

**Event 11**  
**7-4-2023 - 9:00**
**Women, 400m Medley**
**Senioren Open**  
**Results Prelim**

Points: FINA 2022

rang	naam	vereniging	tijd	RT	fin.	FINA PARA	rudolf	100m	200m	300m	400m
<b>Junior</b>											
1.	Djanilla Brink	De Dolfijn	<b>4:59.41</b>	+0,76	Q	704	15,2	1:09.05	2:29.26	3:50.39	4:59.41
	50m: 31.76	31.76	150m: 1:49.45	40.40	250m: 3:09.20	39.94	350m: 4:25.35	34.96			
	100m: 1:09.05	37.29	200m: 2:29.26	39.81	300m: 3:50.39	41.19	400m: 4:59.41	34.06			
2.	Megan Jonkman	Blue Marlins	<b>5:07.20</b>	+0,79	Q	651	13,4	1:07.08	2:27.85	3:57.63	5:07.20
	50m: 31.45	31.45	150m: 1:48.22	41.14	250m: 3:12.96	45.11	350m: 4:33.18	35.55			
	100m: 1:07.08	35.63	200m: 2:27.85	39.63	300m: 3:57.63	44.67	400m: 5:07.20	34.02			
3.	Merel Schravendijk	HPC - Blue Marlins	<b>5:14.07</b>	+0,70	Q	609	11,4	1:10.34	2:31.79	4:02.41	5:14.07
	50m: 32.19	32.19	150m: 1:52.73	42.39	250m: 3:16.59	44.80	350m: 4:39.28	36.87			
	100m: 1:10.34	38.15	200m: 2:31.79	39.06	300m: 4:02.41	45.82	400m: 5:14.07	34.79			
4.	Frouke Ludwig	DZ&PC	<b>5:15.02</b>	+0,71	Q	604	13,6	1:08.68	2:27.55	4:01.46	5:15.02
	50m: 31.00	31.00	150m: 1:48.51	39.83	250m: 3:14.15	46.60	350m: 4:39.46	38.00			
	100m: 1:08.68	37.68	200m: 2:27.55	39.04	300m: 4:01.46	47.31	400m: 5:15.02	35.56			
5.	Nova Nijziel	PSV	<b>5:15.97</b>	+0,73	Q	599	13,4	1:09.16	2:28.00	4:02.01	5:15.97
	50m: 32.35	32.35	150m: 1:49.23	40.07	250m: 3:14.26	46.26	350m: 4:39.71	37.70			
	100m: 1:09.16	36.81	200m: 2:28.00	38.77	300m: 4:02.01	47.75	400m: 5:15.97	36.26			
6.	Fay Boxum	DZ&PC	<b>5:21.47</b>	+0,81	Q	568	13,5	1:14.33	2:33.27	4:07.49	5:21.47
	50m: 33.22	33.22	150m: 1:54.26	39.93	250m: 3:19.70	46.43	350m: 4:45.14	37.65			
	100m: 1:14.33	41.11	200m: 2:33.27	39.01	300m: 4:07.49	47.79	400m: 5:21.47	36.33			
7.	Meyke v. Nimwegen	De Schotejil	<b>5:25.23</b>	+0,79	Q	549	11,3	1:12.93	2:33.81	4:08.98	5:25.23
	50m: 33.46	33.46	150m: 1:53.94	41.01	250m: 3:20.22	46.41	350m: 4:47.71	38.73			
	100m: 1:12.93	39.47	200m: 2:33.81	39.87	300m: 4:08.98	48.76	400m: 5:25.23	37.52			
8.	Laura van Etten	HZ&PC Heerenveen	<b>5:31.45</b>	+0,82	Q	518	9,9	1:17.26	2:35.80	4:17.25	5:31.45
	50m: 34.91	34.91	150m: 1:56.84	39.58	250m: 3:26.75	50.95	350m: 4:54.40	37.15			
	100m: 1:17.26	42.35	200m: 2:35.80	38.96	300m: 4:17.25	50.50	400m: 5:31.45	37.05			
<b>Senioren Open</b>											
1.	Marrit Steenbergen	HPC - PSV	<b>4:44.28</b>	+0,73	Q	822	17,4	1:02.11	2:18.92	3:39.58	4:44.28
	<i>Dutch Record</i>										
	50m: 28.36	28.36	150m: 1:40.96	38.85	250m: 2:58.35	39.43	350m: 4:12.87	33.29			
	100m: 1:02.11	33.75	200m: 2:18.92	37.96	300m: 3:39.58	41.23	400m: 4:44.28	31.41			
2.	Lotte Hosper	HPC - Blue Marlins	<b>4:56.29</b>	+0,79	Q	726	14,5	1:03.71	2:17.16	3:46.84	4:56.29
	50m: 29.92	29.92	150m: 1:40.90	37.19	250m: 3:01.60	44.44	350m: 4:22.05	35.21			
	100m: 1:03.71	33.79	200m: 2:17.16	36.26	300m: 3:46.84	45.24	400m: 4:56.29	34.24			
3.	Djanilla Brink	De Dolfijn	<b>4:59.41</b>	+0,76	Q	704	15,2	1:09.05	2:29.26	3:50.39	4:59.41
	50m: 31.76	31.76	150m: 1:49.45	40.40	250m: 3:09.20	39.94	350m: 4:25.35	34.96			
	100m: 1:09.05	37.29	200m: 2:29.26	39.81	300m: 3:50.39	41.19	400m: 4:59.41	34.06			
4.	Megan Jonkman	Blue Marlins	<b>5:07.20</b>	+0,79	Q	651	13,4	1:07.08	2:27.85	3:57.63	5:07.20
	50m: 31.45	31.45	150m: 1:48.22	41.14	250m: 3:12.96	45.11	350m: 4:33.18	35.55			
	100m: 1:07.08	35.63	200m: 2:27.85	39.63	300m: 3:57.63	44.67	400m: 5:07.20	34.02			
5.	Eileen Molas Huerta	SG Stadtwerke Muenchen	<b>5:09.07</b>	+0,75	Q	640	12,4	1:11.08	2:27.40	3:58.20	5:09.07
	50m: 32.44	32.44	150m: 1:49.59	38.51	250m: 3:12.23	44.83	350m: 4:34.39	36.19			
	100m: 1:11.08	38.64	200m: 2:27.40	37.81	300m: 3:58.20	45.97	400m: 5:09.07	34.68			
6.	Alinda Dingshoff	De Dolfijn	<b>5:12.35</b>	+0,79	Q	620	10,7	1:07.15	2:23.95	3:59.41	5:12.35
	50m: 31.14	31.14	150m: 1:46.06	38.91	250m: 3:11.11	47.16	350m: 4:36.67	37.26			
	100m: 1:07.15	36.01	200m: 2:23.95	37.89	300m: 3:59.41	48.30	400m: 5:12.35	35.68			
7.	Merel Schravendijk	HPC - Blue Marlins	<b>5:14.07</b>	+0,70	Q	609	11,4	1:10.34	2:31.79	4:02.41	5:14.07
	50m: 32.19	32.19	150m: 1:52.73	42.39	250m: 3:16.59	44.80	350m: 4:39.28	36.87			
	100m: 1:10.34	38.15	200m: 2:31.79	39.06	300m: 4:02.41	45.82	400m: 5:14.07	34.79			
8.	Frouke Ludwig	DZ&PC	<b>5:15.02</b>	+0,71	Q	604	13,6	1:08.68	2:27.55	4:01.46	5:15.02
	50m: 31.00	31.00	150m: 1:48.51	39.83	250m: 3:14.15	46.60	350m: 4:39.46	38.00			
	100m: 1:08.68	37.68	200m: 2:27.55	39.04	300m: 4:01.46	47.31	400m: 5:15.02	35.56			
9.	Nova Nijziel	PSV	<b>5:15.97</b>	+0,73	Q	599	13,4	1:09.16	2:28.00	4:02.01	5:15.97
	50m: 32.35	32.35	150m: 1:49.23	40.07	250m: 3:14.26	46.26	350m: 4:39.71	37.70			
	100m: 1:09.16	36.81	200m: 2:28.00	38.77	300m: 4:02.01	47.75	400m: 5:15.97	36.26			
10.	Fay Boxum	DZ&PC	<b>5:21.47</b>	+0,81	Q	568	13,5	1:14.33	2:33.27	4:07.49	5:21.47
	50m: 33.22	33.22	150m: 1:54.26	39.93	250m: 3:19.70	46.43	350m: 4:45.14	37.65			
	100m: 1:14.33	41.11	200m: 2:33.27	39.01	300m: 4:07.49	47.79	400m: 5:21.47	36.33			

## Event 11, Women, 400m Medley, Prelim, Senioren Open

rang naam	vereniging	tijd	RT	fin.	FINA PARA	rudolf	100m	200m	300m	400m
11. Meyke v. Nimwegen	De Schoteijl	<b>5:25.23</b>	+0,79	Q	549	11,3	1:12.93	2:33.81	4:08.98	5:25.23
50m: 33.46	33.46	150m: 1:53.94	41.01	250m: 3:20.22	46.41	350m: 4:47.71	38.73			
100m: 1:12.93	39.47	200m: 2:33.81	39.87	300m: 4:08.98	48.76	400m: 5:25.23	37.52			
12. Laura van Etten	HZ&PC Heerenveen	<b>5:31.45</b>	+0,82	Q	518	9,9	1:17.26	2:35.80	4:17.25	5:31.45
50m: 34.91	34.91	150m: 1:56.84	39.58	250m: 3:26.75	50.95	350m: 4:54.40	37.15			
100m: 1:17.26	42.35	200m: 2:35.80	38.96	300m: 4:17.25	50.50	400m: 5:31.45	37.05			