

Programmanr. 9
21-3-2026 - 10:45

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.	Julie De Vreese	MEGA	4:56.04	MEGA/21418/12	4:52.39 +0,73			
	50m: 33.20	33.20	150m: 1:48.29	38.18	250m: 3:03.45	37.64	350m: 4:17.67	36.52
	100m: 1:10.11	36.91	200m: 2:25.81	37.52	300m: 3:41.15	37.70	400m: 4:52.39	34.72
2.	Aleksandra Wolnik	St. Olimpijczyk Brzesko	5:08.31		5:02.35			
	50m: 34.88	34.88	150m: 1:51.51	38.49	250m: 3:08.71	38.23	350m: 4:25.80	38.18
	100m: 1:13.02	38.14	200m: 2:30.48	38.97	300m: 3:47.62	38.91	400m: 5:02.35	36.55
3.	Benthe de Beer	PSV	5:07.12	201302638	5:04.85 +0,68			
	50m: 34.36	34.36	150m: 1:51.29	38.57	250m: 3:08.80	38.98	350m: 4:26.80	38.62
	100m: 1:12.72	38.36	200m: 2:29.82	38.53	300m: 3:48.18	39.38	400m: 5:04.85	38.05
4.	Louise Terwisscha	ZPC AMERSFOORT	5:07.77	201201240	5:05.14 +0,73			
	50m: 34.39	34.39	150m: 1:51.12	38.57	250m: 3:08.97	38.87	350m: 4:27.36	39.14
	100m: 1:12.55	38.16	200m: 2:30.10	38.98	300m: 3:48.22	39.25	400m: 5:05.14	37.78
5.	Valerie Rienties	Zwemsport Parkstad	5:13.64	201200400	5:06.18 +0,67			
	50m: 32.66	32.66	150m: 1:49.02	39.10	250m: 3:08.78	40.08	350m: 4:28.14	38.81
	100m: 1:09.92	37.26	200m: 2:28.70	39.68	300m: 3:49.33	40.55	400m: 5:06.18	38.04
6.	Lucia Tavernier	MEGA	5:05.21	MEGA/21402/13	5:06.24 +0,70			
	50m: 33.84	33.84	150m: 1:50.65	39.13	250m: 3:09.47	39.89	350m: 4:29.19	39.41
	100m: 1:11.52	37.68	200m: 2:29.58	38.93	300m: 3:49.78	40.31	400m: 5:06.24	37.05
7.	Ylène Zondervan	ZPC AMERSFOORT	4:38.88	201200016	5:11.59 +0,68			
	50m: 34.28	34.28	150m: 1:51.29	39.12	250m: 3:11.08	40.15	350m: 4:31.96	40.63
	100m: 1:12.17	37.89	200m: 2:30.93	39.64	300m: 3:51.33	40.25	400m: 5:11.59	39.63
8.	Elle Vansina	KAZS	5:20.96	KAZS/21147/12	5:11.78 +0,74			
	50m: 34.85	34.85	150m: 1:53.26	39.66	250m: 3:13.62	40.67	350m: 4:33.41	39.76
	100m: 1:13.60	38.75	200m: 2:32.95	39.69	300m: 3:53.65	40.03	400m: 5:11.78	38.37
9.	Julia Ketelaars	PSV	5:00.69	201200028	5:14.36 +0,78			
	50m: 34.36	34.36	150m: 1:50.90	38.71	250m: 3:11.61	40.20	350m: 4:33.72	41.00
	100m: 1:12.19	37.83	200m: 2:31.41	40.51	300m: 3:52.72	41.11	400m: 5:14.36	40.64
10.	Eveline van den Enden	Hellas-Glana	5:48.65	201300914	5:14.99 +0,74			
	50m: 35.05	35.05	150m: 1:55.35	41.39	250m: 3:16.66	41.17	350m: 4:36.42	38.33
	100m: 1:13.96	38.91	200m: 2:35.49	40.14	300m: 3:58.09	41.43	400m: 5:14.99	38.57
11.	Rosalie Devue	KAZS	5:19.51	KAZS/21141/13	5:15.55 +0,71			
	50m: 34.34	34.34	150m: 1:53.32	40.01	250m: 3:14.12	40.72	350m: 4:35.72	40.28
	100m: 1:13.31	38.97	200m: 2:33.40	40.08	300m: 3:55.44	41.32	400m: 5:15.55	39.83
12.	Nehir Ozer	CNSW	5:37.03	CNSW/013485/13	5:24.21 +0,86			
	50m: 36.25	36.25	150m: 1:56.97	40.75	250m: 3:20.82	41.89	350m: 4:44.59	41.32
	100m: 1:16.22	39.97	200m: 2:38.93	41.96	300m: 4:03.27	42.45	400m: 5:24.21	39.62
13.	Dominique Forschelen	MNC Dordrecht	5:15.63	201300602	5:24.34			
	50m: 37.65	37.65	150m: 2:00.97	42.11	250m: 3:24.71	41.65	350m: 4:46.85	40.65
	100m: 1:18.86	41.21	200m: 2:43.06	42.09	300m: 4:06.20	41.49	400m: 5:24.34	37.49
14.	Tesse van de Wetering	Arethusa	5:24.36	201200780	5:27.80 +0,71			
	50m: 35.71	35.71	150m: 2:00.61	43.26	250m: 3:25.85	42.32	350m: 4:50.90	42.31
	100m: 1:17.35	41.64	200m: 2:43.53	42.92	300m: 4:08.59	42.74	400m: 5:27.80	36.90
15.	Annika Dzene	CNSW	5:16.51	CNSW/013210/12	5:28.76 +0,68			
	50m: 37.41	37.41	150m: 1:59.82	41.72	250m: 3:25.27	42.56	350m: 4:49.10	41.71
	100m: 1:18.10	40.69	200m: 2:42.71	42.89	300m: 4:07.39	42.12	400m: 5:28.76	39.66
16.	Lina Meurrens	KAZS	5:38.16	KAZS/21154/12	5:29.29 +0,72			
	50m: 37.24	37.24	150m: 2:00.90	42.11	250m: 3:26.90	43.41	350m: 4:50.59	41.32
	100m: 1:18.79	41.55	200m: 2:43.49	42.59	300m: 4:09.27	42.37	400m: 5:29.29	38.70
17.	Indy Verbist	De Marlijn (SG)	5:24.61	201200286	5:31.07 +0,61			
	50m: 35.88	35.88	150m: 1:59.49	42.71	250m: 3:25.50	43.13	350m: 4:51.58	42.53
	100m: 1:16.78	40.90	200m: 2:42.37	42.88	300m: 4:09.05	43.55	400m: 5:31.07	39.49
18.	Jana Nelissen	PSV	5:15.15	201200350	5:31.25 +0,67			
	50m: 34.17	34.17	150m: 1:51.85	39.60	250m: 3:11.29	39.31	350m: 4:46.51	56.18
	100m: 1:12.25	38.08	200m: 2:31.98	40.13	300m: 3:50.33	39.04	400m: 5:31.25	44.74

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

rang	naam	vereniging	intijd	tijd	RT
19.	Jaylin Roks	Hieronymus	5:16.54	201300620	5:34.05 +0,73
	50m: 36.04	36.04 150m: 1:59.96	42.79	250m: 3:27.08	43.81
	100m: 1:17.17	41.13 200m: 2:43.27	43.31	300m: 4:10.55	43.47
				350m: 4:52.93	42.38
				400m: 5:34.05	41.12
20.	Noor van der Ploeg	Hieronymus	5:45.65	201201694	5:35.95 +1,01
	50m: 34.43	34.43 150m: 1:57.75	42.57	250m: 3:24.37	43.21
	100m: 1:15.18	40.75 200m: 2:41.16	43.41	300m: 4:09.24	44.87
				350m: 4:52.85	43.61
				400m: 5:35.95	43.10
21.	Mira Kaim	ZPC AMERSFOORT	7:30.00	201301078	5:39.74 +0,75
	50m: 37.07	37.07 150m: 2:03.10	43.62	250m: 3:30.49	43.38
	100m: 1:19.48	42.41 200m: 2:47.11	44.01	300m: 4:14.85	44.36
				350m: 4:57.23	42.38
				400m: 5:39.74	42.51
22.	Sien Lembrechts	KAZS	5:54.94	KAZS/21176/13	5:42.73 +0,57
	50m: 36.58	36.58 150m: 2:02.16	43.91	250m: 3:31.49	44.37
	100m: 1:18.25	41.67 200m: 2:47.12	44.96	300m: 4:15.30	43.81
				350m: 5:00.03	44.73
				400m: 5:42.73	42.70
23.	Emma Juliette Jansen	ZPC AMERSFOORT	5:38.44	201200158	5:43.30 +0,58
	50m: 36.86	36.86 150m: 2:01.91	43.34	250m: 3:31.21	44.65
	100m: 1:18.57	41.71 200m: 2:46.56	44.65	300m: 4:15.67	44.46
				350m: 5:00.11	44.44
				400m: 5:43.30	43.19
24.	Louzel Stuurup	Z & PC De Zeeuwse Kust	5:48.46	201300984	5:45.50 +0,75
	50m: 35.17	35.17 150m: 2:00.06	42.18	250m: 3:30.19	44.88
	100m: 1:17.88	42.71 200m: 2:45.31	45.25	300m: 4:16.72	46.53
				350m: 5:02.69	45.97
				400m: 5:45.50	42.81
25.	Pien van Putten	Zwemsport Parkstad	6:24.88	201301034	5:56.04 +0,74
	50m: 39.91	39.91 150m: 2:09.59	45.51	250m: 3:41.00	46.11
	100m: 1:24.08	44.17 200m: 2:54.89	45.30	300m: 4:26.40	45.40
				350m: 5:12.14	45.74
				400m: 5:56.04	43.90
26.	Eva Drost	ZPC AMERSFOORT	6:11.33	201202120	5:59.91 +0,73
	50m: 37.65	37.65 150m: 2:07.36	45.43	250m: 3:40.63	46.75
	100m: 1:21.93	44.28 200m: 2:53.88	46.52	300m: 4:27.20	46.57
				350m: 5:14.01	46.81
				400m: 5:59.91	45.90
27.	Luna Willen	KAZS	6:04.63	KAZS/21221/13	6:02.20 +0,53
	50m: 40.38	40.38 150m: 2:15.08	48.51	250m: 3:50.15	47.78
	100m: 1:26.57	46.19 200m: 3:02.37	47.29	300m: 4:35.73	45.58
				350m: 5:20.98	45.25
				400m: 6:02.20	41.22
AFGEM	Juliette Vanhaecke	MEGA	5:12.22	MEGA/21419/12	
AFGEM	Inès Bultot El Kouchi	Waterloo Natation	5:22.00	WN/013188/13	

14 - 15 jaar

1.	Fenne Metten	ZPC AMERSFOORT	4:28.23	201000102	4:22.58 +0,70
	50m: 30.42	30.42 150m: 1:36.75	33.28	250m: 2:43.50	33.33
	100m: 1:03.47	33.05 200m: 2:10.17	33.42	300m: 3:17.40	33.90
				350m: 3:50.99	33.59
				400m: 4:22.58	31.59
2.	Yill van Bezouw	Hieronymus	4:32.02	201100704	4:27.63 +0,83
	50m: 30.08	30.08 150m: 1:37.12	33.65	250m: 2:44.66	34.13
	100m: 1:03.47	33.39 200m: 2:10.53	33.41	300m: 3:18.98	34.32
				350m: 3:53.95	34.97
				400m: 4:27.63	33.68
3.	Anna Lepoutre	PSV	4:37.42	201100534	4:39.28 +0,65
	50m: 31.57	31.57 150m: 1:42.35	35.68	250m: 2:53.69	35.66
	100m: 1:06.67	35.10 200m: 2:18.03	35.68	300m: 3:29.34	35.65
				350m: 4:04.95	35.61
				400m: 4:39.28	34.33
4.	Yanique Bax	ZPC AMERSFOORT	4:47.13	201001428	4:47.20 +0,60
	50m: 32.56	32.56 150m: 1:45.10	36.72	250m: 2:58.69	36.84
	100m: 1:08.38	35.82 200m: 2:21.85	36.75	300m: 3:35.54	36.85
				350m: 4:12.01	36.47
				400m: 4:47.20	35.19
5.	Pien Walstra	De Treffers	4:50.34	201101034	4:47.89 +0,76
	50m: 32.14	32.14 150m: 1:45.24	37.49	250m: 2:59.17	37.50
	100m: 1:07.75	35.61 200m: 2:21.67	36.43	300m: 3:36.53	37.36
				350m: 4:13.45	36.92
				400m: 4:47.89	34.44
6.	Noa van Zalk	ZPC AMERSFOORT	4:45.42	201102534	4:48.15 +0,73
	50m: 32.41	32.41 150m: 1:44.86	36.70	250m: 2:58.69	36.91
	100m: 1:08.16	35.75 200m: 2:21.78	36.92	300m: 3:35.85	37.16
				350m: 4:13.10	37.25
				400m: 4:48.15	35.05
7.	Brechtje Slootweg	ZPC AMERSFOORT	4:44.67	201101744	4:48.54 +0,74
	50m: 32.07	32.07 150m: 1:44.47	36.63	250m: 2:58.56	37.35
	100m: 1:07.84	35.77 200m: 2:21.21	36.74	300m: 3:35.88	37.32
				350m: 4:12.79	36.91
				400m: 4:48.54	35.75
8.	Isus Verdyseldonk	PSV	5:02.67	201002878	4:53.96 +0,67
	50m: 33.80	33.80 150m: 1:48.40	36.74	250m: 3:02.03	36.43
	100m: 1:11.66	37.86 200m: 2:25.60	37.20	300m: 3:40.25	38.22
				350m: 4:17.58	37.33
				400m: 4:53.96	36.38
9.	Esra Simon	Hellas-Glana	5:02.76	201100004	4:55.13 +0,78
	50m: 33.67	33.67 150m: 1:47.41	37.40	250m: 3:02.89	37.80
	100m: 1:10.01	36.34 200m: 2:25.09	37.68	300m: 3:40.66	37.77
				350m: 4:18.78	38.12
				400m: 4:55.13	36.35
10.	Elise Den Baes	MEGA	4:58.04	MEGA/21509/10	4:55.20 +0,61
	50m: 32.89	32.89 150m: 1:48.05	37.99	250m: 3:03.57	37.41
	100m: 1:10.06	37.17 200m: 2:26.16	38.11	300m: 3:41.35	37.78
				350m: 4:19.16	37.81
				400m: 4:55.20	36.04

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

rang	naam	vereniging	intijd	tijd	RT
11.	Lena Thys	Leuven Aquatics	4:52.52	LAQUA/21704/11	4:55.51 +0,72
	50m: 34.08	34.08 150m: 1:49.10	38.14	250m: 3:04.32 37.64	350m: 4:19.40 37.38
	100m: 1:10.96	36.88 200m: 2:26.68	37.58	300m: 3:42.02 37.70	400m: 4:55.51 36.11
12.	Milly Van Herpe	MEGA	4:58.42	MEGA/21399/10	4:59.03 +0,80
	50m: 34.29	34.29 150m: 1:50.94	38.96	250m: 3:08.71 39.06	350m: 4:25.34 37.05
	100m: 1:11.98	37.69 200m: 2:29.65	38.71	300m: 3:48.29 39.58	400m: 4:59.03 33.69
13.	Sofie Lauwers	KST	5:00.64	KST/21054/11	4:59.79 +0,74
	50m: 33.64	33.64 150m: 1:49.85	38.61	250m: 3:06.00 38.34	350m: 4:22.98 37.99
	100m: 1:11.24	37.60 200m: 2:27.66	37.81	300m: 3:44.99 38.99	400m: 4:59.79 36.81
14.	Brecht van Ravensteijn	Arethusa	5:12.34	201100738	4:59.91 +0,73
	50m: 32.38	32.38 150m: 1:47.99	38.25	250m: 3:06.04 38.96	350m: 4:23.49 38.51
	100m: 1:09.74	37.36 200m: 2:27.08	39.09	300m: 3:44.98 38.94	400m: 4:59.91 36.42
15.	Martha Luise Blum	SG Rhein-Mosel	5:01.22	423080	5:00.12 +0,72
	50m: 33.00	33.00 150m: 1:49.11	38.72	250m: 3:06.56 37.86	350m: 4:22.99 37.57
	100m: 1:10.39	37.39 200m: 2:28.70	39.59	300m: 3:45.42 38.86	400m: 5:00.12 37.13
16.	Alaine Lomans	Hellas-Glana	5:00.01	201000420	5:00.90 +0,71
	50m: 32.32	32.32 150m: 1:47.85	37.69	250m: 3:05.46 38.80	350m: 4:23.26 38.38
	100m: 1:10.16	37.84 200m: 2:26.66	38.81	300m: 3:44.88 39.42	400m: 5:00.90 37.64
17.	Carlijn Dezutter	Scheldestroom	5:11.96	201100770	5:01.46 +0,77
	50m: 32.75	32.75 150m: 1:47.38	38.10	250m: 3:05.33 39.35	350m: 4:23.79 39.29
	100m: 1:09.28	36.53 200m: 2:25.98	38.60	300m: 3:44.50 39.17	400m: 5:01.46 37.67
18.	Jayna Wagemakers	Hieronymus	5:08.28	201000226	5:03.90 +0,77
	50m: 34.44	34.44 150m: 1:51.79	39.00	250m: 3:09.61 38.83	350m: 4:27.08 38.15
	100m: 1:12.79	38.35 200m: 2:30.78	38.99	300m: 3:48.93 39.32	400m: 5:03.90 36.82
19.	Lian Vonk	ZPC AMERSFOORT	5:02.44	201001606	5:04.36 +0,62
	50m: 33.50	33.50 150m: 1:49.39	38.38	250m: 3:07.92 39.22	350m: 4:26.58 39.16
	100m: 1:11.01	37.51 200m: 2:28.70	39.31	300m: 3:47.42 39.50	400m: 5:04.36 37.78
20.	Demi Bos	Niemo Barracuda	5:20.04	201001282	5:07.75 +0,68
	50m: 35.54	35.54 150m: 1:54.41	39.98	250m: 3:14.09 39.87	350m: 4:32.41 38.53
	100m: 1:14.43	38.89 200m: 2:34.22	39.81	300m: 3:53.88 39.79	400m: 5:07.75 35.34
21.	L. Vanlommel	Zwemclub Geel	5:08.94	ZGEEL/21150/11	5:09.23 +0,58
	50m: 34.66	34.66 150m: 1:53.88	40.14	250m: 3:13.95 39.86	350m: 4:32.39 38.42
	100m: 1:13.74	39.08 200m: 2:34.09	40.21	300m: 3:53.97 40.02	400m: 5:09.23 36.84
22.	Fenne Hardeman	Hellas-Glana	5:15.81	201100244	5:09.26 +0,67
	50m: 36.07	36.07 150m: 1:54.24	39.29	250m: 3:13.23 39.47	350m: 4:31.86 38.73
	100m: 1:14.95	38.88 200m: 2:33.76	39.52	300m: 3:53.13 39.90	400m: 5:09.26 37.40
23.	Julie Simonis	Hellas-Glana	5:11.72	201000144	5:10.55 +0,80
	50m: 34.84	34.84 150m: 1:53.01	39.75	250m: 3:12.57 39.97	350m: 4:32.00 39.16
	100m: 1:13.26	38.42 200m: 2:32.60	39.59	300m: 3:52.84 40.27	400m: 5:10.55 38.55
24.	Maria Zuideveld	Aachener SV 06	5:10.91	494695	5:11.42 +0,67
	50m: 32.82	32.82 150m: 1:49.57	39.48	250m: 3:11.61 41.39	350m: 4:31.85 40.00
	100m: 1:10.09	37.27 200m: 2:30.22	40.65	300m: 3:51.85 40.24	400m: 5:11.42 39.57
25.	Julie Maes	Zwemclub Geel	5:06.88	ZGEEL/21105/10	5:13.14 +0,65
	50m: 35.69	35.69 150m: 1:57.35	40.91	250m: 3:17.16 39.39	350m: 4:35.29 39.20
	100m: 1:16.44	40.75 200m: 2:37.77	40.42	300m: 3:56.09 38.93	400m: 5:13.14 37.85
26.	Ilja van Gemeren	Arethusa	5:23.45	201001330	5:14.79 +0,60
	50m: 33.97	33.97 150m: 1:52.01	39.51	250m: 3:13.25 40.54	350m: 4:34.84 40.21
	100m: 1:12.50	38.53 200m: 2:32.71	40.70	300m: 3:54.63 41.38	400m: 5:14.79 39.95
27.	Jante Cremers	Tempo Valkenswaard	5:15.22	201102406	5:18.83 +0,61
	50m: 34.51	34.51 150m: 1:54.12	40.48	250m: 3:17.74 41.85	350m: 4:39.59 40.27
	100m: 1:13.64	39.13 200m: 2:35.89	41.77	300m: 3:59.32 41.58	400m: 5:18.83 39.24
28.	Abby Kootstra	ZV De Aalscholver	5:33.50	201000264	5:23.17 +0,57
	50m: 35.64	35.64 150m: 1:58.14	41.70	250m: 3:22.32 42.70	350m: 4:45.83 40.81
	100m: 1:16.44	40.80 200m: 2:39.62	41.48	300m: 4:05.02 42.70	400m: 5:23.17 37.34
29.	Stien Wouters	KAZS	5:18.87	KAZS/21210/10	5:25.77 +0,79
	50m: 36.95	36.95 150m: 1:59.80	41.93	250m: 3:23.23 41.50	350m: 4:46.31 41.28
	100m: 1:17.87	40.92 200m: 2:41.73	41.93	300m: 4:05.03 41.80	400m: 5:25.77 39.46
30.	Do De Cat	KAZS	5:35.20	KAZS/21134/10	5:26.87 +0,84
	50m: 36.73	36.73 150m: 1:58.06	41.38	250m: 3:22.14 42.33	350m: 4:46.63 42.48
	100m: 1:16.68	39.95 200m: 2:39.81	41.75	300m: 4:04.15 42.01	400m: 5:26.87 40.24
31.	Maria Kotsubaio	ZV De Aalscholver	5:56.24	201001722	5:27.68 +0,75
	50m: 33.28	33.28 150m: 1:54.05	41.61	250m: 3:19.15 42.81	350m: 4:46.73 44.15
	100m: 1:12.44	39.16 200m: 2:36.34	42.29	300m: 4:02.58 43.43	400m: 5:27.68 40.95

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

rang	naam	vereniging	intijd	tijd	RT
32.	Yelena Cools	Zwemclub Geel	5:13.62	ZGEEL/21171/11	5:27.83 +0,85
	50m: 36.89	36.89 150m: 1:59.29	40.81	250m: 3:22.54	42.30
	100m: 1:18.48	41.59 200m: 2:40.24	40.95	300m: 4:04.46	41.92
				350m: 4:47.17	42.71
				400m: 5:27.83	40.66
33.	Paulien Boeckx	Zwemclub Geel	5:32.65	ZGEEL/21145/10	5:42.11 +0,82
	50m: 37.41	37.41 150m: 2:04.87	44.44	250m: 3:33.66	44.14
	100m: 1:20.43	43.02 200m: 2:49.52	44.65	300m: 4:17.12	43.46
				350m: 5:00.15	43.03
				400m: 5:42.11	41.96
34.	Lotte de Wit	ZV Hydra	5:30.80	201001164	5:45.57 +0,79
	50m: 34.99	34.99 150m: 1:59.42	43.74	250m: 3:30.18	45.59
	100m: 1:15.68	40.69 200m: 2:44.59	45.17	300m: 4:16.77	46.59
				350m: 5:02.84	46.07
				400m: 5:45.57	42.73
35.	Ize Thijs	ZV Hydra	5:54.21	201101388	5:46.90 +0,72
	50m: 36.77	36.77 150m: 2:02.75	44.08	250m: 3:32.94	45.18
	100m: 1:18.67	41.90 200m: 2:47.76	45.01	300m: 4:18.16	45.22
				350m: 5:03.30	45.14
				400m: 5:46.90	43.60
36.	Yanne Valkenborghs	Zwemclub Geel	5:46.27	ZGEEL/21151/10	6:09.98 +0,55
	50m: 40.51	40.51 150m: 2:13.97	47.96	250m: 3:48.49	46.59
	100m: 1:26.01	45.50 200m: 3:01.90	47.93	300m: 4:36.72	48.23
				350m: 5:23.84	47.12
				400m: 6:09.98	46.14
AFGEM	Zora Spriet	Hieronymus	5:15.27	201100532	
AFGEM	Yfke Wijnalda	ZPC AMERSFOORT	5:12.81	201002618	

16 - 17 jaar

1.	Chiara Lammertink	ZPC AMERSFOORT	4:43.01	200902200	4:41.77 +0,72
	50m: 32.10	32.10 150m: 1:42.86	35.40	250m: 2:54.67	35.61
	100m: 1:07.46	35.36 200m: 2:19.06	36.20	300m: 3:31.12	36.45
				350m: 4:06.71	35.59
				400m: 4:41.77	35.06
2.	Thyrvi Meyer	KAZS	4:44.69	KAZS/21181/09	4:45.92 +0,83
	50m: 32.68	32.68 150m: 1:44.61	36.37	250m: 2:58.38	36.89
	100m: 1:08.24	35.56 200m: 2:21.49	36.88	300m: 3:35.46	37.08
				350m: 4:11.45	35.99
				400m: 4:45.92	34.47
3.	Mirthe Gaytant	ZORO Zwemteam	4:56.24	ZORO/21204/08	4:52.37 +0,86
	50m: 32.14	32.14 150m: 1:44.37	37.28	250m: 3:00.13	37.94
	100m: 1:07.09	34.95 200m: 2:22.19	37.82	300m: 3:37.86	37.73
				350m: 4:15.95	38.09
				400m: 4:52.37	36.42
4.	Hadewych Forschelen	MNC Dordrecht	4:57.86	200903572	4:54.64 +0,69
	50m: 32.86	32.86 150m: 1:47.03	37.31	250m: 3:03.22	38.32
	100m: 1:09.72	36.86 200m: 2:24.90	37.87	300m: 3:41.67	38.45
				350m: 4:19.18	37.51
				400m: 4:54.64	35.46
5.	Julia Dijkstra	PSV	4:47.59	200904546	5:03.12 +0,77
	50m: 33.06	33.06 150m: 1:48.97	38.55	250m: 3:06.98	38.60
	100m: 1:10.42	37.36 200m: 2:28.38	39.41	300m: 3:46.48	39.50
				350m: 4:25.66	39.18
				400m: 5:03.12	37.46
6.	Anaïs Gries	Waterloo Natation	5:04.95	WN/12735/09	5:06.00 +0,75
	50m: 33.82	33.82 150m: 1:49.85	38.64	250m: 3:08.58	39.82
	100m: 1:11.21	37.39 200m: 2:28.76	38.91	300m: 3:48.59	40.01
				350m: 4:28.03	39.44
				400m: 5:06.00	37.97
7.	Lore Martelé	MEGA	5:05.10	MEGA/21280/09	5:08.93 +0,73
	50m: 33.76	33.76 150m: 1:50.02	39.09	250m: 3:09.54	39.98
	100m: 1:10.93	37.17 200m: 2:29.56	39.54	300m: 3:49.85	40.31
				350m: 4:30.27	40.42
				400m: 5:08.93	38.66
8.	Stine Baeke	MEGA	5:05.95	MEGA/21332/09	5:10.71 +0,78
	50m: 33.36	33.36 150m: 1:49.32	38.77	250m: 3:09.61	40.29
	100m: 1:10.55	37.19 200m: 2:29.32	40.00	300m: 3:50.38	40.77
				350m: 4:30.96	40.58
				400m: 5:10.71	39.75
9.	Danné van Munster	Hellas-Glana	5:17.81	200901262	5:13.03 +0,61
	50m: 35.09	35.09 150m: 1:54.38	39.65	250m: 3:13.80	39.80
	100m: 1:14.73	39.64 200m: 2:34.00	39.62	300m: 3:54.43	40.63
				350m: 4:34.63	40.20
				400m: 5:13.03	38.40
10.	Hanna Advokaat	PSV	5:18.35	200901502	5:17.95 +0,80
	50m: 35.91	35.91 150m: 1:55.12	40.62	250m: 3:16.92	40.95
	100m: 1:14.50	38.59 200m: 2:35.97	40.85	300m: 3:57.84	40.92
				350m: 4:38.91	41.07
				400m: 5:17.95	39.04
11.	Sterre Dirar	ZPC AMERSFOORT	5:33.41	200900354	5:28.36 +0,60
	50m: 36.71	36.71 150m: 2:01.29	42.68	250m: 3:25.60	41.87
	100m: 1:18.61	41.90 200m: 2:43.73	42.44	300m: 4:05.36	39.76
				350m: 4:49.50	44.14
				400m: 5:28.36	38.86
12.	Nomi Poels	Zwemclub Geel	5:19.16	ZGEEL/21095/08	5:37.48 +0,73
	50m: 37.36	37.36 150m: 2:02.52	43.20	250m: 3:29.55	43.44
	100m: 1:19.32	41.96 200m: 2:46.11	43.59	300m: 4:13.30	43.75
				350m: 4:56.00	42.70
				400m: 5:37.48	41.48
13.	Mila Hermans	DZT'62	5:33.71	200801006	5:39.54 +0,77
	50m: 38.55	38.55 150m: 2:02.93	42.88	250m: 3:29.72	43.74
	100m: 1:20.05	41.50 200m: 2:45.98	43.05	300m: 4:14.05	44.33
				350m: 4:57.87	43.82
				400m: 5:39.54	41.67