

Programmanr. 13  
1-12-2019 - 9:00

Dames, 200m Super Lifesaver

Open  
Resultaten

Punten: ILS 2016

Rang	Geb.	Tijd	Pnt	50m	100m	150m	200m	
<b>Junioren</b>								
1.	FIORI, Livia Elisa 02	Italy	<b>2:32.50</b>	903	30.41	44.40	36.07	41.62
2.	RODRIGUEZ RODRIGUEZ, M.04	Spain:RRA, M.	<b>2:35.78</b>	874	31.45	44.49	38.63	41.21
3.	CABALLERO FUSET, Lola04	Spain	<b>2:38.85</b>	847	31.09	47.96	36.78	43.02
4.	LOUREIRO SERRANO, No1ia	Spain	<b>2:39.31</b>	843	33.30	45.61	38.85	41.55
5.	SANCHEZ IBERTI, Emma02	Spain	<b>2:42.78</b>	814	32.45	49.49	39.50	41.34
6.	MAZZI, Gioia 04	ACC di Salvamento	<b>2:42.82</b>	813	31.95	50.54	36.42	43.91
7.	GIORDANO, Masha 04	Athena	<b>2:43.44</b>	808	32.00	49.37	39.58	42.49
8.	NORIEGA MARTÍN, Claudi03	Spain	<b>2:43.59</b>	807	31.59	47.42	39.32	45.26
9.	MASCARIS NÚÑEZ, Beatri02	Spain	<b>2:45.86</b>	788	32.62	47.54	40.24	45.46
10.	SIMONI, Giulia 02	ACC di Salvamento	<b>2:47.29</b>	776	32.82	49.48	39.96	45.03
11.	SCHREIBER, Johanna 01	DLRG Nordrhein	<b>2:47.58</b>	774	32.54	51.45	39.34	44.25
12.	DICKENS, Anne 01	RB Dordrecht	<b>2:48.85</b>	764	32.91	51.60	41.88	42.46
13.	MURA CITTADINI, Melissa03	ACC di Salvamento	<b>2:50.02</b>	754	33.31	49.59	39.37	47.75
14.	GUIJARRO HAZAS, Angel04	NojaPlaya	<b>2:53.68</b>	725	34.43	53.19	41.62	44.44
15.	DELL'OSPEDALE, Sara 03	ACC di Salvamento	<b>2:53.84</b>	724	33.64	52.59	42.46	45.15
16.	ISTAS, Lotte 04	St Truiden	<b>2:54.11</b>	722	32.65	52.26	42.44	46.76
17.	KLOMP, Danique 02	RB Weert	<b>2:54.15</b>	722	33.41	53.85	43.21	43.68
18.	TOMASSETTI, Martina 02	Athena	<b>2:54.99</b>	715	32.97	51.50	43.27	47.25
19.	GARCIA MARTÍNES, Mathi04	NojaPlaya	<b>2:56.06</b>	707	34.87	52.15	40.41	48.63
20.	BOROWIAK, Kimberley 02	DLRG Niedersachsen	<b>2:56.97</b>	700	33.96	52.67	42.10	48.24
21.	QUINKE, Loreen 01	DLRG Harsewinkel	<b>2:57.11</b>	699	34.18	57.65	41.12	44.16
22.	ØSTMO, Helene Marie 03	Starfish	<b>2:58.12</b>	691	33.84	51.68	45.96	46.64
23.	BEZPALCOVA, Karolina 03	Czech Republic	<b>2:58.34</b>	689	34.59	53.30	43.48	46.97
24.	CROES, Elise 04	St Truiden	<b>2:58.83</b>	686	33.01	58.04	42.55	45.23
25.	KOTOUCOVA, Bara 04	Czech Republic	<b>2:59.14</b>	683	33.35	51.69	46.04	48.06
26.	KANTOVA, Natalie 01	Czech Republic	<b>2:59.45</b>	681	35.04	55.30	46.01	43.10
27.	SVEHLOVA, Katerina 03	Czech Republic	<b>2:59.49</b>	681	33.53	57.78	44.22	43.96
28.	NIENABER, Finja 03	DLRG Niedersachsen	<b>2:59.99</b>	677	34.68	53.48	44.44	47.39
29.	MCCOURT, Rhiannah 01	Blyth Lifeguard & Swimming	<b>3:02.03</b>	662	36.84	54.95	45.87	44.37
30.	HERZBERG, Lilli 04	DLRG NiederOlm	<b>3:02.30</b>	660	34.96	54.94	43.84	48.56
31.	MARHEINE, Mia 04	DLRG NiederOlm	<b>3:02.74</b>	657	35.60	53.61	48.22	45.31
32.	MODDER, Louisa 02	DLRG Niedersachsen	<b>3:03.93</b>	648	35.16	56.48	12.42	1:19.87
33.	BEUSE, Malin 01	DLRG Nordrhein	<b>3:05.36</b>	638	35.01	53.88	45.38	51.09
34.	KARTAL, Joy 01	DLRG Harsewinkel	<b>3:05.75</b>	635	34.77	55.99	47.36	47.63
35.	VAN LOON, Isabel 02	RB Gouda	<b>3:06.26</b>	631	36.15	56.31	44.25	49.55
36.	LILLEBO SLETTEN, Ida 01	Starfish	<b>3:06.46</b>	630	34.46	57.14	41.62	53.24
37.	DALHUISEN, Renske 03	RB Gouda	<b>3:07.07</b>	626	34.09	55.41	47.51	50.06
38.	ARKESTEIJN, Rosa 02	RB Dordrecht	<b>3:07.10</b>	625	37.25	56.80	42.71	50.34
39.	TITZE, Julia Zoe 04	DLRG Sachsen	<b>3:08.35</b>	617	36.66	55.38	49.72	46.59
40.	MÖLDERS, Lina 01	DLRG Rheurdt-Schaephuy	<b>3:08.62</b>	615	38.69	56.46	45.32	48.15
41.	JETTEN, Maike 02	RB Echt	<b>3:09.02</b>	612	36.69	57.22	43.09	52.02
42.	INCERA SALAS, Mercia 04	NojaPlaya	<b>3:09.55</b>	608	35.18	54.30	43.93	56.14
43.	DEN BOEF, Abigail 02	RB Dordrecht	<b>3:11.13</b>	597	34.86	55.52	49.50	51.25
44.	MODDER, Alena 02	DLRG Niedersachsen	<b>3:11.67</b>	594	36.22	57.74	46.48	51.23
45.	PISTERS, Nathalie 01	RB Heytse	<b>3:12.10</b>	591	36.36	54.96	50.40	50.38
46.	DICKERSON WEEDY, Elli02	Blyth Lifeguard & Swimming	<b>3:12.51</b>	588	36.93	1:03.38	43.67	48.53
47.	SPÜRCK, Hanna 03	DLRG Nordrhein	<b>3:13.27</b>	583	35.21	1:00.62	46.40	51.04
48.	KLOMP, Dyonne 04	RB Weert	<b>3:17.82</b>	553	35.26	56.28	47.15	59.13
49.	LITTLE - SECOMBE, Jess02	Blyth Lifeguard & Swimming	<b>3:18.61</b>	548	41.68	1:03.36	49.23	44.34
50.	RAS, Ineke 01	RB Delft	<b>3:18.78</b>	547	41.07	57.92	50.28	49.51
51.	LISSMANN, Lea 03	Kusel KiXXX	<b>3:19.11</b>	545	39.22	58.91	47.38	53.60
52.	OBERLING, Antonia 04	DLRG Sachsen	<b>3:21.75</b>	528	37.36	1:05.21	48.52	50.66
53.	HINRICHS, Maira 01	Celle	<b>3:22.70</b>	522	39.13	1:07.11	46.91	49.55
54.	STOKBROECKX, Selina 03	RB Heytse	<b>3:23.17</b>	519	35.11	1:01.32	49.37	57.37
55.	DE KONING, Sanne 04	RB Amersfoort	<b>3:24.45</b>	511	37.66	1:09.68	46.43	50.68
56.	FISCHER, Nora 03	DLRG Bad Wünnenberg	<b>3:30.12</b>	477	38.50	1:01.61	53.46	56.55
57.	GÜVEN, Aybüke 03	RB Gouda	<b>3:31.83</b>	468	40.79	1:09.75	49.13	52.16

Programmanr. 13, Dames, 200m Super Lifesaver, Junioren

Rang	Geb.		Tijd	Pnt	50m	100m	150m	200m	
58.	THUMM, Sarah	03 DLRG Nordrhein	<b>3:33.26</b>	459	34.60	1:12.72	48.79	57.15	
59.	ZUIDGEEST, Vera	03 RB Delft	<b>3:33.40</b>	459	39.34	1:02.32	52.05	59.69	
60.	KRAUß, Hannah	04 DLRG Niedersachsen	<b>3:36.58</b>	441	36.30	1:06.45	56.00	57.83	
61.	VAN ES, Anne	04 RB Gouda	<b>3:39.41</b>	426	44.15	1:05.28	51.27	58.71	
62.	VOOGD, Elyne	03 RB Gouda	<b>3:39.78</b>	424	45.03	1:09.02	52.68	53.05	
63.	BUEHLER, Annika	04 DLRG Ludwigshafen	<b>3:42.84</b>	408	39.22	1:03.02	57.81	1:02.79	
64.	DICKERSON WEEDY, Issy	04 Blyth Lifeguard & Swimming	<b>3:48.71</b>	379	44.25	1:15.13	52.71	56.62	
65.	SEITZ, Jorid	04 DLRG Ludwigshafen	<b>3:49.20</b>	377	42.35	1:04.88	51.85	1:10.12	
66.	BARAN, Julia	03 DLRG Ludwigshafen	<b>3:49.36</b>	376	45.71	1:09.16	57.53	56.96	
67.	RICHARDSON, Charlotte	04 Blyth Lifeguard & Swimming	<b>3:49.71</b>	374	42.17	1:10.83	54.75	1:01.96	
68.	VAN HELVOORT, Irina	03 RB Rosmalen	<b>3:50.70</b>	370	39.91	1:09.00	55.12	1:06.67	
69.	VAN DEN HEUVEL, Brechi	03 RB Delft	<b>3:51.40</b>	367	43.11	1:12.95	58.46	56.88	
70.	VAN DER VORST, Lynn	04 RB Echt	<b>3:51.71</b>	365	39.56	3:12.15		59.66	
71.	VRENKEN, Kyra	04 RB Echt	<b>4:02.67</b>	318	43.11			1:04.85	
DIS	MONTENEGRO, Noemi	03 Athena	<b>3:08.22</b>		34.54	57.04	39.14	57.50	
	<i>25 - Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turn wall/edge.</i>								
DIS	SEIDEL, Charline	02 DLRG Sachsen	<b>3:12.52</b>		32.91	49.94	41.00	1:08.67	
	<i>36 - The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.</i>								
DIS	GEBBE, Katharina	02 DLRG Bad Wünnenberg	<b>3:26.03</b>		37.18	59.40	47.13	1:02.32	
	<i>36 - The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.</i>								
DIS	BRADLEY, Milly	03 Blyth Lifeguard & Swimming	<b>3:33.97</b>		38.22	1:03.13	51.44	1:01.18	
	<i>34 - The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10 m line.</i>								

Junioren, Nederland

1.	DICKENS, Anne	01 RB Dordrecht	<b>2:48.85</b>	764	32.91	51.60	41.88	42.46
2.	KLOMP, Danique	02 RB Weert	<b>2:54.15</b>	722	33.41	53.85	43.21	43.68
3.	VAN LOON, Isabel	02 RB Gouda	<b>3:06.26</b>	631	36.15	56.31	44.25	49.55
4.	DALHUISEN, Renske	03 RB Gouda	<b>3:07.07</b>	626	34.09	55.41	47.51	50.06
5.	ARKESTEIJN, Rosa	02 RB Dordrecht	<b>3:07.10</b>	625	37.25	56.80	42.71	50.34
6.	JETTEN, Maike	02 RB Echt	<b>3:09.02</b>	612	36.69	57.22	43.09	52.02
7.	DEN BOEF, Abigail	02 RB Dordrecht	<b>3:11.13</b>	597	34.86	55.52	49.50	51.25
8.	PISTERS, Nathalie	01 RB Heytse	<b>3:12.10</b>	591	36.36	54.96	50.40	50.38
9.	KLOMP, Dyonne	04 RB Weert	<b>3:17.82</b>	553	35.26	56.28	47.15	59.13
10.	RAS, Ineke	01 RB Delft	<b>3:18.78</b>	547	41.07	57.92	50.28	49.51
11.	STOKBROECKX, Selina	03 RB Heytse	<b>3:23.17</b>	519	35.11	1:01.32	49.37	57.37
12.	DE KONING, Sanne	04 RB Amersfoort	<b>3:24.45</b>	511	37.66	1:09.68	46.43	50.68
13.	GÜVEN, Aybüke	03 RB Gouda	<b>3:31.83</b>	468	40.79	1:09.75	49.13	52.16
14.	ZUIDGEEST, Vera	03 RB Delft	<b>3:33.40</b>	459	39.34	1:02.32	52.05	59.69
15.	VAN ES, Anne	04 RB Gouda	<b>3:39.41</b>	426	44.15	1:05.28	51.27	58.71
16.	VOOGD, Elyne	03 RB Gouda	<b>3:39.78</b>	424	45.03	1:09.02	52.68	53.05
17.	VAN HELVOORT, Irina	03 RB Rosmalen	<b>3:50.70</b>	370	39.91	1:09.00	55.12	1:06.67
18.	VAN DEN HEUVEL, Brechi	03 RB Delft	<b>3:51.40</b>	367	43.11	1:12.95	58.46	56.88
19.	VAN DER VORST, Lynn	04 RB Echt	<b>3:51.71</b>	365	39.56	3:12.15		59.66
20.	VRENKEN, Kyra	04 RB Echt	<b>4:02.67</b>	318	43.11			1:04.85

Senioren

1.	DAVIES, Prue	97 Australia	<b>2:22.47</b>	996	29.31	41.96	34.91	36.29
2.	JONES, Mariah	93 Australia	<b>2:26.72</b>	956	30.64	43.22	34.09	38.77
3.	PEAT, Natalie	94 NewZlnd	<b>2:26.87</b>	954	30.33	42.64	35.64	38.26
4.	EDDY, Rachel	98 Australia	<b>2:28.11</b>	943	30.13			39.85
5.	CRISTETTI, Francesca	97 Italy	<b>2:28.99</b>	935	29.80	41.76	37.10	40.33
6.	PAYOLA ANGLADA, Núria	99 Spain	<b>2:33.69</b>	892	31.39	43.43	38.08	40.79
7.	PALLISTER, Lani	00 Australia	<b>2:35.11</b>	880	28.83	41.41	36.22	48.65

Programmanr. 13, Dames, 200m Super Lifesaver, Senioren

Rang	Geb.	Tijd	Pnt	50m	100m	150m	200m		
8.	VOLPINI, Federica	93	Italy	<b>2:35.84</b>	873	31.99	47.49	35.73	40.63
9.	PEZZIARDI, Greta	98	Italy	<b>2:38.03</b>	854	31.88	47.05	38.24	40.86
10.	GROTE, Jessica	96	DLRG Sachsen	<b>2:38.75</b>	848	31.26	47.32	36.50	43.67
11.	GANADO AMADOR, Caroli	99	Spain	<b>2:38.94</b>	846	32.54	47.37	36.36	42.67
12.	BACILE, Gaia	98	ACC di Salvamento	<b>2:40.16</b>	836	32.25	48.00	39.53	40.38
13.	HARZÉ, Marine	97	Bastogne	<b>2:40.48</b>	833	30.74	45.93	39.12	44.69
14.	MALAVÉ CASCALES, Laur	98	Spain	<b>2:42.97</b>	812	32.48	46.27	38.95	45.27
15.	HINRICHS, Merle	97	Celle	<b>2:43.49</b>	808	32.76	49.18	39.86	41.69
16.	MEUFFELS, Fiona	95	RB Nederweert	<b>2:44.08</b>	803	32.33	48.48	13.58	1:09.69
17.	SEIDEL, Celina	99	DLRG Sachsen	<b>2:45.74</b>	789	32.28	51.64	38.63	43.19
18.	MS CHAN, Tsz Ching	00	HongKong	<b>2:46.61</b>	782	31.87	49.66	39.88	45.20
19.	VILA GARRO, Nerea	98	Spain	<b>2:46.90</b>	779	31.82	47.17	39.16	48.75
20.	RAS, Janneke	95	RB Dordrecht	<b>2:49.17</b>	761	34.40	49.76	43.99	41.02
21.	BRINK, Céline	00	RB Dordrecht	<b>2:50.77</b>	748	32.77	52.07	40.28	45.65
22.	STUPPY, Katharina	94	DLRG NiederOlm	<b>2:51.55</b>	742	32.91	51.85	42.61	44.18
23.	GEUBELS, Kaat	96	Rctal	<b>2:55.01</b>	715	32.51	52.77	44.27	45.46
24.	SPÜRCK, Lara	99	DLRG Nordrhein	<b>2:57.36</b>	697	34.32	52.04	42.78	48.22
25.	EGUILUZ DE CELIS, Lucie	96	NojaPlaya	<b>2:58.34</b>	689	34.60	53.64	40.99	49.11
26.	TREBAIOCCHI, Martina	99	Athena	<b>2:59.00</b>	684	35.94	57.30	38.97	46.79
27.	MÖLDERS, Judith	96	DLRG Rheurdt-Schaephuy	<b>3:00.35</b>	674	36.47	54.15	40.67	49.06
28.	MAIER, Katharina	00	Austria	<b>3:00.43</b>	674	34.85	57.27	41.46	46.85
29.	CARPENTER, Sam	96	Blyth Lifeguard & Swimming	<b>3:00.53</b>	673	36.20	54.55	42.18	47.60
30.	GRAU, Jessica	00	Kusel KiXXX	<b>3:01.96</b>	662	32.19	58.12	43.86	47.79
31.	PORTON, Chloe	00	Flanders CLS	<b>3:02.78</b>	656	34.43			49.66
32.	ZIRNGAST, Katharina	95	Austria	<b>3:03.17</b>	654	37.27	55.46	42.88	47.56
33.	MOONEN, Desiree	95	RB Nederweert	<b>3:05.42</b>	637	33.90	57.26	44.42	49.84
34.	ANSORGOVA, Jana	95	Czech Republic	<b>3:05.74</b>	635	33.33	56.27	46.20	49.94
35.	BOUTER, Renee	98	RB Gouda	<b>3:07.77</b>	621	36.24	55.56	45.84	50.13
36.	SCHULTZ, Vanessa	96	Kusel KiXXX	<b>3:08.40</b>	616	35.30	55.39	45.29	52.42
37.	SANDERS, Emelye	99	Blyth Lifeguard & Swimming	<b>3:10.08</b>	605	35.82	56.45	47.87	49.94
38.	JACOBS, Marlou	95	RB Heytse	<b>3:10.22</b>	604	38.60	59.44	44.45	47.73
39.	SCHOENSTEDT, Aylin	97	Celle	<b>3:10.57</b>	601	40.40	58.74	44.96	46.47
40.	LENZ, Patricia	97	RB Heytse	<b>3:11.13</b>	597	37.35	1:06.82	42.20	44.76
41.	CHANDLER, Cadie	99	Blyth Lifeguard & Swimming	<b>3:14.55</b>	574	36.47	1:00.39	45.65	52.04
42.	GROOT, Kathy	97	RB Dordrecht	<b>3:14.61</b>	574	35.84	53.98	51.23	53.56
43.	FLORUS, Jinske	00	PORC	<b>3:17.69</b>	554	40.03	56.71	49.73	51.22
44.	YTSMA, Nynke	97	Defensie	<b>3:18.92</b>	546	36.70	56.72	50.13	55.37
45.	JANSSEN, Isabelle	00	RB Dordrecht	<b>3:18.99</b>	545	38.41	1:04.00	48.07	48.51
46.	KEURENTJES, Anne	95	RB Boxtel	<b>3:19.14</b>	544	39.74	56.03	51.92	51.45
47.	VAN DUIJNHOFEN, Bo	96	RB Oss	<b>3:24.82</b>	509	37.85	1:02.50	52.19	52.28
48.	VAN HAAREN, Renate	92	RB Oss	<b>3:24.96</b>	508	41.69	1:00.75	47.52	55.00
49.	GRAF, Selina	92	SLRG Olten	<b>3:28.66</b>	486	38.49	1:06.50	51.50	52.17
50.	SEITZ, Elin	96	DLRG Ludwigshafen	<b>3:38.33</b>	432	42.89	1:05.47	53.02	56.95

Senioren, Nederland

1.	MEUFFELS, Fiona	95	RB Nederweert	<b>2:44.08</b>	803	32.33	48.48	13.58	1:09.69
2.	RAS, Janneke	95	RB Dordrecht	<b>2:49.17</b>	761	34.40	49.76	43.99	41.02
3.	BRINK, Céline	00	RB Dordrecht	<b>2:50.77</b>	748	32.77	52.07	40.28	45.65
4.	MOONEN, Desiree	95	RB Nederweert	<b>3:05.42</b>	637	33.90	57.26	44.42	49.84
5.	BOUTER, Renee	98	RB Gouda	<b>3:07.77</b>	621	36.24	55.56	45.84	50.13
6.	JACOBS, Marlou	95	RB Heytse	<b>3:10.22</b>	604	38.60	59.44	44.45	47.73
7.	GROOT, Kathy	97	RB Dordrecht	<b>3:14.61</b>	574	35.84	53.98	51.23	53.56
8.	YTSMA, Nynke	97	Defensie	<b>3:18.92</b>	546	36.70	56.72	50.13	55.37
9.	JANSSEN, Isabelle	00	RB Dordrecht	<b>3:18.99</b>	545	38.41	1:04.00	48.07	48.51
10.	KEURENTJES, Anne	95	RB Boxtel	<b>3:19.14</b>	544	39.74	56.03	51.92	51.45
11.	VAN DUIJNHOFEN, Bo	96	RB Oss	<b>3:24.82</b>	509	37.85	1:02.50	52.19	52.28
12.	VAN HAAREN, Renate	92	RB Oss	<b>3:24.96</b>	508	41.69	1:00.75	47.52	55.00

Programmanr. 13, Dames, 200m Super Lifesaver

Masters 30-39

1. VANBUJEL, Nele	85	Nelaur	<b>2:44.55</b>	799	33.08	46.60	42.86	42.01
2. KITTEL, Christine	85	DLRG Niedersachsen	<b>2:54.45</b>	719	33.67	47.79	43.10	49.89
3. MS WONG, H.	87	HongKong	<b>2:55.93</b>	708	33.19	55.33	41.32	46.09
4. GOLSTEIJN, Rianne	86	RB Echt	<b>3:10.55</b>	601	37.56	57.49	47.36	48.14
5. LINDER, Anna	86	DLRG Harsewinkel	<b>3:18.83</b>	546	34.50	54.48	54.13	55.72
6. HOPMAN, Saskia	81	RB Amersfoort	<b>3:20.99</b>	533	41.74	1:03.70	44.11	51.44
7. BORNEMANN, Kathrin	84	Celle	<b>3:40.27</b>	421	41.09	1:05.47	54.61	59.10
8. SEDGWICK, Cathy	86	Blyth Lifeguard & Swimming	<b>3:59.86</b>	329	44.11	1:14.85	1:03.45	57.45

Masters 30-39, Nederland

1. GOLSTEIJN, Rianne	86	RB Echt	<b>3:10.55</b>	601	37.56	57.49	47.36	48.14
2. HOPMAN, Saskia	81	RB Amersfoort	<b>3:20.99</b>	533	41.74	1:03.70	44.11	51.44

Masters 40-49

1. ROEMEN, Claudine	74	RB Echt	<b>3:00.37</b>	674	37.63	54.37	45.12	43.25
2. SIMONS, Mariëlle	71	RB Dordrecht	<b>3:46.61</b>	389	45.55	1:12.50	55.40	53.16

Masters 40-49, Nederland

1. ROEMEN, Claudine	74	RB Echt	<b>3:00.37</b>	674	37.63	54.37	45.12	43.25
2. SIMONS, Mariëlle	71	RB Dordrecht	<b>3:46.61</b>	389	45.55	1:12.50	55.40	53.16

Masters 50+

1. DURAND, Françoise	69	RB Amersfoort	<b>3:44.21</b>	401	42.80	1:05.60	57.43	58.38
2. VAN DER KOOIJ, Astrid	64	RB Dordrecht	<b>4:04.42</b>	311	46.75	1:14.53	1:03.63	59.51

Masters 50+, Nederland

1. DURAND, Françoise	69	RB Amersfoort	<b>3:44.21</b>	401	42.80	1:05.60	57.43	58.38
2. VAN DER KOOIJ, Astrid	64	RB Dordrecht	<b>4:04.42</b>	311	46.75	1:14.53	1:03.63	59.51