

Programmanr. 31
6-11-2016

Dames, 400m vrije slag

Senioren Open
Resultaten Voorronde

rang	naam	vereniging	tijd	RT	fin	pnt	niv	
Senioren Open								
1.	Esmee Vermeulen	NTC - De Dolfijn	199600678	4:11.33	+0,73	A	853 A	
	50m: 29.03	29.03	150m: 1:30.85	31.02	250m: 2:33.97	31.63	350m: 3:38.94	32.77
	100m: 59.83	30.80	200m: 2:02.34	31.49	300m: 3:06.17	32.20	400m: 4:11.33	32.39
2.	Laura van Engelen	RTC - AquAmigos	200000350	4:16.65	+0,66	A	801 B	
	50m: 29.31	29.31	150m: 1:34.63	33.01	250m: 2:39.86	32.45	350m: 3:44.89	32.48
	100m: 1:01.62	32.31	200m: 2:07.41	32.78	300m: 3:12.41	32.55	400m: 4:16.65	31.76
3.	Maria Ugolkova	Switzerland	56214	4:17.15	+0,66	A	797 C	
	50m: 29.46	29.46	150m: 1:34.39	32.82	250m: 2:39.80	32.58	350m: 3:45.25	32.73
	100m: 1:01.57	32.11	200m: 2:07.22	32.83	300m: 3:12.52	32.72	400m: 4:17.15	31.90
4.	Marjolein Delno	NTC - VZC - E&P	199400024	4:17.16	+0,75	A	796 C	
	50m: 29.60	29.60	150m: 1:33.36	32.20	250m: 2:39.19	33.09	350m: 3:45.61	33.12
	100m: 1:01.16	31.56	200m: 2:06.10	32.74	300m: 3:12.49	33.30	400m: 4:17.16	31.55
5.	Michee Van Rooyen	Players Swim Club South Africa		4:17.76	+0,62	A	791 B	
	50m: 29.14	29.14	150m: 1:33.59	32.64	250m: 2:39.30	32.80	350m: 3:45.49	33.11
	100m: 1:00.95	31.81	200m: 2:06.50	32.91	300m: 3:12.38	33.08	400m: 4:17.76	32.27
6.	Robin Neumann	NTC - De Dolfijn	199706190	4:20.02	+0,69	A	770 C	
	50m: 29.37	29.37	150m: 1:35.51	33.56	250m: 2:41.55	32.95	350m: 3:47.93	33.05
	100m: 1:01.95	32.58	200m: 2:08.60	33.09	300m: 3:14.88	33.33	400m: 4:20.02	32.09
7.	Imani de Jong	RTC - ZPCH	200200464	4:20.54	+0,77	A	766 B	
	50m: 27.85	27.85	150m: 1:32.51	32.72	250m: 2:38.97	33.36	350m: 3:47.19	34.09
	100m: 59.79	31.94	200m: 2:05.61	33.10	300m: 3:13.10	34.13	400m: 4:20.54	33.35
8.	Laura Setz	Nova	200000130	4:21.39	+0,83	A	758 C	
	50m: 29.71	29.71	150m: 1:35.18	32.95	250m: 2:41.48	33.08	350m: 3:48.74	33.74
	100m: 1:02.23	32.52	200m: 2:08.40	33.22	300m: 3:15.00	33.52	400m: 4:21.39	32.65
9.	Elinore de Jong	The Hague Swimming (SG)	198902072	4:23.25	+0,72	B	742 D	
	50m: 28.02	28.02	150m: 1:33.58	33.25	250m: 2:40.78	33.47	350m: 3:49.29	34.51
	100m: 1:00.33	32.31	200m: 2:07.31	33.73	300m: 3:14.78	34.00	400m: 4:23.25	33.96
10.	Frederique Janssen	RTC - PSV	199901554	4:23.27	+0,77	B	742 D	
	50m: 29.96	29.96	150m: 1:36.89	33.77	250m: 2:44.10	33.41	350m: 3:51.12	33.47
	100m: 1:03.12	33.16	200m: 2:10.69	33.80	300m: 3:17.65	33.55	400m: 4:23.27	32.15
11.	Serena Stel	RTC - De Dolfijn	199801528	4:23.29	+0,74	B	742 D	
	50m: 29.97	29.97	150m: 1:36.41	33.64	250m: 2:43.94	33.73	350m: 3:51.24	33.67
	100m: 1:02.77	32.80	200m: 2:10.21	33.80	300m: 3:17.57	33.63	400m: 4:23.29	32.05
12.	Marieke Tienstra	RTC - TriVia	199900302	4:24.24	+0,77	B	734 D	
	50m: 29.63	29.63	150m: 1:36.02	33.51	250m: 2:43.27	33.59	350m: 3:51.20	34.02
	100m: 1:02.51	32.88	200m: 2:09.68	33.66	300m: 3:17.18	33.91	400m: 4:24.24	33.04
13.	Marij van der Mast	RTC - PSV	200000676	4:25.58	+0,74	B	723 D	
	50m: 30.46	30.46	150m: 1:37.52	33.91	250m: 2:45.57	33.78	350m: 3:52.46	33.43
	100m: 1:03.61	33.15	200m: 2:11.79	34.27	300m: 3:19.03	33.46	400m: 4:25.58	33.12
14.	Kaylee de Jong	ZPCH	200001234	4:25.90	+0,90	B	720 D	
	50m: 29.97	29.97	150m: 1:36.97	33.77	250m: 2:44.72	33.81	350m: 3:53.11	34.29
	100m: 1:03.20	33.23	200m: 2:10.91	33.94	300m: 3:18.82	34.10	400m: 4:25.90	32.79
15.	Madelon Dijkstra	ZPCH	199703510	4:29.64	+0,82	B	691 E	
	50m: 30.08	30.08	150m: 1:36.18	33.61	250m: 2:45.56	34.81	350m: 3:55.02	34.55
	100m: 1:02.57	32.49	200m: 2:10.75	34.57	300m: 3:20.47	34.91	400m: 4:29.64	34.62
16.	Pien Schravasande	RTC - DZ&PC	199902010	4:30.46	+0,71	B	685 E	
	50m: 29.85	29.85	150m: 1:37.98	34.46	250m: 2:47.64	34.63	350m: 3:57.36	34.44
	100m: 1:03.52	33.67	200m: 2:13.01	35.03	300m: 3:22.92	35.28	400m: 4:30.46	33.10
17.	Silke Holkenborg	RTC - Montferland	200100292	4:30.49	+0,79	R	684 D	
	50m: 30.48	30.48	150m: 1:38.23	34.30	250m: 2:47.32	34.57	350m: 3:56.84	34.74
	100m: 1:03.93	33.45	200m: 2:12.75	34.52	300m: 3:22.10	34.78	400m: 4:30.49	33.65
18.	Lisanne Hassing	HZ&PC Heerenveen	199702584	4:30.64	+0,79	R	683 E	
	50m: 29.20	29.20	150m: 1:35.86	34.16	250m: 2:46.20	35.21	350m: 3:56.75	35.29
	100m: 1:01.70	32.50	200m: 2:10.99	35.13	300m: 3:21.46	35.26	400m: 4:30.64	33.89
19.	Milou Schraeverus	De Dolfijn	199503878	4:31.02	+0,70		680 E	
	50m: 30.19	30.19	150m: 1:37.25	33.78	250m: 2:46.19	34.74	350m: 3:55.79	35.04
	100m: 1:03.47	33.28	200m: 2:11.45	34.20	300m: 3:20.75	34.56	400m: 4:31.02	35.23
20.	Manon Aerssens	PSV	199900294	4:31.83	+0,74		674 E	
	50m: 30.76	30.76	150m: 1:39.52	34.54	250m: 2:48.55	34.36	350m: 3:57.36	34.06
	100m: 1:04.98	34.22	200m: 2:14.19	34.67	300m: 3:23.30	34.75	400m: 4:31.83	34.47

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rang	naam	vereniging	tijd	RT	fin	pnt	niv
21.	Katie Baguley	Trojan Swim Club	10037562	4:31.86	+0,81	674	E
	50m: 30.92	30.92 150m: 1:39.17	34.19	250m: 2:48.56	34.80	350m: 3:58.78	34.96
	100m: 1:04.98	34.06 200m: 2:13.76	34.59	300m: 3:23.82	35.26	400m: 4:31.86	33.08
	Femke Spiering	VZC-E&P	200204514	4:31.86	+0,84	674	D
	50m: 30.41	30.41 150m: 1:38.93	34.61	250m: 2:48.29	34.87	350m: 3:57.86	35.00
	100m: 1:04.32	33.91 200m: 2:13.42	34.49	300m: 3:22.86	34.57	400m: 4:31.86	34.00
23.	Angelique van Vark	Z&PC De Gouwe	199701478	4:32.39	+0,74	670	E
	50m: 30.80	30.80 150m: 1:38.69	34.18	250m: 2:47.71	34.73	350m: 3:58.26	35.33
	100m: 1:04.51	33.71 200m: 2:12.98	34.29	300m: 3:22.93	35.22	400m: 4:32.39	34.13
24.	Hinke Groos	DZ&PC	199901768	4:32.70	+0,69	668	E
	50m: 30.42	30.42 150m: 1:38.24	34.27	250m: 2:48.06	34.87	350m: 3:58.33	35.08
	100m: 1:03.97	33.55 200m: 2:13.19	34.95	300m: 3:23.25	35.19	400m: 4:32.70	34.37
25.	Charlotte O'Riordan	Trojan Swim Club	3000204	4:32.85	+0,77	667	D
	50m: 31.27	31.27 150m: 1:40.39	35.05	250m: 2:50.84	35.06	350m: 3:59.99	34.26
	100m: 1:05.34	34.07 200m: 2:15.78	35.39	300m: 3:25.73	34.89	400m: 4:32.85	32.86
26.	Nikita van den Ouden	ZPC De Zeeuwse Kust	199900622	4:32.86	+0,67	667	E
	50m: 30.61	30.61 150m: 1:39.02	34.85	250m: 2:48.66	34.95	350m: 3:58.95	35.20
	100m: 1:04.17	33.56 200m: 2:13.71	34.69	300m: 3:23.75	35.09	400m: 4:32.86	33.91
27.	Jill Benne	De Dolfijn	199906316	4:32.88	+0,84	667	E
	50m: 31.84	31.84 150m: 1:40.26	34.33	250m: 2:49.53	34.73	350m: 3:58.90	34.56
	100m: 1:05.93	34.09 200m: 2:14.80	34.54	300m: 3:24.34	34.81	400m: 4:32.88	33.98
28.	Danieke van der Kooi	Orca	200000552	4:33.41	+0,77	663	E
	50m: 30.20	30.20 150m: 1:38.97	34.76	250m: 2:48.79	34.90	350m: 3:59.70	35.24
	100m: 1:04.21	34.01 200m: 2:13.89	34.92	300m: 3:24.46	35.67	400m: 4:33.41	33.71
29.	Jamilla van Veen	ZPC Woerden	199603192	4:33.45	+0,75	662	E
	50m: 30.38	30.38 150m: 1:39.25	34.71	250m: 2:49.26	34.70	350m: 3:59.07	35.03
	100m: 1:04.54	34.16 200m: 2:14.56	35.31	300m: 3:24.04	34.78	400m: 4:33.45	34.38
30.	Soraya Wasser	PSV	199901358	4:33.72	+0,74	660	E
	50m: 30.93	30.93 150m: 1:39.72	34.69	250m: 2:49.45	34.76	350m: 3:59.41	35.18
	100m: 1:05.03	34.10 200m: 2:14.69	34.97	300m: 3:24.23	34.78	400m: 4:33.72	34.31
31.	Tamara Grove	De Dolfijn	199601266	4:33.77	+0,74	660	E
	50m: 30.39	30.39 150m: 1:39.07	34.83	250m: 2:48.99	35.07	350m: 3:59.80	35.25
	100m: 1:04.24	33.85 200m: 2:13.92	34.85	300m: 3:24.55	35.56	400m: 4:33.77	33.97
32.	Nienke Jonk	RTC - Hieronymus	200203000	4:34.12	+0,70	658	D
	50m: 30.93	30.93 150m: 1:39.80	34.92	250m: 2:50.17	35.35	350m: 4:00.20	35.24
	100m: 1:04.88	33.95 200m: 2:14.82	35.02	300m: 3:24.96	34.79	400m: 4:34.12	33.92
33.	Inge Arts	Merlet	199203076	4:35.31	+0,80	649	E
	50m: 31.71	31.71 150m: 1:41.20	35.13	250m: 2:51.77	34.83	350m: 4:01.90	34.60
	100m: 1:06.07	34.36 200m: 2:16.94	35.74	300m: 3:27.30	35.53	400m: 4:35.31	33.41
34.	Annemarie Meijer	PSV	199900964	4:35.97	+0,77	644	E
	50m: 31.27	31.27 150m: 1:41.68	35.60	250m: 2:52.26	35.16	350m: 4:02.58	34.93
	100m: 1:06.08	34.81 200m: 2:17.10	35.42	300m: 3:27.65	35.39	400m: 4:35.97	33.39
35.	Gabriëlle Bolk	ZV 44	199900344	4:35.98	+0,72	644	E
	50m: 30.13	30.13 150m: 1:37.98	34.37	250m: 2:48.13	35.40	350m: 4:00.23	36.12
	100m: 1:03.61	33.48 200m: 2:12.73	34.75	300m: 3:24.11	35.98	400m: 4:35.98	35.75
36.	Laura Lynagh	Trojan Swim Club	20022794	4:36.22	+0,75	643	E
	50m: 31.47	31.47 150m: 1:41.60	35.64	250m: 2:52.58	35.34	350m: 4:02.91	34.73
	100m: 1:05.96	34.49 200m: 2:17.24	35.64	300m: 3:28.18	35.60	400m: 4:36.22	33.31
37.	Maaik Tijhof	VZC-E&P	199800112	4:36.76	+0,77	639	E
	50m: 30.69	30.69 150m: 1:39.42	34.87	250m: 2:50.33	35.63	350m: 4:01.50	35.58
	100m: 1:04.55	33.86 200m: 2:14.70	35.28	300m: 3:25.92	35.59	400m: 4:36.76	35.26
38.	Riemke Bosma	ZPC AMERSFOORT	199902202	4:36.94	+0,75	638	E
	50m: 30.08	30.08 150m: 1:39.33	35.16	250m: 2:51.06	35.99	350m: 4:02.38	35.34
	100m: 1:04.17	34.09 200m: 2:15.07	35.74	300m: 3:27.04	35.98	400m: 4:36.94	34.56
39.	Lonneke Kampman	PSV	200100146	4:38.27	+0,77	629	E
	50m: 30.50	30.50 150m: 1:40.04	35.40	250m: 2:51.70	35.98	350m: 4:03.40	35.60
	100m: 1:04.64	34.14 200m: 2:15.72	35.68	300m: 3:27.80	36.10	400m: 4:38.27	34.87
40.	Lotte Hosper	The Hague Swimming (SG)	200201414	4:38.53	+0,76	627	E
	50m: 31.06	31.06 150m: 1:40.06	34.75	250m: 2:50.68	35.49	350m: 4:03.00	36.20
	100m: 1:05.31	34.25 200m: 2:15.19	35.13	300m: 3:26.80	36.12	400m: 4:38.53	35.53
41.	Manon van Esch	TRB-RES	199702090	4:38.54	+0,74	627	
	50m: 31.40	31.40 150m: 1:42.22	35.85	250m: 2:53.36	35.62	350m: 4:04.24	35.34
	100m: 1:06.37	34.97 200m: 2:17.74	35.52	300m: 3:28.90	35.54	400m: 4:38.54	34.30
42.	Ingrid van Horen	HZPC	199204060	4:39.09	+0,70	623	
	50m: 31.99	31.99 150m: 1:41.87	34.98	250m: 2:53.02	35.45	350m: 4:04.05	35.48
	100m: 1:06.89	34.90 200m: 2:17.57	35.70	300m: 3:28.57	35.55	400m: 4:39.09	35.04

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rang	naam	vereniging	tijd	RT	fin	pnt	niv
43.	Noa Oldenhof	De Dolfijn	199700622	4:39.14	+0,66	623	
	50m: 31.07	31.07 150m: 1:40.66	35.13 250m: 2:51.67	35.53 350m: 4:04.03	36.19		
	100m: 1:05.53	34.46 200m: 2:16.14	35.48 300m: 3:27.84	36.17 400m: 4:39.14	35.11		
44.	Maaïke Vooren	DAW	199103324	4:39.21	+0,84	622	
	50m: 32.06	32.06 150m: 1:42.53	35.61 250m: 2:53.65	35.48 350m: 4:04.63	35.47		
	100m: 1:06.92	34.86 200m: 2:18.17	35.64 300m: 3:29.16	35.51 400m: 4:39.21	34.58		
45.	Jill Blide	ZPC Hoogeveen	200004734	4:39.49	+0,84	620	E
	50m: 31.79	31.79 150m: 1:41.71	35.35 250m: 2:53.16	35.64 350m: 4:04.50	35.46		
	100m: 1:06.36	34.57 200m: 2:17.52	35.81 300m: 3:29.04	35.88 400m: 4:39.49	34.99		
46.	Elles Becker	Zwemclub Zeist	199600628	4:39.91	+0,75	618	
	50m: 31.11	31.11 150m: 1:41.49	35.72 250m: 2:52.99	35.97 350m: 4:05.12	35.98		
	100m: 1:05.77	34.66 200m: 2:17.02	35.53 300m: 3:29.14	36.15 400m: 4:39.91	34.79		
47.	Amy van Lier	TRB-RES	199603022	4:40.38	+0,75	614	
	50m: 30.49	30.49 150m: 1:39.11	34.76 250m: 2:50.75	36.18 350m: 4:04.05	36.88		
	100m: 1:04.35	33.86 200m: 2:14.57	35.46 300m: 3:27.17	36.42 400m: 4:40.38	36.33		
48.	Samantha van Vuure	ZPCH	200200230	4:40.88	+0,75	611	E
	50m: 31.16	31.16 150m: 1:41.94	35.96 250m: 2:54.53	36.44 350m: 4:06.74	36.01		
	100m: 1:05.98	34.82 200m: 2:18.09	36.15 300m: 3:30.73	36.20 400m: 4:40.88	34.14		
49.	Laura Rolink	De Dinkel	199902018	4:40.91	+0,78	611	
	50m: 30.52	30.52 150m: 1:41.31	35.97 250m: 2:53.71	36.11 350m: 4:05.61	35.84		
	100m: 1:05.34	34.82 200m: 2:17.60	36.29 300m: 3:29.77	36.06 400m: 4:40.91	35.30		
50.	Laura Nieuwland	ZPC De Zeeuwse Kust	200001834	4:40.94	+0,81	611	E
	50m: 31.72	31.72 150m: 1:43.40	36.08 250m: 2:55.94	36.07 350m: 4:07.66	35.42		
	100m: 1:07.32	35.60 200m: 2:19.87	36.47 300m: 3:32.24	36.30 400m: 4:40.94	33.28		
51.	Lize Janna de Vries	Orca	200101948	4:41.18	+0,78	609	E
	50m: 30.35	30.35 150m: 1:40.18	35.26 250m: 2:51.62	35.84 350m: 4:05.11	36.86		
	100m: 1:04.92	34.57 200m: 2:15.78	35.60 300m: 3:28.25	36.63 400m: 4:41.18	36.07		
52.	Eva van Ginneken	Hieronymus	199800164	4:41.84	+0,75	605	
	50m: 31.64	31.64 150m: 1:42.79	35.84 250m: 2:55.34	36.18 350m: 4:07.67	36.26		
	100m: 1:06.95	35.31 200m: 2:19.16	36.37 300m: 3:31.41	36.07 400m: 4:41.84	34.17		
53.	Lindsey Berghuis	ZV 44	200300104	4:42.71	+0,79	599	E
	50m: 31.35	31.35 150m: 1:42.99	36.57 250m: 2:55.68	36.06 350m: 4:08.14	36.23		
	100m: 1:06.42	35.07 200m: 2:19.62	36.63 300m: 3:31.91	36.23 400m: 4:42.71	34.57		
54.	Kirsten Walraven	ZPC De Zeeuwse Kust	200001358	4:42.78	+0,78	599	
	50m: 31.89	31.89 150m: 1:43.55	36.02 250m: 2:56.11	36.15 350m: 4:08.35	35.99		
	100m: 1:07.53	35.64 200m: 2:19.96	36.41 300m: 3:32.36	36.25 400m: 4:42.78	34.43		
55.	Isabel Dijkstra	Hellas-Glana	200200918	4:42.81	+0,87	599	E
	50m: 31.64	31.64 150m: 1:41.90	35.49 250m: 2:54.56	36.48 350m: 4:07.87	36.61		
	100m: 1:06.41	34.77 200m: 2:18.08	36.18 300m: 3:31.26	36.70 400m: 4:42.81	34.94		
56.	Lynn Kamphuis	NDD	199800434	4:43.58	+0,90	594	
	50m: 31.49	31.49 150m: 1:42.71	36.30 250m: 2:55.90	36.52 350m: 4:08.90	36.52		
	100m: 1:06.41	34.92 200m: 2:19.38	36.67 300m: 3:32.38	36.48 400m: 4:43.58	34.68		
57.	Michelle Zomerdijk	Dedemsvaart-AC	200003196	4:44.04	+0,80	591	
	50m: 30.82	30.82 150m: 1:40.70	35.48 250m: 2:52.80	36.04 350m: 4:08.09	37.98		
	100m: 1:05.22	34.40 200m: 2:16.76	36.06 300m: 3:30.11	37.31 400m: 4:44.04	35.95		
58.	Maike van de Velde	ZPCH	200000382	4:44.11	+0,77	591	
	50m: 31.30	31.30 150m: 1:42.84	36.31 250m: 2:56.49	36.91 350m: 4:09.92	36.38		
	100m: 1:06.53	35.23 200m: 2:19.58	36.74 300m: 3:33.54	37.05 400m: 4:44.11	34.19		
59.	Famke Slabbers	Arethusa	200200100	4:44.14	+0,77	590	E
	50m: 31.67	31.67 150m: 1:43.09	36.06 250m: 2:55.36	36.30 350m: 4:08.76	36.84		
	100m: 1:07.03	35.36 200m: 2:19.06	35.97 300m: 3:31.92	36.56 400m: 4:44.14	35.38		
60.	Sterre Keller	The Hague Swimming (SG)	199904142	4:44.29	+0,75	589	
	50m: 31.30	31.30 150m: 1:42.34	36.16 250m: 2:55.65	36.80 350m: 4:08.91	36.49		
	100m: 1:06.18	34.88 200m: 2:18.85	36.51 300m: 3:32.42	36.77 400m: 4:44.29	35.38		
61.	Mathilde Stolmeijer	De Dinkel	200100590	4:44.47	+0,82	588	E
	50m: 30.89	30.89 150m: 1:42.86	36.53 250m: 2:56.49	36.71 350m: 4:09.89	36.77		
	100m: 1:06.33	35.44 200m: 2:19.78	36.92 300m: 3:33.12	36.63 400m: 4:44.47	34.58		
62.	Romée Spin	De Dinkel	200000724	4:45.06	+0,75	585	
	50m: 30.58	30.58 150m: 1:39.22	34.49 250m: 2:50.92	36.23 350m: 4:06.67	38.24		
	100m: 1:04.73	34.15 200m: 2:14.69	35.47 300m: 3:28.43	37.51 400m: 4:45.06	38.39		
63.	Simone Anvelink	MSV-Zeemacht	200001546	4:46.42	+0,85	576	
	50m: 33.55	33.55 150m: 1:45.15	36.24 250m: 2:58.20	36.36 350m: 4:10.69	36.06		
	100m: 1:08.91	35.36 200m: 2:21.84	36.69 300m: 3:34.63	36.43 400m: 4:46.42	35.73		
64.	Kiki Koopman	De Dinkel	200200232	4:47.94	+0,76	567	
	50m: 30.57	30.57 150m: 1:41.83	35.99 250m: 2:56.35	37.61 350m: 4:11.09	37.52		
	100m: 1:05.84	35.27 200m: 2:18.74	36.91 300m: 3:33.57	37.22 400m: 4:47.94	36.85		

Programmanr. 31, Dames, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging	tijd	RT	fin	pnt	niv	
65.	Denise Boonstra	DAW	199902662	4:48.83	+0,79	562		
	50m: 32.10	32.10	150m: 1:44.14	36.52	250m: 2:58.18	37.50	350m: 4:13.27	37.89
	100m: 1:07.62	35.52	200m: 2:20.68	36.54	300m: 3:35.38	37.20	400m: 4:48.83	35.56
66.	Jasmijn van Rossum	NDD	199904254	4:51.53	+0,72	547		
	50m: 31.35	31.35	150m: 1:43.30	36.45	250m: 2:57.69	37.22	350m: 4:14.01	38.43
	100m: 1:06.85	35.50	200m: 2:20.47	37.17	300m: 3:35.58	37.89	400m: 4:51.53	37.52
67.	Selene Wortel	Hieronymus	199700654	4:53.75	+0,74	534		
	50m: 32.28	32.28	150m: 1:44.19	36.57	250m: 2:59.28	37.69	350m: 4:15.38	38.09
	100m: 1:07.62	35.34	200m: 2:21.59	37.40	300m: 3:37.29	38.01	400m: 4:53.75	38.37
68.	Jonne Moleman	AZC	200006264	5:04.48	+0,88	719		
	50m: 34.07	34.07	150m: 1:49.75	38.57	250m: 3:07.89	39.05	350m: 4:26.78	39.24
	100m: 1:11.18	37.11	200m: 2:28.84	39.09	300m: 3:47.54	39.65	400m: 5:04.48	37.70
69.	Inge Belfor	NTC PARA-De Columbiaan	200100578	5:18.89	+0,79	626		
	50m: 34.25	34.25	150m: 1:51.79	39.26	250m: 3:13.20	40.87	350m: 4:37.12	42.04
	100m: 1:12.53	38.28	200m: 2:32.33	40.54	300m: 3:55.08	41.88	400m: 5:18.89	41.77
70.	Vivian Brak	ZPC Woerden	199000520	5:30.89	+0,85	604		
	50m: 36.13	36.13	150m: 1:57.40	41.53	250m: 3:23.17	42.93	350m: 4:49.49	43.25
	100m: 1:15.87	39.74	200m: 2:40.24	42.84	300m: 4:06.24	43.07	400m: 5:30.89	41.40
71.	Sanne Hoving	HZ&PC Heerenveen	200003332	5:44.23	+1,01	450		
	50m: 38.28	38.28	150m: 2:04.12	43.64	250m: 3:33.48	45.08	350m: 5:02.07	44.19
	100m: 1:20.48	42.20	200m: 2:48.40	44.28	300m: 4:17.88	44.40	400m: 5:44.23	42.16

Senioren IPC

1.	Jonne Moleman	AZC	200006264	5:04.48	+0,88	719		
	50m: 34.07	34.07	150m: 1:49.75	38.57	250m: 3:07.89	39.05	350m: 4:26.78	39.24
	100m: 1:11.18	37.11	200m: 2:28.84	39.09	300m: 3:47.54	39.65	400m: 5:04.48	37.70
2.	Inge Belfor	NTC PARA-De Columbiaan	200100578	5:18.89	+0,79	626		
	50m: 34.25	34.25	150m: 1:51.79	39.26	250m: 3:13.20	40.87	350m: 4:37.12	42.04
	100m: 1:12.53	38.28	200m: 2:32.33	40.54	300m: 3:55.08	41.88	400m: 5:18.89	41.77
3.	Vivian Brak	ZPC Woerden	199000520	5:30.89	+0,85	604		
	50m: 36.13	36.13	150m: 1:57.40	41.53	250m: 3:23.17	42.93	350m: 4:49.49	43.25
	100m: 1:15.87	39.74	200m: 2:40.24	42.84	300m: 4:06.24	43.07	400m: 5:30.89	41.40
4.	Sanne Hoving	HZ&PC Heerenveen	200003332	5:44.23	+1,01	450		
	50m: 38.28	38.28	150m: 2:04.12	43.64	250m: 3:33.48	45.08	350m: 5:02.07	44.19
	100m: 1:20.48	42.20	200m: 2:48.40	44.28	300m: 4:17.88	44.40	400m: 5:44.23	42.16