

Programmanr. 29  
26-2-2022 - 10:24

Dames, 400m vrije slag

Senioren Open  
Resultaten Voorrunde

Punten: FINA 2021

rang	naam		vereniging					tijd	RT	FINA para		
1.	Silke Holkenborg		HPC - VZC			200100292		<b>4:15.92</b>	+0,66	Q 788		
	50m:	28.50	28.50	150m:	1:31.37	31.76	250m:	2:36.67	32.64	350m:	3:43.15	33.21
	100m:	59.61	31.11	200m:	2:04.03	32.66	300m:	3:09.94	33.27	400m:	4:15.92	32.77
2.	Serena Stel		De Dolfijn			199801528		<b>4:21.02</b>	+0,69	Q 743		
	50m:	29.88	29.88	150m:	1:35.00	32.65	250m:	2:41.27	32.86	350m:	3:48.19	33.31
	100m:	1:02.35	32.47	200m:	2:08.41	33.41	300m:	3:14.88	33.61	400m:	4:21.02	32.83
3.	Ismay Lichtendonk		Dedemsvaart-AC			200400622		<b>4:37.46</b>	+0,75	Q 618		
	50m:	32.28	32.28	150m:	1:42.80	35.26	250m:	2:52.75	34.20	350m:	4:03.32	35.43
	100m:	1:07.54	35.26	200m:	2:18.55	35.75	300m:	3:27.89	35.14	400m:	4:37.46	34.14
4.	Nynke Boerefijn		ZPC AMERSFOORT			200700114		<b>4:39.74</b>	+0,86	Q 603		
	50m:	31.95	31.95	150m:	1:42.24	35.41	250m:	2:53.80	35.83	350m:	4:05.35	35.74
	100m:	1:06.83	34.88	200m:	2:17.97	35.73	300m:	3:29.61	35.81	400m:	4:39.74	34.39
5.	Tamara Grove		De Dolfijn			199601266		<b>4:40.02</b>	+0,74	Q 602		
	50m:	31.03	31.03	150m:	1:40.96	35.18	250m:	2:51.97	35.34	350m:	4:04.12	36.00
	100m:	1:05.78	34.75	200m:	2:16.63	35.67	300m:	3:28.12	36.15	400m:	4:40.02	35.90
6.	Eefje Irvine		De Dolfijn			200700164		<b>4:44.05</b>	+0,64	Q 576		
	50m:	31.55	31.55	150m:	1:41.40	35.41	250m:	2:54.41	36.76	350m:	4:08.29	36.81
	100m:	1:05.99	34.44	200m:	2:17.65	36.25	300m:	3:31.48	37.07	400m:	4:44.05	35.76
7.	Myra Smulders		Blue Marlins (SG)			199904308		<b>4:52.68</b>	+0,66	Q 527		
	50m:	31.93	31.93	150m:	1:44.31	37.02	250m:	3:00.06	38.02	350m:	4:16.15	38.00
	100m:	1:07.29	35.36	200m:	2:22.04	37.73	300m:	3:38.15	38.09	400m:	4:52.68	36.53
8.	Leyla Oversluizen		Feijenoord Albion Zwemclub			200602730		<b>4:53.89</b>	+0,75	Q 520		
	50m:	32.37	32.37	150m:	1:46.72	37.92	250m:	3:02.63	37.69	350m:	4:18.41	37.23
	100m:	1:08.80	36.43	200m:	2:24.94	38.22	300m:	3:41.18	38.55	400m:	4:53.89	35.48
9.	India Lemus-Parks		Blue Marlins (SG)			200405952		<b>4:58.49</b>	+0,77	R 497		
	50m:	33.85	33.85	150m:	1:48.84	37.95	250m:	3:05.16	38.22	350m:	4:21.57	38.36
	100m:	1:10.89	37.04	200m:	2:26.94	38.10	300m:	3:43.21	38.05	400m:	4:58.49	36.92
10.	Stella van Droffelaar		ZVVS			200700048		<b>5:05.29</b>	+0,74	R 464		
	50m:	34.06	34.06	150m:	1:49.72	38.03	250m:	3:08.57	39.83	350m:	4:27.66	39.32
	100m:	1:11.69	37.63	200m:	2:28.74	39.02	300m:	3:48.34	39.77	400m:	5:05.29	37.63
11.	Pascalie Smal		DAW			200802958		<b>5:31.51</b>	+0,64	362		
	50m:	35.33	35.33	150m:	1:57.90	41.98	250m:	3:24.17	43.32	350m:	4:50.58	43.00
	100m:	1:15.92	40.59	200m:	2:40.85	42.95	300m:	4:07.58	43.41	400m:	5:31.51	40.93
12.	Dante van Meene		DAW			200900678		<b>5:33.09</b>	+0,82	357		
	50m:	36.32	36.32	150m:	2:01.24	43.48	250m:	3:27.14	43.17	350m:	4:53.57	43.63
	100m:	1:17.76	41.44	200m:	2:43.97	42.73	300m:	4:09.94	42.80	400m:	5:33.09	39.52
13.	Bette Peetoom		DAW			200801808		<b>5:40.85</b>	+0,75	333		
	50m:	35.11	35.11	150m:	2:01.65	44.73	250m:	3:31.23	45.61	350m:	5:00.20	44.29
	100m:	1:16.92	41.81	200m:	2:45.62	43.97	300m:	4:15.91	44.68	400m:	5:40.85	40.65

fouten? mail naar NKinschrijvinge@knzb.nl