

Event 33
10-04-2016

Women, 400m Freestyle

Senioren Open
Results Finals

World Record	3:58.37	Kathleen Ledecky	Gold Coast (AUS)	23-08-2014
European Record	3:59.15	Federica Pellegrini	Rome (ITA)	26-07-2009
Nederlands Record Senioren	4:03.02	Sharon van Rouwendaal	Kazan (RUS)	02-08-2015
Nederlands Record Jeugd	4:11.35	Sharon van Rouwendaal	Eindhoven	12-06-2009
Nederlands Record Junioren	4:20.37	Karen Wammes	Antwerpen (BEL)	01-08-1991
Meet Record	4:08.97	Boglarka Kapas	Eindhoven	04-04-2015
Dutch Championshipsrecord	4:09.13	Femke Heemskerk	Eindhoven	02-12-2011
Limieten OS Rio 2016	4:06.21			
Richttijden EK 2016 Londen Sen.	4:11.81			
Richttijden EK 2016 Londen 1997	4:12.52			
Richttijden EK 2016 Londen 1998	4:13.59			
Richttijden EK 2016 Londen 1999	4:15.02			
Kwalificatietijd EJK2016 1999	4:16.29			
Kwalificatietijd EJK2016 2000	4:18.94			
Kwalificatietijd EJK2016 2001-2002	4:21.09			
Kwalificatietijd vEYOF 2016	4:29.42			

Points: FINA 2016

rank	name	club name	time	RT	FINA
Final A					
1.	Anja Crevar	Serbia	3038	4:14.67 +0,73	820
	50m: 29.60 29.60	150m: 1:33.79 32.37	250m: 2:38.34 32.08	350m: 3:43.24 32.34	
	100m: 1:01.42 31.82	200m: 2:06.26 32.47	300m: 3:10.90 32.56	400m: 4:14.67 31.43	
2.	Andrea Kneppers	University of Louisville		4:16.88 +0,77	799
	50m: 29.35 29.35	150m: 1:33.50 32.47	250m: 2:38.34 32.18	350m: 3:43.71 32.75	
	100m: 1:01.03 31.68	200m: 2:06.16 32.66	300m: 3:10.96 32.62	400m: 4:16.88 33.17	
3.	Marjolein Delno	NTC-VZC-E&P	199400024	4:17.58 +0,73	792
	50m: 29.64 29.64	150m: 1:34.04 32.40	250m: 2:39.41 32.65	350m: 3:45.43 33.09	
	100m: 1:01.64 32.00	200m: 2:06.76 32.72	300m: 3:12.34 32.93	400m: 4:17.58 32.15	
4.	Rieneke Terink	ZPC AMERSFOORT	198402424	4:18.88 +0,73	780
	50m: 29.32 29.32	150m: 1:34.12 32.59	250m: 2:42.51 33.09	350m: 3:46.45 33.15	
	100m: 1:01.53 32.21	200m: 2:07.03 32.91	300m: 3:13.30 33.18	400m: 4:18.88 32.43	
5.	Marieke Tienstra	RTC-TriVia	199900302	4:21.62 +0,74	756
	50m: 29.26 29.26	150m: 1:35.42 33.30	250m: 2:42.51 33.65	350m: 3:49.24 33.25	
	100m: 1:02.12 32.86	200m: 2:08.86 33.44	300m: 3:15.99 33.48	400m: 4:21.62 32.38	
6.	Serena Stel	RTC-De Dolfijn	199801528	4:24.87 +0,72	728
	50m: 30.04 30.04	150m: 1:36.65 33.73	250m: 2:43.96 33.05	350m: 3:52.41 34.11	
	100m: 1:02.92 32.88	200m: 2:10.91 34.26	300m: 3:18.30 34.34	400m: 4:24.87 32.46	
7.	Laura Setz	Nova	200000130	4:24.93 +0,80	728
	50m: 30.24 30.24	150m: 1:36.63 33.45	250m: 2:44.29 33.25	350m: 3:52.39 33.89	
	100m: 1:03.18 32.94	200m: 2:11.04 34.41	300m: 3:18.50 34.21	400m: 4:24.93 32.54	
8.	Marij van der Mast	RTC-PSV	200000676	4:32.48 +0,74	669
	50m: 30.06 30.06	150m: 1:37.29 33.78	250m: 2:46.90 35.00	350m: 3:57.72 35.31	
	100m: 1:03.51 33.45	200m: 2:11.90 34.61	300m: 3:22.41 35.51	400m: 4:32.48 34.76	
Final B					
9.	Kinge Zandringa	RTC-Orca	199801422	4:27.35 +0,78	708
	50m: 30.56 30.56	150m: 1:37.79 33.90	250m: 2:46.07 33.84	350m: 3:54.50 34.24	
	100m: 1:03.89 33.33	200m: 2:12.23 34.44	300m: 3:20.26 34.19	400m: 4:27.35 32.85	
10.	Pien Schravendes	RTC-DZ&PC	199902010	4:30.69 +0,64	682
	50m: 29.64 29.64	150m: 1:36.92 34.33	250m: 2:47.16 35.26	350m: 3:57.88 35.35	
	100m: 1:02.59 32.95	200m: 2:11.90 34.98	300m: 3:22.53 35.37	400m: 4:30.69 32.81	
11.	Lisanne Hassing	HZ&PC Heerenveen	199702584	4:32.00 +0,79	673
	50m: 30.60 30.60	150m: 1:39.36 34.46	250m: 2:48.75 34.14	350m: 3:58.70 34.67	
	100m: 1:04.90 34.30	200m: 2:14.61 35.25	300m: 3:24.03 35.28	400m: 4:32.00 33.30	
12.	Silke Holkenborg	Montferland	200100292	4:33.34 +0,69	663
	50m: 30.19 30.19	150m: 1:38.58 34.92	250m: 2:49.04 34.71	350m: 3:59.69 35.47	
	100m: 1:03.66 33.47	200m: 2:14.33 35.75	300m: 3:24.22 35.18	400m: 4:33.34 33.65	
13.	Evelien van Ruiten	RTC-Orca	199602924	4:33.43 +0,78	662
	50m: 31.03 31.03	150m: 1:39.55 34.70	250m: 2:50.25 35.26	350m: 4:00.23 34.52	
	100m: 1:04.85 33.82	200m: 2:14.99 35.44	300m: 3:25.71 35.46	400m: 4:33.43 33.20	

onjuistheden? / mistakes?

MF = Manual Final

mail naar / to: nkschrijvingen@knzb.nl

Event 33, Women, 400m Freestyle, Final, Senioren Open

rank	name		club name		time		RT	FINA				
14.	Soraya Wasser		PSV		199901358		4:33.62	+0,71	661			
	50m:	30.64	30.64	150m:	1:39.78	34.83	250m:	2:49.82	34.61	350m:	4:00.12	34.74
	100m:	1:04.95	34.31	200m:	2:15.21	35.43	300m:	3:25.38	35.56	400m:	4:33.62	33.50
15.	Sarah Scholten		PSV		200006196		4:35.95	+0,68	644			
	50m:	30.23	30.23	150m:	1:39.10	34.69	250m:	2:49.75	35.14	350m:	4:01.48	35.67
	100m:	1:04.41	34.18	200m:	2:14.61	35.51	300m:	3:25.81	36.06	400m:	4:35.95	34.47
16.	Sterre Mooiweer		De Dinkel		199800236		4:42.43	+0,66	601			
	50m:	31.19	31.19	150m:	1:41.66	35.73	250m:	2:54.00	36.18	350m:	4:06.91	36.34
	100m:	1:05.93	34.74	200m:	2:17.82	36.16	300m:	3:30.57	36.57	400m:	4:42.43	35.52