

Programmanr. 29
15-1-2017 - 12:45

Heren, 400m wisselslag

Junioren 1 en ouder
Resultaten

Nederlands Record 4:05.41 Marcel Wouda 13-033 Paris (FRA) 8-2-1997

rang	naam	vereniging	intijd	tijd	RT
Junioren 1					
1.	David Groenewegen	PSV	5:30.01	200400469	5:28.43 +0,78 409
	50m: 35.23	35.23 150m: 2:01.25	43.53	250m: 3:29.79	46.25 350m: 4:53.92
	100m: 1:17.72	42.49 200m: 2:43.54	42.29	300m: 4:17.36	47.57 400m: 5:28.43
2.	Teun van der Schrier	Hieronymus	5:51.52	200403627	5:42.40 +0,71 361
	50m: 36.69	36.69 150m: 2:05.27	44.76	250m: 3:37.94	49.12 350m: 5:07.30
	100m: 1:20.51	43.82 200m: 2:48.82	43.55	300m: 4:27.67	49.73 400m: 5:42.40
3.	Cas Hungens	Tempo Valkenswaard	5:57.25	200400017	5:53.20 +0,71 329
	50m: 38.59	38.59 150m: 2:12.47	45.42	250m: 3:47.91	49.15 350m: 5:17.84
	100m: 1:27.05	48.46 200m: 2:58.76	46.29	300m: 4:38.91	51.00 400m: 5:53.20
4.	Koen Vissers	PSV	6:04.48	200401429	5:53.61 +0,80 328
	50m: 39.06	39.06 150m: 2:09.50	45.52	250m: 3:41.93	49.37 350m: 5:15.05
	100m: 1:23.98	44.92 200m: 2:52.56	43.06	300m: 4:33.95	52.02 400m: 5:53.61
5.	Damian Waas	SBC2000	6:05.76	200402285	5:55.46 +0,88 323
	50m: 37.78	37.78 150m: 2:07.61	45.82	250m: 3:43.30	51.87 350m: 5:17.27
	100m: 1:21.79	44.01 200m: 2:51.43	43.82	300m: 4:35.91	52.61 400m: 5:55.46
6.	Diederik Colombijn	De Krabben	6:20.26	200403025	6:17.03 +0,78 271
	50m: 41.14	41.14 150m: 2:17.61	46.41	250m: 3:58.83	55.93 350m: 5:37.53
	100m: 1:31.20	50.06 200m: 3:02.90	45.29	300m: 4:54.57	55.74 400m: 6:17.03
7.	Arsény-Léon Kourzanov	PSV	6:20.25	200401417	6:20.11 +0,71 264
	50m: 40.56	40.56 150m: 2:18.67	48.55	250m: 4:00.97	55.33 350m: 5:40.07
	100m: 1:30.12	49.56 200m: 3:05.64	46.97	300m: 4:57.81	56.84 400m: 6:20.11
8.	Timo Liebers	PSV	6:30.80	200402039	6:33.72 +0,80 238
	50m: 40.27	40.27 150m: 2:17.22	48.33	250m: 4:02.95	57.13 350m: 5:47.45
	100m: 1:28.89	48.62 200m: 3:05.82	48.60	300m: 4:59.13	56.18 400m: 6:33.72
AFGEM	Chris Verhoeven	Z&PV Nuenen	5:31.31	200400593	
Junioren 2					
1.	Lucas Peters	PSV	5:10.11	200301325	5:08.55 +0,64 494
	50m: 31.55	31.55 150m: 1:48.76	39.75	250m: 3:13.16	44.73 350m: 4:34.50
	100m: 1:09.01	37.46 200m: 2:28.43	39.67	300m: 3:59.49	46.33 400m: 5:08.55
2.	Yuri Wasser	PSV	6:23.28	200301327	6:19.41 +0,68 265
	50m: 41.12	41.12 150m: 2:20.19	48.74	250m: 4:01.88	53.75 350m: 5:37.82
	100m: 1:31.45	50.33 200m: 3:08.13	47.94	300m: 4:55.39	53.51 400m: 6:19.41
Junioren 3					
1.	Timo Spaans	PSV	4:58.68	200201087	5:02.30 +0,78 525
	50m: 29.98	29.98 150m: 1:46.12	40.24	250m: 3:10.80	45.59 350m: 4:31.07
	100m: 1:05.88	35.90 200m: 2:25.21	39.09	300m: 3:54.65	43.85 400m: 5:02.30
2.	Jelmer North	Z&PV Nuenen	5:07.55	200200617	5:05.41 +0,56 509
	50m: 32.98	32.98 150m: 1:49.54	38.77	250m: 3:13.03	44.23 350m: 4:31.98
	100m: 1:10.77	37.79 200m: 2:28.80	39.26	300m: 3:57.27	44.24 400m: 5:05.41
3.	Devin Servais	Dommelbaarzen	5:18.16	200202285	5:05.67 +0,73 508
	50m: 32.19	32.19 150m: 1:47.46	38.41	250m: 3:08.93	43.01 350m: 4:30.15
	100m: 1:09.05	36.86 200m: 2:25.92	38.46	300m: 3:53.93	45.00 400m: 5:05.67
4.	Wessel Stupers	PSV	5:14.95	200203541	5:13.73 +0,74 470
	50m: 32.23	32.23 150m: 1:50.71	39.28	250m: 3:15.50	47.51 350m: 4:41.03
	100m: 1:11.43	39.20 200m: 2:27.99	37.28	300m: 4:04.06	48.56 400m: 5:13.73
5.	Sjoerd Looymans	Dommelbaarzen	5:42.72	200203687	5:34.88 +0,70 386
	50m: 36.21	36.21 150m: 2:02.12	43.93	250m: 3:31.69	47.69 350m: 4:56.89
	100m: 1:18.19	41.98 200m: 2:44.00	41.88	300m: 4:18.10	46.41 400m: 5:34.88
6.	Max Embregts	O.Z. & P.C. De Warande	6:09.60	200200583	5:38.97 +0,75 372
	50m: 35.80	35.80 150m: 2:02.75	44.78	250m: 3:31.28	46.03 350m: 4:59.90
	100m: 1:17.97	42.17 200m: 2:45.25	42.50	300m: 4:18.47	47.19 400m: 5:38.97
7.	Luke Looymans	Dommelbaarzen	5:47.99	200203689	5:39.26 +0,80 371
	50m: 36.25	36.25 150m: 2:05.28	45.86	250m: 3:34.32	45.56 350m: 5:01.66
	100m: 1:19.42	43.17 200m: 2:48.76	43.48	300m: 4:20.95	46.63 400m: 5:39.26
8.	Ivar Koevoet	V.Z.V. Njord	5:54.45	200200185	5:41.70 +0,58 363
	50m: 37.40	37.40 150m: 2:06.52	43.58	250m: 3:38.72	50.35 350m: 5:07.10
	100m: 1:22.94	45.54 200m: 2:48.37	41.85	300m: 4:29.16	50.44 400m: 5:41.70
9.	Cas de Groot	ZV Hydra	5:44.49	200203443	5:45.60 +0,67 351
	50m: 34.02	34.02 150m: 1:59.78	45.16	250m: 3:36.19	51.76 350m: 5:09.49
	100m: 1:14.62	40.60 200m: 2:44.43	44.65	300m: 4:28.61	52.42 400m: 5:45.60

Programmanr. 29, Jongens, 400m wisselslag, Junioren 3

rang	naam	vereniging	intijd	tijd	RT		
9.	Dion Staal	O.Z. & P.C. De Warande	5:50.77	200200065	5:45.69 +0,66 351		
	50m: 36.82	36.82 150m: 2:07.50	46.27	250m: 3:40.65	48.30	350m: 5:09.28	39.35
	100m: 1:21.23	44.41 200m: 2:52.35	44.85	300m: 4:29.93	49.28	400m: 5:45.69	36.41
11.	Roel Janssen	Argo	5:56.23	200201605	5:53.34 +0,72 329		
	50m: 39.85	39.85 150m: 2:12.51	46.12	250m: 3:43.80	46.21	350m: 5:14.28	40.92
	100m: 1:26.39	46.54 200m: 2:57.59	45.08	300m: 4:33.36	49.56	400m: 5:53.34	39.06
12.	Jochem Kampman	PSV	5:53.95	200200453	5:54.65 +0,64 325		
	50m: 40.86	40.86 150m: 2:13.33	44.06	250m: 3:47.49	50.02	350m: 5:19.51	40.02
	100m: 1:29.27	48.41 200m: 2:57.47	44.14	300m: 4:39.49	52.00	400m: 5:54.65	35.14
13.	Devan Jonkers	Zeester Meerval	6:01.59	200201061	6:04.49 +0,76 299		
	50m: 37.33	37.33 150m: 2:11.85	46.06	250m: 3:46.45	52.36	350m: 5:24.69	46.06
	100m: 1:25.79	48.46 200m: 2:54.09	42.24	300m: 4:38.63	52.18	400m: 6:04.49	39.80
DIS	Rens Martens	ZV Hydra	5:28.83	200202877	RH		
	RH - Het eindpunt niet in rugligging aangeraakt.						

Junioren 4

1.	Janne Englebert	Hieronymus	5:15.72	200101561	4:59.88 +0,81 538		
	50m: 31.96	31.96 150m: 1:46.43	36.98	250m: 3:08.22	45.15	350m: 4:27.83	33.27
	100m: 1:09.45	37.49 200m: 2:23.07	36.64	300m: 3:54.56	46.34	400m: 4:59.88	32.05
2.	Leendert Paans	De Biesboschwimmers	5:17.17	200102805	5:14.27 +0,79 467		
	50m: 32.21	32.21 150m: 1:50.86	41.76	250m: 3:19.53	47.30	350m: 4:40.92	35.05
	100m: 1:09.10	36.89 200m: 2:32.23	41.37	300m: 4:05.87	46.34	400m: 5:14.27	33.35
3.	Guy Hungens	Tempo Valkenswaard	5:29.46	200101697	5:19.21 +0,62 446		
	50m: 32.23	32.23 150m: 1:53.93	42.67	250m: 3:17.67	41.37	350m: 4:41.40	40.57
	100m: 1:11.26	39.03 200m: 2:36.30	42.37	300m: 4:00.83	43.16	400m: 5:19.21	37.81
4.	Lars Kammers	Hieronymus	5:42.45	200100497	5:27.86 +0,72 411		
	50m: 34.44	34.44 150m: 1:58.86	42.14	250m: 3:27.23	45.97	350m: 4:52.73	36.72
	100m: 1:16.72	42.28 200m: 2:41.26	42.40	300m: 4:16.01	48.78	400m: 5:27.86	35.13

Jeugd 1 en 2

1.	Nicko Kamphuis	O.Z. & P.C. De Warande	4:44.05	199900887	4:43.73 +0,58 635		
	50m: 30.33	30.33 150m: 1:43.25	37.29	250m: 3:00.06	39.82	350m: 4:12.91	32.45
	100m: 1:05.96	35.63 200m: 2:20.24	36.99	300m: 3:40.46	40.40	400m: 4:43.73	30.82
2.	Tom Balsen Versteeg	Hieronymus	4:58.53	200005673	4:56.29 +0,67 557		
	50m: 31.42	31.42 150m: 1:46.16	37.35	250m: 3:06.00	42.29	350m: 4:23.07	34.12
	100m: 1:08.81	37.39 200m: 2:23.71	37.55	300m: 3:48.95	42.95	400m: 4:56.29	33.22
3.	Bas Erdmann	Hieronymus	5:06.54	200003065	4:59.48 +0,69 540		
	50m: 31.57	31.57 150m: 1:47.50	39.14	250m: 3:08.62	42.85	350m: 4:26.20	33.99
	100m: 1:08.36	36.79 200m: 2:25.77	38.27	300m: 3:52.21	43.59	400m: 4:59.48	33.28
4.	Rick Embregts	O.Z. & P.C. De Warande	5:06.62	200000449	5:01.15 +0,69 531		
	50m: 30.24	30.24 150m: 1:45.22	38.92	250m: 3:08.46	44.10	350m: 4:27.69	34.87
	100m: 1:06.30	36.06 200m: 2:24.36	39.14	300m: 3:52.82	44.36	400m: 5:01.15	33.46
5.	Thijs Manders	PSV	5:07.21	200002731	5:08.31 +0,65 495		
	50m: 31.47	31.47 150m: 1:50.16	39.97	250m: 3:14.09	44.19	350m: 4:35.21	35.22
	100m: 1:10.19	38.72 200m: 2:29.90	39.74	300m: 3:59.99	45.90	400m: 5:08.31	33.10
6.	Casper Bolkenbaas	Trb/Res	5:14.85	200002591	5:09.20 +0,85 490		
	50m: 31.43	31.43 150m: 1:48.57	40.38	250m: 3:13.30	45.11	350m: 4:35.54	35.30
	100m: 1:08.19	36.76 200m: 2:28.19	39.62	300m: 4:00.24	46.94	400m: 5:09.20	33.66
7.	Sven Westerlaken	Zvdo'74	5:15.72	199900271	5:13.04 +0,49 473		
	50m: 31.41	31.41 150m: 1:46.73	38.73	250m: 3:12.87	47.94	350m: 4:37.88	35.87
	100m: 1:08.00	36.59 200m: 2:24.93	38.20	300m: 4:02.01	49.14	400m: 5:13.04	35.16
8.	Tom Kruis	De Biesboschwimmers	5:26.34	200000059	5:21.94 +0,72 435		
	50m: 32.22	32.22 150m: 1:51.22	40.79	250m: 3:17.63	45.69	350m: 4:43.75	39.02
	100m: 1:10.43	38.21 200m: 2:31.94	40.72	300m: 4:04.73	47.10	400m: 5:21.94	38.19
9.	Brian van Gennip	ZV Hydra	5:26.38	200003573	5:24.55 +0,88 424		
	50m: 33.57	33.57 150m: 1:59.41	43.18	250m: 3:25.82	45.35	350m: 4:50.12	38.38
	100m: 1:16.23	42.66 200m: 2:40.47	41.06	300m: 4:11.74	45.92	400m: 5:24.55	34.43
10.	Lars Hurks	Trb/Res	5:34.87	199901667	5:25.30 +0,68 421		
	50m: 32.94	32.94 150m: 1:58.12	41.96	250m: 3:22.74	44.92	350m: 4:49.54	37.36
	100m: 1:16.16	43.22 200m: 2:37.82	39.70	300m: 4:12.18	49.44	400m: 5:25.30	35.76
11.	Yulian Oppenhuizen	Zvdo'74	5:23.16	200000165	5:26.02 +0,72 418		
	50m: 34.25	34.25 150m: 1:54.56	40.37	250m: 3:23.41	49.09	350m: 4:51.02	36.58
	100m: 1:14.19	39.94 200m: 2:34.32	39.76	300m: 4:14.44	51.03	400m: 5:26.02	35.00
12.	Bart Snel	Tempo Valkenswaard	5:35.39	200001767	5:31.10 +0,71 399		
	50m: 33.02	33.02 150m: 1:55.06	41.15	250m: 3:26.91	51.71	350m: 4:55.62	37.80
	100m: 1:13.91	40.89 200m: 2:35.20	40.14	300m: 4:17.82	50.91	400m: 5:31.10	35.48

Programmanr. 29, Jongens, 400m wisselslag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT
AFGEM	Quinn van der Krabben	ZWK Merlet	5:35.01	200004797	
Senioren 1 en ouder					
1.	Arjan Knipping	PSV	4:12.46	199401667	4:26.48 +0,74 766
	50m: 28.18	28.18 150m: 1:35.25	34.67	250m: 2:45.70	35.76 350m: 3:55.15
	100m: 1:00.58	32.40 200m: 2:09.94	34.69	300m: 3:22.59	36.89 400m: 4:26.48
2.	Wietse Beerens	Dommelbaarzen	4:30.71	198700159	4:37.01 +0,76 682
	50m: 31.05	31.05 150m: 1:41.66	35.98	250m: 2:54.32	37.33 350m: 4:05.56
	100m: 1:05.68	34.63 200m: 2:16.99	35.33	300m: 3:32.08	37.76 400m: 4:37.01
3.	Sven Kardol	Z&PV Nuenen	4:44.17	199302135	4:51.17 +0,71 587
	50m: 30.18	30.18 150m: 1:42.14	36.63	250m: 3:01.53	43.24 350m: 4:18.61
	100m: 1:05.51	35.33 200m: 2:18.29	36.15	300m: 3:45.20	43.67 400m: 4:51.17
4.	Vincent Dermaux	AquaDream	5:09.77	199600599	4:56.12 +0,76 558
	50m: 30.42	30.42 150m: 1:45.77	39.14	250m: 3:04.71	41.92 350m: 4:22.02
	100m: 1:06.63	36.21 200m: 2:22.79	37.02	300m: 3:47.15	42.44 400m: 4:56.12
5.	Andy van Akkeren	Hieronymus	5:15.11	199505381	5:03.31 +0,72 520
	50m: 31.63	31.63 150m: 1:49.48	40.37	250m: 3:13.47	42.71 350m: 4:30.75
	100m: 1:09.11	37.48 200m: 2:30.76	41.28	300m: 3:55.98	42.51 400m: 5:03.31
6.	Ruben Schellekens	Trb/Res	5:15.39	199702747	5:09.37 +0,72 490
	50m: 31.70	31.70 150m: 1:49.20	39.61	250m: 3:14.93	45.93 350m: 4:36.00
	100m: 1:09.59	37.89 200m: 2:29.00	39.80	300m: 4:01.02	46.09 400m: 5:09.37
7.	Bas van Haperen	Z & Pc Dio	5:13.84	199805507	5:22.55 +0,70 432
	50m: 32.10	32.10 150m: 1:49.99	40.34	250m: 3:15.87	46.61 350m: 4:43.85
	100m: 1:09.65	37.55 200m: 2:29.26	39.27	300m: 4:05.02	49.15 400m: 5:22.55
8.	Bas Gibbels	Z&PV Nuenen	5:24.70	199801973	5:26.29 +0,64 417
	50m: 33.99	33.99 150m: 1:59.77	42.95	250m: 3:26.64	44.70 350m: 4:50.24
	100m: 1:16.82	42.83 200m: 2:41.94	42.17	300m: 4:12.80	46.16 400m: 5:26.29

Programmanr. 30
15-1-2017 - 13:15

Dames, 800m vrije slag

Senioren Open
Resultaten

Nederlands Record	8:08.17	Sharon van Rouwendaal	13-033	Doha (QAT)	4-12-2014
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rang	naam	vereniging	intijd	tijd	RT
Junioren 2					
1.	Kim Servaas	PSV	10:55.01	200400836	10:40.70 +0,77 440
	100m: 1:12.03	1:12.03 300m: 3:53.93	1:21.47	500m: 6:37.29	1:21.53 700m: 9:20.99
	200m: 2:32.46	1:20.43 400m: 5:15.76	1:21.83	600m: 7:59.38	1:22.09 800m: 10:40.70
2.	Iris van der Aa	SWNZ	11:34.77	200400378	11:44.88 +0,62 331
	100m: 1:19.60	1:19.60 300m: 4:14.33	1:28.83	500m: 7:18.36	1:32.35 700m: 10:19.18
	200m: 2:45.50	1:25.90 400m: 5:46.01	1:31.68	600m: 8:49.12	1:30.76 800m: 11:44.88
Junioren 3					
1.	Silke van de Weijer	ZV Hydra	11:12.84	200300692	10:48.35 +0,72 425
	100m: 1:13.45	1:13.45 300m: 3:57.03	1:22.98	500m: 6:45.29	1:24.51 700m: 9:30.11
	200m: 2:34.05	1:20.60 400m: 5:20.78	1:23.75	600m: 8:09.13	1:23.84 800m: 10:48.35
2.	Sophie Albers	Arethusa	11:11.20	200300990	10:52.77 +0,62 416
	100m: 1:16.56	1:16.56 300m: 4:01.96	1:22.84	500m: 6:48.72	1:23.83 700m: 9:33.17
	200m: 2:39.12	1:22.56 400m: 5:24.89	1:22.93	600m: 8:11.33	1:22.61 800m: 10:52.77
Jeugd 1 en 2					
1.	Nienke Jonk	Hieronymus	9:29.62	200203000	9:20.36 +0,72 658
	100m: 1:04.88	1:04.88 300m: 3:28.16	1:11.71	500m: 5:50.58	1:11.08 700m: 8:12.87
	200m: 2:16.45	1:11.57 400m: 4:39.50	1:11.34	600m: 7:01.51	1:10.93 800m: 9:20.36
2.	Famke Slabbers	Arethusa	9:34.70	200200100	9:33.35 +0,73 614
	100m: 1:07.65	1:07.65 300m: 3:33.64	1:13.07	500m: 5:58.48	1:11.97 700m: 8:22.83
	200m: 2:20.57	1:12.92 400m: 4:46.51	1:12.87	600m: 7:10.74	1:12.26 800m: 9:33.35
3.	Sterre van de Goor	Arethusa	9:37.63	200102168	9:39.86 +0,81 594
	100m: 1:07.75	1:07.75 300m: 3:34.18	1:13.60	500m: 6:01.03	1:13.72 700m: 8:27.68
	200m: 2:20.58	1:12.83 400m: 4:47.31	1:13.13	600m: 7:14.59	1:13.56 800m: 9:39.86
4.	Anne Dickens	O.Z. & P.C. De Warande	9:51.87	200100734	9:51.01 *bt +0,58 561
	100m: 1:09.27	1:09.27 300m: 3:37.31	1:14.49	500m: 6:08.35	1:16.09 700m: 8:38.65
	200m: 2:22.82	1:13.55 400m: 4:52.26	1:14.95	600m: 7:23.05	1:14.70 800m: 9:51.01

Programmanr. 30, Meisjes, 800m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT
5.	Denise van der Burgt	Zeester Meerval	9:49.68	200201812	9:51.53 +0,74 559
	100m: 1:10.07	1:10.07 300m: 3:36.85	1:13.20	500m: 6:05.48	1:14.36 700m: 8:36.33
	200m: 2:23.65	1:13.58 400m: 4:51.12	1:14.27	600m: 7:20.40	1:14.92 800m: 9:51.53
6.	Anne Paulusse	O.Z. & P.C. De Warande	10:11.65	200200834	10:15.46 +0,85 497
	100m: 1:06.54	1:06.54 300m: 3:41.96	1:23.65	500m: 6:20.90	1:19.57 700m: 9:00.28
	200m: 2:18.31	1:11.77 400m: 5:01.33	1:19.37	600m: 7:40.10	1:19.20 800m: 10:15.46

Senioren 1 en ouder

1.	Annemarie Meijer	PSV	9:18.51	199900964	9:26.90 +0,76 635
	100m: 1:05.56	1:05.56 300m: 3:28.21	1:11.92	500m: 5:51.52	1:11.54 700m: 8:16.40
	200m: 2:16.29	1:10.73 400m: 4:39.98	1:11.77	600m: 7:03.86	1:12.34 800m: 9:26.90
2.	Manon van Esch	Trb/Res	9:49.48	199702090	9:32.37 617
	100m: 1:06.95	1:06.95 300m: 3:31.96	1:12.43	500m: 5:57.58	1:12.67 700m: 8:22.21
	200m: 2:19.53	1:12.58 400m: 4:44.91	1:12.95	600m: 7:10.10	1:12.52 800m: 9:32.37
3.	Amy van Lier	Trb/Res	9:42.97	199603022	9:41.43 +0,73 589
	100m: 1:07.59	1:07.59 300m: 3:33.72	1:13.15	500m: 6:00.71	1:13.61 700m: 8:29.72
	200m: 2:20.57	1:12.98 400m: 4:47.10	1:13.38	600m: 7:15.48	1:14.77 800m: 9:41.43
4.	Nadja Wortel	Hieronymus	10:10.24	199800798	9:41.83 +0,72 588
	100m: 1:05.92	1:05.92 300m: 3:28.63	1:12.24	500m: 5:58.87	1:15.91 700m: 8:29.72
	200m: 2:16.39	1:10.47 400m: 4:42.96	1:14.33	600m: 7:13.97	1:15.10 800m: 9:41.83
5.	Eva van Ginneken	Hieronymus	9:47.13	199800164	9:42.07 +0,73 587
	100m: 1:08.29	1:08.29 300m: 3:34.59	1:13.15	500m: 6:04.66	1:15.94 700m: 8:32.07
	200m: 2:21.44	1:13.15 400m: 4:48.72	1:14.13	600m: 7:18.12	1:13.46 800m: 9:42.07
	Lisa de Beijer	PSV	9:58.42	200002814	9:42.18 +0,72 587
	100m: 1:08.93	1:08.93 300m: 3:34.82	1:12.80	500m: 6:02.83	1:13.47 700m: 8:31.65
	200m: 2:22.02	1:13.09 400m: 4:49.36	1:14.54	600m: 7:17.50	1:14.67 800m: 9:42.18
7.	Liselotte Joling	PSV	9:58.09	197500268	9:56.70 +0,91 545
	100m: 1:10.26	1:10.26 300m: 3:39.77	1:14.63	500m: 6:10.43	1:14.89 700m: 8:42.74
	200m: 2:25.14	1:14.88 400m: 4:55.54	1:15.77	600m: 7:26.14	1:15.71 800m: 9:56.70
8.	Désirée Emmen	O.Z. & P.C. De Warande	9:58.15	199204862	10:03.22 +0,70 527
	100m: 1:09.46	1:09.46 300m: 3:38.54	1:15.25	500m: 6:12.09	1:16.87 700m: 8:46.44
	200m: 2:23.29	1:13.83 400m: 4:55.22	1:16.68	600m: 7:29.23	1:17.14 800m: 10:03.22
9.	Lindi Verkooijen	AquaDream	10:04.53	199503826	10:06.69 +0,78 518
	100m: 1:11.89	1:11.89 300m: 3:43.63	1:16.66	500m: 6:16.58	1:16.98 700m: 8:50.55
	200m: 2:26.97	1:15.08 400m: 4:59.60	1:15.97	600m: 7:33.79	1:17.21 800m: 10:06.69
AFGEM	Marlijn Hendriksen	Arethusa	9:32.63	198806828	
AFGEM	Renske den Dekker	Zvdo'74	10:04.03	199700138	
NG	Esmée Venner	PSV	9:43.82	200000380	