

Programmanr. 31  
5-12-2021

Dames, 400m wisselslag

Senioren Open  
Resultaten Voorrunde

Punten: FINA 2020

rang	naam		vereniging			tijd	RT	FINA	para
<b>Jeugd 1 en 2</b>									
1.	Merel Schravendijk		Blue Marlins (SG)	200503382		<b>4:57.03</b>	+0,71	Q	662
	50m: 31.69	31.69	150m: 1:48.47	38.78	250m: 3:07.61	41.87	350m: 4:24.83		34.77
	100m: 1:09.69	38.00	200m: 2:25.74	37.27	300m: 3:50.06	42.45	400m: 4:57.03		32.20
2.	Megan Jonkman		Blue Marlins (SG)	200600508		<b>4:59.74</b>	+0,75	Q	644
	50m: 32.62	32.62	150m: 1:48.28	38.95	250m: 3:08.97	42.58	350m: 4:26.47		34.58
	100m: 1:09.33	36.71	200m: 2:26.39	38.11	300m: 3:51.89	42.92	400m: 4:59.74		33.27
3.	Djanilla Brink		De Dolfijn	200600988		<b>5:04.87</b>	+0,75	Q	612
	50m: 32.57	32.57	150m: 1:50.33	39.81	250m: 3:11.46	41.56	350m: 4:31.11		36.12
	100m: 1:10.52	37.95	200m: 2:29.90	39.57	300m: 3:54.99	43.53	400m: 5:04.87		33.76
4.	Evy Rozeboom		DAW	200601338		<b>5:12.93</b>	+0,72		566
	50m: 31.82	31.82	150m: 1:51.15	41.63	250m: 3:16.18	45.76	350m: 4:38.28		35.84
	100m: 1:09.52	37.70	200m: 2:30.42	39.27	300m: 4:02.44	46.26	400m: 5:12.93		34.65
5.	Hedwig Bolt		HZ&PC Heerenveen	200602660		<b>5:16.28</b>	+0,80		548
	50m: 33.55	33.55	150m: 1:54.77	40.12	250m: 3:18.01	43.85	350m: 4:40.86		37.12
	100m: 1:14.65	41.10	200m: 2:34.16	39.39	300m: 4:03.74	45.73	400m: 5:16.28		35.42
6.	Fleur Bos		Orca	200500674		<b>5:23.69</b>	+0,70		511
	50m: 33.04	33.04	150m: 1:56.39	42.82	250m: 3:22.54	45.52	350m: 4:47.59		37.85
	100m: 1:13.57	40.53	200m: 2:37.02	40.63	300m: 4:09.74	47.20	400m: 5:23.69		36.10
7.	Robin Spreeuw		ZPCH	200501262		<b>5:25.12</b>	+0,71		505
	50m: 34.45	34.45	150m: 1:56.56	41.14	250m: 3:24.72	46.59	350m: 4:49.07		37.61
	100m: 1:15.42	40.97	200m: 2:38.13	41.57	300m: 4:11.46	46.74	400m: 5:25.12		36.05
<b>senioren 1 en 2</b>									
1.	Kirsten Verhale		VZC	200400210		<b>4:56.81</b>	+0,76	Q	663
	50m: 31.24	31.24	150m: 1:45.15	37.92	250m: 3:05.84	43.65	350m: 4:23.49		34.26
	100m: 1:07.23	35.99	200m: 2:22.19	37.04	300m: 3:49.23	43.39	400m: 4:56.81		33.32
2.	Anna van Droffelaar		PSV	200400258		<b>4:59.22</b>	+0,64	Q	648
	50m: 31.07	31.07	150m: 1:46.03	37.85	250m: 3:06.84	42.23	350m: 4:26.18		35.59
	100m: 1:08.18	37.11	200m: 2:24.61	38.58	300m: 3:50.59	43.75	400m: 4:59.22		33.04
3.	Daniëlle Meinema		SWOL 1894	200300534		<b>5:06.28</b>	+0,80	R	604
	50m: 33.26	33.26	150m: 1:52.02	39.77	250m: 3:13.85	42.45	350m: 4:33.54		35.63
	100m: 1:12.25	38.99	200m: 2:31.40	39.38	300m: 3:57.91	44.06	400m: 5:06.28		32.74
4.	Charlotte Wilbers		ZPC Hoogeveen	200400312		<b>5:07.74</b>	+0,73	R	595
	50m: 33.10	33.10	150m: 1:50.55	38.33	250m: 3:13.40	44.79	350m: 4:34.07		34.99
	100m: 1:12.22	39.12	200m: 2:28.61	38.06	300m: 3:59.08	45.68	400m: 5:07.74		33.67
5.	Luna de Vries		HZPC	200400516		<b>5:18.67</b>	+0,75		536
	50m: 32.96	32.96	150m: 1:52.81	41.44	250m: 3:17.66	45.39	350m: 4:41.60		37.91
	100m: 1:11.37	38.41	200m: 2:32.27	39.46	300m: 4:03.69	46.03	400m: 5:18.67		37.07
6.	Alysha de Jong		ZPCH	200400086		<b>5:19.17</b>	+0,80		533
	50m: 33.66	33.66	150m: 1:56.04	42.16	250m: 3:22.74	45.64	350m: 4:46.03		36.25
	100m: 1:13.88	40.22	200m: 2:37.10	41.06	300m: 4:09.78	47.04	400m: 5:19.17		33.14
7.	Dianne Postma		De Fuut	200402264		<b>5:24.10</b>	+0,80		509
	50m: 32.25	32.25	150m: 1:51.23	40.94	250m: 3:21.23	49.07	350m: 4:48.82		37.48
	100m: 1:10.29	38.04	200m: 2:32.16	40.93	300m: 4:11.34	50.11	400m: 5:24.10		35.28
8.	Alessia Sluis		Dedemsvaart-AC	200300896		<b>5:24.27</b>	+0,67		509
	50m: 32.68	32.68	150m: 1:55.88	43.70	250m: 3:23.12	44.20	350m: 4:47.84		39.07
	100m: 1:12.18	39.50	200m: 2:38.92	43.04	300m: 4:08.77	45.65	400m: 5:24.27		36.43
9.	Meike van de Ree		HZPC	200402646		<b>5:32.43</b>	+0,75		472
	50m: 33.69	33.69	150m: 1:54.67	39.98	250m: 3:20.65	46.53	350m: 4:51.04		41.57
	100m: 1:14.69	41.00	200m: 2:34.12	39.45	300m: 4:09.47	48.82	400m: 5:32.43		41.39
AFGEM	Rinske Bouman		Blue Marlins (SG)	200400578					
AFGEM	Myrthe Natzijs		Orca	200400076					

Programmanr. 31, Dames, 400m wisselslag, Voorronde

Senioren Open

1.	Lotte Hosper		HPC - Racing Club		200201414		<b>4:44.23</b>	+0,77	Q	756		
	50m:	30.35	30.35	150m:	1:38.93	34.87	250m:	2:54.44	42.17	350m:	4:11.22	34.23
	100m:	1:04.06	33.71	200m:	2:12.27	33.34	300m:	3:36.99	42.55	400m:	4:44.23	33.01
2.	Kirsten Verhalle		VZC		200400210		<b>4:56.81</b>	+0,76	Q	663		
	50m:	31.24	31.24	150m:	1:45.15	37.92	250m:	3:05.84	43.65	350m:	4:23.49	34.26
	100m:	1:07.23	35.99	200m:	2:22.19	37.04	300m:	3:49.23	43.39	400m:	4:56.81	33.32
3.	Merel Schravendijk		Blue Marlins (SG)		200503382		<b>4:57.03</b>	+0,71	Q	662		
	50m:	31.69	31.69	150m:	1:48.47	38.78	250m:	3:07.61	41.87	350m:	4:24.83	34.77
	100m:	1:09.69	38.00	200m:	2:25.74	37.27	300m:	3:50.06	42.45	400m:	4:57.03	32.20
4.	Alinda Dingshoff		ZPC Hoogeveen		200000928		<b>4:57.70</b>	+0,77	Q	658		
	50m:	31.15	31.15	150m:	1:42.12	36.23	250m:	3:01.40	43.69	350m:	4:23.04	36.32
	100m:	1:05.89	34.74	200m:	2:17.71	35.59	300m:	3:46.72	45.32	400m:	4:57.70	34.66
5.	Anna van Droffelaar		PSV		200400258		<b>4:59.22</b>	+0,64	Q	648		
	50m:	31.07	31.07	150m:	1:46.03	37.85	250m:	3:06.84	42.23	350m:	4:26.18	35.59
	100m:	1:08.18	37.11	200m:	2:24.61	38.58	300m:	3:50.59	43.75	400m:	4:59.22	33.04
6.	Megan Jonkman		Blue Marlins (SG)		200600508		<b>4:59.74</b>	+0,75	Q	644		
	50m:	32.62	32.62	150m:	1:48.28	38.95	250m:	3:08.97	42.58	350m:	4:26.47	34.58
	100m:	1:09.33	36.71	200m:	2:26.39	38.11	300m:	3:51.89	42.92	400m:	4:59.74	33.27
7.	Kim Jansen van Galen		PSV		200201594		<b>5:01.08</b>	+0,73	Q	636		
	50m:	30.74	30.74	150m:	1:48.41	41.44	250m:	3:09.54	40.91	350m:	4:27.19	35.27
	100m:	1:06.97	36.23	200m:	2:28.63	40.22	300m:	3:51.92	42.38	400m:	5:01.08	33.89
8.	Djanilla Brink		De Dolfijn		200600988		<b>5:04.87</b>	+0,75	Q	612		
	50m:	32.57	32.57	150m:	1:50.33	39.81	250m:	3:11.46	41.56	350m:	4:31.11	36.12
	100m:	1:10.52	37.95	200m:	2:29.90	39.57	300m:	3:54.99	43.53	400m:	5:04.87	33.76
9.	Daniëlle Meinema		SWOL 1894		200300534		<b>5:06.28</b>	+0,80	R	604		
	50m:	33.26	33.26	150m:	1:52.02	39.77	250m:	3:13.85	42.45	350m:	4:33.54	35.63
	100m:	1:12.25	38.99	200m:	2:31.40	39.38	300m:	3:57.91	44.06	400m:	5:06.28	32.74
10.	Charlotte Wilbers		ZPC Hoogeveen		200400312		<b>5:07.74</b>	+0,73	R	595		
	50m:	33.10	33.10	150m:	1:50.55	38.33	250m:	3:13.40	44.79	350m:	4:34.07	34.99
	100m:	1:12.22	39.12	200m:	2:28.61	38.06	300m:	3:59.08	45.68	400m:	5:07.74	33.67
11.	Evy Rozeboom		DAW		200601338		<b>5:12.93</b>	+0,72		566		
	50m:	31.82	31.82	150m:	1:51.15	41.63	250m:	3:16.18	45.76	350m:	4:38.28	35.84
	100m:	1:09.52	37.70	200m:	2:30.42	39.27	300m:	4:02.44	46.26	400m:	5:12.93	34.65
12.	Ilona Venema		HPC PARA - ZPC AMERSFOORT		200200050		<b>5:14.78</b>	+0,83		556		
	50m:	32.67	32.67	150m:	1:49.83	39.53	250m:	3:16.40	47.06	350m:	4:39.86	36.08
	100m:	1:10.30	37.63	200m:	2:29.34	39.51	300m:	4:03.78	47.38	400m:	5:14.78	34.92
13.	Michelle Zomerdijk		Dedemsvaart-AC		200003196		<b>5:16.18</b>	+0,74		549		
	50m:	32.08	32.08	150m:	1:53.12	42.40	250m:	3:18.42	43.84	350m:	4:40.23	37.03
	100m:	1:10.72	38.64	200m:	2:34.58	41.46	300m:	4:03.20	44.78	400m:	5:16.18	35.95
14.	Hedwig Bolt		HZ&PC Heerenveen		200602660		<b>5:16.28</b>	+0,80		548		
	50m:	33.55	33.55	150m:	1:54.77	40.12	250m:	3:18.01	43.85	350m:	4:40.86	37.12
	100m:	1:14.65	41.10	200m:	2:34.16	39.39	300m:	4:03.74	45.73	400m:	5:16.28	35.42
15.	Luna de Vries		HZPC		200400516		<b>5:18.67</b>	+0,75		536		
	50m:	32.96	32.96	150m:	1:52.81	41.44	250m:	3:17.66	45.39	350m:	4:41.60	37.91
	100m:	1:11.37	38.41	200m:	2:32.27	39.46	300m:	4:03.69	46.03	400m:	5:18.67	37.07
16.	Alysha de Jong		ZPCH		200400086		<b>5:19.17</b>	+0,80		533		
	50m:	33.66	33.66	150m:	1:56.04	42.16	250m:	3:22.74	45.64	350m:	4:46.03	36.25
	100m:	1:13.88	40.22	200m:	2:37.10	41.06	300m:	4:09.78	47.04	400m:	5:19.17	33.14
17.	Angelique van Vark		WIDEX GZC DONK		199701478		<b>5:19.46</b>	+0,74		532		
	50m:	33.46	33.46	150m:	1:57.83	44.56	250m:	3:23.99	45.56	350m:	4:45.69	36.02
	100m:	1:13.27	39.81	200m:	2:38.43	40.60	300m:	4:09.67	45.68	400m:	5:19.46	33.77
18.	Fleur Bos		Orca		200500674		<b>5:23.69</b>	+0,70		511		
	50m:	33.04	33.04	150m:	1:56.39	42.82	250m:	3:22.54	45.52	350m:	4:47.59	37.85
	100m:	1:13.57	40.53	200m:	2:37.02	40.63	300m:	4:09.74	47.20	400m:	5:23.69	36.10
19.	Dianne Postma		De Fuut		200402264		<b>5:24.10</b>	+0,80		509		
	50m:	32.25	32.25	150m:	1:51.23	40.94	250m:	3:21.23	49.07	350m:	4:48.82	37.48
	100m:	1:10.29	38.04	200m:	2:32.16	40.93	300m:	4:11.34	50.11	400m:	5:24.10	35.28
20.	Alessia Sluis		Dedemsvaart-AC		200300896		<b>5:24.27</b>	+0,67		509		
	50m:	32.68	32.68	150m:	1:55.88	43.70	250m:	3:23.12	44.20	350m:	4:47.84	39.07
	100m:	1:12.18	39.50	200m:	2:38.92	43.04	300m:	4:08.77	45.65	400m:	5:24.27	36.43
21.	Robin Spreeuw		ZPCH		200501262		<b>5:25.12</b>	+0,71		505		
	50m:	34.45	34.45	150m:	1:56.56	41.14	250m:	3:24.72	46.59	350m:	4:49.07	37.61
	100m:	1:15.42	40.97	200m:	2:38.13	41.57	300m:	4:11.46	46.74	400m:	5:25.12	36.05

Programmanr. 31, Dames, 400m wisselslag, Voorronde, Senioren Open

rang	naam	vereniging	tijd	RT	FINA	para		
22.	Meike van de Ree	HZPC	200402646	<b>5:32.43</b>	+0,75	472		
	50m: 33.69	33.69	150m: 1:54.67	39.98	250m: 3:20.65	46.53	350m: 4:51.04	41.57
	100m: 1:14.69	41.00	200m: 2:34.12	39.45	300m: 4:09.47	46.82	400m: 5:32.43	41.39
AFGEM	Rinske Bouman	Blue Marlins (SG)	200400578					
AFGEM	Myrthe Natzijs	Orca	200400076					