

Programmanr. 27  
14-4-2024 - 16:00

Dames, 400m vrije slag

Senioren Open  
Resultaten Finale

Punten: FINA 2024

rang	naam	vereniging	tijd	RT	FINA	PARA	
<b>PARA</b>							
1.	Liesette Bruinsma	TeamNL PARA - HZ&PC Heerenveen 200004346	S11	<b>5:06.48</b>	+0,70	453 916	
	50m: 33.73	33.73 150m: 1:51.66	39.51	250m: 3:11.02	39.51	350m: 4:29.48	40.04
	100m: 1:12.15	38.42 200m: 2:31.51	39.85	300m: 3:49.44	38.42	400m: 5:06.48	37.00
2.	B. Lerida Maldonado	CAR Madrid SPAIN	S9	<b>5:02.01</b>	+0,95	473 765	
	50m: 34.70	34.70 150m: 1:50.35	38.37	250m: 3:07.39	38.48	350m: 4:24.40	38.03
	100m: 1:11.98	37.28 200m: 2:28.91	38.56	300m: 3:46.37	38.98	400m: 5:02.01	37.61
3.	Julia Benito De Tena	CAR Madrid SPAIN	S10	<b>5:08.55</b>	+0,61	443 647	
	50m: 35.08	35.08 150m: 1:51.67	38.81	250m: 3:10.31	39.76	350m: 4:30.77	40.12
	100m: 1:12.86	37.78 200m: 2:30.55	38.88	300m: 3:50.65	40.34	400m: 5:08.55	37.78
4.	Gwyneth van der Spek	Batavia Swim	201102806	S7	<b>7:10.53</b>	163 330	
	50m: 52.70	52.70 150m: 2:44.12	55.21	250m: 4:34.56	55.40	350m: 6:21.76	51.84
	100m: 1:48.91	56.21 200m: 3:39.16	55.04	300m: 5:29.92	55.36	400m: 7:10.53	48.77

Senioren Open

Finale A

1.	Francisca Soares Martins	Portugal	126504	<b>4:10.86</b>	+0,65	826	
	50m: 28.43	28.43 150m: 1:30.73	31.47	250m: 2:35.02	32.27	350m: 3:39.84	32.35
	100m: 59.26	30.83 200m: 2:02.75	32.02	300m: 3:07.49	32.47	400m: 4:10.86	31.02
2.	Imani de Jong	Team NL - PSV	200200464	<b>4:13.94</b>	+0,71	796	
	50m: 28.37	28.37 150m: 1:31.26	31.49	250m: 2:36.06	32.43	350m: 3:41.62	32.59
	100m: 59.77	31.40 200m: 2:03.63	32.37	300m: 3:09.03	32.97	400m: 4:13.94	32.32
3.	Serena Stel	De Dolfijn	199801528	<b>4:17.52</b>	+0,68	763	
	50m: 29.43	29.43 150m: 1:34.14	32.72	250m: 2:40.22	32.99	350m: 3:46.17	32.91
	100m: 1:01.42	31.99 200m: 2:07.23	33.09	300m: 3:13.26	33.04	400m: 4:17.52	31.35
4.	Yara van Kalmthout	Team NL - PSV	200200984	<b>4:19.31</b>	+0,74	747	
	50m: 29.66	29.66 150m: 1:35.41	33.17	250m: 2:41.48	32.97	350m: 3:47.66	32.80
	100m: 1:02.24	32.58 200m: 2:08.51	33.10	300m: 3:14.86	33.38	400m: 4:19.31	31.65
5.	Zara Selimovic	SG Essen	363732	<b>4:20.66</b>	+0,64	736	
	50m: 30.28	30.28 150m: 1:36.83	33.72	250m: 2:43.37	32.97	350m: 3:48.61	32.98
	100m: 1:03.11	32.83 200m: 2:10.40	33.57	300m: 3:15.63	32.26	400m: 4:20.66	32.05
6.	Bekky Pozdner	Hapoel Bat Yam		<b>4:21.09</b>	+0,67	732	
	50m: 30.06	30.06 150m: 1:35.44	32.98	250m: 2:42.26	33.40	350m: 3:49.13	33.16
	100m: 1:02.46	32.40 200m: 2:08.86	33.42	300m: 3:15.97	33.71	400m: 4:21.09	31.96
7.	Noa Martin Argente	Spain	1137520	<b>4:22.47</b>	+0,65	721	
	50m: 30.08	30.08 150m: 1:36.04	33.19	250m: 2:42.68	33.18	350m: 3:49.78	33.51
	100m: 1:02.85	32.77 200m: 2:09.50	33.46	300m: 3:16.27	33.59	400m: 4:22.47	32.69
8.	Angelina Rolman	Team NL - De Dolfijn	200701972	<b>4:26.65</b> *	+0,68	687	
	50m: 30.02	30.02 150m: 1:36.53	33.57	250m: 2:43.54	33.39	350m: 3:52.66	35.13
	100m: 1:02.96	32.94 200m: 2:10.15	33.62	300m: 3:17.53	33.99	400m: 4:26.65	33.99

Finale B

9.	Laura Benková	Považskobystrický plavecký oddiel	SVK11806	<b>4:23.17</b>	+0,66	715	
	50m: 29.63	29.63 150m: 1:35.48	33.42	250m: 2:42.97	33.72	350m: 3:50.67	33.85
	100m: 1:02.06	32.43 200m: 2:09.25	33.77	300m: 3:16.82	33.85	400m: 4:23.17	32.50
10.	M. van der Kamp	HZ&PC Heerenveen	200500218	<b>4:24.41</b>	+0,72	705	
	50m: 30.38	30.38 150m: 1:37.22	33.85	250m: 2:44.75	33.93	350m: 3:52.28	33.78
	100m: 1:03.37	32.99 200m: 2:10.82	33.60	300m: 3:18.50	33.75	400m: 4:24.41	32.13
11.	Veronika Tondrová	Plavecký klub Slavia VS Plzen z.s.		<b>4:27.62</b>	+0,78	680	
	50m: 29.88	29.88 150m: 1:35.95	33.70	250m: 2:44.47	34.64	350m: 3:53.91	34.76
	100m: 1:02.25	32.37 200m: 2:09.83	33.88	300m: 3:19.15	34.68	400m: 4:27.62	33.71
12.	Marie Maerevoet	Brabo Zwemclub Antwerpen	BRABO/21435/04	<b>4:27.75</b>	+0,69	679	
	50m: 30.41	30.41 150m: 1:38.41	34.13	250m: 2:47.33	34.37	350m: 3:55.30	33.58
	100m: 1:04.28	33.87 200m: 2:12.96	34.55	300m: 3:21.72	34.39	400m: 4:27.75	32.45
13.	Ismay Lichtendonk	Dedemsvaart-AC	200400622	<b>4:32.62</b>	+0,73	643	
	50m: 30.22	30.22 150m: 1:38.27	34.51	250m: 2:48.60	35.22	350m: 3:59.46	35.40
	100m: 1:03.76	33.54 200m: 2:13.38	35.11	300m: 3:24.06	35.46	400m: 4:32.62	33.16

mistakes: mail nknschrijvingen@knzb.nl

Programmanr. 27, Dames, 400m vrije slag, Finale, Senioren Open

rang	naam	vereniging					tijd	RT	FINA	PARA
14.	Nikita van den Ouden	PSV	199900622				<b>4:32.63</b>	<b>+0,73</b>	643	
	50m: 30.65	30.65	150m: 1:39.08	34.62	250m: 2:48.90	34.90	350m: 3:59.17	35.07	35.07	
	100m: 1:04.46	33.81	200m: 2:14.00	34.92	300m: 3:24.10	35.20	400m: 4:32.63	35.07	33.46	

Junior

1.	Alba Rubio Villoria	Spain	1073458				<b>4:24.25</b>	<b>+0,78</b>	706	
	50m: 30.58	30.58	150m: 1:37.22	33.78	250m: 2:45.02	33.84	350m: 3:51.84	33.23	33.23	
	100m: 1:03.44	32.86	200m: 2:11.18	33.96	300m: 3:18.61	33.59	400m: 4:24.25	32.41	32.41	
2.	Alena Gemici	W98 Hannover	318385				<b>4:27.61</b>	<b>+0,73</b>	680	
	50m: 29.82	29.82	150m: 1:37.05	33.85	250m: 2:45.71	34.36	350m: 3:54.55	34.10	34.10	
	100m: 1:03.20	33.38	200m: 2:11.35	34.30	300m: 3:20.45	34.74	400m: 4:27.61	33.06	33.06	
3.	Anais Cornelissen	Brabo Zwemclub Antwerpen	BRABO/21165/07				<b>4:28.64</b>	<b>+0,63</b>	672	
	50m: 29.82	29.82	150m: 1:37.36	34.63	250m: 2:46.75	35.12	350m: 3:56.19	34.51	34.51	
	100m: 1:02.73	32.91	200m: 2:11.63	34.27	300m: 3:21.68	34.93	400m: 4:28.64	32.45	32.45	
4.	Hedwig Bolt	HZ&PC Heerenveen	200602660				<b>4:28.82</b>	<b>+0,80</b>	671	
	50m: 30.58	30.58	150m: 1:38.47	34.51	250m: 2:47.22	34.53	350m: 3:56.03	34.36	34.36	
	100m: 1:03.96	33.38	200m: 2:12.69	34.22	300m: 3:21.67	34.45	400m: 4:28.82	32.79	32.79	
5.	Nynke Boerefijn	ZPC AMERSFOORT	200700114				<b>4:30.23</b>	<b>+0,84</b>	660	
	50m: 30.10	30.10	150m: 1:37.53	34.21	250m: 2:46.62	34.80	350m: 3:56.62	35.14	35.14	
	100m: 1:03.32	33.22	200m: 2:11.82	34.29	300m: 3:21.48	34.86	400m: 4:30.23	33.61	33.61	
6.	Sara Costa De Vicente	Spain	1113186				<b>4:30.93</b>	<b>+0,67</b>	655	
	50m: 30.49	30.49	150m: 1:39.55	34.88	250m: 2:49.09	34.54	350m: 3:58.14	33.64	33.64	
	100m: 1:04.67	34.18	200m: 2:14.55	35.00	300m: 3:24.50	35.41	400m: 4:30.93	32.79	32.79	
7.	Paula Buß	SG Ruhr	395912				<b>4:31.02</b>	<b>+0,66</b>	655	
	50m: 30.97	30.97	150m: 1:39.76	34.66	250m: 2:49.83	35.37	350m: 3:59.65	35.18	35.18	
	100m: 1:05.10	34.13	200m: 2:14.46	34.70	300m: 3:24.47	34.64	400m: 4:31.02	31.37	31.37	
8.	Bregje Dekkers	PSV	200900746				<b>4:35.36</b>	<b>+0,76</b>	624	
	50m: 31.62	31.62	150m: 1:41.39	35.19	250m: 2:51.98	34.95	350m: 4:01.68	34.48	34.48	
	100m: 1:06.20	34.58	200m: 2:17.03	35.84	300m: 3:27.20	35.22	400m: 4:35.36	33.68	33.68	