

Event 27
 9-4-2023 - 17:00

Women, 400m Freestyle

 Senioren Open
 Results Finals

Points: FINA 2022

rang	naam	vereniging	tijd	RT	FINA	PARA	rudolf	
Senioren Open								
Final A								
1.	Francisca Soares Martins	Foca Quinta da Lixa CNF	126504	4:11.10	+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 de Jong	HPC - De Dolfijn	200200464	4:13.38	+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	4:15.13	+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	4:16.08	+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	4:19.99	+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	4:20.46	+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	4:23.19	+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	4:25.66	+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
Final B								
9.	M. van der Kamp	HZ&PC Heerenveen	200500218	4:25.12	+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	4:31.26	+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 Verhalle	PSV	200400210	4:32.26	+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	4:41.84	+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	4:41.86	+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	5:10.23	+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