

Programmanr. 32
17-12-2023 - 9:31

Dames, 400m wisselslag

Senioren Open
Resultaten Voorronde

Punten: FINA 2023

rang	naam	vereniging	tijd	RT	FINA	para
PARA Open						
1.	Lisa Kruger <i>Wereld Record PARA</i>	TeamNL PARA - De Dolfijn	200005304 SM10	5:17.44	+0,69	542
	50m: 32.45 100m: 1:11.43	150m: 32.45 200m: 38.98	250m: 1:54.20 300m: 2:35.28	350m: 42.77 400m: 41.08	45.02 45.44	37.20 34.50
Jeugd 1 en 2						
1.	Dachen Haaijer	ZPC Hoogeveen	200800380	4:53.89	+0,76	A 683
	50m: 32.04 100m: 1:09.89	150m: 32.04 200m: 37.85	250m: 1:46.74 300m: 2:22.76	350m: 36.85 400m: 36.02	42.26 42.64	33.97 32.26
2.	Rhodee van den Ham	De Duinkickers	200700090	4:55.90	+0,76	A 670
	50m: 31.82 100m: 1:07.94	150m: 31.82 200m: 36.12	250m: 1:46.89 300m: 2:26.09	350m: 38.95 400m: 39.20	40.55 42.55	34.26 32.45
3.	Frouke Ludwig	DZ&PC	200800112	4:56.12		A 668
	50m: 31.28 100m: 1:06.84	150m: 31.28 200m: 35.56	250m: 1:43.48 300m: 2:19.90	350m: 36.64 400m: 36.42	44.33 44.91	34.61 32.37
4.	Laura van Etten	HZ&PC Heerenveen	200800264	5:04.85	+0,82	B 612
	50m: 32.62 100m: 1:11.78	150m: 32.62 200m: 39.16	250m: 1:49.88 300m: 2:26.56	350m: 38.10 400m: 36.68	44.16 44.81	34.93 34.39
5.	Meyke v. Nimwegen	De Schotelij	200800106	5:09.55	+0,77	R 585
	50m: 32.96 100m: 1:10.62	150m: 32.96 200m: 37.66	250m: 1:49.18 300m: 2:27.51	350m: 38.56 400m: 38.33	43.96 44.93	36.70 36.45
6.	Ylva Konings	PSV	200700148	5:11.39	+0,77	575
	50m: 33.38 100m: 1:12.51	150m: 33.38 200m: 39.13	250m: 1:52.45 300m: 2:31.19	350m: 39.94 400m: 38.74	45.21 44.93	35.93 34.13
7.	Lyke Bellert	Octopus-ZVV (SG)	200701424	5:13.01	+0,70	566
	50m: 32.79 100m: 1:11.22	150m: 32.79 200m: 38.43	250m: 1:50.59 300m: 2:28.70	350m: 39.37 400m: 38.11	45.78 46.56	38.10 33.87
8.	Hannah Markovinovic	WS Twente	200803266	5:17.45	+0,63	542
	50m: 33.61 100m: 1:12.80	150m: 33.61 200m: 39.19	250m: 1:53.11 300m: 2:32.73	350m: 40.31 400m: 39.62	46.99 47.41	35.90 34.42
9.	Isa Jansen	SBC2000	200701176	5:17.52	+0,74	542
	50m: 34.05 100m: 1:15.31	150m: 34.05 200m: 41.26	250m: 1:55.60 300m: 2:34.81	350m: 40.29 400m: 39.21	44.79 44.82	37.84 35.26
10.	Ilana Gentile	Orca	200801558	5:17.69	+0,71	541
	50m: 33.08 100m: 1:13.17	150m: 33.08 200m: 40.09	250m: 1:53.80 300m: 2:34.14	350m: 40.63 400m: 40.34	45.54 46.24	36.59 35.18
11.	Charlotte Woltjes	VZC	200700110	5:18.35	+0,84	538
	50m: 32.60 100m: 1:10.51	150m: 32.60 200m: 37.91	250m: 1:50.14 300m: 2:28.98	350m: 39.63 400m: 38.84	47.44 47.82	37.86 36.25
12.	Britt Colijn	Zwemvereniging New Wave Almere	200700544	5:19.65	+0,80	531
	50m: 33.86 100m: 1:11.88	150m: 33.86 200m: 38.02	250m: 1:53.03 300m: 2:32.26	350m: 41.15 400m: 39.23	47.49 47.04	37.35 35.51
13.	Benthe Martens	ZPC AMERSFOORT	200700310	5:21.32	+0,75	523
	50m: 34.76 100m: 1:14.74	150m: 34.76 200m: 39.98	250m: 1:57.21 300m: 2:38.25	350m: 42.47 400m: 41.04	45.27 45.87	37.22 34.71
14.	Alexandra Gepkens	VZC	200701690	5:22.47	+0,69	517
	50m: 33.61 100m: 1:12.96	150m: 33.61 200m: 39.35	250m: 1:55.37 300m: 2:37.06	350m: 42.41 400m: 41.69	43.24 44.40	39.30 38.47
15.	Jannoula Jaspers	FZC'54	200800202	5:41.53	+0,73	435
	50m: 34.96 100m: 1:20.06	150m: 34.96 200m: 45.10	250m: 2:05.24 300m: 2:49.72	350m: 45.18 400m: 44.48	46.03 46.99	41.16 37.63
16.	Emma Ketelaars	Hellas-Glana	200800354	5:43.00	+0,72	430
	50m: 36.34 100m: 1:20.15	150m: 36.34 200m: 43.81	250m: 2:06.43 300m: 2:51.85	350m: 46.28 400m: 45.42	47.02 48.33	38.45 37.35
17.	Marlouke Frijstein	ZV 44	200800152	5:46.37	+0,72	417
	50m: 37.52 100m: 1:23.10	150m: 37.52 200m: 45.58	250m: 2:07.65 300m: 2:51.72	350m: 44.55 400m: 44.07	48.07 49.03	39.70 37.85

B = Bonus inschrijving

Programmanr. 32, Meisjes, 400m wisselslag, Voorronde, Jeugd 1 en 2

rang	naam	vereniging	tijd	RT	FINA	para
DIS	Nova Nijziel <i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>	PSV	200804416	SK		
AFGEM	Eline van Rijn	DAW	200700918			
senioren 1 en 2						
1.	Merel Schravendijk	Blue Marlins	200503382	4:50.97	+0,71	A 704
	50m: 31.44 31.44	150m: 1:47.43 39.29	250m: 3:05.75 39.47	350m: 4:19.66 32.82		
	100m: 1:08.14 36.70	200m: 2:26.28 38.85	300m: 3:46.84 41.09	400m: 4:50.97 31.31		
2.	Djanilla Brink	De Dolfijn	200600988	4:53.08	+0,78	A 689
	50m: 31.93 31.93	150m: 1:47.83 38.83	250m: 3:05.48 38.88	350m: 4:19.78 34.36		
	100m: 1:09.00 37.07	200m: 2:26.60 38.77	300m: 3:45.42 39.94	400m: 4:53.08 33.30		
3.	Hedwig Bolt	HZ&PC Heerenveen	200602660	4:55.03	+0,63	A 676
	50m: 31.55 31.55	150m: 1:47.46 39.02	250m: 3:06.69 41.19	350m: 4:22.53 33.76		
	100m: 1:08.44 36.89	200m: 2:25.50 38.04	300m: 3:48.77 42.08	400m: 4:55.03 32.50		
4.	Marte Hieke van der Kamp	HZ&PC Heerenveen	200500218	5:03.78	+0,79	B 619
	50m: 31.48 31.48	150m: 1:46.35 38.64	250m: 3:08.55 44.40	350m: 4:29.78 35.25		
	100m: 1:07.71 36.23	200m: 2:24.15 37.80	300m: 3:54.53 45.98	400m: 5:03.78 34.00		
5.	Robyn Hulleman	Octopus-ZVV (SG)	200600890	5:16.94	+0,70	545
	50m: 33.31 33.31	150m: 1:49.64 38.76	250m: 3:14.03 45.68	350m: 4:39.52 38.81		
	100m: 1:10.88 37.57	200m: 2:28.35 38.71	300m: 4:00.71 46.68	400m: 5:16.94 37.42		
6.	Anna Beck	Blue Marlins	200605282	5:17.74	+0,75	541
	50m: 33.05 33.05	150m: 1:52.63 40.27	250m: 3:18.33 45.80	350m: 4:42.21 37.50		
	100m: 1:12.36 39.31	200m: 2:32.53 39.90	300m: 4:04.71 46.38	400m: 5:17.74 35.53		
7.	Anouchka Bos	NieMo Barracuda	200501528	5:19.05	+0,79	534
	50m: 34.19 34.19	150m: 1:58.15 42.90	250m: 3:23.15 43.53	350m: 4:44.93 37.17		
	100m: 1:15.25 41.06	200m: 2:39.62 41.47	300m: 4:07.76 44.61	400m: 5:19.05 34.12		
NG	Evy Rozeboom	DAW	200601338			

Senioren Open

1.	Merel Schravendijk	Blue Marlins	200503382	4:50.97	+0,71	A 704
	50m: 31.44 31.44	150m: 1:47.43 39.29	250m: 3:05.75 39.47	350m: 4:19.66 32.82		
	100m: 1:08.14 36.70	200m: 2:26.28 38.85	300m: 3:46.84 41.09	400m: 4:50.97 31.31		
2.	Nikita van den Ouden	PSV	199900622	4:52.16	+0,58	A 696
	50m: 30.53 30.53	150m: 1:43.98 37.88	250m: 3:03.37 42.25	350m: 4:19.56 33.70		
	100m: 1:06.10 35.57	200m: 2:21.12 37.14	300m: 3:45.86 42.49	400m: 4:52.16 32.60		
3.	Djanilla Brink	De Dolfijn	200600988	4:53.08	+0,78	A 689
	50m: 31.93 31.93	150m: 1:47.83 38.83	250m: 3:05.48 38.88	350m: 4:19.78 34.36		
	100m: 1:09.00 37.07	200m: 2:26.60 38.77	300m: 3:45.42 39.94	400m: 4:53.08 33.30		
4.	Dachen Haaijer	ZPC Hoogeveen	200800380	4:53.89	+0,76	A 683
	50m: 32.04 32.04	150m: 1:46.74 36.85	250m: 3:05.02 42.26	350m: 4:21.63 33.97		
	100m: 1:09.89 37.85	200m: 2:22.76 36.02	300m: 3:47.66 42.64	400m: 4:53.89 32.26		
5.	Hedwig Bolt	HZ&PC Heerenveen	200602660	4:55.03	+0,63	A 676
	50m: 31.55 31.55	150m: 1:47.46 39.02	250m: 3:06.69 41.19	350m: 4:22.53 33.76		
	100m: 1:08.44 36.89	200m: 2:25.50 38.04	300m: 3:48.77 42.08	400m: 4:55.03 32.50		
6.	Rhodee van den Ham	De Duinkikers	200700090	4:55.90	+0,76	A 670
	50m: 31.82 31.82	150m: 1:46.89 38.95	250m: 3:06.64 40.55	350m: 4:23.45 34.26		
	100m: 1:07.94 36.12	200m: 2:26.09 39.20	300m: 3:49.19 42.55	400m: 4:55.90 32.45		
7.	Frouke Ludwig	DZ&PC	200800112	4:56.12		A 668
	50m: 31.28 31.28	150m: 1:43.48 36.64	250m: 3:04.23 44.33	350m: 4:23.75 34.61		
	100m: 1:06.84 35.56	200m: 2:19.90 36.42	300m: 3:49.14 44.91	400m: 4:56.12 32.37		
8.	Kim Jansen van Galen	PSV	200201594	4:58.11	+0,71	A 655
	50m: 31.04 31.04	150m: 1:47.38 41.07	250m: 3:08.61 40.90	350m: 4:25.09 34.88		
	100m: 1:06.31 35.27	200m: 2:27.71 40.33	300m: 3:50.21 41.60	400m: 4:58.11 33.02		
9.	Robin Goossens	Nuenen	200003128	4:58.42	+0,86	B 653
	50m: 31.81 31.81	150m: 1:49.82 40.23	250m: 3:09.14 40.95	350m: 4:25.16 35.88		
	100m: 1:09.59 37.78	200m: 2:28.19 38.37	300m: 3:49.28 40.14	400m: 4:58.42 33.26		
10.	Fay Boxum	DZ&PC	200900060	4:58.60	+0,77	B 652
	50m: 31.87 31.87	150m: 1:45.86 36.54	250m: 3:05.21 43.26	350m: 4:24.32 35.11		
	100m: 1:09.32 37.45	200m: 2:21.95 36.09	300m: 3:49.21 44.00	400m: 4:58.60 34.28		

B = Bonus inschrijving

Programmanr. 32, Dames, 400m wisselslag, Voorronde, Senioren Open

rang	naam	vereniging	tijd	RT	FINA	para		
11.	Ismay Lichtendonk	Dedemsvaart-AC	200400622	5:03.66	+0,70	B 620		
	50m: 29.55	29.55	150m: 1:42.60	37.76	250m: 3:05.04	44.22	350m: 4:28.67	36.78
	100m: 1:04.84	35.29	200m: 2:20.82	38.22	300m: 3:51.89	46.85	400m: 5:03.66	34.99
12.	Marte Hieke van der Kamp	HZ&PC Heerenveen	200500218	5:03.78	+0,79	B 619		
	50m: 31.48	31.48	150m: 1:46.35	38.64	250m: 3:08.55	44.40	350m: 4:29.78	35.25
	100m: 1:07.71	36.23	200m: 2:24.15	37.80	300m: 3:54.53	45.98	400m: 5:03.78	34.00
13.	Laura van Etten	HZ&PC Heerenveen	200800264	5:04.85	+0,82	B 612		
	50m: 32.62	32.62	150m: 1:49.88	38.10	250m: 3:10.72	44.16	350m: 4:30.46	34.93
	100m: 1:11.78	39.16	200m: 2:26.56	36.68	300m: 3:55.53	44.81	400m: 5:04.85	34.39
14.	Alinda Dingshoff	De Dolfijn	200000928	5:05.32	+0,58	B 610		
	50m: 31.34	31.34	150m: 1:44.46	37.05	250m: 3:05.44	44.25	350m: 4:29.12	37.48
	100m: 1:07.41	36.07	200m: 2:21.19	36.73	300m: 3:51.64	46.20	400m: 5:05.32	36.20
15.	Angelique van Vark	GZC DONK	199701478	5:05.77	+0,69	B 607		
	50m: 32.46	32.46	150m: 1:51.28	39.68	250m: 3:14.11	44.41	350m: 4:33.09	34.74
	100m: 1:11.60	39.14	200m: 2:29.70	38.42	300m: 3:58.35	44.24	400m: 5:05.77	32.68
16.	Kim Zwinkels	ZPCH	200300422	5:06.54	+0,77	B 602		
	50m: 31.51	31.51	150m: 1:46.54	39.23	250m: 3:11.19	45.95	350m: 4:33.21	36.27
	100m: 1:07.31	35.80	200m: 2:25.24	38.70	300m: 3:56.94	45.75	400m: 5:06.54	33.33
17.	Tess Panjer	VZC	200403060	5:08.21	+0,80	R 593		
	50m: 32.99	32.99	150m: 1:52.70	40.65	250m: 3:15.94	44.48	350m: 4:34.92	34.41
	100m: 1:12.05	39.06	200m: 2:31.46	38.76	300m: 4:00.51	44.57	400m: 5:08.21	33.29
18.	Meyke v. Nimwegen	De Schoteijl	200800106	5:09.55	+0,77	R 585		
	50m: 32.96	32.96	150m: 1:49.18	38.56	250m: 3:11.47	43.96	350m: 4:33.10	36.70
	100m: 1:10.62	37.66	200m: 2:27.51	38.33	300m: 3:56.40	44.93	400m: 5:09.55	36.45
19.	Ylva Konings	PSV	200700148	5:11.39	+0,77	575		
	50m: 33.38	33.38	150m: 1:52.45	39.94	250m: 3:16.40	45.21	350m: 4:37.26	35.93
	100m: 1:12.51	39.13	200m: 2:31.19	38.74	300m: 4:01.33	44.93	400m: 5:11.39	34.13
20.	Lyke Bellert	Octopus-ZVV (SG)	200701424	5:13.01	+0,70	566		
	50m: 32.79	32.79	150m: 1:50.59	39.37	250m: 3:14.48	45.78	350m: 4:39.14	38.10
	100m: 1:11.22	38.43	200m: 2:28.70	38.11	300m: 4:01.04	46.56	400m: 5:13.01	33.87
21.	Robyn Hulleman	Octopus-ZVV (SG)	200600890	5:16.94	+0,70	545		
	50m: 33.31	33.31	150m: 1:49.64	38.76	250m: 3:14.03	45.68	350m: 4:39.52	38.81
	100m: 1:10.88	37.57	200m: 2:28.35	38.71	300m: 4:00.71	46.68	400m: 5:16.94	37.42
22.	Valesca van den Bogert	Hieronymus	200102138	5:17.10	+0,73	544		
	50m: 33.15	33.15	150m: 1:53.53	41.79	250m: 3:18.59	43.94	350m: 4:40.46	37.71
	100m: 1:11.74	38.59	200m: 2:34.65	41.12	300m: 4:02.75	44.16	400m: 5:17.10	36.64
23.	Meike van de Ree	HZPC	200402646	5:17.43	+0,76	542		
	50m: 34.40	34.40	150m: 1:53.31	38.67	250m: 3:18.06	45.59	350m: 4:41.59	37.05
	100m: 1:14.64	40.24	200m: 2:32.47	39.16	300m: 4:04.54	46.48	400m: 5:17.43	35.84
24.	Lisa Kruger <i>Wereld Record PARA</i>	TeamNL PARA - De Dolfijn	200005304	SM10	5:17.44	+0,69	542	
	50m: 32.45	32.45	150m: 1:54.20	42.77	250m: 3:20.30	45.02	350m: 4:42.94	37.20
	100m: 1:11.43	38.98	200m: 2:35.28	41.08	300m: 4:05.74	45.44	400m: 5:17.44	34.50
25.	Hannah Markovinovic	WS Twente	200803266	5:17.45	+0,63	542		
	50m: 33.61	33.61	150m: 1:53.11	40.31	250m: 3:19.72	46.99	350m: 4:43.03	35.90
	100m: 1:12.80	39.19	200m: 2:32.73	39.62	300m: 4:07.13	47.41	400m: 5:17.45	34.42
26.	Isa Jansen	SBC2000	200701176	5:17.52	+0,74	542		
	50m: 34.05	34.05	150m: 1:55.60	40.29	250m: 3:19.60	44.79	350m: 4:42.26	37.84
	100m: 1:15.31	41.26	200m: 2:34.81	39.21	300m: 4:04.42	44.82	400m: 5:17.52	35.26
27.	Ilana Gentile	Orca	200801558	5:17.69	+0,71	541		
	50m: 33.08	33.08	150m: 1:53.80	40.63	250m: 3:19.68	45.54	350m: 4:42.51	36.59
	100m: 1:13.17	40.09	200m: 2:34.14	40.34	300m: 4:05.92	46.24	400m: 5:17.69	35.18
28.	Anna Beck	Blue Marlins	200605282	5:17.74	+0,75	541		
	50m: 33.05	33.05	150m: 1:52.63	40.27	250m: 3:18.33	45.80	350m: 4:42.21	37.50
	100m: 1:12.36	39.31	200m: 2:32.53	39.90	300m: 4:04.71	46.38	400m: 5:17.74	35.53
29.	Charlotte Woltjes	VZC	200700110	5:18.35	+0,84	538		
	50m: 32.60	32.60	150m: 1:50.14	39.63	250m: 3:16.42	47.44	350m: 4:42.10	37.86
	100m: 1:10.51	37.91	200m: 2:28.98	38.84	300m: 4:04.24	47.82	400m: 5:18.35	36.25
30.	Anouchka Bos	NieMo Barracuda	200501528	5:19.05	+0,79	534		
	50m: 34.19	34.19	150m: 1:58.15	42.90	250m: 3:23.15	43.53	350m: 4:44.93	37.17
	100m: 1:15.25	41.06	200m: 2:39.62	41.47	300m: 4:07.76	44.61	400m: 5:19.05	34.12

B = Bonus inschrijving

Programmanr. 32, Dames, 400m wisselslag, Voorronde, Senioren Open

rang	naam		vereniging		tijd	RT	FINA	para
31.	Britt Colijn		Zwemvereniging New Wave Almere 200700544		5:19.65	+0,80	531	
	50m:	33.86	150m:	1:53.03	41.15	250m:	3:19.75	37.35
	100m:	1:11.88	200m:	2:32.26	39.23	300m:	4:06.79	35.51
		33.86				47.49	350m:	4:44.14
		38.02				47.04	400m:	5:19.65
32.	Benthe Martens		ZPC AMERSFOORT		5:21.32	+0,75	523	
	50m:	34.76	150m:	1:57.21	42.47	250m:	3:23.52	37.22
	100m:	1:14.74	200m:	2:38.25	41.04	300m:	4:09.39	34.71
		34.76				45.27	350m:	4:46.61
		39.98				45.87	400m:	5:21.32
33.	Alexandra Gepkens		VZC		5:22.47	+0,69	517	
	50m:	33.61	150m:	1:55.37	42.41	250m:	3:20.30	39.30
	100m:	1:12.96	200m:	2:37.06	41.69	300m:	4:04.70	38.47
		33.61				43.24	350m:	4:44.00
		39.35				44.40	400m:	5:22.47
34.	Isabelle Elsweier		De Dinkel		5:24.55	+0,89	507	
	50m:	32.38	150m:	1:52.20	40.98	250m:	3:18.38	40.06
	100m:	1:11.22	200m:	2:33.02	40.82	300m:	4:05.71	38.78
		32.38				45.36	350m:	4:45.77
		38.84				47.33	400m:	5:24.55
35.	Jannoula Jaspers		FZC'54		5:41.53	+0,73	435	
	50m:	34.96	150m:	2:05.24	45.18	250m:	3:35.75	41.16
	100m:	1:20.06	200m:	2:49.72	44.48	300m:	4:22.74	37.63
		34.96				46.03	350m:	5:03.90
		45.10				46.99	400m:	5:41.53
36.	Emma Ketelaars		Hellas-Glana		5:43.00	+0,72	430	
	50m:	36.34	150m:	2:06.43	46.28	250m:	3:38.87	38.45
	100m:	1:20.15	200m:	2:51.85	45.42	300m:	4:27.20	37.35
		36.34				47.02	350m:	5:05.65
		43.81				48.33	400m:	5:43.00
37.	Marlouke Frijstein		ZV 44		5:46.37	+0,72	417	
	50m:	37.52	150m:	2:07.65	44.55	250m:	3:39.79	39.70
	100m:	1:23.10	200m:	2:51.72	44.07	300m:	4:28.82	37.85
		37.52				48.07	350m:	5:08.52
		45.58				49.03	400m:	5:46.37
DIS	Nova Nijziel		PSV		200804416	SK		
	<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>							
AFGEM	Michelle Zomerdijk		Dedemsvaart-AC		200003196			
AFGEM	Alysha de Jong		ZPCH		200400086			
AFGEM	Eline van Rijn		DAW		200700918			
NG	Evy Rozeboom		DAW		200601338			
NG	Lotte Hosper		TeamNL - Blue Marlins		200201414			

B = Bonus inschrijving