

Programmanr. 1
26-05-2018 - 13:00

Dames, 400m vrije slag

Senioren en later
Resultaten

Nederlands Record 4:03.02 Sharon van ROUWENDAAL 13-033 Kazan (RUS) 02-08-2015

rang	naam	vereniging	intijd	tijd	RT
Junioren 1					
1.	Anouk van HATTUM	Hellas-Glana	5:11.87	200600738	5:04.25 +0,75 481
	50m: 33.55	33.55 150m: 1:51.67	39.46 250m: 3:11.03	39.54	350m: 4:30.40 39.44
	100m: 1:12.21	38.66 200m: 2:31.49	39.82 300m: 3:50.96	39.93	400m: 5:04.25 33.85
2.	Shanna JOPPE	Z & PC De Zeeuwse Kust	5:21.89	200601186	5:21.06 +0,71 409
	50m: 35.32	35.32 150m: 1:55.54	40.66 250m: 3:18.18	41.30	350m: 4:42.01 41.34
	100m: 1:14.88	39.56 200m: 2:36.88	41.34 300m: 4:00.67	42.49	400m: 5:21.06 39.05
3.	Félinn van LIENDEN	Hieronymus	5:40.98	200602038	5:23.33 +0,68 401
	50m: 35.14	35.14 150m: 1:55.57	40.56 250m: 3:18.76	41.61	350m: 4:43.05 42.06
	100m: 1:15.01	39.87 200m: 2:37.15	41.58 300m: 4:00.99	42.23	400m: 5:23.33 40.28
4.	Valerie van der VELDEN	PSV	5:39.83	200600860	5:28.16 +0,77 383
	50m: 35.98	35.98 150m: 1:57.43	41.57 250m: 3:22.04	42.75	350m: 4:47.43 42.96
	100m: 1:15.86	39.88 200m: 2:39.29	41.86 300m: 4:04.47	42.43	400m: 5:28.16 40.73
5.	Claire ALIZÉ	PSV	5:49.18	200601104	5:39.00 +0,86 348
	50m: 38.95	38.95 150m: 2:04.64	43.12 250m: 3:32.62	44.36	350m: 4:59.57 43.25
	100m: 1:21.52	42.57 200m: 2:48.26	43.62 300m: 4:16.32	43.70	400m: 5:39.00 39.43
6.	Danee VERSTEGEN	HZPC	5:47.76	200600518	5:40.85 +0,78 342
	50m: 38.68	38.68 150m: 2:06.56	44.21 250m: 3:35.62	43.92	350m: 5:01.47 42.13
	100m: 1:22.35	43.67 200m: 2:51.70	45.14 300m: 4:19.34	43.72	400m: 5:40.85 39.38
Junioren 2					
1.	Indy van LAARHOVEN	AquaDream	5:09.47	200500710	5:03.78 +0,76 483
	50m: 33.99	33.99 150m: 1:49.45	38.13 250m: 3:08.15	39.55	350m: 4:26.38 39.08
	100m: 1:11.32	37.33 200m: 2:28.60	39.15 300m: 3:47.30	39.15	400m: 5:03.78 37.40
2.	Veerle van HUGTEN	DZT'62	5:23.78	200502508	5:06.81 +0,71 469
	50m: 34.24	34.24 150m: 1:52.23	39.25 250m: 3:12.34	40.29	350m: 4:31.71 39.48
	100m: 1:12.98	38.74 200m: 2:32.05	39.82 300m: 3:52.23	39.89	400m: 5:06.81 35.10
3.	Colinda van der ZANDEN	Noord Limburg(SG)	5:14.83	200502618	5:08.07 +0,66 463
	50m: 34.01	34.01 150m: 1:51.31	38.94 250m: 3:12.06	40.75	350m: 4:32.11 40.51
	100m: 1:12.37	38.36 200m: 2:31.31	40.00 300m: 3:51.60	39.54	400m: 5:08.07 35.96
4.	Leonie HABRAKEN	Argo	5:28.48	200501184	5:14.73 +0,80 434
	50m: 37.32	37.32 150m: 1:55.50	38.94 250m: 3:14.69	39.47	350m: 4:35.49 40.24
	100m: 1:16.56	39.24 200m: 2:35.22	39.72 300m: 3:55.25	40.56	400m: 5:14.73 39.24
5.	Julia van SLOUN	Hellas-Glana	5:19.23	200500478	5:19.33 +0,82 416
	50m: 34.64	34.64 150m: 1:53.49	40.20 250m: 3:16.56	41.64	350m: 4:39.23 40.76
	100m: 1:13.29	38.65 200m: 2:34.92	41.43 300m: 3:58.47	41.91	400m: 5:19.33 40.10
6.	Manouk MAAS	Z & PC De Zeeuwse Kust	5:24.73	200502952	5:20.31 +0,91 412
	50m: 36.51	36.51 150m: 1:57.87	40.75 250m: 3:20.76	42.12	350m: 4:43.32 41.47
	100m: 1:17.12	40.61 200m: 2:38.64	40.77 300m: 4:01.85	41.09	400m: 5:20.31 36.99
7.	Mirthe VLEGELS	Hieronymus	5:26.15	200503486	5:20.83 +0,68 410
	50m: 34.91	34.91 150m: 1:55.25	40.81 250m: 3:18.09	41.51	350m: 4:41.54 41.45
	100m: 1:14.44	39.53 200m: 2:36.58	41.33 300m: 4:00.09	42.00	400m: 5:20.83 39.29
8.	Luna van TILBURG	De Krabben	5:24.37	200502160	5:23.30 +0,72 401
	50m: 34.20	34.20 150m: 1:55.39	40.94 250m: 3:19.96	42.25	350m: 4:43.73 41.15
	100m: 1:14.45	40.25 200m: 2:37.71	42.32 300m: 4:02.58	42.62	400m: 5:23.30 39.57
9.	Jennifer KOONEN	Zwemsport Parkstad	5:22.27	200500386	5:26.78 +0,79 388
	50m: 36.62	36.62 150m: 1:59.33	41.93 250m: 3:23.41	41.93	350m: 4:47.23 41.56
	100m: 1:17.40	40.78 200m: 2:41.48	42.15 300m: 4:05.67	42.26	400m: 5:26.78 39.55
10.	Elise BAMS	Zwemclub Eijsden	5:18.85	200500834	5:29.91 +0,77 377
	50m: 36.02	36.02 150m: 1:58.78	42.09 250m: 3:24.42	42.69	350m: 4:49.91 42.42
	100m: 1:16.69	40.67 200m: 2:41.73	42.95 300m: 4:07.49	43.07	400m: 5:29.91 40.00
11.	Lieke LANKES	Mosa~Regio	5:32.51	200501128	5:33.39 366
	50m: 34.75	34.75 150m: 1:55.46	41.20 250m: 3:22.25	43.37	350m: 4:51.38 42.59
	100m: 1:14.26	39.51 200m: 2:38.88	43.42 300m: 4:08.79	46.54	400m: 5:33.39 42.01
12.	Eunice van EKERT	Z&PV Nuenen	5:33.93	200504142	5:48.40 +0,84 320
	50m: 36.02	36.02 150m: 1:58.78	42.09 250m: 3:24.42	42.69	350m: 4:49.91 42.42
	100m: 1:16.76	40.67 200m: 2:41.73	42.95 300m: 4:07.49	43.07	400m: 5:29.91 40.00

Programmanr. 1, Dames, 400m vrije slag

Junioren 3

1.	Luka de NEEF	AquaDream	4:57.77	200401824		4:49.11	+0,65	560
	50m: 32.97	32.97	150m: 1:46.68	36.53	250m: 2:59.67	35.97	350m: 4:12.66	36.05
	100m: 1:10.15	37.18	200m: 2:23.70	37.02	300m: 3:36.61	36.94	400m: 4:49.11	36.45
2.	Bridget de BAT	Z & PC De Zeeuwse Kust	4:55.08	200400382		4:52.18	+0,75	543
	50m: 31.87	31.87	150m: 1:45.08	37.08	250m: 2:59.59	36.91	350m: 4:14.84	37.65
	100m: 1:08.00	36.13	200m: 2:22.68	37.60	300m: 3:37.19	37.60	400m: 4:52.18	37.34
3.	Amy TEBBEN	Eurode Kerkrade	4:55.10	200400108		4:59.85	+0,84	502
	50m: 33.39	33.39	150m: 1:47.74	38.04	250m: 3:04.36	38.78	350m: 4:22.05	39.34
	100m: 1:09.70	36.31	200m: 2:25.58	37.84	300m: 3:42.71	38.35	400m: 4:59.85	37.80
4.	Audrey PIECK	Zeester Meerval	5:15.85	200401378		5:13.43	+0,67	440
	50m: 35.15	35.15	150m: 1:53.66	39.65	250m: 3:14.25	40.57	350m: 4:35.50	40.95
	100m: 1:14.01	38.86	200m: 2:33.68	40.02	300m: 3:54.55	40.30	400m: 5:13.43	37.93
5.	Tessa ROOVERS	De Schelde	5:21.78	200405206		5:15.29	+0,85	432
	50m: 35.19	35.19	150m: 1:54.99	40.33	250m: 3:15.96	40.78	350m: 4:37.37	40.38
	100m: 1:14.66	39.47	200m: 2:35.18	40.19	300m: 3:56.99	41.03	400m: 5:15.29	37.92
6.	Meike van der REE	ZWK Merlet	5:21.95	200402646		5:15.64	+0,74	431
	50m: 34.69	34.69	150m: 1:54.73	40.88	250m: 3:16.34	41.06	350m: 4:37.55	39.80
	100m: 1:13.85	39.16	200m: 2:35.28	40.55	300m: 3:57.75	41.41	400m: 5:15.64	38.09
7.	Dyonne KLOMP	ZPC Nederweert	5:31.61	200400642		5:17.16	+0,79	425
	50m: 34.27	34.27	150m: 1:52.12	39.51	250m: 3:14.21	40.88	350m: 4:36.96	40.78
	100m: 1:12.61	38.34	200m: 2:33.33	41.21	300m: 3:56.18	41.97	400m: 5:17.16	40.20
8.	Verena van RENS	Mosa~Regio	5:20.57	200401304		5:19.11	+0,81	417
	50m: 34.81	34.81	150m: 1:55.44	41.12	250m: 3:17.69	41.38	350m: 4:40.63	41.34
	100m: 1:14.32	39.51	200m: 2:36.31	40.87	300m: 3:59.29	41.60	400m: 5:19.11	38.48
9.	Nienke TIMMERMANS	Zwemclub Eijsden	5:23.31	200404932		5:19.12	+0,75	417
	50m: 34.15	34.15	150m: 1:54.86	40.56	250m: 3:17.89	41.33	350m: 4:40.20	40.42
	100m: 1:14.30	40.15	200m: 2:36.56	41.70	300m: 3:59.78	41.89	400m: 5:19.12	38.92
10.	Mexi KÖSTERS	Zeps	5:19.48	200401308		5:19.25	+0,57	416
	50m: 34.13	34.13	150m: 1:54.55	40.65	250m: 3:17.16	40.76	350m: 4:40.36	41.01
	100m: 1:13.90	39.77	200m: 2:36.40	41.85	300m: 3:59.35	42.19	400m: 5:19.25	38.89
11.	Flore MEULENDIJKS	Z&PV Nuenen	5:18.87	200401884		5:19.71	+0,79	414
	50m: 36.04	36.04	150m: 1:57.16	41.07	250m: 3:19.29	41.19	350m: 4:40.30	39.86
	100m: 1:16.09	40.05	200m: 2:38.10	40.94	300m: 4:00.44	41.15	400m: 5:19.71	39.41
12.	Sanne LUKKEN	PSV	4:59.26	200400030		5:21.77	+0,84	407
	50m: 35.26	35.26	150m: 1:54.26	40.12	250m: 3:16.87	41.56	350m: 4:40.77	41.82
	100m: 1:14.14	38.88	200m: 2:35.31	41.05	300m: 3:58.95	42.08	400m: 5:21.77	41.00
13.	Bibi de JONG	Hieronymus	5:08.44	200401164		5:23.28		401
	50m: 35.53	35.53	150m: 1:57.05	41.15	250m: 3:20.62	42.03	350m: 4:44.27	41.09
	100m: 1:15.90	40.37	200m: 2:38.59	41.54	300m: 4:03.18	42.56	400m: 5:23.28	39.01
14.	Britt BAKERS	SWNZ	5:29.77	200403258		5:25.79	+0,70	392
	50m: 34.49	34.49	150m: 1:55.49	41.39	250m: 3:18.57	42.16	350m: 4:44.59	43.08
	100m: 1:14.10	39.61	200m: 2:36.41	40.92	300m: 4:01.51	42.94	400m: 5:25.79	41.20
15.	Jessie BODDEN	Zv Kimbria	5:21.32	200401650		5:25.82	+0,78	392
	50m: 35.57	35.57	150m: 1:57.17	41.70	250m: 3:21.32	41.61	350m: 4:45.97	42.25
	100m: 1:15.47	39.90	200m: 2:39.71	42.54	300m: 4:03.72	42.40	400m: 5:25.82	39.85
16.	Nienke van den HOUT	Hieronymus	5:30.75	200403670		5:26.70		388
	50m: 37.84	37.84	150m: 2:02.40	41.74	250m: 3:26.80	41.58	350m: 4:49.52	40.76
	100m: 1:20.66	42.82	200m: 2:45.22	42.82	300m: 4:08.76	41.96	400m: 5:26.70	37.18
17.	Anouck ROMEIJNSEN	Z & PC De Zeeuwse Kust	5:32.13	200402808		5:29.01	+0,81	380
	50m: 36.80	36.80	150m: 1:59.78	41.94	250m: 3:24.33	42.25	350m: 4:48.47	42.32
	100m: 1:17.84	41.04	200m: 2:42.08	42.30	300m: 4:06.15	41.82	400m: 5:29.01	40.54
18.	Esmee de VOLDER	Hieronymus	5:30.74	200404362		5:33.10	+0,77	366
	50m: 35.77	35.77	150m: 1:58.81	41.97	250m: 3:24.14	42.68	350m: 4:51.77	45.77
	100m: 1:16.84	41.07	200m: 2:41.46	42.65	300m: 4:06.00	41.86	400m: 5:33.10	41.33
19.	R. van DOORMALEN	PSV	5:23.37	200402070		5:37.95	+0,79	351
	50m:		150m:		250m:		350m:	
	100m: 1:19.14		200m: 2:46.19		300m: 4:14.78		400m: 5:37.95	
20.	Dieuwertje van den HEUVEL	Arethusa	5:05.67	200400098		5:48.34	+0,88	320
	50m: 36.94	36.94	150m: 2:01.98	43.40	250m: 3:32.53	45.54	350m: 5:05.29	46.59
	100m: 1:18.58	41.64	200m: 2:46.99	45.01	300m: 4:18.70	46.17	400m: 5:48.34	43.05
AFGEM	Janne SLEGGERS	Tempo Valkenswaard	5:18.73	200404090				

Junioren 3

1.	Diede STRUIJK	Z&PV Nuenen	6:09.08	200403824	S12	6:10.50	+1,27	419
	50m:		150m:		250m:		350m:	
	100m: 1:29.10		200m: 3:04.71		300m: 4:39.87		400m: 6:10.50	

Programmanr. 1, Dames, 400m vrije slag

Jeugd 1 en 2

1.	L. van den NIEUWENHUIJZENPSV	4:33.67	200304454	4:34.31	+0,81	656
	50m: 30.47 30.47 150m: 1:37.65 34.21 250m: 2:48.29 35.59 350m: 4:00.49 36.26					
	100m: 1:03.44 32.97 200m: 2:12.70 35.05 300m: 3:24.23 35.94 400m: 4:34.31 33.82					
2.	Carolien BECKERS Zwemspport Parkstad	4:38.30	200200078	4:34.50	+0,74	655
	50m: 30.53 30.53 150m: 1:38.60 34.81 250m: 2:49.86 35.77 350m: 4:01.78 36.22					
	100m: 1:03.79 33.26 200m: 2:14.09 35.49 300m: 3:25.56 35.70 400m: 4:34.50 32.72					
3.	Imke BEEKMAN Hellas-Glana	4:40.24	200301950	4:37.60	+0,83	633
	50m: 31.42 31.42 150m: 1:40.49 34.80 250m: 2:51.28 35.36 350m: 4:02.64 35.81					
	100m: 1:05.69 34.27 200m: 2:15.92 35.43 300m: 3:26.83 35.55 400m: 4:37.60 34.96					
4.	Babet de VOOGD Z & PC De Zeeuwse Kust	4:44.69	200301362	4:40.47	+0,68	614
	Zeeuws Record					
	50m: 31.44 31.44 150m: 1:41.96 36.00 250m: 2:53.47 35.66 350m: 4:05.05 35.73					
	100m: 1:05.96 34.52 200m: 2:17.81 35.85 300m: 3:29.32 35.85 400m: 4:40.47 35.42					
5.	Anne PAULUSSE O.Z. & P.C. De Warande	4:51.60	200200834	4:50.14	+0,80	555
	50m: 32.56 32.56 150m: 1:43.73 35.82 250m: 2:57.10 36.71 350m: 4:12.58 37.90					
	100m: 1:07.91 35.35 200m: 2:20.39 36.66 300m: 3:34.68 37.58 400m: 4:50.14 37.56					
6.	Mila MAAS PSV	4:49.33	200302966	4:51.17	+0,80	549
	50m: 31.73 31.73 150m: 1:44.23 36.65 250m: 2:58.84 37.22 350m: 4:14.59 38.05					
	100m: 1:07.58 35.85 200m: 2:21.62 37.39 300m: 3:36.54 37.70 400m: 4:51.17 36.58					
7.	Denise van der BURGT Zeester Meerval	4:48.27	200201812	4:57.34	+0,82	515
	50m: 33.66 33.66 150m: 1:48.01 37.32 250m: 3:03.18 37.33 350m: 4:19.34 37.88					
	100m: 1:10.69 37.03 200m: 2:25.85 37.84 300m: 3:41.46 38.28 400m: 4:57.34 38.00					
8.	Roos ENGLEBERT Hieronymus	5:05.50	200200606	5:01.66		493
	50m: 34.39 34.39 150m: 1:50.82 38.16 250m: 3:07.41 38.15 350m: 4:24.58 38.17					
	100m: 1:12.66 38.27 200m: 2:29.26 38.44 300m: 3:46.41 39.00 400m: 5:01.66 37.08					
9.	Meral BAKKER PSV	4:54.91	200200788	5:04.45	+0,75	480
	50m: 33.02 33.02 150m: 1:47.79 38.07 250m: 3:06.58 39.52 350m: 4:26.45 40.49					
	100m: 1:09.72 36.70 200m: 2:27.06 39.27 300m: 3:45.96 39.38 400m: 5:04.45 38.00					
10.	Manon van der WIELEN HZPC	5:05.75	200200550	5:06.68	+0,81	470
	50m: 33.86 33.86 150m: 1:50.58 38.92 250m: 3:08.98 39.11 350m: 4:27.43 38.73					
	100m: 1:11.66 37.80 200m: 2:29.87 39.29 300m: 3:48.70 39.72 400m: 5:06.68 39.25					
11.	Isa v.d. MEIJDEN PSV	4:58.05	200201980	5:08.46		461
	50m: 34.11 34.11 150m: 1:51.75 39.44 250m: 3:11.93 40.14 350m: 4:30.84 39.11					
	100m: 1:12.31 38.20 200m: 2:31.79 40.04 300m: 3:51.73 39.80 400m: 5:08.46 37.62					
12.	Lianne KANEN Hellas-Glana	5:07.94	200300708	5:09.05	+0,84	459
	50m: 35.65 35.65 150m: 1:53.87 39.34 250m: 3:11.87 38.93 350m: 4:31.12 39.59					
	100m: 1:14.53 38.88 200m: 2:32.94 39.07 300m: 3:51.53 39.66 400m: 5:09.05 37.93					
13.	Pleun van den BERGH HZPC	5:02.55	200201952	5:09.45 *	+0,84	457
	50m: 35.46 35.46 150m: 1:53.95 38.99 250m: 3:12.76 39.11 350m: 4:31.79 38.85					
	100m: 1:14.96 39.50 200m: 2:33.65 39.70 300m: 3:52.94 40.18 400m: 5:09.45 37.66					
14.	Kyanie BLOM Zwemspport Parkstad	5:02.26	200301866	5:09.64	+0,78	456
	50m: 34.34 34.34 150m: 1:50.94 38.36 250m: 3:10.16 39.52 350m: 4:30.10 39.52					
	100m: 1:12.58 38.24 200m: 2:30.64 39.70 300m: 3:50.58 40.42 400m: 5:09.64 39.54					
15.	Merel MUSTERS PSV	5:01.05	200304042	5:10.23	+0,75	454
	50m: 36.97 36.97 150m: 1:57.21 39.82 250m: 3:16.18 38.00 350m: 4:33.00 38.52					
	100m: 1:17.39 40.42 200m: 2:38.18 40.97 300m: 3:54.48 38.30 400m: 5:10.23 37.23					
16.	Sophie ALBERS ZWK Merlet	4:59.68	200300990	5:10.84	+0,73	451
	50m: 35.46 35.46 150m: 1:55.37 39.95 250m: 3:15.72 39.42 350m: 4:34.26 38.15					
	100m: 1:15.42 39.96 200m: 2:36.30 40.93 300m: 3:56.11 40.39 400m: 5:10.84 36.58					
17.	Lynn VALLEN HZPC	4:59.89	200201840	5:18.64	+0,85	419
	50m: 36.19 36.19 150m: 1:57.21 40.61 250m: 3:19.33 40.06 350m: 4:39.91 39.81					
	100m: 1:16.60 40.41 200m: 2:39.27 42.06 300m: 4:00.10 40.77 400m: 5:18.64 38.73					
18.	Lisa VERHEIJ SWNZ	5:03.61	200202628	5:18.97	+0,78	417
	50m: 36.01 36.01 150m: 1:56.73 40.39 250m: 3:18.86 41.09 350m: 4:40.78 40.39					
	100m: 1:16.34 40.33 200m: 2:37.77 41.04 300m: 4:00.39 41.53 400m: 5:18.97 38.19					
19.	Demi van HULST Zwemspport Parkstad	4:54.25	200300140	5:23.21 *	+0,70	401
	50m: 33.86 33.86 150m: 1:51.83 39.30 250m: 3:13.82 41.43 350m: 4:40.21 43.36					
	100m: 1:12.53 38.67 200m: 2:32.39 40.56 300m: 3:56.85 43.03 400m: 5:23.21 43.00					
AFGEM	Anastasia RENSSSEN Trb/Res	4:56.29	200202588			

Programmanr. 1, Dames, 400m vrije slag

Senioren 1 en ouder

1.	Simone de RIJCKE Zeeuws Record	ZCKoewacht	4:31.45	199603452	4:24.15	+0,81	735	
	50m: 30.82 100m: 1:03.83	30.82 33.01	150m: 1:37.47 200m: 2:11.02	33.64 33.55	250m: 2:44.92 300m: 3:18.84	33.90 33.92	350m: 3:52.88 400m: 4:24.15	34.04 31.27
2.	Laura van ENGELEN	AquAmigos	4:18.75	200000350	4:25.25	+0,82	726	
	50m: 30.05 100m: 1:02.87	30.05 32.82	150m: 1:36.49 200m: 2:10.46	33.62 33.97	250m: 2:44.48 300m: 3:18.38	34.02 33.90	350m: 3:52.78 400m: 4:25.25	34.40 32.47
3.	Manon AERSSENS	PSV	4:34.22	199900294	4:36.71	+0,72	639	
	50m: 30.95 100m: 1:05.27	30.95 34.32	150m: 1:39.78 200m: 2:15.05	34.51 35.27	250m: 2:50.64 300m: 3:26.78	35.59 36.14	350m: 4:02.73 400m: 4:36.71	35.95 33.98
4.	Manon RITTEN	Hellas-Glana	4:45.48	200002440	4:36.85	+0,80	638	
	50m: 31.12 100m: 1:05.55	31.12 34.43	150m: 1:40.04 200m: 2:15.64	34.49 35.60	250m: 2:50.78 300m: 3:27.20	35.14 36.42	350m: 4:02.53 400m: 4:36.85	35.33 34.32
5.	Nikita van den OUDEN	O.Z. & P.C. De Warande	4:32.35	199900622	4:40.14	+0,71	616	
	50m: 31.37 100m: 1:06.45	31.37 35.08	150m: 1:42.04 200m: 2:18.54	35.59 36.50	250m: 2:54.01 300m: 3:30.44	35.47 36.43	350m: 4:05.43 400m: 4:40.14	34.99 34.71
6.	Manon van ESCH	Trb/Res	4:42.09	199702090	4:41.26	+0,69	609	
	50m: 31.40 100m: 1:05.72	31.40 34.32	150m: 1:41.05 200m: 2:17.05	35.33 36.00	250m: 2:53.30 300m: 3:30.13	36.25 36.83	350m: 4:06.32 400m: 4:41.26	36.19 34.94
7.	Inge ARTS	ZWK Merlet	4:52.91	199203076	4:42.15	+0,79	603	
	50m: 32.17 100m: 1:07.57	32.17 35.40	150m: 1:43.94 200m: 2:20.54	36.37 36.60	250m: 2:56.47 300m: 3:32.83	35.93 36.36	350m: 4:08.43 400m: 4:42.15	35.60 33.72
8.	Kim REBERGEN	Hellas-Glana	4:52.23	200100676	4:45.20	+0,74	584	
	50m: 32.65 100m: 1:08.24	32.65 35.59	150m: 1:44.31 200m: 2:21.04	36.07 36.73	250m: 2:57.21 300m: 3:34.10	36.17 36.89	350m: 4:10.26 400m: 4:45.20	36.16 34.94
9.	Amy van LIER	O.Z. & P.C. De Warande	4:47.18	199603022	4:45.83	+0,79	580	
	50m: 31.68 100m: 1:06.31	31.68 34.63	150m: 1:41.71 200m: 2:17.65	35.40 35.94	250m: 2:54.26 300m: 3:31.70	36.61 37.44	350m: 4:09.06 400m: 4:45.83	37.36 36.77
10.	Sam van NUNEN	PSV	4:30.89	200100036	4:48.47	+0,69	564	
	50m: 30.66 100m: 1:05.61	30.66 34.95	150m: 1:42.03 200m: 2:18.38	36.42 36.35	250m: 2:55.63 300m: 3:33.29	37.25 37.66	350m: 4:11.85 400m: 4:48.47	38.56 36.62
11.	Kim VOS	Sbc2000	4:42.06	200000990	4:52.81	+0,76	540	
	50m: 30.44 100m: 1:06.43	30.44 35.99	150m: 1:43.72 200m: 2:22.50	37.29 38.78	250m: 3:01.02 300m: 3:39.88	38.52 38.86	350m: 4:17.48 400m: 4:52.81	37.60 35.33
12.	Nadja WORTEL	Hieronimus	4:39.46	199800798	4:53.46	+0,76	536	
	50m: 31.53 100m: 1:06.65	31.53 35.12	150m: 1:43.56 200m: 2:21.76	36.91 38.20	250m: 3:00.02 300m: 3:38.61	38.26 38.59	350m: 4:16.91 400m: 4:53.46	38.30 36.55
13.	Melissa van der GELD	O.Z. & P.C. De Warande	4:49.50	199506250	4:53.52	+0,67	536	
	50m: 31.95 100m: 1:07.13	31.95 35.18	150m: 1:43.95 200m: 2:21.80	36.82 37.85	250m: 2:59.68 300m: 3:38.43	37.88 38.75	350m: 4:16.52 400m: 4:53.52	38.09 37.00
	Margo KOETS	Scheldestroom	4:50.56	200006330	4:53.52		536	
	50m: 32.58 100m: 1:08.76	32.58 36.18	150m: 1:45.63 200m: 2:23.12	36.87 37.49	250m: 3:00.65 300m: 3:38.71	37.53 38.06	350m: 4:16.45 400m: 4:53.52	37.74 37.07
15.	Milou van den BEUCKEN	Mosa-Regio	4:48.23	200002564	4:56.80	+0,76	518	
	50m: 32.16 100m: 1:08.22	32.16 36.06	150m: 1:45.83 200m: 2:24.28	37.61 38.45	250m: 3:02.86 300m: 3:41.27	38.58 38.41	350m: 4:19.32 400m: 4:56.80	38.05 37.48
16.	Isa SCHELLEKENS	SWNZ	4:56.24	200002330	4:57.17	+0,77	516	
	50m: 32.59 100m: 1:08.56	32.59 35.97	150m: 1:45.71 200m: 2:23.25	37.15 37.54	250m: 3:01.34 300m: 3:39.78	38.09 38.44	350m: 4:18.84 400m: 4:57.17	39.06 38.33
17.	Liselotte JOLING	PSV	4:54.88	197500268	4:59.20	+0,83	506	
	50m: 33.95 100m: 1:11.41	33.95 37.46	150m: 1:49.55 200m: 2:28.36	38.14 38.81	250m: 3:05.20 300m: 3:44.08	36.84 38.88	350m: 4:22.29 400m: 4:59.20	38.21 36.91
18.	Fiona MEUFFELS	RZ	4:44.58	199504366	4:59.43	+0,70	505	
	50m: 32.69 100m: 1:10.48	32.69 37.79	150m: 1:48.00 200m: 2:26.97	37.52 38.97	250m: 3:05.84 300m: 3:45.79	38.87 39.95	350m: 4:24.41 400m: 4:59.43	38.62 35.02
19.	Nikki DOUMA	Hellas-Glana	4:56.34	200102252	5:00.35	+0,76	500	
	50m: 32.67 100m: 1:10.78	32.67 38.11	150m: 1:49.39 200m: 2:28.02	38.61 38.63	250m: 3:06.78 300m: 3:46.22	38.76 39.44	350m: 4:23.89 400m: 5:00.35	37.67 36.46
20.	Serafina VLIJT	HZPC	4:55.50	199801142	5:00.94	+0,77	497	
	50m: 32.51 100m: 1:09.15	32.51 36.64	150m: 1:48.23 200m: 2:28.41	39.08 40.18	250m: 3:06.12 300m: 3:45.98	37.71 39.86	350m: 4:23.70 400m: 5:00.94	37.72 37.24
21.	Eva van GINNEKEN	Hieronimus	4:59.85	199800164	5:02.73	+0,81	488	
	50m: 32.63 100m: 1:10.15	32.63 37.52	150m: 1:49.06 200m: 2:28.26	38.91 39.20	250m: 3:07.43 300m: 3:46.60	39.17 39.17	350m: 4:25.31 400m: 5:02.73	38.71 37.42
22.	Ingrid JANSSEN-VAN HOREN	HZPC	4:44.96	199204060	5:07.70	+0,63	465	
	50m: 34.27 100m: 1:13.22	34.27 38.95	150m: 1:51.71 200m: 2:31.04	38.49 39.33	250m: 3:10.29 300m: 3:49.64	39.25 39.35	350m: 4:28.92 400m: 5:07.70	39.28 38.78

Programmanr. 1, Dames, 400m vrije slag, Senioren 1 en ouder

rang	naam	vereniging	intijd		tijd	RT	
23.	Richenne ZEEBREGTS	Z&PV Nuenen	4:58.07	199801818	5:10.46	+0,66	453
	50m: 33.50	33.50 150m: 1:51.34	39.41	250m: 3:11.64	39.96	350m: 4:32.93	40.62
	100m: 1:11.93	38.43 200m: 2:31.68	40.34	300m: 3:52.31	40.67	400m: 5:10.46	37.53
24.	Lindi VERKOOIJEN	AquaDream	4:56.83	199503826	5:11.72	+0,85	447
	50m: 34.73	34.73 150m: 1:53.39	39.75	250m: 3:11.85	38.94	350m: 4:31.57	40.21
	100m: 1:13.64	38.91 200m: 2:32.91	39.52	300m: 3:51.36	39.51	400m: 5:11.72	40.15
AFGEM	Floor WEIJMANS	HZPC	4:57.21	199502522			
AFGEM	Maud WEIJMANS	HZPC	4:56.20	200103830			

Senioren 1 en ouder

1.	Britt van DIESSSEN	Trb/Res	6:06.22	198900900	S10	6:07.57	+0,77	409
	50m:	150m:	250m:	350m:				
	100m: 1:26.24	200m: 2:59.85	300m: 4:34.60	400m: 6:07.57				