

Programmanr. 9  
15-3-2025

Meisjes, 400m vrije slag

12 - 17 jaar  
Resultaten

Arena I.T.T. Record 16 - 17	4:25.66	Fleur Verdonck	BEL	Eindhoven	2022
Arena I.T.T. Record 14 - 15	4:36.89	Bregje Dekkers	NED	Eindhoven	2024
Arena I.T.T. Record 12 - 13	4:48.66	Yill van Bezouw	NED	Eindhoven	2024

rang	naam	vereniging	intijd	tijd	RT			
12 - 13 jaar								
1.	Anna Lepoutre	PSV	4:50.69	201100534	4:48.76 +0,68			
	50m: 32.27	32.27	150m: 1:45.92	36.66	250m: 2:59.80	36.23	350m: 4:13.24	36.39
	100m: 1:09.26	36.99	200m: 2:23.57	37.65	300m: 3:36.85	37.05	400m: 4:48.76	35.52
2.	Ylène Zondervan	ZPC Amersfoort	4:55.75	201200016	4:51.37 +0,79			
	50m: 32.80	32.80	150m: 1:45.92	37.05	250m: 3:00.31	37.64	350m: 4:15.24	37.23
	100m: 1:08.87	36.07	200m: 2:22.67	36.75	300m: 3:38.01	37.70	400m: 4:51.37	36.13
3.	Juna Vandermarliere	Ieper Swimming	4:56.30	ISWIM/21090/11	4:57.70 +0,63			
	50m: 32.85	32.85	150m: 1:48.81	38.62	250m: 3:04.67	37.87	350m: 4:21.77	39.09
	100m: 1:10.19	37.34	200m: 2:26.80	37.99	300m: 3:42.68	38.01	400m: 4:57.70	35.93
4.	Brechtje Sloopweg	ZPC Amersfoort	4:51.51	201101744	4:58.47 +0,79			
	50m: 33.05	33.05	150m: 1:47.99	37.94	250m: 3:05.05	38.59	350m: 4:21.11	37.62
	100m: 1:10.05	37.00	200m: 2:26.46	38.47	300m: 3:43.49	38.44	400m: 4:58.47	37.36
5.	Pien Walstra	De Treffers	5:18.15	201101034	4:58.66 +0,74			
	50m: 33.63	33.63	150m: 1:49.21	38.41	250m: 3:07.19	38.33	350m: 4:24.30	38.17
	100m: 1:10.80	37.17	200m: 2:28.86	39.65	300m: 3:46.13	38.94	400m: 4:58.66	34.36
6.	Niene Verluyten	TSZ	4:54.79	TSZ/41093/12	4:59.83 +0,81			
	50m: 33.53	33.53	150m: 1:46.54	35.88	250m: 3:03.36	38.96	350m: 4:21.65	38.88
	100m: 1:10.66	37.13	200m: 2:24.40	37.86	300m: 3:42.77	39.41	400m: 4:59.83	38.18
7.	Julie De Vreese	MEGA	5:03.10	MEGA/21418/12	5:01.59 +0,67			
	50m: 33.95	33.95	150m: 1:50.91	38.89	250m: 3:09.16	39.26	350m: 4:26.16	37.92
	100m: 1:12.02	38.07	200m: 2:29.90	38.99	300m: 3:48.24	39.08	400m: 5:01.59	35.43
8.	Maud Gaudaen	TSZ	5:06.18	TSZ/21070/11	5:04.06 +0,60			
	50m: 33.64	33.64	150m: 1:50.26	38.85	250m: 3:08.83	39.27	350m: 4:26.96	38.99
	100m: 1:11.41	37.77	200m: 2:29.56	39.30	300m: 3:47.97	39.14	400m: 5:04.06	37.10
9.	Julia Ketelaars	Hellas-Glana	5:04.35	201200028	5:09.21 +0,71			
	50m: 33.46	33.46	150m: 1:50.95	39.30	250m: 3:10.75	39.96	350m: 4:31.02	40.05
	100m: 1:11.65	38.19	200m: 2:30.79	39.84	300m: 3:50.97	40.22	400m: 5:09.21	38.19
10.	Aimée Caenepeel	Ieper Swimming	5:08.00	ISWIM/21111/11	5:09.59 +0,71			
	50m: 34.81	34.81	150m: 1:53.75	39.80	250m: 3:13.40	40.20	350m: 4:32.55	39.37
	100m: 1:13.95	39.14	200m: 2:33.20	39.45	300m: 3:53.18	39.78	400m: 5:09.59	37.04
11.	Noortje Bisperink	ZPC Amersfoort	5:09.14	201100486	5:10.35 +0,81			
	50m: 34.80	34.80	150m: 1:53.48	39.96	250m: 3:13.78	40.24	350m: 4:33.43	39.66
	100m: 1:13.52	38.72	200m: 2:33.54	40.06	300m: 3:53.77	39.99	400m: 5:10.35	36.92
12.	Fleur Buijs	Hieronymus	5:32.13	201100676	5:12.86 +0,75			
	50m: 34.67	34.67	150m: 1:53.99	40.34	250m: 3:14.57	40.24	350m: 4:35.28	39.96
	100m: 1:13.65	38.98	200m: 2:34.33	40.34	300m: 3:55.32	40.75	400m: 5:12.86	37.58
13.	Leonie Debrabandere	TSZ	5:15.93	TSZ/21071/12	5:13.84 +0,68			
	50m: 33.02	33.02	150m: 1:51.70	40.25	250m: 3:13.50	40.43	350m: 4:35.20	40.18
	100m: 1:11.45	38.43	200m: 2:33.07	41.37	300m: 3:55.02	41.52	400m: 5:13.84	38.64
14.	Brecht van Ravensteijn	Arethusa	5:29.45	201100738	5:14.00 +0,70			
	50m: 34.96	34.96	150m: 1:54.27	39.99	250m: 3:15.00	40.15	350m: 4:35.51	39.80
	100m: 1:14.28	39.32	200m: 2:34.85	40.58	300m: 3:55.71	40.71	400m: 5:14.00	38.49
15.	Isabella Ekberg	ZPC Amersfoort	5:49.29	201202206	5:14.68 +0,75			
	50m: 33.75	33.75	150m: 1:51.09	39.21	250m: 3:12.38	40.58	350m: 4:34.84	40.91
	100m: 1:11.88	38.13	200m: 2:31.80	40.71	300m: 3:53.93	41.55	400m: 5:14.68	39.84
16.	Zora Spriet	Hieronymus	5:32.01	201100532	5:15.27 +0,55			
	50m: 36.21	36.21	150m: 1:56.94	40.94	250m: 3:18.77	40.53	350m: 4:39.53	39.28
	100m: 1:16.00	39.79	200m: 2:38.24	41.30	300m: 4:00.25	41.48	400m: 5:15.27	35.74
17.	Leonie Maes	Peltse Zwemclub	5:12.36	PZC/21106/12	5:16.18 +0,83			
	50m: 35.01	35.01	150m: 1:55.16	40.78	250m: 3:17.00	41.02	350m: 4:38.12	40.43
	100m: 1:14.38	39.37	200m: 2:35.98	40.82	300m: 3:57.69	40.69	400m: 5:16.18	38.06
18.	Maja Strobbe	MEGA	5:17.34	MEGA/21394/11	5:16.73 +0,74			
	50m: 35.24	35.24	150m: 1:56.03	41.14	250m: 3:18.15	41.38	350m: 4:39.19	40.83
	100m: 1:14.89	39.65	200m: 2:36.77	40.74	300m: 3:58.36	40.21	400m: 5:16.73	37.54

Programmanr. 9, Meisjes, 400m vrije slag, 12 - 13 jaar

rang	naam	vereniging	intijd	tijd	RT	
19.	Fenne Hardeman	Hellas-Glana	5:32.80	201100244	<b>5:18.04</b> +0,80	
	50m: 37.67	37.67 150m: 1:58.70	40.39	250m: 3:19.88	40.43 350m: 4:40.17	39.42
	100m: 1:18.31	40.64 200m: 2:39.45	40.75	300m: 4:00.75	40.87 400m: 5:18.04	37.87
20.	Jana Nelissen	SGP-DR	5:24.66	201200350	<b>5:19.30</b> +0,72	
	50m: 33.86	33.86 150m: 1:55.56	41.25	250m: 3:20.02	42.72 350m: 4:41.34	40.53
	100m: 1:14.31	40.45 200m: 2:37.30	41.74	300m: 4:00.81	40.79 400m: 5:19.30	37.96
21.	Camille Blancquaert	MEGA	5:17.85	MEGA/21348/12	<b>5:20.67</b> +0,67	
	50m: 35.18	35.18 150m: 1:56.98	41.29	250m: 3:20.13	41.13 350m: 4:42.21	40.68
	100m: 1:15.69	40.51 200m: 2:39.00	42.02	300m: 4:01.53	41.40 400m: 5:20.67	38.46
22.	Louise Terwisscha	ZPC Amersfoort	5:14.71	201201240	<b>5:24.23</b> +0,80	
	50m: 35.86	35.86 150m: 1:57.06	40.82	250m: 3:19.46	41.53 350m: 4:43.47	42.11
	100m: 1:16.24	40.38 200m: 2:37.93	40.87	300m: 4:01.36	41.90 400m: 5:24.23	40.76
23.	Juliette Vanhaecke	MEGA	5:25.59	MEGA/21419/12	<b>5:25.78</b> +0,73	
	50m: 35.69	35.69 150m: 1:58.43	41.54	250m: 3:22.69	41.82 350m: 4:46.42	41.64
	100m: 1:16.89	41.20 200m: 2:40.87	42.44	300m: 4:04.78	42.09 400m: 5:25.78	39.36
24.	Valerie Rienties	Zwemsport Parkstad	5:27.33	201200400	<b>5:26.51</b> +0,52	
	50m: 35.82	35.82 150m: 1:57.12	41.83	250m: 3:21.78	42.67 350m: 4:46.04	41.97
	100m: 1:15.29	39.47 200m: 2:39.11	41.99	300m: 4:04.07	42.29 400m: 5:26.51	40.47
25.	Myrthe Bruinsma	ZPC Amersfoort	5:44.55	201101108	<b>5:26.86</b> +0,76	
	50m: 35.61	35.61 150m: 1:58.13	42.27	250m: 3:22.29	41.70 350m: 4:46.75	42.10
	100m: 1:15.86	40.25 200m: 2:40.59	42.46	300m: 4:04.65	42.36 400m: 5:26.86	40.11
26.	Charlotte Braeken	Zwemclub Geel	5:22.21	ZGEEL/21167/12	<b>5:27.16</b> +0,83	
	50m: 35.72	35.72 150m: 1:59.78	42.63	250m: 3:24.38	41.91 350m: 4:47.98	41.22
	100m: 1:17.15	41.43 200m: 2:42.47	42.69	300m: 4:06.76	42.38 400m: 5:27.16	39.18
27.	Febe Devlieghe	MEGA	5:28.82	MEGA/21411/11	<b>5:32.85</b> +0,70	
	50m: 37.40	37.40 150m: 2:01.31	42.58	250m: 3:26.51	42.47 350m: 4:52.45	42.36
	100m: 1:18.73	41.33 200m: 2:44.04	42.73	300m: 4:10.09	43.58 400m: 5:32.85	40.40
28.	Elise Claeys	MEGA	5:37.90	MEGA/21429/11	<b>5:35.78</b> +0,72	
	50m: 37.51	37.51 150m: 2:02.24	42.33	250m: 3:28.53	43.36 350m: 4:53.92	42.30
	100m: 1:19.91	42.40 200m: 2:45.17	42.93	300m: 4:11.62	43.09 400m: 5:35.78	41.86
29.	Yelena Cools	Zwemclub Geel	5:38.32	ZGEEL/21171/11	<b>5:39.01</b> +0,85	
	50m: 37.26	37.26 150m: 2:02.78	42.71	250m: 3:30.11	43.82 350m: 4:58.11	43.20
	100m: 1:20.07	42.81 200m: 2:46.29	43.51	300m: 4:14.91	44.80 400m: 5:39.01	40.90
30.	Amaya Nomine	PSV	5:29.72	201103872	<b>5:39.35</b> +0,77	
	50m: 37.35	37.35 150m: 2:03.29	43.65	250m: 3:29.94	43.50 350m: 4:57.28	43.56
	100m: 1:19.64	42.29 200m: 2:46.44	43.15	300m: 4:13.72	43.78 400m: 5:39.35	42.07
31.	Anna Mena Koité	ASV 06	6:55.29	444698	<b>5:54.64</b> +0,53	
	50m: 37.91	37.91 150m: 2:07.68	45.87	250m: 3:40.50	45.85 350m: 5:11.72	45.13
	100m: 1:21.81	43.90 200m: 2:54.65	46.97	300m: 4:26.59	46.09 400m: 5:54.64	42.92
32.	Chloë Beekman	HZPC	6:47.36	201100376	<b>6:05.98</b> +0,92	
	50m: 39.69	39.69 150m: 2:11.47	46.78	250m: 3:46.26	47.21 350m: 5:21.19	47.09
	100m: 1:24.69	45.00 200m: 2:59.05	47.58	300m: 4:34.10	47.84 400m: 6:05.98	44.79
33.	Djalisa Theunissen	HZPC	6:25.36	201102642	<b>6:18.06</b> +0,85	
	50m: 39.59	39.59 150m: 2:13.82	48.64	250m: 3:52.49	49.67 350m: 5:32.74	50.33
	100m: 1:25.18	45.59 200m: 3:02.82	49.00	300m: 4:42.41	49.92 400m: 6:18.06	45.32
34.	Nore Debeuf	Kempisch Swimming Team	6:06.12	KST/21079/11	<b>6:22.01</b> +0,99	
	50m: 39.23	39.23 150m: 2:12.89	47.63	250m: 3:51.91	49.55 350m: 5:33.79	51.44
	100m: 1:25.26	46.03 200m: 3:02.36	49.47	300m: 4:42.35	50.44 400m: 6:22.01	48.22
35.	Suus van de Berg	Arethusa	7:13.47	201101768	<b>6:48.45</b> +0,70	
	50m: 44.76	44.76 150m: 2:27.66	52.71	250m: 4:14.42	54.22 350m: 5:59.40	51.97
	100m: 1:34.95	50.19 200m: 3:20.20	52.54	300m: 5:07.43	53.01 400m: 6:48.45	49.05
AFGEM	Noa van Zalk	ZPC Amersfoort	4:53.64	201102534		

14 - 15 jaar

1.	Siri Vanderlinden	Vlaamse ZwemFed	4:18.59	VZF/20019/09	<b>4:21.23</b> +0,79	
	<i>Arena I.T.T. Record</i>					
	50m: 29.61	29.61 150m: 1:35.60	33.16	250m: 2:42.75	33.35 350m: 3:49.59	32.99
	100m: 1:02.44	32.83 200m: 2:09.40	33.80	300m: 3:16.60	33.85 400m: 4:21.23	31.64
2.	Luus Gielens	PSV	4:41.50	200900138	<b>4:39.50</b> +0,80	
	50m: 32.30	32.30 150m: 1:42.56	35.53	250m: 2:53.43	35.64 350m: 4:04.66	35.59
	100m: 1:07.03	34.73 200m: 2:17.79	35.23	300m: 3:29.07	35.64 400m: 4:39.50	34.84

Programmanr. 9, Meisjes, 400m vrije slag, 14 - 15 jaar

rang	naam	vereniging	intijd	tijd	RT
3.	Fenne Metten	ZPC Amersfoort	4:29.52	201000102	4:40.38 +0,79
	50m: 30.92	30.92 150m: 1:42.51	36.75 250m: 2:55.20	35.96	350m: 4:07.35 35.42
	100m: 1:05.76	34.84 200m: 2:19.24	36.73 300m: 3:31.93	36.73	400m: 4:40.38 33.03
4.	Barbora Pašková	PK Azeta	4:49.68	SVK17515	4:49.59 +0,75
	50m: 32.57	32.57 150m: 1:44.12	36.05 250m: 2:59.05	37.64	350m: 4:14.20 37.30
	100m: 1:08.07	35.50 200m: 2:21.41	37.29 300m: 3:36.90	37.85	400m: 4:49.59 35.39
5.	Kinley Cole	PSV	4:52.39	200903696	4:52.87 +0,69
	50m: 33.67	33.67 150m: 1:48.80	37.80 250m: 3:04.30	37.62	350m: 4:17.98 36.43
	100m: 1:11.00	37.33 200m: 2:26.68	37.88 300m: 3:41.55	37.25	400m: 4:52.87 34.89
6.	Chiara Lammertink	ZPC Amersfoort	4:52.80	200902200	4:52.98 +0,77
	50m: 31.81	31.81 150m: 1:43.59	36.84 250m: 2:59.78	38.19	350m: 4:16.88 38.77
	100m: 1:06.75	34.94 200m: 2:21.59	38.00 300m: 3:38.11	38.33	400m: 4:52.98 36.10
7.	Yanique Bax	ZPC Amersfoort	4:53.71	201001428	4:53.31 +0,72
	50m: 33.56	33.56 150m: 1:47.36	37.17 250m: 3:01.22	36.93	350m: 4:16.32 37.71
	100m: 1:10.19	36.63 200m: 2:24.29	36.93 300m: 3:38.61	37.39	400m: 4:53.31 36.99
8.	Hadewych Forschelen	MNC Dordrecht	5:05.77	200903572	5:01.79 +0,71
	50m: 33.95	33.95 150m: 1:49.98	38.64 250m: 3:08.32	39.07	350m: 4:25.65 38.42
	100m: 1:11.34	37.39 200m: 2:29.25	39.27 300m: 3:47.23	38.91	400m: 5:01.79 36.14
9.	Elise De Ruijter	MEGA	5:01.77	MEGA/21415/10	5:02.80 +0,68
	50m: 33.07	33.07 150m: 1:49.73	38.69 250m: 3:08.33	39.15	350m: 4:25.64 38.56
	100m: 1:11.04	37.97 200m: 2:29.18	39.45 300m: 3:47.08	38.75	400m: 5:02.80 37.16
10.	Evy Zipper	CNSW	5:07.52	CNSW/010567/09	5:03.72 +0,66
	50m: 34.92	34.92 150m: 1:52.35	39.18 250m: 3:09.98	38.88	350m: 4:27.43 38.19
	100m: 1:13.17	38.25 200m: 2:31.10	38.75 300m: 3:49.24	39.26	400m: 5:03.72 36.29
11.	Alaine Lomans	Hellas-Glana	5:09.08	201000420	5:04.88 +0,72
	50m: 33.74	33.74 150m: 1:50.81	39.15 250m: 3:08.42	38.73	350m: 4:27.45 39.48
	100m: 1:11.66	37.92 200m: 2:29.69	38.88 300m: 3:47.97	39.55	400m: 5:04.88 37.43
12.	Nell Schelfaut	TSZ	5:03.01	TSZ/21056/10	5:05.45 +0,70
	50m: 34.22	34.22 150m: 1:51.81	38.99 250m: 3:10.55	39.30	350m: 4:27.92 38.26
	100m: 1:12.82	38.60 200m: 2:31.25	39.44 300m: 3:49.66	39.11	400m: 5:05.45 37.53
13.	Milly Van Herpe	MEGA	5:27.87	MEGA/21399/10	5:06.20 +0,72
	50m: 34.35	34.35 150m: 1:52.15	39.23 250m: 3:11.37	39.58	350m: 4:29.72 38.32
	100m: 1:12.92	38.57 200m: 2:31.79	39.64 300m: 3:51.40	40.03	400m: 5:06.20 36.48
14.	Lian Vonk	ZPC Amersfoort	5:02.44	201001606	5:06.52 +0,71
	50m: 33.40	33.40 150m: 1:49.95	38.89 250m: 3:10.06	40.63	350m: 4:29.40 39.14
	100m: 1:11.06	37.66 200m: 2:29.43	39.48 300m: 3:50.26	40.20	400m: 5:06.52 37.12
15.	Helene Maes	Peltse Zwemclub	5:10.61	PZC/21074/10	5:09.01 +0,80
	50m: 34.17	34.17 150m: 1:51.06	38.99 250m: 3:11.31	40.07	350m: 4:31.41 39.57
	100m: 1:12.07	37.90 200m: 2:31.24	40.18 300m: 3:51.84	40.53	400m: 5:09.01 37.60
16.	Isus Verdysseeldonk	PSV	5:11.92	201002878	5:10.26
	50m: 35.09	35.09 150m: 1:53.80	39.49 250m: 3:13.45	39.62	350m: 4:33.40 39.75
	100m: 1:14.31	39.22 200m: 2:33.83	40.03 300m: 3:53.65	40.20	400m: 5:10.26 36.86
17.	Stine Baeke	MEGA	5:25.96	MEGA/21332/09	5:11.26 +0,77
	50m: 35.77	35.77 150m: 1:53.84	39.63 250m: 3:13.38	39.84	350m: 4:32.88 39.42
	100m: 1:14.21	38.44 200m: 2:33.54	39.70 300m: 3:53.46	40.08	400m: 5:11.26 38.38
18.	Sterre Dietvorst	ZPC Amersfoort	4:55.59	200900726	5:11.58 +0,90
	50m: 33.03	33.03 150m: 1:50.52	39.69 250m: 3:10.55	39.90	350m: 4:31.58 40.30
	100m: 1:10.83	37.80 200m: 2:30.65	40.13 300m: 3:51.28	40.73	400m: 5:11.58 40.00
19.	Lore Martelé	MEGA	5:07.86	MEGA/21280/09	5:15.14 +0,72
	50m: 34.52	34.52 150m: 1:55.26	41.08 250m: 3:16.22	40.44	350m: 4:37.40 40.39
	100m: 1:14.18	39.66 200m: 2:35.78	40.52 300m: 3:57.01	40.79	400m: 5:15.14 37.74
20.	Julie Simonis	Hellas-Glana	5:17.48	201000144	5:15.16 +0,79
	50m: 34.06	34.06 150m: 1:52.55	39.99 250m: 3:14.31	41.23	350m: 4:36.91 41.44
	100m: 1:12.56	38.50 200m: 2:33.08	40.53 300m: 3:55.47	41.16	400m: 5:15.16 38.25
21.	Yfke Wijnalda	ZPC Amersfoort	5:25.40	201002618	5:16.22 +0,77
	50m: 34.73	34.73 150m: 1:53.90	39.98 250m: 3:15.80	40.76	350m: 4:36.92 40.01
	100m: 1:13.92	39.19 200m: 2:35.04	41.14 300m: 3:56.91	41.11	400m: 5:16.22 39.30
22.	Ilse Stout	ACZ	5:15.37	201001704	5:18.89 +0,72
	50m: 35.47	35.47 150m: 1:55.16	40.48 250m: 3:16.87	41.02	350m: 4:39.07 41.02
	100m: 1:14.68	39.21 200m: 2:35.85	40.69 300m: 3:58.05	41.18	400m: 5:18.89 39.82
23.	Elodie Waelput	TSZ	4:58.33	TSZ/21075/10	5:19.22 +0,74
	50m: 34.44	34.44 150m: 1:51.63	39.27 250m: 3:13.56	41.60	350m: 4:37.63 42.29
	100m: 1:12.36	37.92 200m: 2:31.96	40.33 300m: 3:55.34	41.78	400m: 5:19.22 41.59

Programmanr. 9, Meisjes, 400m vrije slag, 14 - 15 jaar

rang	naam	vereniging	intijd	tijd	RT
24.	Hanna Advokaat	PSV	5:18.35	200901502	5:21.53 +0,86
	50m: 35.92	35.92 150m: 1:56.09	40.39	250m: 3:17.98	41.01
	100m: 1:15.70	39.78 200m: 2:36.97	40.88	300m: 3:59.83	41.85
				350m: 4:41.34	41.51
				400m: 5:21.53	40.19
25.	Fien Campforts	Kempisch Swimming Team	5:20.22	KST/21069/09	5:24.87 +0,84
	50m: 35.48	35.48 150m: 1:56.55	41.36	250m: 3:21.13	42.55
	100m: 1:15.19	39.71 200m: 2:38.58	42.03	300m: 4:03.96	42.83
				350m: 4:46.12	42.16
				400m: 5:24.87	38.75
26.	Elisabeth Dury	CNSW	5:23.52	CNSW/012928/10	5:42.39 +0,70
	50m: 35.21	35.21 150m: 1:58.84	42.59	250m: 3:26.24	43.80
	100m: 1:16.25	41.04 200m: 2:42.44	43.60	300m: 4:11.91	45.67
				350m: 4:57.13	45.22
				400m: 5:42.39	45.26
27.	Do De Cat	KAZS	5:22.94	KAZS/21134/10	5:42.84 +0,82
	50m: 37.78	37.78 150m: 2:04.45	43.48	250m: 3:32.63	44.41
	100m: 1:20.97	43.19 200m: 2:48.22	43.77	300m: 4:17.34	44.71
				350m: 5:00.61	43.27
				400m: 5:42.84	42.23
28.	Lea Topaloski	ASV 06	5:33.22	435279	5:51.86 +0,70
	50m: 37.36	37.36 150m: 2:07.00	45.25	250m: 3:38.70	46.29
	100m: 1:21.75	44.39 200m: 2:52.41	45.41	300m: 4:24.93	46.23
				350m: 5:09.87	44.94
				400m: 5:51.86	41.99
29.	Fleur Braam	Zwemsport Parkstad	6:17.97	201002000	6:00.79 +0,79
	50m: 39.40	39.40 150m: 2:09.04	45.62	250m: 3:42.31	46.93
	100m: 1:23.42	44.02 200m: 2:55.38	46.34	300m: 4:29.59	47.28
				350m: 5:16.35	46.76
				400m: 6:00.79	44.44
30.	Mit Wouters	Zwemclub Geel	6:08.20	ZGEEL/21163/10	6:32.20 +0,79
	50m: 43.38	43.38 150m: 2:24.07	50.44	250m: 4:05.66	51.18
	100m: 1:33.63	50.25 200m: 3:14.48	50.41	300m: 4:55.83	50.17
				350m: 5:45.72	49.89
				400m: 6:32.20	46.48
AFGEM	Fenna Greijn	ZPC De Rog Weert	5:38.13	200900654	

16 - 17 jaar

1.	Nynke Boerefijn <i>Arena I.T.T. Record</i>	ZPC Amersfoort	4:27.61	200700114	4:25.48 +0,85
	50m: 30.31	30.31 150m: 1:38.04	34.67	250m: 2:45.72	33.63
	100m: 1:03.37	33.06 200m: 2:12.09	34.05	300m: 3:19.10	33.38
				350m: 3:52.61	33.51
				400m: 4:25.48	32.87
2.	Sam De Bont	Vlaamse ZwemFed	5:04.27	VZF/20001/08	4:30.59 +0,76
	50m: 30.88	30.88 150m: 1:39.52	34.84	250m: 2:49.38	35.11
	100m: 1:04.68	33.80 200m: 2:14.27	34.75	300m: 3:24.10	34.72
				350m: 3:57.74	33.64
				400m: 4:30.59	32.85
3.	Julie van Nispen	Z&PV Nuenen	4:27.91	200800290	4:33.87 +0,74
	50m: 30.27	30.27 150m: 1:38.92	34.89	250m: 2:49.87	35.32
	100m: 1:04.03	33.76 200m: 2:14.55	35.63	300m: 3:25.00	35.13
				350m: 4:00.49	35.49
				400m: 4:33.87	33.38
4.	Tine Vinck	MEGA	4:31.89	MEGA/41315/08	4:39.45 +0,69
	50m: 31.52	31.52 150m: 1:42.35	35.97	250m: 2:53.98	35.83
	100m: 1:06.38	34.86 200m: 2:18.15	35.80	300m: 3:29.84	35.86
				350m: 4:05.03	35.19
				400m: 4:39.45	34.42
5.	Elina D'Hooghe	MEGA	4:34.86	MEGA/21338/08	4:39.72 +0,74
	50m: 32.37	32.37 150m: 1:43.31	35.78	250m: 2:55.26	36.11
	100m: 1:07.53	35.16 200m: 2:19.15	35.84	300m: 3:31.14	35.88
				350m: 4:06.39	35.25
				400m: 4:39.72	33.33
6.	Ioana Vasilescu	CNSW	4:46.75	CNSW/008183/07	4:52.51 +0,79
	50m: 32.58	32.58 150m: 1:45.64	36.64	250m: 2:59.77	36.66
	100m: 1:09.00	36.42 200m: 2:23.11	37.47	300m: 3:37.75	37.98
				350m: 4:15.47	37.72
				400m: 4:52.51	37.04
7.	Sien Dries	Zwemclub Geel	4:41.91	ZGEEL/21072/07	4:57.80 +0,76
	50m: 33.56	33.56 150m: 1:48.96	37.83	250m: 3:04.46	37.60
	100m: 1:11.13	37.57 200m: 2:26.86	37.90	300m: 3:42.73	38.27
				350m: 4:20.42	37.69
				400m: 4:57.80	37.38
8.	Charlotte Colinet	CNSW	5:01.89	CNSW/012927/07	4:58.37 +0,78
	50m: 33.48	33.48 150m: 1:47.53	37.42	250m: 3:04.54	38.71
	100m: 1:10.11	36.63 200m: 2:25.83	38.30	300m: 3:42.70	38.16
				350m: 4:21.38	38.68
				400m: 4:58.37	36.99
9.	Aiko Deldicque	ZORO Zwemteam	5:05.19	ZORO/21098/08	5:00.74 +0,53
	50m: 34.06	34.06 150m: 1:51.42	39.26	250m: 3:08.49	38.43
	100m: 1:12.16	38.10 200m: 2:30.06	38.84	300m: 3:46.77	38.28
				350m: 4:24.81	38.04
				400m: 5:00.74	35.93
10.	Hannah Thijs	Peltse Zwemclub	5:05.98	PZC/21043/08	5:06.77 +0,75
	50m: 35.07	35.07 150m: 1:51.47	38.88	250m: 3:09.67	39.17
	100m: 1:12.59	37.52 200m: 2:30.50	39.03	300m: 3:49.47	39.80
				350m: 4:28.80	39.33
				400m: 5:06.77	37.97
11.	Norah Dillen	Zwemclub Geel	4:47.75	ZGEEL/21099/08	5:13.29 +0,80
	50m: 34.36	34.36 150m: 1:53.30	39.91	250m: 3:14.23	40.13
	100m: 1:13.39	39.03 200m: 2:34.10	40.80	300m: 3:54.57	40.34
				350m: 4:34.22	39.65
				400m: 5:13.29	39.07
12.	Juul Schellekens	PSV	5:05.19	200701392	5:17.84 +0,69
	50m: 34.95	34.95 150m: 1:54.91	40.69	250m: 3:15.74	40.96
	100m: 1:14.22	39.27 200m: 2:34.78	39.87	300m: 3:57.35	41.61
				350m: 4:38.89	41.54
				400m: 5:17.84	38.95

Programmanr. 9, Meisjes, 400m vrije slag, 16 - 17 jaar

rang	naam	vereniging	intijd	200804338	tijd	RT
13.	Carice Forschelen	MNC Dordrecht	5:38.77	200804338	<b>5:20.76</b>	+0,68
	50m: 36.35	36.35	150m: 1:57.67	41.71	250m: 3:20.66	41.00
	100m: 1:15.96	39.61	200m: 2:39.66	41.99	300m: 4:01.12	40.46
					350m: 4:42.00	40.88
					400m: 5:20.76	38.76
14.	Anne Madelief van Buren	PSV	5:16.13	200803856	<b>5:23.50</b>	+0,67
	50m: 35.01	35.01	150m: 1:55.95	41.25	250m: 3:20.76	43.10
	100m: 1:14.70	39.69	200m: 2:37.66	41.71	300m: 4:02.34	41.58
					350m: 4:44.04	41.70
					400m: 5:23.50	39.46
15.	Lilou Rondags	Waterloo Natation	5:46.46	WN/011220/08	<b>5:44.23</b>	+0,63
	50m: 37.15	37.15	150m: 2:04.41	43.98	250m: 3:32.65	43.12
	100m: 1:20.43	43.28	200m: 2:49.53	45.12	300m: 4:17.46	44.81
					350m: 5:01.52	44.06
					400m: 5:44.23	42.71
16.	Britt van der Ham	WZV	5:37.55	200801320	<b>5:49.15</b>	+0,78
	50m: 36.81	36.81	150m: 2:02.52	43.75	250m: 3:32.61	45.50
	100m: 1:18.77	41.96	200m: 2:47.11	44.59	300m: 4:19.36	46.75
					350m: 5:06.15	46.79
					400m: 5:49.15	43.00
AFGEM	Eleni Olimpiou	PSV	4:56.10	200804924		