

Programmanr. 12
20-5-2017

Dames, 200m schoolslag

Junioren 1 en ouder
Resultaten

Rang							In.tijd	Tijd	RT
Junioren 1									
1.	Noa Teuben	SG FZC54-De Vikings	200500254	2:57.59	3:08.75	+0,77			
	50m: 41.64	41.64	100m: 1:29.48	47.84	150m: 2:19.02	49.54	200m: 3:08.75	49.73	
2.	Arianne Meijer	HZ&PC Heerenveen	200500304	3:05.41	3:10.12	+0,79			
	50m: 42.09	42.09	100m: 1:31.68	49.59	150m: 2:20.91	49.23	200m: 3:10.12	49.21	
3.	Miron Schimmelpenning	ZPC Hoogeveen	200500426	3:13.74	3:13.39	+1,02			
	50m: 43.04	43.04	100m: 1:32.79	49.75	150m: 2:23.50	50.71	200m: 3:13.39	49.89	
4.	Debbie Wray	SG. Bolsward-Workum	200501314	3:18.56	3:22.45	+0,79			
	50m: 46.50	46.50	100m: 1:38.58	52.08	150m: 2:30.95	52.37	200m: 3:22.45	51.50	
5.	Lise Kleinbekman	ReVeLie Swim Team	200502870	3:16.69	3:26.43	+0,78			
	50m: 43.94	43.94	100m: 1:38.20	54.26	150m: 2:33.13	54.93	200m: 3:26.43	53.30	
6.	sterre van der wal	Orca	200502356	3:18.44	3:27.50	+0,89			
	50m: 46.94	46.94	100m: 1:40.69	53.75	150m: 2:34.21	53.52	200m: 3:27.50	53.29	
7.	Jill Rumph	MZ&PC De Reest	200500436	3:17.71	3:28.18	+0,86			
	50m: 48.18	48.18	100m: 1:41.32	53.14	150m: 2:37.51	56.19	200m: 3:28.18	50.67	
8.	Fleur Bos	Orca	200500674	3:20.54	3:29.46	+0,77			
	50m: 46.99	46.99	100m: 1:40.32	53.33	150m: 2:34.83	54.51	200m: 3:29.46	54.63	
DIS	Nora Balje	TriVia	200503228	3:16.68					
<i>SA - Na start en/of keerpunt niet met het hoofd het wateroppervlak doorbroken, voordat bij het breedste gedeelte v.d. 2e armslag de handen naar binnen beginnen te draaien.</i>									
DIS	Amber van Dijk	Gzww	200502162	3:20.05					
<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>									
Junioren 2									
1.	Iris Nieuwhof	TriVia	200401944	2:52.38	2:58.94	+0,77			
	50m: 39.80	39.80	100m: 1:26.77	46.97	150m: 2:13.59	46.82	200m: 2:58.94	45.35	
2.	Myrthe Natzijl	De Kikker	200400076	2:53.77	2:59.30	+0,86			
	50m: 40.57	40.57	100m: 1:26.60	46.03	150m: 2:12.92	46.32	200m: 2:59.30	46.38	
3.	Anna van Eeken	HZ&PC Heerenveen	200401414	3:12.72	3:15.11				
	50m: 44.36	44.36	100m: 1:35.53	51.17	150m: 2:27.05	51.52	200m: 3:15.11	48.06	
4.	Amber Boomsma	HZ&PC Heerenveen	200401416	3:14.10	3:16.60	+0,75			
	50m: 43.50	43.50	100m: 1:33.97	50.47	150m: 2:26.90	52.93	200m: 3:16.60	49.70	
5.	Sterre-Marit Drok	ZPC Stadskanaal	200400880	3:09.61	3:16.71	+0,76			
	50m: 43.57	43.57	100m: 1:35.36	51.79	150m: 2:26.10	50.74	200m: 3:16.71	50.61	
6.	Iris Eisenga	TriVia	200401254	3:14.60	3:18.05	+0,76			
	50m: 45.05	45.05	100m: 1:36.55	51.50	150m: 2:28.68	52.13	200m: 3:18.05	49.37	
7.	Hanna Oving	De Kikker	200400738	3:12.97	3:23.56	+0,86			
	50m: 46.30	46.30	100m: 1:38.04	51.74	150m: 2:32.68	54.64	200m: 3:23.56	50.88	
8.	Manon Tiggelaar	ZPC Hoogeveen	200400394	3:14.48	3:25.75	+0,87			
	50m: 46.56	46.56	100m: 1:40.01	53.45	150m: 2:32.61	52.60	200m: 3:25.75	53.14	
9.	Meike Regeling	Orca	200401006	3:16.02	3:27.30				
	50m: 48.49	48.49	100m: 1:41.41	52.92	150m: 2:35.03	53.62	200m: 3:27.30	52.27	

Programmanr. 12, Meisjes, 200m schoolslag, Junioren 2

Rang						In.tijd	Tijd	RT
10.	Danique Rootinck	Zeno	200402024			3:15.21	3:27.86	+0,86
	50m: 47.13	47.13	100m: 1:41.45	54.32	150m: 2:35.03	53.58	200m: 3:27.86	52.83
11.	Esmée Mulder	Orca	200402924			3:15.29	3:33.10	+0,74
	50m: 47.83	47.83	100m: 1:42.97	55.14	150m: 2:39.05	56.08	200m: 3:33.10	54.05

Junioren 3

1.	Mirthe Schenkel	ZPC Hoogeveen	200300666			2:49.40	2:45.45	+0,86
	50m: 39.14	39.14	100m: 1:22.76	43.62	150m: 2:03.81	41.05	200m: 2:45.45	41.64
2.	Emma Sies	TriVia	200300732			2:55.91	3:03.67	+0,87
	50m: 41.09	41.09	100m: 1:28.42	47.33	150m: 2:15.78	47.36	200m: 3:03.67	47.89
3.	Sigrid Hoogland	De Forel	200301976			3:06.75	3:08.94	+0,77
	50m: 41.92	41.92	100m: 1:30.13	48.21	150m: 2:19.99	49.86	200m: 3:08.94	48.95
4.	Myrthe Idema	TriVia	200303240			3:11.58	3:11.58	+0,83
	50m: 43.58	43.58	100m: 1:32.15	48.57	150m: 2:22.03	49.88	200m: 3:11.58	49.55
5.	Leonie Rockers	De Kikker	200300256			3:02.85	3:14.47	+0,84
	50m: 42.33	42.33	100m: 1:32.18	49.85	150m: 2:23.42	51.24	200m: 3:14.47	51.05
6.	Ellen Altena	TriVia	200300266			2:55.72	3:14.77	+0,74
	50m: 40.89	40.89	100m: 1:29.11	48.22	150m: 2:21.95	52.84	200m: 3:14.77	52.82
7.	Marijine van der Veen	Orca	200300960			3:08.21	3:17.28	+0,85
	50m: 43.49	43.49	100m: 1:33.99	50.50	150m: 2:25.31	51.32	200m: 3:17.28	51.97
8.	Lotte-Lynn Sterken	De Kikker	200301342			3:09.85	3:17.80	+1,08
	50m: 43.40	43.40	100m: 1:33.46	50.06	150m: 2:25.76	52.30	200m: 3:17.80	52.04
9.	Tove Beltman	Orca	200301618			3:10.72	3:21.80	+0,88
	50m: 46.14	46.14	100m: 1:38.02	51.88	150m: 2:30.73	52.71	200m: 3:21.80	51.07
DIS	Silke Huisman	Orca	200301182			2:45.68		

SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.

Jeugd 1 en 2

1.	Joyce Kuipers	Orca	200103426			2:36.47	2:45.47	+0,77
	50m: 37.24	37.24	100m: 1:19.49	42.25	150m: 2:02.32	42.83	200m: 2:45.47	43.15
2.	Amber Koning	ZPCA Eemsrobben	(SG200202842			2:41.39	2:53.75	+0,89
	50m: 39.55	39.55	100m: 1:23.32	43.77	150m: 2:08.73	45.41	200m: 2:53.75	45.02
3.	Wiktorija Redzimaska	ZPC Hoogeveen	200106042			2:54.08	2:57.19	+0,82
	50m: 39.86	39.86	100m: 1:25.40	45.54	150m: 2:11.85	46.45	200m: 2:57.19	45.34
4.	Marieke Wildeboer	TriVia	200100016			2:44.63	2:57.40	+0,89
	50m: 39.14	39.14	100m: 1:24.12	44.98	150m: 2:09.28	45.16	200m: 2:57.40	48.12
5.	Jolien Wind	Nova	200100510			3:05.26	2:57.88	+0,78
	50m: 38.39	38.39	100m: 1:24.07	45.68	150m: 2:11.76	47.69	200m: 2:57.88	46.12
6.	Lisanne Boets	Nova	200200346			2:57.38	2:58.35	+0,96
	50m: 39.52	39.52	100m: 1:24.94	45.42	150m: 2:11.78	46.84	200m: 2:58.35	46.57
7.	Anneke vd Laan	Orca	200201154			2:54.71	3:03.57	+0,84
	50m: 41.43	41.43	100m: 1:28.58	47.15	150m: 2:16.17	47.59	200m: 3:03.57	47.40

Programmanr. 12, Meisjes, 200m schoolslag, Jeugd 1 en 2

Rang							In.tijd	Tijd	RT
8.	Luka Stoker	Nova	200200558	3:08.40	3:04.48	+0,86			
	50m: 40.13	40.13	100m: 1:28.07	47.94	150m: 2:16.28	48.21	200m: 3:04.48	48.20	
9.	Lot Burgstra	TriVia	200103294	2:53.48	3:04.57	+0,79			
	50m: 41.25	41.25	100m: 1:28.15	46.90	150m: 2:17.25	49.10	200m: 3:04.57	47.32	
10.	Martine Kamminga	de Granaet	200201172	3:05.36	3:09.67	+0,76			
	50m: 43.18	43.18	100m: 1:31.11	47.93	150m: 2:21.32	50.21	200m: 3:09.67	48.35	
11.	Esmee van Peer	TriVia	200201114	3:05.65	3:10.12	+0,74			
	50m: 43.52	43.52	100m: 1:31.59	48.07	150m: 2:21.85	50.26	200m: 3:10.12	48.27	
12.	Ingrid de Vries	de Granaet	200100500	3:02.58	3:11.04	+0,95			
	50m: 42.93	42.93	100m: 1:32.15	49.22	150m: 2:20.69	48.54	200m: 3:11.04	50.35	
13.	Noa Sopamena	ReVeLie Swim Team	200202546	3:09.05	3:12.76	+0,70			
	50m: 44.48	44.48	100m: 1:33.98	49.50	150m: 2:23.95	49.97	200m: 3:12.76	48.81	
14.	Laura Noord	De Wellerobben	200202568	3:05.83	3:13.22	+0,78			
	50m: 42.93	42.93	100m: 1:32.17	49.24	150m: 2:23.24	51.07	200m: 3:13.22	49.98	
15.	Desanka Stoppels	ZPCA Eemsrobber (SG200101362		3:05.71	3:14.04	+0,86			
	50m: 41.30	41.30	100m: 1:30.11	48.81	150m: 2:20.42	50.31	200m: 3:14.04	53.62	
16.	Roeliene Bouwman	De Spatters	200205106	3:03.58	3:15.42	+0,81			
	50m: 43.18	43.18	100m: 1:32.54	49.36	150m: 2:24.20	51.66	200m: 3:15.42	51.22	
17.	Luna van den Ende	SG FZC54-De Vikings	200201518	3:08.34	3:19.79	+0,72			
	50m: 45.42	45.42	100m: 1:35.49	50.07	150m: 2:28.06	52.57	200m: 3:19.79	51.73	
18.	Tinka Kingma	SG FZC54-De Vikings	200103176	3:00.26	3:19.81	+0,76			
	50m: 43.89	43.89	100m: 1:33.93	50.04	150m: 2:26.26	52.33	200m: 3:19.81	53.55	
19.	Sophie Heuker	De Spatters	200203392	3:06.33	3:22.79	+0,84			
	50m: 45.10	45.10	100m: 1:37.59	52.49	150m: 2:30.61	53.02	200m: 3:22.79	52.18	
DIS	Naomi Broekman	De Spatters	200100020	3:01.35					
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>								

Senioren 1 en ouder

1.	Karin Rijkelijkuizen	Dz&Pc	199403358	2:34.09	2:44.51	+0,79			
	50m: 37.78	37.78	100m: 1:18.98	41.20	150m: 2:01.91	42.93	200m: 2:44.51	42.60	
2.	Hinke Groos	Dz&Pc	199901768	2:41.92	2:53.71	+0,68			
	50m: 38.49	38.49	100m: 1:22.26	43.77	150m: 2:07.16	44.90	200m: 2:53.71	46.55	
3.	Carolien Baarda	Orca	199704060	2:50.60	2:59.57	+0,77			
	50m: 39.81	39.81	100m: 1:25.10	45.29	150m: 2:11.96	46.86	200m: 2:59.57	47.61	
4.	Alinda Dingshoff	ZPC Hoogeveen	200000928	3:00.30	3:00.04	+0,80			
	50m: 41.56	41.56	100m: 1:27.39	45.83	150m: 2:13.79	46.40	200m: 3:00.04	46.25	
5.	Noa Sanders	De Kikker	200002542	2:58.08	3:11.92	+0,84			
	50m: 42.43	42.43	100m: 1:29.95	47.52	150m: 2:21.02	51.07	200m: 3:11.92	50.90	
6.	Margriet Bieze	TriVia	199900508	3:01.83	3:12.70	+0,73			
	50m: 43.34	43.34	100m: 1:32.29	48.95	150m: 2:22.41	50.12	200m: 3:12.70	50.29	
7.	Roelien Smit	de Granaet	199902838	3:02.81	3:13.18	+0,95			
	50m: 42.46	42.46	100m: 1:30.62	48.16	150m: 2:22.39	51.77	200m: 3:13.18	50.79	

Programmanr. 12, Dames, 200m schoolslag, Senioren 1 en ouder

Rang								In.tijd	Tijd	RT
	NG Lonneke Graansma	TriVia			199900936			2:43.63		
Algemeen klassement										
1.	Karin Rijkelijkhuisen	Dz&Pc			199403358			2:34.09	2:44.51	+0,79
	50m: 37.78	37.78	100m: 1:18.98	41.20	150m: 2:01.91	42.93	200m: 2:44.51	42.60		
2.	Mirthe Schenkel	ZPC Hoogeveen			200300666			2:49.40	2:45.45	+0,86
	50m: 39.14	39.14	100m: 1:22.76	43.62	150m: 2:03.81	41.05	200m: 2:45.45	41.64		
3.	Joyce Kuipers	Orca			200103426			2:36.47	2:45.47	+0,77
	50m: 37.24	37.24	100m: 1:19.49	42.25	150m: 2:02.32	42.83	200m: 2:45.47	43.15		
4.	Hinke Groos	Dz&Pc			199901768			2:41.92	2:53.71	+0,68
	50m: 38.49	38.49	100m: 1:22.26	43.77	150m: 2:07.16	44.90	200m: 2:53.71	46.55		
5.	Amber Koning	ZPCA Eemsrobben	(SG200202842					2:41.39	2:53.75	+0,89
	50m: 39.55	39.55	100m: 1:23.32	43.77	150m: 2:08.73	45.41	200m: 2:53.75	45.02		
6.	Wiktorija Redzimska	ZPC Hoogeveen			200106042			2:54.08	2:57.19	+0,82
	50m: 39.86	39.86	100m: 1:25.40	45.54	150m: 2:11.85	46.45	200m: 2:57.19	45.34		
7.	Marieke Wildeboer	TriVia			200100016			2:44.63	2:57.40	+0,89
	50m: 39.14	39.14	100m: 1:24.12	44.98	150m: 2:09.28	45.16	200m: 2:57.40	48.12		
8.	Jolien Wind	Nova			200100510			3:05.26	2:57.88	+0,78
	50m: 38.39	38.39	100m: 1:24.07	45.68	150m: 2:11.76	47.69	200m: 2:57.88	46.12		
9.	Lisanne Boets	Nova			200200346			2:57.38	2:58.35	+0,96
	50m: 39.52	39.52	100m: 1:24.94	45.42	150m: 2:11.78	46.84	200m: 2:58.35	46.57		
10.	Iris Nieuwhof	TriVia			200401944			2:52.38	2:58.94	+0,77
	50m: 39.80	39.80	100m: 1:26.77	46.97	150m: 2:13.59	46.82	200m: 2:58.94	45.35		
11.	Myrthe Natzijl	De Kikker			200400076			2:53.77	2:59.30	+0,86
	50m: 40.57	40.57	100m: 1:26.60	46.03	150m: 2:12.92	46.32	200m: 2:59.30	46.38		
12.	Carolien Baarda	Orca			199704060			2:50.60	2:59.57	+0,77
	50m: 39.81	39.81	100m: 1:25.10	45.29	150m: 2:11.96	46.86	200m: 2:59.57	47.61		
13.	Alinda Dingshoff	ZPC Hoogeveen			200000928			3:00.30	3:00.04	+0,80
	50m: 41.56	41.56	100m: 1:27.39	45.83	150m: 2:13.79	46.40	200m: 3:00.04	46.25		
14.	Anneke vd Laan	Orca			200201154			2:54.71	3:03.57	+0,84
	50m: 41.43	41.43	100m: 1:28.58	47.15	150m: 2:16.17	47.59	200m: 3:03.57	47.40		
15.	Emma Sies	TriVia			200300732			2:55.91	3:03.67	+0,87
	50m: 41.09	41.09	100m: 1:28.42	47.33	150m: 2:15.78	47.36	200m: 3:03.67	47.89		
16.	Luka Stoker	Nova			200200558			3:08.40	3:04.48	+0,86
	50m: 40.13	40.13	100m: 1:28.07	47.94	150m: 2:16.28	48.21	200m: 3:04.48	48.20		
17.	Lot Burgstra	TriVia			200103294			2:53.48	3:04.57	+0,79
	50m: 41.25	41.25	100m: 1:28.15	46.90	150m: 2:17.25	49.10	200m: 3:04.57	47.32		
18.	Noa Teuben	SG FZC54-De Vikings			200500254			2:57.59	3:08.75	+0,77
	50m: 41.64	41.64	100m: 1:29.48	47.84	150m: 2:19.02	49.54	200m: 3:08.75	49.73		
19.	Sigrid Hoogland	De Forel			200301976			3:06.75	3:08.94	+0,77
	50m: 41.92	41.92	100m: 1:30.13	48.21	150m: 2:19.99	49.86	200m: 3:08.94	48.95		
20.	Martine Kamminga	de Granaet			200201172			3:05.36	3:09.67	+0,76
	50m: 43.18	43.18	100m: 1:31.11	47.93	150m: 2:21.32	50.21	200m: 3:09.67	48.35		

Programmanr. 12, Dames, 200m schoolslag, Algemeen klassement

Rang							In.tijd	Tijd	RT
21.	Esmee van Peer	TriVia	200201114	3:05.65	3:10.12	+0,74			
	50m: 43.52	43.52	100m: 1:31.59	48.07	150m: 2:21.85	50.26	200m: 3:10.12	48.27	
	Arianne Meijer	HZ&PC Heerenveen	200500304	3:05.41	3:10.12	+0,79			
	50m: 42.09	42.09	100m: 1:31.68	49.59	150m: 2:20.91	49.23	200m: 3:10.12	49.21	
23.	Ingrid de Vries	de Granaet	200100500	3:02.58	3:11.04	+0,95			
	50m: 42.93	42.93	100m: 1:32.15	49.22	150m: 2:20.69	48.54	200m: 3:11.04	50.35	
24.	Myrthe Idema	TriVia	200303240	3:11.58	3:11.58	+0,83			
	50m: 43.58	43.58	100m: 1:32.15	48.57	150m: 2:22.03	49.88	200m: 3:11.58	49.55	
25.	Noa Sanders	De Kikker	200002542	2:58.08	3:11.92	+0,84			
	*								
	50m: 42.43	42.43	100m: 1:29.95	47.52	150m: 2:21.02	51.07	200m: 3:11.92	50.90	
26.	Margriet Bieze	TriVia	199900508	3:01.83	3:12.70	+0,73			
	50m: 43.34	43.34	100m: 1:32.29	48.95	150m: 2:22.41	50.12	200m: 3:12.70	50.29	
27.	Noa Sopamena	ReVeLie Swim Team	200202546	3:09.05	3:12.76	+0,70			
	50m: 44.48	44.48	100m: 1:33.98	49.50	150m: 2:23.95	49.97	200m: 3:12.76	48.81	
28.	Roelien Smit	de Granaet	199902838	3:02.81	3:13.18	+0,95			
	50m: 42.46	42.46	100m: 1:30.62	48.16	150m: 2:22.39	51.77	200m: 3:13.18	50.79	
29.	Laura Noord	De Wellerobben	200202568	3:05.83	3:13.22	+0,78			
	50m: 42.93	42.93	100m: 1:32.17	49.24	150m: 2:23.24	51.07	200m: 3:13.22	49.98	
30.	Miron Schimmelpenning	ZPC Hoogeveen	200500426	3:13.74	3:13.39	+1,02			
	50m: 43.04	43.04	100m: 1:32.79	49.75	150m: 2:23.50	50.71	200m: 3:13.39	49.89	
31.	Desanka Stoppels	ZPCA Eemsrobbe (SG200101362)	3:05.71	3:14.04	+0,86				
	50m: 41.30	41.30	100m: 1:30.11	48.81	150m: 2:20.42	50.31	200m: 3:14.04	53.62	
32.	Leonie Rockers	De Kikker	200300256	3:02.85	3:14.47	+0,84			
	50m: 42.33	42.33	100m: 1:32.18	49.85	150m: 2:23.42	51.24	200m: 3:14.47	51.05	
33.	Ellen Altena	TriVia	200300266	2:55.72	3:14.77	+0,74			
	50m: 40.89	40.89	100m: 1:29.11	48.22	150m: 2:21.95	52.84	200m: 3:14.77	52.82	
34.	Anna van Eeken	HZ&PC Heerenveen	200401414	3:12.72	3:15.11				
	50m: 44.36	44.36	100m: 1:35.53	51.17	150m: 2:27.05	51.52	200m: 3:15.11	48.06	
35.	Roeliene Bouwman	De Spatters	200205106	3:03.58	3:15.42	+0,81			
	50m: 43.18	43.18	100m: 1:32.54	49.36	150m: 2:24.20	51.66	200m: 3:15.42	51.22	
36.	Amber Boomsma	HZ&PC Heerenveen	200401416	3:14.10	3:16.60	+0,75			
	50m: 43.50	43.50	100m: 1:33.97	50.47	150m: 2:26.90	52.93	200m: 3:16.60	49.70	
37.	Sterre-Marit Drok	ZPC Stadskanaal	200400880	3:09.61	3:16.71	+0,76			
	50m: 43.57	43.57	100m: 1:35.36	51.79	150m: 2:26.10	50.74	200m: 3:16.71	50.61	
38.	Marijine van der Veen	Orca	200300960	3:08.21	3:17.28	+0,85			
	50m: 43.49	43.49	100m: 1:33.99	50.50	150m: 2:25.31	51.32	200m: 3:17.28	51.97	
39.	Lotte-Lynn Sterken	De Kikker	200301342	3:09.85	3:17.80	+1,08			
	50m: 43.40	43.40	100m: 1:33.46	50.06	150m: 2:25.76	52.30	200m: 3:17.80	52.04	
40.	Iris Eisenga	TriVia	200401254	3:14.60	3:18.05	+0,76			
	50m: 45.05	45.05	100m: 1:36.55	51.50	150m: 2:28.68	52.13	200m: 3:18.05	49.37	
41.	Luna van den Ende	SG FZC54-De Vikings	200201518	3:08.34	3:19.79	+0,72			
	50m: 45.42	45.42	100m: 1:35.49	50.07	150m: 2:28.06	52.57	200m: 3:19.79	51.73	

Programmanr. 12, Dames, 200m schoolslag, Algemeen klassement

Rang								In.tijd	Tijd	RT
42.	Tinka Kingma	SG FZC54-De Vikings	200103176					3:00.26	3:19.81	+0,76
	50m: 43.89	43.89	100m: 1:33.93	50.04	150m: 2:26.26	52.33	200m: 3:19.81	53.55		
43.	Tove Beltman	Orca	200301618					3:10.72	3:21.80	+0,88
	50m: 46.14	46.14	100m: 1:38.02	51.88	150m: 2:30.73	52.71	200m: 3:21.80	51.07		
44.	Debbie Wray	SG. Bolsward-Workum	200501314					3:18.56	3:22.45	+0,79
	50m: 46.50	46.50	100m: 1:38.58	52.08	150m: 2:30.95	52.37	200m: 3:22.45	51.50		
45.	Sophie Heuker	De Spatters	200203392					3:06.33	3:22.79	+0,84
	50m: 45.10	45.10	100m: 1:37.59	52.49	150m: 2:30.61	53.02	200m: 3:22.79	52.18		
46.	Hanna Oving	De Kikker	200400738					3:12.97	3:23.56	+0,86
	50m: 46.30	46.30	100m: 1:38.04	51.74	150m: 2:32.68	54.64	200m: 3:23.56	50.88		
47.	Manon Tiggelaar	ZPC Hoogeveen	200400394					3:14.48	3:25.75	+0,87
	50m: 46.56	46.56	100m: 1:40.01	53.45	150m: 2:32.61	52.60	200m: 3:25.75	53.14		
48.	Lise Kleinbekman	ReVeLie Swim Team	200502870					3:16.69	3:26.43	+0,78
	50m: 43.94	43.94	100m: 1:38.20	54.26	150m: 2:33.13	54.93	200m: 3:26.43	53.30		
49.	Meike Regeling	Orca	200401006					3:16.02	3:27.30	
	50m: 48.49	48.49	100m: 1:41.41	52.92	150m: 2:35.03	53.62	200m: 3:27.30	52.27		
50.	sterre van der wal	Orca	200502356					3:18.44	3:27.50	+0,89
	50m: 46.94	46.94	100m: 1:40.69	53.75	150m: 2:34.21	53.52	200m: 3:27.50	53.29		
51.	Danique Rootinck	Zeno	200402024					3:15.21	3:27.86	+0,86
	50m: 47.13	47.13	100m: 1:41.45	54.32	150m: 2:35.03	53.58	200m: 3:27.86	52.83		
52.	Jill Rumph	MZ&PC De Reest	200500436					3:17.71	3:28.18	+0,86
	50m: 48.18	48.18	100m: 1:41.32	53.14	150m: 2:37.51	56.19	200m: 3:28.18	50.67		
53.	Fleur Bos	Orca	200500674					3:20.54	3:29.46	+0,77
	50m: 46.99	46.99	100m: 1:40.32	53.33	150m: 2:34.83	54.51	200m: 3:29.46	54.63		
54.	Esmée Mulder	Orca	200402924					3:15.29	3:33.10	+0,74
	50m: 47.83	47.83	100m: 1:42.97	55.14	150m: 2:39.05	56.08	200m: 3:33.10	54.05		
DIS	Nora Balje	TriVia	200503228					3:16.68		
	<i>SA - Na start en/of keerpunt niet met het hoofd het wateroppervlak doorbroken, voordat bij het breedste gedeelte v.d. 2e armsgslag de handen naar binnen beginnen te draaien.</i>									
DIS	Amber van Dijk	Gzww	200502162					3:20.05		
	<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>									
DIS	Silke Huisman	Orca	200301182					2:45.68		
	<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i>									
DIS	Naomi Broekman	De Spatters	200100020					3:01.35		
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>									
NG	Lonneke Graansma	TriVia	199900936					2:43.63		