

Programmanr. 29
10-4-2022 - 10:10

Dames, 400m vrije slag

Senioren Open
Resultaten Voorrunde

Punten: FINA 2021

rang	naam	vereniging	tijd	RT	FINA	para
Senioren Open						
1.	Silke Holkenborg	HPC - VZC	200100292	4:15.86	+0,66	A 789
	50m: 29.41	29.41	150m: 1:33.17	32.37	250m: 2:38.18	32.64
	100m: 1:00.80	31.39	200m: 2:05.54	32.37	300m: 3:11.02	32.84
					400m: 4:15.86	31.97
2.	Imani de Jong	HPC - De Dolfijn	200200464	4:15.88	+0,69	A 789
	50m: 28.60	28.60	150m: 1:32.72	32.34	250m: 2:38.31	32.94
	100m: 1:00.38	31.78	200m: 2:05.37	32.65	300m: 3:11.38	33.07
					350m: 3:43.85	32.47
					400m: 4:15.88	32.03
3.	Serena Stel	De Dolfijn	199801528	4:20.68	+0,68	A 746
	50m: 29.67	29.67	150m: 1:34.10	32.92	250m: 2:40.67	33.96
	100m: 1:01.18	31.51	200m: 2:06.71	32.61	300m: 3:13.93	33.26
					400m: 4:20.68	34.14
						32.61
4.	Janna van Kooten	HPC - DZ&PC	200404584	4:22.95	+0,77	A 727
	50m: 29.05	29.05	150m: 1:34.74	33.30	250m: 2:42.17	33.72
	100m: 1:01.44	32.39	200m: 2:08.45	33.71	300m: 3:16.21	34.04
					350m: 3:50.40	34.19
					400m: 4:22.95	32.55
5.	Veronika Tondrova	Czech Swimming Team		4:29.86	+0,75	A 672
	50m: 30.15	30.15	150m: 1:37.29	34.05	250m: 2:46.62	34.65
	100m: 1:03.24	33.09	200m: 2:11.97	34.68	300m: 3:21.72	35.10
					350m: 3:56.23	34.51
					400m: 4:29.86	33.63
6.	Lana Ravelingien	Brabo Zwemclub Antwerpen	BRABO/20066/03	4:31.27	+0,65	A 662
	50m: 30.59	30.59	150m: 1:39.38	34.76	250m: 2:48.62	34.57
	100m: 1:04.62	34.03	200m: 2:14.05	34.67	300m: 3:22.96	34.34
					350m: 3:57.39	34.43
					400m: 4:31.27	33.88
7.	Kirsten Verhalle	VZC	200400210	4:34.96	+0,72	A 636
	50m: 30.64	30.64	150m: 1:39.00	34.61	250m: 2:49.27	35.09
	100m: 1:04.39	33.75	200m: 2:14.18	35.18	300m: 3:24.90	35.63
					350m: 4:00.44	35.54
					400m: 4:34.96	34.52
8.	Marte Hieke van der Kamp	Orca	200500218	4:35.72	+0,78	A 630
	50m: 30.90	30.90	150m: 1:40.23	35.21	250m: 2:51.14	35.58
	100m: 1:05.02	34.12	200m: 2:15.56	35.33	300m: 3:26.23	35.09
					400m: 4:35.72	35.58
						33.91
9.	Femke Doorenbos	ZPC AMERSFOORT	200404214	4:35.92	+0,68	B 629
	50m: 30.62	30.62	150m: 1:39.57	35.49	250m: 2:51.12	35.68
	100m: 1:04.08	33.46	200m: 2:15.44	35.87	300m: 3:27.03	35.91
					350m: 4:01.91	34.88
					400m: 4:35.92	34.01
10.	Tamara Grove	De Dolfijn	199601266	4:37.20	+0,69	B 620
	50m: 30.32	30.32	150m: 1:38.97	34.77	250m: 2:49.26	34.95
	100m: 1:04.20	33.88	200m: 2:14.31	35.34	300m: 3:24.93	35.67
					350m: 4:01.08	36.15
					400m: 4:37.20	36.12
11.	Nynke Boerefijn	ZPC AMERSFOORT	200700114	4:38.02	+0,83	B 615
	50m: 30.83	30.83	150m: 1:39.52	34.93	250m: 2:51.14	35.94
	100m: 1:04.59	33.76	200m: 2:15.20	35.68	300m: 3:27.41	36.27
					350m: 4:03.21	35.80
					400m: 4:38.02	34.81
12.	Bridget Vermeer	VZC	200501766	4:38.13	+0,78	B 614
	50m: 32.01	32.01	150m: 1:42.85	35.54	250m: 2:54.11	35.34
	100m: 1:07.31	35.30	200m: 2:18.77	35.92	300m: 3:30.08	35.97
					350m: 4:04.99	34.91
					400m: 4:38.13	33.14
13.	Evy Rozeboom	DAW	200601338	4:38.44	+0,79	B 612
	50m: 30.82	30.82	150m: 1:41.29	35.62	250m: 2:53.16	35.81
	100m: 1:05.67	34.85	200m: 2:17.35	36.06	300m: 3:29.50	36.34
					350m: 4:04.93	35.43
					400m: 4:38.44	33.51
14.	Sara Korhuis	TriVia	200600494	4:41.45	+0,69	B 593
	50m: 30.71	30.71	150m: 1:41.37	35.37	250m: 2:53.83	36.07
	100m: 1:06.00	35.29	200m: 2:17.76	36.39	300m: 3:30.53	36.70
					350m: 4:06.65	36.12
					400m: 4:41.45	34.80
15.	Manon Ritten	PSV	200002440	4:41.99	+0,78	B 589
	50m: 32.24	32.24	150m: 1:44.13	35.88	250m: 2:55.25	35.17
	100m: 1:08.25	36.01	200m: 2:20.08	35.95	300m: 3:31.61	36.36
					350m: 4:06.94	35.33
					400m: 4:41.99	35.05
16.	Eefje Irvine	De Dolfijn	200700164	4:42.76	+0,66	B 584
	50m: 32.08	32.08	150m: 1:42.07	35.31	250m: 2:53.52	35.75
	100m: 1:06.76	34.68	200m: 2:17.77	35.70	300m: 3:30.11	36.59
					350m: 4:06.67	36.56
					400m: 4:42.76	36.09
17.	Anais Cornelissen	Brabo Zwemclub Antwerpen	BRABO/21165/07	4:47.22	+0,69	R 557
	50m: 31.08	31.08	150m: 1:43.64	37.19	250m: 2:58.38	36.84
	100m: 1:06.45	35.37	200m: 2:21.54	37.90	300m: 3:35.53	37.15
					350m: 4:11.86	36.33
					400m: 4:47.22	35.36
AFGEM	Sophia van Droffelaar	ZVVS	200500330			