Programmanr. 29 | Dames, 1500m vrije slag | Senioren Open
15-6-2024 - 18:57 | Resultaten

Punten: FINA 2024

Jeugd 1 en 2

rang	naam	vereniging		tijd	RT	FINA	para
1.	Jade van der Schrier	AZC	200800692	**17:28.61**	+0,73	676	

50m:	30.59	30.59	450m:	5:09.87	35.23	850m:	9:51.57	35.33	1250m:	14:35.35	35.45
100m:	1:04.26	33.67	500m:	5:45.15	35.28	900m:	10:26.90	35.33	1300m:	15:10.95	35.60
150m:	1:38.85	34.59	550m:	6:20.05	34.90	950m:	11:02.43	35.53	1350m:	15:46.20	35.25
200m:	2:13.86	35.01	600m:	6:55.13	35.08	1000m:	11:37.85	35.42	1400m:	16:21.58	35.38
250m:	2:48.98	35.12	650m:	7:30.23	35.10	1050m:	12:13.48	35.63	1450m:	16:56.35	34.77
300m:	3:24.26	35.28	700m:	8:05.31	35.08	1100m:	12:48.90	35.42	1500m:	17:28.61	32.26
350m:	3:59.53	35.27	750m:	8:40.81	35.50	1150m:	13:24.42	35.52			
400m:	4:34.64	35.11	800m:	9:16.24	35.43	1200m:	13:59.90	35.48			

2.	Julie van Nispen	Nuenen	200800290	**17:56.17**	+0,72	625	

50m:	31.59	31.59	450m:	5:17.97	36.24	850m:	10:07.46	36.07	1250m:	14:57.10	36.01
100m:	1:06.77	35.18	500m:	5:54.09	36.12	900m:	10:43.65	36.19	1300m:	15:33.37	36.27
150m:	1:42.73	35.96	550m:	6:30.16	36.07	950m:	11:19.64	35.99	1350m:	16:09.88	36.51
200m:	2:18.11	35.38	600m:	7:06.36	36.20	1000m:	11:56.09	36.45	1400m:	16:46.52	36.64
250m:	2:54.13	36.02	650m:	7:43.05	36.69	1050m:	12:32.66	36.57	1450m:	17:21.93	35.41
300m:	3:29.96	35.83	700m:	8:19.14	36.09	1100m:	13:08.79	36.13	1500m:	17:56.17	34.24
350m:	4:06.25	36.29	750m:	8:55.47	36.33	1150m:	13:44.92	36.13			
400m:	4:41.73	35.48	800m:	9:31.39	35.92	1200m:	14:21.09	36.17			

3.	Eefje Irvine	De Dolfijn	200700164	**18:08.30**	+0,68	605	

50m:	31.95	31.95	450m:	5:21.09	36.06	850m:	10:13.22	36.49	1250m:	15:06.96	36.88
100m:	1:07.51	35.56	500m:	5:57.51	36.42	900m:	10:49.95	36.73	1300m:	15:43.87	36.91
150m:	1:43.38	35.87	550m:	6:33.83	36.32	950m:	11:26.65	36.70	1350m:	16:20.82	36.95
200m:	2:19.50	36.12	600m:	7:10.37	36.54	1000m:	12:03.35	36.70	1400m:	16:57.55	36.73
250m:	2:55.73	36.23	650m:	7:46.94	36.57	1050m:	12:39.66	36.31	1450m:	17:33.60	36.05
300m:	3:32.00	36.27	700m:	8:23.62	36.68	1100m:	13:16.62	36.96	1500m:	18:08.30	34.70
350m:	4:08.43	36.43	750m:	8:59.96	36.34	1150m:	13:53.26	36.64			
400m:	4:45.03	36.60	800m:	9:36.73	36.77	1200m:	14:30.08	36.82			

4.	Laura van Etten	HZ&PC Heerenveen	200800264	**18:08.54**	+0,84	604	

50m:	32.33	32.33	450m:	5:23.57	36.67	850m:	10:15.13	35.86	1250m:	15:07.10	36.19
100m:	1:08.44	36.11	500m:	6:00.09	36.52	900m:	10:52.29	37.16	1300m:	15:44.07	36.97
150m:	1:45.07	36.63	550m:	6:36.30	36.21	950m:	11:28.09	35.80	1350m:	16:20.48	36.41
200m:	2:21.48	36.41	600m:	7:13.06	36.76	1000m:	12:04.84	36.75	1400m:	16:56.86	36.38
250m:	2:57.41	35.93	650m:	7:50.04	36.98	1050m:	12:41.41	36.57	1450m:	17:33.09	36.23
300m:	3:33.83	36.42	700m:	8:26.22	36.18	1100m:	13:18.38	36.97	1500m:	18:08.54	35.45
350m:	4:10.42	36.59	750m:	9:02.57	36.35	1150m:	13:54.50	36.12			
400m:	4:46.90	36.48	800m:	9:39.27	36.70	1200m:	14:30.91	36.41			

5.	Jill Meines	PSV	200704846	**18:38.91**	+0,80	556	

50m:	32.78	32.78	450m:	5:30.72	37.68	850m:	10:32.54	37.97	1250m:	15:33.64	37.64
100m:	1:09.02	36.24	500m:	6:08.34	37.62	900m:	11:10.24	37.70	1300m:	16:11.08	37.44
150m:	1:46.10	37.08	550m:	6:45.88	37.54	950m:	11:47.84	37.60	1350m:	16:48.77	37.69
200m:	2:23.23	37.13	600m:	7:24.04	38.16	1000m:	12:25.70	37.86	1400m:	17:26.63	37.86
250m:	3:00.74	37.51	650m:	8:01.43	37.39	1050m:	13:03.34	37.64	1450m:	18:03.43	36.80
300m:	3:37.95	37.21	700m:	8:38.82	37.39	1100m:	13:41.02	37.68	1500m:	18:38.91	35.48
350m:	4:15.60	37.65	750m:	9:16.71	37.89	1150m:	14:18.65	37.63			
400m:	4:53.04	37.44	800m:	9:54.57	37.86	1200m:	14:56.00	37.35			

6.	Imre Bouwland	ZPC Hoogeveen	200700388	**18:42.64**	+0,75	551	

50m:	32.21	32.21	450m:	5:27.76	36.96	850m:	10:30.70	37.89	1250m:	15:36.42	37.87
100m:	1:08.21	36.00	500m:	6:05.16	37.40	900m:	11:08.74	38.04	1300m:	16:14.54	38.12
150m:	1:44.84	36.63	550m:	6:43.02	37.86	950m:	11:46.99	38.25	1350m:	16:52.37	37.83
200m:	2:21.67	36.83	600m:	7:21.10	38.08	1000m:	12:25.80	38.81	1400m:	17:29.81	37.44
250m:	2:58.88	37.21	650m:	7:58.35	37.25	1050m:	13:03.45	37.65	1450m:	18:07.18	37.37
300m:	3:36.28	37.40	700m:	8:36.75	38.40	1100m:	13:41.42	37.97	1500m:	18:42.64	35.46
350m:	4:13.51	37.23	750m:	9:14.44	37.69	1150m:	14:19.78	38.36			
400m:	4:50.80	37.29	800m:	9:52.81	38.37	1200m:	14:58.55	38.77			

7.	Julia Agricola	DZ&PC	200800266	**19:18.85**	+0,74	501	

50m:	33.85	33.85	450m:	5:40.90	38.55	850m:	10:49.52	38.74	1250m:	16:03.93	39.42
100m:	1:11.63	37.78	500m:	6:19.46	38.56	900m:	11:28.69	39.17	1300m:	16:43.03	39.10
150m:	1:50.21	38.58	550m:	6:58.08	38.62	950m:	12:08.00	39.31	1350m:	17:22.29	39.26
200m:	2:28.37	38.16	600m:	7:36.23	38.15	1000m:	12:47.24	39.24	1400m:	18:01.53	39.24
250m:	3:06.78	38.41	650m:	8:14.96	38.73	1050m:	13:26.89	39.65	1450m:	18:40.45	38.92
300m:	3:45.14	38.36	700m:	8:53.34	38.38	1100m:	14:06.04	39.15	1500m:	19:18.85	38.40
350m:	4:23.56	38.42	750m:	9:31.74	38.40	1150m:	14:45.09	39.05			
400m:	5:02.35	38.79	800m:	10:10.78	39.04	1200m:	15:24.51	39.42			

Programmanr. 29, Meisjes, 1500m vrije slag, Jeugd 1 en 2

rang	naam	vereniging		tijd	RT	FINA	para
8.	Leyona Lichtendonk	Dedemsvaart-AC	200700010	**19:57.63**	+0,77	454	

50m:	33.84	33.84	450m:	5:48.85	40.30	850m:	11:14.68	40.16	1250m:	16:39.42	39.81
100m:	1:11.38	37.54	500m:	6:29.45	40.60	900m:	11:54.78	40.10	1300m:	17:20.48	41.06
150m:	1:49.69	38.31	550m:	7:09.88	40.43	950m:	12:35.83	41.05	1350m:	18:00.59	40.11
200m:	2:29.12	39.43	600m:	7:50.62	40.74	1000m:	13:18.36	42.53	1400m:	18:40.83	40.24
250m:	3:08.78	39.66	650m:	8:31.27	40.65	1050m:	13:59.20	40.84	1450m:	19:20.22	39.39
300m:	3:48.32	39.54	700m:	9:12.29	41.02	1100m:	14:39.16	39.96	1500m:	19:57.63	37.41
350m:	4:27.97	39.65	750m:	9:53.21	40.92	1150m:	15:19.28	40.12			
400m:	5:08.55	40.58	800m:	10:34.52	41.31	1200m:	15:59.61	40.33			

Senioren 1 en 2

1.	Marte Hieke van der Kamp	HZ&PC Heerenveen	200500218	**17:07.06**	+0,73	719	

50m:	31.06	31.06	450m:	5:07.43	34.72	850m:	9:44.96	33.96	1250m:	14:19.95	33.98
100m:	1:04.56	33.50	500m:	5:42.66	35.23	900m:	10:19.68	34.72	1300m:	14:54.18	34.23
150m:	1:38.44	33.88	550m:	6:16.93	34.27	950m:	10:53.87	34.19	1350m:	15:27.79	33.61
200m:	2:13.12	34.68	600m:	6:51.94	35.01	1000m:	11:28.54	34.67	1400m:	16:01.92	34.13
250m:	2:47.77	34.65	650m:	7:26.57	34.63	1050m:	12:02.71	34.17	1450m:	16:35.03	33.11
300m:	3:22.85	35.08	700m:	8:01.80	35.23	1100m:	12:37.28	34.57	1500m:	17:07.06	32.03
350m:	3:57.47	34.62	750m:	8:36.34	34.54	1150m:	13:11.57	34.29			
400m:	4:32.71	35.24	800m:	9:11.00	34.66	1200m:	13:45.97	34.40			

2.	Merel Schravendijk	Blue Marlins	200503382	**17:44.06**	+0,75	647	

50m:	31.44	31.44	450m:	5:12.81	35.75	850m:	9:59.97	36.11	1250m:	14:47.83	35.91
100m:	1:05.77	34.33	500m:	5:48.30	35.49	900m:	10:36.12	36.15	1300m:	15:23.58	35.75
150m:	1:40.77	35.00	550m:	6:24.10	35.80	950m:	11:12.49	36.37	1350m:	15:59.41	35.83
200m:	2:15.65	34.88	600m:	6:59.84	35.74	1000m:	11:48.26	35.77	1400m:	16:35.30	35.89
250m:	2:50.98	35.33	650m:	7:35.87	36.03	1050m:	12:24.36	36.10	1450m:	17:10.91	35.61
300m:	3:26.46	35.48	700m:	8:11.69	35.82	1100m:	13:00.21	35.85	1500m:	17:44.06	33.15
350m:	4:01.80	35.34	750m:	8:47.88	36.19	1150m:	13:36.16	35.95			
400m:	4:37.06	35.26	800m:	9:23.86	35.98	1200m:	14:11.92	35.76			

NG	Anouchka Bos	NieMo Barracuda	200501528

Senioren Open

1.	Marte Hieke van der Kamp	HZ&PC Heerenveen	200500218	**17:07.06**	+0,73	719	

50m:	31.06	31.06	450m:	5:07.43	34.72	850m:	9:44.96	33.96	1250m:	14:19.95	33.98
100m:	1:04.56	33.50	500m:	5:42.66	35.23	900m:	10:19.68	34.72	1300m:	14:54.18	34.23
150m:	1:38.44	33.88	550m:	6:16.93	34.27	950m:	10:53.87	34.19	1350m:	15:27.79	33.61
200m:	2:13.12	34.68	600m:	6:51.94	35.01	1000m:	11:28.54	34.67	1400m:	16:01.92	34.13
250m:	2:47.77	34.65	650m:	7:26.57	34.63	1050m:	12:02.71	34.17	1450m:	16:35.03	33.11
300m:	3:22.85	35.08	700m:	8:01.80	35.23	1100m:	12:37.28	34.57	1500m:	17:07.06	32.03
350m:	3:57.47	34.62	750m:	8:36.34	34.54	1150m:	13:11.57	34.29			
400m:	4:32.71	35.24	800m:	9:11.00	34.66	1200m:	13:45.97	34.40			

2.	Serena Stel	De Dolfijn	199801528	**17:09.74**	+0,72	714	

50m:	30.42	30.42	450m:	5:07.63	34.79	850m:	9:45.83	34.16	1250m:	14:21.89	34.32
100m:	1:03.86	33.44	500m:	5:42.89	35.26	900m:	10:20.19	34.36	1300m:	14:56.33	34.44
150m:	1:38.29	34.43	550m:	6:17.32	34.43	950m:	10:54.55	34.36	1350m:	15:30.03	33.70
200m:	2:13.13	34.84	600m:	6:52.26	34.94	1000m:	11:29.33	34.78	1400m:	16:04.11	34.08
250m:	2:48.06	34.93	650m:	7:26.92	34.66	1050m:	12:03.62	34.29	1450m:	16:37.59	33.48
300m:	3:22.89	34.83	700m:	8:02.03	35.11	1100m:	12:38.46	34.84	1500m:	17:09.74	32.15
350m:	3:57.72	34.83	750m:	8:36.63	34.60	1150m:	13:12.96	34.50			
400m:	4:32.84	35.12	800m:	9:11.67	35.04	1200m:	13:47.57	34.61			

3.	Jade van der Schrier	AZC	200800692	**17:28.61**	+0,73	676	

50m:	30.59	30.59	450m:	5:09.87	35.23	850m:	9:51.57	35.33	1250m:	14:35.35	35.45
100m:	1:04.26	33.67	500m:	5:45.15	35.28	900m:	10:26.90	35.33	1300m:	15:10.95	35.60
150m:	1:38.85	34.59	550m:	6:20.05	34.90	950m:	11:02.43	35.53	1350m:	15:46.20	35.25
200m:	2:13.86	35.01	600m:	6:55.13	35.08	1000m:	11:37.85	35.42	1400m:	16:21.58	35.38
250m:	2:48.98	35.12	650m:	7:30.23	35.10	1050m:	12:13.48	35.63	1450m:	16:56.35	34.77
300m:	3:24.26	35.28	700m:	8:05.31	35.08	1100m:	12:48.90	35.42	1500m:	17:28.61	32.26
350m:	3:59.53	35.27	750m:	8:40.81	35.50	1150m:	13:24.42	35.52			
400m:	4:34.64	35.11	800m:	9:16.24	35.43	1200m:	13:59.90	35.48			

4.	Merel Schravendijk	Blue Marlins	200503382	**17:44.06**	+0,75	647	

50m:	31.44	31.44	450m:	5:12.81	35.75	850m:	9:59.97	36.11	1250m:	14:47.83	35.91
100m:	1:05.77	34.33	500m:	5:48.30	35.49	900m:	10:36.12	36.15	1300m:	15:23.58	35.75
150m:	1:40.77	35.00	550m:	6:24.10	35.80	950m:	11:12.49	36.37	1350m:	15:59.41	35.83
200m:	2:15.65	34.88	600m:	6:59.84	35.74	1000m:	11:48.26	35.77	1400m:	16:35.30	35.89
250m:	2:50.98	35.33	650m:	7:35.87	36.03	1050m:	12:24.36	36.10	1450m:	17:10.91	35.61
300m:	3:26.46	35.48	700m:	8:11.69	35.82	1100m:	13:00.21	35.85	1500m:	17:44.06	33.15
350m:	4:01.80	35.34	750m:	8:47.88	36.19	1150m:	13:36.16	35.95			
400m:	4:37.06	35.26	800m:	9:23.86	35.98	1200m:	14:11.92	35.76			

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

rang	naam	vereniging		tijd	RT	FINA	para
5.	Amé Hulleman	DZ&PC	200202794	**17:56.14**	+0,79	625	

50m:	32.22	32.22	450m:	5:19.27	36.10	850m:	10:07.09	36.02	1250m:	14:56.05	36.22
100m:	1:07.74	35.52	500m:	5:55.31	36.04	900m:	10:43.31	36.22	1300m:	15:32.08	36.03
150m:	1:43.59	35.85	550m:	6:31.44	36.13	950m:	11:19.43	36.12	1350m:	16:08.85	36.77
200m:	2:19.39	35.80	600m:	7:07.50	36.06	1000m:	11:55.42	35.99	1400m:	16:45.20	36.35
250m:	2:55.45	36.06	650m:	7:43.73	36.23	1050m:	12:31.50	36.08	1450m:	17:21.36	36.16
300m:	3:31.32	35.87	700m:	8:19.51	35.78	1100m:	13:07.69	36.19	1500m:	17:56.14	34.78
350m:	4:07.25	35.93	750m:	8:55.27	35.76	1150m:	13:43.73	36.04			
400m:	4:43.17	35.92	800m:	9:31.07	35.80	1200m:	14:19.83	36.10			

6.	Julie van Nispen	Nuenen	200800290	**17:56.17**	+0,72	625	

50m:	31.59	31.59	450m:	5:17.97	36.24	850m:	10:07.46	36.07	1250m:	14:57.10	36.01
100m:	1:06.77	35.18	500m:	5:54.09	36.12	900m:	10:43.65	36.19	1300m:	15:33.37	36.27
150m:	1:42.73	35.96	550m:	6:30.16	36.07	950m:	11:19.64	35.99	1350m:	16:09.88	36.51
200m:	2:18.11	35.38	600m:	7:06.36	36.20	1000m:	11:56.09	36.45	1400m:	16:46.52	36.64
250m:	2:54.13	36.02	650m:	7:43.05	36.69	1050m:	12:32.66	36.57	1450m:	17:21.93	35.41
300m:	3:29.96	35.83	700m:	8:19.14	36.09	1100m:	13:08.79	36.13	1500m:	17:56.17	34.24
350m:	4:06.25	36.29	750m:	8:55.47	36.33	1150m:	13:44.92	36.13			
400m:	4:41.73	35.48	800m:	9:31.39	35.92	1200m:	14:21.09	36.17			

7.	Alysha de Jong	ZPCH	200400086	**18:01.26**	+0,79	616	

50m:	30.72	30.72	450m:	5:16.53	36.46	850m:	10:09.58	36.21	1250m:	15:01.66	36.67
100m:	1:05.02	34.30	500m:	5:53.21	36.68	900m:	10:46.07	36.49	1300m:	15:38.27	36.61
150m:	1:40.13	35.11	550m:	6:29.81	36.60	950m:	11:22.62	36.55	1350m:	16:14.72	36.45
200m:	2:15.82	35.69	600m:	7:06.35	36.54	1000m:	11:59.14	36.52	1400m:	16:50.96	36.24
250m:	2:51.46	35.64	650m:	7:43.03	36.68	1050m:	12:35.76	36.62	1450m:	17:26.98	36.02
300m:	3:27.59	36.13	700m:	8:19.73	36.70	1100m:	13:12.45	36.69	1500m:	18:01.26	34.28
350m:	4:03.83	36.24	750m:	8:56.84	37.11	1150m:	13:48.47	36.02			
400m:	4:40.07	36.24	800m:	9:33.37	36.53	1200m:	14:24.99	36.52			

8.	Eefje Irvine	De Dolfijn	200700164	**18:08.30**	+0,68	605	

50m:	31.95	31.95	450m:	5:21.09	36.06	850m:	10:13.22	36.49	1250m:	15:06.96	36.88
100m:	1:07.51	35.56	500m:	5:57.51	36.42	900m:	10:49.95	36.73	1300m:	15:43.87	36.91
150m:	1:43.38	35.87	550m:	6:33.83	36.32	950m:	11:26.65	36.70	1350m:	16:20.82	36.95
200m:	2:19.50	36.12	600m:	7:10.37	36.54	1000m:	12:03.35	36.70	1400m:	16:57.55	36.73
250m:	2:55.73	36.23	650m:	7:46.94	36.57	1050m:	12:39.66	36.31	1450m:	17:33.60	36.05
300m:	3:32.00	36.27	700m:	8:23.62	36.68	1100m:	13:16.62	36.96	1500m:	18:08.30	34.70
350m:	4:08.43	36.43	750m:	8:59.96	36.34	1150m:	13:53.26	36.64			
400m:	4:45.03	36.60	800m:	9:36.73	36.77	1200m:	14:30.08	36.82			

9.	Mara Bosman	Blue Marlins	200303048	**18:08.33**	+0,59	605	

50m:	31.14	31.14	450m:	5:15.21	36.75	850m:	10:08.20	36.87	1250m:	15:03.14	37.05
100m:	1:04.85	33.71	500m:	5:51.46	36.25	900m:	10:44.85	36.65	1300m:	15:40.35	37.21
150m:	1:39.79	34.94	550m:	6:28.13	36.67	950m:	11:21.87	37.02	1350m:	16:17.61	37.26
200m:	2:15.19	35.40	600m:	7:04.65	36.52	1000m:	11:58.51	36.64	1400m:	16:55.03	37.42
250m:	2:50.49	35.30	650m:	7:41.59	36.94	1050m:	12:35.08	36.57	1450m:	17:32.28	37.25
300m:	3:26.23	35.74	700m:	8:17.95	36.36	1100m:	13:12.35	37.27	1500m:	18:08.33	36.05
350m:	4:02.50	36.27	750m:	8:54.67	36.72	1150m:	13:49.21	36.86			
400m:	4:38.46	35.96	800m:	9:31.33	36.66	1200m:	14:26.09	36.88			

10.	Laura van Etten	HZ&PC Heerenveen	200800264	**18:08.54**	+0,84	604	

50m:	32.33	32.33	450m:	5:23.57	36.67	850m:	10:15.13	35.86	1250m:	15:07.10	36.19
100m:	1:08.44	36.11	500m:	6:00.09	36.52	900m:	10:52.29	37.16	1300m:	15:44.07	36.97
150m:	1:45.07	36.63	550m:	6:36.30	36.21	950m:	11:28.09	35.80	1350m:	16:20.48	36.41
200m:	2:21.48	36.41	600m:	7:13.06	36.76	1000m:	12:04.84	36.75	1400m:	16:56.86	36.38
250m:	2:57.41	35.93	650m:	7:50.04	36.98	1050m:	12:41.41	36.57	1450m:	17:33.09	36.23
300m:	3:33.83	36.42	700m:	8:26.22	36.18	1100m:	13:18.38	36.97	1500m:	18:08.54	35.45
350m:	4:10.42	36.59	750m:	9:02.57	36.35	1150m:	13:54.50	36.12			
400m:	4:46.90	36.48	800m:	9:39.27	36.70	1200m:	14:30.91	36.41			

11.	Jill Meines	PSV	200704846	**18:38.91**	+0,80	556	

50m:	32.78	32.78	450m:	5:30.72	37.68	850m:	10:32.54	37.97	1250m:	15:33.64	37.64
100m:	1:09.02	36.24	500m:	6:08.34	37.62	900m:	11:10.24	37.70	1300m:	16:11.08	37.44
150m:	1:46.10	37.08	550m:	6:45.88	37.54	950m:	11:47.84	37.60	1350m:	16:48.77	37.69
200m:	2:23.23	37.13	600m:	7:24.04	38.16	1000m:	12:25.70	37.86	1400m:	17:26.63	37.86
250m:	3:00.74	37.51	650m:	8:01.43	37.39	1050m:	13:03.34	37.64	1450m:	18:03.43	36.80
300m:	3:37.95	37.21	700m:	8:38.82	37.39	1100m:	13:41.02	37.68	1500m:	18:38.91	35.48
350m:	4:15.60	37.65	750m:	9:16.71	37.89	1150m:	14:18.65	37.63			
400m:	4:53.04	37.44	800m:	9:54.57	37.86	1200m:	14:56.00	37.35			

12.	Imre Bouwland	ZPC Hoogeveen	200700388	**18:42.64**	+0,75	551	

50m:	32.21	32.21	450m:	5:27.76	36.96	850m:	10:30.70	37.89	1250m:	15:36.42	37.87
100m:	1:08.21	36.00	500m:	6:05.16	37.40	900m:	11:08.74	38.04	1300m:	16:14.54	38.12
150m:	1:44.84	36.63	550m:	6:43.02	37.86	950m:	11:46.99	38.25	1350m:	16:52.37	37.83
200m:	2:21.67	36.83	600m:	7:21.10	38.08	1000m:	12:25.80	38.81	1400m:	17:29.81	37.44
250m:	2:58.88	37.21	650m:	7:58.35	37.25	1050m:	13:03.45	37.65	1450m:	18:07.18	37.37
300m:	3:36.28	37.40	700m:	8:36.75	38.40	1100m:	13:41.42	37.97	1500m:	18:42.64	35.46
350m:	4:13.51	37.23	750m:	9:14.44	37.69	1150m:	14:19.78	38.36			
400m:	4:50.80	37.29	800m:	9:52.81	38.37	1200m:	14:58.55	38.77			

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

rang	naam	vereniging		tijd	RT	FINA	para
13.	Dominique Dingshoff	ZPC Hoogeveen	200400804	**19:01.20**	+0,95	524	

50m:	32.54	32.54	450m:	5:29.13	37.49	850m:	10:38.10	39.68	1250m:	15:49.92	39.39
100m:	1:08.94	36.40	500m:	6:07.09	37.96	900m:	11:17.26	39.16	1300m:	16:28.37	38.45
150m:	1:44.90	35.96	550m:	6:44.75	37.66	950m:	11:56.04	38.78	1350m:	17:07.47	39.10
200m:	2:22.08	37.18	600m:	7:22.99	38.24	1000m:	12:35.33	39.29	1400m:	17:46.30	38.83
250m:	2:59.11	37.03	650m:	8:01.35	38.36	1050m:	13:13.63	38.30	1450m:	18:23.73	37.43
300m:	3:36.61	37.50	700m:	8:40.16	38.81	1100m:	13:51.98	38.35	1500m:	19:01.20	37.47
350m:	4:13.66	37.05	750m:	9:19.10	38.94	1150m:	14:31.18	39.20			
400m:	4:51.64	37.98	800m:	9:58.42	39.32	1200m:	15:10.53	39.35			

14.	Roos Englebert	Hieronymus	200200606	**19:10.43**	+0,74	512					
50m:	33.15	33.15	450m:	5:33.57	38.45	850m:	10:44.09	38.73	1250m:	15:54.77	39.55
100m:	1:09.66	36.51	500m:	6:12.31	38.74	900m:	11:22.13	38.04	1300m:	16:34.02	39.25
150m:	1:46.85	37.19	550m:	6:51.15	38.84	950m:	12:00.26	38.13	1350m:	17:13.54	39.52
200m:	2:24.10	37.25	600m:	7:30.19	39.04	1000m:	12:39.04	38.78	1400m:	17:52.96	39.42
250m:	3:01.80	37.70	650m:	8:08.96	38.77	1050m:	13:18.08	39.04	1450m:	18:32.12	39.16
300m:	3:39.29	37.49	700m:	8:47.73	38.77	1100m:	13:57.15	39.07	1500m:	19:10.43	38.31
350m:	4:17.20	37.91	750m:	9:26.36	38.63	1150m:	14:36.09	38.94			
400m:	4:55.12	37.92	800m:	10:05.36	39.00	1200m:	15:15.22	39.13			

15.	Julia Agricola	DZ&PC	200800266	**19:18.85**	+0,74	501					
50m:	33.85	33.85	450m:	5:40.90	38.55	850m:	10:49.52	38.74	1250m:	16:03.93	39.42
100m:	1:11.63	37.78	500m:	6:19.46	38.56	900m:	11:28.69	39.17	1300m:	16:43.03	39.10
150m:	1:50.21	38.58	550m:	6:58.08	38.62	950m:	12:08.00	39.31	1350m:	17:22.29	39.26
200m:	2:28.37	38.16	600m:	7:36.23	38.15	1000m:	12:47.24	39.24	1400m:	18:01.53	39.24
250m:	3:06.78	38.41	650m:	8:14.96	38.73	1050m:	13:26.89	39.65	1450m:	18:40.45	38.92
300m:	3:45.14	38.36	700m:	8:53.34	38.38	1100m:	14:06.04	39.15	1500m:	19:18.85	38.40
350m:	4:23.56	38.42	750m:	9:31.74	38.40	1150m:	14:45.09	39.05			
400m:	5:02.35	38.79	800m:	10:10.78	39.04	1200m:	15:24.51	39.42			

16.	Melanie Marinus-Cruz	Blue Marlins	200404702	**19:24.23**	+0,76	494					
50m:	32.96	32.96	450m:	5:37.01	38.36	850m:	10:47.64	39.02	1250m:	16:04.88	40.37
100m:	1:09.27	36.31	500m:	6:15.45	38.44	900m:	11:27.19	39.55	1300m:	16:45.13	40.25
150m:	1:46.99	37.72	550m:	6:53.74	38.29	950m:	12:06.22	39.03	1350m:	17:24.97	39.84
200m:	2:25.27	38.28	600m:	7:32.30	38.56	1000m:	12:45.45	39.23	1400m:	18:05.13	40.16
250m:	3:03.73	38.46	650m:	8:11.11	38.81	1050m:	13:24.76	39.31	1450m:	18:45.50	40.37
300m:	3:42.21	38.48	700m:	8:49.83	38.72	1100m:	14:04.25	39.49	1500m:	19:24.23	38.73
350m:	4:20.40	38.19	750m:	9:29.24	39.41	1150m:	14:44.03	39.78			
400m:	4:58.65	38.25	800m:	10:08.62	39.38	1200m:	15:24.51	40.48			

17.	Nina Tetteroo	De Columbiaan	201000048	**19:27.76**	+0,84	489					
50m:	33.27	33.27	450m:	5:40.50	39.08	850m:	10:57.08	40.27	1250m:	16:12.24	39.34
100m:	1:10.26	36.99	500m:	6:19.60	39.10	900m:	11:36.81	39.73	1300m:	16:51.81	39.57
150m:	1:48.76	38.50	550m:	6:58.74	39.14	950m:	12:15.87	39.06	1350m:	17:30.94	39.13
200m:	2:26.98	38.22	600m:	7:37.64	38.90	1000m:	12:55.56	39.69	1400m:	18:10.50	39.56
250m:	3:05.72	38.74	650m:	8:17.56	39.92	1050m:	13:34.63	39.07	1450m:	18:49.61	39.11
300m:	3:44.02	38.30	700m:	8:57.65	40.09	1100m:	14:14.20	39.57	1500m:	19:27.76	38.15
350m:	4:22.37	38.35	750m:	9:36.97	39.32	1150m:	14:53.45	39.25			
400m:	5:01.42	39.05	800m:	10:16.81	39.84	1200m:	15:32.90	39.45			

18.	Liselotte Joling	PSV	197500268	**19:30.57**	+0,84	486					
50m:	35.26	35.26	450m:	5:48.46	39.44	850m:	11:02.88	39.17	1250m:	16:17.14	38.85
100m:	1:13.92	38.66	500m:	6:27.93	39.47	900m:	11:42.56	39.68	1300m:	16:56.24	39.10
150m:	1:52.72	38.80	550m:	7:06.18	38.25	950m:	12:22.19	39.63	1350m:	17:35.20	38.96
200m:	2:32.04	39.32	600m:	7:45.97	39.79	1000m:	13:02.10	39.91	1400m:	18:14.79	39.59
250m:	3:10.62	38.58	650m:	8:25.34	39.37	1050m:	13:41.03	38.93	1450m:	18:53.58	38.79
300m:	3:50.20	39.58	700m:	9:04.90	39.56	1100m:	14:20.95	39.92	1500m:	19:30.57	36.99
350m:	4:29.45	39.25	750m:	9:44.22	39.32	1150m:	14:59.28	38.33			
400m:	5:09.02	39.57	800m:	10:23.71	39.49	1200m:	15:38.29	39.01			

19.	Leyona Lichtendonk	Dedemsvaart-AC	200700010	**19:57.63**	+0,77	454					
50m:	33.84	33.84	450m:	5:48.85	40.30	850m:	11:14.68	40.16	1250m:	16:39.42	39.81
100m:	1:11.38	37.54	500m:	6:29.45	40.60	900m:	11:54.78	40.10	1300m:	17:20.48	41.06
150m:	1:49.69	38.31	550m:	7:09.88	40.43	950m:	12:35.83	41.05	1350m:	18:00.59	40.11
200m:	2:29.12	39.43	600m:	7:50.62	40.74	1000m:	13:18.36	42.53	1400m:	18:40.83	40.24
250m:	3:08.78	39.66	650m:	8:31.27	40.65	1050m:	13:59.20	40.84	1450m:	19:20.22	39.39
300m:	3:48.32	39.54	700m:	9:12.29	41.02	1100m:	14:39.16	39.96	1500m:	19:57.63	37.41
350m:	4:27.97	39.65	750m:	9:53.21	40.92	1150m:	15:19.28	40.12			
400m:	5:08.55	40.58	800m:	10:34.52	41.31	1200m:	15:59.61	40.33			

20.	Cynthia Koolman	ZPC Hoogeveen	200300232	**20:10.30**	+0,66	439					
50m:	34.83	34.83	450m:	5:55.34	40.79	850m:	11:21.96	40.55	1250m:	16:48.39	41.10
100m:	1:13.23	38.40	500m:	6:36.44	41.10	900m:	12:02.56	40.60	1300m:	17:29.33	40.94
150m:	1:52.82	39.59	550m:	7:17.55	41.11	950m:	12:43.30	40.74	1350m:	18:10.32	40.99
200m:	2:32.34	39.52	600m:	7:58.77	41.22	1000m:	13:24.34	41.04	1400m:	18:50.89	40.57
250m:	3:12.73	40.39	650m:	8:39.40	40.63	1050m:	14:04.86	40.52	1450m:	19:31.31	40.42
300m:	3:53.07	40.34	700m:	9:20.22	40.82	1100m:	14:45.09	40.23	1500m:	20:10.30	38.99
350m:	4:33.88	40.81	750m:	10:00.74	40.52	1150m:	15:26.06	40.97			
400m:	5:14.55	40.67	800m:	10:41.41	40.67	1200m:	16:07.29	41.23			

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

rang	naam	vereniging		tijd	RT	FINA	para
NG	Anouchka Bos	NieMo Barracuda	200501528				