

Programmanr. 30  
 23-6-2019

Dames, 400m wisselslag

 Senioren Open  
 Resultaten Finale

Punten: FINA 2018

rank	name	club name	time	RT	FINA	para
<b>Finale A</b>						
1.	Lotte Hosper	OC - Racing Club	200201414	<b>4:55.62</b>	+0,77	731
	50m: 29.91	29.91 150m: 1:40.86	36.80	250m: 3:00.90	43.96	350m: 4:21.41
	100m: 1:04.06	34.15 200m: 2:16.94	36.08	300m: 3:46.14	45.24	400m: 4:55.62
2.	Lisa Dreesens	The Hague Swimming (SG)	199105798	<b>5:02.32</b>	+0,82	683
	50m: 30.95	30.95 150m: 1:47.34	40.47	250m: 3:10.57	43.80	350m: 4:29.35
	100m: 1:06.87	35.92 200m: 2:26.77	39.43	300m: 3:54.52	43.95	400m: 5:02.32
3.	Emelie Schnagl	SSG Saar Max Ritter	262869	<b>5:02.48</b>	+0,71	682
	50m: 31.43	31.43 150m: 1:47.62	39.86	250m: 3:10.21	43.07	350m: 4:29.31
	100m: 1:07.76	36.33 200m: 2:27.14	39.52	300m: 3:54.20	43.99	400m: 5:02.48
4.	Alinda Dingshoff	ZPC Hoogeveen	200000928	<b>5:03.73</b>	+0,79	674
	50m: 32.08	32.08 150m: 1:45.90	37.52	250m: 3:08.97	45.42	350m: 4:30.15
	100m: 1:08.38	36.30 200m: 2:23.55	37.65	300m: 3:55.13	46.16	400m: 5:03.73
5.	Anna van Droffelaar	OC - ZVVS	200400258	<b>5:13.42</b>	+0,69	613
	50m: 31.51	31.51 150m: 1:51.13	40.58	250m: 3:15.96	44.91	350m: 4:38.01
	100m: 1:10.55	39.04 200m: 2:31.05	39.92	300m: 4:00.95	44.99	400m: 5:13.42
6.	Isabel Aardema	DWK	200100364	<b>5:14.27</b>	+0,82	608
	50m: 32.38	32.38 150m: 1:53.40	41.66	250m: 3:18.61	44.85	350m: 4:39.95
	100m: 1:11.74	39.36 200m: 2:33.76	40.36	300m: 4:03.61	45.00	400m: 5:14.27
7.	Carlijn Hansté	WS Twente	200201082	<b>5:16.02</b>	+0,82	598
	50m: 32.15	32.15 150m: 1:50.93	39.73	250m: 3:16.13	46.30	350m: 4:40.70
	100m: 1:11.20	39.05 200m: 2:29.83	38.90	300m: 4:04.09	47.96	400m: 5:16.02
8.	Zanthe Janssen	Aqua-Novio'94	200201786	<b>5:20.17</b>	+0,85	575
	50m: 34.79	34.79 150m: 1:58.54	41.83	250m: 3:23.05	43.68	350m: 4:44.98
	100m: 1:16.71	41.92 200m: 2:39.37	40.83	300m: 4:08.14	45.09	400m: 5:20.17
<b>Finale B</b>						
9.	Lonneke Kampman	Nextline Swimming	200100146	<b>5:09.96</b>	+0,82	634
	50m: 33.94	33.94 150m: 1:52.07	40.06	250m: 3:14.26	43.67	350m: 4:35.69
	100m: 1:12.01	38.07 200m: 2:30.59	38.52	300m: 3:59.73	45.47	400m: 5:09.96
10.	Birgit van Buiten	DWK	200200498	<b>5:13.34</b>	+0,76	614
	50m: 34.78	34.78 150m: 1:55.50	39.65	250m: 3:18.62	44.06	350m: 4:38.67
	100m: 1:15.85	41.07 200m: 2:34.56	39.06	300m: 4:02.39	43.77	400m: 5:13.34
11.	Angelique van Vark	Z&PC De Gouwe	199701478	<b>5:14.03</b>	+0,70	610
	50m: 32.85	32.85 150m: 1:53.25	40.79	250m: 3:18.25	45.65	350m: 4:40.32
	100m: 1:12.46	39.61 200m: 2:32.60	39.35	300m: 4:04.59	46.34	400m: 5:14.03
	Inge Vieveen	OC - WVZ	200100024	<b>5:14.03</b>	+0,77	610
	50m: 32.20	32.20 150m: 1:54.30	42.44	250m: 3:19.27	44.21	350m: 4:40.03
	100m: 1:11.86	39.66 200m: 2:35.06	40.76	300m: 4:04.35	45.08	400m: 5:14.03
13.	Josse Bergman	VZC	200305146	<b>5:14.47</b>	+0,75	607
	50m: 32.79	32.79 150m: 1:52.28	41.46	250m: 3:17.37	45.27	350m: 4:40.72
	100m: 1:10.82	38.03 200m: 2:32.10	39.82	300m: 4:04.15	46.78	400m: 5:14.47
14.	Wiktoria Redzimska	ZPC Hoogeveen	200106042	<b>5:16.68</b>	+0,74	595
	50m: 34.93	34.93 150m: 1:55.15	39.16	250m: 3:18.73	45.02	350m: 4:41.35
	100m: 1:15.99	41.06 200m: 2:33.71	38.56	300m: 4:04.77	46.04	400m: 5:16.68
15.	Nikita van den Ouden	Nuenen	199900622	<b>5:19.38</b>	+0,70	580
	50m: 32.16	32.16 150m: 1:52.73	41.80	250m: 3:18.99	44.99	350m: 4:42.96
	100m: 1:10.93	38.77 200m: 2:34.00	41.27	300m: 4:05.40	46.41	400m: 5:19.38
16.	Selene Wortel	Hieronymus	199700654	<b>5:24.07</b>	+0,71	555
	50m: 33.39	33.39 150m: 1:57.42	43.58	250m: 3:24.62	45.35	350m: 4:47.94
	100m: 1:13.84	40.45 200m: 2:39.27	41.85	300m: 4:11.42	46.80	400m: 5:24.07