

Programmanr. 1
 16-6-2022 - 17:07

Dames, 400m vrije slag

 Senioren Open
 Resultaten Finale

Punten: FINA 2022

rang	naam	vereniging	tijd	RT	FINA	para
Finale A						
1.	Janna van Kooten	DZ&PC	200404584	4:13.75	+0,76	809
	50m: 29.41	29.41 150m: 1:34.26	32.57 250m: 2:38.78	32.06 350m: 3:42.55		31.77
	100m: 1:01.69	32.28 200m: 2:06.72	32.46 300m: 3:10.78	32.00 400m: 4:13.75		31.20
2.	Imani de Jong	De Dolfijn	200200464	4:15.06	+0,67	796
	50m: 29.24	29.24 150m: 1:34.08	32.50 250m: 2:39.30	32.64 350m: 3:44.10		32.13
	100m: 1:01.58	32.34 200m: 2:06.66	32.58 300m: 3:11.97	32.67 400m: 4:15.06		30.96
3.	Silke Holkenborg	VZC	200100292	4:15.97	+0,69	788
	50m: 29.83	29.83 150m: 1:34.35	32.64 250m: 2:39.77	32.61 350m: 3:44.80		32.33
	100m: 1:01.71	31.88 200m: 2:07.16	32.81 300m: 3:12.47	32.70 400m: 4:15.97		31.17
4.	Serena Stel	De Dolfijn	199801528	4:16.20	+0,66	786
	50m: 29.40	29.40 150m: 1:34.26	32.64 250m: 2:39.82	32.62 350m: 3:45.18		32.36
	100m: 1:01.62	32.22 200m: 2:07.20	32.94 300m: 3:12.82	33.00 400m: 4:16.20		31.02
5.	Yara van Kalmthout	DZ&PC	200200984	4:22.79	+0,74	728
	50m: 29.88	29.88 150m: 1:35.99	33.36 250m: 2:43.50	33.70 350m: 3:50.27		33.04
	100m: 1:02.63	32.75 200m: 2:09.80	33.81 300m: 3:17.23	33.73 400m: 4:22.79		32.52
6.	Femke Spiering	VZC	200204514	4:26.18	+0,83	701
	50m: 30.66	30.66 150m: 1:37.67	33.56 250m: 2:45.20	33.64 350m: 3:53.08		33.74
	100m: 1:04.11	33.45 200m: 2:11.56	33.89 300m: 3:19.34	34.14 400m: 4:26.18		33.10
7.	Marte Hieke van der Kamp	Orca	200500218	4:29.38	+0,82	676
	50m: 30.12	30.12 150m: 1:37.06	33.64 250m: 2:45.74	34.50 350m: 3:55.41		35.12
	100m: 1:03.42	33.30 200m: 2:11.24	34.18 300m: 3:20.29	34.55 400m: 4:29.38		33.97
8.	Charlotte Wilbers	ZPC Hoozeveen	200400312	4:32.60	+0,74	652
	50m: 32.05	32.05 150m: 1:39.88	34.16 250m: 2:48.68	34.29 350m: 3:58.47		34.76
	100m: 1:05.72	33.67 200m: 2:14.39	34.51 300m: 3:23.71	35.03 400m: 4:32.60		34.13
Finale B						
9.	Dominique Dingshoff	ZPC Hoozeveen	200400804	4:33.39	+0,79	647
	50m: 31.03	31.03 150m: 1:39.68	34.77 250m: 2:49.59	34.94 350m: 4:00.05		34.78
	100m: 1:04.91	33.88 200m: 2:14.65	34.97 300m: 3:25.27	35.68 400m: 4:33.39		33.34
10.	Nikita van den Ouden	Nuenen	199900622	4:33.40	+0,63	646
	50m: 30.62	30.62 150m: 1:39.52	34.64 250m: 2:49.98	35.11 350m: 4:00.51		34.99
	100m: 1:04.88	34.26 200m: 2:14.87	35.35 300m: 3:25.52	35.54 400m: 4:33.40		32.89
11.	Manon Ritten	PSV	200002440	4:33.54	+0,79	645
	50m: 31.30	31.30 150m: 1:40.45	34.92 250m: 2:50.41	34.87 350m: 4:00.42		34.72
	100m: 1:05.53	34.23 200m: 2:15.54	35.09 300m: 3:25.70	35.29 400m: 4:33.54		33.12
12.	Femke Doorenbos	ZPC AMERSFOORT	200404214	4:33.84	+0,72	643
	50m: 30.61	30.61 150m: 1:38.26	34.30 250m: 2:48.14	35.07 350m: 3:59.37		35.71
	100m: 1:03.96	33.35 200m: 2:13.07	34.81 300m: 3:23.66	35.52 400m: 4:33.84		34.47
13.	Bridget Vermeer	VZC	200501766	4:34.34	+0,78	640
	50m: 31.04	31.04 150m: 1:39.87	34.89 250m: 2:49.80	35.08 350m: 4:00.79		35.52
	100m: 1:04.98	33.94 200m: 2:14.72	34.85 300m: 3:25.27	35.47 400m: 4:34.34		33.55
14.	Sophia van Drosselaar	ZVVS	200500330	4:38.27	+0,70	613
	50m: 30.68	30.68 150m: 1:39.62	35.17 250m: 2:50.98	35.91 350m: 4:02.95		35.85
	100m: 1:04.45	33.77 200m: 2:15.07	35.45 300m: 3:27.10	36.12 400m: 4:38.27		35.32
15.	Megan Jonkman	Blue Marlins (SG)	200600508	4:38.46	+0,77	612
	50m: 30.76	30.76 150m: 1:39.83	34.90 250m: 2:52.65	36.83 350m: 4:04.05		34.39
	100m: 1:04.93	34.17 200m: 2:15.82	35.99 300m: 3:29.66	37.01 400m: 4:38.46		34.41
16.	Hedwig Bolt	HZ&PC Heerenveen	200602660	4:44.87	+0,75	571
	50m: 31.04	31.04 150m: 1:41.86	36.01 250m: 2:55.18	36.74 350m: 4:09.10		36.60
	100m: 1:05.85	34.81 200m: 2:18.44	36.58 300m: 3:32.50	37.32 400m: 4:44.87		35.77