

Hengelo Long Course Challenge 2020  
Hengelo, 12- - 14-8-2020



Programmanr. 27  
14-8-2020 - 17:30

Dames, 400m vrije slag

Senioren Open  
Resultaten Finale

Punten: FINA 2020

rang	naam		vereniging			tijd	RT	FINA
1.	Serena Stel		De Dolfijn	199801528		<b>4:21.79</b>		736
	50m: 30.28	30.28	150m: 1:36.28	33.14	250m: 2:43.55	33.52	350m: 3:49.74	32.97
	100m: 1:03.14	32.86	200m: 2:10.03	33.75	300m: 3:16.77	33.22	400m: 4:21.79	32.05
2.	Laura van Engelen		HPC - AquAmigos	200000350		<b>4:26.10</b>		701
	50m: 30.14	30.14	150m: 1:35.76	32.94	250m: 2:43.65	34.05	350m: 3:52.71	34.62
	100m: 1:02.82	32.68	200m: 2:09.60	33.84	300m: 3:18.09	34.44	400m: 4:26.10	33.39
3.	Charlotte Wilbers		ZPC Hoogeveen	200400312		<b>4:37.38</b>		619
	50m: 31.73	31.73	150m: 1:40.57	34.43	250m: 2:51.16	35.29	350m: 4:02.49	35.46
	100m: 1:06.14	34.41	200m: 2:15.87	35.30	300m: 3:27.03	35.87	400m: 4:37.38	34.89
4.	Theresa Bechtel		SC Aqua Köln	292144		<b>4:38.40</b>		612
	50m: 30.94	30.94	150m: 1:40.26	34.82	250m: 2:51.67	35.62	350m: 4:03.91	35.98
	100m: 1:05.44	34.50	200m: 2:16.05	35.79	300m: 3:27.93	36.26	400m: 4:38.40	34.49
5.	Femke Doorenbos		Racing Club	200404214		<b>4:39.94</b>		602
	50m: 31.47	31.47	150m: 1:41.30	35.64	250m: 2:52.91	35.68	350m: 4:05.56	36.21
	100m: 1:05.66	34.19	200m: 2:17.23	35.93	300m: 3:29.35	36.44	400m: 4:39.94	34.38
6.	Daniëlle Meinema		SWOL 1894	200300534		<b>4:45.78</b>		566
	50m: 32.19	32.19	150m: 1:43.49	36.31	250m: 2:56.87	36.86	350m: 4:10.44	36.84
	100m: 1:07.18	34.99	200m: 2:20.01	36.52	300m: 3:33.60	36.73	400m: 4:45.78	35.34
7.	Amé Hulleman		ReVeLie Swim Team	200202794		<b>4:47.88</b>		554
	50m: 32.04	32.04	150m: 1:44.12	36.31	250m: 2:57.60	36.56	350m: 4:11.61	36.84
	100m: 1:07.81	35.77	200m: 2:21.04	36.92	300m: 3:34.77	37.17	400m: 4:47.88	36.27
8.	Merel Schravendijk		Racing Club	200503382		<b>4:48.57</b>		550
	50m: 31.31	31.31	150m: 1:42.98	36.75	250m: 2:56.91	37.00	350m: 4:11.90	37.49
	100m: 1:06.23	34.92	200m: 2:19.91	36.93	300m: 3:34.41	37.50	400m: 4:48.57	36.67