

Programmanr. 18
29-10-2023 - 12:00

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Valentine Dumont	Belgium	4:04.43	4:06.65	+0,71			
	50m: 28.65	28.65	150m: 1:30.83	31.17	250m: 2:33.26	31.19	350m: 3:36.03	31.22
	100m: 59.66	31.01	200m: 2:02.07	31.24	300m: 3:04.81	31.55	400m: 4:06.65	30.62
2.	Serena Stel	De Dolfijn	4:14.70	4:10.58	+0,68			
	50m: 28.83	28.83	150m: 1:32.00	31.97	250m: 2:35.94	32.10	350m: 3:39.56	31.73
	100m: 1:00.03	31.20	200m: 2:03.84	31.84	300m: 3:07.83	31.89	400m: 4:10.58	31.02
3.	Silke Holkenborg	Hpc - Vzc	4:08.33	4:13.62	+0,69			
	50m: 29.24	29.24	150m: 1:33.13	32.13	250m: 2:37.60	31.99	350m: 3:41.98	32.17
	100m: 1:01.00	31.76	200m: 2:05.61	32.48	300m: 3:09.81	32.21	400m: 4:13.62	31.64
4.	Marte Hieke van der Kamp	HZ&PC Heerenveen	4:18.17	4:21.50	+0,75			
	50m: 29.37	29.37	150m: 1:34.48	32.81	250m: 2:40.73	33.21	350m: 3:48.02	33.76
	100m: 1:01.67	32.30	200m: 2:07.52	33.04	300m: 3:14.26	33.53	400m: 4:21.50	33.48
5.	Jade van der Schrier	AZC	4:30.06	4:25.70	+0,74			
	50m: 30.09	30.09	150m: 1:36.42	33.46	250m: 2:44.60	34.15	350m: 3:53.21	34.25
	100m: 1:02.96	32.87	200m: 2:10.45	34.03	300m: 3:18.96	34.36	400m: 4:25.70	32.49
6.	Hedwig Bolt	HZ&PC Heerenveen	4:21.99	4:25.96	+0,78			
	50m: 29.60	29.60	150m: 1:35.51	33.19	250m: 2:43.44	34.17	350m: 3:52.63	34.80
	100m: 1:02.32	32.72	200m: 2:09.27	33.76	300m: 3:17.83	34.39	400m: 4:25.96	33.33
7.	Tamara Grove	De Dolfijn	4:32.75	4:27.11	+0,71			
	50m: 30.01	30.01	150m: 1:36.92	33.94	250m: 2:45.11	33.99	350m: 3:53.29	34.05
	100m: 1:02.98	32.97	200m: 2:11.12	34.20	300m: 3:19.24	34.13	400m: 4:27.11	33.82
8.	Nynke Boerefijn	ZPC AMERSFOORT	4:23.42	4:33.38	+0,84			
	50m: 30.28	30.28	150m: 1:38.67	34.84	250m: 2:48.64	35.00	350m: 3:58.97	35.19
	100m: 1:03.83	33.55	200m: 2:13.64	34.97	300m: 3:23.78	35.14	400m: 4:33.38	34.41
9.	Eline van Rijn	DAW	4:40.36	4:33.44	+0,69			
	50m: 30.43	30.43	150m: 1:40.20	35.20	250m: 2:50.32	34.87	350m: 3:59.37	34.46
	100m: 1:05.00	34.57	200m: 2:15.45	35.25	300m: 3:24.91	34.59	400m: 4:33.44	34.07
10.	Manon Ritten	PSV	4:24.98	4:34.62	+0,77			
	50m: 31.27	31.27	150m: 1:39.34	34.21	250m: 2:49.48	35.13	350m: 4:00.53	35.30
	100m: 1:05.13	33.86	200m: 2:14.35	35.01	300m: 3:25.23	35.75	400m: 4:34.62	34.09
11.	Esmee Mulder	DZ&PC	4:34.04	4:34.72	+0,69			
	50m: 30.18	30.18	150m: 1:37.74	34.23	250m: 2:47.54	34.97	350m: 3:59.08	36.09
	100m: 1:03.51	33.33	200m: 2:12.57	34.83	300m: 3:22.99	35.45	400m: 4:34.72	35.64
12.	Bregje Dekkers	PSV	4:32.90	4:35.48	+0,74			
	50m: 30.98	30.98	150m: 1:38.53	34.24	250m: 2:48.58	35.14	350m: 4:00.48	36.22
	100m: 1:04.29	33.31	200m: 2:13.44	34.91	300m: 3:24.26	35.68	400m: 4:35.48	35.00
13.	Tess Panjer	VZC	4:27.17	4:36.10	+0,79			
	50m: 30.33	30.33	150m: 1:38.65	34.58	250m: 2:49.18	35.37	350m: 4:01.08	36.03
	100m: 1:04.07	33.74	200m: 2:13.81	35.16	300m: 3:25.05	35.87	400m: 4:36.10	35.02
14.	Veerle Hildebrand	PSV	4:44.37	4:36.48	+0,71			
	50m: 31.31	31.31	150m: 1:40.34	35.03	250m: 2:50.66	35.16	350m: 4:01.65	35.66
	100m: 1:05.31	34.00	200m: 2:15.50	35.16	300m: 3:25.99	35.33	400m: 4:36.48	34.83
15.	Laura van Etten	HZ&PC Heerenveen	4:41.41	4:36.62	+0,82			
	50m: 30.12	30.12	150m: 1:39.82	35.11	250m: 2:50.67	35.31	350m: 4:01.94	35.53
	100m: 1:04.71	34.59	200m: 2:15.36	35.54	300m: 3:26.41	35.74	400m: 4:36.62	34.68
16.	Leyla Oversluisen	Feijenoord Albion	4:44.02	4:38.47	+0,73			
	50m: 30.45	30.45	150m: 1:40.69	35.81	250m: 2:53.15	36.50	350m: 4:05.19	35.54
	100m: 1:04.88	34.43	200m: 2:16.65	35.96	300m: 3:29.65	36.50	400m: 4:38.47	33.28
17.	Vera Wassink	ZPC AMERSFOORT	4:42.43	4:40.91	+0,71			
	50m: 31.90	31.90	150m: 1:41.20	35.28	250m: 2:52.48	35.83	350m: 4:04.96	36.22
	100m: 1:05.92	34.02	200m: 2:16.65	35.45	300m: 3:28.74	36.26	400m: 4:40.91	35.95
18.	Veerle de Ridder	HZ&PC Heerenveen	4:51.65	4:42.19	+0,76			
	50m: 30.25	30.25	150m: 1:40.79	36.27	250m: 2:53.31	36.16	350m: 4:07.27	36.79
	100m: 1:04.52	34.27	200m: 2:17.15	36.36	300m: 3:30.48	37.17	400m: 4:42.19	34.92
19.	Famke Irvine	De Otters Het Gooi	4:50.22	4:42.31	+0,68			
	50m: 31.52	31.52	150m: 1:42.02	35.65	250m: 2:53.68	36.06	350m: 4:07.28	36.40
	100m: 1:06.37	34.85	200m: 2:17.62	35.60	300m: 3:30.88	37.20	400m: 4:42.31	35.03
20.	Madeleine Bertram	De Dolfijn	4:39.88	4:43.96	+0,72			
	50m: 30.15	30.15	150m: 1:40.17	35.99	250m: 2:53.78	37.11	350m: 4:08.56	37.57
	100m: 1:04.18	34.03	200m: 2:16.67	36.50	300m: 3:30.99	37.21	400m: 4:43.96	35.40

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

rang	naam	vereniging	intijd	tijd	RT		
21.	Imre Bouwland	ZPC Hoogeveen	4:39.26	200700388	4:44.88 +0,78		
	50m: 30.83	30.83 150m: 1:40.92	35.81	250m: 2:54.45	37.14	350m: 4:08.80	37.12
	100m: 1:05.11	34.28 200m: 2:17.31	36.39	300m: 3:31.68	37.23	400m: 4:44.88	36.08
22.	Ece Öngören	Blue Marlins 1	4:45.48	200903862	4:46.57 +0,75		
	50m: 32.38	32.38 150m: 1:44.03	35.69	250m: 2:55.98	36.12	350m: 4:09.53	36.96
	100m: 1:08.34	35.96 200m: 2:19.86	35.83	300m: 3:32.57	36.59	400m: 4:46.57	37.04
23.	Inger van Oord	De Dolfijn	4:46.88	200703912	4:46.64 +0,83		
	50m: 32.66	32.66 150m: 1:43.65	35.92	250m: 2:56.51	36.72	350m: 4:09.99	36.86
	100m: 1:07.73	35.07 200m: 2:19.79	36.14	300m: 3:33.13	36.62	400m: 4:46.64	36.65
24.	Flo Streep 200 m*	DAW	4:46.98	200900676	4:48.13 +0,72		
	50m: 31.40	31.40 150m: 1:43.72	36.31	250m: 2:57.30	37.28	350m: 4:12.94	37.94
	100m: 1:07.41	36.01 200m: 2:20.02	36.30	300m: 3:35.00	37.70	400m: 4:48.13	35.19
25.	Maud Dokter	Steenwijk 1934	4:55.71	200601672	4:49.31 +0,71		
	50m: 31.83	31.83 150m: 1:44.06	36.47	250m: 2:59.01	37.57	350m: 4:13.90	37.47
	100m: 1:07.59	35.76 200m: 2:21.44	37.38	300m: 3:36.43	37.42	400m: 4:49.31	35.41
26.	Djelaysa Buunk	Z & PC De Zeeuwse Kust	4:52.56	200900536	4:49.52 +0,86		
	50m: 32.62	32.62 150m: 1:45.02	36.71	250m: 2:59.75	37.47	350m: 4:14.43	36.84
	100m: 1:08.31	35.69 200m: 2:22.28	37.26	300m: 3:37.59	37.84	400m: 4:49.52	35.09
27.	Puck van Wees	De Dolfijn	4:55.66	200901020	4:50.65 +0,82		
	50m: 31.92	31.92 150m: 1:43.94	36.53	250m: 2:58.36	37.09	350m: 4:13.90	36.95
	100m: 1:07.41	35.49 200m: 2:21.27	37.33	300m: 3:36.95	38.59	400m: 4:50.65	36.75
28.	Emma Ketelaars	Hellas-Glana	5:10.33	200800354	4:51.18 +0,71		
	50m: 32.25	32.25 150m: 1:44.30	36.78	250m: 2:59.34	37.86	350m: 4:15.18	37.93
	100m: 1:07.52	35.27 200m: 2:21.48	37.18	300m: 3:37.25	37.91	400m: 4:51.18	36.00
29.	Annedieke Scholte	Blue Marlins 1	4:50.29	200701110	4:51.68 +0,77		
	50m: 32.45	32.45 150m: 1:45.28	37.06	250m: 3:00.54	37.94	350m: 4:15.36	37.15
	100m: 1:08.22	35.77 200m: 2:22.60	37.32	300m: 3:38.21	37.67	400m: 4:51.68	36.32
30.	Nina van der Schrier	AZC	4:52.02	201000444	4:52.38 +0,99		
	50m: 32.39	32.39 150m: 1:45.12	36.92	250m: 3:00.16	37.71	350m: 4:16.15	37.90
	100m: 1:08.20	35.81 200m: 2:22.45	37.33	300m: 3:38.25	38.09	400m: 4:52.38	36.23
31.	Fenne Peters	PSV	4:54.33	200601388	4:52.39 +0,71		
	50m: 31.23	31.23 150m: 1:45.97	38.14	250m: 3:01.80	37.73	350m: 4:17.35	37.23
	100m: 1:07.83	36.60 200m: 2:24.07	38.10	300m: 3:40.12	38.32	400m: 4:52.39	35.04
32.	Anna Strang van Hees	De Duinkickers	4:58.57	200902566	4:52.60 +0,85		
	50m: 32.35	32.35 150m: 1:45.38	36.97	250m: 2:59.77	37.43	350m: 4:15.52	38.00
	100m: 1:08.41	36.06 200m: 2:22.34	36.96	300m: 3:37.52	37.75	400m: 4:52.60	37.08
33.	Bette Peetoom	DAW	4:55.40	200801808	4:52.68 +0,69		
	50m: 31.82	31.82 150m: 1:45.27	37.21	250m: 3:00.12	37.34	350m: 4:16.33	38.24
	100m: 1:08.06	36.24 200m: 2:22.78	37.51	300m: 3:38.09	37.97	400m: 4:52.68	36.35
34.	Dante van Meene	DAW	4:52.03	200900678	4:53.12 +0,82		
	50m: 33.22	33.22 150m: 1:47.14	37.12	250m: 3:01.44	37.55	350m: 4:15.57	36.46
	100m: 1:10.02	36.80 200m: 2:23.89	36.75	300m: 3:39.11	37.67	400m: 4:53.12	37.55
35.	Anna Lepoutre	PSV	5:03.42	201100534	4:57.25 +0,73		
	50m: 32.98	32.98 150m: 1:46.02	37.08	250m: 3:02.29	38.67	350m: 4:18.99	38.06
	100m: 1:08.94	35.96 200m: 2:23.62	37.60	300m: 3:40.93	38.64	400m: 4:57.25	38.26
36.	Rozalia Diederiks	ZVL-1886 Center	5:13.20	201100904	4:57.31 +0,78		
	50m: 34.67	34.67 150m: 1:50.51	38.45	250m: 3:06.47	37.74	350m: 4:21.43	37.53
	100m: 1:12.06	37.39 200m: 2:28.73	38.22	300m: 3:43.90	37.43	400m: 4:57.31	35.88
37.	Cynthia Koolman	Steenwijk 1934	4:47.67	200300232	4:57.42 +0,65		
	50m: 32.48	32.48 150m: 1:45.88	37.48	250m: 3:01.92	38.29	350m: 4:19.33	38.67
	100m: 1:08.40	35.92 200m: 2:23.63	37.75	300m: 3:40.66	38.74	400m: 4:57.42	38.09
38.	Liv Heijdra	WVZ	4:55.10	200800736	4:57.44 +0,66		
	50m: 31.82	31.82 150m: 1:44.62	36.96	250m: 3:00.30	37.64	350m: 4:17.08	38.33
	100m: 1:07.66	35.84 200m: 2:22.66	38.04	300m: 3:38.75	38.45	400m: 4:57.44	40.36
39.	Fenne Metten	ZPC AMERSFOORT	4:54.06	201000102	4:57.61 +0,57		
	50m: 32.29	32.29 150m: 1:47.08	37.82	250m: 3:04.13	38.85	350m: 4:21.68	38.50
	100m: 1:09.26	36.97 200m: 2:25.28	38.20	300m: 3:43.18	39.05	400m: 4:57.61	35.93
40.	Myrthe Vos	PSV	4:51.72	200601684	4:58.01 * +0,82		
	50m: 32.64	32.64 150m: 1:46.47	37.35	250m: 3:02.30	38.20	350m: 4:20.46	39.09
	100m: 1:09.12	36.48 200m: 2:24.10	37.63	300m: 3:41.37	39.07	400m: 4:58.01	37.55

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

rang	naam	vereniging	intijd	tijd	RT		
41.	Annika Hogenhuis	Zwemlust- den Hommel	5:03.60	200701340	4:58.15 +0,84		
	50m: 33.35	33.35 150m: 1:47.84	37.92	250m: 3:04.28	38.06	350m: 4:21.06	38.31
	100m: 1:09.92	36.57 200m: 2:26.22	38.38	300m: 3:42.75	38.47	400m: 4:58.15	37.09
42.	Elin Baars	DWK	5:01.12	201000138	4:59.20 +0,71		
	50m: 33.90	33.90 150m: 1:48.90	37.75	250m: 3:05.54	38.17	350m: 4:21.71	37.93
	100m: 1:11.15	37.25 200m: 2:27.37	38.47	300m: 3:43.78	38.24	400m: 4:59.20	37.49
43.	Senna Boogmans	De Duinkickers	5:01.92	201000640	4:59.31 +0,85		
	50m: 32.82	32.82 150m: 1:47.44	38.11	250m: 3:04.88	38.67	350m: 4:22.18	38.64
	100m: 1:09.33	36.51 200m: 2:26.21	38.77	300m: 3:43.54	38.66	400m: 4:59.31	37.13
44.	Sophie van Leent	Blue Marlins 1	4:53.99	200800522	4:59.54 +0,73		
	50m: 32.89	32.89 150m: 1:48.34	38.23	250m: 3:05.87	38.50	350m: 4:23.05	38.65
	100m: 1:10.11	37.22 200m: 2:27.37	39.03	300m: 3:44.40	38.53	400m: 4:59.54	36.49
45.	Liselotte Schaap	HZ&PC Heerenveen	5:01.20	200603016	4:59.94 +0,61		
	50m: 32.90	32.90 150m: 1:46.96	37.64	250m: 3:03.88	38.73	350m: 4:20.19	37.86
	100m: 1:09.32	36.42 200m: 2:25.15	38.19	300m: 3:42.33	38.45	400m: 4:59.94	39.75
46.	Lola Verheijen	PSV	5:12.48	201100832	4:59.95 +0,74		
	50m: 32.50	32.50 150m: 1:48.27	38.52	250m: 3:04.23	37.77	350m: 4:22.17	39.10
	100m: 1:09.75	37.25 200m: 2:26.46	38.19	300m: 3:43.07	38.84	400m: 4:59.95	37.78
47.	Isis Verhoeff	De Otters Het Gooi	4:56.93	200902962	5:01.48 +0,73		
	50m: 31.84	31.84 150m: 1:46.26	37.89	250m: 3:04.21	39.48	350m: 4:23.22	39.69
	100m: 1:08.37	36.53 200m: 2:24.73	38.47	300m: 3:43.53	39.32	400m: 5:01.48	38.26
48.	Freeke Super	PSV	5:08.03	201003638	5:02.06 +0,57		
	50m: 32.47	32.47 150m: 1:46.28	37.67	250m: 3:04.29	38.88	350m: 4:23.62	39.64
	100m: 1:08.61	36.14 200m: 2:25.41	39.13	300m: 3:43.98	39.69	400m: 5:02.06	38.44
49.	Mirre van Wijngaarden	De Dolfijn	5:04.29	200800262	5:03.20 +0,70		
	50m: 32.74	32.74 150m: 1:47.15	37.90	250m: 3:05.58	39.54	350m: 4:24.96	39.55
	100m: 1:09.25	36.51 200m: 2:26.04	38.89	300m: 3:45.41	39.83	400m: 5:03.20	38.24
50.	Tara de Jong	DAW	5:00.91	200701574	5:03.97 +0,65		
	50m: 33.76	33.76 150m: 1:49.56	37.86	250m: 3:07.67	39.45	350m: 4:26.44	39.91
	100m: 1:11.70	37.94 200m: 2:28.22	38.66	300m: 3:46.53	38.86	400m: 5:03.97	37.53
51.	Carla Moreno Palacios	De Dolfijn	4:56.51	201002302	5:04.09 +0,69		
	50m: 32.19	32.19 150m: 1:47.58	38.65	250m: 3:06.79	39.44	350m: 4:26.05	39.33
	100m: 1:08.93	36.74 200m: 2:27.35	39.77	300m: 3:46.72	39.93	400m: 5:04.09	38.04
52.	Mariia Kostina	Blue Marlins 1	4:57.01	201002042	5:05.54 +0,85		
	50m: 32.30	32.30 150m: 1:47.53	38.73	250m: 3:06.86	39.82	350m: 4:27.19	40.35
	100m: 1:08.80	36.50 200m: 2:27.04	39.51	300m: 3:46.84	39.98	400m: 5:05.54	38.35
53.	Esmee van der Tuuk	ZPC Hoozeveen	4:54.03	200800682	5:05.55 +0,80		
	50m: 33.67	33.67 150m: 1:49.48	38.28	250m: 3:07.95	39.25	350m: 4:27.21	39.75
	100m: 1:11.20	37.53 200m: 2:28.70	39.22	300m: 3:47.46	39.51	400m: 5:05.55	38.34
54.	Hannelore Buze	HZ&PC Heerenveen	5:12.90	200801226	5:08.92 +0,70		
	50m: 35.53	35.53 150m: 1:53.53	39.06	250m: 3:12.05	38.97	350m: 4:31.09	39.40
	100m: 1:14.47	38.94 200m: 2:33.08	39.55	300m: 3:51.69	39.64	400m: 5:08.92	37.83
55.	Esmée Ykema	HZ&PC Heerenveen	5:22.22	200801710	5:10.38 +0,74		
	50m: 34.18	34.18 150m: 1:51.77	39.32	250m: 3:11.37	40.12	350m: 4:31.58	39.61
	100m: 1:12.45	38.27 200m: 2:31.25	39.48	300m: 3:51.97	40.60	400m: 5:10.38	38.80
56.	Sarah Akil 100m *	Het Y	5:05.33	200900984	5:10.59 +0,78		
	50m: 33.61	33.61 150m: 1:52.29	40.22	250m: 3:12.38	40.25	350m: 4:31.87	39.78
	100m: 1:12.07	38.46 200m: 2:32.13	39.84	300m: 3:52.09	39.71	400m: 5:10.59	38.72
57.	Sofie Kleissen	O Z & P C	5:20.61	200901134	5:14.65 +0,84		
	50m: 35.57	35.57 150m: 1:53.92	40.59	250m: 3:14.43	39.54	350m: 4:35.20	40.37
	100m: 1:13.33	37.76 200m: 2:34.89	40.97	300m: 3:54.83	40.40	400m: 5:14.65	39.45
58.	Jade van Berlo	Zwemclub Zeist	5:21.92	200803934	5:16.40 +0,73		
	50m: 36.57	36.57 150m: 1:56.27	39.86	250m: 3:17.25	40.64	350m: 4:37.81	40.40
	100m: 1:16.41	39.84 200m: 2:36.61	40.34	300m: 3:57.41	40.16	400m: 5:16.40	38.59
59.	Dewi Meijer	De Dolfijn	5:14.85	201000302	5:16.53 +0,87		
	50m: 35.90	35.90 150m: 1:56.16	40.22	250m: 3:17.05	40.43	350m: 4:38.32	40.57
	100m: 1:15.94	40.04 200m: 2:36.62	40.46	300m: 3:57.75	40.70	400m: 5:16.53	38.21
60.	Cerisa van Kesteren	A.S.Z.V. Spons	5:12.95	200105934	5:17.33 +0,79		
	50m: 35.34	35.34 150m: 1:55.24	39.96	250m: 3:15.74	40.43	350m: 4:36.57	41.16
	100m: 1:15.28	39.94 200m: 2:35.31	40.07	300m: 3:55.41	39.67	400m: 5:17.33	40.76

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

rang	naam	vereniging	intijd	tijd	RT			
61.	Fien de Zeeuw	O Z & P C	5:11.02	200600130	5:20.62 +0,82			
	50m: 34.29	34.29	150m: 1:54.64	40.70	250m: 3:16.90	41.15	350m: 4:39.79	41.52
	100m: 1:13.94	39.65	200m: 2:35.75	41.11	300m: 3:58.27	41.37	400m: 5:20.62	40.83
62.	Noa Spaans	De Dolfijn	5:22.90	201100222	5:27.59 +0,74			
	50m: 36.52	36.52	150m: 1:56.60	39.84	250m: 3:20.72	42.39	350m: 4:45.86	42.32
	100m: 1:16.76	40.24	200m: 2:38.33	41.73	300m: 4:03.54	42.82	400m: 5:27.59	41.73
AFGEM	Angelina Rolman	HPC - De Dolfijn	4:20.46	200701972				
AFGEM	Yara van Kalmthout	Hpc - Psv	4:14.50	200200984				