

Programmanr. 1
19-5-2017

Dames, 400m vrije slag

Junioren 1 en ouder
Resultaten

Rang						In.tijd	Tijd	RT
Junioren 1								
1.	Marte Hieke van der Kamp	SG FZC54-De Vikings	200500218			5:31.72	5:16.54	+0,92
	100m: 1:14.43	1:14.43	200m: 2:35.66	1:21.23	300m: 3:57.66	1:22.00	400m: 5:16.54	1:18.88
2.	Nienke Bakker	TriVia	200501178			5:29.59	5:40.99	
	100m: 1:22.16	1:22.16	200m: 2:51.42	1:29.26	300m: 4:18.00	1:26.58	400m: 5:40.99	1:22.99
3.	Carmen van Klaarbergen	Dz&Pc	200500562			5:38.77	5:45.03	+0,89
	200m: 2:47.03	2:47.03	400m: 5:45.03	2:58.00				
4.	Fleur Bos	Orca	200500674			5:43.36	5:48.18	+0,75
	100m: 1:22.22	1:22.22	200m: 2:51.25	1:29.03	300m: 4:22.10	1:30.85	400m: 5:48.18	1:26.08
5.	Charley Zethoven	HZ&PC Heerenveen	200500868			5:37.88	5:48.42	+0,83
	100m: 1:23.14	1:23.14	200m: 5:48.42	4:25.28	400m: 5:48.42			
6.	Daniëlle Cosse	Bubble	200500448			5:38.60	5:50.13	+0,81
	100m: 1:22.62	1:22.62	200m: 2:52.61	1:29.99	300m: 4:24.27	1:31.66	400m: 5:50.13	1:25.86
7.	Naomi Vellinga	Wetterwille	200500504			5:39.93	5:57.12	+0,91
	100m: 1:21.93	1:21.93	200m: 2:53.50	1:31.57	300m: 4:25.78	1:32.28	400m: 5:57.12	1:31.34
Junioren 2								
1.	Janna van Kooten	TriVia	200404584			4:43.15	4:47.53	
2.	Charlotte Wilbers	ZPC Hoogeveen	200400312			4:56.98	4:52.03	+0,85
	100m: 1:09.74	1:09.74	200m: 2:25.28	1:15.54	300m: 3:39.33	1:14.05	400m: 4:52.03	1:12.70
3.	Myrthe Natzijl	De Kikker	200400076			4:48.32	4:59.66	+0,86
	100m: 1:08.85	1:08.85	200m: 2:25.39	1:16.54	300m: 3:43.97	1:18.58	400m: 4:59.66	1:15.69
4.	Veerle Nieborg	TriVia	200400428			4:54.67	5:08.96	+0,86
	100m: 1:12.89	1:12.89	200m: 2:31.08	1:18.19	300m: 3:50.19	1:19.11	400m: 5:08.96	1:18.77
5.	Denise Dost	ZC Borger	200400190			5:16.42	5:20.51	+0,99
	200m: 2:38.01	2:38.01	400m: 5:20.51	2:42.50				
6.	Merle Stavorinus	de Granaet	200400138			5:14.70	5:20.54	+0,90
	100m: 1:15.05	1:15.05	400m: 5:20.54	4:05.49				
7.	Roos van Duin	ReVeLie Swim Team	200404280			5:16.42	5:25.95	+1,05
	100m: 1:18.06	1:18.06	200m: 2:42.46	1:24.40	300m: 4:08.41	1:25.95	400m: 5:25.95	1:17.54
8.	Megan Meinds	Nova	200400238			5:25.40	5:27.59	+0,78
	100m: 1:13.33	1:13.33	200m: 2:35.44	1:22.11	300m: 3:59.72	1:24.28	400m: 5:27.59	1:27.87
9.	Marlies Berends	HZ&PC Heerenveen	200402194			5:24.74	5:31.00	+0,80
	100m: 1:14.48	1:14.48	200m: 2:38.53	1:24.05	300m: 4:05.38	1:26.85	400m: 5:31.00	1:25.62
AFGEM	Sterre-Marit Drok	ZPC Stadskanaal	200400880			5:09.57		

Programmanr. 1, Dames, 400m vrije slag

Junioren 3

1. Suze Kuipers	Orca	200301714	4:37.40	4:55.65	
100m: 1:08.98	1:08.98	200m: 2:24.90	1:15.92	300m: 3:40.92	1:16.02
				400m: 4:55.65	1:14.73
2. Anna Tinga	De Forel	200302734	5:03.33	5:01.13	+0,86
100m: 1:10.39	1:10.39	200m: 2:26.80	1:16.41	300m: 3:44.87	1:18.07
				400m: 5:01.13	1:16.26
3. Ilse Hoogeveen	Aqua 68	200301140	5:03.12	5:02.77	+0,81
100m: 1:09.78	1:09.78	200m: 2:26.81	1:17.03	300m: 3:45.50	1:18.69
				400m: 5:02.77	1:17.27
4. Mirthe Schenkel	ZPC Hoogeveen	200300666	5:14.88	5:05.16	+0,88
100m: 1:11.19	1:11.19	200m: 2:29.13	1:17.94	300m: 3:47.58	1:18.45
				400m: 5:05.16	1:17.58
5. Chantal Tiesinga	TriVia	200302452	4:58.57	5:12.86	+0,76
100m: 1:11.22	1:11.22	200m: 2:29.76	1:18.54	300m: 3:50.62	1:20.86
				400m: 5:12.86	1:22.24
6. Myrthe Winkels	TriVia	200300212	5:19.55	5:15.08	+0,96
7. Lotte-Lynn Sterken	De Kikker	200301342	5:14.95	5:15.75	+0,99
100m: 1:14.06	1:14.06	200m: 2:35.77	1:21.71	300m: 3:56.70	1:20.93
				400m: 5:15.75	1:19.05
8. Myrthe Idema	TriVia	200303240	5:15.15	5:19.84	+0,72
100m: 1:15.00	1:15.00	200m: 2:37.13	1:22.13	300m: 4:00.17	1:23.04
				400m: 5:19.84	1:19.67
9. Marinda Top	Zeno	200300460	5:12.25	5:20.59	+0,81
100m: 1:13.93	1:13.93	200m: 2:37.03	1:23.10	300m: 4:01.31	1:24.28
				400m: 5:20.59	1:19.28
10. Chaiira Scholte	Z&PC de Inktvis	200304478	5:08.13	5:23.83	+0,79
100m: 1:12.71	1:12.71	200m: 2:36.56	1:23.85	300m: 4:01.40	1:24.84
				400m: 5:23.83	1:22.43
11. Kim Hillen	MZ&PC De Reest	200300364	5:17.78	5:26.50	+0,85
100m: 1:14.31	1:14.31	200m: 2:38.24	1:23.93	300m: 4:04.39	1:26.15
				400m: 5:26.50	1:22.11
12. Tove Beltman	Orca	200301618	5:18.74	5:34.45	+0,86
100m: 1:17.65	1:17.65	200m: 2:43.66	1:26.01	300m: 4:10.31	1:26.65
				400m: 5:34.45	1:24.14

Jeugd 1 en 2

1. Lize Janna de Vries	Orca	200101948	4:39.37	4:41.88	+0,84
100m: 1:07.46	1:07.46	200m: 2:19.21	1:11.75	300m: 3:31.67	1:12.46
				400m: 4:41.88	1:10.21
2. Wiktoria Redzimska	ZPC Hoogeveen	200106042	4:50.34	4:44.48	+0,76
100m: 1:07.32	1:07.32	200m: 2:20.78	1:13.46	300m: 3:34.42	1:13.64
				400m: 4:44.48	1:10.06
3. Kyra Wooldrik	ZPC Hoogeveen	200101042	4:51.91	4:45.00	+0,88
100m: 1:07.40	1:07.40	200m: 2:20.21	1:12.81	300m: 3:34.87	1:14.66
				400m: 4:45.00	1:10.13
4. Nynke Zandstra	Dz&Pc	200202044	5:03.76	4:51.33	+0,86
200m: 2:24.23	2:24.23	300m: 3:39.33	1:15.10	400m: 4:51.33	1:12.00
5. Mariëlle Dolfijn	TriVia	200201640	4:41.86	4:52.51	+0,93
100m: 1:08.83	1:08.83	200m: 2:22.79	1:13.96	300m: 3:38.67	1:15.88
				400m: 4:52.51	1:13.84
6. Lianne van Wier	HZ&PC Heerenveen	200200438	4:42.29	4:53.73	
<i>handtijd</i>					
7. Eva Willebrands	Orca	200101510	4:41.03	4:56.08	+0,87
100m: 1:07.74	1:07.74	200m: 2:22.12	1:14.38	300m: 3:39.30	1:17.18
				400m: 4:56.08	1:16.78
8. Jolien Wind	Nova	200100510	4:58.10	4:56.72	+0,82
100m: 1:07.51	1:07.51	200m: 2:24.14	1:16.63	300m: 3:40.40	1:16.26
				400m: 4:56.72	1:16.32
9. Zana Udo	De Forel	200202686	4:59.63	4:59.68	+0,79
100m: 1:10.15	1:10.15	200m: 2:27.24	1:17.09	300m: 3:44.76	1:17.52
				400m: 4:59.68	1:14.92

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

Rang						In.tijd	Tijd	RT
10.	Inge Dekker	TriVia	200200476			4:47.16	5:01.89	
11.	Amé Hulleman	ReVeLie Swim Team	200202794			4:56.90	5:05.96	+0,80
	100m: 1:09.52	1:09.52	200m: 2:27.02	1:17.50	300m: 3:46.79	1:19.77	400m: 5:05.96	1:19.17
12.	Britt Gerdes	De Kikker	200201636			5:05.32	5:06.27	+0,86
	100m: 1:11.68	1:11.68	200m: 2:30.80	1:19.12	300m: 3:50.72	1:19.92	400m: 5:06.27	1:15.55
13.	Benthe Knol	ZC Borger	200101574			4:56.13	5:07.14	+0,78
	100m: 1:11.33	1:11.33	200m: 2:29.14	1:17.81	300m: 3:48.69	1:19.55	400m: 5:07.14	1:18.45
14.	Esmee van Peer	TriVia	200201114			5:05.26	5:16.62	+0,77
	100m: 1:11.26	1:11.26	200m: 2:32.99	1:21.73	300m: 3:54.99	1:22.00	400m: 5:16.62	1:21.63
15.	Sanne Kloezen	ZPC Stadskanaal	200204644			5:09.53	5:20.52	+0,90
	100m: 1:14.37	1:14.37	200m: 2:38.46	1:24.09	300m: 4:01.99	1:23.53	400m: 5:20.52	1:18.53
16.	Martine Kamminga	de Granaet	200201172			5:11.50	5:31.49	+0,83
	100m: 1:18.09	1:18.09	200m: 2:42.58	1:24.49	300m: 4:08.04	1:25.46	400m: 5:31.49	1:23.45
17.	Sanne Hofman	ZPC Hoogeveen	200102154	S13		5:08.54	5:34.66	+0,82
	100m: 1:15.82	1:15.82	200m: 2:41.21	1:25.39	300m: 4:08.15	1:26.94	400m: 5:34.66	1:26.51

Senioren 1 en ouder

1.	Myrna van Duijven	Dz&Pc	199900252			4:30.27	4:36.60	+0,83
	100m: 1:06.42	1:06.42	200m: 2:16.20	1:09.78	300m: 3:27.07	1:10.87	400m: 4:36.60	1:09.53
2.	Alinda Dingshoff	ZPC Hoogeveen	200000928			4:40.17	4:36.93	+0,82
	100m: 1:07.38	1:07.38	200m: 2:17.00	1:09.62	300m: 3:27.64	1:10.64	400m: 4:36.93	1:09.29
3.	Hinke Groos	Dz&Pc	199901768			4:28.75	4:37.36	+0,76
	100m: 1:05.74	1:05.74	200m: 2:15.64	1:09.90	300m: 3:26.84	1:11.20	400m: 4:37.36	1:10.52
4.	Josien Wijkhuijs	Orca	199902866			4:31.18	4:42.39	+0,80
	100m: 1:07.19	1:07.19	200m: 2:19.25	1:12.06	300m: 3:31.20	1:11.95	400m: 4:42.39	1:11.19
5.	Hilde Dekker	ReVeLie Swim Team	199901926			4:43.22	4:50.26	
6.	Jill Blide	ZPC Hoogeveen	200004734			4:45.42	4:52.16	
7.	Marije Oosterhuis	ZPCA Eemsrobbe (SG199500318)	S10			4:47.80	4:52.35	
8.	Renée Vanderheyden	ReVeLie Swim Team	199903130			4:48.17	4:58.51	
9.	Saranda Hofstra	De Kikker	199700526			4:59.13	4:58.61	+0,73
	100m: 1:07.70	1:07.70	200m: 2:23.74	1:16.04	300m: 3:42.84	1:19.10	400m: 4:58.61	1:15.77
10.	Luca Ebbinge	Dz&Pc	199802406			4:49.73	5:00.26	+0,73
	100m: 1:10.90	1:10.90	200m: 2:27.89	1:16.99	300m: 3:45.66	1:17.77	400m: 5:00.26	1:14.60
11.	Myrthe Offenga	SG FZC54-De Vikings	199901874			4:48.68	5:02.56	+0,89
	100m: 1:11.26	1:11.26	200m: 2:30.97	1:19.71	300m: 3:49.74	1:18.77	400m: 5:02.56	1:12.82
12.	Christien Liemburg	HZ&PC Heerenveen	199903672			4:49.18	5:03.05	+0,88
	100m: 1:10.95	1:10.95	200m: 2:28.67	1:17.72	300m: 3:47.16	1:18.49	400m: 5:03.05	1:15.89
13.	Linda Boxma	De Spatters	198500416			4:47.98	5:05.44	

Programmanr. 1, Dames, 400m vrije slag

Algemeen klassement

1.	Myrna van Duijven	Dz&Pc	199900252	4:30.27	4:36.60	+0,83
	100m: 1:06.42	1:06.42	200m: 2:16.20	1:09.78	300m: 3:27.07	1:10.87
					400m: 4:36.60	1:09.53
2.	Alinda Dingshoff	ZPC Hoozeveen	200000928	4:40.17	4:36.93	+0,82
	100m: 1:07.38	1:07.38	200m: 2:17.00	1:09.62	300m: 3:27.64	1:10.64
					400m: 4:36.93	1:09.29
3.	Hinke Groos	Dz&Pc	199901768	4:28.75	4:37.36	+0,76
	100m: 1:05.74	1:05.74	200m: 2:15.64	1:09.90	300m: 3:26.84	1:11.20
					400m: 4:37.36	1:10.52
4.	Lize Janna de Vries	Orca	200101948	4:39.37	4:41.88	+0,84
	100m: 1:07.46	1:07.46	200m: 2:19.21	1:11.75	300m: 3:31.67	1:12.46
					400m: 4:41.88	1:10.21
5.	Josien Wijkhuijs	Orca	199902866	4:31.18	4:42.39	+0,80
	100m: 1:07.19	1:07.19	200m: 2:19.25	1:12.06	300m: 3:31.20	1:11.95
					400m: 4:42.39	1:11.19
6.	Wiktorija Redzimska	ZPC Hoozeveen	200106042	4:50.34	4:44.48	+0,76
	100m: 1:07.32	1:07.32	200m: 2:20.78	1:13.46	300m: 3:34.42	1:13.64
					400m: 4:44.48	1:10.06
7.	Kyra Wooldrik	ZPC Hoozeveen	200101042	4:51.91	4:45.00	+0,88
	100m: 1:07.40	1:07.40	200m: 2:20.21	1:12.81	300m: 3:34.87	1:14.66
					400m: 4:45.00	1:10.13
8.	Janna van Kooten	TriVia	200404584	4:43.15	4:47.53	
9.	Hilde Dekker	ReVeLie Swim Team	199901926	4:43.22	4:50.26	
10.	Nynke Zandstra	Dz&Pc	200202044	5:03.76	4:51.33	+0,86
	200m: 2:24.23	2:24.23	300m: 3:39.33	1:15.10	400m: 4:51.33	1:12.00
11.	Charlotte Wilbers	ZPC Hoozeveen	200400312	4:56.98	4:52.03	+0,85
	100m: 1:09.74	1:09.74	200m: 2:25.28	1:15.54	300m: 3:39.33	1:14.05
					400m: 4:52.03	1:12.70
12.	Jill Blide	ZPC Hoozeveen	200004734	4:45.42	4:52.16	
13.	Marije Oosterhuis	ZPCA Eemsrobbe (SG)	199500318	4:47.80	4:52.35	
14.	Mariëlle Dolfijn	TriVia	200201640	4:41.86	4:52.51	+0,93
	100m: 1:08.83	1:08.83	200m: 2:22.79	1:13.96	300m: 3:38.67	1:15.88
					400m: 4:52.51	1:13.84
15.	Lianne van Wier	HZ&PC Heerenveen	200200438	4:42.29	4:53.73	
	<i>handtijd</i>					
16.	Suze Kuipers	Orca	200301714	4:37.40	4:55.65	
	100m: 1:08.98	1:08.98	200m: 2:24.90	1:15.92	300m: 3:40.92	1:16.02
					400m: 4:55.65	1:14.73
17.	Eva Willebrands	Orca	200101510	4:41.03	4:56.08	+0,87
	100m: 1:07.74	1:07.74	200m: 2:22.12	1:14.38	300m: 3:39.30	1:17.18
					400m: 4:56.08	1:16.78
18.	Jolien Wind	Nova	200100510	4:58.10	4:56.72	+0,82
	100m: 1:07.51	1:07.51	200m: 2:24.14	1:16.63	300m: 3:40.40	1:16.26
					400m: 4:56.72	1:16.32
19.	Renée Vanderheyden	ReVeLie Swim Team	199903130	4:48.17	4:58.51	
20.	Saranda Hofstra	De Kikker	199700526	4:59.13	4:58.61	+0,73
	100m: 1:07.70	1:07.70	200m: 2:23.74	1:16.04	300m: 3:42.84	1:19.10
					400m: 4:58.61	1:15.77
21.	Myrthe Natzijl	De Kikker	200400076	4:48.32	4:59.66	+0,86
	100m: 1:08.85	1:08.85	200m: 2:25.39	1:16.54	300m: 3:43.97	1:18.58
					400m: 4:59.66	1:15.69
22.	Zana Udo	De Forel	200202686	4:59.63	4:59.68	+0,79
	100m: 1:10.15	1:10.15	200m: 2:27.24	1:17.09	300m: 3:44.76	1:17.52
					400m: 4:59.68	1:14.92
23.	Luca Ebbinge	Dz&Pc	199802406	4:49.73	5:00.26	+0,73
	100m: 1:10.90	1:10.90	200m: 2:27.89	1:16.99	300m: 3:45.66	1:17.77
					400m: 5:00.26	1:14.60
24.	Anna Tinga	De Forel	200302734	5:03.33	5:01.13	+0,86
	100m: 1:10.39	1:10.39	200m: 2:26.80	1:16.41	300m: 3:44.87	1:18.07
					400m: 5:01.13	1:16.26

Programmanr. 1, Dames, 400m vrije slag, Algemeen klassement

Rang							In.tijd	Tijd	RT
25.	Inge Dekker	TriVia	200200476				4:47.16	5:01.89	
26.	Myrthe Offenga	SG FZC54-De Vikings	199901874				4:48.68	5:02.56	+0,89
	100m: 1:11.26	1:11.26	200m: 2:30.97	1:19.71	300m: 3:49.74	1:18.77	400m: 5:02.56	1:12.82	
27.	Ilse Hoozeveld	Aqua 68	200301140				5:03.12	5:02.77	+0,81
	100m: 1:09.78	1:09.78	200m: 2:26.81	1:17.03	300m: 3:45.50	1:18.69	400m: 5:02.77	1:17.27	
28.	Christien Liemburg	HZ&PC Heerenveen	199903672				4:49.18	5:03.05	+0,88
	100m: 1:10.95	1:10.95	200m: 2:28.67	1:17.72	300m: 3:47.16	1:18.49	400m: 5:03.05	1:15.89	
29.	Mirthe Schenkel	ZPC Hoozeveld	200300666				5:14.88	5:05.16	+0,88
	100m: 1:11.19	1:11.19	200m: 2:29.13	1:17.94	300m: 3:47.58	1:18.45	400m: 5:05.16	1:17.58	
30.	Linda Boxma	De Spatters	198500416				4:47.98	5:05.44	
31.	Amé Hulleman	ReVeLie Swim Team	200202794				4:56.90	5:05.96	+0,80
	100m: 1:09.52	1:09.52	200m: 2:27.02	1:17.50	300m: 3:46.79	1:19.77	400m: 5:05.96	1:19.17	
32.	Britt Gerdes	De Kikker	200201636				5:05.32	5:06.27	+0,86
	100m: 1:11.68	1:11.68	200m: 2:30.80	1:19.12	300m: 3:50.72	1:19.92	400m: 5:06.27	1:15.55	
33.	Benthe Knol	ZC Borger	200101574				4:56.13	5:07.14	+0,78
	100m: 1:11.33	1:11.33	200m: 2:29.14	1:17.81	300m: 3:48.69	1:19.55	400m: 5:07.14	1:18.45	
34.	Veerle Nieborg	TriVia	200400428				4:54.67	5:08.96	+0,86
	100m: 1:12.89	1:12.89	200m: 2:31.08	1:18.19	300m: 3:50.19	1:19.11	400m: 5:08.96	1:18.77	
35.	Chantal Tiesinga	TriVia	200302452				4:58.57	5:12.86	+0,76
	100m: 1:11.22	1:11.22	200m: 2:29.76	1:18.54	300m: 3:50.62	1:20.86	400m: 5:12.86	1:22.24	
36.	Myrthe Winkels	TriVia	200300212				5:19.55	5:15.08	+0,96
37.	Lotte-Lynn Sterken	De Kikker	200301342				5:14.95	5:15.75	+0,99
	100m: 1:14.06	1:14.06	200m: 2:35.77	1:21.71	300m: 3:56.70	1:20.93	400m: 5:15.75	1:19.05	
38.	Marte Hieke van der Kamp	SG FZC54-De Vikings	200500218				5:31.72	5:16.54	+0,92
	100m: 1:14.43	1:14.43	200m: 2:35.66	1:21.23	300m: 3:57.66	1:22.00	400m: 5:16.54	1:18.88	
39.	Esmee van Peer	TriVia	200201114				5:05.26	5:16.62	+0,77
	100m: 1:11.26	1:11.26	200m: 2:32.99	1:21.73	300m: 3:54.99	1:22.00	400m: 5:16.62	1:21.63	
40.	Myrthe Idema	TriVia	200303240				5:15.15	5:19.84	+0,72
	100m: 1:15.00	1:15.00	200m: 2:37.13	1:22.13	300m: 4:00.17	1:23.04	400m: 5:19.84	1:19.67	
41.	Denise Dost	ZC Borger	200400190				5:16.42	5:20.51	+0,99
	200m: 2:38.01	2:38.01	400m: 5:20.51	2:42.50					
42.	Sanne Kloezen	ZPC Stadskanaal	200204644				5:09.53	5:20.52	+0,90
	100m: 1:14.37	1:14.37	200m: 2:38.46	1:24.09	300m: 4:01.99	1:23.53	400m: 5:20.52	1:18.53	
43.	Merle Stavorinus	de Granaet	200400138				5:14.70	5:20.54	+0,90
	100m: 1:15.05	1:15.05	400m: 5:20.54	4:05.49					
44.	Marinda Top	Zeno	200300460				5:12.25	5:20.59	+0,81
	100m: 1:13.93	1:13.93	200m: 2:37.03	1:23.10	300m: 4:01.31	1:24.28	400m: 5:20.59	1:19.28	
45.	Chaira Scholte	Z&PC de Inktvis	200304478				5:08.13	5:23.83	+0,79
	100m: 1:12.71	1:12.71	200m: 2:36.56	1:23.85	300m: 4:01.40	1:24.84	400m: 5:23.83	1:22.43	
46.	Roos van Duin	ReVeLie Swim Team	200404280				5:16.42	5:25.95	+1,05
	100m: 1:18.06	1:18.06	200m: 2:42.46	1:24.40	300m: 4:08.41	1:25.95	400m: 5:25.95	1:17.54	
47.	Kim Hillen	MZ&PC De Reest	200300364				5:17.78	5:26.50	+0,85
	100m: 1:14.31	1:14.31	200m: 2:38.24	1:23.93	300m: 4:04.39	1:26.15	400m: 5:26.50	1:22.11	

Programmanr. 1, Dames, 400m vrije slag, Algemeen klassement

Rang						In.tijd	Tijd	RT
48.	Megan Meinds	Nova	200400238			5:25.40	5:27.59	+0,78
	100m: 1:13.33	1:13.33	200m: 2:35.44	1:22.11	300m: 3:59.72	1:24.28	400m: 5:27.59	1:27.87
49.	Marlies Berends	HZ&PC Heerenveen	200402194			5:24.74	5:31.00	+0,80
	100m: 1:14.48	1:14.48	200m: 2:38.53	1:24.05	300m: 4:05.38	1:26.85	400m: 5:31.00	1:25.62
50.	Martine Kamminga	de Granaet	200201172			5:11.50	5:31.49	+0,83
	100m: 1:18.09	1:18.09	200m: 2:42.58	1:24.49	300m: 4:08.04	1:25.46	400m: 5:31.49	1:23.45
51.	Tove Beltman	Orca	200301618			5:18.74	5:34.45	+0,86
	100m: 1:17.65	1:17.65	200m: 2:43.66	1:26.01	300m: 4:10.31	1:26.65	400m: 5:34.45	1:24.14
52.	Sanne Hofman	ZPC Hogeveen	200102154	S13		5:08.54	5:34.66	+0,82
	100m: 1:15.82	1:15.82	200m: 2:41.21	1:25.39	300m: 4:08.15	1:26.94	400m: 5:34.66	1:26.51
53.	Nienke Bakker	TriVia	200501178			5:29.59	5:40.99	
	100m: 1:22.16	1:22.16	200m: 2:51.42	1:29.26	300m: 4:18.00	1:26.58	400m: 5:40.99	1:22.99
54.	Carmen van Klaarbergen	Dz&Pc	200500562			5:38.77	5:45.03	+0,89
	200m: 2:47.03	2:47.03	400m: 5:45.03	2:58.00				
55.	Fleur Bos	Orca	200500674			5:43.36	5:48.18	+0,75
	100m: 1:22.22	1:22.22	200m: 2:51.25	1:29.03	300m: 4:22.10	1:30.85	400m: 5:48.18	1:26.08
56.	Charley Zethoven	HZ&PC Heerenveen	200500868			5:37.88	5:48.42	+0,83
	100m: 1:23.14	1:23.14	200m: 5:48.42	4:25.28	400m: 5:48.42			
57.	Daniëlle Cosse	Bubble	200500448			5:38.60	5:50.13	+0,81
	100m: 1:22.62	1:22.62	200m: 2:52.61	1:29.99	300m: 4:24.27	1:31.66	400m: 5:50.13	1:25.86
58.	Naomi Vellinga	Wetterwille	200500504			5:39.93	5:57.12	+0,91
	100m: 1:21.93	1:21.93	200m: 2:53.50	1:31.57	300m: 4:25.78	1:32.28	400m: 5:57.12	1:31.34
AFGEM	Sterre-Marit Drok	ZPC Stadskanaal	200400880			5:09.57		