

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

Dames, 400m vrije slag

Senioren Open  
Resultaten Finale

rang	naam	vereniging	intijd	tijd	RT
<b>Finale A</b>					
1.	Imani de Jong	De Dolfijn	4:23.99	200200464	<b>4:13.88</b> +0,70
	50m: 29.39	29.39 150m: 1:33.82	32.44 250m: 2:38.89	32.55 350m: 3:43.19	32.18
	100m: 1:01.38	31.99 200m: 2:06.34	32.52 300m: 3:11.01	32.12 400m: 4:13.88	30.69
2.	Janna van Kooten	DZ&PC	4:16.45	200404584	<b>4:14.64</b> +0,78
	50m: 29.61	29.61 150m: 1:34.03	32.17 250m: 2:38.68	32.23 350m: 3:42.83	31.94
	100m: 1:01.86	32.25 200m: 2:06.45	32.42 300m: 3:10.89	32.21 400m: 4:14.64	31.81
3.	Yara van Kalmthout	DZ&PC	4:22.73	200200984	<b>4:17.98</b> +0,73
	50m: 30.05	30.05 150m: 1:34.58	32.31 250m: 2:39.61	32.33 350m: 3:45.42	33.11
	100m: 1:02.27	32.22 200m: 2:07.28	32.70 300m: 3:12.31	32.70 400m: 4:17.98	32.56
4.	Serena Stel	De Dolfijn	4:18.53	199801528	<b>4:21.41</b> +0,67
	50m: 29.41	29.41 150m: 1:34.41	32.92 250m: 2:41.63	33.93 350m: 3:48.74	33.71
	100m: 1:01.49	32.08 200m: 2:07.70	33.29 300m: 3:15.03	33.40 400m: 4:21.41	32.67
5.	Bridget Vermeer	VZC	4:32.17	200501766	<b>4:29.29</b> +0,78
	50m: 30.53	30.53 150m: 1:38.13	34.07 250m: 2:47.12	34.53 350m: 3:56.02	34.17
	100m: 1:04.06	33.53 200m: 2:12.59	34.46 300m: 3:21.85	34.73 400m: 4:29.29	33.27
6.	Merel Schravendijk	Blue Marlins (SG)	4:29.92	200503382	<b>4:29.49</b> +0,74
	50m: 30.32	30.32 150m: 1:38.18	34.35 250m: 2:47.40	34.37 350m: 3:56.22	34.21
	100m: 1:03.83	33.51 200m: 2:13.03	34.85 300m: 3:22.01	34.61 400m: 4:29.49	33.27
7.	Kirsten Verhelle	VZC	4:37.33	200400210	<b>4:32.55</b> +0,75
	50m: 30.48	30.48 150m: 1:38.97	34.45 250m: 2:48.66	34.74 350m: 3:58.61	34.84
	100m: 1:04.52	34.04 200m: 2:13.92	34.95 300m: 3:23.77	35.11 400m: 4:32.55	33.94
8.	Sara Kortheuis	TriVia	4:40.81	200600494	<b>4:36.80</b> +0,72
	50m: 30.21	30.21 150m: 1:38.56	34.70 250m: 2:49.51	35.68 350m: 4:02.03	36.39
	100m: 1:03.86	33.65 200m: 2:13.83	35.27 300m: 3:25.64	36.13 400m: 4:36.80	34.77
<b>Finale B</b>					
9.	Evy Rozeboom	DAW	4:45.47	200601338	<b>4:38.02</b> +0,76
	50m: 31.18	31.18 150m: 1:41.79	35.86 250m: 2:53.73	35.99 350m: 4:04.92	35.18
	100m: 1:05.93	34.75 200m: 2:17.74	35.95 300m: 3:29.74	36.01 400m: 4:38.02	33.10
10.	Kim Oudendijk	DAW	4:41.28	200600964	<b>4:38.39</b> +0,79
	50m: 30.62	30.62 150m: 1:40.64	35.71 250m: 2:52.46	36.07 350m: 4:04.95	35.90
	100m: 1:04.93	34.31 200m: 2:16.39	35.75 300m: 3:29.05	36.59 400m: 4:38.39	33.44
11.	Janne Slegers	PSV	4:47.49	200404090	<b>4:40.56</b> +0,71
	50m: 31.49	31.49 150m: 1:40.32	34.91 250m: 2:52.03	35.83 350m: 4:04.86	36.43
	100m: 1:05.41	33.92 200m: 2:16.20	35.88 300m: 3:28.43	36.40 400m: 4:40.56	35.70
12.	Sophia van Droffelaar	ZVVS	4:45.20	200500330	<b>4:40.84</b> +0,68
	50m: 30.83	30.83 150m: 1:40.52	35.53 250m: 2:53.71	36.68 350m: 4:06.31	35.87
	100m: 1:04.99	34.16 200m: 2:17.03	36.51 300m: 3:30.44	36.73 400m: 4:40.84	34.53
13.	Amber van der Kruk	MSV Zeemacht	4:41.95	200102730	<b>4:42.11</b> +0,84
	50m: 30.26	30.26 150m: 1:39.38	35.73 250m: 2:52.32	S14 36.91 350m: 4:05.90	37.04
	100m: 1:03.65	33.39 200m: 2:15.41	36.03 300m: 3:28.86	36.54 400m: 4:42.11	36.21
14.	Eefje Irvine	De Dolfijn	4:47.99	200700164	<b>4:45.11</b> +0,65
	50m: 31.51	31.51 150m: 1:42.25	35.86 250m: 2:56.17	36.98 350m: 4:09.97	36.55
	100m: 1:06.39	34.88 200m: 2:19.19	36.94 300m: 3:33.42	37.25 400m: 4:45.11	35.14
15.	Yara Mels	PSV	4:59.91	200700232	<b>5:00.38</b> +0,76
	50m: 32.58	32.58 150m: 1:46.54	37.71 250m: 3:04.67	39.36 350m: 4:23.27	38.57
	100m: 1:08.83	36.25 200m: 2:25.31	38.77 300m: 3:44.70	40.03 400m: 5:00.38	37.11
16.	Sanne Peters	PSV	5:26.57	200401112	<b>5:32.61</b> +0,75
	50m: 35.02	35.02 150m: 1:57.35	42.07 250m: 3:24.09	43.60 350m: 4:50.59	42.90
	100m: 1:15.28	40.26 200m: 2:40.49	43.14 300m: 4:07.69	43.60 400m: 5:32.61	42.02