Wettkampf 15 - 400 m Freistil weiblich

Jahrgang 2015

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Keizer, Lieke	2015	TC TriVia Groningen	06:43,04	199	
	100m: 01:32,04 (01:32,04) | 200m: 03:16,02 (01:43,98)					
	300m: 05:02,31 (01:46,29) | 400m: 06:43,04 (01:40,73)					
2.	Bäuml, Mila	2015	SG Oberhausen	07:03,43	171	
	100m: 01:40,49 (01:40,49) | 200m: 03:31,38 (01:50,89)					
	300m: 05:21,80 (01:50,42) | 400m: 07:03,43 (01:41,63)					
3.	Kurras, Kaylee	2015	SV Plettenberg 1951 e.V.	07:54,03	122	
	100m: 01:46,24 (01:46,24) | 200m: 03:51,37 (02:05,13)					
	300m: 05:56,22 (02:04,85) | 400m: 07:54,03 (01:57,81)					
4.	Kurras, Madison	2015	SV Plettenberg 1951 e.V.	08:44,64	90	
	100m: 02:03,77 (02:03,77) | 200m: 04:24,45 (02:20,68)					
	300m: 06:37,08 (02:12,63) | 400m: 08:44,64 (02:07,56)					

Jahrgang 2014

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Bergsma, Noa	2014	Dedemsvaart-AC	06:14,73	247	
	100m: 01:22,75 (01:22,75) | 200m: 02:57,71 (01:34,96)					
	300m: 04:37,82 (01:40,11) | 400m: 06:14,73 (01:36,91)					
2.	Schans, Eva	2014	Dedemsvaart-AC	06:21,34	235	
	100m: 01:30,00 (01:30,00) | 200m: 03:10,03 (01:40,03)					
	300m: 04:49,45 (01:39,42) | 400m: 06:21,34 (01:31,89)					
3.	Willemsen, Fenna	2014	Z & PC de Inktvis	06:35,81	210	
	100m: 01:31,92 (01:31,92) | 200m: 03:14,33 (01:42,41)					
	300m: 04:58,06 (01:43,73) | 400m: 06:35,81 (01:37,75)					
4.	Banninga, Anne	2014	Z & PC de Inktvis	06:39,81	204	
	100m: 01:31,44 (01:31,44) | 200m: 03:15,07 (01:43,63)					
	300m: 04:59,94 (01:44,87) | 400m: 06:39,81 (01:39,87)					
5.	van der Vorm, Noor	2014	De Dinkel Denekamp	07:01,95	173	
	100m: 01:39,53 (01:39,53) | 200m: 03:32,31 (01:52,78)					
	300m: 05:22,53 (01:50,22) | 400m: 07:01,95 (01:39,42)					
6.	Koster, Sophie	2014	ZPC Hoogeveen	07:08,17	166	
	100m: 01:43,45 (01:43,45) | 200m: 03:34,83 (01:51,38)					
	300m: 05:25,36 (01:50,53) | 400m: 07:08,17 (01:42,81)					
7.	Zwolle, Marley	2014	SG - E Z C L Losser-Haaksbergen-Enschede	07:12,16	161	
	100m: 01:42,20 (01:42,20) | 200m: 03:34,07 (01:51,87)					
	300m: 05:28,23 (01:54,16) | 400m: 07:12,16 (01:43,93)					
8.	Brunebarbe, Vayèn	2014	De Dinkel Denekamp	07:13,24	160	
	100m: 01:41,26 (01:41,26) | 200m: 03:36,98 (01:55,72)					
	300m: 05:29,78 (01:52,80) | 400m: 07:13,24 (01:43,46)					
9.	Dierks, Marlie	2014	De Dinkel Denekamp	08:42,09	91	
	100m: 01:55,18 (01:55,18) | 200m: 04:16,56 (02:21,38)					
	300m: 06:37,44 (02:20,88) | 400m: 08:42,09 (02:04,65)					

abgemeldet

Bodde, Sanne	2014	De Dinkel Denekamp
Roelink, Fayienne	2014	O Z & P C Oldenzaal

Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Damoiseaux, Elbrich	2013	SWOL 1894	05:40,12	331	
	100m: 01:19,15 (01:19,15) | 200m: 02:46,65 (01:27,50)					
	300m: 04:15,40 (01:28,75) | 400m: 05:40,12 (01:24,72)					
2.	de Vries, Thyrsa	2013	ZPC Bubble	05:44,84	318	
	100m: 01:21,35 (01:21,35) | 200m: 02:52,87 (01:31,52)					
	300m: 04:22,29 (01:29,42) | 400m: 05:44,84 (01:22,55)					

noch Wettkampf 15 - 400 m Freistil weiblich

noch Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
3.	Hoekman, Puck	2013	WS Twente Hengelo/Borne	05:57,41	285	
	100m: 01:23,48 (01:23,48) | 200m: 02:57,64 (01:34,16)					
	300m: 04:32,73 (01:35,09) | 400m: 05:57,41 (01:24,68)					
4.	Lentfert, Jinthe	2013	WS Twente Hengelo/Borne	06:01,43	276	
	100m: 01:25,97 (01:25,97) | 200m: 03:01,10 (01:35,13)					
	300m: 04:35,56 (01:34,46) | 400m: 06:01,43 (01:25,87)					
5.	Withag, Anna	2013	O Z & P C Oldenzaal	06:04,71	268	
	100m: 01:25,37 (01:25,37) | 200m: 02:59,71 (01:34,34)					
	300m: 04:34,31 (01:34,60) | 400m: 06:04,71 (01:30,40)					
6.	Kampmann, Zoe	2013	SV Plettenberg 1951 e.V.	06:17,19	243	
	100m: 01:25,48 (01:25,48) | 200m: 03:02,11 (01:36,63)					
	300m: 04:40,80 (01:38,69) | 400m: 06:17,19 (01:36,39)					
7.	Remmers, Kaily	2013	Dedemsvaart-AC	06:23,97	230	
	100m: 01:26,37 (01:26,37) | 200m: 03:04,95 (01:38,58)					
	300m: 04:45,23 (01:40,28) | 400m: 06:23,97 (01:38,74)					
8.	Mmbughu, Lizzy	2013	De Dinkel Denekamp	06:40,86	202	
	100m: 01:31,92 (01:31,92) | 200m: 03:18,20 (01:46,28)					
	300m: 05:05,25 (01:47,05) | 400m: 06:40,86 (01:35,61)					
9.	Rüsche, Sophia	2013	SV Plettenberg 1951 e.V.	07:03,56	171	
	100m: 01:36,44 (01:36,44) | 200m: 03:27,03 (01:50,59)					
	300m: 05:17,43 (01:50,40) | 400m: 07:03,56 (01:46,13)					
10.	Coumans, Isa	2013	GZC DONK Gouda	07:18,68	154	
	100m: 01:43,10 (01:43,10) | 200m: 03:35,41 (01:52,31)					
	300m: 05:31,37 (01:55,96) | 400m: 07:18,68 (01:47,31)					
11.	Elderink, Levke	2013	De Dinkel Denekamp	07:23,89	149	
	100m: 01:45,35 (01:45,35) | 200m: 03:40,36 (01:55,01)					
	300m: 05:36,66 (01:56,30) | 400m: 07:23,89 (01:47,23)					

abgemeldet

Aaldenberg, Fleur 2013 SWOL 1894

Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Bakker, Charlotte	2012	BZ & PC Bodegraven	05:17,79	406	
	100m: 01:15,64 (01:15,64) | 200m: 02:38,33 (01:22,69)					
	300m: 04:00,57 (01:22,24) | 400m: 05:17,79 (01:17,22)					
2.	Kuiper, Jinthe	2012	SWOL 1894	05:20,00	397	
	100m: 01:14,58 (01:14,58) | 200m: 02:37,61 (01:23,03)					
	300m: 04:00,69 (01:23,08) | 400m: 05:20,00 (01:19,31)					
3.	Wolf, Romy	2012	Waspo Nordhorn	05:37,10	340	
	100m: 01:18,01 (01:18,01) | 200m: 02:45,76 (01:27,75)					
	300m: 04:13,68 (01:27,92) | 400m: 05:37,10 (01:23,42)					
4.	Bjørnø, Alberte	2012	Ringe Svømme Klub	05:41,51	327	
	100m: 01:14,85 (01:14,85) | 200m: 02:41,31 (01:26,46)					
	300m: 04:11,27 (01:29,96) | 400m: 05:41,51 (01:30,24)					
5.	Legtenborg, Pia	2012	TuS Neuenhaus	05:49,72	304	
	100m: 01:17,94 (01:17,94) | 200m: 02:47,14 (01:29,20)					
	300m: 04:18,63 (01:31,49) | 400m: 05:49,72 (01:31,09)					
6.	Bäuml, Marie	2012	SG Oberhausen	05:59,81	279	
	100m: 01:22,91 (01:22,91) | 200m: 02:56,10 (01:33,19)					
	300m: 04:28,22 (01:32,12) | 400m: 05:59,81 (01:31,59)					
7.	Tank, Vanessa Amy	2012	SV Plettenberg 1951 e.V.	06:01,49	276	
	100m: 01:22,96 (01:22,96) | 200m: 02:57,00 (01:34,04)					
	300m: 04:31,35 (01:34,35) | 400m: 06:01,49 (01:30,14)					
8.	Broer, Tess	2012	ZPC Hoogeveen	06:03,06	272	
	100m: 01:22,84 (01:22,84) | 200m: 02:57,50 (01:34,66)					
	300m: 04:31,50 (01:34,00) | 400m: 06:03,06 (01:31,56)					

noch Wettkampf 15 - 400 m Freistil weiblich

noch Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
9.	Vos, Joanne	2012	ZPC Hoogeveen	06:09,53	258	
	100m: 01:24,64 (01:24,64) | 200m: 03:00,45 (01:35,81)					
	300m: 04:36,03 (01:35,58) | 400m: 06:09,53 (01:33,50)					
10.	Wawer, Hannah	2012	SG Oberhausen	06:23,89	230	
	100m: 01:32,02 (01:32,02) | 200m: 03:10,27 (01:38,25)					
	300m: 04:48,84 (01:38,57) | 400m: 06:23,89 (01:35,05)					
11.	Wierda, Noor	2012	WS Twente Hengelo/Borne	06:37,40	207	
	100m: 01:27,48 (01:27,48) | 200m: 03:12,00 (01:44,52)					
	300m: 04:56,82 (01:44,82) | 400m: 06:37,40 (01:40,58)					
	abgemeldet					
	Roos, Johanna	2012	Schwimmverein Haltern			
	Saari, Jennifer	2012	ZV Azuro			

Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Nöldemann, Lisa	2011	Schwimmverein Haltern	05:24,64	381	
	100m: 01:13,79 (01:13,79) | 200m: 02:38,94 (01:25,15)					
	300m: 04:05,01 (01:26,07) | 400m: 05:24,64 (01:19,63)					
2.	Schraa, Annefleur	2011	SWOL 1894	05:34,37	348	
	100m: 01:16,35 (01:16,35) | 200m: 02:42,80 (01:26,45)					
	300m: 04:09,92 (01:27,12) | 400m: 05:34,37 (01:24,45)					
3.	Kortenschijl, Sophie	2011	WS Twente Hengelo/Borne	05:41,57	327	
	100m: 01:18,81 (01:18,81) | 200m: 02:48,72 (01:29,91)					
	300m: 04:19,88 (01:31,16) | 400m: 05:41,57 (01:21,69)					
4.	Drexelius, Laura	2011	SV Plettenberg 1951 e.V.	05:54,70	292	
	100m: 01:21,20 (01:21,20) | 200m: 02:51,48 (01:30,28)					
	300m: 04:25,39 (01:33,91) | 400m: 05:54,70 (01:29,31)					
5.	Dekker, Ismay	2011	ZPC Hoogeveen	05:56,66	287	
	100m: 01:24,17 (01:24,17) | 200m: 02:56,08 (01:31,91)					
	300m: 04:28,60 (01:32,52) | 400m: 05:56,66 (01:28,06)					
6.	Vissering, Naomi	2011	ZPC Bubble	06:07,43	262	
	100m: 01:23,46 (01:23,46) | 200m: 02:58,82 (01:35,36)					
	300m: 04:35,83 (01:37,01) | 400m: 06:07,43 (01:31,60)					
7.	Smeets, Mia	2011	SSF Hamborn 07/38 e.V.	06:12,48	252	
	100m: 01:25,70 (01:25,70) | 200m: 03:20,28 (01:54,58)					
	300m: 04:39,38 (01:19,10) | 400m: 06:12,48 (01:33,10)					
8.	Zuurman, Ilse	2011	ZPC Hoogeveen	06:14,57	248	
	100m: 01:29,06 (01:29,06) | 200m: 03:06,65 (01:37,59)					
	300m: 04:43,65 (01:37,00) | 400m: 06:14,57 (01:30,92)					
9.	Mulder, Emma	2011	GZVW Winschoten	06:39,61	204	
	100m: 01:34,34 (01:34,34) | 200m: 03:19,63 (01:45,29)					
	300m: 05:03,43 (01:43,80) | 400m: 06:39,61 (01:36,18)					
10.	Rensen, Iris	2011	Hera '11 Raalte	07:00,69	175	
	100m: 01:36,85 (01:36,85) | 200m: 03:28,02 (01:51,17)					
	300m: 05:19,77 (01:51,75) | 400m: 07:00,69 (01:40,92)					

Jahrgang 2010

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Brink, Bente	2010	TuS Neuenhaus	05:04,06	463	
	100m: 01:10,01 (01:10,01) | 200m: 02:28,09 (01:18,08)					
	300m: 03:47,99 (01:19,90) | 400m: 05:04,06 (01:16,07)					
2.	Zevenbergen, Tessa	2010	Aquapoldro Apeldoorn	05:21,91	390	
	100m: 01:11,77 (01:11,77) | 200m: 02:35,36 (01:23,59)					
	300m: 04:01,04 (01:25,68) | 400m: 05:21,91 (01:20,87)					

noch Wettkampf 15 - 400 m Freistil weiblich

noch Jahrgang 2010

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
3.	Peters, Chantal	2010	ZPC Hoogeveen	05:29,42	364	
	100m: 01:14,30 (01:14,30) | 200m: 02:39,40 (01:25,10)					
	300m: 04:05,95 (01:26,55) | 400m: 05:29,42 (01:23,47)					
4.	Welzel, Kaja	2010	Waspo Nordhorn	05:36,92	340	
	100m: 01:16,57 (01:16,57) | 200m: 02:43,48 (01:26,91)					
	300m: 04:11,92 (01:28,44) | 400m: 05:36,92 (01:25,00)					
5.	Miske, Valeria	2010	SG Oberhausen	05:38,10	337	
	100m: 01:18,10 (01:18,10) | 200m: 02:44,03 (01:25,93)					
	300m: 04:13,33 (01:29,30) | 400m: 05:38,10 (01:24,77)					
6.	Saari, Annika	2010	ZV Azuro	05:38,73	335	
	100m: 01:17,45 (01:17,45) | 200m: 02:44,39 (01:26,94)					
	300m: 04:12,43 (01:28,04) | 400m: 05:38,73 (01:26,30)					
7.	Rüthemann, Diana	2010	Waspo Nordhorn	05:51,60	300	
	100m: 01:17,84 (01:17,84) | 200m: 02:48,76 (01:30,92)					
	300m: 04:20,15 (01:31,39) | 400m: 05:51,60 (01:31,45)					
8.	Liebrechts, Tess	2010	GZC DONK Gouda	05:51,79	299	
	100m: 01:22,72 (01:22,72) | 200m: 02:53,69 (01:30,97)					
	300m: 04:25,22 (01:31,53) | 400m: 05:51,79 (01:26,57)					
9.	Ekinovic, Nejla	2010	SG Oberhausen	05:52,97	296	
	100m: 01:19,76 (01:19,76) | 200m: 02:50,31 (01:30,55)					
	300m: 04:23,43 (01:33,12) | 400m: 05:52,97 (01:29,54)					
10.	Andersen, Ida Mertz	2010	Ringe Svømme Klub	05:54,99	291	
	100m: 01:21,34 (01:21,34) | 200m: 02:53,03 (01:31,69)					
	300m: 04:25,67 (01:32,64) | 400m: 05:54,99 (01:29,32)					
11.	Spijksma, Sanna	2010	ZPC De Hof	06:09,94	257	
	100m: 01:27,04 (01:27,04) | 200m: 03:03,71 (01:36,67)					
	300m: 04:40,48 (01:36,77) | 400m: 06:09,94 (01:29,46)					
12.	Schuur, Gwen	2010	De Grunte Hardenberg	06:17,81	241	
	100m: 01:23,76 (01:23,76) | 200m: 03:01,21 (01:37,45)					
	300m: 04:40,74 (01:39,53) | 400m: 06:17,81 (01:37,07)					
13.	Juhasz, Lilla	2010	TSV Quakenbrück	06:25,90	226	
	100m: 01:28,96 (01:28,96) | 200m: 03:08,92 (01:39,96)					
	300m: 04:49,75 (01:40,83) | 400m: 06:25,90 (01:36,15)					
14.	Zuidwijk, Lana	2010	ENC Arnhem	06:33,49	214	
	100m: 01:32,44 (01:32,44) | 200m: 03:16,73 (01:44,29)					
	300m: 04:59,75 (01:43,02) | 400m: 06:33,49 (01:33,74)					
15.	van de Lücht, Kyra	2010	SSF Hamborn 07/38 e.V.	06:36,23	209	
	100m: 01:31,35 (01:31,35) | 200m: 03:13,69 (01:42,34)					
	300m: 04:58,36 (01:44,67) | 400m: 06:36,23 (01:37,87)					
16.	Ronig, Clara	2010	Schwimmverein Haltern	07:03,66	171	
	100m: 01:34,11 (01:34,11) | 200m: 03:24,44 (01:50,33)					
	300m: 05:17,66 (01:53,22) | 400m: 07:03,66 (01:46,00)					

abgemeldet

Dekker, Myron	2010	ZPC Hoogeveen
Storck, Anika	2010	Schwimmverein Epe 1959
Weltermann, Fiona	2010	SG Sendenhorst

Jahrgang 2009

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Henriksen, Ella Broby	2009	Ringe Svømme Klub	05:09,47	440	
	100m: 01:11,47 (01:11,47) | 200m: 02:31,17 (01:19,70)					
	300m: 03:51,32 (01:20,15) | 400m: 05:09,47 (01:18,15)					
2.	Tudor, Anna	2009	Waspo Nordhorn	05:13,57	422	
	100m: 01:10,20 (01:10,20) | 200m: 02:30,20 (01:20,00)					
	300m: 03:51,90 (01:21,70) | 400m: 05:13,57 (01:21,67)					

noch Wettkampf 15 - 400 m Freistil weiblich

noch Jahrgang 2009

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
3.	Bulter, Nienke	2009	De Dinkel Denekamp	05:19,02	401	
	100m: 01:15,50 (01:15,50) | 200m: 02:36,90 (01:21,40)					
	300m: 03:59,14 (01:22,24) | 400m: 05:19,02 (01:19,88)					
4.	Lammert, Theresa	2009	SG Sendenhorst	05:26,01	376	
	100m: 01:13,80 (01:13,80) | 200m: 02:37,52 (01:23,72)					
	300m: 04:02,79 (01:25,27) | 400m: 05:26,01 (01:23,22)					
5.	Schipper, Lena	2009	TuS Neuenhaus	05:26,07	376	
	100m: 01:13,60 (01:13,60) | 200m: 02:37,46 (01:23,86)					
	300m: 04:01,44 (01:23,98) | 400m: 05:26,07 (01:24,63)					
6.	Wiesner, Annika	2009	SG Sendenhorst	05:47,48	310	
	100m: 01:16,63 (01:16,63) | 200m: 02:47,25 (01:30,62)					
	300m: 04:19,20 (01:31,95) | 400m: 05:47,48 (01:28,28)					
7.	Thül, Denise	2009	SWOL 1894	05:56,09	288	
	100m: 01:19,17 (01:19,17) | 200m: 02:50,51 (01:31,34)					
	300m: 04:24,75 (01:34,24) | 400m: 05:56,09 (01:31,34)					
8.	Schijffelen, Vera	2009	WS Twente Hengelo/Borne	06:15,64	246	
	100m: 01:26,35 (01:26,35) | 200m: 03:03,36 (01:37,01)					
	300m: 04:41,26 (01:37,90) | 400m: 06:15,64 (01:34,38)					
9.	Menger, Lisa	2009	De Dinkel Denekamp	06:35,57	210	
	100m: 01:30,76 (01:30,76) | 200m: 03:11,02 (01:40,26)					
	300m: 04:53,10 (01:42,08) | 400m: 06:35,57 (01:42,47)					
10.	Yntema, Veera	2009	GZV Groenlose Zwemvereniging	06:51,60	187	
	100m: 01:31,44 (01:31,44) | 200m: 03:15,66 (01:44,22)					
	300m: 05:04,60 (01:48,94) | 400m: 06:51,60 (01:47,00)					

abgemeldet

Knol, Nienke	2009	Hera '11 Raalte
ter Maat, Marlinde	2009	De Dinkel Denekamp

Jahrgang 2008

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Pillipp, Julia	2008	Schwimmverein Haltern	05:22,87	387	
	100m: 01:14,20 (01:14,20) | 200m: 02:37,28 (01:23,08)					
	300m: 04:01,58 (01:24,30) | 400m: 05:22,87 (01:21,29)					
2.	Pathuis, Lyanne	2008	ZPC Bubble	05:41,69	326	
	100m: 01:18,06 (01:18,06) | 200m: 02:46,17 (01:28,11)					
	300m: 04:16,32 (01:30,15) | 400m: 05:41,69 (01:25,37)					
3.	Boswinkel, Iris	2008	ZPC De Hof	05:41,74	326	
	100m: 01:20,18 (01:20,18) | 200m: 02:49,71 (01:29,53)					
	300m: 04:18,10 (01:28,39) | 400m: 05:41,74 (01:23,64)					
4.	Haytink, Meyke	2008	WS Twente Hengelo/Borne	05:44,06	320	
	100m: 01:21,85 (01:21,85) | 200m: 02:50,05 (01:28,20)					
	300m: 04:18,85 (01:28,80) | 400m: 05:44,06 (01:25,21)					
5.	Canits, Dyann	2008	Hera '11 Raalte	07:34,10	139	
	100m: 01:36,69 (01:36,69) | 200m: 03:36,27 (01:59,58)					
	300m: 05:37,67 (02:01,40) | 400m: 07:34,10 (01:56,43)					

abgemeldet

Koers, Mariella	2008	Waspo Nordhorn

Junioren

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	van Slooten, Inken	2007	Waspo Nordhorn	05:05,01	459
	100m: 01:12,63 (01:12,63) | 200m: 02:31,03 (01:18,40)				
	300m: 03:49,65 (01:18,62) | 400m: 05:05,01 (01:15,36)				

noch Wettkampf 15 - 400 m Freistil weiblich

noch Junioren

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
2.	Ausema, Aniek	2006	ZV Azuro	05:08,54	443
	100m: 01:13,04 (01:13,04) | 200m: 02:32,05 (01:19,01)				
	300m: 03:51,84 (01:19,79) | 400m: 05:08,54 (01:16,70)				
3.	van der Meer, Donna	2006	BZ & PC Bodegraven	05:09,78	438
	100m: 01:12,77 (01:12,77) | 200m: 02:32,11 (01:19,34)				
	300m: 03:52,38 (01:20,27) | 400m: 05:09,78 (01:17,40)				
4.	Snippe, Julia	2007	Waspo Nordhorn	05:13,30	424
	100m: 01:11,38 (01:11,38) | 200m: 02:30,60 (01:19,22)				
	300m: 03:52,67 (01:22,07) | 400m: 05:13,30 (01:20,63)				
5.	Ferreira, Olivia	2006	Waspo Nordhorn	05:17,99	405
	100m: 01:12,08 (01:12,08) | 200m: 02:32,94 (01:20,86)				
	300m: 03:55,60 (01:22,66) | 400m: 05:17,99 (01:22,39)				
6.	Krohm, Alena	2007	SG Oberhausen	05:33,16	352
	100m: 01:15,83 (01:15,83) | 200m: 02:40,20 (01:24,37)				
	300m: 04:07,29 (01:27,09) | 400m: 05:33,16 (01:25,87)				
7.	Spelde, Yke	2007	ZPC Bubble	05:33,22	352
	100m: 01:18,35 (01:18,35) | 200m: 02:43,32 (01:24,97)				
	300m: 04:08,80 (01:25,48) | 400m: 05:33,22 (01:24,42)				
8.	Zandstra, Lily	2007	Dedemsvaart-AC	05:52,76	297
	100m: 01:22,72 (01:22,72) | 200m: 02:54,45 (01:31,73)				
	300m: 04:25,71 (01:31,26) | 400m: 05:52,76 (01:27,05)				
9.	Langevoort, Iris	2007	ZPC Hoogeveen	05:59,61	280
	100m: 01:22,54 (01:22,54) | 200m: 02:56,25 (01:33,71)				
	300m: 04:29,41 (01:33,16) | 400m: 05:59,61 (01:30,20)				
10.	Stevens, Elisa	2006	ZV Azuro	06:31,92	216
	100m: 01:31,08 (01:31,08) | 200m: 03:10,67 (01:39,59)				
	300m: 04:52,76 (01:42,09) | 400m: 06:31,92 (01:39,16)				
11.	Koster, Nienke	2007	GZV Groenlose Zwemvereniging	06:36,05	209
	100m: 01:33,29 (01:33,29) | 200m: 03:15,43 (01:42,14)				
	300m: 04:57,27 (01:41,84) | 400m: 06:36,05 (01:38,78)				

abgemeldet

Tuigunova, Anna 2007 SG Oberhausen

AK 20 und älter

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Setz, Laura	2000	ZPC Bubble	04:43,87	570
	100m: 01:06,74 (01:06,74) | 200m: 02:19,45 (01:12,71)				
	300m: 03:33,41 (01:13,96) | 400m: 04:43,87 (01:10,46)				
2.	Drent, Marijke	1999	ZPC Bubble	04:50,95	529
	100m: 01:08,84 (01:08,84) | 200m: 02:23,11 (01:14,27)				
	300m: 03:37,92 (01:14,81) | 400m: 04:50,95 (01:13,03)				
3.	Bosch, Claire	2004	De Dinkel Denekamp	05:14,68	418
	100m: 01:13,05 (01:13,05) | 200m: 02:33,19 (01:20,14)				
	300m: 03:53,75 (01:20,56) | 400m: 05:14,68 (01:20,93)				
4.	Mulder, Anna	2005	ZPC Bubble	05:23,60	384
	100m: 01:16,03 (01:16,03) | 200m: 02:39,00 (01:22,97)				
	300m: 04:03,27 (01:24,27) | 400m: 05:23,60 (01:20,33)				
5.	Thomas, Yvonne	2000	SV Plettenberg 1951 e.V.	05:40,86	329
	100m: 01:17,65 (01:17,65) | 200m: 02:45,31 (01:27,66)				
	300m: 04:14,34 (01:29,03) | 400m: 05:40,86 (01:26,52)				
6.	Helper, Sabrina	1998	Waspo Nordhorn	05:42,77	323
	100m: 01:14,17 (01:14,17) | 200m: 02:40,98 (01:26,81)				
	300m: 04:11,96 (01:30,98) | 400m: 05:42,77 (01:30,81)				
7.	Rutgers, Annelot	2005	ZPC Bubble	06:02,18	274
	100m: 01:27,23 (01:27,23) | 200m: 03:02,34 (01:35,11)				
	300m: 04:36,13 (01:33,79) | 400m: 06:02,18 (01:26,05)				

noch Wettkampf 15 - 400 m Freistil weiblich

noch AK 20 und älter

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
8.	Schuurman, Melissa	2000	SG - E Z C L Losser-Haaksbergen-Enschede	06:13,14	251
	100m: 01:25,25 (01:25,25) | 200m: 03:00,70 (01:35,45)				
	300m: 04:37,12 (01:36,42) | 400m: 06:13,14 (01:36,02)				
9.	Wilms, Yasmine	2003	Hera '11 Raalte	06:16,49	244
	100m: 01:23,59 (01:23,59) | 200m: 02:59,49 (01:35,90)				
	300m: 04:39,10 (01:39,61) | 400m: 06:16,49 (01:37,39)				
10.	Mulder, Suzanne	1993	GZVW Winschoten	06:45,01	196
	100m: 01:31,99 (01:31,99) | 200m: 03:16,72 (01:44,73)				
	300m: 05:01,49 (01:44,77) | 400m: 06:45,01 (01:43,52)				
11.	Veldhuis, Chantal	2001	Aquapoldro Apeldoorn	06:47,93	192
	100m: 01:37,51 (01:37,51) | 200m: 03:22,01 (01:44,50)				
	300m: 05:07,54 (01:45,53) | 400m: 06:47,93 (01:40,39)				
12.	van den Berg, Michelle	2005	SWOL 1894	06:58,75	177
	100m: 01:33,44 (01:33,44) | 200m: 03:22,78 (01:49,34)				
	300m: 05:13,56 (01:50,78) | 400m: 06:58,75 (01:45,19)				