

Event 27
14-4-2024 - 9:00

Women, 400m Freestyle

Senioren Open
Results Prelim

Points: FINA 2024

rang	naam	vereniging	tijd	RT	FINA	PARA	
PARA							
1.	Liesette Bruinsma	TeamNL PARA - HZ&PC Heerenveen 200004346	S11	5:09.33	+0,72	Q 440 891	
	50m: 33.59	33.59 150m: 1:52.68	40.48	250m: 3:12.07	40.01	350m: 4:32.04	40.24
	100m: 1:12.20	38.61 200m: 2:32.06	39.38	300m: 3:51.80	39.73	400m: 5:09.33	37.29
2.	B. Lerida Maldonado	CAR Madrid SPAIN	S9	5:03.30	+0,92	Q 467 755	
	50m: 34.83	34.83 150m: 1:50.87	38.55	250m: 3:08.25	38.55	350m: 4:25.65	38.68
	100m: 1:12.32	37.49 200m: 2:29.70	38.83	300m: 3:46.97	38.72	400m: 5:03.30	37.65
3.	Julia Benito De Tena	CAR Madrid SPAIN	S10	5:14.53	+0,49	Q 419 611	
	50m: 36.69	36.69 150m: 1:57.05	40.44	250m: 3:17.35	39.73	350m: 4:36.95	39.76
	100m: 1:16.61	39.92 200m: 2:37.62	40.57	300m: 3:57.19	39.84	400m: 5:14.53	37.58
4.	Gwyneth van der Spek	Batavia Swim	201102806	S7	7:22.79	Q 150 303	
	50m: 52.29	52.29 150m: 2:45.90	56.62	250m: 4:41.59	57.35	350m: 6:33.51	53.52
	100m: 1:49.28	56.99 200m: 3:44.24	58.34	300m: 5:39.99	58.40	400m: 7:22.79	49.28

Junior

1.	Noa Martin Argente	Spain	1137520	4:21.38	+0,66	Q 730	
	50m: 30.29	30.29 150m: 1:36.53	33.50	250m: 2:43.20	33.50	350m: 3:49.94	33.20
	100m: 1:03.03	32.74 200m: 2:09.70	33.17	300m: 3:16.74	33.54	400m: 4:21.38	31.44
2.	Angelina Rolman	Team NL - De Dolfijn	200701972	4:21.56	+0,70	Q 728	
	50m: 29.95	29.95 150m: 1:35.94	32.99	250m: 2:42.72	33.28	350m: 3:49.43	32.97
	100m: 1:02.95	33.00 200m: 2:09.44	33.50	300m: 3:16.46	33.74	400m: 4:21.56	32.13
3.	Zara Selimovic	SG Essen	363732	4:22.78	+0,66	Q 718	
	50m: 30.18	30.18 150m: 1:36.48	33.41	250m: 2:43.53	32.91	350m: 3:50.46	33.53
	100m: 1:03.07	32.89 200m: 2:10.62	34.14	300m: 3:16.93	33.40	400m: 4:22.78	32.32
4.	Alba Rubio Villoria	Spain	1073458	4:24.76	+0,62	Q 702	
	50m: 30.69	30.69 150m: 1:37.69	34.11	250m: 2:45.67	33.93	350m: 3:53.28	33.84
	100m: 1:03.58	32.89 200m: 2:11.74	34.05	300m: 3:19.44	33.77	400m: 4:24.76	31.48
5.	Hedwig Bolt	HZ&PC Heerenveen	200602660	4:27.09	+0,77	Q 684	
	50m: 30.81	30.81 150m: 1:38.34	34.07	250m: 2:46.77	34.09	350m: 3:54.85	33.89
	100m: 1:04.27	33.46 200m: 2:12.68	34.34	300m: 3:20.96	34.19	400m: 4:27.09	32.24
6.	Alena Gemici	W98 Hannover	318385	4:29.15	+0,72	Q 668	
	50m: 29.66	29.66 150m: 1:37.29	34.16	250m: 2:45.89	34.42	350m: 3:55.47	34.84
	100m: 1:03.13	33.47 200m: 2:11.47	34.18	300m: 3:20.63	34.74	400m: 4:29.15	33.68
7.	Paula Buss	SG Ruhr	395912	4:29.81	+0,72	Q 663	
	50m: 30.92	30.92 150m: 1:38.85	34.46	250m: 2:47.50	34.41	350m: 3:57.45	35.13
	100m: 1:04.39	33.47 200m: 2:13.09	34.24	300m: 3:22.32	34.82	400m: 4:29.81	32.36
8.	Sara Costa De Vicente	Spain	1113186	4:29.84	+0,74	Q 663	
	50m: 29.84	29.84 150m: 1:38.56	35.31	250m: 2:47.91	34.35	350m: 3:57.68	35.12
	100m: 1:03.25	33.41 200m: 2:13.56	35.00	300m: 3:22.56	34.65	400m: 4:29.84	32.16
9.	Nynke Boerefijn	ZPC AMERSFOORT	200700114	4:31.33	+0,82	R 652	
	50m: 30.29	30.29 150m: 1:38.22	34.41	250m: 2:47.92	34.91	350m: 3:57.62	34.78
	100m: 1:03.81	33.52 200m: 2:13.01	34.79	300m: 3:22.84	34.92	400m: 4:31.33	33.71
10.	Bregje Dekkers	PSV	200900746	4:38.32	+0,73	R 604	
	50m: 31.13	31.13 150m: 1:40.61	35.42	250m: 2:52.16	35.51	350m: 4:03.72	35.81
	100m: 1:05.19	34.06 200m: 2:16.65	36.04	300m: 3:27.91	35.75	400m: 4:38.32	34.60
11.	Anais Cornelissen	Brabo Zwemclub Antwerpen	BRABO/21165/07	4:38.67	+0,62	602	
	50m: 30.32	30.32 150m: 1:39.38	35.33	250m: 2:51.03	35.96	350m: 4:03.54	36.15
	100m: 1:04.05	33.73 200m: 2:15.07	35.69	300m: 3:27.39	36.36	400m: 4:38.67	35.13
12.	Gwyneth van der Spek	Batavia Swim	201102806	S7	7:22.79	Q 150 303	
	50m: 52.29	52.29 150m: 2:45.90	56.62	250m: 4:41.59	57.35	350m: 6:33.51	53.52
	100m: 1:49.28	56.99 200m: 3:44.24	58.34	300m: 5:39.99	58.40	400m: 7:22.79	49.28

mistakes: mail nkingschrijvingen@knzb.nl

Event 27, Women, 400m Freestyle, Prelim

Senioren Open

1.	Imani de de Jong	Team NL - PSV	200200464	4:14.84	+0,71	A	787	
	50m: 28.91	28.91	150m: 1:32.68	32.05	250m: 2:37.80	32.60	350m: 3:43.24	32.51
	100m: 1:00.63	31.72	200m: 2:05.20	32.52	300m: 3:10.73	32.93	400m: 4:14.84	31.60
2.	Francisca Soares Martins	Portugal	126504	4:15.52	+0,64	A	781	
	50m: 29.06	29.06	150m: 1:32.44	31.99	250m: 2:37.62	32.71	350m: 3:43.53	32.92
	100m: 1:00.45	31.39	200m: 2:04.91	32.47	300m: 3:10.61	32.99	400m: 4:15.52	31.99
3.	Yara van Kalmthout	Team NL - PSV	200200984	4:19.15	+0,72	A	749	
	50m: 29.64	29.64	150m: 1:34.81	32.74	250m: 2:40.98	33.00	350m: 3:47.44	33.09
	100m: 1:02.07	32.43	200m: 2:07.98	33.17	300m: 3:14.35	33.37	400m: 4:19.15	31.71
4.	Serena Stel	De Dolfijn	199801528	4:19.66	+0,69	A	744	
	50m: 29.86	29.86	150m: 1:35.77	33.31	250m: 2:42.22	32.97	350m: 3:48.31	32.88
	100m: 1:02.46	32.60	200m: 2:09.25	33.48	300m: 3:15.43	33.21	400m: 4:19.66	31.35
5.	Noa Martin Argente	Spain	1137520	4:21.38	+0,66	Q	730	
	50m: 30.29	30.29	150m: 1:36.53	33.50	250m: 2:43.20	33.50	350m: 3:49.94	33.20
	100m: 1:03.03	32.74	200m: 2:09.70	33.17	300m: 3:16.74	33.54	400m: 4:21.38	31.44
6.	Angelina Rolman	Team NL - De Dolfijn	200701972	4:21.56	+0,70	Q	728	
	50m: 29.95	29.95	150m: 1:35.94	32.99	250m: 2:42.72	33.28	350m: 3:49.43	32.97
	100m: 1:02.95	33.00	200m: 2:09.44	33.50	300m: 3:16.46	33.74	400m: 4:21.56	32.13
7.	Bekky Pozdner	Hapoel Bat Yam		4:22.06	+0,65	A	724	
	50m: 30.26	30.26	150m: 1:36.44	33.44	250m: 2:43.47	33.60	350m: 3:50.74	33.76
	100m: 1:03.00	32.74	200m: 2:09.87	33.43	300m: 3:16.98	33.51	400m: 4:22.06	31.32
8.	Zara Selimovic	SG Essen	363732	4:22.78	+0,66	Q	718	
	50m: 30.18	30.18	150m: 1:36.48	33.41	250m: 2:43.53	32.91	350m: 3:50.46	33.53
	100m: 1:03.07	32.89	200m: 2:10.62	34.14	300m: 3:16.93	33.40	400m: 4:22.78	32.32
9.	Alba Rubio Villoria	Spain	1073458	4:24.76	+0,62	Q	702	
	50m: 30.69	30.69	150m: 1:37.69	34.11	250m: 2:45.67	33.93	350m: 3:53.28	33.84
	100m: 1:03.58	32.89	200m: 2:11.74	34.05	300m: 3:19.44	33.77	400m: 4:24.76	31.48
10.	Laura Benkova	Povazskobystricky plavecky oddiel	SVK11806	4:25.76	+0,65	B	694	
	50m: 30.31	30.31	150m: 1:36.89	33.79	250m: 2:44.64	34.10	350m: 3:53.30	34.36
	100m: 1:03.10	32.79	200m: 2:10.54	33.65	300m: 3:18.94	34.30	400m: 4:25.76	32.46
11.	M. van der Kamp	HZ&PC Heerenveen	200500218	4:26.79	+0,75	B	686	
	50m: 30.65	30.65	150m: 1:37.68	33.85	250m: 2:45.58	33.89	350m: 3:53.71	33.92
	100m: 1:03.83	33.18	200m: 2:11.69	34.01	300m: 3:19.79	34.21	400m: 4:26.79	33.08
12.	Hedwig Bolt	HZ&PC Heerenveen	200602660	4:27.09	+0,77	Q	684	
	50m: 30.81	30.81	150m: 1:38.34	34.07	250m: 2:46.77	34.09	350m: 3:54.85	33.89
	100m: 1:04.27	33.46	200m: 2:12.68	34.34	300m: 3:20.96	34.19	400m: 4:27.09	32.24
13.	Alena Gemici	W98 Hannover	318385	4:29.15	+0,72	Q	668	
	50m: 29.66	29.66	150m: 1:37.29	34.16	250m: 2:45.89	34.42	350m: 3:55.47	34.84
	100m: 1:03.13	33.47	200m: 2:11.47	34.18	300m: 3:20.63	34.74	400m: 4:29.15	33.68
14.	Veronika Tondrova	Plavecky klub Slavia VS Plzen z.s.		4:29.53	+0,74	B	666	
	50m: 30.28	30.28	150m: 1:37.07	33.85	250m: 2:45.68	34.66	350m: 3:55.84	35.23
	100m: 1:03.22	32.94	200m: 2:11.02	33.95	300m: 3:20.61	34.93	400m: 4:29.53	33.69
15.	Paula Buss	SG Ruhr	395912	4:29.81	+0,72	Q	663	
	50m: 30.92	30.92	150m: 1:38.85	34.46	250m: 2:47.50	34.41	350m: 3:57.45	35.13
	100m: 1:04.39	33.47	200m: 2:13.09	34.24	300m: 3:22.32	34.82	400m: 4:29.81	32.36
16.	Sara Costa De Vicente	Spain	1113186	4:29.84	+0,74	Q	663	
	50m: 29.84	29.84	150m: 1:38.56	35.31	250m: 2:47.91	34.35	350m: 3:57.68	35.12
	100m: 1:03.25	33.41	200m: 2:13.56	35.00	300m: 3:22.56	34.65	400m: 4:29.84	32.16
17.	Elise Hardeman	ZPC AMERSFOORT	200101068	4:30.49	+0,73	R	658	
	50m: 30.58	30.58	150m: 1:37.78	33.80	250m: 2:46.49	34.44	350m: 3:56.39	34.97
	100m: 1:03.98	33.40	200m: 2:12.05	34.27	300m: 3:21.42	34.93	400m: 4:30.49	34.10
18.	Nynke Boerefijn	ZPC AMERSFOORT	200700114	4:31.33	+0,82	R	652	
	50m: 30.29	30.29	150m: 1:38.22	34.41	250m: 2:47.92	34.91	350m: 3:57.62	34.78
	100m: 1:03.81	33.52	200m: 2:13.01	34.79	300m: 3:22.84	34.92	400m: 4:31.33	33.71
19.	Nikita van den Ouden	PSV	199900622	4:32.49	+0,74		644	
	50m: 31.05	31.05	150m: 1:39.00	34.33	250m: 2:47.52	34.41	350m: 3:57.59	35.47
	100m: 1:04.67	33.62	200m: 2:13.11	34.11	300m: 3:22.12	34.60	400m: 4:32.49	34.90
20.	Marie Maervoet	Brabo Zwemclub Antwerpen	BRABO/21435/04	4:33.77	+0,70		635	
	50m: 30.73	30.73	150m: 1:38.42	33.94	250m: 2:48.18	34.78	350m: 3:58.83	35.19
	100m: 1:04.48	33.75	200m: 2:13.40	34.98	300m: 3:23.64	35.46	400m: 4:33.77	34.94
21.	Ismay Lichtendonk	Dedemsvaart-AC	200400622	4:34.70	+0,73		629	
	50m: 30.69	30.69	150m: 1:38.82	34.32	250m: 2:49.07	35.21	350m: 4:00.02	35.39
	100m: 1:04.50	33.81	200m: 2:13.86	35.04	300m: 3:24.63	35.56	400m: 4:34.70	34.68

mistakes: mail nknschrijvingen@knzb.nl

Event 27, Women, 400m Freestyle, Prelim, Senioren Open

rang	naam	vereniging	tijd	RT	FINA	PARA
22.	Bregje Dekkers	PSV	200900746	4:38.32	+0,73	R 604
	50m: 31.13	31.13 150m: 1:40.61	35.42	250m: 2:52.16	35.51	350m: 4:03.72
	100m: 1:05.19	34.06 200m: 2:16.65	36.04	300m: 3:27.91	36.75	400m: 4:38.32
23.	Anais Cornelissen	Brabo Zwemclub Antwerpen	BRABO/21165/07	4:38.67	+0,62	602
	50m: 30.32	30.32 150m: 1:39.38	35.33	250m: 2:51.03	35.96	350m: 4:03.54
	100m: 1:04.05	33.73 200m: 2:15.07	35.69	300m: 3:27.39	36.36	400m: 4:38.67
24.	B. Lerida Maldonado	CAR Madrid SPAIN	S9	5:03.30	+0,92	Q 467 755
	50m: 34.83	34.83 150m: 1:50.87	38.55	250m: 3:08.25	38.55	350m: 4:25.65
	100m: 1:12.32	37.49 200m: 2:29.70	38.83	300m: 3:46.97	38.72	400m: 5:03.30
25.	Liesette Bruinsma	TeamNL PARA - HZ&PC Heerenveen	200004346 S11	5:09.33	+0,72	Q 440 891
	50m: 33.59	33.59 150m: 1:52.68	40.48	250m: 3:12.07	40.01	350m: 4:32.04
	100m: 1:12.20	38.61 200m: 2:32.06	39.38	300m: 3:51.80	39.73	400m: 5:09.33
26.	Julia Benito De Tena	CAR Madrid SPAIN	S10	5:14.53	+0,49	Q 419 611
	50m: 36.69	36.69 150m: 1:57.05	40.44	250m: 3:17.35	39.73	350m: 4:36.95
	100m: 1:16.61	39.92 200m: 2:37.62	40.57	300m: 3:57.19	39.84	400m: 5:14.53
27.	Gwyneth van der Spek	Batavia Swim	201102806 S7	7:22.79		Q 150 303
	50m: 52.29	52.29 150m: 2:45.90	56.62	250m: 4:41.59	57.35	350m: 6:33.51
	100m: 1:49.28	56.99 200m: 3:44.24	58.34	300m: 5:39.99	58.40	400m: 7:22.79
sick	Merel Schravendijk	Blue Marlins	200503382			