

Programmanr. 13
18-02-2022

Dames, 400m vrije slag

Senioren Open
Resultaten Finale

rang	naam	vereniging	intijd		tijd	RT
1.	Imani de Jong	De Dolfijn	4:19.59	200200464	4:15.69	+0,69
	50m: 29.48	29.48 150m: 1:33.94	32.20	250m: 2:39.00	32.59	350m: 3:44.59
	100m: 1:01.74	32.26 200m: 2:06.41	32.47	300m: 3:11.95	32.95	400m: 4:15.69
32.64						31.10
2.	Janna van Kooten	DZ&PC	4:21.30	200404584	4:17.20	+0,78
	50m: 29.79	29.79 150m: 1:34.45	32.51	250m: 2:39.55	32.27	350m: 3:45.00
	100m: 1:01.94	32.15 200m: 2:07.28	32.83	300m: 3:12.47	32.92	400m: 4:17.20
32.53						32.20
3.	Silke Holkenborg	VZC	4:21.69	200100292	4:17.78	+0,67
	50m: 30.10	30.10 150m: 1:35.07	32.55	250m: 2:40.61	32.46	350m: 3:45.88
	100m: 1:02.52	32.42 200m: 2:08.15	33.08	300m: 3:13.53	32.92	400m: 4:17.78
32.35						31.90
4.	Bridget Vermeer	VZC	4:37.40	200501766	4:33.78	+0,79
	50m: 31.19	31.19 150m: 1:40.48	34.81	250m: 2:50.34	35.09	350m: 4:00.09
	100m: 1:05.67	34.48 200m: 2:15.25	34.77	300m: 3:25.12	34.78	400m: 4:33.78
34.97						33.69
5.	Mara Bosman	Blue Marlins (SG)	5:00.91	200303048	4:50.15	+0,73
	50m: 31.05	31.05 150m: 1:42.02	35.94	250m: 2:56.95	37.67	350m: 4:12.67
	100m: 1:06.08	35.03 200m: 2:19.28	37.26	300m: 3:35.21	38.26	400m: 4:50.15
37.46						37.48
6.	Elin Brinkhof	WZ&PC Purmerend	5:03.67	200900078	5:06.09	+0,73
	50m: 33.74	33.74 150m: 1:50.41	38.86	250m: 3:09.62	39.67	350m: 4:28.59
	100m: 1:11.55	37.81 200m: 2:29.95	39.54	300m: 3:49.31	39.69	400m: 5:06.09
39.28						37.50