

Programmanr. 9
 23-03-2024 - 11:15

Meisjes, 400m vrije slag

 Jeugd 2 en jonger
 Resultaten

ITTRec Jgd 1+2	4:25.66	Fleur Verdonck	BEL	Eindhoven	2022
ITTRec Jun 3-4	4:39.85	Nynke Boerefijn	NED	Eindhoven	2022
ITTRec Jun 1-2	4:53.09	Fay Boxum	NED	Eindhoven	2022

rang	naam	vereniging	intijd	tijd	RT			
Juniores 1 en 2								
1.	Yill van Bezouw <i>ITT Record</i>	Hieronymus	4:47.21	201100704	4:48.66 +0,81			
	50m: 32.23	32.23	150m: 1:45.82	37.14	250m: 2:59.89	36.70	350m: 4:14.35	36.91
	100m: 1:08.68	36.45	200m: 2:23.19	37.37	300m: 3:37.44	37.55	400m: 4:48.66	34.31
2.	Anna Lepoutre	PSV	5:10.79	201100534	4:53.99			
	50m: 32.93	32.93	150m: 1:48.03	37.68	250m: 3:03.26	37.79	350m: 4:18.17	37.15
	100m: 1:10.35	37.42	200m: 2:25.47	37.44	300m: 3:41.02	37.76	400m: 4:53.99	35.82
3.	Noa van Zalk	ZPC Amersfoort	5:08.87	201102534	4:55.66 +0,69			
	50m: 33.37	33.37	150m: 1:48.31	37.76	250m: 3:03.88	37.63	350m: 4:19.33	37.29
	100m: 1:10.55	37.18	200m: 2:26.25	37.94	300m: 3:42.04	38.16	400m: 4:55.66	36.33
4.	Lola Verheijen	PSV	5:12.48	201100832	4:58.68 +0,78			
	50m: 33.08	33.08	150m: 1:48.60	38.28	250m: 3:06.10	38.82	350m: 4:22.22	37.38
	100m: 1:10.32	37.24	200m: 2:27.28	38.68	300m: 3:44.84	38.74	400m: 4:58.68	36.46
5.	Niene Verluyten	TSZ	5:02.97	TSZ/41093/12	5:05.89 +0,48			
	50m: 34.27	34.27	150m: 1:51.73	39.33	250m: 3:09.08	39.11	350m: 4:27.92	39.34
	100m: 1:12.40	38.13	200m: 2:29.97	38.24	300m: 3:48.58	39.50	400m: 5:05.89	37.97
6.	Ylène Zondervan	ZPC Amersfoort	5:21.45	201200016	5:07.55 +0,83			
	50m: 33.93	33.93	150m: 1:51.41	39.40	250m: 3:11.23	40.14	350m: 4:30.18	39.29
	100m: 1:12.01	38.08	200m: 2:31.09	39.68	300m: 3:50.89	39.66	400m: 5:07.55	37.37
7.	Sterre de Veen	Hellas-Glana	5:21.23	201100086	5:07.70 +0,67			
	50m: 32.33	32.33	150m: 1:47.77	38.84	250m: 3:08.07	40.67	350m: 4:29.09	40.09
	100m: 1:08.93	36.60	200m: 2:27.40	39.63	300m: 3:49.00	40.93	400m: 5:07.70	38.61
8.	Brechtje Slootweg	ZPC Amersfoort	5:31.13	201101744	5:08.79 +0,89			
	50m: 34.49	34.49	150m: 1:52.70	39.63	250m: 3:13.03	39.91	350m: 4:31.94	39.27
	100m: 1:13.07	38.58	200m: 2:33.12	40.42	300m: 3:52.67	39.64	400m: 5:08.79	36.85
9.	Noortje Bisperink	ZPC Amersfoort	5:23.59	201100486	5:12.65 +0,81			
	50m: 34.07	34.07	150m: 1:53.03	40.13	250m: 3:13.71	40.38	350m: 4:34.92	39.89
	100m: 1:12.90	38.83	200m: 2:33.33	40.30	300m: 3:55.03	41.32	400m: 5:12.65	37.73
10.	Maud Gaudaen	TSZ	5:41.20	TSZ/21070/11	5:20.55 +0,48			
	50m: 35.03	35.03	150m: 1:56.22	41.28	250m: 3:19.17	41.59	350m: 4:41.79	41.10
	100m: 1:14.94	39.91	200m: 2:37.58	41.36	300m: 4:00.69	41.52	400m: 5:20.55	38.76
11.	Maja Strobbe	MEGA	6:16.91	MEGA/21394/11	5:22.80 +0,79			
	50m: 36.38	36.38	150m: 1:57.42	40.80	250m: 3:21.46	42.52	350m: 4:43.66	41.01
	100m: 1:16.62	40.24	200m: 2:38.94	41.52	300m: 4:02.65	41.19	400m: 5:22.80	39.14
12.	Julie De Vreese	MEGA	5:25.73	MEGA/21418/12	5:23.74 +0,71			
	50m: 37.13	37.13	150m: 2:00.03	41.69	250m: 3:22.87	41.21	350m: 4:45.42	41.53
	100m: 1:18.34	41.21	200m: 2:41.66	41.63	300m: 4:03.89	41.02	400m: 5:23.74	38.32
13.	Sarah Förster	Hellas-Glana	5:22.74	201102682	5:25.34 +0,69			
	50m: 37.08	37.08	150m: 2:00.82	42.31	250m: 3:24.89	41.96	350m: 4:46.71	40.39
	100m: 1:18.51	41.43	200m: 2:42.93	42.11	300m: 4:06.32	41.43	400m: 5:25.34	38.63
14.	Esra Simon	Hellas-Glana	5:41.08	201100004	5:26.45 +0,60			
	50m: 36.38	36.38	150m: 1:58.18	41.17	250m: 3:21.87	42.00	350m: 4:46.97	42.59
	100m: 1:17.01	40.63	200m: 2:39.87	41.69	300m: 4:04.38	42.51	400m: 5:26.45	39.48
15.	Kendra van der Voort	Arethusa	5:23.37	201100536	5:26.81 +0,81			
	50m: 36.30	36.30	150m: 1:58.89	41.60	250m: 3:24.72	42.84	350m: 4:47.55	40.95
	100m: 1:17.29	40.99	200m: 2:41.88	42.99	300m: 4:06.60	41.88	400m: 5:26.81	39.26
16.	Clara Beso	CNSW	5:39.19	CNSW/013202/11	5:27.61 +0,56			
	50m: 36.84	36.84	150m: 1:58.71	40.95	250m: 3:22.39	41.24	350m: 4:46.75	41.88
	100m: 1:17.76	40.92	200m: 2:41.15	42.44	300m: 4:04.87	42.48	400m: 5:27.61	40.86
17.	Brecht van Ravensteijn	Arethusa	5:34.34	201100738	5:29.45 +0,78			
	50m: 36.32	36.32	150m: 2:00.25	42.45	250m: 3:25.72	42.74	350m: 4:50.03	41.88
	100m: 1:17.80	41.48	200m: 2:42.98	42.73	300m: 4:08.15	42.43	400m: 5:29.45	39.42
18.	Chloé Asscherickx	KAZS	5:35.44	KAZS/21184/11	5:29.63 +0,66 *			
	50m: 36.13	36.13	150m: 2:00.73	43.15	250m: 3:25.72	42.55	350m: 4:49.09	40.77
	100m: 1:17.58	41.45	200m: 2:43.17	42.44	300m: 4:08.32	42.60	400m: 5:29.63	40.54

Programmanr. 9, Meisjes, 400m vrije slag, Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT	
19.	Louise Terwisscha	ZPC Amersfoort	5:33.91	201201240	5:29.83 +0,92	
	50m: 37.74	37.74 150m: 2:03.30	43.24 250m: 3:27.58	42.42	350m: 4:50.59	40.54
	100m: 1:20.06	42.32 200m: 2:45.16	41.86 300m: 4:10.05	42.47	400m: 5:29.83	39.24
20.	Emma Starkie Alves	CNSW	5:44.75	CNSW/013110/11	5:30.49 +0,73	
	50m: 35.95	35.95 150m: 1:59.15	42.65 250m: 3:25.69	42.68	350m: 4:50.56	41.54
	100m: 1:16.50	40.55 200m: 2:43.01	43.86 300m: 4:09.02	43.33	400m: 5:30.49	39.93
21.	Sara Creemers	Hellas-Glana	5:19.73	201100242	5:30.95 +0,56	
	50m: 36.67	36.67 150m: 2:01.69	42.51 250m: 3:26.86	42.03	350m: 4:50.32	40.42
	100m: 1:19.18	42.51 200m: 2:44.83	43.14 300m: 4:09.90	43.04	400m: 5:30.95	40.63
22.	Tesse van de Wetering	Arethusa	5:49.18	201200780	5:35.60 +0,58	
	50m: 37.92	37.92 150m: 2:05.42	43.77 250m: 3:33.56	43.69	350m: 4:58.29	40.99
	100m: 1:21.65	43.73 200m: 2:49.87	44.45 300m: 4:17.30	43.74	400m: 5:35.60	37.31
23.	Hanna Heller	ZPC Amersfoort	5:38.90	201102730	5:36.45 +0,80	
	50m: 34.52	34.52 150m: 1:55.82	42.08 250m: 3:22.51	43.12	350m: 4:51.95	44.84
	100m: 1:13.74	39.22 200m: 2:39.39	43.57 300m: 4:07.11	44.60	400m: 5:36.45	44.50
24.	Camille Blancquaert	MEGA	5:33.92	MEGA/21348/12	5:37.91 +0,56	
	50m: 36.02	36.02 150m: 2:02.96	44.65 250m: 3:31.71	44.68	350m: 4:57.83	42.99
	100m: 1:18.31	42.29 200m: 2:47.03	44.07 300m: 4:14.84	43.13	400m: 5:37.91	40.08
25.	Juliette Vanhaecke	MEGA	5:55.58	MEGA/21419/12	5:47.75 +0,63	
	50m: 39.52	39.52 150m: 2:08.05	44.01 250m: 3:36.49	43.59	350m: 5:05.37	44.55
	100m: 1:24.04	44.52 200m: 2:52.90	44.85 300m: 4:20.82	44.33	400m: 5:47.75	42.38
26.	Imke Leysen	Zwemclub Geel	7:14.13	ZGEEL/21152/11	5:50.27 +0,74	
	50m: 36.87	36.87 150m: 2:02.94	44.34 250m: 3:34.85	45.47	350m: 5:06.51	45.14
	100m: 1:18.60	41.73 200m: 2:49.38	46.44 300m: 4:21.37	46.52	400m: 5:50.27	43.76
27.	Myrthe Bruinsma	ZPC Amersfoort	5:59.65	201101108	5:54.58 +0,85	
	50m: 37.09	37.09 150m: 2:08.58	46.71 250m: 3:41.46	46.28	350m: 5:11.87	45.50
	100m: 1:21.87	44.78 200m: 2:55.18	46.60 300m: 4:26.37	44.91	400m: 5:54.58	42.71
28.	Mila Silverans	KAZS	6:27.47	KAZS/21116/11	6:07.83 +0,83	
	50m: 38.49	38.49 150m: 2:11.12	47.33 250m: 3:47.58	48.28	350m: 5:23.02	46.86
	100m: 1:23.79	45.30 200m: 2:59.30	48.18 300m: 4:36.16	48.58	400m: 6:07.83	44.81
29.	Bente Toth	ZPC Amersfoort	6:15.46	201102818	6:09.82 +0,81	
	50m: 38.58	38.58 150m: 2:13.58	47.82 250m: 3:50.22	47.91	350m: 5:25.53	47.67
	100m: 1:25.76	47.18 200m: 3:02.31	48.73 300m: 4:37.86	47.64	400m: 6:09.82	44.29
30.	Emma Juliette Jansen	ZPC Amersfoort	6:29.17	201200158	6:10.56	
	50m: 38.29	38.29 150m: 2:15.28	49.92 250m: 3:51.42	48.72	350m: 5:26.55	47.02
	100m: 1:25.36	47.07 200m: 3:02.70	47.42 300m: 4:39.53	48.11	400m: 6:10.56	44.01
31.	Minouk Dovic	PSV	6:53.51	201202030	6:13.54 +0,44	
	50m: 38.13	38.13 150m: 2:12.22	48.36 250m: 3:51.09	49.28	350m: 5:28.68	48.60
	100m: 1:23.86	45.73 200m: 3:01.81	49.59 300m: 4:40.08	48.99	400m: 6:13.54	44.86

Junioren 3 en 4

1.	Bregje Dekkers	PSV	4:41.89	200900746	4:36.89	
	<i>ITT Record</i>					
	50m: 31.90	31.90 150m: 1:40.87	34.53 250m: 2:51.70	35.31	350m: 4:02.63	34.76
	100m: 1:06.34	34.44 200m: 2:16.39	35.52 300m: 3:27.87	36.17	400m: 4:36.89	34.26
2.	Luus Gielens	PSV	4:44.00	200900138	4:46.95 +0,89	
	50m: 32.43	32.43 150m: 1:44.86	36.83 250m: 2:58.70	36.62	350m: 4:11.25	36.31
	100m: 1:08.03	35.60 200m: 2:22.08	37.22 300m: 3:34.94	36.24	400m: 4:46.95	35.70
3.	Fenne Metten	ZPC Amersfoort	4:58.62	201000102	4:47.50 +0,63	
	50m: 32.36	32.36 150m: 1:45.34	36.42 250m: 2:59.15	36.90	350m: 4:12.68	36.84
	100m: 1:08.92	36.56 200m: 2:22.25	36.91 300m: 3:35.84	36.69	400m: 4:47.50	34.82
4.	Julia MacHale	CNSW	4:48.43	CNSW/010030/09	4:48.27 +0,73	
	50m: 32.24	32.24 150m: 1:45.84	37.04 250m: 3:00.86	37.45	350m: 4:14.24	36.80
	100m: 1:08.80	36.56 200m: 2:23.41	37.57 300m: 3:37.44	36.58	400m: 4:48.27	34.03
5.	Noor Huens	MEGA	4:50.70	MEGA/21252/09	4:48.37	
	50m: 33.23	33.23 150m: 1:45.98	36.72 250m: 2:59.86	36.97	350m: 4:13.61	37.00
	100m: 1:09.26	36.03 200m: 2:22.89	36.91 300m: 3:36.61	36.75	400m: 4:48.37	34.76
6.	Sterre Dietvorst	ZPC Amersfoort	4:55.73	200900726	4:55.59 +0,89	
	50m: 32.20	32.20 150m: 1:46.49	37.77 250m: 3:02.73	38.33	350m: 4:18.51	37.71
	100m: 1:08.72	36.52 200m: 2:24.40	37.91 300m: 3:40.80	38.07	400m: 4:55.59	37.08
7.	Madelief Vingerhoets	Zwemclub Nijlen	4:59.79	ZN/21059/09	4:55.87 +0,68	
	50m: 33.50	33.50 150m: 1:48.18	37.43 250m: 3:04.20	37.66	350m: 4:20.09	37.10
	100m: 1:10.75	37.25 200m: 2:26.54	38.36 300m: 3:42.99	38.79	400m: 4:55.87	35.78

Programmanr. 9, Meisjes, 400m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT
8.	Kinley Cole	PSV	4:53.84	200903696	4:56.73 +0,59
	50m: 32.75	32.75 150m: 1:48.48	38.52	250m: 3:04.33	37.99
	100m: 1:09.96	37.21 200m: 2:26.34	37.86	300m: 3:42.71	38.38
				350m: 4:20.67	37.96
				400m: 4:56.73	36.06
9.	Chiara Lammertink	ZPC Amersfoort	4:52.80	200902200	4:57.91 +0,82
	50m: 32.35	32.35 150m: 1:46.36	37.88	250m: 3:03.29	38.24
	100m: 1:08.48	36.13 200m: 2:25.05	38.69	300m: 3:42.85	39.56
				350m: 4:20.93	38.08
				400m: 4:57.91	36.98
10.	Esmaé de Gans	ZPC Amersfoort	5:09.26	200900134	5:00.60 +0,82
	50m: 33.64	33.64 150m: 1:49.63	38.46	250m: 3:06.98	38.58
	100m: 1:11.17	37.53 200m: 2:28.40	38.77	300m: 3:45.30	38.32
				350m: 4:23.61	38.31
				400m: 5:00.60	36.99
11.	Thyrvi Meyer	KAZS	5:02.27	KAZS/21181/09	5:01.63 +0,80
	50m: 32.70	32.70 150m: 1:47.60	37.63	250m: 3:04.72	38.37
	100m: 1:09.97	37.27 200m: 2:26.35	38.75	300m: 3:44.36	39.64
				350m: 4:23.25	38.89
				400m: 5:01.63	38.38
12.	Mila Dumont	MEGA	5:00.37	MEGA/21335/09	5:06.36 +0,71
	50m: 34.23	34.23 150m: 1:51.43	38.88	250m: 3:10.27	39.34
	100m: 1:12.55	38.32 200m: 2:30.93	39.50	300m: 3:49.33	39.06
				350m: 4:28.15	38.82
				400m: 5:06.36	38.21
13.	Elodie Waelput	TSZ	5:35.76	TSZ/21075/10	5:08.47 +0,59
	50m: 34.59	34.59 150m: 1:51.38	38.83	250m: 3:09.16	38.75
	100m: 1:12.55	37.96 200m: 2:30.41	39.03	300m: 3:49.62	40.46
				350m: 4:28.51	38.89
				400m: 5:08.47	39.96
14.	Hadewych Forschelen	MNC Dordrecht	5:03.43	200903572	5:10.71 +0,73
	50m: 35.56	35.56 150m: 1:53.44	39.26	250m: 3:13.66	39.99
	100m: 1:14.18	38.62 200m: 2:33.67	40.23	300m: 3:53.11	39.45
				350m: 4:32.60	39.49
				400m: 5:10.71	38.11
15.	Lian Vonk	ZPC Amersfoort	5:26.46	201001606	5:11.35 +0,81
	50m: 34.30	34.30 150m: 1:53.47	39.95	250m: 3:14.18	40.02
	100m: 1:13.52	39.22 200m: 2:34.16	40.69	300m: 3:54.27	40.09
				350m: 4:33.28	39.01
				400m: 5:11.35	38.07
16.	Lore Martelé	MEGA	5:07.86	MEGA/21280/09	5:11.48 +0,74
	50m: 34.56	34.56 150m: 1:52.84	40.52	250m: 3:13.16	40.27
	100m: 1:12.32	37.76 200m: 2:32.89	40.05	300m: 3:54.15	40.99
				350m: 4:34.41	40.26
				400m: 5:11.48	37.07
17.	Senna Rijnbeek	ZPC Amersfoort	5:12.03	200901480	5:14.51 +0,80
	50m: 34.30	34.30 150m: 1:53.75	40.15	250m: 3:14.04	40.22
	100m: 1:13.60	39.30 200m: 2:33.82	40.07	300m: 3:54.82	40.78
				350m: 4:35.64	40.82
				400m: 5:14.51	38.87
18.	Juliette Sanders	MEGA	5:24.41	MEGA/21258/09	5:17.89 +0,81
	50m: 35.81	35.81 150m: 1:56.27	40.55	250m: 3:18.12	40.20
	100m: 1:15.72	39.91 200m: 2:37.92	41.65	300m: 3:59.28	41.16
				350m: 4:39.50	40.22
				400m: 5:17.89	38.39
19.	Yanique Bax	ZPC Amersfoort	5:50.24	201001428	5:19.31 +0,70
	50m: 35.16	35.16 150m: 1:55.98	40.87	250m: 3:19.27	41.62
	100m: 1:15.11	39.95 200m: 2:37.65	41.67	300m: 4:00.95	41.68
				350m: 4:41.58	40.63
				400m: 5:19.31	37.73
20.	Chloé Fontaine	Waterloo Natation	5:01.39	WN/011144/09	5:21.96 +0,73
	50m: 34.87	34.87 150m: 1:54.01	40.23	250m: 3:16.95	41.79
	100m: 1:13.78	38.91 200m: 2:35.16	41.15	300m: 3:58.97	42.02
				350m: 4:41.23	42.26
				400m: 5:21.96	40.73
21.	Pieke Beekhuis	ZPC Amersfoort	5:32.72	201000090	5:22.24 +0,72
	50m: 35.23	35.23 150m: 1:54.83	40.42	250m: 3:17.38	41.16
	100m: 1:14.41	39.18 200m: 2:36.22	41.39	300m: 3:59.68	42.30
				350m: 4:40.95	41.27
				400m: 5:22.24	41.29
22.	Yfke Wijnalda	ZPC Amersfoort	5:30.96	201002618	5:25.40 +0,67
	50m: 35.50	35.50 150m: 1:57.34	41.66	250m: 3:21.65	42.41
	100m: 1:15.68	40.18 200m: 2:39.24	41.90	300m: 4:04.26	42.61
				350m: 4:45.82	41.56
				400m: 5:25.40	39.58
23.	Hanna Advokaat	PSV	5:31.66	200901502	5:25.53 +0,91
	50m: 36.78	36.78 150m: 1:58.40	41.14	250m: 3:22.26	41.79
	100m: 1:17.26	40.48 200m: 2:40.47	42.07	300m: 4:04.34	42.08
				350m: 4:45.68	41.34
				400m: 5:25.53	39.85
24.	Stine Baeke	MEGA	5:25.96	MEGA/21332/09	5:29.23
	50m: 35.81	35.81 150m: 1:58.31	42.04	250m: 3:23.51	42.35
	100m: 1:16.27	40.46 200m: 2:41.16	42.85	300m: 4:06.44	42.93
				350m: 4:48.71	42.27
				400m: 5:29.23	40.52
25.	Ilse Stout	ACZ	5:31.78	201001704	5:30.50 +0,86
	50m: 35.78	35.78 150m: 1:58.99	42.21	250m: 3:24.62	42.91
	100m: 1:16.78	41.00 200m: 2:41.71	42.72	300m: 4:07.61	42.99
				350m: 4:49.79	42.18
				400m: 5:30.50	40.71
26.	Eva Maria Keet	ZPC Amersfoort	5:35.11	201003006	5:30.93 +0,84
	50m: 35.52	35.52 150m: 1:58.73	42.26	250m: 3:23.90	42.83
	100m: 1:16.47	40.95 200m: 2:41.07	42.34	300m: 4:07.14	43.24
				350m: 4:51.07	43.93
				400m: 5:30.93	39.86
27.	Abby Kootstra	ZV De Aalscholver	5:26.77	201000264	5:33.50 +0,59
	50m: 35.88	35.88 150m: 1:59.23	42.88	250m: 3:26.24	43.79
	100m: 1:16.35	40.47 200m: 2:42.45	43.22	300m: 4:10.14	43.90
				350m: 4:54.02	43.88
				400m: 5:33.50	39.48
28.	Rose Grutman	Waterloo Natation	5:18.74	WN/012728/09	5:33.84 +0,82
	50m: 35.79	35.79 150m: 1:57.68	41.59	250m: 3:24.86	43.93
	100m: 1:16.09	40.30 200m: 2:40.93	43.25	300m: 4:08.30	43.44
				350m: 4:52.13	43.83
				400m: 5:33.84	41.71

Programmanr. 9, Meisjes, 400m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT
29.	Lynn Peters	Mosa~Regio	5:51.64	200900454	5:34.06 +0,75
	50m: 36.40	36.40 150m: 2:02.00	43.27	250m: 3:27.90	42.44
	100m: 1:18.73	42.33 200m: 2:46.46	43.46	300m: 4:10.68	42.78
30.	Do De Cat	KAZS	5:29.45	KAZS/21134/10	5:41.55 +0,83
	50m: 37.17	37.17 150m: 2:02.98	43.23	250m: 3:30.99	44.05
	100m: 1:19.75	42.58 200m: 2:46.94	43.96	300m: 4:15.42	44.43
31.	Lara Müller	Arethusa	5:44.69	200903610	5:44.35 +0,80
	50m: 34.77	34.77 150m: 1:59.74	44.21	250m: 3:30.40	45.63
	100m: 1:15.53	40.76 200m: 2:44.77	45.03	300m: 4:16.67	46.27
32.	Tatiana Vanova	CNSW	5:40.54	CNSW/011642/10	5:44.75 +0,72
	50m: 39.78	39.78 150m: 2:05.14	43.36	250m: 3:32.38	43.91
	100m: 1:21.78	42.00 200m: 2:48.47	43.33	300m: 4:16.55	44.17
33.	Lieze Anseeuw	MEGA	6:07.36	MEGA/21343/10	5:47.78
	50m: 38.71	38.71 150m: 2:06.39	44.24	250m: 3:36.52	44.55
	100m: 1:22.15	43.44 200m: 2:51.97	45.58	300m: 4:21.63	45.11
34.	Maria Kotsubailo	ZV De Aalscholver	5:45.46	201001722	5:56.24 +0,86
	50m: 36.70	36.70 150m: 2:06.26	46.02	250m: 3:40.59	47.53
	100m: 1:20.24	43.54 200m: 2:53.06	46.80	300m: 4:27.52	46.93
35.	Djamila Theunissen	Mosa~Regio	6:13.82	201000054	5:56.76 +0,74
	50m: 37.54	37.54 150m: 2:06.02	45.31	250m: 3:40.07	47.04
	100m: 1:20.71	43.17 200m: 2:53.03	47.01	300m: 4:26.24	46.17
36.	Mit Wouters	Zwemclub Geel	6:25.07	ZGEEL/21163/10	6:08.20 +0,57
	50m: 40.60	40.60 150m: 2:12.89	46.89	250m: 3:48.25	47.28
	100m: 1:26.00	45.40 200m: 3:00.97	48.08	300m: 4:36.27	48.02
37.	Kaelyn Schouten	Z&PV Nuenen	6:26.23	200903322	6:09.54 +0,86
	50m: 41.36	41.36 150m: 2:15.77	48.31	250m: 3:51.14	48.17
	100m: 1:27.46	46.10 200m: 3:02.97	47.20	300m: 4:37.49	46.35

Jeugd 1 en 2

1.	Julie van Nispen	Z&PV Nuenen	4:39.91	200800290	4:32.53 +0,77
	50m: 30.84	30.84 150m: 1:40.39	35.22	250m: 2:50.02	34.95
	100m: 1:05.17	34.33 200m: 2:15.07	34.68	300m: 3:24.96	34.94
2.	Tine Vinck	MEGA	4:35.61	MEGA/41315/08	4:32.71 +0,57
	50m: 31.55	31.55 150m: 1:40.30	34.44	250m: 2:50.34	34.61
	100m: 1:05.86	34.31 200m: 2:15.73	35.43	300m: 3:25.41	35.07
3.	Maaïke Ooms	ZPC Amersfoort	4:38.65	200801580	4:35.06 +0,80
	50m: 31.39	31.39 150m: 1:41.03	35.20	250m: 2:52.04	35.63
	100m: 1:05.83	34.44 200m: 2:16.41	35.38	300m: 3:26.96	34.92
4.	Elina D'Hooghe	MEGA	4:40.25	MEGA/21338/08	4:37.59 +0,76
	50m: 31.87	31.87 150m: 1:41.97	34.88	250m: 2:52.99	35.63
	100m: 1:07.09	35.22 200m: 2:17.36	35.39	300m: 3:28.50	35.51
5.	Dagmar Vranken	Zwemclub Nijlen	4:47.56	ZN/21051/08	4:46.19 +0,65
	50m: 31.54	31.54 150m: 1:44.28	36.73	250m: 2:58.30	36.96
	100m: 1:07.55	36.01 200m: 2:21.34	37.06	300m: 3:35.22	36.92
6.	Ioana Vasilescu	CNSW	4:47.60	CNSW/008183/07	4:47.16 +0,82
	50m: 32.93	32.93 150m: 1:45.59	36.59	250m: 2:58.53	35.93
	100m: 1:09.00	36.07 200m: 2:22.60	37.01	300m: 3:35.36	36.83
7.	Veerle Hildebrand	PSV	4:44.37	200801830	4:49.61 +0,75
	50m: 32.75	32.75 150m: 1:45.35	36.61	250m: 2:59.42	37.01
	100m: 1:08.74	35.99 200m: 2:22.41	37.06	300m: 3:37.02	37.60
8.	Norah Dillen	Zwemclub Geel	4:47.75	ZGEEL/21099/08	4:53.98 +0,70
	50m: 32.30	32.30 150m: 1:46.75	37.72	250m: 3:02.26	37.50
	100m: 1:09.03	36.73 200m: 2:24.76	38.01	300m: 3:40.38	38.12
9.	Olivia Heijl	MEGA	5:01.76	MEGA/21227/07	4:55.93 +0,75
	50m: 32.64	32.64 150m: 1:46.43	36.95	250m: 3:02.13	38.01
	100m: 1:09.48	36.84 200m: 2:24.12	37.69	300m: 3:40.33	38.20
10.	Emma Ketelaars	Hellas-Glana	5:17.42	200800354	4:58.24 +0,75
	50m: 32.33	32.33 150m: 1:47.57	38.01	250m: 3:04.52	38.63
	100m: 1:09.56	37.23 200m: 2:25.89	38.32	300m: 3:43.46	38.94
11.	Liese Van Laecke	MEGA	4:52.43	MEGA/21243/08	4:59.37 +0,75
	50m: 33.18	33.18 150m: 1:47.17	37.02	250m: 3:03.42	38.07
	100m: 1:10.15	36.97 200m: 2:25.35	38.18	300m: 3:42.05	38.63

Programmanr. 9, Meisjes, 400m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT
12.	Benthe Martens	ZPC Amersfoort	4:58.09	200700310	5:03.17 +0,72
	50m: 34.15	34.15 150m: 1:50.94	38.72	250m: 3:08.60	38.58
	100m: 1:12.22	38.07 200m: 2:30.02	39.08	300m: 3:47.64	39.04
				350m: 4:25.60	37.96
				400m: 5:03.17	37.57
13.	Sara Martelé	MEGA	5:14.18	MEGA/21150/07	5:03.64 +0,66
	50m: 32.87	32.87 150m: 1:49.91	39.03	250m: 3:07.46	38.58
	100m: 1:10.88	38.01 200m: 2:28.88	38.97	300m: 3:46.78	39.32
				350m: 4:25.94	39.16
				400m: 5:03.64	37.70
14.	Lisa Loontjens	MEGA	5:15.32	MEGA/21426/07	5:12.33 +0,73
	50m: 34.21	34.21 150m: 1:50.73	38.59	250m: 3:10.95	40.61
	100m: 1:12.14	37.93 200m: 2:30.34	39.61	300m: 3:52.16	41.21
				350m: 4:32.79	40.63
				400m: 5:12.33	39.54
15.	Laia Perez Zubrzycka	CNSW	4:51.30	CNSW/012925/08	5:12.84 +0,79
	50m: 35.43	35.43 150m: 1:54.75	39.72	250m: 3:13.91	39.82
	100m: 1:15.03	39.60 200m: 2:34.09	39.34	300m: 3:54.64	40.73
				350m: 4:34.56	39.92
				400m: 5:12.84	38.28
16.	Blue Janssens	Zwemclub Nijlen	NT	ZN/21055/07	5:14.75 +0,80
	50m: 33.43	33.43 150m: 1:54.16	40.71	250m: 3:14.60	40.27
	100m: 1:13.45	40.02 200m: 2:34.33	40.17	300m: 3:55.50	40.90
				350m: 4:35.86	40.36
				400m: 5:14.75	38.89
17.	Manaudou Verhaar	AquaDream	5:06.35	200801376	5:16.07 +0,66
	50m: 34.06	34.06 150m: 1:52.91	40.25	250m: 3:15.07	41.16
	100m: 1:12.66	38.60 200m: 2:33.91	41.00	300m: 3:56.70	41.63
				350m: 4:37.42	40.72
				400m: 5:16.07	38.65
18.	Mila Hermans	Dzt'62	5:19.62	200801006	5:33.71 +0,70
	50m: 37.03	37.03 150m: 2:01.06	42.73	250m: 3:27.68	43.16
	100m: 1:18.33	41.30 200m: 2:44.52	43.46	300m: 4:11.35	43.67
				350m: 4:54.01	42.66
				400m: 5:33.71	39.70
19.	Ines Keijzers	Z&PV Nuenen	5:39.25	200704296	5:38.61 +0,63
	50m: 36.12	36.12 150m: 2:00.89	42.99	250m: 3:28.71	43.91
	100m: 1:17.90	41.78 200m: 2:44.80	43.91	300m: 4:12.77	44.06
				350m: 4:56.89	44.12
				400m: 5:38.61	41.72
20.	Carice Forschelen	MNC Dordrecht	5:14.79	200804338	5:39.49 +0,65
	50m: 37.57	37.57 150m: 2:02.90	43.36	250m: 3:32.07	44.29
	100m: 1:19.54	41.97 200m: 2:47.78	44.88	300m: 4:17.05	44.98
				350m: 5:00.02	42.97
				400m: 5:39.49	39.47
21.	Elise Vereycken	KAZS	6:03.94	KAZS/21175/08	5:53.19 +0,76
	50m: 37.39	37.39 150m: 2:06.45	45.37	250m: 3:40.53	47.05
	100m: 1:21.08	43.69 200m: 2:53.48	47.03	300m: 4:28.36	47.83
				350m: 5:13.53	45.17
				400m: 5:53.19	39.66
22.	Elaine Geeven	Arethusa	5:36.60	200801972	6:11.62 +0,97
	50m: 38.86	38.86 150m: 2:11.86	47.81	250m: 3:50.04	49.49
	100m: 1:24.05	45.19 200m: 3:00.55	48.69	300m: 4:37.84	47.80
				350m: 5:25.94	48.10
				400m: 6:11.62	45.68