Programmanr. 29 — Dames, 400m vrije slag — Senioren Open
1-6-2024 - 15:45 — Resultaten

rang	naam	vereniging	intijd		tijd	RT

Junioren 1 en 2

1.	Anna Lepoutre	PSV	4:53.99	201100534	**4:50.69**	+0,70
	50m: 31.63	31.63	150m: 1:44.27	36.80	250m: 2:59.41	38.00	350m: 4:14.09	36.99
	100m: 1:07.47	35.84	200m: 2:21.41	37.14	300m: 3:37.10	37.69	400m: 4:50.69	36.60
2.	Alissa Rooijakkers	Z&PV Nuenen	5:21.22	201101892	**5:15.24**	+0,71
	50m: 34.81	34.81	150m: 1:53.97	40.17	250m: 3:14.41	40.17	350m: 4:36.11	40.62
	100m: 1:13.80	38.99	200m: 2:34.24	40.27	300m: 3:55.49	41.08	400m: 5:15.24	39.13
3.	Kendra van der Voort	Arethusa	5:26.81	201100536	**5:24.36**	+0,81
	50m: 36.27	36.27	150m: 1:57.86	41.54	250m: 3:21.80	41.96	350m: 4:44.79	41.23
	100m: 1:16.32	40.05	200m: 2:39.84	41.98	300m: 4:03.56	41.76	400m: 5:24.36	39.57
4.	Lise Markes	SBC2000	5:30.14	201101276	**5:27.87**	+0,80
	50m: 37.01	37.01	150m: 2:00.92	42.54	250m: 3:25.80	42.42	350m: 4:49.74	41.95
	100m: 1:18.38	41.37	200m: 2:43.38	42.46	300m: 4:07.79	41.99	400m: 5:27.87	38.13
5.	Fleur Buijs	Hieronymus	5:32.85	201100676	**5:32.13**	+0,83
	50m: 36.41	36.41	150m: 1:58.96	41.92	250m: 3:24.33	43.59	350m: 4:50.78	43.64
	100m: 1:17.04	40.63	200m: 2:40.74	41.78	300m: 4:07.14	42.81	400m: 5:32.13	41.35
6.	Dagmar Wierckx	SBC2000	5:42.97	201101278	**5:33.88**	+0,90
	50m: 36.58	36.58	150m: 2:00.57	42.90	250m: 3:27.33	43.39	350m: 4:52.91	42.50
	100m: 1:17.67	41.09	200m: 2:43.94	43.37	300m: 4:10.41	43.08	400m: 5:33.88	40.97
7.	Tesse van de Wetering	Arethusa	5:35.60	201200780	**5:33.96**	+0,70
	50m: 36.86	36.86	150m: 2:02.84	43.32	250m: 3:30.53	43.28	350m: 4:56.74	42.16
	100m: 1:19.52	42.66	200m: 2:47.25	44.41	300m: 4:14.58	44.05	400m: 5:33.96	37.22
8.	Brecht van Ravensteijn	Arethusa	5:29.45	201100738	**5:38.91**	+0,66
	50m: 37.50	37.50	150m: 2:02.99	43.23	250m: 3:30.31	43.53	350m: 4:57.53	43.41
	100m: 1:19.76	42.26	200m: 2:46.78	43.79	300m: 4:14.12	43.81	400m: 5:38.91	41.38
9.	Zora Spriet	Hieronymus	5:58.78	201100532	**5:39.82**	+0,57
	50m: 38.39	38.39	150m: 2:04.00	43.61	250m: 3:32.10	44.32	350m: 4:59.04	43.53
	100m: 1:20.39	42.00	200m: 2:47.78	43.78	300m: 4:15.51	43.41	400m: 5:39.82	40.78
10.	Evelien de Rooij	De Treffers	5:37.91	201102074	**5:40.81**	+0,84
	50m: 37.87	37.87	150m: 2:02.70	42.80	250m: 3:30.08	44.00	350m: 4:58.45	43.90
	100m: 1:19.90	42.03	200m: 2:46.08	43.38	300m: 4:14.55	44.47	400m: 5:40.81	42.36
11.	Juna van Gennip	PSV	6:01.04	201201378	**5:54.90**	+0,76
	50m: 39.02	39.02	150m: 2:08.67	45.68	250m: 3:40.23	45.49	350m: 5:11.11	45.32
	100m: 1:22.99	43.97	200m: 2:54.74	46.07	300m: 4:25.79	45.56	400m: 5:54.90	43.79
12.	Kate Broekman	Arethusa	6:10.02	201200176	**5:57.80**	+0,84
	50m: 38.08	38.08	150m: 2:08.75	46.53	250m: 3:42.39	46.65	350m: 5:14.72	45.38
	100m: 1:22.22	44.14	200m: 2:55.74	46.99	300m: 4:29.34	46.95	400m: 5:57.80	43.08
13.	Marina Petkovic	PSV	5:48.88	201102494	**5:59.04**	+0,97
	50m: 40.30	40.30	150m: 2:11.37	45.36	250m: 3:44.65	46.85	350m: 5:18.79	46.78
	100m: 1:26.01	45.71	200m: 2:57.80	46.43	300m: 4:32.01	47.36	400m: 5:59.04	40.25
14.	Ize Thijs	ZV Hydra	6:13.27	201101388	**6:08.78**	+0,73
	50m: 39.26	39.26	150m: 2:12.48	47.69	250m: 3:49.16	48.78	350m: 5:25.80	47.81
	100m: 1:24.79	45.53	200m: 3:00.38	47.90	300m: 4:37.99	48.83	400m: 6:08.78	42.98
15.	Minouk Dovic	PSV	6:13.54	201202030	**6:10.01**	+0,49
	50m: 41.10	41.10	150m: 2:14.22	46.93	250m: 3:49.75	45.84	350m: 5:24.40	47.30
	100m: 1:27.29	46.19	200m: 3:03.91	49.69	300m: 4:37.10	47.35	400m: 6:10.01	45.61
16.	Faye Hofstad	SBC2000	6:20.01	201101496	**6:10.05**	+0,78
	50m: 41.76	41.76	150m: 2:16.11	47.56	250m: 3:52.13	47.84	350m: 5:27.47	46.74
	100m: 1:28.55	46.79	200m: 3:04.29	48.18	300m: 4:40.73	48.60	400m: 6:10.05	42.58
17.	Anoek van den Bosch	V.Z.V. Njord	6:16.57	201200368	**6:21.78**	
	50m: 41.25	41.25	150m: 2:16.76	48.70	250m: 3:57.30	50.59	350m: 5:36.01	48.05
	100m: 1:28.06	46.81	200m: 3:06.71	49.95	300m: 4:47.96	50.66	400m: 6:21.78	45.77

Junioren 1 en 2

1.	Sterre de Veen	Hellas-Glana	5:07.70	201100086	**5:04.83**	+0,68
	50m: 33.66	33.66	150m: 1:50.31	39.22	250m: 3:09.50	39.28	350m: 4:27.97	38.59
	100m: 1:11.09	37.43	200m: 2:30.22	39.91	300m: 3:49.38	39.88	400m: 5:04.83	36.86
2.	Julia Ketelaars	Hellas-Glana	5:22.07	201200028	**5:13.68**	+0,67
	50m: 34.99	34.99	150m: 1:54.21	40.09	250m: 3:14.86	40.13	350m: 4:35.70	40.19
	100m: 1:14.12	39.13	200m: 2:34.73	40.52	300m: 3:55.51	40.65	400m: 5:13.68	37.98
3.	Vicky Horens	Hellas-Glana	5:33.33	201200252	**5:21.22**	+0,56
	50m: 35.95	35.95	150m: 1:57.32	40.83	250m: 3:20.78	41.80	350m: 4:43.11	40.56
	100m: 1:16.49	40.54	200m: 2:38.98	41.66	300m: 4:02.55	41.77	400m: 5:21.22	38.11

Programmanr. 29, Meisjes, 400m vrije slag, Junioren 1 en 2

rang	naam	vereniging	intijd		tijd	RT
4.	Sarah Förster	Hellas-Glana	5:23.46	201102682	**5:23.34**	+0,67
	50m: 36.78	36.78 150m: 1:58.49	41.20	250m: 3:22.47	41.88 350m: 4:44.38	40.20
	100m: 1:17.29	40.51 200m: 2:40.59	42.10	300m: 4:04.18	41.71 400m: 5:23.34	38.96
5.	Jana Nelissen	SG Patrick - De Roersoppers	5:58.72	201200350	**5:24.66**	+0,72
	50m: 34.84	34.84 150m: 1:57.40	42.05	250m: 3:20.27	41.44 350m: 4:45.91	42.60
	100m: 1:15.35	40.51 200m: 2:38.83	41.43	300m: 4:03.31	43.04 400m: 5:24.66	38.75
6.	Valerie Rienties	Zwemsport Parkstad	5:44.56	201200400	**5:38.43**	+0,65
	50m: 36.46	36.46 150m: 2:01.33	43.38	250m: 3:29.72	44.44 350m: 4:56.58	43.82
	100m: 1:17.95	41.49 200m: 2:45.28	43.95	300m: 4:12.76	43.04 400m: 5:38.43	41.85
7.	Fenne Hardeman	Hellas-Glana	5:32.80	201100244	**5:39.82**	+0,62
	50m: 38.78	38.78 150m: 2:05.06	43.20	250m: 3:32.68	43.58 350m: 4:59.16	42.64
	100m: 1:21.86	43.08 200m: 2:49.10	44.04	300m: 4:16.52	43.84 400m: 5:39.82	40.66
8.	Louane Carfantan	MZ&PC Maastricht	5:30.02	201101042	**5:43.85**	+0,55
	50m: 38.83	38.83 150m: 2:04.78	43.26	250m: 3:32.41	43.69 350m: 5:00.45	43.14
	100m: 1:21.52	42.69 200m: 2:48.72	43.94	300m: 4:17.31	44.90 400m: 5:43.85	43.40
9.	June Schuurmans	Hellas-Glana	6:15.62	201100874	**5:50.92** *100m	+0,64
	50m: 37.20	37.20 150m: 2:06.02	45.46	250m: 3:39.30	46.79 350m: 5:11.05	45.01
	100m: 1:20.56	43.36 200m: 2:52.51	46.49	300m: 4:26.04	46.74 400m: 5:50.92	39.87
10.	Emy Meuleners	SG Patrick - De Roersoppers	5:51.07	201200012	**5:52.37**	+0,81
	50m: 37.44	37.44 150m: 2:04.65	44.75	250m: 3:37.22	46.86 350m: 5:08.49	45.40
	100m: 1:19.90	42.46 200m: 2:50.36	45.71	300m: 4:23.09	45.87 400m: 5:52.37	43.88
11.	Koosje Versteeg	HZPC	5:46.44	201100422	**5:59.16**	+0,72
	50m: 40.96	40.96 150m: 2:12.87	46.13	250m: 3:44.77	46.65 350m: 5:17.88	46.82
	100m: 1:26.74	45.78 200m: 2:58.12	45.25	300m: 4:31.06	46.29 400m: 5:59.16	41.28
12.	Anna Dinghs	HZPC	6:17.96	201201192	**6:25.11**	+0,78
	50m: 43.76	43.76 150m: 2:20.24	48.31	250m: 3:58.22	48.88 350m: 5:38.15	50.06
	100m: 1:31.93	48.17 200m: 3:09.34	49.10	300m: 4:48.09	49.87 400m: 6:25.11	46.96
13.	Dante Verhoef	MZ&PC Maastricht	6:10.76	201100940	**6:25.36**	+0,85
	50m: 41.90	41.90 150m: 2:19.40	49.75	250m: 3:59.41	50.13 350m: 5:40.39	49.29
	100m: 1:29.65	47.75 200m: 3:09.28	49.88	300m: 4:51.10	51.69 400m: 6:25.36	44.97

Junioren 3 en 4

1.	Bregje Dekkers	PSV	4:35.36	200900746	**4:34.31**	+0,75
	50m: 31.19	31.19 150m: 1:38.66	33.96	250m: 2:48.23	34.75 350m: 3:58.46	35.00
	100m: 1:04.70	33.51 200m: 2:13.48	34.82	300m: 3:23.46	35.23 400m: 4:34.31	35.85
2.	Luus Gielens	PSV	4:44.00	200900138	**4:41.50**	+0,88
	50m: 31.39	31.39 150m: 1:41.04	35.76	250m: 2:52.98	36.10 350m: 4:05.92	36.78
	100m: 1:05.28	33.89 200m: 2:16.88	35.84	300m: 3:29.14	36.16 400m: 4:41.50	35.58
3.	Renske van den Bosch	V.Z.V. Njord	5:11.75	201001828	**5:11.66**	+0,93
	50m: 34.98	34.98 150m: 1:54.44	39.73	250m: 3:14.88	40.19 350m: 4:34.45	39.47
	100m: 1:14.71	39.73 200m: 2:34.69	40.25	300m: 3:54.98	40.10 400m: 5:11.66	37.21
4.	Kinley Cole	PSV	4:53.84	200903696	**5:11.71**	+0,73
	50m: 34.66	34.66 150m: 1:54.10	40.55	250m: 3:15.78	41.08 350m: 4:36.43	40.25
	100m: 1:13.55	38.89 200m: 2:34.70	40.60	300m: 3:56.18	40.40 400m: 5:11.71	35.28
5.	Jayna Wagemakers	Hieronymus	5:14.72	201000226	**5:14.93**	+0,67
	50m: 35.21	35.21 150m: 1:54.72	40.24	250m: 3:15.80	40.52 350m: 4:36.61	39.97
	100m: 1:14.48	39.27 200m: 2:35.28	40.56	300m: 3:56.64	40.84 400m: 5:14.93	38.32
6.	Hanna Advokaat	PSV	5:25.53	200901502	**5:22.82**	+0,84
	50m: 35.98	35.98 150m: 1:57.23	41.34	250m: 3:19.90	40.97 350m: 4:42.45	41.23
	100m: 1:15.89	39.91 200m: 2:38.93	41.70	300m: 4:01.22	41.32 400m: 5:22.82	40.37
7.	Rona Goverde	Hieronymus	5:14.59	200900298	**5:24.43**	+0,84
	50m: 35.76	35.76 150m: 1:57.86	41.91	250m: 3:22.53	42.01 350m: 4:45.87	40.96
	100m: 1:15.95	40.19 200m: 2:40.52	42.66	300m: 4:04.91	42.38 400m: 5:24.43	38.56
8.	Annelotte Lagendaal	O.Z. & P.C. De Warande	5:40.21	201003354	**5:24.98**	+0,78
	50m: 35.77	35.77 150m: 1:56.46	40.50	250m: 3:19.53	41.63 350m: 4:44.79	42.61
	100m: 1:15.96	40.19 200m: 2:37.90	41.44	300m: 4:02.18	42.65 400m: 5:24.98	40.19
9.	Isa van der Sanden	De Krabben	5:36.43	200903452	**5:28.28**	+0,86
	50m: 37.00	37.00 150m: 1:59.90	41.89	250m: 3:24.94	42.15 350m: 4:49.37	41.63
	100m: 1:18.01	41.01 200m: 2:42.79	42.89	300m: 4:07.74	42.80 400m: 5:28.28	38.91
10.	Lotje Koenraads	SBC2000	5:28.78	200900896	**5:29.13**	+0,80
	50m: 36.46	36.46 150m: 1:59.61	42.22	250m: 3:24.68	42.24 350m: 4:49.53	42.15
	100m: 1:17.39	40.93 200m: 2:42.44	42.83	300m: 4:07.38	42.70 400m: 5:29.13	39.60
11.	Alexx Broekman	Arethusa	5:28.46	200902374	**5:30.71**	+0,84
	50m: 35.98	35.98 150m: 1:58.91	42.19	250m: 3:24.37	43.47 350m: 4:49.71	42.31
	100m: 1:16.72	40.74 200m: 2:40.90	41.99	300m: 4:07.40	43.03 400m: 5:30.71	41.00
12.	Eva Steggerda	SBC2000	5:45.11	200901506	**5:32.48**	+0,74
	50m: 36.54	36.54 150m: 2:00.57	42.69	250m: 3:26.96	43.18 350m: 4:52.48	42.49
	100m: 1:17.88	41.34 200m: 2:43.78	43.21	300m: 4:09.99	43.03 400m: 5:32.48	40.00

Programmanr. 29, Meisjes, 400m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd		tijd	RT
13.	Door van Haperen	SBC2000	5:45.47	201002874	**5:35.20**	+0,73
	50m: 34.98	34.98	150m: 1:57.90	42.38	250m: 3:23.99	43.39	350m: 4:52.45	44.07
	100m: 1:15.52	40.54	200m: 2:40.60	42.70	300m: 4:08.38	44.39	400m: 5:35.20	42.75
14.	Evi Grauwmans	SBC2000	5:40.07	200902326	**5:38.67**	+0,73
	50m: 37.80	37.80	150m: 2:03.97	44.13	250m: 3:33.29	45.22	350m: 4:59.30	42.09
	100m: 1:19.84	42.04	200m: 2:48.07	44.10	300m: 4:17.21	43.92	400m: 5:38.67	39.37
15.	Marit Libregts	O.Z. & P.C. De Warande	5:27.67	200901652	**5:41.06**	+0,66
	50m: 36.93	36.93	150m: 2:03.67	44.11	250m: 3:34.56	45.72	350m: 5:03.88	44.47
	100m: 1:19.56	42.63	200m: 2:48.84	45.17	300m: 4:19.41	44.85	400m: 5:41.06	37.18
16.	Kyana de Vries	ZWK Merlet	5:37.99	200901260	**5:45.91** *	+0,84
	50m: 38.83	38.83	150m: 2:04.67	43.86	250m: 3:32.71	43.58	350m: 5:01.50	44.19
	100m: 1:20.81	41.98	200m: 2:49.13	44.46	300m: 4:17.31	44.60	400m: 5:45.91	44.41

Junioren 3 en 4

1.	Julie Simonis	Hellas-Glana	5:21.29	201000144	**5:18.16**	+0,80
	50m: 35.66	35.66	150m: 1:55.88	40.41	250m: 3:17.19	40.44	350m: 4:39.23	40.65
	100m: 1:15.47	39.81	200m: 2:36.75	40.87	300m: 3:58.58	41.39	400m: 5:18.16	38.93
2.	Sophie Reijnders	RZ	5:42.35	200900086	**5:22.08**	+0,72
	50m: 34.95	34.95	150m: 1:54.10	40.41	250m: 3:17.86	41.83	350m: 4:42.66	42.18
	100m: 1:13.69	38.74	200m: 2:36.03	41.93	300m: 4:00.48	42.62	400m: 5:22.08	39.42
3.	Anouk Leurs	ZEPS	5:35.75	200900232	**5:25.88**	+0,66
	50m: 35.59	35.59	150m: 1:59.02	42.14	250m: 3:24.22	42.54	350m: 4:48.19	41.44
	100m: 1:16.88	41.29	200m: 2:41.68	42.66	300m: 4:06.75	42.53	400m: 5:25.88	37.69
4.	Lynn Peters	Mosa~Regio	5:34.06	200900454	**5:28.23**	+0,74
	50m: 36.20	36.20	150m: 1:59.58	41.95	250m: 3:24.59	42.83	350m: 4:49.46	42.56
	100m: 1:17.63	41.43	200m: 2:41.76	42.18	300m: 4:06.90	42.31	400m: 5:28.23	38.77
5.	Romy de Graaf	MZ&PC Maastricht	5:22.22	201003660	**5:34.79**	+0,75
	50m: 37.15	37.15	150m: 2:02.31	42.88	250m: 3:30.26	43.31	350m: 4:56.50	41.51
	100m: 1:19.43	42.28	200m: 2:46.95	44.64	300m: 4:14.99	44.73	400m: 5:34.79	38.29
6.	Izzie Hesselink	ZEPS	5:18.06	200900820	**5:36.47**	+0,72
	50m: 36.30	36.30	150m: 2:02.02	43.40	250m: 3:29.95	43.66	350m: 4:56.93	43.40
	100m: 1:18.62	42.32	200m: 2:46.29	44.27	300m: 4:13.53	43.58	400m: 5:36.47	39.54
7.	Fenna Greijn	ZPC De Rog Weert	5:38.13	200900654	**5:39.96**	+0,71
	50m: 37.41	37.41	150m: 2:01.82	43.52	250m: 3:28.60	43.78	350m: 4:57.88	44.77
	100m: 1:18.30	40.89	200m: 2:44.82	43.00	300m: 4:13.11	44.51	400m: 5:39.96	42.08
8.	Renske Coppens	Vivalo	5:18.78	200900440	**5:40.64**	+0,85
	50m: 36.24	36.24	150m: 1:59.16	42.64	250m: 3:28.82	45.25	350m: 4:57.13	44.54
	100m: 1:16.52	40.28	200m: 2:43.57	44.41	300m: 4:12.59	43.77	400m: 5:40.64	43.51
9.	Maud Verstraeten	SG Patrick - De Roersoppers	5:36.62	200900142	**5:48.83**	+0,77
	50m: 37.66	37.66	150m: 2:04.70	44.48	250m: 3:34.91	45.71	350m: 5:05.19	45.01
	100m: 1:20.22	42.56	200m: 2:49.20	44.50	300m: 4:20.18	45.27	400m: 5:48.83	43.64
10.	Elize Wijzenbeek	Hellas-Glana	5:38.81	201001338	**6:14.20**	+0,77
	50m: 40.56	40.56	150m: 2:13.99	47.38	250m: 3:52.37	49.39	350m: 5:29.63	48.83
	100m: 1:26.61	46.05	200m: 3:02.98	48.99	300m: 4:40.80	48.43	400m: 6:14.20	44.57

Jeugd 1 en 2

1.	Julie van Nispen	Z&PV Nuenen	4:32.53	200800290	**4:29.50**	+0,71
	50m: 30.55	30.55	150m: 1:38.57	34.10	250m: 2:46.43	33.92	350m: 3:55.83	34.85
	100m: 1:04.47	33.92	200m: 2:12.51	33.94	300m: 3:20.98	34.55	400m: 4:29.50	33.67
2.	Veerle Hildebrand	PSV	4:44.37	200801830	**4:44.37**	+0,72
	50m: 31.66	31.66	150m: 1:42.98	36.08	250m: 2:55.60	36.62	350m: 4:08.64	36.48
	100m: 1:06.90	35.24	200m: 2:18.98	36.00	300m: 3:32.16	36.56	400m: 4:44.37	35.73
3.	Isa Jansen	SBC2000	4:50.10	200701176	**4:56.50**	+0,74
	50m: 32.14	32.14	150m: 1:46.36	37.93	250m: 3:03.11	38.71	350m: 4:19.87	38.76
	100m: 1:08.43	36.29	200m: 2:24.40	38.04	300m: 3:41.11	38.00	400m: 4:56.50	36.63
4.	Maud van Zwienen	O.Z. & P.C. De Warande	4:58.55	200703734	**5:07.98**	+0,76
	50m: 32.51	32.51	150m: 1:48.51	39.20	250m: 3:09.34	40.71	350m: 4:30.41	40.27
	100m: 1:09.31	36.80	200m: 2:28.63	40.12	300m: 3:50.14	40.80	400m: 5:07.98	37.57
5.	Lotte Blanken	SBC2000	5:13.22	200801476	**5:09.52**	+0,80
	50m: 33.68	33.68	150m: 1:51.00	39.54	250m: 3:11.13	39.94	350m: 4:31.99	40.32
	100m: 1:11.46	37.78	200m: 2:31.19	40.19	300m: 3:51.67	40.54	400m: 5:09.52	37.53
6.	Jansje de Ridder	De Biesboschzwemmers	5:13.96	200800194	**5:14.93**	+0,79
	50m: 35.63	35.63	150m: 1:55.46	40.19	250m: 3:16.60	39.65	350m: 4:36.65	39.56
	100m: 1:15.27	39.64	200m: 2:36.95	41.49	300m: 3:57.09	40.49	400m: 5:14.93	38.28
7.	Manaudou Verhaar	AquaDream	5:13.52	200801376	**5:18.61**	+0,52
	50m: 34.57	34.57	150m: 1:54.62	40.62	250m: 3:16.97	41.62	350m: 4:40.45	42.02
	100m: 1:14.00	39.43	200m: 2:35.35	40.73	300m: 3:58.43	41.46	400m: 5:18.61	38.16

Programmanr. 29, Meisjes, 400m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd		tijd	RT
8.	Liza Theuns	Waalwijkse Zwem Vereniging	5:15.52	200702172	**5:22.57**	+0,82
	50m: 35.52	35.52 150m: 1:55.77	40.49	250m: 3:19.77	42.24 350m: 4:45.23	42.44
	100m: 1:15.28	39.76 200m: 2:37.53	41.76	300m: 4:02.79	43.02 400m: 5:22.57	37.34
9.	Mila Hermans	DZT'62	5:19.62	200801006	**5:34.79**	+0,75
	50m: 37.70	37.70 150m: 2:01.93	43.08	250m: 3:29.35	44.16 350m: 4:55.70	42.88
	100m: 1:18.85	41.15 200m: 2:45.19	43.26	300m: 4:12.82	43.47 400m: 5:34.79	39.09
10.	Marith Ewijk	Waalwijkse Zwem Vereniging	5:14.55	200801414	**5:37.29**	+0,82
	50m: 35.95	35.95 150m: 1:59.44	42.06	250m: 3:26.59	43.50 350m: 4:55.44	44.43
	100m: 1:17.38	41.43 200m: 2:43.09	43.65	300m: 4:11.01	44.42 400m: 5:37.29	41.85

Jeugd 1 en 2

1.	Lotte Frissen	SG Patrick - De Roersoppers	5:00.68	200701354	**4:53.27**	+0,70
	50m: 33.42	33.42 150m: 1:48.38	37.30	250m: 3:03.80	37.44 350m: 4:17.62	36.36
	100m: 1:11.08	37.66 200m: 2:26.36	37.98	300m: 3:41.26	37.46 400m: 4:53.27	35.65
2.	Emma Ketelaars	Hellas-Glana	4:58.24	200800354	**4:57.85**	+0,82
	50m: 33.05	33.05 150m: 1:48.22	37.79	250m: 3:04.97	38.30 350m: 4:20.86	37.53
	100m: 1:10.43	37.38 200m: 2:26.67	38.45	300m: 3:43.33	38.36 400m: 4:57.85	36.99
3.	Nina Derckx	ZEPS	5:17.31	200700030	**5:11.55**	+0,81
	50m: 35.11	35.11 150m: 1:54.20	40.00	250m: 3:14.12	39.94 350m: 4:33.82	39.00
	100m: 1:14.20	39.09 200m: 2:34.18	39.98	300m: 3:54.82	40.70 400m: 5:11.55	37.73
4.	Benthe van de Ree	HZPC	5:01.39	200701226	**5:16.15**	+0,78
	50m: 33.08	33.08 150m: 1:52.61	40.72	250m: 3:15.82	41.90 350m: 4:38.53	40.93
	100m: 1:11.89	38.81 200m: 2:33.92	41.31	300m: 3:57.60	41.78 400m: 5:16.15	37.62
5.	Lucie Schreurs	RZL	5:09.66	200801464	**5:18.90**	+0,90
	50m: 35.67	35.67 150m: 1:55.45	40.39	250m: 3:17.65	40.87 350m: 4:39.57	40.68
	100m: 1:15.06	39.39 200m: 2:36.78	41.33	300m: 3:58.89	41.24 400m: 5:18.90	39.33
6.	Veerle Claessens	ZEPS	5:15.73	200800100	**5:24.67**	+0,78
	50m: 36.53	36.53 150m: 1:58.04	41.23	250m: 3:21.13	41.50 350m: 4:44.27	40.82
	100m: 1:16.81	40.28 200m: 2:39.63	41.59	300m: 4:03.45	42.32 400m: 5:24.67	40.40
7.	Phyllis Legein	ZPC Nederweert	5:19.43	200801396	**5:28.31**	+0,78
	50m: 36.42	36.42 150m: 1:57.86	41.68	250m: 3:23.95	43.82 350m: 4:51.32	44.72
	100m: 1:16.18	39.76 200m: 2:40.13	42.27	300m: 4:06.60	42.65 400m: 5:28.31	36.99

Senioren 1 en ouder

1.	Yara van Kalmthout	PSV	4:17.99	200200984	**4:16.92**	+0,72
	50m: 29.68	29.68 150m: 1:34.76	32.82	250m: 2:40.29	32.75 350m: 3:45.66	32.61
	100m: 1:01.94	32.26 200m: 2:07.54	32.78	300m: 3:13.05	32.76 400m: 4:16.92	31.26
2.	Nikita van den Ouden	PSV	4:31.60	199900622	**4:32.68**	+0,68
	50m: 30.28	30.28 150m: 1:37.77	34.33	250m: 2:47.20	34.82 350m: 3:58.15	35.73
	100m: 1:03.44	33.16 200m: 2:12.38	34.61	300m: 3:22.42	35.22 400m: 4:32.68	34.53
3.	Liselotte Joling	PSV	4:56.23	197500268	**4:59.40**	+0,86
	50m: 35.16	35.16 150m: 1:51.44	38.04	250m: 3:07.39	37.56 350m: 4:23.12	37.61
	100m: 1:13.40	38.24 200m: 2:29.83	38.39	300m: 3:45.51	38.12 400m: 4:59.40	36.28
4.	Fiona Meuffels	PSV	5:03.71	199504366	**5:05.14**	+0,78
	50m: 33.87	33.87 150m: 1:48.80	38.08	250m: 3:07.55	39.53 350m: 4:27.45	39.86
	100m: 1:10.72	36.85 200m: 2:28.02	39.22	300m: 3:47.59	40.04 400m: 5:05.14	37.69
5.	Lieke van Geijn	O.Z. & P.C. De Warande	5:11.76	200600314	**5:10.67**	+0,76
	50m: 33.85	33.85 150m: 1:51.09	38.91	250m: 3:10.72	39.47 350m: 4:31.80	40.03
	100m: 1:12.18	38.33 200m: 2:31.25	40.16	300m: 3:51.77	41.05 400m: 5:10.67	38.87
6.	Anneloes Peulen	Z&PV Nuenen	4:59.14	198502314	**5:12.13**	+0,73
	50m: 34.44	34.44 150m: 1:52.78	39.56	250m: 3:12.73	40.32 350m: 4:32.83	40.02
	100m: 1:13.22	38.78 200m: 2:32.41	39.63	300m: 3:52.81	40.08 400m: 5:12.13	39.30
7.	Michelle van Dijk	DZT'62	5:00.13	199806564	**5:13.02**	+0,79
	50m: 34.22	34.22 150m: 1:51.84	39.70	250m: 3:12.91	40.94 350m: 4:34.57	40.39
	100m: 1:12.14	37.92 200m: 2:31.97	40.13	300m: 3:54.18	41.27 400m: 5:13.02	38.45
8.	Tamar Roosen	V.Z.V. Njord	5:16.20	200501168	**5:20.84**	+0,65
	50m: 36.03	36.03 150m: 1:58.03	41.09	250m: 3:20.22	40.78 350m: 4:41.85	39.98
	100m: 1:16.94	40.91 200m: 2:39.44	41.41	300m: 4:01.87	41.65 400m: 5:20.84	38.99
9.	Danique Putman	Tempo Valkenswaard	5:12.63	200601392	**5:22.91**	+0,64
	50m: 36.95	36.95 150m: 1:59.50	42.22	250m: 3:23.62	41.81 350m: 4:46.47	40.80
	100m: 1:17.28	40.33 200m: 2:41.81	42.31	300m: 4:05.67	42.05 400m: 5:22.91	36.44
10.	Anne de Beer	ZWK Merlet	5:16.78	200502878	**5:23.26**	+0,80
	50m: 35.39	35.39 150m: 1:57.03	41.45	250m: 3:20.87	41.81 350m: 4:43.88	40.76
	100m: 1:15.58	40.19 200m: 2:39.06	42.03	300m: 4:03.12	42.25 400m: 5:23.26	39.38

Programmanr. 29, Dames, 400m vrije slag

Senioren 1 en ouder

1.	Rani Skrabanja		Hellas-Glana			4:25.34	199800992			**4:35.21**			+0,75
	50m:	30.60	30.60	150m:	1:39.92	35.21	250m:	2:50.46	35.62	350m:	4:00.93	35.02	
	100m:	1:04.71	34.11	200m:	2:14.84	34.92	300m:	3:25.91	35.45	400m:	4:35.21	34.28	
2.	Kim Crins		RZL			5:15.21	200501212			**5:09.25**			+0,77
	50m:	34.65	34.65	150m:	1:51.43	38.62	250m:	3:10.52	39.46	350m:	4:30.95	40.08	
	100m:	1:12.81	38.16	200m:	2:31.06	39.63	300m:	3:50.87	40.35	400m:	5:09.25	38.30	
3.	Maud Weijmans		HZPC			5:17.35	200103830			**5:10.52**			+0,75
	50m:	35.53	35.53	150m:	1:53.06	39.13	250m:	3:12.78	39.96	350m:	4:32.50	39.64	
	100m:	1:13.93	38.40	200m:	2:32.82	39.76	300m:	3:52.86	40.08	400m:	5:10.52	38.02	
4.	Jennifer Koonen		Zwemsport Parkstad			5:17.12	200500386			**5:19.29**			+0,73
	50m:	34.35	34.35	150m:	1:53.18	40.14	250m:	3:15.82	41.62	350m:	4:39.39	41.55	
	100m:	1:13.04	38.69	200m:	2:34.20	41.02	300m:	3:57.84	42.02	400m:	5:19.29	39.90	
5.	Kiki Derckx		ZEPS			5:11.96	200400546			**5:23.28**			+0,89
	50m:	35.53	35.53	150m:	1:57.95	42.29	250m:	3:21.76	42.07	350m:	4:43.80	40.21	
	100m:	1:15.66	40.13	200m:	2:39.69	41.74	300m:	4:03.59	41.83	400m:	5:23.28	39.48	
BM	Djelaysa Buunk		Z & PC De Zeeuwse Kust			4:48.73	200900536			**4:47.86**			+0,75
	50m:	32.29	32.29	150m:	1:44.55	36.65	250m:	2:58.54	37.26	350m:	4:12.27	36.88	
	100m:	1:07.90	35.61	200m:	2:21.28	36.73	300m:	3:35.39	36.85	400m:	4:47.86	35.59	
BM	Morrison Schram		De Schelde			5:24.57	201100686			**5:18.05**			+0,80
	50m:	35.09	35.09	150m:	1:55.49	40.68	250m:	3:18.08	40.98	350m:	4:39.89	40.11	
	100m:	1:14.81	39.72	200m:	2:37.10	41.61	300m:	3:59.78	41.70	400m:	5:18.05	38.16	
BM	Indy Verbist		De Marlijn (SG)			6:15.53	201200286			**5:57.20**			
	50m:	38.09	38.09	150m:	2:09.20	46.53	250m:	3:43.66	47.15	350m:	5:16.16	45.75	
	100m:	1:22.67	44.58	200m:	2:56.51	47.31	300m:	4:30.41	46.75	400m:	5:57.20	41.04	
BM	Guusje van Oirschot		Scheldestroom			6:13.53	201102228			**6:10.95**			+0,82
	50m:	41.59	41.59	150m:	2:18.63	49.33	250m:	3:54.96	47.82	350m:	5:29.78	48.41	
	100m:	1:29.30	47.71	200m:	3:07.14	48.51	300m:	4:41.37	46.41	400m:	6:10.95	41.17	