

Programmanr. 29  
10-6-2023 - 18:57

Dames, 1500m vrije slag

Senioren Open  
Resultaten

Punten: FINA 2023

rang	naam	vereniging	tijd	RT	FINA	para		
<b>Jeugd 1 en 2</b>								
1.	Devon Silberman	Irvine Novaquatics	<b>17:58.00</b>	<b>+0,73</b>		622		
	50m: 32.17	32.17	450m: 5:20.48	36.58	850m: 10:11.47	36.20	1250m: 15:01.10	36.21
	100m: 1:07.15	34.98	500m: 5:56.78	36.30	900m: 10:47.58	36.11	1300m: 15:37.05	35.95
	150m: 1:43.07	35.92	550m: 6:33.08	36.30	950m: 11:23.98	36.40	1350m: 16:12.92	35.87
	200m: 2:18.79	35.72	600m: 7:09.49	36.41	1000m: 12:00.33	36.35	1400m: 16:48.39	35.47
	250m: 2:54.92	36.13	650m: 7:45.93	36.44	1050m: 12:36.50	36.17	1450m: 17:23.92	35.53
	300m: 3:31.13	36.21	700m: 8:22.71	36.78	1100m: 13:12.75	36.25	1500m: 17:58.00	34.08
	350m: 4:07.31	36.18	750m: 8:58.96	36.25	1150m: 13:49.00	36.25		
	400m: 4:43.90	36.59	800m: 9:35.27	36.31	1200m: 14:24.89	35.89		
2.	Eefje Irvine	De Dolfijn	<b>18:17.96</b>	<b>+0,53</b>		589		
	50m: 32.12	32.12	450m: 5:24.36	36.70	850m: 10:20.00	37.11	1250m: 15:15.30	36.63
	100m: 1:07.83	35.71	500m: 6:01.26	36.90	900m: 10:57.34	37.34	1300m: 15:52.31	37.01
	150m: 1:44.13	36.30	550m: 6:38.09	36.83	950m: 11:34.32	36.98	1350m: 16:29.28	36.97
	200m: 2:20.83	36.70	600m: 7:14.82	36.73	1000m: 12:11.55	37.23	1400m: 17:06.33	37.05
	250m: 2:57.78	36.95	650m: 7:51.71	36.89	1050m: 12:48.40	36.85	1450m: 17:42.83	36.50
	300m: 3:34.32	36.54	700m: 8:28.85	37.14	1100m: 13:25.16	36.76	1500m: 18:17.96	35.13
	350m: 4:10.94	36.62	750m: 9:05.72	36.87	1150m: 14:01.87	36.71		
	400m: 4:47.66	36.72	800m: 9:42.89	37.17	1200m: 14:38.67	36.80		
3.	Imre Bouwland	ZPC Hoogeveen	<b>18:52.84</b>	<b>+0,59</b>		536		
	50m: 32.95	32.95	450m: 5:36.21	37.97	850m: 10:40.72	38.66	1250m: 15:45.24	37.92
	100m: 1:09.76	36.81	500m: 6:14.72	38.51	900m: 11:18.55	37.83	1300m: 16:23.83	38.59
	150m: 1:47.37	37.61	550m: 6:52.41	37.69	950m: 11:56.55	38.00	1350m: 17:01.66	37.83
	200m: 2:25.38	38.01	600m: 7:30.51	38.10	1000m: 12:34.69	38.14	1400m: 17:39.17	37.51
	250m: 3:03.37	37.99	650m: 8:08.50	37.99	1050m: 13:12.43	37.74	1450m: 18:16.97	37.80
	300m: 3:41.78	38.41	700m: 8:46.30	37.80	1100m: 13:50.67	38.24	1500m: 18:52.84	35.87
	350m: 4:19.49	37.71	750m: 9:23.66	37.36	1150m: 14:28.91	38.24		
	400m: 4:58.24	38.75	800m: 10:02.06	38.40	1200m: 15:07.32	38.41		
4.	Jill Meines	PSV	<b>18:59.71</b>	<b>+0,87</b>		526		
	50m: 33.42	33.42	450m: 5:37.27	38.14	850m: 10:44.44	37.88	1250m: 15:51.81	38.33
	100m: 1:10.50	37.08	500m: 6:15.30	38.03	900m: 11:22.75	38.31	1300m: 16:23.32	38.51
	150m: 1:48.29	37.79	550m: 6:53.64	38.34	950m: 12:01.68	38.93	1350m: 17:08.46	38.14
	200m: 2:26.26	37.97	600m: 7:32.10	38.46	1000m: 12:39.82	38.14	1400m: 17:46.52	38.06
	250m: 3:04.34	38.08	650m: 8:10.69	38.59	1050m: 13:18.31	38.49	1450m: 18:23.87	37.35
	300m: 3:42.49	38.15	700m: 8:49.06	38.37	1100m: 13:56.56	38.25	1500m: 18:59.71	35.84
	350m: 4:20.76	38.27	750m: 9:27.83	38.77	1150m: 14:34.93	38.37		
	400m: 4:59.13	38.37	800m: 10:06.56	38.73	1200m: 15:13.48	38.55		
5.	Barbara Broekhuis	De Dinkel	<b>19:01.00</b>	<b>+0,81</b>		525		
	50m: 32.48	32.48	450m: 5:33.18	37.75	850m: 10:37.68	38.12	1250m: 15:49.65	39.21
	100m: 1:09.05	36.57	500m: 6:11.26	38.08	900m: 11:16.62	38.94	1300m: 16:28.68	39.03
	150m: 1:46.29	37.24	550m: 6:49.02	37.76	950m: 11:55.32	38.70	1350m: 17:07.81	39.13
	200m: 2:24.09	37.80	600m: 7:27.22	38.20	1000m: 12:34.06	38.74	1400m: 17:47.42	39.61
	250m: 3:02.13	38.04	650m: 8:05.36	38.14	1050m: 13:12.99	38.93	1450m: 18:24.85	37.43
	300m: 3:39.83	37.70	700m: 8:43.89	38.53	1100m: 13:51.91	38.92	1500m: 19:01.00	36.15
	350m: 4:17.64	37.81	750m: 9:21.68	37.79	1150m: 14:30.86	38.95		
	400m: 4:55.43	37.79	800m: 9:59.56	37.88	1200m: 15:10.44	39.58		

Senioren 1 en 2

1.	Marte Hieke van der Kamp	HZ&PC Heerenveen	<b>17:10.09</b>	<b>+0,78</b>		713		
	50m: 30.95	30.95	450m: 5:04.78	34.16	850m: 9:39.20	34.39	1250m: 14:19.00	35.22
	100m: 1:04.86	33.91	500m: 5:39.17	34.39	900m: 10:13.89	34.69	1300m: 14:53.82	34.82
	150m: 1:39.03	34.17	550m: 6:13.42	34.25	950m: 10:48.54	34.65	1350m: 15:28.66	34.84
	200m: 2:13.18	34.15	600m: 6:47.59	34.17	1000m: 11:23.43	34.89	1400m: 16:03.38	34.72
	250m: 2:47.36	34.18	650m: 7:21.74	34.15	1050m: 11:58.48	35.05	1450m: 16:37.88	34.50
	300m: 3:21.79	34.43	700m: 7:56.04	34.30	1100m: 12:33.70	35.22	1500m: 17:10.09	32.21
	350m: 3:56.14	34.35	750m: 8:30.32	34.28	1150m: 13:08.72	35.02		
	400m: 4:30.62	34.48	800m: 9:04.81	34.49	1200m: 13:43.78	35.06		
2.	Alysha de Jong	ZPCH	<b>18:08.47</b>	<b>+0,84</b>		604		
	50m: 31.22	31.22	450m: 5:18.12	36.43	850m: 10:11.15	36.78	1250m: 15:07.15	37.35
	100m: 1:05.90	34.68	500m: 5:54.77	36.65	900m: 10:47.85	36.70	1300m: 15:44.17	37.02
	150m: 1:41.50	35.60	550m: 6:31.22	36.45	950m: 11:24.89	37.04	1350m: 16:20.98	36.81
	200m: 2:17.28	35.78	600m: 7:07.85	36.63	1000m: 12:01.78	36.89	1400m: 16:57.64	36.66
	250m: 2:53.13	35.85	650m: 7:44.57	36.72	1050m: 12:38.71	36.93	1450m: 17:33.81	36.17
	300m: 3:29.25	36.12	700m: 8:21.44	36.87	1100m: 13:15.65	36.94	1500m: 18:08.47	34.66
	350m: 4:05.38	36.13	750m: 8:57.87	36.43	1150m: 13:52.61	36.96		
	400m: 4:41.69	36.31	800m: 9:34.37	36.50	1200m: 14:29.80	37.19		

## Programmanr. 29, Dames, 1500m vrije slag, Senioren 1 en 2

rang	naam	vereniging	tijd	RT	FINA	para		
3.	Ismay Lichtendonk	Dedemsvaart-AC	200400622	18:19.73	+0,80	586		
	50m: 31.64	31.64	450m: 5:21.30	36.64	850m: 10:15.89	37.39	1250m: 15:14.98	38.23
	100m: 1:06.94	35.30	500m: 5:57.75	36.45	900m: 10:53.31	37.42	1300m: 15:53.45	38.47
	150m: 1:42.81	35.87	550m: 6:34.49	36.74	950m: 11:30.73	37.42	1350m: 16:30.91	37.46
	200m: 2:18.97	36.16	600m: 7:11.62	37.13	1000m: 12:07.71	36.98	1400m: 17:07.92	37.01
	250m: 2:54.85	35.88	650m: 7:48.38	36.76	1050m: 12:44.86	37.15	1450m: 17:44.60	36.68
	300m: 3:31.70	36.85	700m: 8:24.88	36.50	1100m: 13:21.91	37.05	1500m: 18:19.73	35.13
	350m: 4:07.63	35.93	750m: 9:01.41	36.53	1150m: 13:58.81	36.90		
	400m: 4:44.66	37.03	800m: 9:38.50	37.09	1200m: 14:36.75	37.94		
4.	Dominique Dingshoff	ZPC Hoogeveen	200400804	18:59.06	+0,87	527		
	50m: 33.01	33.01	450m: 5:29.87	37.31	850m: 10:37.13	39.13	1250m: 15:45.12	38.18
	100m: 1:08.89	35.88	500m: 6:07.55	37.68	900m: 11:17.05	39.92	1300m: 16:39.50	39.22
	150m: 1:45.27	36.38	550m: 6:45.26	37.71	950m: 11:55.85	38.80	1350m: 17:03.33	38.99
	200m: 2:22.30	37.03	600m: 7:23.49	38.23	1000m: 12:35.12	39.27	1400m: 17:42.37	39.04
	250m: 2:59.57	37.27	650m: 8:01.75	38.26	1050m: 13:12.76	37.64	1450m: 18:21.32	38.95
	300m: 3:36.99	37.42	700m: 8:40.58	38.83	1100m: 13:50.27	37.51	1500m: 18:59.06	37.74
	350m: 4:14.63	37.64	750m: 9:18.93	38.35	1150m: 14:28.69	38.42		
	400m: 4:52.56	37.93	800m: 9:58.00	39.07	1200m: 15:06.94	38.25		
5.	Merel Leuring	AZC	200401204	19:14.32	+0,79	507		
	50m: 34.47	34.47	450m: 5:39.66	39.13	850m: 10:48.53	38.96	1250m: 15:59.74	38.81
	100m: 1:11.60	37.13	500m: 6:17.61	37.95	900m: 11:27.35	38.82	1300m: 16:39.50	39.76
	150m: 1:49.62	38.02	550m: 6:56.09	38.48	950m: 12:06.13	38.78	1350m: 17:18.86	39.36
	200m: 2:27.25	37.63	600m: 7:34.64	38.55	1000m: 12:45.05	38.92	1400m: 17:58.72	39.86
	250m: 3:05.30	38.05	650m: 8:13.53	38.89	1050m: 13:23.57	38.52	1450m: 18:36.89	38.17
	300m: 3:43.82	38.52	700m: 8:52.34	38.81	1100m: 14:03.11	39.54	1500m: 19:14.32	37.43
	350m: 4:21.72	37.90	750m: 9:30.95	38.61	1150m: 14:41.63	38.52		
	400m: 5:00.53	38.81	800m: 10:09.57	38.62	1200m: 15:20.93	39.30		

## Senioren Open

1.	Imani de Jong	HPC - De Dolfijn	200200464	16:51.14	+0,70	754		
	50m: 28.96	28.96	450m: 4:57.18	34.21	850m: 9:29.32	33.92	1250m: 14:02.26	34.27
	100m: 1:01.13	32.17	500m: 5:31.22	34.04	900m: 10:03.21	33.89	1300m: 14:36.44	34.18
	150m: 1:34.33	33.20	550m: 6:05.17	33.95	950m: 10:37.17	33.96	1350m: 15:10.67	34.23
	200m: 2:07.76	33.43	600m: 6:38.95	33.78	1000m: 11:11.40	34.23	1400m: 15:44.76	34.09
	250m: 2:41.62	33.86	650m: 7:13.09	34.14	1050m: 11:45.79	34.39	1450m: 16:18.61	33.85
	300m: 3:15.36	33.74	700m: 7:47.15	34.06	1100m: 12:19.82	34.03	1500m: 16:51.14	32.53
	350m: 3:49.30	33.94	750m: 8:21.51	34.36	1150m: 12:54.01	34.19		
	400m: 4:22.97	33.67	800m: 8:55.40	33.89	1200m: 13:27.99	33.98		
2.	Serena Stel	De Dolfijn	199801528	16:57.43	+0,67	740		
	50m: 29.88	29.88	450m: 5:01.26	34.24	850m: 9:35.02	33.96	1250m: 14:08.92	34.66
	100m: 1:02.76	32.88	500m: 5:35.53	34.27	900m: 10:09.18	34.16	1300m: 14:43.00	34.08
	150m: 1:36.64	33.88	550m: 6:09.76	34.23	950m: 10:43.51	34.33	1350m: 15:17.35	34.35
	200m: 2:10.80	34.16	600m: 6:44.28	34.52	1000m: 11:17.93	34.42	1400m: 15:51.48	34.13
	250m: 2:44.65	33.85	650m: 7:18.35	34.07	1050m: 11:52.02	34.09	1450m: 16:25.51	34.03
	300m: 3:18.89	34.24	700m: 7:52.59	34.24	1100m: 12:25.92	33.90	1500m: 16:57.43	31.92
	350m: 3:53.10	34.21	750m: 8:26.98	34.39	1150m: 13:00.04	34.12		
	400m: 4:27.02	33.92	800m: 9:01.06	34.08	1200m: 13:34.26	34.22		
3.	Marte Hieke van der Kamp	HZ&PC Heerenvveen	200500218	17:10.09	+0,78	713		
	50m: 30.95	30.95	450m: 5:04.78	34.16	850m: 9:39.20	34.39	1250m: 14:19.00	35.22
	100m: 1:04.86	33.91	500m: 5:39.17	34.39	900m: 10:13.89	34.69	1300m: 14:53.82	34.82
	150m: 1:39.03	34.17	550m: 6:13.42	34.25	950m: 10:48.54	34.65	1350m: 15:28.66	34.84
	200m: 2:13.18	34.15	600m: 6:47.59	34.17	1000m: 11:23.43	34.89	1400m: 16:03.38	34.72
	250m: 2:47.36	34.18	650m: 7:21.74	34.15	1050m: 11:58.48	35.05	1450m: 16:37.88	34.50
	300m: 3:21.79	34.43	700m: 7:56.04	34.30	1100m: 12:33.70	35.22	1500m: 17:10.09	32.21
	350m: 3:56.14	34.35	750m: 8:30.32	34.28	1150m: 13:08.72	35.02		
	400m: 4:30.62	34.48	800m: 9:04.81	34.49	1200m: 13:43.78	35.06		
4.	Devon Silberman	Irvine Novaquatics		17:58.00	+0,73	622		
	50m: 32.17	32.17	450m: 5:20.48	36.58	850m: 10:11.47	36.20	1250m: 15:01.10	36.21
	100m: 1:07.15	34.98	500m: 5:56.78	36.30	900m: 10:47.58	36.11	1300m: 15:37.05	35.95
	150m: 1:43.07	35.92	550m: 6:33.08	36.30	950m: 11:23.98	36.40	1350m: 16:12.92	35.87
	200m: 2:18.79	35.72	600m: 7:09.49	36.41	1000m: 12:00.33	36.35	1400m: 16:48.39	35.47
	250m: 2:54.92	36.13	650m: 7:45.93	36.44	1050m: 12:36.50	36.17	1450m: 17:23.92	35.53
	300m: 3:31.13	36.21	700m: 8:22.71	36.78	1100m: 13:12.75	36.25	1500m: 17:58.00	34.08
	350m: 4:07.31	36.18	750m: 8:58.96	36.25	1150m: 13:49.00	36.25		
	400m: 4:43.90	36.59	800m: 9:35.27	36.31	1200m: 14:24.89	35.89		
5.	Mara Bosman	Blue Marlins	200303048	18:03.38		613		
	50m: 31.21	31.21	450m: 5:16.98	36.19	850m: 10:07.11	36.42	1250m: 15:00.25	36.68
	100m: 1:05.85	34.64	500m: 5:53.20	36.22	900m: 10:43.70	36.59	1300m: 15:37.23	36.98
	150m: 1:41.24	35.39	550m: 6:29.21	36.01	950m: 11:20.37	36.67	1350m: 16:14.16	36.93
	200m: 2:16.93	35.69	600m: 7:05.29	36.08	1000m: 11:56.79	36.42	1400m: 16:51.07	36.91
	250m: 2:52.83	35.90	650m: 7:41.68	36.39	1050m: 12:33.50	36.71	1450m: 17:27.84	36.77
	300m: 3:28.88	36.05	700m: 8:17.92	36.24	1100m: 13:10.33	36.83	1500m: 18:03.38	35.54
	350m: 4:04.68	35.80	750m: 8:54.32	36.40	1150m: 13:47.11	36.78		
	400m: 4:40.79	36.11	800m: 9:30.69	36.37	1200m: 14:23.57	36.46		

## Programmanr. 29, Dames, 1500m vrije slag, Senioren Open

rang	naam	vereniging	tijd								RT	FINA	para	
6.	Alysha de Jong	ZPCH	200400086	<b>18:08.47</b>								<b>+0,84</b>	<b>604</b>	
	50m:	31.22	450m:	5:18.12	36.43	850m:	10:11.15	36.78	1250m:	15:07.15	37.35			
	100m:	1:05.90	500m:	5:54.77	36.65	900m:	10:47.85	36.70	1300m:	15:44.17	37.02			
	150m:	1:41.50	550m:	6:31.22	36.45	950m:	11:24.89	37.04	1350m:	16:20.98	36.81			
	200m:	2:17.28	600m:	7:07.85	36.63	1000m:	12:01.78	36.89	1400m:	16:57.64	36.66			
	250m:	2:53.13	650m:	7:44.57	36.72	1050m:	12:38.71	36.93	1450m:	17:33.81	36.17			
	300m:	3:29.25	700m:	8:21.44	36.87	1100m:	13:15.65	36.94	1500m:	18:08.47	34.66			
	350m:	4:05.38	750m:	8:57.87	36.43	1150m:	13:52.61	36.96						
	400m:	4:41.69	800m:	9:34.37	36.50	1200m:	14:29.80	37.19						
7.	Eefje Irvine	De Dolfijn	200700164	<b>18:17.96</b>								<b>+0,53</b>	<b>589</b>	
	50m:	32.12	450m:	5:24.36	36.70	850m:	10:20.00	37.11	1250m:	15:15.30	36.63			
	100m:	1:07.83	500m:	6:01.26	36.90	900m:	10:57.34	37.34	1300m:	15:52.31	37.01			
	150m:	1:44.13	550m:	6:38.09	36.83	950m:	11:34.32	36.98	1350m:	16:29.28	36.97			
	200m:	2:20.83	600m:	7:14.82	36.73	1000m:	12:11.55	37.23	1400m:	17:06.33	37.05			
	250m:	2:57.78	650m:	7:51.71	36.89	1050m:	12:48.40	36.85	1450m:	17:42.83	36.50			
	300m:	3:34.32	700m:	8:28.85	37.14	1100m:	13:25.16	36.76	1500m:	18:17.96	35.13			
	350m:	4:10.94	750m:	9:05.72	36.87	1150m:	14:01.87	36.71						
	400m:	4:47.66	800m:	9:42.89	37.17	1200m:	14:38.67	36.80						
8.	Amé Hulleman	DZ&PC	200202794	<b>18:19.62</b>								<b>+0,84</b>	<b>586</b>	
	50m:	32.27	450m:	5:20.77	36.45	850m:	10:16.29	37.16	1250m:	15:15.38	37.46			
	100m:	1:07.56	500m:	5:57.56	36.79	900m:	10:53.54	37.25	1300m:	15:52.73	37.35			
	150m:	1:43.37	550m:	6:34.36	36.80	950m:	11:30.70	37.16	1350m:	16:29.81	37.08			
	200m:	2:19.36	600m:	7:11.35	36.99	1000m:	12:08.08	37.38	1400m:	17:07.44	37.63			
	250m:	2:55.33	650m:	7:48.24	36.89	1050m:	12:45.64	37.56	1450m:	17:44.18	36.74			
	300m:	3:31.62	700m:	8:25.10	36.86	1100m:	13:23.18	37.54	1500m:	18:19.62	35.44			
	350m:	4:07.79	750m:	9:02.05	36.95	1150m:	14:00.41	37.23						
	400m:	4:44.32	800m:	9:39.13	37.08	1200m:	14:37.92	37.51						
9.	Ismay Lichtendonk	Dedemsvaart-AC	200400622	<b>18:19.73</b>								<b>+0,80</b>	<b>586</b>	
	50m:	31.64	450m:	5:21.30	36.64	850m:	10:15.89	37.39	1250m:	15:14.98	38.23			
	100m:	1:06.94	500m:	5:57.75	36.45	900m:	10:53.31	37.42	1300m:	15:53.45	38.47			
	150m:	1:42.81	550m:	6:34.49	36.74	950m:	11:30.73	37.42	1350m:	16:30.91	37.46			
	200m:	2:18.97	600m:	7:11.62	37.13	1000m:	12:07.71	36.98	1400m:	17:07.92	37.01			
	250m:	2:54.85	650m:	7:48.38	36.76	1050m:	12:44.86	37.15	1450m:	17:44.60	36.68			
	300m:	3:31.70	700m:	8:24.88	36.50	1100m:	13:21.91	37.05	1500m:	18:19.73	35.13			
	350m:	4:07.63	750m:	9:01.41	36.53	1150m:	13:58.81	36.90						
	400m:	4:44.66	800m:	9:38.50	37.09	1200m:	14:36.75	37.94						
10.	Imre Bouwland	ZPC Hooftveen	200700388	<b>18:52.84</b>								<b>+0,59</b>	<b>536</b>	
	50m:	32.95	450m:	5:36.21	37.97	850m:	10:40.72	38.66	1250m:	15:45.24	37.92			
	100m:	1:09.76	500m:	6:14.72	38.51	900m:	11:18.55	37.83	1300m:	16:23.83	38.59			
	150m:	1:47.37	550m:	6:52.41	37.69	950m:	11:56.55	38.00	1350m:	17:01.66	37.83			
	200m:	2:25.38	600m:	7:30.51	38.10	1000m:	12:34.69	38.14	1400m:	17:39.17	37.51			
	250m:	3:03.37	650m:	8:08.50	37.99	1050m:	13:12.43	37.74	1450m:	18:16.97	37.80			
	300m:	3:41.78	700m:	8:46.30	37.80	1100m:	13:50.67	38.24	1500m:	18:52.84	35.87			
	350m:	4:19.49	750m:	9:23.66	37.36	1150m:	14:28.91	38.24						
	400m:	4:58.24	800m:	10:02.06	38.40	1200m:	15:07.32	38.41						
11.	Roos Englebort	Hieronymus	200200606	<b>18:58.33</b>								<b>+0,73</b>	<b>528</b>	
	50m:	33.41	450m:	5:34.23	38.10	850m:	10:38.49	38.00	1250m:	15:46.15	38.87			
	100m:	1:09.91	500m:	6:11.85	37.62	900m:	11:16.59	38.10	1300m:	16:25.29	39.14			
	150m:	1:47.05	550m:	6:49.91	38.06	950m:	11:54.85	38.26	1350m:	17:03.92	38.63			
	200m:	2:24.65	600m:	7:28.12	38.21	1000m:	12:33.38	38.53	1400m:	17:42.68	38.76			
	250m:	3:02.32	650m:	8:05.85	37.73	1050m:	13:11.50	38.12	1450m:	18:21.40	38.72			
	300m:	3:40.32	700m:	8:43.94	38.09	1100m:	13:50.13	38.63	1500m:	18:58.33	36.93			
	350m:	4:18.28	750m:	9:22.14	38.20	1150m:	14:28.69	38.56						
	400m:	4:56.13	800m:	10:00.49	38.35	1200m:	15:07.28	38.59						
12.	Dominique Dingshoff	ZPC Hooftveen	200400804	<b>18:59.06</b>								<b>+0,87</b>	<b>527</b>	
	50m:	33.01	450m:	5:29.87	37.31	850m:	10:37.13	39.13	1250m:	15:45.12	38.18			
	100m:	1:08.89	500m:	6:07.55	37.68	900m:	11:17.05	39.92	1300m:	16:24.34	39.22			
	150m:	1:45.27	550m:	6:45.26	37.71	950m:	11:55.85	38.80	1350m:	17:03.33	38.99			
	200m:	2:22.30	600m:	7:23.49	38.23	1000m:	12:35.12	39.27	1400m:	17:42.37	39.04			
	250m:	2:59.57	650m:	8:01.75	38.26	1050m:	13:12.76	37.64	1450m:	18:21.32	38.95			
	300m:	3:36.99	700m:	8:40.58	38.83	1100m:	13:50.27	37.51	1500m:	18:59.06	37.74			
	350m:	4:14.63	750m:	9:18.93	38.35	1150m:	14:28.69	38.42						
	400m:	4:52.56	800m:	9:58.00	39.07	1200m:	15:06.94	38.25						
13.	Jill Meines	PSV	200704846	<b>18:59.71</b>								<b>+0,87</b>	<b>526</b>	
	50m:	33.42	450m:	5:37.27	38.14	850m:	10:44.44	37.88	1250m:	15:51.81	38.33			
	100m:	1:10.50	500m:	6:15.30	38.03	900m:	11:22.75	38.31	1300m:	16:30.32	38.51			
	150m:	1:48.29	550m:	6:53.64	38.34	950m:	12:01.68	38.93	1350m:	17:08.46	38.14			
	200m:	2:26.26	600m:	7:32.10	38.46	1000m:	12:39.82	38.14	1400m:	17:46.52	38.06			
	250m:	3:04.34	650m:	8:10.69	38.59	1050m:	13:18.31	38.49	1450m:	18:23.87	37.35			
	300m:	3:42.49	700m:	8:49.06	38.37	1100m:	13:56.56	38.25	1500m:	18:59.71	35.84			
	350m:	4:20.76	750m:	9:27.83	38.77	1150m:	14:34.93	38.37						
	400m:	4:59.13	800m:	10:06.56	38.73	1200m:	15:13.48	38.55						

Programmanr. 29, Dames, 1500m vrije slag, Senioren Open

rang	naam	vereniging						tijd	RT	FINA	para
14.	Barbara Broekhuis	De Dinkel		200700880				<b>19:01.00</b>	<b>+0,81</b>	<b>525</b>	
	50m: 32.48	32.48	450m: 5:33.18	37.75	850m: 10:37.68	38.12	1250m: 15:49.65	39.21			
	100m: 1:09.05	36.57	500m: 6:11.26	38.08	900m: 11:16.62	38.94	1300m: 16:28.68	39.03			
	150m: 1:46.29	37.24	550m: 6:49.02	37.76	950m: 11:55.32	38.70	1350m: 17:07.81	39.13			
	200m: 2:24.09	37.80	600m: 7:27.22	38.20	1000m: 12:34.06	38.74	1400m: 17:47.42	39.61			
	250m: 3:02.13	38.04	650m: 8:05.36	38.14	1050m: 13:12.99	38.93	1450m: 18:24.85	37.43			
	300m: 3:39.83	37.70	700m: 8:43.89	38.53	1100m: 13:51.91	38.92	1500m: 19:01.00	36.15			
	350m: 4:17.64	37.81	750m: 9:21.68	37.79	1150m: 14:30.86	38.95					
	400m: 4:55.43	37.79	800m: 9:59.56	37.88	1200m: 15:10.44	39.58					
15.	Merel Leuring	AZC		200401204				<b>19:14.32</b>	<b>+0,79</b>	<b>507</b>	
	50m: 34.47	34.47	450m: 5:39.66	39.13	850m: 10:48.53	38.96	1250m: 15:59.74	38.81			
	100m: 1:11.60	37.13	500m: 6:17.61	37.95	900m: 11:27.35	38.82	1300m: 16:39.50	39.76			
	150m: 1:49.62	38.02	550m: 6:56.09	38.48	950m: 12:06.13	38.78	1350m: 17:18.86	39.36			
	200m: 2:27.25	37.63	600m: 7:34.64	38.55	1000m: 12:45.05	38.92	1400m: 17:58.72	39.86			
	250m: 3:05.30	38.05	650m: 8:13.53	38.89	1050m: 13:23.57	38.52	1450m: 18:36.89	38.17			
	300m: 3:43.82	38.52	700m: 8:52.34	38.81	1100m: 14:03.11	39.54	1500m: 19:14.32	37.43			
	350m: 4:21.72	37.90	750m: 9:30.95	38.61	1150m: 14:41.63	38.52					
	400m: 5:00.53	38.81	800m: 10:09.57	38.62	1200m: 15:20.93	39.30					