

Wettkampf 15 - 400 m Freistil weiblich**Jahrgang 2015**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Keizer, Lieke 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)	2015	TC TriVia	06:43,04	199	
2.	Bäumli, Mila 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)	2015	SG Oberhausen	07:03,43	171	
3.	Kurras, Kaylee 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)	2015	SV Plettenberg 1951 e.V.	07:54,03	122	
4.	Kurras, Madison 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)	2015	SV Plettenberg 1951 e.V.	08:44,64	90	

Jahrgang 2014

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Bergsma, Noa 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)	2014	Dedemsvaart-AC	06:14,73	247	
2.	Schans, Eva 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)	2014	Dedemsvaart-AC	06:21,34	235	
3.	Willemsen, Fenna 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)	2014	Z & PC de Inktvis	06:35,81	210	
4.	Banninga, Anne 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)	2014	Z & PC de Inktvis	06:39,81	204	
5.	van der Vorm, Noor 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)	2014	De Dinkel Denekamp	07:01,95	173	
6.	Koster, Sophie 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)	2014	ZPC Hoogeveen	07:08,17	166	
7.	Zwolle, Marley 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)	2014	SG - E Z C L	07:12,16	161	
8.	Brunebarbe, Vayèn 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)	2014	De Dinkel Denekamp	07:13,24	160	
9.	Dierks, Marlie 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)	2014	De Dinkel Denekamp	08:42,09	91	

abgemeldet

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

Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Damoiseaux, Elbrich 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)	2013	SWOL 1894	05:40,12	331	
2.	de Vries, Thyrsa 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)	2013	ZPC Bubble	05:44,84	318	

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
3.	Hoekman, Puck	2013	WS Twente	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	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	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	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	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.	Bäumli, 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)					

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
9.	Vos, Joanne 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)	2012	ZPC Hoogetveen	06:09,53	258	
10.	Wawer, Hannah 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)	2012	SG Oberhausen	06:23,89	230	
11.	Wierda, Noor 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)	2012	WS Twente	06:37,40	207	
<u>abgemeldet</u>						
	Roos, Johanna	2012	Schwimmverein Haltern			
	Saari, Jennifer	2012	ZV Azuro			

Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Nöldemann, Lisa 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)	2011	Schwimmverein Haltern	05:24,64	381	
2.	Schraa, Annefleurl 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)	2011	SWOL 1894	05:34,37	348	
3.	Kortenschijl, Sophie 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)	2011	WS Twente	05:41,57	327	
4.	Drexelius, Laura 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)	2011	SV Plettenberg 1951 e.V.	05:54,70	292	
5.	Dekker, Ismay 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)	2011	ZPC Hoogetveen	05:56,66	287	
6.	Vissering, Naomi 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)	2011	ZPC Bubble	06:07,43	262	
7.	Smeets, Mia 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)	2011	SSF Hamborn 07/38 e.V.	06:12,48	252	
8.	Zuurman, Ilse 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)	2011	ZPC Hoogetveen	06:14,57	248	
9.	Mulder, Emma 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)	2011	GZVW Winschoten	06:39,61	204	
10.	Rensen, Iris 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)	2011	Hera '11	07:00,69	175	

Jahrgang 2010

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Brink, Bente 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)	2010	TuS Neuenhaus	05:04,06	463	
2.	Zevenbergen, Tessa 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)	2010	Aquapoldro	05:21,91	390	

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
3.	Peters, Chantal 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)	2010	ZPC Hoogeveen	05:29,42	364	
4.	Welzel, Kaja 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)	2010	Waspo Nordhorn	05:36,92	340	
5.	Miske, Valeria 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)	2010	SG Oberhausen	05:38,10	337	
6.	Saari, Annika 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)	2010	ZV Azuro	05:38,73	335	
7.	Rüthemann, Diana 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)	2010	Waspo Nordhorn	05:51,60	300	
8.	Liebrechts, Tess 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)	2010	GZC DONK	05:51,79	299	
9.	Ekinovic, Nejla 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)	2010	SG Oberhausen	05:52,97	296	
10.	Andersen, Ida Mertz 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)	2010	Ringe Svømme Klub	05:54,99	291	
11.	Spijksma, Sanna 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)	2010	ZPC De Hof	06:09,94	257	
12.	Schuur, Gwen 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)	2010	De Grunte	06:17,81	241	
13.	Juhasz, Lilla 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)	2010	TSV Quakenbrück	06:25,90	226	
14.	Zuidwijk, Lana 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)	2010	ENC Arnhem	06:33,49	214	
15.	van de Lücht, Kyra 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)	2010	SSF Hamborn 07/38 e.V.	06:36,23	209	
16.	Ronig, Clara 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)	2010	Schwimmverein Haltern	07:03,66	171	

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 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)	2009	Ringe Svømme Klub	05:09,47	440	
2.	Tudor, Anna 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)	2009	Waspo Nordhorn	05:13,57	422	

noch Wettkampf 15 - 400 m Freistil weiblich**noch Jahrgang 2009**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
3.	Bulter, Nienke 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)	2009	De Dinkel Denekamp	05:19,02	401	
4.	Lammert, Theresa 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)	2009	SG Sendenhorst	05:26,01	376	
5.	Schipper, Lena 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)	2009	TuS Neuenhaus	05:26,07	376	
6.	Wiesner, Annika 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)	2009	SG Sendenhorst	05:47,48	310	
7.	Thül, Denise 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)	2009	SWOL 1894	05:56,09	288	
8.	Schijffelen, Vera 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)	2009	WS Twente	06:15,64	246	
9.	Menger, Lisa 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)	2009	De Dinkel Denekamp	06:35,57	210	
10.	Yntema, Veera 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)	2009	GZV Groenlose	06:51,60	187	

abgemeldet

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

Jahrgang 2008

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Pillipp, Julia 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)	2008	Schwimmverein Haltern	05:22,87	387	
2.	Pathuis, Lyanne 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)	2008	ZPC Bubble	05:41,69	326	
3.	Boswinkel, Iris 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)	2008	ZPC De Hof	05:41,74	326	
4.	Haytink, Meyke 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)	2008	WS Twente	05:44,06	320	
5.	Canits, Dyann 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)	2008	Hera '11	07:34,10	139	

abgemeldet

Koers, Mariella	2008	Waspo Nordhorn
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Junioren

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	van Slooten, Inken 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)	2007	Waspo Nordhorn	05:05,01	459	

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
2.	Ausema, Aniek 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)	2006	ZV Azuro	05:08,54	443
3.	van der Meer, Donna 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)	2006	BZ & PC	05:09,78	438
4.	Snippe, Julia 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)	2007	Waspo Nordhorn	05:13,30	424
5.	Ferreira, Olivia 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)	2006	Waspo Nordhorn	05:17,99	405
6.	Krohm, Alena 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)	2007	SG Oberhausen	05:33,16	352
7.	Spelde, Yke 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)	2007	ZPC Bubble	05:33,22	352
8.	Zandstra, Lily 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)	2007	Dedemsvaart-AC	05:52,76	297
9.	Langevoort, Iris 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)	2007	ZPC Hoogetveen	05:59,61	280
10.	Stevens, Elisa 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)	2006	ZV Azuro	06:31,92	216
11.	Koster, Nienke 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)	2007	GZV Groenlose	06:36,05	209
<u>abgemeldet</u>					
	Tuigunova, Anna	2007	SG Oberhausen		

AK 20 und älter

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Setz, Laura 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)	2000	ZPC Bubble	04:43,87	570
2.	Drent, Marijke 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)	1999	ZPC Bubble	04:50,95	529
3.	Bosch, Claire 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)	2004	De Dinkel Denekamp	05:14,68	418
4.	Mulder, Anna 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)	2005	ZPC Bubble	05:23,60	384
5.	Thomas, Yvonne 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)	2000	SV Plettenberg 1951 e.V.	05:40,86	329
6.	Helper, Sabrina 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)	1998	Waspo Nordhorn	05:42,77	323
7.	Rutgers, Annelot 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)	2005	ZPC Bubble	06:02,18	274

noch Wettkampf 15 - 400 m Freistil weiblich**noch AK 20 und älter**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
8.	Schuurman, Melissa 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)	2000	SG - E Z C L	06:13,14	251
9.	Wilms, Yasmine 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)	2003	Hera '11	06:16,49	244
10.	Mulder, Suzanne 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)	1993	GZVW Winschoten	06:45,01	196
11.	Veldhuis, Chantal 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)	2001	Aquapoldro	06:47,93	192
12.	van den Berg, Michelle 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)	2005	SWOL 1894	06:58,75	177