

Programmanr. 13
17-12-2016

Dames, 400m vrije slag

Senioren Open
Resultaten Finale

World Record	3:56.46	Kathleen Ledecky	Rio de Janeiro (BRA)	07-08-2016
European Record	3:59.15	Federica Pellegrini	Rome (ITA)	26-07-2009
Nederlands Record Senioren	4:03.02	Sharon van Rouwendaal	Kazan (RUS)	02-08-2015
Nederlands Record Jeugd	4:11.35	Sharon van Rouwendaal	Eindhoven	12-06-2009
Nederlands Record Junioren	4:20.37	Karen Wammes	Antwerpen (BEL)	01-08-1991
Sloterparkbad Record	4:07.42	Sharon van Rouwendaal	NED Amsterdam	13-12-2014
Kwalificatie-eis WK 2017 senioren	4:07.52			
Kwalificatie-eis WK 2017 debutanten	4:10.57			
Kwalificatie-eis EJK 2017	4:16.84			
Kwalificatie-eis EYOF 2017	4:26.57			

Punten: FINA 2016

Rang					Tijd	RT	FINA	
Finale								
1.	Esmee Vermeulen	NTC - De Dolfijn			199600678	4:11.59	+0,77	850
	50m: 30.28	30.28	150m: 1:33.66	31.57	250m: 2:36.89	31.36	350m: 3:40.12	31.81
	100m: 1:02.09	31.81	200m: 2:05.53	31.87	300m: 3:08.31	31.42	400m: 4:11.59	31.47
2.	Valentine Dumont	FFBN				4:15.98	+0,74	807
	50m: 30.27	30.27	150m: 1:34.36	32.29	250m: 2:39.27	32.50	350m: 3:44.55	32.41
	100m: 1:02.07	31.80	200m: 2:06.77	32.41	300m: 3:12.14	32.87	400m: 4:15.98	31.43
3.	Fantine Lesaffre	IRSO Swimming				4:16.45	+0,73	803
	50m: 29.51	29.51	150m: 1:33.12	31.98	250m: 2:38.27	32.59	350m: 3:44.37	33.19
	100m: 1:01.14	31.63	200m: 2:05.68	32.56	300m: 3:11.18	32.91	400m: 4:16.45	32.08
4.	Camille Bouden	VZF				4:17.05	+0,73	797
	50m: 29.82	29.82	150m: 1:35.32	32.77	250m: 2:41.01	32.84	350m: 3:45.91	32.31
	100m: 1:02.55	32.73	200m: 2:08.17	32.85	300m: 3:13.60	32.59	400m: 4:17.05	31.14
5.	Eva Bonnet	IRSO Swimming				4:17.68	+0,77	791
	50m: 29.68	29.68	150m: 1:34.44	32.57	250m: 2:39.79	32.62	350m: 3:45.65	32.84
	100m: 1:01.87	32.19	200m: 2:07.17	32.73	300m: 3:12.81	33.02	400m: 4:17.68	32.03
6.	Marie Pietruschka	SSG Leipzig			153948	4:18.00	+0,80	788
	50m: 29.94	29.94	150m: 1:35.17	32.96	250m: 2:40.86	32.58	350m: 3:46.64	32.45
	100m: 1:02.21	32.27	200m: 2:08.28	33.11	300m: 3:14.19	33.33	400m: 4:18.00	31.36
7.	Laura van Engelen	RTC - AquAmigos			200000350	4:20.08	+0,85	769
	50m: 29.86	29.86	150m: 1:35.57	33.19	250m: 2:41.76	33.06	350m: 3:48.38	33.25
	100m: 1:02.38	32.52	200m: 2:08.70	33.13	300m: 3:15.13	33.37	400m: 4:20.08	31.70
8.	Camille Gheorghiu	Pôle France Antibes				4:22.47	+0,71	749
	50m: 29.82	29.82	150m: 1:34.71	32.78	250m: 2:40.89	33.15	350m: 3:48.62	33.98
	100m: 1:01.93	32.11	200m: 2:07.74	33.03	300m: 3:14.64	33.75	400m: 4:22.47	33.85