

Programmanr. 23
16-12-2012 - 14:58

Dames, 400m wisselslag

Jun/Jeu/Sen
Resultaten

Nederlands Record Senioren	4:36.91	Rieneke Terink	Amsterdam	20-12-2009
Nederlands Record Jeugd	4:42.72	Sharon van Rouwendaal	Saint Dizier (FRA)	16-11-2008
Nederlands Record 18 jaar	4:47.89	Marjolein Delno	Amsterdam	28-10-2012
Nederlands Record 17 jaar	4:37.45	Sharon van Rouwendaal	Amsterdam	05-12-2010
Nederlands Record 16 jaar	4:43.00	Sharon van Rouwendaal	Amsterdam	20-12-2009
Nederlands Record 15 jaar	4:42.72	Sharon van Rouwendaal	Saint Dizier (FRA)	16-11-2008
Nederlands Record 14 jaar	4:50.94	Esmée Bos	Amsterdam	05-12-2010

rang	naam	vereniging		tijd	RT	pnt	niv	
1.	Marjolein Delno	EIFFELswimmersPSV	199400024	4:45.35	+0,78		A	
	<i>Nederlands Record 18 jaar</i>							
	50m: 30.45	30.45	150m: 1:43.12	36.69	250m: 3:00.02	40.81	350m: 4:14.23	32.90
	100m: 1:06.43	35.98	200m: 2:19.21	36.09	300m: 3:41.33	41.31	400m: 4:45.35	31.12
2.	Leonie van Noort	De Zijl/LGB	199301752	4:55.73	+0,81		C	
	50m: 30.10	30.10	150m: 1:42.67	36.50	250m: 3:02.61	43.50	350m: 4:23.21	34.83
	100m: 1:06.17	36.07	200m: 2:19.11	36.44	300m: 3:48.38	45.77	400m: 4:55.73	32.52
3.	Cynthia Verkaik	E.ON-NZA	199602188	4:56.52	+0,75		B	
	50m: 32.42	32.42	150m: 1:45.68	37.29	250m: 3:05.30	42.38	350m: 4:23.37	34.87
	100m: 1:08.39	35.97	200m: 2:22.92	37.24	300m: 3:48.50	43.20	400m: 4:56.52	33.15
4.	Tessa Vermeulen	E.ON-NZA	199800068	4:57.22 *	+0,79		A	
	<i>*100m</i>							
	50m: 31.63	31.63	150m: 1:47.25	38.43	250m: 3:08.85	44.28	350m: 4:25.31	32.83
	100m: 1:08.82	37.19	200m: 2:24.57	37.32	300m: 3:52.48	43.63	400m: 4:57.22	31.91
5.	Jaimy Lee Taskin	De Columbiaan	199403364	5:14.03	+0,78		E	
	50m: 32.85	32.85	150m: 1:52.13	40.07	250m: 3:15.06	44.20	350m: 4:38.78	37.40
	100m: 1:12.06	39.21	200m: 2:30.86	38.73	300m: 4:01.38	46.32	400m: 5:14.03	35.25
6.	Renée Vanderheyden	Trivia	199903130	5:28.23 *	+0,79		E	
	50m: 34.13	34.13	150m: 1:55.73	41.21	250m: 3:23.69	47.36	350m: 4:51.49	39.70
	100m: 1:14.52	40.39	200m: 2:36.33	40.60	300m: 4:11.79	48.10	400m: 5:28.23	36.74
7.	Nikita van den Ouden	Hieronymus	199900622	5:30.84	+0,79		E	
	50m: 35.73	35.73	150m: 1:59.45	40.24	250m: 3:27.52	47.47	350m: 4:53.55	38.71
	100m: 1:19.21	43.48	200m: 2:40.05	40.60	300m: 4:14.84	47.32	400m: 5:30.84	37.29
8.	Lotte Stoiber	De Fuut	199803658	5:34.43	+0,69		F	
	50m: 34.34	34.34	150m: 1:57.50	42.28	250m: 3:27.84	49.13	350m: 4:56.80	40.16
	100m: 1:15.22	40.88	200m: 2:38.71	41.21	300m: 4:16.64	48.80	400m: 5:34.43	37.63
9.	Josien Wijkhuijs	RTC Drachten	199902866	5:40.28	+0,72		F	
	50m: 30.92	30.92	150m: 1:52.56	44.12	250m: 3:28.76	53.35	350m: 5:02.56	39.00
	100m: 1:08.44	37.52	200m: 2:35.41	42.85	300m: 4:23.56	54.80	400m: 5:40.28	37.72
10.	Lotte Hoogeterp	DAW	199703878	5:47.38	+0,81			
	50m: 36.10	36.10	150m: 2:02.80	43.53	250m: 3:34.73	50.21	350m: 5:07.58	41.88
	100m: 1:19.27	43.17	200m: 2:44.52	41.72	300m: 4:25.70	50.97	400m: 5:47.38	39.80
AFGEM	Shireen Post	AZ&PC	199503286					