

Programmanr. 18  
30-10-2022 - 12:00

Dames, 400m vrije slag

Senioren Open  
Resultaten

Punten: FINA 2022

rang	naam	vereniging	startnr.	tijd	RT	FINA	IPC
1.	Imani de Jong	De Dolfijn	200200464	<b>4:06.78</b>	+0,69	851	
	50m: 28.20	28.20 150m: 1:30.54	31.25	250m: 2:33.57	31.47	350m: 3:36.62	31.34
	100m: 59.29	31.09 200m: 2:02.10	31.56	300m: 3:05.28	31.71	400m: 4:06.78	30.16
2.	Silke Holkenborg	VZC	200100292	<b>4:08.33</b>	+0,64	835	
	50m: 28.61	28.61 150m: 1:31.28	31.50	250m: 2:34.42	31.37	350m: 3:37.62	31.42
	100m: 59.78	31.17 200m: 2:03.05	31.77	300m: 3:06.20	31.78	400m: 4:08.33	30.71
3.	Janna van Kooten	DZ&PC	200404584	<b>4:11.09</b>	+0,75	808	
	50m: 28.55	28.55 150m: 1:31.43	31.62	250m: 2:35.24	31.76	350m: 3:39.28	31.96
	100m: 59.81	31.26 200m: 2:03.48	32.05	300m: 3:07.32	32.08	400m: 4:11.09	31.81
4.	Yara van Kalmthout	DZ&PC	200200984	<b>4:17.07</b>	+0,75	753	
	50m: 29.15	29.15 150m: 1:33.54	32.27	250m: 2:38.55	32.57	350m: 3:44.55	33.24
	100m: 1:01.27	32.12 200m: 2:05.98	32.44	300m: 3:11.31	32.76	400m: 4:17.07	32.52
5.	Femke Spiering	ZPC AMERSFOORT	200204514	<b>4:18.34</b>	+0,79	742	
	50m: 30.09	30.09 150m: 1:34.77	32.51	250m: 2:39.77	32.49	350m: 3:45.73	32.89
	100m: 1:02.26	32.17 200m: 2:07.28	32.51	300m: 3:12.84	33.07	400m: 4:18.34	32.61
6.	Serena Stel	De Dolfijn	199801528	<b>4:18.49</b>	+0,68	741	
	50m: 29.36	29.36 150m: 1:33.76	32.60	250m: 2:39.80	32.99	350m: 3:46.40	32.72
	100m: 1:01.16	31.80 200m: 2:06.81	33.05	300m: 3:13.68	33.88	400m: 4:18.49	32.09
7.	Merel Schravendijk	Blue Marlins	200503382	<b>4:21.18</b>	+0,67	718	
	50m: 29.69	29.69 150m: 1:35.30	33.08	250m: 2:41.63	33.09	350m: 3:48.43	33.28
	100m: 1:02.22	32.53 200m: 2:08.54	33.24	300m: 3:15.15	33.52	400m: 4:21.18	32.75
8.	Sara Korthuis	DZ&PC	200600494	<b>4:22.32</b>	+0,71	709	
	50m: 29.48	29.48 150m: 1:35.02	33.15	250m: 2:41.92	33.43	350m: 3:49.43	33.94
	100m: 1:01.87	32.39 200m: 2:08.49	33.47	300m: 3:15.49	33.57	400m: 4:22.32	32.89
9.	Ismay Lichtendonk	Dedemsvaart-AC	200400622	<b>4:27.55</b>	+0,72	668	
	50m: 30.73	30.73 150m: 1:38.07	33.99	250m: 2:46.53	34.09	350m: 3:54.88	34.21
	100m: 1:04.08	33.35 200m: 2:12.44	34.37	300m: 3:20.67	34.14	400m: 4:27.55	32.67
10.	Dominique Dingshoff	ZPC Hoogeveen	200400804	<b>4:28.52</b>	+0,62	661	
	50m: 30.33	30.33 150m: 1:37.00	33.60	250m: 2:45.33	34.18	350m: 3:55.07	34.46
	100m: 1:03.40	33.07 200m: 2:11.15	34.15	300m: 3:20.61	35.28	400m: 4:28.52	33.45
11.	Manon Ritten	PSV	200002440	<b>4:29.42</b>	+0,78	654	
	50m: 31.20	31.20 150m: 1:38.71	33.77	250m: 2:46.56	33.58	350m: 3:55.47	34.61
	100m: 1:04.94	33.74 200m: 2:12.98	34.27	300m: 3:20.86	34.30	400m: 4:29.42	33.95
12.	Rhodee van den Ham	De Duinkickers	200700090	<b>4:31.45</b>	+0,70	639	
	50m: 31.00	31.00 150m: 1:39.96	34.79	250m: 2:49.24	34.70	350m: 3:58.64	34.17
	100m: 1:05.17	34.17 200m: 2:14.54	34.58	300m: 3:24.47	35.23	400m: 4:31.45	32.81
13.	Kim Oudendijk	DAW	200600964	<b>4:32.84</b>	+0,76	630	
	50m: 30.67	30.67 150m: 1:40.08	35.23	250m: 2:50.15	34.78	350m: 3:59.37	34.59
	100m: 1:04.85	34.18 200m: 2:15.37	35.29	300m: 3:24.78	34.63	400m: 4:32.84	33.47
14.	Emma Hofstee	TriVia	200401282	<b>4:33.40</b>	+0,71	626	
	50m: 29.85	29.85 150m: 1:37.96	34.63	250m: 2:48.71	35.21	350m: 3:59.40	35.32
	100m: 1:03.33	33.48 200m: 2:13.50	35.54	300m: 3:24.08	35.37	400m: 4:33.40	34.00
15.	Eefje Irvine	De Dolfijn	200700164	<b>4:34.70</b>	+0,62	617	
	50m: 31.15	31.15 150m: 1:39.84	34.52	250m: 2:49.73	34.98	350m: 4:00.48	35.32
	100m: 1:05.32	34.17 200m: 2:14.75	34.91	300m: 3:25.16	35.43	400m: 4:34.70	34.22
16.	Rafaela Mulders	De Reuring	200701398	<b>4:37.69</b>	+0,75	597	
	50m: 30.84	30.84 150m: 1:41.50	35.69	250m: 2:53.90	36.07	350m: 4:04.80	34.76
	100m: 1:05.81	34.97 200m: 2:17.83	36.33	300m: 3:30.04	36.14	400m: 4:37.69	32.89
17.	Maaïke Ooms	ZPC AMERSFOORT	200801580	<b>4:38.67</b>	+0,77	591	
	50m: 31.24	31.24 150m: 1:41.57	35.75	250m: 2:53.69	36.09	350m: 4:05.52	35.61
	100m: 1:05.82	34.58 200m: 2:17.60	36.03	300m: 3:29.91	36.22	400m: 4:38.67	33.15
18.	Rosalie Reef	ZPC AMERSFOORT	200800426	<b>4:39.51</b>	+0,78	586	
	50m: 31.18	31.18 150m: 1:41.97	35.82	250m: 2:54.11	35.78	350m: 4:05.51	35.12
	100m: 1:06.15	34.97 200m: 2:18.33	36.36	300m: 3:30.39	36.28	400m: 4:39.51	34.00
19.	Mara Bosman	Blue Marlins	200303048	<b>4:43.06</b>	+0,72	564	
	50m: 30.67	30.67 150m: 1:40.84	35.54	250m: 2:53.28	36.62	350m: 4:06.95	36.96
	100m: 1:05.30	34.63 200m: 2:16.66	35.82	300m: 3:29.99	36.71	400m: 4:43.06	36.11
20.	Lyke Bellert	Octopus-ZVV (SG)	200701424	<b>4:44.25</b>	+0,75	557	
	50m: 32.68	32.68 150m: 1:46.37	37.47	250m: 2:59.82	36.77	350m: 4:11.75	35.81
	100m: 1:08.90	36.22 200m: 2:23.05	36.68	300m: 3:35.94	36.12	400m: 4:44.25	32.50

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rang	naam	vereniging	startnr.	tijd	RT	FINA	IPC
21.	Floor Hogervorst	Noordwijkerhout	200701400	<b>4:44.67</b>	+0,70	554	
	50m: 30.66	30.66 150m: 1:40.93	250m: 2:53.83	36.54 350m: 4:08.17	37.14		
	100m: 1:05.06	34.40 200m: 2:17.29	300m: 3:31.03	37.20 400m: 4:44.67	36.50		
22.	Hannah Markovinovic	WS Twente	200803266	<b>4:44.79</b>	+0,66	554	
	50m: 31.38	31.38 150m: 1:42.40	250m: 2:55.97	36.80 350m: 4:09.39	36.78		
	100m: 1:06.09	34.71 200m: 2:19.17	300m: 3:32.61	36.64 400m: 4:44.79	35.40		
23.	Manon Kloosterman	Zwemlust-den Hommel	199702082	<b>4:48.38</b>	+0,78	533	
	50m: 32.80	32.80 150m: 1:44.81	250m: 2:58.04	36.64 350m: 4:12.05	37.17		
	100m: 1:08.39	35.59 200m: 2:21.40	300m: 3:34.88	36.84 400m: 4:48.38	36.33		
24.	Mint van Wees	De Dolfijn	200801328	<b>4:49.46</b>	+0,76	527	
	50m: 31.83	31.83 150m: 1:43.83	250m: 2:58.43	37.48 350m: 4:13.60	37.66		
	100m: 1:07.28	35.45 200m: 2:20.95	300m: 3:35.94	37.51 400m: 4:49.46	35.86		
25.	Vera Wassink	ZPC AMERSFOORT	200604976	<b>4:50.68</b>	+0,71	521	
	50m: 31.69	31.69 150m: 1:43.45	250m: 2:58.24	37.54 350m: 4:14.04	37.58		
	100m: 1:07.07	35.38 200m: 2:20.70	300m: 3:36.46	38.22 400m: 4:50.68	36.64		
26.	Mijke Ouderkerken	Blue Marlines	200901254	<b>4:50.93</b>	+0,75	519	
	50m: 33.15	33.15 150m: 1:47.50	250m: 3:02.93	37.82 350m: 4:16.88	36.57		
	100m: 1:09.86	36.71 200m: 2:25.11	300m: 3:40.31	37.38 400m: 4:50.93	34.05		
27.	Elin Brinkhof	De Dolfijn	200900078	<b>4:51.90</b>	+0,60	514	
	50m: 32.05	32.05 150m: 1:44.75	250m: 2:59.77	37.67 350m: 4:15.44	37.80		
	100m: 1:07.94	35.89 200m: 2:22.10	300m: 3:37.64	37.87 400m: 4:51.90	36.46		
28.	Bregje Dekkers	PSV	200900746	<b>4:52.46</b>	+0,69	511	
	50m: 32.96	32.96 150m: 1:46.50	250m: 3:00.43	36.62 350m: 4:15.44	37.73		
	100m: 1:09.17	36.21 200m: 2:23.81	300m: 3:37.71	37.28 400m: 4:52.46	37.02		
29.	Laura van Etten	HZ&PC Heerenveen	200800264	<b>4:52.52</b>	+0,75	511	
	50m: 31.48	31.48 150m: 1:44.86	250m: 2:59.62	37.46 350m: 4:16.03	38.33		
	100m: 1:07.45	35.97 200m: 2:22.16	300m: 3:37.70	38.08 400m: 4:52.52	36.49		
30.	Ilana Gentile	Orca	200801558	<b>4:54.11</b>	+0,69	503	
	50m: 31.92	31.92 150m: 1:46.13	250m: 3:01.97	38.04 350m: 4:18.31	37.49		
	100m: 1:08.56	36.64 200m: 2:23.93	300m: 3:40.82	38.85 400m: 4:54.11	35.80		
31.	Marre van der Wal	De Vikings	201000046	<b>4:58.47</b>	+0,70	481	
	50m: 33.14	33.14 150m: 1:47.06	250m: 3:03.85	38.56 350m: 4:22.01	39.22		
	100m: 1:09.62	36.48 200m: 2:25.29	300m: 3:42.79	38.94 400m: 4:58.47	36.46		
32.	Hilda Vrijbloed	ZVVS	200605262	<b>4:59.82</b>	+0,79	474	
	50m: 32.41	32.41 150m: 1:49.61	250m: 3:06.34	38.32 350m: 4:23.24	38.31		
	100m: 1:10.64	38.23 200m: 2:28.02	300m: 3:44.93	38.59 400m: 4:59.82	36.58		
33.	Cynthia Koolman	Steenwijk 1934	200300232	<b>4:59.86</b>	+0,69	474	
	50m: 32.37	32.37 150m: 1:45.60	250m: 3:02.46	38.94 350m: 4:21.38	39.50		
	100m: 1:08.56	36.19 200m: 2:23.52	300m: 3:41.88	39.42 400m: 4:59.86	38.48		
34.	Djelaysa Buunk	ZPC De Zeeuwse Kust	200900536	<b>5:00.71</b>	+0,76	470	
	50m: 33.58	33.58 150m: 1:49.55	250m: 3:06.54	38.77 350m: 4:24.42	38.47		
	100m: 1:11.14	37.56 200m: 2:27.77	300m: 3:45.95	39.41 400m: 5:00.71	36.29		
35.	Sterre Dietvorst	ZPC AMERSFOORT	200900726	<b>5:01.31</b>	+0,65	467	
	50m: 33.38	33.38 150m: 1:49.74	250m: 3:06.74	38.97 350m: 4:23.77	38.03		
	100m: 1:10.88	37.50 200m: 2:27.77	300m: 3:45.74	39.00 400m: 5:01.31	37.54		
36.	Annedieke Scholte	Blue Marlines	200701110	<b>5:01.39</b>	+0,80	467	
	50m: 32.63	32.63 150m: 1:48.58	250m: 3:07.04	39.27 350m: 4:24.44	38.61		
	100m: 1:09.66	37.03 200m: 2:27.77	300m: 3:45.83	38.79 400m: 5:01.39	36.95		
37.	Hiba Aboulas	De Dolfijn	200600870	<b>5:02.73</b>	+0,77	461	
	50m: 33.19	33.19 150m: 1:49.82	250m: 3:07.29	38.59 350m: 4:24.78	38.68		
	100m: 1:11.00	37.81 200m: 2:28.70	300m: 3:46.10	38.81 400m: 5:02.73	37.95		
38.	Isis Verhoeff	De Otters Het Gooi	200902962	<b>5:03.66</b>	+0,73	457	
	50m: 33.18	33.18 150m: 1:48.64	250m: 3:06.79	39.52 350m: 4:25.61	39.20		
	100m: 1:10.43	37.25 200m: 2:27.27	300m: 3:46.41	39.62 400m: 5:03.66	38.05		
39.	Tess Bemer 200m*	De Duinkickers	200600450	<b>5:03.77</b>	+0,72	456	
	50m: 32.18	32.18 150m: 1:46.52	250m: 3:04.71	39.57 350m: 4:24.68	39.95		
	100m: 1:08.77	36.59 200m: 2:25.14	300m: 3:44.73	40.02 400m: 5:03.77	39.09		
40.	Felicia Adema	Blue Marlines	200501310	<b>5:03.88</b>	+0,80	456	
	50m: 32.68	32.68 150m: 1:46.62	250m: 3:04.78	39.25 350m: 4:25.40	40.50		
	100m: 1:08.89	36.21 200m: 2:25.53	300m: 3:44.90	40.12 400m: 5:03.88	38.48		

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rang	naam	vereniging	startnr.	tijd	RT	FINA	IPC	
41.	Mirre van Wijngaarden	De Dolfijn	200800262	<b>5:04.29</b>	+0,72	454		
	50m: 33.45	33.45	150m: 1:48.17	37.98	250m: 3:05.37	38.78	350m: 4:25.37	40.11
	100m: 1:10.19	36.74	200m: 2:26.59	38.42	300m: 3:45.26	39.89	400m: 5:04.29	38.92
42.	Benthe Martens	ZPC AMERSFOORT	200700310	<b>5:04.31</b>	+0,76	454		
	50m: 33.66	33.66	150m: 1:49.35	38.89	250m: 3:08.66	39.57	350m: 4:27.56	39.54
	100m: 1:10.46	36.80	200m: 2:29.09	39.74	300m: 3:48.02	39.36	400m: 5:04.31	36.75
43.	Fleur van den Eijk	Blue Marlins	200900304	<b>5:07.33</b>	+0,65	440		
	50m: 32.14	32.14	150m: 1:47.57	38.63	250m: 3:06.86	40.02	350m: 4:27.64	40.47
	100m: 1:08.94	36.80	200m: 2:26.84	39.27	300m: 3:47.17	40.31	400m: 5:07.33	39.69
44.	Mariia Kostina	Blue Marlins	201002042	<b>5:07.89</b>	+0,79	438		
	50m: 33.18	33.18	150m: 1:49.83	39.03	250m: 3:07.75	39.16	350m: 4:25.06	37.86
	100m: 1:10.80	37.62	200m: 2:28.59	38.76	300m: 3:47.20	39.45	400m: 5:07.89	42.83
45.	Manaudou Verhaar	ZC Aquadream	200801376	<b>5:08.69</b>	+0,62	435		
	50m: 34.14	34.14	150m: 1:51.70	39.01	250m: 3:11.26	39.61	350m: 4:30.91	39.80
	100m: 1:12.69	38.55	200m: 2:31.65	39.95	300m: 3:51.11	39.85	400m: 5:08.69	37.78
46.	Julia Dabrowska	Blue Marlins	201000300	<b>5:09.73</b>	+0,84	430		
	50m: 33.01	33.01	150m: 1:49.66	38.99	250m: 3:07.95	39.40	350m: 4:23.60	37.01
	100m: 1:10.67	37.66	200m: 2:28.55	38.89	300m: 3:46.59	38.64	400m: 5:09.73	46.13
47.	Nicole Stahl	De Dolfijn	200600542	<b>5:10.97</b>	+0,84	425		
	50m: 34.12	34.12	150m: 1:51.36	39.37	250m: 3:11.43	39.70	350m: 4:33.25	40.61
	100m: 1:11.99	37.87	200m: 2:31.73	40.37	300m: 3:52.64	41.21	400m: 5:10.97	37.72
48.	Fien de Zeeuw	OZ&PC	200600130	<b>5:11.30</b>	+0,81	424		
	50m: 34.75	34.75	150m: 1:53.77	40.23	250m: 3:14.55	40.19	350m: 4:33.32	38.84
	100m: 1:13.54	38.79	200m: 2:34.36	40.59	300m: 3:54.48	39.93	400m: 5:11.30	37.98
49.	Eliska Bosscher	MNC Dordrecht	200800054	<b>5:12.94</b>	+0,50	417		
	50m: 35.18	35.18	150m: 1:54.90	40.41	250m: 3:14.78	40.04	350m: 4:34.55	39.69
	100m: 1:14.49	39.31	200m: 2:34.74	39.84	300m: 3:54.86	40.08	400m: 5:12.94	38.39
50.	Meera van Berlo	Zwemclub Zeist	200502672	<b>5:15.47</b>	+0,74	407		
	50m: 33.42	33.42	150m: 1:51.62	39.81	250m: 3:12.69	40.99	350m: 4:34.58	41.19
	100m: 1:11.81	38.39	200m: 2:31.70	40.08	300m: 3:53.39	40.70	400m: 5:15.47	40.89
51.	Noortje Bisperink	ZPC AMERSFOORT	201100486	<b>5:19.99</b>	+0,79	390		
	50m: 35.03	35.03	150m: 1:54.19	40.32	250m: 3:17.99	42.12	350m: 4:41.22	41.57
	100m: 1:13.87	38.84	200m: 2:35.87	41.68	300m: 3:59.65	41.66	400m: 5:19.99	38.77
52.	Rosalie van Echtelt	Zwemclub Zeist	200804448	<b>5:21.03</b>	+0,73	386		
	50m: 33.90	33.90	150m: 1:52.24	40.36	250m: 3:15.56	41.92	350m: 4:41.26	41.93
	100m: 1:11.88	37.98	200m: 2:33.64	41.40	300m: 3:59.33	43.77	400m: 5:21.03	39.77
53.	Benthe van de Ree	HZPC	200701226	<b>5:22.38</b>	+0,84	382		
	100m*, 200m*							
	50m: 33.90	33.90	150m: 1:55.70	41.53	250m: 3:19.45	41.94	350m: 4:42.63	41.80
	100m: 1:14.17	40.27	200m: 2:37.51	41.81	300m: 4:00.83	41.38	400m: 5:22.38	39.75
54.	Elin Baars	DWK	201000138	<b>5:22.52</b>	+0,61	381		
	50m: 36.84	36.84	150m: 1:57.46	40.68	250m: 3:19.22	40.83	350m: 4:42.14	40.97
	100m: 1:16.78	39.94	200m: 2:38.39	40.93	300m: 4:01.17	41.95	400m: 5:22.52	40.38
55.	Noa van Zalk	ZPC AMERSFOORT	201102534	<b>5:23.26</b>	+0,51	378		
	50m: 35.67	35.67	150m: 1:55.84	40.44	250m: 3:18.11	41.32	350m: 4:42.07	42.73
	100m: 1:15.40	39.73	200m: 2:36.79	40.95	300m: 3:59.34	41.23	400m: 5:23.26	41.19
56.	Jade van Berlo	Zwemclub Zeist	200803934	<b>5:23.50</b>	+0,72	378		
	50m: 35.38	35.38	150m: 1:56.14	40.79	250m: 3:19.02	41.29	350m: 4:43.29	42.04
	100m: 1:15.35	39.97	200m: 2:37.73	41.59	300m: 4:01.25	42.23	400m: 5:23.50	40.21
57.	Reina Böhm	Blue Marlins	201000042	<b>5:25.02</b>	+0,75	372		
	50m: 35.50	35.50	150m: 1:57.55	41.75	250m: 3:19.93	41.06	350m: 4:40.58	39.18
	100m: 1:15.80	40.30	200m: 2:38.87	41.32	300m: 4:01.40	41.47	400m: 5:25.02	44.44
58.	Annelie Batenburg	PSV	201001962	<b>5:26.42</b>	+0,77	368		
	50m: 35.99	35.99	150m: 1:58.23	41.64	250m: 3:22.00	41.89	350m: 4:46.82	42.39
	100m: 1:16.59	40.60	200m: 2:40.11	41.88	300m: 4:04.43	42.43	400m: 5:26.42	39.60
59.	Fenne de Jong	Steenwijk 1934	200800532	<b>5:26.55</b>	+0,81	367	572	
	100m*							
	50m: 35.34	35.34	150m: 1:57.72	42.33	250m: 3:22.41	43.09	350m: 4:47.76	42.65
	100m: 1:15.39	40.05	200m: 2:39.32	41.60	300m: 4:05.11	42.70	400m: 5:26.55	38.79

## Programmanr. 18, Dames, 400m vrije slag, Senioren Open

rang	naam	vereniging	startnr.	tijd	RT	FINA	IPC	
60.	Zahra Day	Blue Marlins	200601374	<b>5:32.64</b>	+0,72	347		
	50m: 35.21	35.21	150m: 1:56.10	41.27	250m: 3:20.70	42.71	350m: 4:48.83	44.09
	100m: 1:14.83	39.62	200m: 2:37.99	41.89	300m: 4:04.74	44.04	400m: 5:32.64	43.81
61.	Jessica Dekkinga	Steenwijk 1934	200600180	<b>5:36.78</b>	+0,73	335		
	100m*							
	50m: 35.85	35.85	150m: 1:58.17	42.23	250m: 3:25.37	43.68	350m: 4:53.71	44.60
	100m: 1:15.94	40.09	200m: 2:41.69	43.52	300m: 4:09.11	43.74	400m: 5:36.78	43.07
DIS	Bridget Vermeer	VZC	200501766					
	AA - Gestart voor het startsignaal (en wel gezwommen).							
DIS	Liana Wetzlaugk	De Dolfijn	200902398					
	AA - Gestart voor het startsignaal (en wel gezwommen).							
DIS	Sofie Kleissen	OZ&PC	200901134					
	AA - Gestart voor het startsignaal (en wel gezwommen).							