

Programmanr. 5
18-5-2013

Dames, 400m vrije slag

Senioren Open
Resultaten

Nederlands Record 12 jaar	4:35.09	Esmee Vermeulen	Eindhoven	5-12-2008
Nederlands Record 13 jaar	4:27.28	Esmee Vermeulen	Eindhoven	11-10-2009
Nederlands Record 14 jaar	4:20.37	Karen Wammes	Antwerpen (BEL)	1-8-1991
Nederlands Record 15 jaar	4:12.53	Sharon van Rouwendaal	Belgrado (SRB)	31-7-2008
Nederlands Record 16 jaar	4:11.35	Sharon van Rouwendaal	Eindhoven	12-6-2009
Nederlands Record 17 jaar	4:09.40	Annelies Maas	Jönköping (SWE)	17-8-1977
Nederlands Record 18 jaar	4:12.40	Jolande van der Meer	Guayaquil (ECU)	4-8-1982
Nederlands Record Senioren	4:08.70	Kirsten Vliegheuis	Atlanta (USA)	22-7-1996
Nederlands Record Junioren	4:20.37	Karen Wammes	Antwerpen (BEL)	1-8-1991
Nederlands Record Jeugd	4:11.35	Sharon van Rouwendaal	Eindhoven	12-6-2009
Brabants Record Sen.	4:08.70	Kirsten Vliegheuis	Atlanta (USA)	22-7-1996
Brabants Record Jgd. 1	4:31.38	Anneke van Kraay	Amersfoort	18-7-1977
Brabants Record Jgd. 2	4:25.64	Anneke van Kraay	Amersfoort	16-7-1978
Brabants Record Jun. 1	4:52.72	Margit de Pon	Amersfoort	15-7-1980
Brabants Record Jun. 2	4:48.03	Laura van Engelen	Amersfoort	21-4-2013
Brabants Record Jun. 3	4:38.42	Margit de Pon	Amersfoort	18-7-1982

Punten: FINA 2011

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
Junioren 1							
1. Anne Dickens	01	SBC2000	5:17.69 426	1:13.79	1:20.41	1:23.24	1:20.25
50m: 34.71	34.71	150m: 1:54.00	40.21	250m: 3:15.69	41.49	350m: 4:38.64	41.20
100m: 1:13.79	39.08	200m: 2:34.20	40.20	300m: 3:57.44	41.75	400m: 5:17.69	39.05
2. Sam van Nunen	01	Nautilus	5:23.14 405	1:15.72	1:22.96	1:23.71	1:20.75
50m: 35.41	35.41	150m: 1:57.13	41.41	250m: 3:20.81	42.13	350m: 4:43.52	41.13
100m: 1:15.72	40.31	200m: 2:38.68	41.55	300m: 4:02.39	41.58	400m: 5:23.14	39.62
3. Marit de Lau	01	Tempo Valkenswaard	5:27.26 390	1:17.04	1:25.14	1:25.55	1:19.53
50m: 36.27	36.27	150m: 1:59.78	42.74	250m: 3:24.41	42.23	350m: 4:48.33	40.60
100m: 1:17.04	40.77	200m: 2:42.18	42.40	300m: 4:07.73	43.32	400m: 5:27.26	38.93
4. Lonneke Kampman	01	Zegenwerp	5:34.69 364	1:17.88	1:25.59	1:28.12	1:23.10
50m: 36.32	36.32	150m: 2:00.81	42.93	250m: 3:27.46	43.99	350m: 4:55.78	44.19
100m: 1:17.88	41.56	200m: 2:43.47	42.66	300m: 4:11.59	44.13	400m: 5:34.69	38.91
5. Merel Phaff	01	Nuenen	5:40.33 346	1:18.71	1:26.86	1:28.59	1:26.17
50m: 37.01	37.01	150m: 2:01.70	42.99	250m: 3:29.73	44.16	350m: 4:57.71	43.55
100m: 1:18.71	41.70	200m: 2:45.57	43.87	300m: 4:14.16	44.43	400m: 5:40.33	42.62
6. Chloë de Vetter	01	SBC2000	5:40.53 346	1:20.38	1:28.30	1:28.23	1:23.62
50m: 37.74	37.74	150m: 2:04.35	43.97	250m: 3:33.17	44.49	350m: 5:00.25	43.34
100m: 1:20.38	42.64	200m: 2:48.68	44.33	300m: 4:16.91	43.74	400m: 5:40.53	40.28
7. Dagmar Alderlieste	01	SBC2000	5:48.55 323	1:23.61	1:30.74	1:30.94	1:23.26
50m: 39.21	39.21	150m: 2:08.36	44.75	250m: 3:39.59	45.24	350m: 5:08.75	43.46
100m: 1:23.61	44.40	200m: 2:54.35	45.99	300m: 4:25.29	45.70	400m: 5:48.55	39.80
8. Nina Spit	01	Tempo Valkenswaard	6:00.60 291	1:23.53	1:32.17	1:33.58	1:31.32
50m: 38.95	38.95	150m: 2:08.65	45.12	250m: 3:42.27	46.57	350m: 5:15.21	45.93
100m: 1:23.53	44.58	200m: 2:55.70	47.05	300m: 4:29.28	47.01	400m: 6:00.60	45.39
9. Pernilla Mulder	01	SBC2000	6:05.97 279	1:24.53	1:33.76	1:34.29	1:33.39
50m: 39.66	39.66	150m: 2:11.18	46.65	250m: 3:45.51	47.22	350m: 5:20.10	47.52
100m: 1:24.53	44.87	200m: 2:58.29	47.11	300m: 4:32.58	47.07	400m: 6:05.97	45.87

Junioren 2

1. Laura van Engelen	00	AquAmigos	4:46.85 579	1:08.62	1:12.95	1:14.66	1:10.62
<i>Brabants record</i>							
50m: 32.18	32.18	150m: 1:45.11	36.49	250m: 2:59.00	37.43	350m: 4:12.65	36.42
100m: 1:08.62	36.44	200m: 2:21.57	36.46	300m: 3:36.23	37.23	400m: 4:46.85	34.20
2. Marij van der Mast	00	SBC2000	4:52.89 544	1:09.20	1:15.35	1:15.21	1:13.13
50m: 32.71	32.71	150m: 1:47.02	37.82	250m: 3:01.78	37.23	350m: 4:17.02	37.26
100m: 1:09.20	36.49	200m: 2:24.55	37.53	300m: 3:39.76	37.98	400m: 4:52.89	35.87
3. Lené Doomen	00	TRB-RES	5:03.16 490	1:11.28	1:17.84	1:17.87	1:16.17
50m: 33.20	33.20	150m: 1:50.01	38.73	250m: 3:08.00	38.88	350m: 4:25.59	38.60
100m: 1:11.28	38.08	200m: 2:29.12	39.11	300m: 3:46.99	38.99	400m: 5:03.16	37.57
4. Kim Vos	00	SBC2000	5:04.88 482	1:10.82	1:18.76	1:19.13	1:16.17
50m: 32.69	32.69	150m: 1:50.23	39.41	250m: 3:09.84	40.26	350m: 4:28.73	40.02
100m: 1:10.82	38.13	200m: 2:29.58	39.35	300m: 3:48.71	38.87	400m: 5:04.88	36.15

Programmanr. 5, Meisjes, 400m vrije slag, Junioren 2

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
5. Floor Habers	00	Zeester-Meerval	5:06.46 475	1:13.11	1:18.32	1:18.68	1:16.35
50m: 34.96	34.96	150m: 1:51.84	38.73	250m: 3:10.46	39.03	350m: 4:28.81	38.70
100m: 1:13.11	38.15	200m: 2:31.43	39.59	300m: 3:50.11	39.65	400m: 5:06.46	37.65
6. Manon Kampman	00	Zeester-Meerval	5:14.61 439	1:14.03	1:20.69	1:21.67	1:18.22
50m: 34.49	34.49	150m: 1:54.00	39.97	250m: 3:15.06	40.34	350m: 4:36.65	40.26
100m: 1:14.03	39.54	200m: 2:34.72	40.72	300m: 3:56.39	41.33	400m: 5:14.61	37.96
7. Lisa de Beijer	00	PSV	5:18.41 423	1:14.14	1:19.86	1:22.70	1:21.71
50m: 35.57	35.57	150m: 1:53.77	39.63	250m: 3:14.90	40.90	350m: 4:38.54	41.84
100m: 1:14.14	38.57	200m: 2:34.00	40.23	300m: 3:56.70	41.80	400m: 5:18.41	39.87
8. Britt van Zundert	00	De Warande	5:31.89 374	1:16.31	1:23.59	1:27.15	1:24.84
50m: 36.13	36.13	150m: 1:57.76	41.45	250m: 3:22.88	42.98	350m: 4:50.53	43.48
100m: 1:16.31	40.18	200m: 2:39.90	42.14	300m: 4:07.05	44.17	400m: 5:31.89	41.36
9. Lot Sauren	00	Nuenen	5:35.51 362	1:16.72	1:25.73	1:28.77	1:24.29
50m: 35.62	35.62	150m: 2:00.20	43.48	250m: 3:27.26	44.81	350m: 4:55.14	43.92
100m: 1:16.72	41.10	200m: 2:42.45	42.25	300m: 4:11.22	43.96	400m: 5:35.51	40.37
10. Flo Bosmans	00	Merlet	5:39.18 350	1:16.95	1:25.89	1:30.02	1:26.32
50m: 35.85	35.85	150m: 2:00.16	43.21	250m: 3:27.21	44.37	350m: 4:56.58	43.72
100m: 1:16.95	41.10	200m: 2:42.84	42.68	300m: 4:12.86	45.65	400m: 5:39.18	42.60
11. Maartje Tak	00	Hieronymus	5:39.38 349	1:18.42	1:26.63	1:28.29	1:26.04
50m: 36.76	36.76	150m: 2:01.16	42.74	250m: 3:28.86	43.81	350m: 4:57.35	44.01
100m: 1:18.42	41.66	200m: 2:45.05	43.89	300m: 4:13.34	44.48	400m: 5:39.38	42.03
12. Frederiek Geurts	00	Nuenen	5:47.61 325	1:23.41	1:29.88	1:28.12	1:26.20
50m: 40.23	40.23	150m: 2:07.58	44.17	250m: 3:36.82	43.53	350m: 5:04.25	42.84
100m: 1:23.41	43.18	200m: 2:53.29	45.71	300m: 4:21.41	44.59	400m: 5:47.61	43.36

Junioren 3

1. Frederique Janssen	99	Zeester-Meerval	4:46.74 580	1:09.45	1:13.47	1:13.17	1:10.65
50m: 33.14	33.14	150m: 1:46.40	36.95	250m: 2:59.79	36.87	350m: 4:12.65	36.56
100m: 1:09.45	36.31	200m: 2:22.92	36.52	300m: 3:36.09	36.30	400m: 4:46.74	34.09
2. Nikita van den Ouden	99	Hieronymus	4:55.57 529	1:09.18	1:16.28	1:17.00	1:13.11
50m: 32.58	32.58	150m: 1:47.23	38.05	250m: 3:04.01	38.55	350m: 4:20.40	37.94
100m: 1:09.18	36.60	200m: 2:25.46	38.23	300m: 3:42.46	38.45	400m: 4:55.57	35.17
3. Kyra Jongman	99	Zeester-Meerval	5:04.55 484	1:13.73	1:16.42	1:18.29	1:16.11
50m: 35.00	35.00	150m: 1:51.96	38.23	250m: 3:08.67	38.52	350m: 4:27.46	39.02
100m: 1:13.73	38.73	200m: 2:30.15	38.19	300m: 3:48.44	39.77	400m: 5:04.55	37.09
4. Eline Hartogs	99	PSV	5:24.33 400	1:13.50	1:23.02	1:24.44	1:23.37
50m: 34.14	34.14	150m: 1:54.78	41.28	250m: 3:18.38	41.86	350m: 4:43.78	42.82
100m: 1:13.50	39.36	200m: 2:36.52	41.74	300m: 4:00.96	42.58	400m: 5:24.33	40.55
5. Anne May Alkemade	99	SBC2000	5:26.26 393	1:15.51	1:22.67	1:25.18	1:22.90
50m: 35.64	35.64	150m: 1:56.75	41.24	250m: 3:20.37	42.19	350m: 4:45.84	42.48
100m: 1:15.51	39.87	200m: 2:38.18	41.43	300m: 4:03.36	42.99	400m: 5:26.26	40.42

Jeugd 1

1. Sanne Nijholt	98	Zeester-Meerval	4:54.66 534	1:09.17	1:15.30	1:15.77	1:14.42
50m: 32.80	32.80	150m: 1:46.87	37.70	250m: 3:02.23	37.76	350m: 4:18.06	37.82
100m: 1:09.17	36.37	200m: 2:24.47	37.60	300m: 3:40.24	38.01	400m: 4:54.66	36.60
2. Eva van Ginneken	98	Hieronymus	4:57.85 517	1:10.36	1:16.23	1:17.42	1:13.84
50m: 33.12	33.12	150m: 1:48.23	37.87	250m: 3:05.06	38.47	350m: 4:21.79	37.78
100m: 1:10.36	37.24	200m: 2:26.59	38.36	300m: 3:44.01	38.95	400m: 4:57.85	36.06
3. Dian van Leeuwen	98	PSV	5:00.66 503	1:09.87	1:16.39	1:18.35	1:16.05
50m: 32.77	32.77	150m: 1:47.84	37.97	250m: 3:05.09	38.83	350m: 4:23.21	38.60
100m: 1:09.87	37.10	200m: 2:26.26	38.42	300m: 3:44.61	39.52	400m: 5:00.66	37.45
4. Anne van de Loo	98	Zeester-Meerval	5:01.69 498	1:14.57	1:14.26	1:16.11	1:16.75
50m: 35.42	35.42	150m: 1:51.06	36.49	250m: 3:06.14	37.31	350m: 4:23.24	38.30
100m: 1:14.57	39.15	200m: 2:28.83	37.77	300m: 3:44.94	38.80	400m: 5:01.69	38.45
5. Lotte Verbiesen	98	Zeester-Meerval	5:03.27 490	1:13.41	1:18.48	1:17.95	1:13.43
50m: 34.93	34.93	150m: 1:52.83	39.42	250m: 3:11.38	39.49	350m: 4:27.87	38.03
100m: 1:13.41	38.48	200m: 2:31.89	39.06	300m: 3:49.84	38.46	400m: 5:03.27	35.40
6. Lotte Arts	98	Arethusa	5:06.68 474	1:10.49	1:19.36	1:19.98	1:16.85
50m: 33.25	33.25	150m: 1:49.52	39.03	250m: 3:09.85	40.00	350m: 4:28.76	38.93
100m: 1:10.49	37.24	200m: 2:29.85	40.33	300m: 3:49.83	39.98	400m: 5:06.68	37.92

Programmanr. 5, Meisjes, 400m vrije slag, Jeugd 1

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
7. Bo van Aalst	98 Arethusa	5:07.99	468	1:09.01	1:19.35	1:20.64	1:18.99
50m: 32.37	32.37	150m: 1:48.09	39.08	250m: 3:07.86	39.50	350m: 4:29.69	40.69
100m: 1:09.01	36.64	200m: 2:28.36	40.27	300m: 3:49.00	41.14	400m: 5:07.99	38.30

Jeugd 2

1. Esmée Six	97 PSV	4:56.64	523	1:08.23	1:13.74	1:18.52	1:16.15
50m: 32.52	32.52	150m: 1:44.71	36.48	250m: 3:01.10	39.13	350m: 4:19.20	38.71
100m: 1:08.23	35.71	200m: 2:21.97	37.26	300m: 3:40.49	39.39	400m: 4:56.64	37.44
2. Manon Vermariën	97 Hieronymus	5:06.94	472	1:12.33	1:18.09	1:18.89	1:17.63
50m: 34.84	34.84	150m: 1:51.22	38.89	250m: 3:09.59	39.17	350m: 4:28.11	38.80
100m: 1:12.33	37.49	200m: 2:30.42	39.20	300m: 3:49.31	39.72	400m: 5:06.94	38.83
3. Carina Spronk	97 Vennen	5:14.78	438	1:13.74	1:20.14	1:21.43	1:19.47
50m: 35.06	35.06	150m: 1:53.50	39.76	250m: 3:14.66	40.78	350m: 4:35.67	40.36
100m: 1:13.74	38.68	200m: 2:33.88	40.38	300m: 3:55.31	40.65	400m: 5:14.78	39.11

Jeugd 2

1. Manon Vermariën	97 Hieronymus	5:06.94	472	1:12.33	1:18.09	1:18.89	1:17.63
50m: 34.84	34.84	150m: 1:51.22	38.89	250m: 3:09.59	39.17	350m: 4:28.11	38.80
100m: 1:12.33	37.49	200m: 2:30.42	39.20	300m: 3:49.31	39.72	400m: 5:06.94	38.83

Senioren 1

1. Denise van Ark	96 PSV	4:31.59	682	1:05.18	1:09.36	1:09.15	1:07.90
50m: 30.93	30.93	150m: 1:40.04	34.86	250m: 2:48.91	34.37	350m: 3:58.56	34.87
100m: 1:05.18	34.25	200m: 2:14.54	34.50	300m: 3:23.69	34.78	400m: 4:31.59	33.03
2. Lotte Langenhoff	96 Zeester-Meerval	4:47.71	574	1:08.35	1:13.10	1:13.25	1:13.01
50m: 32.78	32.78	150m: 1:44.98	36.63	250m: 2:58.12	36.67	350m: 4:12.04	37.34
100m: 1:08.35	35.57	200m: 2:21.45	36.47	300m: 3:34.70	36.58	400m: 4:47.71	35.67
3. Amy van Lier	96 TRB-RES	4:50.31	559	1:07.58	1:14.80	1:14.93	1:13.00
50m: 31.93	31.93	150m: 1:44.85	37.27	250m: 2:59.87	37.49	350m: 4:14.54	37.23
100m: 1:07.58	35.65	200m: 2:22.38	37.53	300m: 3:37.31	37.44	400m: 4:50.31	35.77
4. Yasmine Bartelds	96 SBC2000	4:52.95	544	1:08.67	1:15.81	1:15.73	1:12.74
50m: 31.82	31.82	150m: 1:46.08	37.41	250m: 3:01.72	37.24	350m: 4:17.62	37.41
100m: 1:08.67	36.85	200m: 2:24.48	38.40	300m: 3:40.21	38.49	400m: 4:52.95	35.33
5. Anne Gibbels	96 Nuenen	5:00.43	504	1:10.84	1:17.10	1:17.23	1:15.26
50m: 33.41	33.41	150m: 1:49.02	38.18	250m: 3:06.56	38.62	350m: 4:24.01	38.84
100m: 1:10.84	37.43	200m: 2:27.94	38.92	300m: 3:45.17	38.61	400m: 5:00.43	36.42
6. Evy Ulijn	96 Zeester-Meerval	5:03.16	490	1:10.30	1:16.71	1:18.81	1:17.34
50m: 32.77	32.77	150m: 1:48.52	38.22	250m: 3:05.78	38.77	350m: 4:24.94	39.12
100m: 1:10.30	37.53	200m: 2:27.01	38.49	300m: 3:45.82	40.04	400m: 5:03.16	38.22

Senioren 2

1. Lindi Verkooijen	95 SBC2000	4:40.35	620	1:06.87	1:10.72	1:11.36	1:11.40
50m: 31.69	31.69	150m: 1:41.97	35.10	250m: 2:53.12	35.53	350m: 4:04.85	35.90
100m: 1:06.87	35.18	200m: 2:17.59	35.62	300m: 3:28.95	35.83	400m: 4:40.35	35.50

Senioren

1. Marjolein Delno	94 PSV	4:28.93	703	1:05.18	1:08.77	1:08.25	1:06.73
50m: 31.07	31.07	150m: 1:39.54	34.36	250m: 2:47.79	33.84	350m: 3:56.25	34.05
100m: 1:05.18	34.11	200m: 2:13.95	34.41	300m: 3:22.20	34.41	400m: 4:28.93	32.68
2. Kim Loeffen	94 Zeester-Meerval	4:29.56	698	1:05.67	1:08.92	1:08.12	1:06.85
50m: 31.27	31.27	150m: 1:40.08	34.41	250m: 2:48.30	33.71	350m: 3:56.88	34.17
100m: 1:05.67	34.40	200m: 2:14.59	34.51	300m: 3:22.71	34.41	400m: 4:29.56	32.68
3. Désirée Emmen	92 De Warande	4:54.37	536	1:07.87	1:13.98	1:16.46	1:16.06
50m: 32.26	32.26	150m: 1:44.58	36.71	250m: 2:59.80	37.95	350m: 4:16.51	38.20
100m: 1:07.87	35.61	200m: 2:21.85	37.27	300m: 3:38.31	38.51	400m: 4:54.37	37.86
4. Liselotte Joling	75 PSV	4:55.42	530	1:10.96	1:16.39	1:14.81	1:13.26
50m: 33.57	33.57	150m: 1:48.92	37.96	250m: 3:03.95	36.60	350m: 4:19.35	37.19
100m: 1:10.96	37.39	200m: 2:27.35	38.43	300m: 3:42.16	38.21	400m: 4:55.42	36.07

Programmanr. 5, Dames, 400m vrije slag, Senioren

Rang	Geb.				Tijd		Pnt	100m	200m	300m	400m	
5.	Margot Stenveld	88	SBC2000			5:00.05	506	1:13.21	1:16.53	1:15.94	1:14.37	
	50m:	34.78	34.78	150m:	1:51.37	38.16	250m:	3:07.36	37.62	350m:	4:23.37	37.69
	100m:	1:13.21	38.43	200m:	2:29.74	38.37	300m:	3:45.68	38.32	400m:	5:00.05	36.68
6.	Britt van Diessen	89	TRB-RES			6:00.08	292	1:24.73	1:32.35	1:32.91	1:30.09	
	50m:	38.96	38.96	150m:	2:11.51	46.78	250m:	3:43.89	46.81	350m:	5:16.34	46.35
	100m:	1:24.73	45.77	200m:	2:57.08	45.57	300m:	4:29.99	46.10	400m:	6:00.08	43.74

Senioren

1.	Britt van Diessen	89	TRB-RES		6:00.08	292	1:24.73	1:32.35	1:32.91	1:30.09		
	50m:	38.96	38.96	150m:	2:11.51	46.78	250m:	3:43.89	46.81	350m:	5:16.34	46.35
	100m:	1:24.73	45.77	200m:	2:57.08	45.57	300m:	4:29.99	46.10	400m:	6:00.08	43.74