

Wettkampf 15 - 400 m Freistil weiblich**Jahrgang 2016**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Benerink, Jolien 100m: 01:35,86 (01:35,86) 200m: 03:25,64 (01:49,78) 300m: 05:16,26 (01:50,62) 400m: 07:01,67 (01:45,41)	2016	WS Twente	07:01,67		171
2.	te Hennepe, Puck 100m: 01:44,71 (01:44,71) 200m: 03:39,66 (01:54,95) 300m: 05:30,94 (01:51,28) 400m: 07:15,12 (01:44,18)	2016	De Dinkel Denekamp	07:15,12		155

Jahrgang 2015

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Brands, Noa 100m: 01:17,74 (01:17,74) 200m: 02:45,75 (01:28,01) 300m: 04:14,93 (01:29,18) 400m: 05:42,41 (01:27,48)	2015	SWOL 1894	05:42,41		319
2.	Bruinink, Nina 100m: 01:26,50 (01:26,50) 200m: 03:02,31 (01:35,81) 300m: 04:39,03 (01:36,72) 400m: 06:12,81 (01:33,78)	2015	SG - E Z C L	06:12,81		247
3.	Zoer, Vièn 100m: 01:25,83 (01:25,83) 200m: 03:05,65 (01:39,82) 300m: 04:44,63 (01:38,98) 400m: 06:20,49 (01:35,86)	2015	Dedemsvaart-AC	06:20,49		233
4.	Keizer, Lieke 100m: 01:28,41 (01:28,41) 200m: 03:08,33 (01:39,92) 300m: 04:49,84 (01:41,51) 400m: 06:23,87 (01:34,03)	2015	TC TriVia	06:23,87		227
5.	Rietman, Anna 100m: 01:29,66 (01:29,66) 200m: 03:11,52 (01:41,86) 300m: 04:52,18 (01:40,66) 400m: 06:26,34 (01:34,16)	2015	SWOL 1894	06:26,34		222
6.	Smit, Rhéa 100m: 01:29,00 (01:29,00) 200m: 03:11,69 (01:42,69) 300m: 04:54,01 (01:42,32) 400m: 06:28,48 (01:34,47)	2015	ZPC AMERSFOORT	06:28,48		219
7.	Bäumli, Mila 100m: 01:31,01 (01:31,01) 200m: 03:13,47 (01:42,46) 300m: 04:56,19 (01:42,72) 400m: 06:37,60 (01:41,41)	2015	SG Oberhausen	06:37,60		204
8.	Zötzl, Clara 100m: 01:36,17 (01:36,17) 200m: 03:24,06 (01:47,89) 300m: 05:12,97 (01:48,91) 400m: 06:52,38 (01:39,41)	2015	Waspo Nordhorn	06:52,38		183
9.	Kurras, Kaylee 100m: 01:36,23 (01:36,23) 200m: 03:26,48 (01:50,25) 300m: 05:14,71 (01:48,23) 400m: 06:55,60 (01:40,89)	2015	SV Plettenberg 1951 e.V.	06:55,60		178
10.	Kurras, Madison 100m: 01:39,59 (01:39,59) 200m: 03:31,80 (01:52,21) 300m: 05:31,14 (01:59,34) 400m: 07:18,26 (01:47,12)	2015	SV Plettenberg 1951 e.V.	07:18,26		152

Jahrgang 2014

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Bannatyne, Jessica 100m: 01:18,36 (01:18,36) 200m: 02:44,36 (01:26,00) 300m: 04:09,86 (01:25,50) 400m: 05:32,84 (01:22,98)	2014	BZ & PC Bodegraven	05:32,84		348
2.	van der Veen, Reva 100m: 01:16,50 (01:16,50) 200m: 02:42,35 (01:25,85) 300m: 04:09,90 (01:27,55) 400m: 05:35,46 (01:25,56)	2014	Dedemsvaart-AC	05:35,46		340
3.	Bruggeman, Charlotte 100m: 01:20,69 (01:20,69) 200m: 02:48,34 (01:27,65) 300m: 04:16,24 (01:27,90) 400m: 05:38,70 (01:22,46)	2014	Z & PV de Veene	05:38,70		330
4.	Lemmers, Fleur 100m: 01:23,34 (01:23,34) 200m: 02:56,70 (01:33,36) 300m: 04:28,47 (01:31,77) 400m: 05:58,28 (01:29,81)	2014	SWOL 1894	05:58,28		279
5.	Zwolle, Marley 100m: 01:24,84 (01:24,84) 200m: 02:59,81 (01:34,97) 300m: 04:35,18 (01:35,37) 400m: 06:02,35 (01:27,17)	2014	O Z & P C Oldenzaal	06:02,35		269

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
6.	Willemsen, Fenna 100m: 01:27,30 (01:27,30) 200m: 03:01,09 (01:33,79) 300m: 04:34,57 (01:33,48) 400m: 06:04,36 (01:29,79)	2014	Z & PC de Inktvis	06:04,36	265	
7.	Banninga, Anne 100m: 01:27,39 (01:27,39) 200m: 03:03,46 (01:36,07) 300m: 04:37,10 (01:33,64) 400m: 06:09,17 (01:32,07)	2014	Z & PC de Inktvis	06:09,17	255	
8.	Kurras, Novalee 100m: 01:30,94 (01:30,94) 200m: 03:07,46 (01:36,52) 300m: 04:41,56 (01:34,10) 400m: 06:10,07 (01:28,51)	2014	SV Plettenberg 1951 e.V.	06:10,07	253	
9.	Fritsche, Nora 100m: 01:29,03 (01:29,03) 200m: 02:47,20 (01:18,17) 300m: 04:43,64 (01:56,44) 400m: 06:10,34 (01:26,70)	2014	SV Plettenberg 1951 e.V.	06:10,34	252	
10.	Schans, Eva 100m: 01:27,70 (01:27,70) 200m: 03:05,03 (01:37,33) 300m: 04:42,63 (01:37,60) 400m: 06:16,47 (01:33,84)	2014	Dedemsvaart-AC	06:16,47	240	
11.	van der Vorm, Noor 100m: 01:30,16 (01:30,16) 200m: 03:10,45 (01:40,29) 300m: 04:50,38 (01:39,93) 400m: 06:19,90 (01:29,52)	2014	De Dinkel Denekamp	06:19,90	234	
12.	Meilink, Mayke 100m: 01:30,66 (01:30,66) 200m: 03:14,01 (01:43,35) 300m: 05:00,68 (01:46,67) 400m: 06:43,06 (01:42,38)	2014	De Grunte	06:43,06	196	
13.	Evermann, Anni 100m: 01:37,54 (01:37,54) 200m: 03:26,32 (01:48,78) 300m: 05:14,27 (01:47,95) 400m: 06:53,91 (01:39,64)	2014	Waspo Nordhorn	06:53,91	181	
14.	Borkent, Jenna 100m: 01:37,88 (01:37,88) 200m: 03:25,57 (01:47,69) 300m: 05:19,88 (01:54,31) 400m: 06:55,83 (01:35,95)	2014	WS Twente	06:55,83	178	
15.	Fundter, Suja 100m: 01:40,25 (01:40,25) 200m: 03:29,49 (01:49,24) 300m: 05:17,49 (01:48,00) 400m: 06:57,22 (01:39,73)	2014	BZ & PC Bodegraven	06:57,22	176	
16.	Brandt, Laura 100m: 01:37,89 (01:37,89) 200m: 03:28,60 (01:50,71) 300m: 05:21,39 (01:52,79) 400m: 07:08,26 (01:46,87)	2014	SV Plettenberg 1951 e.V.	07:08,26	163	

abgemeldet

Richter, Marie Louise 2014 Waspo Nordhorn

Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Harmelink, Evelyn 100m: 01:11,12 (01:11,12) 200m: 02:30,68 (01:19,56) 300m: 03:49,53 (01:18,85) 400m: 05:04,35 (01:14,82)	2013	TuS Neuenhaus	05:04,35	455	
2.	de Vries, Thyrsa 100m: 01:14,35 (01:14,35) 200m: 02:35,36 (01:21,01) 300m: 03:56,51 (01:21,15) 400m: 05:14,75 (01:18,24)	2013	ZPC Bubble	05:14,75	411	
3.	Damoiseaux, Elbrich 100m: 01:16,10 (01:16,10) 200m: 02:39,22 (01:23,12) 300m: 04:01,68 (01:22,46) 400m: 05:20,98 (01:19,30)	2013	SWOL 1894	05:20,98	388	
4.	Hoekman, Puck 100m: 01:20,77 (01:20,77) 200m: 02:46,82 (01:26,05) 300m: 04:12,18 (01:25,36) 400m: 05:29,75 (01:17,57)	2013	WS Twente	05:29,75	358	
5.	Keizer, Lana 100m: 01:16,69 (01:16,69) 200m: 02:42,94 (01:26,25) 300m: 04:09,80 (01:26,86) 400m: 05:31,89 (01:22,09)	2013	TC TriVia	05:31,89	351	
6.	Oostindie, Quinty-Lizz 100m: 01:24,71 (01:24,71) 200m: 02:59,32 (01:34,61) 300m: 04:33,15 (01:33,83) 400m: 05:58,19 (01:25,04)	2013	GZVW Winschoten	05:58,19	279	

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
7.	Kampmann, Zoe 100m: 01:24,57 (01:24,57) 200m: 02:56,40 (01:31,83) 300m: 04:30,03 (01:33,63) 400m: 06:01,12 (01:31,09)	2013	SV Plettenberg 1951 e.V.	06:01,12		272
8.	Andersen, Sofia Trads 100m: 01:24,57 (01:24,57) 200m: 02:59,52 (01:34,95) 300m: 04:36,07 (01:36,55) 400m: 06:04,98 (01:28,91)	2013	Ringe Svømme Klub	06:04,98		264
9.	Venema, Kim 100m: 01:32,12 (01:32,12) 200m: 03:13,98 (01:41,86) 300m: 04:53,07 (01:39,09) 400m: 06:29,37 (01:36,30)	2013	GZVW Winschoten	06:29,37		217
10.	Klesse, Alexa 100m: 01:27,41 (01:27,41) 200m: 03:08,97 (01:41,56) 300m: 04:54,18 (01:45,21) 400m: 06:37,42 (01:43,24)	2013	Waspo Nordhorn	06:37,42		204
11.	van Veen, Lindsay 100m: 01:33,73 (01:33,73) 200m: 03:17,80 (01:44,07) 300m: 05:02,50 (01:44,70) 400m: 06:42,05 (01:39,55)	2013	Dedemsvaart-AC	06:42,05		197
12.	Elderink, Levke 100m: 01:35,87 (01:35,87) 200m: 03:23,28 (01:47,41) 300m: 05:12,03 (01:48,75) 400m: 06:55,63 (01:43,60)	2013	De Dinkel Denekamp	06:55,63		178
13.	Kronemeyer, Marina 100m: 01:37,06 (01:37,06) 200m: 03:28,49 (01:51,43) 300m: 05:21,37 (01:52,88) 400m: 07:07,00 (01:45,63)	2013	Waspo Nordhorn	07:07,00		164

disqualifiziert

Mmbughu, Lizzy 2013 De Dinkel Denekamp
Der Sportler startete vor dem Startsignal
Uhrzeit der Bekanntgabe: 13:04

abgemeldet

Janssen, Suzanne 2013 Dedemsvaart-AC
 Knoche, Merle 2013 SV Plettenberg 1951 e.V.

Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Bakker, Charlotte 100m: 01:12,72 (01:12,72) 200m: 02:31,31 (01:18,59) 300m: 03:50,49 (01:19,18) 400m: 05:07,43 (01:16,94)	2012	BZ & PC Bodegraven	05:07,43		441
2.	Kuiper, Jinthe 100m: 01:14,38 (01:14,38) 200m: 02:34,85 (01:20,47) 300m: 03:55,17 (01:20,32) 400m: 05:12,45 (01:17,28)	2012	SWOL 1894	05:12,45		421
3.	Bjørnø, Alberte 100m: 01:15,93 (01:15,93) 200m: 02:39,57 (01:23,64) 300m: 04:06,07 (01:26,50) 400m: 05:32,07 (01:26,00)	2012	Ringe Svømme Klub	05:32,07		350
4.	Wolf, Romy 100m: 01:17,55 (01:17,55) 200m: 02:44,21 (01:26,66) 300m: 04:12,22 (01:28,01) 400m: 05:32,81 (01:20,59)	2012	Waspo Nordhorn	05:32,81		348
5.	Hoogendam, Mila 100m: 01:21,23 (01:21,23) 200m: 02:53,22 (01:31,99) 300m: 04:25,02 (01:31,80) 400m: 05:53,13 (01:28,11)	2012	ZPC AMERSFOORT	05:53,13		291
6.	Lemmers, Anna-Sophie 100m: 01:19,95 (01:19,95) 200m: 02:52,10 (01:32,15) 300m: 04:24,37 (01:32,27) 400m: 05:54,22 (01:29,85)	2012	SWOL 1894	05:54,22		288
7.	Roes, Marjolein 100m: 01:21,41 (01:21,41) 200m: 02:53,25 (01:31,84) 300m: 04:25,59 (01:32,34) 400m: 05:54,36 (01:28,77)	2012	DZ & PC De IJsel	05:54,36		288
8.	Drost, Eva 100m: 01:23,30 (01:23,30) 200m: 02:54,32 (01:31,02) 300m: 04:25,41 (01:31,09) 400m: 05:55,99 (01:30,58)	2012	ZPC AMERSFOORT	05:55,99		284

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
9.	Grob, Femke 100m: 01:20,96 (01:20,96) 200m: 02:53,59 (01:32,63) 300m: 04:28,84 (01:35,25) 400m: 06:01,39 (01:32,55)	2012	Waspo Nordhorn	06:01,39	272	
10.	Bäumli, Marie 100m: 01:24,37 (01:24,37) 200m: 02:59,81 (01:35,44) 300m: 04:34,35 (01:34,54) 400m: 06:04,86 (01:30,51)	2012	SG Oberhausen	06:04,86	264	
11.	Löcken, Linna-Marie 100m: 01:27,35 (01:27,35) 200m: 03:05,37 (01:38,02) 300m: 04:44,57 (01:39,20) 400m: 06:17,12 (01:32,55)	2012	Waspo Nordhorn	06:17,12	239	
12.	Gebehenne, Lotta 100m: 01:28,00 (01:28,00) 200m: 03:09,11 (01:41,11) 300m: 04:48,39 (01:39,28) 400m: 06:22,39 (01:34,00)	2012	SV Plettenberg 1951 e.V.	06:22,39	229	
13.	Rosenbeck, Marie 100m: 01:24,54 (01:24,54) 200m: 03:06,68 (01:42,14) 300m: 04:50,90 (01:44,22) 400m: 06:34,16 (01:43,26)	2012	Waspo Nordhorn	06:34,16	209	
14.	Weijkamp, Lieselot 100m: 01:31,60 (01:31,60) 200m: 03:15,44 (01:43,84) 300m: 05:00,29 (01:44,85) 400m: 06:40,97 (01:40,68)	2012	WS Twente	06:40,97	199	
15.	Plantinga, Naomi 100m: 01:29,27 (01:29,27) 200m: 03:17,16 (01:47,89) 300m: 05:10,32 (01:53,16) 400m: 06:58,32 (01:48,00)	2012	ZPC Bubble	06:58,32	175	

abgemeldet

Schuurman, Nadie	2012	SWOL 1894
Vos, Joanne	2012	ZPC Hoogeveen

Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Fransz, Elynn 100m: 01:14,35 (01:14,35) 200m: 02:39,43 (01:25,08) 300m: 04:03,92 (01:24,49) 400m: 05:22,87 (01:18,95)	2011	SWOL 1894	05:22,87	381	
2.	de Heij, Nikki 100m: 01:16,58 (01:16,58) 200m: 02:42,56 (01:25,98) 300m: 04:07,48 (01:24,92) 400m: 05:29,12 (01:21,64)	2011	BZ & PC Bodegraven	05:29,12	360	
3.	Weihs, Lena 100m: 01:18,15 (01:18,15) 200m: 02:43,11 (01:24,96) 300m: 04:08,93 (01:25,82) 400m: 05:31,09 (01:22,16)	2011	Waspo Nordhorn	05:31,09	353	
4.	van Tongeren, Aimee 100m: 01:17,94 (01:17,94) 200m: 02:44,24 (01:26,30) 300m: 04:11,06 (01:26,82) 400m: 05:35,28 (01:24,22)	2011	O Z & P C Oldenzaal	05:35,28	340	
5.	Vissering, Naomi 100m: 01:19,90 (01:19,90) 200m: 02:47,48 (01:27,58) 300m: 04:17,72 (01:30,24) 400m: 05:44,97 (01:27,25)	2011	ZPC Bubble	05:44,97	312	
6.	Zuurman, Ilse 100m: 01:22,70 (01:22,70) 200m: 02:54,02 (01:31,32) 300m: 04:23,88 (01:29,86) 400m: 05:50,46 (01:26,58)	2011	Dedemsvaart-AC	05:50,46	298	
7.	Smeets, Mia 100m: 01:24,89 (01:24,89) 200m: 02:59,14 (01:34,25) 300m: 04:33,70 (01:34,56) 400m: 06:01,84 (01:28,14)	2011	SSF Hamborn 07/38 e.V.	06:01,84	271	
8.	Klein, Isis 100m: 01:24,65 (01:24,65) 200m: 03:01,71 (01:37,06) 300m: 04:37,05 (01:35,34) 400m: 06:06,80 (01:29,75)	2011	GZVW Winschoten	06:06,80	260	
9.	Ahlering, Janne 100m: 01:25,64 (01:25,64) 200m: 03:02,76 (01:37,12) 300m: 04:41,11 (01:38,35) 400m: 06:15,43 (01:34,32)	2011	Waspo Nordhorn	06:15,43	242	
10.	Cespedes Weenink, Annyke 100m: 01:28,12 (01:28,12) 200m: 03:05,24 (01:37,12) 300m: 04:44,96 (01:39,72) 400m: 06:17,98 (01:33,02)	2011	GZC DONK	06:17,98	237	

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
11.	Sabelhaus, Marlene 100m: 01:24,95 (01:24,95) 200m: 03:02,97 (01:38,02) 300m: 04:44,55 (01:41,58) 400m: 06:22,51 (01:37,96)	2011	Waspo Nordhorn	06:22,51		229
12.	Mulder, Emma 100m: 01:31,36 (01:31,36) 200m: 03:11,37 (01:40,01) 300m: 04:53,01 (01:41,64) 400m: 06:27,12 (01:34,11)	2011	GZVW Winschoten	06:27,12		221
	<u>abgemeldet</u> Prins, Veerle	2011	SWOL 1894			

Jahrgang 2010

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	van Doeselaar, Kayleigh 100m: 01:11,19 (01:11,19) 200m: 02:30,74 (01:19,55) 300m: 03:51,58 (01:20,84) 400m: 05:06,45 (01:14,87)	2010	WS Twente	05:06,45		446
2.	Tilburg, Ine-Joy 100m: 01:13,31 (01:13,31) 200m: 02:34,47 (01:21,16) 300m: 03:53,83 (01:19,36) 400m: 05:11,56 (01:17,73)	2010	Z & PV de Veene	05:11,56		424
3.	Welzel, Kaja 100m: 01:15,96 (01:15,96) 200m: 02:40,57 (01:24,61) 300m: 04:06,66 (01:26,09) 400m: 05:26,05 (01:19,39)	2010	Waspo Nordhorn	05:26,05		370
4.	Miske, Valeria 100m: 01:16,65 (01:16,65) 200m: 02:41,75 (01:25,10) 300m: 04:09,89 (01:28,14) 400m: 05:33,62 (01:23,73)	2010	SG Oberhausen	05:33,62		345
5.	Ekinovic, Nejlja 100m: 01:19,94 (01:19,94) 200m: 02:51,03 (01:31,09) 300m: 04:22,74 (01:31,71) 400m: 05:49,69 (01:26,95)	2010	SG Oberhausen	05:49,69		300
6.	Böse, Hannah 100m: 01:21,66 (01:21,66) 200m: 02:51,54 (01:29,88) 300m: 04:22,89 (01:31,35) 400m: 05:51,33 (01:28,44)	2010	SV Plettenberg 1951 e.V.	05:51,33		296
7.	Storck, Anika 100m: 01:22,35 (01:22,35) 200m: 02:53,30 (01:30,95) 300m: 04:25,80 (01:32,50) 400m: 05:57,46 (01:31,66)	2010	Schwimmverein Epe 1959	05:57,46		281
8.	Kamman, Linde 100m: 01:24,12 (01:24,12) 200m: 02:57,82 (01:33,70) 300m: 04:32,28 (01:34,46) 400m: 06:02,31 (01:30,03)	2010	SWOL 1894	06:02,31		270
9.	Back, Annemiek 100m: 01:21,72 (01:21,72) 200m: 02:55,68 (01:33,96) 300m: 04:33,11 (01:37,43) 400m: 06:08,55 (01:35,44)	2010	De Grunte	06:08,55		256
10.	Vos, Silvia 100m: 01:29,15 (01:29,15) 200m: 03:09,06 (01:39,91) 300m: 04:47,98 (01:38,92) 400m: 06:22,47 (01:34,49)	2010	SWOL 1894	06:22,47		229
11.	Hommies, Lisa 100m: 01:29,06 (01:29,06) 200m: 03:12,20 (01:43,14) 300m: 04:56,30 (01:44,10) 400m: 06:33,84 (01:37,54)	2010	TC ZENO	06:33,84		210

Jahrgang 2009

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Rijnbeek, Senna 100m: 01:08,78 (01:08,78) 200m: 02:22,56 (01:13,78) 300m: 03:35,76 (01:13,20) 400m: 04:47,98 (01:12,22)	2009	ZPC AMERSFOORT	04:47,98		537
2.	Schipper, Lena 100m: 01:12,94 (01:12,94) 200m: 02:34,50 (01:21,56) 300m: 03:55,53 (01:21,03) 400m: 05:16,07 (01:20,54)	2009	TuS Neuenhaus	05:16,07		406
3.	Lammert, Theresa 100m: 01:12,64 (01:12,64) 200m: 02:34,31 (01:21,67) 300m: 03:58,08 (01:23,77) 400m: 05:21,53 (01:23,45)	2009	SG Sendenhorst	05:21,53		386

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

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
4.	Thül, Denise 100m: 01:14,67 (01:14,67) 200m: 02:38,71 (01:24,04) 300m: 04:04,24 (01:25,53) 400m: 05:26,88 (01:22,64)	2009	SWOL 1894	05:26,88	367	
5.	Overbeek, Marloes 100m: 01:14,89 (01:14,89) 200m: 02:38,63 (01:23,74) 300m: 04:04,29 (01:25,66) 400m: 05:27,91 (01:23,62)	2009	DZ & PC De IJsel	05:27,91	364	
6.	Wiesner, Annika 100m: 01:14,62 (01:14,62) 200m: 02:39,77 (01:25,15) 300m: 04:07,71 (01:27,94) 400m: 05:29,05 (01:21,34)	2009	SG Sendenhorst	05:29,05	360	
7.	Journee, Rosalie 100m: 01:22,32 (01:22,32) 200m: 02:54,11 (01:31,79) 300m: 04:25,18 (01:31,07) 400m: 05:55,95 (01:30,77)	2009	Z & PV de Veene	05:55,95	284	
8.	Weihs, Hannah 100m: 01:17,64 (01:17,64) 200m: 02:50,52 (01:32,88) 300m: 04:26,58 (01:36,06) 400m: 05:59,67 (01:33,09)	2009	Waspo Nordhorn	05:59,67	276	
9.	Kortarik, Iris 100m: 01:33,47 (01:33,47) 200m: 03:13,43 (01:39,96) 300m: 04:52,68 (01:39,25) 400m: 06:28,09 (01:35,41)	2009	SWOL 1894	06:28,09	219	
10.	Fleer, Christin 100m: 01:33,68 (01:33,68) 200m: 03:16,01 (01:42,33) 300m: 04:59,50 (01:43,49) 400m: 06:40,03 (01:40,53)	2009	Schwimmverein Epe 1959	06:40,03	200	
11.	Krieger, Quinty 100m: 01:35,43 (01:35,43) 200m: 03:26,44 (01:51,01) 300m: 05:18,78 (01:52,34) 400m: 07:06,36 (01:47,58)	2009	Hera ´11	07:06,36	165	

abgemeldet

Tudor, Anna 2009 Waspo Nordhorn

Junioren

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Kragt, Sofie 100m: 01:14,38 (01:14,38) 200m: 02:35,27 (01:20,89) 300m: 03:55,75 (01:20,48) 400m: 05:12,21 (01:16,46)	2007	Dedemsvaart-AC	05:12,21	421
2.	Koers, Mariella 100m: 01:12,10 (01:12,10) 200m: 02:33,21 (01:21,11) 300m: 03:55,82 (01:22,61) 400m: 05:17,33 (01:21,51)	2008	Waspo Nordhorn	05:17,33	401
3.	Westenbroek, Veerle 100m: 01:17,18 (01:17,18) 200m: 02:38,90 (01:21,72) 300m: 04:00,15 (01:21,25) 400m: 05:19,25 (01:19,10)	2008	O Z & P C Oldenzaal	05:19,25	394
4.	Petrea, Lucia 100m: 01:18,50 (01:18,50) 200m: 02:43,73 (01:25,23) 300m: 04:05,17 (01:21,44) 400m: 05:23,73 (01:18,56)	2008	SG Oberhausen	05:23,73	378
5.	Haytink, Meyke 100m: 01:16,84 (01:16,84) 200m: 02:41,00 (01:24,16) 300m: 04:06,27 (01:25,27) 400m: 05:30,61 (01:24,34)	2008	WS Twente	05:30,61	355
6.	Spelde, Yke 100m: 01:19,11 (01:19,11) 200m: 02:44,42 (01:25,31) 300m: 04:10,94 (01:26,52) 400m: 05:33,53 (01:22,59)	2007	ZPC Bubble	05:33,53	346
7.	Zandstra, Lily 100m: 01:19,57 (01:19,57) 200m: 02:47,02 (01:27,45) 300m: 04:15,01 (01:27,99) 400m: 05:40,22 (01:25,21)	2007	Dedemsvaart-AC	05:40,22	326
8.	Küper, Mara 100m: 01:24,26 (01:24,26) 200m: 02:55,92 (01:31,66) 300m: 04:27,14 (01:31,22) 400m: 05:54,62 (01:27,48)	2008	SG Oberhausen	05:54,62	287
9.	Pathuis, Lyanne 100m: 01:20,32 (01:20,32) 200m: 02:53,58 (01:33,26) 300m: 04:29,59 (01:36,01) 400m: 06:04,42 (01:34,83)	2008	ZPC Bubble	06:04,42	265

noch Wettkampf 15 - 400 m Freistil weiblich**noch Junioren**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
10.	Koster, Nienke	2007	GZV Groenlose	07:07,17	164
	100m: 01:35,96 (01:35,96) 200m: 03:25,70 (01:49,74) 300m: 05:18,90 (01:53,20) 400m: 07:07,17 (01:48,27)				
	<u>abgemeldet</u>				
	Langevoort, Iris	2007	ZPC Hoogeveen		

AK 20 und älter

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Setz, Laura	2000	ZPC Bubble	04:42,31	570
	100m: 01:07,05 (01:07,05) 200m: 02:18,65 (01:11,60) 300m: 03:30,63 (01:11,98) 400m: 04:42,31 (01:11,68)				
2.	Drent, Marijke	1999	ZPC Bubble	04:54,40	503
	100m: 01:09,98 (01:09,98) 200m: 02:26,13 (01:16,15) 300m: 03:41,53 (01:15,40) 400m: 04:54,40 (01:12,87)				
3.	Lutters, Eline	2006	De Dinkel Denekamp	04:57,94	485
	100m: 01:09,16 (01:09,16) 200m: 02:25,30 (01:16,14) 300m: 03:42,11 (01:16,81) 400m: 04:57,94 (01:15,83)				
4.	Muntjewerff, Jonna	2004	ENC Arnhem	05:02,82	462
	100m: 01:10,53 (01:10,53) 200m: 02:28,18 (01:17,65) 300m: 03:46,89 (01:18,71) 400m: 05:02,82 (01:15,93)				
5.	Bosch, Claire	2004	De Dinkel Denekamp	05:23,55	379
	100m: 01:13,47 (01:13,47) 200m: 02:35,49 (01:22,02) 300m: 03:59,46 (01:23,97) 400m: 05:23,55 (01:24,09)				
6.	Mulder, Anna	2005	ZPC Bubble	05:23,92	377
	100m: 01:16,61 (01:16,61) 200m: 02:39,55 (01:22,94) 300m: 04:02,46 (01:22,91) 400m: 05:23,92 (01:21,46)				
7.	Hermink, Nicole	1983	SG - E Z C L	05:35,96	338
	100m: 01:18,53 (01:18,53) 200m: 02:43,62 (01:25,09) 300m: 04:10,17 (01:26,55) 400m: 05:35,96 (01:25,79)				
8.	Ooijman, Pien	2005	WS Twente	05:35,99	338
	100m: 01:17,93 (01:17,93) 200m: 02:43,50 (01:25,57) 300m: 04:10,77 (01:27,27) 400m: 05:35,99 (01:25,22)				
9.	Jansen, Marije	1985	ZPC AMERSFOORT	05:42,28	320
	100m: 01:19,24 (01:19,24) 200m: 02:48,56 (01:29,32) 300m: 04:17,09 (01:28,53) 400m: 05:42,28 (01:25,19)				
10.	Scholte, Chaïra	2003	Z & PC de Inktvis	06:01,04	272
	100m: 01:17,70 (01:17,70) 200m: 02:49,38 (01:31,68) 300m: 04:24,07 (01:34,69) 400m: 06:01,04 (01:36,97)				
11.	Schuurman, Melissa	2000	SG - E Z C L	06:11,69	250
	100m: 01:24,10 (01:24,10) 200m: 03:00,52 (01:36,42) 300m: 04:37,20 (01:36,68) 400m: 06:11,69 (01:34,49)				
12.	Visschedijk, Jalie	2001	Z & PV de Veene	06:14,51	244
	100m: 01:25,65 (01:25,65) 200m: 03:03,26 (01:37,61) 300m: 04:41,85 (01:38,59) 400m: 06:14,51 (01:32,66)				
13.	Liedlbauer, Jolien	2000	SSF Hamborn 07/38 e.V.	06:47,86	189
	100m: 01:34,04 (01:34,04) 200m: 03:18,02 (01:43,98) 300m: 05:04,30 (01:46,28) 400m: 06:47,86 (01:43,56)				
14.	Mulder, Suzanne	1993	GZVW Winschoten	06:56,52	177
	100m: 01:32,57 (01:32,57) 200m: 03:20,56 (01:47,99) 300m: 05:10,08 (01:49,52) 400m: 06:56,52 (01:46,44)				
	<u>abgemeldet</u>				
	Boonstra, Larissa	2000	TC ZENO		