

Programmanr. 11  
14-12-2019

Dames, 400m wisselslag

Senioren Open  
Resultaten Finale

World Record	4:26.36	Katinka Hosszu	Rio de Janeiro (BRA)	06-08-2016
European Record	4:26.36	Katinka Hosszu	Rio de Janeiro (BRA)	06-08-2016
Nederlands Record Senioren	4:44.73	Wendy v.d. Zanden	Londen (GBR)	16-05-2016
Nederlands Record Jeugd	4:48.19	Sharon van Rouwendaal	Duinkerken (FRA)	20-04-2008
Nederlands Record Junioren	4:56.95	Niamh Hofland	Sheffield (GBR)	26-07-2016
Prestatie-eis OS Tokio 2020	4:38.53			
Prestatie-eis EK Boedapest 2020	4:43.98			
Prestatie-eis EJK Aberdeen 2020	4:57.75			
Prestatie-eis Post EJK-EK Budapest 2020	4:45.15			

Punten: FINA 2019

rank	name	club name	time	RT	FINA
<b>Finale A</b>					
1.	Mireia Belmonte Garcia	Royal Spanish SF	<b>4:44.16</b>	+0,64	823
	50m: 30.33	150m: 1:43.23	38.39	250m: 3:00.70	40.00
	100m: 1:04.84	200m: 2:20.70	37.47	300m: 3:40.62	39.92
				350m: 4:13.50	32.88
				400m: 4:44.16	30.66
2.	Alba Vazquez Ruiz	Royal Spanish SF	<b>4:46.51</b>	+0,74	803
	50m: 30.20	150m: 1:42.11	37.65	250m: 2:59.23	39.63
	100m: 1:04.46	200m: 2:19.60	37.49	300m: 3:40.54	41.31
				350m: 4:14.35	33.81
				400m: 4:46.51	32.16
3.	Amber Keegan	City Of Sheffield Swim Squad	<b>4:46.72</b>	+0,71	801
	50m: 30.48	150m: 1:42.76	37.04	250m: 2:58.99	40.20
	100m: 1:05.72	200m: 2:18.79	36.03	300m: 3:40.68	41.69
				350m: 4:14.14	33.46
				400m: 4:46.72	32.58
4.	Victoria Kaminskaya	Portugal	<b>4:47.19</b>	+0,78	797
	50m: 30.51	150m: 1:42.37	38.00	250m: 2:59.34	40.36
	100m: 1:04.37	200m: 2:18.98	36.61	300m: 3:39.78	40.44
				350m: 4:14.27	34.49
				400m: 4:47.19	32.92
5.	Zoe Vogelmann	Baden-Württemberg	<b>4:48.09</b>	+0,72	790
	50m: 28.56	150m: 1:41.60	38.53	250m: 3:00.10	40.95
	100m: 1:03.07	200m: 2:19.15	37.55	300m: 3:42.04	41.94
				350m: 4:15.72	33.68
				400m: 4:48.09	32.37
6.	Maria Ugolkova	SC Uster Wallisellen	<b>4:48.30</b>	+0,65	788
	50m: 29.15	150m: 1:41.43	38.01	250m: 2:59.99	40.91
	100m: 1:03.42	200m: 2:19.08	37.65	300m: 3:42.00	42.01
				350m: 4:15.98	33.98
				400m: 4:48.30	32.32
7.	Paula Juste Sanchez	Royal Spanish SF	<b>4:49.88</b>	+0,67	775
	50m: 30.29	150m: 1:42.36	37.74	250m: 3:01.25	42.26
	100m: 1:04.62	200m: 2:18.99	36.63	300m: 3:44.15	42.90
				350m: 4:17.52	33.37
				400m: 4:49.88	32.36
8.	Jimena Perez Blanco	Royal Spanish SF	<b>4:52.29</b>	+0,71	756
	50m: 31.28	150m: 1:44.62	38.00	250m: 3:04.74	42.94
	100m: 1:06.62	200m: 2:21.80	37.18	300m: 3:47.70	42.96
				350m: 4:20.37	32.67
				400m: 4:52.29	31.92
<b>Finale B</b>					
9.	Lea Polonsky	Israel Swimming Association	<b>4:48.22</b>	+0,70	789
	50m: 30.09	150m: 1:42.27	37.85	250m: 2:58.87	40.42
	100m: 1:04.42	200m: 2:18.45	36.18	300m: 3:40.71	41.84
				350m: 4:16.27	35.56
				400m: 4:48.22	31.95
10.	Samantha Randle	Tuhs Swimming	<b>4:53.01</b>	+0,79	751
	50m: 31.96	150m: 1:44.99	36.30	250m: 3:02.53	41.86
	100m: 1:08.69	200m: 2:20.67	35.68	300m: 3:45.70	43.17
				350m: 4:20.24	34.54
				400m: 4:53.01	32.77
	Beatriz Gómez Cortes	C.N. Galaico	<b>4:53.01</b>	+0,74	751
	50m: 31.16	150m: 1:45.30	38.50	250m: 3:05.02	42.20
	100m: 1:06.80	200m: 2:22.82	37.52	300m: 3:46.82	41.80
				350m: 4:20.79	33.97
				400m: 4:53.01	32.22
12.	Amy Bell	City Of Sheffield Swim Squad	<b>4:53.58</b>	+0,69	746
	50m: 30.07	150m: 1:44.17	39.47	250m: 3:03.76	40.07
	100m: 1:04.70	200m: 2:23.69	39.52	300m: 3:46.57	42.81
				350m: 4:20.94	34.37
				400m: 4:53.58	32.64
13.	Ambre Franquinet	FFBN	<b>5:01.15</b>	+0,72	691
	50m: 32.35	150m: 1:49.58	40.28	250m: 3:09.80	41.85
	100m: 1:09.30	200m: 2:27.95	38.37	300m: 3:52.21	42.41
				350m: 4:27.56	35.35
				400m: 5:01.15	33.59
14.	Astrid Julie Halvorsen	Lambertseter SK	<b>5:01.83</b>	+0,71	687
	50m: 31.09	150m: 1:44.89	38.36	250m: 3:08.03	45.23
	100m: 1:06.53	200m: 2:22.80	37.91	300m: 3:53.74	45.71
				350m: 4:28.25	34.51
				400m: 5:01.83	33.58
15.	Ailsa McDonald	Northampton SC	<b>5:03.10</b>	+0,74	678
	50m: 32.18	150m: 1:49.29	41.25	250m: 3:11.12	42.04
	100m: 1:08.04	200m: 2:29.08	39.79	300m: 3:53.00	41.88
				350m: 4:29.03	36.03
				400m: 5:03.10	34.07
16.	Emelie Schnagl	SSG Saar Max Ritter	<b>5:08.23</b>	+0,73	645
	50m: 31.18	150m: 1:48.76	40.62	250m: 3:12.12	43.64
	100m: 1:08.14	200m: 2:28.48	39.72	300m: 3:57.50	45.38
				350m: 4:33.23	35.73
				400m: 5:08.23	35.00

onjuistheden / mistakes?

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Splash Meet Manager, 11.62141

Registered to KNZB

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Programmanr. 11, Dames, 400m wisselslag, Finale, Senioren Open

rank	name	club name	time	RT	FINA
AFGEM	Anastasia Gorbenko	Israel Swimming Association			