

LAC deel 3



De Treffers

Rosmalen 19-4-2024

Lac deel 3 - vrijdag 19 april 2024 om 18:45u (25 m)

Aanvangstijd juryvergadering: 18:15u

1. 200m wisselslag -

8 - 10 jaar

- | | |
|---|----------|
| 1. Juul Walstra (De Treffers, 201400136) | 03:32.02 |
| 50m 00:51.61 51,61 100m 01:44.33 52,72 | |
| 2. Karlijn Vermeulen (De Treffers, 201400260) | 03:48.52 |
| 50m 00:52.25 52,25 | |
| 3. Silje Corijn (De Treffers, 201400726) | 04:26.09 |
| 50m 01:06.69 66,69 | |

2. 400m wisselslag -

11 - 12 jaar

- | | |
|--|----------|
| 1. Pien Walstra (De Treffers, 201101034) | 06:13.89 |
| 50m 00:40.46 40,46 100m 01:30.01 49,55 | |
| 2. Gido van Dijk (SG Patrick - De Roersoppers, 201100341) | 06:19.30 |
| 50m 00:41.68 41,68 100m 01:33.05 51,37 | |
| 3. Jana Nelissen (SG Patrick - De Roersoppers, 201200350) | 06:32.95 |
| 50m 00:43.49 43,49 100m 01:39.22 55,73 | |
| 4. Kate Broekman (Arethusa, 201200176) | 06:52.60 |
| 50m 00:44.30 44,30 150m 02:33.37 51,65 250m 04:20.74 56,54 350m 06:07.27 48,26 | |
| 100m 01:41.72 57,42 200m 03:24.20 50,83 300m 05:19.01 58,27 | |
| 5. Anoek van den Bosch (VZV Njord, 201200368) | 07:12.01 |
| 50m 00:52.87 52,87 100m 01:58.25 65,38 | |

vanaf 13 jaar

- | | |
|--|----------|
| 1. Thomas Nauta (Arethusa, 200900339) | 05:08.77 |
| 50m 00:35.04 35,04 150m 01:57.80 41,07 250m 03:18.26 40,80 350m 04:35.78 35,15 | |
| 100m 01:16.73 41,69 200m 02:37.46 39,66 300m 04:00.63 42,37 | |
| 2. Tim van Grunsven (De Treffers, 199804535) | 05:51.38 |
| 50m 00:31.83 31,83 150m 01:56.58 44,44 250m 03:32.09 51,36 350m 05:08.00 42,41 | |
| 100m 01:12.14 40,31 200m 02:40.73 44,15 300m 04:25.59 53,50 | |
| 3. Britt van der Ham (WZV, 200801320) | 06:19.11 |
| 50m 00:42.77 42,77 150m 02:21.91 46,42 250m 04:01.01 53,56 350m 05:37.97 42,85 | |
| 100m 01:35.49 52,72 200m 03:07.45 45,54 300m 04:55.12 54,11 | |
| 4. Lara Müller (Arethusa, 200903610) | 06:32.62 |
| 50m 00:43.32 43,32 150m 02:23.91 46,56 250m 04:09.20 57,68 350m 05:50.27 41,55 | |
| 100m 01:37.35 54,03 200m 03:11.52 47,61 300m 05:08.72 59,52 | |

3. 200m vrije slag -

8 - 10 jaar

- | | |
|--|----------|
| 1. Juul Walstra (De Treffers, 201400136) | 03:22.61 |
| 50m 00:47.14 47,14 100m 01:39.11 51,97 150m 02:31.42 52,31 | |
| 2. Luan Janse van Rensburg (De Treffers, 201401015) | 03:30.38 |
| 50m 00:43.66 43,66 100m 01:35.89 52,23 150m 02:33.52 57,63 | |
| 3. Marit van der Voort (Arethusa, 201300484) | 03:34.45 |
| 50m 00:45.56 45,56 100m 01:41.73 56,17 150m 02:40.27 58,54 | |

4. Sid Schut (Arethusa, 201302057)					03:49.44
	50m 00:50.30 50,30	100m 01:48.83 58,53	150m 02:50.36 61,53		
4. 400m vrije slag - <i>vanaf 11 jaar</i>					
1. Tim Versteegen (Dbd, 200200085)					04:40.48
	50m 00:30.51 30,51	150m 01:40.68 35,60	250m 02:52.96 36,65	350m 04:06.40 36,48	
	100m 01:05.08 34,57	200m 02:16.31 35,63	300m 03:29.92 36,96		
2. Marijn van Keulen (De Treffers, 200101855)					04:55.24
	50m 00:40.54 40,54	150m 01:45.82 37,89	250m 03:03.04 38,77	350m 04:17.50 37,25	
	100m 01:07.93 27,39	200m 02:24.27 38,45	300m 03:40.25 37,21		
3. Danny Visser (De Treffers, 199600381)					05:07.34
	50m 00:32.87 32,87	150m 01:49.11 39,58	250m 03:09.35 40,73	350m 04:29.71 39,41	
	100m 01:09.53 36,66	200m 02:28.62 39,51	300m 03:50.30 40,95		
4. Adrian Janse van Rensburg (De Treffers, 201202261)					05:17.67
	50m 00:33.89 33,89	150m 01:50.79 39,79	250m 03:12.81 41,01	350m 04:36.16 41,64	
	100m 01:11.00 37,11	200m 02:31.80 41,01	300m 03:54.52 41,71		
5. Tesse van de Wetering (Arethusa, 201200780)					05:20.44
	50m 00:35.19 35,19	150m 01:56.21 41,27	250m 03:19.77 41,63	350m 04:42.51 41,34	
	100m 01:14.94 39,75	200m 02:38.14 41,93	300m 04:01.17 41,40		
6. Nienke Versteegen (Dbd, 200004548)					05:23.50
	50m 00:35.77 35,77	150m 01:56.95 41,18	250m 03:20.03 41,95	350m 04:43.33 41,82	
	100m 01:15.77 40,00	200m 02:38.08 41,13	300m 04:01.51 41,48		
7. Kendra van der Voort (Arethusa, 201100536)					05:27.79
	50m 00:35.67 35,67	150m 01:58.33 41,79	250m 03:22.61 42,21	350m 04:46.94 42,39	
	100m 01:16.54 40,87	200m 02:40.40 42,07	300m 04:04.55 41,94		
8. Annebel Kluijtmans (Arethusa, 200900808)					05:28.33
	50m 00:33.84 33,84	150m 01:55.79 41,97	250m 03:20.25 42,56	350m 04:46.43 42,85	
	100m 01:13.82 39,98	200m 02:37.69 41,90	300m 04:03.58 43,33		
9. Edwin vd Wetering (Arethusa, 197601021)					05:35.32
	50m 00:33.70 33,70	150m 01:52.70 41,31	250m 03:20.06 44,00	350m 04:49.63 45,57	
	100m 01:11.39 37,69	200m 02:36.06 43,36	300m 04:04.06 44,00		
10. Evelien de Rooij (De Treffers, 201102074)					05:39.23
	50m 00:36.83 36,83	150m 02:00.55 42,89	250m 03:29.81 44,81	350m 04:58.50 43,98	
	100m 01:17.66 40,83	200m 02:45.00 44,45	300m 04:14.52 44,71		
11. Marit Vermeulen (De Treffers, 200300602)					05:49.47
	50m 00:40.31 40,31	150m 02:07.54 43,91	250m 03:34.05 42,91	350m 05:02.45 44,58	
	100m 01:23.63 43,32	200m 02:51.14 43,60	300m 04:17.87 43,82		
12. Wessel Vis (De Treffers, 201201273)					05:57.83
	50m 00:38.17 38,17	150m 02:08.43 45,74	250m 03:41.97 46,55	350m 05:16.00 46,46	
	100m 01:22.69 44,52	200m 02:55.42 46,99	300m 04:29.54 47,57		
13. Linde Valentgoed (De Treffers, 200803992)					06:25.72
	50m 00:34.81 34,81	100m 01:16.84 42,03	200m 03:05.32 108,48		
5. 800m vrije slag - <i>10 - 11 jaar</i>					
1. Pleun Hendrixx (De Treffers, 201300340)					13:32.06
	50m 00:39.60 39,60	100m 01:26.99 47,39	200m 03:08.62 101,63	400m 06:37.23 208,61	
2. Amber Kielen (De Treffers, 201203378)					14:11.95
	50m 00:42.80 42,80	100m 01:35.75 52,95	200m 03:27.06 111,31	400m 07:14.79 227,73	
3. Dycke Peeters (ZV Hydra, 201301412)					14:33.51
	200m 03:32.34 212,34	400m 07:22.48 230,14			
4. Dylan van der Ham (WZV, 201200425)					15:27.22
	50m 00:44.47 44,47	100m 01:40.67 56,20	200m 03:33.83 113,16	400m 07:36.19 242,36	
5. Saar Gruijters (ZV Hydra, 201202100)					16:04.97

50m 00:45.90 45,90 100m 01:41.00 55,10 200m 03:41.19 120,19 400m 07:50.22 249,03

6. 800m vrije slag -
vanaf 12 jaar

1. Pien Walstra (De Treffers, 201101034)	10:48.94
50m 00:36.01 36,01 100m 01:16.12 40,11 200m 02:40.84 84,72 400m 05:24.11 163,27	
2. Jens van de Wetering (Arethusa, 200900335)	10:51.55
50m 00:35.88 35,88 250m 03:17.79 41,15 450m 06:03.04 41,59 650m 08:51.09 42,60 100m 01:15.81 39,93 300m 03:59.07 41,28 500m 06:44.09 41,05 700m 09:32.36 41,27 150m 01:55.72 39,91 350m 04:39.88 40,81 550m 07:25.53 41,44 750m 10:13.85 41,49 200m 02:36.64 40,92 400m 05:21.45 41,57 600m 08:08.49 42,96	
3. Alexx Broekman (Arethusa, 200902374)	10:59.38
50m 00:34.90 34,90 100m 01:15.00 40,10 200m 02:37.65 82,65 400m 05:26.96 169,31	
4. Silke van de Weijer (ZV Hydra, 200300692)	11:06.60
200m 02:38.07 158,07 400m 05:29.14 171,07	
5. Sjoerd Rooijackers (ZV Hydra, 199805407)	11:45.71
50m 00:38.49 38,49 100m 01:18.61 40,12 200m 02:44.55 85,94 400m 05:40.82 176,27	
6. Vera Broekman (Arethusa, 201001454)	11:51.03
50m 00:37.81 37,81 100m 01:21.37 43,56 200m 02:51.06 89,69 400m 05:51.06 180,00	
7. Tiago Verheggen (ZV Hydra, 201003277)	12:34.10
50m 00:39.54 39,54 250m 03:46.34 46,78 450m 07:01.67 48,89 650m 10:16.95 47,89 100m 01:24.90 45,36 300m 04:34.70 48,36 500m 07:51.31 49,64 700m 11:05.60 48,65 150m 02:12.09 47,19 350m 05:23.56 48,86 550m 08:40.62 49,31 750m 11:52.41 46,81 200m 02:59.56 47,47 400m 06:12.78 49,22 600m 09:29.06 48,44	
8. Lotte de Wit (ZV Hydra, 201001164)	12:35.40
50m 00:39.82 39,82 250m 03:46.57 47,39 450m 07:01.60 48,45 650m 10:17.54 48,43 100m 01:24.82 45,00 300m 04:35.00 48,43 500m 07:51.85 50,25 700m 11:05.54 48,00 150m 02:11.56 46,74 350m 05:24.03 49,03 550m 08:40.42 48,57 750m 11:52.87 47,33 200m 02:59.18 47,62 400m 06:13.15 49,12 600m 09:29.11 48,69	
9. Ize Thijs (ZV Hydra, 201101388)	12:38.33
50m 00:39.88 39,88 100m 01:25.29 45,41 200m 02:59.40 94,11 400m 06:13.27 193,87	
10. Manon van de Wetering (Arethusa, 197801266)	12:46.14
50m 00:43.20 43,20 250m 03:55.37 48,06 450m 07:08.28 48,32 650m 10:22.70 48,73 100m 01:30.77 47,57 300m 04:43.57 48,20 500m 07:56.80 48,52 700m 11:11.71 49,01 150m 02:19.29 48,52 350m 05:31.74 48,17 550m 08:45.34 48,54 750m 12:00.29 48,58 200m 03:07.31 48,02 400m 06:19.96 48,22 600m 09:33.97 48,63	
11. Dieke van den Berg (De Treffers, 201001526)	12:46.90
50m 00:39.30 39,30 100m 01:24.58 45,28 200m 03:01.11 96,53 400m 06:20.50 199,39	
13. Floris van Hofwegen (De Treffers, 201002489)	14:05.66
50m 00:42.56 42,56 250m 04:14.35 55,80 450m 07:52.33 54,37 650m 11:30.39 54,00 100m 01:32.11 49,55 300m 05:09.60 55,25 500m 08:47.51 55,18 700m 12:22.94 52,55 150m 02:24.49 52,38 350m 06:03.49 53,89 550m 09:42.42 54,91 750m 13:17.82 54,88 200m 03:18.55 54,06 400m 06:57.96 54,47 600m 10:36.39 53,97	

7. 2000m vrije slag -
vanaf 11 jaar

1. Brian van Gennip (ZV Hydra, 200003573)	25:12.23
50m 00:31.15 31,15 550m 06:31.86 37,29 1050m 12:49.15 38,10 1550m 19:11.52 46,59 100m 01:04.51 33,36 600m 07:09.33 37,47 1100m 13:27.16 38,01 1600m 19:52.81 41,29 150m 01:38.85 34,34 650m 07:46.77 37,44 1150m 14:04.64 37,48 1650m 20:34.53 41,72 200m 02:14.26 35,41 700m 08:24.47 37,70 1200m 14:41.74 37,10 1700m 21:15.73 41,20 250m 02:49.84 35,58 750m 09:02.05 37,58 1250m 15:19.07 37,33 1750m 21:56.32 40,59 300m 03:26.33 36,49 800m 09:40.01 37,96 1300m 15:56.07 37,00 1800m 22:37.31 40,99 350m 04:03.10 36,77 850m 10:17.83 37,82 1350m 16:34.12 38,05 1850m 23:18.12 40,81 400m 04:40.15 37,05 900m 10:55.93 38,10 1400m 17:11.58 37,46 1900m 23:57.92 39,80 450m 05:17.27 37,12 950m 11:33.68 37,75 1450m 17:48.53 36,95 1950m 24:37.24 39,32 500m 05:54.57 37,30 1000m 12:11.05 37,37 1500m 18:24.93 36,40	
2. Ondrej Sevcik (VZV Njord, 200702971)	25:55.62

50m	00:33.54 33,54	550m	07:04.59 39,65	1050m	13:39.52 39,43	1550m	20:12.63 39,12
100m	01:11.62 38,08	600m	07:44.54 39,95	1100m	14:18.44 38,92	1600m	20:50.79 38,16
150m	01:50.69 39,07	650m	08:24.25 39,71	1150m	14:57.83 39,39	1650m	21:29.42 38,63
200m	02:29.70 39,01	700m	09:03.71 39,46	1200m	15:37.94 40,11	1700m	22:08.15 38,73
250m	03:08.48 38,78	750m	09:43.35 39,64	1250m	16:16.99 39,05	1750m	22:46.78 38,63
300m	03:47.68 39,20	800m	10:22.64 39,29	1300m	16:56.78 39,79	1800m	23:25.65 38,87
350m	04:26.61 38,93	850m	11:01.77 39,13	1350m	17:35.76 38,98	1850m	24:04.65 39,00
400m	05:06.02 39,41	900m	11:40.99 39,22	1400m	18:15.44 39,68	1900m	24:43.12 38,47
450m	05:45.01 38,99	950m	12:20.38 39,39	1450m	18:54.77 39,33	1950m	25:21.19 38,07
500m	06:24.94 39,93	1000m	13:00.09 39,71	1500m	19:33.51 38,74		

3. Renske van den Bosch (VZV Njord, 201001828)

26:31.22

50m	00:34.90 34,90	550m	07:11.19 40,44	1050m	13:49.62 40,04	1550m	20:32.72 40,67
100m	01:12.75 37,85	600m	07:50.90 39,71	1100m	14:29.47 39,85	1600m	21:13.12 40,40
150m	01:52.47 39,72	650m	08:31.19 40,29	1150m	15:09.72 40,25	1650m	21:53.62 40,50
200m	02:31.72 39,25	700m	09:11.69 40,50	1200m	15:50.97 41,25	1700m	22:33.62 40,00
250m	03:11.47 39,75	750m	09:51.00 39,31	1250m	16:31.33 40,36	1750m	23:13.65 40,03
300m	03:51.57 40,10	800m	10:30.75 39,75	1300m	17:11.65 40,32	1800m	23:53.75 40,10
350m	04:31.15 39,58	850m	11:10.62 39,87	1350m	17:51.72 40,07	1850m	24:33.69 39,94
400m	05:11.22 40,07	900m	11:50.15 39,53	1400m	18:32.15 40,43	1900m	25:13.58 39,89
450m	05:51.22 40,00	950m	12:30.47 40,32	1450m	19:11.75 39,60	1950m	25:52.47 38,89
500m	06:30.75 39,53	1000m	13:09.58 39,11	1500m	19:52.05 40,30		

4. Marijn van Keulen (De Treffers, 200101855)

27:08.85

50m	00:33.46 33,46	550m	07:05.23 38,97	1050m	13:51.14 43,34	1550m	20:55.48 43,73
100m	01:11.14 37,68	600m	07:45.80 40,57	1100m	14:33.65 42,51	1600m	21:40.01 44,53
150m	01:50.49 39,35	650m	08:24.18 38,38	1150m	15:16.51 42,86	1650m	22:24.75 44,74
200m	02:29.50 39,01	700m	09:02.05 37,87	1200m	15:57.56 41,05	1700m	23:05.75 41,00
250m	03:08.50 39,00	750m	09:41.71 39,66	1250m	16:36.92 39,36	1750m	23:47.64 41,89
300m	03:48.04 39,54	800m	10:21.56 39,85	1300m	17:18.92 42,00	1800m	24:30.12 42,48
350m	04:27.34 39,30	850m	11:02.00 40,44	1350m	18:01.65 42,73	1850m	25:10.53 40,41
400m	05:07.34 40,00	900m	11:43.20 41,20	1400m	18:44.16 42,51	1900m	25:51.48 40,95
450m	05:47.16 39,82	950m	12:25.08 41,88	1450m	19:27.77 43,61	1950m	26:30.93 39,45
500m	06:26.26 39,10	1000m	13:07.80 42,72	1500m	20:11.75 43,98		

5. Tamar Roosen (VZV Njord, 200501168)

27:48.97

50m	00:34.97 34,97	550m	07:24.78 41,79	1050m	14:26.52 42,24	1550m	21:28.95 42,26
100m	01:13.61 38,64	600m	08:07.15 42,37	1100m	15:07.88 41,36	1600m	22:11.43 42,48
150m	01:54.26 40,65	650m	08:49.39 42,24	1150m	15:49.58 41,70	1650m	22:53.44 42,01
200m	02:35.11 40,85	700m	09:31.66 42,27	1200m	16:31.91 42,33	1700m	23:35.85 42,41
250m	03:15.79 40,68	750m	10:13.44 41,78	1250m	17:14.56 42,65	1750m	24:18.85 43,00
300m	03:57.47 41,68	800m	10:55.78 42,34	1300m	17:57.95 43,39	1800m	25:02.13 43,28
350m	04:38.83 41,36	850m	11:38.29 42,51	1350m	18:40.31 42,36	1850m	25:44.34 42,21
400m	05:20.15 41,32	900m	12:20.36 42,07	1400m	19:21.88 41,57	1900m	26:26.47 42,13
450m	06:01.42 41,27	950m	13:02.44 42,08	1450m	20:04.27 42,39	1950m	27:09.19 42,72
500m	06:42.99 41,57	1000m	13:44.28 41,84	1500m	20:46.69 42,42		

6. Max Rutten (ZV Hydra, 200403619)

27:51.02

50m	00:34.14 34,14	550m	07:35.04 42,59	1100m	15:28.00 84,48	1550m	22:30.21 42,11
100m	01:13.23 39,09	600m	08:18.14 43,10	1150m	16:10.45 42,45	1600m	22:30.21 0,00
150m	01:53.65 40,42	650m	09:01.35 43,21	1200m	16:52.47 42,02	1650m	23:12.61 42,40
200m	02:35.49 41,84	700m	09:43.91 42,56	1250m	17:35.14 42,67	1700m	23:55.09 42,48
250m	03:17.61 42,12	750m	10:26.75 42,84	1300m	18:17.16 42,02	1750m	24:37.62 42,53
300m	04:00.48 42,87	800m	11:09.56 42,81	1350m	19:01.48 84,32	1800m	25:15.37 37,75
350m	04:43.24 42,76	850m	11:53.35 43,79	1400m	20:24.00 42,52	1850m	25:55.15 39,78
400m	05:26.33 43,09	900m	12:36.76 43,41	1450m	21:05.99 41,99	1900m	26:33.47 38,32
450m	06:09.15 42,82	950m	13:20.45 43,69	1500m	21:48.10 42,11	1950m	27:16.02 42,55
500m	06:52.45 43,30	1000m	14:03.52 43,07	1550m	22:30.21 42,11		

7. Collin van der Ham (WZV, 201000877)

29:10.84

50m	00:37.67 37,67	550m	08:01.31 45,39	1050m	15:21.34 44,70	1550m	22:39.89 44,33
100m	01:19.96 42,29	600m	08:45.28 43,97	1100m	16:05.03 43,69	1600m	23:24.34 44,45
150m	02:03.24 43,28	650m	09:30.17 44,89	1150m	16:49.39 44,36	1650m	24:08.42 44,08
200m	02:47.71 44,47	700m	10:14.21 44,04	1200m	17:33.46 44,07	1700m	24:52.34 43,92
250m	03:32.84 45,13	750m	10:58.24 44,03	1250m	18:17.81 44,35	1750m	25:36.31 43,97
300m	04:17.46 44,62	800m	11:42.31 44,07	1300m	19:02.09 44,28	1800m	26:20.81 44,50
350m	05:02.49 45,03	850m	12:25.53 43,22	1350m	19:45.84 43,75	1850m	27:04.39 43,58
400m	05:47.05 44,56	900m	13:09.28 43,75	1400m	20:28.96 43,12	1900m	27:48.67 44,28
450m	06:31.74 44,69	950m	13:52.25 42,97	1450m	21:12.56 43,60	1950m	28:31.53 42,86

350m	05:00.04 46,64	850m	12:51.27 46,94	1350m	20:40.58 46,84	1850m	28:34.51 48,11	
400m	05:46.88 46,84	900m	13:39.11 47,84	1400m	21:28.79 48,21	1900m	29:21.87 47,36	
450m	06:32.53 45,65	950m	14:27.46 48,35	1450m	22:17.40 48,61	1950m	30:06.62 44,75	
500m	07:20.14 47,61	1000m	15:14.22 46,76	1500m	23:05.61 48,21			
14. Willem Horijon (ZV Hydra, 200604151)								30:50.94
50m	00:36.12 36,12	550m	08:14.47 47,64	1050m	16:05.97 47,85	1550m	23:55.22 48,60	
100m	01:16.58 40,46	600m	09:02.15 47,68	1100m	16:52.40 46,43	1600m	24:43.72 48,50	
150m	02:00.12 43,54	650m	09:49.72 47,57	1150m	17:38.75 46,35	1650m	25:30.47 46,75	
200m	02:46.08 45,96	700m	10:36.94 47,22	1200m	18:25.47 46,72	1700m	26:19.90 49,43	
250m	03:32.72 46,64	750m	11:24.22 47,28	1250m	19:12.33 46,86	1750m	27:04.40 44,50	
300m	04:18.97 46,25	800m	12:11.47 47,25	1300m	19:59.75 47,42	1800m	27:51.22 46,82	
350m	05:04.83 45,86	850m	12:57.55 46,08	1350m	20:45.44 45,69	1850m	28:38.19 46,97	
400m	05:51.75 46,92	900m	13:43.50 45,95	1400m	21:31.50 46,06	1900m	29:24.19 46,00	
450m	06:39.47 47,72	950m	14:30.42 46,92	1450m	22:19.40 47,90	1950m	30:09.19 45,00	
500m	07:26.83 47,36	1000m	15:18.12 47,70	1500m	23:06.62 47,22			
15. Abygail Rusch (De Treffers, 200800464)								30:56.46
50m	00:40.15 40,15	550m	08:21.02 46,91	1050m	16:14.05 46,62	1550m	24:07.75 47,59	
100m	01:23.33 43,18	600m	09:08.36 47,34	1100m	17:01.46 47,41	1600m	24:55.11 47,36	
150m	02:08.68 45,35	650m	09:55.48 47,12	1150m	17:48.67 47,21	1650m	25:42.14 47,03	
200m	02:55.43 46,75	700m	10:43.05 47,57	1200m	18:36.20 47,53	1700m	26:27.52 45,38	
250m	03:41.86 46,43	750m	11:30.11 47,06	1250m	19:23.52 47,32	1750m	27:17.01 49,49	
300m	04:28.11 46,25	800m	12:17.77 47,66	1300m	20:10.95 47,43	1800m	28:02.75 45,74	
350m	05:14.47 46,36	850m	13:04.20 46,43	1350m	20:58.52 47,57	1850m	28:48.72 45,97	
400m	06:01.20 46,73	900m	13:51.81 47,61	1400m	21:45.73 47,21	1900m	29:33.63 44,91	
450m	06:47.41 46,21	950m	14:41.59 49,78	1450m	22:32.94 47,21	1950m	30:17.02 43,39	
500m	07:34.11 46,70	1000m	15:27.43 45,84	1500m	23:20.16 47,22			
16. Britt van der Ham (WZV, 200801320)								31:12.17
50m	00:40.40 40,40	550m	08:23.94 46,26	1050m	16:13.96 46,51	1550m	24:11.74 46,86	
100m	01:25.34 44,94	600m	09:10.21 46,27	1100m	17:01.66 47,70	1600m	24:59.10 47,36	
150m	02:11.15 45,81	650m	09:56.06 45,85	1150m	17:49.03 47,37	1650m	25:47.25 48,15	
200m	02:58.16 47,01	700m	10:43.30 47,24	1200m	18:37.84 48,81	1700m	26:35.23 47,98	
250m	03:45.42 47,26	750m	11:31.25 47,95	1250m	19:26.14 48,30	1750m	27:21.85 46,62	
300m	04:32.14 46,72	800m	12:17.46 46,21	1300m	20:12.48 46,34	1800m	28:09.44 47,59	
350m	05:19.12 46,98	850m	13:05.31 47,85	1350m	21:00.74 48,26	1850m	28:56.15 46,71	
400m	06:05.53 46,41	900m	13:52.62 47,31	1400m	21:48.20 47,46	1900m	29:43.30 47,15	
450m	06:51.44 45,91	950m	14:40.64 48,02	1450m	22:36.34 48,14	1950m	30:28.91 45,61	
500m	07:37.68 46,24	1000m	15:27.45 46,81	1500m	23:24.88 48,54			
17. Sandra Schellekens (Neptunus'58, 198503416)								31:15.59
50m	00:37.11 37,11	550m	08:10.17 47,03	1050m	16:04.58 47,76	1550m	24:03.82 48,01	
100m	01:19.12 42,01	600m	08:57.01 46,84	1100m	16:52.32 47,74	1600m	24:52.64 48,82	
150m	02:02.90 43,78	650m	09:44.02 47,01	1150m	17:40.13 47,81	1650m	25:40.89 48,25	
200m	02:47.91 45,01	700m	10:31.57 47,55	1200m	18:27.57 47,44	1700m	26:29.84 48,95	
250m	03:33.27 45,36	750m	11:18.52 46,95	1250m	19:15.19 47,62	1750m	27:18.60 48,76	
300m	04:18.58 45,31	800m	12:05.82 47,30	1300m	20:03.37 48,18	1800m	28:07.39 48,79	
350m	05:04.62 46,04	850m	12:53.85 48,03	1350m	20:51.20 47,83	1850m	28:55.51 48,12	
400m	05:50.72 46,10	900m	13:41.27 47,42	1400m	21:40.04 48,84	1900m	29:43.25 47,74	
450m	06:36.81 46,09	950m	14:29.35 48,08	1450m	22:27.98 47,94	1950m	30:30.23 46,98	
500m	07:23.14 46,33	1000m	15:16.82 47,47	1500m	23:15.81 47,83			
18. Inge Nooijen (ZV Hydra, 200803830)								32:10.96
50m	00:39.16 39,16	550m	08:31.23 48,10	1050m	16:40.99 49,18	1550m	24:51.58 49,06	
100m	01:22.99 43,83	600m	09:19.84 48,61	1100m	17:29.74 48,75	1600m	25:40.71 49,13	
150m	02:08.74 45,75	650m	10:08.79 48,95	1150m	18:18.66 48,92	1650m	26:28.94 48,23	
200m	02:55.99 47,25	700m	10:57.72 48,93	1200m	19:07.30 48,64	1700m	27:18.47 49,53	
250m	03:43.47 47,48	750m	11:46.65 48,93	1250m	19:56.18 48,88	1750m	28:08.94 50,47	
300m	04:31.19 47,72	800m	12:35.72 49,07	1300m	20:45.39 49,21	1800m	28:59.06 50,12	
350m	05:19.07 47,88	850m	13:24.82 49,10	1350m	21:34.46 49,07	1850m	29:48.19 49,13	
400m	06:06.99 47,92	900m	14:13.90 49,08	1400m	22:23.86 49,40	1900m	30:36.61 48,42	
450m	06:54.84 47,85	950m	15:02.55 48,65	1450m	23:12.71 48,85	1950m	31:25.80 49,19	
500m	07:43.13 48,29	1000m	15:51.81 49,26	1500m	24:02.52 49,81			
19. Elaine Geeven (Arethusa, 200801972)								32:28.60
50m	00:40.31 40,31	550m	08:38.57 47,83	1050m	17:00.52 49,79	1550m	25:15.72 49,11	
100m	01:24.77 44,46	600m	09:28.64 50,07	1100m	17:48.97 48,45	1600m	26:05.29 49,57	
150m	02:11.16 46,39	650m	10:18.81 50,17	1150m	18:38.01 49,04	1650m	26:53.85 48,56	

200m	02:58.20	47,04	700m	11:08.48	49,67	1200m	19:27.08	49,07	1700m	27:44.08	50,23
250m	03:45.51	47,31	750m	11:59.08	50,60	1250m	20:17.47	50,39	1750m	28:32.79	48,71
300m	04:33.92	48,41	800m	12:48.22	49,14	1300m	21:08.45	50,98	1800m	29:21.67	48,88
350m	05:23.44	49,52	850m	13:39.49	51,27	1350m	21:59.43	50,98	1850m	30:10.02	48,35
400m	06:13.08	49,64	900m	14:29.29	49,80	1400m	22:47.88	48,45	1900m	30:58.02	48,00
450m	07:02.17	49,09	950m	15:20.34	51,05	1450m	23:37.63	49,75	1950m	31:45.12	47,10
500m	07:50.74	48,57	1000m	16:10.73	50,39	1500m	24:26.61	48,98			

20. Suzan Clemens (De Treffers, 200802736)

33:42.06

50m	00:42.63	42,63	550m	09:03.87	50,31	1050m	17:37.65	51,69	1550m	26:13.80	50,80
100m	01:30.02	47,39	600m	09:55.11	51,24	1100m	18:29.30	51,65	1600m	27:05.50	51,70
150m	02:19.19	49,17	650m	10:46.67	51,56	1150m	19:20.93	51,63	1650m	27:56.71	51,21
200m	03:08.30	49,11	700m	11:37.78	51,11	1200m	20:12.04	51,11	1700m	28:47.83	51,12
250m	03:58.47	50,17	750m	12:28.46	50,68	1250m	21:03.64	51,60	1750m	29:39.58	51,75
300m	04:49.39	50,92	800m	13:19.56	51,10	1300m	21:55.61	51,97	1800m	30:30.43	50,85
350m	05:39.97	50,58	850m	14:11.24	51,68	1350m	22:47.16	51,55	1850m	31:20.65	50,22
400m	06:30.69	50,72	900m	15:02.39	51,15	1400m	23:38.00	50,84	1900m	32:10.38	49,73
450m	07:22.53	51,84	950m	15:54.20	51,81	1450m	24:29.32	51,32	1950m	32:58.03	47,65
500m	08:13.56	51,03	1000m	16:45.96	51,76	1500m	25:23.00	53,68			