

Eindhoven Qualification Meet 2023  
Eindhoven, 6- - 9-4-2023

Programmanr. 27  
9-4-2023 - 17:00

Dames, 400m vrije slag

Senioren Open  
Resultaten Finale

Punten: FINA 2022

| rang                 | naam                     | vereniging                   | tijd      | RT             | FINA  | PARA          | rudolf  |
|----------------------|--------------------------|------------------------------|-----------|----------------|-------|---------------|---------|
| <b>Senioren Open</b> |                          |                              |           |                |       |               |         |
| <b>Finale A</b>      |                          |                              |           |                |       |               |         |
| 1.                   | Francisca Soares Martins | Foca Quinta da Lixa CNF      | 126504    | <b>4:11.10</b> | +0,68 | 835           | 16,8    |
|                      | 50m: 28.68               | 28.68 150m: 1:31.64          | 31.76     | 250m: 2:36.11  | 32.33 | 350m: 3:40.09 | 31.73   |
|                      | 100m: 59.88              | 31.20 200m: 2:03.78          | 32.14     | 300m: 3:08.36  | 32.25 | 400m: 4:11.10 | 31.01   |
| 2.                   | Imani de Jong            | HPC - De Dolfijn             | 200200464 | <b>4:13.38</b> | +0,68 | 812           | 16,2    |
|                      | 50m: 28.42               | 28.42 150m: 1:32.01          | 32.13     | 250m: 2:36.91  | 32.75 | 350m: 3:41.80 | 32.18   |
|                      | 100m: 59.88              | 31.46 200m: 2:04.16          | 32.15     | 300m: 3:09.62  | 32.71 | 400m: 4:13.38 | 31.58   |
| 3.                   | Janna van Kooten         | HPC - ZPC Hoogeveen          | 200404584 | <b>4:15.13</b> | +0,75 | 796           | 16,8    |
|                      | 50m: 29.00               | 29.00 150m: 1:33.00          | 32.14     | 250m: 2:37.90  | 32.41 | 350m: 3:43.00 | 32.36   |
|                      | 100m: 1:00.86            | 31.86 200m: 2:05.49          | 32.49     | 300m: 3:10.64  | 32.74 | 400m: 4:15.13 | 32.13   |
| 4.                   | Silke Holkenborg         | HPC - VZC                    | 200100292 | <b>4:16.08</b> | +0,70 | 787           | 15,5    |
|                      | 50m: 29.16               | 29.16 150m: 1:33.46          | 32.43     | 250m: 2:38.42  | 32.52 | 350m: 3:44.09 | 32.78   |
|                      | 100m: 1:01.03            | 31.87 200m: 2:05.90          | 32.44     | 300m: 3:11.31  | 32.89 | 400m: 4:16.08 | 31.99   |
| 5.                   | Johanna Enkner           | Austrian Swimming federation | 33825     | <b>4:19.99</b> | +0,81 | 752           | 14,4    |
|                      | 50m: 30.38               | 30.38 150m: 1:35.47          | 32.82     | 250m: 2:41.50  | 33.09 | 350m: 3:48.08 | 32.94   |
|                      | 100m: 1:02.65            | 32.27 200m: 2:08.41          | 32.94     | 300m: 3:15.14  | 33.64 | 400m: 4:19.99 | 31.91   |
| 6.                   | Yara van Kalmthout       | HPC - PSV                    | 200200984 | <b>4:20.46</b> | +0,74 | 748           | 14,3    |
|                      | 50m: 29.78               | 29.78 150m: 1:35.81          | 33.14     | 250m: 2:41.86  | 33.09 | 350m: 3:47.94 | 32.73   |
|                      | 100m: 1:02.67            | 32.89 200m: 2:08.77          | 32.96     | 300m: 3:15.21  | 33.35 | 400m: 4:20.46 | 32.52   |
| 7.                   | Zara Selimovic           | SG Essen                     | 363732    | <b>4:23.19</b> | +0,68 | 725           | 15,9    |
|                      | 50m: 30.38               | 30.38 150m: 1:35.79          | 32.81     | 250m: 2:42.05  | 33.14 | 350m: 3:49.61 | 33.93   |
|                      | 100m: 1:02.98            | 32.60 200m: 2:08.91          | 33.12     | 300m: 3:15.68  | 33.63 | 400m: 4:23.19 | 33.58   |
| 8.                   | Elise Hardeman           | ZPC AMERSFOORT               | 200101068 | <b>4:25.66</b> | +0,71 | 705           | 12,9    |
|                      | 50m: 29.41               | 29.41 150m: 1:35.33          | 33.05     | 250m: 2:43.04  | 34.00 | 350m: 3:52.22 | 34.50   |
|                      | 100m: 1:02.28            | 32.87 200m: 2:09.04          | 33.71     | 300m: 3:17.72  | 34.68 | 400m: 4:25.66 | 33.44   |
| <b>Finale B</b>      |                          |                              |           |                |       |               |         |
| 9.                   | M. van der Kamp          | HZ&PC Heerenveen             | 200500218 | <b>4:25.12</b> | +0,75 | 709           | 14,5    |
|                      | 50m: 30.25               | 30.25 150m: 1:36.10          | 33.45     | 250m: 2:44.58  | 34.26 | 350m: 3:52.41 | 33.58   |
|                      | 100m: 1:02.65            | 32.40 200m: 2:10.32          | 34.22     | 300m: 3:18.83  | 34.25 | 400m: 4:25.12 | 32.71   |
| 10.                  | Merel Schravendijk       | HPC - Blue Marlins           | 200503382 | <b>4:31.26</b> | +0,70 | 662           | 12,9    |
|                      | 50m: 30.63               | 30.63 150m: 1:37.75          | 34.26     | 250m: 2:47.82  | 35.32 | 350m: 3:58.66 | 35.47   |
|                      | 100m: 1:03.49            | 32.86 200m: 2:12.50          | 34.75     | 300m: 3:23.19  | 35.37 | 400m: 4:31.26 | 32.60   |
| 11.                  | Kirsten Verhelle         | PSV                          | 200400210 | <b>4:32.26</b> | +0,76 | 655           | 12,2    |
|                      | 50m: 30.41               | 30.41 150m: 1:36.91          | 33.88     | 250m: 2:46.82  | 35.02 | 350m: 3:57.89 | 35.38   |
|                      | 100m: 1:03.03            | 32.62 200m: 2:11.80          | 34.89     | 300m: 3:22.51  | 35.69 | 400m: 4:32.26 | 34.37   |
| 12.                  | Amber van der Kruk       | HPC PARA - MSV Zeemacht      | 200102730 | <b>4:41.84</b> | +0,85 | 590           | 955 8,5 |
|                      | 50m: 30.22               | 30.22 150m: 1:38.98          | 34.93     | 250m: 2:51.36  | 35.78 | 350m: 4:05.02 | 36.40   |
|                      | 100m: 1:04.05            | 33.83 200m: 2:15.58          | 36.60     | 300m: 3:28.62  | 37.26 | 400m: 4:41.84 | 36.82   |
| 13.                  | Frouke Ludwig            | DZ&PC                        | 200800112 | <b>4:41.86</b> | +0,73 | 590           | 12,3    |
|                      | 50m: 31.03               | 31.03 150m: 1:40.09          | 35.28     | 250m: 2:52.89  | 36.84 | 350m: 4:07.00 | 37.07   |
|                      | 100m: 1:04.81            | 33.78 200m: 2:16.05          | 35.96     | 300m: 3:29.93  | 37.04 | 400m: 4:41.86 | 34.86   |
| 14.                  | Liesette Bruinsma        | HPC PARA - HZ&PC Heerenve    | 200004346 | <b>5:10.23</b> | +0,72 | 442           | 1007    |
|                      | 50m: 32.42               | 32.42 150m: 1:52.00          | 39.30     | 250m: 3:11.07  | 39.59 | 350m: 4:30.76 | 40.04   |
|                      | 100m: 1:12.70            | 40.28 200m: 2:31.48          | 39.48     | 300m: 3:50.72  | 39.65 | 400m: 5:10.23 | 39.47   |