

Programmanr. 13
18-02-2022

Dames, 400m vrije slag

Senioren Open
Resultaten Voorronde

rang	naam	vereniging	intijd	tijd	RT		
1.	Imani de Jong	De Dolfijn	4:13.88	200200464	4:19.59 Q +0,71		
	50m: 29.89	29.89 150m: 1:35.90	33.01	250m: 2:41.98	32.90	350m: 3:47.89	32.91
	100m: 1:02.89	33.00 200m: 2:09.08	33.18	300m: 3:14.98	33.00	400m: 4:19.59	31.70
2.	Janna van Kooten	DZ&PC	4:14.64	200404584	4:21.30 Q +0,78		
	50m: 30.15	30.15 150m: 1:37.20	33.82	250m: 2:43.39	32.59	350m: 3:49.28	32.67
	100m: 1:03.38	33.23 200m: 2:10.80	33.60	300m: 3:16.61	33.22	400m: 4:21.30	32.02
3.	Silke Holkenborg	VZC	4:14.63	200100292	4:21.69 Q +0,69		
	50m: 30.05	30.05 150m: 1:36.04	33.25	250m: 2:42.68	33.07	350m: 3:49.40	33.30
	100m: 1:06.79	32.74 200m: 2:09.61	33.57	300m: 3:16.10	33.42	400m: 4:21.69	32.29
4.	Femke Spiering	VZC	4:38.30	200204514	4:37.10 Q +0,85		
	50m: 31.35	31.35 150m: 1:41.01	34.99	250m: 2:51.63	35.53	350m: 4:02.40	35.48
	100m: 1:06.02	34.67 200m: 2:16.10	35.09	300m: 3:26.92	35.29	400m: 4:37.10	34.70
5.	Bridget Vermeer	VZC	4:29.29	200501766	4:37.40 Q +0,79		
	50m: 31.41	31.41 150m: 1:42.34	35.55	250m: 2:53.68	35.82	350m: 4:03.63	34.37
	100m: 1:06.79	35.38 200m: 2:17.86	35.52	300m: 3:29.26	35.58	400m: 4:37.40	33.77
6.	Kirsten Verhale	VZC	4:32.55	200400210	4:38.25 Q +0,78		
	50m: 30.99	30.99 150m: 1:40.53	35.41	250m: 2:52.16	35.92	350m: 4:03.64	35.62
	100m: 1:05.12	34.13 200m: 2:16.24	35.71	300m: 3:28.02	35.86	400m: 4:38.25	34.61
7.	Sophia van Droffelaar	ZV Vlaardingen-Schiedam	4:33.83	200500330	4:50.68 Q +0,72		
	50m: 32.20	32.20 150m: 1:46.52	37.82	250m: 3:01.15	37.34	350m: 4:15.10	36.95
	100m: 1:08.70	36.50 200m: 2:23.81	37.29	300m: 3:38.15	37.00	400m: 4:50.68	35.58
8.	Mara Bosman	Blue Marlins (SG)	4:35.92	200303048	5:00.91 Q +0,71		
	50m: 32.01	32.01 150m: 1:47.53	38.05	250m: 3:04.97	38.63	350m: 4:22.53	38.81
	100m: 1:09.48	37.47 200m: 2:26.34	38.81	300m: 3:43.72	38.75	400m: 5:00.91	38.38
9.	Elin Brinkhof	WZ&PC Purmerend	4:49.03	200900078	5:03.67 R +0,72		
	50m: 33.38	33.38 150m: 1:49.24	38.55	250m: 3:08.02	39.57	350m: 4:26.24	38.64
	100m: 1:10.69	37.31 200m: 2:28.45	39.21	300m: 3:47.60	39.58	400m: 5:03.67	37.43