

Event 11  
12-4-2024 - 17:00

Women, 400m Medley

Senioren Open  
Results Finals

Points: FINA 2024

rang	naam	vereniging	tijd	RT	FINA	PARA	
<b>Senioren Open</b>							
1.	Carlotta Ingenerf	W98 Hannover	328562	<b>4:53.20</b>	+0,64	745	
	50m: 30.06	30.06 150m: 1:43.18	37.43	250m: 3:02.20	42.33	350m: 4:19.35	34.43
	100m: 1:05.75	35.69 200m: 2:19.87	36.69	300m: 3:44.92	42.72	400m: 4:53.20	33.85
2.	Djanilla Brink	De Dolfijn	200600988	<b>4:57.56</b>	+0,81	713	
	50m: 31.50	31.50 150m: 1:49.60	40.74	250m: 3:09.08	39.98	350m: 4:23.92	33.95
	100m: 1:08.86	37.36 200m: 2:29.10	39.50	300m: 3:49.97	40.89	400m: 4:57.56	33.64
3.	Frouke Ludwig	DZ&PC	200800112	<b>5:01.90</b>	+0,74	682	
	50m: 30.85	30.85 150m: 1:45.50	38.81	250m: 3:07.96	44.96	350m: 4:28.12	34.94
	100m: 1:06.69	35.84 200m: 2:23.00	37.50	300m: 3:53.18	45.22	400m: 5:01.90	33.78
4.	Dachen Haaijer	ZPC Hoogeveen	200800380	<b>5:02.13</b>	+0,80	681	
	50m: 32.26	32.26 150m: 1:49.00	38.71	250m: 3:10.35	43.87	350m: 4:28.64	34.31
	100m: 1:10.29	38.03 200m: 2:26.48	37.48	300m: 3:54.33	43.98	400m: 5:02.13	33.49
5.	Nikita van den Ouden	PSV	199900622	<b>5:02.16</b>	+0,70	681	
	50m: 30.83	30.83 150m: 1:47.34	40.27	250m: 3:09.26	42.43	350m: 4:27.82	35.42
	100m: 1:07.07	36.24 200m: 2:26.83	39.49	300m: 3:52.40	43.14	400m: 5:02.16	34.34
6.	Bo Van Speybroeck	ZORO Zwemteam	ZORO/21124/04	<b>5:03.77</b>	+0,69	670	
	50m: 31.55	31.55 150m: 1:48.50	39.81	250m: 3:11.04	43.81	350m: 4:29.98	34.57
	100m: 1:08.69	37.14 200m: 2:27.23	38.73	300m: 3:55.41	44.37	400m: 5:03.77	33.79
7.	Hedwig Bolt	HZ&PC Heerenveen	200602660	<b>5:04.90</b>	+0,82	663	
	50m: 31.06	31.06 150m: 1:49.00	41.01	250m: 3:12.47	43.26	350m: 4:31.26	34.44
	100m: 1:07.99	36.93 200m: 2:29.21	40.21	300m: 3:56.82	44.35	400m: 5:04.90	33.64
8.	Fay Boxum	DZ&PC	200900060	<b>5:08.74</b>	+0,77	638	
	50m: 32.19	32.19 150m: 1:49.66	38.51	250m: 3:11.71	43.62	350m: 4:33.32	36.37
	100m: 1:11.15	38.96 200m: 2:28.09	38.43	300m: 3:56.95	45.24	400m: 5:08.74	35.42
<b>Junior</b>							
1.	Paula Buss	SG Ruhr	395912	<b>5:03.88</b>	+0,67	669	
	50m: 30.96	30.96 150m: 1:46.15	39.78	250m: 3:10.07	45.41	350m: 4:31.00	35.57
	100m: 1:06.37	35.41 200m: 2:24.66	38.51	300m: 3:55.43	45.36	400m: 5:03.88	32.88
2.	Elin Ditewig	VZC	200900392	<b>5:08.71</b>	+0,71	638	
	50m: 30.82	30.82 150m: 1:47.33	40.13	250m: 3:13.28	46.62	350m: 4:34.04	35.72
	100m: 1:07.20	36.38 200m: 2:26.66	39.33	300m: 3:58.32	45.04	400m: 5:08.71	34.67
3.	Luus Gielens	PSV	200900138	<b>5:20.42</b> *	+0,92	571	
	50m: 32.75	32.75 150m: 1:53.82	42.42	250m: 3:19.52	44.95	350m: 4:43.63	37.92
	100m: 1:11.40	38.65 200m: 2:34.57	40.75	300m: 4:05.71	46.19	400m: 5:20.42	36.79
4.	Barbora Paskova	Plavecky klub Azeta	SVK17515	<b>5:28.42</b>	+0,73	530	
	50m: 33.34	33.34 150m: 1:57.85	42.52	250m: 3:26.22	46.55	350m: 4:52.14	38.26
	100m: 1:15.33	41.99 200m: 2:39.67	41.82	300m: 4:13.88	47.66	400m: 5:28.42	36.28
DSQ	Rhodee van den Ham	De Duinkickers	200700090				

mistakes: mail nkinschrijvingen@knzb.nl