

Event 20
14.10.2023 - 17:07

Women, 400m Freestyle

20 years and older
Results

Points: FINA 2023

Rank			YB			Time	Pts	
25 - 29 years								
1.	JANSEN Larissa		95	PSV		5:22.66	393	
	50m:	35.72 35.72	150m:	1:56.50 41.22	250m:	3:19.00 41.51	350m:	4:42.52 41.97
	100m:	1:15.28 39.56	200m:	2:37.49 40.99	300m:	4:00.55 41.55	400m:	5:22.66 40.14
2.	HENDRIKS Eline		98	ZPC Amersfoort		5:43.14	326	
	50m:	38.38 38.38	150m:	2:04.29 43.48	250m:	3:32.74 44.58	350m:	5:01.21 44.21
	100m:	1:20.81 42.43	200m:	2:48.16 43.87	300m:	4:17.00 44.26	400m:	5:43.14 41.93
3.	MOLLE Eline		94	De Geul		6:23.23	234	
	50m:	39.15 39.15	150m:	2:12.37 48.16	250m:	3:52.90 50.58	350m:	5:33.82 50.57
	100m:	1:24.21 45.06	200m:	3:02.32 49.95	300m:	4:43.25 50.35	400m:	6:23.23 49.41
30 - 34 years								
1.	VAN DAELE Phedra		93	Mega		5:29.02	370	
	50m:	35.09 35.09	150m:	1:55.74 41.22	250m:	3:20.65 43.00	350m:	4:47.30 43.57
	100m:	1:14.52 39.43	200m:	2:37.65 41.91	300m:	4:03.73 43.08	400m:	5:29.02 41.72
2.	BLOUW Nadine		93	TriVia		5:31.14	363	
	50m:	36.95 36.95	150m:	2:00.52 42.35	250m:	3:25.40 42.43	350m:	4:50.84 42.56
	100m:	1:18.17 41.22	200m:	2:42.97 42.45	300m:	4:08.28 42.88	400m:	5:31.14 40.30
3.	VAN HETEREN Nanda		89	PSV		5:31.24	363	
	50m:	38.02 38.02	150m:	2:03.10 42.77	250m:	3:28.85 42.29	350m:	4:51.89 40.84
	100m:	1:20.33 42.31	200m:	2:46.56 43.46	300m:	4:11.05 42.20	400m:	5:31.24 39.35
4.	VAN DER KNAAP Ilona		92	ZV De Watervogels		5:41.98	330	
	50m:	37.12 37.12	150m:	2:00.61 42.60	250m:	3:28.77 44.28	350m:	4:57.31 44.51
	100m:	1:18.01 40.89	200m:	2:44.49 43.88	300m:	4:12.80 44.03	400m:	5:41.98 44.67
35 - 39 years								
1.	MANCHEL Isaline		85	Cercle De Natation Sportcity Woluwe		5:53.27	299	
	50m:	39.66 39.66	150m:	2:08.05 44.75	250m:	3:38.01 45.09	350m:	5:09.53 45.59
	100m:	1:23.30 43.64	200m:	2:52.92 44.87	300m:	4:23.94 45.93	400m:	5:53.27 43.74
40 - 44 years								
1.	FREES Heather		83	Lone Star Masters		5:12.96	430	
	50m:	34.47 34.47	150m:	1:52.16 39.22	250m:	3:12.08 40.02	350m:	4:33.02 40.62
	100m:	1:12.94 38.47	200m:	2:32.06 39.90	300m:	3:52.40 40.32	400m:	5:12.96 39.94
2.	LENZ Tanja		79	SG Bayer		6:58.96	179	
	50m:	46.05 46.05	150m:	2:31.73 53.96	250m:	4:20.40 54.13	350m:	6:08.42 53.76
	100m:	1:37.77 51.72	200m:	3:26.27 54.54	300m:	5:14.66 54.26	400m:	6:58.96 50.54
45 - 49 years								
1.	JOLING Liselotte		75	PSV		5:06.09	460	
	50m:	35.46 35.46	150m:	1:53.61 39.25	250m:	3:11.74 38.86	350m:	4:29.15 38.38
	100m:	1:14.36 38.90	200m:	2:32.88 39.27	300m:	3:50.77 39.03	400m:	5:06.09 36.94
2.	RAYOT Delphine		74	Club Nautique Saint Avold		5:33.26	356	
	50m:	36.85 36.85	150m:	2:00.26 42.60	250m:	3:25.99 42.72	350m:	4:52.38 43.13
	100m:	1:17.66 40.81	200m:	2:43.27 43.01	300m:	4:09.25 43.26	400m:	5:33.26 40.88
3.	PATAKI Ruth		78	SC Hakoah Wien		5:43.26	326	
	50m:	38.92 38.92	150m:	2:04.41 43.59	250m:	3:32.99 44.27	350m:	5:01.60 44.02
	100m:	1:20.82 41.90	200m:	2:48.72 44.31	300m:	4:17.58 44.59	400m:	5:43.26 41.66

Event 20, Women, 400m Freestyle

50 - 54 years

1.	NILSSON Malin	73	Swimming Luxembourg	5:05.14	464
	50m: 34.10 34.10	150m: 1:50.40	38.54 250m: 3:08.63 39.28	350m: 4:26.88 38.98	
	100m: 1:11.86 37.76	200m: 2:29.35	38.95 300m: 3:47.90 39.27	400m: 5:05.14 38.26	
2.	V. BON-ROSENBRAND Lidia	70	ZPC Amersfoort	5:18.61	408
	50m: 35.58 35.58	150m: 1:55.87	40.79 250m: 3:18.10 41.00	350m: 4:39.72 40.73	
	100m: 1:15.08 39.50	200m: 2:37.10	41.23 300m: 3:58.99 40.89	400m: 5:18.61 38.89	
3.	ASHAUER Katharina	70	SG Wuppertal	5:47.16	315
	50m: 39.94 39.94	150m: 2:08.35	44.37 250m: 3:37.43 44.57	350m: 5:05.85 44.03	
	100m: 1:23.98 44.04	200m: 2:52.86	44.51 300m: 4:21.82 44.39	400m: 5:47.16 41.31	
4.	BAS-OTT Cherry	71	DAW	6:07.15	266
	50m: 38.32 38.32	150m: 2:09.47	46.83 250m: 3:45.02 47.72	350m: 5:21.56 48.44	
	100m: 1:22.64 44.32	200m: 2:57.30	47.83 300m: 4:33.12 48.10	400m: 6:07.15 45.59	
5.	ROMMELFANGEN CELLA Christine	69	SC Thionville	6:20.12	240
	50m: 42.85 42.85	150m: 2:18.53	48.27 250m: 3:56.99 49.04	350m: 5:35.29 48.52	
	100m: 1:30.26 47.41	200m: 3:07.95	49.42 300m: 4:46.77 49.78	400m: 6:20.12 44.83	
6.	DELMEE Marianne	72	Cercle De Natation Sportcity Woluwe	6:29.32	223
	50m: 39.05 39.05	150m: 2:13.22	49.47 250m: 3:56.97 51.99	350m: 5:41.71 51.93	
	100m: 1:23.75 44.70	200m: 3:04.98	51.76 300m: 4:49.78 52.81	400m: 6:29.32 47.61	
7.	FRITZ Britta	71	SC Janus Koeln	6:44.96	198
	50m: 45.45 45.45	150m: 2:26.45	51.87 250m: 4:11.04 52.46	350m: 5:54.59 51.25	
	100m: 1:34.58 49.13	200m: 3:18.58	52.13 300m: 5:03.34 52.30	400m: 6:44.96 50.37	

55 - 59 years

1.	THIELEMANN Claudia	68	SG Bayer	5:00.66	486
	<i>Meet Record</i>				
	50m: 34.46 34.46	150m: 1:49.98	38.07 250m: 3:06.17 38.07	350m: 4:23.18 38.50	
	100m: 1:11.91 37.45	200m: 2:28.10	38.12 300m: 3:44.68 38.51	400m: 5:00.66 37.48	
2.	V. NORDEN Henriette	68	ZPC Amersfoort	5:48.77	311
	50m: 38.20 38.20	150m: 2:06.42	45.01 250m: 3:36.16 45.38	350m: 5:06.06 45.24	
	100m: 1:21.41 43.21	200m: 2:50.78	44.36 300m: 4:20.82 44.66	400m: 5:48.77 42.71	
3.	FRANCOISE Nathalie	65	SA Verdun	6:19.99	240
	50m: 42.70 42.70	150m: 2:20.13	49.55 250m: 3:59.12 49.30	350m: 5:35.83 47.94	
	100m: 1:30.58 47.88	200m: 3:09.82	49.69 300m: 4:47.89 48.77	400m: 6:19.99 44.16	
4.	HEIRENDT Carine	65	Cercle de Natation Dudelange	6:47.16	195
	50m: 45.85 45.85	150m: 2:30.32	53.32 250m: 4:14.92 52.61	350m: 5:58.59 51.85	
	100m: 1:37.00 51.15	200m: 3:22.31	51.99 300m: 5:06.74 51.82	400m: 6:47.16 48.57	
5.	DAAMEN-POSMA Sandra	68	AZC	6:59.16	179
	50m: 43.53 43.53	150m: 2:27.65	53.68 250m: 4:17.67 55.13	350m: 6:06.64 53.95	
	100m: 1:33.97 50.44	200m: 3:22.54	54.89 300m: 5:12.69 55.02	400m: 6:59.16 52.52	
6.	BURGESS Julie	67	Cercle Royal De Natation De Bruxelles	A7:21.32	153
	50m: 42.95 42.95	150m: 2:29.08	55.21 250m: 4:24.89 59.07	350m: 6:25.23 59.88	
	100m: 1:33.87 50.92	200m: 3:25.82	56.74 300m: 5:25.35 1:00.46	400m: 7:21.32 56.09	
7.	DELON Sophie	66	SC Thionville	7:24.41	150
	50m: 51.70 51.70	150m: 2:43.59	57.15 250m: 4:37.66 57.15	350m: 6:30.68 56.35	
	100m: 1:46.44 54.74	200m: 3:40.51	56.92 300m: 5:34.33 56.67	400m: 7:24.41 53.73	
8.	CLEMENT-LUCAS Ria	64	Cercle de Natation Dudelange	9:23.43	73
	50m: 1:04.48 1:04.48	150m: 3:27.79	1:11.78 250m: 5:52.16 1:11.54	350m: 8:16.30 1:12.00	
	100m: 2:16.01 1:11.53	200m: 4:40.62	1:12.83 300m: 7:04.30 1:12.14	400m: 9:23.43 1:07.13	

Event 20, Women, 400m Freestyle

60 - 64 years

1. LANGE Heike	62	Swim-Club Neu-Insenburg	6:47.70	194
50m: 45.81 45.81	150m: 2:29.96	52.65 250m: 4:14.77 52.53	350m: 5:58.88	51.56
100m: 1:37.31 51.50	200m: 3:22.24	52.28 300m: 5:07.32 52.55	400m: 6:47.70	48.82
2. PERCICOT Christine	59	ASPTT Natation Strasbourg	6:51.50	189
50m: 45.62 45.62	150m: 2:29.16	52.34 250m: 4:15.84 53.06	350m: 6:02.11	52.52
100m: 1:36.82 51.20	200m: 3:22.78	53.62 300m: 5:09.59 53.75	400m: 6:51.50	49.39
3. VANDORMAEL Marie-Jeanne	63	Genker Zwemvereniging Neptunus	7:41.45	134
50m: 51.21 51.21	150m: 2:45.78	58.93 250m: 4:44.37 59.50	350m: 6:43.78	59.43
100m: 1:46.85 55.64	200m: 3:44.87	59.09 300m: 5:44.35 59.98	400m: 7:41.45	57.67

70 - 74 years

1. BOER-BUYS Conny	50	ZV Vlaardingen-Schiedam	6:32.81	217
<i>Meet Record</i>				
50m: 43.00 43.00	150m: 2:22.62	51.55 250m: 4:06.92 51.74	350m: 5:46.74	49.53
100m: 1:31.07 48.07	200m: 3:15.18	52.56 300m: 4:57.21 50.29	400m: 6:32.81	46.07
2. GUIDAT Pascale	52	SC Thionville	7:09.56	166
50m: 48.95 48.95	150m: 2:37.48	54.87 250m: 4:28.41 55.27	350m: 6:18.70	55.35
100m: 1:42.61 53.66	200m: 3:33.14	55.66 300m: 5:23.35 54.94	400m: 7:09.56	50.86
3. BLONDEEL-GOURMET Fernande	52	Cercle De Natation Sportcity Woluwe	8:58.06	84
50m: 59.57 59.57	150m: 3:14.45	1:08.23 250m: 5:32.51 1:09.68	350m: 7:52.14	1:09.68
100m: 2:06.22 1:06.65	200m: 4:22.83	1:08.38 300m: 6:42.46 1:09.95	400m: 8:58.06	1:05.92
DNS MEERWALDT Geerdien	52	De Geul		

75 - 79 years

1. FELTZ Denise	47	AS Gien Natation	7:23.32	151
50m: 49.28 49.28	150m: 2:40.63	56.64 250m: 4:35.34 56.99	350m: 6:30.49	57.64
100m: 1:43.99 54.71	200m: 3:38.35	57.72 300m: 5:32.85 57.51	400m: 7:23.32	52.83
2. VAN HUISSTEDEN Loekie	45	ZPC Amersfoort	9:14.28	77
50m: 1:00.45 1:00.45	150m: 3:20.81	1:10.84 250m: 5:42.60 1:10.76	350m: 8:05.24	1:11.06
100m: 2:09.97 1:09.52	200m: 4:31.84	1:11.03 300m: 6:54.18 1:11.58	400m: 9:14.28	1:09.04

85 - 89 years

1. SMITS Marie	38	Old Dutch Breda	9:10.57	79
50m: 59.73 59.73	150m: 3:22.39	1:12.08 250m: 5:43.16 1:10.34	350m: 8:03.49	1:08.17
100m: 2:10.31 1:10.58	200m: 4:32.82	1:10.43 300m: 6:55.32 1:12.16	400m: 9:10.57	1:07.08