

Programmanr. 13  
17-12-2021 - 8:30

Dames, 400m vrije slag

Senioren Open  
Resultaten Voorronde

| rang                 | naam                                 | vereniging          | intijd  | tijd          | RT                         |
|----------------------|--------------------------------------|---------------------|---------|---------------|----------------------------|
| <b>Senioren Open</b> |                                      |                     |         |               |                            |
| 1.                   | Janna van Kooten                     | DZ&PC               | 4:19.13 | 200404584     | <b>4:16.45</b> A +0,78     |
|                      | 50m: 29.85                           | 29.85 150m: 1:35.88 | 32.87   | 250m: 2:40.39 | 31.81 350m: 3:44.67        |
|                      | 100m: 1:03.01                        | 33.16 200m: 2:08.58 | 32.70   | 300m: 3:12.57 | 32.18 400m: 4:16.45        |
| 2.                   | Serena Stel                          | De Dolfijn          | 4:15.82 | 199801528     | <b>4:18.53</b> A +0,65     |
|                      | 50m: 29.79                           | 29.79 150m: 1:35.43 | 33.28   | 250m: 2:41.62 | 32.93 350m: 3:47.21        |
|                      | 100m: 1:02.15                        | 32.36 200m: 2:08.69 | 33.26   | 300m: 3:14.68 | 33.06 400m: 4:18.53        |
| 3.                   | Yara van Kalmthout                   | DZ&PC               | 4:20.83 | 200200984     | <b>4:22.73</b> A +0,73     |
|                      | 50m: 30.51                           | 30.51 150m: 1:37.18 | 33.60   | 250m: 2:44.17 | 33.17 350m: 3:50.55        |
|                      | 100m: 1:03.58                        | 33.07 200m: 2:11.00 | 33.82   | 300m: 3:17.39 | 33.22 400m: 4:22.73        |
| 4.                   | Imani de Jong                        | De Dolfijn          | 4:15.20 | 200200464     | <b>4:23.99</b> A +0,70     |
|                      | 50m: 30.06                           | 30.06 150m: 1:36.83 | 33.40   | 250m: 2:42.96 | 33.30 350m: 3:50.75        |
|                      | 100m: 1:03.43                        | 33.37 200m: 2:09.66 | 32.83   | 300m: 3:16.57 | 33.61 400m: 4:23.99        |
| 5.                   | Silke Holkenborg                     | VZC                 | 4:14.63 | 200100292     | <b>4:25.37</b> A +0,68     |
|                      | 50m: 30.15                           | 30.15 150m: 1:35.80 | 33.05   | 250m: 2:42.95 | 33.43 350m: 3:50.93        |
|                      | 100m: 1:02.75                        | 32.60 200m: 2:09.52 | 33.72   | 300m: 3:16.75 | 33.80 400m: 4:25.37        |
| 6.                   | Merel Schravendijk                   | Blue Marlins (SG)   | 4:24.57 | 200503382     | <b>4:29.92</b> A +0,71     |
|                      | 50m: 30.67                           | 30.67 150m: 1:38.27 | 34.03   | 250m: 2:47.63 | 34.83 350m: 3:56.68        |
|                      | 100m: 1:04.24                        | 33.57 200m: 2:12.80 | 34.53   | 300m: 3:22.26 | 34.63 400m: 4:29.92        |
| 7.                   | Bridget Vermeer                      | VZC                 | 4:31.40 | 200501766     | <b>4:32.17</b> A +0,81     |
|                      | 50m: 30.93                           | 30.93 150m: 1:40.45 | 34.89   | 250m: 2:49.25 | 34.27 350m: 3:58.81        |
|                      | 100m: 1:05.56                        | 34.63 200m: 2:14.98 | 34.53   | 300m: 3:23.90 | 34.65 400m: 4:32.17        |
| 8.                   | Kirsten Verhalle                     | VZC                 | 4:35.61 | 200400210     | <b>4:37.33</b> A +0,76     |
|                      | 50m: 30.89                           | 30.89 150m: 1:39.80 | 34.62   | 250m: 2:50.48 | 35.36 350m: 4:02.09        |
|                      | 100m: 1:05.18                        | 34.29 200m: 2:15.12 | 35.32   | 300m: 3:26.38 | 35.90 400m: 4:37.33        |
| 9.                   | Sara Kortheuis                       | TriVia              | 4:44.46 | 200600494     | <b>4:40.81</b> B +0,72     |
|                      | 50m: 30.67                           | 30.67 150m: 1:40.67 | 35.34   | 250m: 2:52.59 | 35.61 350m: 4:05.26        |
|                      | 100m: 1:05.33                        | 34.66 200m: 2:16.98 | 36.31   | 300m: 3:29.52 | 36.93 400m: 4:40.81        |
| 10.                  | Kim Oudendijk                        | DAW                 | 5:02.57 | 200600964     | <b>4:41.28</b> B +0,86     |
|                      | 50m: 31.31                           | 31.31 150m: 1:42.58 | 35.64   | 250m: 2:54.53 | 36.48 350m: 4:07.00        |
|                      | 100m: 1:06.94                        | 35.63 200m: 2:18.05 | 35.47   | 300m: 3:31.29 | 36.76 400m: 4:41.28        |
| 11.                  | Amber van der Kruk                   | MSV Zeemacht        | 4:40.81 | 200102730     | <b>4:41.95</b> B +0,80 954 |
|                      | <i>Nederlands Record Parazwemmen</i> |                     |         |               |                            |
|                      | 50m: 30.25                           | 30.25 150m: 1:39.69 | 35.28   | 250m: 2:51.69 | 36.18 350m: 4:05.56        |
|                      | 100m: 1:04.41                        | 34.16 200m: 2:15.51 | 35.82   | 300m: 3:28.61 | 36.92 400m: 4:41.95        |
| 12.                  | Sophia van Droffelaar                | ZVVS                | 4:33.83 | 200500330     | <b>4:45.20</b> B +0,70     |
|                      | 50m: 31.23                           | 31.23 150m: 1:43.25 | 36.54   | 250m: 2:55.92 | 36.18 350m: 4:09.55        |
|                      | 100m: 1:06.71                        | 35.48 200m: 2:19.74 | 36.49   | 300m: 3:32.27 | 36.35 400m: 4:45.20        |
| 13.                  | Evy Rozeboom                         | DAW                 | 5:00.52 | 200601338     | <b>4:45.47</b> B +0,81     |
|                      | 50m: 31.63                           | 31.63 150m: 1:43.89 | 36.60   | 250m: 2:57.17 | 36.42 350m: 4:10.54        |
|                      | 100m: 1:07.29                        | 35.66 200m: 2:20.75 | 36.86   | 300m: 3:33.81 | 36.64 400m: 4:45.47        |
| 14.                  | Janne Slegers                        | PSV                 | 4:36.20 | 200404090     | <b>4:47.49</b> B +0,68     |
|                      | 50m: 32.36                           | 32.36 150m: 1:44.40 | 36.82   | 250m: 2:57.77 | 36.69 350m: 4:11.71        |
|                      | 100m: 1:07.58                        | 35.22 200m: 2:21.08 | 36.68   | 300m: 3:34.61 | 36.84 400m: 4:47.49        |
| 15.                  | Eefje Irvine                         | De Dolfijn          | 5:10.10 | 200700164     | <b>4:47.99</b> B +0,67     |
|                      | 50m: 31.78                           | 31.78 150m: 1:43.89 | 36.42   | 250m: 2:58.46 | 37.30 350m: 4:12.83        |
|                      | 100m: 1:07.47                        | 35.69 200m: 2:21.16 | 37.27   | 300m: 3:35.72 | 37.26 400m: 4:47.99        |
| 16.                  | Yara Mels                            | PSV                 | 5:04.01 | 200700232     | <b>4:59.91</b> B +0,73     |
|                      | 50m: 32.91                           | 32.91 150m: 1:47.39 | 38.42   | 250m: 3:05.14 | 38.95 350m: 4:23.16        |
|                      | 100m: 1:08.97                        | 36.06 200m: 2:26.19 | 38.80   | 300m: 3:44.41 | 39.27 400m: 4:59.91        |
| 17.                  | Sanne Peters                         | PSV                 | NT      | 200401112     | <b>5:26.57</b> R +0,75     |
|                      | 50m: 34.22                           | 34.22 150m: 1:53.61 | 40.68   | 250m: 3:18.58 | 42.38 350m: 4:45.34        |
|                      | 100m: 1:12.93                        | 38.71 200m: 2:36.20 | 42.59   | 300m: 4:02.28 | 43.70 400m: 5:26.57        |
| 18.                  | Fenne Peters                         | PSV                 | 5:40.24 | 200601388     | <b>5:28.99</b> R +0,65     |
|                      | 50m: 35.01                           | 35.01 150m: 1:58.49 | 43.17   | 250m: 3:24.18 | 43.33 350m: 4:50.51        |
|                      | 100m: 1:15.32                        | 40.31 200m: 2:40.85 | 42.36   | 300m: 4:07.70 | 43.52 400m: 5:28.99        |

Programmanr. 13, Dames, 400m vrije slag, Voorronde

Paralympisch

|    |                                      |              |         |           |         |                |       |         |       |       |         |       |
|----|--------------------------------------|--------------|---------|-----------|---------|----------------|-------|---------|-------|-------|---------|-------|
| 1. | Amber van der Kruk                   | MSV Zeemacht | 4:40.81 | 200102730 | S14     | <b>4:41.95</b> | B     | +0,80   | 954   |       |         |       |
|    | <i>Nederlands Record Parazwemmen</i> |              |         |           |         |                |       |         |       |       |         |       |
|    | 50m:                                 | 30.25        | 30.25   | 150m:     | 1:39.69 | 35.28          | 250m: | 2:51.69 | 36.18 | 350m: | 4:05.56 | 36.95 |
|    | 100m:                                | 1:04.41      | 34.16   | 200m:     | 2:15.51 | 35.82          | 300m: | 3:28.61 | 36.92 | 400m: | 4:41.95 | 36.39 |