

De Treffers

Rosmalen 3-2-2023

LAC deel 2 - vrijdag 3 februari 2023 om 19:30u (25 m)

Aanvangstijd juryvergadering: 18:30u

1. 200m vrije slag -

8 - 9 jaar

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|--|----------|
| 1. Pleun Hendrikk (De Treffers, 201300340) | 03:24.06 |
| 50m 00:42.99 42,99 100m 01:35.56 52,57 150m 02:30.14 54,58 | |
| 3. Karlijn Vermeulen (De Treffers, 201400260) | 03:36.87 |
| 50m 00:46.96 46,96 100m 01:43.74 56,78 150m 02:42.63 58,89 | |

2. 400m vrije slag -

10 - 12 jaar

- | | |
|--|----------|
| 1. Vera Broekman (Arethusa, 201001454) | 05:50.93 |
| 50m 00:37.68 37,68 100m 01:21.34 43,66 150m 02:06.29 44,95 200m 02:50.93 44,64 250m 03:37.14 46,21 300m 04:23.12 45,98 350m 05:08.89 45,77 | |
| 2. Selena Geeven (Arethusa, 201000844) | 06:05.33 |
| 50m 00:39.65 39,65 100m 01:24.39 44,74 150m 02:10.97 46,58 200m 02:57.69 46,72 250m 03:45.18 47,49 300m 04:32.34 47,16 350m 05:21.04 48,70 | |
| 3. Kate Broekman (Arethusa, 201200176) | 06:12.54 |
| 50m 00:39.15 39,15 100m 01:25.18 46,03 150m 02:12.46 47,28 200m 03:01.14 48,68 250m 03:49.85 48,71 300m 04:38.59 48,74 350m 05:27.00 48,41 | |
| 4. Wessel Vis (De Treffers, 201201273) | 07:05.00 |
| 50m 00:45.40 45,40 100m 01:39.19 53,79 150m 02:36.44 57,25 200m 03:32.79 56,35 250m 04:28.24 55,45 300m 05:24.83 56,59 350m 06:20.47 55,64 | |
| 5. Youp de Groot (De Treffers, 201100393) | 07:07.46 |
| 50m 00:46.28 46,28 100m 01:40.61 54,33 150m 02:36.88 56,27 200m 03:33.87 56,99 250m 04:29.06 55,19 300m 05:25.34 56,28 350m 06:22.11 56,77 | |
| 6. Thomas Heesakkers (De Treffers, 201101263) | 08:10.89 |
| 50m 00:53.54 53,54 100m 01:53.43 59,89 150m 02:55.83 62,40 200m 03:58.17 62,34 250m 05:01.92 63,75 300m 06:04.58 62,66 350m 07:12.36 67,78 | |

3. 400m vrije slag -

vanaf 18 jaar

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|--|----------|
| 1. Jo-an Mudde (Arethusa, 196701457) | 04:54.39 |
| 50m 00:33.43 33,43 100m 01:10.20 36,77 150m 01:47.44 37,24 200m 02:25.01 37,57 250m 03:02.23 37,22 300m 03:39.81 37,58 350m 04:17.50 37,69 | |
| 2. Tim van Grunsven (De Treffers, 199804535) | 05:07.87 |
| 50m 00:29.29 29,29 100m 01:05.74 36,45 150m 01:44.12 38,38 200m 02:23.04 38,92 250m 03:03.16 40,12 300m 03:44.16 41,00 350m 04:26.62 42,46 | |
| 4. Hannelie de Raad (Waalwijkse Zwem Vereniging, 200400944) | 06:46.89 |
| 50m 00:41.21 41,21 100m 01:28.48 47,27 150m 02:18.58 50,10 200m 03:11.14 52,56 250m 04:05.78 54,64 300m 05:02.44 56,66 350m 05:56.61 54,17 | |
| 5. Lilian Witlox (De Treffers, 196000346) | 08:12.65 |
| 50m 00:51.58 51,58 100m 01:52.56 60,98 150m 02:56.15 63,59 200m 04:01.75 65,60 250m 05:07.48 65,73 300m 06:10.38 62,90 350m 07:13.17 62,79 | |

. Jan de Laat (AquAmigos, 196000861)

4. 800m vrije slag -

vanaf 11 jaar

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|---------------------------------------|----------|
| 1. Iris Tilburg (Arethusa, 200902662) | 10:03.24 |
|---------------------------------------|----------|

50m	00:32.88	32,88	250m	03:01.84	37,92	450m	05:36.10	38,74	650m	08:10.33	38,82
100m	01:08.94	36,06	300m	03:40.13	38,29	500m	06:14.40	38,30	700m	08:49.06	38,73
150m	01:46.17	37,23	350m	04:18.72	38,59	550m	06:52.98	38,58	750m	09:27.15	38,09
200m	02:23.92	37,75	400m	04:57.36	38,64	600m	07:31.51	38,53			
2. Lotte Mudde (Arethusa, 200700502)											
50m	00:35.19	35,19	250m	03:09.33	39,34	450m	05:49.71	40,11	650m	08:32.38	40,30
100m	01:12.40	37,21	300m	03:49.59	40,26	500m	06:30.10	40,39	700m	09:12.22	39,84
150m	01:50.74	38,34	350m	04:29.05	39,46	550m	07:11.71	41,61	750m	09:51.81	39,59
200m	02:29.99	39,25	400m	05:09.60	40,55	600m	07:52.08	40,37			
3. Floris van de Wal (De Treffers, 200900495)											
50m	00:36.07	36,07	250m	03:20.95	42,90	450m	06:14.89	42,94	650m	09:02.96	40,42
100m	01:15.01	38,94	300m	04:04.43	43,48	500m	06:56.97	42,08	700m	09:43.23	40,27
150m	01:55.78	40,77	350m	04:48.22	43,79	550m	07:41.04	44,07	750m	10:23.26	40,03
200m	02:38.05	42,27	400m	05:31.95	43,73	600m	08:22.54	41,50			
4. Jelle van den Berg (De Treffers, 200802053)											
50m	00:34.43	34,43	250m	03:18.94	42,84	450m	06:11.96	43,48	650m	09:02.16	41,28
100m	01:12.98	38,55	300m	04:01.33	42,39	500m	06:56.00	44,04	700m	09:43.16	41,00
150m	01:53.62	40,64	350m	04:44.53	43,20	550m	07:37.90	41,90	750m	10:27.54	44,38
200m	02:36.10	42,48	400m	05:28.48	43,95	600m	08:20.88	42,98			
5. Alexx Broekman (Arethusa, 200902374)											
50m	00:35.66	35,66	250m	03:22.50	42,93	450m	06:13.30	42,84	650m	09:03.10	42,34
100m	01:15.40	39,74	300m	04:05.23	42,73	500m	06:55.79	42,49	700m	09:45.01	41,91
150m	01:57.20	41,80	350m	04:47.75	42,52	550m	07:38.69	42,90	750m	10:26.04	41,03
200m	02:39.57	42,37	400m	05:30.46	42,71	600m	08:20.76	42,07			
6. Lotte van den Thillart (De Treffers, 200203794)											
50m	00:37.46	37,46	250m	03:25.61	43,82	450m	06:21.84	44,20	650m	09:18.17	44,00
100m	01:16.64	39,18	300m	04:09.01	43,40	500m	07:06.35	44,51	700m	10:02.56	44,39
150m	01:58.35	41,71	350m	04:53.09	44,08	550m	07:50.86	44,51	750m	10:47.18	44,62
200m	02:41.79	43,44	400m	05:37.64	44,55	600m	08:34.17	43,31			
7. Joke Ceelie (De Treffers, 198600694)											
50m	00:35.80	35,80	250m	03:26.90	44,41	450m	06:24.75	44,97	650m	09:23.25	45,00
100m	01:16.62	40,82	300m	04:10.81	43,91	500m	07:09.19	44,44	700m	10:08.11	44,86
150m	01:58.97	42,35	350m	04:54.93	44,12	550m	07:53.30	44,11	750m	10:53.04	44,93
200m	02:42.49	43,52	400m	05:39.78	44,85	600m	08:38.25	44,95			
8. Lara Müller (Arethusa, 200903610)											
100m	01:21.98	81,98	300m	04:25.16	46,78	500m	07:27.71	45,55	650m	09:43.25	44,92
150m	02:07.51	45,53	350m	05:11.96	46,80	550m	08:12.93	45,22	700m	10:28.78	45,53
200m	02:52.04	44,53	400m	05:57.71	45,75	600m	08:58.33	45,40	750m	11:12.94	44,16
250m	03:38.38	46,34	450m	06:42.16	44,45	650m	09:43.25	44,92			
9. Joost de Kroon (AquAmigos, 196400999)											
50m	00:42.14	42,14	250m	03:45.77	45,97	450m	06:49.47	46,06	650m	09:50.99	45,32
100m	01:27.29	45,15	300m	04:32.09	46,32	500m	07:35.09	45,62	700m	10:36.60	45,61
150m	02:13.77	46,48	350m	05:18.14	46,05	550m	08:20.11	45,02	750m	11:20.12	43,52
200m	02:59.80	46,03	400m	06:03.41	45,27	600m	09:05.67	45,56			
10. Abygail Rusch (De Treffers, 200800464)											
100m	01:23.31	83,31	300m	04:27.43	46,59	500m	07:32.78	46,24	650m	09:50.35	45,32
150m	02:08.63	45,32	350m	05:14.07	46,64	550m	08:18.81	46,03	700m	10:35.81	45,46
200m	02:54.04	45,41	400m	06:00.42	46,35	600m	09:05.03	46,22	750m	11:25.14	49,33
250m	03:40.84	46,80	450m	06:46.54	46,12	650m	09:50.35	45,32			
11. Elaine Geeven (Arethusa, 200801972)											
50m	00:38.78	38,78	250m	03:40.30	46,04	450m	06:47.48	46,26	650m	09:50.38	46,28
100m	01:22.38	43,60	300m	04:26.78	46,48	500m	07:33.09	45,61	700m	10:37.29	46,91
150m	02:07.93	45,55	350m	05:14.63	47,85	550m	08:19.53	46,44	750m	11:21.25	43,96
200m	02:54.26	46,33	400m	06:01.22	46,59	600m	09:04.10	44,57			
12. Brent van Sande (De Treffers, 200900647)											
50m	00:34.33	34,33	250m	03:31.27	46,31	450m	06:46.78	48,09	650m	10:00.16	49,07
100m	01:13.85	39,52	300m	04:19.95	48,68	500m	07:34.48	47,70	700m	10:48.88	48,72
150m	01:58.30	44,45	350m	05:08.84	48,89	550m	08:22.45	47,97	750m	11:34.99	46,11
200m	02:44.96	46,66	400m	05:58.69	49,85	600m	09:11.09	48,64			

13. Elise Dörr (Waalwijkse Zwem Vereniging, 200501192)					12:18.06
50m	00:38.74 38,74	250m	03:45.29 48,17	450m	06:55.97 48,14
100m	01:23.26 44,52	300m	04:32.98 47,69	500m	07:43.43 47,46
150m	02:09.75 46,49	350m	05:20.69 47,71	550m	08:30.92 47,49
200m	02:57.12 47,37	400m	06:07.83 47,14	600m	09:18.61 47,69
650m	10:04.99 46,38	700m	10:50.92 45,93	750m	11:37.41 46,49
14. Dieuwertje van den Heuvel (Arethusa, 200400098)					12:25.40
50m	00:37.35 37,35	250m	03:39.71 46,09	450m	06:52.53 49,20
100m	01:21.86 44,51	300m	04:27.43 47,72	500m	07:40.56 48,03
150m	02:06.94 45,08	350m	05:15.20 47,77	550m	08:29.38 48,82
200m	02:53.62 46,68	400m	06:03.33 48,13	600m	09:18.03 48,65
650m	10:06.59 48,56	700m	10:54.14 47,55	750m	11:41.39 47,25
15. Julia van der Burgt (De Treffers, 199307806)					13:05.56
50m	00:42.68 42,68	250m	03:59.46 50,44	450m	07:22.90 50,17
100m	01:30.43 47,75	300m	04:50.53 51,07	500m	08:12.84 49,94
150m	02:19.58 49,15	350m	05:41.66 51,13	550m	09:02.56 49,72
200m	03:09.02 49,44	400m	06:32.73 51,07	600m	09:52.30 49,74
650m	10:41.63 49,33	700m	11:30.38 48,75	750m	12:18.75 48,37
16. Eline Nouwens (De Treffers, 200704180)					13:13.93
100m	01:30.08 90,08	300m	04:50.78 51,33	450m	07:23.21 50,51
150m	02:19.33 49,25	350m	05:42.49 51,71	500m	08:14.59 51,38
200m	03:09.18 49,85	400m	06:32.70 50,21	550m	09:06.50 51,91
250m	03:59.45 50,27	450m	07:23.21 50,51	600m	09:58.30 51,80
650m	10:50.09 51,79	700m	11:39.91 49,82		
17. Dieke van den Berg (De Treffers, 201001526)					13:19.36
50m	00:41.93 41,93	250m	04:01.91 51,73	450m	07:28.53 52,80
100m	01:30.06 48,13	300m	04:53.15 51,24	500m	08:20.72 52,19
150m	02:20.37 50,31	350m	05:44.01 50,86	550m	09:11.81 51,09
200m	03:10.18 49,81	400m	06:35.73 51,72	600m	10:04.53 52,72
650m	10:54.36 49,83	700m	11:45.64 51,28	750m	12:34.92 49,28
18. Andre van den Berg (De Treffers, 196701787)					13:40.23
50m	00:47.49 47,49	250m	04:07.47 52,37	450m	07:38.37 52,55
100m	01:34.17 46,68	300m	05:00.30 52,83	500m	08:30.92 52,55
150m	02:23.88 49,71	350m	05:53.07 52,77	550m	09:22.95 52,03
200m	03:15.10 51,22	400m	06:45.82 52,75	600m	10:14.68 51,73
650m	11:07.12 52,44	700m	11:59.07 51,95	750m	12:50.70 51,63
19. Jan de Laat (AquAmigos, 196000861)					14:08.92
50m	00:42.39 42,39	250m	04:09.67 52,37	450m	07:48.18 55,04
100m	01:31.84 49,45	300m	05:03.03 53,36	500m	08:43.40 55,22
150m	02:24.68 52,84	350m	05:57.87 54,84	550m	09:37.97 54,57
200m	03:17.30 52,62	400m	06:53.14 55,27	600m	10:33.37 55,40
650m	11:27.53 54,16	700m	12:23.79 56,26	750m	13:18.67 54,88
20. Arnold Bon (De Treffers, 197101781)					14:59.06
50m	00:47.53 47,53	250m	04:33.17 56,42	450m	08:22.71 56,15
100m	01:40.63 53,10	300m	05:30.47 57,30	500m	09:22.27 59,56
150m	02:37.99 57,36	350m	06:27.06 56,59	550m	10:19.40 57,13
200m	03:36.75 58,76	400m	07:26.56 59,50	600m	11:16.71 57,31
650m	12:12.72 56,01	700m	13:09.50 56,78		
21. Nico Clemens (De Treffers, 197902097)					15:11.84
50m	00:44.47 44,47	250m	04:26.67 58,71	450m	08:25.95 59,28
100m	01:35.70 51,23	300m	05:27.16 60,49	500m	09:24.78 58,83
150m	02:30.54 54,84	350m	06:27.01 59,85	550m	10:22.79 58,01
200m	03:27.96 57,42	400m	07:26.67 59,66	600m	11:20.83 58,04
650m	12:19.68 58,85	700m	13:19.73 60,05	750m	14:17.41 57,68
22. Fien Hendriks (De Treffers, 200902572)					15:18.44
100m	01:45.22 105,22	300m	05:40.31 59,54	500m	09:37.13 58,44
150m	02:43.05 57,83	350m	06:39.96 59,65	550m	10:36.03 58,90
200m	03:41.39 58,34	400m	07:39.07 59,11	600m	11:35.15 59,12
250m	04:40.77 59,38	450m	08:38.69 59,62	650m	12:31.96 56,81
700m	13:28.38 56,42	750m	14:24.54 56,16		
23. Kristel Verhallen (De Treffers, 197801412)					16:22.27
50m	00:49.69 49,69	250m	04:53.40 63,28	450m	09:08.65 63,45
100m	01:45.75 56,06	300m	05:57.54 64,14	500m	10:11.26 62,61
150m	02:46.30 60,55	350m	07:01.31 63,77	550m	11:13.85 62,59
200m	03:50.12 63,82	400m	08:05.20 63,89	600m	12:15.64 61,79
650m	13:17.66 62,02	700m	14:20.19 62,53	750m	15:22.29 62,10
24. Sylvia Bekker (De Treffers, 197601194)					18:38.43
50m	00:53.47 53,47	250m	05:16.73 70,42	450m	10:06.81 73,34
100m	01:51.95 58,48	300m	06:29.15 72,42	500m	11:22.71 75,90
150m	02:58.06 66,11	350m	07:41.48 72,33	550m	12:38.61 75,90
650m	15:07.73 73,24	700m	16:22.11 74,38	750m	17:35.15 73,04

	200m 04:06.31 68,25	400m 08:53.47 71,99	600m 13:54.49 75,88	
25. Christa van Hubers Lokven (De Treffers, 195600136)				19:00.13
	50m 01:03.56 63,56	250m 05:50.25 72,83	450m 10:40.37 72,41	650m 15:28.19 71,28
	100m 02:13.16 69,60	300m 07:01.99 71,74	500m 11:53.12 72,75	700m 16:40.08 71,89
	150m 03:24.69 71,53	350m 08:15.63 73,64	550m 13:04.69 71,57	750m 17:51.46 71,38
	200m 04:37.42 72,73	400m 09:27.96 72,33	600m 14:16.91 72,22	
26. Hester van Vugt (De Treffers, 199208070)				19:16.92
	50m 01:04.03 64,03	250m 05:49.72 72,43	450m 10:43.23 73,71	650m 15:37.99 74,11
	100m 02:13.27 69,24	300m 07:02.75 73,03	500m 11:56.90 73,67	700m 16:52.06 74,07
	150m 03:24.71 71,44	350m 08:16.85 74,10	550m 13:10.48 73,58	750m 18:05.31 73,25
	200m 04:37.29 72,58	400m 09:29.52 72,67	600m 14:23.88 73,40	
27. Melanie van Laarhoven (De Treffers, 197301034)				20:04.95
	50m 01:04.43 64,43	250m 06:14.99 76,45	450m 11:18.65 76,09	650m 16:20.35 75,97
	100m 02:19.04 74,61	300m 07:32.83 77,84	500m 12:34.15 75,50	700m 17:36.29 75,94
	150m 03:40.91 81,87	350m 08:48.53 75,70	550m 13:49.19 75,04	750m 18:51.43 75,14
	200m 04:58.54 77,63	400m 10:02.56 74,03	600m 15:04.38 75,19	
28. Irma Heijmans (De Treffers, 197001118)				20:54.84
	50m 01:01.87 61,87	250m 06:22.41 80,64	450m 11:40.04 78,86	650m 16:59.92 81,00
	100m 02:23.93 82,06	300m 07:43.33 80,92	500m 12:57.94 77,90	700m 18:18.29 78,37
	150m 03:44.89 80,96	350m 08:58.82 75,49	550m 14:16.73 78,79	750m 19:37.30 79,01
	200m 05:01.77 76,88	400m 10:21.18 82,36	600m 15:38.92 82,19	
29. Bic Driessen (De Treffers, 196001129)				21:14.94
	50m 01:06.65 66,65	250m 06:32.49 85,99	450m 12:01.37 79,48	650m 17:22.72 82,32
	100m 02:22.02 75,37	300m 07:56.69 84,20	500m 13:18.30 76,93	700m 18:43.32 80,60
	150m 03:43.31 81,29	350m 09:18.50 81,81	550m 14:38.62 80,32	750m 20:01.73 78,41
	200m 05:06.50 83,19	400m 10:41.89 83,39	600m 16:00.40 81,78	
30. Annelies Pietersen (De Treffers, 195200072)				21:54.48
	50m 01:10.06 70,06	250m 06:39.65 82,71	450m 12:10.89 82,77	650m 17:43.03 83,48
	100m 02:30.69 80,63	300m 08:01.99 82,34	500m 13:33.42 82,53	700m 19:06.78 83,75
	150m 03:55.30 84,61	350m 09:24.35 82,36	550m 14:57.20 83,78	750m 20:32.08 85,30
	200m 05:16.94 81,64	400m 10:48.12 83,77	600m 16:19.55 82,35	
5. 2000m vrije slag - vanaf 12 jaar				
1. Nikita van den Ouden (Z&PV Nuenen, 199900622)				24:01.69
	50m 00:31.37 31,37	550m 06:27.34 36,96	1050m 12:29.59 36,64	1550m 18:35.01 36,81
	100m 01:05.79 34,42	600m 07:02.85 35,51	1100m 13:06.00 36,41	1600m 19:11.89 36,88
	150m 01:40.91 35,12	650m 07:38.67 35,82	1150m 13:42.37 36,37	1650m 19:48.46 36,57
	200m 02:16.29 35,38	700m 08:14.90 36,23	1200m 14:18.65 36,28	1700m 20:25.42 36,96
	250m 02:51.64 35,35	750m 08:51.01 36,11	1250m 14:55.26 36,61	1750m 21:02.23 36,81
	300m 03:26.83 35,19	800m 09:27.19 36,18	1300m 15:31.70 36,44	1800m 21:38.56 36,33
	350m 04:02.54 35,71	850m 10:03.51 36,32	1350m 16:07.95 36,25	1850m 22:15.10 36,54
	400m 04:38.39 35,85	900m 10:39.79 36,28	1400m 16:44.41 36,46	1900m 22:51.09 35,99
	450m 05:14.17 35,78	950m 11:16.40 36,61	1450m 17:21.28 36,87	1950m 23:27.01 35,92
	500m 05:50.38 36,21	1000m 11:52.95 36,55	1500m 17:58.20 36,92	
2. Lars de Kooter (De Biesboschzwemmers, 200800185)				24:40.11
	50m 00:32.61 32,61	550m 06:43.37 37,42	1050m 12:55.99 37,72	1550m 19:09.94 37,70
	100m 01:08.52 35,91	600m 07:20.46 37,09	1100m 13:33.57 37,58	1600m 19:47.34 37,40
	150m 01:45.42 36,90	650m 07:57.86 37,40	1150m 14:10.67 37,10	1650m 20:24.61 37,27
	200m 02:22.18 36,76	700m 08:35.17 37,31	1200m 14:47.89 37,22	1700m 21:01.84 37,23
	250m 02:59.10 36,92	750m 09:12.76 37,59	1250m 15:24.59 36,70	1750m 21:38.90 37,06
	300m 03:36.47 37,37	800m 09:49.58 36,82	1300m 16:02.09 37,50	1800m 22:15.43 36,53
	350m 04:13.06 36,59	850m 10:26.66 37,08	1350m 16:39.85 37,76	1850m 22:52.36 36,93
	400m 04:51.40 38,34	900m 11:04.01 37,35	1400m 17:17.11 37,26	1900m 23:28.74 36,38
	450m 05:28.55 37,15	950m 11:41.02 37,01	1450m 17:55.08 37,97	1950m 24:04.72 35,98
	500m 06:05.95 37,40	1000m 12:18.27 37,25	1500m 18:32.24 37,16	
3. Julie van Nispen (Z&PV Nuenen, 200800290)				24:41.99
	50m 00:32.97 32,97	550m 06:47.09 37,00	1050m 13:00.93 36,94	1550m 19:13.34 36,83
	100m 01:09.61 36,64	600m 07:24.82 37,73	1100m 13:37.70 36,77	1600m 19:50.33 36,99
	150m 01:46.59 36,98	650m 08:02.61 37,79	1150m 14:15.12 37,42	1650m 20:27.70 37,37
	200m 02:23.98 37,39	700m 08:39.44 36,83	1200m 14:52.58 37,46	1700m 21:04.59 36,89

250m	03:01.76 37,78	750m	09:16.58 37,14	1250m	15:29.87 37,29	1750m	21:41.36 36,77
300m	03:39.45 37,69	800m	09:54.48 37,90	1300m	16:08.06 38,19	1800m	22:18.21 36,85
350m	04:17.57 38,12	850m	10:32.01 37,53	1350m	16:44.59 36,53	1850m	22:55.47 37,26
400m	04:55.09 37,52	900m	11:09.02 37,01	1400m	17:21.71 37,12	1900m	23:31.77 36,30
450m	05:32.38 37,29	950m	11:46.77 37,75	1450m	17:59.29 37,58	1950m	24:07.78 36,01
500m	06:10.09 37,71	1000m	12:23.99 37,22	1500m	18:36.51 37,22		

4. Marijn van Keulen (De Treffers, 200101855)

26:05.36

50m	00:32.29 32,29	550m	06:46.61 38,40	1050m	13:19.48 39,50	1550m	20:01.69 40,91
100m	01:06.67 34,38	600m	07:25.77 39,16	1100m	13:58.47 38,99	1600m	20:42.25 40,56
150m	01:42.02 35,35	650m	08:05.66 39,89	1150m	14:36.08 37,61	1650m	21:23.83 41,58
200m	02:17.95 35,93	700m	08:44.92 39,26	1200m	15:15.70 39,62	1700m	22:04.61 40,78
250m	02:54.57 36,62	750m	09:24.26 39,34	1250m	15:55.83 40,13	1750m	22:45.25 40,64
300m	03:32.74 38,17	800m	10:04.01 39,75	1300m	16:36.26 40,43	1800m	23:25.67 40,42
350m	04:11.12 38,38	850m	10:42.58 38,57	1350m	17:16.87 40,61	1850m	24:05.66 39,99
400m	04:50.11 38,99	900m	11:21.99 39,41	1400m	17:57.73 40,86	1900m	24:46.46 40,80
450m	05:29.52 39,41	950m	12:01.68 39,69	1450m	18:38.89 41,16	1950m	25:25.39 38,93
500m	06:08.21 38,69	1000m	12:39.98 38,30	1500m	19:20.78 41,89		

5. Joris van Keulen (De Treffers, 200700159)

26:46.11

50m	00:33.48 33,48	550m	07:10.27 40,17	1050m	13:56.91 41,19	1550m	20:42.23 40,57
100m	01:09.77 36,29	600m	07:49.85 39,58	1100m	14:36.47 39,56	1600m	21:24.27 42,04
150m	01:47.93 38,16	650m	08:29.93 40,08	1150m	15:16.26 39,79	1650m	22:04.88 40,61
200m	02:26.81 38,88	700m	09:09.65 39,72	1200m	15:56.21 39,95	1700m	22:45.26 40,38
250m	03:07.07 40,26	750m	09:50.33 40,68	1250m	16:36.78 40,57	1750m	23:26.27 41,01
300m	03:47.15 40,08	800m	10:31.38 41,05	1300m	17:16.85 40,07	1800m	24:06.29 40,02
350m	04:27.99 40,84	850m	11:12.38 41,00	1350m	17:57.73 40,88	1850m	24:47.05 40,76
400m	05:08.26 40,27	900m	11:52.90 40,52	1400m	18:38.77 41,04	1900m	25:26.94 39,89
450m	05:49.83 41,57	950m	12:34.31 41,41	1450m	19:20.78 42,01	1950m	26:08.88 41,94
500m	06:30.10 40,27	1000m	13:15.72 41,41	1500m	20:01.66 40,88		

6. Shanna Joppe (Hieronymus, 200601186)

26:47.81

50m	00:35.95 35,95	550m	07:13.64 40,15	1050m	13:58.64 40,65	1550m	20:47.20 41,08
100m	01:14.69 38,74	600m	07:54.39 40,75	1100m	14:39.35 40,71	1600m	21:28.22 41,02
150m	01:53.95 39,26	650m	08:34.81 40,42	1150m	15:20.58 41,23	1650m	22:08.62 40,40
200m	02:33.48 39,53	700m	09:14.77 39,96	1200m	16:01.33 40,75	1700m	22:49.14 40,52
250m	03:12.84 39,36	750m	09:55.60 40,83	1250m	16:41.75 40,42	1750m	23:29.57 40,43
300m	03:52.61 39,77	800m	10:36.41 40,81	1300m	17:22.91 41,16	1800m	24:09.93 40,36
350m	04:32.27 39,66	850m	11:16.72 40,31	1350m	18:03.81 40,90	1850m	24:50.98 41,05
400m	05:12.65 40,38	900m	11:57.20 40,48	1400m	18:44.83 41,02	1900m	25:31.18 40,20
450m	05:52.86 40,21	950m	12:37.46 40,26	1450m	19:25.83 41,00	1950m	26:10.65 39,47
500m	06:33.49 40,63	1000m	13:17.99 40,53	1500m	20:06.12 40,29		

7. Vera Bastiaensen (Hieronymus, 200800572)

28:00.29

50m	00:36.43 36,43	550m	07:32.12 41,37	1050m	14:36.18 42,11	1550m	21:41.86 42,88
100m	01:16.22 39,79	600m	08:13.61 41,49	1100m	15:18.46 42,28	1600m	22:24.44 42,58
150m	01:56.89 40,67	650m	08:56.28 42,67	1150m	16:01.32 42,86	1650m	23:07.37 42,93
200m	02:37.91 41,02	700m	09:39.22 42,94	1200m	16:43.81 42,49	1700m	23:50.47 43,10
250m	03:19.14 41,23	750m	10:21.91 42,69	1250m	17:26.61 42,80	1750m	24:33.56 43,09
300m	04:01.38 42,24	800m	11:04.03 42,12	1300m	18:09.43 42,82	1800m	25:15.80 42,24
350m	04:43.12 41,74	850m	11:46.26 42,23	1350m	18:51.90 42,47	1850m	25:58.79 42,99
400m	05:25.85 42,73	900m	12:28.18 41,92	1400m	19:34.15 42,25	1900m	26:40.41 41,62
450m	06:08.16 42,31	950m	13:10.92 42,74	1450m	20:16.89 42,74	1950m	27:21.21 40,80
500m	06:50.75 42,59	1000m	13:54.07 43,15	1500m	20:58.98 42,09		

8. Isabel van Alebeek (Waalwijkse Zwem Vereniging, 200301694)

29:48.10

50m	00:34.84 34,84	550m	07:53.76 44,78	1050m	15:24.12 45,50	1550m	22:59.06 45,98
100m	01:15.36 40,52	600m	08:38.93 45,17	1100m	16:09.71 45,59	1600m	23:45.11 46,05
150m	01:58.58 43,22	650m	09:23.85 44,92	1150m	16:54.61 44,90	1650m	24:30.13 45,02
200m	02:41.85 43,27	700m	10:09.64 45,79	1200m	17:40.21 45,60	1700m	25:16.97 46,84
250m	03:25.92 44,07	750m	10:54.52 44,88	1250m	18:25.43 45,22	1750m	26:03.52 46,55
300m	04:10.06 44,14	800m	11:39.47 44,95	1300m	19:10.36 44,93	1800m	26:48.94 45,42
350m	04:54.66 44,60	850m	12:24.61 45,14	1350m	19:55.98 45,62	1850m	27:34.36 45,42
400m	05:39.49 44,83	900m	13:09.30 44,69	1400m	20:42.27 46,29	1900m	28:21.48 47,12
450m	06:23.99 44,50	950m	13:53.84 44,54	1450m	21:27.45 45,18	1950m	29:07.09 45,61
500m	07:08.98 44,99	1000m	14:38.62 44,78	1500m	22:13.08 45,63		

9. Jessie Hoskam (De Treffers, 199700030)

30:33.91

50m	00:38.98 38,98	550m	08:14.03 47,23	1050m	15:58.09 46,55	1550m	23:45.27 46,11
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100m	01:21.98	43,00	600m	08:59.58	45,55	1100m	16:43.10	45,01	1600m	24:30.09	44,82
150m	02:06.84	44,86	650m	09:47.30	47,72	1150m	17:31.01	47,91	1650m	25:17.19	47,10
200m	02:52.12	45,28	700m	10:33.84	46,54	1200m	18:17.07	46,06	1700m	26:02.84	45,65
250m	03:38.31	46,19	750m	11:19.69	45,85	1250m	19:03.40	46,33	1750m	26:48.20	45,36
300m	04:23.91	45,60	800m	12:06.26	46,57	1300m	19:50.65	47,25	1800m	27:33.12	44,92
350m	05:09.65	45,74	850m	12:52.76	46,50	1350m	20:37.19	46,54	1850m	28:19.15	46,03
400m	05:56.15	46,50	900m	13:38.45	45,69	1400m	21:24.97	47,78	1900m	29:04.12	44,97
450m	06:41.80	45,65	950m	14:25.26	46,81	1450m	22:12.47	47,50	1950m	29:49.75	45,63
500m	07:26.80	45,00	1000m	15:11.54	46,28	1500m	22:59.16	46,69			

10. Yannic Heereveld (De Treffers, 199805819)

31:38.74

50m	00:36.18	36,18	550m	08:16.82	45,67	1050m	16:21.47	49,20	1550m	24:34.08	48,04
100m	01:16.90	40,72	600m	09:04.49	47,67	1100m	17:11.53	50,06	1600m	25:21.92	47,84
150m	02:00.71	43,81	650m	09:53.54	49,05	1150m	18:00.94	49,41	1650m	26:10.92	49,00
200m	02:46.79	46,08	700m	10:42.62	49,08	1200m	18:48.87	47,93	1700m	27:00.46	49,54
250m	03:33.46	46,67	750m	11:31.09	48,47	1250m	19:35.42	46,55	1750m	27:49.81	49,35
300m	04:20.20	46,74	800m	12:19.84	48,75	1300m	20:25.70	50,28	1800m	28:37.80	47,99
350m	05:08.17	47,97	850m	13:08.86	49,02	1350m	21:15.64	49,94	1850m	29:24.83	47,03
400m	05:55.23	47,06	900m	13:55.15	46,29	1400m	22:05.64	50,00	1900m	30:12.55	47,72
450m	06:43.15	47,92	950m	14:43.01	47,86	1450m	22:56.35	50,71	1950m	30:57.46	44,91
500m	07:31.15	48,00	1000m	15:32.27	49,26	1500m	23:46.04	49,69			

11. Imke Mersie (De Treffers, 200304246)

33:54.96

50m	00:42.55	42,55	550m	09:00.99	50,70	1050m	17:35.86	52,82	1550m	26:16.11	52,24
100m	01:29.53	46,98	600m	09:51.67	50,68	1100m	18:28.23	52,37	1600m	27:08.36	52,25
150m	02:18.28	48,75	650m	10:41.48	49,81	1150m	19:19.50	51,27	1650m	28:01.72	53,36
200m	03:07.72	49,44	700m	11:31.91	50,43	1200m	20:11.20	51,70	1700m	28:54.15	52,43
250m	03:58.39	50,67	750m	12:23.33	51,42	1250m	21:03.49	52,29	1750m	29:46.14	51,99
300m	04:47.70	49,31	800m	13:14.54	51,21	1300m	21:55.41	51,92	1800m	30:36.79	50,65
350m	05:38.48	50,78	850m	14:06.42	51,88	1350m	22:47.87	52,46	1850m	31:28.10	51,31
400m	06:29.46	50,98	900m	14:58.73	52,31	1400m	23:40.07	52,20	1900m	32:19.35	51,25
450m	07:20.11	50,65	950m	15:50.66	51,93	1450m	24:32.27	52,20	1950m	33:09.17	49,82
500m	08:10.29	50,18	1000m	16:43.04	52,38	1500m	25:23.87	51,60			

12. Mascha Schijvenaars (Zwemvereniging De Zilvermeeuw, 197900754)

42:02.03

50m	00:54.34	54,34	550m	11:21.04	63,70	1050m	21:56.22	64,45	1550m	32:34.59	63,22
100m	01:53.95	59,61	600m	12:24.31	63,27	1100m	22:59.71	63,49	1600m	33:37.91	63,32
150m	02:56.06	62,11	650m	13:27.55	63,24	1150m	24:03.55	63,84	1650m	34:41.89	63,98
200m	03:58.59	62,53	700m	14:29.93	62,38	1200m	25:06.93	63,38	1700m	35:44.40	62,51
250m	05:01.54	62,95	750m	15:33.42	63,49	1250m	26:10.72	63,79	1750m	36:47.54	63,14
300m	06:04.83	63,29	800m	16:36.96	63,54	1300m	27:14.59	63,87	1800m	37:50.14	62,60
350m	07:07.81	62,98	850m	17:40.08	63,12	1350m	28:17.06	62,47	1850m	38:53.56	63,42
400m	08:10.98	63,17	900m	18:44.66	64,58	1400m	29:22.07	65,01	1900m	39:56.49	62,93
450m	09:14.05	63,07	950m	19:48.20	63,54	1450m	30:27.17	65,10	1950m	41:01.54	65,05
500m	10:17.34	63,29	1000m	20:51.77	63,57	1500m	31:31.37	64,20			