

Programmanr. 27
 9-4-2023 - 9:00

Dames, 400m vrije slag
Senioren Open
Resultaten Voorronde

Punten: FINA 2022

rang	naam	vereniging	tijd	RT	fin.	FINA PARA	rudolf	100m	200m	300m	400m
PARA											
1.	Liesette Bruinsma	HPC PARA - HZ&PC Heeren	5:15.13	+0,68	R	422	961	1:12.95	2:33.82	3:54.45	5:15.13
	50m: 33.80	33.80	150m: 1:53.26	40.31	250m: 3:14.46	40.64		350m: 4:33.98	39.53		
	100m: 1:12.95	39.15	200m: 2:33.82	40.56	300m: 3:54.45	39.99		400m: 5:15.13	41.15		
2.	Maike Naomi Schwarz	SC Potsdam e.V.	4:54.17	+0,76	B	519	838	1:08.86	2:23.37	3:38.63	4:54.17
	50m: 32.39	32.39	150m: 1:45.73	36.87	250m: 3:00.64	37.27		350m: 4:16.46	37.83		
	100m: 1:08.86	36.47	200m: 2:23.37	37.64	300m: 3:38.63	37.99		400m: 4:54.17	37.71		
3.	Amber van der Kruk	HPC PARA - MSV Zeemacht	4:57.70	+0,84	R	501	810	1:06.85	2:22.81	3:40.25	4:57.70
	50m: 31.28	31.28	150m: 1:44.51	37.66	250m: 3:00.99	38.18		350m: 4:19.22	38.97		
	100m: 1:06.85	35.57	200m: 2:22.81	38.30	300m: 3:40.25	39.26		400m: 4:57.70	38.48		
Junior											
1.	Zara Selimovic	SG Essen	4:27.53	+0,67	Q	690		1:03.52	2:11.65	3:19.29	4:27.53
	50m: 30.39	30.39	150m: 1:37.33	33.81	250m: 2:45.30	33.65		350m: 3:53.48	34.19		
	100m: 1:03.52	33.13	200m: 2:11.65	34.32	300m: 3:19.29	33.99		400m: 4:27.53	34.05		
2.	M. van der Kamp	HZ&PC Heerenveen	4:27.65	+0,74	Q	689		1:03.52	2:11.10	3:19.54	4:27.65
	50m: 30.55	30.55	150m: 1:37.08	33.56	250m: 2:45.17	34.07		350m: 3:54.08	34.54		
	100m: 1:03.52	32.97	200m: 2:11.10	34.02	300m: 3:19.54	34.37		400m: 4:27.65	33.57		
3.	Merel Schravendijk	HPC - Blue Marlins	4:31.53	+0,71	Q	660		1:03.87	2:12.52	3:22.52	4:31.53
	50m: 30.41	30.41	150m: 1:37.88	34.01	250m: 2:47.33	34.81		350m: 3:57.68	35.16		
	100m: 1:03.87	33.46	200m: 2:12.52	34.64	300m: 3:22.52	35.19		400m: 4:31.53	33.85		
4.	Lea-Sophie Wenzel	SG Essen	4:33.30	+0,74	Q	647		1:05.18	2:14.36	3:24.84	4:33.30
	50m: 31.47	31.47	150m: 1:39.56	34.38	250m: 2:49.35	34.99		350m: 3:59.71	34.87		
	100m: 1:05.18	33.71	200m: 2:14.36	34.80	300m: 3:24.84	35.49		400m: 4:33.30	33.59		
5.	Frouke Ludwig	DZ&PC	4:43.29	+0,77	Q	581		1:06.47	2:18.97	3:30.76	4:43.29
	50m: 31.42	31.42	150m: 1:42.64	36.17	250m: 2:54.70	35.73		350m: 4:07.86	37.10		
	100m: 1:06.47	35.05	200m: 2:18.97	36.33	300m: 3:30.76	36.06		400m: 4:43.29	35.43		
Senioren Open											
1.	Francisca Soares Martins	Foca Quinta da Lixa CNF	4:14.61	+0,71	A	801		1:01.33	2:05.77	3:10.96	4:14.61
	50m: 29.67	29.67	150m: 1:33.45	32.12	250m: 2:38.47	32.70		350m: 3:43.31	32.35		
	100m: 1:01.33	31.66	200m: 2:05.77	32.32	300m: 3:10.96	32.49		400m: 4:14.61	31.30		
2.	Imani de Jong	HPC - De Dolfijn	4:16.36	+0,69	A	784		1:00.90	2:06.11	3:12.78	4:16.36
	50m: 29.17	29.17	150m: 1:33.20	32.30	250m: 2:39.36	33.25		350m: 3:45.47	32.69		
	100m: 1:00.90	31.73	200m: 2:06.11	32.91	300m: 3:12.78	33.42		400m: 4:16.36	30.89		
3.	Janna van Kooten	HPC - ZPC Hoogeveen	4:16.63	+0,75	A	782		1:01.47	2:06.90	3:12.93	4:16.63
	50m: 29.22	29.22	150m: 1:33.87	32.40	250m: 2:39.59	32.69		350m: 3:45.91	32.98		
	100m: 1:01.47	32.25	200m: 2:06.90	33.03	300m: 3:12.93	33.34		400m: 4:16.63	30.72		
4.	Serena Stel	De Dolfijn	4:19.31	+0,68	A	758		1:01.02	2:06.40	3:13.18	4:19.31
	50m: 29.18	29.18	150m: 1:33.37	32.35	250m: 2:39.51	33.11		350m: 3:46.47	33.29		
	100m: 1:01.02	31.84	200m: 2:06.40	33.03	300m: 3:13.18	33.67		400m: 4:19.31	32.84		
5.	Silke Holkenborg	HPC - VZC	4:20.83	+0,70	A	745		1:02.81	2:09.92	3:16.21	4:20.83
	50m: 30.18	30.18	150m: 1:36.24	33.43	250m: 2:43.21	33.29		350m: 3:49.08	32.87		
	100m: 1:02.81	32.63	200m: 2:09.92	33.68	300m: 3:16.21	33.00		400m: 4:20.83	31.75		
6.	Yara van Kalmthout	HPC - PSV	4:20.87	+0,76	A	744		1:03.05	2:09.93	3:16.28	4:20.87
	50m: 30.18	30.18	150m: 1:36.22	33.17	250m: 2:43.08	33.15		350m: 3:49.25	32.97		
	100m: 1:03.05	32.87	200m: 2:09.93	33.71	300m: 3:16.28	33.20		400m: 4:20.87	31.62		
7.	Johanna Enkner	Austrian Swimming federation	4:25.28	+0,83	A	708		1:03.32	2:10.45	3:18.07	4:25.28
	50m: 30.74	30.74	150m: 1:36.81	33.49	250m: 2:44.09	33.64		350m: 3:52.34	34.27		
	100m: 1:03.32	32.58	200m: 2:10.45	33.64	300m: 3:18.07	33.98		400m: 4:25.28	32.94		
8.	Elise Hardeman	ZPC AMERSFOORT	4:26.58	+0,73	A	697		1:02.58	2:10.05	3:18.42	4:26.58
	50m: 29.62	29.62	150m: 1:36.00	33.42	250m: 2:43.90	33.85		350m: 3:52.79	34.37		
	100m: 1:02.58	32.96	200m: 2:10.05	34.05	300m: 3:18.42	34.52		400m: 4:26.58	33.79		
9.	Zara Selimovic	SG Essen	4:27.53	+0,67	Q	690		1:03.52	2:11.65	3:19.29	4:27.53
	50m: 30.39	30.39	150m: 1:37.33	33.81	250m: 2:45.30	33.65		350m: 3:53.48	34.19		
	100m: 1:03.52	33.13	200m: 2:11.65	34.32	300m: 3:19.29	33.99		400m: 4:27.53	34.05		
10.	M. van der Kamp	HZ&PC Heerenveen	4:27.65	+0,74	Q	689		1:03.52	2:11.10	3:19.54	4:27.65
	50m: 30.55	30.55	150m: 1:37.08	33.56	250m: 2:45.17	34.07		350m: 3:54.08	34.54		
	100m: 1:03.52	32.97	200m: 2:11.10	34.02	300m: 3:19.54	34.37		400m: 4:27.65	33.57		

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rang naam	vereniging	tijd	RT	fin.	FINA PARA	rudolf	100m	200m	300m	400m
11. Jade Smits	Brabo Zwemclub Antwerpen	4:30.93	+0,62	B	664	11,5	1:04.17	2:14.31	3:23.48	4:30.93
50m: 30.42	30.42	150m: 1:39.15	34.98	250m: 2:48.82	34.51	350m: 3:57.71	34.23			
100m: 1:04.17	33.75	200m: 2:14.31	35.16	300m: 3:23.48	34.66	400m: 4:30.93	33.22			
12. Merel Schravendijk	HPC - Blue Marlins	4:31.53	+0,71	Q	660	12,8	1:03.87	2:12.52	3:22.52	4:31.53
50m: 30.41	30.41	150m: 1:37.88	34.01	250m: 2:47.33	34.81	350m: 3:57.68	35.16			
100m: 1:03.87	33.46	200m: 2:12.52	34.64	300m: 3:22.52	35.19	400m: 4:31.53	33.85			
13. Lea-Sophie Wenzel	SG Essen	4:33.30	+0,74	Q	647	12,6	1:05.18	2:14.36	3:24.84	4:33.30
50m: 31.47	31.47	150m: 1:39.56	34.38	250m: 2:49.35	34.99	350m: 3:59.71	34.87			
100m: 1:05.18	33.71	200m: 2:14.36	34.80	300m: 3:24.84	35.49	400m: 4:33.30	33.59			
14. Kirsten Verhalle	PSV	4:34.14	+0,79	B	641	11,7	1:04.86	2:14.28	3:25.28	4:34.14
50m: 30.85	30.85	150m: 1:39.26	34.40	250m: 2:49.74	35.46	350m: 4:00.25	34.97			
100m: 1:04.86	34.01	200m: 2:14.28	35.02	300m: 3:25.28	35.54	400m: 4:34.14	33.89			
15. Frouke Ludwig	DZ&PC	4:43.29	+0,77	Q	581	11,9	1:06.47	2:18.97	3:30.76	4:43.29
50m: 31.42	31.42	150m: 1:42.64	36.17	250m: 2:54.70	35.73	350m: 4:07.86	37.10			
100m: 1:06.47	35.05	200m: 2:18.97	36.33	300m: 3:30.76	36.06	400m: 4:43.29	35.43			
16. Maike Naomi Schwarz	SC Potsdam e.V.	4:54.17	+0,76	B	519 838	5,2	1:08.86	2:23.37	3:38.63	4:54.17
50m: 32.39	32.39	150m: 1:45.73	36.87	250m: 3:00.64	37.27	350m: 4:16.46	37.83			
100m: 1:08.86	36.47	200m: 2:23.37	37.64	300m: 3:38.63	37.99	400m: 4:54.17	37.71			
17. Amber van der Kruk	HPC PARA - MSV Zeemacht S14	4:57.70	+0,84	R	501 810	4,2	1:06.85	2:22.81	3:40.25	4:57.70
50m: 31.28	31.28	150m: 1:44.51	37.66	250m: 3:00.99	38.18	350m: 4:19.22	38.97			
100m: 1:06.85	35.57	200m: 2:22.81	38.30	300m: 3:40.25	39.26	400m: 4:57.70	38.48			
18. Liesette Bruinsma	HPC PARA - HZ&PC Heeren S11	5:15.13	+0,68	R	422 961		1:12.95	2:33.82	3:54.45	5:15.13
50m: 33.80	33.80	150m: 1:53.26	40.31	250m: 3:14.46	40.64	350m: 4:33.98	39.53			
100m: 1:12.95	39.15	200m: 2:33.82	40.56	300m: 3:54.45	39.99	400m: 5:15.13	41.15			
NG Barbora Seemanova	Czech Republic - National Team									