

Blue Marlins Qualification Meet Ib
Den Haag, 13- - 14-4-2024

Programmanr. 16
14-4-2024 - 14:00

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Elin Brinkhof	De Dolfijn	4:43.54	200900078	4:42.06
	50m: 32.12	32.12 150m: 1:43.56	36.28	250m: 2:54.81	35.89
	100m: 1:07.28	35.16 200m: 2:18.92	35.36	300m: 3:30.32	35.51
				350m: 4:07.46	37.14
				400m: 4:42.06	34.60
2.	Fenna Westerneng	Dz&Pc	4:48.68	200900070	4:44.69
	50m: 31.92	31.92 150m: 1:44.30	36.64	250m: 2:57.51	36.02
	100m: 1:07.66	35.74 200m: 2:21.49	37.19	300m: 3:34.47	36.96
				350m: 4:10.10	35.63
				400m: 4:44.69	34.59
3.	Suuz Griekspoor	Noordwijkerhout	4:41.06	200901204	4:51.63
	50m: 31.91	31.91 150m: 1:45.28	37.37	250m: 3:00.62	37.54
	100m: 1:07.91	36.00 200m: 2:23.08	37.80	300m: 3:38.43	37.81
				350m: 4:15.66	37.23
				400m: 4:51.63	35.97
4.	Carla Moreno Palacios	De Dolfijn	4:56.51	201002302	4:52.25
	50m: 32.87	32.87 150m: 1:47.05	37.78	250m: 3:01.75	37.45
	100m: 1:09.27	36.40 200m: 2:24.30	37.25	300m: 3:39.51	37.76
				350m: 4:16.91	37.40
				400m: 4:52.25	35.34
5.	Ece öngören	Blue Marlins	NT	200903862	4:52.38
	50m: 32.76	32.76 150m: 1:46.26	36.69	250m: 3:00.47	37.10
	100m: 1:09.57	36.81 200m: 2:23.37	37.11	300m: 3:38.20	37.73
				350m: 4:16.11	37.91
				400m: 4:52.38	36.27
6.	Wieke Dekker	De Dolfijn	5:05.43	201002020	4:59.99
	50m: 33.78	33.78 150m: 1:49.50	38.04	250m: 3:06.44	38.52
	100m: 1:11.46	37.68 200m: 2:27.92	38.42	300m: 3:44.92	38.48
				350m: 4:23.27	38.35
				400m: 4:59.99	36.72
7.	Dewi Meijer	De Dolfijn	5:02.22	201000302	5:01.58
	50m: 33.72	33.72 150m: 1:50.65	39.15	250m: 3:09.06	38.77
	100m: 1:11.50	37.78 200m: 2:30.29	39.64	300m: 3:47.37	38.31
				350m: 4:25.42	38.05
				400m: 5:01.58	36.16
8.	Amber Tiesinga	Dz&Pc	5:04.83	200600782	5:02.66
	50m: 34.66	34.66 150m: 1:51.77	39.05	250m: 3:08.67	38.14
	100m: 1:12.72	38.06 200m: 2:30.53	38.76	300m: 3:47.14	38.47
				350m: 4:25.28	38.14
				400m: 5:02.66	37.38
9.	Breanna Belmar	Blue Marlins	5:03.03	201004068	5:02.90
	50m: 32.27	32.27 150m: 1:48.22	38.93	250m: 3:06.76	39.65
	100m: 1:09.29	37.02 200m: 2:27.11	38.89	300m: 3:46.32	39.56
				350m: 4:24.32	38.00
				400m: 5:02.90	38.58
10.	Sophie van Leent	Blue Marlins	5:09.08	200800522	5:06.51
	50m: 31.99	31.99 150m: 1:48.60	39.26	250m: 3:08.47	39.96
	100m: 1:09.34	37.35 200m: 2:28.51	39.91	300m: 3:48.97	40.50
				350m: 4:28.30	39.33
				400m: 5:06.51	38.21
11.	Fenne Peters	Psv	5:18.21	200601388	5:09.71
	50m: 32.23	32.23 150m: 1:51.04	39.89	250m: 3:11.16	40.22
	100m: 1:11.15	38.92 200m: 2:30.94	39.90	300m: 3:51.20	40.04
				350m: 4:31.34	40.14
				400m: 5:09.71	38.37
12.	Cynthia Koolman	ZPC Hoogeveen	5:09.34	200300232	5:13.27
	50m: 34.96	34.96 150m: 1:52.98	39.61	250m: 3:12.95	40.41
	100m: 1:13.37	38.41 200m: 2:32.54	39.56	300m: 3:53.68	40.73
				350m: 4:34.51	40.83
				400m: 5:13.27	38.76
13.	Iris de Schrijver	CWW Swimteam	5:17.10	200600536	5:14.87
	50m: 35.05	35.05 150m: 1:53.91	39.81	250m: 3:15.38	40.54
	100m: 1:14.10	39.05 200m: 2:34.84	40.93	300m: 3:56.49	41.11
				350m: 4:36.63	40.14
				400m: 5:14.87	38.24
14.	Sofija Velevska	ZPCH	5:24.21	201102774	5:20.99
	50m: 37.03	37.03 150m: 1:59.41	41.41	250m: 3:20.47	40.30
	100m: 1:18.00	40.97 200m: 2:40.17	40.76	300m: 4:00.64	40.17
				350m: 4:41.68	41.04
				400m: 5:20.99	39.31
15.	Noor Polman	CWW Swimteam	5:11.51	200501248	5:25.48
	50m: 35.02	35.02 150m: 1:55.30	40.92	250m: 3:20.75	43.00
	100m: 1:14.38	39.36 200m: 2:37.75	42.45	300m: 4:03.97	43.22
				350m: 4:46.49	42.52
				400m: 5:25.48	38.99
16.	Sanne Mulder	WVZ	5:16.79	200900280	5:25.63
	50m: 34.39	34.39 150m: 1:56.25	42.08	250m: 3:21.58	42.29
	100m: 1:14.17	39.78 200m: 2:39.29	43.04	300m: 4:03.86	42.28
				350m: 4:46.92	43.06
				400m: 5:25.63	38.71
17.	Hanna Advokaat	Psv	5:25.53	200901502	5:26.75
	50m: 37.62	37.62 150m: 2:00.92	42.03	250m: 3:24.45	41.78
	100m: 1:18.89	41.27 200m: 2:42.67	41.75	300m: 4:06.50	42.05
				350m: 4:47.09	40.59
				400m: 5:26.75	39.66
18.	Kamila Makhmadiyarova	Blue Marlins	5:34.22	201103178	5:28.57
	50m: 37.17	37.17 150m: 2:01.26	42.03	250m: 3:27.58	42.28
	100m: 1:19.23	42.06 200m: 2:45.30	44.04	300m: 4:09.30	41.72
				350m: 4:49.57	40.27
				400m: 5:28.57	39.00
19.	Saar de Graaf	ZV Vlaardingingen-Schiedam	5:27.33	201101264	5:28.85
	50m: 37.88	37.88 150m: 2:00.56	41.62	250m: 3:25.78	42.72
	100m: 1:18.94	41.06 200m: 2:43.06	42.50	300m: 4:08.24	42.46
				350m: 4:50.50	42.26
				400m: 5:28.85	38.35
20.	Yfke van der Leij	Vzc	5:20.63	201000028	5:31.37
	50m: 36.52	36.52 150m: 2:00.42	42.16	250m: 3:25.29	42.26
	100m: 1:18.26	41.74 200m: 2:43.03	42.61	300m: 4:07.24	41.95
				350m: 4:49.53	42.29
				400m: 5:31.37	41.84
21.	Nynke Muntinga	ZPCH	5:22.31	201100060	5:34.36
	50m: 36.40	36.40 150m: 2:02.18	43.89	250m: 3:30.04	42.77
	100m: 1:18.29	41.89 200m: 2:47.27	45.09	300m: 4:12.64	42.60
				350m: 4:54.17	41.53
				400m: 5:34.36	40.19
22.	Minke Oliva Bouman	Blue Marlins	5:46.13	201100104	5:37.84
	50m: 35.78	35.78 150m: 2:01.20	43.48	250m: 3:29.23	42.56
	100m: 1:17.72	41.94 200m: 2:46.67	45.47	300m: 4:12.85	43.62
				350m: 4:56.58	43.73
				400m: 5:37.84	41.26

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Programmanr. 16, Dames, 400m vrije slag, Senioren Open

rang	naam	vereniging	intijd	tijd	RT
23.	Frederique Bos	GZC DONK	5:33.62	201004030	5:40.43
	50m: 36.74	36.74 150m: 2:03.66	44.25	250m: 3:31.95	44.41
	100m: 1:19.41	42.67 200m: 2:47.54	43.88	300m: 4:15.04	43.09
				350m: 4:59.40	44.36
				400m: 5:40.43	41.03
24.	Annick Gorissen	Blue Marlins	5:44.06	201002248	5:50.21
	50m: 36.38	36.38 150m: 2:04.49	44.92	250m: 3:34.17	45.31
	100m: 1:19.57	43.19 200m: 2:48.86	44.37	300m: 4:20.43	46.26
				350m: 5:06.86	46.43
				400m: 5:50.21	43.35
25.	Floortje Bakker	Blue Marlins	6:01.96	201101124	5:52.06
	50m: 38.99	38.99 150m: 2:09.03	45.79	250m: 3:40.65	46.74
	100m: 1:23.24	44.25 200m: 2:53.91	44.88	300m: 4:25.97	45.32
				350m: 5:10.30	44.33
				400m: 5:52.06	41.76
26.	Tatum Vered	Blue Marlins	6:05.86	201201322	5:57.62
	50m: 40.30	40.30 150m: 2:11.63	45.89	250m: 3:45.04	46.03
	100m: 1:25.74	45.44 200m: 2:59.01	47.38	300m: 4:30.58	45.54
				350m: 5:15.65	45.07
				400m: 5:57.62	41.97
27.	Juna van Gennip	Psv	6:44.45	201201378	6:01.04
	50m: 39.75	39.75 150m: 2:11.11	46.70	250m: 3:44.46	47.32
	100m: 1:24.41	44.66 200m: 2:57.14	46.03	300m: 4:30.57	46.11
				350m: 5:17.36	46.79
				400m: 6:01.04	43.68
28.	Elvira Rakels	Blue Marlins	NT	201001238	6:16.92
	50m: 40.98	40.98 150m: 2:18.00	49.28	250m: 3:55.87	48.78
	100m: 1:28.72	47.74 200m: 3:07.09	49.09	300m: 4:44.80	48.93
				350m: 5:33.40	48.60
				400m: 6:16.92	43.52
29.	Anne de Jong	DES	NT	199308016	6:17.34
	50m: 40.12	40.12 150m: 2:16.86	49.29	250m: 3:53.62	48.58
	100m: 1:27.57	47.45 200m: 3:05.04	48.18	300m: 4:42.52	48.90
				350m: 5:31.53	49.01
				400m: 6:17.34	45.81
30.	Yara Fortes	Blue Marlins	6:53.66	201103030	6:18.50
	50m: 41.56	41.56 150m: 2:17.17	48.18	250m: 3:56.22	49.61
	100m: 1:28.99	47.43 200m: 3:06.61	49.44	300m: 4:45.53	49.31
				350m: 5:34.53	49.00
				400m: 6:18.50	43.97
31.	Liz van Antwerpen	Westland Swimming Stars	6:24.03	201002224	6:19.83
	50m: 41.37	41.37 150m: 2:17.35	48.77	250m: 3:54.84	49.39
	100m: 1:28.58	47.21 200m: 3:05.45	48.10	300m: 4:44.44	49.60
				350m: 5:33.75	49.31
				400m: 6:19.83	46.08
32.	Claudia Etherden	Blue Marlins	6:18.21	200804706	6:22.86
	50m: 41.28	41.28 150m: 2:19.48	50.51	250m: 3:59.45	49.94
	100m: 1:28.97	47.69 200m: 3:09.51	50.03	300m: 4:49.49	50.04
				350m: 5:38.95	49.46
				400m: 6:22.86	43.91
33.	Nienke de Vries	DES	6:58.71	200100460	6:26.11
	50m: 42.95	42.95 150m: 2:21.12	50.03	250m: 4:00.48	49.94
	100m: 1:31.09	48.14 200m: 3:10.54	49.42	300m: 4:50.04	49.56
				350m: 5:41.11	51.07
				400m: 6:26.11	45.00
34.	Natasha Stewart	Blue Marlins	6:45.88	201201382	6:34.29
	50m: 45.95	45.95 150m: 2:25.82	49.99	250m: 4:06.57	49.78
	100m: 1:35.83	49.88 200m: 3:16.79	50.97	300m: 4:58.26	51.69
				350m: 5:47.92	49.66
				400m: 6:34.29	46.37
35.	Britt Duijvestijn	Blue Marlins	6:33.17	201003658	6:40.55
	50m: 43.25	43.25 150m: 2:22.46	49.42	250m: 4:06.55	52.02
	100m: 1:33.04	49.79 200m: 3:14.53	52.07	300m: 4:58.38	51.83
				350m: 5:51.52	53.14
				400m: 6:40.55	49.03
36.	Esmeralda Elbers	Blue Marlins	6:12.71	200404888	6:44.81
	50m: 42.07	42.07 150m: 2:19.84	50.40	250m: 4:04.98	53.37
	100m: 1:29.44	47.37 200m: 3:11.61	51.77	300m: 4:58.09	53.11
				350m: 5:52.77	54.68
				400m: 6:44.81	52.04
37.	Laura Munne	Dz&Pc	6:49.90	198302916	6:49.84
	50m: 45.00	45.00 150m: 2:29.02	53.05	250m: 4:16.30	53.83
	100m: 1:35.97	50.97 200m: 3:22.47	53.45	300m: 5:07.93	51.63
				350m: 6:00.12	52.19
				400m: 6:49.84	49.72