

Programmanr. 11  
12-4-2024 - 9:00

Dames, 400m wisselslag

Senioren Open  
Resultaten Voorrunde

Punten: FINA 2024

rang	naam	vereniging	tijd	RT	FINA	PARA
<b>Junior</b>						
1.	Carlotta Ingenerf	W98 Hannover	328562	<b>5:00.89</b>	+0,62	Q 689
	50m: 31.49	31.49 150m: 1:47.96	39.41	250m: 3:08.85	42.72	350m: 4:26.45
	100m: 1:08.55	37.06 200m: 2:26.13	38.17	300m: 3:51.73	42.88	400m: 5:00.89
2.	Djanilla Brink	De Dolfijn	200600988	<b>5:04.41</b>	+0,81	Q 666
	50m: 31.69	31.69 150m: 1:50.54	41.38	250m: 3:12.42	40.83	350m: 4:29.54
	100m: 1:09.16	37.47 200m: 2:31.59	41.05	300m: 3:54.34	41.92	400m: 5:04.41
3.	Dachen Haaijer	ZPC Hoogeveen	200800380	<b>5:05.14</b>	+0,78	Q 661
	50m: 31.53	31.53 150m: 1:48.57	39.08	250m: 3:10.16	44.05	350m: 4:30.22
	100m: 1:09.49	37.96 200m: 2:26.11	37.54	300m: 3:54.22	44.06	400m: 5:05.14
4.	Frouke Ludwig	DZ&PC	200800112	<b>5:05.97</b>	+0,73	Q 656
	50m: 31.80	31.80 150m: 1:48.04	39.20	250m: 3:10.67	45.22	350m: 4:32.24
	100m: 1:08.84	37.04 200m: 2:25.45	37.41	300m: 3:56.79	46.12	400m: 5:05.97
5.	Hedwig Bolt	HZ&PC Heerenveen	200602660	<b>5:06.09</b>	+0,80	Q 655
	50m: 32.01	32.01 150m: 1:51.71	41.33	250m: 3:15.26	43.06	350m: 4:33.10
	100m: 1:10.38	38.37 200m: 2:32.20	40.49	300m: 3:59.10	43.84	400m: 5:06.09
6.	Fay Boxum	DZ&PC	200900060	<b>5:10.06</b>	+0,78	Q 630
	50m: 32.27	32.27 150m: 1:51.04	38.96	250m: 3:13.31	42.64	350m: 4:34.92
	100m: 1:12.08	39.81 200m: 2:30.67	39.63	300m: 3:58.42	45.11	400m: 5:10.06
7.	Paula Buß	SG Ruhr	395912	<b>5:12.44</b>	+0,66	Q 616
	50m: 32.77	32.77 150m: 1:51.92	40.70	250m: 3:16.79	46.20	350m: 4:38.44
	100m: 1:11.22	38.45 200m: 2:30.59	38.67	300m: 4:03.17	46.38	400m: 5:12.44
8.	Elin Ditewig	VZC	200900392	<b>5:15.18</b>	+0,73	Q 600
	50m: 31.34	31.34 150m: 1:50.07	41.14	250m: 3:16.57	46.14	350m: 4:38.83
	100m: 1:08.93	37.59 200m: 2:30.43	40.36	300m: 4:02.35	45.78	400m: 5:15.18
9.	Luus Gielens	PSV	200900138	<b>5:18.31</b>	+0,89	Q 582
	50m: 33.21	33.21 150m: 1:52.04	40.53	250m: 3:18.05	46.37	350m: 4:42.99
	100m: 1:11.51	38.30 200m: 2:31.68	39.64	300m: 4:04.75	46.70	400m: 5:18.31
10.	Rhodee van den Ham	De Duinkickers	200700090	<b>5:18.55</b>	+0,71	R 581
	50m: 32.64	32.64 150m: 1:52.67	42.11	250m: 3:19.55	44.17	350m: 4:42.03
	100m: 1:10.56	37.92 200m: 2:35.38	42.71	300m: 4:05.10	45.55	400m: 5:18.55
11.	Juliëtte Woltjes	VZC	200900774	<b>5:21.05</b>	+0,79	R 567
	50m: 32.91	32.91 150m: 1:53.40	41.81	250m: 3:18.27	45.55	350m: 4:43.68
	100m: 1:11.59	38.68 200m: 2:32.72	39.32	300m: 4:05.17	46.90	400m: 5:21.05
12.	Barbora Pašková	Plavecký klub Azeta	SVK17515	<b>5:26.84</b>	+0,73	538
	50m: 33.55	33.55 150m: 1:56.85	42.30	250m: 3:24.20	46.08	350m: 4:49.26
	100m: 1:14.55	41.00 200m: 2:38.12	41.27	300m: 4:09.74	45.54	400m: 5:26.84
13.	Bregje Dekkers	PSV	200900746	<b>5:31.39</b>	+0,64	516
	50m: 32.56	32.56 150m: 1:54.40	43.65	250m: 3:23.79	46.51	350m: 4:52.03
	100m: 1:10.75	38.19 200m: 2:37.28	42.88	300m: 4:11.86	48.07	400m: 5:31.39

Senioren Open

1.	Carlotta Ingenerf	W98 Hannover	328562	<b>5:00.89</b>	+0,62	Q 689
	50m: 31.49	31.49 150m: 1:47.96	39.41	250m: 3:08.85	42.72	350m: 4:26.45
	100m: 1:08.55	37.06 200m: 2:26.13	38.17	300m: 3:51.73	42.88	400m: 5:00.89
2.	Nikita van den Ouden	PSV	199900622	<b>5:02.51</b>	+0,72	Q 678
	50m: 30.75	30.75 150m: 1:46.68	39.89	250m: 3:07.95	42.95	350m: 4:27.57
	100m: 1:06.79	36.04 200m: 2:25.00	38.32	300m: 3:51.79	43.84	400m: 5:02.51
3.	Bo Van Speybroeck	ZORO Zwemteam	ZORO/21124/04	<b>5:04.18</b>	+0,68	Q 667
	50m: 32.19	32.19 150m: 1:48.99	39.88	250m: 3:11.69	44.21	350m: 4:30.88
	100m: 1:09.11	36.92 200m: 2:27.48	38.49	300m: 3:55.70	44.01	400m: 5:04.18
4.	Djanilla Brink	De Dolfijn	200600988	<b>5:04.41</b>	+0,81	Q 666
	50m: 31.69	31.69 150m: 1:50.54	41.38	250m: 3:12.42	40.83	350m: 4:29.54
	100m: 1:09.16	37.47 200m: 2:31.59	41.05	300m: 3:54.34	41.92	400m: 5:04.41
5.	Dachen Haaijer	ZPC Hoogeveen	200800380	<b>5:05.14</b>	+0,78	Q 661
	50m: 31.53	31.53 150m: 1:48.57	39.08	250m: 3:10.16	44.05	350m: 4:30.22
	100m: 1:09.49	37.96 200m: 2:26.11	37.54	300m: 3:54.22	44.06	400m: 5:05.14

mistakes: mail nkingschrijvingen@knzb.nl

**Programmanr. 11, Dames, 400m wisselslag, Voorronde, Senioren Open**

rang	naam	vereniging	tijd	RT	FINA	PARA
6.	Frouke Ludwig	DZ&PC	200800112	<b>5:05.97</b>	+0,73	Q 656
	50m: 31.80	31.80 150m: 1:48.04	39.20	250m: 3:10.67	45.22	350m: 4:32.24
	100m: 1:08.84	37.04 200m: 2:25.45	37.41	300m: 3:56.79	46.12	400m: 5:05.97
35.45						33.73
7.	Hedwig Bolt	HZ&PC Heerenveen	200602660	<b>5:06.09</b>	+0,80	Q 655
	50m: 32.01	32.01 150m: 1:51.71	41.33	250m: 3:15.26	43.06	350m: 4:33.10
	100m: 1:10.38	38.37 200m: 2:32.20	40.49	300m: 3:59.10	43.84	400m: 5:06.09
34.00						32.99
8.	Fay Boxum	DZ&PC	200900060	<b>5:10.06</b>	+0,78	Q 630
	50m: 32.27	32.27 150m: 1:51.04	38.96	250m: 3:13.31	42.64	350m: 4:34.92
	100m: 1:12.08	39.81 200m: 2:30.67	39.63	300m: 3:58.42	45.11	400m: 5:10.06
36.50						35.14
9.	Paula Buß	SG Ruhr	395912	<b>5:12.44</b>	+0,66	Q 616
	50m: 32.77	32.77 150m: 1:51.92	40.70	250m: 3:16.79	46.20	350m: 4:38.44
	100m: 1:11.22	38.45 200m: 2:30.59	38.67	300m: 4:03.17	46.38	400m: 5:12.44
35.27						34.00
10.	Merel Schravendijk	Blue Marlins	200503382	<b>5:12.57</b>	+0,73	R 615
	50m: 31.95	31.95 150m: 1:54.24	42.73	250m: 3:18.55	43.18	350m: 4:38.07
	100m: 1:11.51	39.56 200m: 2:35.37	41.13	300m: 4:03.28	44.73	400m: 5:12.57
34.79						34.50
11.	Elin Ditewig	VZC	200900392	<b>5:15.18</b>	+0,73	Q 600
	50m: 31.34	31.34 150m: 1:50.07	41.14	250m: 3:16.57	46.14	350m: 4:38.83
	100m: 1:08.93	37.59 200m: 2:30.43	40.36	300m: 4:02.35	45.78	400m: 5:15.18
36.48						36.35
12.	Luus Gielens	PSV	200900138	<b>5:18.31</b>	+0,89	Q 582
	50m: 33.21	33.21 150m: 1:52.04	40.53	250m: 3:18.05	46.37	350m: 4:42.99
	100m: 1:11.51	38.30 200m: 2:31.68	39.64	300m: 4:04.75	46.70	400m: 5:18.31
38.24						35.32
13.	Rhodee van den Ham	De Duinkickers	200700090	<b>5:18.55</b>	+0,71	R 581
	50m: 32.64	32.64 150m: 1:52.67	42.11	250m: 3:19.55	44.17	350m: 4:42.03
	100m: 1:10.56	37.92 200m: 2:35.38	42.71	300m: 4:05.10	45.55	400m: 5:18.55
36.93						36.52
14.	Juliëtte Woltjes	VZC	200900774	<b>5:21.05</b>	+0,79	R 567
	50m: 32.91	32.91 150m: 1:53.40	41.81	250m: 3:18.27	45.55	350m: 4:43.68
	100m: 1:11.59	38.68 200m: 2:32.72	39.32	300m: 4:05.17	46.90	400m: 5:21.05
38.51						37.37
15.	Barbora Pašková	Plavecký klub Azeta	SVK17515	<b>5:26.84</b>	+0,73	538
	50m: 33.55	33.55 150m: 1:56.85	42.30	250m: 3:24.20	46.08	350m: 4:49.26
	100m: 1:14.55	41.00 200m: 2:38.12	41.27	300m: 4:09.74	45.54	400m: 5:26.84
39.52						37.58
16.	Bregje Dekkers	PSV	200900746	<b>5:31.39</b>	+0,64	516
	50m: 32.56	32.56 150m: 1:54.40	43.65	250m: 3:23.79	46.51	350m: 4:52.03
	100m: 1:10.75	38.19 200m: 2:37.28	42.88	300m: 4:11.86	48.07	400m: 5:31.39
40.17						39.36
NG	Chiara Klein	1.Potsdamer SV				