

Programmanr. 1
15-12-2012 - 14:00

Dames, 400m vrije slag

Jun/Jeu/Sen
Resultaten

Nederlands Record Senioren	4:03.47	Rieneke Terink	Berlijn (GER)	15-11-2009
Nederlands Record Jeugd	4:08.29	Sharon van Rouwendaal	Angers (FRA)	07-12-2008
Nederlands Record 18 jaar	4:06.25	Ranomi Kromowidjojo	Amsterdam	19-12-2008
Nederlands Record 17 jaar	4:05.30	Sharon van Rouwendaal	Eindhoven	27-11-2010
Nederlands Record 16 jaar	4:05.14	Sharon van Rouwendaal	Istanbul (TUR)	12-12-2009
Nederlands Record 15 jaar	4:08.29	Sharon van Rouwendaal	Angers (FRA)	07-12-2008
Nederlands Record 14 jaar	4:12.65	Esmee Vermeulen	Amsterdam	03-12-2010

rang	naam	vereniging	nummer	tijd	RT	pnt	niv	
1.	Rieneke Terink	EIFFELswimmersPSV	198402424	4:06.24	+0,79		A+	
	50m: 27.72	27.72	150m: 1:29.12	30.58	250m: 2:31.78	31.44	350m: 3:34.90	31.73
	100m: 58.54	30.82	200m: 2:00.34	31.22	300m: 3:03.17	31.39	400m: 4:06.24	31.34
2.	Esmee Vermeulen	E.ON-NZA	199600678	4:11.10	+0,76		A+	
	50m: 28.83	28.83	150m: 1:30.72	31.30	250m: 2:34.69	31.94	350m: 3:39.42	32.26
	100m: 59.42	30.59	200m: 2:02.75	32.03	300m: 3:07.16	32.47	400m: 4:11.10	31.68
3.	Marjolein Delno	EIFFELswimmersPSV	199400024	4:15.84	+0,75		B	
	50m: 28.93	28.93	150m: 1:32.56	32.04	250m: 2:37.62	32.36	350m: 3:43.54	32.95
	100m: 1:00.52	31.59	200m: 2:05.26	32.70	300m: 3:10.59	32.97	400m: 4:15.84	32.30
4.	Manon Friskes	RTC Drachten	199701566	4:25.13	+0,75		C	
	50m: 29.99	29.99	150m: 1:37.35	34.13	250m: 2:44.88	33.82	350m: 3:52.11	33.60
	100m: 1:03.22	33.23	200m: 2:11.06	33.71	300m: 3:18.51	33.63	400m: 4:25.13	33.02
5.	Denise van Ark	EIFFELswimmersPSV	199604800	4:27.63	+0,72		D	
	50m: 29.67	29.67	150m: 1:35.15	33.78	250m: 2:43.75	34.70	350m: 3:53.11	34.63
	100m: 1:01.37	31.70	200m: 2:09.05	33.90	300m: 3:18.48	34.73	400m: 4:27.63	34.52
6.	Laura Moolenaar	AZ&PC	199600656	4:27.85	+0,59		D	
	50m: 29.98	29.98	150m: 1:37.44	34.29	250m: 2:47.16	34.71	350m: 3:55.83	34.07
	100m: 1:03.15	33.17	200m: 2:12.45	35.01	300m: 3:21.76	34.60	400m: 4:27.85	32.02
7.	Milou Schraeverus	AZ&PC	199503878	4:28.56	+0,64		D	
	50m: 31.13	31.13	150m: 1:38.54	33.88	250m: 2:46.35	33.80	350m: 3:54.75	34.15
	100m: 1:04.66	33.53	200m: 2:12.55	34.01	300m: 3:20.60	34.25	400m: 4:28.56	33.81
8.	Malissa van der Horst	Zwemlust-den Hommel	199200810	4:29.40	+0,84		D	
	50m: 29.94	29.94	150m: 1:36.97	34.04	250m: 2:45.70	34.42	350m: 3:55.29	34.72
	100m: 1:02.93	32.99	200m: 2:11.28	34.31	300m: 3:20.57	34.87	400m: 4:29.40	34.11
9.	Jamilla van Veen	One Team Swimming	199603192	4:30.52	+0,83		D	
	50m: 29.73	29.73	150m: 1:37.40	34.26	250m: 2:46.37	34.55	350m: 3:56.66	35.21
	100m: 1:03.14	33.41	200m: 2:11.82	34.42	300m: 3:21.45	35.08	400m: 4:30.52	33.86
10.	Marieke Tienstra	Trivia	199900302	4:36.04			D	
	50m: 31.73	31.73	150m: 1:41.39	34.90	250m: 2:51.79	35.28	350m: 4:02.29	35.08
	100m: 1:06.49	34.76	200m: 2:16.51	35.12	300m: 3:27.21	35.42	400m: 4:36.04	33.75
11.	Kinge Zandringa	RTC Drachten	199801422	4:38.60	+0,73		E	
	50m: 30.57	30.57	150m: 1:40.38	35.60	250m: 2:51.87	35.75	350m: 4:04.08	35.86
	100m: 1:04.78	34.21	200m: 2:16.12	35.74	300m: 3:28.22	36.35	400m: 4:38.60	34.52
12.	Serena Stel	De Dolfijn	199801528	4:40.07	+0,69		E	
	50m: 31.51	31.51	150m: 1:41.84	35.56	250m: 2:53.22	35.28	350m: 4:06.25	36.34
	100m: 1:06.28	34.77	200m: 2:17.94	36.10	300m: 3:29.91	36.69	400m: 4:40.07	33.82
13.	Irene Teufer	De Dolfijn	199602340	4:40.13	+0,78		E	
	50m: 30.75	30.75	150m: 1:39.85	35.10	250m: 2:51.06	35.68	350m: 4:04.01	36.74
	100m: 1:04.75	34.00	200m: 2:15.38	35.53	300m: 3:27.27	36.21	400m: 4:40.13	36.12
14.	Elisabeth Rivard	WVZ	199600244	4:41.66	+0,77		E	
	50m: 30.83	30.83	150m: 1:41.06	35.69	250m: 2:53.71	36.43	350m: 4:06.16	35.53
	100m: 1:05.37	34.54	200m: 2:17.28	36.22	300m: 3:30.63	36.92	400m: 4:41.66	35.50
15.	Shireen Post	AZ&PC	199503286	4:46.68	+0,91		F	
	50m: 32.02	32.02	150m: 1:43.63	36.36	250m: 2:56.12	36.17	350m: 4:10.11	37.32
	100m: 1:07.27	35.25	200m: 2:19.95	36.32	300m: 3:32.79	36.67	400m: 4:46.68	36.57
16.	Amber Stienstra	WVZ	199604448	4:48.19	+0,74		F	
	50m: 32.24	32.24	150m: 1:44.13	36.39	250m: 2:57.23	36.52	350m: 4:11.21	37.09
	100m: 1:07.74	35.50	200m: 2:20.71	36.58	300m: 3:34.12	36.89	400m: 4:48.19	36.98
17.	Aranka Schouten	De Fuut	199503742	4:50.07	+0,82		F	
	50m: 32.22	32.22	150m: 1:45.68	37.13	250m: 2:59.47	36.82	350m: 4:11.53	35.57
	100m: 1:08.55	36.33	200m: 2:22.65	36.97	300m: 3:35.96	36.49	400m: 4:50.07	38.54
18.	Danielle Grootes	De Zijl/LGB	199501278	4:50.88	+0,77		F	
	50m: 31.54	31.54	150m: 1:42.03	35.70	250m: 2:54.81	36.33	350m: 4:08.25	36.92
	100m: 1:06.33	34.79	200m: 2:18.48	36.45	300m: 3:31.33	36.52	400m: 4:50.88	42.63
19.	Nicole Bennis	WVZ	199600470	4:51.18	+0,74		F	
	50m: 31.07	31.07	150m: 1:41.25	35.24	250m: 2:52.92	35.81	350m: 4:03.58	34.77
	100m: 1:06.01	34.94	200m: 2:17.11	35.86	300m: 3:28.81	35.89	400m: 4:51.18	47.60

Programmanr. 1, Dames, 400m vrije slag, Jun/Jeu/Sen

rang	naam	vereniging						tijd	RT	pnt	niv
20.	Melissa Baars	Aquarijn						199900376	4:52.98	+0,74	E
	50m: 32.10	32.10	150m: 1:43.84	36.20	250m: 2:57.78	37.08	350m: 4:12.55	37.09			
	100m: 1:07.64	35.54	200m: 2:20.70	36.86	300m: 3:35.46	37.68	400m: 4:52.98	40.43			
21.	Sedona de Keijzer	AZ&PC						199603164	4:53.92	+0,87	F
	50m: 31.05	31.05	150m: 1:42.91	36.79	250m: 2:58.12	37.88	350m: 4:16.17	39.17			
	100m: 1:06.12	35.07	200m: 2:20.24	37.33	300m: 3:37.00	38.88	400m: 4:53.92	37.75			
22.	Senna Limburg	De Dolfijn						199905846	4:55.68 *	+0,76	F
	50m: 32.70	32.70	150m: 1:47.44	37.71	250m: 3:02.77	37.20	350m: 4:18.69	38.09			
	100m: 1:09.73	37.03	200m: 2:25.57	38.13	300m: 3:40.60	37.83	400m: 4:55.68	36.99			
23.	Anne Noom	De Dolfijn						199800062	4:56.85	+0,78	F
	50m: 31.49	31.49	150m: 1:46.05	37.95	250m: 3:02.74	38.23	350m: 4:19.89	38.42			
	100m: 1:08.10	36.61	200m: 2:24.51	38.46	300m: 3:41.47	38.73	400m: 4:56.85	36.96			
24.	Rosanne Ligvoet	MNC Dordrecht						199501212	5:09.47	+0,54	
	50m: 32.30	32.30	150m: 1:46.42	37.88	250m: 3:06.78	40.76	350m: 4:29.97	41.78			
	100m: 1:08.54	36.24	200m: 2:26.02	39.60	300m: 3:48.19	41.41	400m: 5:09.47	39.50			