

Programmanr. 2
 21-6-2019

Dames, 400m vrije slag

 Senioren Open
 Resultaten Finale

Punten: FINA 2018

rank	name		club name		time				RT	FINA		
Finale A												
1.	Silke Holkenborg		OC - VZC		200100292				4:17.71	+0,72	772	
	50m:	29.55	29.55	150m:	1:34.71	32.62	250m:	2:40.27	32.60	350m:	3:45.88	32.77
	100m:	1:02.09	32.54	200m:	2:07.67	32.96	300m:	3:13.11	32.84	400m:	4:17.71	31.83
2.	Loulou Vos		PSV		199906128				4:18.75	+0,73	763	
	50m:	29.66	29.66	150m:	1:33.97	32.36	250m:	2:39.30	32.66	350m:	3:46.19	33.39
	100m:	1:01.61	31.95	200m:	2:06.64	32.67	300m:	3:12.80	33.50	400m:	4:18.75	32.56
3.	Laura Setz		OC - Nova		200000130				4:19.03	+0,91	760	
	50m:	30.21	30.21	150m:	1:34.85	32.84	250m:	2:41.02	33.39	350m:	3:47.48	33.25
	100m:	1:02.01	31.80	200m:	2:07.63	32.78	300m:	3:14.23	33.21	400m:	4:19.03	31.55
4.	Marij van der Mast		PSV		200000676				4:21.13	+0,72	742	
	50m:	29.71	29.71	150m:	1:34.28	32.65	250m:	2:40.68	33.42	350m:	3:47.95	33.52
	100m:	1:01.63	31.92	200m:	2:07.26	32.98	300m:	3:14.43	33.75	400m:	4:21.13	33.18
5.	Leonie van Noort		WVZ		199301752				4:24.18	+0,80	717	
	50m:	30.56	30.56	150m:	1:38.02	34.04	250m:	2:45.23	33.05	350m:	3:51.69	33.09
	100m:	1:03.98	33.42	200m:	2:12.18	34.16	300m:	3:18.60	33.37	400m:	4:24.18	32.49
6.	Manon Ritten		Hellas-Glana		200002440				4:30.30	+0,81	669	
	50m:	30.64	30.64	150m:	1:38.55	34.46	250m:	2:47.96	34.65	350m:	3:57.75	34.98
	100m:	1:04.09	33.45	200m:	2:13.31	34.76	300m:	3:22.77	34.81	400m:	4:30.30	32.55
7.	Soraya Wasser		PSV		199901358				4:30.95	+0,70	664	
	50m:	31.34	31.34	150m:	1:39.87	34.49	250m:	2:48.66	34.32	350m:	3:57.77	34.20
	100m:	1:05.38	34.04	200m:	2:14.34	34.47	300m:	3:23.57	34.91	400m:	4:30.95	33.18
8.	Gaia Sterre Mirotti		VZC		200305158				4:33.74	+0,67	644	
	50m:	30.88	30.88	150m:	1:39.06	34.36	250m:	2:49.11	35.11	350m:	3:59.37	35.09
	100m:	1:04.70	33.82	200m:	2:14.00	34.94	300m:	3:24.28	35.17	400m:	4:33.74	34.37
Finale B												
9.	Bridget Vermeer		VZC		200501766				4:31.40	+0,79	661	
	50m:	31.34	31.34	150m:	1:39.48	34.35	250m:	2:48.71	34.96	350m:	3:57.63	34.15
	100m:	1:05.13	33.79	200m:	2:13.75	34.27	300m:	3:23.48	34.77	400m:	4:31.40	33.77
10.	Lize Janna de Vries		Orca		200101948				4:33.22	+0,84	648	
	50m:	31.10	31.10	150m:	1:40.18	34.66	250m:	2:49.86	34.82	350m:	3:59.28	35.02
	100m:	1:05.52	34.42	200m:	2:15.04	34.86	300m:	3:24.26	34.40	400m:	4:33.22	33.94
11.	Manon van Esch		TRB-RES		199702090				4:34.18	+0,68	641	
	50m:	31.31	31.31	150m:	1:40.27	34.75	250m:	2:50.62	35.40	350m:	4:01.24	34.99
	100m:	1:05.52	34.21	200m:	2:15.22	34.95	300m:	3:26.25	35.63	400m:	4:34.18	32.94
12.	Dorien Butter		The Hague Swimming (SG)		199606542				4:34.28	+0,77	640	
	50m:	31.34	31.34	150m:	1:42.09	35.59	250m:	2:52.68	35.10	350m:	4:02.00	34.25
	100m:	1:06.50	35.16	200m:	2:17.58	35.49	300m:	3:27.75	35.07	400m:	4:34.28	32.28
13.	Sophie de Jonge		WVZ		200200118				4:34.40	+0,84	639	
	50m:	30.88	30.88	150m:	1:40.05	35.14	250m:	2:50.54	35.27	350m:	4:01.10	35.27
	100m:	1:04.91	34.03	200m:	2:15.27	35.22	300m:	3:25.83	35.29	400m:	4:34.40	33.30
14.	Madelon Dijkstra		ZPCH		199703510				4:35.21	+0,76	634	
	50m:	30.76	30.76	150m:	1:39.70	34.93	250m:	2:50.21	35.20	350m:	4:01.18	35.46
	100m:	1:04.77	34.01	200m:	2:15.01	35.31	300m:	3:25.72	35.51	400m:	4:35.21	34.03
15.	Angelique van Vark		Z&PC De Gouwe		199701478				4:38.19	+0,70	614	
	50m:	31.12	31.12	150m:	1:40.30	34.89	250m:	2:51.64	35.60	350m:	4:03.79	35.89
	100m:	1:05.41	34.29	200m:	2:16.04	35.74	300m:	3:27.90	36.26	400m:	4:38.19	34.40
16.	Kirsten Verhalle		VZC		200400210				4:40.07	+0,78	601	
	50m:	31.07	31.07	150m:	1:41.03	35.17	250m:	2:52.35	36.02	350m:	4:05.04	36.37
	100m:	1:05.86	34.79	200m:	2:16.33	35.30	300m:	3:28.67	36.32	400m:	4:40.07	35.03