

Event 34
19-04-2009 - 11:12

Women, 400m Freestyle
Richttijd WK Rome 4.09.79 EJK Praag 4.22.43

Senioren Open
Results

Points: FINA 2008

Rank	name	club name	entry time	Time	RT	Pts
1.	Sharon van Rouwendaal <i>Nederlands Record 16 jaar</i>	CN Braud St-Louis	4:12.53 020339328.640990	4:12.69	+0,90	891
	50m: 29.47 29.47 150m: 1:32.34 31.87 250m: 2:37.06 32.47 350m: 3:41.47 32.09					
	100m: 1:00.47 31.00 200m: 2:04.59 32.25 300m: 3:09.38 32.32 400m: 4:12.69 31.22					
2.	Rieneke Terink	AZ&PC	4:20.34 8402424	4:18.74	+0,86	830
	50m: 29.13 29.13 150m: 1:32.91 32.35 250m: 2:38.51 32.86 350m: 3:45.68 33.78					
	100m: 1:00.56 31.43 200m: 2:05.65 32.74 300m: 3:11.90 33.39 400m: 4:18.74 33.06					
3.	Ida Sandin	Sweden	4:24.53 AA8685	4:22.96	+0,94	790
	50m: 30.76 30.76 150m: 1:35.47 32.46 250m: 2:41.69 33.35 350m: 3:49.28 33.86					
	100m: 1:03.01 32.25 200m: 2:08.34 32.87 300m: 3:15.42 33.73 400m: 4:22.96 33.68					
4.	Katharina David	SG Essen	4:19.26 143190	4:24.02	+0,87	781
	50m: 30.49 30.49 150m: 1:36.85 33.36 250m: 2:43.91 33.56 350m: 3:51.61 33.79					
	100m: 1:03.49 33.00 200m: 2:10.35 33.50 300m: 3:17.82 33.91 400m: 4:24.02 32.41					
5.	Marion van den Berg	DWK	4:30.05 8600272	4:24.57	+1,03	776
	50m: 30.33 30.33 150m: 1:37.50 33.74 250m: 2:44.44 33.78 350m: 3:51.88 33.54					
	100m: 1:03.76 33.43 200m: 2:10.66 33.16 300m: 3:18.34 33.90 400m: 4:24.57 32.69					
6.	Andrea Kneppers	Zwemvereniging Hoorn	4:27.20 9302216	4:25.88	+1,07	765
	50m: 30.43 30.43 150m: 1:36.60 32.82 250m: 2:43.87 33.68 350m: 3:52.29 34.22					
	100m: 1:03.78 33.35 200m: 2:10.19 33.59 300m: 3:18.07 34.20 400m: 4:25.88 33.59					
7.	Lieke Verouden	AZ&PC	4:29.92 9003948	4:25.92	+0,91	764
	50m: 30.53 30.53 150m: 1:37.41 33.43 250m: 2:44.89 33.62 350m: 3:52.56 33.84					
	100m: 1:03.98 33.45 200m: 2:11.27 33.86 300m: 3:18.72 33.83 400m: 4:25.92 33.36					
8.	Sina Sutter	SG Essen	4:21.24 105119	4:26.09	+0,93	763
	50m: 30.75 30.75 150m: 1:37.45 33.58 250m: 2:44.87 33.87 350m: 3:52.94 33.97					
	100m: 1:03.87 33.12 200m: 2:11.00 33.55 300m: 3:18.97 34.10 400m: 4:26.09 33.15					
9.	Esmee Vermeulen <i>Nederlands Record 13 jaar</i>	E.ON-NZA	4:31.79 9600678	4:28.32	+0,83	744
	50m: 29.73 29.73 150m: 1:36.55 34.01 250m: 2:44.86 34.15 350m: 3:54.68 34.85					
	100m: 1:02.54 32.81 200m: 2:10.71 34.16 300m: 3:19.83 34.97 400m: 4:28.32 33.64					
10.	Marloes Oldenburg	Orca	4:33.61 8803218	4:32.55	+0,98	710
	50m: 30.64 30.64 150m: 1:39.21 34.77 250m: 2:48.87 34.27 350m: 3:59.05 35.20					
	100m: 1:04.44 33.80 200m: 2:14.60 35.39 300m: 3:23.85 34.98 400m: 4:32.55 33.50					
11.	Marcha Admiraal	De Biesboschwimmers	4:36.60 9300012	4:33.06	+0,92	706
	50m: 30.24 30.24 150m: 1:37.95 34.40 250m: 2:48.28 35.39 350m: 3:58.82 35.29					
	100m: 1:03.55 33.31 200m: 2:12.89 34.94 300m: 3:23.53 35.25 400m: 4:33.06 34.24					
12.	Malissa van de Heuvel	Eiffel Swimmers PSV	4:38.94 9304922	4:35.00	+0,78	691
	50m: 31.94 31.94 150m: 1:42.41 35.31 250m: 2:52.49 34.76 350m: 4:01.89 34.64					
	100m: 1:07.10 35.16 200m: 2:17.73 35.32 300m: 3:27.25 34.76 400m: 4:35.00 33.11					
13.	Pauline van Dam	Eiffel Swimmers PSV	4:37.18 9304422	4:35.23	+0,91	689
	50m: 31.65 31.65 150m: 1:41.06 34.94 250m: 2:50.68 34.67 350m: 4:00.70 35.10					
	100m: 1:06.12 34.47 200m: 2:16.01 34.95 300m: 3:25.60 34.92 400m: 4:35.23 34.53					
14.	Danique Gielen	Oceanus	4:41.53 9105922	4:38.34	+0,91	666
	50m: 30.83 30.83 150m: 1:40.57 35.30 250m: 2:52.28 35.55 350m: 4:03.84 35.31					
	100m: 1:05.27 34.44 200m: 2:16.73 36.16 300m: 3:28.53 36.25 400m: 4:38.34 34.50					
15.	Merle Verkijk	Van Uden-De Gouwe	4:52.93 9400278	4:38.95	+0,86	662
	50m: 31.90 31.90 150m: 1:41.49 34.85 250m: 2:52.12 35.54 350m: 4:03.75 35.82					
	100m: 1:06.64 34.74 200m: 2:16.58 35.09 300m: 3:27.93 35.81 400m: 4:38.95 35.20					
16.	Rosanne Schoonbeek	TriVia	4:47.81 9402692	4:40.11	+1,09	654
	50m: 31.66 31.66 150m: 1:41.15 35.23 250m: 2:52.88 36.03 350m: 4:05.78 36.35					
	100m: 1:05.92 34.26 200m: 2:16.85 35.70 300m: 3:29.43 36.55 400m: 4:40.11 34.33					
17.	Estelle Moorman	ZVZ	4:52.42 9300540	4:41.68	+0,81	643
	50m: 31.46 31.46 150m: 1:42.34 35.47 250m: 2:53.80 35.16 350m: 4:06.19 36.02					
	100m: 1:06.87 35.41 200m: 2:18.64 36.30 300m: 3:30.17 36.37 400m: 4:41.68 35.49					
18.	Noortje van den Boom	Eiffel Swimmers PSV	4:40.38 9400574	4:44.50	+0,80	624
	50m: 31.72 31.72 150m: 1:42.00 35.15 250m: 2:53.89 35.91 350m: 4:07.58 37.17					
	100m: 1:06.85 35.13 200m: 2:17.98 35.98 300m: 3:30.41 36.52 400m: 4:44.50 36.92					
19.	Monique van der Struik	Stadskanaal	4:41.21 9502502	4:44.68	+1,00	623
	50m: 32.46 32.46 150m: 1:44.40 36.19 250m: 2:57.23 36.32 350m: 4:10.26 36.29					
	100m: 1:08.21 35.75 200m: 2:20.91 36.51 300m: 3:33.97 36.74 400m: 4:44.68 34.42					

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Rank	name	club name	entry time	Time	RT	Pts
20.	Stephanie Janssen	Zeester Meerval	4:39.00 9101450	4:45.40	+0,85	618
	50m: 32.02 32.02	150m: 1:42.05 35.04	250m: 2:54.11 36.34	350m: 4:08.59 37.39		
	100m: 1:07.01 34.99	200m: 2:17.77 35.72	300m: 3:31.20 37.09	400m: 4:45.40 36.81		
21.	Rosanne de Boer	LZ 1886	4:42.81 9104060	4:46.11	+1,03	614
	50m: 31.92 31.92	150m: 1:43.09 36.01	250m: 2:55.82 36.23	350m: 4:09.80 37.28		
	100m: 1:07.08 35.16	200m: 2:19.59 36.50	300m: 3:32.52 36.70	400m: 4:46.11 36.31		
22.	Nikki van der Hoorn	Oceanus	4:56.26 9307224	4:46.46	+0,65	611
	50m: 31.90 31.90	150m: 1:43.66 36.64	250m: 2:57.59 37.06	350m: 4:11.93 36.97		
	100m: 1:07.02 35.12	200m: 2:20.53 36.87	300m: 3:34.96 37.37	400m: 4:46.46 34.53		
23.	Jovanna Koens	Eiffel Swimmers PSV	4:48.50 9505652	4:46.71	+0,84	610
	50m: 33.56 33.56	150m: 1:45.82 36.17	250m: 2:58.82 36.54	350m: 4:11.79 36.26		
	100m: 1:09.65 36.09	200m: 2:22.28 36.46	300m: 3:35.53 36.71	400m: 4:46.71 34.92		
24.	Maike Vooren	DAW-FINENZO	4:45.35 9103324	4:48.20	+0,99	600
	50m: 32.77 32.77	150m: 1:44.63 36.44	250m: 2:57.66 36.44	350m: 4:11.81 37.04		
	100m: 1:08.19 35.42	200m: 2:21.22 36.59	300m: 3:34.77 37.11	400m: 4:48.20 36.39		
25.	Yvonne Verbeek	WZ&PC Purmerend	4:53.73 9402788	4:49.30	+0,82	594
	50m: 32.31 32.31	150m: 1:44.41 36.19	250m: 2:57.74 36.75	350m: 4:12.17 37.03		
	100m: 1:08.22 35.91	200m: 2:20.99 36.58	300m: 3:35.14 37.40	400m: 4:49.30 37.13		
26.	Merel Barendregt	Van Vliet Barracuda	4:42.31 9100118	4:50.21	+1,00	588
	50m: 31.86 31.86	150m: 1:42.92 35.85	250m: 2:57.00 37.06	350m: 4:12.45 37.75		
	100m: 1:07.07 35.21	200m: 2:19.94 37.02	300m: 3:34.70 37.70	400m: 4:50.21 37.76		
27.	Melissa Zwaan	DAW-FINENZO	4:51.45 9103666	4:51.74	+0,89	579
	50m: 31.84 31.84	150m: 1:44.17 36.80	250m: 2:59.05 37.78	350m: 4:14.63 37.83		
	100m: 1:07.37 35.53	200m: 2:21.27 37.10	300m: 3:36.80 37.75	400m: 4:51.74 37.11		
28.	Isabelle Grootes	Oceanus	4:54.48 9303030	4:53.35	+0,84	569
	50m: 32.54 32.54	150m: 1:45.30 37.21	250m: 3:00.36 37.27	350m: 4:16.13 37.46		
	100m: 1:08.09 35.55	200m: 2:23.09 37.79	300m: 3:38.67 38.31	400m: 4:53.35 37.22		
29.	Baukje Hooghiemstra	HZ&PC Heerenveen	4:57.43 8801880	4:53.71	+0,98	567
	50m: 32.16 32.16	150m: 1:44.32 36.89	250m: 2:59.94 37.70	350m: 4:16.71 38.18		
	100m: 1:07.43 35.27	200m: 2:22.24 37.92	300m: 3:38.53 38.59	400m: 4:53.71 37.00		
30.	Jamie de Jong	De Dolfijn	4:59.04 9300898	4:53.83	+0,90	567
	50m: 32.29 32.29	150m: 1:46.85 37.89	250m: 3:02.69 37.63	350m: 4:18.67 38.14		
	100m: 1:08.96 36.67	200m: 2:25.06 38.21	300m: 3:40.53 37.84	400m: 4:53.83 35.16		
31.	Brenda Zwarthoed	DAW-FINENZO	4:54.95 9604938	4:54.93	+0,98	560
	50m: 32.70 32.70	150m: 1:47.28 38.00	250m: 3:03.75 38.14	350m: 4:19.61 37.65		
	100m: 1:09.28 36.58	200m: 2:25.61 38.33	300m: 3:41.96 38.21	400m: 4:54.93 35.32		
32.	Beau Rijpers	ZPC Bikkel Hoogeveen	4:56.32 9402638	4:55.24	+0,97	558
	50m: 33.26 33.26	150m: 1:46.86 37.45	250m: 3:03.21 38.57	350m: 4:19.49 38.32		
	100m: 1:09.41 36.15	200m: 2:24.64 37.78	300m: 3:41.17 37.96	400m: 4:55.24 35.75		
33.	Inge Pepping	De Rijn	4:51.85 9402308	4:55.39	+1,02	558
	50m: 33.40 33.40	150m: 1:46.43 36.97	250m: 3:01.39 37.79	350m: 4:18.08 38.28		
	100m: 1:09.46 36.06	200m: 2:23.60 37.17	300m: 3:39.80 38.41	400m: 4:55.39 37.31		
34.	Danielle Grootes	Oceanus	4:57.29 9501278	4:56.19	+0,80	553
	50m: 33.32 33.32	150m: 1:46.94 37.47	250m: 3:04.29 38.49	350m: 4:20.31 37.48		
	100m: 1:09.47 36.15	200m: 2:25.80 38.86	300m: 3:42.83 38.54	400m: 4:56.19 35.88		
35.	Amber de Kroon	ZV Westland Dijkglas	4:59.01 9601098	4:58.72	+1,00	539
	50m: 34.02 34.02	150m: 1:49.43 38.16	250m: 3:06.53 38.59	350m: 4:23.03 37.71		
	100m: 1:11.27 37.25	200m: 2:27.94 38.51	300m: 3:45.32 38.79	400m: 4:58.72 35.69		
36.	Sophie Sollie	Zeester Meerval	4:59.37 9400140	5:00.43	+0,92	530
	50m: 33.98 33.98	150m: 1:49.30 38.26	250m: 3:06.14 38.56	350m: 4:23.00 38.48		
	100m: 1:11.04 37.06	200m: 2:27.58 38.28	300m: 3:44.52 38.38	400m: 5:00.43 37.43		
37.	Sharona Ilcoch	DAW-FINENZO	4:56.80 9406178	5:03.49	+1,11	514
	50m: 31.65 31.65	150m: 1:47.02 39.05	250m: 3:06.76 40.21	350m: 4:25.07 39.32		
	100m: 1:07.97 36.32	200m: 2:26.55 39.53	300m: 3:45.75 38.99	400m: 5:03.49 38.42		
38.	Iris Barendregt	Van Vliet Barracuda	4:57.35 8600172	5:06.09	+0,88	501
	50m: 33.44 33.44	150m: 1:47.18 37.34	250m: 3:04.68 38.87	350m: 4:24.93 40.17		
	100m: 1:09.84 36.40	200m: 2:25.81 38.63	300m: 3:44.76 40.08	400m: 5:06.09 41.16		
39.	Nanda de Vries	HZ&PC Heerenveen	4:59.76 9204328	5:07.90	+1,05	492
	50m: 33.81 33.81	150m: 1:50.51 39.35	250m: 3:09.62 39.96	350m: 4:30.28 40.96		
	100m: 1:11.16 37.35	200m: 2:29.66 39.15	300m: 3:49.32 39.70	400m: 5:07.90 37.62		
sick	Ida Marko-Varga	Sweden	4:12.77 AB2285			