

Programmanr. 34  
21-5-2017

Dames, 400m wisselslag

Junioren 1 en ouder  
Resultaten

Rang							In.tijd	Tijd	RT
Junioren 1									
1.	Marte Hieke van der Kamp	SG FZC54-De Vikings	200500218				6:08.96	<b>6:15.74</b>	+0,88
	50m: 3:59.19	3:59.19	200m: 3:02.09	1:30.72	400m: 6:15.74	1:18.40			
	100m: 1:31.37		300m: 4:57.34	1:55.25					
2.	Debbie Wray	SG. Bolsward-Workum	200501314				6:28.12	<b>6:35.57</b>	+0,87
	50m: 42.55	42.55	150m: 2:27.89	52.24	250m: 4:13.47	57.39	350m: 5:53.17	45.74	
	100m: 1:35.65	53.10	200m: 3:16.08	48.19	300m: 5:07.43	53.96	400m: 6:35.57	42.40	
3.	Annemarijn Damhoff	Z&PC de Inktvis	200501000				6:31.80	<b>6:43.57</b>	+0,97
	50m: 42.42	42.42	150m: 2:30.10	48.67	250m: 4:16.49	59.82	350m: 6:00.82	43.19	
	100m: 1:41.43	59.01	200m: 3:16.67	46.57	300m: 5:17.63	1:01.14	400m: 6:43.57	42.75	
4.	Naomi Vellinga	Wetterwille	200500504				6:37.33	<b>6:45.48</b>	+0,85
	50m: 43.94	43.94	150m: 2:32.17	49.13	250m: 4:19.09	58.85	350m: 6:03.39	44.02	
	100m: 1:43.04	59.10	200m: 3:20.24	48.07	300m: 5:19.37	1:00.28	400m: 6:45.48	42.09	
Junioren 2									
1.	Veerle Nieborg	TriVia	200400428				5:21.90	<b>5:37.62</b>	+0,88
	50m: 34.85	34.85	150m: 2:02.10	44.00	250m: 3:33.57	47.04	350m: 5:00.37	38.41	
	100m: 1:18.10	43.25	200m: 2:46.53	44.43	300m: 4:21.96	48.39	400m: 5:37.62	37.25	
2.	Charlotte Wilbers	ZPC Hoogeveen	200400312				5:58.27	<b>5:53.40</b>	+0,83
	50m: 39.27	39.27	150m: 2:11.41	43.17	250m: 3:47.26	53.04	350m: 5:18.21	37.71	
	100m: 1:28.24	48.97	200m: 2:54.22	42.81	300m: 4:40.50	53.24	400m: 5:53.40	35.19	
3.	Senna van der Veen	ZPC Hoogeveen	200400072				6:15.69	<b>6:09.02</b>	+0,77
	50m: 39.55	39.55	150m: 3:51.35	2:23.38	250m: 5:30.27	2:34.47	400m: 6:09.02	1:19.84	
	100m: 1:27.97	48.42	200m: 2:55.80		300m: 4:49.18				
4.	Meike Regeling	Orca	200401006				6:14.22	<b>6:09.53</b>	+0,83
	50m: 39.36	39.36	150m: 2:12.36	46.34	250m: 3:52.26	53.78	350m: 5:29.25	41.29	
	100m: 1:26.02	46.66	200m: 2:58.48	46.12	300m: 4:47.96	55.70	400m: 6:09.53	40.28	
5.	Hanna Oving	De Kikker	200400738				6:12.81	<b>6:13.00</b>	+0,92
	50m: 42.27	42.27	150m: 2:20.87	46.35	250m: 4:01.26	55.02	350m: 5:33.69	40.99	
	100m: 1:34.52	52.25	200m: 3:06.24	45.37	300m: 4:52.70	51.44	400m: 6:13.00	39.31	
6.	Merle Stavorinus	de Granaet	200400138				6:15.50	<b>6:23.88</b>	+0,85
	50m: 41.93	41.93	150m: 2:20.95	47.81	250m: 4:06.12	58.46	350m: 5:44.71	42.82	
	100m: 1:33.14	51.21	200m: 3:07.66	46.71	300m: 5:01.89	55.77	400m: 6:23.88	39.17	
7.	Amber Boomsma	HZ&PC Heerenveen	200401416				6:20.13	<b>6:25.69</b>	
	50m: 44.70	44.70	150m: 2:28.75	48.59	250m: 4:08.52	50.65	350m: 5:44.28	43.46	
	100m: 1:40.16	55.46	200m: 3:17.87	49.12	300m: 5:00.82	52.30	400m: 6:25.69	41.41	
8.	Iris Eisenga	TriVia	200401254				6:24.12	<b>6:31.16</b>	+0,75
	50m: 40.83	40.83	150m: 2:26.28	51.35	250m: 4:07.91	51.85	350m: 5:47.17	44.55	
	100m: 1:34.93	54.10	200m: 3:16.06	49.78	300m: 5:02.62	54.71	400m: 6:31.16	43.99	
9.	Esmée Mulder	Orca	200402924				6:16.74	<b>6:43.91</b>	+0,73
	50m: 45.29	45.29	150m: 2:33.98	51.05	250m: 4:18.20	54.84	350m: 6:00.63	46.32	
	100m: 1:42.93	57.64	200m: 3:23.36	49.38	300m: 5:14.31	56.11	400m: 6:43.91	43.28	
DIS	Leah Anakotta	ZPC Hoogeveen	200400802				6:20.85		+0,76
	<i>RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.</i>								
AFGEM	Sterre-Marit Drok	ZPC Stadskanaal	200400880				5:52.99		

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Junioren 3

1. Suze Kuipers	Orca	200301714	5:18.81	<b>5:33.29</b>	+0,90
50m: 34.67	34.67	150m: 1:57.35	41.85	250m: 3:27.92	51.44
100m: 1:15.50	40.83	200m: 2:36.48	39.13	300m: 4:18.09	50.17
				350m: 4:56.87	38.78
				400m: 5:33.29	36.42
2. Anna Tinga	De Forel	200302734	5:32.93	<b>5:44.98</b>	
50m: 36.87	36.87	150m: 2:03.41	43.89	250m: 3:39.24	52.86
100m: 1:19.52	42.65	200m: 2:46.38	42.97	300m: 4:32.50	53.26
				350m: 5:09.58	37.08
				400m: 5:44.98	35.40
3. Mirthe Schenkel	ZPC Hoozeveen	200300666	6:11.19	<b>5:48.49</b>	+0,92
50m: 40.91	40.91	150m: 2:16.90	45.66	250m: 3:45.95	45.23
100m: 1:31.24	50.33	200m: 3:00.72	43.82	300m: 4:30.17	44.22
				350m: 5:10.49	40.32
				400m: 5:48.49	38.00
4. Sigrid Hoogland	De Forel	200301976	6:12.00	<b>5:58.32</b>	+0,66
50m: 37.90	37.90	150m: 2:10.74	44.33	250m: 3:42.49	47.62
100m: 1:26.41	48.51	200m: 2:54.87	44.13	300m: 4:33.23	50.74
				350m: 5:16.08	42.85
				400m: 5:58.32	42.24
5. Sarina Beuker	SG FZC54-De Vikings	200303454	6:07.06	<b>5:59.17</b>	+0,86
50m: 36.25	36.25	150m: 2:09.21	48.02	250m: 3:45.30	49.04
100m: 1:21.19	44.94	200m: 2:56.26	47.05	300m: 4:36.90	51.60
				350m: 5:19.17	42.27
				400m: 5:59.17	40.00
6. Chantal Tiesinga	TriVia	200302452	5:55.72	<b>6:02.15</b>	+0,79
50m: 38.77	38.77	150m: 2:13.11	47.44	250m: 3:50.08	50.35
100m: 1:25.67	46.90	200m: 2:59.73	46.62	300m: 4:41.19	51.11
				350m: 5:23.10	41.91
				400m: 6:02.15	39.05
7. Myrthe Winkels	TriVia	200300212	6:10.94	<b>6:09.11</b>	+0,77
50m: 40.77	40.77	150m: 2:19.38	48.79	250m: 3:55.48	50.22
100m: 1:30.59	49.82	200m: 3:05.26	45.88	300m: 4:47.23	51.75
				350m: 5:29.75	42.52
				400m: 6:09.11	39.36
8. Chaiira Scholte	Z&PC de Inktvis	200304478	6:02.19	<b>6:17.27</b>	+0,86
50m: 39.91	39.91	150m: 2:15.91	46.52	250m: 3:55.22	56.20
100m: 1:29.39	49.48	200m: 2:59.02	43.11	300m: 4:51.63	56.41
				350m: 5:36.76	45.13
				400m: 6:17.27	40.51
9. Marinda Top	Zeno	200300460	6:10.60	<b>6:19.62</b>	+0,83
50m: 42.45	42.45	150m: 2:20.49	47.89	250m: 4:03.78	57.89
100m: 1:32.60	50.15	200m: 3:05.89	45.40	300m: 5:00.81	57.03
				350m: 5:41.95	41.14
				400m: 6:19.62	37.67
10. Marrit Tiekstra	Orca	200301796	6:17.76	<b>6:28.00</b>	+0,77
50m: 38.40	38.40	150m: 2:17.90	50.11	250m: 4:05.72	57.17
100m: 1:27.79	49.39	200m: 3:08.55	50.65	300m: 5:01.92	56.20
				350m: 5:45.90	43.98
				400m: 6:28.00	42.10
11. Lisa Harthoorn	ZC Borger	200303996	6:16.14	<b>6:36.39</b>	+0,93
50m: 42.77	42.77	150m: 2:27.59	52.20	250m: 4:11.80	56.20
100m: 1:35.39	52.62	200m: 3:15.60	48.01	300m: 5:08.72	56.92
				350m: 5:54.47	45.75
				400m: 6:36.39	41.92
NG Kim Hillen	MZ&PC De Reest	200300364	6:06.30		
NG Ellen Altena	TriVia	200300266	5:43.44		

Jeugd 1 en 2

1. Wiktorija Redzimska	ZPC Hoozeveen	200106042	5:31.91	<b>5:19.52</b>	+0,84
50m: 33.67	33.67	150m: 1:54.41	40.59	250m: 3:21.38	46.48
100m: 1:13.82	40.15	200m: 2:34.90	40.49	300m: 4:07.73	46.35
				350m: 4:43.99	36.26
				400m: 5:19.52	35.53
2. Lize Janna de Vries	Orca	200101948	5:15.36	<b>5:23.70</b>	+0,77
50m: 33.46	33.46	150m: 1:58.51	43.21	250m: 3:26.05	46.55
100m: 1:15.30	41.84	200m: 2:39.50	40.99	300m: 4:12.55	46.50
				350m: 4:48.53	35.98
				400m: 5:23.70	35.17
3. Tessa Kooi	Nova	200201386	5:35.62	<b>5:33.60</b>	+0,95
50m: 33.26	33.26	150m: 1:54.55	42.05	250m: 3:27.18	52.54
100m: 1:12.50	39.24	200m: 2:34.64	40.09	300m: 4:18.78	51.60
				350m: 4:56.91	38.13
				400m: 5:33.60	36.69

Programmanr. 34, Meisjes, 400m wisselslag, Jeugd 1 en 2

Rang							In.tijd	Tijd	RT
4.	Lisanne Boets	Nova	200200346				5:43.59	<b>5:43.64</b>	+0,90
	50m: 36.16	36.16	150m: 2:06.64	45.25	250m: 3:37.79	47.82	350m: 5:05.35	39.07	
	100m: 1:21.39	45.23	200m: 2:49.97	43.33	300m: 4:26.28	48.49	400m: 5:43.64	38.29	
5.	Marika de Jong	Avena	200101074				5:28.29	<b>5:45.52</b>	+0,89
	50m: 34.22	34.22	150m: 3:35.07	2:17.59	300m: 4:25.31	1:37.75			
	100m: 1:17.48	43.26	200m: 2:47.56		400m: 5:45.52	1:20.21			
6.	Jolien Wind	Nova	200100510				5:28.31	<b>5:45.66</b>	+0,81
	50m: 35.22	35.22	150m: 2:08.40	47.30	250m: 3:42.75	50.06	350m: 5:09.86	40.62	
	100m: 1:21.10	45.88	200m: 2:52.69	44.29	300m: 4:29.24	46.49	400m: 5:45.66	35.80	
7.	Kyra Wooldrik	ZPC Hogeveen	200101042				5:55.84	<b>5:57.02</b>	+0,82
	50m: 37.09	37.09	150m: 2:11.36	47.06	250m: 3:48.07	51.02	350m: 5:19.88	38.74	
	100m: 1:24.30	47.21	200m: 2:57.05	45.69	300m: 4:41.14	53.07	400m: 5:57.02	37.14	
8.	Myrthe Sietsma	Wetterwille	200203854				5:48.79	<b>5:57.33</b>	+0,54
	50m: 34.96	34.96	150m: 2:05.01	48.02	250m: 3:43.23	50.74	350m: 5:17.01	41.24	
	100m: 1:16.99	42.03	200m: 2:52.49	47.48	300m: 4:35.77	52.54	400m: 5:57.33	40.32	
9.	Ylsa Dijkstra	Dz&Pc	200200728				5:47.87	<b>5:57.52</b>	+0,76
	50m: 38.76	38.76	150m: 2:12.16	43.31	250m: 3:47.82	54.57	350m: 5:20.27	39.23	
	100m: 1:28.85	50.09	200m: 2:53.25	41.09	300m: 4:41.04	53.22	400m: 5:57.52	37.25	
10.	Esmee van Peer	TriVia	200201114				5:50.38	<b>5:57.89</b>	+0,76
	50m: 39.01	39.01	150m: 2:12.32	45.94	250m: 3:48.30	51.32	350m: 5:19.83	40.29	
	100m: 1:26.38	47.37	200m: 2:56.98	44.66	300m: 4:39.54	51.24	400m: 5:57.89	38.06	
11.	Laura Noord	De Wellerobben	200202568				5:46.51	<b>6:00.55</b>	+0,77
	50m: 36.78	36.78	150m: 2:09.48	45.73	250m: 3:46.66	51.93	350m: 5:20.32	42.14	
	100m: 1:23.75	46.97	200m: 2:54.73	45.25	300m: 4:38.18	51.52	400m: 6:00.55	40.23	
12.	Anneke vd Laan	Orca	200201154				5:54.13	<b>6:10.25</b>	+0,90
	50m: 35.81	35.81	150m: 2:17.10	53.01	250m: 3:55.92	47.30	350m: 5:28.15	42.84	
	100m: 1:24.09	48.28	200m: 3:08.62	51.52	300m: 4:45.31	49.39	400m: 6:10.25	42.10	
13.	Sanne Kloezen	ZPC Stadskanaal	200204644				6:02.04	<b>6:13.76</b>	+0,87
	50m: 39.75	39.75	150m: 2:23.37	49.43	250m: 3:59.54	49.32	350m: 5:34.64	41.39	
	100m: 1:33.94	54.19	200m: 3:10.22	46.85	300m: 4:53.25	53.71	400m: 6:13.76	39.12	
14.	Afke van Zijverden	SG. Bolsward-Workum	200100296				6:05.63	<b>6:18.90</b>	+0,79
	50m: 37.68	37.68	150m: 2:14.46	49.22	250m: 3:58.13	55.98	350m: 5:37.01	43.02	
	100m: 1:25.24	47.56	200m: 3:02.15	47.69	300m: 4:53.99	55.86	400m: 6:18.90	41.89	
15.	Sanne Hofman	ZPC Hogeveen	200102154	SM13			6:08.25	<b>6:29.66</b>	+0,85
	50m: 41.66	41.66	150m: 2:21.76	51.14	250m: 4:06.23	55.39	350m: 5:47.88	44.51	
	100m: 1:30.62	48.96	200m: 3:10.84	49.08	300m: 5:03.37	57.14	400m: 6:29.66	41.78	

Senioren 1 en ouder

1.	Laura Setz	Nova	200000130				5:04.41	<b>5:11.79</b>	+0,84
	50m: 32.01	32.01	150m: 1:49.40	39.41	250m: 3:15.10	47.05	350m: 4:38.60	36.15	
	100m: 1:09.99	37.98	200m: 2:28.05	38.65	300m: 4:02.45	47.35	400m: 5:11.79	33.19	
2.	Alinda Dingshoff	ZPC Hogeveen	200000928				5:13.11	<b>5:12.37</b>	+0,79
	50m: 33.15	33.15	150m: 1:50.27	39.08	250m: 3:17.11	47.89	350m: 4:39.75	34.61	
	100m: 1:11.19	38.04	200m: 2:29.22	38.95	300m: 4:05.14	48.03	400m: 5:12.37	32.62	
3.	Vivianne Dortmond	Gzvw	199801578				5:23.78	<b>5:26.49</b>	+0,92
	50m: 33.43	33.43	150m: 1:56.33	43.51	250m: 3:25.90	47.57	350m: 4:50.22	37.10	
	100m: 1:12.82	39.39	200m: 2:38.33	42.00	300m: 4:13.12	47.22	400m: 5:26.49	36.27	

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Rang						In.tijd	Tijd	RT
4.	Jill Blide	ZPC Hoogeveen	200004734			5:30.65	<b>5:39.61</b>	+0,90
	50m: 36.08	36.08	150m: 2:03.21	44.93	250m: 3:35.67	49.65	350m: 5:03.66	37.85
	100m: 1:18.28	42.20	200m: 2:46.02	42.81	300m: 4:25.81	50.14	400m: 5:39.61	35.95
5.	Josien Wijkhuijs	Orca	199902866			5:14.39	<b>5:39.74</b>	+0,89
	50m: 31.64	31.64	150m: 1:56.32	47.26	250m: 3:32.01	51.64	350m: 5:02.14	39.34
	100m: 1:09.06	37.42	200m: 2:40.37	44.05	300m: 4:22.80	50.79	400m: 5:39.74	37.60
6.	Anique Coelingh	ZPC Hoogeveen	200000638			5:37.09	<b>5:39.96</b>	+0,85
	50m: 35.89	35.89	150m: 2:02.01	42.36	250m: 3:33.35	49.33	350m: 5:02.83	39.01
	100m: 1:19.65	43.76	200m: 2:44.02	42.01	300m: 4:23.82	50.47	400m: 5:39.96	37.13
NG	Myrthe Offenga	SG FZC54-De Vikings	199901874			5:48.48		

Algemeen klassement

1.	Laura Setz	Nova	200000130			5:04.41	<b>5:11.79</b>	+0,84
	50m: 32.01	32.01	150m: 1:49.40	39.41	250m: 3:15.10	47.05	350m: 4:38.60	36.15
	100m: 1:09.99	37.98	200m: 2:28.05	38.65	300m: 4:02.45	47.35	400m: 5:11.79	33.19
2.	Alinda Dingshoff	ZPC Hoogeveen	200000928			5:13.11	<b>5:12.37</b>	+0,79
	50m: 33.15	33.15	150m: 1:50.27	39.08	250m: 3:17.11	47.89	350m: 4:39.75	34.61
	100m: 1:11.19	38.04	200m: 2:29.22	38.95	300m: 4:05.14	48.03	400m: 5:12.37	32.62
3.	Wiktorija Redzimska	ZPC Hoogeveen	200106042			5:31.91	<b>5:19.52</b>	+0,84
	50m: 33.67	33.67	150m: 1:54.41	40.59	250m: 3:21.38	46.48	350m: 4:43.99	36.26
	100m: 1:13.82	40.15	200m: 2:34.90	40.49	300m: 4:07.73	46.35	400m: 5:19.52	35.53
4.	Lize Janna de Vries	Orca	200101948			5:15.36	<b>5:23.70</b>	+0,77
	50m: 33.46	33.46	150m: 1:58.51	43.21	250m: 3:26.05	46.55	350m: 4:48.53	35.98
	100m: 1:15.30	41.84	200m: 2:39.50	40.99	300m: 4:12.55	46.50	400m: 5:23.70	35.17
5.	Vivianne Dortmund	Gzww	199801578			5:23.78	<b>5:26.49</b>	+0,92
	50m: 33.43	33.43	150m: 1:56.33	43.51	250m: 3:25.90	47.57	350m: 4:50.22	37.10
	100m: 1:12.82	39.39	200m: 2:38.33	42.00	300m: 4:13.12	47.22	400m: 5:26.49	36.27
6.	Suze Kuipers	Orca	200301714			5:18.81	<b>5:33.29</b>	+0,90
	50m: 34.67	34.67	150m: 1:57.35	41.85	250m: 3:27.92	51.44	350m: 4:56.87	38.78
	100m: 1:15.50	40.83	200m: 2:36.48	39.13	300m: 4:18.09	50.17	400m: 5:33.29	36.42
7.	Tessa Kooi	Nova	200201386			5:35.62	<b>5:33.60</b>	+0,95
	50m: 33.26	33.26	150m: 1:54.55	42.05	250m: 3:27.18	52.54	350m: 4:56.91	38.13
	100m: 1:12.50	39.24	200m: 2:34.64	40.09	300m: 4:18.78	51.60	400m: 5:33.60	36.69
8.	Veerle Nieborg	TriVia	200400428			5:21.90	<b>5:37.62</b>	+0,88
	50m: 34.85	34.85	150m: 2:02.10	44.00	250m: 3:33.57	47.04	350m: 5:00.37	38.41
	100m: 1:18.10	43.25	200m: 2:46.53	44.43	300m: 4:21.96	48.39	400m: 5:37.62	37.25
9.	Jill Blide	ZPC Hoogeveen	200004734			5:30.65	<b>5:39.61</b>	+0,90
	50m: 36.08	36.08	150m: 2:03.21	44.93	250m: 3:35.67	49.65	350m: 5:03.66	37.85
	100m: 1:18.28	42.20	200m: 2:46.02	42.81	300m: 4:25.81	50.14	400m: 5:39.61	35.95
10.	Josien Wijkhuijs	Orca	199902866			5:14.39	<b>5:39.74</b>	+0,89
	50m: 31.64	31.64	150m: 1:56.32	47.26	250m: 3:32.01	51.64	350m: 5:02.14	39.34
	100m: 1:09.06	37.42	200m: 2:40.37	44.05	300m: 4:22.80	50.79	400m: 5:39.74	37.60
11.	Anique Coelingh	ZPC Hoogeveen	200000638			5:37.09	<b>5:39.96</b>	+0,85
	50m: 35.89	35.89	150m: 2:02.01	42.36	250m: 3:33.35	49.33	350m: 5:02.83	39.01
	100m: 1:19.65	43.76	200m: 2:44.02	42.01	300m: 4:23.82	50.47	400m: 5:39.96	37.13
12.	Lisanne Boets	Nova	200200346			5:43.59	<b>5:43.64</b>	+0,90
	50m: 36.16	36.16	150m: 2:06.64	45.25	250m: 3:37.79	47.82	350m: 5:05.35	39.07
	100m: 1:21.39	45.23	200m: 2:49.97	43.33	300m: 4:26.28	48.49	400m: 5:43.64	38.29

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Rang								In.tijd	Tijd	RT
13.	Anna Tinga	De Forel	200302734					5:32.93	<b>5:44.98</b>	
	50m: 36.87	36.87	150m: 2:03.41	43.89	250m: 3:39.24	52.86	350m: 5:09.58	37.08		
	100m: 1:19.52	42.65	200m: 2:46.38	42.97	300m: 4:32.50	53.26	400m: 5:44.98	35.40		
14.	Marika de Jong	Avena	200101074					5:28.29	<b>5:45.52</b>	+0,89
	50m: 34.22	34.22	150m: 3:35.07	2:17.59	300m: 4:25.31	1:37.75				
	100m: 1:17.48	43.26	200m: 2:47.56		400m: 5:45.52	1:20.21				
15.	Jolien Wind	Nova	200100510					5:28.31	<b>5:45.66</b>	+0,81
	50m: 35.22	35.22	150m: 2:08.40	47.30	250m: 3:42.75	50.06	350m: 5:09.86	40.62		
	100m: 1:21.10	45.88	200m: 2:52.69	44.29	300m: 4:29.24	46.49	400m: 5:45.66	35.80		
16.	Mirthe Schenkel	ZPC Hoozeveen	200300666					6:11.19	<b>5:48.49</b>	+0,92
	50m: 40.91	40.91	150m: 2:16.90	45.66	250m: 3:45.95	45.23	350m: 5:10.49	40.32		
	100m: 1:31.24	50.33	200m: 3:00.72	43.82	300m: 4:30.17	44.22	400m: 5:48.49	38.00		
17.	Charlotte Wilbers	ZPC Hoozeveen	200400312					5:58.27	<b>5:53.40</b>	+0,83
	50m: 39.27	39.27	150m: 2:11.41	43.17	250m: 3:47.26	53.04	350m: 5:18.21	37.71		
	100m: 1:28.24	48.97	200m: 2:54.22	42.81	300m: 4:40.50	53.24	400m: 5:53.40	35.19		
18.	Kyra Wooldrik	ZPC Hoozeveen	200101042					5:55.84	<b>5:57.02</b>	+0,82
	50m: 37.09	37.09	150m: 2:11.36	47.06	250m: 3:48.07	51.02	350m: 5:19.88	38.74		
	100m: 1:24.30	47.21	200m: 2:57.05	45.69	300m: 4:41.14	53.07	400m: 5:57.02	37.14		
19.	Myrthe Sietsma	Wetterwille	200203854					5:48.79	<b>5:57.33</b>	+0,54
	50m: 34.96	34.96	150m: 2:05.01	48.02	250m: 3:43.23	50.74	350m: 5:17.01	41.24		
	100m: 1:16.99	42.03	200m: 2:52.49	47.48	300m: 4:35.77	52.54	400m: 5:57.33	40.32		
20.	Ylsa Dijkstra	Dz&Pc	200200728					5:47.87	<b>5:57.52</b>	+0,76
	50m: 38.76	38.76	150m: 2:12.16	43.31	250m: 3:47.82	54.57	350m: 5:20.27	39.23		
	100m: 1:28.85	50.09	200m: 2:53.25	41.09	300m: 4:41.04	53.22	400m: 5:57.52	37.25		
21.	Esmee van Peer	TriVia	200201114					5:50.38	<b>5:57.89</b>	+0,76
	50m: 39.01	39.01	150m: 2:12.32	45.94	250m: 3:48.30	51.32	350m: 5:19.83	40.29		
	100m: 1:26.38	47.37	200m: 2:56.98	44.66	300m: 4:39.54	51.24	400m: 5:57.89	38.06		
22.	Sigrid Hoogland	De Forel	200301976					6:12.00	<b>5:58.32</b>	+0,66
	50m: 37.90	37.90	150m: 2:10.74	44.33	250m: 3:42.49	47.62	350m: 5:16.08	42.85		
	100m: 1:26.41	48.51	200m: 2:54.87	44.13	300m: 4:33.23	50.74	400m: 5:58.32	42.24		
23.	Sarina Beuker	SG FZC54-De Vikings	200303454					6:07.06	<b>5:59.17</b>	+0,86
	50m: 36.25	36.25	150m: 2:09.21	48.02	250m: 3:45.30	49.04	350m: 5:19.17	42.27		
	100m: 1:21.19	44.94	200m: 2:56.26	47.05	300m: 4:36.90	51.60	400m: 5:59.17	40.00		
24.	Laura Noord	De Wellerobben	200202568					5:46.51	<b>6:00.55</b>	+0,77
	50m: 36.78	36.78	150m: 2:09.48	45.73	250m: 3:46.66	51.93	350m: 5:20.32	42.14		
	100m: 1:23.75	46.97	200m: 2:54.73	45.25	300m: 4:38.18	51.52	400m: 6:00.55	40.23		
25.	Chantal Tiesinga	TriVia	200302452					5:55.72	<b>6:02.15</b>	+0,79
	50m: 38.77	38.77	150m: 2:13.11	47.44	250m: 3:50.08	50.35	350m: 5:23.10	41.91		
	100m: 1:25.67	46.90	200m: 2:59.73	46.62	300m: 4:41.19	51.11	400m: 6:02.15	39.05		
26.	Senna van der Veen	ZPC Hoozeveen	200400072					6:15.69	<b>6:09.02</b>	+0,77
	50m: 39.55	39.55	150m: 3:51.35	2:23.38	250m: 5:30.27	2:34.47	400m: 6:09.02	1:19.84		
	100m: 1:27.97	48.42	200m: 2:55.80		300m: 4:49.18					
27.	Myrthe Winkels	TriVia	200300212					6:10.94	<b>6:09.11</b>	+0,77
	50m: 40.77	40.77	150m: 2:19.38	48.79	250m: 3:55.48	50.22	350m: 5:29.75	42.52		
	100m: 1:30.59	49.82	200m: 3:05.26	45.88	300m: 4:47.23	51.75	400m: 6:09.11	39.36		

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Rang							In.tijd	Tijd	RT
28.	Meike Regeling	Orca	200401006	6:14.22	<b>6:09.53</b>	+0,83			
	50m: 39.36	39.36	150m: 2:12.36	46.34	250m: 3:52.26	53.78	350m: 5:29.25	41.29	
	100m: 1:26.02	46.66	200m: 2:58.48	46.12	300m: 4:47.96	55.70	400m: 6:09.53	40.28	
29.	Anneke vd Laan	Orca	200201154	5:54.13	<b>6:10.25</b>	+0,90			
	50m: 35.81	35.81	150m: 2:17.10	53.01	250m: 3:55.92	47.30	350m: 5:28.15	42.84	
	100m: 1:24.09	48.28	200m: 3:08.62	51.52	300m: 4:45.31	49.39	400m: 6:10.25	42.10	
30.	Hanna Oving	De Kikker	200400738	6:12.81	<b>6:13.00</b>	+0,92			
	50m: 42.27	42.27	150m: 2:20.87	46.35	250m: 4:01.26	55.02	350m: 5:33.69	40.99	
	100m: 1:34.52	52.25	200m: 3:06.24	45.37	300m: 4:52.70	51.44	400m: 6:13.00	39.31	
31.	Sanne Kloezen	ZPC Stadskanaal	200204644	6:02.04	<b>6:13.76</b>	+0,87			
	50m: 39.75	39.75	150m: 2:23.37	49.43	250m: 3:59.54	49.32	350m: 5:34.64	41.39	
	100m: 1:33.94	54.19	200m: 3:10.22	46.85	300m: 4:53.25	53.71	400m: 6:13.76	39.12	
32.	Marte Hieke van der Kamp	SG FZC54-De Vikings	200500218	6:08.96	<b>6:15.74</b>	+0,88			
	50m: 3:59.19	3:59.19	200m: 3:02.09	1:30.72	400m: 6:15.74	1:18.40			
	100m: 1:31.37		300m: 4:57.34	1:55.25					
33.	Chaiïra Scholte	Z&PC de Inktvis	200304478	6:02.19	<b>6:17.27</b>	+0,86			
	50m: 39.91	39.91	150m: 2:15.91	46.52	250m: 3:55.22	56.20	350m: 5:36.76	45.13	
	100m: 1:29.39	49.48	200m: 2:59.02	43.11	300m: 4:51.63	56.41	400m: 6:17.27	40.51	
34.	Afke van Zijverden	SG. Bolsward-Workum	200100296	6:05.63	<b>6:18.90</b>	+0,79			
	50m: 37.68	37.68	150m: 2:14.46	49.22	250m: 3:58.13	55.98	350m: 5:37.01	43.02	
	100m: 1:25.24	47.56	200m: 3:02.15	47.69	300m: 4:53.99	55.86	400m: 6:18.90	41.89	
35.	Marinda Top	Zeno	200300460	6:10.60	<b>6:19.62</b>	+0,83			
	50m: 42.45	42.45	150m: 2:20.49	47.89	250m: 4:03.78	57.89	350m: 5:41.95	41.14	
	100m: 1:32.60	50.15	200m: 3:05.89	45.40	300m: 5:00.81	57.03	400m: 6:19.62	37.67	
36.	Merle Stavorinus	de Granaet	200400138	6:15.50	<b>6:23.88</b>	+0,85			
	50m: 41.93	41.93	150m: 2:20.95	47.81	250m: 4:06.12	58.46	350m: 5:44.71	42.82	
	100m: 1:33.14	51.21	200m: 3:07.66	46.71	300m: 5:01.89	55.77	400m: 6:23.88	39.17	
37.	Amber Boomsma	HZ&PC Heerenveen	200401416	6:20.13	<b>6:25.69</b>				
	50m: 44.70	44.70	150m: 2:28.75	48.59	250m: 4:08.52	50.65	350m: 5:44.28	43.46	
	100m: 1:40.16	55.46	200m: 3:17.87	49.12	300m: 5:00.82	52.30	400m: 6:25.69	41.41	
38.	Marrit Tiekstra	Orca	200301796	6:17.76	<b>6:28.00</b>	+0,77			
	50m: 38.40	38.40	150m: 2:17.90	50.11	250m: 4:05.72	57.17	350m: 5:45.90	43.98	
	100m: 1:27.79	49.39	200m: 3:08.55	50.65	300m: 5:01.92	56.20	400m: 6:28.00	42.10	
39.	Sanne Hofman	ZPC Hoogeveen	200102154	SM13	6:08.25	<b>6:29.66</b>	+0,85		
	50m: 41.66	41.66	150m: 2:21.76	51.14	250m: 4:06.23	55.39	350m: 5:47.88	44.51	
	100m: 1:30.62	48.96	200m: 3:10.84	49.08	300m: 5:03.37	57.14	400m: 6:29.66	41.78	
40.	Iris Eisenga	TriVia	200401254	6:24.12	<b>6:31.16</b>	+0,75			
	50m: 40.83	40.83	150m: 2:26.28	51.35	250m: 4:07.91	51.85	350m: 5:47.17	44.55	
	100m: 1:34.93	54.10	200m: 3:16.06	49.78	300m: 5:02.62	54.71	400m: 6:31.16	43.99	
41.	Debbie Wray	SG. Bolsward-Workum	200501314	6:28.12	<b>6:35.57</b>	+0,87			
	50m: 42.55	42.55	150m: 2:27.89	52.24	250m: 4:13.47	57.39	350m: 5:53.17	45.74	
	100m: 1:35.65	53.10	200m: 3:16.08	48.19	300m: 5:07.43	53.96	400m: 6:35.57	42.40	
42.	Lisa Harthoorn	ZC Borger	200303996	6:16.14	<b>6:36.39</b>	+0,93			
	50m: 42.77	42.77	150m: 2:27.59	52.20	250m: 4:11.80	56.20	350m: 5:54.47	45.75	
	100m: 1:35.39	52.62	200m: 3:15.60	48.01	300m: 5:08.72	56.92	400m: 6:36.39	41.92	
43.	Annemarijn Damhoff	Z&PC de Inktvis	200501000	6:31.80	<b>6:43.57</b>	+0,97			
	50m: 42.42	42.42	150m: 2:30.10	48.67	250m: 4:16.49	59.82	350m: 6:00.82	43.19	
	100m: 1:41.43	59.01	200m: 3:16.67	46.57	300m: 5:17.63	1:01.14	400m: 6:43.57	42.75	

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Rang								In.tijd	Tijd	RT
44.	Esmée Mulder	Orca	200402924					6:16.74	<b>6:43.91</b>	+0,73
	50m: 45.29	45.29	150m: 2:33.98	51.05	250m: 4:18.20	54.84	350m: 6:00.63	46.32		
	100m: 1:42.93	57.64	200m: 3:23.36	49.38	300m: 5:14.31	56.11	400m: 6:43.91	43.28		
45.	Naomi Vellinga	Wetterwille	200500504					6:37.33	<b>6:45.48</b>	+0,85
	50m: 43.94	43.94	150m: 2:32.17	49.13	250m: 4:19.09	58.85	350m: 6:03.39	44.02		
	100m: 1:43.04	59.10	200m: 3:20.24	48.07	300m: 5:19.37	1:00.28	400m: 6:45.48	42.09		
DIS	Leah Anakotta	ZPC Hoogeveen	200400802					6:20.85		+0,76
	<i>RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.</i>									
AFGEM	Sterre-Marit Drok	ZPC Stadskanaal	200400880					5:52.99		
NG	Kim Hillen	MZ&PC De Reest	200300364					6:06.30		
NG	Ellen Altena	TriVia	200300266					5:43.44		
NG	Myrthe Offenga	SG FZC54-De Vikings	199901874					5:48.48		