

Programmanr. 38
09-06-2013

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
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Jeugd 1 en 2

1. Janina Beckers	HGN (SG)			199800574			18:03.57		+0,75	C	
50m:	32.28	32.28	450m:	5:21.90	36.67	850m:	10:13.99	36.40	1250m:	15:04.51	36.25
100m:	1:07.54	35.26	500m:	5:58.54	36.64	900m:	10:50.79	36.80	1300m:	15:40.96	36.45
150m:	1:43.70	36.16	550m:	6:34.77	36.23	950m:	11:27.18	36.39	1350m:	16:16.92	35.96
200m:	2:19.70	36.00	600m:	7:11.49	36.72	1000m:	12:03.95	36.77	1400m:	16:53.34	36.42
250m:	2:55.84	36.14	650m:	7:47.90	36.41	1050m:	12:40.21	36.26	1450m:	17:28.86	35.52
300m:	3:32.18	36.34	700m:	8:24.39	36.49	1100m:	13:16.20	35.99	1500m:	18:03.57	34.71
350m:	4:08.54	36.36	750m:	9:01.05	36.66	1150m:	13:52.03	35.83			
400m:	4:45.23	36.69	800m:	9:37.59	36.54	1200m:	14:28.26	36.23			
2. Serena Stel	De Dolfijn			199801528			18:58.70		+0,75	E	
50m:	33.52	33.52	450m:	5:39.82	38.40	850m:	10:47.81	38.52	1250m:	15:53.98	38.25
100m:	1:10.73	37.21	500m:	6:18.75	38.93	900m:	11:25.70	37.89	1300m:	16:32.36	38.38
150m:	1:48.77	38.04	550m:	6:57.65	38.90	950m:	12:03.78	38.08	1350m:	17:09.66	37.30
200m:	2:27.18	38.41	600m:	7:35.97	38.32	1000m:	12:42.11	38.33	1400m:	17:47.14	37.48
250m:	3:05.24	38.06	650m:	8:14.02	38.05	1050m:	13:20.17	38.06	1450m:	18:23.40	36.26
300m:	3:43.85	38.61	700m:	8:52.39	38.37	1100m:	13:59.15	38.98	1500m:	18:58.70	35.30
350m:	4:22.73	38.88	750m:	9:31.16	38.77	1150m:	14:37.40	38.25			
400m:	5:01.42	38.69	800m:	10:09.29	38.13	1200m:	15:15.73	38.33			

all-in

1. Sharon van Rouwendaal	KNZB-NTC			199307422			16:54.72		+0,70	A	
50m:	30.79	30.79	450m:	4:59.96	33.78	850m:	9:30.28	34.05	1250m:	14:04.89	34.62
100m:	1:03.77	32.98	500m:	5:33.46	33.50	900m:	10:04.43	34.15	1300m:	14:39.20	34.31
150m:	1:37.15	33.38	550m:	6:07.15	33.69	950m:	10:38.71	34.28	1350m:	15:13.55	34.35
200m:	2:10.99	33.84	600m:	6:40.68	33.53	1000m:	11:12.87	34.16	1400m:	15:47.76	34.21
250m:	2:44.71	33.72	650m:	7:14.87	34.19	1050m:	11:47.13	34.26	1450m:	16:21.76	34.00
300m:	3:18.52	33.81	700m:	7:48.60	33.73	1100m:	12:21.44	34.31	1500m:	16:54.72	32.96
350m:	3:52.37	33.85	750m:	8:22.29	33.69	1150m:	12:55.91	34.47			
400m:	4:26.18	33.81	800m:	8:56.23	33.94	1200m:	13:30.27	34.36			
2. Anouque Berghuis	De Zijl/LGB			199606132			17:34.87		+0,66	C	
50m:	32.27	32.27	450m:	5:15.18	34.91	850m:	9:55.60	35.40	1250m:	14:38.99	35.63
100m:	1:07.28	35.01	500m:	5:49.90	34.72	900m:	10:31.07	35.47	1300m:	15:14.70	35.71
150m:	1:42.97	35.69	550m:	6:24.82	34.92	950m:	11:06.40	35.33	1350m:	15:50.29	35.59
200m:	2:18.29	35.32	600m:	6:59.56	34.74	1000m:	11:41.91	35.51	1400m:	16:26.24	35.95
250m:	2:53.93	35.64	650m:	7:34.40	34.84	1050m:	12:17.08	35.17	1450m:	17:00.88	34.64
300m:	3:29.28	35.35	700m:	8:09.66	35.26	1100m:	12:52.86	35.78	1500m:	17:34.87	33.99
350m:	4:04.89	35.61	750m:	8:44.82	35.16	1150m:	13:27.98	35.12			
400m:	4:40.27	35.38	800m:	9:20.20	35.38	1200m:	14:03.36	35.38			
3. Leonie van Noort	De Zijl/LGB			199301752			17:40.35		+0,89	D	
50m:	32.28	32.28	450m:	5:15.01	35.64	850m:	9:57.15	35.72	1250m:	14:41.86	36.25
100m:	1:06.77	34.49	500m:	5:50.18	35.17	900m:	10:32.38	35.23	1300m:	15:17.48	35.62
150m:	1:42.16	35.39	550m:	6:25.45	35.27	950m:	11:08.04	35.66	1350m:	15:53.28	35.80
200m:	2:17.59	35.43	600m:	7:00.32	34.87	1000m:	11:43.38	35.34	1400m:	16:28.41	35.13
250m:	2:53.05	35.46	650m:	7:35.61	35.29	1050m:	12:18.96	35.58	1450m:	17:04.19	35.78
300m:	3:28.42	35.37	700m:	8:10.72	35.11	1100m:	12:54.09	35.13	1500m:	17:40.35	36.16
350m:	4:04.11	35.69	750m:	8:46.25	35.53	1150m:	13:29.95	35.86			
400m:	4:39.37	35.26	800m:	9:21.43	35.18	1200m:	14:05.61	35.66			
4. Janina Beckers	HGN (SG)			199800574			18:03.57		+0,75	C	
50m:	32.28	32.28	450m:	5:21.90	36.67	850m:	10:13.99	36.40	1250m:	15:04.51	36.25
100m:	1:07.54	35.26	500m:	5:58.54	36.64	900m:	10:50.79	36.80	1300m:	15:40.96	36.45
150m:	1:43.70	36.16	550m:	6:34.77	36.23	950m:	11:27.18	36.39	1350m:	16:16.92	35.96
200m:	2:19.70	36.00	600m:	7:11.49	36.72	1000m:	12:03.95	36.77	1400m:	16:53.34	36.42
250m:	2:55.84	36.14	650m:	7:47.90	36.41	1050m:	12:40.21	36.26	1450m:	17:28.86	35.52
300m:	3:32.18	36.34	700m:	8:24.39	36.49	1100m:	13:16.20	35.99	1500m:	18:03.57	34.71
350m:	4:08.54	36.36	750m:	9:01.05	36.66	1150m:	13:52.03	35.83			
400m:	4:45.23	36.69	800m:	9:37.59	36.54	1200m:	14:28.26	36.23			

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

rang	naam	vereniging								tijd	RT	
5.	Macy Oortwijn	AZ&PC								199500722	18:15.46	+0,86 E
	50m:	32.36	32.36	450m:	5:24.12	36.66	850m:	10:16.14	36.80	1250m:	15:11.63	36.83
	100m:	1:08.46	36.10	500m:	6:00.76	36.64	900m:	10:52.94	36.80	1300m:	15:49.01	37.38
	150m:	1:45.00	36.54	550m:	6:37.18	36.42	950m:	11:29.47	36.53	1350m:	16:25.96	36.95
	200m:	2:21.28	36.28	600m:	7:13.63	36.45	1000m:	12:06.77	37.30	1400m:	17:02.91	36.95
	250m:	2:57.93	36.65	650m:	7:50.15	36.52	1050m:	12:43.95	37.18	1450m:	17:39.54	36.63
	300m:	3:34.61	36.68	700m:	8:26.66	36.51	1100m:	13:20.89	36.94	1500m:	18:15.46	35.92
	350m:	4:10.87	36.26	750m:	9:02.86	36.20	1150m:	13:57.68	36.79			
	400m:	4:47.46	36.59	800m:	9:39.34	36.48	1200m:	14:34.80	37.12			
6.	Evelien van Ruiten	KNZB-RTC								199602924	18:29.30	+0,81 E
	50m:	32.69	32.69	450m:	5:27.81	36.61	850m:	10:25.17	36.80	1250m:	15:24.74	37.38
	100m:	1:09.15	36.46	500m:	6:04.90	37.09	900m:	11:02.53	37.36	1300m:	16:02.38	37.64
	150m:	1:45.57	36.42	550m:	6:42.22	37.32	950m:	11:39.68	37.15	1350m:	16:39.32	36.94
	200m:	2:22.77	37.20	600m:	7:19.89	37.67	1000m:	12:17.44	37.76	1400m:	17:16.70	37.38
	250m:	2:59.30	36.53	650m:	7:57.08	37.19	1050m:	12:54.85	37.41	1450m:	17:53.66	36.96
	300m:	3:36.69	37.39	700m:	8:34.32	37.24	1100m:	13:32.34	37.49	1500m:	18:29.30	35.64
	350m:	4:13.70	37.01	750m:	9:11.12	36.80	1150m:	14:09.79	37.45			
	400m:	4:51.20	37.50	800m:	9:48.37	37.25	1200m:	14:47.36	37.57			
7.	Serena Stel	De Dolfijn								199801528	18:58.70	+0,75 E
	50m:	33.52	33.52	450m:	5:39.82	38.40	850m:	10:47.81	38.52	1250m:	15:53.98	38.25
	100m:	1:10.73	37.21	500m:	6:18.75	38.93	900m:	11:25.70	37.89	1300m:	16:32.36	38.38
	150m:	1:48.77	38.04	550m:	6:57.65	38.90	950m:	12:03.78	38.08	1350m:	17:09.66	37.30
	200m:	2:27.18	38.41	600m:	7:35.97	38.32	1000m:	12:42.11	38.33	1400m:	17:47.14	37.48
	250m:	3:05.24	38.06	650m:	8:14.02	38.05	1050m:	13:20.17	38.06	1450m:	18:23.40	36.26
	300m:	3:43.85	38.61	700m:	8:52.39	38.37	1100m:	13:59.15	38.98	1500m:	18:58.70	35.30
	350m:	4:22.73	38.88	750m:	9:31.16	38.77	1150m:	14:37.40	38.25			
	400m:	5:01.42	38.69	800m:	10:09.29	38.13	1200m:	15:15.73	38.33			
8.	Linda Kamperman	Zwemlust-den Hommel								199601238	19:15.90	+0,64
	50m:	32.94	32.94	450m:	5:35.67	38.84	850m:	10:46.96	39.82	1250m:	16:01.10	39.59
	100m:	1:08.64	35.70	500m:	6:14.02	38.35	900m:	11:26.03	39.07	1300m:	16:40.54	39.44
	150m:	1:46.40	37.76	550m:	6:52.87	38.85	950m:	12:05.36	39.33	1350m:	17:19.74	39.20
	200m:	2:24.28	37.88	600m:	7:31.19	38.32	1000m:	12:44.77	39.41	1400m:	17:59.02	39.28
	250m:	3:02.46	38.18	650m:	8:10.03	38.84	1050m:	13:24.39	39.62	1450m:	18:38.09	39.07
	300m:	3:40.62	38.16	700m:	8:48.82	38.79	1100m:	14:03.29	38.90	1500m:	19:15.90	37.81
	350m:	4:19.18	38.56	750m:	9:28.05	39.23	1150m:	14:42.09	38.80			
	400m:	4:56.83	37.65	800m:	10:07.14	39.09	1200m:	15:21.51	39.42			
DIS	Marion van den Berg	DWK								198600272	AF	
	50m:			450m:			850m:			1250m:		
	100m:			500m:			900m:			1300m:		
	150m:			550m:			950m:			1350m:		
	200m:			600m:			1000m:			1400m:		
	250m:			650m:			1050m:			1450m:		
	300m:			700m:			1100m:			1500m:		
	350m:			750m:			1150m:					
	400m:			800m:			1200m:					
NG	Elisabeth Rivard	WVZ								199600244		