

Programmanr. 27  
4-12-2022 - 9:00

Dames, 400m vrije slag

 Senioren Open  
Resultaten Voorronde

Punten: FINA 2022

rang	naam	vereniging		tijd	RT	FINA	PARA	rudolf
<b>Senioren Open</b>								
1.	Imani de Jong	HPC - De Dolfijn	200200464	<b>4:15.73</b>	+0,68	A	790	15,6
	50m: 28.66	28.66 150m: 1:32.72	32.18 250m: 2:38.69	33.02		350m: 3:44.44	32.48	
	100m: 1:00.54	31.88 200m: 2:05.67	32.95 300m: 3:11.96	33.27		400m: 4:15.73	31.29	
2.	Janna van Kooten	HPC - ZPC Hoogeveen	200404584	<b>4:16.06</b>	+0,77	A	787	16,5
	50m: 29.27	29.27 150m: 1:32.96	32.12 250m: 2:38.84	33.00		350m: 3:44.81	32.69	
	100m: 1:00.84	31.57 200m: 2:05.84	32.88 300m: 3:12.12	33.28		400m: 4:16.06	31.25	
3.	Julia Ackermann	Deutscher Schwimm-Verband e.V.		<b>4:18.20</b>	+0,62	A	768	17,2
	50m: 29.72	29.72 150m: 1:34.79	32.79 250m: 2:40.44	32.70		350m: 3:46.57	32.87	
	100m: 1:02.00	32.28 200m: 2:07.74	32.95 300m: 3:13.70	33.26		400m: 4:18.20	31.63	
4.	Serena Stel	De Dolfijn	199801528	<b>4:18.29</b>	+0,68	A	767	14,9
	50m: 29.71	29.71 150m: 1:35.04	33.27 250m: 2:41.31	33.35		350m: 3:47.48	33.24	
	100m: 1:01.77	32.06 200m: 2:07.96	32.92 300m: 3:14.24	32.93		400m: 4:18.29	30.81	
5.	Silke Holkenborg	HPC - VZC	200100292	<b>4:18.42</b>	+0,64	A	766	14,9
	50m: 29.68	29.68 150m: 1:34.73	32.98 250m: 2:40.69	32.76		350m: 3:46.58	32.68	
	100m: 1:01.75	32.07 200m: 2:07.93	33.20 300m: 3:13.90	33.21		400m: 4:18.42	31.84	
6.	Maya Werner	SV Nikar Heidelberg	336631	<b>4:19.64</b>	+0,71	A	755	16,0
	50m: 29.31	29.31 150m: 1:34.00	32.54 250m: 2:40.50	33.02		350m: 3:46.99	33.08	
	100m: 1:01.46	32.15 200m: 2:07.48	33.48 300m: 3:13.91	33.41		400m: 4:19.64	32.65	
7.	Lise Seidel	Deutscher Schwimm-Verband e.V.		<b>4:20.86</b>	+0,54	A	744	15,9
	50m: 29.76	29.76 150m: 1:35.50	32.62 250m: 2:41.64	33.07		350m: 3:48.24	32.96	
	100m: 1:02.88	33.12 200m: 2:08.57	33.07 300m: 3:15.28	33.64		400m: 4:20.86	32.62	
8.	Lotte Hosper	HPC - Blue Marlins	200201414	<b>4:21.42</b>	+0,83	A	740	14,0
	50m: 29.58	29.58 150m: 1:34.65	32.67 250m: 2:41.13	33.17		350m: 3:48.38	33.31	
	100m: 1:01.98	32.40 200m: 2:07.96	33.31 300m: 3:15.07	33.94		400m: 4:21.42	33.04	
9.	Zoe Vogelmann	SV Nikar Heidelberg	327291	<b>4:21.73</b>	+0,71	B	737	14,0
	50m: 30.45	30.45 150m: 1:36.54	33.14 250m: 2:43.29	33.18		350m: 3:49.64	33.10	
	100m: 1:03.40	32.95 200m: 2:10.11	33.57 300m: 3:16.54	33.25		400m: 4:21.73	32.09	
10.	Maysa Ratiu	Romania		<b>4:22.05</b>	+0,63	B	734	13,9
	50m: 29.90	29.90 150m: 1:35.73	32.99 250m: 2:41.47	32.92		350m: 3:48.61	33.89	
	100m: 1:02.74	32.84 200m: 2:08.55	32.82 300m: 3:14.72	33.25		400m: 4:22.05	33.44	
11.	Fabienne Wenske	SV Nikar Heidelberg	287819	<b>4:22.39</b>	+0,62	B	731	14,8
	50m: 30.53	30.53 150m: 1:36.66	32.94 250m: 2:43.24	33.18		350m: 3:49.97	33.31	
	100m: 1:03.72	33.19 200m: 2:10.06	33.40 300m: 3:16.66	33.42		400m: 4:22.39	32.42	
12.	Laure Durez	Belgium		<b>4:23.18</b>	+0,70	B	725	15,2
	50m: 29.98	29.98 150m: 1:36.49	33.40 250m: 2:43.91	33.64		350m: 3:51.71	33.86	
	100m: 1:03.09	33.11 200m: 2:10.27	33.78 300m: 3:17.85	33.94		400m: 4:23.18	31.47	
13.	Kellie Messel	SV Nikar Heidelberg	321746	<b>4:23.29</b>	+0,69	B	724	14,6
	50m: 29.97	29.97 150m: 1:36.62	33.46 250m: 2:43.91	33.65		350m: 3:51.79	33.92	
	100m: 1:03.16	33.19 200m: 2:10.26	33.64 300m: 3:17.87	33.96		400m: 4:23.29	31.50	
14.	Alba Vazquez Ruiz	Spain 1	1100243	<b>4:24.75</b>	+0,72	B	712	13,1
	50m: 31.07	31.07 150m: 1:38.05	33.55 250m: 2:45.29	33.03		350m: 3:52.12	33.58	
	100m: 1:04.50	33.43 200m: 2:12.26	34.21 300m: 3:18.54	33.25		400m: 4:24.75	32.63	
15.	Sarah Dumont	Belgium		<b>4:24.99</b>	+0,54	B	710	15,5
	50m: 29.53	29.53 150m: 1:35.20	32.68 250m: 2:42.99	33.99		350m: 3:51.24	33.94	
	100m: 1:02.52	32.99 200m: 2:09.00	33.80 300m: 3:17.30	34.31		400m: 4:24.99	33.75	
16.	Lana Ravelingien	Belgium		<b>4:25.72</b>	+0,70	B	704	12,9
	50m: 30.45	30.45 150m: 1:37.74	33.66 250m: 2:45.04	33.58		350m: 3:52.94	34.15	
	100m: 1:04.08	33.63 200m: 2:11.46	33.72 300m: 3:18.79	33.75		400m: 4:25.72	32.78	
17.	Ashleigh Baillie	City Of Sheffield Swim Squad	1146323	<b>4:25.94</b>	+0,78	R	702	14,5
	50m: 30.29	30.29 150m: 1:36.90	33.83 250m: 2:44.72	33.97		350m: 3:52.42	33.85	
	100m: 1:03.07	32.78 200m: 2:10.75	33.85 300m: 3:18.57	33.85		400m: 4:25.94	33.52	
18.	Grace Palmer	Belgium		<b>4:26.41</b>	+0,66	R	699	14,2
	50m: 30.30	30.30 150m: 1:36.47	33.44 250m: 2:43.88	33.71		350m: 3:52.39	34.13	
	100m: 1:03.03	32.73 200m: 2:10.17	33.70 300m: 3:18.26	34.38		400m: 4:26.41	34.02	
19.	Zara Selimovic	Deutscher Schwimm-Verband e.V.		<b>4:26.49</b>	+0,65		698	15,1
	50m: 30.02	30.02 150m: 1:36.97	33.91 250m: 2:44.84	33.91		350m: 3:53.25	34.13	
	100m: 1:03.06	33.04 200m: 2:10.93	33.96 300m: 3:19.12	34.28		400m: 4:26.49	33.24	
20.	Marian Plöger	Deutscher Schwimm-Verband e.V.		<b>4:27.28</b>	+0,65		692	14,2
	50m: 30.72	30.72 150m: 1:38.18	34.17 250m: 2:46.35	34.09		350m: 3:54.05	33.93	
	100m: 1:04.01	33.29 200m: 2:12.26	34.08 300m: 3:20.12	33.77		400m: 4:27.28	33.23	

## Programmanr. 27, Dames, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging	tijd	RT	FINA	PARA	rudolf
21.	Carla Carron Muiña	Spain 2	<b>4:28.05</b>	+0,73	686		13,7
	50m: 30.21	30.21 150m: 1:35.89	33.25 250m: 2:43.57	34.17 350m:	3:53.88	35.60	
	100m: 1:02.64	32.43 200m: 2:09.40	33.51 300m: 3:18.28	34.71 400m:	4:28.05	34.17	
22.	Callan Lotter	TuksSwimming Club	<b>4:28.07</b>	+0,75	686		14,0
	50m: 29.94	29.94 150m: 1:36.48	33.80 250m: 2:45.75	34.71 350m:	3:54.64	34.26	
	100m: 1:02.68	32.74 200m: 2:11.04	34.56 300m: 3:20.38	34.63 400m:	4:28.07	33.43	
23.	Ambre Franquinet	Belgium	<b>4:30.18</b>	+0,72	670		12,8
	50m: 30.41	30.41 150m: 1:37.58	33.66 250m: 2:46.10	33.74 350m:	3:55.60	34.72	
	100m: 1:03.92	33.51 200m: 2:12.36	34.78 300m: 3:20.88	34.78 400m:	4:30.18	34.58	
24.	Janie Coetzer	TuksSwimming Club	<b>4:30.29</b>	+0,48	669		11,7
	50m: 30.40	30.40 150m: 1:37.90	33.69 250m: 2:45.90	34.01 350m:	3:55.89	35.03	
	100m: 1:04.21	33.81 200m: 2:11.89	33.99 300m: 3:20.86	34.96 400m:	4:30.29	34.40	
25.	Kiara Noades	TuksSwimming Club	<b>4:31.30</b>	+0,70	662		11,4
	50m: 30.12	30.12 150m: 1:37.52	34.02 250m: 2:46.44	34.66 350m:	3:56.53	35.29	
	100m: 1:03.50	33.38 200m: 2:11.78	34.26 300m: 3:21.24	34.80 400m:	4:31.30	34.77	
26.	M. van der Kamp	Orca	<b>4:31.51</b>	+0,82	660		12,8
	50m: 31.13	31.13 150m: 1:38.75	34.18 250m: 2:47.72	34.60 350m:	3:57.48	34.96	
	100m: 1:04.57	33.44 200m: 2:13.12	34.37 300m: 3:22.52	34.80 400m:	4:31.51	34.03	
27.	E. Tonrath Nollgen	Spain 2	<b>4:32.31</b>	+0,51	654		13,5
	50m: 30.05	30.05 150m: 1:37.49	34.23 250m: 2:47.15	34.97 350m:	3:58.41	35.31	
	100m: 1:03.26	33.21 200m: 2:12.18	34.69 300m: 3:23.10	35.95 400m:	4:32.31	33.90	
28.	Noelle Benkler	SV Nikar Heidelberg	<b>4:33.74</b>	+0,69	644		13,2
	50m: 31.40	31.40 150m: 1:40.20	34.16 250m: 2:50.08	34.61 350m:	4:00.08	34.82	
	100m: 1:06.04	34.64 200m: 2:15.47	35.27 300m: 3:25.26	35.18 400m:	4:33.74	33.66	
29.	M. Manresa Malberti	Spain 1	<b>4:34.62</b>	+0,74	638		12,0
	50m: 30.98	30.98 150m: 1:38.72	34.10 250m: 2:48.28	34.80 350m:	3:59.98	35.82	
	100m: 1:04.62	33.64 200m: 2:13.48	34.76 300m: 3:24.16	35.88 400m:	4:34.62	34.64	
30.	Mia Sattelmaier	SV Nikar Heidelberg	<b>4:35.57</b>	+0,73	631		12,0
	50m: 31.54	31.54 150m: 1:40.02	34.78 250m: 2:50.42	35.27 350m:	4:00.96	35.27	
	100m: 1:05.24	33.70 200m: 2:15.15	35.13 300m: 3:25.69	35.27 400m:	4:35.57	34.61	
31.	Luisa Rumler	SG Stadtwerke München	<b>4:36.15</b>	+0,75	627		11,8
	50m: 31.38	31.38 150m: 1:40.73	34.80 250m: 2:50.63	35.21 350m:	4:01.34	35.31	
	100m: 1:05.93	34.55 200m: 2:15.42	34.69 300m: 3:26.03	35.40 400m:	4:36.15	34.81	
32.	Amber van der Kruk	HPC PARA - MSV Zeemacht	<b>4:59.62</b>	+0,85	491	795	3,7
	50m: 31.76	31.76 150m: 1:46.30	38.52 250m: 3:04.12	38.78 350m:	4:21.99	38.99	
	100m: 1:07.78	36.02 200m: 2:25.34	39.04 300m: 3:43.00	38.88 400m:	4:59.62	37.63	
33.	Liesette Bruinsma	HPC PARA - HZ&PC Heerenve	<b>5:18.72</b>	+0,67	408	929	
	50m: 34.46	34.46 150m: 1:54.38	40.55 250m: 3:15.83	40.99 350m:	4:38.13	41.42	
	100m: 1:13.83	39.37 200m: 2:34.84	40.46 300m: 3:56.71	40.88 400m:	5:18.72	40.59	
34.	Neele Labudda	NPC Germany	<b>5:19.22</b>	+0,73	406	599	
	50m: 36.07	36.07 150m: 1:56.68	40.97 250m: 3:18.48	40.47 350m:	4:40.08	40.94	
	100m: 1:15.71	39.64 200m: 2:38.01	41.33 300m: 3:59.14	40.66 400m:	5:19.22	39.14	
35.	Verena Schott	NPC Germany	<b>5:48.78</b>	+1,01	311	749	
	50m: 40.50	40.50 150m: 2:07.30	43.67 250m: 3:35.83	44.47 350m:	5:04.88	44.31	
	100m: 1:23.63	43.13 200m: 2:51.36	44.06 300m: 4:20.57	44.74 400m:	5:48.78	43.90	
NG.ZA	Amber Keegan	City Of Sheffield Swim Squad	398873				
NG	Sophie Lenze	SV Nikar Heidelberg	363561				
NG	Joelle Vogelmann	SV Nikar Heidelberg	332310				
NG	Julia Barth	Deutscher Schwimm-Verband e.V.					
NG	Camille Henveaux	Belgium					
NG	Lea-Sophie Wenzel	SG Essen	328782				
NG	Merel Schravendijk	HPC - Blue Marlins	200503382				
NG	Yara van Kalmthout	HPC - PSV	200200984				

## PARA

1.	Liesette Bruinsma	HPC PARA - HZ&PC Heerenve	<b>5:18.72</b>	+0,67	408	929	
	50m: 34.46	34.46 150m: 1:54.38	40.55 250m: 3:15.83	40.99 350m:	4:38.13	41.42	
	100m: 1:13.83	39.37 200m: 2:34.84	40.46 300m: 3:56.71	40.88 400m:	5:18.72	40.59	
2.	Amber van der Kruk	HPC PARA - MSV Zeemacht	<b>4:59.62</b>	+0,85	491	795	3,7
	50m: 31.76	31.76 150m: 1:46.30	38.52 250m: 3:04.12	38.78 350m:	4:21.99	38.99	
	100m: 1:07.78	36.02 200m: 2:25.34	39.04 300m: 3:43.00	38.88 400m:	4:59.62	37.63	
3.	Verena Schott	NPC Germany	<b>5:48.78</b>	+1,01	311	749	
	50m: 40.50	40.50 150m: 2:07.30	43.67 250m: 3:35.83	44.47 350m:	5:04.88	44.31	
	100m: 1:23.63	43.13 200m: 2:51.36	44.06 300m: 4:20.57	44.74 400m:	5:48.78	43.90	

Programmanr. 27, Dames, 400m vrije slag, Voorronde, PARA

rang	naam	vereniging				tijd				RT	FINA	PARA	rudolf
4.	Neele Labudda	NPC Germany				26835	S13		<b>5:19.22</b>	+0,73	406	599	
	50m:	36.07	36.07	150m:	1:56.68	40.97	250m:	3:18.48	40.47	350m:	4:40.08	40.94	
	100m:	1:15.71	39.64	200m:	2:38.01	41.33	300m:	3:59.14	40.66	400m:	5:19.22	39.14	