

Orca's Christmas Swim 2023  
Leeuwarden, 28- - 29-12-2023

Programmanr. 10  
28-12-2023 - 11:28

Dames, 400m vrije slag  
Toernooirecord: 4.17.84 (Marjolein Delno 2017)

Senioren Open  
Resultaten

Punten: FINA 2023

rangnaam	vereniging	intijd	tijd	Pnt							
1.M. van der Kamp	HZ&PC Heerenveen	4:20.31200500218	<b>4:28.62</b>	638							
50m:	30.51	30.51	150m:	1:37.59	33.77	250m:	2:45.62	34.09	350m:	3:54.56	34.64
100m:	1:03.82	33.31	200m:	2:11.53	33.94	300m:	3:19.92	34.30	400m:	4:28.62	34.06
2.Vera Wassink	Zpc Amersfoort	4:40.91200604976	<b>4:51.94</b>	497							
50m:	32.48	32.48	150m:	1:44.79	36.32	250m:	2:58.84	37.22	350m:	4:14.42	37.95
100m:	1:08.47	35.99	200m:	2:21.62	36.83	300m:	3:36.47	37.63	400m:	4:51.94	37.52
3.Liv Heijdra	Wvz	4:47.42200800736	<b>4:58.20</b>	466							
50m:	31.85	31.85	150m:	1:46.44	38.18	250m:	3:02.90	38.58	350m:	4:20.81	38.93
100m:	1:08.26	36.41	200m:	2:24.32	37.88	300m:	3:41.88	38.98	400m:	4:58.20	37.39
4.Loïs Waterham	Dedemsvaart-AC	5:08.23200803726	<b>4:59.53</b>	460							
50m:	32.04	32.04	150m:	1:45.84	37.64	250m:	3:02.64	38.84	350m:	4:22.45	40.16
100m:	1:08.20	36.16	200m:	2:23.80	37.96	300m:	3:42.29	39.65	400m:	4:59.53	37.08
5.Nynke van der Zee	Orca Leeuwarden	4:57.16200700604	<b>4:59.55</b>	460							
50m:	32.15	32.15	150m:	1:46.75	37.67	250m:	3:04.82	39.17	350m:	4:22.88	38.48
100m:	1:09.08	36.93	200m:	2:25.65	38.90	300m:	3:44.40	39.58	400m:	4:59.55	36.67
6.Hannelore Buzé	HZ&PC Heerenveen	4:56.70200801226	<b>5:13.68</b>	400							
50m:	34.39	34.39	150m:	1:53.76	40.41	250m:	3:14.71	40.68	350m:	4:35.93	40.68
100m:	1:13.35	38.96	200m:	2:34.03	40.27	300m:	3:55.25	40.54	400m:	5:13.68	37.75
7.Chiara Caumon	De Otters Het Gooi	5:19.10200703266	<b>5:24.03</b>	363							
50m:	35.34	35.34	150m:	1:54.82	40.05	250m:	3:16.39	41.44	350m:	4:43.21	43.45
100m:	1:14.77	39.43	200m:	2:34.95	40.13	300m:	3:59.76	43.37	400m:	5:24.03	40.82
8.Emma Koeleman	Z&PC de Inktvis	NT200901762	<b>5:29.16</b>	346							
50m:	34.79	34.79	150m:	1:56.34	41.50	250m:	3:20.73	42.65	350m:	4:47.97	44.10
100m:	1:14.84	40.05	200m:	2:38.08	41.74	300m:	4:03.87	43.14	400m:	5:29.16	41.19
9.Hildemarij Cnossen	De Otters Het Gooi	6:20.94200803544	<b>5:40.27</b>	314							
50m:	38.52	38.52	150m:	2:04.95	43.96	250m:	3:29.73	42.30	350m:	4:56.70	44.01
100m:	1:20.99	42.47	200m:	2:47.43	42.48	300m:	4:12.69	42.96	400m:	5:40.27	43.57
10.Anna Nauta	TriVia	5:45.27201001114	<b>5:45.23</b>	300							
50m:	37.14	37.14	150m:	2:04.11	44.05	250m:	3:32.78	43.91	350m:	5:01.67	43.90
100m:	1:20.06	42.92	200m:	2:48.87	44.76	300m:	4:17.77	44.99	400m:	5:45.23	43.56
11.Stella Hooisma	Z&PC de Inktvis	6:52.67200801888	<b>5:48.28</b>	292							
50m:	37.18	37.18	150m:	2:02.50	43.39	250m:	3:32.68	44.83	350m:	5:04.76	46.32
100m:	1:19.11	41.93	200m:	2:47.85	45.35	300m:	4:18.44	45.76	400m:	5:48.28	43.52
12.Aafke Tassenaar	Orca Leeuwarden	6:53.28200503834	<b>5:50.48</b>	287							
50m:	36.34	36.34	150m:	2:01.02	43.82	250m:	3:32.79	46.18	350m:	5:05.34	45.98
100m:	1:17.20	40.86	200m:	2:46.61	45.59	300m:	4:19.36	46.57	400m:	5:50.48	45.14
13.Maurieke Frijstein	Zv 44	5:45.94201100198	<b>5:51.84</b>	284							
50m:	36.21	36.21	150m:	2:06.29	46.55	250m:	3:37.51	46.20	350m:	5:09.71	45.23
100m:	1:19.74	43.53	200m:	2:51.31	45.02	300m:	4:24.48	46.97	400m:	5:51.84	42.13
14.Lieke van der Wal	Zignea	5:29.43200501428	<b>5:53.38</b>	280							
50m:	37.14	37.14	150m:	2:05.54	45.64	250m:	3:38.24	46.41	350m:	5:10.38	46.04
100m:	1:19.90	42.76	200m:	2:51.83	46.29	300m:	4:24.34	46.10	400m:	5:53.38	43.00
15.Querine Schminnes	ZC Borger	NT201200624	<b>5:57.32</b>	271							
50m:	39.83	39.83	150m:	2:09.84	45.81	250m:	3:41.80	45.64	350m:	5:14.40	46.50
100m:	1:24.03	44.20	200m:	2:56.16	46.32	300m:	4:27.90	46.10	400m:	5:57.32	42.92
16.Ilse van Eijk	Zignea	6:23.91200601930	<b>6:26.80</b>	213							
50m:	38.54	38.54	150m:	2:09.24	46.94	250m:	3:52.32	51.93	350m:	5:38.33	52.76
100m:	1:22.30	43.76	200m:	3:00.39	51.15	300m:	4:45.57	53.25	400m:	6:26.80	48.47
DISHebe Hollander	TriVia	NT201102644									
	AF - De aangegeven afstand niet uitgezwommen.										
50m:	42.35	42.35	150m:	2:27.85	55.52	250m:	4:14.46	53.79	350m:		
100m:	1:32.33	49.98	200m:	3:20.67	52.82	300m:	5:09.05	54.59	400m:		