

Programmanr. 3  
16-12-2016

Dames, 400m wisselslag

Senioren Open  
Resultaten

World Record	4:26.36	Katinka Hosszu	Rio de Janeiro (BRA)	06-08-2016
European Record	4:26.36	Katinka Hosszu	Rio de Janeiro (BRA)	06-08-2016
Nederlands Record Senioren	4:44.73	Wendy v.d. Zanden	Londen (GBR)	16-05-2016
Nederlands Record Jeugd	4:48.19	Sharon van Rouwendaal	Duinkerken (FRA)	20-04-2008
Nederlands Record Junioren	4:56.95	Niamh Hofland	Sheffield (GBR)	26-07-2016
Sloterparkbad Record	4:34.95	Aimee Willmott	Amsterdam	08-12-2013
Kwalificatie-eis WK 2017 senioren	4:38.06			
Kwalificatie-eis WK 2017 debutanten	4:43.06			
Kwalificatie-eis EJK 2017	4:54.67			
Kwalificatie-eis EYOF 2017	5:11.08			

Punten: FINA 2016

Rang							Tijd	RT	FINA
1.	Fantine Lesaffre		IRSO Swimming				<b>4:42.54</b>	+0,77	857
	50m: 29.60	29.60	150m: 1:39.72	36.07	250m: 2:55.12	39.41	350m: 4:10.01	4:10.01	34.60
	100m: 1:03.65	34.05	200m: 2:15.71	35.99	300m: 3:35.41	40.29	400m: 4:42.54	4:42.54	32.53
2.	Camille Bouden		VZF				<b>4:52.19</b>	+0,74	775
	50m: 31.15	31.15	150m: 1:44.37	37.65	250m: 3:05.73	44.85	350m: 4:21.46	4:21.46	32.18
	100m: 1:06.72	35.57	200m: 2:20.88	36.51	300m: 3:49.28	43.55	400m: 4:52.19	4:52.19	30.73
3.	Tina Rueger		SV Nikar Heidelberg		152016		<b>4:56.19</b>	+0,67	744
	50m: 31.21	31.21	150m: 1:45.08	38.84	250m: 3:05.00	41.29	350m: 4:22.07	4:22.07	33.15
	100m: 1:06.24	35.03	200m: 2:23.71	38.63	300m: 3:48.92	43.92	400m: 4:56.19	4:56.19	34.12
4.	Lotte Goris		VZF				<b>4:57.65</b>	+0,72	733
	50m: 31.62	31.62	150m: 1:47.50	39.07	250m: 3:08.45	42.49	350m: 4:25.10	4:25.10	33.32
	100m: 1:08.43	36.81	200m: 2:25.96	38.46	300m: 3:51.78	43.33	400m: 4:57.65	4:57.65	32.55
5.	Sarah Bosslet		SSG Saar Max Ritter		150145		<b>4:59.71</b>	+0,73	718
	50m: 32.32	32.32	150m: 1:48.68	40.32	250m: 3:09.65	42.37	350m: 4:26.82	4:26.82	34.43
	100m: 1:08.36	36.04	200m: 2:27.28	38.60	300m: 3:52.39	42.74	400m: 4:59.71	4:59.71	32.89
6.	Anke Geeroms		VZF				<b>5:00.17</b>	+0,55	715
	50m: 32.26	32.26	150m: 1:52.19	42.65	250m: 3:12.59	39.73	350m: 4:27.27	4:27.27	35.20
	100m: 1:09.54	37.28	200m: 2:32.86	40.67	300m: 3:52.07	39.48	400m: 5:00.17	5:00.17	32.90
7.	Emelie Schnagl		SSG Saar Max Ritter		262869		<b>5:10.37</b>	+0,73	646
	50m: 32.62	32.62	150m: 1:49.70	39.75	250m: 3:14.44	44.72	350m: 4:35.66	4:35.66	35.69
	100m: 1:09.95	37.33	200m: 2:29.72	40.02	300m: 3:59.97	45.53	400m: 5:10.37	5:10.37	34.71
8.	Greta Nykvist		Södertörns Simsällskap		AU7496		<b>5:13.53</b>	+0,66	627
	50m: 32.74	32.74	150m: 1:53.89	42.02	250m: 3:19.19	44.34	350m: 4:39.83	4:39.83	36.14
	100m: 1:11.87	39.13	200m: 2:34.85	40.96	300m: 4:03.69	44.50	400m: 5:13.53	5:13.53	33.70
9.	Nikita van den Ouden		ZPC De Zeeuwse Kust		199900622		<b>5:13.55</b>	+0,63	627
	50m: 33.03	33.03	150m: 1:53.85	41.84	250m: 3:18.64	44.61	350m: 4:39.95	4:39.95	36.00
	100m: 1:12.01	38.98	200m: 2:34.03	40.18	300m: 4:03.95	45.31	400m: 5:13.55	5:13.55	33.60
10.	Indy Jongman		RTC - PSV		200100528		<b>5:13.77</b> *	+0,78	626
	50m: 31.04	31.04	150m: 1:49.62	40.22	250m: 3:13.78	46.10	350m: 4:37.59	4:37.59	36.96
	100m: 1:09.40	38.36	200m: 2:27.68	38.06	300m: 4:00.63	46.85	400m: 5:13.77	5:13.77	36.18
11.	Inge Vieveen		RTC - WVZ		200100024		<b>5:14.63</b>	+0,80	621
	50m: 32.06	32.06	150m: 1:52.57	40.87	250m: 3:16.26	43.65	350m: 4:40.23	4:40.23	38.17
	100m: 1:11.70	39.64	200m: 2:32.61	40.04	300m: 4:02.06	45.80	400m: 5:14.63	5:14.63	34.40
12.	Birgit van Buiten		Aquapoldro		200200498		<b>5:14.77</b>	+0,79	620
	50m: 33.76	33.76	150m: 1:54.41	40.17	250m: 3:17.87	44.59	350m: 4:39.61	4:39.61	36.97
	100m: 1:14.24	40.48	200m: 2:33.28	38.87	300m: 4:02.64	44.77	400m: 5:14.77	5:14.77	35.16
13.	Manon Aerssens		PSV		199900294		<b>5:22.60</b>	+0,72	576
	50m: 32.51	32.51	150m: 1:55.61	44.06	250m: 3:23.52	45.68	350m: 4:46.68	4:46.68	37.10
	100m: 1:11.55	39.04	200m: 2:37.84	42.23	300m: 4:09.58	46.06	400m: 5:22.60	5:22.60	35.92
14.	Lisanne Hassing		HZ&PC Heerenveen		199702584		<b>5:25.05</b>	+0,81	563
	50m: 35.39	35.39	150m: 2:00.33	42.32	250m: 3:27.10	44.93	350m: 4:50.02	4:50.02	36.53
	100m: 1:18.01	42.62	200m: 2:42.17	41.84	300m: 4:13.49	46.39	400m: 5:25.05	5:25.05	35.03
15.	Maike van de Velde		ZPCH		200000382		<b>5:28.28</b>	+0,77	546
	50m: 35.19	35.19	150m: 1:58.80	42.03	250m: 3:27.62	47.79	350m: 4:52.83	4:52.83	38.21
	100m: 1:16.77	41.58	200m: 2:39.83	41.03	300m: 4:14.62	47.00	400m: 5:28.28	5:28.28	35.45
16.	Elles Becker		Zwemclub Zeist		199600628		<b>5:28.72</b>	+0,83	544
	50m: 32.83	32.83	150m: 1:56.95	45.77	250m: 3:27.56	46.60	350m: 4:52.55	4:52.55	37.38
	100m: 1:11.18	38.35	200m: 2:40.96	44.01	300m: 4:15.17	47.61	400m: 5:28.72	5:28.72	36.17
17.	Ilse Kraaijeveld		MNC Dordrecht		200202190		<b>5:38.05</b>	+0,64	500
	50m: 33.26	33.26	150m: 2:01.78	46.13	250m: 3:33.94	49.51	350m: 5:01.26	5:01.26	38.28
	100m: 1:15.65	42.39	200m: 2:44.43	42.65	300m: 4:22.98	49.04	400m: 5:38.05	5:38.05	36.79

onjuistheden / mistakes?

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Programmanr. 3, Dames, 400m wisselslag, Senioren Open

Rang								Tijd	RT	FINA		
18.	Suze Kuipers		Orca			200301714		<b>5:38.38</b>	+0,86	499		
	50m:	34.69	34.69	150m:	1:59.81	41.43	250m:	3:30.35	50.28	350m:	5:01.11	39.18
	100m:	1:18.38	43.69	200m:	2:40.07	40.26	300m:	4:21.93	51.58	400m:	5:38.38	37.27
AFGEM	Celine Rieder		SSG Saar Max Ritter			269621						