

Programmanr. 2
 21-12-2018

Dames, 400m vrije slag

 Senioren Open
 Resultaten Finale

Punten: FINA 2018

rang	naam		vereniging			tijd	RT	FINA
Finale A								
1.	Loulou Vos		PSV		199906128	4:09.00	+0,77	835
	50m: 28.84	28.84	150m: 1:31.47	31.36	250m: 2:34.63	31.30	350m: 3:37.86	31.66
	100m: 1:00.11	31.27	200m: 2:03.33	31.86	300m: 3:06.20	31.57	400m: 4:09.00	31.14
2.	Imani de Jong		OC - ZPCH		200200464	4:09.39	+0,71	831
	50m: 28.61	28.61	150m: 1:31.61	31.59	250m: 2:35.34	31.80	350m: 3:38.93	31.78
	100m: 1:00.02	31.41	200m: 2:03.54	31.93	300m: 3:07.15	31.81	400m: 4:09.39	30.46
3.	Maria Grandt		Hovedstadens Svømmeklub			4:10.27	+0,67	822
	50m: 29.91	29.91	150m: 1:34.10	32.17	250m: 2:37.32	31.47	350m: 3:40.80	31.75
	100m: 1:01.93	32.02	200m: 2:05.85	31.75	300m: 3:09.05	31.73	400m: 4:10.27	29.47
4.	Laura Setz		OC - Nova		200000130	4:10.89	+0,88	816
	50m: 29.28	29.28	150m: 1:32.18	31.52	250m: 2:35.48	31.53	350m: 3:39.38	32.13
	100m: 1:00.66	31.38	200m: 2:03.95	31.77	300m: 3:07.25	31.77	400m: 4:10.89	31.51
5.	Lotte Goris		FLANDERS			4:12.44	+0,78	801
	50m: 29.13	29.13	150m: 1:31.64	31.39	250m: 2:35.22	31.71	350m: 3:40.28	32.62
	100m: 1:00.25	31.12	200m: 2:03.51	31.87	300m: 3:07.66	32.44	400m: 4:12.44	32.16
6.	Silke Holkenborg		OC - VZC		200100292	4:12.80	+0,73	798
	50m: 29.05	29.05	150m: 1:32.45	31.88	250m: 2:36.39	31.94	350m: 3:41.11	32.38
	100m: 1:00.57	31.52	200m: 2:04.45	32.00	300m: 3:08.73	32.34	400m: 4:12.80	31.69
7.	Leonie van Noort		WVZ		199301752	4:13.42	+0,81	792
	50m: 29.47	29.47	150m: 1:33.47	32.20	250m: 2:37.88	32.19	350m: 3:42.41	32.17
	100m: 1:01.27	31.80	200m: 2:05.69	32.22	300m: 3:10.24	32.36	400m: 4:13.42	31.01
8.	Serena Stel		OC - De Dolfijn		199801528	4:16.52	+0,72	764
	50m: 29.65	29.65	150m: 1:33.68	32.14	250m: 2:38.49	32.23	350m: 3:44.04	32.85
	100m: 1:01.54	31.89	200m: 2:06.26	32.58	300m: 3:11.19	32.70	400m: 4:16.52	32.48
Finale B								
9.	Marij van der Mast		PSV		200000676	4:21.17	+0,75	724
	50m: 30.73	30.73	150m: 1:37.72	33.54	250m: 2:44.46	33.05	350m: 3:50.07	32.60
	100m: 1:04.18	33.45	200m: 2:11.41	33.69	300m: 3:17.47	33.01	400m: 4:21.17	31.10
10.	Femke Spiering		OC - VZC		200204514	4:22.48	+0,79	713
	50m: 30.66	30.66	150m: 1:37.66	33.51	250m: 2:44.55	33.47	350m: 3:50.37	32.73
	100m: 1:04.15	33.49	200m: 2:11.08	33.42	300m: 3:17.64	33.09	400m: 4:22.48	32.11
11.	Madelon Dijkstra		ZPCH		199703510	4:24.31	+0,80	698
	50m: 30.54	30.54	150m: 1:37.30	33.64	250m: 2:44.49	33.35	350m: 3:51.32	33.37
	100m: 1:03.66	33.12	200m: 2:11.14	33.84	300m: 3:17.95	33.46	400m: 4:24.31	32.99
12.	Lonneke Kampman		PSV		200100146	4:25.52	+0,81	689
	50m: 30.43	30.43	150m: 1:36.77	33.36	250m: 2:43.48	33.25	350m: 3:51.59	34.35
	100m: 1:03.41	32.98	200m: 2:10.23	33.46	300m: 3:17.24	33.76	400m: 4:25.52	33.93
13.	Lize Janna de Vries		Orca		200101948	4:26.17	+0,78	684
	50m: 30.90	30.90	150m: 1:38.66	33.98	250m: 2:46.56	34.11	350m: 3:54.54	33.77
	100m: 1:04.68	33.78	200m: 2:12.45	33.79	300m: 3:20.77	34.21	400m: 4:26.17	31.63
14.	Sophie de Jonge		WVZ		200200118	4:26.68	+0,74	680
	50m: 30.22	30.22	150m: 1:37.05	33.78	250m: 2:44.92	34.09	350m: 3:53.58	34.39
	100m: 1:03.27	33.05	200m: 2:10.83	33.78	300m: 3:19.19	34.27	400m: 4:26.68	33.10
15.	Manon van Esch		TRB-RES		199702090	4:26.77	+0,71	679
	50m: 30.80	30.80	150m: 1:38.33	33.98	250m: 2:46.23	33.90	350m: 3:54.15	33.85
	100m: 1:04.35	33.55	200m: 2:12.33	34.00	300m: 3:20.30	34.07	400m: 4:26.77	32.62
16.	Soraya Wasser		PSV		199901358	4:27.22	+0,71	675
	50m: 30.60	30.60	150m: 1:38.30	33.97	250m: 2:46.38	33.97	350m: 3:54.02	33.86
	100m: 1:04.33	33.73	200m: 2:12.41	34.11	300m: 3:20.16	33.78	400m: 4:27.22	33.20
NG.ZA	Gaia Sterre Mirotti		VZC		200305158			