

Orca's Christmas Swim 2022
Leeuwarden, 28- - 29-12-2022

Programmanr. 20
29-12-2022 - 9:15

Dames, 400m wisselslag
Toernooirecord: 4.57.31 (Marjolein Delno 2017)

Senioren Open
Resultaten

Punten: FINA 2022

rangnaam	vereniging	intijd	tijd	Pnt							
1. Alinda Dingshoff	De Dolfijn	4:52.56200000928	4:57.26	660							
50m:		150m:	250m:		350m:						
100m:	1:05.64	200m:	300m:		400m:	4:57.26					
2. Hedwig Bolt	HZ&PC Heerenveen	5:04.58200602660	5:05.25	610							
50m:		150m:	250m:		350m:						
100m:	1:10.12	200m:	300m:		400m:	5:05.25					
3. Anne Noom	Het Y	4:59.59199800062	5:06.41	603							
50m:		150m:	250m:		350m:						
100m:	1:09.79	200m:	300m:		400m:	5:06.41					
4. Ismay Lichtendonk	Dedemsvaart-AC	5:01.90200400622	5:10.51	579							
50m:		150m:	250m:		350m:						
100m:	1:10.06	200m:	300m:		400m:	5:10.51					
5. M. van der Kamp	Orca Leeuwarden	5:00.89200500218	5:13.84	561							
50m:		150m:	250m:		350m:						
100m:	1:11.99	200m:	300m:		400m:	5:13.84					
6. Fay Boxum	Dz&Pc	5:10.19200900060	5:21.76	521							
50m:		150m:	250m:		350m:						
100m:	1:16.76	200m:	300m:		400m:	5:21.76					
7. Ciska de Lugt	Dz&Pc	5:49.21200503302	5:29.96	483							
50m:	33.85	33.85	150m:	1:56.08	39.88	250m:	3:25.71	50.59	350m:	4:53.73	36.63
100m:	1:16.20	42.35	200m:	2:35.12	39.04	300m:	4:17.10	51.39	400m:	5:29.96	36.23
8. Laura van Etten	HZ&PC Heerenveen	5:23.09200800264	5:30.27	481							
50m:		150m:	250m:		350m:						
100m:	1:20.10	200m:	300m:		400m:	5:30.27					
9. Marlies Dijsselhof	Dedemsvaart-AC	5:42.00200601046	5:35.46	459							
50m:		150m:	250m:		350m:						
100m:	1:18.12	200m:	300m:		400m:	5:35.46					
10. Fleur Bos	Dz&Pc	5:23.69200500674	5:37.26	452							
50m:		150m:	250m:		350m:						
100m:	1:18.13	200m:	300m:		400m:	5:37.26					
11. Monique Tienstra	TriVia	6:06.32200600354	5:54.24	390							
50m:	35.65	35.65	150m:	2:07.10	48.43	250m:	3:41.29	47.99	350m:	5:13.03	43.01
100m:	1:18.67	43.02	200m:	2:53.30	46.20	300m:	4:30.02	48.73	400m:	5:54.24	41.21
12. Ilse Kramer	TriVia	6:26.63200403072	6:11.40	338							
50m:	36.89	36.89	150m:	2:14.47	50.06	250m:	3:54.35	51.19	350m:	5:30.50	43.58
100m:	1:24.41	47.52	200m:	3:03.16	48.69	300m:	4:46.92	52.57	400m:	6:11.40	40.90
13. Fenna Boterman	TriVia	NT200701710	6:55.22	242							
50m:		150m:	250m:		350m:						
100m:	1:37.87	200m:	300m:		400m:	6:55.22					
14. Lieke Hegeman	TriVia	NT200505390	7:12.13	215							
50m:		150m:	250m:		350m:						
100m:	1:42.80	200m:	300m:		400m:	7:12.13					
DISHanna Sampimon	Ksn (Sg)	NT200901824	6:38.16								
	<i>VL - Tijdens de race op de rug gedraaid.</i>										
50m:		150m:	250m:		350m:						
100m:		200m:	300m:		400m:	6:38.16					