

Programmanr. 32
 22-12-2019

Dames, 400m wisselslag

 Senioren Open
 Resultaten Finale

Punten: FINA 2019

rang	naam		vereniging		tijd	RT	FINA
Finale A							
1.	Lotte Hosper		OC - The Hague Swimming	200201414	4:46.40	+0,81	
	50m: 30.65	30.65	150m: 1:40.98	35.57	250m: 2:57.65	41.98	350m: 4:13.88 34.72
	100m: 1:05.41	34.76	200m: 2:15.67	34.69	300m: 3:40.16	42.51	400m: 4:46.40 32.52
2.	Alinda Dingshoff		ZPC Hoogeveen	200000928	4:56.41	+0,81	
	50m: 32.01	32.01	150m: 1:44.07	36.63	250m: 3:03.97	43.72	350m: 4:23.34 34.77
	100m: 1:07.44	35.43	200m: 2:20.25	36.18	300m: 3:48.57	44.60	400m: 4:56.41 33.07
3.	Nikita van den Ouden		Nuenen	199900622	4:57.36		
	50m: 31.50	31.50	150m: 1:45.64	37.80	250m: 3:05.74	42.80	350m: 4:24.37 34.72
	100m: 1:07.84	36.34	200m: 2:22.94	37.30	300m: 3:49.65	43.91	400m: 4:57.36 32.99
4.	Lize Janna de Vries		Orca	200101948	4:57.90	+0,88	
	50m: 31.45	31.45	150m: 1:49.59	39.43	250m: 3:10.04	43.00	350m: 4:25.53 33.61
	100m: 1:10.16	38.71	200m: 2:27.04	37.45	300m: 3:51.92	41.88	400m: 4:57.90 32.37
5.	Marit Cuperus		Uddevalla		5:01.24	+0,62	
	50m: 32.21	32.21	150m: 1:46.87	38.16	250m: 3:08.74	44.03	350m: 4:27.64 34.99
	100m: 1:08.71	36.50	200m: 2:24.71	37.84	300m: 3:52.65	43.91	400m: 5:01.24 33.60
6.	Isabel Aardema		DWK	200100364	5:03.92	+0,61	
	50m: 31.69	31.69	150m: 1:47.70	39.50	250m: 3:10.13	44.41	350m: 4:30.68 35.93
	100m: 1:08.20	36.51	200m: 2:25.72	38.02	300m: 3:54.75	44.62	400m: 5:03.92 33.24
7.	Anne Noom		Het Y	199800062	5:04.08	+0,78	
	50m: 31.00	31.00	150m: 1:46.62	38.84	250m: 3:09.47	44.38	350m: 4:30.00 35.54
	100m: 1:07.78	36.78	200m: 2:25.09	38.47	300m: 3:54.46	44.99	400m: 5:04.08 34.08
8.	Wiktorija Redzimska		ZPC Hoogeveen	200106042	5:13.20	+0,75	
	50m: 34.78	34.78	150m: 1:50.98	37.42	250m: 3:13.88	44.46	350m: 4:37.02 37.14
	100m: 1:13.56	38.78	200m: 2:29.42	38.44	300m: 3:59.88	46.00	400m: 5:13.20 36.18
Finale B							
9.	Angelique van Vark		Z&PC De Gouwe	199701478	5:04.93	+0,75	
	50m: 32.60	32.60	150m: 1:50.20	38.78	250m: 3:11.91	43.80	350m: 4:31.96 34.97
	100m: 1:11.42	38.82	200m: 2:28.11	37.91	300m: 3:56.99	45.08	400m: 5:04.93 32.97
10.	Ilona Venema		HPC PARA - ReVelie Swimteam	200200050	5:08.61	+0,82	
	50m: 31.92	31.92	150m: 1:47.64	38.87	250m: 3:11.63	45.34	350m: 4:33.68 36.11
	100m: 1:08.77	36.85	200m: 2:26.29	38.65	300m: 3:57.57	45.94	400m: 5:08.61 34.93
11.	Valesca van den Bogert		Hieronymus	200102138	5:08.99	+0,83	
	50m: 32.66	32.66	150m: 1:54.19	42.38	250m: 3:16.44	41.86	350m: 4:34.85 37.07
	100m: 1:11.81	39.15	200m: 2:34.58	40.39	300m: 3:57.78	41.34	400m: 5:08.99 34.14
12.	Elles Becker		Zwemclub Zeist	199600628	5:09.53	+0,75	
	50m: 33.24	33.24	150m: 1:51.44	39.38	250m: 3:14.91	44.28	350m: 4:35.26 35.87
	100m: 1:12.06	38.82	200m: 2:30.63	39.19	300m: 3:59.39	44.48	400m: 5:09.53 34.27
13.	Michelle Zomerdijk		Dedemsvaart-AC	200003196	5:10.31	+0,76	
	50m: 32.42	32.42	150m: 1:52.28	40.83	250m: 3:15.78	43.43	350m: 4:36.30 35.82
	100m: 1:11.45	39.03	200m: 2:32.35	40.07	300m: 4:00.48	44.70	400m: 5:10.31 34.01
14.	Luna de Vries		HZPC	200400516	5:11.51	+0,76	
	50m: 32.72	32.72	150m: 1:52.75	40.66	250m: 3:16.49	43.67	350m: 4:36.55 35.57
	100m: 1:12.09	39.37	200m: 2:32.82	40.07	300m: 4:00.98	44.49	400m: 5:11.51 34.96
15.	Jessie Bodden		Hellas-Glana	200401650	5:13.21		
	50m: 34.63	34.63	150m: 1:52.84	38.39	250m: 3:17.42	46.16	350m: 4:38.77 35.29
	100m: 1:14.45	39.82	200m: 2:31.26	38.42	300m: 4:03.48	46.06	400m: 5:13.21 34.44
16.	Anne Paulusse		TRB-RES	200200834	5:14.14	+0,74	
	50m: 32.80	32.80	150m: 1:51.97	39.45	250m: 3:16.46	45.35	350m: 4:38.63 36.62
	100m: 1:12.52	39.72	200m: 2:31.11	39.14	300m: 4:02.01	45.55	400m: 5:14.14 35.51