveld	ZPC Bikkel Hoogeveen	199800216	4:47.07 +0,74
	50m: 32.19	32.19	150m: 1:45.34	36.94
	100m: 1:08.40	36.21	200m: 2:22.41	37.07
			250m: 2:58.70	36.29
			300m: 3:35.02	36.32
			350m: 4:11.65	36.63
			400m: 4:47.07	35.42
9.	Aniek Bloemendaal	DWV	199800432	4:47.90 +0,83
	50m: 31.70	31.70	150m: 1:44.24	36.26
	100m: 1:07.98	36.28	200m: 2:21.65	37.41
			250m: 2:58.41	36.76
			300m: 3:35.51	37.10
			350m: 4:12.18	36.67
			400m: 4:47.90	35.72
10.	Serena Stel	De Dolfijn	199801528	4:48.04 +0,74
	50m: 32.10	32.10	150m: 1:45.22	36.65
	100m: 1:08.57	36.47	200m: 2:22.70	37.48
			250m: 2:59.56	36.86
			300m: 3:36.59	37.03
			350m: 4:12.75	36.16
			400m: 4:48.04	35.29
11.	Noa Oldenhof	De Dolfijn	199700622	4:48.46 +0,55
	50m: 31.84	31.84	150m: 1:44.08	36.61
	100m: 1:07.47	35.63	200m: 2:20.87	36.79
			250m: 2:57.73	36.86
			300m: 3:35.52	37.79
			350m: 4:12.59	37.07
			400m: 4:48.46	35.87
12.	Nynke Klokman	DZ&PC	199801424	4:49.87 +0,68
	50m: 32.41	32.41	150m: 1:47.36	38.18
	100m: 1:09.18	36.77	200m: 2:24.80	37.44
			250m: 3:01.56	36.76
			300m: 3:38.77	37.21
			350m: 4:15.04	36.27
			400m: 4:49.87	34.83
13.	Eva Werkman	Zwemlust-den Hommel	199703458	4:50.52 +0,67
	50m: 31.44	31.44	150m: 1:44.00	36.70
	100m: 1:07.30	35.86	200m: 2:21.59	37.59
			250m: 2:59.11	37.52
			300m: 3:37.05	37.94
			350m: 4:14.13	37.08
			400m: 4:50.52	36.39

all-in

1.	Sharon van Rouwendaal	KNZB-NTC	199307422	4:11.42 +0,71
	50m: 30.47	30.47	150m: 1:33.47	31.49
	100m: 1:01.98	31.51	200m: 2:05.29	31.82
			250m: 2:36.88	31.59
			300m: 3:08.74	31.86
			350m: 3:40.18	31.44
			400m: 4:11.42	31.24
2.	Femke Heemskerk	KNZB-NTC	198705224	4:14.62 +0,76
	50m: 31.04	31.04	150m: 1:34.90	31.94
	100m: 1:02.96	31.92	200m: 2:06.68	31.78
			250m: 2:38.30	31.62
			300m: 3:09.94	31.64
			350m: 3:42.30	32.36
			400m: 4:14.62	32.32
3.	Rieneke Terink	PSV	198402424	4:16.06 +0,71
	50m: 29.66	29.66	150m: 1:34.69	32.45
	100m: 1:02.24	32.58	200m: 2:07.31	32.62
			250m: 2:39.93	32.62
			300m: 3:12.37	32.44
			350m: 3:44.50	32.13
			400m: 4:16.06	31.56
4.	Annick van Westendorp	Schwimmclub Winterthur	15606	4:21.49 +0,77
	50m: 29.88	29.88	150m: 1:36.15	33.30
	100m: 1:02.85	32.97	200m: 2:09.44	33.29
			250m: 2:42.39	32.95
			300m: 3:15.37	32.98
			350m: 3:48.77	33.40
			400m: 4:21.49	32.72

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

rang	naam	vereniging	tijd	RT
5.	Marion van den Berg	DWK	198600272	4:24.00 +0,85
	50m: 30.12	30.12 150m: 1:35.62	250m: 2:42.41	350m: 3:50.26
	100m: 1:02.97	32.85 200m: 2:09.25	300m: 3:16.36	400m: 4:24.00
6.	Rosa Veerman	KNZB-RTC	199600862	4:24.92 +0,69
	50m: 30.46	30.46 150m: 1:36.62	250m: 2:43.64	350m: 3:51.63
	100m: 1:03.58	33.12 200m: 2:10.16	300m: 3:17.61	400m: 4:24.92
7.	Leonie van Noort	De Zijl/LGB	199301752	4:27.23 +0,79
	50m: 30.26	30.26 150m: 1:36.51	250m: 2:44.11	350m: 3:52.94
	100m: 1:03.21	32.95 200m: 2:10.21	300m: 3:18.79	400m: 4:27.23
8.	Anouque Berghuis	De Zijl/LGB	199606132	4:28.12 +0,67
	50m: 30.78	30.78 150m: 1:38.72	250m: 2:46.86	350m: 3:54.92
	100m: 1:04.68	33.90 200m: 2:12.85	300m: 3:21.14	400m: 4:28.12
9.	Manon Friskes	KNZB-RTC	199701566	4:30.88 +0,72
	50m: 30.53	30.53 150m: 1:38.58	250m: 2:47.66	350m: 3:56.93
	100m: 1:04.42	33.89 200m: 2:13.04	300m: 3:22.53	400m: 4:30.88
10.	Denise van Ark	KNZB-RTC	199604800	4:31.63 +0,74
	50m: 31.28	31.28 150m: 1:39.51	250m: 2:47.84	350m: 3:57.80
	100m: 1:04.87	33.59 200m: 2:13.74	300m: 3:22.71	400m: 4:31.63
11.	Kim Loeffen	Zeester-Meerval	199403432	4:33.31 +0,89
	50m: 31.41	31.41 150m: 1:39.51	250m: 2:48.23	350m: 3:58.63
	100m: 1:05.07	33.66 200m: 2:13.87	300m: 3:23.31	400m: 4:33.31
12.	Renate Hemmes	DZ&PC	199600418	4:35.34 +0,75
	50m: 30.32	30.32 150m: 1:38.86	250m: 2:49.14	350m: 4:00.45
	100m: 1:04.19	33.87 200m: 2:14.05	300m: 3:24.92	400m: 4:35.34
13.	Inge Pepping	Aqua-Novio'94	199402308	4:35.58 +0,80
	50m: 30.64	30.64 150m: 1:39.19	250m: 2:49.25	350m: 4:00.14
	100m: 1:04.55	33.91 200m: 2:13.94	300m: 3:24.47	400m: 4:35.58
14.	Mirthe Hofstede	NDD	199806336	4:35.83 +0,82
	50m: 31.11	31.11 150m: 1:39.47	250m: 2:50.27	350m: 4:01.66
	100m: 1:04.92	33.81 200m: 2:15.02	300m: 3:25.99	400m: 4:35.83
15.	Evelien van Ruiten	KNZB-RTC	199602924	4:40.74 +0,81
	50m: 31.73	31.73 150m: 1:41.24	250m: 2:53.15	350m: 4:06.62
	100m: 1:05.92	34.19 200m: 2:17.01	300m: 3:30.01	400m: 4:40.74
16.	Lindy Nijhuis	WS Twente	199700010	4:41.74 +0,83
	50m: 30.77	30.77 150m: 1:40.22	250m: 2:52.61	350m: 4:06.56
	100m: 1:04.76	33.99 200m: 2:16.25	300m: 3:29.47	400m: 4:41.74
17.	Janina Beckers	HGN (SG)	199800574	4:42.03 +0,77
	50m: 32.38	32.38 150m: 1:43.22	250m: 2:55.41	350m: 4:07.83
	100m: 1:07.96	35.58 200m: 2:19.64	300m: 3:32.06	400m: 4:42.03
18.	Lisanne Hassing	HZ&PC Heerenveen	199702584	4:42.17 +0,86
	50m: 31.10	31.10 150m: 1:43.20	250m: 2:56.72	350m: 4:08.62
	100m: 1:06.71	35.61 200m: 2:20.04	300m: 3:33.20	400m: 4:42.17
19.	Silke Voets	Nuenen	199806370	4:43.77 +0,69
	50m: 31.80	31.80 150m: 1:43.22	250m: 2:56.55	350m: 4:09.48
	100m: 1:07.08	35.28 200m: 2:19.75	300m: 3:33.08	400m: 4:43.77
20.	Shania Haenen	Eurode Kerkrade	199802528	4:46.79 +0,78
	50m: 31.32	31.32 150m: 1:43.17	250m: 2:56.77	350m: 4:11.15
	100m: 1:06.76	35.44 200m: 2:20.15	300m: 3:34.38	400m: 4:46.79
21.	Brigit Beukeveld	ZPC Bikkel Hoogeveen	199800216	4:47.07 +0,74
	50m: 32.19	32.19 150m: 1:45.34	250m: 2:58.70	350m: 4:11.65
	100m: 1:08.40	36.21 200m: 2:22.41	300m: 3:35.02	400m: 4:47.07
22.	Aniek Bloemendaal	DWV	199800432	4:47.90 +0,83
	50m: 31.70	31.70 150m: 1:44.24	250m: 2:58.41	350m: 4:12.18
	100m: 1:07.98	36.28 200m: 2:21.65	300m: 3:35.51	400m: 4:47.90
23.	Serena Stel	De Dolfijn	199801528	4:48.04 +0,74
	50m: 32.10	32.10 150m: 1:45.22	250m: 2:59.56	350m: 4:12.75
	100m: 1:08.57	36.47 200m: 2:22.70	300m: 3:36.59	400m: 4:48.04
24.	Noa Oldenhof	De Dolfijn	199700622	4:48.46 +0,55
	50m: 31.84	31.84 150m: 1:44.08	250m: 2:57.73	350m: 4:12.59
	100m: 1:07.47	35.63 200m: 2:20.87	300m: 3:35.52	400m: 4:48.46
25.	Nynke Klokman	DZ&PC	199801424	4:49.87 +0,68
	50m: 32.41	32.41 150m: 1:47.36	250m: 3:01.56	350m: 4:15.04
	100m: 1:09.18	36.77 200m: 2:24.80	300m: 3:38.77	400m: 4:49.87

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

rang	naam	vereniging						tijd			RT	
26.	Eva Werkman	Zwemlust-den Hommel						199703458	4:50.52	+0,67		
	50m:	31.44	31.44	150m:	1:44.00	36.70	250m:	2:59.11	37.52	350m:	4:14.13	37.08
	100m:	1:07.30	35.86	200m:	2:21.59	37.59	300m:	3:37.05	37.94	400m:	4:50.52	36.39

all-in

1.	Magda Toeters	AZ&PC						198603552	S14	4:53.12	+0,83	867
	50m:	32.88	32.88	150m:	1:45.41	36.60	250m:	3:00.07	37.51	350m:	4:16.07	38.26
	100m:	1:08.81	35.93	200m:	2:22.56	37.15	300m:	3:37.81	37.74	400m:	4:53.12	37.05
2.	Marije Oosterhuis	Eemsrobber						199500318	S10	5:09.48	+0,80	616
	50m:	32.37	32.37	150m:	1:49.69	39.45	250m:	3:10.41	40.80	350m:	4:30.95	39.97
	100m:	1:10.24	37.87	200m:	2:29.61	39.92	300m:	3:50.98	40.57	400m:	5:09.48	38.53
	Lisa den Braber	AZ&PC						199207558	S8	5:37.76	+0,69	616
	50m:	39.01	39.01	150m:	2:03.32	42.77	250m:	3:28.95	43.21	350m:	4:55.67	43.73
	100m:	1:20.55	41.54	200m:	2:45.74	42.42	300m:	4:11.94	42.99	400m:	5:37.76	42.09
	Romy Pansters	ZC Valkenburg						199605900	S8	5:37.81	+0,98	616
	50m:	37.26	37.26	150m:	2:01.81	42.17	250m:	3:28.49	43.74	350m:	4:55.73	43.47
	100m:	1:19.64	42.38	200m:	2:44.75	42.94	300m:	4:12.26	43.77	400m:	5:37.81	42.08