

Programmanr. 14  
9-6-2023 - 18:08

Dames, 400m wisselslag

Senioren Open  
Resultaten Finale

Punten: FINA 2023

rang	naam	vereniging	tijd	RT	FINA	para
<b>Finale A</b>						
1.	Femke Spiering	ZPC AMERSFOORT	200204514	<b>4:59.11</b>	+0,64	706
	50m: 29.41	29.41 150m: 1:43.54	39.97 250m: 3:07.51	44.22 350m: 4:25.81		33.43
	100m: 1:03.57	34.16 200m: 2:23.29	39.75 300m: 3:52.38	44.87 400m: 4:59.11		33.30
2.	Djanilla Brink	De Dolfijn	200600988	<b>5:04.34</b>	+0,80	670
	50m: 32.45	32.45 150m: 1:53.63	42.28 250m: 3:15.21	40.18 350m: 4:31.15		34.35
	100m: 1:11.35	38.90 200m: 2:35.03	41.40 300m: 3:56.80	41.59 400m: 5:04.34		33.19
3.	Alinda Dingshoff	De Dolfijn	200000928	<b>5:05.49</b>	+0,79	662
	50m: 31.58	31.58 150m: 1:45.72	37.99 250m: 3:08.61	46.32 350m: 4:30.71		35.58
	100m: 1:07.73	36.15 200m: 2:22.29	36.57 300m: 3:55.13	46.52 400m: 5:05.49		34.78
4.	Hedwig Bolt	HZ&PC Heerenveen	200602660	<b>5:06.42</b>	+0,62	656
	50m: 31.72	31.72 150m: 1:50.13	41.09 250m: 3:13.95	43.35 350m: 4:32.77		34.78
	100m: 1:09.04	37.32 200m: 2:30.60	40.47 300m: 3:57.99	44.04 400m: 5:06.42		33.65
5.	Megan Jonkman	Blue Marlins	200600508	<b>5:07.39</b>	+0,81	650
	50m: 31.64	31.64 150m: 1:51.03	42.99 250m: 3:15.43	43.60 350m: 4:34.00		35.32
	100m: 1:08.04	36.40 200m: 2:31.83	40.80 300m: 3:58.68	43.25 400m: 5:07.39		33.39
6.	Marte Hieke van der Kamp	HZ&PC Heerenveen	200500218	<b>5:09.08</b>	+0,81	640
	50m: 31.83	31.83 150m: 1:50.86	40.38 250m: 3:15.69	45.54 350m: 4:36.63		34.40
	100m: 1:10.48	38.65 200m: 2:30.15	39.29 300m: 4:02.23	46.54 400m: 5:09.08		32.45
7.	Nikita van den Ouden	Nuenen	199900622	<b>5:11.92</b>	+0,69	622
	50m: 31.59	31.59 150m: 1:49.68	41.02 250m: 3:14.86	44.88 350m: 4:36.32		36.55
	100m: 1:08.66	37.07 200m: 2:29.98	40.30 300m: 3:59.77	44.91 400m: 5:11.92		35.60
8.	Angelique van Vark	GZC DONK	199701478	<b>5:14.02</b>	+0,67	610
	50m: 32.58	32.58 150m: 1:52.96	41.25 250m: 3:19.33	45.79 350m: 4:40.81		35.52
	100m: 1:11.71	39.13 200m: 2:33.54	40.58 300m: 4:05.29	45.96 400m: 5:14.02		33.21
<b>Finale B</b>						
9.	Rhodee van den Ham	De Duinkickers	200700090	<b>5:09.67</b>	+0,73	636
	50m: 32.14	32.14 150m: 1:51.06	41.51 250m: 3:15.53	43.59 350m: 4:35.84		35.81
	100m: 1:09.55	37.41 200m: 2:31.94	40.88 300m: 4:00.03	44.50 400m: 5:09.67		33.83
10.	Valesca van den Bogert	Hieronymus	200102138	<b>5:12.92</b>	+0,74	616
	50m: 33.10	33.10 150m: 1:53.75	42.74 250m: 3:17.98	42.62 350m: 4:38.00		37.16
	100m: 1:11.01	37.91 200m: 2:35.36	41.61 300m: 4:00.84	42.86 400m: 5:12.92		34.92
11.	Maaïke Issard	DZ&PC	200300022	<b>5:15.99</b>	+0,82	598
	50m: 31.92	31.92 150m: 1:48.68	40.24 250m: 3:14.78	45.94 350m: 4:39.00		37.70
	100m: 1:08.44	36.52 200m: 2:28.84	40.16 300m: 4:01.30	46.52 400m: 5:15.99		36.99
12.	Tess Panjer	VZC	200403060	<b>5:17.06</b>	+0,68	592
	50m: 32.23	32.23 150m: 1:54.40	42.08 250m: 3:20.59	44.76 350m: 4:43.03		36.10
	100m: 1:12.32	40.09 200m: 2:35.83	41.43 300m: 4:06.93	46.34 400m: 5:17.06		34.03
13.	Ylva Konings	PSV	200700148	<b>5:17.60</b>	+0,80	589
	50m: 32.46	32.46 150m: 1:51.59	40.99 250m: 3:18.87	46.97 350m: 4:42.97		37.10
	100m: 1:10.60	38.14 200m: 2:31.90	40.31 300m: 4:05.87	47.00 400m: 5:17.60		34.63
14.	Alysha de Jong	ZPCH	200400086	<b>5:18.84</b>	+0,84	583
	50m: 32.57	32.57 150m: 1:56.37	44.04 250m: 3:24.06	44.69 350m: 4:45.41		35.50
	100m: 1:12.33	39.76 200m: 2:39.37	43.00 300m: 4:09.91	45.85 400m: 5:18.84		33.43
15.	Michelle Zomerdijk	Dedemsvaart-AC	200003196	<b>5:23.99</b>	+0,71	555
	50m: 33.42	33.42 150m: 1:57.89	44.44 250m: 3:26.00	43.98 350m: 4:48.83		36.56
	100m: 1:13.45	40.03 200m: 2:42.02	44.13 300m: 4:12.27	46.27 400m: 5:23.99		35.16
16.	Jessie Bodden	Hellas-Glana	200401650	<b>5:25.78</b>	+0,62	546
	50m: 34.73	34.73 150m: 1:57.73	41.76 250m: 3:25.33	47.01 350m: 4:50.51		37.32
	100m: 1:15.97	41.24 200m: 2:38.32	40.59 300m: 4:13.19	47.86 400m: 5:25.78		35.27