

Programmanr. 2
 21-12-2018 - 9:35

Dames, 400m vrije slag

 Senioren Open
 Resultaten Voorronde

Punten: FINA 2018

rang	naam	vereniging	tijd	RT	FINA
Senioren Open					
1.	Maria Grandt	Hovedstadens Svoemmeklub	4:12.15	+0,68	A 804
	50m: 29.60 100m: 1:01.65	150m: 1:33.83 200m: 2:06.01	250m: 2:37.93 300m: 3:10.13	350m: 3:42.43 400m: 4:12.15	32.30 29.72
2.	Lotte Goris	FLANDERS	4:13.09	+0,78	A 795
	50m: 29.60 100m: 1:01.32	150m: 1:33.00 200m: 2:05.19	250m: 2:37.23 300m: 3:09.34	350m: 3:42.34 400m: 4:13.09	33.00 30.75
3.	Imani de Jong	OC - ZPCH	4:13.21	+0,71	A 794
	50m: 28.65 100m: 1:00.36	150m: 1:32.48 200m: 2:04.92	250m: 2:37.15 300m: 3:09.74	350m: 3:42.01 400m: 4:13.21	32.27 31.20
4.	Serena Stel	OC - De Dolfijn	4:13.41	+0,70	A 792
	50m: 29.20 100m: 1:00.69	150m: 1:32.50 200m: 2:04.98	250m: 2:37.16 300m: 3:09.50	350m: 3:42.35 400m: 4:13.41	32.85 31.06
5.	Silke Holkenborg	OC - VZC	4:14.27	+0,72	A 784
	50m: 29.31 100m: 1:00.96	150m: 1:32.96 200m: 2:05.64	250m: 2:37.77 300m: 3:10.39	350m: 3:42.60 400m: 4:14.27	32.21 31.67
6.	Loulou Vos	PSV	4:16.06	+0,79	A 768
	50m: 29.19 100m: 1:00.76	150m: 1:32.79 200m: 2:05.54	250m: 2:37.79 300m: 3:10.66	350m: 3:43.48 400m: 4:16.06	32.82 32.58
7.	Leonie van Noort	WVZ	4:16.36	+0,80	A 765
	50m: 29.63 100m: 1:02.09	150m: 1:34.01 200m: 2:06.09	250m: 2:38.29 300m: 3:10.70	350m: 3:43.51 400m: 4:16.36	32.81 32.85
8.	Laura Setz	OC - Nova	4:17.06	+0,85	A 759
	50m: 29.50 100m: 1:01.06	150m: 1:33.41 200m: 2:06.06	250m: 2:38.95 300m: 3:11.73	350m: 3:44.87 400m: 4:17.06	33.14 32.19
9.	Camille Bouden	FLANDERS	4:17.75	+0,74	B 753
	50m: 29.79 100m: 1:02.13	150m: 1:34.75 200m: 2:07.87	250m: 2:40.66 300m: 3:13.17	350m: 3:45.81 400m: 4:17.75	32.64 31.94
10.	Femke Spiering	OC - VZC	4:22.50	+0,84	B 713
	50m: 29.60 100m: 1:01.98	150m: 1:34.83 200m: 2:08.00	250m: 2:41.78 300m: 3:15.30	350m: 3:49.38 400m: 4:22.50	34.08 33.12
11.	Marij van der Mast	PSV	4:22.91	+0,72	B 709
	50m: 30.41 100m: 1:03.39	150m: 1:37.10 200m: 2:11.01	250m: 2:44.29 300m: 3:17.51	350m: 3:50.58 400m: 4:22.91	33.07 32.33
12.	Anna Wermuth	Hovedstadens Svoemmeklub	4:23.65	+0,72	B 703
	50m: 30.18 100m: 1:03.10	150m: 1:36.01 200m: 2:09.38	250m: 2:42.59 300m: 3:16.35	350m: 3:50.38 400m: 4:23.65	34.03 33.27
13.	Lana Ravelingien	FLANDERS	4:24.56	+0,70	B 696
	50m: 29.90 100m: 1:03.31	150m: 1:36.49 200m: 2:09.76	250m: 2:42.53 300m: 3:16.54	350m: 3:50.91 400m: 4:24.56	34.37 33.65
14.	Madelon Dijkstra	ZPCH	4:25.99	+0,81	B 685
	50m: 30.10 100m: 1:02.61	150m: 1:35.52 200m: 2:09.18	250m: 2:43.55 300m: 3:17.70	350m: 3:52.25 400m: 4:25.99	34.55 33.74
15.	Soraya Wasser	PSV	4:26.68	+0,70	B 680
	50m: 30.05 100m: 1:02.72	150m: 1:36.20 200m: 2:10.13	250m: 2:44.12 300m: 3:18.30	350m: 3:52.90 400m: 4:26.68	34.60 33.78
16.	Jamilla van Veen	Zwemvereniging Hoogland	4:27.41	+0,70	B 674
	50m: 29.68 100m: 1:02.52	150m: 1:35.42 200m: 2:09.15	250m: 2:43.15 300m: 3:17.74	350m: 3:52.69 400m: 4:27.41	34.95 34.72
17.	Gaia Sterre Mirotti	VZC	4:27.57	+0,69	R 673
	50m: 30.50 100m: 1:04.00	150m: 1:37.90 200m: 2:11.58	250m: 2:45.60 300m: 3:19.75	350m: 3:53.90 400m: 4:27.57	34.15 33.67
18.	Lonneke Kampman	PSV	4:27.93	+0,79	R 670
	50m: 30.95 100m: 1:04.45	150m: 1:38.24 200m: 2:11.38	250m: 2:45.22 300m: 3:19.38	350m: 3:54.03 400m: 4:27.93	34.65 33.90
19.	Manon van Esch	TRB-RES	4:28.09		669
	50m: 30.03 100m: 1:02.54	150m: 1:35.79 200m: 2:09.62	250m: 2:44.04 300m: 3:18.34	350m: 3:53.49 400m: 4:28.09	35.15 34.60
20.	Lize Janna de Vries	Orca	4:28.17	+0,79	668
	50m: 31.09 100m: 1:05.13	150m: 1:39.15 200m: 2:13.68	250m: 2:47.92 300m: 3:22.19	350m: 3:56.02 400m: 4:28.17	33.83 32.15



GEMEENTE TILBURG



Open Nederlandse Kampioenschappen korte baan 2018
Tilburg, 21- - 23-12-2018



Programmanr. 2, Dames, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging	tijd	RT	FINA
21.	Sophie de Jonge	WVZ	200200118	4:28.27 +0,72	668
	50m: 30.37 30.37	150m: 1:37.54 33.82	250m: 2:45.81 34.44	350m: 3:54.96 34.35	
	100m: 1:03.72 33.35	200m: 2:11.37 33.83	300m: 3:20.61 34.80	400m: 4:28.27 33.31	
22.	Manon Ritten	Hellas-Glana	200002440	4:29.11 +0,78	661
	50m: 30.17 30.17	150m: 1:36.84 33.65	250m: 2:45.05 34.01	350m: 3:54.72 34.95	
	100m: 1:03.19 33.02	200m: 2:11.04 34.20	300m: 3:19.77 34.72	400m: 4:29.11 34.39	
23.	Manon Aerssens	PSV	199900294	4:30.97 +0,72	648
	50m: 31.04 31.04	150m: 1:37.74 33.45	250m: 2:45.77 34.23	350m: 3:55.85 35.26	
	100m: 1:04.29 33.25	200m: 2:11.54 33.80	300m: 3:20.59 34.82	400m: 4:30.97 35.12	
24.	Angelique van Vark	Z&PC De Gouwe	199701478	4:31.04 +0,56	647
	50m: 30.25 30.25	150m: 1:37.87 34.08	250m: 2:46.75 34.64	350m: 3:57.21 35.17	
	100m: 1:03.79 33.54	200m: 2:12.11 34.24	300m: 3:22.04 35.29	400m: 4:31.04 33.83	
25.	Inge Vieveen	OC - WVZ	200100024	4:31.89 +0,75	641
	50m: 30.99 30.99	150m: 1:38.74 34.09	250m: 2:47.39 34.54	350m: 3:57.56 35.48	
	100m: 1:04.65 33.66	200m: 2:12.85 34.11	300m: 3:22.08 34.69	400m: 4:31.89 34.33	
26.	Victoria Vorm	Hovedstadens Svømmeklub		4:32.52 +0,75	637
	50m: 31.05 31.05	150m: 1:39.80 34.51	250m: 2:49.18 34.51	350m: 3:58.63 34.50	
	100m: 1:05.29 34.24	200m: 2:14.67 34.87	300m: 3:24.13 34.95	400m: 4:32.52 33.89	
27.	Nikita van den Ouden	Nuenen	199900622	4:33.12 +0,73	633
	50m: 30.98 30.98	150m: 1:39.51 34.39	250m: 2:48.84 34.60	350m: 3:58.71 34.94	
	100m: 1:05.12 34.14	200m: 2:14.24 34.73	300m: 3:23.77 34.93	400m: 4:33.12 34.41	
28.	Almudena Visser Velez	The Hague Swimming (SG)	200205904	4:33.51 +0,78	630
	50m: 30.80 30.80	150m: 1:39.53 34.80	250m: 2:49.38 35.05	350m: 3:59.98 35.26	
	100m: 1:04.73 33.93	200m: 2:14.33 34.80	300m: 3:24.72 35.34	400m: 4:33.51 33.53	
29.	Rani Skrabanja 100m *	Hellas-Glana	199800992	4:33.72 +0,56	628
	50m: 30.13 30.13	150m: 1:38.18 34.42	250m: 2:47.74 35.12	350m: 3:59.14 35.75	
	100m: 1:03.76 33.63	200m: 2:12.62 34.44	300m: 3:23.39 35.65	400m: 4:33.72 34.58	
30.	Isabel Aardema	DWK	200100364	4:33.94 +0,75	627
	50m: 30.69 30.69	150m: 1:38.79 34.50	250m: 2:48.72 35.05	350m: 3:59.72 35.48	
	100m: 1:04.29 33.60	200m: 2:13.67 34.88	300m: 3:24.24 35.52	400m: 4:33.94 34.22	
31.	Lize van den Nieuwehuijzen	Nextline Swimming	200304454	4:34.87 +0,78	621
	50m: 30.42 30.42	150m: 1:38.26 34.49	250m: 2:49.34 35.90	350m: 4:00.45 35.51	
	100m: 1:03.77 33.35	200m: 2:13.44 35.18	300m: 3:24.94 35.60	400m: 4:34.87 34.42	
32.	Tamara Grove	De Dolfijn	199601266	4:35.22 +0,69	618
	50m: 30.39 30.39	150m: 1:38.62 34.61	250m: 2:48.29 34.74	350m: 3:59.95 36.03	
	100m: 1:04.01 33.62	200m: 2:13.55 34.93	300m: 3:23.92 35.63	400m: 4:35.22 35.27	
33.	Fleur Donker	DWK	200006496	4:35.24 +0,68	618
	50m: 30.64 30.64	150m: 1:37.89 33.84	250m: 2:47.41 35.09	350m: 3:59.61 36.34	
	100m: 1:04.05 33.41	200m: 2:12.32 34.43	300m: 3:23.27 35.86	400m: 4:35.24 35.63	
34.	Femke Hoppenbrouwer	The Hague Swimming (SG)	200301124	4:35.30 +0,76	618
	50m: 30.36 30.36	150m: 1:38.40 34.45	250m: 2:49.42 35.73	350m: 4:00.87 35.78	
	100m: 1:03.95 33.59	200m: 2:13.69 35.29	300m: 3:25.09 35.67	400m: 4:35.30 34.43	
35.	Mariëlle Dolfijn	TriVia	200201640	4:35.42 +0,77	617
	50m: 31.37 31.37	150m: 1:40.36 34.51	250m: 2:50.53 34.95	350m: 4:00.81 35.07	
	100m: 1:05.85 34.48	200m: 2:15.58 35.22	300m: 3:25.74 35.21	400m: 4:35.42 34.61	
36.	Bridget Vermeer	VZC	200501766	4:35.96 +0,81	613
	50m: 31.08 31.08	150m: 1:40.57 35.30	250m: 2:50.32 34.59	350m: 4:00.97 35.54	
	100m: 1:05.27 34.19	200m: 2:15.73 35.16	300m: 3:25.43 35.11	400m: 4:35.96 34.99	
37.	Josse Bergman	VZC	200305146	4:36.05 +0,73	613
	50m: 31.10 31.10	150m: 1:40.31 35.06	250m: 2:50.85 35.25	350m: 4:01.57 35.47	
	100m: 1:05.25 34.15	200m: 2:15.60 35.29	300m: 3:26.10 35.25	400m: 4:36.05 34.48	
38.	Imke Beekman	Hellas-Glana	200301950	4:37.05 +0,84	606
	50m: 31.04 31.04	150m: 1:39.89 34.93	250m: 2:50.54 35.35	350m: 4:02.15 36.11	
	100m: 1:04.96 33.92	200m: 2:15.19 35.30	300m: 3:26.04 35.50	400m: 4:37.05 34.90	
39.	Luna Donde Feilberg	Hovedstadens Svømmeklub		4:37.23 +0,71	605
	50m: 31.11 31.11	150m: 1:38.51 34.14	250m: 2:48.67 35.48	350m: 4:01.38 36.61	
	100m: 1:04.37 33.26	200m: 2:13.19 34.68	300m: 3:24.77 36.10	400m: 4:37.23 35.85	
40.	Michelle Zomerdijk	Dedemsvaart-AC	200003196	4:37.84 +0,74	601
	50m: 30.57 30.57	150m: 1:38.36 34.11	250m: 2:48.52 35.41	350m: 4:01.44 36.55	
	100m: 1:04.25 33.68	200m: 2:13.11 34.75	300m: 3:24.89 36.37	400m: 4:37.84 36.40	
41.	Amé Hulleman	ReVeLie Swim Team	200202794	4:38.59 +0,80	596
	50m: 30.99 30.99	150m: 1:40.35 35.02	250m: 2:51.49 35.65	350m: 4:02.84 35.84	
	100m: 1:05.33 34.34	200m: 2:15.84 35.49	300m: 3:27.00 35.51	400m: 4:38.59 35.75	



NEDERLANDSE
LOTERIJ

slangen+koenis
architecten



VARIO PLAY
ADDING FUN TO YOUR POOL

Programmanr. 2, Dames, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging	tijd	RT	FINA			
42.	Annemarie Meijer	Feijenoord Albion Zwemclub	199900964	4:38.83	+0,79	595		
	50m: 30.81	30.81	150m: 1:39.70	35.23	250m: 2:51.43	36.03	350m: 4:03.97	36.09
	100m: 1:04.47	33.66	200m: 2:15.40	35.70	300m: 3:27.88	36.45	400m: 4:38.83	34.86
43.	Hanne te Velthuis	Dedemsvaart-AC	200201324	4:38.85		594		
	50m: 30.37	30.37	150m: 1:39.39	35.48	250m: 2:50.75	35.68	350m: 4:03.44	36.73
	100m: 1:03.91	33.54	200m: 2:15.07	35.68	300m: 3:26.71	35.96	400m: 4:38.85	35.41
44.	Noa Oldenhof	De Dolfijn	199700622	4:38.98	+0,68	594		
	50m: 31.23	31.23	150m: 1:41.62	35.25	250m: 2:52.13	35.04	350m: 4:03.87	35.95
	100m: 1:06.37	35.14	200m: 2:17.09	35.47	300m: 3:27.92	35.79	400m: 4:38.98	35.11
45.	Kim Rebergen	Hellas-Glana	200100676	4:39.31	+0,74	591		
	50m: 32.39	32.39	150m: 1:41.91	35.29	250m: 2:53.80	36.16	350m: 4:05.62	35.68
	100m: 1:06.62	34.23	200m: 2:17.64	35.73	300m: 3:29.94	36.14	400m: 4:39.31	33.69
46.	Lotte Bezemer	Conejo Simi Swim Club	093001LOTJBEZE	4:39.51	+0,90	590		
	50m: 30.60	30.60	150m: 1:39.54	35.20	250m: 2:50.69	35.77	350m: 4:03.28	36.42
	100m: 1:04.34	33.74	200m: 2:14.92	35.38	300m: 3:26.86	36.17	400m: 4:39.51	36.23
47.	Amy van Lier	De Warande	199603022	4:39.80	+0,72	588		
	50m: 31.36	31.36	150m: 1:41.09	35.06	250m: 2:51.80	35.39	350m: 4:03.81	36.01
	100m: 1:06.03	34.67	200m: 2:16.41	35.32	300m: 3:27.80	36.00	400m: 4:39.80	35.99
48.	Marlinde Beukers	WVZ	200101934	4:40.01	+0,73	587		
	50m: 30.30	30.30	150m: 1:39.82	35.09	250m: 2:51.29	36.07	350m: 4:04.35	36.69
	100m: 1:04.73	34.43	200m: 2:15.22	35.40	300m: 3:27.66	36.37	400m: 4:40.01	35.66
49.	Sterre van de Goor	PSV	200102168	4:40.32	+0,78	585		
	50m: 31.95	31.95	150m: 1:42.83	35.67	250m: 2:53.79	35.47	350m: 4:05.79	36.00
	100m: 1:07.16	35.21	200m: 2:18.32	35.49	300m: 3:29.79	36.00	400m: 4:40.32	34.53
50.	Ilse Kraaijeveld	The Hague Swimming (SG)	200202190	4:40.76	+0,70	582		
	50m: 31.65	31.65	150m: 1:42.84	36.20	250m: 2:54.41	35.79	350m: 4:05.69	35.64
	100m: 1:06.64	34.99	200m: 2:18.62	35.78	300m: 3:30.05	35.64	400m: 4:40.76	35.07
51.	Annemarie Hoving	TriVia	200000248	4:43.60	+0,72	565		
	50m: 31.28	31.28	150m: 1:41.05	35.45	250m: 2:53.21	36.15	350m: 4:06.98	37.10
	100m: 1:05.60	34.32	200m: 2:17.06	36.01	300m: 3:29.88	36.67	400m: 4:43.60	36.62
52.	Myrthe Natzijl	TriVia	200400076	4:49.73	+0,85	530		
	50m: 32.29	32.29	150m: 1:45.03	36.79	250m: 2:59.45	37.33	350m: 4:14.12	37.48
	100m: 1:08.24	35.95	200m: 2:22.12	37.09	300m: 3:36.64	37.19	400m: 4:49.73	35.61
53.	Manon Vermarien	ZPC AMERSFOORT	199705680	5:02.60	+0,69	465		
	50m: 34.07	34.07	150m: 1:47.44	37.07	250m: 3:02.89	37.91	350m: 4:20.28	38.94
	100m: 1:10.37	36.30	200m: 2:24.98	37.54	300m: 3:41.34	38.45	400m: 4:59.41	39.13
54.	Liesette Bruinsma <i>Wereld Record PARA</i>	HPC PARA - HZ&PC Heerenveen	200004346	5:02.60		465		
	50m: 34.21	34.21	150m: 1:50.12	38.37	250m: 3:07.61	38.92	350m: 4:25.82	38.83
	100m: 1:11.75	37.54	200m: 2:28.69	38.57	300m: 3:46.99	39.38	400m: 5:02.60	36.78
55.	Jonne Moleman <i>Nederlands Record PARA</i>	LinK	200006264	5:23.72	+0,87	380		
	50m: 35.91	35.91	150m: 1:57.57	41.51	250m: 3:20.99	41.48	350m: 4:43.41	41.07
	100m: 1:16.06	40.15	200m: 2:39.51	41.94	300m: 4:02.34	41.35	400m: 5:23.72	40.31
NG	Amber van der Kruk	HPC PARA - MSV Zeemacht	200102730	S14				

Senioren PARA

1.	Liesette Bruinsma <i>Wereld Record PARA</i>	HPC PARA - HZ&PC Heerenveen	200004346	S11	5:02.60	+0,69	465	
	50m: 34.21	34.21	150m: 1:50.12	38.37	250m: 3:07.61	38.92	350m: 4:25.82	38.83
	100m: 1:11.75	37.54	200m: 2:28.69	38.57	300m: 3:46.99	39.38	400m: 5:02.60	36.78
2.	Jonne Moleman <i>Nederlands Record PARA</i>	LinK	200006264	S7	5:23.72	+0,87	380	
	50m: 35.91	35.91	150m: 1:57.57	41.51	250m: 3:20.99	41.48	350m: 4:43.41	41.07
	100m: 1:16.06	40.15	200m: 2:39.51	41.94	300m: 4:02.34	41.35	400m: 5:23.72	40.31
3.	Manon Vermarien	ZPC AMERSFOORT	199705680	S10	4:59.41		480	
	50m: 34.07	34.07	150m: 1:47.44	37.07	250m: 3:02.89	37.91	350m: 4:20.28	38.94
	100m: 1:10.37	36.30	200m: 2:24.98	37.54	300m: 3:41.34	38.45	400m: 4:59.41	39.13
NG	Amber van der Kruk	HPC PARA - MSV Zeemacht	200102730	S14				