

Competitie hoofdklasse deel 4
 Roosendaal, 12-3-2017

 Programmanr. 12
 12-3-2017 - 14:15

Meisjes, 400m vrije slag

 Junioren 3 en jonger
 Resultaten

rang	naam	vereniging	intijd	tijd	RT		
1.	Bridget de Bat	Z & PC De Zeeuwse Kust	4:48.43	200400382	4:50.97 +0,74 550		
	50m: 31.28	31.28 150m: 1:42.15	36.11	250m: 2:56.54	36.95	350m: 4:13.06	38.53
	100m: 1:06.04	34.76 200m: 2:19.59	37.44	300m: 3:34.53	37.99	400m: 4:50.97	37.91
2.	Sanne Vermeulen	The Hague Swimming (SG)	NT	200303902	4:57.56 +0,91 514		
	50m: 32.47	32.47 150m: 1:44.95	37.24	250m: 2:59.92	37.29	350m: 4:17.91	39.25
	100m: 1:07.71	35.24 200m: 2:22.63	37.68	300m: 3:38.66	38.74	400m: 4:57.56	39.65
3.	Irina de Ridder	Z & PC De Zeeuwse Kust	5:07.00	200301224	4:57.66 +0,79 514		
	50m: 33.98	33.98 150m: 1:49.80	38.06	250m: 3:07.05	38.22	350m: 4:22.22	37.56
	100m: 1:11.74	37.76 200m: 2:28.83	39.03	300m: 3:44.66	37.61	400m: 4:57.66	35.44
4.	Janice Provoost	Z & PC De Zeeuwse Kust	5:12.40	200303076	5:03.51 +0,68 484		
	50m: 34.26	34.26 150m: 1:50.78	38.75	250m: 3:09.05	39.32	350m: 4:26.45	38.37
	100m: 1:12.03	37.77 200m: 2:29.73	38.95	300m: 3:48.08	39.03	400m: 5:03.51	37.06
5.	Mary Kate Farrell	The Hague Swimming (SG)	5:19.77	200402870	5:10.26 +0,44 454		
	50m: 34.96	34.96 150m: 1:52.42	39.16	250m: 3:12.30	39.99	350m: 4:32.03	39.99
	100m: 1:13.26	38.30 200m: 2:32.31	39.89	300m: 3:52.04	39.74	400m: 5:10.26	38.23
6.	Nicole Akkermans Castro	The Hague Swimming (SG)	5:20.81	200304942	5:11.82 +0,77 447		
	50m: 36.04	36.04 150m: 1:53.97	39.64	250m: 3:13.93	39.89	350m: 4:34.12	39.69
	100m: 1:14.33	38.29 200m: 2:34.04	40.07	300m: 3:54.43	40.50	400m: 5:11.82	37.70
7.	Kim Becx	Hieronymus	5:40.18	200302766	5:16.32 +0,82 428		
	50m: 35.07	35.07 150m: 1:54.23	40.20	250m: 3:15.03	40.38	350m: 4:36.24	40.31
	100m: 1:14.03	38.96 200m: 2:34.65	40.42	300m: 3:55.93	40.90	400m: 5:16.32	40.08
8.	Esmee Hereijgers	Hieronymus	5:31.50	200302818	5:16.91 426		
	50m: 35.07	35.07 150m: 1:53.98	39.41	250m: 3:16.62	41.38	350m: 4:38.96	41.30
	100m: 1:14.57	39.50 200m: 2:35.24	41.26	300m: 3:57.66	41.04	400m: 5:16.91	37.95
9.	Bibi de Jong	Hieronymus	6:08.57	200401164	5:23.23 +0,79 401		
	50m: 36.38	36.38 150m: 1:58.95	41.83	250m: 3:22.70	42.09	350m: 4:45.39	41.20
	100m: 1:17.12	40.74 200m: 2:40.61	41.66	300m: 4:04.19	41.49	400m: 5:23.23	37.84
10.	Kim Vriens	Hieronymus	6:11.58	200401166	5:24.45 397		
	50m: 35.60	35.60 150m: 1:55.66	40.94	250m: 3:19.07	41.53	350m: 4:44.30	42.53
	100m: 1:14.72	39.12 200m: 2:37.54	41.88	300m: 4:01.77	42.70	400m: 5:24.45	40.15
11.	Danique Cuelenaere	Z & PC De Zeeuwse Kust	5:57.32	200400690	5:31.05 +0,83 373		
	50m: 36.93	36.93 150m: 1:58.08	40.75	250m: 3:21.65	42.70	350m: 4:47.78	43.23
	100m: 1:17.33	40.40 200m: 2:38.95	40.87	300m: 4:04.55	42.90	400m: 5:31.05	43.27
DIS	Mara Kraak	Z & PC De Zeeuwse Kust	6:18.95	200402990	+0,43		
	AA - Gestart voor het startsignaal (en wel gezwommen).						