

Programmanr. 2
 20-12-2019

Dames, 400m vrije slag

 Senioren Open
 Resultaten Finale

Punten: FINA 2019

rang	naam		vereniging				tijd	RT	FINA		
Finale A											
1.	Imani de Jong		OC - ZPCH			200200464	4:09.24				
	50m:	27.90	150m:	1:29.88	31.17	250m:	2:33.42	31.64	350m:	3:37.74	32.17
	100m:	58.71	200m:	2:01.78	31.90	300m:	3:05.57	32.15	400m:	4:09.24	31.50
2.	Silke Holkenborg		OC - VZC			200100292	4:10.33	+0,74			
	50m:	28.54	150m:	1:31.10	31.53	250m:	2:34.55	31.61	350m:	3:38.70	31.99
	100m:	59.57	200m:	2:02.94	31.84	300m:	3:06.71	32.16	400m:	4:10.33	31.63
3.	Laura Setz		OC - Nova			200000130	4:11.04				
	50m:	28.55	150m:	1:30.95	31.39	250m:	2:34.34	31.67	350m:	3:39.47	32.65
	100m:	59.56	200m:	2:02.67	31.72	300m:	3:06.82	32.48	400m:	4:11.04	31.57
4.	Margaux Bernard		PSV			199906590	4:22.13				
	50m:	30.60	150m:	1:36.07	33.02	250m:	2:42.40	33.01	350m:	3:49.32	33.36
	100m:	1:03.05	200m:	2:09.39	33.32	300m:	3:15.96	33.56	400m:	4:22.13	32.81
5.	Soraya Wasser		PSV			199901358	4:24.85	+0,72			
	50m:	30.35	150m:	1:37.64	34.05	250m:	2:45.36	33.80	350m:	3:52.86	33.57
	100m:	1:03.59	200m:	2:11.56	33.92	300m:	3:19.29	33.93	400m:	4:24.85	31.99
6.	Manon Ritten		Hellas-Glana			200002440	4:24.94	+0,84			
	50m:	30.34	150m:	1:37.55	33.84	250m:	2:45.71	34.29	350m:	3:53.46	33.90
	100m:	1:03.71	200m:	2:11.42	33.87	300m:	3:19.56	33.85	400m:	4:24.94	31.48
7.	Angelique van Vark		Z&PC De Gouwe			199701478	4:28.06	+0,73			
	50m:	30.51	150m:	1:37.82	33.94	250m:	2:46.34	34.46	350m:	3:55.52	34.38
	100m:	1:03.88	200m:	2:11.88	34.06	300m:	3:21.14	34.80	400m:	4:28.06	32.54
8.	Nikita van den Ouden		Nuenen			199900622	4:30.08				
	50m:	30.40	150m:	1:37.87	34.07	250m:	2:46.72	34.50	350m:	3:56.30	34.69
	100m:	1:03.80	200m:	2:12.22	34.35	300m:	3:21.61	34.89	400m:	4:30.08	33.78
Finale B											
9.	Lize Janna de Vries		Orca			200101948	4:26.16	+0,80			
	50m:	30.89	150m:	1:38.85	34.13	250m:	2:46.51	33.77	350m:	3:54.03	33.53
	100m:	1:04.72	200m:	2:12.74	33.89	300m:	3:20.50	33.99	400m:	4:26.16	32.13
10.	Kirsten Verhale		VZC			200400210	4:26.39	+0,80			
	50m:	29.86	150m:	1:36.47	33.64	250m:	2:44.54	34.19	350m:	3:53.28	34.62
	100m:	1:02.83	200m:	2:10.35	33.88	300m:	3:18.66	34.12	400m:	4:26.39	33.11
11.	Isabel Aardema		DWK			200100364	4:26.92				
	50m:	30.58	150m:	1:37.88	33.99	250m:	2:45.71	33.88	350m:	3:53.94	34.03
	100m:	1:03.89	200m:	2:11.83	33.95	300m:	3:19.91	34.20	400m:	4:26.92	32.98
12.	Manon van Esch		PSV			199702090	4:28.29	+0,74			
	50m:	30.15	150m:	1:37.24	33.97	250m:	2:45.56	34.45	350m:	3:54.81	34.52
	100m:	1:03.27	200m:	2:11.11	33.87	300m:	3:20.29	34.73	400m:	4:28.29	33.48
13.	Sophie de Jonge		WVZ			200200118	4:28.98				
	50m:	30.44	150m:	1:37.98	34.23	250m:	2:47.22	34.69	350m:	3:56.15	34.35
	100m:	1:03.75	200m:	2:12.53	34.55	300m:	3:21.80	34.58	400m:	4:28.98	32.83
14.	Femke Doorenbos		The Hague Swimming (SG)			200404214	4:29.04	+0,74			
	50m:	30.66	150m:	1:38.49	34.14	250m:	2:46.80	34.25	350m:	3:55.77	34.26
	100m:	1:04.35	200m:	2:12.55	34.06	300m:	3:21.51	34.71	400m:	4:29.04	33.27
15.	Maaïke Issard		VZC			200300022	4:34.52	+0,96			
	50m:	31.15	150m:	1:39.41	34.52	250m:	2:49.05	34.93	350m:	3:59.77	35.40
	100m:	1:04.89	200m:	2:14.12	34.71	300m:	3:24.37	35.32	400m:	4:34.52	34.75
16.	Lisanne Hassing		ZPC AMERSFOORT			199702584	4:38.70	+0,82			
	50m:	30.64	150m:	1:40.24	35.13	250m:	2:51.46	35.56	350m:	4:03.70	36.26
	100m:	1:05.11	200m:	2:15.90	35.66	300m:	3:27.44	35.98	400m:	4:38.70	35.00