

Nederlandse Junioren Kampioenschappen Zwemmen Korte Baan 2009
Dordrecht, 30.1. - 1.2.2009

Programmanr. 2 30.01.2009	Meisjes, 400m vrije slag	Junioren 2 Resultaten
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rang	naam	vereniging				inschrijftijd			tijd		niveau
1.	Esmee Vermeulen <i>Kamp. Record Junioren 2</i> 50m: 30.50 30.50 100m: 1:03.68 33.18	E.ON-NZA 150m: 1:37.70 34.02 200m: 2:11.81 34.11				4:32.52 9600678 250m: 2:46.20 34.39 300m: 3:21.15 34.95			4:28.29 350m: 3:55.90 34.75 400m: 4:28.29 32.39		A+
2.	Rosa Veerman 50m: 30.85 30.85 100m: 1:04.83 33.98	WZ&PC Purmerend 150m: 1:39.68 34.85 200m: 2:15.53 35.85				4:43.43 9600862 250m: 2:52.27 36.74 300m: 3:29.24 36.97			4:41.83 350m: 4:06.06 36.82 400m: 4:41.83 35.77		B
3.	Renate Hemmes 50m: 31.16 31.16 100m: 1:05.48 34.32	Bubble 150m: 1:41.02 35.54 200m: 2:17.26 36.24				4:48.78 9600418 250m: 2:53.92 36.66 300m: 3:31.27 37.35			4:44.72 350m: 4:08.58 37.31 400m: 4:44.72 36.14		B
4.	Celine Hoogendijk 50m: 32.15 32.15 100m: 1:08.33 36.18	Vlaardingen 150m: 1:45.23 36.90 200m: 2:22.37 37.14				5:04.30 9601596 250m: 2:59.98 37.61 300m: 3:37.80 37.82			4:51.13 350m: 4:15.61 37.81 400m: 4:51.13 35.52		D
5.	Tamara Grove 50m: 33.67 33.67 100m: 1:10.41 36.74	Oceanus 150m: 1:48.15 37.74 200m: 2:25.09 36.94				4:58.18 9601266 250m: 3:03.10 38.01 300m: 3:41.43 38.33			4:54.06 350m: 4:18.28 36.85 400m: 4:54.06 35.78		D
6.	Janine Rooker 50m: 32.53 32.53 100m: 1:08.06 35.53	WZ&PC Purmerend 150m: 1:45.16 37.10 200m: 2:23.12 37.96				4:47.45 9600316 250m: 3:01.35 38.23 300m: 3:39.87 38.52			4:55.82 350m: 4:18.16 38.29 400m: 4:55.82 37.66		D
7.	Brenda Zwarthoed 50m: 31.99 31.99 100m: 1:08.40 36.41	DAW-FINENZO 150m: 1:46.81 38.41 200m: 2:25.67 38.86				4:57.92 9604938 250m: 3:04.44 38.77 300m: 3:43.45 39.01			4:57.94 350m: 4:21.81 38.36 400m: 4:57.94 36.13		D
8.	Lotte Dalmeijer 50m: 33.03 33.03 100m: 1:10.14 37.11	Luctor et Emergo 150m: 1:48.81 38.67 200m: 2:27.07 38.26				5:11.62 9601166 250m: 3:05.29 38.22 300m: 3:42.98 37.69			4:59.80 350m: 4:21.12 38.14 400m: 4:59.80 38.68		E
9.	Amber de Kroon 50m: 33.70 33.70 100m: 1:10.71 37.01	ZV Westland Dijkglas 150m: 1:48.72 38.01 200m: 2:27.12 38.40				4:57.40 9601098 250m: 3:05.86 38.74 300m: 3:44.89 39.03			5:00.60 350m: 4:23.73 38.84 400m: 5:00.60 36.87		E
10.	Claudia Rijkhoff 50m: 33.32 33.32 100m: 1:09.65 36.33	Zwemvereniging Hoorn 150m: 1:47.12 37.47 200m: 2:24.69 37.57				4:57.83 9603338 250m: 3:03.05 38.36 300m: 3:42.14 39.09			5:00.74 350m: 4:21.81 39.67 400m: 5:00.74 38.93		E
11.	Anouk van der Vlies 50m: 34.24 34.24 100m: 1:11.27 37.03	Zoetermeer 150m: 1:49.45 38.18 200m: 2:27.95 38.50				5:08.08 9603226 250m: 3:06.88 38.93 300m: 3:45.73 38.85			5:01.03 350m: 4:24.14 38.41 400m: 5:01.03 36.89		E
12.	Elisabeth Rivard 50m: 32.59 32.59 100m: 1:09.44 36.85	WVZ 150m: 1:48.03 38.59 200m: 2:27.05 39.02				5:01.11 9600244 250m: 3:06.46 39.41 300m: 3:46.31 39.85			5:01.89 350m: 4:25.31 39.00 400m: 5:01.89 36.58		E
13.	Romy Hoogendijk 50m: 31.98 31.98 100m: 1:09.35 37.37	Luctor et Emergo 150m: 1:47.81 38.46 200m: 2:26.55 38.74				5:10.95 9601258 250m: 3:05.68 39.13 300m: 3:44.85 39.17			5:02.44 350m: 4:24.21 39.36 400m: 5:02.44 38.23		E
14.	Sanne van Es 50m: 32.78 32.78 100m: 1:10.25 37.47	WVZ 150m: 1:49.09 38.84 200m: 2:28.04 38.95				5:05.98 9600404 250m: 3:07.06 39.02 300m: 3:47.02 39.96			5:03.43 350m: 4:25.82 38.80 400m: 5:03.43 37.61		E
15.	Evelien van Ruiten 50m: 32.44 32.44 100m: 1:09.92 37.48	Orca 150m: 1:48.94 39.02 200m: 2:27.99 39.05				5:04.16 9602924 250m: 3:07.10 39.11 300m: 3:46.90 39.80			5:03.82 350m: 4:26.23 39.33 400m: 5:03.82 37.59		E
16.	Lisanne vd Lelij 50m: 34.44 34.44 100m: 1:12.40 37.96	One Team Swimming 150m: 1:51.89 39.49 200m: 2:31.66 39.77				5:11.50 9600666 250m: 3:10.58 38.92 300m: 3:49.37 38.79			5:05.44 350m: 4:28.17 38.80 400m: 5:05.44 37.27		E
17.	Roxann Geenen 50m: 32.14 32.14 100m: 1:09.50 37.36	DAW-FINENZO 150m: 1:48.02 38.52 200m: 2:26.91 38.89				5:02.08 9601518 250m: 3:06.52 39.61 300m: 3:46.56 40.04			5:06.07 350m: 4:26.62 40.06 400m: 5:06.07 39.45		E
18.	Maaïke Sanders 50m: 32.79 32.79 100m: 1:10.31 37.52	Hellas-Glana 150m: 1:49.29 38.98 200m: 2:28.82 39.53				5:10.23 9602806 250m: 3:08.97 40.15 300m: 3:48.40 39.43			5:06.64 350m: 4:28.69 40.29 400m: 5:06.64 37.95		E
19.	Linda Kamperman 50m: 33.06 33.06 100m: 1:11.58 38.52	Aquarijn 150m: 1:50.73 39.15 200m: 2:30.18 39.45				5:10.20 9601238 250m: 3:09.70 39.52 300m: 3:49.46 39.76			5:09.79 350m: 4:30.31 40.85 400m: 5:09.79 39.48		E
20.	Ilse van Beelen 50m: 33.78 33.78 100m: 1:12.01 38.23	De Columbiaan 150m: 1:51.39 39.38 200m: 2:31.50 40.11				5:08.12 9600106 250m: 3:11.20 39.70 300m: 3:51.46 40.26			5:11.79 350m: 4:31.82 40.36 400m: 5:11.79 39.97		E

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Programmanr. 2, Meisjes, 400m vrije slag, Junioren 2

rang	naam	vereniging			inschrijftijd			tijd		niveau
21.	Manon Wiersma	Zwemvereniging Hoorn			4:58.13	9600112		5:13.24		F
	50m: 34.89	34.89	150m: 1:53.87	40.02	250m: 3:14.57	40.63	350m: 4:35.03		40.08	
	100m: 1:13.85	38.96	200m: 2:33.94	40.07	300m: 3:54.95	40.38	400m: 5:13.24		38.21	
22.	Laura Hagreis	Twente (SG)			5:10.57	9600548		5:16.31		F
	50m: 33.53	33.53	150m: 1:51.33	39.63	250m: 3:12.39	40.49	350m: 4:35.53		41.78	
	100m: 1:11.70	38.17	200m: 2:31.90	40.57	300m: 3:53.75	41.36	400m: 5:16.31		40.78	