



Nederlandse Junioren Kampioenschappen korte baan 2012
Amsterdam, 3. - 5.2.2012

Programmanr. 3
03.02.2012 - 9:24

Meisjes, 400m vrije slag

Junioren 3
Resultaten

Nederlands Record Junioren	4:19.97	Esmee Vermeulen	Amsterdam	20.12.2009
Nederlands Record 14 jaar	4:12.65	Esmee Vermeulen	Amsterdam	03.12.2010
Kamp. Record Junioren 3	4:20.31	Esmee Vermeulen	Heerenveen	29.01.2010

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Tessa Vermeulen	E.ON-NZA	4:37.45	199800068	4:25.66	+0,64	A
	50m: 30.93	150m: 1:38.73	250m: 2:45.79	33.56	350m: 3:53.42		33.98
	100m: 1:04.61	200m: 2:12.23	300m: 3:19.44	33.65	400m: 4:25.66		32.24
2.	Janina Beckers	Eurode KZC	4:31.60	199800574	4:25.91	+0,80	B
	50m: 30.73	150m: 1:37.84	250m: 2:44.98	33.79	350m: 3:52.98		34.04
	100m: 1:04.00	200m: 2:11.19	300m: 3:18.94	33.96	400m: 4:25.91		32.93
3.	Kinge Zandringa	Orca	4:47.33	199801422	4:37.03	+0,79	D
	50m: 31.12	150m: 1:41.70	250m: 2:52.73	34.97	350m: 4:04.04		35.16
	100m: 1:05.84	200m: 2:17.76	300m: 3:28.88	36.15	400m: 4:37.03		32.99
4.	Hanny van Dijk	Orca	4:42.31	199804514	4:37.19	+0,78	D
	50m: 31.85	150m: 1:42.40	250m: 2:53.88	35.39	350m: 4:04.44		34.68
	100m: 1:06.56	200m: 2:18.49	300m: 3:29.76	35.88	400m: 4:37.19		32.75
5.	Serena Stel	De Dolfijn	4:38.54	199801528	4:40.56	+0,75	D
	50m: 31.39	150m: 1:42.33	250m: 2:55.28	36.78	350m: 4:07.01		35.58
	100m: 1:06.04	200m: 2:18.50	300m: 3:31.43	36.15	400m: 4:40.56		33.55
6.	Aniek Bloemendaal	DWV	4:44.36	199800432	4:43.57	+0,96	E
	50m: 31.09	150m: 1:41.59	250m: 2:54.54	36.75	350m: 4:08.14		37.10
	100m: 1:05.58	200m: 2:17.79	300m: 3:31.04	36.50	400m: 4:43.57		35.43
7.	Brigit Beukeveld	ZPC Bikkel Hoogeveen	4:49.12	199800216	4:44.60	+0,81	E
	50m: 32.65	150m: 1:44.31	250m: 2:57.13	36.47	350m: 4:10.18		35.93
	100m: 1:08.07	200m: 2:20.66	300m: 3:34.25	37.12	400m: 4:44.60		34.42
8.	Kirsten Bies	Dedemsvaart-AC	4:52.01	199800516	4:45.17	+0,64	E
	50m: 32.59	150m: 1:43.71	250m: 2:56.39	36.58	350m: 4:11.12		37.29
	100m: 1:07.73	200m: 2:19.81	300m: 3:33.83	37.44	400m: 4:45.17		34.05
9.	Sterre Mooiweer	ZPC De Hof	4:46.23	199800236	4:46.04	+0,76	E
	50m: 30.71	150m: 1:41.81	250m: 2:54.92	36.45	350m: 4:10.44		37.68
	100m: 1:05.52	200m: 2:18.47	300m: 3:32.76	37.84	400m: 4:46.04		35.60
10.	Lynn Kamphuis	DWV	4:47.98	199800434	4:46.18	+0,90	E
	50m: 32.60	150m: 1:44.86	250m: 2:58.30	36.71	350m: 4:12.24		36.90
	100m: 1:08.61	200m: 2:21.59	300m: 3:35.34	37.04	400m: 4:46.18		33.94
11.	Shania Haenen	Eurode KZC	4:53.18	199802528	4:50.56	+0,82	E
	50m: 31.69	150m: 1:44.33	250m: 2:58.95	37.38	350m: 4:14.87		38.32
	100m: 1:07.28	200m: 2:21.57	300m: 3:36.55	37.60	400m: 4:50.56		35.69
12.	Nynke Klokman	DZ&PC	4:49.84	199801424	4:53.25	+0,74	E
	50m: 32.73	150m: 1:47.34	250m: 3:03.87	38.16	350m: 4:18.93		37.21
	100m: 1:09.59	200m: 2:25.71	300m: 3:41.72	37.85	400m: 4:53.25		34.32
13.	Myrthe de Jong	Racing Club	4:47.06	199800244	4:54.04	+0,83	F
	50m: 32.77	150m: 1:46.50	250m: 3:01.69	37.54	350m: 4:17.72		38.17
	100m: 1:08.50	200m: 2:24.15	300m: 3:39.55	37.86	400m: 4:54.04		36.32
14.	Silke Jonk	DAW	4:51.10	199802042	4:54.81	+0,83	F
	50m: 32.44	150m: 1:45.55	250m: 3:01.68	38.52	350m: 4:17.83		37.67
	100m: 1:08.42	200m: 2:23.16	300m: 3:40.16	38.48	400m: 4:54.81		36.98
15.	Brighid van Uffelen	ZVVS	4:52.60	199800310	4:56.49	+0,69	F
	50m: 32.90	150m: 1:47.33	250m: 3:03.81	38.46	350m: 4:19.96		38.24
	100m: 1:09.81	200m: 2:25.35	300m: 3:41.72	37.91	400m: 4:56.49		36.53
16.	Suzanne Hospers	De Kikker	4:52.92	199801832	4:56.78	+0,82	F
	50m: 32.88	150m: 1:47.86	250m: 3:04.67	38.00	350m: 4:21.22		37.66
	100m: 1:09.85	200m: 2:26.67	300m: 3:43.56	38.89	400m: 4:56.78		35.56