

Programmanr. 1
8-6-2023 - 9:00

Dames, 400m vrije slag

Senioren Open
Resultaten Voorronde

Punten: FINA 2023

rang	naam	vereniging	tijd	RT	FINA	para		
PARA Open								
1.	Liesette Bruinsma	HPC PARA - HZ&PC Heerenveen	200004346	S11	5:14.54	+0,68	424	966
	50m: 33.18	33.18 150m: 1:50.50	39.10	250m: 3:11.67	40.57	350m: 4:34.60	41.28	
	100m: 1:11.40	38.22 200m: 2:31.10	40.60	300m: 3:53.32	41.65	400m: 5:14.54	39.94	
2.	Jenna Gorter	De Otters Het Gooi	200702746	S9	6:31.97	+0,76	219	369
	50m: 42.02	42.02 150m: 2:20.12	49.74	250m: 4:02.46	51.64	350m: 5:43.86	50.16	
	100m: 1:30.38	48.36 200m: 3:10.82	50.70	300m: 4:53.70	51.24	400m: 6:31.97	48.11	
Jeugd 1 en 2								
1.	Angelina Rolman	HPC - De Dolfijn	200701972		4:26.62	+0,70	A	697
	50m: 29.31	29.31 150m: 1:35.23	33.68	250m: 2:43.75	34.19	350m: 3:52.88	34.37	
	100m: 1:01.55	32.24 200m: 2:09.56	34.33	300m: 3:18.51	34.76	400m: 4:26.62	33.74	
2.	Hedwig Bolt	HZ&PC Heerenveen	200602660		4:29.21	+0,60	B	677
	50m: 30.21	30.21 150m: 1:38.02	34.09	250m: 2:47.13	34.27	350m: 3:55.92	34.27	
	100m: 1:03.93	33.72 200m: 2:12.86	34.84	300m: 3:21.65	34.52	400m: 4:29.21	33.29	
3.	Nynke Boerefijn	ZPC AMERSFOORT	200700114		4:29.91	+0,82	B	671
	50m: 29.48	29.48 150m: 1:36.19	34.24	250m: 2:45.56	34.76	350m: 3:55.78	35.12	
	100m: 1:01.95	32.47 200m: 2:10.80	34.61	300m: 3:20.66	35.10	400m: 4:29.91	34.13	
4.	Devon Silberman	Irvine Novaquatics			4:31.52	+0,72	B	659
	50m: 31.18	31.18 150m: 1:39.62	34.62	250m: 2:49.69	35.33	350m: 3:58.66	34.29	
	100m: 1:05.00	33.82 200m: 2:14.36	34.74	300m: 3:24.37	34.68	400m: 4:31.52	32.86	
5.	Rhodee van den Ham	De Duinkickers	200700090		4:41.39	+0,55		592
	50m: 30.80	30.80 150m: 1:40.66	35.32	250m: 2:52.42	35.85	350m: 4:05.42	36.45	
	100m: 1:05.34	34.54 200m: 2:16.57	35.91	300m: 3:28.97	36.55	400m: 4:41.39	35.97	
6.	Ylva Konings	PSV	200700148		4:43.96	+0,79		576
	50m: 32.45	32.45 150m: 1:43.82	35.92	250m: 2:56.25	36.26	350m: 4:09.39	36.32	
	100m: 1:07.90	35.45 200m: 2:19.99	36.17	300m: 3:33.07	36.82	400m: 4:43.96	34.57	
7.	Anna Beck	Blue Marlins	200605282		4:46.64	+0,78		560
	50m: 32.20	32.20 150m: 1:43.22	36.02	250m: 2:56.97	36.96	350m: 4:10.88	36.64	
	100m: 1:07.20	35.00 200m: 2:20.01	36.79	300m: 3:34.24	37.27	400m: 4:46.64	35.76	
8.	Eline van Rijn	DAW	200700918		4:47.24	+0,70		557
	50m: 32.27	32.27 150m: 1:45.07	36.79	250m: 2:58.31	36.63	350m: 4:11.61	36.33	
	100m: 1:08.28	36.01 200m: 2:21.68	36.61	300m: 3:35.28	36.97	400m: 4:47.24	35.63	
9.	Barbara Broekhuis	De Dinkel	200700880		4:49.14	+0,85		546
	50m: 30.28	30.28 150m: 1:40.29	36.00	250m: 2:55.06	37.94	350m: 4:11.62	38.09	
	100m: 1:04.29	34.01 200m: 2:17.12	36.83	300m: 3:33.53	38.47	400m: 4:49.14	37.52	
10.	Rafaëla Mulders	De Reuring	200701398		4:50.78	+0,70		537
	50m: 31.02	31.02 150m: 1:43.80	36.82	250m: 2:58.61	37.85	350m: 4:14.25	37.61	
	100m: 1:06.98	35.96 200m: 2:20.76	36.96	300m: 3:36.64	38.03	400m: 4:50.78	36.53	
11.	Jill Meines	PSV	200704846		4:50.93	+0,82		536
	50m: 32.62	32.62 150m: 1:46.35	36.96	250m: 3:00.23	36.86	350m: 4:15.28	36.86	
	100m: 1:09.39	36.77 200m: 2:23.37	37.02	300m: 3:38.42	38.19	400m: 4:50.93	35.65	
12.	Eline Lutters	De Dinkel	200600322		4:51.79	+0,74		531
	50m: 31.28	31.28 150m: 1:43.23	36.39	250m: 2:59.03	37.84	350m: 4:14.51	36.88	
	100m: 1:06.84	35.56 200m: 2:21.19	37.96	300m: 3:37.63	38.60	400m: 4:51.79	37.28	
13.	Julia van den Bosch	Deltasteur	200600232		5:00.04	+0,78		489
	50m: 32.53	32.53 150m: 1:48.18	38.56	250m: 3:07.30	39.57	350m: 4:24.00	36.69	
	100m: 1:09.62	37.09 200m: 2:27.73	39.55	300m: 3:47.31	40.01	400m: 5:00.04	36.04	
14.	Vera van der Meer	VZC	200701508		5:01.39	+0,86		482
	50m: 33.61	33.61 150m: 1:49.54	38.06	250m: 3:07.27	38.67	350m: 4:24.19	37.78	
	100m: 1:11.48	37.87 200m: 2:28.60	39.06	300m: 3:46.41	39.14	400m: 5:01.39	37.20	
15.	Jenna Gorter	De Otters Het Gooi	200702746	S9	6:31.97	+0,76	219	369
	50m: 42.02	42.02 150m: 2:20.12	49.74	250m: 4:02.46	51.64	350m: 5:43.86	50.16	
	100m: 1:30.38	48.36 200m: 3:10.82	50.70	300m: 4:53.70	51.24	400m: 6:31.97	48.11	

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

Senioren 1 en 2

1.	Janna van Kooten	HPC - ZPC Hoogeveen	200404584	4:13.66	+0,74	A	809
	50m: 29.54	29.54	150m: 1:33.47	31.81	250m: 2:37.39	31.42	350m: 3:41.58
	100m: 1:01.66	32.12	200m: 2:05.97	32.50	300m: 3:09.58	32.19	400m: 4:13.66
2.	Marte Hieke van der Kamp	HZ&PC Heerenveen	200500218	4:25.73	+0,79	A	704
	50m: 30.71	30.71	150m: 1:37.23	33.56	250m: 2:44.46	33.61	350m: 3:52.41
	100m: 1:03.67	32.96	200m: 2:10.85	33.62	300m: 3:18.53	34.07	400m: 4:25.73
3.	Ismay Lichtendonk	Dedemsvaart-AC	200400622	4:29.67	+0,70	B	673
	50m: 30.35	30.35	150m: 1:36.97	33.43	250m: 2:45.75	34.67	350m: 3:55.26
	100m: 1:03.54	33.19	200m: 2:11.08	34.11	300m: 3:20.48	34.73	400m: 4:29.67
4.	Tess Panjer	VZC	200403060	4:34.99	+0,80	B	635
	50m: 30.69	30.69	150m: 1:39.51	34.87	250m: 2:50.56	35.50	350m: 4:01.16
	100m: 1:04.64	33.95	200m: 2:15.06	35.55	300m: 3:26.07	35.51	400m: 4:34.99
5.	Alysha de Jong	ZPCH	200400086	4:35.27	+0,84	B	633
	50m: 30.97	30.97	150m: 1:40.68	35.24	250m: 2:50.98	35.15	350m: 4:01.95
	100m: 1:05.44	34.47	200m: 2:15.83	35.15	300m: 3:26.67	35.69	400m: 4:35.27
6.	Dominique Dingshoff	ZPC Hoogeveen	200400804	4:35.47	+0,76	R	632
	50m: 31.17	31.17	150m: 1:40.21	34.88	250m: 2:51.17	35.44	350m: 4:02.14
	100m: 1:05.33	34.16	200m: 2:15.73	35.52	300m: 3:26.67	35.50	400m: 4:35.47
7.	Charlotte Wilbers	ZPC Hoogeveen	200400312	4:36.03	+0,75	R	628
	50m: 31.65	31.65	150m: 1:40.49	34.48	250m: 2:50.58	35.00	350m: 4:01.63
	100m: 1:06.01	34.36	200m: 2:15.58	35.09	300m: 3:25.98	35.40	400m: 4:36.03
8.	Sophia van Droffelaar	ZVVS	200500330	4:40.16	+0,59		600
	50m: 30.51	30.51	150m: 1:39.23	35.11	250m: 2:51.28	36.27	350m: 4:04.94
	100m: 1:04.12	33.61	200m: 2:15.01	35.78	300m: 3:28.31	37.03	400m: 4:40.16
9.	Myrthe Natzijs	DZ&PC	200400076	4:45.32	+0,79		568
	50m: 32.07	32.07	150m: 1:42.72	35.73	250m: 2:55.17	36.27	350m: 4:09.05
	100m: 1:06.99	34.92	200m: 2:18.90	36.18	300m: 3:32.16	36.99	400m: 4:45.32
10.	Janne Slegers	PSV	200404090	4:47.32	+0,73		556
	50m: 31.95	31.95	150m: 1:43.27	36.25	250m: 2:56.36	36.71	350m: 4:11.09
	100m: 1:07.02	35.07	200m: 2:19.65	36.38	300m: 3:33.55	37.19	400m: 4:47.32
11.	Merel Leuring	AZC	200401204	4:50.15	+0,77		540
	50m: 32.16	32.16	150m: 1:44.68	36.99	250m: 2:59.22	37.21	350m: 4:13.44
	100m: 1:07.69	35.53	200m: 2:22.01	37.33	300m: 3:36.00	36.78	400m: 4:50.15
12.	Anique Hazebroek	ZPC AMERSFOORT	200502196	4:54.66	+0,75		516
	50m: 31.21	31.21	150m: 1:44.20	37.26	250m: 3:00.33	38.37	350m: 4:16.86
	100m: 1:06.94	35.73	200m: 2:21.96	37.76	300m: 3:38.19	37.86	400m: 4:54.66

Senioren Open

1.	Janna van Kooten	HPC - ZPC Hoogeveen	200404584	4:13.66	+0,74	A	809
	50m: 29.54	29.54	150m: 1:33.47	31.81	250m: 2:37.39	31.42	350m: 3:41.58
	100m: 1:01.66	32.12	200m: 2:05.97	32.50	300m: 3:09.58	32.19	400m: 4:13.66
2.	Imani de Jong	HPC - De Dolfijn	200200464	4:16.57	+0,70	A	782
	50m: 28.35	28.35	150m: 1:32.58	32.61	250m: 2:38.48	33.04	350m: 3:44.81
	100m: 59.97	31.62	200m: 2:05.44	32.86	300m: 3:11.57	33.09	400m: 4:16.57
3.	Serena Stel	De Dolfijn	199801528	4:18.11	+0,70	A	768
	50m: 29.67	29.67	150m: 1:33.85	32.53	250m: 2:40.22	33.19	350m: 3:46.12
	100m: 1:01.32	31.65	200m: 2:07.03	33.18	300m: 3:13.27	33.05	400m: 4:18.11
4.	Yara van Kalmthout	HPC - PSV	200200984	4:20.52	+0,70	A	747
	50m: 30.31	30.31	150m: 1:36.86	33.60	250m: 2:42.24	32.26	350m: 3:47.87
	100m: 1:03.26	32.95	200m: 2:09.98	33.12	300m: 3:14.97	32.73	400m: 4:20.52
5.	Silke Holkenborg	HPC - VZC	200100292	4:21.95	+0,69	A	734
	50m: 30.47	30.47	150m: 1:37.19	33.77	250m: 2:43.58	33.16	350m: 3:49.97
	100m: 1:03.42	32.95	200m: 2:10.42	33.23	300m: 3:17.12	33.54	400m: 4:21.95
6.	Marte Hieke van der Kamp	HZ&PC Heerenveen	200500218	4:25.73	+0,79	A	704
	50m: 30.71	30.71	150m: 1:37.23	33.56	250m: 2:44.46	33.61	350m: 3:52.41
	100m: 1:03.67	32.96	200m: 2:10.85	33.62	300m: 3:18.53	34.07	400m: 4:25.73
7.	Elise Hardeman	ZPC AMERSFOORT	200101068	4:25.98	+0,71	A	702
	50m: 30.16	30.16	150m: 1:36.53	33.32	250m: 2:44.83	34.01	350m: 3:52.56
	100m: 1:03.21	33.05	200m: 2:10.82	34.29	300m: 3:18.59	33.76	400m: 4:25.98
8.	Angelina Rolman	HPC - De Dolfijn	200701972	4:26.62	+0,70	A	697
	50m: 29.31	29.31	150m: 1:35.23	33.68	250m: 2:43.75	34.19	350m: 3:52.88
	100m: 1:01.55	32.24	200m: 2:09.56	34.33	300m: 3:18.51	34.76	400m: 4:26.62

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

rang	naam	vereniging	tijd	RT	FINA	para
9.	Hedwig Bolt	HZ&PC Heerenveen	200602660	4:29.21	+0,60	B 677
	50m: 30.21	30.21 150m: 1:38.02	34.09 250m: 2:47.13	34.27 350m: 3:55.92	34.27	
	100m: 1:03.93	33.72 200m: 2:12.86	34.84 300m: 3:21.65	34.52 400m: 4:29.21	33.29	
10.	Ismay Lichtendonk	Dedemsvaart-AC	200400622	4:29.67	+0,70	B 673
	50m: 30.35	30.35 150m: 1:36.97	33.43 250m: 2:45.75	34.67 350m: 3:55.26	34.78	
	100m: 1:03.54	33.19 200m: 2:11.08	34.11 300m: 3:20.48	34.73 400m: 4:29.67	34.41	
11.	Nynke Boerefijn	ZPC AMERSFOORT	200700114	4:29.91	+0,82	B 671
	50m: 29.48	29.48 150m: 1:36.19	34.24 250m: 2:45.56	34.76 350m: 3:55.78	35.12	
	100m: 1:01.95	32.47 200m: 2:10.80	34.61 300m: 3:20.66	35.10 400m: 4:29.91	34.13	
12.	Devon Silberman	Irvine Novaquatics		4:31.52	+0,72	B 659
	50m: 31.18	31.18 150m: 1:39.62	34.62 250m: 2:49.69	35.33 350m: 3:58.66	34.29	
	100m: 1:05.00	33.82 200m: 2:14.36	34.74 300m: 3:24.37	34.68 400m: 4:31.52	32.86	
13.	Manon Ritten	PSV	200002440	4:34.03	+0,78	B 642
	50m: 31.14	31.14 150m: 1:39.11	34.54 250m: 2:48.38	35.06 350m: 3:59.46	35.85	
	100m: 1:04.57	33.43 200m: 2:13.32	34.21 300m: 3:23.61	35.23 400m: 4:34.03	34.57	
14.	Tess Panjer	VZC	200403060	4:34.99	+0,80	B 635
	50m: 30.69	30.69 150m: 1:39.51	34.87 250m: 2:50.56	35.50 350m: 4:01.16	35.09	
	100m: 1:04.64	33.95 200m: 2:15.06	35.55 300m: 3:26.07	35.51 400m: 4:34.99	33.83	
15.	Alysha de Jong	ZPCH	200400086	4:35.27	+0,84	B 633
	50m: 30.97	30.97 150m: 1:40.68	35.24 250m: 2:50.98	35.15 350m: 4:01.95	35.28	
	100m: 1:05.44	34.47 200m: 2:15.83	35.15 300m: 3:26.67	35.69 400m: 4:35.27	33.32	
16.	Amé Hulleman	DZ&PC	200202794	4:35.30	+0,85	B 633
	50m: 31.60	31.60 150m: 1:40.52	34.84 250m: 2:50.62	35.03 350m: 4:01.10	35.18	
	100m: 1:05.68	34.08 200m: 2:15.59	35.07 300m: 3:25.92	35.30 400m: 4:35.30	34.20	
17.	Dominique Dingshoff	ZPC Hoogeveen	200400804	4:35.47	+0,76	R 632
	50m: 31.17	31.17 150m: 1:40.21	34.88 250m: 2:51.17	35.44 350m: 4:02.14	35.47	
	100m: 1:05.33	34.16 200m: 2:15.73	35.52 300m: 3:26.67	35.50 400m: 4:35.47	33.33	
18.	Charlotte Wilbers	ZPC Hoogeveen	200400312	4:36.03	+0,75	R 628
	50m: 31.65	31.65 150m: 1:40.49	34.48 250m: 2:50.58	35.00 350m: 4:01.63	35.65	
	100m: 1:06.01	34.36 200m: 2:15.58	35.09 300m: 3:25.98	35.40 400m: 4:36.03	34.40	
19.	Angelique van Vark	GZC DONK	199701478	4:36.27	+0,59	626
	50m: 30.90	30.90 150m: 1:40.27	34.87 250m: 2:51.22	35.62 350m: 4:02.52	35.61	
	100m: 1:05.40	34.50 200m: 2:15.60	35.33 300m: 3:26.91	35.69 400m: 4:36.27	33.75	
20.	Tamara Grove	De Dolfijn	199601266	4:39.31	+0,72	606
	50m: 31.22	31.22 150m: 1:40.22	34.96 250m: 2:51.47	35.71 350m: 4:03.75	36.17	
	100m: 1:05.26	34.04 200m: 2:15.76	35.54 300m: 3:27.58	36.11 400m: 4:39.31	35.56	
21.	Mara Bosman	Blue Marlins	200303048	4:39.61		604
	50m: 31.54	31.54 150m: 1:41.20	35.21 250m: 2:52.86	36.03 350m: 4:04.98	35.70	
	100m: 1:05.99	34.45 200m: 2:16.83	35.63 300m: 3:29.28	36.42 400m: 4:39.61	34.63	
22.	Sophia van Droffelaar	ZVVS	200500330	4:40.16	+0,59	600
	50m: 30.51	30.51 150m: 1:39.23	35.11 250m: 2:51.28	36.27 350m: 4:04.94	36.63	
	100m: 1:04.12	33.61 200m: 2:15.01	35.78 300m: 3:28.31	37.03 400m: 4:40.16	35.22	
23.	Nikita van den Ouden	Nuenen	199900622	4:40.58	+0,75	598
	50m: 31.38	31.38 150m: 1:41.00	35.45 250m: 2:52.25	35.55 350m: 4:04.88	36.33	
	100m: 1:05.55	34.17 200m: 2:16.70	35.70 300m: 3:28.55	36.30 400m: 4:40.58	35.70	
24.	Rhodee van den Ham	De Duinkickers	200700090	4:41.39	+0,55	592
	50m: 30.80	30.80 150m: 1:40.66	35.32 250m: 2:52.42	35.85 350m: 4:05.42	36.45	
	100m: 1:05.34	34.54 200m: 2:16.57	35.91 300m: 3:28.97	36.55 400m: 4:41.39	35.97	
25.	Ylva Konings	PSV	200700148	4:43.96	+0,79	576
	50m: 32.45	32.45 150m: 1:43.82	35.92 250m: 2:56.25	36.26 350m: 4:09.39	36.32	
	100m: 1:07.90	35.45 200m: 2:19.99	36.17 300m: 3:33.07	36.82 400m: 4:43.96	34.57	
26.	Myrthe Natzijl	DZ&PC	200400076	4:45.32	+0,79	568
	50m: 32.07	32.07 150m: 1:42.72	35.73 250m: 2:55.17	36.27 350m: 4:09.05	36.89	
	100m: 1:06.99	34.92 200m: 2:18.90	36.18 300m: 3:32.16	36.99 400m: 4:45.32	36.27	
27.	Anna Beck	Blue Marlins	200605282	4:46.64	+0,78	560
	50m: 32.20	32.20 150m: 1:43.22	36.02 250m: 2:56.97	36.96 350m: 4:10.88	36.64	
	100m: 1:07.20	35.00 200m: 2:20.01	36.79 300m: 3:34.24	37.27 400m: 4:46.64	35.76	
28.	Eline van Rijn	DAW	200700918	4:47.24	+0,70	557
	50m: 32.27	32.27 150m: 1:45.07	36.79 250m: 2:58.31	36.63 350m: 4:11.61	36.33	
	100m: 1:08.28	36.01 200m: 2:21.68	36.61 300m: 3:35.28	36.97 400m: 4:47.24	35.63	
29.	Janne Slegers	PSV	200404090	4:47.32	+0,73	556
	50m: 31.95	31.95 150m: 1:43.27	36.25 250m: 2:56.36	36.71 350m: 4:11.09	37.54	
	100m: 1:07.02	35.07 200m: 2:19.65	36.38 300m: 3:33.55	37.19 400m: 4:47.32	36.23	

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

rang	naam	vereniging				tijd				RT	FINA	para	
30.	Barbara Broekhuis	De Dinkel				200700880				4:49.14	+0,85	546	
	50m: 30.28	30.28	150m: 1:40.29	36.00	250m: 2:55.06	37.94	350m: 4:11.62						
	100m: 1:04.29	34.01	200m: 2:17.12	36.83	300m: 3:33.53	38.47	400m: 4:49.14						
31.	Merel Leuring	AZC				200401204				4:50.15	+0,77	540	
	50m: 32.16	32.16	150m: 1:44.68	36.99	250m: 2:59.22	37.21	350m: 4:13.44						
	100m: 1:07.69	35.53	200m: 2:22.01	37.33	300m: 3:36.00	36.78	400m: 4:50.15						
32.	Rafaela Mulders	De Reuring				200701398				4:50.78	+0,70	537	
	50m: 31.02	31.02	150m: 1:43.80	36.82	250m: 2:58.61	37.85	350m: 4:14.25						
	100m: 1:06.98	35.96	200m: 2:20.76	36.96	300m: 3:36.64	38.03	400m: 4:50.78						
33.	Jill Meines	PSV				200704846				4:50.93	+0,82	536	
	50m: 32.62	32.62	150m: 1:46.35	36.96	250m: 3:00.23	36.86	350m: 4:15.28						
	100m: 1:09.39	36.77	200m: 2:23.37	37.02	300m: 3:38.42	38.19	400m: 4:50.93						
34.	Eline Lutters	De Dinkel				200600322				4:51.79	+0,74	531	
	50m: 31.28	31.28	150m: 1:43.23	36.39	250m: 2:59.03	37.84	350m: 4:14.51						
	100m: 1:06.84	35.56	200m: 2:21.19	37.96	300m: 3:37.63	38.60	400m: 4:51.79						
35.	Anique Hazebroek	ZPC AMERSFOORT				200502196				4:54.66	+0,75	516	
	50m: 31.21	31.21	150m: 1:44.20	37.26	250m: 3:00.33	38.37	350m: 4:16.86						
	100m: 1:06.94	35.73	200m: 2:21.96	37.76	300m: 3:38.19	37.86	400m: 4:54.66						
36.	Julia van den Bosch	Deltasteur				200600232				5:00.04	+0,78	489	
	50m: 32.53	32.53	150m: 1:48.18	38.56	250m: 3:07.30	39.57	350m: 4:24.00						
	100m: 1:09.62	37.09	200m: 2:27.73	39.55	300m: 3:47.31	40.01	400m: 5:00.04						
37.	Vera van der Meer	VZC				200701508				5:01.39	+0,86	482	
	50m: 33.61	33.61	150m: 1:49.54	38.06	250m: 3:07.27	38.67	350m: 4:24.19						
	100m: 1:11.48	37.87	200m: 2:28.60	39.06	300m: 3:46.41	39.14	400m: 5:01.39						
38.	Liesette Bruinsma	HPC PARA - HZ&PC Heerenveen				200004346				5:14.54	+0,68	424	966
	50m: 33.18	33.18	150m: 1:50.50	39.10	250m: 3:11.67	40.57	350m: 4:34.60						
	100m: 1:11.40	38.22	200m: 2:31.10	40.60	300m: 3:53.32	41.65	400m: 5:14.54						
39.	Jenna Gorter	De Otters Het Gooi				200702746				6:31.97	+0,76	219	369
	50m: 42.02	42.02	150m: 2:20.12	49.74	250m: 4:02.46	51.64	350m: 5:43.86						
	100m: 1:30.38	48.36	200m: 3:10.82	50.70	300m: 4:53.70	51.24	400m: 6:31.97						