

rang	naam	vereniging	intijd	tijd	RT		
1.	Nadja Wortel	Hieronymus	4:39.46	199800798	<b>4:51.65</b> +0,70 546		
	50m: 32.18	32.18 150m: 1:45.39	37.01	250m: 3:00.23	37.52	350m: 4:16.28	38.31
	100m: 1:08.38	36.20 200m: 2:22.71	37.32	300m: 3:37.97	37.74	400m: 4:51.65	35.37
2.	Nora Weerman	Zv 44	4:56.71	200400620	<b>5:05.24</b> +0,74 476		
	50m: 33.86	33.86 150m: 1:50.85	38.94	250m: 3:09.86	39.42	350m: 4:27.39	38.19
	100m: 1:11.91	38.05 200m: 2:30.44	39.59	300m: 3:49.20	39.34	400m: 5:05.24	37.85
3.	Esther Tiemersma	Z & PC De Zeeuwse Kust 1	4:56.38	200202962	<b>5:07.04</b> +0,69 468		
	50m: 34.01	34.01 150m: 1:51.62	39.91	250m: 3:10.72	39.84	350m: 4:29.63	39.53
	100m: 1:11.71	37.70 200m: 2:30.88	39.26	300m: 3:50.10	39.38	400m: 5:07.04	37.41
4.	Lianne Kaanen	Hellas-Glana	5:07.94	200300708	<b>5:21.72</b> +0,84 407		
	50m: 36.07	36.07 150m: 1:55.89	40.25	250m: 3:18.07	41.15	350m: 4:41.09	41.51
	100m: 1:15.64	39.57 200m: 2:36.92	41.03	300m: 3:59.58	41.51	400m: 5:21.72	40.63
5.	Luna van Tilburg	De Krabben	5:33.27	200502160	<b>5:24.37</b> +0,83 397		
	50m: 35.12	35.12 150m: 1:57.10	41.68	250m: 3:20.11	41.38	350m: 4:44.82	42.02
	100m: 1:15.42	40.30 200m: 2:38.73	41.63	300m: 4:02.80	42.69	400m: 5:24.37	39.55
6.	Shanna Joppe	Z & PC De Zeeuwse Kust 1	5:21.33	200601186	<b>5:25.24</b> +0,73 394		
	50m: 35.65	35.65 150m: 1:57.09	41.39	250m: 3:21.18	42.21	350m: 4:46.29	42.31
	100m: 1:15.70	40.05 200m: 2:38.97	41.88	300m: 4:03.98	42.80	400m: 5:25.24	38.95
7.	Anniek Takken	De Ward	5:15.36	200401768	<b>5:26.35</b> +0,82 390		
	50m: 36.39	36.39 150m: 1:59.48	41.64	250m: 3:24.30	41.74	350m: 4:47.69	41.20
	100m: 1:17.84	41.45 200m: 2:42.56	43.08	300m: 4:06.49	42.19	400m: 5:26.35	38.66
8.	Carlein Polinder	Zv 44	5:22.92	200600128	<b>5:35.59</b> +0,84 358		
	50m: 36.48	36.48 150m: 1:59.86	42.10	250m: 3:26.51	43.02	350m: 4:54.01	43.71
	100m: 1:17.76	41.28 200m: 2:43.49	43.63	300m: 4:10.30	43.79	400m: 5:35.59	41.58
9.	Melissa de Lang	Zv 44	NT	200001186	<b>5:41.99</b> +0,78 339		
	50m: 35.59	35.59 150m: 2:00.46	42.76	250m: 3:29.03	44.14	350m: 4:59.25	44.82
	100m: 1:17.70	42.11 200m: 2:44.89	44.43	300m: 4:14.43	45.40	400m: 5:41.99	42.74
10.	Valerie Bakker	V.Z.V. Njord	NT	200103672	<b>5:48.74</b> +0,73 319		
	50m: 38.25	38.25 150m: 2:05.42	44.47	250m: 3:35.79	44.92	350m: 5:05.99	44.78
	100m: 1:20.95	42.70 200m: 2:50.87	45.45	300m: 4:21.21	45.42	400m: 5:48.74	42.75
11.	Claire Alizé	Psv	5:58.09	200601104	<b>5:49.18</b> 318		
	50m: 39.75	39.75 150m: 2:08.79	45.08	250m: 3:38.50	44.62	350m: 5:07.78	43.99
	100m: 1:23.71	43.96 200m: 2:53.88	45.09	300m: 4:23.79	45.29	400m: 5:49.18	41.40
12.	Coranda Vissers	Sbc2000	6:08.95	199705706	<b>6:18.37</b> +0,75 250		
	50m: 42.08	42.08 150m: 2:16.48	47.93	250m: 3:54.54	49.82	350m: 5:31.08	48.02
	100m: 1:28.55	46.47 200m: 3:04.72	48.24	300m: 4:43.06	48.52	400m: 6:18.37	47.29
13.	Zoya van Beek	Zeps	6:50.48	200303178	<b>6:35.86</b> +0,78 218		
	50m: 43.10	43.10 150m: 2:22.59	50.06	250m: 4:05.26	51.30	350m: 5:48.69	51.94
	100m: 1:32.53	49.43 200m: 3:13.96	51.37	300m: 4:56.75	51.49	400m: 6:35.86	47.17
14.	Annelieke Verriet	V.Z.V. Njord	7:04.11	200300552	<b>7:07.99</b> +0,81 173		
	50m: 45.35	45.35 150m: 2:32.21	54.79	250m: 4:23.21	56.30	350m: 6:17.21	57.04
	100m: 1:37.42	52.07 200m: 3:26.91	54.70	300m: 5:20.17	56.96	400m: 7:07.99	50.78
15.	Eve Owens	Mosa~Regio	9:56.31	200602772	<b>7:53.02</b> +0,66 128		
	50m: 46.97	46.97 150m: 2:45.08	1:00.73	250m: 4:48.09	1:02.79	350m: 6:52.65	1:03.18
	100m: 1:44.35	57.38 200m: 3:45.30	1:00.22	300m: 5:49.47	1:01.38	400m: 7:53.02	1:00.37
16.	F. Verriet-Regensburg	V.Z.V. Njord	7:34.45	197500428	<b>7:57.14</b> +0,91 125		
	50m: 48.31	48.31 150m: 2:45.12	1:00.43	250m: 4:48.77	1:01.84	350m: 6:55.77	1:03.94
	100m: 1:44.69	56.38 200m: 3:46.93	1:01.81	300m: 5:51.83	1:03.06	400m: 7:57.14	1:01.37