

Programmanr. 1
15-12-2023 - 9:00

Dames, 400m vrije slag

Senioren Open
Resultaten Voorrunde

Punten: FINA 2023

rang	naam	vereniging	tijd	RT	FINA	para
PARA Junioren						
1.	Gwyneth van der Spek	Batavia Swim	201102806 S7	7:35.18	+0,69	131 279
	50m: 51.40	51.40	150m: 2:46.88	58.00	250m: 4:43.42	57.63
	100m: 1:48.88	57.48	200m: 3:45.79	58.91	300m: 5:40.65	57.23
					350m: 6:31.08	50.43
					400m: 7:35.18	1:04.10

PARA Open: Top 8 plaatst zich voor de finale

1.	Amber van der Kruk <i>Wereld Record PARA</i>	TeamNL PARA - MSV Zeemacht	200102730 S14	4:32.76	+0,83	609 1007
	50m: 30.24	30.24	150m: 1:37.91	34.42	250m: 2:47.14	34.15
	100m: 1:03.49	33.25	200m: 2:12.99	35.08	300m: 3:21.82	34.68
					350m: 3:56.90	35.08
					400m: 4:32.76	35.86
2.	Gallyon Mulder	THOR	200804434 S14	5:42.93	+0,72	306 506
	50m: 37.70	37.70	150m: 2:01.23	42.46	250m: 3:29.02	44.29
	100m: 1:18.77	41.07	200m: 2:44.73	43.50	300m: 4:13.82	44.80
					350m: 4:59.08	45.26
					400m: 5:42.93	43.85
3.	Jenna Gorter	De Otters Het Gooi	200702746 S9	6:07.01	+0,79	250 426
	50m: 40.84	40.84	150m: 2:14.23	47.80	250m: 3:49.05	47.04
	100m: 1:26.43	45.59	200m: 3:02.01	47.78	300m: 4:36.29	47.24
					350m: 5:22.86	46.57
					400m: 6:07.01	44.15
4.	Gwyneth van der Spek	Batavia Swim	201102806 S7	7:35.18	+0,69	131 279
	50m: 51.40	51.40	150m: 2:46.88	58.00	250m: 4:43.42	57.63
	100m: 1:48.88	57.48	200m: 3:45.79	58.91	300m: 5:40.65	57.23
					350m: 6:31.08	50.43
					400m: 7:35.18	1:04.10

Jeugd 1 en 2

1.	Nynke Boerefijn	ZPC AMERSFOORT	200700114	4:22.46	+0,83	A 684
	50m: 29.45	29.45	150m: 1:35.05	33.15	250m: 2:41.83	33.63
	100m: 1:01.90	32.45	200m: 2:08.20	33.15	300m: 3:15.57	33.74
					350m: 3:49.29	33.72
					400m: 4:22.46	33.17
2.	Jade van der Schrier	AZC	200800692	4:23.85	+0,53	A 673
	50m: 29.85	29.85	150m: 1:35.98	33.74	250m: 2:44.07	33.83
	100m: 1:02.24	32.39	200m: 2:10.24	34.26	300m: 3:18.17	34.10
					350m: 3:51.75	33.58
					400m: 4:23.85	32.10
3.	Rhodee van den Ham	De Duinkkikers	200700090	4:24.77	+0,71	B 666
	50m: 30.02	30.02	150m: 1:37.32	34.14	250m: 2:45.01	33.81
	100m: 1:03.18	33.16	200m: 2:11.20	33.88	300m: 3:19.18	34.17
					350m: 3:52.39	33.21
					400m: 4:24.77	32.38
4.	Julie van Nispen	Nuenen	200800290	4:25.73	+0,81	B 659
	50m: 30.19	30.19	150m: 1:37.96	33.78	250m: 2:46.07	33.85
	100m: 1:04.18	33.99	200m: 2:12.22	34.26	300m: 3:20.14	34.07
					350m: 3:53.74	33.60
					400m: 4:25.73	31.99
5.	Esmee Mulder	DZ&PC	200800038	4:35.37	+0,67	592
	50m: 31.11	31.11	150m: 1:39.71	34.76	250m: 2:48.77	34.56
	100m: 1:04.95	33.84	200m: 2:14.21	34.50	300m: 3:23.75	34.98
					350m: 3:59.40	35.65
					400m: 4:35.37	35.97
6.	Imre Bouwland	ZPC Hoogeveen	200700388	4:41.34	+0,77	555
	50m: 30.30	30.30	150m: 1:40.05	35.61	250m: 2:51.55	35.63
	100m: 1:04.44	34.14	200m: 2:15.92	35.87	300m: 3:28.07	36.52
					350m: 4:05.00	36.93
					400m: 4:41.34	36.34
7.	Ella Vermeer	C.N. La Salle-Palma		4:41.76	+0,70	553
	50m: 31.44	31.44	150m: 1:40.98	35.07	250m: 2:54.12	36.64
	100m: 1:05.91	34.47	200m: 2:17.48	36.50	300m: 3:30.89	36.77
					350m: 4:07.23	36.34
					400m: 4:41.76	34.53
8.	Julia Agricola	DZ&PC	200800266	4:42.12	+0,74	551
	50m: 32.04	32.04	150m: 1:42.32	35.33	250m: 2:53.87	35.79
	100m: 1:06.99	34.95	200m: 2:18.08	35.76	300m: 3:29.99	36.12
					350m: 4:06.38	36.39
					400m: 4:42.12	35.74
9.	Ilse Rozema	Blue Marlins	200803318	4:42.48	+0,67	548
	50m: 30.23	30.23	150m: 1:41.01	35.89	250m: 2:54.01	36.56
	100m: 1:05.12	34.89	200m: 2:17.45	36.44	300m: 3:30.78	36.77
					350m: 4:07.25	36.47
					400m: 4:42.48	35.23
10.	Sofie Vos	ZPC Hoogeveen	200800804	4:46.63	+0,81	525
	50m: 32.28	32.28	150m: 1:43.75	36.09	250m: 2:56.45	36.39
	100m: 1:07.66	35.38	200m: 2:20.06	36.31	300m: 3:33.29	36.84
					350m: 4:09.91	36.62
					400m: 4:46.63	36.72
11.	Inger van Oord	De Dolfijn	200703912	4:47.91	+0,79	518
	50m: 31.26	31.26	150m: 1:41.31	35.39	250m: 2:54.80	36.91
	100m: 1:05.92	34.66	200m: 2:17.89	36.58	300m: 3:32.47	37.67
					350m: 4:10.24	37.77
					400m: 4:47.91	37.67
12.	Lotte Frissen	Patrick-De Roersoppers (SG)	200701354	4:48.35	+0,69	516
	50m: 32.30	32.30	150m: 1:44.61	36.29	250m: 2:59.23	37.55
	100m: 1:08.32	36.02	200m: 2:21.68	37.07	300m: 3:36.70	37.47
					350m: 4:13.02	36.32
					400m: 4:48.35	35.33

B = Bonus inschrijving

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

rang	naam	vereniging	tijd	RT	FINA	para
13.	Veerle de Ridder 50m: 29.37 100m: 1:03.40	HZ&PC Heerenveen 150m: 1:38.94 200m: 2:15.74	200700778 35.54 36.80 250m: 2:53.42 300m: 3:30.93	4:48.51 37.68 37.51 350m: 4:09.93 400m: 4:48.51	+0,72	515 39.00 38.58
14.	Esmee Nieuwenhuis 50m: 31.33 100m: 1:06.95	ZPC De Hof 150m: 1:44.29 200m: 2:21.89	200701444 37.34 37.60 250m: 2:58.88 300m: 3:36.69	4:48.96 36.99 37.81 350m: 4:14.07 400m: 4:48.96	+0,82	512 37.38 34.89
15.	Benthe Martens 50m: 33.72 100m: 1:10.33	ZPC AMERSFOORT 150m: 1:46.89 200m: 2:23.84	200700310 36.56 36.95 250m: 3:00.89 300m: 3:38.04	4:49.37 37.05 37.15 350m: 4:14.41 400m: 4:49.37	+0,76	510 36.37 34.96
16.	Bette Peetoom 50m: 31.46 100m: 1:07.05	DAW 150m: 1:44.27 200m: 2:21.64	200801808 37.22 37.37 250m: 2:59.26 300m: 3:36.16	4:49.50 37.62 36.90 350m: 4:13.74 400m: 4:49.50	+0,80	510 37.58 35.76
17.	Sophie van Leent 50m: 31.89 100m: 1:08.20	Blue Marlins 150m: 1:45.71 200m: 2:23.38	200800522 37.51 37.67 250m: 3:00.90 300m: 3:39.03	4:50.59 37.52 38.13 350m: 4:16.18 400m: 4:50.59	+0,74	504 37.15 34.41
18.	Alexandra Gepkens 50m: 32.05 100m: 1:07.26	VZC 150m: 1:43.82 200m: 2:20.56	200701690 36.56 36.74 250m: 2:57.98 300m: 3:35.51	4:50.63 37.42 37.53 350m: 4:13.28 400m: 4:50.63	+0,69	504 37.77 37.35
19.	Emma Ketelaars 50m: 31.78 100m: 1:07.56	Hellas-Glana 150m: 1:43.94 200m: 2:21.28	200800354 36.38 37.34 250m: 2:58.76 300m: 3:36.18	4:50.97 37.48 37.42 350m: 4:13.83 400m: 4:50.97	+0,74	502 37.65 37.14
20.	Laurien Gliese-Slooijer 50m: 31.98 100m: 1:08.12	De Dinkel 150m: 1:45.01 200m: 2:22.40	200700636 36.89 37.39 250m: 2:59.71 300m: 3:37.48	4:51.50 37.31 37.77 350m: 4:14.85 400m: 4:51.50	+0,70	499 37.37 36.65
21.	Leyona Lichtendonk 50m: 32.40 100m: 1:08.22	Dedemsvaart-AC 150m: 1:45.38 200m: 2:23.11	200700010 37.16 37.73 250m: 3:00.44 300m: 3:37.27	4:53.29 37.33 36.83 350m: 4:15.66 400m: 4:53.29	+0,74	490 38.39 37.63
22.	Mint van Wees 50m: 32.08 100m: 1:08.32	De Dolfijn 150m: 1:46.04 200m: 2:24.53	200801328 37.72 38.49 250m: 3:02.51 300m: 3:40.93	4:56.93 37.98 38.42 350m: 4:19.36 400m: 4:56.93	+0,75	472 38.43 37.57
23.	Rosalie Braspeninx 50m: 32.94 100m: 1:09.35	ZPC Woerden 150m: 1:47.26 200m: 2:25.16	200702530 37.91 37.90 250m: 3:03.77 300m: 3:42.46	4:59.16 38.61 38.69 350m: 4:22.05 400m: 4:59.16	+0,74	462 39.59 37.11
24.	Gallyon Mulder 50m: 37.70 100m: 1:18.77	THOR 150m: 2:01.23 200m: 2:44.73	200804434 S14 42.46 43.50 250m: 3:29.02 300m: 4:13.82	5:42.93 44.29 44.80 350m: 4:59.08 400m: 5:42.93	+0,72	306 45.26 43.85
25.	Jenna Gorter 50m: 40.84 100m: 1:26.43	De Otters Het Gooi 150m: 2:14.23 200m: 3:02.01	200702746 S9 47.80 47.78 250m: 3:49.05 300m: 4:36.29	6:07.01 47.04 47.24 350m: 5:22.86 400m: 6:07.01	+0,79	250 46.57 44.15
AFGEM	Eline van Rijn	DAW	200700918			
NG	Isa Jansen	SBC2000	200701176			
NG	Veerle Hildebrand	PSV	200801830			

senioren 1 en 2

1.	Marte Hieke van der Kamp 50m: 29.47 100m: 1:01.77	HZ&PC Heerenveen 150m: 1:34.58 200m: 2:07.58	200500218 32.81 33.00 250m: 2:40.01 300m: 3:12.94	4:17.18 32.43 32.93 350m: 3:45.82 400m: 4:17.18	+0,74	A 727 32.88 31.36
2.	Merel Schravendijk 50m: 29.38 100m: 1:01.56	Blue Marlins 150m: 1:34.42 200m: 2:07.81	200503382 32.86 33.39 250m: 2:40.60 300m: 3:13.63	4:17.37 32.79 33.03 350m: 3:46.38 400m: 4:17.37	+0,72	A 725 32.75 30.99
3.	Hedwig Bolt 50m: 29.56 100m: 1:01.86	HZ&PC Heerenveen 150m: 1:34.74 200m: 2:07.86	200602660 32.88 33.12 250m: 2:40.43 300m: 3:13.55	4:17.71 32.57 33.12 350m: 3:46.66 400m: 4:17.71	+0,77	A 722 33.11 31.05
4.	Evy Rozeboom 50m: 29.86 100m: 1:02.68	DAW 150m: 1:36.15 200m: 2:09.80	200601338 33.47 33.65 250m: 2:43.43 300m: 3:17.71	4:24.99 33.63 34.28 350m: 3:51.76 400m: 4:24.99	+0,71	B 665 34.05 33.23
5.	Joshua Vermeer 50m: 30.56 100m: 1:03.65	C.N. La Salle-Palma 150m: 1:37.15 200m: 2:11.73	33.50 34.58 250m: 2:46.87 300m: 3:22.19	4:31.79 35.14 35.32 350m: 3:57.14 400m: 4:31.79	+0,78	616 34.95 34.65

B = Bonus inschrijving

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

Senioren Open

1. Yara van Kalmthout	TeamNL - PSV	200200984	4:12.78	+0,69	A	766
50m: 28.68 28.68	150m: 1:31.75 31.76	250m: 2:35.67 31.84	350m: 3:40.87 32.75			
100m: 59.99 31.31	200m: 2:03.83 32.08	300m: 3:08.12 32.45	400m: 4:12.78 31.91			
2. Serena Stel	De Dolfijn	199801528	4:14.62	+0,65	A	749
50m: 29.11 29.11	150m: 1:32.96 32.17	250m: 2:37.78 32.28	350m: 3:42.55 32.30			
100m: 1:00.79 31.68	200m: 2:05.50 32.54	300m: 3:10.25 32.47	400m: 4:14.62 32.07			
3. Marte Hieke van der Kamp	HZ&PC Heerenveen	200500218	4:17.18	+0,74	A	727
50m: 29.47 29.47	150m: 1:34.58 32.81	250m: 2:40.01 32.43	350m: 3:45.82 32.88			
100m: 1:01.77 32.30	200m: 2:07.58 33.00	300m: 3:12.94 32.93	400m: 4:17.18 31.36			
4. Merel Schravendijk	Blue Marlins	200503382	4:17.37	+0,72	A	725
50m: 29.38 29.38	150m: 1:34.42 32.86	250m: 2:40.60 32.79	350m: 3:46.38 32.75			
100m: 1:01.56 32.18	200m: 2:07.81 33.39	300m: 3:13.63 33.03	400m: 4:17.37 30.99			
5. Hedwig Bolt	HZ&PC Heerenveen	200602660	4:17.71	+0,77	A	722
50m: 29.56 29.56	150m: 1:34.74 32.88	250m: 2:40.43 32.57	350m: 3:46.66 33.11			
100m: 1:01.86 32.30	200m: 2:07.86 33.12	300m: 3:13.55 33.12	400m: 4:17.71 31.05			
6. Nynke Boerefijn	ZPC AMERSFOORT	200700114	4:22.46	+0,83	A	684
50m: 29.45 29.45	150m: 1:35.05 33.15	250m: 2:41.83 33.63	350m: 3:49.29 33.72			
100m: 1:01.90 32.45	200m: 2:08.20 33.15	300m: 3:15.57 33.74	400m: 4:22.46 33.17			
7. Nikita van den Ouden	PSV	199900622	4:23.70	+0,69	A	674
50m: 29.96 29.96	150m: 1:35.72 33.35	250m: 2:42.68 33.70	350m: 3:50.53 34.10			
100m: 1:02.37 32.41	200m: 2:08.98 33.26	300m: 3:16.43 33.75	400m: 4:23.70 33.17			
8. Jade van der Schrier	AZC	200800692	4:23.85	+0,53	A	673
50m: 29.85 29.85	150m: 1:35.98 33.74	250m: 2:44.07 33.83	350m: 3:51.75 33.58			
100m: 1:02.24 32.39	200m: 2:10.24 34.26	300m: 3:18.17 34.10	400m: 4:23.85 32.10			
9. Rhodée van den Ham	De Duinkikkers	200700090	4:24.77	+0,71	B	666
50m: 30.02 30.02	150m: 1:37.32 34.14	250m: 2:45.01 33.81	350m: 3:52.39 33.21			
100m: 1:03.18 33.16	200m: 2:11.20 33.88	300m: 3:19.18 34.17	400m: 4:24.77 32.38			
10. Evy Rozeboom	DAW	200601338	4:24.99	+0,71	B	665
50m: 29.86 29.86	150m: 1:36.15 33.47	250m: 2:43.43 33.63	350m: 3:51.76 34.05			
100m: 1:02.68 32.82	200m: 2:09.80 33.65	300m: 3:17.71 34.28	400m: 4:24.99 33.23			
11. Julie van Nispen	Nuenen	200800290	4:25.73	+0,81	B	659
50m: 30.19 30.19	150m: 1:37.96 33.78	250m: 2:46.07 33.85	350m: 3:53.74 33.60			
100m: 1:04.18 33.99	200m: 2:12.22 34.26	300m: 3:20.14 34.07	400m: 4:25.73 31.99			
12. Angelique van Vark	GZC DONK	199701478	4:26.29	+0,67	B	655
50m: 30.00 30.00	150m: 1:36.60 33.71	250m: 2:45.13 34.43	350m: 3:53.56 33.87			
100m: 1:02.89 32.89	200m: 2:10.70 34.10	300m: 3:19.69 34.56	400m: 4:26.29 32.73			
13. Tess Panjer	VZC	200403060	4:27.57	+0,82	B	645
50m: 30.20 30.20	150m: 1:36.94 33.75	250m: 2:45.53 34.22	350m: 3:54.20 34.33			
100m: 1:03.19 32.99	200m: 2:11.31 34.37	300m: 3:19.87 34.34	400m: 4:27.57 33.37			
14. Elise Hardeman	ZPC AMERSFOORT	200101068	4:28.21	+0,66	B	641
50m: 29.23 29.23	150m: 1:34.77 33.23	250m: 2:42.99 34.43	350m: 3:53.20 35.23			
100m: 1:01.54 32.31	200m: 2:08.56 33.79	300m: 3:17.97 34.98	400m: 4:28.21 35.01			
15. Myrthe Natzijl	DZ&PC	200400076	4:28.93	+0,82	B	636
50m: 30.65 30.65	150m: 1:38.37 34.11	250m: 2:46.99 34.36	350m: 3:56.07 34.43			
100m: 1:04.26 33.61	200m: 2:12.63 34.26	300m: 3:21.64 34.65	400m: 4:28.93 32.86			
Tamara Grove	De Dolfijn	199601266	4:28.93	+0,69	B	636
50m: 30.27 30.27	150m: 1:37.70 34.34	250m: 2:46.41 34.11	350m: 3:55.62 34.64			
100m: 1:03.36 33.09	200m: 2:12.30 34.60	300m: 3:20.98 34.57	400m: 4:28.93 33.31			
17. Amé Hulleman	DZ&PC	200202794	4:29.99	+0,77	R	628
50m: 29.94 29.94	150m: 1:36.81 33.96	250m: 2:46.07 34.88	350m: 3:55.63 34.86			
100m: 1:02.85 32.91	200m: 2:11.19 34.38	300m: 3:20.77 34.70	400m: 4:29.99 34.36			
18. Manon Ritten	PSV	200002440	4:31.41	+0,69	R	618
50m: 30.31 30.31	150m: 1:37.37 33.94	250m: 2:46.27 34.57	350m: 3:56.71 35.35			
100m: 1:03.43 33.12	200m: 2:11.70 34.33	300m: 3:21.36 35.09	400m: 4:31.41 34.70			
19. Mara Bosman	Blue Marlins	200303048	4:31.64	+0,57		617
50m: 30.77 30.77	150m: 1:38.54 34.02	250m: 2:47.46 34.37	350m: 3:57.39 35.18			
100m: 1:04.52 33.75	200m: 2:13.09 34.55	300m: 3:22.21 34.75	400m: 4:31.64 34.25			
20. Josha Vermeer	C.N. La Salle-Palma		4:31.79	+0,78		616
50m: 30.56 30.56	150m: 1:37.15 33.50	250m: 2:46.87 35.14	350m: 3:57.14 34.95			
100m: 1:03.65 33.09	200m: 2:11.73 34.58	300m: 3:22.19 35.32	400m: 4:31.79 34.65			

B = Bonus inschrijving

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

rang	naam	vereniging	200102730	S14	tijd	RT	FINA	para
21.	Amber van der Kruk <i>Wereld Record PARA</i>	TeamNL PARA - MSV Zeemacht	200102730	S14	4:32.76	+0,83	609	1007
	50m: 30.24 100m: 1:03.49	30.24 33.25	150m: 1:37.91 200m: 2:12.99	34.42 35.08	250m: 2:47.14 300m: 3:21.82	34.15 34.68	350m: 3:56.90 400m: 4:32.76	35.08 35.86
22.	Rani Skrabanja	Hellas-Glana	199800992		4:34.87	+0,70	595	
	50m: 30.42 100m: 1:03.77	30.42 33.35	150m: 1:38.26 200m: 2:12.90	34.49 34.64	250m: 2:48.18 300m: 3:23.79	35.28 35.61	350m: 3:59.63 400m: 4:34.87	35.84 35.24
23.	Esmee Mulder	DZ&PC	200800038		4:35.37	+0,67	592	
	50m: 31.11 100m: 1:04.95	31.11 33.84	150m: 1:39.71 200m: 2:14.21	34.76 34.50	250m: 2:48.77 300m: 3:23.75	34.56 34.98	350m: 3:59.40 400m: 4:35.37	35.65 35.97
24.	Bregje Dekkers	PSV	200900746		4:40.63	+0,53	559	
	50m: 31.48 100m: 1:05.43	31.48 33.95	150m: 1:40.35 200m: 2:16.06	34.92 35.71	250m: 2:52.31 300m: 3:28.53	36.25 36.22	350m: 4:04.98 400m: 4:40.63	36.45 35.65
25.	Juliëtte Woltjes	VZC	200900774		4:40.92	+0,82	558	
	50m: 30.45 100m: 1:05.14	30.45 34.69	150m: 1:40.94 200m: 2:16.46	35.80 35.52	250m: 2:52.74 300m: 3:29.43	36.28 36.69	350m: 4:05.86 400m: 4:40.92	36.43 35.06
26.	Imre Bouwland	ZPC Hoogeveen	200700388		4:41.34	+0,77	555	
	50m: 30.30 100m: 1:04.44	30.30 34.14	150m: 1:40.05 200m: 2:15.92	35.61 35.87	250m: 2:51.55 300m: 3:28.07	35.63 36.52	350m: 4:05.00 400m: 4:41.34	36.93 36.34
27.	Ella Vermeer	C.N. La Salle-Palma			4:41.76	+0,70	553	
	50m: 31.44 100m: 1:05.91	31.44 34.47	150m: 1:40.98 200m: 2:17.48	35.07 36.50	250m: 2:54.12 300m: 3:30.89	36.64 36.77	350m: 4:07.23 400m: 4:41.76	36.34 34.53
28.	Julia Agricola	DZ&PC	200800266		4:42.12	+0,74	551	
	50m: 32.04 100m: 1:06.99	32.04 34.95	150m: 1:42.32 200m: 2:18.08	35.33 35.76	250m: 2:53.87 300m: 3:29.99	35.79 36.12	350m: 4:06.38 400m: 4:42.12	36.39 35.74
29.	Ilse Rozema	Blue Marlins	200803318		4:42.48	+0,67	548	
	50m: 30.23 100m: 1:05.12	30.23 34.89	150m: 1:41.01 200m: 2:17.45	35.89 36.44	250m: 2:54.01 300m: 3:30.78	36.56 36.77	350m: 4:07.25 400m: 4:42.48	36.47 35.23
30.	Sofie Vos	ZPC Hoogeveen	200800804		4:46.63	+0,81	525	
	50m: 32.28 100m: 1:07.66	32.28 35.38	150m: 1:43.75 200m: 2:20.06	36.09 36.31	250m: 2:56.45 300m: 3:33.29	36.39 36.84	350m: 4:09.91 400m: 4:46.63	36.62 36.72
31.	Inger van Oord	De Dolfijn	200703912		4:47.91	+0,79	518	
	50m: 31.26 100m: 1:05.92	31.26 34.66	150m: 1:41.31 200m: 2:17.89	35.39 36.58	250m: 2:54.80 300m: 3:32.47	36.91 37.67	350m: 4:10.24 400m: 4:47.91	37.77 37.67
32.	Lotte Frissen	Patrick-De Roersoppers (SG)	200701354		4:48.35	+0,69	516	
	50m: 32.30 100m: 1:08.32	32.30 36.02	150m: 1:44.61 200m: 2:21.68	36.29 37.07	250m: 2:59.23 300m: 3:36.70	37.55 37.47	350m: 4:13.02 400m: 4:48.35	36.32 35.33
33.	Veerte de Ridder	HZ&PC Heerenveen	200700778		4:48.51	+0,72	515	
	50m: 29.37 100m: 1:03.40	29.37 34.03	150m: 1:38.94 200m: 2:15.74	35.54 36.80	250m: 2:53.42 300m: 3:30.93	37.68 37.51	350m: 4:09.93 400m: 4:48.51	39.00 38.58
34.	Esmee Nieuwenhuis	ZPC De Hof	200701444		4:48.96	+0,82	512	
	50m: 31.33 100m: 1:06.95	31.33 35.62	150m: 1:44.29 200m: 2:21.89	37.34 37.60	250m: 2:58.88 300m: 3:36.69	36.99 37.81	350m: 4:14.07 400m: 4:48.96	37.38 34.89
35.	Benthe Martens	ZPC AMERSFOORT	200700310		4:49.37	+0,76	510	
	50m: 33.72 100m: 1:10.33	33.72 36.61	150m: 1:46.89 200m: 2:23.84	36.56 36.95	250m: 3:00.89 300m: 3:38.04	37.05 37.15	350m: 4:14.41 400m: 4:49.37	36.37 34.96
36.	Bette Peetoom	DAW	200801808		4:49.50	+0,80	510	
	50m: 31.46 100m: 1:07.05	31.46 35.59	150m: 1:44.27 200m: 2:21.64	37.22 37.37	250m: 2:59.26 300m: 3:36.16	37.62 36.90	350m: 4:13.74 400m: 4:49.50	37.58 35.76
37.	Sophie van Leent	Blue Marlins	200800522		4:50.59	+0,74	504	
	50m: 31.89 100m: 1:08.20	31.89 36.31	150m: 1:45.71 200m: 2:23.38	37.51 37.67	250m: 3:00.90 300m: 3:39.03	37.52 38.13	350m: 4:16.18 400m: 4:50.59	37.15 34.41
38.	Alexandra Gepkens	VZC	200701690		4:50.63	+0,69	504	
	50m: 32.05 100m: 1:07.26	32.05 35.21	150m: 1:43.82 200m: 2:20.56	36.56 36.74	250m: 2:57.98 300m: 3:35.51	37.42 37.53	350m: 4:13.28 400m: 4:50.63	37.77 37.35
39.	Emma Ketelaars	Hellas-Glana	200800354		4:50.97	+0,74	502	
	50m: 31.78 100m: 1:07.56	31.78 35.78	150m: 1:43.94 200m: 2:21.28	36.38 37.34	250m: 2:58.76 300m: 3:36.18	37.48 37.42	350m: 4:13.83 400m: 4:50.97	37.65 37.14
40.	Laurien Gliese-Slooijer	De Dinkel	200700636		4:51.50	+0,70	499	
	50m: 31.98 100m: 1:08.12	31.98 36.14	150m: 1:45.01 200m: 2:22.40	36.89 37.39	250m: 2:59.71 300m: 3:37.48	37.31 37.77	350m: 4:14.85 400m: 4:51.50	37.37 36.65

B = Bonus inschrijving

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

rang	naam		vereniging			tijd	RT	FINA	para	
41.	Leyona Lichtendonk		Dedemsvaart-AC		200700010	4:53.29	+0,74	490		
	50m:	32.40	150m:	1:45.38	37.16	250m:	3:00.44	37.33	350m:	4:15.66
	100m:	1:08.22	200m:	2:23.11	37.73	300m:	3:37.27	36.83	400m:	4:53.29
42.	Mint van Wees		De Dolfijn		200801328	4:56.93	+0,75	472		
	50m:	32.08	150m:	1:46.04	37.72	250m:	3:02.51	37.98	350m:	4:19.36
	100m:	1:08.32	200m:	2:24.53	38.49	300m:	3:40.93	38.42	400m:	4:56.93
43.	Rosalie Braspeninx		ZPC Woerden		200702530	4:59.16	+0,74	462		
	50m:	32.94	150m:	1:47.26	37.91	250m:	3:03.77	38.61	350m:	4:22.05
	100m:	1:09.35	200m:	2:25.16	37.90	300m:	3:42.46	38.69	400m:	4:59.16
44.	Gallyon Mulder		THOR		200804434	5:42.93	+0,72	306	506	
	50m:	37.70	150m:	2:01.23	42.46	250m:	3:29.02	44.29	350m:	4:59.08
	100m:	1:18.77	200m:	2:44.73	43.50	300m:	4:13.82	44.80	400m:	5:42.93
45.	Jenna Gorter		De Otters Het Gooi		200702746	6:07.01	+0,79	250	426	
	50m:	40.84	150m:	2:14.23	47.80	250m:	3:49.05	47.04	350m:	5:22.86
	100m:	1:26.43	200m:	3:02.01	47.78	300m:	4:36.29	47.24	400m:	6:07.01
46.	Gwyneth van der Spek		Batavia Swim		201102806	7:35.18	+0,69	131	279	
	50m:	51.40	150m:	2:46.88	58.00	250m:	4:43.42	57.63	350m:	6:31.08
	100m:	1:48.88	200m:	3:45.79	58.91	300m:	5:40.65	57.23	400m:	7:35.18
AFGEM	Janne Slegers		PSV		200404090					
AFGEM	Alysha de Jong		ZPCH		200400086					
AFGEM	Eline van Rijn		DAW		200700918					
NG	Isa Jansen		SBC2000		200701176					
NG	Veerle Hildebrand		PSV		200801830					

B = Bonus inschrijving