

Programmanr. 20
 23-10-2026 - 18:30

Dames, 1500m vrije slag

 Senioren Open
 Resultaten

Punten: AQUA 2025

rang	naam	vereniging	tijd	RT	FINA	para
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NK onder 18

1.	Bregje Dekkers		PSV		200900746		NED		17:25.39		+0,72		655	
	25m:	14.69	14.69	400m:	4:33.16	17.35	775m:	8:54.57	17.42	1150m:	13:19.49	17.97		
	50m:	31.14	16.45	425m:	4:50.50	17.34	800m:	9:12.22	17.65	1175m:	13:37.17	17.68		
	75m:	48.14	17.00	450m:	5:07.83	17.33	825m:	9:29.65	17.43	1200m:	13:55.08	17.91		
	100m:	1:05.22	17.08	475m:	5:24.98	17.15	850m:	9:47.26	17.61	1225m:	14:12.72	17.64		
	125m:	1:22.34	17.12	500m:	5:42.37	17.39	875m:	10:04.76	17.50	1250m:	14:30.61	17.89		
	150m:	1:39.53	17.19	525m:	5:59.56	17.19	900m:	10:22.39	17.63	1275m:	14:48.33	17.72		
	175m:	1:56.75	17.22	550m:	6:16.99	17.43	925m:	10:39.80	17.41	1300m:	15:06.20	17.87		
	200m:	2:14.17	17.42	575m:	6:34.38	17.39	950m:	10:57.27	17.47	1325m:	15:23.76	17.56		
	225m:	2:31.52	17.35	600m:	6:51.96	17.58	975m:	11:14.80	17.53	1350m:	15:41.59	17.83		
	250m:	2:48.95	17.43	625m:	7:09.38	17.42	1000m:	11:32.68	17.88	1375m:	15:59.16	17.57		
	275m:	3:06.35	17.40	650m:	7:27.12	17.74	1025m:	11:50.28	17.60	1400m:	16:16.88	17.72		
	300m:	3:23.75	17.40	675m:	7:44.57	17.45	1050m:	12:08.32	18.04	1425m:	16:34.49	17.61		
	325m:	3:40.99	17.24	700m:	8:02.21	17.64	1075m:	12:26.06	17.74	1450m:	16:52.17	17.68		
	350m:	3:58.47	17.48	725m:	8:19.70	17.49	1100m:	12:43.86	17.80	1475m:	17:08.94	16.77		
	375m:	4:15.81	17.34	750m:	8:37.15	17.45	1125m:	13:01.52	17.66	1500m:	17:25.39	16.45		

2.	Nina Tetteroo		De Columbiaan		201000048		NED		18:00.88		+0,81		593	
	25m:	14.44	14.44	400m:	4:38.36	18.03	775m:	9:10.58	18.11	1150m:	13:45.34		18.34	
	50m:	30.71	16.27	425m:	4:56.41	18.05	800m:	9:28.77	18.19	1175m:	14:03.88		18.54	
	75m:	47.41	16.70	450m:	5:14.40	17.99	825m:	9:47.00	18.23	1200m:	14:22.34		18.46	
	100m:	1:04.61	17.20	475m:	5:32.53	18.13	850m:	10:05.14	18.14	1225m:	14:40.71		18.37	
	125m:	1:22.12	17.51	500m:	5:50.47	17.94	875m:	10:23.37	18.23	1250m:	14:59.08		18.37	
	150m:	1:39.81	17.69	525m:	6:08.53	18.06	900m:	10:41.81	18.44	1275m:	15:17.50		18.42	
	175m:	1:57.60	17.79	550m:	6:26.59	18.06	925m:	11:00.22	18.41	1300m:	15:36.07		18.57	
	200m:	2:15.39	17.79	575m:	6:44.74	18.15	950m:	11:18.63	18.41	1325m:	15:54.47		18.40	
	225m:	2:33.18	17.79	600m:	7:03.01	18.27	975m:	11:36.76	18.13	1350m:	16:12.95		18.48	
	250m:	2:51.03	17.85	625m:	7:21.29	18.28	1000m:	11:55.22	18.46	1375m:	16:31.09		18.14	
	275m:	3:08.87	17.84	650m:	7:39.56	18.27	1025m:	12:13.53	18.31	1400m:	16:49.37		18.28	
	300m:	3:26.76	17.89	675m:	7:57.63	18.07	1050m:	12:31.95	18.42	1425m:	17:07.50		18.13	
	325m:	3:44.62	17.86	700m:	8:15.97	18.34	1075m:	12:50.26	18.31	1450m:	17:25.57		18.07	
	350m:	4:02.52	17.90	725m:	8:34.06	18.09	1100m:	13:08.71	18.45	1475m:	17:43.71		18.14	
	375m:	4:20.33	17.81	750m:	8:52.47	18.41	1125m:	13:27.00	18.29	1500m:	18:00.88		17.17	

NK onder 20

1.	Jade van der Schrier	HPC - AZC			200800692	NED	16:42.69	+0,75	743		
25m:	14.06	14.06	400m:	4:20.83	16.82	775m:	8:33.38	16.93	1150m:	12:50.02	17.19
50m:	29.96	15.90	425m:	4:37.37	16.54	800m:	8:50.63	17.25	1175m:	13:06.84	16.82
75m:	46.14	16.18	450m:	4:54.12	16.75	825m:	9:07.61	16.98	1200m:	13:23.94	17.10
100m:	1:02.31	16.17	475m:	5:11.09	16.97	850m:	9:24.81	17.20	1225m:	13:40.92	16.98
125m:	1:18.39	16.08	500m:	5:28.09	17.00	875m:	9:41.92	17.11	1250m:	13:58.12	17.20
150m:	1:34.76	16.37	525m:	5:44.65	16.56	900m:	9:59.24	17.32	1275m:	14:15.10	16.98
175m:	1:51.17	16.41	550m:	6:01.34	16.69	925m:	10:16.25	17.01	1300m:	14:32.08	16.98
200m:	2:07.72	16.55	575m:	6:18.11	16.77	950m:	10:33.53	17.28	1325m:	14:48.80	16.72
225m:	2:24.03	16.31	600m:	6:35.00	16.89	975m:	10:50.39	16.86	1350m:	15:05.79	16.99
250m:	2:40.76	16.73	625m:	6:51.65	16.65	1000m:	11:07.69	17.30	1375m:	15:22.28	16.49
275m:	2:57.27	16.51	650m:	7:08.67	17.02	1025m:	11:24.69	17.00	1400m:	15:38.89	16.61
300m:	3:13.95	16.68	675m:	7:25.26	16.59	1050m:	11:41.71	17.02	1425m:	15:55.39	16.50
325m:	3:30.39	16.44	700m:	7:42.10	16.84	1075m:	11:58.61	16.90	1450m:	16:12.21	16.82
350m:	3:47.26	16.87	725m:	7:59.19	17.09	1100m:	12:15.95	17.34	1475m:	16:27.88	15.67
375m:	4:04.01	16.75	750m:	8:16.45	17.26	1125m:	12:32.83	16.88	1500m:	16:42.69	14.81

2.	Julie van Nispen		Nuenen		200800290		NED		17:09.32		+0,75		686	
25m:	14.05	14.05	400m:	4:28.13	17.13	775m:	8:46.87	17.32	1150m:	13:08.27	17.37			
50m:	30.30	16.25	425m:	4:45.38	17.25	800m:	9:04.26	17.39	1175m:	13:25.68	17.41			
75m:	46.61	16.31	450m:	5:02.46	17.08	825m:	9:21.83	17.57	1200m:	13:43.07	17.39			
100m:	1:03.24	16.63	475m:	5:19.60	17.14	850m:	9:39.17	17.34	1225m:	14:00.28	17.21			
125m:	1:19.89	16.65	500m:	5:36.87	17.27	875m:	9:56.60	17.43	1250m:	14:17.37	17.09			
150m:	1:36.65	16.76	525m:	5:54.17	17.30	900m:	10:13.96	17.36	1275m:	14:34.38	17.01			
175m:	1:53.42	16.77	550m:	6:11.15	16.98	925m:	10:31.48	17.52	1300m:	14:51.71	17.33			
200m:	2:10.50	17.08	575m:	6:28.31	17.16	950m:	10:48.52	17.04	1325m:	15:09.13	17.42			
225m:	2:27.50	17.00	600m:	6:45.40	17.09	975m:	11:06.11	17.59	1350m:	15:26.27	17.14			
250m:	2:44.74	17.24	625m:	7:02.63	17.23	1000m:	11:23.48	17.37	1375m:	15:43.67	17.40			
275m:	3:01.78	17.04	650m:	7:20.05	17.42	1025m:	11:41.02	17.54	1400m:	16:00.94	17.27			
300m:	3:19.12	17.34	675m:	7:37.38	17.33	1050m:	11:58.41	17.39	1425m:	16:18.03	17.09			
325m:	3:36.33	17.21	700m:	7:54.67	17.29	1075m:	12:15.95	17.54	1450m:	16:35.22	17.19			
350m:	3:53.81	17.48	725m:	8:12.28	17.61	1100m:	12:33.38	17.43	1475m:	16:52.58	17.36			
375m:	4:11.00	17.19	750m:	8:29.55	17.27	1125m:	12:50.90	17.52	1500m:	17:09.32	16.74			



Programmanr. 20, Dames, 1500m vrije slag, NK onder 20

rang	naam	vereniging				tijd		RT	FINA	para
3.	Veerle de Ridder	HZ&PC Heerenveen				200700778	NED	17:29.21 *	+0,67	648
	25m: 13.78	13.78	400m: 4:28.81	17.44	775m: 8:54.54	17.66	1150m: 13:22.17	17.89		
	50m: 29.08	15.30	425m: 4:46.32	17.51	800m: 9:12.53	17.99	1175m: 13:40.00	17.83		
	75m: 45.10	16.02	450m: 5:03.99	17.67	825m: 9:30.42	17.89	1200m: 13:57.68	17.68		
	100m: 1:01.75	16.65	475m: 5:21.36	17.37	850m: 9:48.05	17.63	1225m: 14:15.34	17.66		
	125m: 1:18.57	16.82	500m: 5:39.10	17.74	875m: 10:05.91	17.86	1250m: 14:33.30	17.96		
	150m: 1:35.55	16.98	525m: 5:56.70	17.60	900m: 10:23.69	17.78	1275m: 14:51.21	17.91		
	175m: 1:52.75	17.20	550m: 6:14.49	17.79	925m: 10:41.52	17.83	1300m: 15:08.91	17.70		
	200m: 2:09.82	17.07	575m: 6:32.17	17.68	950m: 10:59.33	17.81	1325m: 15:26.55	17.64		
	225m: 2:26.91	17.09	600m: 6:49.90	17.73	975m: 11:17.23	17.90	1350m: 15:44.34	17.79		
	250m: 2:44.13	17.22	625m: 7:07.96	18.06	1000m: 11:35.07	17.84	1375m: 16:02.04	17.70		
	275m: 3:01.54	17.41	650m: 7:25.69	17.73	1025m: 11:52.94	17.87	1400m: 16:19.82	17.78		
	300m: 3:18.83	17.29	675m: 7:43.60	17.91	1050m: 12:10.87	17.93	1425m: 16:37.28	17.46		
	325m: 3:36.39	17.56	700m: 8:01.15	17.55	1075m: 12:28.59	17.72	1450m: 16:55.02	17.74		
	350m: 3:53.84	17.45	725m: 8:18.99	17.84	1100m: 12:46.23	17.64	1475m: 17:12.30	17.28		
	375m: 4:11.37	17.53	750m: 8:36.88	17.89	1125m: 13:04.28	18.05	1500m: 17:29.21	16.91		
4.	Laura van Etten	HZ&PC Heerenveen				200800264	NED	17:48.07	+0,79	614
	25m: 13.82	13.82	400m: 4:31.52	17.67	775m: 9:03.38	18.24	1150m: 13:36.89	18.36		
	50m: 29.47	15.65	425m: 4:49.16	17.64	800m: 9:21.64	18.26	1175m: 13:54.76	17.87		
	75m: 45.52	16.05	450m: 5:07.13	17.97	825m: 9:39.80	18.16	1200m: 14:13.02	18.26		
	100m: 1:02.21	16.69	475m: 5:25.12	17.99	850m: 9:57.96	18.16	1225m: 14:31.30	18.28		
	125m: 1:19.19	16.98	500m: 5:43.25	18.13	875m: 10:16.30	18.34	1250m: 14:49.64	18.34		
	150m: 1:36.56	17.37	525m: 6:01.27	18.02	900m: 10:34.42	18.12	1275m: 15:07.91	18.27		
	175m: 1:53.78	17.22	550m: 6:19.54	18.27	925m: 10:52.66	18.24	1300m: 15:25.96	18.05		
	200m: 2:10.99	17.21	575m: 6:37.58	18.04	950m: 11:10.66	18.00	1325m: 15:44.12	18.16		
	225m: 2:28.28	17.29	600m: 6:55.72	18.14	975m: 11:28.81	18.15	1350m: 16:02.27	18.15		
	250m: 2:45.65	17.37	625m: 7:13.74	18.02	1000m: 11:47.31	18.50	1375m: 16:20.56	18.29		
	275m: 3:03.11	17.46	650m: 7:32.06	18.32	1025m: 12:05.64	18.33	1400m: 16:38.35	17.79		
	300m: 3:20.86	17.75	675m: 7:50.28	18.22	1050m: 12:23.86	18.22	1425m: 16:56.22	17.87		
	325m: 3:38.28	17.42	700m: 8:08.54	18.26	1075m: 12:42.47	18.61	1450m: 17:14.19	17.97		
	350m: 3:56.21	17.93	725m: 8:26.77	18.23	1100m: 13:00.57	18.10	1475m: 17:31.29	17.10		
	375m: 4:13.85	17.64	750m: 8:45.14	18.37	1125m: 13:18.53	17.96	1500m: 17:48.07	16.78		
5.	Imre Bouwland	ZPC Hoozeveen				200700388	NED	18:27.96	+0,61	550
	25m: 14.79	14.79	400m: 4:46.33	18.33	775m: 9:25.95	18.65	1150m: 14:06.80	18.70		
	50m: 31.29	16.50	425m: 5:04.69	18.36	800m: 9:44.58	18.63	1175m: 14:25.63	18.83		
	75m: 48.68	17.39	450m: 5:23.27	18.58	825m: 10:03.38	18.80	1200m: 14:44.52	18.89		
	100m: 1:06.54	17.86	475m: 5:41.74	18.47	850m: 10:21.80	18.42	1225m: 15:03.53	19.01		
	125m: 1:24.70	18.16	500m: 6:00.52	18.78	875m: 10:40.46	18.66	1250m: 15:22.37	18.84		
	150m: 1:42.73	18.03	525m: 6:19.11	18.59	900m: 10:59.24	18.78	1275m: 15:41.28	18.91		
	175m: 2:01.40	18.67	550m: 6:37.70	18.59	925m: 11:17.73	18.49	1300m: 15:59.81	18.53		
	200m: 2:19.50	18.10	575m: 6:56.30	18.60	950m: 11:36.33	18.60	1325m: 16:18.87	19.06		
	225m: 2:37.83	18.33	600m: 7:14.95	18.65	975m: 11:55.51	19.18	1350m: 16:37.54	18.67		
	250m: 2:55.91	18.08	625m: 7:33.93	18.98	1000m: 12:13.90	18.39	1375m: 16:56.46	18.92		
	275m: 3:14.43	18.52	650m: 7:52.55	18.62	1025m: 12:32.80	18.90	1400m: 17:15.00	18.54		
	300m: 3:32.79	18.36	675m: 8:11.20	18.65	1050m: 12:51.58	18.78	1425m: 17:33.82	18.82		
	325m: 3:51.10	18.31	700m: 8:29.98	18.78	1075m: 13:10.45	18.87	1450m: 17:52.24	18.42		
	350m: 4:09.77	18.67	725m: 8:48.53	18.55	1100m: 13:29.30	18.85	1475m: 18:10.44	18.20		
	375m: 4:28.00	18.23	750m: 9:07.30	18.77	1125m: 13:48.10	18.80	1500m: 18:27.96	17.52		

Senioren Open

1.	Marte Hieke van der Kamp	HZ&PC Heerenveen				200500218	NED	16:07.28	+0,71	827
	<i>Championship Record</i>									
	25m: 13.92	13.92	400m: 4:14.68	16.31	775m: 8:17.22	16.13	1150m: 12:20.80	16.39		
	50m: 29.49	15.57	425m: 4:30.77	16.09	800m: 8:33.49	16.27	1175m: 12:37.05	16.25		
	75m: 45.29	15.80	450m: 4:46.99	16.22	825m: 8:49.60	16.11	1200m: 12:53.46	16.41		
	100m: 1:01.20	15.91	475m: 5:03.06	16.07	850m: 9:05.89	16.29	1225m: 13:09.61	16.15		
	125m: 1:17.18	15.98	500m: 5:19.52	16.46	875m: 9:21.97	16.08	1250m: 13:25.99	16.38		
	150m: 1:33.08	15.90	525m: 5:35.55	16.03	900m: 9:38.20	16.23	1275m: 13:42.21	16.22		
	175m: 1:49.14	16.06	550m: 5:51.86	16.31	925m: 9:54.28	16.08	1300m: 13:58.53	16.32		
	200m: 2:05.36	16.22	575m: 6:07.83	15.97	950m: 10:10.67	16.39	1325m: 14:14.76	16.23		
	225m: 2:21.37	16.01	600m: 6:24.02	16.19	975m: 10:26.81	16.14	1350m: 14:31.19	16.43		
	250m: 2:37.59	16.22	625m: 6:40.15	16.13	1000m: 10:43.17	16.36	1375m: 14:47.54	16.35		
	275m: 2:53.65	16.06	650m: 6:56.43	16.28	1025m: 10:59.25	16.08	1400m: 15:04.01	16.47		
	300m: 3:09.91	16.26	675m: 7:12.50	16.07	1050m: 11:15.55	16.30	1425m: 15:20.24	16.23		
	325m: 3:25.97	16.06	700m: 7:28.80	16.30	1075m: 11:31.77	16.22	1450m: 15:36.69	16.45		
	350m: 3:42.18	16.21	725m: 7:44.83	16.03	1100m: 11:48.13	16.36	1475m: 15:52.62	15.93		
	375m: 3:58.37	16.19	750m: 8:01.09	16.26	1125m: 12:04.41	16.28	1500m: 16:07.28	14.66		



Programmanr. 20, Dames, 1500m vrije slag, Senioren Open

rang	naam	vereniging				tijd		RT	FINA	para
2.	Hedwig Bolt	HZ&PC Heerenveen		200602660	NED	16:15.83		+0,77	806	
	25m: 14.04	14.04	400m: 4:15.50	16.24	775m: 8:19.96	16.27	1150m: 12:26.63		16.50	
	50m: 29.53	15.49	425m: 4:31.66	16.16	800m: 8:36.37	16.41	1175m: 12:43.29		16.66	
	75m: 45.29	15.76	450m: 4:47.92	16.26	825m: 8:52.73	16.36	1200m: 12:59.76		16.47	
	100m: 1:01.18	15.89	475m: 5:04.20	16.28	850m: 9:09.06	16.33	1225m: 13:16.26		16.50	
	125m: 1:17.19	16.01	500m: 5:20.60	16.40	875m: 9:25.35	16.29	1250m: 13:32.78		16.52	
	150m: 1:33.14	15.95	525m: 5:36.90	16.30	900m: 9:41.73	16.38	1275m: 13:49.35		16.57	
	175m: 1:49.32	16.18	550m: 5:53.30	16.40	925m: 9:58.12	16.39	1300m: 14:05.75		16.40	
	200m: 2:05.50	16.18	575m: 6:09.61	16.31	950m: 10:14.67	16.55	1325m: 14:22.18		16.43	
	225m: 2:21.68	16.18	600m: 6:25.87	16.26	975m: 10:31.11	16.44	1350m: 14:38.75		16.57	
	250m: 2:37.83	16.15	625m: 6:42.23	16.36	1000m: 10:47.61	16.50	1375m: 14:55.19		16.44	
	275m: 2:54.19	16.36	650m: 6:58.54	16.31	1025m: 11:04.30	16.69	1400m: 15:11.64		16.45	
	300m: 3:10.41	16.22	675m: 7:14.80	16.26	1050m: 11:20.71	16.41	1425m: 15:28.05		16.41	
	325m: 3:26.73	16.32	700m: 7:31.18	16.38	1075m: 11:37.25	16.54	1450m: 15:44.50		16.45	
	350m: 3:43.00	16.27	725m: 7:47.36	16.18	1100m: 11:53.76	16.51	1475m: 16:00.61		16.11	
	375m: 3:59.26	16.26	750m: 8:03.69	16.33	1125m: 12:10.13	16.37	1500m: 16:15.83		15.22	
3.	Jade van der Schrier	HPC - AZC		200800692	NED	16:42.69		+0,75	743	
	25m: 14.06	14.06	400m: 4:20.83	16.82	775m: 8:33.38	16.93	1150m: 12:50.02		17.19	
	50m: 29.96	15.90	425m: 4:37.37	16.54	800m: 8:50.63	17.25	1175m: 13:06.84		16.82	
	75m: 46.14	16.18	450m: 4:54.12	16.75	825m: 9:07.61	16.98	1200m: 13:23.94		17.10	
	100m: 1:02.31	16.17	475m: 5:11.09	16.97	850m: 9:24.81	17.20	1225m: 13:40.92		16.98	
	125m: 1:18.39	16.08	500m: 5:28.09	17.00	875m: 9:41.92	17.11	1250m: 13:58.12		17.20	
	150m: 1:34.76	16.37	525m: 5:44.65	16.56	900m: 9:59.24	17.32	1275m: 14:15.10		16.98	
	175m: 1:51.17	16.41	550m: 6:01.34	16.69	925m: 10:16.25	17.01	1300m: 14:32.08		16.98	
	200m: 2:07.72	16.55	575m: 6:18.11	16.77	950m: 10:33.53	17.28	1325m: 14:48.80		16.72	
	225m: 2:24.03	16.31	600m: 6:35.00	16.89	975m: 10:50.39	16.86	1350m: 15:05.79		16.99	
	250m: 2:40.76	16.73	625m: 6:51.65	16.65	1000m: 11:07.69	17.30	1375m: 15:22.28		16.49	
	275m: 2:57.27	16.51	650m: 7:08.67	17.02	1025m: 11:24.69	17.00	1400m: 15:38.89		16.61	
	300m: 3:13.95	16.68	675m: 7:25.26	16.59	1050m: 11:41.71	17.02	1425m: 15:55.39		16.50	
	325m: 3:30.39	16.44	700m: 7:42.10	16.84	1075m: 11:58.61	16.90	1450m: 16:12.21		16.82	
	350m: 3:47.26	16.87	725m: 7:59.19	17.09	1100m: 12:15.95	17.34	1475m: 16:27.88		15.67	
	375m: 4:04.01	16.75	750m: 8:16.45	17.26	1125m: 12:32.83	16.88	1500m: 16:42.69		14.81	
4.	Julie van Nispen	Nuenen		200800290	NED	17:09.32		+0,75	686	
	25m: 14.05	14.05	400m: 4:28.13	17.13	775m: 8:46.87	17.32	1150m: 13:08.27		17.37	
	50m: 30.30	16.25	425m: 4:45.38	17.25	800m: 9:04.26	17.39	1175m: 13:25.68		17.41	
	75m: 46.61	16.31	450m: 5:02.46	17.08	825m: 9:21.83	17.57	1200m: 13:43.07		17.39	
	100m: 1:03.24	16.63	475m: 5:19.60	17.14	850m: 9:39.17	17.34	1225m: 14:00.28		17.21	
	125m: 1:19.89	16.65	500m: 5:36.87	17.27	875m: 9:56.60	17.43	1250m: 14:17.37		17.09	
	150m: 1:36.65	16.76	525m: 5:54.17	17.30	900m: 10:13.96	17.36	1275m: 14:34.38		17.01	
	175m: 1:53.42	16.77	550m: 6:11.15	16.98	925m: 10:31.48	17.52	1300m: 14:51.71		17.33	
	200m: 2:10.50	17.08	575m: 6:28.31	17.16	950m: 10:48.52	17.04	1325m: 15:09.13		17.42	
	225m: 2:27.50	17.00	600m: 6:45.40	17.09	975m: 11:06.11	17.59	1350m: 15:26.27		17.14	
	250m: 2:44.74	17.24	625m: 7:02.63	17.23	1000m: 11:23.48	17.37	1375m: 15:43.67		17.40	
	275m: 3:01.78	17.04	650m: 7:20.05	17.42	1025m: 11:41.02	17.54	1400m: 16:00.94		17.27	
	300m: 3:19.12	17.34	675m: 7:37.38	17.33	1050m: 11:58.41	17.39	1425m: 16:18.03		17.09	
	325m: 3:36.33	17.21	700m: 7:54.67	17.29	1075m: 12:15.95	17.54	1450m: 16:35.22		17.19	
	350m: 3:53.81	17.48	725m: 8:12.28	17.61	1100m: 12:33.38	17.43	1475m: 16:52.58		17.36	
	375m: 4:11.00	17.19	750m: 8:29.55	17.27	1125m: 12:50.90	17.52	1500m: 17:09.32		16.74	
5.	Bregje Dekkers	PSV		200900746	NED	17:25.39		+0,72	655	
	25m: 14.69	14.69	400m: 4:33.16	17.35	775m: 8:54.57	17.42	1150m: 13:19.49		17.97	
	50m: 31.14	16.45	425m: 4:50.50	17.34	800m: 9:12.22	17.65	1175m: 13:37.17		17.68	
	75m: 48.14	17.00	450m: 5:07.83	17.33	825m: 9:29.65	17.43	1200m: 13:55.08		17.91	
	100m: 1:05.22	17.08	475m: 5:24.98	17.15	850m: 9:47.26	17.61	1225m: 14:12.72		17.64	
	125m: 1:22.34	17.12	500m: 5:42.37	17.39	875m: 10:04.76	17.50	1250m: 14:30.61		17.89	
	150m: 1:39.53	17.19	525m: 5:59.56	17.19	900m: 10:22.39	17.63	1275m: 14:48.33		17.72	
	175m: 1:56.75	17.22	550m: 6:16.99	17.43	925m: 10:39.80	17.41	1300m: 15:06.20		17.87	
	200m: 2:14.17	17.42	575m: 6:34.38	17.39	950m: 10:57.27	17.47	1325m: 15:23.76		17.56	
	225m: 2:31.52	17.35	600m: 6:51.96	17.58	975m: 11:14.80	17.53	1350m: 15:41.59		17.83	
	250m: 2:48.95	17.43	625m: 7:09.38	17.42	1000m: 11:32.68	17.88	1375m: 15:59.16		17.57	
	275m: 3:06.35	17.40	650m: 7:27.12	17.74	1025m: 11:50.28	17.60	1400m: 16:16.88		17.72	
	300m: 3:23.75	17.40	675m: 7:44.57	17.45	1050m: 12:08.32	18.04	1425m: 16:34.49		17.61	
	325m: 3:40.99	17.24	700m: 8:02.21	17.64	1075m: 12:26.06	17.74	1450m: 16:52.17		17.68	
	350m: 3:58.47	17.48	725m: 8:19.70	17.49	1100m: 12:43.86	17.80	1475m: 17:08.94		16.77	
	375m: 4:15.81	17.34	750m: 8:37.15	17.45	1125m: 13:01.52	17.66	1500m: 17:25.39		16.45	
6.	Veerle de Ridder	HZ&PC Heerenveen		200700778	NED	17:29.21 *		+0,67	648	
	25m: 13.78	13.78	375m: 4:11.37	17.53	725m: 8:18.99	17.84	1075m: 12:28.59		17.72	
	50m: 29.08	15.30	400m: 4:28.81	17.44	750m: 8:36.88	17.89	1100m: 12:46.23		17.64	
	75m: 45.10	16.02	425m: 4:46.32	17.51	775m: 8:54.54	17.66	1125m: 13:04.28		18.05	
	100m: 1:01.75	16.65	450m: 5:03.99	17.67	800m: 9:12.53	17.99	1150m: 13:22.17		17.89	
	125m: 1:18.57	16.82	475m: 5:21.36	17.37	825m: 9:30.42	17.89	1175m: 13:40.00		17.83	
	150m: 1:35.55	16.98	500m: 5:39.10	17.74	850m: 9:48.05	17.63	1200m: 13:57.68		17.68	
	175m: 1:52.75	17.20	525m: 5:56.70	17.60	875m: 10:05.91	17.86	1225m: 14:15.34		17.66	
	200m: 2:09.82	17.07	550m: 6:14.49	17.79	900m: 10:23.69	17.78	1250m: 14:33.30		17.96	
	225m: 2:26.91	17.09	575m: 6:32.17	17.68	925m: 10:41.52	17.83	1275m: 14:51.21		17.91	
	250m: 2:44.13	17.22	600m: 6:49.90	17.73	950m: 10:59.33	17.81	1300m: 15:08.91		17.70	
	275m: 3:01.54	17.41	625m: 7:07.96	18.06	975m: 11:17.23	17.90	1325m: 15:26.55		17.64	
	300m: 3:18.83	17.29	650m: 7:25.69	17.73	1000m: 11:35.07	17.84	1350m: 15:44.34		17.79	
	325m: 3:36.39	17.56	675m: 7:43.60	17.91	1025m: 11:52.94	17.87	1375m: 16:02.04		17.70	
	350m: 3:53.84	17.45	700m: 8:01.15	17.55	1050m: 12:10.87	17.93	1400m: 16:19.82		17.78	
	1425m: 16:37.28	17.46	1450m: 16:55.02	17.74	1475m: 17:12.30	17.28	1500m: 17:29.21		16.91	



Programmanr. 20, Dames, 1500m vrije slag, Senioren Open

rang	naam	vereniging						tijd		RT	FINA	para
7.	Roos Englebert	Hieronymus				200200606	NED	17:30.85		+0,76	645	
	25m:	14.67	14.67	400m:	4:33.79	17.31	775m:	8:56.37	17.72	1150m:	13:22.93	17.92
	50m:	31.15	16.48	425m:	4:51.19	17.40	800m:	9:14.14	17.77	1175m:	13:40.80	17.87
	75m:	48.19	17.04	450m:	5:08.50	17.31	825m:	9:31.98	17.84	1200m:	13:58.34	17.54
	100m:	1:05.40	17.21	475m:	5:25.95	17.45	850m:	9:49.68	17.70	1225m:	14:16.12	17.78
	125m:	1:22.61	17.21	500m:	5:43.38	17.43	875m:	10:07.49	17.81	1250m:	14:33.83	17.71
	150m:	1:39.76	17.15	525m:	6:00.77	17.39	900m:	10:25.13	17.64	1275m:	14:51.70	17.87
	175m:	1:57.16	17.40	550m:	6:18.06	17.29	925m:	10:42.97	17.84	1300m:	15:09.44	17.74
	200m:	2:14.44	17.28	575m:	6:35.44	17.38	950m:	11:00.63	17.66	1325m:	15:27.37	17.93
	225m:	2:31.84	17.40	600m:	6:52.83	17.39	975m:	11:18.52	17.89	1350m:	15:45.39	18.02
	250m:	2:49.23	17.39	625m:	7:10.33	17.50	1000m:	11:36.29	17.77	1375m:	16:03.30	17.91
	275m:	3:06.75	17.52	650m:	7:27.84	17.51	1025m:	11:53.98	17.69	1400m:	16:20.99	17.69
	300m:	3:24.20	17.45	675m:	7:45.46	17.62	1050m:	12:11.72	17.74	1425m:	16:38.65	17.66
	325m:	3:41.80	17.60	700m:	8:03.09	17.63	1075m:	12:29.55	17.83	1450m:	16:56.31	17.66
	350m:	3:59.12	17.32	725m:	8:21.01	17.92	1100m:	12:47.20	17.65	1475m:	17:13.89	17.58
	375m:	4:16.48	17.36	750m:	8:38.65	17.64	1125m:	13:05.01	17.81	1500m:	17:30.85	16.96
8.	Laura van Etten	HZ&PC Heerenveen				200800264	NED	17:48.07		+0,79	614	
	25m:	13.82	13.82	400m:	4:31.52	17.67	775m:	9:03.38	18.24	1150m:	13:36.89	18.36
	50m:	29.47	15.65	425m:	4:49.16	17.64	800m:	9:21.64	18.26	1175m:	13:54.76	17.87
	75m:	45.52	16.05	450m:	5:07.13	17.97	825m:	9:39.80	18.16	1200m:	14:13.02	18.26
	100m:	1:02.21	16.69	475m:	5:25.12	17.99	850m:	9:57.96	18.16	1225m:	14:31.30	18.28
	125m:	1:19.19	16.98	500m:	5:43.25	18.13	875m:	10:16.30	18.34	1250m:	14:49.64	18.34
	150m:	1:36.56	17.37	525m:	6:01.27	18.02	900m:	10:34.42	18.12	1275m:	15:07.91	18.27
	175m:	1:53.78	17.22	550m:	6:19.54	18.27	925m:	10:52.66	18.24	1300m:	15:25.96	18.05
	200m:	2:10.99	17.21	575m:	6:37.58	18.04	950m:	11:10.66	18.00	1325m:	15:44.12	18.16
	225m:	2:28.28	17.29	600m:	6:55.72	18.14	975m:	11:28.81	18.15	1350m:	16:02.27	18.15
	250m:	2:45.65	17.37	625m:	7:13.74	18.02	1000m:	11:47.31	18.50	1375m:	16:20.56	18.29
	275m:	3:03.11	17.46	650m:	7:32.06	18.32	1025m:	12:05.64	18.33	1400m:	16:38.35	17.79
	300m:	3:20.86	17.75	675m:	7:50.28	18.22	1050m:	12:23.86	18.22	1425m:	16:56.22	17.87
	325m:	3:38.28	17.42	700m:	8:08.54	18.26	1075m:	12:42.47	18.61	1450m:	17:14.19	17.97
	350m:	3:56.21	17.93	725m:	8:26.77	18.23	1100m:	13:00.57	18.10	1475m:	17:31.29	17.10
	375m:	4:13.85	17.64	750m:	8:45.14	18.37	1125m:	13:18.53	17.96	1500m:	17:48.07	16.78
9.	Nina Tetteroo	De Columbiaan				201000048	NED	18:00.88		+0,81	593	
	25m:	14.44	14.44	400m:	4:38.36	18.03	775m:	9:10.58	18.11	1150m:	13:45.34	18.34
	50m:	30.71	16.27	425m:	4:56.41	18.05	800m:	9:28.77	18.19	1175m:	14:03.88	18.54
	75m:	47.41	16.70	450m:	5:14.40	17.99	825m:	9:47.00	18.23	1200m:	14:22.34	18.46
	100m:	1:04.61	17.20	475m:	5:32.53	18.13	850m:	10:05.14	18.14	1225m:	14:40.71	18.37
	125m:	1:22.12	17.51	500m:	5:50.47	17.94	875m:	10:23.37	18.23	1250m:	14:59.08	18.37
	150m:	1:39.81	17.69	525m:	6:08.53	18.06	900m:	10:41.81	18.44	1275m:	15:17.50	18.42
	175m:	1:57.60	17.79	550m:	6:26.59	18.06	925m:	11:00.22	18.41	1300m:	15:36.07	18.57
	200m:	2:15.39	17.79	575m:	6:44.74	18.15	950m:	11:18.63	18.41	1325m:	15:54.47	18.40
	225m:	2:33.18	17.79	600m:	7:03.01	18.27	975m:	11:36.76	18.13	1350m:	16:12.95	18.48
	250m:	2:51.03	17.85	625m:	7:21.29	18.28	1000m:	11:55.22	18.46	1375m:	16:31.09	18.14
	275m:	3:08.87	17.84	650m:	7:39.56	18.27	1025m:	12:13.53	18.31	1400m:	16:49.37	18.28
	300m:	3:26.76	17.89	675m:	7:57.63	18.07	1050m:	12:31.95	18.42	1425m:	17:07.50	18.13
	325m:	3:44.62	17.86	700m:	8:15.97	18.34	1075m:	12:50.26	18.31	1450m:	17:25.57	18.07
	350m:	4:02.52	17.90	725m:	8:34.06	18.09	1100m:	13:08.71	18.45	1475m:	17:43.71	18.14
	375m:	4:20.33	17.81	750m:	8:52.47	18.41	1125m:	13:27.00	18.29	1500m:	18:00.88	17.17
10.	Dana Bulters	De Dolfijn				201104138	NED	18:13.86		+0,71	572	
	25m:	14.79	14.79	400m:	4:48.41	18.23	775m:	9:25.99	18.45	1150m:	14:01.30	18.46
	50m:	31.68	16.89	425m:	5:06.81	18.40	800m:	9:44.41	18.42	1175m:	14:19.63	18.33
	75m:	49.37	17.69	450m:	5:25.35	18.54	825m:	10:02.81	18.40	1200m:	14:37.81	18.18
	100m:	1:07.36	17.99	475m:	5:43.66	18.31	850m:	10:21.29	18.48	1225m:	14:56.48	18.67
	125m:	1:25.50	18.14	500m:	6:02.07	18.41	875m:	10:39.76	18.47	1250m:	15:14.93	18.45
	150m:	1:43.92	18.42	525m:	6:20.71	18.64	900m:	10:58.16	18.40	1275m:	15:32.93	18.00
	175m:	2:02.45	18.53	550m:	6:39.39	18.68	925m:	11:16.46	18.30	1300m:	15:50.97	18.04
	200m:	2:21.01	18.56	575m:	6:57.96	18.57	950m:	11:34.73	18.27	1325m:	16:09.10	18.13
	225m:	2:39.43	18.42	600m:	7:16.55	18.59	975m:	11:53.08	18.35	1350m:	16:27.33	18.23
	250m:	2:57.90	18.47	625m:	7:35.02	18.47	1000m:	12:11.33	18.25	1375m:	16:45.44	18.11
	275m:	3:16.29	18.39	650m:	7:53.50	18.48	1025m:	12:29.49	18.16	1400m:	17:03.79	18.35
	300m:	3:34.70	18.41	675m:	8:11.95	18.45	1050m:	12:47.70	18.21	1425m:	17:22.10	18.31
	325m:	3:53.23	18.53	700m:	8:30.35	18.40	1075m:	13:06.07	18.37	1450m:	17:40.35	18.25
	350m:	4:11.66	18.43	725m:	8:48.85	18.50	1100m:	13:24.65	18.58	1475m:	17:57.78	17.43
	375m:	4:30.18	18.52	750m:	9:07.54	18.69	1125m:	13:42.84	18.19	1500m:	18:13.86	16.08
11.	Rozalia Diederiks	ZVL-1886				201100904	NED	18:26.55		+0,81	552	
	25m:	15.22	15.22	375m:	4:30.50	18.29	725m:	8:49.57	18.25	1075m:	13:09.16	18.71
	50m:	32.65	17.43	400m:	4:49.43	18.93	750m:	9:08.15	18.58	1100m:	13:28.18	19.02
	75m:	50.24	17.59	425m:	5:07.98	18.55	775m:	9:26.29	18.14	1125m:	13:47.02	18.84
	100m:	1:08.47	18.23	450m:	5:26.56	18.58	800m:	9:44.62	18.33	1150m:	14:05.86	18.84
	125m:	1:26.33	17.86	475m:	5:45.24	18.68	825m:	10:02.79	18.17	1175m:	14:24.76	18.90
	150m:	1:44.76	18.43	500m:	6:04.08	18.84	850m:	10:21.24	18.45	1200m:	14:43.42	18.66
	175m:	2:03.20	18.44	525m:	6:22.47	18.39	875m:	10:39.84	18.60	1225m:	15:02.18	18.76
	200m:	2:21.63	18.43	550m:	6:41.04	18.57	900m:	10:58.45	18.61	1250m:	15:21.09	18.91
	225m:	2:39.91	18.28	575m:	6:59.32	18.28	925m:	11:16.65	18.20	1275m:	15:39.70	18.61
	250m:	2:58.45	18.54	600m:	7:18.03	18.71	950m:	11:35.30	18.65	1300m:	15:58.69	18.99
	275m:	3:16.70	18.25	625m:	7:36.23	18.20	975m:	11:53.96	18.66	1325m:	16:17.43	18.74
	300m:	3:35.09	18.39	650m:	7:54.50	18.27	1000m:	12:12.92	18.96	1350m:	16:36.50	19.07
	325m:	3:53.49	18.40	675m:	8:12.78	18.28	1025m:	12:31.31	18.39	1375m:	16:55.49	18.99
	350m:	4:12.21	18.72	700m:	8:31.32	18.54	1050m:	12:50.45	19.14	1400m:	17:14.45	18.96
	1425m:	17:33.02	18.57	1450m:	17:51.35	18.33	1475m:	18:09.23	17.88	1500m:	18:26.55	17.32



Programmanr. 20, Dames, 1500m vrije slag, Senioren Open

rang	naam	vereniging				tijd				RT	FINA	para
12.	Imre Bouwland	ZPC Hoogeveen				200700388	NED	18:27.96		+0,61	550	
	25m:	14.79	14.79	400m:	4:46.33	18.33	775m:	9:25.95	18.65	1150m:	14:06.80	18.70
	50m:	31.29	16.50	425m:	5:04.69	18.36	800m:	9:44.58	18.63	1175m:	14:25.63	18.83
	75m:	48.68	17.39	450m:	5:23.27	18.58	825m:	10:03.38	18.80	1200m:	14:44.52	18.89
	100m:	1:06.54	17.86	475m:	5:41.74	18.47	850m:	10:21.80	18.42	1225m:	15:03.53	19.01
	125m:	1:24.70	18.16	500m:	6:00.52	18.78	875m:	10:40.46	18.66	1250m:	15:22.37	18.84
	150m:	1:42.73	18.03	525m:	6:19.11	18.59	900m:	10:59.24	18.78	1275m:	15:41.28	18.91
	175m:	2:01.40	18.67	550m:	6:37.70	18.59	925m:	11:17.73	18.49	1300m:	15:59.81	18.53
	200m:	2:19.50	18.10	575m:	6:56.30	18.60	950m:	11:36.33	18.60	1325m:	16:18.87	19.06
	225m:	2:37.83	18.33	600m:	7:14.95	18.65	975m:	11:55.51	19.18	1350m:	16:37.54	18.67
	250m:	2:55.91	18.08	625m:	7:33.93	18.98	1000m:	12:13.90	18.39	1375m:	16:56.46	18.92
	275m:	3:14.43	18.52	650m:	7:52.55	18.62	1025m:	12:32.80	18.90	1400m:	17:15.00	18.54
	300m:	3:32.79	18.36	675m:	8:11.20	18.65	1050m:	12:51.58	18.78	1425m:	17:33.82	18.82
	325m:	3:51.10	18.31	700m:	8:29.98	18.78	1075m:	13:10.45	18.87	1450m:	17:52.24	18.42
	350m:	4:09.77	18.67	725m:	8:48.53	18.55	1100m:	13:29.30	18.85	1475m:	18:10.44	18.20
	375m:	4:28.00	18.23	750m:	9:07.30	18.77	1125m:	13:48.10	18.80	1500m:	18:27.96	17.52
DIS	Malla Hamalainen	Vieskan Uimarit				08A079	FIN	AF				
	AF - De aangegeven afstand niet uitgezwommen.											