

Programmanr. 9  
27-05-2018 - 10:30

Dames, 400m wisselslag

Senioren en later  
Resultaten

Nederlands Record 4:44.73 Wendy v.d. ZANDEN 13-033 London (GBR) 16-05-2016

rang	naam	vereniging	intijd	RT	tijd	RT
<b>Junioren 1</b>						
1.	Félinn van LIENDEN	Hieronymus	6:30.95	200602038	6:23.61	+0,71 343
	50m: 42.44	42.44 150m: 2:22.16	47.81	250m: 4:04.74	55.82	350m: 5:43.37
	100m: 1:34.35	51.91 200m: 3:08.92	46.76	300m: 5:01.68	56.94	400m: 6:23.61
2.	Carlijn SIGMOND	De Schelde	6:45.32	200600928	6:53.88	+0,83 273
	50m: 47.24	47.24 150m: 2:37.36	52.25	250m: 4:25.26	56.33	350m: 6:09.45
	100m: 1:45.11	57.87 200m: 3:28.93	51.57	300m: 5:22.10	56.84	400m: 6:53.88
<b>Junioren 2</b>						
1.	Colinda van der ZANDEN	Noord Limburg(SG)	5:58.82	200502618	5:53.51	+0,69 438
	50m: 36.34	36.34 150m: 2:09.35	46.69	250m: 3:44.27	50.05	350m: 5:15.72
	100m: 1:22.66	46.32 200m: 2:54.22	44.87	300m: 4:35.54	51.27	400m: 5:53.51
2.	Indy MELS	Trb/Res	6:16.16	200501354	5:56.85	+0,88 426
	50m: 38.29	38.29 150m: 2:10.64	45.14	250m: 3:44.86	49.11	350m: 5:16.36
	100m: 1:25.50	47.21 200m: 2:55.75	45.11	300m: 4:35.16	50.30	400m: 5:56.85
3.	Luna van TILBURG	De Krabben	6:19.78	200502160	6:08.03	+0,73 388
	50m: 37.58	37.58 150m: 2:10.02	45.24	250m: 3:48.75	53.08	350m: 5:26.44
	100m: 1:24.78	47.20 200m: 2:55.67	45.65	300m: 4:43.14	54.39	400m: 6:08.03
4.	Rachelle LUIMES	Hellas-Glana	6:19.53	200500654	6:14.26	+0,77 369
	50m: 37.75	37.75 150m: 2:09.61	46.05	250m: 3:52.86	56.40	350m: 5:32.81
	100m: 1:23.56	45.81 200m: 2:56.46	46.85	300m: 4:49.87	57.01	400m: 6:14.26
5.	Veerle van HUGTEN	DZT'62	6:20.66	200502508	6:16.47	+0,74 362
	50m: 40.72	40.72 150m: 2:23.24	50.70	250m: 4:05.60	53.49	350m: 5:40.17
	100m: 1:32.54	51.82 200m: 3:12.11	48.87	300m: 5:01.33	55.73	400m: 6:16.47
6.	Leonie HABRAKEN	Argo	6:30.50	200501184	6:17.01	361
	50m: 42.94	42.94 150m: 2:25.71	48.72	250m: 4:03.48	50.25	350m: 5:37.72
	100m: 1:36.99	54.05 200m: 3:13.23	47.52	300m: 4:56.27	52.79	400m: 6:17.01
7.	Lieke LANKES	Mosa~Regio	6:14.92	200501128	6:18.46	+0,76 357
	50m: 37.47	37.47 150m: 2:13.37	50.02	250m: 3:56.88	53.96	350m: 5:36.21
	100m: 1:23.35	45.88 200m: 3:02.92	49.55	300m: 4:51.23	54.35	400m: 6:18.46
8.	Eline MAAS	Z.V. Tiamat	6:36.78	200500698	6:22.60	+0,66 345
	50m: 39.63	39.63 150m: 2:18.12	48.88	250m: 4:02.34	56.23	350m: 5:40.87
	100m: 1:29.24	49.61 200m: 3:06.11	47.99	300m: 4:58.78	56.44	400m: 6:22.60
9.	Mirthe VLEGELS	Hieronymus	6:24.93	200503486	6:26.08	+0,62 336
	50m: 37.58	37.58 150m: 2:19.06	51.38	250m: 4:02.39	55.11	350m: 5:43.69
	100m: 1:27.68	50.10 200m: 3:07.28	48.22	300m: 4:59.46	57.07	400m: 6:26.08
10.	Kim CRINS	RZL	6:21.22	200501212	6:29.09	+0,78 328
	50m: 40.47	40.47 150m: 2:25.37	50.39	250m: 4:07.99	52.08	350m: 5:46.69
	100m: 1:34.98	54.51 200m: 3:15.91	50.54	300m: 5:03.54	55.55	400m: 6:29.09
11.	Jennifer KOONEN	Zwemsport Parkstad	6:35.56	200500386	6:35.31	+0,80 313
	50m: 44.00	44.00 150m: 2:27.68	48.62	250m: 4:12.83	57.84	350m: 5:53.97
	100m: 1:39.06	55.06 200m: 3:14.99	47.31	300m: 5:11.19	58.36	400m: 6:35.31
12.	Floor de POOTER	De Schelde	6:31.64	200501120	6:50.37	+0,91 280
	50m: 43.47	43.47 150m: 2:28.18	51.42	250m: 4:16.10	55.96	350m: 6:02.48
	100m: 1:36.76	53.29 200m: 3:20.14	51.96	300m: 5:14.34	58.24	400m: 6:50.37
<b>Junioren 3</b>						
1.	Luka de NEEF	AquaDream	5:36.05	200401824	5:29.79	+0,72 539
	50m: 36.58	36.58 150m: 2:02.14	41.22	250m: 3:30.06	45.81	350m: 4:53.29
	100m: 1:20.92	44.34 200m: 2:44.25	42.11	300m: 4:16.13	46.07	400m: 5:29.79
2.	Bridget de BAT	Z & PC De Zeeuwse Kust	5:32.04	200400382	5:31.42	+0,76 531
	50m: 34.56	34.56 150m: 1:59.04	42.37	250m: 3:27.67	48.35	350m: 4:53.83
	100m: 1:16.67	42.11 200m: 2:39.32	40.28	300m: 4:16.25	48.58	400m: 5:31.42
3.	Sanne LUKKEN	PSV	5:52.18	200400030	5:48.36	+0,84 458
	50m: 35.70	35.70 150m: 2:04.30	46.21	250m: 3:37.42	47.39	350m: 5:09.02
	100m: 1:18.09	42.39 200m: 2:50.03	45.73	300m: 4:27.40	49.98	400m: 5:48.36
4.	Meike van der REE	ZWK Merlet	6:08.64	200402646	5:49.18	+0,73 454
	50m: 36.40	36.40 150m: 2:04.55	44.86	250m: 3:35.89	49.54	350m: 5:08.82
	100m: 1:19.69	43.29 200m: 2:46.35	41.80	300m: 4:26.85	50.96	400m: 5:49.18
5.	Jessie BODDEN	Zv Kimbria	6:01.80	200401650	5:49.24	+0,72 454
	50m: 37.84	37.84 150m: 2:05.56	44.20	250m: 3:40.22	51.06	350m: 5:11.26
	100m: 1:21.36	43.52 200m: 2:49.16	43.60	300m: 4:29.93	49.71	400m: 5:49.24

Programmanr. 9, Meisjes, 400m wisselslag, Junioren 3

rang	naam	vereniging	intijd	tijd	RT
6.	Amy TEBBEN	Eurode Kerkrade	5:55.44	200400108	5:49.52 +0,81 453
	50m: 36.47	36.47 150m: 2:06.03	44.58	250m: 3:40.13	50.17 350m: 5:10.77
	100m: 1:21.45	44.98 200m: 2:49.96	43.93	300m: 4:30.46	50.33 400m: 5:49.52
7.	Emma VERHOFSTAD	Mosa~Regio	6:11.80	200403620	5:52.59 +0,89 441
	50m: 36.26	36.26 150m: 2:07.20	47.40	250m: 3:44.55	52.23 350m: 5:15.36
	100m: 1:19.80	43.54 200m: 2:52.32	45.12	300m: 4:37.47	52.92 400m: 5:52.59
8.	Flore MEULENDIJKS	Z&PV Nuenen	6:07.25	200401884	5:57.22 +0,82 424
	50m: 34.79	34.79 150m: 2:09.80	51.85	250m: 3:46.82	47.54 350m: 5:16.96
	100m: 1:17.95	43.16 200m: 2:59.28	49.48	300m: 4:35.31	48.49 400m: 5:57.22
9.	Audrey PIECK	Zeester Meerval	6:01.21	200401378	5:57.34 +0,74 424
	50m: 36.62	36.62 150m: 2:14.45	49.16	250m: 3:48.42	46.94 350m: 5:19.53
	100m: 1:25.29	48.67 200m: 3:01.48	47.03	300m: 4:37.81	49.39 400m: 5:57.34
10.	Bibi de JONG	Hieronymus	6:06.26	200401164	5:57.80 +0,73 422
	50m: 36.39	36.39 150m: 2:07.00	46.69	250m: 3:43.39	49.82 350m: 5:16.54
	100m: 1:20.31	43.92 200m: 2:53.57	46.57	300m: 4:33.90	50.51 400m: 5:57.80
11.	Kim ROESTENBERG	Trb/Res	6:07.87	200402670	6:00.94 411
	50m: 39.08	39.08 150m: 2:09.38	44.18	250m: 3:47.06	52.60 350m: 5:21.62
	100m: 1:25.20	46.12 200m: 2:54.46	45.08	300m: 4:41.22	54.16 400m: 6:00.94
12.	Tessa ROOVERS	De Schelde	6:08.52	200405206	6:04.00 +0,77 401
	50m: 36.60	36.60 150m: 2:10.24	48.64	250m: 3:50.23	52.09 350m: 5:25.00
	100m: 1:21.60	45.00 200m: 2:58.14	47.90	300m: 4:43.58	53.35 400m: 6:04.00
13.	Verena van RENS	Mosa~Regio	6:13.94	200401304	6:07.42 +0,83 390
	50m: 41.63	41.63 150m: 2:20.14	45.60	250m: 3:56.17	51.25 350m: 5:28.32
	100m: 1:34.54	52.91 200m: 3:04.92	44.78	300m: 4:47.89	51.72 400m: 6:07.42
14.	Eline PASMANS	Zeester Meerval	6:21.31	200400410	6:07.54 +0,84 390
	50m: 38.51	38.51 150m: 2:16.60	49.98	250m: 3:54.30	50.65 350m: 5:28.26
	100m: 1:26.62	48.11 200m: 3:03.65	47.05	300m: 4:45.69	51.39 400m: 6:07.54
15.	Britt BAKERS	SWNZ	6:27.70	200403258	6:15.71 +0,58 365
	50m: 38.19	38.19 150m: 2:16.46	48.74	250m: 3:55.46	53.39 350m: 5:35.49
	100m: 1:27.72	49.53 200m: 3:02.07	45.61	300m: 4:50.74	55.28 400m: 6:15.71
16.	Cynthia KUGLER	Hellas-Glana	6:32.12	200400020	6:16.67 +0,80 362
	50m: 36.38	36.38 150m: 2:13.86	51.21	250m: 3:59.12	55.91 350m: 5:36.34
	100m: 1:22.65	46.27 200m: 3:03.21	49.35	300m: 4:55.05	55.93 400m: 6:16.67
17.	Frederique STELTENPOOL	Sbc2000	6:21.26	200400478	6:19.87 +0,76 353
	50m: 41.51	41.51 150m: 2:19.07	49.44	250m: 4:02.17	54.43 350m: 5:39.62
	100m: 1:29.63	48.12 200m: 3:07.74	48.67	300m: 4:57.52	55.35 400m: 6:19.87
18.	Esmee de VOLDER	Hieronymus	6:22.02	200404362	6:20.12 352
	50m: 40.28	40.28 150m: 2:15.93	46.57	250m: 3:57.93	53.89 350m: 5:38.97
	100m: 1:29.36	49.08 200m: 3:04.04	48.11	300m: 4:55.15	57.22 400m: 6:20.12
19.	Lisa CHRISTIAENS	HZPC	6:26.91	200403828	6:28.92 +0,69 329
	50m: 44.27	44.27 150m: 2:23.40	46.17	250m: 4:05.62	56.59 350m: 5:46.27
	100m: 1:37.23	52.96 200m: 3:09.03	45.63	300m: 5:01.34	55.72 400m: 6:28.92
20.	Pleun de ROOI	ZV Hydra	6:15.07	200401312	6:38.62 +0,87 305
	50m: 38.54	38.54 150m: 2:18.44	49.49	250m: 4:05.55	58.86 350m: 5:53.07
	100m: 1:28.95	50.41 200m: 3:06.69	48.25	300m: 5:04.53	58.98 400m: 6:38.62
21.	Ilse van HAL	DBD	6:32.73	200404374	6:42.13 +0,72 297
	50m: 41.31	41.31 150m: 2:24.60	52.32	250m: 4:13.11	57.92 350m: 5:57.22
	100m: 1:32.28	50.97 200m: 3:15.19	50.59	300m: 5:09.66	56.55 400m: 6:42.13

Jeugd 1 en 2

1.	Anne PAULUSSE	O.Z. & P.C. De Warande	5:25.21	200200834	5:26.54 +0,83 555
	50m: 34.03	34.03 150m: 1:56.09	40.72	250m: 3:23.75	47.02 350m: 4:49.18
	100m: 1:15.37	41.34 200m: 2:36.73	40.64	300m: 4:10.08	46.33 400m: 5:26.54
2.	Kim JANSEN VAN GALEN	PSV	5:41.38	200201594	5:33.51 +0,77 521
	50m: 34.02	34.02 150m: 2:00.12	46.41	250m: 3:29.88	45.11 350m: 4:55.85
	100m: 1:13.71	39.69 200m: 2:44.77	44.65	300m: 4:16.87	46.99 400m: 5:33.51
3.	Roos ENGLEBERT	Hieronymus	5:35.81	200200606	5:34.17 +0,81 518
	50m: 34.72	34.72 150m: 1:59.47	42.20	250m: 3:30.43	49.68 350m: 4:57.77
	100m: 1:17.27	42.55 200m: 2:40.75	41.28	300m: 4:19.85	49.42 400m: 5:34.17
4.	L. van den NIEUWENHUIJZENPSV		5:23.89	200304454	5:35.06 514
	50m: 34.14	34.14 150m: 1:58.31	42.66	250m: 3:29.17	49.50 350m: 4:59.41
	100m: 1:15.65	41.51 200m: 2:39.67	41.36	300m: 4:20.62	51.45 400m: 5:35.06
5.	Quinty ROUSCHOP	Zwemsport Parkstad	5:33.10	200300208	5:35.47 +0,77 512
	50m: 34.88	34.88 150m: 2:01.79	43.76	250m: 3:30.63	47.60 350m: 4:57.84
	100m: 1:18.03	43.15 200m: 2:43.03	41.24	300m: 4:19.19	48.56 400m: 5:35.47
6.	Esther TIEMERSMA	Z & PC De Zeeuwse Kust	5:34.06	200202962	5:41.00 +0,72 488
	50m: 36.12	36.12 150m: 2:05.94	46.84	250m: 3:35.12	44.03 350m: 5:01.60
	100m: 1:19.10	42.98 200m: 2:51.09	45.15	300m: 4:20.90	45.78 400m: 5:41.00

Programmanr. 9, Meisjes, 400m wisselslag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT
7.	Manon van der WIELEN	HZPC	5:48.13	200200550	5:42.24 +0,88 483
	50m: 34.86	34.86 150m: 2:01.60	45.30	250m: 3:34.09	47.21 350m: 5:03.39
	100m: 1:16.30	41.44 200m: 2:46.88	45.28	300m: 4:23.76	49.67 400m: 5:42.24
8.	Ilse SWINKELS	HZPC	6:01.57	200201504	5:43.76 +0,72 476
	50m: 36.39	36.39 150m: 2:05.04	45.43	250m: 3:37.90	47.88 350m: 5:06.23
	100m: 1:19.61	43.22 200m: 2:50.02	44.98	300m: 4:26.66	48.76 400m: 5:43.76
9.	Isa CURVERS	HZPC	5:45.27	200205724	5:44.77 +0,76 472
	50m: 37.90	37.90 150m: 2:05.08	42.87	250m: 3:38.14	50.91 350m: 5:07.61
	100m: 1:22.21	44.31 200m: 2:47.23	42.15	300m: 4:29.13	50.99 400m: 5:44.77
10.	Sophie ALBERS	ZWK Merlet	5:44.33	200300990	5:49.45 +0,75 453
	50m: 36.76	36.76 150m: 2:08.40	45.96	250m: 3:39.88	47.10 350m: 5:11.15
	100m: 1:22.44	45.68 200m: 2:52.78	44.38	300m: 4:30.59	50.71 400m: 5:49.45
11.	Gabriela TÖPFER	PSV	5:23.21	200301764	5:49.71 +0,69 452
	50m: 32.67	32.67 150m: 1:58.74	46.91	250m: 3:32.75	50.50 350m: 5:09.71
	100m: 1:11.83	39.16 200m: 2:42.25	43.51	300m: 4:26.26	53.51 400m: 5:49.71
12.	Kim BECX	Hieronymus	5:52.76	200302766	5:50.02 +0,72 451
	50m: 35.41	35.41 150m: 2:04.12	46.22	250m: 3:38.09	48.25 350m: 5:10.50
	100m: 1:17.90	42.49 200m: 2:49.84	45.72	300m: 4:28.39	50.30 400m: 5:50.02
13.	Meral BAKKER	PSV	5:51.42	200200788	5:52.73 +0,84 441
	50m: 36.16	36.16 150m: 2:04.86	44.45	250m: 3:38.21	50.30 350m: 5:13.24
	100m: 1:20.41	44.25 200m: 2:47.91	43.05	300m: 4:30.65	52.44 400m: 5:52.73
14.	Pleun van den BERGH	HZPC	5:56.30	200201952	5:56.18 428
	50m: 38.68	38.68 150m: 2:10.08	45.80	250m: 3:45.66	49.85 350m: 5:17.32
	100m: 1:24.28	45.60 200m: 2:55.81	45.73	300m: 4:37.82	52.16 400m: 5:56.18
15.	Lynn VALLEN	HZPC	6:02.59	200201840	6:01.07 411
	50m: 38.88	38.88 150m: 2:12.35	46.32	250m: 3:50.34	52.58 350m: 5:23.99
	100m: 1:26.03	47.15 200m: 2:57.76	45.41	300m: 4:43.36	53.02 400m: 6:01.07
16.	Silke van de WEIJER	ZV Hydra	6:01.33	200300692	6:02.51 +0,80 406
	50m: 36.02	36.02 150m: 2:08.19	48.37	250m: 3:46.65	52.41 350m: 5:22.16
	100m: 1:19.82	43.80 200m: 2:54.24	46.05	300m: 4:40.01	53.36 400m: 6:02.51
17.	Isa COENEN	Hellas-Glana	6:08.09	200300704	6:03.41 +0,80 403
	50m: 36.72	36.72 150m: 2:10.45	48.19	250m: 3:45.78	49.79 350m: 5:24.05
	100m: 1:22.26	45.54 200m: 2:55.99	45.54	300m: 4:39.23	53.45 400m: 6:03.41
18.	Lisa VERHEIJ	SWNZ	5:57.42	200202628	6:04.43 +0,78 400
	50m: 37.78	37.78 150m: 2:13.55	48.40	250m: 3:52.60	51.65 350m: 5:27.32
	100m: 1:25.15	47.37 200m: 3:00.95	47.40	300m: 4:46.27	53.67 400m: 6:04.43
19.	Lara van CUIJK	Z&PV Nuenen	6:03.06	200205926	6:06.92 +0,74 392
	50m: 39.59	39.59 150m: 2:11.35	43.05	250m: 3:46.91	52.87 350m: 5:24.55
	100m: 1:28.30	48.71 200m: 2:54.04	42.69	300m: 4:41.11	54.20 400m: 6:06.92
20.	Kiki FIJNAUT	Hellas-Glana	5:55.88	200300706	6:11.34 378
	50m: 39.82	39.82 150m: 2:16.12	47.32	250m: 3:53.92	50.26 350m: 5:29.69
	100m: 1:28.80	48.98 200m: 3:03.66	47.54	300m: 4:46.51	52.59 400m: 6:11.34
21.	Lianne KANEN	Hellas-Glana	5:56.20	200300708	6:12.60 +0,83 374
	50m: 40.69	40.69 150m: 2:15.38	46.76	250m: 3:56.34	55.66 350m: 5:33.07
	100m: 1:28.62	47.93 200m: 3:00.68	45.30	300m: 4:52.18	55.84 400m: 6:12.60
AFGEM	Jenny van de VEN	Eurode Kerkrade	6:10.65	200200870	
AFGEM	Anastasia RENSEN	Trb/Res	5:51.14	200202588	

Senioren 1 en ouder

1.	Inge ARTS	ZWK Merlet	5:13.90	199203076	5:12.40 +0,83 634
	50m: 32.42	32.42 150m: 1:51.55	41.81	250m: 3:17.60	45.61 350m: 4:39.94
	100m: 1:09.74	37.32 200m: 2:31.99	40.44	300m: 4:04.15	46.55 400m: 5:12.40
2.	Simone de RIJCKE	ZCKoewacht	5:16.80	199603452	5:14.31 +0,84 623
	50m: 34.12	34.12 150m: 1:55.79	42.04	250m: 3:21.88	45.93 350m: 4:42.25
	100m: 1:13.75	39.63 200m: 2:35.95	40.16	300m: 4:07.74	45.86 400m: 5:14.31
3.	Kim VOS	Sbc2000	5:09.22	200000990	5:17.05 +0,84 607
	50m: 32.30	32.30 150m: 1:54.09	42.84	250m: 3:18.43	42.40 350m: 4:40.80
	100m: 1:11.25	38.95 200m: 2:36.03	41.94	300m: 4:02.44	44.01 400m: 5:17.05
4.	Selene WORTEL	Hieronymus	5:16.82	199700654	5:26.65 +0,73 555
	50m: 32.85	32.85 150m: 1:55.71	43.24	250m: 3:24.20	46.13 350m: 4:50.25
	100m: 1:12.47	39.62 200m: 2:38.07	42.36	300m: 4:12.03	47.83 400m: 5:26.65
5.	Kim REBERGEN	Hellas-Glana	5:28.19	200100676	5:30.28 +0,75 537
	50m: 34.69	34.69 150m: 1:59.74	43.23	250m: 3:29.28	48.41 350m: 4:55.39
	100m: 1:16.51	41.82 200m: 2:40.87	41.13	300m: 4:17.90	48.62 400m: 5:30.28
6.	Ingrid JANSSEN-VAN HOREN	HZPC	5:29.33	199204060	5:30.64 +0,73 535
	50m: 34.09	34.09 150m: 1:56.84	42.60	250m: 3:26.53	47.59 350m: 4:53.04
	100m: 1:14.24	40.15 200m: 2:38.94	42.10	300m: 4:14.34	47.81 400m: 5:30.64

Programmanr. 9, Dames, 400m wisselslag, Senioren 1 en ouder

rang	naam	vereniging	intijd	tijd	RT
7.	Manon van ESCH	Trb/Res	5:18.26	199702090	5:31.06 +0,66 533
	50m: 31.95	31.95 150m: 1:52.20	41.76	250m: 3:25.23	49.86 350m: 4:54.64
	100m: 1:10.44	38.49 200m: 2:35.37	43.17	300m: 4:17.01	51.78 400m: 5:31.06
8.	Isa SCHELLEKENS	SWNZ	5:46.56	200002330	5:33.71 +0,80 520
	50m: 34.58	34.58 150m: 1:56.81	40.77	250m: 3:28.31	50.29 350m: 4:55.94
	100m: 1:16.04	41.46 200m: 2:38.02	41.21	300m: 4:17.54	49.23 400m: 5:33.71
9.	Christel BRUGMANS	Hieronymus	5:29.49	200005602	5:34.05 +0,74 519
	50m: 34.56	34.56 150m: 2:02.00	45.76	250m: 3:30.87	45.31 350m: 4:57.41
	100m: 1:16.24	41.68 200m: 2:45.56	43.56	300m: 4:17.22	46.35 400m: 5:34.05
10.	Valesca van den BOGERT	Hieronymus	5:19.20	200102138	5:34.59 +0,74 516
	50m: 34.22	34.22 150m: 1:59.42	44.37	250m: 3:29.54	45.82 350m: 4:55.95
	100m: 1:15.05	40.83 200m: 2:43.72	44.30	300m: 4:16.55	47.01 400m: 5:34.59
11.	Sterre van de GOOR	PSV	5:38.27	200102168	5:35.09 +0,85 514
	50m: 34.40	34.40 150m: 1:59.94	44.21	250m: 3:31.36	47.81 350m: 4:58.25
	100m: 1:15.73	41.33 200m: 2:43.55	43.61	300m: 4:20.37	49.01 400m: 5:35.09
12.	Anne GIBBELS	Argo	5:40.32	199602298	5:36.74 +0,73 507
	50m: 34.40	34.40 150m: 2:02.10	46.64	250m: 3:32.97	46.43 350m: 4:59.70
	100m: 1:15.46	41.06 200m: 2:46.54	44.44	300m: 4:20.83	47.86 400m: 5:36.74
13.	Milou van den BEUCKEN	Mosa~Regio	5:29.72	200002564	5:39.06 +0,73 496
	50m: 33.35	33.35 150m: 2:00.46	44.48	250m: 3:33.18	49.39 350m: 5:02.69
	100m: 1:15.98	42.63 200m: 2:43.79	43.33	300m: 4:23.83	50.65 400m: 5:39.06
14.	Amy van LIER	O.Z. & P.C. De Warande	5:38.30	199603022	5:41.63 485
	50m: 32.18	32.18 150m: 1:56.99	44.26	250m: 3:32.44	51.00 350m: 5:03.66
	100m: 1:12.73	40.55 200m: 2:41.44	44.45	300m: 4:25.30	52.86 400m: 5:41.63
15.	Floor WEIJMANS	HZPC	5:42.43	199502522	5:42.45 +0,75 482
	50m: 35.34	35.34 150m: 2:00.11	44.06	250m: 3:34.48	51.29 350m: 5:05.42
	100m: 1:16.05	40.71 200m: 2:43.19	43.08	300m: 4:27.01	52.53 400m: 5:42.45
16.	Margo KOETS	Scheldestroom	5:47.50	200006330	5:42.95 +0,81 480
	50m: 35.02	35.02 150m: 2:02.85	44.51	250m: 3:35.99	49.06 350m: 5:05.90
	100m: 1:18.34	43.32 200m: 2:46.93	44.08	300m: 4:27.38	51.39 400m: 5:42.95
17.	Esmee WIJNMAALEN	O.Z. & P.C. De Warande	5:50.95	200100298	5:46.55 +0,77 465
	50m: 34.04	34.04 150m: 1:58.48	44.28	250m: 3:31.81	50.30 350m: 5:04.04
	100m: 1:14.20	40.16 200m: 2:41.51	43.03	300m: 4:21.56	49.75 400m: 5:46.55
18.	Liselotte JOLING	PSV	5:53.75	197500268	5:47.52 +0,84 461
	50m: 35.36	35.36 150m: 2:04.12	46.40	250m: 3:38.11	48.89 350m: 5:09.15
	100m: 1:17.72	42.36 200m: 2:49.22	45.10	300m: 4:29.11	51.00 400m: 5:47.52
19.	Sanne REBERS	Hieronymus	5:40.08	199902082	5:57.29 +0,74 424
	50m: 38.17	38.17 150m: 2:09.46	44.49	250m: 3:42.93	50.96 350m: 5:16.16
	100m: 1:24.97	46.80 200m: 2:51.97	42.51	300m: 4:34.35	51.42 400m: 5:57.29
20.	Maud WEIJMANS	HZPC	5:45.84	200103830	6:01.56 +0,85 409
	50m: 38.49	38.49 150m: 2:07.62	43.88	250m: 3:46.10	55.00 350m: 5:21.83
	100m: 1:23.74	45.25 200m: 2:51.10	43.48	300m: 4:41.94	55.84 400m: 6:01.56
21.	Michelle van DIJK	DZT'62	5:50.81	199806564	6:07.74 +0,82 389
	50m: 36.65	36.65 150m: 2:08.57	47.21	250m: 3:49.34	53.42 350m: 5:27.23
	100m: 1:21.36	44.71 200m: 2:55.92	47.35	300m: 4:45.84	56.50 400m: 6:07.74
22.	Karin de KOK	AquaAmigos	5:43.78	199301010	6:12.51 +0,80 374
	50m: 37.87	37.87 150m: 2:12.83	49.43	250m: 3:51.36	50.26 350m: 5:29.68
	100m: 1:23.40	45.53 200m: 3:01.10	48.27	300m: 4:44.18	52.82 400m: 6:12.51
23.	Lindi VERKOOIJEN	AquaDream	6:07.20	199503826	6:17.55 +0,84 359
	50m: 39.83	39.83 150m: 2:20.42	48.06	250m: 3:59.55	52.58 350m: 5:36.09
	100m: 1:32.36	52.53 200m: 3:06.97	46.55	300m: 4:54.12	54.57 400m: 6:17.55
24.	Carina SPRONK	zv De Vennen	5:42.73	199702382	6:23.49 +0,75 343
	50m: 36.93	36.93 150m: 2:13.91	50.54	250m: 3:56.62	53.88 350m: 5:39.41
	100m: 1:23.37	46.44 200m: 3:02.74	48.83	300m: 4:52.68	56.06 400m: 6:23.49
AFGEM	Eva van GINNEKEN	Hieronymus	5:41.71	199800164	