

Programmanr. 1
14-12-2013 - 13:15

Dames, 400m vrije slag

Junioren 3 en ouder
Resultaten

Nederlands Record Senioren	4:01.67	Sharon van Rouwendaal	Dijon (FRA)	07-12-2013
Nederlands Record Jeugd	4:08.29	Sharon van Rouwendaal	Angers (FRA)	07-12-2008
Nederlands Record Junioren	4:19.97	Esmee Vermeulen	Amsterdam	20-12-2009
Nederlands Record 18 jaar	4:06.25	Ranomi Kromowidjojo	Amsterdam	19-12-2008
Nederlands Record 17 jaar	4:05.30	Sharon van Rouwendaal	Eindhoven	27-11-2010
Nederlands Record 16 jaar	4:05.14	Sharon van Rouwendaal	Istanbul (TUR)	12-12-2009
Nederlands Record 15 jaar	4:08.29	Sharon van Rouwendaal	Angers (FRA)	07-12-2008
Nederlands Record 14 jaar	4:12.65	Esmee Vermeulen	Amsterdam	03-12-2010
Nederlands Record 13 jaar	4:19.97	Esmee Vermeulen	Amsterdam	20-12-2009

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Leonie van Noort	De Zijl/LGB	4:15.95	199301752	4:14.63	+0,88	B
	50m: 31.01	150m: 1:36.66	250m: 2:40.83	31.92	350m: 3:44.07		31.33
	100m: 1:04.06	200m: 2:08.91	300m: 3:12.74	31.91	400m: 4:14.63		30.56
2.	Marjolein Delno	PSV	4:15.84	199400024	4:15.49	+0,76	B
	50m: 30.10	150m: 1:35.07	250m: 2:39.71	32.14	350m: 3:44.41		32.27
	100m: 1:02.65	200m: 2:07.57	300m: 3:12.14	32.43	400m: 4:15.49		31.08
3.	Marion van den Berg	DWK	4:15.76	198600272	4:15.63	+0,83	B
	50m: 30.18	150m: 1:35.62	250m: 2:40.81	32.60	350m: 3:44.72		31.79
	100m: 1:02.90	200m: 2:08.21	300m: 3:12.93	32.12	400m: 4:15.63		30.91
4.	Manon Friskes	DWK	4:15.69	199701566	4:15.98	+0,75	B
	50m: 29.96	150m: 1:35.74	250m: 2:41.38	32.60	350m: 3:45.30		31.56
	100m: 1:02.75	200m: 2:08.78	300m: 3:13.74	32.36	400m: 4:15.98		30.68
5.	Renate Hemmes	TriVia	4:27.83	199600418	4:29.63	+0,79	E
	50m: 30.15	150m: 1:37.18	250m: 2:46.08	34.43	350m: 3:55.52		34.78
	100m: 1:03.38	200m: 2:11.65	300m: 3:20.74	34.66	400m: 4:29.63		34.11
6.	Serena Stel	De Dolfijn	4:32.85	199801528	4:30.28	+0,72	D
	50m: 30.92	150m: 1:39.32	250m: 2:48.77	34.72	350m: 3:57.76		34.55
	100m: 1:04.80	200m: 2:14.05	300m: 3:23.21	34.44	400m: 4:30.28		32.52
7.	Malissa van der Horst	Zwemlust-den Hommel	4:29.40	199200810	4:31.37	+0,81	E
	50m: 30.51	150m: 1:37.48	250m: 2:46.56	34.95	350m: 3:56.97		35.15
	100m: 1:03.66	200m: 2:11.61	300m: 3:21.82	35.26	400m: 4:31.37		34.40
8.	Iris Pijtak	AZ&PC	4:32.36	199300602	4:33.72	+0,73	E
	50m: 31.12	150m: 1:39.80	250m: 2:49.91	34.99	350m: 4:00.11		34.97
	100m: 1:05.10	200m: 2:14.92	300m: 3:25.14	35.23	400m: 4:33.72		33.61
9.	Shireen Post	Orca	4:38.52	199503286	4:33.84	+0,83	E
	50m: 31.67	150m: 1:40.30	250m: 2:49.73	34.56	350m: 3:59.39		34.88
	100m: 1:05.62	200m: 2:15.17	300m: 3:24.51	34.78	400m: 4:33.84		34.45
10.	Mariska Scheel	MNC Dordrecht	4:30.69	199306344	4:37.50	+0,79	E
	50m: 30.55	150m: 1:39.79	250m: 2:48.88	34.53	350m: 4:00.90		36.54
	100m: 1:04.94	200m: 2:14.35	300m: 3:24.36	35.48	400m: 4:37.50		36.60
11.	Anne Noom	De Dolfijn	4:46.49	199800062	4:41.55	+0,77	E
	50m: 31.68	150m: 1:42.56	250m: 2:55.03	36.31	350m: 4:06.38		35.52
	100m: 1:06.59	200m: 2:18.72	300m: 3:30.86	35.83	400m: 4:41.55		35.17
12.	Delenn van Oostrom	ZPC Woerden	4:45.73	199600056	4:41.67	+0,75	F
	50m: 31.36	150m: 1:42.19	250m: 2:54.28	35.94	350m: 4:07.68		36.47
	100m: 1:06.22	200m: 2:18.34	300m: 3:31.21	36.93	400m: 4:41.67		33.99
13.	Noa Oldenhof	De Dolfijn	4:43.42	199700622	4:41.68	+0,71	E
	50m: 31.17	150m: 1:42.19	250m: 2:54.33	36.11	350m: 4:06.60		35.86
	100m: 1:06.05	200m: 2:18.22	300m: 3:30.74	36.41	400m: 4:41.68		35.08
14.	Gabriëlle Bolk	Swol 1894	4:41.35	199900344	4:42.66	+0,84	E
	50m: 31.41	150m: 1:41.31	250m: 2:53.83	36.52	350m: 4:07.51		36.46
	100m: 1:05.90	200m: 2:17.31	300m: 3:31.05	37.22	400m: 4:42.66		35.15
15.	Aranka Schouten	De Fuut	4:45.54	199503742	4:43.51	+0,78	F
	50m: 32.33	150m: 1:44.51	250m: 2:57.14	36.42	350m: 4:08.78		35.76
	100m: 1:08.13	200m: 2:20.72	300m: 3:33.02	35.88	400m: 4:43.51		34.73
16.	Renée Vanderheyden	TriVia	5:14.70	199903130	4:46.78	+0,77	E
	50m: 31.20	150m: 1:42.65	250m: 2:56.29	36.69	350m: 4:10.25		37.13
	100m: 1:06.61	200m: 2:19.60	300m: 3:33.12	36.83	400m: 4:46.78		36.53
17.	Melina Knol	ZV De Zaan	4:50.16	199802232	4:49.67	+0,83	F
	50m: 31.50	150m: 1:44.77	250m: 2:57.65	36.43	350m: 4:12.74		38.40
	100m: 1:07.73	200m: 2:21.22	300m: 3:34.34	36.69	400m: 4:49.67		36.93
18.	Sophie Brouwer	AZ&PC	4:58.16	199802134	4:49.69	+0,83	F
	50m: 31.40	150m: 1:44.42	250m: 2:57.88	37.02	350m: 4:11.98		37.22
	100m: 1:07.43	200m: 2:20.86	300m: 3:34.76	36.88	400m: 4:49.69		37.71

Programmanr. 1, Dames, 400m vrije slag, Junioren 3 en ouder

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
19.	Selene Wortel	DIO	4:49.66	199700654	4:50.41	+0,68	F
	50m: 31.46	150m: 1:44.93	250m: 2:59.06	37.06	350m: 4:14.61	38.13	
	100m: 1:07.62	200m: 2:22.00	300m: 3:36.48	37.42	400m: 4:50.41	35.80	
20.	Eva Werkman	Zwemlust-den Hommel	4:46.48	199703458	4:51.04	+0,76	F
	50m: 31.47	150m: 1:43.37	250m: 2:57.26	37.06	350m: 4:13.19	38.03	
	100m: 1:07.00	200m: 2:20.20	300m: 3:35.16	37.90	400m: 4:51.04	37.85	
21.	Myrthe Meier	De Grunte	5:26.73	200001830	4:54.63	+0,74	F
	50m: 31.72	150m: 1:45.93	250m: 3:02.99	38.47	350m: 4:19.23	38.05	
	100m: 1:08.38	200m: 2:24.52	300m: 3:41.18	38.19	400m: 4:54.63	35.40	
22.	Giulia Rolloos	Van Vliet-Barracuda	4:59.82	199500946	4:57.15	+0,86	
	50m: 33.19	150m: 1:47.07	250m: 3:02.54	37.82	350m: 4:19.30	38.64	
	100m: 1:09.82	200m: 2:24.72	300m: 3:40.66	38.12	400m: 4:57.15	37.85	
23.	Sanne van Gelder	DIO	5:05.72	199803390	4:58.86	+0,88	F
	50m: 33.44	150m: 1:47.07	250m: 3:03.73	38.53	350m: 4:21.62	39.07	
	100m: 1:09.49	200m: 2:25.20	300m: 3:42.55	38.82	400m: 4:58.86	37.24	
24.	Ilse van Rijssen	TriVia	4:56.00	199601600	4:58.90	+0,89	
	50m: 33.42	150m: 1:48.41	250m: 3:05.80	38.46	350m: 4:22.55	38.40	
	100m: 1:10.40	200m: 2:27.34	300m: 3:44.15	38.35	400m: 4:58.90	36.35	
25.	Riemke Bosma	AZ&PC	5:11.59	199902202	5:00.57	+0,91	F
	50m: 33.13	150m: 1:49.01	250m: 3:07.02	39.30	350m: 4:23.75	38.14	
	100m: 1:10.18	200m: 2:27.72	300m: 3:45.61	38.59	400m: 5:00.57	36.82	
26.	Simone Does	De Columbiaan	5:06.24	199902932	5:10.25	+0,73	
	50m: 33.41	150m: 1:48.54	250m: 3:08.14	40.04	350m: 4:30.07	40.91	
	100m: 1:10.46	200m: 2:28.10	300m: 3:49.16	41.02	400m: 5:10.25	40.18	
27.	Diana van Halm Braam	WVZ	4:58.45	199800788	5:16.03	+0,81	
	50m: 33.84	150m: 1:49.94	250m: 3:09.57	40.18	350m: 4:33.38	42.58	
	100m: 1:11.17	200m: 2:29.39	300m: 3:50.80	41.23	400m: 5:16.03	42.65	
28.	Sybel van Helm	De Fuut	5:26.86	199803270	5:28.31	+0,81	
	50m: 35.64	150m: 1:56.65	250m: 3:21.40	42.98	350m: 4:47.13	42.32	
	100m: 1:15.56	200m: 2:38.42	300m: 4:04.81	43.41	400m: 5:28.31	41.18	
AFGEM	Annemiek Meulenbeld	Orca	5:16.64	199506230			
AFGEM	Anne Petersen	Van Vliet-Barracuda	5:11.26	199700454			