

Programmanr. 1  
8-6-2023 - 17:29

Dames, 400m vrije slag

Senioren Open  
Resultaten Finale

Punten: FINA 2023

rang	naam	vereniging	tijd	RT	FINA	para
<b>Finale A</b>						
1.	Imani de Jong	HPC - De Dolfijn	200200464	<b>4:10.34</b>	+0,69	842
	50m: 28.70	28.70 150m: 1:32.36	31.66 250m: 2:36.04	31.94 350m: 3:39.81		31.63
	100m: 1:00.70	32.00 200m: 2:04.10	31.74 300m: 3:08.18	32.14 400m: 4:10.34		30.53
2.	Janna van Kooten	HPC - ZPC Hoogeveen	200404584	<b>4:11.20</b>	+0,73	833
	50m: 29.93	29.93 150m: 1:34.21	32.05 250m: 2:38.05	31.36 350m: 3:40.83		31.02
	100m: 1:02.16	32.23 200m: 2:06.69	32.48 300m: 3:09.81	31.76 400m: 4:11.20		30.37
3.	Serena Stel	De Dolfijn	199801528	<b>4:16.28</b>	+0,69	784
	50m: 29.86	29.86 150m: 1:34.82	32.49 250m: 2:39.98	32.57 350m: 3:45.29		32.45
	100m: 1:02.33	32.47 200m: 2:07.41	32.59 300m: 3:12.84	32.86 400m: 4:16.28		30.99
4.	Silke Holkenborg	HPC - VZC	200100292	<b>4:17.03</b>	+0,55	778
	50m: 30.19	30.19 150m: 1:34.99	32.51 250m: 2:40.41	32.65 350m: 3:45.78		32.54
	100m: 1:02.48	32.29 200m: 2:07.76	32.77 300m: 3:13.24	32.83 400m: 4:17.03		31.25
5.	Yara van Kalmthout	HPC - PSV	200200984	<b>4:20.07</b>	+0,69	751
	50m: 29.69	29.69 150m: 1:35.59	33.17 250m: 2:41.84	32.95 350m: 3:47.98		33.01
	100m: 1:02.42	32.73 200m: 2:08.89	33.30 300m: 3:14.97	33.13 400m: 4:20.07		32.09
6.	Marte Hieke van der Kamp	HZ&PC Heerenveen	200500218	<b>4:21.87</b>	+0,77	735
	50m: 30.30	30.30 150m: 1:36.32	33.27 250m: 2:43.10	33.28 350m: 3:49.85		33.51
	100m: 1:03.05	32.75 200m: 2:09.82	33.50 300m: 3:16.34	33.24 400m: 4:21.87		32.02
7.	Angelina Rolman	HPC - De Dolfijn	200701972	<b>4:26.23</b>	+0,69	700
	50m: 30.15	30.15 150m: 1:36.41	33.28 250m: 2:44.06	34.20 350m: 3:53.45		34.38
	100m: 1:03.13	32.98 200m: 2:09.86	33.45 300m: 3:19.07	35.01 400m: 4:26.23		32.78
8.	Hedwig Bolt	HZ&PC Heerenveen	200602660	<b>4:29.80</b>	+0,82	672
	50m: 30.70	30.70 150m: 1:38.71	34.34 250m: 2:47.49	34.45 350m: 3:56.48		34.32
	100m: 1:04.37	33.67 200m: 2:13.04	34.33 300m: 3:22.16	34.67 400m: 4:29.80		33.32
<b>Finale B</b>						
9.	Manon Ritten	PSV	200002440	<b>4:30.44</b>	+0,74	667
	50m: 30.95	30.95 150m: 1:39.40	34.38 250m: 2:47.51	33.72 350m: 3:56.54		34.62
	100m: 1:05.02	34.07 200m: 2:13.79	34.39 300m: 3:21.92	34.41 400m: 4:30.44		33.90
10.	Devon Silberman	Irvine Novaquatics		<b>4:33.65</b>	+0,76	644
	50m: 31.55	31.55 150m: 1:40.65	34.67 250m: 2:50.33	34.38 350m: 4:00.04		35.09
	100m: 1:05.98	34.43 200m: 2:15.95	35.30 300m: 3:24.95	34.62 400m: 4:33.65		33.61
11.	Nynke Boerefijn	ZPC AMERSFOORT	200700114	<b>4:33.68</b>	+0,84	644
	50m: 30.99	30.99 150m: 1:40.03	34.60 250m: 2:49.75	35.11 350m: 3:59.75		34.89
	100m: 1:05.43	34.44 200m: 2:14.64	34.61 300m: 3:24.86	35.11 400m: 4:33.68		33.93
12.	Alysha de Jong	ZPCH	200400086	<b>4:34.54</b>	+0,54	638
	50m: 30.85	30.85 150m: 1:39.54	35.01 250m: 2:50.18	35.32 350m: 4:00.45		35.13
	100m: 1:04.53	33.68 200m: 2:14.86	35.32 300m: 3:25.32	35.14 400m: 4:34.54		34.09
13.	Tess Panjer	VZC	200403060	<b>4:35.91</b>	+0,77	628
	50m: 30.63	30.63 150m: 1:40.01	35.25 250m: 2:50.89	35.41 350m: 4:01.76		35.20
	100m: 1:04.76	34.13 200m: 2:15.48	35.47 300m: 3:26.56	35.67 400m: 4:35.91		34.15
14.	Charlotte Wilbers	ZPC Hoogeveen	200400312	<b>4:36.81</b>	+0,76	622
	50m: 32.06	32.06 150m: 1:42.34	35.69 250m: 2:52.66	35.02 350m: 4:03.04		35.04
	100m: 1:06.65	34.59 200m: 2:17.64	35.30 300m: 3:28.00	35.34 400m: 4:36.81		33.77
15.	Amé Hulleman	DZ&PC	200202794	<b>4:37.84</b>	+0,79	615
	50m: 31.24	31.24 150m: 1:39.89	34.84 250m: 2:50.79	35.73 350m: 4:02.38		35.77
	100m: 1:05.05	33.81 200m: 2:15.06	35.17 300m: 3:26.61	35.82 400m: 4:37.84		35.46
16.	Dominique Dingshoff	ZPC Hoogeveen	200400804	<b>4:40.52</b>	+0,80	598
	50m: 31.73	31.73 150m: 1:42.03	35.97 250m: 2:53.31	35.91 350m: 4:04.83		36.10
	100m: 1:06.06	34.33 200m: 2:17.40	35.37 300m: 3:28.73	35.42 400m: 4:40.52		35.69