

Provinciale Zomerkampioenschappen 2025
Eindhoven, 17- - 25-5-2025

Programmanr. 2
17-5-2025 - 13:03

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging				intijd		tijd		RT
Onder 14 - Limburg										
1.	Esra Simon	Hellas-Glana				5:48.49	201100004	5:47.76		+0,71
	50m: 35.07	35.07	150m: 2:02.07	46.67	250m: 3:38.87	50.63	350m: 5:09.34	39.38		
	100m: 1:15.40	40.33	200m: 2:48.24	46.17	300m: 4:29.96	51.09	400m: 5:47.76	38.42		
2.	Valerie Rienties	Zwemsport Parkstad				5:52.22	201200400	5:57.69		+0,52
	50m: 37.35	37.35	150m: 2:09.09	45.12	250m: 3:43.18	49.41	350m: 5:18.05	44.31		
	100m: 1:23.97	46.62	200m: 2:53.77	44.68	300m: 4:33.74	50.56	400m: 5:57.69	39.64		
3.	Julia Ketelaars	Hellas-Glana				6:00.64	201200028	6:02.18		+0,78
	50m: 35.38	35.38	150m: 2:10.06	50.64	250m: 3:50.94	50.44	350m: 5:22.28	40.94		
	100m: 1:19.42	44.04	200m: 3:00.50	50.44	300m: 4:41.34	50.40	400m: 6:02.18	39.90		
4.	Jana Nelissen	SG Patrick - De Roersoppers				6:57.92	201200350	6:18.21		+0,55
	50m: 37.96	37.96	150m: 2:18.05	49.39	250m: 3:58.75	53.33	350m: 5:38.93	43.75		
	100m: 1:28.66	50.70	200m: 3:05.42	47.37	300m: 4:55.18	56.43	400m: 6:18.21	39.28		
5.	Chloë Beekman	HZPC				6:33.86	201100376	6:23.41		
	50m: 43.59	43.59	150m: 2:24.19	48.43	250m: 4:04.64	51.98	350m: 5:42.92	44.33		
	100m: 1:35.76	52.17	200m: 3:12.66	48.47	300m: 4:58.59	53.95	400m: 6:23.41	40.49		
6.	Joni Ploumen	Zeps				6:45.76	201200458	6:40.60		+0,83
	50m: 41.37	41.37	150m: 2:24.36	51.89	250m: 4:10.63	53.08	350m: 5:53.27	46.18		
	100m: 1:32.47	51.10	200m: 3:17.55	53.19	300m: 5:07.09	56.46	400m: 6:40.60	47.33		
7.	Stella Sangers	Zeps				6:57.38	201100380	6:51.56		+0,60
	50m: 41.70	41.70	150m: 2:27.13	52.81	250m: 4:16.01	55.58	350m: 6:02.74	49.63		
	100m: 1:34.32	52.62	200m: 3:20.43	53.30	300m: 5:13.11	57.10	400m: 6:51.56	48.82		
8.	Faith Stassen	Zeps				7:11.64	201201266	7:15.92		+0,83
	50m: 47.72	47.72	150m: 2:44.81	55.63	250m: 4:38.66	59.09	350m: 6:25.19	46.46		
	100m: 1:49.18	1:01.46	200m: 3:39.57	54.76	300m: 5:38.73	1:00.07	400m: 7:15.92	50.73		

Onder 14 - Brabant

1.	Lola Verheijen	PSV		5:42.05		201100832		5:36.32 +0,70
	50m: 33.12	33.12	150m: 1:58.31	46.14	250m: 3:32.23	49.64	350m: 5:00.33	38.39
	100m: 1:12.17	39.05	200m: 2:42.59	44.28	300m: 4:21.94	49.71	400m: 5:36.32	35.99
2.	Fleur Buijs	Hieronymus		5:56.24		201100676		5:48.82
	50m: 37.94	37.94	150m: 2:10.08	46.32	250m: 3:42.78	48.61	350m: 5:09.72	41.00
	100m: 1:23.76	45.82	200m: 2:54.17	44.09	300m: 4:28.72	45.94	400m: 5:48.82	39.10
3.	Pien Walstra	De Treffers		5:39.91		201101034		5:49.86 +0,76
	50m: 36.17	36.17	150m: 2:10.42	48.58	250m: 3:46.18	49.68	350m: 5:15.70	37.46
	100m: 1:21.84	45.67	200m: 2:56.50	46.08	300m: 4:38.24	52.06	400m: 5:49.86	34.16
4.	Brecht van Ravensteijn	Arethusa		6:33.04		201100738		5:51.16 +0,58
	50m: 38.50	38.50	150m: 2:08.46	45.68	250m: 3:42.33	50.75	350m: 5:12.19	40.03
	100m: 1:22.78	44.28	200m: 2:51.58	43.12	300m: 4:32.16	49.83	400m: 5:51.16	38.97
5.	Alissa Rooijackers	Z&PV Nuenen		6:19.14		201101892		6:04.23 +0,73
	50m: 36.44	36.44	150m: 2:07.69	44.31	250m: 3:44.70	54.28	350m: 5:22.97	43.69
	100m: 1:23.38	46.94	200m: 2:50.42	42.73	300m: 4:39.28	54.58	400m: 6:04.23	41.26
6.	Dagmar Wierckx	Sbc2000		6:15.65		201101278		6:06.25 +0,73
	50m: 37.23	37.23	150m: 2:09.01	45.15	250m: 3:48.11	53.16	350m: 5:25.53	43.13
	100m: 1:23.86	46.63	200m: 2:54.95	45.94	300m: 4:42.40	54.29	400m: 6:06.25	40.72
7.	Zora Spriet	Hieronymus		6:13.39		201100532		6:08.93 +0,52
	50m: 40.04	40.04	150m: 2:19.44	46.62	250m: 3:56.12	51.03	350m: 5:29.32	40.42
	100m: 1:32.82	52.78	200m: 3:05.09	45.65	300m: 4:48.90	52.78	400m: 6:08.93	39.61
8.	Kendra van der Voort	Arethusa		5:57.84		201100536		6:09.72 +0,79
	50m: 41.83	41.83	150m: 2:20.97	50.90	250m: 4:00.84	50.56	350m: 5:32.52	40.59
	100m: 1:30.07	48.24	200m: 3:10.28	49.31	300m: 4:51.93	51.09	400m: 6:09.72	37.20
9.	Lieve Bakker	DZT'62		6:22.64		201101788		6:31.92
	50m: 41.21	41.21	150m: 2:24.03	50.42	250m: 4:06.93	55.38	350m: 5:46.74	46.44
	100m: 1:33.61	52.40	200m: 3:11.55	47.52	300m: 5:00.30	53.37	400m: 6:31.92	45.18
10.	Jante Cremers	Tempo Valkenswaard		6:26.11		201102406		6:37.19 +0,69
	50m: 43.66	43.66	150m: 2:31.10	50.74	250m: 4:13.49	52.37	350m: 5:53.88	45.49
	100m: 1:40.36	56.70	200m: 3:21.12	50.02	300m: 5:08.39	54.90	400m: 6:37.19	43.31
11.	Anoek van den Bosch	V.Z.V. Njord		6:24.92		201200368		6:42.46
	50m: 45.96	45.96	150m: 2:34.92	51.11	250m: 4:20.34	54.32	350m: 5:59.89	43.25
	100m: 1:43.81	57.85	200m: 3:26.02	51.10	300m: 5:16.64	56.30	400m: 6:42.46	42.57
12.	Kate Broekman	Arethusa		6:48.63		201200176		6:55.59 +0,88
	50m: 46.91	46.91	150m: 2:37.24	51.94	250m: 4:26.72	58.23	350m: 6:11.93	44.90
	100m: 1:45.30	58.39	200m: 3:28.49	51.25	300m: 5:27.03	1:00.31	400m: 6:55.59	43.66

Provinciale Zomerkampioenschappen 2025
Eindhoven, 17- - 25-5-2025

Programmanr. 2, Meisjes, 400m wisselslag, Onder 14 - Brabant

rang	naam	vereniging	intijd	tijd	RT
DIS	Lise Markes	Sbc2000	5:57.00	201101276	
	SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.				

Onder 14 - Zeeland

1.	Carlijn Dezutter	Scheldestroom	6:07.20	201100770				5:53.72	+0,66
	50m: 35.53	35.53	150m: 2:05.41	45.19	250m: 3:40.12	51.10	350m: 5:13.30	41.46	
	100m: 1:20.22	44.69	200m: 2:49.02	43.61	300m: 4:31.84	51.72	400m: 5:53.72	40.42	
2.	Morrisson Schram	Z & PC De Zeeuwse Kust	6:03.84	201100686				5:56.42	+0,76
	50m: 37.01	37.01	150m: 2:11.22	48.33	250m: 3:48.69	50.26	350m: 5:19.99	41.00	
	100m: 1:22.89	45.88	200m: 2:58.43	47.21	300m: 4:38.99	50.30	400m: 5:56.42	36.43	

Onder 16 - Limburg

1.	Myrthe Stelten	Hellas-Glana	5:26.97	200900234	5:21.98	+0,73		
	Top time - Limburg, * 400m							
	50m: 33.87	33.87	150m: 1:56.85	42.58	250m: 3:22.60	44.88	350m: 4:45.37	38.56
	100m: 1:14.27	40.40	200m: 2:37.72	40.87	300m: 4:06.81	44.21	400m: 5:21.98	36.61
2.	Alaine Lomans	Hellas-Glana	6:09.22	201000420	5:43.45			
	50m: 33.84	33.84	150m: 2:00.67	45.40	250m: 3:34.51	49.78	350m: 5:04.87	40.27
	100m: 1:15.27	41.43	200m: 2:44.73	44.06	300m: 4:24.60	50.09	400m: 5:43.45	38.58
3.	Romy de Graaf	Hellas-Glana	5:43.72	201003660	5:44.57			
	50m: 35.68	35.68	150m: 1:58.92	41.31	250m: 3:31.97	52.10	350m: 5:05.96	40.88
	100m: 1:17.61	41.93	200m: 2:39.87	40.95	300m: 4:25.08	53.11	400m: 5:44.57	38.61
4.	Zoë van Hameren	RZ	5:42.48	200901000	5:48.32	+0,77		
	50m: 38.51	38.51	150m: 2:09.55	46.05	250m: 3:41.55	47.27	350m: 5:09.49	39.81
	100m: 1:23.50	44.99	200m: 2:54.28	44.73	300m: 4:29.68	48.13	400m: 5:48.32	38.83
5.	Fenna Hölsgens	Hellas-Glana	6:03.32	201000276	6:13.73	+0,74		
	50m: 41.15	41.15	150m: 2:21.90	47.43	250m: 3:58.58	50.22	350m: 5:32.94	42.37
	100m: 1:34.47	53.32	200m: 3:08.36	46.46	300m: 4:50.57	51.99	400m: 6:13.73	40.79
6.	Sophie Reijnders	RZ	6:01.38	200900086	6:19.04	+0,75		
	50m: 38.76	38.76	150m: 2:14.49	45.97	250m: 3:56.88	55.56	350m: 5:37.40	44.01
	100m: 1:28.52	49.76	200m: 3:01.32	46.83	300m: 4:53.39	56.51	400m: 6:19.04	41.64
7.	Nynke Blok	Zwemclub Eijsden	6:08.11	201000204	6:19.78	+0,77		
	50m: 41.84	41.84	150m: 2:18.80	44.41	250m: 4:00.90	56.66	350m: 5:40.91	42.30
	100m: 1:34.39	52.55	200m: 3:04.24	45.44	300m: 4:58.61	57.71	400m: 6:19.78	38.87
8.	Danné van Munster	Hellas-Glana	6:44.59	200901262	6:20.10	+0,56		
	50m: 40.45	40.45	150m: 2:18.90	48.53	250m: 4:01.35	55.19	350m: 5:40.27	42.81
	100m: 1:30.37	49.92	200m: 3:06.16	47.26	300m: 4:57.46	56.11	400m: 6:20.10	39.83
9.	Renske Coppens	Vivalo	6:21.30	200900440	6:21.95	+0,75		
	50m: 40.87	40.87	150m: 2:18.71	48.56	250m: 4:02.45	55.33	350m: 5:41.54	43.75
	100m: 1:30.15	49.28	200m: 3:07.12	48.41	300m: 4:57.79	55.34	400m: 6:21.95	40.41
10.	Lynn van den Eijnden	SG Patrick - De Roersoppers	6:31.95	201001596	6:45.59	+0,74		
	50m: 42.13	42.13	150m: 2:27.06	51.43	250m: 4:14.96	54.66	350m: 5:59.77	47.83
	100m: 1:35.63	53.50	200m: 3:20.30	53.24	300m: 5:11.94	56.98	400m: 6:45.59	45.82
AFGEM	Laura Dumont	SG Patrick - De Roersoppers	5:56.88	200900020				

Onder 16 - Brabant

1.	Bregje Dekkers	PSV	5:22.63			200900746			5:11.50			+0,59			
			50m:	32.80	32.80	150m:	1:51.14	41.23	250m:	3:16.87	45.52		350m:	4:38.23	35.56
			100m:	1:09.91	37.11	200m:	2:31.35	40.21	300m:	4:02.67	45.80		400m:	5:11.50	33.27
2.	Mia Hoeflaken	PSV	5:28.86			201004108			5:30.49			+0,65			
			50m:	33.65	33.65	150m:	1:57.47	44.52	250m:	3:26.42	45.56		350m:	4:52.64	39.70
			100m:	1:12.95	39.30	200m:	2:40.86	43.39	300m:	4:12.94	46.52		400m:	5:30.49	37.85
3.	Renske van den Bosch	V.Z.V. Njord	5:47.63			201001828			5:52.69			+0,83			
			50m:	37.75	37.75	150m:	2:08.36	45.21	250m:	3:42.66	50.48		350m:	5:14.25	40.43
			100m:	1:23.15	45.40	200m:	2:52.18	43.82	300m:	4:33.82	51.16		400m:	5:52.69	38.44
4.	Jayna Wagemakers	Hieronymus	5:47.81			201000226			5:54.40			+0,60			
			50m:	37.54	37.54	150m:	2:08.72	44.25	250m:	3:41.56	49.16		350m:	5:14.63	43.92
			100m:	1:24.47	46.93	200m:	2:52.40	43.68	300m:	4:30.71	49.15		400m:	5:54.40	39.77
5.	Isa van der Sanden	Hieronymus	5:58.18			200904528			6:05.86			+0,81			
			50m:	39.64	39.64	150m:	2:14.90	44.63	250m:	3:51.66	52.50		350m:	5:26.45	41.28
			100m:	1:30.27	50.63	200m:	2:59.16	44.26	300m:	4:45.17	53.51		400m:	6:05.86	39.41
6.	Annebel Kluijtmans	Arethusa	6:00.10			200900808			6:15.63			+0,83			
			50m:	38.34	38.34	150m:	2:11.50	45.11	250m:	3:48.64	51.95		350m:	5:27.68	46.76
			100m:	1:26.39	48.05	200m:	2:56.69	45.19	300m:	4:40.92	52.28		400m:	6:15.63	47.95

Provinciale Zomerkampioenschappen 2025
Eindhoven, 17 - 25-5-2025

Programmanr. 2, Meisjes, 400m wisselslag, Onder 16 - Brabant

rang	naam	vereniging				intijd		tijd		RT
7.	Floor Keukens	V.Z.V. Njord				6:09.89		201000272		6:19.59 +0,91
	50m:	40.31	40.31	150m:	2:16.79	48.10	250m:	3:59.74	56.45	350m: 5:39.00 43.14
	100m:	1:28.69	48.38	200m:	3:03.29	46.50	300m:	4:55.86	56.12	400m: 6:19.59 40.59
8.	Eva Steggerda	Sbc2000				6:39.45		200901506		6:27.09 +0,74
	50m:	40.26	40.26	150m:	2:22.38	48.45	250m:	4:05.92	54.54	350m: 5:44.74 42.57
	100m:	1:33.93	53.67	200m:	3:11.38	49.00	300m:	5:02.17	56.25	400m: 6:27.09 42.35
9.	Jinte de Leeuw	Hieronymus				6:18.59		201003350		6:46.32 +0,84
	50m:	40.55	40.55	150m:	2:21.80	50.63	250m:	4:09.76	59.91	350m: 5:59.42 49.08
	100m:	1:31.17	50.62	200m:	3:09.85	48.05	300m:	5:10.34	1:00.58	400m: 6:46.32 46.90
DIS	Ilja van Gemenen	Arethusa				6:14.24		201001330		
AA - De start ingezet voor het startsignaal (en wel gezwommen).										

Onder 16 - Zeeland

1.	Lotte van den Hoven	De Marlijn (SG)		6:35.74		200900158		6:46.59 +0,60	
	50m: 41.04	41.04	150m: 2:23.96	52.73	250m: 4:14.33	58.77	350m: 6:01.10	48.04	
	100m: 1:31.23	50.19	200m: 3:15.56	51.60	300m: 5:13.06	58.73	400m: 6:46.59	45.49	

Onder 18 - Limburg

1.	Isis van Kuijk	HZPC		5:32.08		200700442		5:37.83 +0,62	
	50m: 34.80	34.80	150m: 2:03.27	44.95	250m: 3:33.10	46.45	350m: 5:00.33	40.40	
	100m: 1:18.32	43.52	200m: 2:46.65	43.38	300m: 4:19.93	46.83	400m: 5:37.83	37.50	
2.	Nina Derckx	Zeps		5:46.30		200700030		5:38.49 +0,75	
	50m: 36.75	36.75	150m: 1:59.99	40.95	250m: 3:29.64	49.59	350m: 4:59.91	41.53	
	100m: 1:19.04	42.29	200m: 2:40.05	40.06	300m: 4:18.38	48.74	400m: 5:38.49	38.58	
3.	Eva van Marum	Zwemclub Eijsden		5:58.66		200700118		6:18.08 +0,63	
	50m: 39.97	39.97	150m: 2:14.78	46.23	250m: 3:58.85	58.71	350m: 5:38.91	41.21	
	100m: 1:28.55	48.58	200m: 3:00.14	45.36	300m: 4:57.70	58.85	400m: 6:18.08	39.17	
4.	Veerle Claessens	Zeps		6:24.82		200800100		6:29.92 +0,76	
	50m: 39.21	39.21	150m: 2:17.36	48.11	250m: 3:59.52	54.12	350m: 5:43.20	47.20	
	100m: 1:29.25	50.04	200m: 3:05.40	48.04	300m: 4:56.00	56.48	400m: 6:29.92	46.72	

Onder 18 - Brabant

1.	Isa Jansen	Sbc2000		5:33.70		200701176		5:27.80 +0,77	
	50m: 34.33	34.33	150m: 1:57.34	41.89	250m: 3:25.03	46.41	350m: 4:50.38	38.74	
	100m: 1:15.45	41.12	200m: 2:38.62	41.28	300m: 4:11.64	46.61	400m: 5:27.80	37.42	
2.	Lotte Blanken	Sbc2000		5:41.42		200801476		5:47.08 +0,74	
	50m: 34.71	34.71	150m: 2:03.16	44.82	250m: 3:35.26	48.64	350m: 5:07.29	42.01	
	100m: 1:18.34	43.63	200m: 2:46.62	43.46	300m: 4:25.28	50.02	400m: 5:47.08	39.79	
3.	Anne Madelief van Buren	PSV		6:01.08		200803856		5:56.15 +0,63	
	50m: 37.50	37.50	150m: 2:08.60	46.58	250m: 3:46.81	52.03	350m: 5:18.08	40.49	
	100m: 1:22.02	44.52	200m: 2:54.78	46.18	300m: 4:37.59	50.78	400m: 5:56.15	38.07	
4.	Eline van Dijk	V.Z.V. Njord		6:01.99		200703660		6:05.40 +0,74	
	50m: 38.40	38.40	150m: 2:10.18	46.93	250m: 3:46.17	49.61	350m: 5:22.09	44.18	
	100m: 1:23.25	44.85	200m: 2:56.56	46.38	300m: 4:37.91	51.74	400m: 6:05.40	43.31	
5.	Ines Keijzers	Z&PV Nuenen		5:56.28		200704296		6:10.60 +0,70	
	50m: 35.32	35.32	150m: 2:10.30	49.76	250m: 3:51.86	52.80	350m: 5:28.26	43.01	
	100m: 1:20.54	45.22	200m: 2:59.06	48.76	300m: 4:45.25	53.39	400m: 6:10.60	42.34	
6.	Anne Wels	V.Z.V. Njord		5:54.75		200802340		6:12.59 +0,57	
	50m: 36.54	36.54	150m: 2:13.85	49.33	250m: 3:54.47	52.26	350m: 5:31.66	42.92	
	100m: 1:24.52	47.98	200m: 3:02.21	48.36	300m: 4:48.74	54.27	400m: 6:12.59	40.93	
7.	Jansje de Ridder	De Biesboschzwemmers		6:22.58		200800194		6:18.03 +0,79	
	50m: 39.36	39.36	150m: 2:17.65	50.29	250m: 4:03.16	57.07	350m: 5:39.28	39.24	
	100m: 1:27.36	48.00	200m: 3:06.09	48.44	300m: 5:00.04	56.88	400m: 6:18.03	38.75	
8.	Naomi van der Post	DBD		6:18.12		200800806		6:20.67	
	50m: 38.01	38.01	150m: 2:15.69	46.66	250m: 3:57.98	54.56	350m: 5:37.41	43.71	
	100m: 1:29.03	51.02	200m: 3:03.42	47.73	300m: 4:53.70	55.72	400m: 6:20.67	43.26	
9.	Marith Ewijk	Waalwijkse Zwem Vereniging		6:23.41		200801414		6:29.44 +0,82	
	50m: 36.75	36.75	150m: 2:16.40	48.82	250m: 4:00.72	56.99	350m: 5:44.04	46.04	
	100m: 1:27.58	50.83	200m: 3:03.73	47.33	300m: 4:58.00	57.28	400m: 6:29.44	45.40	

Provinciale Zomerkampioenschappen 2025
Eindhoven, 17- - 25-5-2025

Programmanr. 2, Dames, 400m wisselslag

Senioren Open - Limburg

1.	Kim Crins	RZL		5:52.60	200501212		5:48.72	+0,79
	50m: 36.31	36.31	150m: 2:09.54	46.93	250m: 3:43.02	48.16	350m: 5:10.86	38.97
	100m: 1:22.61	46.30	200m: 2:54.86	45.32	300m: 4:31.89	48.87	400m: 5:48.72	37.86
2.	Kiki Derckx	Zeps		5:56.73	200400546		6:09.09	+0,87
	50m: 36.98	36.98	150m: 2:11.09	48.41	250m: 3:49.15	50.47	350m: 5:25.86	45.44
	100m: 1:22.68	45.70	200m: 2:58.68	47.59	300m: 4:40.42	51.27	400m: 6:09.09	43.23
3.	Senna Bongartz	SG Patrick - De Roersoppers		5:58.58	200301826		6:14.61	+0,73
	50m: 39.70	39.70	150m: 2:17.19	50.90	250m: 3:59.91	54.99	350m: 5:34.96	39.95
	100m: 1:26.29	46.59	200m: 3:04.92	47.73	300m: 4:55.01	55.10	400m: 6:14.61	39.65
4.	Myrthe Paas	Zeps		5:57.86	200600410		6:20.05	+0,68
	50m: 40.32	40.32	150m: 2:14.69	47.45	250m: 3:56.60	55.44	350m: 5:35.96	42.97
	100m: 1:27.24	46.92	200m: 3:01.16	46.47	300m: 4:52.99	56.39	400m: 6:20.05	44.09

Senioren Open - Brabant

1.	Nikita van den Ouden <i>Top time - Regio Zuid</i>	PSV		4:58.81	199900622		5:05.67	+0,70
	50m: 31.20	31.20	150m: 1:48.06	40.75	250m: 3:10.59	43.26	350m: 4:30.32	35.80
	100m: 1:07.31	36.11	200m: 2:27.33	39.27	300m: 3:54.52	43.93	400m: 5:05.67	35.35
2.	Roos Englebert	Hieronimus		5:13.01	200200606		5:09.74	+0,73
	50m: 33.39	33.39	150m: 1:51.49	40.68	250m: 3:15.83	44.71	350m: 4:35.47	34.82
	100m: 1:10.81	37.42	200m: 2:31.12	39.63	300m: 4:00.65	44.82	400m: 5:09.74	34.27
3.	Isa Schellekens	Zegenwerp		5:17.18	200002330		5:17.42	+0,75
	50m: 33.34	33.34	150m: 1:53.26	40.76	250m: 3:18.83	46.52	350m: 4:40.84	36.45
	100m: 1:12.50	39.16	200m: 2:32.31	39.05	300m: 4:04.39	45.56	400m: 5:17.42	36.58
4.	Fiona Meuffels	PSV		5:46.60	199504366		5:36.34	
	50m: 33.88	33.88	150m: 2:01.29	46.29	250m: 3:32.32	45.89	350m: 4:58.75	38.69
	100m: 1:15.00	41.12	200m: 2:46.43	45.14	300m: 4:20.06	47.74	400m: 5:36.34	37.59
5.	Manon van Esch	Trb/Res		5:24.13	199702090		5:44.85	+0,55
	50m: 34.15	34.15	150m: 2:01.62	47.08	250m: 3:38.36	50.96	350m: 5:07.08	37.20
	100m: 1:14.54	40.39	200m: 2:47.40	45.78	300m: 4:29.88	51.52	400m: 5:44.85	37.77
6.	Liselotte Joling	PSV		5:54.43	197500268		5:57.90	+0,83
	50m: 37.39	37.39	150m: 2:09.05	48.81	250m: 3:46.57	50.84	350m: 5:19.43	40.35
	100m: 1:20.24	42.85	200m: 2:55.73	46.68	300m: 4:39.08	52.51	400m: 5:57.90	38.47
7.	Anais Hoeppe	V.Z.V. Njord		6:09.24	200402048		6:10.76	+0,57
	50m: 41.41	41.41	150m: 2:19.85	46.89	250m: 3:56.62	51.05	350m: 5:31.17	43.77
	100m: 1:32.96	51.55	200m: 3:05.57	45.72	300m: 4:47.40	50.78	400m: 6:10.76	39.59
8.	Evelien te Paske	V.Z.V. Njord		5:55.87	200400708		6:15.83	+0,73
	50m: 37.85	37.85	150m: 2:12.97	47.03	250m: 3:51.58	52.01	350m: 5:32.35	47.58
	100m: 1:25.94	48.09	200m: 2:59.57	46.60	300m: 4:44.77	53.19	400m: 6:15.83	43.48

Senioren Open - Zeeland

1.	Esmee van den Hout	Scheldestroom		5:55.22	200503696		6:16.08	+0,60
	50m: 37.52	37.52	150m: 2:15.30	51.87	250m: 3:55.32	49.63	350m: 5:31.52	45.74
	100m: 1:23.43	45.91	200m: 3:05.69	50.39	300m: 4:45.78	50.46	400m: 6:16.08	44.56