

Speedo Fast Water Meet 2021 Amsterdam, 4-7-2021

DE DOLFIJN - AMSTERDAM

Programmanr. 13
04-07-2021 - 10:16

Dames, 400m vrije slag

Senioren Open
Resultaten

Wereld Record	3:53.92	Ariarne Titmus	Hangzhou (CHN)	14-12-2018
Europees Record	3:54.52	Mireia Belmonte Garcia	Berlijn (GER)	11-08-2013
Nederlands Record Senioren	3:57.76	Sharon van Rouwendaal	Doha (QAT)	05-12-2014
Nederlands Record Jeugd	4:08.29	Sharon van Rouwendaal	Angers (FRA)	07-12-2008
Nederlands Record Junioren	4:19.97	Esmee Vermeulen	Amsterdam	20-12-2009

Punten: FINA 2020

rang	naam	vereniging	startnr.	tijd	RT	FINA PARA
1.	Imani de Jong	HPC - ZPCH	200200464	4:10.96	+0,69	809
	50m: 28.38	28.38 150m: 1:30.79	31.26 250m: 2:34.73	32.13 350m: 3:39.55		32.46
	100m: 59.53	31.15 200m: 2:02.60	31.81 300m: 3:07.09	32.36 400m: 4:10.96		31.41
2.	Loulou Vos	PSV	199906128	4:20.83	+0,77	721
	50m: 29.75	29.75 150m: 1:34.91	32.79 250m: 2:41.52	33.37 350m: 3:48.12		33.32
	100m: 1:02.12	32.37 200m: 2:08.15	33.24 300m: 3:14.80	33.28 400m: 4:20.83		32.71
3.	Manon Ritten	PSV	200002440	4:28.82	+0,79	658
	50m: 30.24	30.24 150m: 1:37.47	34.18 250m: 2:46.02	34.29 350m: 3:55.08		34.42
	100m: 1:03.29	33.05 200m: 2:11.73	34.26 300m: 3:20.66	34.64 400m: 4:28.82		33.74
4.	Femke Doorenbos *100m	Blue Marlins (SG)	200404214	4:31.65	+0,80	638
	50m: 30.34	30.34 150m: 1:38.41	34.52 250m: 2:48.07	34.93 350m: 3:57.59		34.63
	100m: 1:03.89	33.55 200m: 2:13.14	34.73 300m: 3:22.96	34.89 400m: 4:31.65		34.06
5.	Nynke Boerefijn	ZPC AMERSFOORT	200700114	4:32.80	+0,84	630
	50m: 31.44	31.44 150m: 1:39.90	34.78 250m: 2:48.91	34.35 350m: 3:58.63		34.77
	100m: 1:05.12	33.68 200m: 2:14.56	34.66 300m: 3:23.86	34.95 400m: 4:32.80		34.17
6.	Imke Beekman	Hellas-Glana	200301950	4:37.91	+0,78	596
	50m: 30.85	30.85 150m: 1:40.17	35.26 250m: 2:51.44	35.46 350m: 4:02.98		35.82
	100m: 1:04.91	34.06 200m: 2:15.98	35.81 300m: 3:27.16	35.72 400m: 4:37.91		34.93
7.	Isa Maes	Feijenoord Albion	200500110	4:44.48	+0,69	555
	50m: 31.25	31.25 150m: 1:43.08	36.42 250m: 2:56.38	36.65 350m: 4:09.59		36.52
	100m: 1:06.66	35.41 200m: 2:19.73	36.65 300m: 3:33.07	36.69 400m: 4:44.48		34.89
8.	Frouke Ludwig	DZ&PC	200800112	4:44.65	+0,77	554
	50m: 31.71	31.71 150m: 1:43.68	36.45 250m: 2:56.34	36.28 350m: 4:09.24		36.70
	100m: 1:07.23	35.52 200m: 2:20.06	36.38 300m: 3:32.54	36.20 400m: 4:44.65		35.41
9.	Julia Agricola	DZ&PC	200800266	4:45.73	+0,72	548
	50m: 32.29	32.29 150m: 1:43.69	35.86 250m: 2:57.08	36.81 350m: 4:10.11		36.78
	100m: 1:07.83	35.54 200m: 2:20.27	36.58 300m: 3:33.33	36.25 400m: 4:45.73		35.62
10.	Leyla Oversluizen	Feijenoord Albion	200602730	4:46.60	+0,76	543
	50m: 31.25	31.25 150m: 1:42.52	36.37 250m: 2:56.39	36.97 350m: 4:09.76		37.09
	100m: 1:06.15	34.90 200m: 2:19.42	36.90 300m: 3:32.67	36.28 400m: 4:46.60		36.84
11.	Maaïke Ooms	ZPC AMERSFOORT	200801580	4:55.98	+0,76	493
	50m: 32.72	32.72 150m: 1:45.76	37.23 250m: 3:02.61	38.40 350m: 4:19.46		38.31
	100m: 1:08.53	35.81 200m: 2:24.21	38.45 300m: 3:41.15	38.54 400m: 4:55.98		36.52
12.	Emma Schell	De Dolfijn	199906574	5:06.67	+0,72	443
	50m: 32.82	32.82 150m: 1:47.44	38.24 250m: 3:07.16	40.12 350m: 4:27.97		40.18
	100m: 1:09.20	36.38 200m: 2:27.04	39.60 300m: 3:47.79	40.63 400m: 5:06.67		38.70
NG.ZA	Lotte Goris	Vlaanderen	BRABO/20896/00			