

Programmanr. 32
20-10-2024 - 18:15

Dames, 400m vrije slag

Senioren
Resultaten Finale

Punten: FINA 2023

rang	naam		vereniging		tijd	RT	FINA
Senioren							
1.	Imani de Jong		Team NL - PSV	200200464	4:11.58		777
	50m:	28.37	150m:	1:30.88	31.56	250m:	2:35.30
	100m:	59.32	200m:	2:02.96	32.08	300m:	3:08.00
		28.37		350m:	3:40.07	32.07	
		30.95		400m:	4:11.58	31.51	
2.	Sara Korthuis		DZ&PC	200600494	4:17.46		725
	50m:	28.65	150m:	1:32.61	32.40	250m:	2:38.91
	100m:	1:00.21	200m:	2:05.58	32.97	300m:	3:12.27
		28.65		350m:	3:45.39	33.12	
		31.56		400m:	4:17.46	32.07	
3.	Vera Wassink		DZ&PC	200604976	4:37.66		578
	50m:	30.99	150m:	1:40.12	34.84	250m:	2:50.72
	100m:	1:05.28	200m:	2:15.36	35.24	300m:	3:26.46
		30.99		350m:	4:02.50	36.04	
		34.29		400m:	4:37.66	35.16	
4.	Myrthe Natzijl		DZ&PC	200400076	4:40.34		561
	50m:	31.51	150m:	1:40.69	35.10	250m:	2:52.42
	100m:	1:05.59	200m:	2:16.25	35.56	300m:	3:28.68
		31.51		350m:	4:04.97	36.29	
		34.08		400m:	4:40.34	35.37	
5.	Ilse Jongepier		TriVia	201000006	4:48.88		513
	50m:	31.92	150m:	1:44.36	36.78	250m:	2:59.26
	100m:	1:07.58	200m:	2:21.96	37.60	300m:	3:36.82
		31.92		350m:	4:13.97	37.15	
		35.66		400m:	4:48.88	34.91	
6.	Mare Offringa		Bolsward-Workum (SG)	201001110	5:00.03		458
	50m:	32.57	150m:	1:48.86	38.49	250m:	3:06.42
	100m:	1:10.37	200m:	2:27.80	38.94	300m:	3:45.15
		32.57		350m:	4:24.16	39.01	
		37.80		400m:	5:00.03	35.87	
7.	Isa Segenhout		Orca	201000128	5:12.80		404
	50m:	33.93	150m:	1:52.82	39.95	250m:	3:14.55
	100m:	1:12.87	200m:	2:33.39	40.57	300m:	3:55.13
		33.93		350m:	4:34.62	39.49	
		38.94		400m:	5:12.80	38.18	