

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

Programmanr. 68
05.02.2012 - 10:16

Meisjes, 400m wisselslag

Junioren 3
Resultaten

Nederlands Record Junioren	5:01.39	Startlimiet		01.01.2001
Nederlands Record 14 jaar	4:50.94	Esmée Bos	Amsterdam	05.12.2010
Kamp. Record Junioren 3	5:04.09	Esmée Bos	Heerenveen	31.01.2010

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Tessa Vermeulen <i>Kamp. Record Junioren 3</i>	E.ON-NZA	5:08.49	199800068	5:01.62	+0,78	A
	50m: 31.37 31.37	150m: 1:46.23 37.96	250m: 3:08.59 45.45	350m: 4:28.24 35.59			
	100m: 1:08.27 36.90	200m: 2:23.14 36.91	300m: 3:52.65 44.06	400m: 5:01.62 33.38			
2.	Janina Beckers	Eurode KZC	5:16.38	199800574	5:10.09	+0,82	C
	50m: 32.46 32.46	150m: 1:50.62 40.51	250m: 3:14.67 44.25	350m: 4:35.65 34.27			
	100m: 1:10.11 37.65	200m: 2:30.42 39.80	300m: 4:01.38 46.71	400m: 5:10.09 34.44			
3.	Carmen van de Rijt	Zeester-Meerval	5:21.87	199801412	5:12.19	+0,68	C
	50m: 32.93 32.93	150m: 1:52.98 41.14	250m: 3:16.29 43.74	350m: 4:36.66 36.22			
	100m: 1:11.84 38.91	200m: 2:32.55 39.57	300m: 4:00.44 44.15	400m: 5:12.19 35.53			
4.	Serena Stel	De Dolfijn	5:29.61	199801528	5:21.79	+0,73	D
	50m: 36.35 36.35	150m: 1:57.92 39.59	250m: 3:27.55 49.94	350m: 4:49.26 33.47			
	100m: 1:18.33 41.98	200m: 2:37.61 39.69	300m: 4:15.79 48.24	400m: 5:21.79 32.53			
5.	Kirsten Bies	Dedemsvaart-AC	5:29.57	199800516	5:23.70	+0,74	E
	50m: 36.79 36.79	150m: 2:02.72 41.60	250m: 3:27.68 44.76	350m: 4:49.51 36.31			
	100m: 1:21.12 44.33	200m: 2:42.92 40.20	300m: 4:13.20 45.52	400m: 5:23.70 34.19			
6.	Vivianne Dortmund	De Pinquin	5:28.54	199801578	5:27.86	+0,83	E
	50m: 34.04 34.04	150m: 1:56.85 41.54	250m: 3:25.46 47.85	350m: 4:52.38 37.66			
	100m: 1:15.31 41.27	200m: 2:37.61 40.76	300m: 4:14.72 49.26	400m: 5:27.86 35.48			
7.	Amber Visser	Appingedam	5:30.49	199801416	5:29.66	+0,77	E
	50m: 32.10 32.10	150m: 1:55.28 42.92	250m: 3:25.97 48.24	350m: 4:52.56 38.46			
	100m: 1:12.36 40.26	200m: 2:37.73 42.45	300m: 4:14.10 48.13	400m: 5:29.66 37.10			
8.	Valerie van Roon	WVZ	5:22.93	199802326	5:29.81	+0,72	E
	50m: 34.79 34.79	150m: 1:57.33 43.06	250m: 3:28.42 49.47	350m: 4:53.62 38.18			
	100m: 1:14.27 39.48	200m: 2:38.95 41.62	300m: 4:15.44 47.02	400m: 5:29.81 36.19			
9.	Sterre Mooiweer	ZPC De Hof	5:35.67	199800236	5:34.91	+0,85	E
	50m: 34.43 34.43	150m: 1:58.53 42.05	250m: 3:29.82 52.05	350m: 4:58.81 38.90			
	100m: 1:16.48 42.05	200m: 2:37.77 39.24	300m: 4:19.91 50.09	400m: 5:34.91 36.10			
10.	Nienke Lijzenga	LZ 1886	5:35.95	199805338	5:37.06	+0,77	F
	50m: 36.92 36.92	150m: 2:01.67 40.79	250m: 3:33.67 50.28	350m: 5:00.50 38.45			
	100m: 1:20.88 43.96	200m: 2:43.39 41.72	300m: 4:22.05 48.38	400m: 5:37.06 36.56			
11.	Elize Bouman	Numansdorp	5:34.34	199800658	5:39.76	+0,77	F
	50m: 33.50 33.50	150m: 1:57.51 41.76	250m: 3:27.97 49.55	350m: 4:59.33 41.20			
	100m: 1:15.75 42.25	200m: 2:38.42 40.91	300m: 4:18.13 50.16	400m: 5:39.76 40.43			
12.	Anneliene Zuidema	Orca	5:32.09	199800768	5:41.57	+0,82	F
	50m: 32.38 32.38	150m: 1:57.00 43.99	250m: 3:30.15 50.54	350m: 5:02.37 40.95			
	100m: 1:13.01 40.63	200m: 2:39.61 42.61	300m: 4:21.42 51.27	400m: 5:41.57 39.20			
13.	Felicia Swets	Aquapoldro	5:36.20	199801272	5:43.93	+0,99	F
	50m: 34.89 34.89	150m: 1:59.64 41.92	250m: 3:33.51 51.89	350m: 5:05.59 39.34			
	100m: 1:17.72 42.83	200m: 2:41.62 41.98	300m: 4:26.25 52.74	400m: 5:43.93 38.34			
14.	Brighid van Uffelen	ZVVS	5:36.63	199800310	5:50.80	+0,68	F
	50m: 36.17 36.17	150m: 2:09.96 47.42	250m: 3:43.78 47.40	350m: 5:13.24 39.41			
	100m: 1:22.54 46.37	200m: 2:56.38 46.42	300m: 4:33.83 50.05	400m: 5:50.80 37.56			
NG.ZA	Hanny van Dijk	Orca	5:29.35	199804514			