

Programmanr. 22
03-03-2013

Meisjes, 400m vrije slag

Junioren en Jeugd
Resultaten

rang	naam	vereniging	intijd	startnr.	tijd	RT	niv.
Junioren 3 en later							
1.	Hilde Dekker	TriVia	4:48.08	199901926	4:58.91	+0,96	F
	50m: 32.55	32.55 150m: 1:46.55	37.29	250m: 3:03.91	38.89	350m: 4:21.83	38.93
	100m: 1:09.26	36.71 200m: 2:25.02	38.47	300m: 3:42.90	38.99	400m: 4:58.91	37.08
AFGEM	Marij van der Mast	SBC2000	4:54.08	200000676			
Jeugd 1 en 2							
1.	Angelique van Vark	Z&PC De Gouwe	4:53.15	199701478	4:54.27	+0,76	F
	50m: 32.42	32.42 150m: 1:45.48	36.87	250m: 3:01.09	37.96	350m: 4:17.98	38.26
	100m: 1:08.61	36.19 200m: 2:23.13	37.65	300m: 3:39.72	38.63	400m: 4:54.27	36.29
2.	Jasmijn Bink	LZ 1886	4:50.28	199700332	4:59.78	+0,77	F
	50m: 32.99	32.99 150m: 1:47.45	38.18	250m: 3:05.31	39.32	350m: 4:23.19	39.14
	100m: 1:09.27	36.28 200m: 2:25.99	38.54	300m: 3:44.05	38.74	400m: 4:59.78	36.59
3.	Brighid van Uffelen	ZVVS	4:45.47	199800310	5:02.31	+0,68	F
	50m: 32.34	32.34 150m: 1:46.81	37.94	250m: 3:05.39	39.50	350m: 4:24.50	39.53
	100m: 1:08.67	36.53 200m: 2:25.89	39.08	300m: 3:44.97	39.58	400m: 5:02.31	37.81
4.	Diana van Halm Braam	WVZ	5:01.32	199800788	5:14.90	+0,79	
	50m: 34.70	34.70 150m: 1:53.53	40.35	250m: 3:15.12	40.69	350m: 4:36.35	40.67
	100m: 1:13.18	38.48 200m: 2:34.43	40.90	300m: 3:55.68	40.56	400m: 5:14.90	38.55
5.	Silke Jonk	DAW	5:02.51	199802042	5:15.89	+0,82	
	50m: 33.69	33.69 150m: 1:52.33	40.44	250m: 3:13.98	41.74	350m: 4:36.26	41.33
	100m: 1:11.89	38.20 200m: 2:32.24	39.91	300m: 3:54.93	40.95	400m: 5:15.89	39.63
AFGEM	Hanny van Dijk	Orca	4:28.16	199804514			