

Programmanr. 1
13-6-2024 - 9:00

Dames, 400m vrije slag

Senioren Open
Resultaten Voorrunde

Punten: FINA 2024

rang	naam	vereniging	tijd	RT	FINA	para
PARA junioren						
1.	Gwyneth van der Spek	Batavia Swim	201102806 S7	7:18.01	+0,86	155 313
	50m: 50.90	50.90 150m: 2:45.82	57.98	250m: 4:38.87	56.07 350m: 6:28.57	52.82
	100m: 1:47.84	56.94 200m: 3:42.80	56.98	300m: 5:35.75	56.88 400m: 7:18.01	49.44
PARA Open						
1.	Amber van der Kruk	MSV-Zeemacht	200102730 S14	4:46.98	+0,83	551 864
	50m: 30.88	30.88 150m: 1:41.46	36.15	250m: 2:55.37	37.37 350m: 4:09.98	37.24
	100m: 1:05.31	34.43 200m: 2:18.00	36.54	300m: 3:32.74	37.37 400m: 4:46.98	37.00
2.	Liesette Bruinsma	TeamNL PARA - HZ&PC Heerenve	200004346 S11	5:17.67	+0,69	406 823
	50m: 34.31	34.31 150m: 1:54.04	40.22	250m: 3:12.63	39.74 350m: 4:36.40	41.22
	100m: 1:13.82	39.51 200m: 2:32.89	38.85	300m: 3:55.18	42.55 400m: 5:17.67	41.27
3.	Aguila Dolsma	Blue Marlins	200603902 S14	5:42.21	+0,83	325 510
	50m: 36.88	36.88 150m: 2:02.78	43.68	250m: 3:31.14	44.33 350m: 5:00.46	44.57
	100m: 1:19.10	42.22 200m: 2:46.81	44.03	300m: 4:15.89	44.75 400m: 5:42.21	41.75
4.	Gallyon Mulder	Bubble	200804434 S14	5:55.39	+0,76	290 455
	50m: 38.33	38.33 150m: 2:06.71	45.12	250m: 3:39.02	46.03 350m: 5:12.00	46.22
	100m: 1:21.59	43.26 200m: 2:52.99	46.28	300m: 4:25.78	46.76 400m: 5:55.39	43.39
5.	Gwyneth van der Spek	Batavia Swim	201102806 S7	7:18.01	+0,86	155 313
	50m: 50.90	50.90 150m: 2:45.82	57.98	250m: 4:38.87	56.07 350m: 6:28.57	52.82
	100m: 1:47.84	56.94 200m: 3:42.80	56.98	300m: 5:35.75	56.88 400m: 7:18.01	49.44
Jeugd 1 en 2						
1.	Angelina Rolman	Team NL - De Dolfijn	200701972	4:18.82	+0,70 A	752
	50m: 29.36	29.36 150m: 1:34.50	32.59	250m: 2:39.56	32.63 350m: 3:46.33	33.42
	100m: 1:01.91	32.55 200m: 2:06.93	32.43	300m: 3:12.91	33.35 400m: 4:18.82	32.49
2.	Frouke Ludwig	DZ&PC	200800112	4:27.48	+0,73 B	681
	50m: 31.16	31.16 150m: 1:38.57	33.71	250m: 2:46.02	33.65 350m: 3:54.22	34.01
	100m: 1:04.86	33.70 200m: 2:12.37	33.80	300m: 3:20.21	34.19 400m: 4:27.48	33.26
3.	Julie van Nispen	Nuenen	200800290	4:28.77	+0,73 B	671
	50m: 30.26	30.26 150m: 1:36.85	33.52	250m: 2:45.96	34.55 350m: 3:55.48	34.43
	100m: 1:03.33	33.07 200m: 2:11.41	34.56	300m: 3:21.05	35.09 400m: 4:28.77	33.29
4.	Jade van der Schrier	AZC	200800692	4:28.99	+0,74 B	670
	50m: 30.42	30.42 150m: 1:37.52	34.23	250m: 2:46.74	34.45 350m: 3:55.66	34.30
	100m: 1:03.29	32.87 200m: 2:12.29	34.77	300m: 3:21.36	34.62 400m: 4:28.99	33.33
5.	Nynke Boerefijn	ZPC AMERSFOORT	200700114	4:29.78	+0,84 B	664
	50m: 29.85	29.85 150m: 1:36.95	34.04	250m: 2:46.66	34.93 350m: 3:56.69	34.77
	100m: 1:02.91	33.06 200m: 2:11.73	34.78	300m: 3:21.92	35.26 400m: 4:29.78	33.09
6.	Laura van Etten	HZ&PC Heerenveen	200800264	4:36.47	+0,83	617
	50m: 31.19	31.19 150m: 1:41.70	35.76	250m: 2:50.80	34.72 350m: 4:01.71	35.73
	100m: 1:05.94	34.75 200m: 2:16.08	34.38	300m: 3:25.98	35.18 400m: 4:36.47	34.76
7.	Rhodee van den Ham	De Duinkickers	200700090	4:39.02	+0,71	600
	50m: 31.59	31.59 150m: 1:41.55	35.34	250m: 2:52.14	34.81 350m: 4:03.57	35.50
	100m: 1:06.21	34.62 200m: 2:17.33	35.78	300m: 3:28.07	35.93 400m: 4:39.02	35.45
8.	Imre Bouwland	ZPC Hoogeveen	200700388	4:43.19	+0,76	574
	50m: 30.87	30.87 150m: 1:41.01	35.78	250m: 2:54.08	36.98 350m: 4:07.78	36.84
	100m: 1:05.23	34.36 200m: 2:17.10	36.09	300m: 3:30.94	36.86 400m: 4:43.19	35.41
9.	Ilana Gentile	Orca	200801558	4:45.07	+0,66	562
	50m: 31.34	31.34 150m: 1:42.85	36.17	250m: 2:56.63	36.58 350m: 4:10.56	36.46
	100m: 1:06.68	35.34 200m: 2:20.05	37.20	300m: 3:34.10	37.47 400m: 4:45.07	34.51
10.	Veerle de Ridder	HZ&PC Heerenveen	200700778	4:45.20	+0,72	562
	50m: 32.38	32.38 150m: 1:43.38	36.02	250m: 2:55.79	36.32 350m: 4:09.05	36.60
	100m: 1:07.36	34.98 200m: 2:19.47	36.09	300m: 3:32.45	36.66 400m: 4:45.20	36.15
11.	Jill Meines	PSV	200704846	4:46.33	+0,77	555
	50m: 31.45	31.45 150m: 1:42.61	36.01	250m: 2:56.41	36.93 350m: 4:10.68	37.14
	100m: 1:06.60	35.15 200m: 2:19.48	36.87	300m: 3:33.54	37.13 400m: 4:46.33	35.65
12.	Julia Agricola	DZ&PC	200800266	4:46.36	+0,73	555
	50m: 32.52	32.52 150m: 1:45.29	36.67	250m: 2:57.65	35.97 350m: 4:10.64	36.65
	100m: 1:08.62	36.10 200m: 2:21.68	36.39	300m: 3:33.99	36.34 400m: 4:46.36	35.72

Programmanr. 1, Meisjes, 400m vrije slag, Voorronde, Jeugd 1 en 2

rang	naam	vereniging					tijd	RT	FINA	para
13.	Meyke v. Nimwegen	De Schoteijl			200800106		4:46.73	+0,73	553	
	50m: 32.32	32.32	150m: 1:43.73	36.20	250m: 2:57.05	36.71	350m: 4:10.60		36.42	
	100m: 1:07.53	35.21	200m: 2:20.34	36.61	300m: 3:34.18	37.13	400m: 4:46.73		36.13	
14.	Ylva Konings	PSV			200700148		4:46.94	+0,69	551	
	50m: 32.35	32.35	150m: 1:44.26	36.34	250m: 2:57.96	36.82	350m: 4:11.52		36.45	
	100m: 1:07.92	35.57	200m: 2:21.14	36.88	300m: 3:35.07	37.11	400m: 4:46.94		35.42	
15.	Eline van Rijn	DAW			200700918		4:51.72	+0,70	525	
	50m: 32.32	32.32	150m: 1:46.13	37.68	250m: 3:01.34	37.22	350m: 4:15.52		36.63	
	100m: 1:08.45	36.13	200m: 2:24.12	37.99	300m: 3:38.89	37.55	400m: 4:51.72		36.20	
16.	Leyona Lichtendonk	Dedemsvaart-AC			200700010		4:59.50	+0,76	485	
	50m: 33.55	33.55	150m: 1:48.48	38.01	250m: 3:04.69	37.88	350m: 4:22.15		39.38	
	100m: 1:10.47	36.92	200m: 2:26.81	38.33	300m: 3:42.77	38.08	400m: 4:59.50		37.35	
17.	Inger van Oord	De Dolfijn			200703912		5:02.52	+0,81	471	
	50m: 33.32	33.32	150m: 1:47.41	37.65	250m: 3:03.64	38.08	350m: 4:23.22		39.99	
	100m: 1:09.76	36.44	200m: 2:25.56	38.15	300m: 3:43.23	39.59	400m: 5:02.52		39.30	
18.	Gallyon Mulder	Bubble			200804434	S14	5:55.39	+0,76	290	455
	50m: 38.33	38.33	150m: 2:06.71	45.12	250m: 3:39.02	46.03	350m: 5:12.00		46.22	
	100m: 1:21.59	43.26	200m: 2:52.99	46.28	300m: 4:25.78	46.76	400m: 5:55.39		43.39	

Senioren 1 en 2

1.	Hedwig Bolt	HZ&PC Heerenveen			200602660		4:21.15	+0,79	A	732	
	50m: 30.36	30.36	150m: 1:36.75	33.55	250m: 2:43.59	33.36	350m: 3:49.59		32.82		
	100m: 1:03.20	32.84	200m: 2:10.23	33.48	300m: 3:16.77	33.18	400m: 4:21.15		31.56		
2.	Marte Hieke van der Kamp	HZ&PC Heerenveen			200500218		4:24.77	*	+0,73	A	702
	50m: 30.35	30.35	150m: 1:36.89	33.73	250m: 2:44.08	33.57	350m: 3:51.23		33.56		
	100m: 1:03.16	32.81	200m: 2:10.51	33.62	300m: 3:17.67	33.59	400m: 4:24.77		33.54		
3.	Merel Schravendijk	Blue Marlins			200503382		4:32.04	+0,74	B	647	
	50m: 30.59	30.59	150m: 1:38.84	34.51	250m: 2:48.27	34.84	350m: 3:58.50		35.12		
	100m: 1:04.33	33.74	200m: 2:13.43	34.59	300m: 3:23.38	35.11	400m: 4:32.04		33.54		
4.	Kim Oudendijk	DAW			200600964		4:40.24	+0,79		592	
	50m: 31.23	31.23	150m: 1:41.38	35.57	250m: 2:53.96	35.82	350m: 4:06.40		35.99		
	100m: 1:05.81	34.58	200m: 2:18.14	36.76	300m: 3:30.41	36.45	400m: 4:40.24		33.84		
5.	Anique Hazebroek	ZPC AMERSFOORT			200502196		4:41.76	+0,79		583	
	50m: 30.97	30.97	150m: 1:40.86	35.60	250m: 2:53.27	36.45	350m: 4:06.27		36.37		
	100m: 1:05.26	34.29	200m: 2:16.82	35.96	300m: 3:29.90	36.63	400m: 4:41.76		35.49		
6.	Vera Wassink	ZPC AMERSFOORT			200604976		4:48.86	+0,75		541	
	50m: 31.68	31.68	150m: 1:43.65	36.28	250m: 2:57.28	37.06	350m: 4:12.06		37.44		
	100m: 1:07.37	35.69	200m: 2:20.22	36.57	300m: 3:34.62	37.34	400m: 4:48.86		36.80		
7.	Aguila Dolsma	Blue Marlins			200603902	S14	5:42.21	+0,83		325	510
	50m: 36.88	36.88	150m: 2:02.78	43.68	250m: 3:31.14	44.33	350m: 5:00.46		44.57		
	100m: 1:19.10	42.22	200m: 2:46.81	44.03	300m: 4:15.89	44.75	400m: 5:42.21		41.75		

Senioren Open

1.	Janna van Kooten	Team NL - ZPC Hoogeveen			200404584		4:16.52	*	+0,73	A	772
	50m: 29.70	29.70	150m: 1:34.37	32.32	250m: 2:39.31	32.24	350m: 3:44.27		32.57		
	100m: 1:02.05	32.35	200m: 2:07.07	32.70	300m: 3:11.70	32.39	400m: 4:16.52		32.25		
2.	Imani de Jong	Team NL - PSV			200200464		4:17.31	+0,69	A	765	
	50m: 29.24	29.24	150m: 1:33.53	32.27	250m: 2:38.76	32.66	350m: 3:44.74		33.08		
	100m: 1:01.26	32.02	200m: 2:06.10	32.57	300m: 3:11.66	32.90	400m: 4:17.31		32.57		
3.	Angelina Rolman	Team NL - De Dolfijn			200701972		4:18.82	+0,70	A	752	
	50m: 29.36	29.36	150m: 1:34.50	32.59	250m: 2:39.56	32.63	350m: 3:46.33		33.42		
	100m: 1:01.91	32.55	200m: 2:06.93	32.43	300m: 3:12.91	33.35	400m: 4:18.82		32.49		
4.	Yara van Kalmthout	Team NL - PSV			200200984		4:19.34	+0,71	A	747	
	50m: 29.77	29.77	150m: 1:34.84	32.69	250m: 2:40.43	32.82	350m: 3:46.95		33.03		
	100m: 1:02.15	32.38	200m: 2:07.61	32.77	300m: 3:13.92	33.49	400m: 4:19.34		32.39		
5.	Hedwig Bolt	HZ&PC Heerenveen			200602660		4:21.15	+0,79	A	732	
	50m: 30.36	30.36	150m: 1:36.75	33.55	250m: 2:43.59	33.36	350m: 3:49.59		32.82		
	100m: 1:03.20	32.84	200m: 2:10.23	33.48	300m: 3:16.77	33.18	400m: 4:21.15		31.56		
6.	Serena Stel	De Dolfijn			199801528		4:23.75	+0,69	A	710	
	50m: 29.87	29.87	150m: 1:35.68	33.18	250m: 2:43.16	33.56	350m: 3:50.71		33.77		
	100m: 1:02.50	32.63	200m: 2:09.60	33.92	300m: 3:16.94	33.78	400m: 4:23.75		33.04		

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

rang	naam	vereniging					tijd	RT	FINA	para
7.	Marte Hieke van der Kamp	HZ&PC Heerenveen	200500218				4:24.77 *	+0,73	A	702
	50m: 30.35	30.35	150m: 1:36.89	33.73	250m: 2:44.08	33.57	350m: 3:51.23	35.23		33.56
	100m: 1:03.16	32.81	200m: 2:10.51	33.62	300m: 3:17.67	33.59	400m: 4:24.77	4.24.77		33.54
8.	Elise Hardeman	ZPC AMERSFOORT	200101068				4:26.73	+0,71	A	687
	50m: 29.85	29.85	150m: 1:35.76	33.13	250m: 2:43.56	34.08	350m: 3:52.79	34.89		34.89
	100m: 1:02.63	32.78	200m: 2:09.48	33.72	300m: 3:17.90	34.34	400m: 4:26.73	4.26.73		33.94
9.	Frouke Ludwig	DZ&PC	200800112				4:27.48	+0,73	B	681
	50m: 31.16	31.16	150m: 1:38.57	33.71	250m: 2:46.02	33.65	350m: 3:54.22	34.01		34.01
	100m: 1:04.86	33.70	200m: 2:12.37	33.80	300m: 3:20.21	34.19	400m: 4:27.48	4.27.48		33.26
10.	Julie van Nispen	Nuenen	200800290				4:28.77	+0,73	B	671
	50m: 30.26	30.26	150m: 1:36.85	33.52	250m: 2:45.96	34.55	350m: 3:55.48	34.43		34.43
	100m: 1:03.33	33.07	200m: 2:11.41	34.56	300m: 3:21.05	35.09	400m: 4:28.77	4.28.77		33.29
11.	Jade van der Schrier	AZC	200800692				4:28.99	+0,74	B	670
	50m: 30.42	30.42	150m: 1:37.52	34.23	250m: 2:46.74	34.45	350m: 3:55.66	34.30		34.30
	100m: 1:03.29	32.87	200m: 2:12.29	34.77	300m: 3:21.36	34.62	400m: 4:28.99	4.28.99		33.33
12.	Ismay Lichtendonk	Dedemvaart-AC	200400622				4:29.70	+0,73	B	664
	50m: 29.98	29.98	150m: 1:36.75	33.85	250m: 2:45.71	34.37	350m: 3:55.69	34.86		34.86
	100m: 1:02.90	32.92	200m: 2:11.34	34.59	300m: 3:20.83	35.12	400m: 4:29.70	4.29.70		34.01
13.	Nynke Boerefijn	ZPC AMERSFOORT	200700114				4:29.78	+0,84	B	664
	50m: 29.85	29.85	150m: 1:36.95	34.04	250m: 2:46.66	34.93	350m: 3:56.69	34.77		34.77
	100m: 1:02.91	33.06	200m: 2:11.73	34.78	300m: 3:21.92	35.26	400m: 4:29.78	4.29.78		33.09
14.	Bregje Dekkers	PSV	200900746				4:31.85	+0,68	B	649
	50m: 31.61	31.61	150m: 1:40.00	34.39	250m: 2:49.53	34.86	350m: 3:58.25	33.98		33.98
	100m: 1:05.61	34.00	200m: 2:14.67	34.67	300m: 3:24.27	34.74	400m: 4:31.85	4.31.85		33.60
15.	Merel Schravendijk	Blue Marlins	200503382				4:32.04	+0,74	B	647
	50m: 30.59	30.59	150m: 1:38.84	34.51	250m: 2:48.27	34.84	350m: 3:58.50	35.12		35.12
	100m: 1:04.33	33.74	200m: 2:13.43	34.59	300m: 3:23.38	35.11	400m: 4:32.04	4.32.04		33.54
16.	Nikita van den Ouden	PSV	199900622				4:34.01	+0,71	B	633
	50m: 30.69	30.69	150m: 1:39.15	34.48	250m: 2:49.28	35.13	350m: 3:59.88	35.15		35.15
	100m: 1:04.67	33.98	200m: 2:14.15	35.00	300m: 3:24.73	35.45	400m: 4:34.01	4.34.01		34.13
17.	Alysha de Jong	ZPCH	200400086				4:34.51	+0,81	R	630
	50m: 30.57	30.57	150m: 1:39.47	35.00	250m: 2:50.74	35.86	350m: 4:01.03	35.03		35.03
	100m: 1:04.47	33.90	200m: 2:14.88	35.41	300m: 3:26.00	35.26	400m: 4:34.51	4.34.51		33.48
18.	Amé Hulleman	DZ&PC	200202794				4:35.83	+0,80	R	621
	50m: 30.97	30.97	150m: 1:39.86	35.03	250m: 2:50.47	35.45	350m: 4:01.76	35.75		35.75
	100m: 1:04.83	33.86	200m: 2:15.02	35.16	300m: 3:26.01	35.54	400m: 4:35.83	4.35.83		34.07
19.	Laura van Etten	HZ&PC Heerenveen	200800264				4:36.47	+0,83		617
	50m: 31.19	31.19	150m: 1:41.70	35.76	250m: 2:50.80	34.72	350m: 4:01.71	35.73		35.73
	100m: 1:05.94	34.75	200m: 2:16.08	34.38	300m: 3:25.98	35.18	400m: 4:36.47	4.36.47		34.76
20.	Lynn Blommers	Blue Marlins	200105062				4:37.96	+0,73		607
	50m: 30.47	30.47	150m: 1:39.84	35.08	250m: 2:51.12	35.85	350m: 4:03.56	36.26		36.26
	100m: 1:04.76	34.29	200m: 2:15.27	35.43	300m: 3:27.30	36.18	400m: 4:37.96	4.37.96		34.40
21.	Rhodee van den Ham	De Duinkickers	200700090				4:39.02	+0,71		600
	50m: 31.59	31.59	150m: 1:41.55	35.34	250m: 2:52.14	34.81	350m: 4:03.57	35.50		35.50
	100m: 1:06.21	34.62	200m: 2:17.33	35.78	300m: 3:28.07	35.93	400m: 4:39.02	4.39.02		35.45
22.	Mara Bosman	Blue Marlins	200303048				4:39.23	+0,59		598
	50m: 30.91	30.91	150m: 1:39.65	34.88	250m: 2:50.97	35.88	350m: 4:03.70	36.41		36.41
	100m: 1:04.77	33.86	200m: 2:15.09	35.44	300m: 3:27.29	36.32	400m: 4:39.23	4.39.23		35.53
23.	Kim Oudendijk	DAW	200600964				4:40.24	+0,79		592
	50m: 31.23	31.23	150m: 1:41.38	35.57	250m: 2:53.96	35.82	350m: 4:06.40	35.99		35.99
	100m: 1:05.81	34.58	200m: 2:18.14	36.76	300m: 3:30.41	36.45	400m: 4:40.24	4.40.24		33.84
24.	Myrthe Natzijl	DZ&PC	200400076				4:41.26	+0,77		586
	50m: 32.55	32.55	150m: 1:43.66	35.61	250m: 2:55.11	35.56	350m: 4:06.61	35.44		35.44
	100m: 1:08.05	35.50	200m: 2:19.55	35.89	300m: 3:31.17	36.06	400m: 4:41.26	4.41.26		34.65
25.	Angelique van Vark	GZC DONK	199701478				4:41.32	+0,69		585
	50m: 31.80	31.80	150m: 1:42.00	35.23	250m: 2:53.99	35.97	350m: 4:06.96	36.28		36.28
	100m: 1:06.77	34.97	200m: 2:18.02	36.02	300m: 3:30.68	36.69	400m: 4:41.32	4.41.32		34.36
26.	Anique Hazebroek	ZPC AMERSFOORT	200502196				4:41.76	+0,79		583
	50m: 30.97	30.97	150m: 1:40.86	35.60	250m: 2:53.27	36.45	350m: 4:06.27	36.37		36.37
	100m: 1:05.26	34.29	200m: 2:16.82	35.96	300m: 3:29.90	36.63	400m: 4:41.76	4.41.76		35.49
27.	Renske Dutilh	Het Y	200201188				4:42.31	+0,77		579
	50m: 32.33	32.33	150m: 1:43.20	35.91	250m: 2:55.31	36.15	350m: 4:07.62	36.07		36.07
	100m: 1:07.29	34.96	200m: 2:19.16	35.96	300m: 3:31.55	36.24	400m: 4:42.31	4.42.31		34.69

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

rang	naam	vereniging	tijd	RT	FINA	para	
28.	Dominique Dingshoff	ZPC Hoogeveen	200400804	4:42.42	+0,83	578	
	50m: 32.27	32.27 150m: 1:43.26	36.24 250m: 2:55.80	36.58 350m: 4:08.97		36.42	
	100m: 1:07.02	34.75 200m: 2:19.22	35.96 300m: 3:32.55	36.75 400m: 4:42.42		33.45	
29.	Tamara Grove	De Dolfijn	199601266	4:42.54	+0,70	578	
	50m: 31.52	31.52 150m: 1:41.80	35.54 250m: 2:53.57	35.87 350m: 4:06.52		36.57	
	100m: 1:06.26	34.74 200m: 2:17.70	35.90 300m: 3:29.95	36.38 400m: 4:42.54		36.02	
30.	Imre Bouwland	ZPC Hoogeveen	200700388	4:43.19	+0,76	574	
	50m: 30.87	30.87 150m: 1:41.01	35.78 250m: 2:54.08	36.98 350m: 4:07.78		36.84	
	100m: 1:05.23	34.36 200m: 2:17.10	36.09 300m: 3:30.94	36.86 400m: 4:43.19		35.41	
31.	Fenne Metten	ZPC AMERSFOORT	201000102	4:43.20	+0,78	574	
	50m: 31.34	31.34 150m: 1:42.39	36.04 250m: 2:55.90	36.41 350m: 4:08.85		36.45	
	100m: 1:06.35	35.01 200m: 2:19.49	37.10 300m: 3:32.40	36.50 400m: 4:43.20		34.35	
32.	Ilana Gentile	Orca	200801558	4:45.07	+0,66	562	
	50m: 31.34	31.34 150m: 1:42.85	36.17 250m: 2:56.63	36.58 350m: 4:10.56		36.46	
	100m: 1:06.68	35.34 200m: 2:20.05	37.20 300m: 3:34.10	37.47 400m: 4:45.07		34.51	
33.	Veerle de Ridder	HZ&PC Heerenveen	200700778	4:45.20	+0,72	562	
	50m: 32.38	32.38 150m: 1:43.38	36.02 250m: 2:55.79	36.32 350m: 4:09.05		36.60	
	100m: 1:07.36	34.98 200m: 2:19.47	36.09 300m: 3:32.45	36.66 400m: 4:45.20		36.15	
34.	Jill Meines	PSV	200704846	4:46.33	+0,77	555	
	50m: 31.45	31.45 150m: 1:42.61	36.01 250m: 2:56.41	36.93 350m: 4:10.68		37.14	
	100m: 1:06.60	35.15 200m: 2:19.48	36.87 300m: 3:33.54	37.13 400m: 4:46.33		35.65	
35.	Julia Agricola	DZ&PC	200800266	4:46.36	+0,73	555	
	50m: 32.52	32.52 150m: 1:45.29	36.67 250m: 2:57.65	35.97 350m: 4:10.64		36.65	
	100m: 1:08.62	36.10 200m: 2:21.68	36.39 300m: 3:33.99	36.34 400m: 4:46.36		35.72	
36.	Meyke v. Nimwegen	De Schotejil	200800106	4:46.73	+0,73	553	
	50m: 32.32	32.32 150m: 1:43.73	36.20 250m: 2:57.05	36.71 350m: 4:10.60		36.42	
	100m: 1:07.53	35.21 200m: 2:20.34	36.61 300m: 3:34.18	37.13 400m: 4:46.73		36.13	
37.	Ylva Konings	PSV	200700148	4:46.94	+0,69	551	
	50m: 32.35	32.35 150m: 1:44.26	36.34 250m: 2:57.96	36.82 350m: 4:11.52		36.45	
	100m: 1:07.92	35.57 200m: 2:21.14	36.88 300m: 3:35.07	37.11 400m: 4:46.94		35.42	
38.	Amber van der Kruk	MSV-Zeemacht	200102730	4:46.98	+0,83	551	864
	50m: 30.88	30.88 150m: 1:41.46	36.15 250m: 2:55.37	37.37 350m: 4:09.98		37.24	
	100m: 1:05.31	34.43 200m: 2:18.00	36.54 300m: 3:32.74	37.37 400m: 4:46.98		37.00	
39.	Vera Wassink	ZPC AMERSFOORT	200604976	4:48.86	+0,75	541	
	50m: 31.68	31.68 150m: 1:43.65	36.28 250m: 2:57.28	37.06 350m: 4:12.06		37.44	
	100m: 1:07.37	35.69 200m: 2:20.22	36.57 300m: 3:34.62	37.34 400m: 4:48.86		36.80	
40.	Marijke Drent	Bubble	199906232	4:49.86	+0,83	535	
	50m: 32.10	32.10 150m: 1:44.52	36.53 250m: 2:58.70	36.92 350m: 4:13.33		37.40	
	100m: 1:07.99	35.89 200m: 2:21.78	37.26 300m: 3:35.93	37.23 400m: 4:49.86		36.53	
41.	Eline van Rijn	DAW	200700918	4:51.72	+0,70	525	
	50m: 32.32	32.32 150m: 1:46.13	37.68 250m: 3:01.34	37.22 350m: 4:15.52		36.63	
	100m: 1:08.45	36.13 200m: 2:24.12	37.99 300m: 3:38.89	37.55 400m: 4:51.72		36.20	
42.	Leyona Lichtendonk	Dedemsvaart-AC	200700010	4:59.50	+0,76	485	
	50m: 33.55	33.55 150m: 1:48.48	38.01 250m: 3:04.69	37.88 350m: 4:22.15		39.38	
	100m: 1:10.47	36.92 200m: 2:26.81	38.33 300m: 3:42.77	38.08 400m: 4:59.50		37.35	
43.	Inger van Oord	De Dolfijn	200703912	5:02.52	+0,81	471	
	50m: 33.32	33.32 150m: 1:47.41	37.65 250m: 3:03.64	38.08 350m: 4:23.22		39.99	
	100m: 1:09.76	36.44 200m: 2:25.56	38.15 300m: 3:43.23	39.59 400m: 5:02.52		39.30	
44.	Liesette Bruinsma	TeamNL PARA - HZ&PC Heerenvee	200004346	5:17.67	+0,69	406	823
	50m: 34.31	34.31 150m: 1:54.04	40.22 250m: 3:12.63	39.74 350m: 4:36.40		41.22	
	100m: 1:13.82	39.51 200m: 2:32.89	38.85 300m: 3:55.18	42.55 400m: 5:17.67		41.27	
45.	Aguila Dolsma	Blue Marlins	200603902	5:42.21	+0,83	325	510
	50m: 36.88	36.88 150m: 2:02.78	43.68 250m: 3:31.14	44.33 350m: 5:00.46		44.57	
	100m: 1:19.10	42.22 200m: 2:46.81	44.03 300m: 4:15.89	44.75 400m: 5:42.21		41.75	
46.	Gallyon Mulder	Bubble	200804434	5:55.39	+0,76	290	455
	50m: 38.33	38.33 150m: 2:06.71	45.12 250m: 3:39.02	46.03 350m: 5:12.00		46.22	
	100m: 1:21.59	43.26 200m: 2:52.99	46.28 300m: 4:25.78	46.76 400m: 5:55.39		43.39	
47.	Gwyneth van der Spek	Batavia Swim	201102806	7:18.01	+0,86	155	313
	50m: 50.90	50.90 150m: 2:45.82	57.98 250m: 4:38.87	56.07 350m: 6:28.57		52.82	
	100m: 1:47.84	56.94 200m: 3:42.80	56.98 300m: 5:35.75	56.88 400m: 7:18.01		49.44	
AFGEM	Tess Panjer	VZC	200403060				