

Programmanr. 1  
16-12-2022 - 9:00

Dames, 400m vrije slag

Senioren Open  
Resultaten Voorrunde

Punten: FINA 2022

rang	naam		vereniging			tijd	RT	FINA	para		
<b>Jeugd 1 en 2</b>											
1.	Angelina Rolman		HPC - De Dolfijn		200701972	<b>4:22.68</b>	+0,69	A	706		
	50m:	28.88	150m:	1:34.53	33.15	250m:	2:42.33	34.05	350m:	3:49.66	33.30
	100m:	1:01.38	200m:	2:08.28	33.75	300m:	3:16.36	34.03	400m:	4:22.68	33.02
2.	Sara Korthis		DZ&PC		200600494	<b>4:23.86</b>	+0,72	A	696		
	50m:	28.84	150m:	1:34.79	33.50	250m:	2:42.79	34.03	350m:	3:50.72	33.76
	100m:	1:01.29	200m:	2:08.76	33.97	300m:	3:16.96	34.17	400m:	4:23.86	33.14
3.	Nynke Boerefijn		ZPC AMERSFOORT		200700114	<b>4:28.10</b>	+0,82	B	664		
	50m:	29.90	150m:	1:36.26	33.69	250m:	2:44.68	34.35	350m:	3:53.89	34.74
	100m:	1:02.57	200m:	2:10.33	34.07	300m:	3:19.15	34.47	400m:	4:28.10	34.21
4.	Hedwig Bolt		HZ&PC Heerenveen		200602660	<b>4:29.45</b>	+0,79	B	654		
	50m:	29.51	150m:	1:37.18	34.41	250m:	2:45.73	34.12	350m:	3:55.43	34.67
	100m:	1:02.77	200m:	2:11.61	34.43	300m:	3:20.76	35.03	400m:	4:29.45	34.02
5.	Evy Rozeboom		DAW		200601338	<b>4:31.02</b>	+0,76	B	642		
	50m:	30.78	150m:	1:38.82	34.37	250m:	2:47.84	34.78	350m:	3:56.85	34.81
	100m:	1:04.45	200m:	2:13.06	34.24	300m:	3:22.04	34.20	400m:	4:31.02	34.17
6.	Rhodee van den Ham		De Duinkikers		200700090	<b>4:33.71</b>	+0,72		624		
	50m:	31.21	150m:	1:39.71	34.91	250m:	2:49.84	35.27	350m:	4:00.27	35.11
	100m:	1:04.80	200m:	2:14.57	34.86	300m:	3:25.16	35.32	400m:	4:33.71	33.44
7.	Ananda van der Wiel		WVZ		200701562	<b>4:39.02</b>	+0,60		589		
	50m:	31.01	150m:	1:40.99	35.35	250m:	2:52.35	35.82	350m:	4:04.61	36.13
	100m:	1:05.64	200m:	2:16.53	35.54	300m:	3:28.48	36.13	400m:	4:39.02	34.41
8.	Ylva Konings		PSV		200700148	<b>4:39.18</b>	+0,74		588		
	50m:	31.84	150m:	1:42.15	35.14	250m:	2:53.58	35.98	350m:	4:05.31	35.63
	100m:	1:07.01	200m:	2:17.60	35.45	300m:	3:29.68	36.10	400m:	4:39.18	33.87
9.	Eline van Rijn		DAW		200700918	<b>4:40.36</b>	+0,64		580		
	50m:	31.54	150m:	1:42.61	36.20	250m:	2:53.78	35.51	350m:	4:05.21	35.78
	100m:	1:06.41	200m:	2:18.27	35.66	300m:	3:29.43	35.65	400m:	4:40.36	35.15
10.	Féline Sam		ZV 44		200700018	<b>4:43.64</b>	+0,73		560		
	50m:	31.69	150m:	1:44.15	36.47	250m:	2:57.39	36.30	350m:	4:09.47	35.65
	100m:	1:07.68	200m:	2:21.09	36.94	300m:	3:33.82	36.43	400m:	4:43.64	34.17
11.	Barbara Broekhuis		De Dinkel		200700880	<b>4:44.21</b>	+0,85		557		
	50m:	30.30	150m:	1:40.08	35.76	250m:	2:52.77	36.57	350m:	4:07.70	37.68
	100m:	1:04.32	200m:	2:16.20	36.12	300m:	3:30.02	37.25	400m:	4:44.21	36.51
12.	Lyke Bellert		Octopus-ZVV (SG)		200701424	<b>4:45.38</b>	+0,68		550		
	50m:	32.94	150m:	1:44.88	36.26	250m:	2:56.95	35.72	350m:	4:10.64	36.94
	100m:	1:08.62	200m:	2:21.23	36.35	300m:	3:33.70	36.75	400m:	4:45.38	34.74
13.	Vera van der Meer		VZC		200701508	<b>4:46.69</b>	+0,78		543		
	50m:	32.58	150m:	1:45.44	37.00	250m:	2:59.25	36.90	350m:	4:11.90	36.14
	100m:	1:08.44	200m:	2:22.35	36.91	300m:	3:35.76	36.51	400m:	4:46.69	34.79
14.	Lieke Duijnkerke		ZPC De Zeeuwse Kust		200700468	<b>4:46.94</b>	+0,73		541		
	50m:	32.98	150m:	1:44.82	36.44	250m:	2:57.12	36.17	350m:	4:11.02	37.08
	100m:	1:08.38	200m:	2:20.95	36.13	300m:	3:33.94	36.82	400m:	4:46.94	35.92
15.	Imre Bouwland		ZPC Hoogeveen		200700388	<b>4:47.44</b>	+0,65		538		
	50m:	31.40	150m:	1:43.66	36.57	250m:	2:57.39	36.91	350m:	4:12.11	37.09
	100m:	1:07.09	200m:	2:20.48	36.82	300m:	3:35.02	37.63	400m:	4:47.44	35.33
16.	Rafaela Mulders		De Reuring		200701398	<b>4:48.02</b>	+0,80		535		
	50m:	31.07	150m:	1:43.29	36.36	250m:	2:57.61	37.34	350m:	4:12.01	36.84
	100m:	1:06.93	200m:	2:20.27	36.98	300m:	3:35.17	37.56	400m:	4:48.02	36.01
17.	Carlein Polinder		ZV 44		200600128	<b>4:48.11</b>	+0,75		535		
	50m:	31.28	150m:	1:43.44	36.64	250m:	2:57.50	37.13	350m:	4:12.54	37.66
	100m:	1:06.80	200m:	2:20.37	36.93	300m:	3:34.88	37.38	400m:	4:48.11	35.57
18.	Noa Ottens		VZC		200702256	<b>4:48.20</b>	+0,76		534		
	50m:	31.75	150m:	1:43.83	36.48	250m:	2:57.71	37.00	350m:	4:11.10	36.90
	100m:	1:07.35	200m:	2:20.71	36.88	300m:	3:34.20	36.49	400m:	4:48.20	37.10
19.	Myrthe Dam		Zuiderzeezwemmers		200602336	<b>4:48.63</b>	+0,72		532		
	50m:	33.41	150m:	1:46.20	36.76	250m:	3:00.32	37.30	350m:	4:13.08	36.33
	100m:	1:09.44	200m:	2:23.02	36.82	300m:	3:36.75	36.43	400m:	4:48.63	35.55

B = Bonus inschrijving

Programmanr. 1, Meisjes, 400m vrije slag, Voorronde, Jeugd 1 en 2

rang	naam	vereniging	tijd	RT	FINA	para		
20.	Vera Wassink	ZPC AMERSFOORT	200604976	<b>4:48.81</b>	+0,70	531		
	50m: 31.84	31.84	150m: 1:44.48	37.02	250m: 2:58.04	36.95	350m: 4:12.94	37.40
	100m: 1:07.46	35.62	200m: 2:21.09	36.61	300m: 3:35.54	37.50	400m: 4:48.81	35.87
21.	Eline Lutters	De Dinkel	200600322	<b>4:50.23</b>	+0,72	523		
	50m: 31.36	31.36	150m: 1:43.26	36.62	250m: 2:57.63	37.13	350m: 4:13.43	38.00
	100m: 1:06.64	35.28	200m: 2:20.50	37.24	300m: 3:35.43	37.80	400m: 4:50.23	36.80
22.	Annedieke Scholte	Blue Marlins	200701110	<b>4:50.29</b>	+0,76	523		
	50m: 32.11	32.11	150m: 1:45.38	37.15	250m: 3:00.18	37.31	350m: 4:15.08	37.13
	100m: 1:08.23	36.12	200m: 2:22.87	37.49	300m: 3:37.95	37.77	400m: 4:50.29	35.21
23.	Isa Jansen	SBC2000	200701176	<b>4:50.90</b>	+0,61	519		
	50m: 32.13	32.13	150m: 1:45.68	37.17	250m: 3:00.62	37.70	350m: 4:15.64	37.47
	100m: 1:08.51	36.38	200m: 2:22.92	37.24	300m: 3:38.17	37.55	400m: 4:50.90	35.26
24.	Benthe Martens	ZPC AMERSFOORT	200700310	<b>4:51.66</b>	+0,67	515		
	50m: 33.12	33.12	150m: 1:46.33	37.32	250m: 3:02.50	38.05	350m: 4:17.42	37.20
	100m: 1:09.01	35.89	200m: 2:24.45	38.12	300m: 3:40.22	37.72	400m: 4:51.66	34.24
25.	Myrthe Vos	PSV	200601684	<b>4:51.73</b>	+0,78	515		
	50m: 31.15	31.15	150m: 1:44.62	37.34	250m: 2:59.79	37.46	350m: 4:15.51	37.43
	100m: 1:07.28	36.13	200m: 2:22.33	37.71	300m: 3:38.08	38.29	400m: 4:51.73	36.22
26.	Inger van Oord	ZV Haerlem	200703912	<b>4:51.88</b>	+0,80	514		
	50m: 32.84	32.84	150m: 1:46.15	37.18	250m: 3:01.09	37.35	350m: 4:15.78	36.91
	100m: 1:08.97	36.13	200m: 2:23.74	37.59	300m: 3:38.87	37.78	400m: 4:51.88	36.10
27.	Esmee Nieuwenhuis	ZPC De Hof	200701444	<b>4:51.99</b>	+0,87	514		
	50m: 31.21	31.21	150m: 1:44.56	37.54	250m: 3:00.62	38.46	350m: 4:16.29	37.75
	100m: 1:07.02	35.81	200m: 2:22.16	37.60	300m: 3:38.54	37.92	400m: 4:51.99	35.70
28.	Jasmijn Sterken	Zwemclub Polaris	200701196	<b>4:52.21</b>	+0,85	512		
	50m: 30.34	30.34	150m: 1:42.22	37.27	250m: 2:58.01	38.03	350m: 4:16.28	39.65
	100m: 1:04.95	34.61	200m: 2:19.98	37.76	300m: 3:36.63	38.62	400m: 4:52.21	35.93
29.	Charley Blide	ZPC AMERSFOORT	200600164	<b>4:52.45</b>	+0,72	511		
	50m: 31.39	31.39	150m: 1:43.84	37.09	250m: 2:59.08	37.76	350m: 4:15.29	38.13
	100m: 1:06.75	35.36	200m: 2:21.32	37.48	300m: 3:37.16	38.08	400m: 4:52.45	37.16
30.	Leyona Lichtendonk	Dedemsvaart-AC	200700010	<b>4:53.05</b>	+0,70	508		
	50m: 32.12	32.12	150m: 1:45.27	36.96	250m: 3:00.47	37.44	350m: 4:16.67	37.88
	100m: 1:08.31	36.19	200m: 2:23.03	37.76	300m: 3:38.79	38.32	400m: 4:53.05	36.38
31.	Linde van Wijngaarden	De Dolfijn	200601372	<b>4:56.17</b>	+0,58	492		
	50m: 32.37	32.37	150m: 1:45.59	37.50	250m: 3:01.61	37.76	350m: 4:18.62	38.33
	100m: 1:08.09	35.72	200m: 2:23.85	38.26	300m: 3:40.29	38.68	400m: 4:56.17	37.55
32.	Birgit Hage	PSV	200602898	<b>4:58.21</b>	+0,73	482		
	50m: 34.18	34.18	150m: 1:48.55	37.68	250m: 3:05.49	38.37	350m: 4:21.69	37.85
	100m: 1:10.87	36.69	200m: 2:27.12	38.57	300m: 3:43.84	38.35	400m: 4:58.21	36.52
33.	Yuan Ame Swart	De Otters Het Gooi	200604754	<b>4:58.52</b>	+0,79	481		
	50m: 33.64	33.64	150m: 1:48.73	38.00	250m: 3:04.71	37.36	350m: 4:21.31	38.48
	100m: 1:10.73	37.09	200m: 2:27.35	38.62	300m: 3:42.83	38.12	400m: 4:58.52	37.21
34.	Maud Dokter	Steenwijk 1934	200601672	<b>5:04.85</b> *	+0,71	451		
	50m: 33.20	33.20	150m: 1:48.13	38.02	250m: 3:05.24	38.41	350m: 4:25.33	40.17
	100m: 1:10.11	36.91	200m: 2:26.83	38.70	300m: 3:45.16	39.92	400m: 5:04.85	39.52
35.	Rosa Kremers	PSV	200701224	<b>5:06.01</b>	+0,74	446		
	50m: 33.84	33.84	150m: 1:49.60	38.52	250m: 3:08.49	39.23	350m: 4:28.21	40.44
	100m: 1:11.08	37.24	200m: 2:29.26	39.66	300m: 3:47.77	39.28	400m: 5:06.01	37.80
36.	Aguila Dolsma	Blue Marlins	200603902	<b>5:38.99</b>	+0,72	328	549	
	50m: 36.13	36.13	150m: 2:00.41	42.77	250m: 3:27.28	43.58	350m: 4:56.05	44.75
	100m: 1:17.64	41.51	200m: 2:43.70	43.29	300m: 4:11.30	44.02	400m: 5:38.99	42.94

senioren 1 en 2

1.	Janna van Kooten	HPC - ZPC Hoogeveen	200404584	<b>4:07.41</b>	+0,74	A	845	
	50m: 28.27	28.27	150m: 1:29.59	30.94	250m: 2:31.68	30.92	350m: 3:35.61	32.26
	100m: 58.65	30.38	200m: 2:00.76	31.17	300m: 3:03.35	31.67	400m: 4:07.41	31.80
2.	Marte Hieke van der Kamp	Orca	200500218	<b>4:21.97</b>	+0,55	A	711	
	50m: 29.54	29.54	150m: 1:34.99	33.08	250m: 2:42.01	33.63	350m: 3:49.38	33.60
	100m: 1:01.91	32.37	200m: 2:08.38	33.39	300m: 3:15.78	33.77	400m: 4:21.97	32.59
3.	Kirsten Verhelle	PSV	200400210	<b>4:22.84</b>	+0,73	A	704	
	50m: 29.59	29.59	150m: 1:35.05	33.11	250m: 2:41.71	33.36	350m: 3:49.46	33.96
	100m: 1:01.94	32.35	200m: 2:08.35	33.30	300m: 3:15.50	33.79	400m: 4:22.84	33.38

B = Bonus inschrijving

Programmanr. 1, Dames, 400m vrije slag, Voorronde, senioren 1 en 2

rang	naam		vereniging				tijd	RT	FINA	para	
4.	Sophia van Droffelaar		ZVVS			200500330	<b>4:24.68</b>	+0,70	A	690	
	50m:	29.23	150m:	1:34.32	32.98	250m:	2:41.78	33.86	350m:	3:50.95	34.67
	100m:	1:01.34	200m:	2:07.92	33.60	300m:	3:16.28	34.50	400m:	4:24.68	33.73
5.	Merel Schravendijk		HPC - Blue Marlines			200503382	<b>4:25.77</b>	+0,67	B	681	
	50m:	29.73	150m:	1:35.26	33.04	250m:	2:42.74	33.85	350m:	3:50.65	34.20
	100m:	1:02.22	200m:	2:08.89	33.63	300m:	3:16.45	33.71	400m:	4:25.77	35.12
6.	Janne Slegers		PSV			200404090	<b>4:28.32</b>	+0,70	B	662	
	50m:	29.57	150m:	1:35.86	33.63	250m:	2:44.58	34.23	350m:	3:53.70	34.58
	100m:	1:02.23	200m:	2:10.35	34.49	300m:	3:19.12	34.54	400m:	4:28.32	34.62
7.	Tess Panjer		VZC			200403060	<b>4:32.01</b>	+0,80	B	635	
	50m:	29.98	150m:	1:38.15	34.68	250m:	2:48.35	35.12	350m:	3:58.76	35.11
	100m:	1:03.47	200m:	2:13.23	35.08	300m:	3:23.65	35.30	400m:	4:32.01	33.25
8.	Nicole Rubino		Insport s.r.l. Soc. sportiva d.				<b>4:33.17</b>	+0,75	R	627	
	50m:	30.39	150m:	1:38.02	34.35	250m:	2:47.86	34.99	350m:	3:58.66	35.38
	100m:	1:03.67	200m:	2:12.87	34.85	300m:	3:23.28	35.42	400m:	4:33.17	34.51
9.	Myrthe Natzijl		Orca			200400076	<b>4:33.68</b>	+0,76	R	624	
	50m:	31.21	150m:	1:40.25	34.32	250m:	2:49.63	34.82	350m:	4:00.07	35.34
	100m:	1:05.93	200m:	2:14.81	34.56	300m:	3:24.73	35.10	400m:	4:33.68	33.61
10.	Dominique Dingshoff		ZPC Hoogeveen			200400804	<b>4:34.64</b>	+0,77		617	
	50m:	30.25	150m:	1:38.15	34.57	250m:	2:49.30	35.47	350m:	4:00.25	35.84
	100m:	1:03.58	200m:	2:13.83	35.68	300m:	3:24.41	35.11	400m:	4:34.64	34.39
11.	Emma Hofstee		TriVia			200401282	<b>4:35.52</b>	+0,53		611	
	50m:	30.93	150m:	1:39.53	34.54	250m:	2:49.66	35.57	350m:	4:00.99	35.60
	100m:	1:04.99	200m:	2:14.09	34.56	300m:	3:25.39	35.73	400m:	4:35.52	34.53
12.	Ismay Lichtendonk		Dedemsvaart-AC			200400622	<b>4:41.85</b>	+0,76		571	
	50m:	30.78	150m:	1:38.91	34.64	250m:	2:50.02	35.70	350m:	4:04.59	37.63
	100m:	1:04.27	200m:	2:14.32	35.41	300m:	3:26.96	36.94	400m:	4:41.85	37.26
13.	Anique Hazebroek		ZPC AMERSFOORT			200502196	<b>4:42.96</b>	+0,70		564	
	50m:	30.42	150m:	1:40.90	35.95	250m:	2:52.69	35.61	350m:	4:06.49	37.14
	100m:	1:04.95	200m:	2:17.08	36.18	300m:	3:29.35	36.66	400m:	4:42.96	36.47

Senioren Open

1.	Janna van Kooten		HPC - ZPC Hoogeveen			200404584	<b>4:07.41</b>	+0,74	A	845	
	50m:	28.27	150m:	1:29.59	30.94	250m:	2:31.68	30.92	350m:	3:35.61	32.26
	100m:	58.65	200m:	2:00.76	31.17	300m:	3:03.35	31.67	400m:	4:07.41	31.80
2.	Yara van Kalmthout		HPC - PSV			200200984	<b>4:16.32</b>	+0,71	A	760	
	50m:	28.73	150m:	1:31.33	31.58	250m:	2:36.35	32.90	350m:	3:43.31	33.76
	100m:	59.75	200m:	2:03.45	32.12	300m:	3:09.55	33.20	400m:	4:16.32	33.01
3.	Marte Hieke van der Kamp		Orca			200500218	<b>4:21.97</b>	+0,55	A	711	
	50m:	29.54	150m:	1:34.99	33.08	250m:	2:42.01	33.63	350m:	3:49.38	33.60
	100m:	1:01.91	200m:	2:08.38	33.39	300m:	3:15.78	33.77	400m:	4:21.97	32.59
4.	Angelina Rolman		HPC - De Dolfijn			200701972	<b>4:22.68</b>	+0,69	A	706	
	50m:	28.88	150m:	1:34.53	33.15	250m:	2:42.33	34.05	350m:	3:49.66	33.30
	100m:	1:01.38	200m:	2:08.28	33.75	300m:	3:16.36	34.03	400m:	4:22.68	33.02
5.	Kirsten Verhale		PSV			200400210	<b>4:22.84</b>	+0,73	A	704	
	50m:	29.59	150m:	1:35.05	33.11	250m:	2:41.71	33.36	350m:	3:49.46	33.96
	100m:	1:01.94	200m:	2:08.35	33.30	300m:	3:15.50	33.79	400m:	4:22.84	33.38
6.	Sara Korthuis		DZ&PC			200600494	<b>4:23.86</b>	+0,72	A	696	
	50m:	28.84	150m:	1:34.79	33.50	250m:	2:42.79	34.03	350m:	3:50.72	33.76
	100m:	1:01.29	200m:	2:08.76	33.97	300m:	3:16.96	34.17	400m:	4:23.86	33.14
7.	Sophia van Droffelaar		ZVVS			200500330	<b>4:24.68</b>	+0,70	A	690	
	50m:	29.23	150m:	1:34.32	32.98	250m:	2:41.78	33.86	350m:	3:50.95	34.67
	100m:	1:01.34	200m:	2:07.92	33.60	300m:	3:16.28	34.50	400m:	4:24.68	33.73
8.	Manon Ritten		PSV			200002440	<b>4:25.64</b>	+0,74	A	682	
	50m:	29.78	150m:	1:36.52	33.71	250m:	2:44.43	34.06	350m:	3:52.99	34.03
	100m:	1:02.81	200m:	2:10.37	33.85	300m:	3:18.96	34.53	400m:	4:25.64	32.65
9.	Merel Schravendijk		HPC - Blue Marlines			200503382	<b>4:25.77</b>	+0,67	B	681	
	50m:	29.73	150m:	1:35.26	33.04	250m:	2:42.74	33.85	350m:	3:50.65	34.20
	100m:	1:02.22	200m:	2:08.89	33.63	300m:	3:16.45	33.71	400m:	4:25.77	35.12
10.	Amé Hulleman		DZ&PC			200202794	<b>4:26.19</b>	+0,73	B	678	
	50m:	29.65	150m:	1:35.83	33.52	250m:	2:44.09	34.23	350m:	3:52.78	34.46
	100m:	1:02.31	200m:	2:09.86	34.03	300m:	3:18.32	34.23	400m:	4:26.19	33.41

B = Bonus inschrijving

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

rang	naam	vereniging	tijd	RT	FINA	para
11.	Nikita van den Ouden 50m: 30.53 100m: 1:03.73	Nuenen 150m: 1:37.50 200m: 2:11.51	199900622 250m: 2:45.82 300m: 3:20.19	<b>4:27.81</b> 34.31 350m: 3:54.51 400m: 4:27.81	B	666 34.32 33.30
12.	Nynke Boerefijn 50m: 29.90 100m: 1:02.57	ZPC AMERSFOORT 150m: 1:36.26 200m: 2:10.33	200700114 250m: 2:44.68 300m: 3:19.15	<b>4:28.10</b> 34.35 350m: 3:53.89 400m: 4:28.10	B	664 34.74 34.21
13.	Janne Slegers 50m: 29.57 100m: 1:02.23	PSV 150m: 1:35.86 200m: 2:10.35	200404090 250m: 2:44.58 300m: 3:19.12	<b>4:28.32</b> 34.23 350m: 3:53.70 400m: 4:28.32	B	662 34.58 34.62
14.	Hedwig Bolt 50m: 29.51 100m: 1:02.77	HZ&PC Heerenveen 150m: 1:37.18 200m: 2:11.61	200602660 250m: 2:45.73 300m: 3:20.76	<b>4:29.45</b> 34.12 350m: 3:55.43 400m: 4:29.45	B	654 34.67 34.02
15.	Evy Rozeboom 50m: 30.78 100m: 1:04.45	DAW 150m: 1:38.82 200m: 2:13.06	200601338 250m: 2:47.84 300m: 3:22.04	<b>4:31.02</b> 34.78 350m: 3:56.85 400m: 4:31.02	B	642 34.81 34.17
16.	Tess Panjer 50m: 29.98 100m: 1:03.47	VZC 150m: 1:38.15 200m: 2:13.23	200403060 250m: 2:48.35 300m: 3:23.65	<b>4:32.01</b> 35.12 350m: 3:58.76 400m: 4:32.01	B	635 35.11 33.25
17.	Nicole Rubino 50m: 30.39 100m: 1:03.67	Insport s.r.l. Soc. sportiva d. 150m: 1:38.02 200m: 2:12.87	250m: 2:47.86 300m: 3:23.28	<b>4:33.17</b> 34.99 350m: 3:58.66 400m: 4:33.17	R	627 35.38 34.51
18.	Myrthe Natzijl 50m: 31.21 100m: 1:05.93	Orca 150m: 1:40.25 200m: 2:14.81	200400076 250m: 2:49.63 300m: 3:24.73	<b>4:33.68</b> 34.82 350m: 4:00.07 400m: 4:33.68	R	624 35.34 33.61
19.	Rhodee van den Ham 50m: 31.21 100m: 1:04.80	De Duinkickers 150m: 1:39.71 200m: 2:14.57	200700090 250m: 2:49.84 300m: 3:25.16	<b>4:33.71</b> 35.27 350m: 4:00.27 400m: 4:33.71		624 35.11 33.44
20.	Dominique Dingshoff 50m: 30.25 100m: 1:03.58	ZPC Hoogeveen 150m: 1:38.15 200m: 2:13.83	200400804 250m: 2:49.30 300m: 3:24.41	<b>4:34.64</b> 35.47 350m: 4:00.25 400m: 4:34.64		617 35.84 34.39
21.	Emma Hofstee 50m: 30.93 100m: 1:04.99	TriVia 150m: 1:39.53 200m: 2:14.09	200401282 250m: 2:49.66 300m: 3:25.39	<b>4:35.52</b> 35.57 350m: 4:00.99 400m: 4:35.52		611 35.60 34.53
22.	Amber van der Kruk <i>Europees Record PARA</i> 50m: 29.65 100m: 1:03.11	HPC PARA - MSV Zeemacht 150m: 1:37.44 200m: 2:12.62	200102730 S14 250m: 2:47.54 300m: 3:23.58	<b>4:36.10</b> 34.92 350m: 3:59.58 400m: 4:36.10		608 1016 36.00 36.52
23.	Roos Englebert 50m: 31.65 100m: 1:05.74	Hieronymus 150m: 1:40.68 200m: 2:15.99	200200606 250m: 2:51.18 300m: 3:26.70	<b>4:37.29</b> 35.19 350m: 4:02.24 400m: 4:37.29		600 35.54 35.05
24.	Mara Bosman 50m: 29.87 100m: 1:03.36	Blue Marlins 150m: 1:38.18 200m: 2:13.77	200303048 250m: 2:49.87 300m: 3:26.76	<b>4:38.66</b> 36.10 350m: 4:02.99 400m: 4:38.66		591 36.23 35.67
25.	Ananda van der Wiel 50m: 31.01 100m: 1:05.64	WVZ 150m: 1:40.99 200m: 2:16.53	200701562 250m: 2:52.35 300m: 3:28.48	<b>4:39.02</b> 35.82 350m: 4:04.61 400m: 4:39.02		589 36.13 34.41
26.	Ylva Konings 50m: 31.84 100m: 1:07.01	PSV 150m: 1:42.15 200m: 2:17.60	200700148 250m: 2:53.58 300m: 3:29.68	<b>4:39.18</b> 35.98 350m: 4:05.31 400m: 4:39.18		588 35.63 33.87
27.	Eline van Rijn 50m: 31.54 100m: 1:06.41	DAW 150m: 1:42.61 200m: 2:18.27	200700918 250m: 2:53.78 300m: 3:29.43	<b>4:40.36</b> 35.51 350m: 4:05.21 400m: 4:40.36		580 35.78 35.15
28.	Michelle Zomerdijk 50m: 31.04 100m: 1:05.32	Dedemsvaart-AC 150m: 1:40.65 200m: 2:16.17	200003196 250m: 2:52.25 300m: 3:28.88	<b>4:41.30</b> 36.08 350m: 4:05.38 400m: 4:41.30		575 36.50 35.92
29.	Ismay Lichtendonk 50m: 30.78 100m: 1:04.27	Dedemsvaart-AC 150m: 1:38.91 200m: 2:14.32	200400622 250m: 2:50.02 300m: 3:26.96	<b>4:41.85</b> 35.70 350m: 4:04.59 400m: 4:41.85		571 37.63 37.26
30.	Anique Hazebroek 50m: 30.42 100m: 1:04.95	ZPC AMERSFOORT 150m: 1:40.90 200m: 2:17.08	200502196 250m: 2:52.69 300m: 3:29.35	<b>4:42.96</b> 35.61 350m: 4:06.49 400m: 4:42.96		564 37.14 36.47

B = Bonus inschrijving

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

rang	naam	vereniging	tijd	RT	FINA	para
31.	Féline Sam	ZV 44	<b>4:43.64</b>	+0,73	560	
	50m: 31.69 100m: 1:07.68	150m: 1:44.15 200m: 2:21.09	250m: 2:57.39 300m: 3:33.82	350m: 4:09.47 400m: 4:43.64	36.30 36.43	35.65 34.17
32.	Barbara Broekhuis	De Dinkel	<b>4:44.21</b>	+0,85	557	
	50m: 30.30 100m: 1:04.32	150m: 1:40.08 200m: 2:16.20	250m: 2:52.77 300m: 3:30.02	350m: 4:07.70 400m: 4:44.21	36.57 37.25	37.68 36.51
33.	Lyke Bellert	Octopus-ZVV (SG)	<b>4:45.38</b>	+0,68	550	
	50m: 32.94 100m: 1:08.62	150m: 1:44.88 200m: 2:21.23	250m: 2:56.95 300m: 3:33.70	350m: 4:10.64 400m: 4:45.38	35.72 36.75	36.94 34.74
34.	Vera van der Meer	VZC	<b>4:46.69</b>	+0,78	543	
	50m: 32.58 100m: 1:08.44	150m: 1:45.44 200m: 2:22.35	250m: 2:59.25 300m: 3:35.76	350m: 4:11.90 400m: 4:46.69	36.90 36.51	36.14 34.79
35.	Lieke Duijnkerke	ZPC De Zeeuwse Kust	<b>4:46.94</b>	+0,73	541	
	50m: 32.98 100m: 1:08.38	150m: 1:44.82 200m: 2:20.95	250m: 2:57.12 300m: 3:33.94	350m: 4:11.02 400m: 4:46.94	36.17 36.82	37.08 35.92
36.	Imre Bouwland	ZPC Hoogeveen	<b>4:47.44</b>	+0,65	538	
	50m: 31.40 100m: 1:07.09	150m: 1:43.66 200m: 2:20.48	250m: 2:57.39 300m: 3:35.02	350m: 4:12.11 400m: 4:47.44	36.91 37.63	37.09 35.33
37.	Rafaëla Mulders	De Reuring	<b>4:48.02</b>	+0,80	535	
	50m: 31.07 100m: 1:06.93	150m: 1:43.29 200m: 2:20.27	250m: 2:57.61 300m: 3:35.17	350m: 4:12.01 400m: 4:48.02	37.34 37.56	36.84 36.01
38.	Carlein Polinder	ZV 44	<b>4:48.11</b>	+0,75	535	
	50m: 31.28 100m: 1:06.80	150m: 1:43.44 200m: 2:20.37	250m: 2:57.50 300m: 3:34.88	350m: 4:12.54 400m: 4:48.11	37.13 37.38	37.66 35.57
39.	Noa Ottens	VZC	<b>4:48.20</b>	+0,76	534	
	50m: 31.75 100m: 1:07.35	150m: 1:43.83 200m: 2:20.71	250m: 2:57.71 300m: 3:34.20	350m: 4:11.10 400m: 4:48.20	37.00 36.49	36.90 37.10
40.	Myrthe Dam	Zuiderzeewemmers	<b>4:48.63</b>	+0,72	532	
	50m: 33.41 100m: 1:09.44	150m: 1:46.20 200m: 2:23.02	250m: 3:00.32 300m: 3:36.75	350m: 4:13.08 400m: 4:48.63	37.30 36.43	36.33 35.55
41.	Vera Wassink	ZPC AMERSFOORT	<b>4:48.81</b>	+0,70	531	
	50m: 31.84 100m: 1:07.46	150m: 1:44.48 200m: 2:21.09	250m: 2:58.04 300m: 3:35.54	350m: 4:12.94 400m: 4:48.81	36.95 37.50	37.40 35.87
42.	Eline Lutters	De Dinkel	<b>4:50.23</b>	+0,72	523	
	50m: 31.36 100m: 1:06.64	150m: 1:43.26 200m: 2:20.50	250m: 2:57.63 300m: 3:35.43	350m: 4:13.43 400m: 4:50.23	37.13 37.80	38.00 36.80
43.	Annedieke Scholte	Blue Marlins	<b>4:50.29</b>	+0,76	523	
	50m: 32.11 100m: 1:08.23	150m: 1:45.38 200m: 2:22.87	250m: 3:00.18 300m: 3:37.95	350m: 4:15.08 400m: 4:50.29	37.31 37.77	37.13 35.21
44.	Isa Jansen	SBC2000	<b>4:50.90</b>	+0,61	519	
	50m: 32.13 100m: 1:08.51	150m: 1:45.68 200m: 2:22.92	250m: 3:00.62 300m: 3:38.17	350m: 4:15.64 400m: 4:50.90	37.70 37.55	37.47 35.26
45.	Benthe Martens	ZPC AMERSFOORT	<b>4:51.66</b>	+0,67	515	
	50m: 33.12 100m: 1:09.01	150m: 1:46.33 200m: 2:24.45	250m: 3:02.50 300m: 3:40.22	350m: 4:17.42 400m: 4:51.66	38.05 37.72	37.20 34.24
46.	Myrthe Vos	PSV	<b>4:51.73</b>	+0,78	515	
	50m: 31.15 100m: 1:07.28	150m: 1:44.62 200m: 2:22.33	250m: 2:59.79 300m: 3:38.08	350m: 4:15.51 400m: 4:51.73	37.46 38.29	37.43 36.22
47.	Inger van Oord	ZV Haarlem	<b>4:51.88</b>	+0,80	514	
	50m: 32.84 100m: 1:08.97	150m: 1:46.15 200m: 2:23.74	250m: 3:01.09 300m: 3:38.87	350m: 4:15.78 400m: 4:51.88	37.35 37.78	36.91 36.10
48.	Esmee Nieuwenhuis	ZPC De Hof	<b>4:51.99</b>	+0,87	514	
	50m: 31.21 100m: 1:07.02	150m: 1:44.56 200m: 2:22.16	250m: 3:00.62 300m: 3:38.54	350m: 4:16.29 400m: 4:51.99	38.46 37.92	37.75 35.70
49.	Jasmijn Sterken	Zwemclub Polaris	<b>4:52.21</b>	+0,85	512	
	50m: 30.34 100m: 1:04.95	150m: 1:42.22 200m: 2:19.98	250m: 2:58.01 300m: 3:36.63	350m: 4:16.28 400m: 4:52.21	38.03 38.62	39.65 35.93
50.	Charley Blide	ZPC AMERSFOORT	<b>4:52.45</b>	+0,72	511	
	50m: 31.39 100m: 1:06.75	150m: 1:43.84 200m: 2:21.32	250m: 2:59.08 300m: 3:37.16	350m: 4:15.29 400m: 4:52.45	37.76 38.08	38.13 37.16
51.	Chantal Tiesinga	DZ&PC	<b>4:52.63</b>	+0,74	510	
	50m: 32.03 100m: 1:07.22	150m: 1:43.55 200m: 2:20.32	250m: 2:58.03 300m: 3:36.12	350m: 4:14.50 400m: 4:52.63	37.71 38.09	38.38 38.13

B = Bonus inschrijving

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

rang	naam	vereniging	tijd	RT	FINA	para		
52.	Leyona Lichtendonk	Dedemsvaart-AC	200700010	<b>4:53.05</b>	+0,70	508		
	50m: 32.12	32.12	150m: 1:45.27	36.96	250m: 3:00.47	37.44	350m: 4:16.67	37.88
	100m: 1:08.31	36.19	200m: 2:23.03	37.76	300m: 3:38.79	38.32	400m: 4:53.05	36.38
53.	Linde van Wijngaarden	De Dolfijn	200601372	<b>4:56.17</b>	+0,58	492		
	50m: 32.37	32.37	150m: 1:45.59	37.50	250m: 3:01.61	37.76	350m: 4:18.62	38.33
	100m: 1:08.09	35.72	200m: 2:23.85	38.26	300m: 3:40.29	38.68	400m: 4:56.17	37.55
54.	Birgit Hage	PSV	200602898	<b>4:58.21</b>	+0,73	482		
	50m: 34.18	34.18	150m: 1:48.55	37.68	250m: 3:05.49	38.37	350m: 4:21.69	37.85
	100m: 1:10.87	36.69	200m: 2:27.12	38.57	300m: 3:43.84	38.35	400m: 4:58.21	36.52
55.	Yuan Ame Swart	De Otters Het Gooi	200604754	<b>4:58.52</b>	+0,79	481		
	50m: 33.64	33.64	150m: 1:48.73	38.00	250m: 3:04.71	37.36	350m: 4:21.31	38.48
	100m: 1:10.73	37.09	200m: 2:27.35	38.62	300m: 3:42.83	38.12	400m: 4:58.52	37.21
56.	Maud Dokter	Steenwijk 1934	200601672	<b>5:04.85</b> *	+0,71	451		
	50m: 33.20	33.20	150m: 1:48.13	38.02	250m: 3:05.24	38.41	350m: 4:25.33	40.17
	100m: 1:10.11	36.91	200m: 2:26.83	38.70	300m: 3:45.16	39.92	400m: 5:04.85	39.52
57.	Rosa Kremers	PSV	200701224	<b>5:06.01</b>	+0,74	446		
	50m: 33.84	33.84	150m: 1:49.60	38.52	250m: 3:08.49	39.23	350m: 4:28.21	40.44
	100m: 1:11.08	37.24	200m: 2:29.26	39.66	300m: 3:47.77	39.28	400m: 5:06.01	37.80
58.	Liesette Bruinsma	HPC PARA - HZ&PC Heerenveen	200004346 S11	<b>5:06.24</b>	+0,67	445	1047	
	50m: 33.34	33.34	150m: 1:49.55	38.71	250m: 3:07.81	39.93	350m: 4:26.71	38.63
	100m: 1:10.84	37.50	200m: 2:27.88	38.33	300m: 3:48.08	40.27	400m: 5:06.24	39.53
59.	Fenne de Jong	Steenwijk 1934	200800532 S10	<b>5:20.20</b>	+0,86	389	606	
	50m: 35.25	35.25	150m: 1:55.50	40.74	250m: 3:17.62	41.40	350m: 4:40.34	41.31
	100m: 1:14.76	39.51	200m: 2:36.22	40.72	300m: 3:59.03	41.41	400m: 5:20.20	39.86
60.	Aguila Dolsma	Blue Marlins	200603902 S14	<b>5:38.99</b>	+0,72	328	549	
	50m: 36.13	36.13	150m: 2:00.41	42.77	250m: 3:27.28	43.58	350m: 4:56.05	44.75
	100m: 1:17.64	41.51	200m: 2:43.70	43.29	300m: 4:11.30	44.02	400m: 5:38.99	42.94
NG	Kim Zwinkels	ZPCH	200300422					

PARA Junioren

1.	Fenne de Jong	Steenwijk 1934	200800532 S10	<b>5:20.20</b>	+0,86	389	606	
	50m: 35.25	35.25	150m: 1:55.50	40.74	250m: 3:17.62	41.40	350m: 4:40.34	41.31
	100m: 1:14.76	39.51	200m: 2:36.22	40.72	300m: 3:59.03	41.41	400m: 5:20.20	39.86

PARA Open: Top 8 plaatst zich voor de finale

1.	Liesette Bruinsma	HPC PARA - HZ&PC Heerenveen	200004346 S11	<b>5:06.24</b>	+0,67	445	1047	
	50m: 33.34	33.34	150m: 1:49.55	38.71	250m: 3:07.81	39.93	350m: 4:26.71	38.63
	100m: 1:10.84	37.50	200m: 2:27.88	38.33	300m: 3:48.08	40.27	400m: 5:06.24	39.53
2.	Amber van der Kruk <i>Europees Record PARA</i>	HPC PARA - MSV Zeemacht	200102730 S14	<b>4:36.10</b>	+0,81	608	1016	
	50m: 29.65	29.65	150m: 1:37.44	34.33	250m: 2:47.54	34.92	350m: 3:59.58	36.00
	100m: 1:03.11	33.46	200m: 2:12.62	35.18	300m: 3:23.58	36.04	400m: 4:36.10	36.52
3.	Fenne de Jong	Steenwijk 1934	200800532 S10	<b>5:20.20</b>	+0,86	389	606	
	50m: 35.25	35.25	150m: 1:55.50	40.74	250m: 3:17.62	41.40	350m: 4:40.34	41.31
	100m: 1:14.76	39.51	200m: 2:36.22	40.72	300m: 3:59.03	41.41	400m: 5:20.20	39.86
4.	Aguila Dolsma	Blue Marlins	200603902 S14	<b>5:38.99</b>	+0,72	328	549	
	50m: 36.13	36.13	150m: 2:00.41	42.77	250m: 3:27.28	43.58	350m: 4:56.05	44.75
	100m: 1:17.64	41.51	200m: 2:43.70	43.29	300m: 4:11.30	44.02	400m: 5:38.99	42.94

B = Bonus inschrijving