

Programmanr. 1
19-12-2025 - 9:00

Dames, 400m vrije slag

Senioren Open
Resultaten Voorronde

Punten: AQUA 2025

rang	naam	vereniging	tijd	RT	FINA	para
PARA onder 16						
1.	Jente Parlevliet	Noordwijkerhout	201003900 S14	6:12.11	+0,84 Q	236 402
	50m: 39.56	39.56 150m: 2:12.82	47.56 250m: 3:48.82	48.09 350m: 5:22.07		45.65
	100m: 1:25.26	45.70 200m: 3:00.73	47.91 300m: 4:36.42	47.60 400m: 6:12.11		50.04
2.	Gwyneth van der Spek	Batavia Swim	201102806 S7	6:43.27	+0,68 Q	186 398
	50m: 46.09	46.09 150m: 2:29.59	51.93 250m: 4:13.10	51.95 350m: 5:55.99		51.12
	100m: 1:37.66	51.57 200m: 3:21.15	51.56 300m: 5:04.87	51.77 400m: 6:43.27		47.28
PARA Open						
1.	Milou van Winkel	WVZ	200402296 S14	5:31.01	+0,71 Q	336 571
	50m: 34.79	34.79 150m: 1:58.09	42.10 250m: 3:22.36	42.16 350m: 4:47.50		42.26
	100m: 1:15.99	41.20 200m: 2:40.20	42.11 300m: 4:05.24	42.88 400m: 5:31.01		43.51
2.	Aguila Dolsma	Blue Marlins	200603902 S14	5:38.58	+0,80 Q	314 534
	50m: 35.91	35.91 150m: 1:58.89	42.30 250m: 3:25.93	43.68 350m: 4:56.10		44.83
	100m: 1:16.59	40.68 200m: 2:42.25	43.36 300m: 4:11.27	45.34 400m: 5:38.58		42.48
3.	Jente Parlevliet	Noordwijkerhout	201003900 S14	6:12.11	+0,84 Q	236 402
	50m: 39.56	39.56 150m: 2:12.82	47.56 250m: 3:48.82	48.09 350m: 5:22.07		45.65
	100m: 1:25.26	45.70 200m: 3:00.73	47.91 300m: 4:36.42	47.60 400m: 6:12.11		50.04
4.	Gwyneth van der Spek	Batavia Swim	201102806 S7	6:43.27	+0,68 Q	186 398
	50m: 46.09	46.09 150m: 2:29.59	51.93 250m: 4:13.10	51.95 350m: 5:55.99		51.12
	100m: 1:37.66	51.57 200m: 3:21.15	51.56 300m: 5:04.87	51.77 400m: 6:43.27		47.28
Onder 18						
1.	Jade van der Schrier	AZC	200800692	4:16.27	+0,74 A	725
	50m: 29.79	29.79 150m: 1:34.12	32.35 250m: 2:39.23	32.69 350m: 3:44.58		32.74
	100m: 1:01.77	31.98 200m: 2:06.54	32.42 300m: 3:11.84	32.61 400m: 4:16.27		31.69
2.	Julie van Nispen	Nuenen	200800290	4:20.31	+0,74 A	692
	50m: 30.04	30.04 150m: 1:35.23	32.68 250m: 2:40.49	32.66 350m: 3:47.20		33.54
	100m: 1:02.55	32.51 200m: 2:07.83	32.60 300m: 3:13.66	33.17 400m: 4:20.31		33.11
3.	Frouke Ludwig	DZ&PC	200800112	4:24.01	B	663
	50m: 30.44	30.44 150m: 1:36.84	33.44 250m: 2:42.96	32.93 350m: 3:50.17		33.98
	100m: 1:03.40	32.96 200m: 2:10.03	33.19 300m: 3:16.19	33.23 400m: 4:24.01		33.84
4.	Bregje Dekkers	PSV	200900746	4:29.67	+0,48 B	622
	50m: 30.56	30.56 150m: 1:37.18	33.57 250m: 2:44.21	33.62 350m: 3:53.85		35.32
	100m: 1:03.61	33.05 200m: 2:10.59	33.41 300m: 3:18.53	34.32 400m: 4:29.67		35.82
5.	Fenna Westerneng	DZ&PC	200900070	4:30.86 *	+0,75 B	614
	50m: 30.28	30.28 150m: 1:38.49	34.24 250m: 2:46.34	33.76 350m: 3:56.11		35.09
	100m: 1:04.25	33.97 200m: 2:12.58	34.09 300m: 3:21.02	34.68 400m: 4:30.86		34.75
6.	Chiara Lammertink	ZPC AMERSFOORT	200902200	4:35.35	+0,71 R	584
	50m: 31.03	31.03 150m: 1:39.84	34.80 250m: 2:50.44	35.18 350m: 4:01.02		35.26
	100m: 1:05.04	34.01 200m: 2:15.26	35.42 300m: 3:25.76	35.32 400m: 4:35.35		34.33
7.	Meyke v. Nimwegen	De Schoteijl	200800106	4:37.63	+0,73	570
	50m: 31.22	31.22 150m: 1:40.04	34.77 250m: 2:50.71	35.48 350m: 4:02.42		35.83
	100m: 1:05.27	34.05 200m: 2:15.23	35.19 300m: 3:26.59	35.88 400m: 4:37.63		35.21
8.	Rixt Rothschild	ZPC Hoogeveen	200900026	4:38.83	+0,74	563
	50m: 31.36	31.36 150m: 1:40.74	35.02 250m: 2:51.65	35.27 350m: 4:03.18		35.86
	100m: 1:05.72	34.36 200m: 2:16.38	35.64 300m: 3:27.32	35.67 400m: 4:38.83		35.65
9.	Esmee Ykema	HZ&PC Heerenveen	200801710	4:44.02	+0,69	532
	50m: 31.68	31.68 150m: 1:42.69	35.98 250m: 2:55.60	36.66 350m: 4:08.75		36.61
	100m: 1:06.71	35.03 200m: 2:18.94	36.25 300m: 3:32.14	36.54 400m: 4:44.02		35.27
10.	Suuz Griekspoor	Noordwijkerhout	200901204	4:44.82	+0,75	528
	50m: 31.59	31.59 150m: 1:41.76	35.64 250m: 2:54.74	36.60 350m: 4:08.39		36.86
	100m: 1:06.12	34.53 200m: 2:18.14	36.38 300m: 3:31.53	36.79 400m: 4:44.82		36.43
11.	Elin Brinkhof	De Dolfijn	200900078	4:45.19	+0,77	526
	50m: 31.30	31.30 150m: 1:41.70	35.71 250m: 2:55.01	36.60 350m: 4:09.11		37.28
	100m: 1:05.99	34.69 200m: 2:18.41	36.71 300m: 3:31.83	36.82 400m: 4:45.19		36.08

B = Bonus inschrijving

Programmanr. 1, Meisjes, 400m vrije slag, Voorronde, Onder 18

rang	naam	vereniging				tijd				RT	FINA	para
12.	Lotte Blanken	SBC2000				200801476				4:47.61	+0,74	513
	50m: 32.06	32.06	150m: 1:43.03	35.88	250m: 2:56.84	37.02	350m: 4:11.41	37.43				
	100m: 1:07.15	35.09	200m: 2:19.82	36.79	300m: 3:33.98	37.14	400m: 4:47.61	36.20				
13.	Kinley Cole	PSV				200903696				4:47.99	+0,69	511
	50m: 32.68	32.68	150m: 1:46.66	37.23	250m: 3:00.29	36.61	350m: 4:13.30	36.29				
	100m: 1:09.43	36.75	200m: 2:23.68	37.02	300m: 3:37.01	36.72	400m: 4:47.99	34.69				
14.	Hadewych Forschelen	MNC Dordrecht				200903572				4:48.60		507
	50m: 32.63	32.63	150m: 1:45.20	36.56	250m: 2:59.49	37.06	350m: 4:13.41	36.70				
	100m: 1:08.64	36.01	200m: 2:22.43	37.23	300m: 3:36.71	37.22	400m: 4:48.60	35.19				
15.	Puck van Wees	De Dolfijn				200901020				4:49.89 *	+0,70	501
	50m: 31.85	31.85	150m: 1:44.27	36.68	250m: 2:58.93	37.41	350m: 4:13.91	37.04				
	100m: 1:07.59	35.74	200m: 2:21.52	37.25	300m: 3:36.87	37.94	400m: 4:49.89	35.98				
16.	Flore Blok	OZ&PC				200804348				4:49.94	+0,52	500
	50m: 32.55	32.55	150m: 1:45.73	37.00	250m: 2:59.60	36.97	350m: 4:14.25	37.37				
	100m: 1:08.73	36.18	200m: 2:22.63	36.90	300m: 3:36.88	37.28	400m: 4:49.94	35.69				
17.	Niobe Maduro	Aqua-Novio'94				200800378				4:50.50	+0,74	497
	50m: 31.30	31.30	150m: 1:41.99	35.89	250m: 2:56.27	37.31	350m: 4:12.55	38.15				
	100m: 1:06.10	34.80	200m: 2:18.96	36.97	300m: 3:34.40	38.13	400m: 4:50.50	37.95				
18.	Daphne Dijsselhof	Dedemsvaart-AC				200901690				4:54.35	+0,76	478
	50m: 32.73	32.73	150m: 1:47.45	37.90	250m: 3:03.31	38.25	350m: 4:18.70	37.62				
	100m: 1:09.55	36.82	200m: 2:25.06	37.61	300m: 3:41.08	37.77	400m: 4:54.35	35.65				
AFGEM	Simone Faber	Deltasteur				200900710						

Onder 20

1.	Nynke Boerefijn	ZPC AMERSFOORT				200700114				4:12.45	+0,70	A	758
	50m: 28.63	28.63	150m: 1:32.83	32.45	250m: 2:37.61	32.18	350m: 3:41.02	31.41					
	100m: 1:00.38	31.75	200m: 2:05.43	32.60	300m: 3:09.61	32.00	400m: 4:12.45	31.43					
2.	Hedwig Bolt	HZ&PC Heerenveen				200602660				4:16.29	+0,79	A	725
	50m: 29.51	29.51	150m: 1:33.42	32.30	250m: 2:38.50	32.46	350m: 3:43.75	32.67					
	100m: 1:01.12	31.61	200m: 2:06.04	32.62	300m: 3:11.08	32.58	400m: 4:16.29	32.54					
3.	Rhodee van den Ham	De Duinkikkers				200700090				4:22.53	+0,72	A	674
	50m: 30.73	30.73	150m: 1:38.08	34.06	250m: 2:44.28	32.69	350m: 3:50.31	32.88					
	100m: 1:04.02	33.29	200m: 2:11.59	33.51	300m: 3:17.43	33.15	400m: 4:22.53	32.22					
4.	Veerle de Ridder	HZ&PC Heerenveen				200700778				4:30.27	+0,51	B	618
	50m: 29.57	29.57	150m: 1:36.41	33.91	250m: 2:45.07	34.18	350m: 3:55.16	35.50					
	100m: 1:02.50	32.93	200m: 2:10.89	34.48	300m: 3:19.66	34.59	400m: 4:30.27	35.11					
5.	Imre Bouwland	ZPC Hoozeveen				200700388				4:36.87	+0,71		575
	50m: 30.94	30.94	150m: 1:39.93	34.92	250m: 2:50.34	35.25	350m: 4:01.57	35.63					
	100m: 1:05.01	34.07	200m: 2:15.09	35.16	300m: 3:25.94	35.60	400m: 4:36.87	35.30					
6.	Isa Jansen	SBC2000				200701176				4:40.36	+0,75		553
	50m: 31.16	31.16	150m: 1:41.44	35.60	250m: 2:52.90	35.93	350m: 4:05.17	36.16					
	100m: 1:05.84	34.68	200m: 2:16.97	35.53	300m: 3:29.01	36.11	400m: 4:40.36	35.19					
7.	Noa Ottens	VZC				200702256				4:44.58	+0,73		529
	50m: 30.77	30.77	150m: 1:42.97	36.71	250m: 2:55.97	36.27	350m: 4:08.82	36.33					
	100m: 1:06.26	35.49	200m: 2:19.70	36.73	300m: 3:32.49	36.52	400m: 4:44.58	35.76					
8.	Vera Wassink	DZ&PC				200604976				4:46.50	+0,77		519
	50m: 30.98	30.98	150m: 1:41.97	36.28	250m: 2:55.92	37.08	350m: 4:10.42	37.16					
	100m: 1:05.69	34.71	200m: 2:18.84	36.87	300m: 3:33.26	37.34	400m: 4:46.50	36.08					

senioren Open

1.	Marte Hieke van der Kamp	HZ&PC Heerenveen				200500218				4:10.97	+0,73	A	772
	50m: 28.82	28.82	150m: 1:33.02	32.22	250m: 2:37.04	31.63	350m: 3:41.12	32.11					
	100m: 1:00.80	31.98	200m: 2:05.41	32.39	300m: 3:09.01	31.97	400m: 4:10.97	29.85					
2.	Nynke Boerefijn	ZPC AMERSFOORT				200700114				4:12.45	+0,70	A	758
	50m: 28.63	28.63	150m: 1:32.83	32.45	250m: 2:37.61	32.18	350m: 3:41.02	31.41					
	100m: 1:00.38	31.75	200m: 2:05.43	32.60	300m: 3:09.61	32.00	400m: 4:12.45	31.43					
3.	Jade van der Schrier	AZC				200800692				4:16.27	+0,74	A	725
	50m: 29.79	29.79	150m: 1:34.12	32.35	250m: 2:39.23	32.69	350m: 3:44.58	32.74					
	100m: 1:01.77	31.98	200m: 2:06.54	32.42	300m: 3:11.84	32.61	400m: 4:16.27	31.69					
4.	Hedwig Bolt	HZ&PC Heerenveen				200602660				4:16.29	+0,79	A	725
	50m: 29.51	29.51	150m: 1:33.42	32.30	250m: 2:38.50	32.46	350m: 3:43.75	32.67					
	100m: 1:01.12	31.61	200m: 2:06.04	32.62	300m: 3:11.08	32.58	400m: 4:16.29	32.54					

B = Bonus inschrijving

Programmanr. 1, Dames, 400m vrije slag, Voorronde, senioren Open

rang	naam	vereniging				tijd				RT	FINA	para		
5.	Yill van Bezouw	Hieronymus				201100704				4:18.09	+0,69	A	710	
	50m: 28.57	28.57	150m: 1:32.95	32.43	250m: 2:38.50	32.75	350m: 3:45.89	33.91						
	100m: 1:00.52	31.95	200m: 2:05.75	32.80	300m: 3:11.98	33.48	400m: 4:18.09	32.20						
6.	Fenne Metten	ZPC AMERSFOORT				201000102				4:19.48	+0,45	A	698	
	50m: 29.46	29.46	150m: 1:34.02	32.75	250m: 2:39.88	33.07	350m: 3:47.37	33.69						
	100m: 1:01.27	31.81	200m: 2:06.81	32.79	300m: 3:13.68	33.80	400m: 4:19.48	32.11						
7.	Julie van Nispen	Nuenen				200800290				4:20.31	+0,74	A	692	
	50m: 30.04	30.04	150m: 1:35.23	32.68	250m: 2:40.49	32.66	350m: 3:47.20	33.54						
	100m: 1:02.55	32.51	200m: 2:07.83	32.60	300m: 3:13.66	33.17	400m: 4:20.31	33.11						
8.	Rhodee van den Ham	De Duinkikkers				200700090				4:22.53	+0,72	A	674	
	50m: 30.73	30.73	150m: 1:38.08	34.06	250m: 2:44.28	32.69	350m: 3:50.31	32.88						
	100m: 1:04.02	33.29	200m: 2:11.59	33.51	300m: 3:17.43	33.15	400m: 4:22.53	32.22						
9.	Frouke Ludwig	DZ&PC				200800112				4:24.01		B	663	
	50m: 30.44	30.44	150m: 1:36.84	33.44	250m: 2:42.96	32.93	350m: 3:50.17	33.98						
	100m: 1:03.40	32.96	200m: 2:10.03	33.19	300m: 3:16.19	33.23	400m: 4:24.01	33.84						
10.	Bregje Dekkers	PSV				200900746				4:29.67	+0,48	B	622	
	50m: 30.56	30.56	150m: 1:37.18	33.57	250m: 2:44.21	33.62	350m: 3:53.85	35.32						
	100m: 1:03.61	33.05	200m: 2:10.59	33.41	300m: 3:18.53	34.32	400m: 4:29.67	35.82						
11.	Hannah Huisman	De Dolfijn				201000002				4:30.26	+0,72	B	618	
	50m: 30.10	30.10	150m: 1:38.86	34.57	250m: 2:48.22	34.69	350m: 3:57.50	34.88						
	100m: 1:04.29	34.19	200m: 2:13.53	34.67	300m: 3:22.62	34.40	400m: 4:30.26	32.76						
12.	Veerle de Ridder	HZ&PC Heerenveen				200700778				4:30.27	+0,51	B	618	
	50m: 29.57	29.57	150m: 1:36.41	33.91	250m: 2:45.07	34.18	350m: 3:55.16	35.50						
	100m: 1:02.50	32.93	200m: 2:10.89	34.48	300m: 3:19.66	34.59	400m: 4:30.27	35.11						
13.	Fenna Westerneng	DZ&PC				200900070				4:30.86	*	+0,75	B	614
	50m: 30.28	30.28	150m: 1:38.49	34.24	250m: 2:46.34	33.76	350m: 3:56.11	35.09						
	100m: 1:04.25	33.97	200m: 2:12.58	34.09	300m: 3:21.02	34.68	400m: 4:30.86	34.75						
14.	Mara Bosman	De Dolfijn				200303048				4:30.95	+0,72	B	613	
	50m: 30.40	30.40	150m: 1:37.79	34.26	250m: 2:46.87	34.39	350m: 3:56.42	34.44						
	100m: 1:03.53	33.13	200m: 2:12.48	34.69	300m: 3:21.98	35.11	400m: 4:30.95	34.53						
15.	Tess Panjer	VZC				200403060				4:32.48	+0,61	B	603	
	50m: 30.17	30.17	150m: 1:37.46	34.14	250m: 2:47.65	35.29	350m: 3:58.37	35.30						
	100m: 1:03.32	33.15	200m: 2:12.36	34.90	300m: 3:23.07	35.42	400m: 4:32.48	34.11						
16.	Anna Lepoutre	PSV				201100534				4:34.71	+0,41	B	588	
	50m: 30.15	30.15	150m: 1:39.36	34.89	250m: 2:49.79	35.22	350m: 4:00.25	34.95						
	100m: 1:04.47	34.32	200m: 2:14.57	35.21	300m: 3:25.30	35.51	400m: 4:34.71	34.46						
17.	Elin Reinstra	TriVia				201100842				4:35.33	+0,78	R	584	
	50m: 31.23	31.23	150m: 1:40.38	34.92	250m: 2:50.27	34.76	350m: 4:00.98	35.10						
	100m: 1:05.46	34.23	200m: 2:15.51	35.13	300m: 3:25.88	35.61	400m: 4:35.33	34.35						
18.	Chiara Lammertink	ZPC AMERSFOORT				200902200				4:35.35	+0,71	R	584	
	50m: 31.03	31.03	150m: 1:39.84	34.80	250m: 2:50.44	35.18	350m: 4:01.02	35.26						
	100m: 1:05.04	34.01	200m: 2:15.26	35.42	300m: 3:25.76	35.32	400m: 4:35.35	34.33						
19.	Angelique van Vark	GZC DONK				199701478				4:35.52	+0,71		583	
	50m: 31.68	31.68	150m: 1:41.68	35.32	250m: 2:52.23	35.19	350m: 4:02.38	34.83						
	100m: 1:06.36	34.68	200m: 2:17.04	35.36	300m: 3:27.55	35.32	400m: 4:35.52	33.14						
20.	Imre Bouwland	ZPC Hoogeveen				200700388				4:36.87	+0,71		575	
	50m: 30.94	30.94	150m: 1:39.93	34.92	250m: 2:50.34	35.25	350m: 4:01.57	35.63						
	100m: 1:05.01	34.07	200m: 2:15.09	35.16	300m: 3:25.94	35.60	400m: 4:36.87	35.30						
21.	Meyke v. Nimwegen	De Schoteijl				200800106				4:37.63	+0,73		570	
	50m: 31.22	31.22	150m: 1:40.04	34.77	250m: 2:50.71	35.48	350m: 4:02.42	35.83						
	100m: 1:05.27	34.05	200m: 2:15.23	35.19	300m: 3:26.59	35.88	400m: 4:37.63	35.21						
22.	Rixt Rothschild	ZPC Hoogeveen				200900026				4:38.83	+0,74		563	
	50m: 31.36	31.36	150m: 1:40.74	35.02	250m: 2:51.65	35.27	350m: 4:03.18	35.86						
	100m: 1:05.72	34.36	200m: 2:16.38	35.64	300m: 3:27.32	35.67	400m: 4:38.83	35.65						
23.	Myrthe Natzijl	DZ&PC				200400076				4:39.29	+0,81		560	
	50m: 31.61	31.61	150m: 1:41.63	35.37	250m: 2:52.71	35.38	350m: 4:04.29	35.91						
	100m: 1:06.26	34.65	200m: 2:17.33	35.70	300m: 3:28.38	35.67	400m: 4:39.29	35.00						
24.	Isa Jansen	SBC2000				200701176				4:40.36	+0,75		553	
	50m: 31.16	31.16	150m: 1:41.44	35.60	250m: 2:52.90	35.93	350m: 4:05.17	36.16						
	100m: 1:05.84	34.68	200m: 2:16.97	35.53	300m: 3:29.01	36.11	400m: 4:40.36	35.19						
25.	Esmee Ykema	HZ&PC Heerenveen				200801710				4:44.02	+0,69		532	
	50m: 31.68	31.68	150m: 1:42.69	35.98	250m: 2:55.60	36.66	350m: 4:08.75	36.61						
	100m: 1:06.71	35.03	200m: 2:18.94	36.25	300m: 3:32.14	36.54	400m: 4:44.02	35.27						

B = Bonus inschrijving

Programmanr. 1, Dames, 400m vrije slag, Voorronde, senioren Open

rang	naam	vereniging				tijd				RT	FINA	para
26.	Noa Ottens	VZC				200702256				4:44.58	+0,73	529
	50m: 30.77	30.77	150m: 1:42.97	36.71	250m: 2:55.97	36.27	350m: 4:08.82					
	100m: 1:06.26	35.49	200m: 2:19.70	36.73	300m: 3:32.49	36.52	400m: 4:44.58					
27.	Suuz Griekspoor	Noordwijkerhout				200901204				4:44.82	+0,75	528
	50m: 31.59	31.59	150m: 1:41.76	35.64	250m: 2:54.74	36.60	350m: 4:08.39					
	100m: 1:06.12	34.53	200m: 2:18.14	36.38	300m: 3:31.53	36.79	400m: 4:44.82					
28.	Elin Brinkhof	De Dolfijn				200900078				4:45.19	+0,77	526
	50m: 31.30	31.30	150m: 1:41.70	35.71	250m: 2:55.01	36.60	350m: 4:09.11					
	100m: 1:05.99	34.69	200m: 2:18.41	36.71	300m: 3:31.83	36.82	400m: 4:45.19					
29.	Vera Wassink	DZ&PC				200604976				4:46.50	+0,77	519
	50m: 30.98	30.98	150m: 1:41.97	36.28	250m: 2:55.92	37.08	350m: 4:10.42					
	100m: 1:05.69	34.71	200m: 2:18.84	36.87	300m: 3:33.26	37.34	400m: 4:46.50					
30.	Lotte Blanken	SBC2000				200801476				4:47.61	+0,74	513
	50m: 32.06	32.06	150m: 1:43.03	35.88	250m: 2:56.84	37.02	350m: 4:11.41					
	100m: 1:07.15	35.09	200m: 2:19.82	36.79	300m: 3:33.98	37.14	400m: 4:47.61					
31.	Kinley Cole	PSV				200903696				4:47.99	+0,69	511
	50m: 32.68	32.68	150m: 1:46.66	37.23	250m: 3:00.29	36.61	350m: 4:13.30					
	100m: 1:09.43	36.75	200m: 2:23.68	37.02	300m: 3:37.01	36.72	400m: 4:47.99					
32.	Hadewych Forschelen	MNC Dordrecht				200903572				4:48.60		507
	50m: 32.63	32.63	150m: 1:45.20	36.56	250m: 2:59.49	37.06	350m: 4:13.41					
	100m: 1:08.64	36.01	200m: 2:22.43	37.23	300m: 3:36.71	37.22	400m: 4:48.60					
33.	Puck van Wees	De Dolfijn				200901020				4:49.89 *	+0,70	501
	50m: 31.85	31.85	150m: 1:44.27	36.68	250m: 2:58.93	37.41	350m: 4:13.91					
	100m: 1:07.59	35.74	200m: 2:21.52	37.25	300m: 3:36.87	37.94	400m: 4:49.89					
34.	Flore Blok	OZ&PC				200804348				4:49.94	+0,52	500
	50m: 32.55	32.55	150m: 1:45.73	37.00	250m: 2:59.60	36.97	350m: 4:14.25					
	100m: 1:08.73	36.18	200m: 2:22.63	36.90	300m: 3:36.88	37.28	400m: 4:49.94					
35.	Niobe Maduro	Aqua-Novio'94				200800378				4:50.50	+0,74	497
	50m: 31.30	31.30	150m: 1:41.99	35.89	250m: 2:56.27	37.31	350m: 4:12.55					
	100m: 1:06.10	34.80	200m: 2:18.96	36.97	300m: 3:34.40	38.13	400m: 4:50.50					
36.	Daphne Dijsselhof	Dedemsvaart-AC				200901690				4:54.35	+0,76	478
	50m: 32.73	32.73	150m: 1:47.45	37.90	250m: 3:03.31	38.25	350m: 4:18.70					
	100m: 1:09.55	36.82	200m: 2:25.06	37.61	300m: 3:41.08	37.77	400m: 4:54.35					
37.	Milou van Winkel	WVZ				200402296 S14				5:31.01	+0,71 Q	336 571
	50m: 34.79	34.79	150m: 1:58.09	42.10	250m: 3:22.36	42.16	350m: 4:47.50					
	100m: 1:15.99	41.20	200m: 2:40.20	42.11	300m: 4:05.24	42.88	400m: 5:31.01					
38.	Aguila Dolsma	Blue Marlins				200603902 S14				5:38.58	+0,80 Q	314 534
	50m: 35.91	35.91	150m: 1:58.89	42.30	250m: 3:25.93	43.68	350m: 4:56.10					
	100m: 1:16.59	40.68	200m: 2:42.25	43.36	300m: 4:11.27	45.34	400m: 5:38.58					
39.	Jente Parlevliet	Noordwijkerhout				201003900 S14				6:12.11	+0,84 Q	236 402
	50m: 39.56	39.56	150m: 2:12.82	47.56	250m: 3:48.82	48.09	350m: 5:22.07					
	100m: 1:25.26	45.70	200m: 3:00.73	47.91	300m: 4:36.42	47.60	400m: 6:12.11					
40.	Gwyneth van der Spek	Batavia Swim				201102806 S7				6:43.27	+0,68 Q	186 398
	50m: 46.09	46.09	150m: 2:29.59	51.93	250m: 4:13.10	51.95	350m: 5:55.99					
	100m: 1:37.66	51.57	200m: 3:21.15	51.56	300m: 5:04.87	51.77	400m: 6:43.27					
AFGEM	Simone Faber	Deltasteur				200900710						

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