

Programmanr. 32
20-10-2024 - 10:50

Dames, 400m vrije slag

Senioren
Resultaten Voorrunde

Punten: FINA 2023

rang	naam		vereniging			tijd	RT	FINA
Onder 18								
1.	Imre Bouwland		ZPC Hoogeveen	200700388		4:37.42	Q	579
	50m: 30.51	30.51	150m: 1:39.14	34.80	250m: 2:50.16	35.62	350m: 4:02.78	36.56
	100m: 1:04.34	33.83	200m: 2:14.54	35.40	300m: 3:26.22	36.06	400m: 4:37.42	34.64
2.	Elin Reinstra		TriVia	201100842		4:37.50	Q	579
	50m: 31.55	31.55	150m: 1:41.09	35.47	250m: 2:52.11	35.33	350m: 4:03.00	35.46
	100m: 1:05.62	34.07	200m: 2:16.78	35.69	300m: 3:27.54	35.43	400m: 4:37.50	34.50
3.	Fenna Westerneng		DZ&PC	200900070		4:38.63	Q	572
	50m: 31.80	31.80	150m: 1:42.59	35.78	250m: 2:53.43	35.39	350m: 4:05.01	35.63
	100m: 1:06.81	35.01	200m: 2:18.04	35.45	300m: 3:29.38	35.95	400m: 4:38.63	33.62
4.	Ilse Jongepier		TriVia	201000006		4:47.24	R	522
	50m: 32.48	32.48	150m: 1:44.34	35.94	250m: 2:57.48	36.54	350m: 4:11.99	36.66
	100m: 1:08.40	35.92	200m: 2:20.94	36.60	300m: 3:35.33	37.85	400m: 4:47.24	35.25
5.	Sofie Vos		ZPC Hoogeveen	200800804		4:52.61	Q	493
	50m: 32.82	32.82	150m: 1:46.80	37.53	250m: 3:01.66	37.25	350m: 4:16.14	37.20
	100m: 1:09.27	36.45	200m: 2:24.41	37.61	300m: 3:38.94	37.28	400m: 4:52.61	36.47
6.	Mare Offringa		Bolsward-Workum (SG)	201001110		5:02.03	Q	449
	50m: 33.01	33.01	150m: 1:48.89	38.71	250m: 3:06.98	39.41	350m: 4:24.96	39.04
	100m: 1:10.18	37.17	200m: 2:27.57	38.68	300m: 3:45.92	38.94	400m: 5:02.03	37.07
7.	Kyara Balt		De Vikings	201100306		5:09.40	Q	417
	50m: 34.61	34.61	150m: 1:53.28	39.89	250m: 3:12.44	39.59	350m: 4:31.26	39.22
	100m: 1:13.39	38.78	200m: 2:32.85	39.57	300m: 3:52.04	39.60	400m: 5:09.40	38.14
8.	Isa Segenhout		Orca	201000128		5:14.58	Q	397
	50m: 34.69	34.69	150m: 1:55.75	40.72	250m: 3:17.39	41.21	350m: 4:36.68	38.35
	100m: 1:15.03	40.34	200m: 2:36.18	40.43	300m: 3:58.33	40.94	400m: 5:14.58	37.90

Senioren

1.	Imani de Jong		Team NL - PSV	200200464		4:16.46	Q	733
	50m: 29.28	29.28	150m: 1:33.60	32.34	250m: 2:38.62	32.61	350m: 3:44.14	32.69
	100m: 1:01.26	31.98	200m: 2:06.01	32.41	300m: 3:11.45	32.83	400m: 4:16.46	32.32
2.	Yara van Kalmthout		Team NL - PSV	200200984		4:17.22	Q	727
	50m: 29.82	29.82	150m: 1:34.47	32.49	250m: 2:39.73	32.46	350m: 3:45.20	32.61
	100m: 1:01.98	32.16	200m: 2:07.27	32.80	300m: 3:12.59	32.86	400m: 4:17.22	32.02
3.	Sara Korthuis		DZ&PC	200600494		4:19.81	Q	705
	50m: 29.98	29.98	150m: 1:35.12	32.70	250m: 2:41.25	33.08	350m: 3:47.48	33.08
	100m: 1:02.42	32.44	200m: 2:08.17	33.05	300m: 3:14.40	33.15	400m: 4:19.81	32.33
4.	Ismay Lichtendonk		Dedemsvaart-AC	200400622		4:25.51	Q	661
	50m: 29.27	29.27	150m: 1:34.57	33.39	250m: 2:42.55	34.26	350m: 3:51.98	34.76
	100m: 1:01.18	31.91	200m: 2:08.29	33.72	300m: 3:17.22	34.67	400m: 4:25.51	33.53
5.	Myrthe Natzijs		DZ&PC	200400076		4:37.32	Q	580
	50m: 31.94	31.94	150m: 1:42.22	35.47	250m: 2:53.00	35.15	350m: 4:04.01	35.47
	100m: 1:06.75	34.81	200m: 2:17.85	35.63	300m: 3:28.54	35.54	400m: 4:37.32	33.31
6.	Imre Bouwland		ZPC Hoogeveen	200700388		4:37.42	Q	579
	50m: 30.51	30.51	150m: 1:39.14	34.80	250m: 2:50.16	35.62	350m: 4:02.78	36.56
	100m: 1:04.34	33.83	200m: 2:14.54	35.40	300m: 3:26.22	36.06	400m: 4:37.42	34.64
7.	Elin Reinstra		TriVia	201100842		4:37.50	Q	579
	50m: 31.55	31.55	150m: 1:41.09	35.47	250m: 2:52.11	35.33	350m: 4:03.00	35.46
	100m: 1:05.62	34.07	200m: 2:16.78	35.69	300m: 3:27.54	35.43	400m: 4:37.50	34.50
8.	Fenna Westerneng		DZ&PC	200900070		4:38.63	Q	572
	50m: 31.80	31.80	150m: 1:42.59	35.78	250m: 2:53.43	35.39	350m: 4:05.01	35.63
	100m: 1:06.81	35.01	200m: 2:18.04	35.45	300m: 3:29.38	35.95	400m: 4:38.63	33.62
9.	Vera Wassink		DZ&PC	200604976		4:39.30	R	567
	50m: 31.41	31.41	150m: 1:43.03	35.97	250m: 2:54.24	35.36	350m: 4:05.35	35.55
	100m: 1:07.06	35.65	200m: 2:18.88	35.85	300m: 3:29.80	35.56	400m: 4:39.30	33.95



SPORTBEDRIJF
DRACHTEN

Drachten Qualification Meet 2024
Drachten, 19- - 20-10-2024

Programmanr. 32, Dames, 400m vrije slag, Voorronde, Senioren

rang	naam			vereniging					tijd	RT	FINA	
10.	Ilse Jongepier			TriVia					4:47.24		R 522	
	50m:	32.48	32.48	150m:	1:44.34	35.94	250m:	2:57.48	36.54	350m:	4:11.99	36.66
	100m:	1:08.40	35.92	200m:	2:20.94	36.60	300m:	3:35.33	37.85	400m:	4:47.24	35.25
11.	Sofie Vos			ZPC Hoogeveen					4:52.61		Q 493	
	50m:	32.82	32.82	150m:	1:46.80	37.53	250m:	3:01.66	37.25	350m:	4:16.14	37.20
	100m:	1:09.27	36.45	200m:	2:24.41	37.61	300m:	3:38.94	37.28	400m:	4:52.61	36.47
12.	Mare Offringa			Bolsward-Workum (SG)					5:02.03		Q 449	
	50m:	33.01	33.01	150m:	1:48.89	38.71	250m:	3:06.98	39.41	350m:	4:24.96	39.04
	100m:	1:10.18	37.17	200m:	2:27.57	38.68	300m:	3:45.92	38.94	400m:	5:02.03	37.07
13.	Kyara Balt			De Vikings					5:09.40		Q 417	
	50m:	34.61	34.61	150m:	1:53.28	39.89	250m:	3:12.44	39.59	350m:	4:31.26	39.22
	100m:	1:13.39	38.78	200m:	2:32.85	39.57	300m:	3:52.04	39.60	400m:	5:09.40	38.14
14.	Isa Segenhout			Orca					5:14.58		Q 397	
	50m:	34.69	34.69	150m:	1:55.75	40.72	250m:	3:17.39	41.21	350m:	4:36.68	38.35
	100m:	1:15.03	40.34	200m:	2:36.18	40.43	300m:	3:58.33	40.94	400m:	5:14.58	37.90

Drachten Qualification Meet 2024