

Programmanr. 1  
20-12-2024 - 9:00

Dames, 400m vrije slag

Senioren Open  
Resultaten Voorrunde

Punten: AQUA 2024

rang	naam		vereniging			tijd	RT	FINA	para
<b>PARA onder 16</b>									
1.	Gwyneth van der Spek		Batavia Swim		201102806	S7	<b>6:54.37</b>	+0,76	Q 173 370
	50m: 48.89	48.89	150m: 2:36.52	54.34	250m: 4:23.64	53.62	350m: 6:08.59		52.32
	100m: 1:42.18	53.29	200m: 3:30.02	53.50	300m: 5:16.27	52.63	400m: 6:54.37		45.78
<b>PARA onder 18</b>									
1.	Jenna Gorter		De Otters Het Gooi		200702746	S9	<b>6:04.00</b>	+0,83	Q 256 437
	50m: 41.93	41.93	150m: 2:14.40	46.77	250m: 3:47.53	46.25	350m: 5:19.98		45.93
	100m: 1:27.63	45.70	200m: 3:01.28	46.88	300m: 4:34.05	46.52	400m: 6:04.00		44.02
<b>PARA Open</b>									
1.	Aguila Dolmsma		Blue Marlins		200603902	S14	<b>5:38.24</b>	+0,80	Q 319 528
	50m: 36.69	36.69	150m: 2:02.88	43.43	250m: 3:29.89	43.30	350m: 4:57.91		44.02
	100m: 1:19.45	42.76	200m: 2:46.59	43.71	300m: 4:13.89	44.00	400m: 5:38.24		40.33
2.	Jenna Gorter		De Otters Het Gooi		200702746	S9	<b>6:04.00</b>	+0,83	Q 256 437
	50m: 41.93	41.93	150m: 2:14.40	46.77	250m: 3:47.53	46.25	350m: 5:19.98		45.93
	100m: 1:27.63	45.70	200m: 3:01.28	46.88	300m: 4:34.05	46.52	400m: 6:04.00		44.02
3.	Gwyneth van der Spek		Batavia Swim		201102806	S7	<b>6:54.37</b>	+0,76	Q 173 370
	50m: 48.89	48.89	150m: 2:36.52	54.34	250m: 4:23.64	53.62	350m: 6:08.59		52.32
	100m: 1:42.18	53.29	200m: 3:30.02	53.50	300m: 5:16.27	52.63	400m: 6:54.37		45.78
<b>onder 18</b>									
1.	Angelina Rolman		Team NL - De Dolfijn		200701972		<b>4:16.20</b>	+0,71	A 735
	50m: 29.33	29.33	150m: 1:33.54	32.21	250m: 2:38.80	32.59	350m: 3:44.26		32.69
	100m: 1:01.33	32.00	200m: 2:06.21	32.67	300m: 3:11.57	32.77	400m: 4:16.20		31.94
2.	Nynke Boerefijn		ZPC AMERSFOORT		200700114		<b>4:19.09</b>	+0,85	A 711
	50m: 29.74	29.74	150m: 1:35.66	33.40	250m: 2:42.05	33.08	350m: 3:47.37		32.35
	100m: 1:02.26	32.52	200m: 2:08.97	33.31	300m: 3:15.02	32.97	400m: 4:19.09		31.72
3.	Jade van der Schrier		AZC		200800692		<b>4:19.27</b>	+0,72	A 710
	50m: 29.56	29.56	150m: 1:34.91	32.98	250m: 2:41.08	33.22	350m: 3:47.78		33.37
	100m: 1:01.93	32.37	200m: 2:07.86	32.95	300m: 3:14.41	33.33	400m: 4:19.27		31.49
4.	Julie van Nispen		Nuenen		200800290		<b>4:20.80</b>	+0,72	B 697
	50m: 29.92	29.92	150m: 1:36.04	33.25	250m: 2:41.50	32.87	350m: 3:48.35		33.71
	100m: 1:02.79	32.87	200m: 2:08.63	32.59	300m: 3:14.64	33.14	400m: 4:20.80		32.45
5.	Frouke Ludwig		DZ&PC		200800112		<b>4:24.05</b>	+0,74	B 672
	50m: 30.64	30.64	150m: 1:36.44	33.28	250m: 2:42.17	32.75	350m: 3:49.49		34.07
	100m: 1:03.16	32.52	200m: 2:09.42	32.98	300m: 3:15.42	33.25	400m: 4:24.05		34.56
6.	Rhodie van den Ham		De Duinkikkers		200700090		<b>4:27.78</b>	+0,71	B 644
	50m: 30.38	30.38	150m: 1:37.17	33.63	250m: 2:45.23	33.84	350m: 3:54.37		34.86
	100m: 1:03.54	33.16	200m: 2:11.39	34.22	300m: 3:19.51	34.28	400m: 4:27.78		33.41
7.	Meyke v. Nimwegen		De Schoteijl		200800106		<b>4:36.31</b>	+0,72	586
	50m: 30.78	30.78	150m: 1:39.68	34.75	250m: 2:50.89	35.56	350m: 4:01.44		35.23
	100m: 1:04.93	34.15	200m: 2:15.33	35.65	300m: 3:26.21	35.32	400m: 4:36.31		34.87
8.	Imre Bouwland		ZPC Hoogeveen		200700388		<b>4:36.67</b>	+0,74	584
	50m: 30.54	30.54	150m: 1:39.56	34.86	250m: 2:50.59	35.55	350m: 4:01.97		35.73
	100m: 1:04.70	34.16	200m: 2:15.04	35.48	300m: 3:26.24	35.65	400m: 4:36.67		34.70
9.	Ilana Gentile		Orca		200801558		<b>4:37.52</b>	+0,65	578
	50m: 30.90	30.90	150m: 1:40.25	34.78	250m: 2:51.55	36.60	350m: 4:03.73		36.08
	100m: 1:05.47	34.57	200m: 2:15.95	35.70	300m: 3:27.65	36.10	400m: 4:37.52		33.79
10.	Veerle de Ridder		HZ&PC Heerenveen		200700778		<b>4:38.71</b>	+0,68	571
	50m: 29.67	29.67	150m: 1:37.48	34.49	250m: 2:49.21	36.28	350m: 4:02.34		36.89
	100m: 1:02.99	33.32	200m: 2:12.93	35.45	300m: 3:25.45	36.24	400m: 4:38.71		36.37
11.	Veerle Hildebrand		PSV		200801830		<b>4:39.74</b>	+0,70	565
	50m: 30.39	30.39	150m: 1:39.18	34.87	250m: 2:50.18	35.56	350m: 4:03.20		36.80
	100m: 1:04.31	33.92	200m: 2:14.62	35.44	300m: 3:26.40	36.22	400m: 4:39.74		36.54

B = Bonus inschrijving

Programmanr. 1, Meisjes, 400m vrije slag, Voorronde, onder 18

rang	naam	vereniging	tijd	RT	FINA	para
12.	Esmée Ykema	HZ&PC Heerenveen	<b>4:40.27</b>	+0,76	562	
	50m: 30.66 100m: 1:04.60	150m: 1:40.28 200m: 2:16.23	250m: 2:51.88 300m: 3:28.46	350m: 4:04.81 400m: 4:40.27	36.35 35.46	
13.	Leyona Lichtendonk	Dedemsvaart-AC	<b>4:43.80</b>	+0,68	541	
	50m: 31.73 100m: 1:06.63	150m: 1:42.56 200m: 2:18.82	250m: 2:54.86 300m: 3:31.60	350m: 4:08.16 400m: 4:43.80	36.56 35.64	
14.	Emma Ketelaars	Hellas-Glana	<b>4:44.38</b>	+0,64	538	
	50m: 30.56 100m: 1:05.07	150m: 1:40.63 200m: 2:17.47	250m: 2:54.78 300m: 3:32.10	350m: 4:09.09 400m: 4:44.38	36.99 35.29	
15.	Niobe Maduro	Aqua-Novio'94	<b>4:46.14</b>	+0,75	528	
	50m: 32.34 100m: 1:07.74	150m: 1:43.78 200m: 2:19.88	250m: 2:56.12 300m: 3:32.95	350m: 4:09.84 400m: 4:46.14	36.89 36.30	
16.	Rosalie Braspennincx	ZPC Woerden	<b>4:46.51</b>	+0,69	526	
	50m: 31.89 100m: 1:07.65	150m: 1:44.21 200m: 2:20.46	250m: 2:57.32 300m: 3:34.05	350m: 4:10.84 400m: 4:46.51	36.79 35.67	
17.	Sofie Vos	ZPC Hoogeveen	<b>4:46.53</b>	+0,82	526	
	50m: 32.40 100m: 1:07.65	150m: 1:43.81 200m: 2:20.42	250m: 2:57.02 300m: 3:33.57	350m: 4:10.61 400m: 4:46.53	37.04 35.92	
18.	Annika Hogenhuis	Zwemlust-den Hommel	<b>4:46.70</b>	+0,83	525	
	50m: 32.65 100m: 1:08.51	150m: 1:44.29 200m: 2:20.86	250m: 2:57.02 300m: 3:33.77	350m: 4:10.70 400m: 4:46.70	36.93 36.00	
19.	Julia Agricola	DZ&PC	<b>4:46.83</b>	+0,72	524	
	50m: 31.86 100m: 1:07.23	150m: 1:42.90 200m: 2:19.17	250m: 2:55.76 300m: 3:32.95	350m: 4:10.44 400m: 4:46.83	37.49 36.39	
20.	Lotte Frissen	Patrick-De Roersoppers (SG)	<b>4:47.20</b>	+0,73	522	
	50m: 32.20 100m: 1:08.09	150m: 1:44.33 200m: 2:21.27	250m: 2:57.90 300m: 3:34.80	350m: 4:11.81 400m: 4:47.20	37.01 35.39	
21.	Noa Ottens	VZC	<b>4:49.56</b>	+0,68	509	
	50m: 32.19 100m: 1:08.13	150m: 1:45.03 200m: 2:21.88	250m: 2:58.97 300m: 3:36.07	350m: 4:13.43 400m: 4:49.56	37.36 36.13	
22.	Esmee Nieuwenhuis	ZPC De Hof	<b>4:50.05</b>	+0,94	507	
	50m: 32.83 100m: 1:09.22	150m: 1:45.98 200m: 2:23.21	250m: 3:00.61 300m: 3:38.34	350m: 4:15.00 400m: 4:50.05	36.66 35.05	
23.	Alexandra Gepkens	VZC	<b>4:51.19</b>	+0,71	501	
	50m: 32.89 100m: 1:08.59	150m: 1:44.54 200m: 2:21.16	250m: 2:58.21 300m: 3:36.11	350m: 4:13.78 400m: 4:51.19	37.67 37.41	
24.	Eloisa Gomes Delgado	Feijenoord Albion Zwemclub	<b>4:53.19</b>	+0,78	490	
	50m: 32.21 100m: 1:08.45	150m: 1:45.86 200m: 2:24.43	250m: 3:02.22 300m: 3:39.82	350m: 4:18.42 400m: 4:53.19	38.60 34.77	
25.	Lotte Blanken	SBC2000	<b>4:56.79</b>	+0,81	473	
	50m: 32.55 100m: 1:08.81	150m: 1:46.47 200m: 2:24.32	250m: 3:02.38 300m: 3:40.84	350m: 4:19.72 400m: 4:56.79	38.88 37.07	
26.	Inger van Oord	De Dolfijn	<b>5:07.04</b>	+0,77	427	
	50m: 32.44 100m: 1:08.85	150m: 1:46.61 200m: 2:25.25	250m: 3:05.25 300m: 3:45.97	350m: 4:27.27 400m: 5:07.04	41.30 39.77	
27.	Sophie van Leent	Blue Marlins	<b>5:14.39</b> *	+0,74	398	
	50m: 32.55 100m: 1:11.02	150m: 1:50.65 200m: 2:31.13	250m: 3:11.65 300m: 3:53.13	350m: 4:34.62 400m: 5:14.39	41.49 39.77	
AFGEM	Esmee Mulder	DZ&PC	200800038			

onder 20

1.	Marte Hieke van der Kamp	HZ&PC Heerenveen	<b>4:10.92</b>	+0,73	A	783
	50m: 29.12 100m: 1:00.60	150m: 1:32.63 200m: 2:04.72	250m: 2:36.66 300m: 3:08.66	350m: 3:40.47 400m: 4:10.92	31.81 30.45	
2.	Hedwig Bolt	HZ&PC Heerenveen	<b>4:12.41</b>	+0,76	A	769
	50m: 29.42 100m: 1:00.97	150m: 1:33.10 200m: 2:05.17	250m: 2:37.56 300m: 3:10.01	350m: 3:42.11 400m: 4:12.41	32.10 30.30	
3.	Sara Korhuis	DZ&PC	<b>4:20.68</b>	+0,76	B	698
	50m: 29.05 100m: 1:00.99	150m: 1:33.34 200m: 2:06.37	250m: 2:39.86 300m: 3:13.98	350m: 3:47.94 400m: 4:20.68	33.96 32.74	
4.	Sophia van Droffelaar	Blue Marlins	<b>4:32.42</b>	+0,70	R	612
	50m: 29.93 100m: 1:03.42	150m: 1:37.80 200m: 2:13.15	250m: 2:47.81 300m: 3:23.10	350m: 3:58.44 400m: 4:32.42	35.34 33.98	

B = Bonus inschrijving

Programmanr. 1, Dames, 400m vrije slag, Voorronde, onder 20

rang	naam	vereniging			200604976			tijd	RT	FINA	para
5.	Vera Wassink	DZ&PC			150m: 1:42.71	35.98	250m: 2:55.65	36.75	350m: 4:09.82	533	
	50m: 31.41	31.41	150m: 1:06.73	35.32	200m: 2:18.90	36.19	300m: 3:32.77	37.12	400m: 4:45.15	37.05	35.33
senioren Open											
1.	Imani de Jong	Team NL - PSV			150m: 1:30.09	31.04	250m: 2:33.11	31.67	350m: 3:37.32	802	
	50m: 28.21	28.21	150m: 59.05	30.84	200m: 2:01.44	31.35	300m: 3:05.14	32.03	400m: 4:08.92	32.18	31.60
2.	Marte Hieke van der Kamp	HZ&PC Heerenveen			150m: 1:32.63	32.03	250m: 2:36.66	31.94	350m: 3:40.47	783	
	50m: 29.12	29.12	150m: 1:00.60	31.48	200m: 2:04.72	32.09	300m: 3:08.66	32.00	400m: 4:10.92	31.81	30.45
3.	Hedwig Bolt	HZ&PC Heerenveen			150m: 1:33.10	32.13	250m: 2:37.56	32.39	350m: 3:42.11	769	
	50m: 29.42	29.42	150m: 1:00.97	31.55	200m: 2:05.17	32.07	300m: 3:10.01	32.45	400m: 4:12.41	32.10	30.30
4.	Angelina Rolman	Team NL - De Dolfijn			150m: 1:33.54	32.21	250m: 2:38.80	32.59	350m: 3:44.26	735	
	50m: 29.33	29.33	150m: 1:01.33	32.00	200m: 2:06.21	32.67	300m: 3:11.57	32.77	400m: 4:16.20	32.69	31.94
5.	Serena Stel	De Dolfijn			150m: 1:34.12	32.61	250m: 2:39.54	32.88	350m: 3:44.63	733	
	50m: 29.60	29.60	150m: 1:01.51	31.91	200m: 2:06.66	32.54	300m: 3:12.48	32.94	400m: 4:16.44	32.15	31.81
6.	Nynke Boerefijn	ZPC AMERSFOORT			150m: 1:35.66	33.40	250m: 2:42.05	33.08	350m: 3:47.37	711	
	50m: 29.74	29.74	150m: 1:02.26	32.52	200m: 2:08.97	33.31	300m: 3:15.02	32.97	400m: 4:19.09	32.35	31.72
7.	Jade van der Schrier	AZC			150m: 1:34.91	32.98	250m: 2:41.08	33.22	350m: 3:47.78	710	
	50m: 29.56	29.56	150m: 1:01.93	32.37	200m: 2:07.86	32.95	300m: 3:14.41	33.33	400m: 4:19.27	33.37	31.49
8.	Ismay Lichtendonk	Dedemsvaart-AC			150m: 1:35.08	32.81	250m: 2:41.55	33.33	350m: 3:48.23	699	
	50m: 29.72	29.72	150m: 1:02.27	32.55	200m: 2:08.22	33.14	300m: 3:14.88	33.33	400m: 4:20.58	33.35	32.35
9.	Sara Korhuis	DZ&PC			150m: 1:33.34	32.35	250m: 2:39.86	33.49	350m: 3:47.94	698	
	50m: 29.05	29.05	150m: 1:00.99	31.94	200m: 2:06.37	33.03	300m: 3:13.98	34.12	400m: 4:20.68	33.96	32.74
10.	Julie van Nispen	Nuenen			150m: 1:36.04	33.25	250m: 2:41.50	32.87	350m: 3:48.35	697	
	50m: 29.92	29.92	150m: 1:02.79	32.87	200m: 2:08.63	32.59	300m: 3:14.64	33.14	400m: 4:20.80	33.71	32.45
11.	Nikita van den Ouden	PSV			150m: 1:34.96	33.01	250m: 2:41.09	32.98	350m: 3:48.69	692	
	50m: 29.50	29.50	150m: 1:01.95	32.45	200m: 2:08.11	33.15	300m: 3:14.82	33.73	400m: 4:21.39	33.87	32.70
12.	Frouke Ludwig	DZ&PC			150m: 1:36.44	33.28	250m: 2:42.17	32.75	350m: 3:49.49	672	
	50m: 30.64	30.64	150m: 1:03.16	32.52	200m: 2:09.42	32.98	300m: 3:15.42	33.25	400m: 4:24.05	34.07	34.56
13.	Bregje Dekkers	PSV			150m: 1:35.76	33.15	250m: 2:43.22	33.76	350m: 3:51.54	664	
	50m: 30.13	30.13	150m: 1:02.61	32.48	200m: 2:09.46	33.70	300m: 3:17.22	34.00	400m: 4:25.03	34.32	33.49
14.	Rhodee van den Ham	De Duinkickers			150m: 1:37.17	33.63	250m: 2:45.23	33.84	350m: 3:54.37	644	
	50m: 30.38	30.38	150m: 1:03.54	33.16	200m: 2:11.39	34.22	300m: 3:19.51	34.28	400m: 4:27.78	34.86	33.41
15.	Fenne Metten	ZPC AMERSFOORT			150m: 1:36.90	34.40	250m: 2:46.49	35.03	350m: 3:56.47	631	
	50m: 29.33	29.33	150m: 1:02.50	33.17	200m: 2:11.46	34.56	300m: 3:21.40	34.91	400m: 4:29.57	35.07	33.10
16.	Myrthe Natzijl	DZ&PC			150m: 1:39.37	34.38	250m: 2:48.09	34.35	350m: 3:56.71	630	
	50m: 31.30	31.30	150m: 1:04.99	33.69	200m: 2:13.74	34.37	300m: 3:22.36	34.27	400m: 4:29.81	34.35	33.10
17.	Roos Englebert	Hieronymus			150m: 1:37.84	33.87	250m: 2:46.55	34.51	350m: 3:56.07	628	
	50m: 30.56	30.56	150m: 1:03.97	33.41	200m: 2:12.04	34.20	300m: 3:21.39	34.84	400m: 4:30.03	34.68	33.96
18.	Sophia van Droffelaar	Blue Marlins			150m: 1:37.80	34.38	250m: 2:47.81	34.66	350m: 3:58.44	612	
	50m: 29.93	29.93	150m: 1:03.42	33.49	200m: 2:13.15	35.35	300m: 3:23.10	35.29	400m: 4:32.42	35.34	33.98
19.	Tess Panjer	VZC			150m: 1:39.03	34.57	250m: 2:48.80	34.90	350m: 3:59.27	604	
	50m: 30.67	30.67	150m: 1:04.46	33.79	200m: 2:13.90	34.87	300m: 3:23.97	35.17	400m: 4:33.60	35.30	34.33

B = Bonus inschrijving

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

rang	naam		vereniging				tijd	RT	FINA	para
20.	Amé Hulleman		DZ&PC		200202794		<b>4:33.88</b>	+0,76	602	
	50m: 31.13	31.13	150m: 1:39.99	34.85	250m: 2:49.49	34.55	350m: 3:59.61	35.21	35.21	
	100m: 1:05.14	34.01	200m: 2:14.94	34.95	300m: 3:24.40	34.91	400m: 4:33.88	34.27	34.27	
21.	Lieke Oude Lenferink		De Dolfijn		200200068		<b>4:34.68</b>	+0,72	597	
	50m: 30.37	30.37	150m: 1:39.65	35.11	250m: 2:49.62	34.91	350m: 4:00.10	34.91	34.91	
	100m: 1:04.54	34.17	200m: 2:14.71	35.06	300m: 3:25.19	35.57	400m: 4:34.68	34.58	34.58	
22.	Mara Bosman		Blue Marlins		200303048		<b>4:34.77</b>	+0,64	596	
	50m: 29.94	29.94	150m: 1:37.32	34.36	250m: 2:47.85	35.52	350m: 3:59.51	35.76	35.76	
	100m: 1:02.96	33.02	200m: 2:12.33	35.01	300m: 3:23.75	35.90	400m: 4:34.77	35.26	35.26	
23.	Meyke v. Nimwegen		De Schotelij		200800106		<b>4:36.31</b>	+0,72	586	
	50m: 30.78	30.78	150m: 1:39.68	34.75	250m: 2:50.89	35.56	350m: 4:01.44	35.23	35.23	
	100m: 1:04.93	34.15	200m: 2:15.33	35.65	300m: 3:26.21	35.32	400m: 4:36.31	34.87	34.87	
24.	Imre Bouwland		ZPC Hoogeveen		200700388		<b>4:36.67</b>	+0,74	584	
	50m: 30.54	30.54	150m: 1:39.56	34.86	250m: 2:50.59	35.55	350m: 4:01.97	35.73	35.73	
	100m: 1:04.70	34.16	200m: 2:15.04	35.48	300m: 3:26.24	35.65	400m: 4:36.67	34.70	34.70	
25.	Ilana Gentile		Orca		200801558		<b>4:37.52</b>	+0,65	578	
	50m: 30.90	30.90	150m: 1:40.25	34.78	250m: 2:51.55	35.60	350m: 4:03.73	36.08	36.08	
	100m: 1:05.47	34.57	200m: 2:15.95	35.70	300m: 3:27.65	36.10	400m: 4:37.52	33.79	33.79	
26.	Veerle de Ridder		HZ&PC Heerenveen		200700778		<b>4:38.71</b>	+0,68	571	
	50m: 29.67	29.67	150m: 1:37.48	34.49	250m: 2:49.21	36.28	350m: 4:02.34	36.89	36.89	
	100m: 1:02.99	33.32	200m: 2:12.93	35.45	300m: 3:25.45	36.24	400m: 4:38.71	36.37	36.37	
27.	Angelique van Vark		GZC DONK		199701478		<b>4:39.51</b>	+0,67	566	
	50m: 30.22	30.22	150m: 1:36.96	33.71	250m: 2:47.36	35.74	350m: 4:03.66	38.53	38.53	
	100m: 1:03.25	33.03	200m: 2:11.62	34.66	300m: 3:25.13	37.77	400m: 4:39.51	35.85	35.85	
28.	Veerle Hildebrand		PSV		200801830		<b>4:39.74</b>	+0,70	565	
	50m: 30.39	30.39	150m: 1:39.18	34.87	250m: 2:50.18	35.56	350m: 4:03.20	36.80	36.80	
	100m: 1:04.31	33.92	200m: 2:14.62	35.44	300m: 3:26.40	36.22	400m: 4:39.74	36.54	36.54	
29.	Esmée Ykema		HZ&PC Heerenveen		200801710		<b>4:40.27</b>	+0,76	562	
	50m: 30.66	30.66	150m: 1:40.28	35.68	250m: 2:51.88	35.65	350m: 4:04.81	36.35	36.35	
	100m: 1:04.60	33.94	200m: 2:16.23	35.95	300m: 3:28.46	36.58	400m: 4:40.27	35.46	35.46	
30.	Leyona Lichtendonk		Dedemsvaart-AC		200700010		<b>4:43.80</b>	+0,68	541	
	50m: 31.73	31.73	150m: 1:42.56	35.93	250m: 2:54.86	36.04	350m: 4:08.16	36.56	36.56	
	100m: 1:06.63	34.90	200m: 2:18.82	36.26	300m: 3:31.60	36.74	400m: 4:43.80	35.64	35.64	
31.	Emma Ketelaars		Hellas-Glana		200800354		<b>4:44.38</b>	+0,64	538	
	50m: 30.56	30.56	150m: 1:40.63	35.56	250m: 2:54.78	37.31	350m: 4:09.09	36.99	36.99	
	100m: 1:05.07	34.51	200m: 2:17.47	36.84	300m: 3:32.10	37.32	400m: 4:44.38	35.29	35.29	
32.	Vera Wassink		DZ&PC		200604976		<b>4:45.15</b> *	+0,68	533	
	50m: 31.41	31.41	150m: 1:42.71	35.98	250m: 2:55.65	36.75	350m: 4:09.82	37.05	37.05	
	100m: 1:06.73	35.32	200m: 2:18.90	36.19	300m: 3:32.77	37.12	400m: 4:45.15	35.33	35.33	
33.	Niobe Maduro		Aqua-Novio'94		200800378		<b>4:46.14</b>	+0,75	528	
	50m: 32.34	32.34	150m: 1:43.78	36.04	250m: 2:56.12	36.24	350m: 4:09.84	36.89	36.89	
	100m: 1:07.74	35.40	200m: 2:19.88	36.10	300m: 3:32.95	36.83	400m: 4:46.14	36.30	36.30	
34.	Rosalie Braspeninx		ZPC Woerden		200702530		<b>4:46.51</b>	+0,69	526	
	50m: 31.89	31.89	150m: 1:44.21	36.56	250m: 2:57.32	36.86	350m: 4:10.84	36.79	36.79	
	100m: 1:07.65	35.76	200m: 2:20.46	36.25	300m: 3:34.05	36.73	400m: 4:46.51	35.67	35.67	
35.	Sofie Vos		ZPC Hoogeveen		200800804		<b>4:46.53</b>	+0,82	526	
	50m: 32.40	32.40	150m: 1:43.81	36.16	250m: 2:57.02	36.60	350m: 4:10.61	37.04	37.04	
	100m: 1:07.65	35.25	200m: 2:20.42	36.61	300m: 3:33.57	36.55	400m: 4:46.53	35.92	35.92	
36.	Annika Hogenhuis		Zwemlust-den Hommel		200701340		<b>4:46.70</b>	+0,83	525	
	50m: 32.65	32.65	150m: 1:44.29	35.78	250m: 2:57.02	36.16	350m: 4:10.70	36.93	36.93	
	100m: 1:08.51	35.86	200m: 2:20.86	36.57	300m: 3:33.77	36.75	400m: 4:46.70	36.00	36.00	
37.	Julia Agricola		DZ&PC		200800266		<b>4:46.83</b>	+0,72	524	
	50m: 31.86	31.86	150m: 1:42.90	35.67	250m: 2:55.76	36.59	350m: 4:10.44	37.49	37.49	
	100m: 1:07.23	35.37	200m: 2:19.17	36.27	300m: 3:32.95	37.19	400m: 4:46.83	36.39	36.39	
38.	Lotte Frissen		Patrick-De Roersoppers (SG)		200701354		<b>4:47.20</b>	+0,73	522	
	50m: 32.20	32.20	150m: 1:44.33	36.24	250m: 2:57.90	36.63	350m: 4:11.81	37.01	37.01	
	100m: 1:08.09	35.89	200m: 2:21.27	36.94	300m: 3:34.80	36.90	400m: 4:47.20	35.39	35.39	
39.	Noa Ottens		VZC		200702256		<b>4:49.56</b>	+0,68	509	
	50m: 32.19	32.19	150m: 1:45.03	36.90	250m: 2:58.97	37.09	350m: 4:13.43	37.36	37.36	
	100m: 1:08.13	35.94	200m: 2:21.88	36.85	300m: 3:36.07	37.10	400m: 4:49.56	36.13	36.13	
40.	Esmee Nieuwenhuis		ZPC De Hof		200701444		<b>4:50.05</b>	+0,94	507	
	50m: 32.83	32.83	150m: 1:45.98	36.76	250m: 3:00.61	37.40	350m: 4:15.00	36.66	36.66	
	100m: 1:09.22	36.39	200m: 2:23.21	37.23	300m: 3:38.34	37.73	400m: 4:50.05	35.05	35.05	

B = Bonus inschrijving

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

rang	naam		vereniging				tijd	RT	FINA	para
41.	Alexandra Gepkens		VZC			200701690	<b>4:51.19</b>	+0,71	501	
	50m:	32.89	150m:	1:44.54	35.95	250m:	2:58.21	37.05	350m:	4:13.78
	100m:	1:08.59	200m:	2:21.16	36.62	300m:	3:36.11	37.90	400m:	4:51.19
42.	Eloisa Gomes Delgado		Feijenoord Albion Zwemclub			200700812	<b>4:53.19</b>	+0,78	490	
	50m:	32.21	150m:	1:45.86	37.41	250m:	3:02.22	37.79	350m:	4:18.42
	100m:	1:08.45	200m:	2:24.43	38.57	300m:	3:39.82	37.60	400m:	4:53.19
43.	Lotte Blanken		SBC2000			200801476	<b>4:56.79</b>	+0,81	473	
	50m:	32.55	150m:	1:46.47	37.66	250m:	3:02.38	38.06	350m:	4:19.72
	100m:	1:08.81	200m:	2:24.32	37.85	300m:	3:40.84	38.46	400m:	4:56.79
44.	Inger van Oord		De Dolfijn			200703912	<b>5:07.04</b>	+0,77	427	
	50m:	32.44	150m:	1:46.61	37.76	250m:	3:05.25	40.00	350m:	4:27.27
	100m:	1:08.85	200m:	2:25.25	38.64	300m:	3:45.97	40.72	400m:	5:07.04
45.	Sophie van Leent		Blue Marlins			200800522	<b>5:14.39</b> *	+0,74	398	
	50m:	32.55	150m:	1:50.65	39.63	250m:	3:11.65	40.52	350m:	4:34.62
	100m:	1:11.02	200m:	2:31.13	40.48	300m:	3:53.13	41.48	400m:	5:14.39
46.	Aguila Dolsma		Blue Marlins			200603902	<b>5:38.24</b>	+0,80	Q 319	528
	50m:	36.69	150m:	2:02.88	43.43	250m:	3:29.89	43.30	350m:	4:57.91
	100m:	1:19.45	200m:	2:46.59	43.71	300m:	4:13.89	44.00	400m:	5:38.24
47.	Jenna Gorter		De Otters Het Gooi			200702746	<b>6:04.00</b>	+0,83	Q 256	437
	50m:	41.93	150m:	2:14.40	46.77	250m:	3:47.53	46.25	350m:	5:19.98
	100m:	1:27.63	200m:	3:01.28	46.88	300m:	4:34.05	46.52	400m:	6:04.00
48.	Gwyneth van der Spek		Batavia Swim			201102806	<b>6:54.37</b>	+0,76	Q 173	370
	50m:	48.89	150m:	2:36.52	54.34	250m:	4:23.64	53.62	350m:	6:08.59
	100m:	1:42.18	200m:	3:30.02	53.50	300m:	5:16.27	52.63	400m:	6:54.37
AFGEM	Esmee Mulder		DZ&PC			200800038				

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