

Programmanr. 32
21-12-2025 - 9:36

Dames, 400m wisselslag

Senioren Open
Resultaten Voorronde

Punten: AQUA 2025

rang	naam	vereniging	tijd	RT	FINA	para
Onder 18						
1.	Dachen Haaijer	ZPC Hoogeveen	200800380	4:51.55	+0,78 A	672
	50m: 32.56	32.56 150m: 1:47.38	37.29 250m: 3:05.64	41.96 350m: 4:20.59		32.82
	100m: 1:10.09	37.53 200m: 2:23.68	36.30 300m: 3:47.77	42.13 400m: 4:51.55		30.96
2.	Jade van der Schrier	AZC	200800692	4:52.11	+0,76 A	669
	50m: 31.94	31.94 150m: 1:47.31	38.63 250m: 3:06.88	42.72 350m: 4:21.83		32.39
	100m: 1:08.68	36.74 200m: 2:24.16	36.85 300m: 3:49.44	42.56 400m: 4:52.11		30.28
3.	Frouke Ludwig	DZ&PC	200800112	4:52.34	+0,66 A	667
	50m: 31.46	31.46 150m: 1:43.64	36.82 250m: 3:02.29	43.06 350m: 4:19.93		33.93
	100m: 1:06.82	35.36 200m: 2:19.23	35.59 300m: 3:46.00	43.71 400m: 4:52.34		32.41
4.	Luus Gielens	PSV	200900138	5:07.10	B	575
	50m: 32.96	32.96 150m: 1:50.35	39.92 250m: 3:12.75	44.35 350m: 4:33.01		35.94
	100m: 1:10.43	37.47 200m: 2:28.40	38.05 300m: 3:57.07	44.32 400m: 5:07.10		34.09
5.	Meyke v. Nimwegen	De Schoteijl	200800106	5:13.61	+0,74 B	540
	50m: 32.55	32.55 150m: 1:51.18	39.65 250m: 3:15.72	45.73 350m: 4:38.17		36.21
	100m: 1:11.53	38.98 200m: 2:29.99	38.81 300m: 4:01.96	46.24 400m: 5:13.61		35.44
6.	Niobe Maduro	Aqua-Novio'94	200800378	5:19.11	+0,81	513
	50m: 32.22	32.22 150m: 1:52.90	41.69 250m: 3:18.70	44.62 350m: 4:42.06		37.89
	100m: 1:11.21	38.99 200m: 2:34.08	41.18 300m: 4:04.17	45.47 400m: 5:19.11		37.05
7.	Lotte Blanken	SBC2000	200801476	5:19.74	+0,76	510
	50m: 34.52	34.52 150m: 1:56.38	40.71 250m: 3:20.34	44.03 350m: 4:44.03		37.59
	100m: 1:15.67	41.15 200m: 2:36.31	39.93 300m: 4:06.44	46.10 400m: 5:19.74		35.71
8.	Jenny Muntinga	ZPCH	200900450	5:19.97	+0,66	509
	50m: 32.92	32.92 150m: 1:52.62	40.34 250m: 3:18.91	45.67 350m: 4:43.58		37.95
	100m: 1:12.28	39.36 200m: 2:33.24	40.62 300m: 4:05.63	46.72 400m: 5:19.97		36.39
9.	Emmelien Smelt	ZVZ	200800012	5:20.06	+0,80	508
	50m: 32.70	32.70 150m: 1:51.45	40.28 250m: 3:18.19	46.82 350m: 4:43.76		38.74
	100m: 1:11.17	38.47 200m: 2:31.37	39.92 300m: 4:05.02	46.83 400m: 5:20.06		36.30
10.	Rixt Rothschild	ZPC Hoogeveen	200900026	5:25.66	+0,73	482
	50m: 34.59	34.59 150m: 1:57.70	40.98 250m: 3:24.73	46.69 350m: 4:49.95		37.42
	100m: 1:16.72	42.13 200m: 2:38.04	40.34 300m: 4:12.53	47.80 400m: 5:25.66		35.71
11.	Diede de Vries	Zwemlust-den Hommel	200803558	5:26.33	+0,87	479
	50m: 34.48	34.48 150m: 2:01.31	44.56 250m: 3:25.93	41.73 350m: 4:49.17		39.81
	100m: 1:16.75	42.27 200m: 2:44.20	42.89 300m: 4:09.36	43.43 400m: 5:26.33		37.16
12.	Juno de Roos	De Zwoer	200901868	5:28.19		471
	50m: 33.66	33.66 150m: 1:59.20	44.30 250m: 3:26.85	45.23 350m: 4:51.71		38.34
	100m: 1:14.90	41.24 200m: 2:41.62	42.42 300m: 4:13.37	46.52 400m: 5:28.19		36.48
13.	Flore Blok	OZ&PC	200804348	5:28.57	+0,59	470
	50m: 33.84	33.84 150m: 1:56.24	43.09 250m: 3:25.16	46.39 350m: 4:51.73		39.43
	100m: 1:13.15	39.31 200m: 2:38.77	42.53 300m: 4:12.30	47.14 400m: 5:28.57		36.84
14.	Hadewych Forschelen	MNC Dordrecht	200903572	5:32.28	+0,74	454
	50m: 34.80	34.80 150m: 1:59.20	42.53 250m: 3:28.79	48.21 350m: 4:56.51		38.82
	100m: 1:16.67	41.87 200m: 2:40.58	41.38 300m: 4:17.69	48.90 400m: 5:32.28		35.77
15.	Isa Kerpels	ZPC Hoogeveen	200800880	5:35.46	+0,81	441
	50m: 37.33	37.33 150m: 2:03.68	42.45 250m: 3:32.77	46.52 350m: 4:57.58		38.55
	100m: 1:21.23	43.90 200m: 2:46.25	42.57 300m: 4:19.03	46.26 400m: 5:35.46		37.88
16.	Suuz Griekspoor	Noordwijkerhout	200901204	5:36.13	+0,83	439
	50m: 34.41	34.41 150m: 2:00.51	43.35 250m: 3:31.96	48.62 350m: 4:59.81		38.32
	100m: 1:17.16	42.75 200m: 2:43.34	42.83 300m: 4:21.49	49.53 400m: 5:36.13		36.32
17.	Fardau Cazemier	ZCNF'34	200901736	5:37.72	+0,76	432
	50m: 36.22	36.22 150m: 2:02.89	43.53 250m: 3:35.03	48.29 350m: 5:02.24		38.31
	100m: 1:19.36	43.14 200m: 2:46.74	43.85 300m: 4:23.93	48.90 400m: 5:37.72		35.48
18.	Nienke Bulter	De Dinkel	200902188	5:37.85	+0,78	432
	50m: 35.43	35.43 150m: 2:00.27	43.16 250m: 3:30.31	47.98 350m: 4:59.10		39.88
	100m: 1:17.11	41.68 200m: 2:42.33	42.06 300m: 4:19.22	48.91 400m: 5:37.85		38.75
19.	Marlouke Weijland	Deltasteur	200800152	5:46.35	+0,79	401
	50m: 36.42	36.42 150m: 2:04.69	43.28 250m: 3:36.32	47.81 350m: 5:06.56		40.46
	100m: 1:21.41	44.99 200m: 2:48.51	43.82 300m: 4:26.10	49.78 400m: 5:46.35		39.79

B = Bonus inschrijving

Programmanr. 32, Meisjes, 400m wisselslag, Voorronde, Onder 18

rang	naam	vereniging	tijd	RT	FINA	para
AFGEM	Fay Boxum	DZ&PC	200900060			
NG	Esmaé de Gans	ZPC AMERSFOORT	200900134			

Onder 20

1.	Rhodee van den Ham		De Duinkickers			200700090			4:48.36		+0,73	A	695	
	50m:	31.13	31.13	150m:	1:43.73	37.31	250m:	3:01.67	40.64	350m:				4:16.67
	100m:	1:06.42	35.29	200m:	2:21.03	37.30	300m:	3:43.52	41.85	400m:				4:48.36
2.	Djanilla Brink		Team NL - De Dolfijn			200600988			4:50.96		+0,65	A	676	
	50m:	31.54	31.54	150m:	1:47.34	38.89	250m:	3:03.89	37.81	350m:				4:17.93
	100m:	1:08.45	36.91	200m:	2:26.08	38.74	300m:	3:43.81	39.92	400m:				4:50.96
3.	Hedwig Bolt		HZ&PC Heerenveen			200602660			4:52.44		+0,80	A	666	
	50m:	31.16	31.16	150m:	1:44.28	37.21	250m:	3:02.68	42.13	350m:				4:19.99
	100m:	1:07.07	35.91	200m:	2:20.55	36.27	300m:	3:45.99	43.31	400m:				4:52.44
4.	Annique Rupke		WVZ			200700876			5:07.22			B	575	
	50m:	32.00	32.00	150m:	1:51.47	40.59	250m:	3:13.40	41.48	350m:				4:32.36
	100m:	1:10.88	38.88	200m:	2:31.92	40.45	300m:	3:56.31	42.91	400m:				5:07.22
5.	Isa Jansen		SBC2000			200701176			5:10.77		+0,75	B	555	
	50m:	32.61	32.61	150m:	1:51.62	40.04	250m:	3:15.67	44.46	350m:				4:36.35
	100m:	1:11.58	38.97	200m:	2:31.21	39.59	300m:	4:00.51	44.84	400m:				5:10.77
6.	Marlies Dijsselhof		Dedemsvaart-AC			200601046			5:17.30		+0,80	R	521	
	50m:	33.03	33.03	150m:	1:53.03	39.47	250m:	3:16.22	44.38	350m:				4:40.02
	100m:	1:13.56	40.53	200m:	2:31.84	38.81	300m:	4:01.31	45.09	400m:				5:17.30
7.	Lyke Bellert		Octopus-ZVV (SG)			200701424			5:18.15		+0,81		517	
	50m:	33.34	33.34	150m:	1:53.66	40.13	250m:	3:17.34	45.38	350m:				4:42.57
	100m:	1:13.53	40.19	200m:	2:31.96	38.30	300m:	4:04.26	46.92	400m:				5:18.15
8.	Noa Ottens		VZC			200702256			5:21.74		+0,76		500	
	50m:	32.00	32.00	150m:	1:53.33	42.61	250m:	3:21.89	47.58	350m:				4:46.41
	100m:	1:10.72	38.72	200m:	2:34.31	40.98	300m:	4:09.11	47.22	400m:				5:21.74
9.	Renske Oude Egbrink		OZ&PC			200600040			5:22.54		+0,77		496	
	50m:	34.76	34.76	150m:	1:57.47	42.28	250m:	3:23.53	44.48	350m:				4:45.60
	100m:	1:15.19	40.43	200m:	2:39.05	41.58	300m:	4:08.22	44.69	400m:				5:22.54
10.	Barbara Broekhuis		PSV			200700880			5:27.12		+0,83		476	
	50m:	34.30	34.30	150m:	1:56.67	42.45	250m:	3:24.65	46.38	350m:				4:50.00
	100m:	1:14.22	39.92	200m:	2:38.27	41.60	300m:	4:12.18	47.53	400m:				5:27.12
11.	Vera Wassink		DZ&PC			200604976			5:33.09		+0,77		451	
	50m:	31.78	31.78	150m:	1:55.47	44.38	250m:	3:25.68	47.06	350m:				4:55.26
	100m:	1:11.09	39.31	200m:	2:38.62	43.15	300m:	4:15.52	49.84	400m:				5:33.09

senioren Open

1.	Rhodee van den Ham	De Duinkickers			200700090			4:48.36	+0,73	A	695	
	50m:	31.13	31.13	150m:	1:43.73	37.31	250m:	3:01.67	40.64	350m:	4:16.67	33.15
	100m:	1:06.42	35.29	200m:	2:21.03	37.30	300m:	3:43.52	41.85	400m:	4:48.36	31.69
2.	Djanilla Brink	Team NL - De Dolfijn			200600988			4:50.96	+0,65	A	676	
	50m:	31.54	31.54	150m:	1:47.34	38.89	250m:	3:03.89	37.81	350m:	4:17.93	34.12
	100m:	1:08.45	36.91	200m:	2:26.08	38.74	300m:	3:43.81	39.92	400m:	4:50.96	33.03
3.	Dachen Haaijer	ZPC Hoozeveen			200800380			4:51.55	+0,78	A	672	
	50m:	32.56	32.56	150m:	1:47.38	37.29	250m:	3:05.64	41.96	350m:	4:20.59	32.82
	100m:	1:10.09	37.53	200m:	2:23.68	36.30	300m:	3:47.77	42.13	400m:	4:51.55	30.96
4.	Jade van der Schrier	AZC			200800692			4:52.11	+0,76	A	669	
	50m:	31.94	31.94	150m:	1:47.31	38.63	250m:	3:06.88	42.72	350m:	4:21.83	32.39
	100m:	1:08.68	36.74	200m:	2:24.16	36.85	300m:	3:49.44	42.56	400m:	4:52.11	30.28
5.	Frouke Ludwig	DZ&PC			200800112			4:52.34	+0,66	A	667	
	50m:	31.46	31.46	150m:	1:43.64	36.82	250m:	3:02.29	43.06	350m:	4:19.93	33.93
	100m:	1:06.82	35.36	200m:	2:19.23	35.59	300m:	3:46.00	43.71	400m:	4:52.34	32.41
6.	Hedwig Bolt	HZ&PC Heerenveen			200602660			4:52.44	+0,80	A	666	
	50m:	31.16	31.16	150m:	1:44.28	37.21	250m:	3:02.68	42.13	350m:	4:19.99	34.00
	100m:	1:07.07	35.91	200m:	2:20.55	36.27	300m:	3:45.99	43.31	400m:	4:52.44	32.45
7.	Marte Hieke van der Kamp	HZ&PC Heerenveen			200500218			4:53.49	+0,73	A	659	
	50m:	30.85	30.85	150m:	1:43.13	37.15	250m:	3:03.39	44.00	350m:	4:22.27	33.72
	100m:	1:05.98	35.13	200m:	2:19.39	36.26	300m:	3:48.55	45.16	400m:	4:53.49	31.22

B = Bonus inschrijving

Programmanr. 32, Dames, 400m wisselslag, Voorronde, senioren Open

rang	naam	vereniging				tijd				RT	FINA	para
8.	Isa Schellekens	Zegenwerp				200002330				5:00.82	A	612
	50m: 32.62	32.62	150m: 1:48.63	37.84	250m: 3:08.82	43.36	350m: 4:26.63					34.28
	100m: 1:10.79	38.17	200m: 2:25.46	36.83	300m: 3:52.35	43.53	400m: 5:00.82					34.19
9.	Luus Gielens	PSV				200900138				5:07.10	B	575
	50m: 32.96	32.96	150m: 1:50.35	39.92	250m: 3:12.75	44.35	350m: 4:33.01					35.94
	100m: 1:10.43	37.47	200m: 2:28.40	38.05	300m: 3:57.07	44.32	400m: 5:07.10					34.09
10.	Anniqne Rupke	WVZ				200700876				5:07.22	B	575
	50m: 32.00	32.00	150m: 1:51.47	40.59	250m: 3:13.40	41.48	350m: 4:32.36					36.05
	100m: 1:10.88	38.88	200m: 2:31.92	40.45	300m: 3:56.31	42.91	400m: 5:07.22					34.86
11.	Mara Bosman	De Dolfijn				200303048				5:09.70	+0,70 B	561
	50m: 32.96	32.96	150m: 1:51.16	39.84	250m: 3:16.36	45.08	350m: 4:35.58					34.29
	100m: 1:11.32	38.36	200m: 2:31.28	40.12	300m: 4:01.29	44.93	400m: 5:09.70					34.12
12.	Isa Jansen	SBC2000				200701176				5:10.77	+0,75 B	555
	50m: 32.61	32.61	150m: 1:51.62	40.04	250m: 3:15.67	44.46	350m: 4:36.35					35.84
	100m: 1:11.58	38.97	200m: 2:31.21	39.59	300m: 4:00.51	44.84	400m: 5:10.77					34.42
13.	Femke Backx	Orca				200106430				5:12.94	B	544
	50m: 32.40	32.40	150m: 1:51.48	41.00	250m: 3:15.86	44.04	350m: 4:36.78					35.89
	100m: 1:10.48	38.08	200m: 2:31.82	40.34	300m: 4:00.89	45.03	400m: 5:12.94					36.16
14.	Ismay Lichtendonk	HZ&PC Heerenveen				200400622				5:13.59	+0,72 B	540
	50m: 31.66	31.66	150m: 1:47.61	38.03	250m: 3:12.48	46.26	350m: 4:37.44					37.28
	100m: 1:09.58	37.92	200m: 2:26.22	38.61	300m: 4:00.16	47.68	400m: 5:13.59					36.15
15.	Meyke v. Nimwegen	De Schoteijl				200800106				5:13.61	+0,74 B	540
	50m: 32.55	32.55	150m: 1:51.18	39.65	250m: 3:15.72	45.73	350m: 4:38.17					36.21
	100m: 1:11.53	38.98	200m: 2:29.99	38.81	300m: 4:01.96	46.24	400m: 5:13.61					35.44
16.	Angelique van Vark	GZC DONK				199701478				5:13.90	+0,74 B	539
	50m: 33.04	33.04	150m: 1:54.22	40.95	250m: 3:20.01	45.91	350m: 4:41.20					35.78
	100m: 1:13.27	40.23	200m: 2:34.10	39.88	300m: 4:05.42	45.41	400m: 5:13.90					32.70
17.	Roos de Jong	ZCNF'34				200302948				5:14.11	+0,77 R	538
	50m: 34.13	34.13	150m: 1:55.34	42.01	250m: 3:18.22	42.47	350m: 4:38.03					36.92
	100m: 1:13.33	39.20	200m: 2:35.75	40.41	300m: 4:01.11	42.89	400m: 5:14.11					36.08
18.	Marlies Dijsselhof	Dedemsvaart-AC				200601046				5:17.30	+0,80 R	521
	50m: 33.03	33.03	150m: 1:53.03	39.47	250m: 3:16.22	44.38	350m: 4:40.02					38.71
	100m: 1:13.56	40.53	200m: 2:31.84	38.81	300m: 4:01.31	45.09	400m: 5:17.30					37.28
19.	Michelle Zomerdijk	Dedemsvaart-AC				200003196				5:17.46	+0,60	521
	50m: 32.44	32.44	150m: 1:52.47	41.68	250m: 3:18.43	44.35	350m: 4:41.27					37.41
	100m: 1:10.79	38.35	200m: 2:34.08	41.61	300m: 4:03.86	45.43	400m: 5:17.46					36.19
20.	Lyke Bellert	Octopus-ZVV (SG)				200701424				5:18.15	+0,81	517
	50m: 33.34	33.34	150m: 1:53.66	40.13	250m: 3:17.34	45.38	350m: 4:42.57					38.31
	100m: 1:13.53	40.19	200m: 2:31.96	38.30	300m: 4:04.26	46.92	400m: 5:18.15					35.58
21.	Niobe Maduro	Aqua-Novio'94				200800378				5:19.11	+0,81	513
	50m: 32.22	32.22	150m: 1:52.90	41.69	250m: 3:18.70	44.62	350m: 4:42.06					37.89
	100m: 1:11.21	38.99	200m: 2:34.08	41.18	300m: 4:04.17	45.47	400m: 5:19.11					37.05
22.	Lotte Blanken	SBC2000				200801476				5:19.74	+0,76	510
	50m: 34.52	34.52	150m: 1:56.38	40.71	250m: 3:20.34	44.03	350m: 4:44.03					37.59
	100m: 1:15.67	41.15	200m: 2:36.31	39.93	300m: 4:06.44	46.10	400m: 5:19.74					35.71
23.	Jenny Muntinga	ZPCH				200900450				5:19.97	+0,66	509
	50m: 32.92	32.92	150m: 1:52.62	40.34	250m: 3:18.91	45.67	350m: 4:43.58					37.95
	100m: 1:12.28	39.36	200m: 2:33.24	40.62	300m: 4:05.63	46.72	400m: 5:19.97					36.39
24.	Emmelien Smelt	ZVZ				200800012				5:20.06	+0,80	508
	50m: 32.70	32.70	150m: 1:51.45	40.28	250m: 3:18.19	46.82	350m: 4:43.76					38.74
	100m: 1:11.17	38.47	200m: 2:31.37	39.92	300m: 4:05.02	46.83	400m: 5:20.06					36.30
25.	Noa Ottens	VZC				200702256				5:21.74	+0,76	500
	50m: 32.00	32.00	150m: 1:53.33	42.61	250m: 3:21.89	47.58	350m: 4:46.41					37.30
	100m: 1:10.72	38.72	200m: 2:34.31	40.98	300m: 4:09.11	47.22	400m: 5:21.74					35.33
26.	Renske Oude Egbrink	OZ&PC				200600040				5:22.54	+0,77	496
	50m: 34.76	34.76	150m: 1:57.47	42.28	250m: 3:23.53	44.48	350m: 4:45.60					37.38
	100m: 1:15.19	40.43	200m: 2:39.05	41.58	300m: 4:08.22	44.69	400m: 5:22.54					36.94
27.	Rixt Rothschild	ZPC Hoogetveen				200900026				5:25.66	+0,73	482
	50m: 34.59	34.59	150m: 1:57.70	40.98	250m: 3:24.73	46.69	350m: 4:49.95					37.42
	100m: 1:16.72	42.13	200m: 2:38.04	40.34	300m: 4:12.53	47.80	400m: 5:25.66					35.71
28.	Diede de Vries	Zweamlust-den Hommel				200803558				5:26.33	+0,87	479
	50m: 34.48	34.48	150m: 2:01.31	44.56	250m: 3:25.93	41.73	350m: 4:49.17					39.81
	100m: 1:16.75	42.27	200m: 2:44.20	42.89	300m: 4:09.36	43.43	400m: 5:26.33					37.16

B = Bonus inschrijving

Programmanr. 32, Dames, 400m wisselslag, Voorronde, senioren Open

rang	naam	vereniging	tijd	RT	FINA	para
29.	Barbara Broekhuis	PSV	200700880	5:27.12	+0,83	476
	50m: 34.30	34.30 150m: 1:56.67	42.45 250m: 3:24.65	46.38 350m: 4:50.00		37.82
	100m: 1:14.22	39.92 200m: 2:38.27	41.60 300m: 4:12.18	47.53 400m: 5:27.12		37.12
30.	Juno de Roos	De Zwoer	200901868	5:28.19		471
	50m: 33.66	33.66 150m: 1:59.20	44.30 250m: 3:26.85	45.23 350m: 4:51.71		38.34
	100m: 1:14.90	41.24 200m: 2:41.62	42.42 300m: 4:13.37	46.52 400m: 5:28.19		36.48
31.	Flore Blok	OZ&PC	200804348	5:28.57	+0,59	470
	50m: 33.84	33.84 150m: 1:56.24	43.09 250m: 3:25.16	46.39 350m: 4:51.73		39.43
	100m: 1:13.15	39.31 200m: 2:38.77	42.53 300m: 4:12.30	47.14 400m: 5:28.57		36.84
32.	Hadewych Forschelen	MNC Dordrecht	200903572	5:32.28	+0,74	454
	50m: 34.80	34.80 150m: 1:59.20	42.53 250m: 3:28.79	48.21 350m: 4:56.51		38.82
	100m: 1:16.67	41.87 200m: 2:40.58	41.38 300m: 4:17.69	48.90 400m: 5:32.28		35.77
33.	Vera Wassink	DZ&PC	200604976	5:33.09	+0,77	451
	50m: 31.78	31.78 150m: 1:55.47	44.38 250m: 3:25.68	47.06 350m: 4:55.26		39.74
	100m: 1:11.09	39.31 200m: 2:38.62	43.15 300m: 4:15.52	49.84 400m: 5:33.09		37.83
34.	Isa Kerpels	ZPC Hoogeveen	200800880	5:35.46	+0,81	441
	50m: 37.33	37.33 150m: 2:03.68	42.45 250m: 3:32.77	46.52 350m: 4:57.58		38.55
	100m: 1:21.23	43.90 200m: 2:46.25	42.57 300m: 4:19.03	46.26 400m: 5:35.46		37.88
35.	Suuz Griekspoor	Noordwijkerhout	200901204	5:36.13	+0,83	439
	50m: 34.41	34.41 150m: 2:00.51	43.35 250m: 3:31.96	48.62 350m: 4:59.81		38.32
	100m: 1:17.16	42.75 200m: 2:43.34	42.83 300m: 4:21.49	49.53 400m: 5:36.13		36.32
36.	Fardau Cazemier	ZCNF'34	200901736	5:37.72	+0,76	432
	50m: 36.22	36.22 150m: 2:02.89	43.53 250m: 3:35.03	48.29 350m: 5:02.24		38.31
	100m: 1:19.36	43.14 200m: 2:46.74	43.85 300m: 4:23.93	48.90 400m: 5:37.72		35.48
37.	Nienke Bulter	De Dinkel	200902188	5:37.85	+0,78	432
	50m: 35.43	35.43 150m: 2:00.27	43.16 250m: 3:30.31	47.98 350m: 4:59.10		39.88
	100m: 1:17.11	41.68 200m: 2:42.33	42.06 300m: 4:19.22	48.91 400m: 5:37.85		38.75
38.	Marlouke Weijland	Deltasteur	200800152	5:46.35	+0,79	401
	50m: 36.42	36.42 150m: 2:04.69	43.28 250m: 3:36.32	47.81 350m: 5:06.56		40.46
	100m: 1:21.41	44.99 200m: 2:48.51	43.82 300m: 4:26.10	49.78 400m: 5:46.35		39.79
AFGEM	Famke Irvine	ZPC AMERSFOORT	200501724			
AFGEM	Fay Boxum	DZ&PC	200900060			
NG	Alinda Dingshoff	De Dolfijn	200000928			
NG	Esmaé de Gans	ZPC AMERSFOORT	200900134			

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