

Programmanr. 11
1-12-2023 - 9:00

Dames, 400m wisselslag
Senior Open
Resultaten Voorrunde

Punten: FINA 2023

rang	naam	vereniging	tijd	RT	FINA	PARA	rudolf	
1.	Emma Carrasco Cadens	Spain Senior Team	1100745	4:48.09	+0,69	A	790	17,2
	50m: 30.25	30.25 150m: 1:44.38	39.01	250m: 2:58.78	38.31	350m: 4:14.19	35.37	
	100m: 1:05.37	35.12 200m: 2:20.47	36.09	300m: 3:38.82	40.04	400m: 4:48.09	33.90	
2.	Lisa Nystrand	Simklubben Neptun	AA1206	4:49.53	+0,73	A	778	17,1
	50m: 30.33	30.33 150m: 1:41.63	36.56	250m: 2:59.07	40.90	350m: 4:15.44	34.40	
	100m: 1:05.07	34.74 200m: 2:18.17	36.54	300m: 3:41.04	41.97	400m: 4:49.53	34.09	
3.	Sarah Dumont	Belgian Swimming Federation		4:54.09	+0,55	A	742	16,4
	50m: 30.37	30.37 150m: 1:43.12	38.01	250m: 3:03.64	43.72	350m: 4:21.18	33.79	
	100m: 1:05.11	34.74 200m: 2:19.92	36.80	300m: 3:47.39	43.75	400m: 4:54.09	32.91	
4.	Linda Roth	Deutscher Schwimm-Verband e.V.		4:55.93	+0,47	A	729	16,8
	50m: 29.52	29.52 150m: 1:44.40	38.29	250m: 3:04.82	42.19	350m: 4:22.03	34.31	
	100m: 1:06.11	36.59 200m: 2:22.63	38.23	300m: 3:47.72	42.90	400m: 4:55.93	33.90	
5.	Alba Vazquez Ruiz	Spain Senior Team	1100243	4:56.44	+0,77	A	725	14,5
	50m: 32.16	32.16 150m: 1:48.34	39.91	250m: 3:07.83	40.85	350m: 4:23.35	34.07	
	100m: 1:08.43	36.27 200m: 2:26.98	38.64	300m: 3:49.28	41.45	400m: 4:56.44	33.09	
6.	Leni von Bonin	Deutscher Schwimm-Verband e.V.		4:56.73	+0,69	A	723	15,8
	50m: 32.51	32.51 150m: 1:46.54	39.48	250m: 3:06.33	41.67	350m: 4:23.94	35.45	
	100m: 1:07.06	34.55 200m: 2:24.66	38.12	300m: 3:48.49	42.16	400m: 4:56.73	32.79	
7.	Julia Ackermann	Deutscher Schwimm-Verband e.V.		4:56.85	+0,76	A	722	15,8
	50m: 31.12	31.12 150m: 1:45.74	38.47	250m: 3:07.12	43.76	350m: 4:24.92	33.48	
	100m: 1:07.27	36.15 200m: 2:23.36	37.62	300m: 3:51.44	44.32	400m: 4:56.85	31.93	
8.	Camille Henveaux	Belgian Swimming Federation		4:57.25	+0,68	A	719	15,3
	50m: 31.70	31.70 150m: 1:47.43	40.57	250m: 3:09.23	43.48	350m: 4:25.94	33.74	
	100m: 1:06.86	35.16 200m: 2:25.75	38.32	300m: 3:52.20	42.97	400m: 4:57.25	31.31	
9.	Noelle Benkler	Deutscher Schwimm-Verband e.V.		4:58.61	+0,57	B	709	15,4
	50m: 32.81	32.81 150m: 1:47.42	38.23	250m: 3:08.05	42.58	350m: 4:26.27	35.17	
	100m: 1:09.19	36.38 200m: 2:25.47	38.05	300m: 3:51.10	43.05	400m: 4:58.61	32.34	
10.	Ambre Franquinet	Belgian Swimming Federation		4:59.23	+0,71	B	705	13,9
	50m: 30.72	30.72 150m: 1:46.34	38.92	250m: 3:06.01	41.92	350m: 4:25.17	35.24	
	100m: 1:07.42	36.70 200m: 2:24.09	37.75	300m: 3:49.93	43.92	400m: 4:59.23	34.06	
11.	Marian Plöger	Deutscher Schwimm-Verband e.V.		4:59.80	+0,75	B	701	14,7
	50m: 32.61	32.61 150m: 1:49.99	39.99	250m: 3:11.15	42.84	350m: 4:27.41	32.96	
	100m: 1:10.00	37.39 200m: 2:28.31	38.32	300m: 3:54.45	43.30	400m: 4:59.80	32.39	
12.	Ailsa McDonald	Edinburgh University	788054	5:01.39	+0,81	B	690	13,3
	50m: 32.32	32.32 150m: 1:46.74	38.46	250m: 3:09.42	44.05	350m: 4:27.33	35.37	
	100m: 1:08.28	35.96 200m: 2:25.37	38.63	300m: 3:51.96	42.54	400m: 5:01.39	34.06	
13.	Djanilla Brink	De Dolfijn	200600988	5:04.26	+0,79	B	670	13,7
	50m: 32.31	32.31 150m: 1:50.83	40.91	250m: 3:12.44	40.56	350m: 4:29.94	35.45	
	100m: 1:09.92	37.61 200m: 2:31.88	41.05	300m: 3:54.49	42.05	400m: 5:04.26	34.32	
14.	Hedwig Bolt	HZ&PC Heerenveen	200602660	5:06.25	+0,78	B	657	13,2
	50m: 31.69	31.69 150m: 1:50.22	40.41	250m: 3:12.63	43.20	350m: 4:31.99	35.52	
	100m: 1:09.81	38.12 200m: 2:29.43	39.21	300m: 3:56.47	43.84	400m: 5:06.25	34.26	
15.	Bo Van Speybroeck	ZORO Zwemteam	ZORO/21124/04	5:06.39		B	657	12,2
	50m: 32.07	32.07 150m: 1:49.90	40.25	250m: 3:12.60	44.16	350m: 4:32.76	35.62	
	100m: 1:09.65	37.58 200m: 2:28.44	38.54	300m: 3:57.14	44.54	400m: 5:06.39	33.63	
16.	Merel Schravendijk	Blue Marlins	200503382	5:06.84	+0,74	B	654	12,8
	50m: 32.85	32.85 150m: 1:51.68	40.56	250m: 3:13.78	43.21	350m: 4:33.13	35.19	
	100m: 1:11.12	38.27 200m: 2:30.57	38.89	300m: 3:57.94	44.16	400m: 5:06.84	33.71	
17.	Sophie Luschnitz	Team Sachsen	389677	5:08.35	+0,73	R	644	14,0
	50m: 32.50	32.50 150m: 1:50.29	40.03	250m: 3:14.04	43.45	350m: 4:33.88	35.16	
	100m: 1:10.26	37.76 200m: 2:30.59	40.30	300m: 3:58.72	44.68	400m: 5:08.35	34.47	
18.	Megan Jonkman	Blue Marlins	200600508	5:09.43	+0,71	R	637	12,5
	50m: 32.06	32.06 150m: 1:51.21	42.45	250m: 3:17.69	44.40	350m: 4:35.93	33.70	
	100m: 1:08.76	36.70 200m: 2:33.29	42.08	300m: 4:02.23	44.54	400m: 5:09.43	33.50	
19.	Rhodee van den Ham	De Duinkickers	200700090	5:10.97	+0,69		628	12,5
	50m: 31.49	31.49 150m: 1:49.66	40.98	250m: 3:14.11	42.85	350m: 4:35.48	36.45	
	100m: 1:08.68	37.19 200m: 2:31.26	41.60	300m: 3:59.03	44.92	400m: 5:10.97	35.49	
20.	Hannah Schneider	Hofheimer SC	381660	5:11.01	+0,67		628	13,4
	50m: 32.64	32.64 150m: 1:51.94	42.68	250m: 3:16.20	42.07	350m: 4:35.68	37.22	
	100m: 1:09.26	36.62 200m: 2:34.13	42.19	300m: 3:58.46	42.26	400m: 5:11.01	35.33	
21.	Martyna Karabacz	Chelsea & Westminster SC	1334797	5:14.32	+0,84		608	12,6
	50m: 31.64	31.64 150m: 1:46.54	37.74	250m: 3:13.53	50.02	350m: 4:38.83	36.45	
	100m: 1:08.80	37.16 200m: 2:23.51	36.97	300m: 4:02.38	48.85	400m: 5:14.32	35.49	

Programmanr. 11, Dames, 400m wisselslag, Voorronde, Senior Open

rang	naam	vereniging					tijd	RT	FINA	PARA	rudolf
22.	Frouke Ludwig	DZ&PC			200800112		5:15.15	+0,73	603		12,4
	50m: 33.09	33.09	150m: 1:51.00	40.37	250m: 3:18.00	47.82	350m: 4:40.58	35.48			
	100m: 1:10.63	37.54	200m: 2:30.18	39.18	300m: 4:05.10	47.10	400m: 5:15.15	34.57			
AFGEM	Kellie Messel	SV Nikar Heidelberg			321746						