

Programmanr. 2
01-11-2013

Dames, 400m vrije slag

Jeugd/Senioren
Resultaten

rang	naam			vereniging			intijd			tijd	RT	niv.
Jeugd 1 en 2												
1.	Tessa Vermeulen			KNZB-RTC			4:31.43	199800068		4:24.10	+0,79	C
	50m:	30.81	30.81	150m:	1:37.88	33.44	250m:	2:45.23	33.45	350m:	3:51.59	33.02
	100m:	1:04.44	33.63	200m:	2:11.78	33.90	300m:	3:18.57	33.34	400m:	4:24.10	32.51
2.	Serena Stel			De Dolfijn			4:40.07	199801528		4:32.85	+0,70	D
	50m:	31.15	31.15	150m:	1:40.52	35.14	250m:	2:51.12	35.14	350m:	4:01.13	34.88
	100m:	1:05.38	34.23	200m:	2:15.98	35.46	300m:	3:26.25	35.13	400m:	4:32.85	31.72
3.	Brigit Beukeveld			ZPC Hoogeveen			4:35.85	199800216		4:37.56	+0,77	E
	50m:	30.98	30.98	150m:	1:41.27	35.57	250m:	2:51.95	34.99	350m:	4:02.57	35.29
	100m:	1:05.70	34.72	200m:	2:16.96	35.69	300m:	3:27.28	35.33	400m:	4:37.56	34.99
4.	Elles Tijink			De Dinkel			4:42.44	199800408		4:38.75	+0,84	E
	50m:	31.55	31.55	150m:	1:41.46	35.35	250m:	2:52.53	35.53	350m:	4:04.19	35.74
	100m:	1:06.11	34.56	200m:	2:17.00	35.54	300m:	3:28.45	35.92	400m:	4:38.75	34.56
5.	Manon Aerssens			ZPC De Zeeuwse Kust			4:36.94	199900294		4:39.47	+0,71	E
	50m:	31.68	31.68	150m:	1:41.93	35.46	250m:	2:53.16	35.83	350m:	4:05.28	36.01
	100m:	1:06.47	34.79	200m:	2:17.33	35.40	300m:	3:29.27	36.11	400m:	4:39.47	34.19
6.	Shania Haenen			Eurode KZC			4:43.97	199802528		4:40.56	+0,75	E
	50m:	30.48	30.48	150m:	1:39.31	35.23	250m:	2:51.58	36.33	350m:	4:04.76	36.84
	100m:	1:04.08	33.60	200m:	2:15.25	35.94	300m:	3:27.92	36.34	400m:	4:40.56	35.80
7.	Frederique Janssen			Arethusa			4:41.78	199901554		4:42.07	+0,78	E
	50m:	31.19	31.19	150m:	1:40.92	35.37	250m:	2:52.66	35.62	350m:	4:05.93	36.88
	100m:	1:05.55	34.36	200m:	2:17.04	36.12	300m:	3:29.05	36.39	400m:	4:42.07	36.14
8.	Gabriëlle Bolk			Swol 1894			4:41.35	199900344		4:42.20	+0,78	E
	50m:	31.20	31.20	150m:	1:41.65	35.95	250m:	2:54.34	35.93	350m:	4:07.58	36.57
	100m:	1:05.70	34.50	200m:	2:18.41	36.76	300m:	3:31.01	36.67	400m:	4:42.20	34.62
9.	Silke Voets			Nuenen			4:39.84	199806370		4:43.22	+0,69	E
	50m:	31.32	31.32	150m:	1:42.44	36.04	250m:	2:55.17	35.99	350m:	4:08.49	37.09
	100m:	1:06.40	35.08	200m:	2:19.18	36.74	300m:	3:31.40	36.23	400m:	4:43.22	34.73
10.	Lynn Kamphuis			NDD			4:44.81	199800434		4:43.68	+0,79	E
	50m:	31.66	31.66	150m:	1:42.63	36.16	250m:	2:55.80	36.82	350m:	4:08.73	36.33
	100m:	1:06.47	34.81	200m:	2:18.98	36.35	300m:	3:32.40	36.60	400m:	4:43.68	34.95
11.	Nikita van den Ouden			ZPC De Zeeuwse Kust			4:46.15	199900622		4:43.71	+0,65	E
	50m:	31.64	31.64	150m:	1:42.62	35.68	250m:	2:55.53	36.53	350m:	4:09.10	36.73
	100m:	1:06.94	35.30	200m:	2:19.00	36.38	300m:	3:32.37	36.84	400m:	4:43.71	34.61
12.	Aniek Bloemendaal			ESCA Zwemmen			4:39.40	199800432		4:43.90	+0,64	E
	50m:	30.85	30.85	150m:	1:41.04	35.81	250m:	2:53.81	36.54	350m:	4:07.60	36.58
	100m:	1:05.23	34.38	200m:	2:17.27	36.23	300m:	3:31.02	37.21	400m:	4:43.90	36.30
13.	Nynke Klokman			DZ&PC			4:44.52	199801424		4:44.64	+0,73	E
	50m:	31.87	31.87	150m:	1:43.69	36.23	250m:	2:56.47	36.74	350m:	4:09.19	36.15
	100m:	1:07.46	35.59	200m:	2:19.73	36.04	300m:	3:33.04	36.57	400m:	4:44.64	35.45
14.	Suzanne Hoppers			De Kikker			4:42.64	199801832		4:44.80	+0,84	E
	50m:	30.90	30.90	150m:	1:41.21	35.76	250m:	2:53.99	36.48	350m:	4:08.21	37.48
	100m:	1:05.45	34.55	200m:	2:17.51	36.30	300m:	3:30.73	36.74	400m:	4:44.80	36.59
15.	Laura Rolink			De Dinkel			4:47.03	199902018		4:44.99	+0,78	E
	50m:	31.76	31.76	150m:	1:43.51	36.31	250m:	2:56.99	36.53	350m:	4:09.59	36.22
	100m:	1:07.20	35.44	200m:	2:20.46	36.95	300m:	3:33.37	36.38	400m:	4:44.99	35.40
16.	Amber Aardema			ESCA Zwemmen			4:44.02	199801634		4:47.24	+0,72	
	50m:	32.31	32.31	150m:	1:42.04	35.18	250m:	2:55.29	37.13	350m:	4:10.01	37.83
	100m:	1:06.86	34.55	200m:	2:18.16	36.12	300m:	3:32.18	36.89	400m:	4:47.24	37.23
17.	Nienke Lijzenga			LZ 1886			4:44.19	199805338		4:48.58	+0,74	
	50m:	31.01	31.01	150m:	1:42.93	37.11	250m:	2:57.31	37.25	350m:	4:12.64	37.88
	100m:	1:05.82	34.81	200m:	2:20.06	37.13	300m:	3:34.76	37.45	400m:	4:48.58	35.94

all-in

1.	Esmee Vermeulen		KNZB-NTC			4:11.10	199600678		4:12.60	+0,75	A	
	50m:	28.75	28.75	150m:	1:32.44	32.05	250m:	2:36.24	31.91	350m:	3:41.01	32.48
	100m:	1:00.39	31.64	200m:	2:04.33	31.89	300m:	3:08.53	32.29	400m:	4:12.60	31.59
2.	Manon Friskes		DWK			4:20.52	199701566		4:15.69	+0,78	A	
	50m:	29.33	29.33	150m:	1:34.00	32.44	250m:	2:39.49	32.72	350m:	3:44.66	32.24
	100m:	1:01.56	32.23	200m:	2:06.77	32.77	300m:	3:12.42	32.93	400m:	4:15.69	31.03

Programmanr. 2, Dames, 400m vrije slag, all-in

rang	naam		vereniging		intijd		tijd	RT	niv.
3.	Marion van den Berg		DWK		4:16.21	198600272	4:15.76	+0,84	B
	50m:	28.93	28.93	150m:	1:33.09	32.58	250m:	2:38.55	32.63
	100m:	1:00.51	31.58	200m:	2:05.92	32.83	300m:	3:11.22	32.67
							350m:	3:43.67	32.45
							400m:	4:15.76	32.09
4.	Anais Desplanches		Geneve Natation 1885		4:19.85	12748	4:21.67	+0,84	D
	50m:	30.21	30.21	150m:	1:36.01	33.15	250m:	2:42.33	33.22
	100m:	1:02.86	32.65	200m:	2:09.11	33.10	300m:	3:16.14	33.81
							350m:	3:49.31	33.17
							400m:	4:21.67	32.36
5.	Tessa Vermeulen		KNZB-RTC		4:31.43	199800068	4:24.10	+0,79	C
	50m:	30.81	30.81	150m:	1:37.88	33.44	250m:	2:45.23	33.45
	100m:	1:04.44	33.63	200m:	2:11.78	33.90	300m:	3:18.57	33.34
							350m:	3:51.59	33.02
							400m:	4:24.10	32.51
6.	Renate Hemmes		TriVia		4:28.57	199600418	4:27.83	+0,65	D
	50m:	30.21	30.21	150m:	1:37.56	34.08	250m:	2:45.87	34.18
	100m:	1:03.48	33.27	200m:	2:11.69	34.13	300m:	3:20.06	34.19
							350m:	3:54.23	34.17
							400m:	4:27.83	33.60
7.	Jamilla van Veen		ZPC Woerden		4:30.52	199603192	4:30.40	+0,82	E
	50m:	29.76	29.76	150m:	1:36.99	33.87	250m:	2:46.01	34.59
	100m:	1:03.12	33.36	200m:	2:11.42	34.43	300m:	3:20.87	34.86
							350m:	3:56.08	35.21
							400m:	4:30.40	34.32
8.	Anouque Berghuis		Racing Club		4:25.41	199606132	4:31.80	+0,69	E
	50m:	30.45	30.45	150m:	1:37.60	34.04	250m:	2:47.05	34.94
	100m:	1:03.56	33.11	200m:	2:12.11	34.51	300m:	3:22.01	34.96
							350m:	3:57.19	35.18
							400m:	4:31.80	34.61
9.	Serena Stel		De Dolfijn		4:40.07	199801528	4:32.85	+0,70	D
	50m:	31.15	31.15	150m:	1:40.52	35.14	250m:	2:51.12	35.14
	100m:	1:05.38	34.23	200m:	2:15.98	35.46	300m:	3:26.25	35.13
							350m:	4:01.13	34.88
							400m:	4:32.85	31.72
10.	Adaja Stoetman		TriVia		4:33.87	199600348	4:32.92		E
	50m:	31.33	31.33	150m:	1:41.60	35.53	250m:	2:51.46	34.29
	100m:	1:06.07	34.74	200m:	2:17.17	35.57	300m:	3:26.53	35.07
							350m:	4:00.73	34.20
							400m:	4:32.92	32.19
11.	Brigit Boukeveld		ZPC Hoogeveen		4:35.85	199800216	4:37.56	+0,77	E
	50m:	30.98	30.98	150m:	1:41.27	35.57	250m:	2:51.95	34.99
	100m:	1:05.70	34.72	200m:	2:16.96	35.69	300m:	3:27.28	35.33
							350m:	4:02.57	35.29
							400m:	4:37.56	34.99
12.	Elles Tijink		De Dinkel		4:42.44	199800408	4:38.75	+0,84	E
	50m:	31.55	31.55	150m:	1:41.46	35.35	250m:	2:52.53	35.53
	100m:	1:06.11	34.56	200m:	2:17.00	35.54	300m:	3:28.45	35.92
							350m:	4:04.19	35.74
							400m:	4:38.75	34.56
13.	Manon Aerssens		ZPC De Zeeuwse Kust		4:36.94	199900294	4:39.47	+0,71	E
	50m:	31.68	31.68	150m:	1:41.93	35.46	250m:	2:53.16	35.83
	100m:	1:06.47	34.79	200m:	2:17.33	35.40	300m:	3:29.27	36.11
							350m:	4:05.28	36.01
							400m:	4:39.47	34.19
14.	Shania Haenen		Eurode KZC		4:43.97	199802528	4:40.56	+0,75	E
	50m:	30.48	30.48	150m:	1:39.31	35.23	250m:	2:51.58	36.33
	100m:	1:04.08	33.60	200m:	2:15.25	35.94	300m:	3:27.92	36.34
							350m:	4:04.76	36.84
							400m:	4:40.56	35.80
15.	Lisanne Hassing		HZ&PC Heerenveen		4:33.78	199702584	4:41.27	+0,87	E
	50m:	30.83	30.83	150m:	1:41.14	35.65	250m:	2:52.71	35.44
	100m:	1:05.49	34.66	200m:	2:17.27	36.13	300m:	3:28.67	35.96
							350m:	4:05.01	36.34
							400m:	4:41.27	36.26
16.	Amy van Blitterswijk		Aqua-Novio'94		4:37.42	199700660	4:41.58	+0,82	E
	50m:	31.16	31.16	150m:	1:40.41	34.95	250m:	2:52.02	36.04
	100m:	1:05.46	34.30	200m:	2:15.98	35.57	300m:	3:28.75	36.73
							350m:	4:05.63	36.88
							400m:	4:41.58	35.95
17.	Frederique Janssen		Arethusa		4:41.78	199901554	4:42.07	+0,78	E
	50m:	31.19	31.19	150m:	1:40.92	35.37	250m:	2:52.66	35.62
	100m:	1:05.55	34.36	200m:	2:17.04	36.12	300m:	3:29.05	36.39
							350m:	4:05.93	36.88
							400m:	4:42.07	36.14
18.	Gabriëlle Bolk		Swol 1894		4:41.35	199900344	4:42.20	+0,78	E
	50m:	31.20	31.20	150m:	1:41.65	35.95	250m:	2:54.34	35.93
	100m:	1:05.70	34.50	200m:	2:18.41	36.76	300m:	3:31.01	36.67
							350m:	4:07.58	36.57
							400m:	4:42.20	34.62
19.	Silke Voets		Nuenen		4:39.84	199806370	4:43.22	+0,69	E
	50m:	31.32	31.32	150m:	1:42.44	36.04	250m:	2:55.17	35.99
	100m:	1:06.40	35.08	200m:	2:19.18	36.74	300m:	3:31.40	36.23
							350m:	4:08.49	37.09
							400m:	4:43.22	34.73
20.	Lynn Kamphuis		NDD		4:44.81	199800434	4:43.68	+0,79	E
	50m:	31.66	31.66	150m:	1:42.63	36.16	250m:	2:55.80	36.82
	100m:	1:06.47	34.81	200m:	2:18.98	36.35	300m:	3:32.40	36.60
							350m:	4:08.73	36.33
							400m:	4:43.68	34.95
21.	Nikita van den Ouden		ZPC De Zeeuwse Kust		4:46.15	199900622	4:43.71	+0,65	E
	50m:	31.64	31.64	150m:	1:42.62	35.68	250m:	2:55.53	36.53
	100m:	1:06.94	35.30	200m:	2:19.00	36.38	300m:	3:32.37	36.84
							350m:	4:09.10	36.73
							400m:	4:43.71	34.61
22.	Aniek Bloemendaal		ESCA Zwemmen		4:39.40	199800432	4:43.90	+0,64	E
	50m:	30.85	30.85	150m:	1:41.04	35.81	250m:	2:53.81	36.54
	100m:	1:05.23	34.38	200m:	2:17.27	36.23	300m:	3:31.02	37.21
							350m:	4:07.60	36.58
							400m:	4:43.90	36.30
23.	Nynke Klokman		DZ&PC		4:44.52	199801424	4:44.64	+0,73	E
	50m:	31.87	31.87	150m:	1:43.69	36.23	250m:	2:56.47	36.74
	100m:	1:07.46	35.59	200m:	2:19.73	36.04	300m:	3:33.04	36.57
							350m:	4:09.19	36.15
							400m:	4:44.64	35.45
24.	Suzanne Hospers		De Kikker		4:42.64	199801832	4:44.80	+0,84	E
	50m:	30.90	30.90	150m:	1:41.21	35.76	250m:	2:53.99	36.48
	100m:	1:05.45	34.55	200m:	2:17.51	36.30	300m:	3:30.73	36.74
							350m:	4:08.21	37.48
							400m:	4:44.80	36.59

Programmanr. 2, Dames, 400m vrije slag, all-in

rang	naam	vereniging	intijd	tijd	RT	niv.
25.	Laura Rolink	De Dinkel	4:47.03	199902018	4:44.99	+0,78 E
	50m: 31.76	150m: 1:43.51	250m: 2:56.99	350m: 4:09.59		
	100m: 1:07.20	200m: 2:20.46	300m: 3:33.37	400m: 4:44.99		
26.	Amber Aardema	ESCA Zwemmen	4:44.02	199801634	4:47.24	+0,72
	50m: 32.31	150m: 1:42.04	250m: 2:55.29	350m: 4:10.01		
	100m: 1:06.86	200m: 2:18.16	300m: 3:32.18	400m: 4:47.24		
27.	Nienke Lijzenga	LZ 1886	4:44.19	199805338	4:48.58	+0,74
	50m: 31.01	150m: 1:42.93	250m: 2:57.31	350m: 4:12.64		
	100m: 1:05.82	200m: 2:20.06	300m: 3:34.76	400m: 4:48.58		

all-in

1.	Marije Oosterhuis	Eemsrobben	4:57.95	199500318	4:58.38	+0,77
	50m: 32.78	150m: 1:46.50	250m: 3:02.40	350m: 4:20.65		
	100m: 1:09.14	200m: 2:24.02	300m: 3:41.23	400m: 4:58.38		
2.	Romy Pansters	ZC Valkenburg	5:25.08	199605900	5:26.94	+0,94
	50m: 36.18	150m: 1:58.54	250m: 3:22.30	350m: 4:46.12		
	100m: 1:16.81	200m: 2:40.71	300m: 4:04.69	400m: 5:26.94		