

Programmanr. 2  
18-9-2016 - 14:00

Meisjes, 400m vrije slag

Junioren  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Junioren</b>					
1.	Babet de Voogd	Z & PC De Zeeuwse Kust	4:58.82	200301362	4:54.79 +0,61 529
	50m: 31.97	31.97 150m: 1:45.75	37.66	250m: 3:02.24	38.22 350m: 4:17.76
	100m: 1:08.09	36.12 200m: 2:24.02	38.27	300m: 3:39.94	37.70 400m: 4:54.79
2.	Anna Tiemersma	Z & PC De Zeeuwse Kust	5:17.10	200400686	5:12.70 +0,78 443
	50m: 34.54	34.54 150m: 1:52.79	39.70	250m: 3:13.65	40.52 350m: 4:34.34
	100m: 1:13.09	38.55 200m: 2:33.13	40.34	300m: 3:54.24	40.59 400m: 5:12.70
3.	Esmee Hereijgers	Hieronymus	5:33.16	200302818	5:31.50 +0,62 372
	50m: 36.04	36.04 150m: 1:58.81	42.20	250m: 3:25.02	43.51 350m: 4:52.04
	100m: 1:16.61	40.57 200m: 2:41.51	42.70	300m: 4:08.61	43.59 400m: 5:31.50
4.	Kim Becx	Hieronymus	5:40.18	200302766	5:44.33 332
	50m: 36.14	36.14 150m: 2:01.55	43.29	250m: 3:31.53	45.32 350m: 5:02.08
	100m: 1:18.26	42.12 200m: 2:46.21	44.66	300m: 4:17.33	45.80 400m: 5:44.33
5.	Esmee de Volder	Hieronymus	NT	200404362	5:57.86 +0,81 296
	50m: 39.74	39.74 150m: 2:08.99	45.68	250m: 3:41.78	46.52 350m: 5:14.08
	100m: 1:23.31	43.57 200m: 2:55.26	46.27	300m: 4:27.93	46.15 400m: 5:57.86
6.	Anouck Romeijnsen	Z & PC De Zeeuwse Kust	6:21.65	200402808	5:59.85 +0,83 291
	50m: 41.22	41.22 150m: 2:13.19	46.27	250m: 3:46.37	47.01 350m: 5:17.43
	100m: 1:26.92	45.70 200m: 2:59.36	46.17	300m: 4:32.38	46.01 400m: 5:59.85
7.	Nasca van Dijk	Zwemclub Koewacht	6:11.81	200300816	6:00.90 288
	50m: 37.38	37.38 150m: 2:06.60	45.30	250m: 3:39.86	47.00 350m: 5:14.53
	100m: 1:21.30	43.92 200m: 2:52.86	46.26	300m: 4:27.39	47.53 400m: 6:00.90
8.	Emma Siebons	Z & PC De Zeeuwse Kust	6:36.87	200402788	6:06.06 276
	50m: 42.21	42.21 150m: 2:15.57	46.55	250m: 3:49.73	46.66 350m: 5:23.02
	100m: 1:29.02	46.81 200m: 3:03.07	47.50	300m: 4:36.78	47.05 400m: 6:06.06
9.	Manouk Maas	Z & PC De Zeeuwse Kust	6:03.99	200502952	6:07.84 +0,76 272
	50m: 39.47	39.47 150m: 2:10.94	46.40	250m: 3:46.69	48.14 350m: 5:23.25
	100m: 1:24.54	45.07 200m: 2:58.55	47.61	300m: 4:34.82	48.13 400m: 6:07.84
10.	Bibi de Jong	Hieronymus	7:15.75	200401164	6:08.57 +0,73 271
	50m: 39.04	39.04 150m: 2:12.04	47.66	250m: 3:47.28	47.91 350m: 5:21.70
	100m: 1:24.38	45.34 200m: 2:59.37	47.33	300m: 4:34.54	47.26 400m: 6:08.57
11.	Myrthe Wauters	Zwemclub Koewacht	NT	200301272	6:09.79 268
	50m: 38.53	38.53 150m: 2:08.77	46.17	250m: 3:45.24	48.77 350m: 5:23.33
	100m: 1:22.60	44.07 200m: 2:56.47	47.70	300m: 4:34.31	49.07 400m: 6:09.79
12.	Nienke van den Hout	Hieronymus	6:36.43	200403670	6:10.12 267
	50m: 42.26	42.26 150m: 2:18.58	48.14	250m: 3:54.80	47.97 350m: 5:28.17
	100m: 1:30.44	48.18 200m: 3:06.83	48.25	300m: 4:41.55	46.75 400m: 6:10.12
13.	Indy Kaijser	Zwemclub Koewacht	NT	200301846	6:10.95 +0,93 265
	50m: 40.43	40.43 150m: 2:12.85	47.66	250m: 3:50.56	49.46 350m: 5:26.76
	100m: 1:25.19	44.76 200m: 3:01.10	48.25	300m: 4:38.72	48.16 400m: 6:10.95
14.	Kim Vriens	Hieronymus	NT	200401166	6:11.58 +0,73 264
	50m: 39.67	39.67 150m: 2:12.63	47.61	250m: 3:50.42	49.07 350m: 5:27.44
	100m: 1:25.02	45.35 200m: 3:01.35	48.72	300m: 4:38.56	48.14 400m: 6:11.58
15.	Lieke Konings	Hieronymus	6:13.68	200501938	6:14.67 +0,85 258
	50m: 41.56	41.56 150m: 2:18.85	49.53	250m: 3:55.86	48.23 350m: 5:31.95
	100m: 1:29.32	47.76 200m: 3:07.63	48.78	300m: 4:43.91	48.05 400m: 6:14.67
16.	Mirthe Vlegels	Hieronymus	NT	200503486	6:22.33 +0,64 242
	50m: 39.65	39.65 150m: 2:15.43	49.45	250m: 3:56.10	50.71 350m: 5:38.69
	100m: 1:25.98	46.33 200m: 3:05.39	49.96	300m: 4:47.95	51.85 400m: 6:22.33
17.	Sofie van der Velden	Hieronymus	NT	200500720	6:25.50 +0,75 236
	50m: 43.32	43.32 150m: 2:23.04	50.90	250m: 4:04.19	50.27 350m: 5:43.32
	100m: 1:32.14	48.82 200m: 3:13.92	50.88	300m: 4:54.26	50.07 400m: 6:25.50
18.	Maud Ruitenbeek	Zwemclub Koewacht	6:55.42	200501894	6:33.18 +0,76 223
	50m: 41.29	41.29 150m: 2:18.85	49.33	250m: 4:00.37	50.84 350m: 5:43.73
	100m: 1:29.52	48.23 200m: 3:09.53	50.68	300m: 4:52.26	51.89 400m: 6:33.18
19.	Elise Voll	Hieronymus	7:05.07	200501074	6:42.77 207
	50m: 45.39	45.39 150m: 2:23.82	50.34	250m: 4:05.99	51.17 350m: 5:50.58
	100m: 1:33.48	48.09 200m: 3:14.82	51.00	300m: 4:58.38	52.39 400m: 6:42.77
20.	Heidi van Dijke	Hieronymus	NT	200303540	6:54.36 +0,79 190
	50m: 41.29	41.29 150m: 2:20.02	51.50	250m: 4:06.83	54.29 350m: 5:59.68
	100m: 1:28.52	47.23 200m: 3:12.54	52.52	300m: 5:02.70	55.87 400m: 6:54.36
21.	Julia van Loon	Hieronymus	NT	200501908	6:55.37 +0,78 189
	50m: 46.95	46.95 150m: 2:33.21	53.07	250m: 4:21.90	55.37 350m: 6:09.27
	100m: 1:40.14	53.19 200m: 3:26.53	53.32	300m: 5:14.55	52.65 400m: 6:55.37
22.	Zoë de Jong	Hieronymus	7:15.43	200501092	6:57.57 186
	50m: 45.79	45.79 150m: 2:31.89	53.68	250m: 4:21.40	54.67 350m: 6:09.32
	100m: 1:38.21	52.42 200m: 3:26.73	54.84	300m: 5:16.20	54.80 400m: 6:57.57

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

rang	naam	vereniging	intijd	tijd	RT			
23.	Violette van der Bijl	Hieronymus	7:33.75	200502956	7:02.83	179		
	50m: 46.86	46.86	150m: 2:35.25	54.88	250m: 4:26.43	55.90	350m: 6:12.89	52.37
	100m: 1:40.37	53.51	200m: 3:30.53	55.28	300m: 5:20.52	54.09	400m: 7:02.83	49.94
24.	Isa Bakker	Hieronymus	NT	200304030	7:16.78	+0,66	163	
	50m: 45.39	45.39	150m: 2:34.45	54.88	250m: 4:28.01	57.46	350m: 6:22.64	56.97
	100m: 1:39.57	54.18	200m: 3:30.55	56.10	300m: 5:25.67	57.66	400m: 7:16.78	54.14
25.	Amy van der Zwan	Zwemclub Koewacht	8:14.61	200500934	7:57.69		124	
	50m: 48.72	48.72	150m: 2:49.80	1:01.62	250m: 4:54.93	1:03.83	350m: 6:59.35	1:02.41
	100m: 1:48.18	59.46	200m: 3:51.10	1:01.30	300m: 5:56.94	1:02.01	400m: 7:57.69	58.34
26.	Laura Vos	Hieronymus	NT	200503840	8:34.82		99	
	50m: 51.46	51.46	150m: 2:56.88	1:05.78	250m: 5:12.90	1:08.08	350m: 7:30.68	1:09.01
	100m: 1:51.10	59.64	200m: 4:04.82	1:07.94	300m: 6:21.67	1:08.77	400m: 8:34.82	1:04.14
27.	Amber Saabeel	Hieronymus	NT	200503838	8:37.07	+0,81	98	
	50m: 50.65	50.65	150m: 3:07.68	1:12.21	250m: 5:24.40	1:08.34	350m: 7:38.88	1:07.58
	100m: 1:55.47	1:04.82	200m: 4:16.06	1:08.38	300m: 6:31.30	1:06.90	400m: 8:37.07	58.19