Wettkampf 15 - 400 m Freistil weiblich

Jahrgang 2012

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1.	Fehrmann, Jule	2012	SV Haren	06:53,42	187
	100m: 01:35,23 (01:35,23) | 200m: 03:20,42 (01:45,19)				
	300m: 05:07,92 (01:47,50) | 400m: 06:53,42 (01:45,50)				
2.	Honstein, Vanessa	2012	SG Oberhausen	07:05,42	171
	100m: 01:40,36 (01:40,36) | 200m: 03:31,77 (01:51,41)				
	300m: 05:22,74 (01:50,97) | 400m: 07:05,42 (01:42,68)				
3.	Menard, Noemi	2012	SG Freren	07:08,07	168
	100m: 01:38,26 (01:38,26) | 200m: 03:25,83 (01:47,57)				
	300m: 05:17,20 (01:51,37) | 400m: 07:08,07 (01:50,87)				
4.	Bäuml, Marie	2012	SG Oberhausen	07:36,10	139
	100m: 01:47,35 (01:47,35) | 200m: 03:40,46 (01:53,11)				
	300m: 05:46,31 (02:05,85) | 400m: 07:36,10 (01:49,79)				
5.	Tasche, Hedda	2012	SG Freren	07:37,88	137
	100m: 01:44,25 (01:44,25) | 200m: 03:45,30 (02:01,05)				
	300m: 05:44,77 (01:59,47) | 400m: 07:37,88 (01:53,11)				

Jahrgang 2011

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1.	Gliese-Slooijer, Mattea	2011	De Dinkel Denekamp	05:59,64	284
	100m: 01:28,83 (01:28,83) | 200m: 03:01,88 (01:33,05)				
	300m: 04:35,89 (01:34,01) | 400m: 05:59,64 (01:23,75)				
2.	Hermeling, Jette	2011	SV Wasserfreunde Dalum	06:32,42	218
	100m: 01:27,84 (01:27,84) | 200m: 03:09,40 (01:41,56)				
	300m: 04:52,35 (01:42,95) | 400m: 06:32,42 (01:40,07)				
3.	Kortenschijl, Sophie	2011	WS Twente Hengelo/Borne	06:44,36	199
	100m: 01:31,61 (01:31,61) | 200m: 03:17,52 (01:45,91)				
	300m: 05:05,22 (01:47,70) | 400m: 06:44,36 (01:39,14)				
4.	Ter Maat, Romyrle	2011	De Dinkel Denekamp	07:03,98	173
	100m: 01:38,02 (01:38,02) | 200m: 03:28,29 (01:50,27)				
	300m: 05:20,32 (01:52,03) | 400m: 07:03,98 (01:43,66)				
5.	Kiehl, Norah	2011	Waspo Nordhorn	07:07,14	169
	100m: 01:40,23 (01:40,23) | 200m: 03:30,64 (01:50,41)				
	300m: 05:22,58 (01:51,94) | 400m: 07:07,14 (01:44,56)				
6.	Ermisch, Evelina	2011	SG Oberhausen	07:09,26	167
	100m: 01:41,82 (01:41,82) | 200m: 03:32,61 (01:50,79)				
	300m: 05:24,47 (01:51,86) | 400m: 07:09,26 (01:44,79)				
7.	Czopka, Leonie	2011	SG Oberhausen	07:22,13	152
	100m: 01:43,13 (01:43,13) | 200m: 03:37,54 (01:54,41)				
	300m: 05:32,64 (01:55,10) | 400m: 07:22,13 (01:49,49)				
8.	Oude Engberink, Imke	2011	De Dinkel Denekamp	07:40,92	135
	100m: 01:43,51 (01:43,51) | 200m: 03:45,32 (02:01,81)				
	300m: 05:50,30 (02:04,98) | 400m: 07:40,92 (01:50,62)				

Jahrgang 2010

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1.	de Jong, Erin	2010	WIDEX GZC DONK Gouda	05:28,95	371
	100m: 01:17,39 (01:17,39) | 200m: 02:41,42 (01:24,03)				
	300m: 04:06,73 (01:25,31) | 400m: 05:28,95 (01:22,22)				
2.	Brink, Bente	2010	TuS Neuenhaus	05:38,27	341
	100m: 01:16,12 (01:16,12) | 200m: 02:45,13 (01:29,01)				
	300m: 04:14,73 (01:29,60) | 400m: 05:38,27 (01:23,54)				
3.	Liebrechts, Tess	2010	WIDEX GZC DONK Gouda	05:57,92	288
	100m: 01:26,02 (01:26,02) | 200m: 02:59,70 (01:33,68)				
	300m: 04:32,20 (01:32,50) | 400m: 05:57,92 (01:25,72)				
4.	Eertink, Eline	2010	Hera' 11 Raalte	06:00,27	282
	100m: 01:22,69 (01:22,69) | 200m: 02:56,97 (01:34,28)				
	300m: 04:31,90 (01:34,93) | 400m: 06:00,27 (01:28,37)				

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noch Jahrgang 2010

Platz	Schwimmerin	Jg.	Verein	Endzeit	
5.	Rüthemann, Diana	2010	Waspo Nordhorn	06:49,65	192
	100m: 01:32,31 (01:32,31) | 200m: 03:19,26 (01:46,95)				
	300m: 05:06,59 (01:47,33) | 400m: 06:49,65 (01:43,06)				
6.	Kleine Breil, Nele	2010	SG Oberhausen	07:17,73	157
	100m: 01:38,98 (01:38,98) | 200m: 03:34,02 (01:55,04)				
	300m: 05:29,21 (01:55,19) | 400m: 07:17,73 (01:48,52)				
7.	Löbens, Nele	2010	Waspo Nordhorn	07:26,66	148
	100m: 01:41,91 (01:41,91) | 200m: 03:36,72 (01:54,81)				
	300m: 05:33,87 (01:57,15) | 400m: 07:26,66 (01:52,79)				

Jahrgang 2009

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1.	Elholm, Rebekka	2009	Ringe Svømme Klub	05:16,17	418
	100m: 01:17,09 (01:17,09) | 200m: 02:38,51 (01:21,42)				
	300m: 03:58,60 (01:20,09) | 400m: 05:16,17 (01:17,57)				
2.	Dijsselhof, Daphne	2009	Dedemsvaart-AC	05:37,26	344
	100m: 01:19,08 (01:19,08) | 200m: 02:47,06 (01:27,98)				
	300m: 04:14,97 (01:27,91) | 400m: 05:37,26 (01:22,29)				
3.	Thül, Denise	2009	SWOL 1894	05:52,32	302
	100m: 01:22,00 (01:22,00) | 200m: 02:54,61 (01:32,61)				
	300m: 04:27,74 (01:33,13) | 400m: 05:52,32 (01:24,58)				
4.	Vette, Marlene	2009	Waspo Nordhorn	05:54,18	297
	100m: 01:17,96 (01:17,96) | 200m: 02:48,28 (01:30,32)				
	300m: 04:21,96 (01:33,68) | 400m: 05:54,18 (01:32,22)				
5.	Tasche, Leni	2009	SG Freren	05:56,33	292
	100m: 01:18,33 (01:18,33) | 200m: 02:50,02 (01:31,69)				
	300m: 04:24,95 (01:34,93) | 400m: 05:56,33 (01:31,38)				
6.	Ter Maat, Marlinde	2009	De Dinkel Denekamp	06:07,65	266
	100m: 01:25,41 (01:25,41) | 200m: 03:01,18 (01:35,77)				
	300m: 04:37,99 (01:36,81) | 400m: 06:07,65 (01:29,66)				
7.	van Schooten, Joëlle	2009	De Grunte Hardenberg	06:16,72	247
	100m: 01:24,65 (01:24,65) | 200m: 03:03,15 (01:38,50)				
	300m: 04:40,98 (01:37,83) | 400m: 06:16,72 (01:35,74)				
8.	Schipper, Lena	2009	TuS Neuenhaus	06:17,95	244
	100m: 01:28,32 (01:28,32) | 200m: 03:06,16 (01:37,84)				
	300m: 04:46,16 (01:40,00) | 400m: 06:17,95 (01:31,79)				
9.	Eersink, Lene	2009	Waspo Nordhorn	06:22,08	237
	100m: 01:23,93 (01:23,93) | 200m: 03:02,86 (01:38,93)				
	300m: 04:44,38 (01:41,52) | 400m: 06:22,08 (01:37,70)				
10.	Menger, Lisa	2009	De Dinkel Denekamp	06:33,45	217
	100m: 01:33,06 (01:33,06) | 200m: 03:12,15 (01:39,09)				
	300m: 04:56,79 (01:44,64) | 400m: 06:33,45 (01:36,66)				
11.	Reineke, Chiara	2009	Waspo Nordhorn	06:50,15	191
	100m: 01:33,39 (01:33,39) | 200m: 03:18,89 (01:45,50)				
	300m: 05:06,36 (01:47,47) | 400m: 06:50,15 (01:43,79)				
12.	Plangemann, Caitlin	2009	Waspo Nordhorn	06:55,95	183
	100m: 01:33,67 (01:33,67) | 200m: 03:21,54 (01:47,87)				
	300m: 05:10,17 (01:48,63) | 400m: 06:55,95 (01:45,78)				

nicht am Start

Ohmann, Jule	2009	Waspo Nordhorn	

Jahrgang 2008

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1.	Rasmussen, Freja Zaugg	2008	Ringe Svømme Klub	04:57,70	501
	100m: 01:10,70 (01:10,70) | 200m: 02:27,26 (01:16,56)				
	300m: 03:43,76 (01:16,50) | 400m: 04:57,70 (01:13,94)				

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noch Jahrgang 2008

Platz	Schwimmerin	Jg.	Verein	Endzeit	
2.	Hemmeløff, Emilie	2008	Ringe Svømme Klub	04:59,56	491
	100m: 01:11,50 (01:11,50) | 200m: 02:29,16 (01:17,66)				
	300m: 03:46,07 (01:16,91) | 400m: 04:59,56 (01:13,49)				
3.	Buch, Matilde A. B.	2008	Ringe Svømme Klub	05:19,35	405
	100m: 01:14,74 (01:14,74) | 200m: 02:36,87 (01:22,13)				
	300m: 03:59,67 (01:22,80) | 400m: 05:19,35 (01:19,68)				
4.	Waterham, Lois	2008	Dedemsvaart-AC	05:23,15	391
	100m: 01:16,62 (01:16,62) | 200m: 02:40,19 (01:23,57)				
	300m: 04:04,26 (01:24,07) | 400m: 05:23,15 (01:18,89)				
5.	Andersen, Mathilde Mertz	2008	Ringe Svømme Klub	05:36,54	346
	100m: 01:18,45 (01:18,45) | 200m: 02:45,23 (01:26,78)				
	300m: 04:12,60 (01:27,37) | 400m: 05:36,54 (01:23,94)				
6.	Haytink, Meyke	2008	De Berkelduikers	05:43,09	327
	100m: 01:19,40 (01:19,40) | 200m: 02:49,21 (01:29,81)				
	300m: 04:18,73 (01:29,52) | 400m: 05:43,09 (01:24,36)				
7.	Gernandt, Helena	2008	SG Oberhausen	05:46,86	316
	100m: 01:22,29 (01:22,29) | 200m: 02:50,73 (01:28,44)				
	300m: 04:21,57 (01:30,84) | 400m: 05:46,86 (01:25,29)				
8.	Dijsselhof, Esther	2008	Dedemsvaart-AC	05:49,02	310
	100m: 01:22,10 (01:22,10) | 200m: 02:51,23 (01:29,13)				
	300m: 04:21,73 (01:30,50) | 400m: 05:49,02 (01:27,29)				
9.	Foks, Lea	2008	SG Oberhausen	05:51,80	303
	100m: 01:23,47 (01:23,47) | 200m: 02:54,97 (01:31,50)				
	300m: 04:25,87 (01:30,90) | 400m: 05:51,80 (01:25,93)				
10.	Larsen, Sara Lund	2008	Ringe Svømme Klub	05:54,51	296
	100m: 01:20,89 (01:20,89) | 200m: 02:52,77 (01:31,88)				
	300m: 04:24,26 (01:31,49) | 400m: 05:54,51 (01:30,25)				
11.	Menken, Nora	2008	TuS Neuenhaus	06:00,27	282
	100m: 01:22,00 (01:22,00) | 200m: 02:56,95 (01:34,95)				
	300m: 04:31,42 (01:34,47) | 400m: 06:00,27 (01:28,85)				
12.	de Jong, Nienke	2008	WIDEX GZC DONK Gouda	06:01,67	279
	100m: 01:22,99 (01:22,99) | 200m: 02:55,25 (01:32,26)				
	300m: 04:29,48 (01:34,23) | 400m: 06:01,67 (01:32,19)				
13.	Koers, Mariella	2008	Waspo Nordhorn	06:02,25	278
	100m: 01:20,30 (01:20,30) | 200m: 02:53,86 (01:33,56)				
	300m: 04:29,75 (01:35,89) | 400m: 06:02,25 (01:32,50)				
14.	Bredenoort, Karlijn	2008	Dedemsvaart-AC	06:04,42	273
	100m: 01:25,60 (01:25,60) | 200m: 02:58,67 (01:33,07)				
	300m: 04:32,73 (01:34,06) | 400m: 06:04,42 (01:31,69)				
15.	Boswinkel, Iris	2008	WS Twente Hengelo/Borne	06:05,33	271
	100m: 01:20,28 (01:20,28) | 200m: 02:58,03 (01:37,75)				
	300m: 04:31,76 (01:33,73) | 400m: 06:05,33 (01:33,57)				
16.	Lensker, Ylvie	2008	Waspo Nordhorn	06:30,72	221
	100m: 01:23,08 (01:23,08) | 200m: 03:04,10 (01:41,02)				
	300m: 04:49,62 (01:45,52) | 400m: 06:30,72 (01:41,10)				

Jahrgang 2007

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1.	Broekhuis, Barbara	2007	De Dinkel Denekamp	04:52,51	528
	100m: 01:07,92 (01:07,92) | 200m: 02:22,42 (01:14,50)				
	300m: 03:38,02 (01:15,60) | 400m: 04:52,51 (01:14,49)				
2.	Weidlich, Mira	2007	SG Oberhausen	04:54,88	515
	100m: 01:07,92 (01:07,92) | 200m: 02:22,80 (01:14,88)				
	300m: 03:39,79 (01:16,99) | 400m: 04:54,88 (01:15,09)				
3.	Lichtendonk, Leyona	2007	Dedemsvaart-AC	05:03,36	473
	100m: 01:12,67 (01:12,67) | 200m: 02:29,45 (01:16,78)				
	300m: 03:47,54 (01:18,09) | 400m: 05:03,36 (01:15,82)				

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noch Jahrgang 2007

Platz	Schwimmerin	Jg.	Verein	Endzeit	
4.	van Slooten, Inken	2007	Waspo Nordhorn	05:06,19	460
	100m: 01:11,01 (01:11,01) | 200m: 02:29,47 (01:18,46)				
	300m: 03:49,95 (01:20,48) | 400m: 05:06,19 (01:16,24)				
5.	Gliese-Slooijer, Laurien	2007	De Dinkel Denekamp	05:07,30	455
	100m: 01:13,65 (01:13,65) | 200m: 02:32,72 (01:19,07)				
	300m: 03:51,74 (01:19,02) | 400m: 05:07,30 (01:15,56)				
6.	Gügelmeyer, Sofie	2007	SV Wasserfreunde Dalum	05:14,92	423
	100m: 01:11,10 (01:11,10) | 200m: 02:32,64 (01:21,54)				
	300m: 03:56,20 (01:23,56) | 400m: 05:14,92 (01:18,72)				
7.	Hasse, Jana	2007	SG Bayer Dormagen	05:16,29	417
	100m: 01:12,76 (01:12,76) | 200m: 02:34,41 (01:21,65)				
	300m: 03:57,31 (01:22,90) | 400m: 05:16,29 (01:18,98)				
8.	Snippe, Julia	2007	Waspo Nordhorn	05:21,86	396
	100m: 01:14,20 (01:14,20) | 200m: 02:36,57 (01:22,37)				
	300m: 04:00,42 (01:23,85) | 400m: 05:21,86 (01:21,44)				
9.	von Barsewisch, Isla	2007	Waspo Nordhorn	05:26,89	378
	100m: 01:14,67 (01:14,67) | 200m: 02:39,36 (01:24,69)				
	300m: 04:04,67 (01:25,31) | 400m: 05:26,89 (01:22,22)				
10.	Nieuwenhuis, Esmee	2007	Schuurman BZC Berkelland	05:28,02	374
	100m: 01:15,46 (01:15,46) | 200m: 02:39,50 (01:24,04)				
	300m: 04:06,79 (01:27,29) | 400m: 05:28,02 (01:21,23)				
11.	Vogt, Daniela	2007	SG Oberhausen	05:29,76	368
	100m: 01:18,07 (01:18,07) | 200m: 02:42,71 (01:24,64)				
	300m: 04:08,26 (01:25,55) | 400m: 05:29,76 (01:21,50)				
12.	Krohm, Alena	2007	SG Oberhausen	05:29,77	368
	100m: 01:16,00 (01:16,00) | 200m: 02:40,53 (01:24,53)				
	300m: 04:06,11 (01:25,58) | 400m: 05:29,77 (01:23,66)				
13.	Kalter, Joana	2007	Waspo Nordhorn	05:35,09	351
	100m: 01:13,13 (01:13,13) | 200m: 02:38,05 (01:24,92)				
	300m: 04:07,54 (01:29,49) | 400m: 05:35,09 (01:27,55)				
14.	Wolf, Lara	2007	SG Oberhausen	05:35,16	351
	100m: 01:17,67 (01:17,67) | 200m: 02:44,73 (01:27,06)				
	300m: 04:12,36 (01:27,63) | 400m: 05:35,16 (01:22,80)				
15.	Zandstra, Lily	2007	Dedemsvaart-AC	05:37,66	343
	100m: 01:21,92 (01:21,92) | 200m: 02:51,71 (01:29,79)				
	300m: 04:15,95 (01:24,24) | 400m: 05:37,66 (01:21,71)				
16.	Fransen, Fabiënne	2007	De Dinkel Denekamp	05:38,04	342
	100m: 01:17,82 (01:17,82) | 200m: 02:43,79 (01:25,97)				
	300m: 04:11,23 (01:27,44) | 400m: 05:38,04 (01:26,81)				
17.	Heinekamp, Noor	2007	ZPC De Hof	05:42,11	330
	100m: 01:19,37 (01:19,37) | 200m: 02:49,70 (01:30,33)				
	300m: 04:19,23 (01:29,53) | 400m: 05:42,11 (01:22,88)				
18.	Bosker, Sanne	2007	ZV Azuro	05:43,85	325
	100m: 01:20,70 (01:20,70) | 200m: 02:50,13 (01:29,43)				
	300m: 04:19,15 (01:29,02) | 400m: 05:43,85 (01:24,70)				
19.	Oostdijk, Lotte	2007	ZPC De Hof	05:46,02	319
	100m: 01:19,45 (01:19,45) | 200m: 02:51,07 (01:31,62)				
	300m: 04:21,64 (01:30,57) | 400m: 05:46,02 (01:24,38)				
20.	Kragt, Sofie	2007	Dedemsvaart-AC	05:51,48	304
	100m: 01:23,29 (01:23,29) | 200m: 02:54,32 (01:31,03)				
	300m: 04:25,02 (01:30,70) | 400m: 05:51,48 (01:26,46)				
21.	Koster, Nienke	2007	GZV Groenlose Zwemvereniging	06:44,29	200
	100m: 01:32,39 (01:32,39) | 200m: 03:16,39 (01:44,00)				
	300m: 05:02,45 (01:46,06) | 400m: 06:44,29 (01:41,84)				
22.	Hulshof, Evi	2007	GZV Groenlose Zwemvereniging	06:45,36	198
	100m: 01:32,86 (01:32,86) | 200m: 03:17,45 (01:44,59)				
	300m: 05:03,16 (01:45,71) | 400m: 06:45,36 (01:42,20)				

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Jahrgang 2006

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1.	Lutters, Eline	2006	De Dinkel Denekamp	04:49,83	543
	100m: 01:08,29 (01:08,29) | 200m: 02:23,25 (01:14,96)				
	300m: 03:37,76 (01:14,51) | 400m: 04:49,83 (01:12,07)				
2.	van der Meer, Donna	2006	BZ & PC Bodegraven	05:07,67	453
	100m: 01:12,61 (01:12,61) | 200m: 02:32,27 (01:19,66)				
	300m: 03:51,47 (01:19,20) | 400m: 05:07,67 (01:16,20)				
3.	Gügelmeyer, Marie	2006	SV Wasserfreunde Dalum	05:21,66	397
	100m: 01:15,51 (01:15,51) | 200m: 02:38,30 (01:22,79)				
	300m: 04:01,89 (01:23,59) | 400m: 05:21,66 (01:19,77)				
4.	Ferreira, Olivia	2006	Waspo Nordhorn	05:24,46	387
	100m: 01:16,47 (01:16,47) | 200m: 02:38,95 (01:22,48)				
	300m: 04:02,88 (01:23,93) | 400m: 05:24,46 (01:21,58)				
5.	Schiebener, Viktoria	2006	Waspo Nordhorn	05:25,43	383
	100m: 01:14,25 (01:14,25) | 200m: 02:39,15 (01:24,90)				
	300m: 04:04,28 (01:25,13) | 400m: 05:25,43 (01:21,15)				
6.	de Zeeuw, Fien	2006	O Z & P C Oldenzaal	05:26,61	379
	100m: 01:17,95 (01:17,95) | 200m: 02:42,77 (01:24,82)				
	300m: 04:07,51 (01:24,74) | 400m: 05:26,61 (01:19,10)				
7.	ten Dam, Sarah	2006	ZPC De Hof	05:36,74	346
	100m: 01:18,71 (01:18,71) | 200m: 02:45,95 (01:27,24)				
	300m: 04:12,75 (01:26,80) | 400m: 05:36,74 (01:23,99)				
8.	ten Tije, Sanne	2006	ZPC De Hof	05:50,42	307
	100m: 01:17,11 (01:17,11) | 200m: 02:44,89 (01:27,78)				
	300m: 04:17,30 (01:32,41) | 400m: 05:50,42 (01:33,12)				
9.	Holterman, Kim	2006	ZPC De Hof	05:54,25	297
	100m: 01:24,35 (01:24,35) | 200m: 02:55,10 (01:30,75)				
	300m: 04:27,13 (01:32,03) | 400m: 05:54,25 (01:27,12)				
10.	Havelaar, Eva	2006	De Grunte Hardenberg	05:59,56	284
	100m: 01:23,62 (01:23,62) | 200m: 02:57,96 (01:34,34)				
	300m: 04:31,87 (01:33,91) | 400m: 05:59,56 (01:27,69)				
11.	Valk, Christa	2006	Hera' 11 Raalte	06:14,32	252
	100m: 01:26,16 (01:26,16) | 200m: 03:02,57 (01:36,41)				
	300m: 04:40,92 (01:38,35) | 400m: 06:14,32 (01:33,40)				
12.	Dijk van, Mendie	2006	ZPC Bubble	06:14,54	251
	100m: 01:26,02 (01:26,02) | 200m: 03:01,13 (01:35,11)				
	300m: 04:39,32 (01:38,19) | 400m: 06:14,54 (01:35,22)				
13.	Schmölders, Svenja	2006	Waspo Nordhorn	06:14,92	250
	100m: 01:25,81 (01:25,81) | 200m: 03:03,09 (01:37,28)				
	300m: 04:41,49 (01:38,40) | 400m: 06:14,92 (01:33,43)				
14.	Willemsen, Renske	2006	Hera' 11 Raalte	06:50,87	190
	100m: 01:32,40 (01:32,40) | 200m: 03:18,17 (01:45,77)				
	300m: 05:06,70 (01:48,53) | 400m: 06:50,87 (01:44,17)				

Jahrgang 2005

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1.	Mulder, Anna	2005	ZPC Bubble	05:33,60	356
	100m: 01:19,36 (01:19,36) | 200m: 02:45,29 (01:25,93)				
	300m: 04:10,82 (01:25,53) | 400m: 05:33,60 (01:22,78)				
2.	Eilander, Alyssa	2005	De Grunte Hardenberg	06:18,88	243
	100m: 01:28,65 (01:28,65) | 200m: 03:07,43 (01:38,78)				
	300m: 04:45,49 (01:38,06) | 400m: 06:18,88 (01:33,39)				

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	Monse, Nele	2005	Waspo Nordhorn		

noch Wettkampf 15 - 400 m Freistil weiblich

Junioren

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1.	Lichtendonk, Ismay	2004	Dedemsvaart-AC	04:37,69	617
	100m: 01:06,25 (01:06,25) | 200m: 02:17,45 (01:11,20)				
	300m: 03:27,98 (01:10,53) | 400m: 04:37,69 (01:09,71)				
2.	Krohm, Anja	2004	SG Oberhausen	05:10,18	443
	100m: 01:11,76 (01:11,76) | 200m: 02:30,29 (01:18,53)				
	300m: 03:53,13 (01:22,84) | 400m: 05:10,18 (01:17,05)				
3.	Lundsfryd, Thilde Rosen	2004	Ringe Svømme Klub	05:18,16	410
	100m: 01:12,70 (01:12,70) | 200m: 02:33,76 (01:21,06)				
	300m: 03:56,29 (01:22,53) | 400m: 05:18,16 (01:21,87)				
4.	Bosch, Claire	2004	De Dinkel Denekamp	05:27,00	378
	100m: 01:15,20 (01:15,20) | 200m: 02:38,70 (01:23,50)				
	300m: 04:03,26 (01:24,56) | 400m: 05:27,00 (01:23,74)				
5.	Speijer, Marieke	2004	ZPC Bubble	05:52,05	303
	100m: 01:22,73 (01:22,73) | 200m: 02:53,15 (01:30,42)				
	300m: 04:23,54 (01:30,39) | 400m: 05:52,05 (01:28,51)				
6.	Wormeester, Fiona	2004	SG - E Z C L Losser-Haaksbergen-Enschede	06:34,26	215
	100m: 01:24,57 (01:24,57) | 200m: 03:02,19 (01:37,62)				
	300m: 04:47,74 (01:45,55) | 400m: 06:34,26 (01:46,52)				

AK 20 und älter

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1.	van Vark, Angelique	1997	WIDEX GZC DONK Gouda	04:41,16	594
	100m: 01:06,88 (01:06,88) | 200m: 02:17,97 (01:11,09)				
	300m: 03:30,90 (01:12,93) | 400m: 04:41,16 (01:10,26)				
2.	Setz, Laura	2000	ZPC Bubble	04:41,72	591
	100m: 01:06,27 (01:06,27) | 200m: 02:17,11 (01:10,84)				
	300m: 03:29,34 (01:12,23) | 400m: 04:41,72 (01:12,38)				
3.	te Velthuis, Hanne	2002	Dedemsvaart-AC	04:55,10	514
	100m: 01:07,94 (01:07,94) | 200m: 02:22,87 (01:14,93)				
	300m: 03:39,81 (01:16,94) | 400m: 04:55,10 (01:15,29)				
4.	Zomerdijk, Michelle	2000	Dedemsvaart-AC	04:56,87	505
	100m: 01:09,07 (01:09,07) | 200m: 02:24,80 (01:15,73)				
	300m: 03:41,32 (01:16,52) | 400m: 04:56,87 (01:15,55)				
5.	Drent, Marijke	1999	ZPC Bubble	05:00,12	489
	100m: 01:09,56 (01:09,56) | 200m: 02:26,27 (01:16,71)				
	300m: 03:44,21 (01:17,94) | 400m: 05:00,12 (01:15,91)				
6.	Aarninkhof, Laurie	1998	De Dinkel Denekamp	05:12,67	432
	100m: 01:09,16 (01:09,16) | 200m: 02:26,80 (01:17,64)				
	300m: 03:49,00 (01:22,20) | 400m: 05:12,67 (01:23,67)				
7.	Mundt, Catharina	1997	Waspo Nordhorn	05:16,56	416
	100m: 01:12,00 (01:12,00) | 200m: 02:32,04 (01:20,04)				
	300m: 03:53,58 (01:21,54) | 400m: 05:16,56 (01:22,98)				
8.	van Essen, Lieke	1995	SWOL 1894	05:28,31	373
	100m: 01:16,39 (01:16,39) | 200m: 02:40,69 (01:24,30)				
	300m: 04:06,21 (01:25,52) | 400m: 05:28,31 (01:22,10)				
9.	van Klei, Linda	1988	WIDEX GZC DONK Gouda	05:29,44	369
	100m: 01:17,01 (01:17,01) | 200m: 02:41,49 (01:24,48)				
	300m: 04:08,21 (01:26,72) | 400m: 05:29,44 (01:21,23)				
10.	Fischer, Jil	2002	Schwimmverein Epe 1959	05:35,31	350
	100m: 01:13,80 (01:13,80) | 200m: 02:39,15 (01:25,35)				
	300m: 04:07,74 (01:28,59) | 400m: 05:35,31 (01:27,57)				
11.	Kuipers, Laila	2000	BZ & PC Bodegraven	05:39,12	339
	100m: 01:16,55 (01:16,55) | 200m: 02:42,82 (01:26,27)				
	300m: 04:12,76 (01:29,94) | 400m: 05:39,12 (01:26,36)				
12.	Hansen, Katrine Hvistendal	1997	Ringe Svømme Klub	05:41,83	331
	100m: 01:18,68 (01:18,68) | 200m: 02:46,47 (01:27,79)				
	300m: 04:15,70 (01:29,23) | 400m: 05:41,83 (01:26,13)				

noch Wettkampf 15 - 400 m Freistil weiblich

noch AK 20 und älter

Platz	Schwimmerin	Jg.	Verein	Endzeit	
13.	van Ditshuizen, Isa	2002	De Berkelduikers	05:46,22	318
	100m: 01:16,41 (01:16,41) | 200m: 02:43,48 (01:27,07)				
	300m: 04:14,43 (01:30,95) | 400m: 05:46,22 (01:31,79)				
14.	de Lang, Melissa	2000	SWOL 1894	05:52,65	301
	100m: 01:19,47 (01:19,47) | 200m: 02:51,03 (01:31,56)				
	300m: 04:23,75 (01:32,72) | 400m: 05:52,65 (01:28,90)				
15.	Visschedijk, Jalie	2001	Z & PV de Veene Almelo	05:54,38	297
	100m: 01:22,24 (01:22,24) | 200m: 02:55,07 (01:32,83)				
	300m: 04:27,31 (01:32,24) | 400m: 05:54,38 (01:27,07)				
16.	Cleveringa, Meike	2002	SWOL 1894	06:02,54	277
	100m: 01:24,62 (01:24,62) | 200m: 02:59,74 (01:35,12)				
	300m: 04:34,63 (01:34,89) | 400m: 06:02,54 (01:27,91)				
17.	Slagter, Lianne	1995	ESCA Zwemmen	06:04,02	274
	100m: 01:20,54 (01:20,54) | 200m: 02:53,73 (01:33,19)				
	400m: 06:04,02 (03:10,29)				
18.	Chanan, Naia	2002	Waspo Nordhorn	06:13,55	253
	100m: 01:25,76 (01:25,76) | 300m: 04:40,99 (03:15,23)				
	400m: 06:13,55 (01:32,56)				
19.	Maas, Kyonne	2002	SG - E Z C L Losser-Haaksbergen-Enschede	06:19,66	241
	100m: 01:23,31 (01:23,31) | 200m: 02:58,94 (01:35,63)				
	300m: 04:39,76 (01:40,82) | 400m: 06:19,66 (01:39,90)				

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Harmsen, Lynn	2002	Waspo Nordhorn	