

Programmanr. 14  
1-3-2020 - 11:55

Dames, 400m vrije slag  
Winnares 2019: Laura Setz 4:22.50

11 jaar en ouder  
Resultaten

Punten: FINA 2020

Rang					In.tijd	Tijd	Fina	RT	Finale
1.	Laura Setz	ZPC Nova	200000130	4:19.03	<b>4:21.06</b>	743	+0,94		
	50m: 29.68	29.68	150m: 1:35.66	33.30	250m: 2:42.29	32.86	350m: 3:48.38	32.75	
	100m: 1:02.36	32.68	200m: 2:09.43	33.77	300m: 3:15.63	33.34	400m: 4:21.06	32.68	
2.	Silke Holkenborg	Vzc	200100292	4:12.80	<b>4:22.22</b>	733	+0,74		
	50m: 30.05	30.05	150m: 1:35.91	33.34	250m: 2:43.13	33.08	350m: 3:49.81	33.15	
	100m: 1:02.57	32.52	200m: 2:10.05	34.14	300m: 3:16.66	33.53	400m: 4:22.22	32.41	
3.	Janna van Kooten	TriVia	200404584	4:20.00	<b>4:23.77</b>	720			
	50m: 30.06	30.06	150m: 1:37.26	33.70	250m: 2:44.20	33.14	350m: 3:51.17	33.22	
	100m: 1:03.56	33.50	200m: 2:11.06	33.80	300m: 3:17.95	33.75	400m: 4:23.77	32.60	
4.	Charlotte Wilbers	ZPC Hoogeveen	200400312	4:39.18	<b>4:39.11</b>	608	+0,84		
	50m: 31.91	31.91	150m: 1:42.03	35.08	250m: 2:53.25	35.57	350m: 4:04.69	35.73	
	100m: 1:06.95	35.04	200m: 2:17.68	35.65	300m: 3:28.96	35.71	400m: 4:39.11	34.42	
5.	Danielle Meinema	SWOL 1894	200300534	NT	<b>4:46.92</b>	559	+0,98		
	50m: 31.65	31.65	150m: 1:43.25	36.45	250m: 2:57.42	37.11	350m: 4:11.25	36.54	
	100m: 1:06.80	35.15	200m: 2:20.31	37.06	300m: 3:34.71	37.29	400m: 4:46.92	35.67	
6.	Dominique Dingshoff	ZPC Hoogeveen	200400804	4:44.43	<b>4:48.23</b>	552			
	50m: 32.51	32.51	150m: 1:46.01	36.86	250m: 2:59.98	37.69	350m: 4:13.99	37.15	
	100m: 1:09.15	36.64	200m: 2:22.29	36.28	300m: 3:36.84	36.86	400m: 4:48.23	34.24	
7.	Chantal Tiesinga	HZ&PC Heerenveen	200302452	4:39.35	<b>4:48.98</b>	547	+0,85		
	50m: 32.61	32.61	150m: 1:46.21	37.15	250m: 2:59.88	36.57	350m: 4:13.73	36.58	
	100m: 1:09.06	36.45	200m: 2:23.31	37.10	300m: 3:37.15	37.27	400m: 4:48.98	35.25	
8.	Luca Ebbinge	Dz&Pc	199802406	4:45.90	<b>5:00.58</b>	486	+0,72		
	50m: 33.39	33.39	150m: 1:48.58	37.78	250m: 3:05.25	38.09	350m: 4:22.46	38.29	
	100m: 1:10.80	37.41	200m: 2:27.16	38.58	300m: 3:44.17	38.92	400m: 5:00.58	38.12	
9.	Merle Stavorinus	de Granaet	200400138	4:54.92	<b>5:04.81</b>	466			
	50m: 34.61	34.61	150m: 1:51.18	39.29	250m: 3:10.22	39.49	350m: 4:28.25	38.70	
	100m: 1:11.89	37.28	200m: 2:30.73	39.55	300m: 3:49.55	39.33	400m: 5:04.81	36.56	
10.	Kiki Koopman	De Dinkel	200200232	4:56.26	<b>5:05.16</b>	465	+0,89		
	50m: 32.64	32.64	150m: 1:47.73	38.69	250m: 3:06.11	38.88	350m: 4:26.50	40.14	
	100m: 1:09.04	36.40	200m: 2:27.23	39.50	300m: 3:46.36	40.25	400m: 5:05.16	38.66	
11.	Laurie Aarninkhof	De Dinkel	199800822	4:58.37	<b>5:05.73</b>	462	+0,87		
	50m: 34.70	34.70	150m: 1:51.29	38.93	250m: 3:09.73	39.44	350m: 4:28.37	39.27	
	100m: 1:12.36	37.66	200m: 2:30.29	39.00	300m: 3:49.10	39.37	400m: 5:05.73	37.36	
12.	Charley Blide	TriVia	200600164	4:46.46	<b>5:05.74</b>	462	+0,85		
	50m: 33.21	33.21	150m: 1:49.24	39.06	250m: 3:08.31	39.92	350m: 4:27.74	39.61	
	100m: 1:10.18	36.97	200m: 2:28.39	39.15	300m: 3:48.13	39.82	400m: 5:05.74	38.00	
13.	Amber Tiesinga	HZ&PC Heerenveen	200600782	5:10.71	<b>5:13.76</b>	428			
	50m: 36.24	36.24	150m: 1:55.53	41.02	250m: 3:15.26	40.36	350m: 4:36.27	41.13	
	100m: 1:14.51	38.27	200m: 2:34.90	39.37	300m: 3:55.14	39.88	400m: 5:13.76	37.49	
14.	Ciska de Lugt	Aqua 68	200503302	5:49.47	<b>5:16.09</b>	418	+0,78		
	50m: 35.72	35.72	150m: 1:57.04	41.47	250m: 3:19.59	40.49	350m: 4:39.09	39.97	
	100m: 1:15.57	39.85	200m: 2:39.10	42.06	300m: 3:59.12	39.53	400m: 5:16.09	37.00	
15.	Imke Boontjes	Aqua 68	200600386	5:09.22	<b>5:20.50</b>	401			
	50m: 34.09	34.09	150m: 1:53.61	40.56	250m: 3:16.67	41.42	350m: 4:40.58	41.22	
	100m: 1:13.05	38.96	200m: 2:35.25	41.64	300m: 3:59.36	42.69	400m: 5:20.50	39.92	

Uitslag

DZ&PC Spring Swim 2020

Splash Meet Manager, 11.63017

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SPORTBEDRIJF  
DRACHTEN

DZ&PC Spring Swim 2020  
Drachten, 1-3-2020



Programmanr. 14, Dames, 400m vrije slag, 11 jaar en ouder

Rang				In.tijd	Tijd	Fina	RT	Finale
16.	Celine Helder	Orca 1	200602426	5:17.18	<b>5:27.90</b>	375	+0,84	
	50m: 34.89	34.89	150m: 1:56.27	41.37	250m: 3:21.27	42.46	350m: 4:46.78	41.89
	100m: 1:14.90	40.01	200m: 2:38.81	42.54	300m: 4:04.89	43.62	400m: 5:27.90	41.12
17.	Maud Roffel	HZ&PC Heerenveen	200700840	5:30.33	<b>5:35.78</b>	349	+0,83	
	50m: 37.89	37.89	150m: 2:04.87	44.24	250m: 3:31.37	42.76	350m: 4:57.25	43.01
	100m: 1:20.63	42.74	200m: 2:48.61	43.74	300m: 4:14.24	42.87	400m: 5:35.78	38.53
18.	Linde Fortuin	Orca 1	200801530	5:41.92	<b>5:40.93</b>	333	+0,84	
	50m: 37.54	37.54	150m: 2:04.50	43.99	250m: 3:32.94	43.84	350m: 5:00.79	43.33
	100m: 1:20.51	42.97	200m: 2:49.10	44.60	300m: 4:17.46	44.52	400m: 5:40.93	40.14
19.	Kaylen Schonewille	ZVZwartsluis	200700500	5:51.50	<b>5:45.82</b>	319		
	50m: 38.04	38.04	150m: 2:05.61	43.98	250m: 3:34.95	44.71	350m: 5:05.02	44.38
	100m: 1:21.63	43.59	200m: 2:50.24	44.63	300m: 4:20.64	45.69	400m: 5:45.82	40.80
20.	Gabriella da Silva Miranda	SG FZC54-De Vikings	200700088	5:38.66	<b>5:48.64</b>	311	+0,82	
	50m: 35.38	35.38	150m: 2:03.82	44.75	250m: 3:34.66	45.81	350m: 5:06.32	45.42
	100m: 1:19.07	43.69	200m: 2:48.85	45.03	300m: 4:20.90	46.24	400m: 5:48.64	42.32
21.	Alyssa Eilander	De Grunte	200501982	5:38.95	<b>5:50.75</b>	306		
	50m: 38.62	38.62	150m: 2:06.03	44.95	250m: 3:37.13	45.97	350m: 5:07.52	44.58
	100m: 1:21.08	42.46	200m: 2:51.16	45.13	300m: 4:22.94	45.81	400m: 5:50.75	43.23
22.	Luesza Siahajja	Aqua 68	200801316	6:57.55	<b>6:13.03</b>	254	+0,80	
	50m: 41.07	41.07	150m: 2:17.08	48.51	250m: 3:54.60	47.54	350m: 5:28.78	46.01
	100m: 1:28.57	47.50	200m: 3:07.06	49.98	300m: 4:42.77	48.17	400m: 6:13.03	44.25
23.	Jessica Dekkinga	HZ&PC Heerenveen	200600180	5:53.37	<b>6:16.72</b>	247		
	50m: 41.05	41.05	150m: 2:15.18	48.05	250m: 3:51.82	49.51	350m: 5:30.72	49.42
	100m: 1:27.13	46.08	200m: 3:02.31	47.13	300m: 4:41.30	49.48	400m: 6:16.72	46.00
AFGEM	Naomi Polinder	Zv 44	200300020	4:43.56				

Uitslag

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