

Programmanr. 14
9-6-2023 - 9:44

Dames, 400m wisselslag

Senioren Open
Resultaten Voorronde

Punten: FINA 2023

rang	naam	vereniging	tijd	RT	FINA	para
Jeugd 1 en 2						
1.	Djanilla Brink	De Dolfijn	200600988	5:04.83	+0,79	A 667
	50m: 32.62	32.62 150m: 1:52.98	41.06 250m: 3:14.50	40.86 350m: 4:31.02	35.09	
	100m: 1:11.92	39.30 200m: 2:33.64	40.66 300m: 3:55.93	41.43 400m: 5:04.83	33.81	
2.	Megan Jonkman	Blue Marlins	200600508	5:06.24	+0,80	A 657
	50m: 30.91	30.91 150m: 1:46.84	40.72 250m: 3:10.62	43.86 350m: 4:31.25	35.24	
	100m: 1:06.12	35.21 200m: 2:26.76	39.92 300m: 3:56.01	45.39 400m: 5:06.24	34.99	
3.	Hedwig Bolt	HZ&PC Heerenveen	200602660	5:09.41	+0,67	A 637
	50m: 32.45	32.45 150m: 1:52.79	41.73 250m: 3:16.75	43.20 350m: 4:35.63	34.62	
	100m: 1:11.06	38.61 200m: 2:33.55	40.76 300m: 4:01.01	44.26 400m: 5:09.41	33.78	
4.	Rhodee van den Ham	De Duinkickers	200700090	5:13.34	+0,74	B 614
	50m: 32.17	32.17 150m: 1:50.65	41.69 250m: 3:15.87	44.47 350m: 4:38.06	37.00	
	100m: 1:08.96	36.79 200m: 2:31.40	40.75 300m: 4:01.06	45.19 400m: 5:13.34	35.28	
5.	Devon Silberman	Irvine Novaquatics		5:15.96	+0,65	B 599
	50m: 32.26	32.26 150m: 1:53.81	44.05 250m: 3:21.42	43.01 350m: 4:41.91	35.76	
	100m: 1:09.76	37.50 200m: 2:38.41	44.60 300m: 4:06.15	44.73 400m: 5:15.96	34.05	
6.	Ylva Konings	PSV	200700148	5:18.69	+0,79	B 583
	50m: 32.65	32.65 150m: 1:50.66	40.39 250m: 3:17.65	47.50 350m: 4:42.72	36.76	
	100m: 1:10.27	37.62 200m: 2:30.15	39.49 300m: 4:05.96	48.31 400m: 5:18.69	35.97	
7.	Floor Hogervorst	Noordwijkerhout	200701400	5:31.30	+0,75	519
	50m: 33.14	33.14 150m: 1:55.53	41.64 250m: 3:25.12	48.20 350m: 4:53.54	39.98	
	100m: 1:13.89	40.75 200m: 2:36.92	41.39 300m: 4:13.56	48.44 400m: 5:31.30	37.76	
8.	Anna Beck	Blue Marlins	200605282	5:31.50	+0,76	518
	50m: 33.82	33.82 150m: 1:56.63	41.97 250m: 3:27.96	48.75 350m: 4:55.42	38.51	
	100m: 1:14.66	40.84 200m: 2:39.21	42.58 300m: 4:16.91	48.95 400m: 5:31.50	36.08	
9.	Lyke Bellert	Octopus-ZVV (SG)	200701424	5:32.83	+0,71	512
	50m: 32.29	32.29 150m: 1:55.72	42.64 250m: 3:25.50	48.77 350m: 4:55.48	40.76	
	100m: 1:13.08	40.79 200m: 2:36.73	41.01 300m: 4:14.72	49.22 400m: 5:32.83	37.35	
10.	Isa Jansen	SBC2000	200701176	5:33.18	+0,74	510
	50m: 35.22	35.22 150m: 2:00.40	41.87 250m: 3:28.29	46.70 350m: 4:55.36	40.04	
	100m: 1:18.53	43.31 200m: 2:41.59	41.19 300m: 4:15.32	47.03 400m: 5:33.18	37.82	
11.	Vera van der Meer	VZC	200701508	5:33.83	+0,81	507
	50m: 33.61	33.61 150m: 1:56.20	42.64 250m: 3:28.20	51.14 350m: 4:56.33	39.17	
	100m: 1:13.56	39.95 200m: 2:37.06	40.86 300m: 4:17.16	48.96 400m: 5:33.83	37.50	
12.	Féline Sam	ZV 44	200700018	5:35.55	+0,71	500
	50m: 33.51	33.51 150m: 1:59.38	44.27 250m: 3:32.43	50.41 350m: 5:00.29	37.14	
	100m: 1:15.11	41.60 200m: 2:42.02	42.64 300m: 4:23.15	50.72 400m: 5:35.55	35.26	
NG	Mila Oomens	NieMo Barracuda	200700016			

Senioren 1 en 2

1.	Marte Hieke van der Kamp	HZ&PC Heerenveen	200500218	5:08.83	+0,81	A 641
	50m: 31.26	31.26 150m: 1:50.20	40.52 250m: 3:14.87	45.57 350m: 4:36.88	34.63	
	100m: 1:09.68	38.42 200m: 2:29.30	39.10 300m: 4:02.25	47.38 400m: 5:08.83	31.95	
2.	Ismay Lichtendonk	Dedemsvaart-AC	200400622	5:14.75	+0,70	B 606
	50m: 30.63	30.63 150m: 1:47.52	40.22 250m: 3:14.45	47.30 350m: 4:39.61	36.50	
	100m: 1:07.30	36.67 200m: 2:27.15	39.63 300m: 4:03.11	48.66 400m: 5:14.75	35.14	
3.	Tess Panjer	VZC	200403060	5:18.04	+0,78	B 587
	50m: 32.07	32.07 150m: 1:53.52	41.80 250m: 3:19.98	44.94 350m: 4:42.35	36.22	
	100m: 1:11.72	39.65 200m: 2:35.04	41.52 300m: 4:06.13	46.15 400m: 5:18.04	35.69	
4.	Jessie Bodden	Hellas-Glana	200401650	5:20.20	+0,81	B 575
	50m: 34.15	34.15 150m: 1:55.00	41.23 250m: 3:20.32	45.30 350m: 4:44.47	37.55	
	100m: 1:13.77	39.62 200m: 2:35.02	40.02 300m: 4:06.92	46.60 400m: 5:20.20	35.73	
5.	Alysha de Jong	ZPCH	200400086	5:20.32	+0,82	R 574
	50m: 31.87	31.87 150m: 1:54.47	43.96 250m: 3:22.65	45.58 350m: 4:45.45	36.10	
	100m: 1:10.51	38.64 200m: 2:37.07	42.60 300m: 4:09.35	46.70 400m: 5:20.32	34.87	
6.	Meike van de Ree	HZPC	200402646	5:29.17	+0,79	529
	50m: 34.49	34.49 150m: 1:57.10	40.95 250m: 3:24.64	47.49 350m: 4:51.25	38.71	
	100m: 1:16.15	41.66 200m: 2:37.15	40.05 300m: 4:12.54	47.90 400m: 5:29.17	37.92	
7.	Rinske Bouman	Blue Marlins	200400578	5:37.38		492
	50m: 32.98	32.98 150m: 1:58.37	45.33 250m: 3:28.71	44.67 350m: 4:56.56	41.35	
	100m: 1:13.04	40.06 200m: 2:44.04	45.67 300m: 4:15.21	46.50 400m: 5:37.38	40.82	

Programmanr. 14, Dames, 400m wisselslag, Voorronde, Senioren 1 en 2

rang	naam	vereniging	tijd	RT	FINA	para
8.	Emma Verkuyll	WVZ	200500826	5:43.25	+0,77	467
	50m: 33.06	33.06 150m: 1:59.35	45.94 250m: 3:32.89	48.41 350m: 5:03.39	40.78	
	100m: 1:13.41	40.35 200m: 2:44.48	45.13 300m: 4:22.61	48.72 400m: 5:43.25	39.86	
DIS	Merel Schravendijk	HPC - Blue Marlins	200503382	VH		
	<i>VH - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i>					

Senioren Open

1.	Djanilla Brink	De Dolfijn	200600988	5:04.83	+0,79	A	667
	50m: 32.62	32.62 150m: 1:52.98	41.06 250m: 3:14.50	40.86 350m: 4:31.02	35.09		
	100m: 1:11.92	39.30 200m: 2:33.64	40.66 300m: 3:55.93	41.43 400m: 5:04.83	33.81		
2.	Megan Jonkman	Blue Marlins	200600508	5:06.24	+0,80	A	657
	50m: 30.91	30.91 150m: 1:46.84	40.72 250m: 3:10.62	43.86 350m: 4:31.25	35.24		
	100m: 1:06.12	35.21 200m: 2:26.76	39.92 300m: 3:56.01	45.39 400m: 5:06.24	34.99		
3.	Femke Spiering	ZPC AMERSFOORT	200204514	5:07.71	+0,80	A	648
	50m: 30.49	30.49 150m: 1:45.90	40.13 250m: 3:10.76	45.72 350m: 4:32.58	35.40		
	100m: 1:05.77	35.28 200m: 2:25.04	39.14 300m: 3:57.18	46.42 400m: 5:07.71	35.13		
4.	Marte Hieke van der Kamp	HZ&PC Heerenveen	200500218	5:08.83	+0,81	A	641
	50m: 31.26	31.26 150m: 1:50.20	40.52 250m: 3:14.87	45.57 350m: 4:36.88	34.63		
	100m: 1:09.68	38.42 200m: 2:29.30	39.10 300m: 4:02.25	47.38 400m: 5:08.83	31.95		
5.	Hedwig Bolt	HZ&PC Heerenveen	200602660	5:09.41	+0,67	A	637
	50m: 32.45	32.45 150m: 1:52.79	41.73 250m: 3:16.75	43.20 350m: 4:35.63	34.62		
	100m: 1:11.06	38.61 200m: 2:33.55	40.76 300m: 4:01.01	44.26 400m: 5:09.41	33.78		
6.	Alinda Dingshoff	De Dolfijn	200000928	5:11.61	+0,78	A	624
	50m: 31.55	31.55 150m: 1:47.96	39.25 250m: 3:11.84	45.30 350m: 4:37.07	38.03		
	100m: 1:08.71	37.16 200m: 2:26.54	38.58 300m: 3:59.04	47.20 400m: 5:11.61	34.54		
7.	Angelique van Vark	GZC DONK	199701478	5:11.75	+0,69	A	623
	50m: 32.43	32.43 150m: 1:53.30	41.56 250m: 3:18.44	45.42 350m: 4:38.67	35.24		
	100m: 1:11.74	39.31 200m: 2:33.02	39.72 300m: 4:03.43	44.99 400m: 5:11.75	33.08		
8.	Nikita van den Ouden	Nuenen	199900622	5:12.17	+0,58	A	621
	50m: 31.71	31.71 150m: 1:50.93	41.59 250m: 3:15.74	44.72 350m: 4:37.35	36.27		
	100m: 1:09.34	37.63 200m: 2:31.02	40.09 300m: 4:01.08	45.34 400m: 5:12.17	34.82		
9.	Maaïke Issard	DZ&PC	200300022	5:12.25	+0,79	B	620
	50m: 31.95	31.95 150m: 1:48.08	39.97 250m: 3:12.52	44.54 350m: 4:36.18	37.97		
	100m: 1:08.11	36.16 200m: 2:27.98	39.90 300m: 3:58.21	45.69 400m: 5:12.25	36.07		
10.	Rhodee van den Ham	De Duinkickers	200700090	5:13.34	+0,74	B	614
	50m: 32.17	32.17 150m: 1:50.65	41.69 250m: 3:15.87	44.47 350m: 4:38.06	37.00		
	100m: 1:08.96	36.79 200m: 2:31.40	40.75 300m: 4:01.06	45.19 400m: 5:13.34	35.28		
11.	Ismay Lichtendonk	Dedemsvaart-AC	200400622	5:14.75	+0,70	B	606
	50m: 30.63	30.63 150m: 1:47.52	40.22 250m: 3:14.45	47.30 350m: 4:39.61	36.50		
	100m: 1:07.30	36.67 200m: 2:27.15	39.63 300m: 4:03.11	48.66 400m: 5:14.75	35.14		
12.	Devon Silberman	Irvine Novaquatics		5:15.96	+0,65	B	599
	50m: 32.26	32.26 150m: 1:53.81	44.05 250m: 3:21.42	43.01 350m: 4:41.91	35.76		
	100m: 1:09.76	37.50 200m: 2:38.41	44.60 300m: 4:06.15	44.73 400m: 5:15.96	34.05		
13.	Tess Panjer	VZC	200403060	5:18.04	+0,78	B	587
	50m: 32.07	32.07 150m: 1:53.52	41.80 250m: 3:19.98	44.94 350m: 4:42.35	36.22		
	100m: 1:11.72	39.65 200m: 2:35.04	41.52 300m: 4:06.13	46.15 400m: 5:18.04	35.69		
14.	Kim Zwinkels	ZPCH	200300422	5:18.63	+0,61	B	584
	50m: 31.99	31.99 150m: 1:50.24	41.47 250m: 3:18.54	47.45 350m: 4:43.77	37.79		
	100m: 1:08.77	36.78 200m: 2:31.09	40.85 300m: 4:05.98	47.44 400m: 5:18.63	34.86		
15.	Ylva Konings	PSV	200700148	5:18.69	+0,79	B	583
	50m: 32.65	32.65 150m: 1:50.66	40.39 250m: 3:17.65	47.50 350m: 4:42.72	36.76		
	100m: 1:10.27	37.62 200m: 2:30.15	39.49 300m: 4:05.96	48.31 400m: 5:18.69	35.97		
16.	Jessie Bodden	Hellas-Glana	200401650	5:20.20	+0,81	B	575
	50m: 34.15	34.15 150m: 1:55.00	41.23 250m: 3:20.32	45.30 350m: 4:44.47	37.55		
	100m: 1:13.77	39.62 200m: 2:35.02	40.02 300m: 4:06.92	46.60 400m: 5:20.20	35.73		
17.	Alysha de Jong	ZPCH	200400086	5:20.32	+0,82	R	574
	50m: 31.87	31.87 150m: 1:54.47	43.96 250m: 3:22.65	45.58 350m: 4:45.45	36.10		
	100m: 1:10.51	38.64 200m: 2:37.07	42.60 300m: 4:09.35	46.70 400m: 5:20.32	34.87		
18.	Mara Bosman	Blue Marlins	200303048	5:22.51	+0,57	R	563
	50m: 35.75	35.75 150m: 1:58.57	40.70 250m: 3:25.26	46.05 350m: 4:47.17	35.99		
	100m: 1:17.87	42.12 200m: 2:39.21	40.64 300m: 4:11.18	45.92 400m: 5:22.51	35.34		
19.	Valesca van den Bogert	Hieronymus	200102138	5:24.37	+0,75		553
	50m: 33.80	33.80 150m: 1:58.73	45.28 250m: 3:25.67	44.48 350m: 4:47.93	38.07		
	100m: 1:13.45	39.65 200m: 2:41.19	42.46 300m: 4:09.86	44.19 400m: 5:24.37	36.44		

Programmanr. 14, Dames, 400m wisselslag, Voorronde, Senioren Open

rang	naam	vereniging	tijd	RT	FINA	para
20.	Michelle Zomerdijk	Dedemvaart-AC	200003196	5:27.21	+0,66	539
	50m: 32.18	32.18 150m: 1:54.66	44.04 250m: 3:23.05	45.46 350m: 4:49.49		38.45
	100m: 1:10.62	38.44 200m: 2:37.59	42.93 300m: 4:11.04	47.99 400m: 5:27.21		37.72
21.	Meike van de Ree	HZPC	200402646	5:29.17	+0,79	529
	50m: 34.49	34.49 150m: 1:57.10	40.95 250m: 3:24.64	47.49 350m: 4:51.25		38.71
	100m: 1:16.15	41.66 200m: 2:37.15	40.05 300m: 4:12.54	47.90 400m: 5:29.17		37.92
22.	Floor Hogervorst	Noordwijkerhout	200701400	5:31.30	+0,75	519
	50m: 33.14	33.14 150m: 1:55.53	41.64 250m: 3:25.12	48.20 350m: 4:53.54		39.98
	100m: 1:13.89	40.75 200m: 2:36.92	41.39 300m: 4:13.56	48.44 400m: 5:31.30		37.76
23.	Anna Beck	Blue Marlins	200605282	5:31.50	+0,76	518
	50m: 33.82	33.82 150m: 1:56.63	41.97 250m: 3:27.96	48.75 350m: 4:55.42		38.51
	100m: 1:14.66	40.84 200m: 2:39.21	42.58 300m: 4:16.91	48.95 400m: 5:31.50		36.08
24.	Samantha van Vuure	De Dolfijn	200200230	5:32.02	+0,70	516
	50m: 33.18	33.18 150m: 1:54.11	40.30 250m: 3:24.26	49.53 350m: 4:54.73		39.25
	100m: 1:13.81	40.63 200m: 2:34.73	40.62 300m: 4:15.48	51.22 400m: 5:32.02		37.29
25.	Ilona Venema	ZPC AMERSFOORT	200200050	5:32.04	+0,82	516
	50m: 33.79	33.79 150m: 1:54.49	41.55 250m: 3:26.18	50.21 350m: 4:54.11		39.22
	100m: 1:12.94	39.15 200m: 2:35.97	41.48 300m: 4:14.89	48.71 400m: 5:32.04		37.93
26.	Lyke Bellert	Octopus-ZVV (SG)	200701424	5:32.83	+0,71	512
	50m: 32.29	32.29 150m: 1:55.72	42.64 250m: 3:25.50	48.77 350m: 4:55.48		40.76
	100m: 1:13.08	40.79 200m: 2:36.73	41.01 300m: 4:14.72	49.22 400m: 5:32.83		37.35
27.	Isa Jansen	SBC2000	200701176	5:33.18	+0,74	510
	50m: 35.22	35.22 150m: 2:00.40	41.87 250m: 3:28.29	46.70 350m: 4:55.36		40.04
	100m: 1:18.53	43.31 200m: 2:41.59	41.19 300m: 4:15.32	47.03 400m: 5:33.18		37.82
28.	Vera van der Meer	VZC	200701508	5:33.83	+0,81	507
	50m: 33.61	33.61 150m: 1:56.20	42.64 250m: 3:28.20	51.14 350m: 4:56.33		39.17
	100m: 1:13.56	39.95 200m: 2:37.06	40.86 300m: 4:17.16	48.96 400m: 5:33.83		37.50
29.	Féline Sam	ZV 44	200700018	5:35.55	+0,71	500
	50m: 33.51	33.51 150m: 1:59.38	44.27 250m: 3:32.43	50.41 350m: 5:00.29		37.14
	100m: 1:15.11	41.60 200m: 2:42.02	42.64 300m: 4:23.15	50.72 400m: 5:35.55		35.26
30.	Rinske Bouman	Blue Marlins	200400578	5:37.38		492
	50m: 32.98	32.98 150m: 1:58.37	45.33 250m: 3:28.71	44.67 350m: 4:56.56		41.35
	100m: 1:13.04	40.06 200m: 2:44.04	45.67 300m: 4:15.21	46.50 400m: 5:37.38		40.82
31.	Selene Wortel	Hieronymus	199700654	5:42.09	+0,71	472
	50m: 35.18	35.18 150m: 2:02.38	45.66 250m: 3:34.82	47.15 350m: 5:04.32		40.13
	100m: 1:16.72	41.54 200m: 2:47.67	45.29 300m: 4:24.19	49.37 400m: 5:42.09		37.77
32.	Emma Verkuyl	WVZ	200500826	5:43.25	+0,77	467
	50m: 33.06	33.06 150m: 1:59.35	45.94 250m: 3:32.89	48.41 350m: 5:03.39		40.78
	100m: 1:13.41	40.35 200m: 2:44.48	45.13 300m: 4:22.61	49.72 400m: 5:43.25		39.86
DIS	Merel Schravendijk	HPC - Blue Marlins	200503382		VH	
	<i>VH - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i>					
NG	Mila Oomens	NieMo Barracuda	200700016			