

Programmanr. 32
 23-12-2018

Dames, 400m wisselslag

 Senioren Open
 Resultaten Finale

Punten: FINA 2018

rang	naam		vereniging		tijd	RT	FINA	
Finale A								
1.	Lotte Hosper		OC - Racing Club	200201414	4:47.19	+0,76	732	
	50m: 30.26	30.26	150m: 1:40.78	36.23	250m: 2:57.90	41.68	350m: 4:14.17	33.78
	100m: 1:04.55	34.29	200m: 2:16.22	35.44	300m: 3:40.39	42.49	400m: 4:47.19	33.02
2.	Maria Grandt		Hovedstadens Svømmeklub		4:52.03	+0,65	697	
	50m: 30.61	30.61	150m: 1:43.78	38.43	250m: 3:01.68	40.37	350m: 4:17.89	34.69
	100m: 1:05.35	34.74	200m: 2:21.31	37.53	300m: 3:43.20	41.52	400m: 4:52.03	34.14
3.	Lisa Dreesens		The Hague Swimming (SG)	199105798	4:53.13	+0,82	689	
	50m: 30.60	30.60	150m: 1:43.37	37.35	250m: 3:02.86	41.91	350m: 4:19.73	33.92
	100m: 1:06.02	35.42	200m: 2:20.95	37.58	300m: 3:45.81	42.95	400m: 4:53.13	33.40
4.	Lisa Rijkhoff		Aalborg Svømmeklub		4:53.79	+0,77	684	
	50m: 30.12	30.12	150m: 1:44.17	38.39	250m: 3:05.29	42.07	350m: 4:21.66	33.75
	100m: 1:05.78	35.66	200m: 2:23.22	39.05	300m: 3:47.91	42.62	400m: 4:53.79	32.13
5.	Femke Spiering		OC - VZC	200204514	4:54.09	+0,79	682	
	50m: 31.15	31.15	150m: 1:44.77	37.80	250m: 3:06.27	43.84	350m: 4:23.11	32.83
	100m: 1:06.97	35.82	200m: 2:22.43	37.66	300m: 3:50.28	44.01	400m: 4:54.09	30.98
6.	Birgit van Buiten		DWK	200200498	4:59.26	+0,73	647	
	50m: 32.33	32.33	150m: 1:46.60	36.65	250m: 3:06.35	43.26	350m: 4:24.78	35.85
	100m: 1:09.95	37.62	200m: 2:23.09	36.49	300m: 3:48.93	42.58	400m: 4:59.26	34.48
7.	Inge Arts		Merlet	199203076	5:00.33		640	
	50m: 31.89	31.89	150m: 1:47.22	38.86	250m: 3:08.57	43.23	350m: 4:27.55	34.70
	100m: 1:08.36	36.47	200m: 2:25.34	38.12	300m: 3:52.85	44.28	400m: 5:00.33	32.78
8.	Alinda Dingshoff		ZPC Hoogeveen	200000928	5:03.31	+0,75	622	
	50m: 32.00	32.00	150m: 1:45.10	36.94	250m: 3:05.79	44.24	350m: 4:28.41	36.25
	100m: 1:08.16	36.16	200m: 2:21.55	36.45	300m: 3:52.16	46.37	400m: 5:03.31	34.90
Finale B								
9.	Silke Huisman		Orca	200301182	4:58.27	+0,73	654	
	50m: 31.76	31.76	150m: 1:48.77	39.77	250m: 3:08.69	41.43	350m: 4:24.94	34.27
	100m: 1:09.00	37.24	200m: 2:27.26	38.49	300m: 3:50.67	41.98	400m: 4:58.27	33.33
10.	Lize Janna de Vries		Orca	200101948	4:59.19	+0,78	648	
	50m: 31.94	31.94	150m: 1:50.78	39.48	250m: 3:11.98	42.70	350m: 4:27.73	33.03
	100m: 1:11.30	39.36	200m: 2:29.28	38.50	300m: 3:54.70	42.72	400m: 4:59.19	31.46
11.	Anna van Droffelaar		OC - ZVVS	200400258	5:01.68	+0,66	632	
	50m: 30.65	30.65	150m: 1:45.45	38.04	250m: 3:06.52	42.88	350m: 4:26.37	35.96
	100m: 1:07.41	36.76	200m: 2:23.64	38.19	300m: 3:50.41	43.89	400m: 5:01.68	35.31
12.	Inge Vieveen		OC - WVZ	200100024	5:02.75	+0,78	625	
	50m: 31.89	31.89	150m: 1:50.16	39.91	250m: 3:11.79	42.40	350m: 4:29.70	34.73
	100m: 1:10.25	38.36	200m: 2:29.39	39.23	300m: 3:54.97	43.18	400m: 5:02.75	33.05
13.	Fleur Donker		DWK	200006496	5:03.53	+0,68	620	
	50m: 31.81	31.81	150m: 1:45.73	37.73	250m: 3:09.65	46.23	350m: 4:30.31	34.21
	100m: 1:08.00	36.19	200m: 2:23.42	37.69	300m: 3:56.10	46.45	400m: 5:03.53	33.22
14.	Anne Noom		Het Y	199800062	5:03.88	+0,72	618	
	50m: 31.16	31.16	150m: 1:45.78	38.51	250m: 3:08.26	44.49	350m: 4:29.39	35.93
	100m: 1:07.27	36.11	200m: 2:23.77	37.99	300m: 3:53.46	45.20	400m: 5:03.88	34.49
15.	Isabel Aardema		DWK	200100364	5:09.63	+0,75	584	
	50m: 32.07	32.07	150m: 1:50.02	40.40	250m: 3:13.14	44.04	350m: 4:34.28	36.80
	100m: 1:09.62	37.55	200m: 2:29.10	39.08	300m: 3:57.48	44.34	400m: 5:09.63	35.35
16.	Elles Becker		Zwemclub Zeist	199600628	5:12.59		568	
	50m: 32.50	32.50	150m: 1:50.31	40.42	250m: 3:15.47	45.78	350m: 4:37.80	36.26
	100m: 1:09.89	37.39	200m: 2:29.69	39.38	300m: 4:01.54	46.07	400m: 5:12.59	34.79