

Programmanr. 14  
 17-6-2022 - 9:46

Dames, 400m wisselslag

 Senioren Open  
 Resultaten Voorronde

Punten: FINA 2022

rang	naam	vereniging	tijd	RT	FINA	para
<b>Jeugd 1 en 2</b>						
1.	Megan Jonkman	Blue Marlins (SG)	200600508	<b>5:06.49</b>	+0,77	Q 656
	50m: 31.69	31.69 150m: 1:48.80	41.35 250m: 3:12.34	43.40 350m: 4:33.31		36.21
	100m: 1:07.45	35.76 200m: 2:28.94	40.14 300m: 3:57.10	44.76 400m: 5:06.49		33.18
2.	Djanilla Brink	De Dolfijn	200600988	<b>5:07.37</b>	+0,69	Q 650
	50m: 33.47	33.47 150m: 1:55.80	42.83 250m: 3:17.89	41.04 350m: 4:34.95		34.61
	100m: 1:12.97	39.50 200m: 2:36.85	41.05 300m: 4:00.34	42.45 400m: 5:07.37		32.42
3.	Merel Schravendijk	Blue Marlins (SG)	200503382	<b>5:10.13</b>	+0,73	Q 633
	50m: 32.18	32.18 150m: 1:52.93	42.07 250m: 3:17.42	44.69 350m: 4:38.81		36.63
	100m: 1:10.86	38.68 200m: 2:32.73	39.80 300m: 4:02.18	44.76 400m: 5:10.13		31.32
4.	Evy Rozeboom	DAW	200601338	<b>5:18.18</b>	+0,77	R 586
	50m: 32.34	32.34 150m: 1:52.57	42.79 250m: 3:19.89	46.25 350m: 4:42.47		36.50
	100m: 1:09.78	37.44 200m: 2:33.64	41.07 300m: 4:05.97	46.08 400m: 5:18.18		35.71
5.	Hedwig Bolt	HZ&PC Heerenveen	200602660	<b>5:24.66</b>	+0,79	552
	50m: 32.97	32.97 150m: 1:57.09	42.35 250m: 3:23.97	45.46 350m: 4:48.15		37.45
	100m: 1:14.74	41.77 200m: 2:38.51	41.42 300m: 4:10.70	46.73 400m: 5:24.66		36.51

**Senioren 1 en 2**

1.	Kirsten Verhale	VZC	200400210	<b>5:09.30</b>	+0,76	Q 638
	50m: 31.40	31.40 150m: 1:48.28	40.46 250m: 3:13.26	45.60 350m: 4:35.82		35.92
	100m: 1:07.82	36.42 200m: 2:27.66	39.38 300m: 3:59.90	46.64 400m: 5:09.30		33.48
2.	Charlotte Wilbers	ZPC Hoogeveen	200400312	<b>5:09.78</b>	+0,75	Q 635
	50m: 32.96	32.96 150m: 1:50.77	39.41 250m: 3:14.82	45.04 350m: 4:36.58		35.23
	100m: 1:11.36	38.40 200m: 2:29.78	39.01 300m: 4:01.35	46.53 400m: 5:09.78		33.20
3.	Ismay Lichtendonk	Dedemsvaart-AC	200400622	<b>5:15.64</b>	+0,76	Q 600
	50m: 32.77	32.77 150m: 1:52.17	40.48 250m: 3:17.68	48.13 350m: 4:40.62		35.95
	100m: 1:11.69	38.92 200m: 2:29.55	37.38 300m: 4:04.67	46.99 400m: 5:15.64		35.02
4.	Maaïke Issard	DZ&PC	200300022	<b>5:19.26</b>	+0,83	580
	50m: 32.12	32.12 150m: 1:50.71	41.96 250m: 3:18.63	46.41 350m: 4:43.05		37.41
	100m: 1:08.75	36.63 200m: 2:32.22	41.51 300m: 4:05.64	47.01 400m: 5:19.26		36.21
5.	Daniëlle Meinema	SWOL 1894	200300534	<b>5:23.83</b>	+0,80	556
	50m: 31.84	31.84 150m: 1:51.78	42.84 250m: 3:20.51	46.45 350m: 4:46.65		38.11
	100m: 1:08.94	37.10 200m: 2:34.06	42.28 300m: 4:08.54	48.03 400m: 5:23.83		37.18
6.	Senna van der Veen	ZPC Hoogeveen	200400072	<b>5:41.66</b>	+0,82	473
	50m: 34.65	34.65 150m: 1:56.75	40.07 250m: 3:30.24	53.44 350m: 5:03.45		38.61
	100m: 1:16.68	42.03 200m: 2:36.80	40.05 300m: 4:24.84	54.60 400m: 5:41.66		38.21
7.	Quinty Rouschop	Hellas-Glana	200300208	<b>5:50.91</b>	+0,84	437
	50m: 35.65	35.65 150m: 2:07.00	45.85 250m: 3:38.52	47.90 350m: 5:09.81		41.30
	100m: 1:21.15	45.50 200m: 2:50.62	43.62 300m: 4:28.51	49.99 400m: 5:50.91		41.10
AFGEM	Jessie Bodden	Hellas-Glana	200401650			
AFGEM	Alysha de Jong	ZPCH	200400086			
NG	Myrthe Natzijl	Orca	200400076			

**Senioren Open**

1.	Lotte Hosper	Racing Club	200201414	<b>4:51.82</b>	+0,75	Q 760
	50m: 30.08	30.08 150m: 1:41.43	36.84 250m: 2:59.74	42.60 350m: 4:18.33		34.40
	100m: 1:04.59	34.51 200m: 2:17.14	35.71 300m: 3:43.93	44.19 400m: 4:51.82		33.49
2.	Megan Jonkman	Blue Marlins (SG)	200600508	<b>5:06.49</b>	+0,77	Q 656
	50m: 31.69	31.69 150m: 1:48.80	41.35 250m: 3:12.34	43.40 350m: 4:33.31		36.21
	100m: 1:07.45	35.76 200m: 2:28.94	40.14 300m: 3:57.10	44.76 400m: 5:06.49		33.18
3.	Djanilla Brink	De Dolfijn	200600988	<b>5:07.37</b>	+0,69	Q 650
	50m: 33.47	33.47 150m: 1:55.80	42.83 250m: 3:17.89	41.04 350m: 4:34.95		34.61
	100m: 1:12.97	39.50 200m: 2:36.85	41.05 300m: 4:00.34	42.45 400m: 5:07.37		32.42
4.	Alinda Dingshoff	ZPC Hoogeveen	200000928	<b>5:08.93</b>	+0,79	Q 640
	50m: 30.89	30.89 150m: 1:44.41	38.50 250m: 3:08.70	46.46 350m: 4:33.54		36.90
	100m: 1:05.91	35.02 200m: 2:22.24	37.83 300m: 3:56.64	47.94 400m: 5:08.93		35.39
5.	Kirsten Verhale	VZC	200400210	<b>5:09.30</b>	+0,76	Q 638
	50m: 31.40	31.40 150m: 1:48.28	40.46 250m: 3:13.26	45.60 350m: 4:35.82		35.92
	100m: 1:07.82	36.42 200m: 2:27.66	39.38 300m: 3:59.90	46.64 400m: 5:09.30		33.48

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rang	naam	vereniging	tijd	RT	FINA	para
6.	Charlotte Wilbers	ZPC Hoogeveen	200400312	<b>5:09.78</b>	+0,75	Q 635
	50m: 32.96	32.96 150m: 1:50.77	39.41 250m: 3:14.82	45.04 350m: 4:36.58		35.23
	100m: 1:11.36	38.40 200m: 2:29.78	39.01 300m: 4:01.35	46.53 400m: 5:09.78		33.20
7.	Merel Schravendijk	Blue Marlins (SG)	200503382	<b>5:10.13</b>	+0,73	Q 633
	50m: 32.18	32.18 150m: 1:52.93	42.07 250m: 3:17.42	44.69 350m: 4:38.81		36.63
	100m: 1:10.86	38.68 200m: 2:32.73	39.80 300m: 4:02.18	44.76 400m: 5:10.13		31.32
8.	Ismay Lichtendonk	Dedemsvaart-AC	200400622	<b>5:15.64</b>	+0,76	Q 600
	50m: 32.77	32.77 150m: 1:52.17	40.48 250m: 3:17.68	48.13 350m: 4:40.62		35.95
	100m: 1:11.69	38.92 200m: 2:29.55	37.38 300m: 4:04.67	46.99 400m: 5:15.64		35.02
9.	Nikita van den Ouden	Nuenen	199900622	<b>5:17.36</b>	+0,48	R 591
	50m: 30.89	30.89 150m: 1:50.87	42.50 250m: 3:16.42	44.69 350m: 4:40.74		38.54
	100m: 1:08.37	37.48 200m: 2:31.73	40.86 300m: 4:02.20	45.78 400m: 5:17.36		36.62
10.	Evy Rozeboom	DAW	200601338	<b>5:18.18</b>	+0,77	R 586
	50m: 32.34	32.34 150m: 1:52.57	42.79 250m: 3:19.89	46.25 350m: 4:42.47		36.50
	100m: 1:09.78	37.44 200m: 2:33.64	41.07 300m: 4:05.97	46.08 400m: 5:18.18		35.71
11.	Maaïke Issard	DZ&PC	200300022	<b>5:19.26</b>	+0,83	580
	50m: 32.12	32.12 150m: 1:50.71	41.96 250m: 3:18.63	46.41 350m: 4:43.05		37.41
	100m: 1:08.75	36.63 200m: 2:32.22	41.51 300m: 4:05.64	47.01 400m: 5:19.26		36.21
12.	Angelique van Vark	WIDEX GZC DONK	199701478	<b>5:20.36</b>	+0,73	574
	50m: 33.26	33.26 150m: 1:55.68	42.52 250m: 3:23.53	46.55 350m: 4:46.49		36.07
	100m: 1:13.16	39.90 200m: 2:36.98	41.30 300m: 4:10.42	46.89 400m: 5:20.36		33.87
13.	Zanthe Janssen	PSV	200201786	<b>5:23.64</b>	+0,73	557
	50m: 33.37	33.37 150m: 1:57.10	43.47 250m: 3:23.26	43.99 350m: 4:47.23		38.20
	100m: 1:13.63	40.26 200m: 2:39.27	42.17 300m: 4:09.03	45.77 400m: 5:23.64		36.41
14.	Daniëlle Meinema	SWOL 1894	200300534	<b>5:23.83</b>	+0,80	556
	50m: 31.84	31.84 150m: 1:51.78	42.84 250m: 3:20.51	46.45 350m: 4:46.65		38.11
	100m: 1:08.94	37.10 200m: 2:34.06	42.28 300m: 4:08.54	48.03 400m: 5:23.83		37.18
15.	Hedwig Bolt	HZ&PC Heerenveen	200602660	<b>5:24.66</b>	+0,79	552
	50m: 32.97	32.97 150m: 1:57.09	42.35 250m: 3:23.97	45.46 350m: 4:48.15		37.45
	100m: 1:14.74	41.77 200m: 2:38.51	41.42 300m: 4:10.70	46.73 400m: 5:24.66		36.51
16.	Isa Schellekens	Z&PC Zegenwerp	200002330	<b>5:26.32</b>	+0,77	543
	50m: 33.95	33.95 150m: 1:56.82	41.60 250m: 3:25.35	47.41 350m: 4:49.66		37.88
	100m: 1:15.22	41.27 200m: 2:37.94	41.12 300m: 4:11.78	46.43 400m: 5:26.32		36.66
17.	Merel Visser	De Duinkickers	199904398	<b>5:37.39</b>	+0,77	492
	50m: 33.78	33.78 150m: 1:57.19	44.53 250m: 3:29.40	48.48 350m: 4:58.68		39.24
	100m: 1:12.66	38.88 200m: 2:40.92	43.73 300m: 4:19.44	50.04 400m: 5:37.39		38.71
18.	Senna van der Veen	ZPC Hoogeveen	200400072	<b>5:41.66</b>	+0,82	473
	50m: 34.65	34.65 150m: 1:56.75	40.07 250m: 3:30.24	53.44 350m: 5:03.45		38.61
	100m: 1:16.68	42.03 200m: 2:36.80	40.05 300m: 4:24.84	54.60 400m: 5:41.66		38.21
19.	Quinty Rouschop	Hellas-Glana	200300208	<b>5:50.91</b>	+0,84	437
	50m: 35.65	35.65 150m: 2:07.00	45.85 250m: 3:38.52	47.90 350m: 5:09.81		41.30
	100m: 1:21.15	45.50 200m: 2:50.62	43.62 300m: 4:28.51	49.99 400m: 5:50.91		41.10
AFGEM	Jessie Bodden	Hellas-Glana	200401650			
AFGEM	Alysha de Jong	ZPCH	200400086			
NG	Myrthe Natzijs	Orca	200400076			