

Programmanr. 30
04-03-2012 - 13:32

Meisjes, 400m vrije slag

Juniores en Jeugd
Resultaten

rang	naam	vereniging				intijd		startnr.		tijd		RT	niv.
1.	Evelien van Ruiten	Orca				4:37.80		199602924		4:35.26		+0,67	D
	50m: 31.04	31.04	150m: 1:40.41	35.19	250m: 2:51.88	35.74	350m: 4:02.49	35.27					
	100m: 1:05.22	34.18	200m: 2:16.14	35.73	300m: 3:27.22	35.34	400m: 4:35.26	32.77					
2.	Hanny van Dijk	Orca				4:37.19		199804514		4:45.05		+0,88	D
	50m: 32.10	32.10	150m: 1:44.32	36.57	250m: 2:57.12	36.30	350m: 4:10.05	36.50					
	100m: 1:07.75	35.65	200m: 2:20.82	36.50	300m: 3:33.55	36.43	400m: 4:45.05	35.00					
3.	Hilde Dekker	TriVia				4:52.01		199901926		4:58.78		+0,90	E
	50m: 33.55	33.55	150m: 1:48.79	37.90	250m: 3:05.06	38.12	350m: 4:22.25	37.87					
	100m: 1:10.89	37.34	200m: 2:26.94	38.15	300m: 3:44.38	39.32	400m: 4:58.78	36.53					
4.	Brigit Beukeveld	ZPC Bikkel Hoogeveen				4:44.60		199800216		5:01.82		+0,82	F
	50m: 32.04	32.04	150m: 1:45.86	37.77	250m: 3:03.08	38.80	350m: 4:22.94	40.12					
	100m: 1:08.09	36.05	200m: 2:24.28	38.42	300m: 3:42.82	39.74	400m: 5:01.82	38.88					
5.	Moniek Heemskerck	LZ 1886				4:49.72		199601964		5:04.73		+0,85	F
	50m: 33.23	33.23	150m: 1:49.71	39.22	250m: 3:08.44	39.11	350m: 4:26.99	39.31					
	100m: 1:10.49	37.26	200m: 2:29.33	39.62	300m: 3:47.68	39.24	400m: 5:04.73	37.74					
6.	Sanne van der Meer	De Columbiaan				4:54.18		199601648		5:06.84		+0,95	
	50m: 33.83	33.83	150m: 1:50.52	39.11	250m: 3:09.74	39.61	350m: 4:28.41	39.38					
	100m: 1:11.41	37.58	200m: 2:30.13	39.61	300m: 3:49.03	39.29	400m: 5:06.84	38.43					
7.	Rosanne Leeuwis	DWK				4:59.58		199801974		5:18.11		+0,85	
	50m: 33.70	33.70	150m: 1:50.88	39.23	250m: 3:12.50	40.93	350m: 4:36.61	42.03					
	100m: 1:11.65	37.95	200m: 2:31.57	40.69	300m: 3:54.58	42.08	400m: 5:18.11	41.50					
8.	Denise Boonstra	DAW				5:05.45		199902662		5:18.14		+0,87	F
	50m: 34.66	34.66	150m: 1:55.00	41.31	250m: 3:19.55	41.76	350m: 4:42.22	41.51					
	100m: 1:13.69	39.03	200m: 2:37.79	42.79	300m: 4:00.71	41.16	400m: 5:18.14	35.92					