

Programmanr. 2
21-6-2019 - 9:00

Dames, 400m vrije slag

Senioren Open
Resultaten Voorronde

Punten: FINA 2018

rank	name	club name	time	RT	fin.	FINA	para
Senioren Open							
1.	Marij van der Mast	PSV	200000676	4:21.41	+0,71	A	740
	50m: 30.93	30.93 150m: 1:36.37	33.04 250m: 2:42.64	33.19 350m: 3:49.02			33.32
	100m: 1:03.33	32.40 200m: 2:09.45	33.08 300m: 3:15.70	33.06 400m: 4:21.41			32.39
2.	Loulou Vos	PSV	199906128	4:21.97	+0,75	A	735
	50m: 31.14	31.14 150m: 1:38.09	34.04 250m: 2:44.89	32.56 350m: 3:50.40			32.54
	100m: 1:04.05	32.91 200m: 2:12.33	34.24 300m: 3:17.86	32.97 400m: 4:21.97			31.57
3.	Laura Setz	OC - Nova	200000130	4:23.97	+0,83	A	718
	50m: 30.35	30.35 150m: 1:36.61	33.39 250m: 2:43.08	33.05 350m: 3:50.59			33.73
	100m: 1:03.22	32.87 200m: 2:10.03	33.42 300m: 3:16.86	33.78 400m: 4:23.97			33.38
4.	Silke Holkenborg	OC - VZC	200100292	4:25.92	+0,70	A	703
	50m: 30.49	30.49 150m: 1:37.44	33.86 250m: 2:45.20	33.52 350m: 3:53.10			34.03
	100m: 1:03.58	33.09 200m: 2:11.68	34.24 300m: 3:19.07	33.87 400m: 4:25.92			32.82
5.	Leonie van Noort	WVZ	199301752	4:27.85	+0,81	A	688
	50m: 31.22	31.22 150m: 1:39.06	34.11 250m: 2:46.76	33.47 350m: 3:54.18			33.82
	100m: 1:04.95	33.73 200m: 2:13.29	34.23 300m: 3:20.36	33.60 400m: 4:27.85			33.67
6.	Manon Ritten	Hellas-Glana	200002440	4:32.49	+0,84	A	653
	50m: 31.30	31.30 150m: 1:39.98	34.74 250m: 2:49.93	35.22 350m: 3:59.67			34.54
	100m: 1:05.24	33.94 200m: 2:14.71	34.73 300m: 3:25.13	35.20 400m: 4:32.49			32.82
7.	Gaia Stere Mirotti	VZC	200305158	4:33.27	+0,68	A	647
	50m: 30.93	30.93 150m: 1:39.41	34.65 250m: 2:49.05	34.82 350m: 3:59.71			35.38
	100m: 1:04.76	33.83 200m: 2:14.23	34.82 300m: 3:24.33	35.28 400m: 4:33.27			33.56
8.	Soraya Wasser	PSV	199901358	4:33.53	+0,69	A	646
	50m: 31.88	31.88 150m: 1:41.03	34.73 250m: 2:50.15	34.60 350m: 3:59.73			34.78
	100m: 1:06.30	34.42 200m: 2:15.55	34.52 300m: 3:24.95	34.80 400m: 4:33.53			33.80
9.	Sophie de Jonge	WVZ	200200118	4:34.30	+0,73	B	640
	50m: 30.79	30.79 150m: 1:39.91	34.81 250m: 2:50.10	35.21 350m: 4:00.52			35.18
	100m: 1:05.10	34.31 200m: 2:14.89	34.98 300m: 3:25.34	35.24 400m: 4:34.30			33.78
10.	Dorien Butter	The Hague Swimming (SG)	199606542	4:35.29	+0,78	B	633
	50m: 32.02	32.02 150m: 1:43.29	35.65 250m: 2:53.96	35.10 350m: 4:02.87			34.11
	100m: 1:07.64	35.62 200m: 2:18.86	35.57 300m: 3:28.76	34.80 400m: 4:35.29			32.42
11.	Madelon Dijkstra	ZPCH	199703510	4:35.37	+0,78	B	633
	50m: 30.85	30.85 150m: 1:39.72	34.73 250m: 2:49.97	35.35 350m: 4:00.90			35.52
	100m: 1:04.99	34.14 200m: 2:14.62	34.90 300m: 3:25.38	35.41 400m: 4:35.37			34.47
12.	Bridget Vermeer	VZC	200501766	4:36.19	+0,80	B	627
	50m: 31.39	31.39 150m: 1:40.96	34.87 250m: 2:51.59	35.31 350m: 4:02.58			35.11
	100m: 1:06.09	34.70 200m: 2:16.28	35.32 300m: 3:27.47	35.88 400m: 4:36.19			33.61
13.	Lize Janna de Vries	Orca	200101948	4:36.21	+0,80	B	627
	50m: 31.29	31.29 150m: 1:39.89	34.35 250m: 2:49.77	34.90 350m: 4:01.17			35.66
	100m: 1:05.54	34.25 200m: 2:14.87	34.98 300m: 3:25.51	35.74 400m: 4:36.21			35.04
14.	Manon van Esch	TRB-RES	199702090	4:36.83	+0,71	B	623
	50m: 31.31	31.31 150m: 1:40.10	34.54 250m: 2:50.43	35.31 350m: 4:02.02			35.74
	100m: 1:05.56	34.25 200m: 2:15.12	35.02 300m: 3:26.28	35.85 400m: 4:36.83			34.81
15.	Kirsten Verhale	VZC	200400210	4:37.89	+0,82	B	616
	50m: 31.44	31.44 150m: 1:42.05	35.68 250m: 2:52.43	35.25 350m: 4:03.46			35.42
	100m: 1:06.37	34.93 200m: 2:17.18	35.13 300m: 3:28.04	35.61 400m: 4:37.89			34.43
16.	Angelique van Vark	Z&PC De Gouwe	199701478	4:38.30	+0,70	B	613
	50m: 31.22	31.22 150m: 1:40.56	35.02 250m: 2:51.59	35.81 350m: 4:03.72			36.02
	100m: 1:05.54	34.32 200m: 2:15.78	35.22 300m: 3:27.70	36.11 400m: 4:38.30			34.58
17.	Nikita van den Ouden	Nuene	199900622	4:39.29	+0,73	R	606
	50m: 31.89	31.89 150m: 1:42.53	35.81 250m: 2:53.51	35.37 350m: 4:05.11			36.03
	100m: 1:06.72	34.83 200m: 2:18.14	35.61 300m: 3:29.08	35.57 400m: 4:39.29			34.18
18.	Tamara Grove	De Dolfijn	199601266	4:41.16	+0,70	R	594
	50m: 31.08	31.08 150m: 1:41.94	35.75 250m: 2:53.66	35.55 350m: 4:06.10			36.24
	100m: 1:06.19	35.11 200m: 2:18.11	36.17 300m: 3:29.86	36.20 400m: 4:41.16			35.06
19.	Carlijn Hansté	WS Twente	200201082	4:41.26	+0,83		594
	50m: 30.49	30.49 150m: 1:39.92	35.07 250m: 2:52.58	36.62 350m: 4:05.58			36.43
	100m: 1:04.85	34.36 200m: 2:15.96	36.04 300m: 3:29.15	36.57 400m: 4:41.26			35.68
20.	Isabel Aardema	DWK	200100364	4:41.79	+0,77		590
	50m: 31.66	31.66 150m: 1:41.55	34.99 250m: 2:52.67	35.68 350m: 4:05.63			36.61
	100m: 1:06.56	34.90 200m: 2:16.99	35.44 300m: 3:29.02	36.35 400m: 4:41.79			36.16

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

rank	name	club name	time	RT	fin.	FINA	para	
21.	Lonneke Kampman	Nextline Swimming	200100146	4:41.99	+0,83	589		
	50m: 31.53	31.53	150m: 1:42.05	35.67	250m: 2:53.86	35.88	350m: 4:06.14	35.79
	100m: 1:06.38	34.85	200m: 2:17.98	35.93	300m: 3:30.35	36.49	400m: 4:41.99	35.85
22.	Amber van der Kruk	HPC PARA - MSV Zeemacht	200102730	4:42.03	+0,84	589	849	
	<i>Nederlands Record PARA</i>							
	50m: 31.58	31.58	150m: 1:41.91	35.71	250m: 2:53.77	36.00	350m: 4:06.52	36.48
	100m: 1:06.20	34.62	200m: 2:17.77	35.86	300m: 3:30.04	36.27	400m: 4:42.03	35.51
23.	Ilse Kraaijeveld	The Hague Swimming (SG)	200202190	4:43.69	+0,68	579		
	50m: 31.37	31.37	150m: 1:42.89	36.09	250m: 2:56.13	36.38	350m: 4:08.93	36.45
	100m: 1:06.80	35.43	200m: 2:19.75	36.86	300m: 3:32.48	36.35	400m: 4:43.69	34.76
24.	Imke Beekman	Hellas-Glana	200301950	4:44.31	+0,76	575		
	50m: 31.46	31.46	150m: 1:43.13	36.36	250m: 2:55.74	36.29	350m: 4:08.80	36.71
	100m: 1:06.77	35.31	200m: 2:19.45	36.32	300m: 3:32.09	36.35	400m: 4:44.31	35.51
25.	Ymke Dragstra	ZPC AMERSFOORT	200300930	4:44.55	+0,75	573		
	50m: 31.11	31.11	150m: 1:42.46	36.06	250m: 2:54.98	36.54	350m: 4:08.50	37.07
	100m: 1:06.40	35.29	200m: 2:18.44	35.98	300m: 3:31.43	36.45	400m: 4:44.55	36.05
26.	Birgit van Buiten	DWK	200200498	4:45.93	+0,75	565		
	50m: 31.46	31.46	150m: 1:42.87	36.26	250m: 2:55.67	36.75	350m: 4:09.91	37.21
	100m: 1:06.61	35.15	200m: 2:18.92	36.05	300m: 3:32.70	37.03	400m: 4:45.93	36.02
27.	Sterre van de Goor	PSV	200102168	4:45.98	+0,85	565		
	50m: 32.79	32.79	150m: 1:43.87	35.99	250m: 2:56.59	36.37	350m: 4:10.13	36.77
	100m: 1:07.88	35.09	200m: 2:20.22	36.35	300m: 3:33.36	36.77	400m: 4:45.98	35.85
28.	Amé Hulleman	ReVeLie Swim Team	200202794	4:46.20	+0,80	563		
	50m: 31.97	31.97	150m: 1:43.71	36.23	250m: 2:56.80	36.44	350m: 4:10.40	36.89
	100m: 1:07.48	35.51	200m: 2:20.36	36.65	300m: 3:33.51	36.71	400m: 4:46.20	35.80
29.	Hanne te Velthuis	Dedemsvaart-AC	200201324	4:46.65	+0,84	561		
	50m: 31.36	31.36	150m: 1:42.89	36.48	250m: 2:56.43	36.90	350m: 4:10.56	37.15
	100m: 1:06.41	35.05	200m: 2:19.53	36.64	300m: 3:33.41	36.98	400m: 4:46.65	36.09
30.	Kim Rebergen	Hellas-Glana	200100676	4:47.69	+0,75	555		
	50m: 32.81	32.81	150m: 1:44.39	36.40	250m: 2:58.55	37.23	350m: 4:12.80	36.86
	100m: 1:07.99	35.18	200m: 2:21.32	36.93	300m: 3:35.94	37.39	400m: 4:47.69	34.89
31.	Marte Hieke van der Kamp	FZC'54-De Vikings (SG)	200500218	4:49.57	+0,81	544		
	50m: 31.83	31.83	150m: 1:45.81	37.96	250m: 3:00.18	37.27	350m: 4:13.91	36.91
	100m: 1:07.85	36.02	200m: 2:22.91	37.10	300m: 3:37.00	36.82	400m: 4:49.57	35.66
32.	Sterre Keller	The Hague Swimming (SG)	199904142	4:50.54	+0,80	539		
	50m: 32.55	32.55	150m: 1:46.16	37.56	250m: 3:00.25	37.09	350m: 4:14.28	36.91
	100m: 1:08.60	36.05	200m: 2:23.16	37.00	300m: 3:37.37	37.12	400m: 4:50.54	36.26
33.	Liesette Bruinsma	HPC PARA - HZ&PC Heerenveen	200004346	5:14.68	+0,66	424	963	
	50m: 33.93	33.93	150m: 1:52.83	40.44	250m: 3:14.23	40.77	350m: 4:33.87	39.65
	100m: 1:12.39	38.46	200m: 2:33.46	40.63	300m: 3:54.22	39.99	400m: 5:14.68	40.81
34.	Jonne Moleman	LinK	200006264	5:24.81	+0,89	385	780	
	50m: 36.34	36.34	150m: 1:57.43	40.88	250m: 3:20.74	41.88	350m: 4:43.93	41.62
	100m: 1:16.55	40.21	200m: 2:38.86	41.43	300m: 4:02.31	41.57	400m: 5:24.81	40.88
NG	Lize van den Nieuwenhuijzen	Nextline Swimming	200304454					

PARA

1.	Liesette Bruinsma	HPC PARA - HZ&PC Heerenveen	200004346	5:14.68	+0,66	424	963	
	50m: 33.93	33.93	150m: 1:52.83	40.44	250m: 3:14.23	40.77	350m: 4:33.87	39.65
	100m: 1:12.39	38.46	200m: 2:33.46	40.63	300m: 3:54.22	39.99	400m: 5:14.68	40.81
2.	Amber van der Kruk	HPC PARA - MSV Zeemacht	200102730	4:42.03	+0,84	589	849	
	<i>Nederlands Record PARA</i>							
	50m: 31.58	31.58	150m: 1:41.91	35.71	250m: 2:53.77	36.00	350m: 4:06.52	36.48
	100m: 1:06.20	34.62	200m: 2:17.77	35.86	300m: 3:30.04	36.27	400m: 4:42.03	35.51
3.	Jonne Moleman	LinK	200006264	5:24.81	+0,89	385	780	
	50m: 36.34	36.34	150m: 1:57.43	40.88	250m: 3:20.74	41.88	350m: 4:43.93	41.62
	100m: 1:16.55	40.21	200m: 2:38.86	41.43	300m: 4:02.31	41.57	400m: 5:24.81	40.88