

Programmanr. 1  
20-12-2024 - 17:19

Dames, 400m vrije slag

Senioren Open  
Resultaten Finale

Punten: AQUA 2024

rang	naam		vereniging			tijd	RT	FINA	para
<b>PARA Open</b>									
1.	Aguila Dolmsa		Blue Marlins	200603902	S14	<b>5:32.82</b>	+0,74	335	554
	50m: 34.34	34.34	150m: 1:56.14	41.93	250m: 3:22.59	43.46	350m: 4:51.58	44.14	
	100m: 1:14.21	39.87	200m: 2:39.13	42.99	300m: 4:07.44	44.85	400m: 5:32.82	41.24	
2.	Jenna Gorter		De Otters Het Gooi	200702746	S9	<b>6:05.25</b>	+0,81	253	432
	50m: 40.39	40.39	150m: 2:12.41	46.74	250m: 3:47.27	47.41	350m: 5:21.79	47.02	
	100m: 1:25.67	45.28	200m: 2:59.86	47.45	300m: 4:34.77	47.50	400m: 6:05.25	43.46	
3.	Gwyneth van der Spek		Batavia Swim	201102806	S7	<b>7:05.10</b>	+0,78	161	343
	50m: 50.44	50.44	150m: 2:40.41	54.94	250m: 4:30.02	54.65	350m: 6:16.86	52.50	
	100m: 1:45.47	55.03	200m: 3:35.37	54.96	300m: 5:24.36	54.34	400m: 7:05.10	48.24	

senioren Open

Finale A

1.	Imani de Jong		Team NL - PSV	200200464		<b>4:04.45</b>	+0,69	847	
	50m: 27.80	27.80	150m: 1:29.22	30.89	250m: 2:31.53	31.14	350m: 3:34.46	31.42	
	100m: 58.33	30.53	200m: 2:00.39	31.17	300m: 3:03.04	31.51	400m: 4:04.45	29.99	
2.	Marte Hieke van der Kamp		HZ&PC Heerenveen	200500218		<b>4:10.14</b>	+0,74	790	
	50m: 29.06	29.06	150m: 1:32.33	31.79	250m: 2:35.84	31.68	350m: 3:39.62	31.96	
	100m: 1:00.54	31.48	200m: 2:04.16	31.83	300m: 3:07.66	31.82	400m: 4:10.14	30.52	
3.	Hedwig Bolt		HZ&PC Heerenveen	200602660		<b>4:13.40</b>	+0,77	760	
	50m: 29.35	29.35	150m: 1:33.05	32.11	250m: 2:37.58	32.22	350m: 3:42.13	32.20	
	100m: 1:00.94	31.59	200m: 2:05.36	32.31	300m: 3:09.93	32.35	400m: 4:13.40	31.27	
4.	Serena Stel		De Dolfijn	199801528		<b>4:16.59</b>	+0,71	732	
	50m: 29.71	29.71	150m: 1:34.31	32.54	250m: 2:39.92	32.75	350m: 3:44.98	32.23	
	100m: 1:01.77	32.06	200m: 2:07.17	32.86	300m: 3:12.75	32.83	400m: 4:16.59	31.61	
5.	Angelina Rolman		Team NL - De Dolfijn	200701972		<b>4:18.60</b>	+0,58	715	
	50m: 29.43	29.43	150m: 1:33.93	32.49	250m: 2:39.84	32.84	350m: 3:46.18	33.67	
	100m: 1:01.44	32.01	200m: 2:07.00	33.07	300m: 3:12.51	32.67	400m: 4:18.60	32.42	
6.	Nynke Boerefijn		ZPC AMERSFOORT	200700114		<b>4:20.33</b>	+0,87	701	
	50m: 29.77	29.77	150m: 1:36.11	33.05	250m: 2:42.05	32.68	350m: 3:48.39	33.20	
	100m: 1:03.06	33.29	200m: 2:09.37	33.26	300m: 3:15.19	33.14	400m: 4:20.33	31.94	
7.	Ismay Lichtendonk		Dedemsvaart-AC	200400622		<b>4:22.36</b>	+0,72	685	
	50m: 29.43	29.43	150m: 1:34.30	32.75	250m: 2:41.57	33.41	350m: 3:49.23	34.18	
	100m: 1:01.55	32.12	200m: 2:08.16	33.86	300m: 3:15.05	33.48	400m: 4:22.36	33.13	
8.	Jade van der Schrier		AZC	200800692		<b>4:23.47</b>	+0,72	676	
	50m: 29.86	29.86	150m: 1:36.16	33.30	250m: 2:43.66	34.03	350m: 3:51.48	34.01	
	100m: 1:02.86	33.00	200m: 2:09.63	33.47	300m: 3:17.47	33.81	400m: 4:23.47	31.99	

Finale B

9.	Nikita van den Ouden		PSV	199900622		<b>4:20.08</b>	+0,72	703	
	50m: 29.13	29.13	150m: 1:34.42	32.74	250m: 2:41.13	33.32	350m: 3:47.82	33.12	
	100m: 1:01.68	32.55	200m: 2:07.81	33.39	300m: 3:14.70	33.57	400m: 4:20.08	32.26	
10.	Bregje Dekkers		PSV	200900746		<b>4:22.69</b>	+0,74	682	
	50m: 29.95	29.95	150m: 1:35.46	33.07	250m: 2:42.16	33.30	350m: 3:49.09	33.23	
	100m: 1:02.39	32.44	200m: 2:08.86	33.40	300m: 3:15.86	33.70	400m: 4:22.69	33.60	
11.	Julie van Nispen		Nuenen	200800290		<b>4:23.87</b>	+0,70	673	
	50m: 29.01	29.01	150m: 1:34.41	32.85	250m: 2:41.56	33.67	350m: 3:49.93	33.96	
	100m: 1:01.56	32.55	200m: 2:07.89	33.48	300m: 3:15.97	34.41	400m: 4:23.87	33.94	
12.	Fenne Metten		ZPC AMERSFOORT	201000102		<b>4:27.86</b>	+0,71	643	
	50m: 29.61	29.61	150m: 1:36.66	33.88	250m: 2:45.91	35.11	350m: 3:54.94	34.31	
	100m: 1:02.78	33.17	200m: 2:10.80	34.14	300m: 3:20.63	34.72	400m: 4:27.86	32.92	
13.	Rhodie van den Ham		De Duinkickers	200700090		<b>4:29.47</b>	+0,73	632	
	50m: 30.77	30.77	150m: 1:38.68	34.32	250m: 2:47.51	33.73	350m: 3:55.77	34.41	
	100m: 1:04.36	33.59	200m: 2:13.78	35.10	300m: 3:21.36	33.85	400m: 4:29.47	33.70	
14.	Myrthe Natzijl		DZ&PC	200400076		<b>4:30.26</b>	+0,85	626	
	50m: 31.35	31.35	150m: 1:38.84	34.04	250m: 2:47.54	34.28	350m: 3:56.61	34.67	
	100m: 1:04.80	33.45	200m: 2:13.26	34.42	300m: 3:21.94	34.40	400m: 4:30.26	33.65	

B = Bonus inschrijving



Nederlandse Kampioenschappen korte baan 2024  
Den Haag, 20- - 22-12-2024



Programmanr. 1, Dames, 400m vrije slag, Finale, senioren Open

rang	naam		vereniging					tijd	RT	FINA	para	
15.	Tess Panjer		VZC			200403060		<b>4:32.03</b>	+0,76	614		
	50m:	30.54	30.54	150m:	1:39.22	34.58	250m:	2:48.98	34.93	350m:	3:58.53	34.51
	100m:	1:04.64	34.10	200m:	2:14.05	34.83	300m:	3:24.02	35.04	400m:	4:32.03	33.50
16.	Amé Hulleman		DZ&PC			200202794		<b>4:32.40</b>	+0,74	612		
	50m:	30.90	30.90	150m:	1:39.03	34.27	250m:	2:48.31	34.60	350m:	3:58.21	34.97
	100m:	1:04.76	33.86	200m:	2:13.71	34.68	300m:	3:23.24	34.93	400m:	4:32.40	34.19

B = Bonus inschrijving