

Albion Open 2021  
Rotterdam, 25-9-2021

Programmanr. 1  
25-9-2021 - 13:45

Dames, 400m vrije slag

alg. leeftijdsgroep  
Resultaten

Prestatie-eis EKkb Kazan 4:06.95 ,  
Post-EJK 4:11.99 ,

EK KB Kazan : 4:06.95 / post-EJK KB Kazan : 4:11.99

Punten: FINA 2021

rang	naam	vereniging	intijd		tijd		RT	Pnt
1.	SCHRAVENDIJK, Merel	Blue Marlins (SG)	4:24.07	200503382	<b>4:23.27</b>	+0,55	701	
	50m: 29.93	29.93 150m: 1:35.04	32.89	250m: 2:42.00	33.69	350m: 3:49.98	34.13	
	100m: 1:02.15	32.22 200m: 2:08.31	33.27	300m: 3:15.85	33.85	400m: 4:23.27	33.29	
2.	JONKMAN, Megan	Blue Marlins (SG)	4:34.85	200600508	<b>4:24.56</b>	+0,72	691	
	50m: 30.10	30.10 150m: 1:35.58	33.01	250m: 2:43.36	34.13	350m: 3:51.51	33.87	
	100m: 1:02.57	32.47 200m: 2:09.23	33.65	300m: 3:17.64	34.28	400m: 4:24.56	33.05	
3.	VERHALLE, Kirsten	V z c	4:26.14	200400210	<b>4:28.70</b>	+0,78	659	
	50m: 29.93	29.93 150m: 1:36.55	33.49	250m: 2:44.79	34.02	350m: 3:54.23	34.95	
	100m: 1:03.06	33.13 200m: 2:10.77	34.22	300m: 3:19.28	34.49	400m: 4:28.70	34.47	
4.	VERGA, Alina	Blue Marlins (SG)	4:56.14	200603112	<b>4:52.02</b>	+0,50	514	
	50m: 32.44	32.44 150m: 1:44.68	36.55	250m: 2:59.20	37.64	350m: 4:15.14	38.16	
	100m: 1:08.13	35.69 200m: 2:21.56	36.88	300m: 3:36.98	37.78	400m: 4:52.02	36.88	
5.	OTTENS, Noa	V z c	4:59.79	200702256	<b>4:52.08</b>		513	
	50m: 33.00	33.00 150m: 1:46.97	37.52	250m: 3:02.04	37.74	350m: 4:15.97	36.95	
	100m: 1:09.45	36.45 200m: 2:24.30	37.33	300m: 3:39.02	36.98	400m: 4:52.08	36.11	
6.	MEER, Vera van der	V z c	5:10.18	200701508	<b>4:56.76</b>		489	
	50m: 34.11	34.11 150m: 1:48.47	37.54	250m: 3:04.25	37.85	350m: 4:19.74	38.01	
	100m: 1:10.93	36.82 200m: 2:26.40	37.93	300m: 3:41.73	37.48	400m: 4:56.76	37.02	
7.	ABOULAS, Hiba	De Dolfijn	5:04.47	200600870	<b>5:00.11</b>		473	
	50m: 32.95	32.95 150m: 1:47.30	37.62	250m: 3:04.23	38.36	350m: 4:22.09	39.21	
	100m: 1:09.68	36.73 200m: 2:25.87	38.57	300m: 3:42.88	38.65	400m: 5:00.11	38.02	
8.	DITEWIG, Elin	V z c	5:44.79	200900392	<b>5:19.47</b>	+0,64	392	
	50m: 34.17	34.17 150m: 1:53.79	40.29	250m: 3:16.07	40.86	350m: 4:40.18	42.61	
	100m: 1:13.50	39.33 200m: 2:35.21	41.42	300m: 3:57.57	41.50	400m: 5:19.47	39.29	
9.	HARRIS, Evelyn	Blue Marlins (SG)	5:28.97	200703250	<b>5:19.73</b>	+0,73	391	
	50m: 36.12	36.12 150m: 1:57.54	41.49	250m: 3:19.53	41.12	350m: 4:41.06	40.59	
	100m: 1:16.05	39.93 200m: 2:38.41	40.87	300m: 4:00.47	40.94	400m: 5:19.73	38.67	
10.	PETERS, Grace	Blue Marlins (SG)	6:03.06	200901474	<b>5:22.07</b>	+0,54	383	
	50m: 35.55	35.55 150m: 1:57.26	41.64	250m: 3:19.31	40.70	350m: 4:42.38	41.32	
	100m: 1:15.62	40.07 200m: 2:38.61	41.35	300m: 4:01.06	41.75	400m: 5:22.07	39.69	
11.	SMIT, Maud	V z c	5:47.96	200800788	<b>5:29.51</b>	+0,75	357	
	50m: 35.01	35.01 150m: 1:57.35	42.12	250m: 3:22.78	42.69	350m: 4:48.08	42.28	
	100m: 1:15.23	40.22 200m: 2:40.09	42.74	300m: 4:05.80	43.02	400m: 5:29.51	41.43	
12.	HARRIS, Meredith	Blue Marlins (SG)	5:54.95	200901524	<b>5:53.36</b>	+0,68	290	
	50m: 37.93	37.93 150m: 2:05.75	45.10	250m: 3:38.70	46.64	350m: 5:10.43	45.87	
	100m: 1:20.65	42.72 200m: 2:52.06	46.31	300m: 4:24.56	45.86	400m: 5:53.36	42.93	
13.	ELBERS, Esmeralda	Blue Marlins (SG)	6:15.34	200404888	<b>6:04.47</b>	+0,69	264	
	50m: 39.99	39.99 150m: 2:10.65	46.19	250m: 3:45.17	47.73	350m: 5:20.53	47.50	
	100m: 1:24.46	44.47 200m: 2:57.44	46.79	300m: 4:33.03	47.86	400m: 6:04.47	43.94	