

Programmanr. 2  
 20-12-2019 - 9:18

Dames, 400m vrije slag

 Senioren Open  
 Resultaten Voorronde

Punten: FINA 2019

rang	naam	vereniging	tijd	RT	fin.	FINA	para	
<b>Senioren Open</b>								
1.	Imani de Jong	OC - ZPCH	200200464	<b>4:15.58</b>	+0,74	A		
	50m: 28.39	28.39	150m: 1:31.91	32.16	250m: 2:37.05	32.66	350m: 3:42.87	32.91
	100m: 59.75	31.36	200m: 2:04.39	32.48	300m: 3:09.96	32.91	400m: 4:15.58	32.71
2.	Laura Setz	OC - Nova	200000130	<b>4:21.22</b>	+0,94	A		
	50m: 28.85	28.85	150m: 1:33.18	32.86	250m: 2:40.51	33.84	350m: 3:48.75	34.32
	100m: 1:00.32	31.47	200m: 2:06.67	33.49	300m: 3:14.43	33.92	400m: 4:21.22	32.47
3.	Silke Holkenborg	OC - VZC	200100292	<b>4:21.87</b>		A		
	50m: 28.96	28.96	150m: 1:34.46	33.63	250m: 2:41.44	33.48	350m: 3:48.79	34.11
	100m: 1:00.83	31.87	200m: 2:07.96	33.50	300m: 3:14.68	33.24	400m: 4:21.87	33.08
4.	Leonie van Noort	WVZ	199301752	<b>4:22.53</b>		A		
	50m: 30.32	30.32	150m: 1:37.08	33.51	250m: 2:44.36	33.57	350m: 3:50.96	32.66
	100m: 1:03.57	33.25	200m: 2:10.79	33.71	300m: 3:18.30	33.94	400m: 4:22.53	31.57
5.	Margaux Bernard	PSV	199906590	<b>4:22.56</b>	+0,74	A		
	50m: 30.44	30.44	150m: 1:35.73	32.92	250m: 2:42.59	33.49	350m: 3:50.00	33.69
	100m: 1:02.81	32.37	200m: 2:09.10	33.37	300m: 3:16.31	33.72	400m: 4:22.56	32.56
6.	Soraya Wasser	PSV	199901358	<b>4:26.65</b>	+0,71	A		
	50m: 30.05	30.05	150m: 1:35.39	33.15	250m: 2:42.88	33.90	350m: 3:52.22	34.98
	100m: 1:02.24	32.19	200m: 2:08.98	33.59	300m: 3:17.24	34.36	400m: 4:26.65	34.43
7.	Nikita van den Ouden	Nuenen	199900622	<b>4:27.19</b>	+0,65	A		
	50m: 30.11	30.11	150m: 1:37.36	33.97	250m: 2:46.22	34.61	350m: 3:54.67	34.14
	100m: 1:03.39	33.28	200m: 2:11.61	34.25	300m: 3:20.53	34.31	400m: 4:27.19	32.52
8.	Manon Ritten	Hellas-Glana	200002440	<b>4:27.94</b>	+0,78	A		
	50m: 30.63	30.63	150m: 1:37.89	33.76	250m: 2:46.05	33.91	350m: 3:55.11	34.47
	100m: 1:04.13	33.50	200m: 2:12.14	34.25	300m: 3:20.64	34.59	400m: 4:27.94	32.83
9.	Angelique van Vark	Z&PC De Gouwe	199701478	<b>4:28.18</b>	+0,70	B		
	50m: 30.14	30.14	150m: 1:37.08	33.79	250m: 2:46.06	34.58	350m: 3:55.04	34.41
	100m: 1:03.29	33.15	200m: 2:11.48	34.40	300m: 3:20.63	34.57	400m: 4:28.18	33.14
10.	Manon van Esch	PSV	199702090	<b>4:28.84</b>	+0,72	B		
	50m: 30.62	30.62	150m: 1:37.77	33.76	250m: 2:45.78	34.09	350m: 3:54.88	34.62
	100m: 1:04.01	33.39	200m: 2:11.69	33.92	300m: 3:20.26	34.48	400m: 4:28.84	33.96
11.	Isabel Aardema	DWK	200100364	<b>4:30.06</b>	+0,76	B		
	50m: 30.51	30.51	150m: 1:38.35	34.21	250m: 2:46.84	34.21	350m: 3:56.54	34.76
	100m: 1:04.14	33.63	200m: 2:12.63	34.28	300m: 3:21.78	34.94	400m: 4:30.06	33.52
12.	Kirsten Verhale	VZC	200400210	<b>4:30.23</b>	+0,78	B		
	50m: 30.87	30.87	150m: 1:38.71	34.04	250m: 2:46.80	34.03	350m: 3:56.20	34.92
	100m: 1:04.67	33.80	200m: 2:12.77	34.06	300m: 3:21.28	34.48	400m: 4:30.23	34.03
13.	Maaïke Issard	VZC	200300022	<b>4:30.79</b>	+0,84	B		
	50m: 31.72	31.72	150m: 1:39.10	34.14	250m: 2:47.71	34.42	350m: 3:57.18	34.74
	100m: 1:04.96	33.24	200m: 2:13.29	34.19	300m: 3:22.44	34.73	400m: 4:30.79	33.61
14.	Lisanne Hassing	ZPC AMERSFOORT	199702584	<b>4:31.11</b>	+0,81	B		
	50m: 30.32	30.32	150m: 1:38.77	34.45	250m: 2:47.35	34.08	350m: 3:57.44	34.95
	100m: 1:04.32	34.00	200m: 2:13.27	34.50	300m: 3:22.49	35.14	400m: 4:31.11	33.67
15.	Jamilla van Veen	Zwemvereniging Hoogland	199603192	<b>4:31.23</b>	+0,74	B		
	50m: 29.80	29.80	150m: 1:38.00	34.39	250m: 2:47.10	34.26	350m: 3:56.91	35.28
	100m: 1:03.61	33.81	200m: 2:12.84	34.84	300m: 3:21.63	34.53	400m: 4:31.23	34.32
16.	Sophie de Jonge	WVZ	200200118	<b>4:31.77</b>	+0,74	B		
	50m: 30.21	30.21	150m: 1:37.98	34.31	250m: 2:47.20	34.62	350m: 3:57.62	35.33
	100m: 1:03.67	33.46	200m: 2:12.58	34.60	300m: 3:22.29	35.09	400m: 4:31.77	34.15
17.	Lize Janna de Vries	Orca	200101948	<b>4:33.73</b>	+0,85	R		
	50m: 32.20	32.20	150m: 1:41.92	34.98	250m: 2:51.56	34.58	350m: 4:00.36	34.26
	100m: 1:06.94	34.74	200m: 2:16.98	35.06	300m: 3:26.10	34.54	400m: 4:33.73	33.37
18.	Femke Doorenbos	The Hague Swimming (SG)	200404214	<b>4:34.01</b>	+0,78	R		
	50m: 31.19	31.19	150m: 1:40.51	35.34	250m: 2:50.40	35.00	350m: 3:59.78	34.70
	100m: 1:05.17	33.98	200m: 2:15.40	34.89	300m: 3:25.08	34.68	400m: 4:34.01	34.23
19.	Tamara Grove	De Dolfijn	199601266	<b>4:34.76</b>	+0,73			
	50m: 29.60	29.60	150m: 1:37.10	34.37	250m: 2:46.90	35.11	350m: 3:58.55	36.11
	100m: 1:02.73	33.13	200m: 2:11.79	34.69	300m: 3:22.44	35.54	400m: 4:34.76	36.21
20.	Imke Beekman	Hellas-Glana	200301950	<b>4:34.85</b>	+0,77			
	50m: 30.83	30.83	150m: 1:40.17	35.05	250m: 2:50.52	34.96	350m: 4:01.10	35.14
	100m: 1:05.12	34.29	200m: 2:15.56	35.39	300m: 3:25.96	35.44	400m: 4:34.85	33.75



GEMEENTE TILBURG

Open Nederlandse Kampioenschappen korte baan 2019  
Tilburg, 20- - 22-12-2019

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

rang	naam	vereniging		tijd	RT	fin.	FINA	para
21.	Lize van den Nieuwenhuijzen	Nextline Swimming	200304454	<b>4:34.92</b>	+0,77			
	50m: 31.02	31.02	150m: 1:39.82	34.96	250m: 2:49.12	34.80	350m: 4:00.68	35.61
	100m: 1:04.86	33.84	200m: 2:14.32	34.50	300m: 3:25.07	35.95	400m: 4:34.92	34.24
22.	Amé Hulleman	ReVeLie Swim Team	200202794	<b>4:35.15</b>	+0,77			
	50m: 30.43	30.43	150m: 1:38.09	34.35	250m: 2:48.31	35.35	350m: 3:59.85	35.78
	100m: 1:03.74	33.31	200m: 2:12.96	34.87	300m: 3:24.07	35.76	400m: 4:35.15	35.30
23.	Roma Vrijhof	De Lansingh	200201306	<b>4:36.47</b>				
	50m: 30.19	30.19	150m: 1:39.91	34.99	250m: 2:50.02	34.93	350m: 4:01.01	35.52
	100m: 1:04.92	34.73	200m: 2:15.09	35.18	300m: 3:25.49	35.47	400m: 4:36.47	35.46
24.	Michelle Zomerdijk	Dedemsvaart-AC	200003196	<b>4:36.73</b>	+0,72			
	50m: 30.95	30.95	150m: 1:40.07	34.95	250m: 2:50.33	35.16	350m: 4:02.12	35.64
	100m: 1:05.12	34.17	200m: 2:15.17	35.10	300m: 3:26.48	36.15	400m: 4:36.73	34.61
25.	Sterre van de Goor	PSV	200102168	<b>4:37.42</b>	+0,79			
	50m: 31.45	31.45	150m: 1:41.22	35.13	250m: 2:51.97	35.33	350m: 4:03.05	35.62
	100m: 1:06.09	34.64	200m: 2:16.64	35.42	300m: 3:27.43	35.46	400m: 4:37.42	34.37
26.	Renske Dutilh	Het Y	200201188	<b>4:37.53</b>	+0,72			
	50m: 32.24	32.24	150m: 1:42.01	35.11	250m: 2:53.00	35.37	350m: 4:03.81	35.21
	100m: 1:06.90	34.66	200m: 2:17.63	35.62	300m: 3:28.60	35.60	400m: 4:37.53	33.72
27.	Isa Schellekens	Z&PC Zegenwerp	200002330	<b>4:38.87</b>	+0,82			
	50m: 31.11	31.11	150m: 1:40.76	35.04	250m: 2:52.36	35.81	350m: 4:04.39	35.61
	100m: 1:05.72	34.61	200m: 2:16.55	35.79	300m: 3:28.78	36.42	400m: 4:38.87	34.48
28.	Almudena Visser Velez	The Hague Swimming (SG)	200205904	<b>4:39.15</b>	+0,76			
	50m: 31.15	31.15	150m: 1:40.08	35.23	250m: 2:51.74	35.82	350m: 4:04.06	35.94
	100m: 1:04.85	33.70	200m: 2:15.92	35.84	300m: 3:28.12	36.38	400m: 4:39.15	35.09
29.	Hilde Dekker	ReVeLie Swim Team	199901926	<b>4:42.25</b>	+0,88			
	50m: 31.28	31.28	150m: 1:41.37	35.56	250m: 2:54.17	36.48	350m: 4:07.03	36.28
	100m: 1:05.81	34.53	200m: 2:17.69	36.32	300m: 3:30.75	36.58	400m: 4:42.25	35.22
30.	Emma Hofstee	TriVia	200401282	<b>4:42.54</b>	+0,70			
	50m: 31.88	31.88	150m: 1:42.43	35.31	250m: 2:54.27	35.81	350m: 4:06.46	35.84
	100m: 1:07.12	35.24	200m: 2:18.46	36.03	300m: 3:30.62	36.35	400m: 4:42.54	36.08
31.	Caroline Boxman	ZPCH	200004660	<b>4:43.56</b>	+0,75			
	50m: 31.25	31.25	150m: 1:42.98	36.54	250m: 2:55.63	36.21	350m: 4:09.09	36.63
	100m: 1:06.44	35.19	200m: 2:19.42	36.44	300m: 3:32.46	36.83	400m: 4:43.56	34.47
32.	Myrthe Natzijl	TriVia	200400076	<b>4:43.82</b>	+0,79			
	50m: 31.81	31.81	150m: 1:42.79	35.99	250m: 2:55.52	36.28	350m: 4:08.78	36.69
	100m: 1:06.80	34.99	200m: 2:19.24	36.45	300m: 3:32.09	36.57	400m: 4:43.82	35.04
33.	Chantal Tiesinga	HZ&PC Heerenveen	200302452	<b>4:44.02</b>				
	50m: 31.59	31.59	150m: 1:42.16	35.92	250m: 2:54.38	36.03	350m: 4:07.54	36.77
	100m: 1:06.24	34.65	200m: 2:18.35	36.19	300m: 3:30.77	36.39	400m: 4:44.02	36.48
34.	Marin Wieling	ZPC AMERSFOORT	200501220	<b>4:44.12</b>				
	50m: 30.80	30.80	150m: 1:42.00	36.27	250m: 2:55.18	36.53	350m: 4:09.32	36.84
	100m: 1:05.73	34.93	200m: 2:18.65	36.65	300m: 3:32.48	37.30	400m: 4:44.12	34.80
35.	Anique Hazebroek	The Hague Swimming (SG)	200502196	<b>4:52.30</b>	+0,65			
	50m: 31.48	31.48	150m: 1:43.86	36.84	250m: 2:58.84	37.58	350m: 4:15.01	38.09
	100m: 1:07.02	35.54	200m: 2:21.26	37.40	300m: 3:36.92	38.08	400m: 4:52.30	37.29
36.	Jonne Moleman	LinK	200006264	<b>5:20.47</b>	+0,65	S7		812
	50m: 35.66	35.66	150m: 1:56.13	40.51	250m: 3:17.37	40.63	350m: 4:40.29	41.66
	100m: 1:15.62	39.96	200m: 2:36.74	40.61	300m: 3:58.63	41.26	400m: 5:20.47	40.18
37.	Milou van Winkel	HPC PARA - LinK	200402296	<b>5:23.48</b>	+0,95	S14		563
	50m: 34.66	34.66	150m: 1:55.65	41.07	250m: 3:18.36	41.55	350m: 4:43.64	42.54
	100m: 1:14.58	39.92	200m: 2:36.81	41.16	300m: 4:01.10	42.74	400m: 5:23.48	39.84
NG	Liesette Bruinsma	HPC PARA - HZ&PC Heerenveen	200004346			S11		
NG	Amber van der Kruk	HPC PARA - MSV Zeemacht	200102730			S14		
NG	Bridget Vermeer	VZC	200501766					

## Senioren PARA

1.	Jonne Moleman	LinK	200006264	<b>5:20.47</b>	+0,65	S7		812
	50m: 35.66	35.66	150m: 1:56.13	40.51	250m: 3:17.37	40.63	350m: 4:40.29	41.66
	100m: 1:15.62	39.96	200m: 2:36.74	40.61	300m: 3:58.63	41.26	400m: 5:20.47	40.18
2.	Milou van Winkel	HPC PARA - LinK	200402296	<b>5:23.48</b>	+0,95	S14		563
	50m: 34.66	34.66	150m: 1:55.65	41.07	250m: 3:18.36	41.55	350m: 4:43.64	42.54
	100m: 1:14.58	39.92	200m: 2:36.81	41.16	300m: 4:01.10	42.74	400m: 5:23.48	39.84
NG	Liesette Bruinsma	HPC PARA - HZ&PC Heerenveen	200004346			S11		





GEMEENTE TILBURG



Open Nederlandse Kampioenschappen korte baan 2019  
Tilburg, 20- - 22-12-2019



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

rang	naam	vereniging			tijd	RT	fin.	FINA	para
NG	Amber van der Kruk	HPC PARA - MSV Zeemacht	200102730	S14					



NEDERLANDSE  
LOTERIJ

