

Programmanr. 2
03.02.2012 - 9:18

Meisjes, 400m vrije slag

Junioren 2
Resultaten

Nederlands Record Junioren	4:19.97	Esmee Vermeulen	Amsterdam	20.12.2009
Nederlands Record 13 jaar	4:19.97	Esmee Vermeulen	Amsterdam	20.12.2009
Kamp. Record Junioren 2	4:28.29	Esmee Vermeulen	Dordrecht	30.01.2009

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Marieke Tienstra	TriVia	4:52.39	199900302	4:43.64	+0,91	D
	50m: 31.98	150m: 1:44.62	250m: 2:58.36	37.01	350m: 4:10.93		35.97
	100m: 1:07.88	200m: 2:21.35	300m: 3:34.96	36.60	400m: 4:43.64		32.71
2.	Manon Aerssens	De Schelde	4:54.66	199900294	4:43.68	+0,79	D
	50m: 31.96	150m: 1:45.04	250m: 2:58.71	36.84	350m: 4:11.87		36.75
	100m: 1:08.10	200m: 2:21.87	300m: 3:35.12	36.41	400m: 4:43.68		31.81
3.	Frederique Janssen	Zeester-Meerval	5:00.33	199901554	4:50.65	+0,84	E
	50m: 32.43	150m: 1:45.33	250m: 2:59.69	37.10	350m: 4:14.10		37.05
	100m: 1:08.38	200m: 2:22.59	300m: 3:37.05	37.36	400m: 4:50.65		36.55
4.	Melissa Baars	Aquarijn	4:54.96	199900376	4:52.76	+0,73	E
	50m: 33.17	150m: 1:47.27	250m: 3:02.70	37.77	350m: 4:18.28		38.00
	100m: 1:09.57	200m: 2:24.93	300m: 3:40.28	37.58	400m: 4:52.76		34.48
5.	Hilde Dekker	TriVia	4:52.01	199901926	4:53.44	+1,02	E
	50m: 32.06	150m: 1:45.31	250m: 3:00.78	37.62	350m: 4:17.54		38.69
	100m: 1:08.03	200m: 2:23.16	300m: 3:38.85	38.07	400m: 4:53.44		35.90
6.	Hinke Groos	DZ&PC	4:53.73	199901768	4:58.52 *	+0,70	E
	50m: 32.17	150m: 1:45.82	250m: 3:02.21	38.03	350m: 4:20.24		39.39
	100m: 1:08.18	200m: 2:24.18	300m: 3:40.85	38.64	400m: 4:58.52		38.28
7.	Vera Bos	Racing Club	5:02.29	199900886	5:03.00	+0,85	F
	50m: 33.80	150m: 1:48.67	250m: 3:06.36	38.81	350m: 4:24.71		39.29
	100m: 1:10.55	200m: 2:27.55	300m: 3:45.42	39.06	400m: 5:03.00		38.29