

Programmanr. 6
29-10-2022 - 13:58

Dames, 400m wisselslag

Senioren Open
Resultaten

Punten: FINA 2022

rang	naam	vereniging	startnr.	tijd	RT	FINA	IPC	
1.	Marrit Steenberghe <i>Martinez Chocolate Cup Record</i>	PSV	200000086	4:37.18	+0,76	815		
	50m: 28.67 100m: 1:01.93	28.67 33.26	150m: 1:39.23 200m: 2:15.35	37.30 36.12	250m: 2:54.02 300m: 3:33.77	38.67 39.75	350m: 4:06.45 400m: 4:37.18	32.68 30.73
2.	Lotte Hosper	Blue Marlins	200201414	4:38.67	+0,77	802		
	50m: 29.10 100m: 1:02.86	29.10 33.76	150m: 1:37.61 200m: 2:11.17	34.75 33.56	250m: 2:51.76 300m: 3:33.09	40.59 41.33	350m: 4:06.72 400m: 4:38.67	33.63 31.95
3.	Serena Stel	De Dolfijn	199801528	4:47.59	+0,71	729		
	50m: 30.97 100m: 1:07.19	30.97 36.22	150m: 1:44.98 200m: 2:21.80	37.79 36.82	250m: 3:03.24 300m: 3:45.29	41.44 42.05	350m: 4:17.19 400m: 4:47.59	31.90 30.40
4.	Djanilla Brink	De Dolfijn	200600988	4:59.69	+0,78	645		
	50m: 32.27 100m: 1:09.64	32.27 37.37	150m: 1:49.44 200m: 2:28.38	39.80 38.94	250m: 3:09.37 300m: 3:50.94	40.99 41.57	350m: 4:25.82 400m: 4:59.69	34.88 33.87
5.	Evy Rozeboom	DAW	200601338	5:03.33	+0,81	622		
	50m: 31.14 100m: 1:06.74	31.14 35.60	150m: 1:45.79 200m: 2:24.16	39.05 38.37	250m: 3:08.52 300m: 3:52.96	44.36 44.44	350m: 4:28.49 400m: 5:03.33	35.53 34.84
6.	Hedwig Bolt	HZ&PC Heerenveen	200602660	5:04.58	+0,76	614		
	50m: 31.24 100m: 1:08.91	31.24 37.67	150m: 1:48.17 200m: 2:27.29	39.26 39.12	250m: 3:10.26 300m: 3:53.99	42.97 43.73	350m: 4:29.87 400m: 5:04.58	35.88 34.71
7.	Maaikje Issard	DZ&PC	200300022	5:07.50	+0,80	597		
	50m: 32.27 100m: 1:08.66	32.27 36.39	150m: 1:48.39 200m: 2:27.96	39.73 39.57	250m: 3:12.28 300m: 3:56.55	44.32 44.27	350m: 4:32.68 400m: 5:07.50	36.13 34.82
8.	Ismay Lichtendonk	Dedemsvaart-AC	200400622	5:10.62	+0,75	579		
	50m: 33.20 100m: 1:12.02	33.20 38.82	150m: 1:49.66 200m: 2:27.58	37.64 37.92	250m: 3:13.26 300m: 3:59.90	45.68 46.64	350m: 4:35.93 400m: 5:10.62	36.03 34.69
9.	Esmee Mulder	DZ&PC	200800038	5:14.32	+0,73	559		
	50m: 33.07 100m: 1:10.36	33.07 37.29	150m: 1:50.31 200m: 2:31.66	39.95 41.35	250m: 3:14.68 300m: 3:59.43	43.02 44.75	350m: 4:37.73 400m: 5:14.32	38.30 36.59
10.	Fay Boxum	DZ&PC	200900060	5:15.57	+0,75	552		
	50m: 35.36 100m: 1:16.32	35.36 40.96	150m: 1:54.76 200m: 2:32.82	38.44 38.06	250m: 3:18.37 300m: 4:03.13	45.55 44.76	350m: 4:40.03 400m: 5:15.57	36.90 35.54
11.	Emma Hofstee	TriVia	200401282	5:16.72	+0,75	546		
	50m: 31.35 100m: 1:07.49	31.35 36.14	150m: 1:49.29 200m: 2:30.27	41.80 40.98	250m: 3:15.82 300m: 4:02.97	45.55 47.15	350m: 4:40.85 400m: 5:16.72	37.88 35.87
12.	Meike van de Ree	HZPC	200402646	5:21.58	+0,80	522		
	50m: 34.13 100m: 1:15.30	34.13 41.17	150m: 1:54.37 200m: 2:33.69	39.07 39.32	250m: 3:20.27 300m: 4:07.85	46.58 47.58	350m: 4:45.25 400m: 5:21.58	37.40 36.33
13.	Mara Bosman	Blue Marlins	200303048	5:22.95	+0,70	515		
	50m: 34.39 100m: 1:17.67	34.39 43.28	150m: 1:57.14 200m: 2:38.03	39.47 40.89	250m: 3:24.07 300m: 4:10.96	46.04 46.89	350m: 4:47.32 400m: 5:22.95	36.36 35.63
14.	Laura van Etten	HZ&PC Heerenveen	200800264	5:23.09	+0,78	514		
	50m: 34.49 100m: 1:16.64	34.49 42.15	150m: 1:54.90 200m: 2:32.98	38.26 38.08	250m: 3:21.60 300m: 4:10.18	48.62 48.58	350m: 4:46.64 400m: 5:23.09	36.46 36.45
15.	Mijke Ouderkerken	Blue Marlins	200901254	5:25.31	+0,79	504		
	50m: 34.98 100m: 1:14.54	34.98 39.56	150m: 1:57.56 200m: 2:39.60	43.02 42.04	250m: 3:25.56 300m: 4:12.47	45.96 46.91	350m: 4:49.48 400m: 5:25.31	37.01 35.83
16.	Britt Colijn	Zwemvereniging New Wave Almere	200700544	5:27.62	+0,84	493		
	50m: 34.23 100m: 1:13.55	34.23 39.32	150m: 1:55.31 200m: 2:35.61	41.76 40.30	250m: 3:24.91 300m: 4:13.02	49.30 48.11	350m: 4:51.17 400m: 5:27.62	38.15 36.45
17.	Jannoula Jaspers	De Vikings	200800202	5:28.90	+0,73	487		
	50m: 33.32 100m: 1:18.42	33.32 45.10	150m: 2:00.39 200m: 2:40.78	41.97 40.39	250m: 3:25.40 300m: 4:10.62	44.62 45.22	350m: 4:51.26 400m: 5:28.90	40.64 37.64
18.	Amber Kunst	DAW	200900680	5:29.81	+0,67	483		
	50m: 34.95 100m: 1:20.67	34.95 45.72	150m: 2:03.99 200m: 2:45.61	43.32 41.62	250m: 3:30.55 300m: 4:15.79	44.94 45.24	350m: 4:53.66 400m: 5:29.81	37.87 36.15
19.	Benthe Martens	ZPC AMERSFOORT	200700310	5:30.52	+0,78	480		
	50m: 35.81 100m: 1:17.45	35.81 41.64	150m: 2:01.08 200m: 2:44.76	43.63 43.68	250m: 3:31.45 300m: 4:17.13	46.69 45.68	350m: 4:54.98 400m: 5:30.52	37.85 35.54

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20.	Ilana Gentile	Orca			200801558	5:31.89	+0,70	474	
	50m: 35.16	35.16	150m: 1:59.61	43.25	250m: 3:28.49	46.12	350m: 4:55.15	39.33	
	100m: 1:16.36	41.20	200m: 2:42.37	42.76	300m: 4:15.82	47.33	400m: 5:31.89	36.74	
21.	Elin Brinkhof	De Dolfijn			200900078	5:40.13	+0,64	441	
	50m: 33.97	33.97	150m: 1:59.36	42.77	250m: 3:30.77	50.45	350m: 5:02.29	39.97	
	100m: 1:16.59	42.62	200m: 2:40.32	40.96	300m: 4:22.32	51.55	400m: 5:40.13	37.84	
22.	Chantal Beijer	Team Noord-Holland (SG)			199700884	5:46.93	+0,82	415	
	50m: 36.78	36.78	150m: 2:04.53	43.17	250m: 3:34.78	47.97	350m: 5:05.01	40.89	
	100m: 1:21.36	44.58	200m: 2:46.81	42.28	300m: 4:24.12	49.34	400m: 5:46.93	41.92	
23.	Livia Groenewegen	PSV			200700244	5:47.87	+0,88	412	
	50m: 38.31	38.31	150m: 2:08.70	43.27	250m: 3:39.23	49.33	350m: 5:09.17	40.82	
	100m: 1:25.43	47.12	200m: 2:49.90	41.20	300m: 4:28.35	49.12	400m: 5:47.87	38.70	
DIS	Hannah Markovinovic	WS Twente			200803266		SK/SR		

SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.