

Programmanr. 2  
 22-6-2018

## Dames, 400m wisselslag

 Senioren Open  
 Resultaten Finale

Punten: FINA 2018

rank	name	club name	time	RT	FINA	para		
<b>Finale A</b>								
1.	Femke Spiering	RTC - VZC	200204514	<b>4:58.70</b>	+0,83	709		
	50m: 31.12	31.12	150m: 1:45.24	38.86	250m: 3:09.35	46.29	350m: 4:27.94	32.96
	100m: 1:06.38	35.26	200m: 2:23.06	37.82	300m: 3:54.98	45.63	400m: 4:58.70	30.76
2.	Lotte Hosper	RTC - Racing Club	200201414	<b>4:58.92</b>	+0,74	707		
	50m: 29.92	29.92	150m: 1:42.44	37.84	250m: 3:03.85	44.13	350m: 4:24.48	35.71
	100m: 1:04.60	34.68	200m: 2:19.72	37.28	300m: 3:48.77	44.92	400m: 4:58.92	34.44
3.	Lisa Dreesens	The Hague Swimming (SG)	199105798	<b>5:01.37</b>	+0,82	690		
	50m: 30.70	30.70	150m: 1:45.89	39.74	250m: 3:08.85	44.10	350m: 4:27.76	34.82
	100m: 1:06.15	35.45	200m: 2:24.75	38.86	300m: 3:52.94	44.09	400m: 5:01.37	33.61
4.	Silke Huisman	Orca	200301182	<b>5:05.74</b>	+0,72	661		
	50m: 32.55	32.55	150m: 1:51.26	40.15	250m: 3:12.17	41.74	350m: 4:31.15	36.31
	100m: 1:11.11	38.56	200m: 2:30.43	39.17	300m: 3:54.84	42.67	400m: 5:05.74	34.59
5.	Inge Arts	Merlet	199203076	<b>5:09.83</b>	+0,62	635		
	50m: 32.04	32.04	150m: 1:49.32	40.66	250m: 3:14.41	45.27	350m: 4:36.33	36.04
	100m: 1:08.66	36.62	200m: 2:29.14	39.82	300m: 4:00.29	45.88	400m: 5:09.83	33.50
6.	Angelique van Vark	Z&PC De Gouwe	199701478	<b>5:15.46</b>	+0,72	601		
	50m: 33.74	33.74	150m: 1:55.59	42.10	250m: 3:20.35	44.48	350m: 4:40.98	36.06
	100m: 1:13.49	39.75	200m: 2:35.87	40.28	300m: 4:04.92	44.57	400m: 5:15.46	34.48
7.	Lonneke Kampman	PSV	200100146	<b>5:17.62</b>	+0,79	589		
	50m: 32.89	32.89	150m: 1:52.22	41.21	250m: 3:18.61	46.47	350m: 4:43.12	36.95
	100m: 1:11.01	38.12	200m: 2:32.14	39.92	300m: 4:06.17	47.56	400m: 5:17.62	34.50
8.	Alinda Dingshoff	ZPC Hoogveen	200000928	<b>5:30.57</b>	+0,82	523		
	50m: 34.77	34.77	150m: 1:57.28	42.04	250m: 3:25.67	47.94	350m: 4:53.48	37.58
	100m: 1:15.24	40.47	200m: 2:37.73	40.45	300m: 4:15.90	50.23	400m: 5:30.57	37.09
<b>Finale B</b>								
9.	Wiktoria Redzimska	ZPC Hoogveen	200106042	<b>5:10.49</b>	+0,78	631		
	50m: 33.39	33.39	150m: 1:51.54	37.96	250m: 3:14.74	44.99	350m: 4:36.00	36.04
	100m: 1:13.58	40.19	200m: 2:29.75	38.21	300m: 3:59.96	45.22	400m: 5:10.49	34.49
10.	Lize Janna de Vries	Orca	200101948	<b>5:13.31</b>	+0,80	614		
	50m: 32.55	32.55	150m: 1:52.67	41.82	250m: 3:19.17	45.93	350m: 4:38.68	35.63
	100m: 1:10.85	38.30	200m: 2:33.24	40.57	300m: 4:03.05	43.88	400m: 5:13.31	34.63
11.	Amber Celie	De Dolfijn	200300756	<b>5:20.02</b>	+0,78	576		
	50m: 33.81	33.81	150m: 1:53.51	40.54	250m: 3:19.94	46.90	350m: 4:44.93	37.38
	100m: 1:12.97	39.16	200m: 2:33.04	39.53	300m: 4:07.55	47.61	400m: 5:20.02	35.09
12.	Valesca van den Bogert	Hieronymus	200102138	<b>5:20.82</b>	+0,73	572		
	50m: 33.92	33.92	150m: 1:57.12	42.52	250m: 3:23.25	44.38	350m: 4:45.37	37.70
	100m: 1:14.60	40.68	200m: 2:38.87	41.75	300m: 4:07.67	44.42	400m: 5:20.82	35.45
13.	Ilse Kraaijeveld	The Hague Swimming (SG)	200202190	<b>5:23.05</b>	+0,65	560		
	50m: 33.16	33.16	150m: 1:55.75	42.37	250m: 3:24.08	46.66	350m: 4:48.14	36.89
	100m: 1:13.38	40.22	200m: 2:37.42	41.67	300m: 4:11.25	47.17	400m: 5:23.05	34.91
14.	Kim Rebergen	Hellas-Glana	200100676	<b>5:25.67</b>	+0,72	547		
	50m: 33.76	33.76	150m: 1:57.76	42.79	250m: 3:26.96	47.94	350m: 4:51.38	35.85
	100m: 1:14.97	41.21	200m: 2:39.02	41.26	300m: 4:15.53	48.57	400m: 5:25.67	34.29
15.	Vivianne Dortmund	GZVW	199801578	<b>5:26.29</b>	+0,77	543		
	50m: 32.91	32.91	150m: 1:54.19	42.56	250m: 3:22.79	46.31	350m: 4:49.21	38.43
	100m: 1:11.63	38.72	200m: 2:36.48	42.29	300m: 4:10.78	47.99	400m: 5:26.29	37.08
16.	Chantalle Zijderveld	NTC PARA - ZZ&PC De Devel	200000702	<b>5:27.13</b>	+0,68	539	969	
	50m: 33.62	33.62	150m: 1:58.30	45.06	250m: 3:26.19	45.14	350m: 4:50.31	38.21
	100m: 1:13.24	39.62	200m: 2:41.05	42.75	300m: 4:12.10	45.91	400m: 5:27.13	36.82