

Swim Cup Amsterdam
Amsterdam, 13-15 december 2019

Programmanr. 13
14-12-2019

Dames, 400m vrije slag

Senioren Open
Resultaten Finale

World Record	3:56.46	Kathleen Ledecky	Rio de Janeiro (BRA)	07-08-2016
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
Prestatie-eis OS Tokio 2020	4:07.90			
Prestatie-eis EK Boedapest 2020	4:13.26			
Prestatie-eis EJK Aberdeen 2020	4:19.03			
Prestatie-eis Post EJK-EK Budapest 2020	4:13.26			

Punten: FINA 2019

rank	name	club name	time	RT	FINA	PARA		
Paralympics								
1.	Gina Böttcher	NPC Germany	34131 S4	6:44.48 +0,64	199	951		
	50m: 47.39	47.39	150m: 2:28.70	50.74	250m: 4:12.46	52.24	350m: 5:54.32	50.66
	100m: 1:37.96	50.57	200m: 3:20.22	51.52	300m: 5:03.66	51.20	400m: 6:44.48	50.16
2.	Maike Naomi Schnittger	NPC Germany	7026 S12	4:46.31 +0,62	563	907		
	50m: 32.00	32.00	150m: 1:45.15	36.91	250m: 2:58.70	36.58	350m: 4:11.66	36.31
	100m: 1:08.24	36.24	200m: 2:22.12	36.97	300m: 3:35.35	36.65	400m: 4:46.31	34.65
3.	Zara Mullooly	Northampton SC	908441 S10	4:46.33 +0,76	563	838		
	50m: 32.10	32.10	150m: 1:44.82	36.81	250m: 2:58.33	36.44	350m: 4:11.30	36.07
	100m: 1:08.01	35.91	200m: 2:21.89	37.07	300m: 3:35.23	36.90	400m: 4:46.33	35.03
4.	Maisie Summers-Newton	Northampton SC	789906 S6	5:34.21 +0,65	354	835		
	50m: 37.97	37.97	150m: 2:02.42	42.37	250m: 3:27.50	42.54	350m: 4:52.30	42.33
	100m: 1:20.05	42.08	200m: 2:44.96	42.54	300m: 4:09.97	42.47	400m: 5:34.21	41.91
5.	Jonne Moleman	Link	200006264 S7	5:18.63 +0,74	408	826		
	50m: 35.93	35.93	150m: 1:56.35	40.47	250m: 3:17.47	40.28	350m: 4:39.01	40.62
	100m: 1:15.88	39.95	200m: 2:37.19	40.84	300m: 3:58.39	40.92	400m: 5:18.63	39.62
6.	Julia Benito De Tena	IPC Spain	S10	5:10.84 +0,70	440	655		
	50m: 35.37	35.37	150m: 1:54.16	39.75	250m: 3:13.53	39.51	350m: 4:32.63	39.61
	100m: 1:14.41	39.04	200m: 2:34.02	39.86	300m: 3:53.02	39.49	400m: 5:10.84	38.21
7.	Anna Catalina Krzyzaniak	NPC Germany	29257 S9	5:23.08 +0,70	392	646		
	50m: 35.85	35.85	150m: 1:56.85	40.45	250m: 3:18.84	40.92	350m: 4:42.13	41.40
	100m: 1:16.40	40.55	200m: 2:37.92	41.07	300m: 4:00.73	41.89	400m: 5:23.08	40.95
8.	Milou van Winkel	HPC PARA-Link	200402296 S14	5:34.59 +0,90	352	509		
	50m: 36.42	36.42	150m: 2:01.44	42.58	250m: 3:26.75	43.00	350m: 4:53.14	42.07
	100m: 1:18.86	42.44	200m: 2:43.75	42.31	300m: 4:11.07	44.32	400m: 5:34.59	41.45

Senioren Open

Finale A

1.	Holly Hibbott	Stockport Metro SC	552401	4:07.02 +0,74	877			
	50m: 29.59	29.59	150m: 1:32.70	31.44	250m: 2:33.96	30.50	350m: 3:36.21	31.59
	100m: 1:01.26	31.67	200m: 2:03.46	30.76	300m: 3:04.62	30.66	400m: 4:07.02	30.81
2.	Julia Hassler	Liechtensteiner SV		4:12.36 +0,81	822			
	50m: 29.26	29.26	150m: 1:32.75	31.89	250m: 2:36.55	31.86	350m: 3:40.59	31.97
	100m: 1:00.86	31.60	200m: 2:04.69	31.94	300m: 3:08.62	32.07	400m: 4:12.36	31.77
3.	Mireia Belmonte Garcia	Royal Spanish SF		4:13.80 +0,62	808			
	50m: 29.71	29.71	150m: 1:33.99	32.26	250m: 2:37.86	31.76	350m: 3:42.64	32.53
	100m: 1:01.73	32.02	200m: 2:06.10	32.11	300m: 3:10.11	32.25	400m: 4:13.80	31.16
4.	Isabel Gose	SV Nikar Heidelberg	284622	4:14.80 +0,75	799			
	50m: 29.26	29.26	150m: 1:32.95	32.09	250m: 2:37.03	32.04	350m: 3:42.89	32.83
	100m: 1:00.86	31.60	200m: 2:04.99	32.04	300m: 3:10.06	33.03	400m: 4:14.80	31.91
5.	Valentine Dumont	FFBN		4:15.47 +0,68	792			
	50m: 29.54	29.54	150m: 1:33.02	31.94	250m: 2:37.45	32.07	350m: 3:43.28	33.14
	100m: 1:01.08	31.54	200m: 2:05.38	32.36	300m: 3:10.14	32.69	400m: 4:15.47	32.19
6.	Paula Juste Sanchez	Royal Spanish SF		4:16.39 +0,69	784			
	50m: 30.13	30.13	150m: 1:35.08	32.63	250m: 2:40.31	32.60	350m: 3:44.75	31.84
	100m: 1:02.45	32.32	200m: 2:07.71	32.63	300m: 3:12.91	32.60	400m: 4:16.39	31.64
7.	María De Valdes Alvarez	Royal Spanish SF		4:20.24 +0,82	750			
	50m: 29.80	29.80	150m: 1:34.49	32.54	250m: 2:40.44	33.08	350m: 3:47.33	33.47
	100m: 1:01.95	32.15	200m: 2:07.36	32.87	300m: 3:13.86	33.42	400m: 4:20.24	32.91

onjuistheden / mistakes?

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Amsterdam, 13-15 december 2019

Programmanr. 13, Dames, 400m vrije slag, Finale, Senioren Open

rank	name	club name	time	RT	FINA	PARA		
8.	Malene Rypestøl	Team Sør	4:24.28	+0,75	716			
	50m: 29.90	29.90	150m: 1:35.44	32.80	250m: 2:43.18	34.06	350m: 3:51.57	34.37
	100m: 1:02.64	32.74	200m: 2:09.12	33.68	300m: 3:17.20	34.02	400m: 4:24.28	32.71
Finale B								
9.	Jimena Perez Blanco	Royal Spanish SF	4:17.23	+0,68	776			
	50m: 30.39	30.39	150m: 1:36.01	32.81	250m: 2:40.68	32.16	350m: 3:45.29	32.51
	100m: 1:03.20	32.81	200m: 2:08.52	32.51	300m: 3:12.78	32.10	400m: 4:17.23	31.94
10.	Serena Stel	OC-De Dolfijn	199801528	4:19.14	+0,67	759		
	50m: 29.77	29.77	150m: 1:35.46	33.19	250m: 2:42.05	33.35	350m: 3:47.67	32.65
	100m: 1:02.27	32.50	200m: 2:08.70	33.24	300m: 3:15.02	32.97	400m: 4:19.14	31.47
11.	Aina Olivan Mercader	C.N. Sabadell	47570326	4:20.50	+0,69	747		
	50m: 29.99	29.99	150m: 1:35.05	32.87	250m: 2:41.07	33.06	350m: 3:47.84	33.33
	100m: 1:02.18	32.19	200m: 2:08.01	32.96	300m: 3:14.51	33.44	400m: 4:20.50	32.66
12.	Imani de Jong	OC-ZPCH	200200464	4:20.76	+0,73	745		
	50m: 29.48	29.48	150m: 1:35.27	33.21	250m: 2:41.84	33.14	350m: 3:48.65	33.16
	100m: 1:02.06	32.58	200m: 2:08.70	33.43	300m: 3:15.49	33.65	400m: 4:20.76	32.11
13.	Laura Setz	OC-Nova	200000130	4:20.99	+0,88	743		
	50m: 29.54	29.54	150m: 1:34.96	32.93	250m: 2:41.47	33.19	350m: 3:48.11	33.26
	100m: 1:02.03	32.49	200m: 2:08.28	33.32	300m: 3:14.85	33.38	400m: 4:20.99	32.88
14.	Silke Holkenborg	OC-VZC	200100292	4:21.11	+0,70	742		
	50m: 29.67	29.67	150m: 1:35.37	33.18	250m: 2:42.33	33.09	350m: 3:49.23	33.23
	100m: 1:02.19	32.52	200m: 2:09.24	33.87	300m: 3:16.00	33.67	400m: 4:21.11	31.88
15.	Alisha Hawkins	Stockport Metro SC	739984	4:24.67	+0,74	713		
	50m: 30.15	30.15	150m: 1:35.93	33.06	250m: 2:43.31	33.79	350m: 3:51.43	34.11
	100m: 1:02.87	32.72	200m: 2:09.52	33.59	300m: 3:17.32	34.01	400m: 4:24.67	33.24
16.	Delara Ditterich	Baden-Württemberg	326908	4:29.43	+0,77	675		
	50m: 30.25	30.25	150m: 1:37.26	33.54	250m: 2:46.23	34.53	350m: 3:55.48	34.52
	100m: 1:03.72	33.47	200m: 2:11.70	34.44	300m: 3:20.96	34.73	400m: 4:29.43	33.95
Finale C								
17.	Betsy Wizard	Northampton SC	758205	4:22.75	+0,74	728		
	50m: 29.88	29.88	150m: 1:36.55	33.68	250m: 2:43.57	33.64	350m: 3:50.16	33.05
	100m: 1:02.87	32.99	200m: 2:09.93	33.38	300m: 3:17.11	33.54	400m: 4:22.75	32.59
18.	Christin Mundell	Tuks Swimming	010930	4:25.46	+0,69	706		
	50m: 30.23	30.23	150m: 1:37.28	33.87	250m: 2:44.81	33.32	350m: 3:52.18	33.73
	100m: 1:03.41	33.18	200m: 2:11.49	34.21	300m: 3:18.45	33.64	400m: 4:25.46	33.28
19.	Samantha Randle	Tuks Swimming	981124	4:27.16	+0,79	693		
	50m: 31.65	31.65	150m: 1:38.93	33.91	250m: 2:46.66	33.80	350m: 3:54.16	33.36
	100m: 1:05.02	33.37	200m: 2:12.86	33.93	300m: 3:20.80	34.14	400m: 4:27.16	33.00
20.	Janna van Kooten	OC-TriVia	200404584	4:28.46	+0,84	683		
	50m: 30.57	30.57	150m: 1:37.74	34.05	250m: 2:46.90	34.33	350m: 3:55.69	34.19
	100m: 1:03.69	33.12	200m: 2:12.57	34.83	300m: 3:21.50	34.60	400m: 4:28.46	32.77
21.	Bente Fischer	Neckarsulmer Sport-Union	171649	4:29.21	+0,65	677		
	50m: 30.42	30.42	150m: 1:38.92	34.57	250m: 2:47.93	34.53	350m: 3:56.37	34.20
	100m: 1:04.35	33.93	200m: 2:13.40	34.48	300m: 3:22.17	34.24	400m: 4:29.21	32.84
22.	Kiara Noades	Tuks Swimming	010320	4:30.33	+0,71	669		
	50m: 30.29	30.29	150m: 1:37.56	34.04	250m: 2:46.38	34.39	350m: 3:55.99	34.61
	100m: 1:03.52	33.23	200m: 2:11.99	34.43	300m: 3:21.38	35.00	400m: 4:30.33	34.34
23.	Sapphi Gabbani	City Of Sheffield Swim Squad	830512	4:32.56	+0,69	652		
	50m: 30.05	30.05	150m: 1:37.24	33.89	250m: 2:47.67	35.24	350m: 3:58.23	35.05
	100m: 1:03.35	33.30	200m: 2:12.43	35.19	300m: 3:23.18	35.51	400m: 4:32.56	34.33
24.	Meghan Byrne	University of Bath	320927	4:34.88	+0,82	636		
	50m: 31.15	31.15	150m: 1:40.80	35.13	250m: 2:50.09	34.49	350m: 4:00.12	35.16
	100m: 1:05.67	34.52	200m: 2:15.60	34.80	300m: 3:24.96	34.87	400m: 4:34.88	34.76

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