

Programmanr. 15  
4-12-2021

Dames, 400m vrije slag

Senioren Open  
Resultaten Voorronde

Punten: FINA 2020

rang	naam		vereniging			tijd	RT	FINA	para
<b>Jeugd 1 en 2</b>									
1.	Merel Schravendijk		Blue Marlins (SG)	200503382		<b>4:24.76</b>	+0,61	A	689
	50m:	29.84	29.84	150m:	1:36.06	33.89		350m:	3:52.00
	100m:	1:02.71	32.87	200m:	2:09.99	33.93		400m:	4:24.76
				300m:	3:17.94	34.06			32.76
2.	Marte Hieke van der Kamp		Orca	200500218		<b>4:27.16</b>	+0,71	A	671
	50m:	29.16	29.16	150m:	1:35.56	33.67		350m:	3:53.46
	100m:	1:01.89	32.73	200m:	2:09.45	33.89		400m:	4:27.16
				300m:	3:18.52	34.61			34.94
									33.70
3.	Sophia van Droffelaar		ZVVS	200500330		<b>4:27.87</b>	+0,72	B	665
	50m:	29.98	29.98	150m:	1:37.83	33.96		350m:	3:54.77
	100m:	1:03.87	33.89	200m:	2:12.22	34.39		400m:	4:27.87
				300m:	3:20.82	34.49			33.95
									33.10
4.	Bridget Vermeer		VZC	200501766		<b>4:28.02</b>	+0,79	B	664
	50m:	29.31	29.31	150m:	1:36.56	34.44		350m:	3:55.33
	100m:	1:02.12	32.81	200m:	2:11.45	34.89		400m:	4:28.02
				300m:	3:20.40	34.38			34.93
									32.69
5.	Sara Korhuis		TriVia	200600494		<b>4:31.86</b>	+0,73	B	637
	50m:	29.56	29.56	150m:	1:38.00	34.70		350m:	3:58.17
	100m:	1:03.30	33.74	200m:	2:12.96	34.96		400m:	4:31.86
				300m:	3:23.12	35.21			35.05
									33.69
6.	Djanilla Brink		De Dolfijn	200600988		<b>4:35.48</b>	+0,77		612
	50m:	30.49	30.49	150m:	1:38.70	34.77		350m:	4:01.69
	100m:	1:03.93	33.44	200m:	2:14.39	35.69		400m:	4:35.48
				300m:	3:26.01	35.73			35.68
									33.79
7.	Kim Oudendijk		DAW	200600964		<b>4:38.03</b>	+0,76		595
	50m:	30.01	30.01	150m:	1:38.04	34.53		350m:	3:57.23
	100m:	1:03.51	33.50	200m:	2:12.77	34.73		400m:	4:38.03
				300m:	3:22.74	34.77			34.49
									40.80
8.	Hedwig Bolt		HZ&PC Heerenveen	200602660		<b>4:39.00</b>	+0,75		589
	50m:	30.57	30.57	150m:	1:40.40	35.51		350m:	4:03.39
	100m:	1:04.89	34.32	200m:	2:16.01	35.61		400m:	4:39.00
				300m:	3:27.43	35.96			35.96
									35.61
9.	Eline Lutters		De Dinkel	200600322		<b>4:43.37</b>	+0,71		562
	50m:	31.37	31.37	150m:	1:42.82	36.57		350m:	4:07.18
	100m:	1:06.25	34.88	200m:	2:18.85	36.03		400m:	4:43.37
				300m:	3:30.86	36.26			36.32
									36.19
10.	Aisha Nobels		De Schotelij	200501710		<b>4:48.27</b>	+0,69		534
	50m:	31.55	31.55	150m:	1:43.70	36.59		350m:	4:12.82
	100m:	1:07.11	35.56	200m:	2:20.52	36.82		400m:	4:48.27
				300m:	3:35.18	37.22			37.64
									35.45
11.	Julia van den Bosch		Deltasteur	200600232		<b>4:48.41</b>	+0,69		533
	50m:	31.03	31.03	150m:	1:41.81	36.29		350m:	4:12.15
	100m:	1:05.52	34.49	200m:	2:18.17	36.36		400m:	4:48.41
				300m:	3:32.57	37.49			39.58
									36.26
12.	Maud Dokter		ZPC Hoogeveen	200601672		<b>4:49.09</b>	+0,67		529
	50m:	31.82	31.82	150m:	1:43.06	36.15		350m:	4:12.59
	100m:	1:06.91	35.09	200m:	2:19.91	36.85		400m:	4:49.09
				300m:	3:34.52	37.42			38.07
									36.50
13.	Fleur Bos		Orca	200500674		<b>4:49.21</b>	+0,75		529
	50m:	32.21	32.21	150m:	1:45.74	37.19		350m:	4:13.88
	100m:	1:08.55	36.34	200m:	2:23.09	37.35		400m:	4:49.21
				300m:	3:37.47	37.21			36.41
									35.33
14.	Robin Spreeuw		ZPCH	200501262		<b>4:50.17</b>	+0,68		523
	50m:	31.94	31.94	150m:	1:44.06	37.10		350m:	4:14.61
	100m:	1:06.96	35.02	200m:	2:21.52	37.46		400m:	4:50.17
				300m:	3:36.95	37.76			37.66
									35.56
15.	Amélie Wortel		Orca	200500814		<b>4:50.96</b>	+0,75		519
	50m:	31.80	31.80	150m:	1:43.77	36.55		350m:	4:15.16
	100m:	1:07.22	35.42	200m:	2:21.33	37.56		400m:	4:50.96
				300m:	3:37.62	38.29			37.54
									35.80
16.	Emma-Leigh Barkhuis		PSV	200505228		<b>4:55.07</b>	+0,67		498
	50m:	32.54	32.54	150m:	1:46.90	37.51		350m:	4:17.67
	100m:	1:09.39	36.85	200m:	2:23.91	37.01		400m:	4:55.07
				300m:	3:39.64	38.00			38.03
									37.40
DIS	Anique Hazebroek		ZPC AMERSFOORT	200502196				A A	
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>								
AFGEM	Indy van Laarhoven		Nextline Swimming	200500710					
AFGEM	Charley Bliede		ZPC AMERSFOORT	200600164					

Programmanr. 15, Dames, 400m vrije slag, Voorronde

senioren 1 en 2

1.	Janna van Kooten	DZ&PC	200404584	<b>4:13.32</b>	+0,77	A	787	
	50m: 29.26	29.26	150m: 1:33.83	32.47	250m: 2:38.19	32.19	350m: 3:42.90	32.24
	100m: 1:01.36	32.10	200m: 2:06.00	32.17	300m: 3:10.66	32.47	400m: 4:13.32	30.42
2.	Kirsten Verhelle	VZC	200400210	<b>4:27.60</b>	+0,77	A	667	
	50m: 30.29	30.29	150m: 1:36.93	33.62	250m: 2:43.87	33.37	350m: 3:52.99	34.90
	100m: 1:03.31	33.02	200m: 2:10.50	33.57	300m: 3:18.09	34.22	400m: 4:27.60	34.61
3.	Charlotte Wilbers	ZPC Hoogeveen	200400312	<b>4:27.84</b>	+0,73	A	666	
	50m: 30.25	30.25	150m: 1:37.17	33.89	250m: 2:45.01	33.98	350m: 3:54.41	34.73
	100m: 1:03.28	33.03	200m: 2:11.03	33.86	300m: 3:19.68	34.67	400m: 4:27.84	33.43
4.	Daniëlle Meinema	SWOL 1894	200300534	<b>4:30.33</b>	+0,80	B	647	
	50m: 29.69	29.69	150m: 1:35.10	33.39	250m: 2:45.22	35.28	350m: 3:56.55	35.67
	100m: 1:01.71	32.02	200m: 2:09.94	34.84	300m: 3:20.88	35.66	400m: 4:30.33	33.78
5.	Femke Doorenbos	ZPC AMERSFOORT	200404214	<b>4:32.37</b>	+0,72	B	633	
	50m: 29.92	29.92	150m: 1:38.08	34.66	250m: 2:48.32	35.14	350m: 3:58.32	34.86
	100m: 1:03.42	33.50	200m: 2:13.18	35.10	300m: 3:23.46	35.14	400m: 4:32.37	34.05
6.	Dominique Dingshoff	ZPC Hoogeveen	200400804	<b>4:33.58</b>	+0,80	R	625	
	50m: 30.68	30.68	150m: 1:39.58	35.03	250m: 2:49.65	34.82	350m: 3:59.81	35.00
	100m: 1:04.55	33.87	200m: 2:14.83	35.25	300m: 3:24.81	35.16	400m: 4:33.58	33.77
7.	Tess Panjer	VZC	200403060	<b>4:34.64</b>	+0,82		617	
	50m: 30.14	30.14	150m: 1:40.08	35.59	250m: 2:51.36	36.12	350m: 4:01.76	34.67
	100m: 1:04.49	34.35	200m: 2:15.24	35.16	300m: 3:27.09	35.73	400m: 4:34.64	32.88
8.	Myrthe Natzijl	Orca	200400076	<b>4:35.82</b>	+0,74		609	
	50m: 31.10	31.10	150m: 1:40.90	35.16	250m: 2:51.72	35.51	350m: 4:02.70	35.31
	100m: 1:05.74	34.64	200m: 2:16.21	35.31	300m: 3:27.39	35.67	400m: 4:35.82	33.12
9.	Alysha de Jong	ZPCH	200400086	<b>4:37.33</b>	+0,83		600	
	50m: 30.59	30.59	150m: 1:39.85	35.03	250m: 2:50.87	35.64	350m: 4:02.68	35.73
	100m: 1:04.82	34.23	200m: 2:15.23	35.38	300m: 3:26.95	36.08	400m: 4:37.33	34.65
10.	Chantal Tiesinga	DZ&PC	200302452	<b>4:38.44</b>	+0,75		592	
	50m: 31.33	31.33	150m: 1:40.96	34.94	250m: 2:52.08	35.36	350m: 4:03.59	35.37
	100m: 1:06.02	34.69	200m: 2:16.72	35.76	300m: 3:28.22	36.14	400m: 4:38.44	34.85
11.	Mara Bosman	Blue Marlins (SG)	200303048	<b>4:44.23</b>	+0,69		557	
	50m: 30.88	30.88	150m: 1:41.50	35.87	250m: 2:54.42	36.50	350m: 4:07.86	36.47
	100m: 1:05.63	34.75	200m: 2:17.92	36.42	300m: 3:31.39	36.97	400m: 4:44.23	36.37
12.	Rinske Bouman	Blue Marlins (SG)	200400578	<b>4:47.61</b>	+0,71		538	
	50m: 31.00	31.00	150m: 1:42.01	36.12	250m: 2:55.82	36.77	350m: 4:10.80	37.83
	100m: 1:05.89	34.89	200m: 2:19.05	37.04	300m: 3:32.97	37.15	400m: 4:47.61	36.81

Senioren Open

1.	Janna van Kooten	DZ&PC	200404584	<b>4:13.32</b>	+0,77	A	787	
	50m: 29.26	29.26	150m: 1:33.83	32.47	250m: 2:38.19	32.19	350m: 3:42.90	32.24
	100m: 1:01.36	32.10	200m: 2:06.00	32.17	300m: 3:10.66	32.47	400m: 4:13.32	30.42
2.	Silke Holkenborg	HPC - VZC	200100292	<b>4:15.01</b>	+0,66	A	771	
	50m: 29.10	29.10	150m: 1:32.10	31.66	250m: 2:36.58	32.21	350m: 3:42.28	33.01
	100m: 1:00.44	31.34	200m: 2:04.37	32.27	300m: 3:09.27	32.69	400m: 4:15.01	32.73
3.	Imani de Jong	HPC - De Dolfijn	200200464	<b>4:15.20</b>	+0,74	A	770	
	50m: 29.14	29.14	150m: 1:33.72	32.39	250m: 2:38.28	32.36	350m: 3:43.06	32.42
	100m: 1:01.33	32.19	200m: 2:05.92	32.20	300m: 3:10.64	32.36	400m: 4:15.20	32.14
4.	Yara van Kalmthout	DZ&PC	200200984	<b>4:15.51</b>	+0,74	A	767	
	50m: 29.32	29.32	150m: 1:33.62	32.46	250m: 2:38.65	32.54	350m: 3:44.09	32.58
	100m: 1:01.16	31.84	200m: 2:06.11	32.49	300m: 3:11.51	32.86	400m: 4:15.51	31.42
5.	Merel Schravendijk	Blue Marlins (SG)	200503382	<b>4:24.76</b>	+0,61	A	689	
	50m: 29.84	29.84	150m: 1:36.06	33.35	250m: 2:43.88	33.89	350m: 3:52.00	34.06
	100m: 1:02.71	32.87	200m: 2:09.99	33.93	300m: 3:17.94	34.06	400m: 4:24.76	32.76
6.	Marte Hieke van der Kamp	Orca	200500218	<b>4:27.16</b>	+0,71	A	671	
	50m: 29.16	29.16	150m: 1:35.56	33.67	250m: 2:43.91	34.46	350m: 3:53.46	34.94
	100m: 1:01.89	32.73	200m: 2:09.45	33.89	300m: 3:18.52	34.61	400m: 4:27.16	33.70
7.	Kirsten Verhelle	VZC	200400210	<b>4:27.60</b>	+0,77	A	667	
	50m: 30.29	30.29	150m: 1:36.93	33.62	250m: 2:43.87	33.37	350m: 3:52.99	34.90
	100m: 1:03.31	33.02	200m: 2:10.50	33.57	300m: 3:18.09	34.22	400m: 4:27.60	34.61
8.	Charlotte Wilbers	ZPC Hoogeveen	200400312	<b>4:27.84</b>	+0,73	A	666	
	50m: 30.25	30.25	150m: 1:37.17	33.89	250m: 2:45.01	33.98	350m: 3:54.41	34.73
	100m: 1:03.28	33.03	200m: 2:11.03	33.86	300m: 3:19.68	34.67	400m: 4:27.84	33.43

Open Nederlandse Kampioenschappen korte baan 2021  
Den Haag, 3- - 5-12-2021



Programmanr. 15, Dames, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging	tijd	RT	FINA	para		
9.	Sophia van Droffelaar	ZVVS	200500330	<b>4:27.87</b>	+0,72	B 665		
	50m: 29.98	29.98	150m: 1:37.83	33.96	250m: 2:46.33	34.11	350m: 3:54.77	33.95
	100m: 1:03.87	33.89	200m: 2:12.22	34.39	300m: 3:20.82	34.49	400m: 4:27.87	33.10
10.	Bridget Vermeer	VZC	200501766	<b>4:28.02</b>	+0,79	B 664		
	50m: 29.31	29.31	150m: 1:36.56	34.44	250m: 2:46.02	34.57	350m: 3:55.33	34.22
	100m: 1:02.12	32.81	200m: 2:11.45	34.89	300m: 3:20.40	34.38	400m: 4:28.02	32.69
11.	Manon Ritten	PSV	200002440	<b>4:28.10</b>	+0,80	B 664		
	50m: 30.35	30.35	150m: 1:37.73	34.08	250m: 2:46.64	34.43	350m: 3:55.40	34.22
	100m: 1:03.65	33.30	200m: 2:12.21	34.48	300m: 3:21.18	34.54	400m: 4:28.10	32.70
12.	Rani Skrabanja	Hellas-Glana	199800992	<b>4:28.18</b>	+0,73	B 663		
	50m: 29.55	29.55	150m: 1:36.28	33.99	250m: 2:45.31	34.49	350m: 3:54.72	34.68
	100m: 1:02.29	32.74	200m: 2:10.82	34.54	300m: 3:20.04	34.73	400m: 4:28.18	33.46
13.	Daniëlle Meinema	SWOL 1894	200300534	<b>4:30.33</b>	+0,80	B 647		
	50m: 29.69	29.69	150m: 1:35.10	33.39	250m: 2:45.22	35.28	350m: 3:56.55	35.67
	100m: 1:01.71	32.02	200m: 2:09.94	34.84	300m: 3:20.88	35.66	400m: 4:30.33	33.78
14.	Sara Kortheuis	TriVia	200600494	<b>4:31.86</b>	+0,73	B 637		
	50m: 29.56	29.56	150m: 1:38.00	34.70	250m: 2:47.91	34.95	350m: 3:58.17	35.05
	100m: 1:03.30	33.74	200m: 2:12.96	34.96	300m: 3:23.12	35.21	400m: 4:31.86	33.69
15.	Femke Doorenbos	ZPC AMERSFOORT	200404214	<b>4:32.37</b>	+0,72	B 633		
	50m: 29.92	29.92	150m: 1:38.08	34.66	250m: 2:48.32	35.14	350m: 3:58.32	34.86
	100m: 1:03.42	33.50	200m: 2:13.18	35.10	300m: 3:23.46	35.14	400m: 4:32.37	34.05
	Nikita van den Ouden	Nuenen	199900622	<b>4:32.37</b>	+0,68	B 633		
	50m: 30.61	30.61	150m: 1:38.31	34.20	250m: 2:48.04	35.09	350m: 3:58.86	35.48
	100m: 1:04.11	33.50	200m: 2:12.95	34.64	300m: 3:23.38	35.34	400m: 4:32.37	33.51
17.	Manon van Esch	Z&PC Zegenwerp	199702090	<b>4:32.89</b>	+0,70	R 629		
	50m: 30.25	30.25	150m: 1:37.39	34.29	250m: 2:46.72	34.68	350m: 3:58.55	36.16
	100m: 1:03.10	32.85	200m: 2:12.04	34.65	300m: 3:22.39	35.67	400m: 4:32.89	34.34
18.	Dominique Dingshoff	ZPC Hoogeveen	200400804	<b>4:33.58</b>	+0,80	R 625		
	50m: 30.68	30.68	150m: 1:39.58	35.03	250m: 2:49.65	34.82	350m: 3:59.81	35.00
	100m: 1:04.55	33.87	200m: 2:14.83	35.25	300m: 3:24.81	35.16	400m: 4:33.58	33.77
19.	Tess Panjer	VZC	200403060	<b>4:34.64</b>	+0,82	617		
	50m: 30.14	30.14	150m: 1:40.08	35.59	250m: 2:51.36	36.12	350m: 4:01.76	34.67
	100m: 1:04.49	34.35	200m: 2:15.24	35.16	300m: 3:27.09	35.73	400m: 4:34.64	32.88
20.	Djanilla Brink	De Dolfijn	200600988	<b>4:35.48</b>	+0,77	612		
	50m: 30.49	30.49	150m: 1:38.70	34.77	250m: 2:50.28	35.89	350m: 4:01.69	35.68
	100m: 1:03.93	33.44	200m: 2:14.39	35.69	300m: 3:26.01	35.73	400m: 4:35.48	33.79
21.	Myrthe Natzijs	Orca	200400076	<b>4:35.82</b>	+0,74	609		
	50m: 31.10	31.10	150m: 1:40.90	35.16	250m: 2:51.72	35.51	350m: 4:02.70	35.31
	100m: 1:05.74	34.64	200m: 2:16.21	35.31	300m: 3:27.39	35.67	400m: 4:35.82	33.12
22.	Alysha de Jong	ZPCH	200400086	<b>4:37.33</b>	+0,83	600		
	50m: 30.59	30.59	150m: 1:39.85	35.03	250m: 2:50.87	35.64	350m: 4:02.68	35.73
	100m: 1:04.82	34.23	200m: 2:15.23	35.38	300m: 3:26.95	36.08	400m: 4:37.33	34.65
23.	Tamara Grove	De Dolfijn	199601266	<b>4:37.69</b>	+0,71	597		
	50m: 30.15	30.15	150m: 1:39.33	35.13	250m: 2:50.63	35.87	350m: 4:02.55	36.14
	100m: 1:04.20	34.05	200m: 2:14.76	35.43	300m: 3:26.41	35.78	400m: 4:37.69	35.14
24.	Kim Oudendijk	DAW	200600964	<b>4:38.03</b>	+0,76	595		
	50m: 30.01	30.01	150m: 1:38.04	34.53	250m: 2:47.97	35.20	350m: 3:57.23	34.49
	100m: 1:03.51	33.50	200m: 2:12.77	34.73	300m: 3:22.74	34.77	400m: 4:38.03	40.80
25.	Amé Hulleman	DZ&PC	200202794	<b>4:38.09</b>	+0,76	595		
	50m: 30.83	30.83	150m: 1:40.41	35.21	250m: 2:51.14	35.34	350m: 4:02.75	35.98
	100m: 1:05.20	34.37	200m: 2:15.80	35.39	300m: 3:26.77	35.63	400m: 4:38.09	35.34
26.	Chantal Tiesinga	DZ&PC	200302452	<b>4:38.44</b>	+0,75	592		
	50m: 31.33	31.33	150m: 1:40.96	34.94	250m: 2:52.08	35.36	350m: 4:03.59	35.37
	100m: 1:06.02	34.69	200m: 2:16.72	35.76	300m: 3:28.22	36.14	400m: 4:38.44	34.85
27.	Hedwig Bolt	HZ&PC Heerenveen	200602660	<b>4:39.00</b>	+0,75	589		
	50m: 30.57	30.57	150m: 1:40.40	35.51	250m: 2:51.47	35.46	350m: 4:03.39	35.96
	100m: 1:04.89	34.32	200m: 2:16.01	35.61	300m: 3:27.43	35.96	400m: 4:39.00	35.61
28.	Michelle Zomerdijk	Dedemsvaart-AC	200003196	<b>4:40.51</b>	+0,70	579		
	50m: 31.00	31.00	150m: 1:40.10	35.04	250m: 2:51.20	35.85	350m: 4:03.62	35.92
	100m: 1:05.06	34.06	200m: 2:15.35	35.25	300m: 3:27.70	36.50	400m: 4:40.51	36.89
29.	Eline Lutters	De Dinkel	200600322	<b>4:43.37</b>	+0,71	562		
	50m: 31.37	31.37	150m: 1:42.82	36.57	250m: 2:54.60	35.75	350m: 4:07.18	36.32
	100m: 1:06.25	34.88	200m: 2:18.85	36.03	300m: 3:30.86	36.26	400m: 4:43.37	36.19
30.	Mara Bosman	Blue Marlins (SG)	200303048	<b>4:44.23</b>	+0,69	557		
	50m: 30.88	30.88	150m: 1:41.50	35.87	250m: 2:54.42	36.50	350m: 4:07.86	36.47
	100m: 1:05.63	34.75	200m: 2:17.92	36.42	300m: 3:31.39	36.97	400m: 4:44.23	36.37

Open Nederlandse Kampioenschappen korte baan 2021  
Den Haag, 3- - 5-12-2021



Programmanr. 15, Dames, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging	tijd	RT	FINA	para
31.	Rinske Bouman	Blue Marlins (SG)	200400578	<b>4:47.61</b>	+0,71	538
	50m: 31.00	31.00	150m: 1:42.01	36.12	250m: 2:55.82	36.77
	100m: 1:05.89	34.89	200m: 2:19.05	37.04	300m: 3:32.97	37.15
					350m: 4:10.80	37.83
					400m: 4:47.61	36.81
32.	Aisha Nobels	De Schotejil	200501710	<b>4:48.27</b>	+0,69	534
	50m: 31.55	31.55	150m: 1:43.70	36.59	250m: 2:57.96	37.44
	100m: 1:07.11	35.56	200m: 2:20.52	36.82	300m: 3:35.18	37.22
					350m: 4:12.82	37.64
					400m: 4:48.27	35.45
33.	Julia van den Bosch	Deltasteur	200600232	<b>4:48.41</b>	+0,69	533
	50m: 31.03	31.03	150m: 1:41.81	36.29	250m: 2:55.08	36.91
	100m: 1:05.52	34.49	200m: 2:18.17	36.36	300m: 3:32.57	37.49
					350m: 4:12.15	39.58
					400m: 4:48.41	36.26
34.	Ilse Kraaijeveld	Blue Marlins (SG)	200202190	<b>4:48.87</b>	+0,71	531
	50m: 30.95	30.95	150m: 1:41.58	36.10	250m: 2:55.99	37.43
	100m: 1:05.48	34.53	200m: 2:18.56	36.98	300m: 3:33.73	37.74
					350m: 4:11.03	37.30
					400m: 4:48.87	37.84
35.	Maud Dokter	ZPC Hoogeveen	200601672	<b>4:49.09</b>	+0,67	529
	50m: 31.82	31.82	150m: 1:43.06	36.15	250m: 2:57.10	37.19
	100m: 1:06.91	35.09	200m: 2:19.91	36.85	300m: 3:34.52	37.42
					350m: 4:12.59	38.07
					400m: 4:49.09	36.50
36.	Fleur Bos	Orca	200500674	<b>4:49.21</b>	+0,75	529
	50m: 32.21	32.21	150m: 1:45.74	37.19	250m: 3:00.26	37.17
	100m: 1:08.55	36.34	200m: 2:23.09	37.35	300m: 3:37.47	37.21
					350m: 4:13.88	36.41
					400m: 4:49.21	35.33
37.	Robin Spreeuw	ZPCH	200501262	<b>4:50.17</b>	+0,68	523
	50m: 31.94	31.94	150m: 1:44.06	37.10	250m: 2:59.19	37.67
	100m: 1:06.96	35.02	200m: 2:21.52	37.46	300m: 3:36.95	37.76
					350m: 4:14.61	37.66
					400m: 4:50.17	35.56
38.	Amélie Wortel	Orca	200500814	<b>4:50.96</b>	+0,75	519
	50m: 31.80	31.80	150m: 1:43.77	36.55	250m: 2:59.33	38.00
	100m: 1:07.22	35.42	200m: 2:21.33	37.56	300m: 3:37.62	38.29
					350m: 4:15.16	37.54
					400m: 4:50.96	35.80
39.	Emma-Leigh Barkhuis	PSV	200505228	<b>4:55.07</b>	+0,67	498
	50m: 32.54	32.54	150m: 1:46.90	37.51	250m: 3:01.64	37.73
	100m: 1:09.39	36.85	200m: 2:23.91	37.01	300m: 3:39.64	38.00
					350m: 4:17.67	38.03
					400m: 4:55.07	37.40
DIS	Anique Hazebroek	ZPC AMERSFOORT	200502196		A A	
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>					
AFGEM	Angelique van Vark	WIDEX GZC DONK	199701478			
AFGEM	Indy van Laarhoven	Nextline Swimming	200500710			
AFGEM	Charley Blide	ZPC AMERSFOORT	200600164			