

Open Nederlandse Kampioenschappen 2009
Eindhoven, 12. - 14.6.2009

Programmanr. 38
14.06.2009 - 12:50

Dames, 1500m vrije slag

Jeugd 1 en ouder
Resultaten

Wereld Record	15:42.54	Kate Ziegler	Mission Viejo (USA)	17.06.2007
Europees Record	15:52.57	Camelia Potec	Montpellier (FRA)	26.04.2009
Nederlands Record Senioren	16:36.44	Sharon van Rouwendaal	Belgrado (SRB)	30.07.2008
Nederlands Record Jeugd	16:36.44	Sharon van Rouwendaal	Belgrado (SRB)	30.07.2008
Kampioenschaps Record	16:48.17	Sharon van Rouwendaal	Eindhoven	08.06.2008

rang naam vereniging inschrijftijd tijd RT niv. finale

Jeugd 1 en 2

1. Sharon van Rouwendaal <i>Kampioenschaps Record</i>	KNZB	16:36.44	9307422	16:47.63	+0,81	A+	
50m: 30.76	30.76	450m: 5:00.92	34.33	850m: 9:32.79	33.63	1250m: 14:01.99	33.66
100m: 1:03.43	32.67	500m: 5:35.08	34.16	900m: 10:06.56	33.77	1300m: 14:35.48	33.49
150m: 1:36.39	32.96	550m: 6:09.12	34.04	950m: 10:40.20	33.64	1350m: 15:09.06	33.58
200m: 2:09.92	33.53	600m: 6:43.23	34.11	1000m: 11:13.69	33.49	1400m: 15:42.24	33.18
250m: 2:43.95	34.03	650m: 7:17.39	34.16	1050m: 11:47.28	33.59	1450m: 16:15.38	33.14
300m: 3:18.13	34.18	700m: 7:51.51	34.12	1100m: 12:20.86	33.58	1500m: 16:47.63	32.25
350m: 3:52.38	34.25	750m: 8:25.13	33.62	1150m: 12:54.68	33.82		
400m: 4:26.59	34.21	800m: 8:59.16	34.03	1200m: 13:28.33	33.65		
2. Leonie van Noort	De Zijl/LGB	18:18.42	9301752	17:45.53	+0,92	B	
50m: 31.09	31.09	450m: 5:13.73	35.34	850m: 9:58.62	35.85	1250m: 14:45.88	36.12
100m: 1:05.73	34.64	500m: 5:49.27	35.54	900m: 10:34.44	35.82	1300m: 15:22.02	36.14
150m: 1:40.87	35.14	550m: 6:24.81	35.54	950m: 11:10.34	35.90	1350m: 15:58.11	36.09
200m: 2:16.35	35.48	600m: 7:00.37	35.56	1000m: 11:45.84	35.50	1400m: 16:34.33	36.22
250m: 2:51.62	35.27	650m: 7:35.84	35.47	1050m: 12:22.17	36.33	1450m: 17:10.19	35.86
300m: 3:27.18	35.56	700m: 8:11.39	35.55	1100m: 12:57.79	35.62	1500m: 17:45.53	35.34
350m: 4:02.67	35.49	750m: 8:47.18	35.79	1150m: 13:33.96	36.17		
400m: 4:38.39	35.72	800m: 9:22.77	35.59	1200m: 14:09.76	35.80		
3. Marcha Admiraal	De Biesboschwemmers	18:01.21	9300012	17:46.14	+0,85	B	
50m: 31.37	31.37	450m: 5:15.73	35.74	850m: 10:02.33	36.03	1250m: 14:50.00	36.23
100m: 1:06.16	34.79	500m: 5:51.65	35.92	900m: 10:37.98	35.65	1300m: 15:25.97	35.97
150m: 1:41.42	35.26	550m: 6:27.36	35.71	950m: 11:13.85	35.87	1350m: 16:02.92	36.95
200m: 2:17.13	35.71	600m: 7:03.23	35.87	1000m: 11:49.51	35.66	1400m: 16:38.95	36.03
250m: 2:52.76	35.63	650m: 7:38.96	35.73	1050m: 12:26.09	36.58	1450m: 17:14.03	35.08
300m: 3:28.51	35.75	700m: 8:14.77	35.81	1100m: 13:02.22	36.13	1500m: 17:46.14	32.11
350m: 4:04.13	35.62	750m: 8:50.50	35.73	1150m: 13:37.88	35.66		
400m: 4:39.99	35.86	800m: 9:26.30	35.80	1200m: 14:13.77	35.89		
4. Rosanne Schoonbeek	TriVia	18:37.25	9402692	18:41.50	+0,99	D	
50m: 32.15	32.15	450m: 5:30.09	37.54	850m: 10:32.52	37.59	1250m: 15:35.58	37.98
100m: 1:07.72	35.57	500m: 6:07.84	37.75	900m: 11:10.52	38.00	1300m: 16:14.83	39.25
150m: 1:44.74	37.02	550m: 6:45.42	37.58	950m: 11:47.90	37.38	1350m: 16:52.11	37.28
200m: 2:21.88	37.14	600m: 7:23.48	38.06	1000m: 12:26.47	38.57	1400m: 17:29.95	37.84
250m: 2:59.25	37.37	650m: 8:00.83	37.35	1050m: 13:03.67	37.20	1450m: 18:06.33	36.38
300m: 3:36.82	37.57	700m: 8:38.90	38.07	1100m: 13:41.79	38.12	1500m: 18:41.50	35.17
350m: 4:14.69	37.87	750m: 9:16.74	37.84	1150m: 14:19.54	37.75		
400m: 4:52.55	37.86	800m: 9:54.93	38.19	1200m: 14:57.60	38.06		
5. Leonie Oude Elferink	Zignea	18:22.89	9401826	18:53.71	+0,95	E	
50m: 32.64	32.64	450m: 5:39.30	37.98	850m: 10:44.12	38.57	1250m: 15:49.37	38.26
100m: 1:08.47	35.83	500m: 6:17.73	38.43	900m: 11:22.20	38.08	1300m: 16:27.51	38.14
150m: 1:46.90	38.43	550m: 6:55.58	37.85	950m: 12:00.62	38.42	1350m: 17:05.30	37.79
200m: 2:25.32	38.42	600m: 7:33.57	37.99	1000m: 12:38.60	37.98	1400m: 17:42.47	37.17
250m: 3:03.64	38.32	650m: 8:11.57	38.00	1050m: 13:16.97	38.37	1450m: 18:19.39	36.92
300m: 3:43.20	39.56	700m: 8:49.55	37.98	1100m: 13:55.11	38.14	1500m: 18:53.71	34.32
350m: 4:21.63	38.43	750m: 9:27.66	38.11	1150m: 14:32.82	37.71		
400m: 5:01.32	39.69	800m: 10:05.55	37.89	1200m: 15:11.11	38.29		
6. Yvonne Verbeek	WZ&PC Purmerend	19:28.35	9402788	19:06.09	+0,80	E	
50m: 32.55	32.55	450m: 5:36.31	38.79	850m: 10:45.70	38.73	1250m: 15:54.11	38.34
100m: 1:08.94	36.39	500m: 6:15.03	38.72	900m: 11:24.29	38.59	1300m: 16:32.93	38.82
150m: 1:45.79	36.85	550m: 6:53.78	38.75	950m: 12:02.97	38.68	1350m: 17:11.43	38.50
200m: 2:23.48	37.69	600m: 7:32.69	38.91	1000m: 12:41.40	38.43	1400m: 17:50.23	38.80
250m: 3:01.69	38.21	650m: 8:11.32	38.63	1050m: 13:19.69	38.29	1450m: 18:28.39	38.16
300m: 3:40.17	38.48	700m: 8:50.11	38.79	1100m: 13:58.40	38.71	1500m: 19:06.09	37.70
350m: 4:18.86	38.69	750m: 9:28.44	38.33	1150m: 14:37.20	38.80		
400m: 4:57.52	38.66	800m: 10:06.97	38.53	1200m: 15:15.77	38.57		
7. Nikki van der Hoorn	Oceanus	18:32.55	9307224	19:13.19	+0,80	E	
50m: 32.93	32.93	450m: 5:39.20	39.02	850m: 10:51.12	38.81	1250m: 16:04.65	39.33
100m: 1:09.79	36.86	500m: 6:17.94	38.74	900m: 11:30.13	39.01	1300m: 16:43.60	38.95
150m: 1:47.49	37.70	550m: 6:56.98	39.04	950m: 12:09.61	39.48	1350m: 17:22.21	38.61
200m: 2:25.70	38.21	600m: 7:36.02	39.04	1000m: 12:48.59	38.98	1400m: 18:00.58	38.37
250m: 3:04.06	38.36	650m: 8:14.65	38.63	1050m: 13:27.50	38.91	1450m: 18:38.57	37.99
300m: 3:42.66	38.60	700m: 8:53.93	39.28	1100m: 14:06.89	39.39	1500m: 19:13.19	34.62
350m: 4:21.30	38.64	750m: 9:33.22	39.29	1150m: 14:46.15	39.26		
400m: 5:00.18	38.88	800m: 10:12.31	39.09	1200m: 15:25.32	39.17		

Open Nederlandse Kampioenschappen 2009
Eindhoven, 12. - 14.6.2009

Programmanr. 38, Meisjes, 1500m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	
8.	Beau Rijpers	ZPC Bikkel Hoogeveen	18:44.32	9402638	19:18.21	+0,86	E	
	50m: 33.19	33.19	450m: 5:39.76	38.79	850m: 10:52.52	39.15	1250m: 16:06.66	39.26
	100m: 1:09.64	36.45	500m: 6:18.89	39.13	900m: 11:31.87	39.35	1300m: 16:45.76	39.10
	150m: 1:47.47	37.83	550m: 6:57.64	38.75	950m: 12:11.11	39.24	1350m: 17:24.86	39.10
	200m: 2:26.00	38.53	600m: 7:36.69	39.05	1000m: 12:50.38	39.27	1400m: 18:03.99	39.13
	250m: 3:04.51	38.51	650m: 8:15.75	39.06	1050m: 13:29.49	39.11	1450m: 18:42.19	38.20
	300m: 3:43.39	38.88	700m: 8:54.85	39.10	1100m: 14:08.87	39.38	1500m: 19:18.21	36.02
	350m: 4:21.93	38.54	750m: 9:34.01	39.16	1150m: 14:48.05	39.18		
	400m: 5:00.97	39.04	800m: 10:13.37	39.36	1200m: 15:27.40	39.35		
9.	Seline Koek	LZ 1886	19:21.92	9400622	19:33.93	+1,04	E	
	50m: 33.37	33.37	450m: 5:45.48	39.75	850m: 11:02.01	39.32	1250m: 16:19.68	40.06
	100m: 1:10.70	37.33	500m: 6:24.93	39.45	900m: 11:41.47	39.46	1300m: 16:58.73	39.05
	150m: 1:49.18	38.48	550m: 7:04.91	39.98	950m: 12:20.77	39.30	1350m: 17:39.05	40.32
	200m: 2:28.06	38.88	600m: 7:44.48	39.57	1000m: 13:00.60	39.83	1400m: 18:18.73	39.68
	250m: 3:07.55	39.49	650m: 8:23.99	39.51	1050m: 13:40.58	39.98	1450m: 18:57.28	38.55
	300m: 3:46.83	39.28	700m: 9:03.63	39.64	1100m: 14:20.36	39.78	1500m: 19:33.93	36.65
	350m: 4:26.61	39.78	750m: 9:43.29	39.66	1150m: 15:00.15	39.79		
	400m: 5:05.73	39.12	800m: 10:22.69	39.40	1200m: 15:39.62	39.47		
10.	Chantal Grove	Oceanus	19:21.83	9401844	19:58.50	+0,84		
	50m: 35.64	35.64	450m: 5:53.94	39.80	850m: 11:17.27	39.73	1250m: 16:40.21	40.28
	100m: 1:15.25	39.61	500m: 6:34.31	40.37	900m: 11:57.55	40.28	1300m: 17:20.75	40.54
	150m: 1:55.19	39.94	550m: 7:14.69	40.38	950m: 12:37.97	40.42	1350m: 18:00.85	40.10
	200m: 2:35.40	40.21	600m: 7:55.20	40.51	1000m: 13:18.25	40.28	1400m: 18:41.18	40.33
	250m: 3:15.25	39.85	650m: 8:35.42	40.22	1050m: 13:58.63	40.38	1450m: 19:20.49	39.31
	300m: 3:54.85	39.60	700m: 9:16.48	41.06	1100m: 14:39.02	40.39	1500m: 19:58.50	38.01
	350m: 4:34.34	39.49	750m: 9:56.87	40.39	1150m: 15:19.36	40.34		
	400m: 5:14.14	39.80	800m: 10:37.54	40.67	1200m: 15:59.93	40.57		
all-in								
1.	Sharon van Rouwendaal <i>Kampioenschaps Record</i>	KNZB	16:36.44	9307422	16:47.63	+0,81	A+	
	50m: 30.76	30.76	450m: 5:00.92	34.33	850m: 9:32.79	33.63	1250m: 14:01.99	33.66
	100m: 1:03.43	32.67	500m: 5:35.08	34.16	900m: 10:06.56	33.77	1300m: 14:35.48	33.49
	150m: 1:36.39	32.96	550m: 6:09.12	34.04	950m: 10:40.20	33.64	1350m: 15:09.06	33.58
	200m: 2:09.92	33.53	600m: 6:43.23	34.11	1000m: 11:13.69	33.49	1400m: 15:42.24	33.18
	250m: 2:43.95	34.03	650m: 7:17.39	34.16	1050m: 11:47.28	33.59	1450m: 16:15.38	33.14
	300m: 3:18.13	34.18	700m: 7:51.51	34.12	1100m: 12:20.86	33.58	1500m: 16:47.63	32.25
	350m: 3:52.38	34.25	750m: 8:25.13	33.62	1150m: 12:54.68	33.82		
	400m: 4:26.59	34.21	800m: 8:59.16	34.03	1200m: 13:28.33	33.65		
2.	Marieke Nijhuis	OZ&PC	17:07.11	9201296	17:30.72	+0,90	B	
	50m: 31.34	31.34	450m: 5:13.67	35.50	850m: 9:56.56	35.40	1250m: 14:37.65	35.12
	100m: 1:05.64	34.30	500m: 5:49.07	35.40	900m: 10:31.80	35.24	1300m: 15:12.86	35.21
	150m: 1:40.89	35.25	550m: 6:24.59	35.52	950m: 11:06.96	35.16	1350m: 15:48.11	35.25
	200m: 2:16.35	35.46	600m: 6:59.91	35.32	1000m: 11:42.29	35.33	1400m: 16:23.35	35.24
	250m: 2:51.87	35.52	650m: 7:35.18	35.27	1050m: 12:17.20	34.91	1450m: 16:58.31	34.96
	300m: 3:27.44	35.57	700m: 8:10.36	35.18	1100m: 12:52.40	35.20	1500m: 17:30.72	32.41
	350m: 4:02.78	35.34	750m: 8:45.68	35.32	1150m: 13:27.42	35.02		
	400m: 4:38.17	35.39	800m: 9:21.16	35.48	1200m: 14:02.53	35.11		
3.	Marion van den Berg	DWK	17:30.58	8600272	17:31.31	+0,96	C	
	50m: 30.97	30.97	450m: 5:09.94	35.11	850m: 9:55.43	36.01	1250m: 14:38.35	35.31
	100m: 1:04.69	33.72	500m: 5:45.73	35.79	900m: 10:30.06	34.63	1300m: 15:14.27	35.92
	150m: 1:39.31	34.62	550m: 6:21.24	35.51	950m: 11:05.37	35.31	1350m: 15:49.80	35.53
	200m: 2:13.89	34.58	600m: 6:56.97	35.73	1000m: 11:41.07	35.70	1400m: 16:25.20	35.40
	250m: 2:48.99	35.10	650m: 7:32.43	35.46	1050m: 12:15.69	34.62	1450m: 16:59.36	34.16
	300m: 3:23.83	34.84	700m: 8:08.09	35.66	1100m: 12:51.74	36.05	1500m: 17:31.31	31.95
	350m: 3:59.67	35.84	750m: 8:43.75	35.66	1150m: 13:27.04	35.30		
	400m: 4:34.83	35.16	800m: 9:19.42	35.67	1200m: 14:03.04	36.00		
4.	Leonie van Noort	De Zijl/LGB	18:18.42	9301752	17:45.53	+0,92	B	
	50m: 31.09	31.09	450m: 5:13.73	35.34	850m: 9:58.62	35.85	1250m: 14:45.88	36.12
	100m: 1:05.73	34.64	500m: 5:49.27	35.54	900m: 10:34.44	35.82	1300m: 15:22.02	36.14
	150m: 1:40.87	35.14	550m: 6:24.81	35.54	950m: 11:10.34	35.90	1350m: 15:58.11	36.09
	200m: 2:16.35	35.48	600m: 7:00.37	35.56	1000m: 11:45.84	35.50	1400m: 16:34.33	36.22
	250m: 2:51.62	35.27	650m: 7:35.84	35.47	1050m: 12:22.17	36.33	1450m: 17:10.19	35.86
	300m: 3:27.18	35.56	700m: 8:11.39	35.55	1100m: 12:57.79	36.62	1500m: 17:45.53	35.34
	350m: 4:02.67	35.49	750m: 8:47.18	35.79	1150m: 13:33.96	36.17		
	400m: 4:38.39	35.72	800m: 9:22.77	35.59	1200m: 14:09.76	35.80		

Open Nederlandse Kampioenschappen 2009
Eindhoven, 12. - 14.6.2009

Programmanr. 38, Dames, 1500m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	tijd	RT	niv.	finale	
5.	Marcha Admiraal	De Biesboschwimmers	18:01.21	9300012	17:46.14	+0,85	B	
	50m: 31.37	31.37	450m: 5:15.73	35.74	850m: 10:02.33	36.03	1250m: 14:50.00	36.23
	100m: 1:06.16	34.79	500m: 5:51.65	35.92	900m: 10:37.98	35.65	1300m: 15:25.97	35.97
	150m: 1:41.42	35.26	550m: 6:27.36	35.71	950m: 11:13.85	35.87	1350m: 16:02.92	36.95
	200m: 2:17.13	35.71	600m: 7:03.23	35.87	1000m: 11:49.51	35.66	1400m: 16:38.95	36.03
	250m: 2:52.76	35.63	650m: 7:38.96	35.73	1050m: 12:26.09	36.58	1450m: 17:14.03	35.08
	300m: 3:28.51	35.75	700m: 8:14.77	35.81	1100m: 13:02.22	36.13	1500m: 17:46.14	32.11
	350m: 4:04.13	35.62	750m: 8:50.50	35.73	1150m: 13:37.88	35.66		
	400m: 4:39.99	35.86	800m: 9:26.30	35.80	1200m: 14:13.77	35.89		
6.	Danique Gielen	Oceanus	17:53.81	9105922	18:21.38	+0,90	D	
	50m: 32.76	32.76	450m: 5:26.05	36.92	850m: 10:22.71	37.18	1250m: 15:19.53	37.27
	100m: 1:08.94	36.18	500m: 6:02.97	36.92	900m: 11:00.50	37.79	1300m: 15:56.85	37.32
	150m: 1:46.04	37.10	550m: 6:39.92	36.95	950m: 11:37.25	36.75	1350m: 16:33.59	36.74
	200m: 2:22.39	36.35	600m: 7:17.16	37.24	1000m: 12:14.20	36.95	1400m: 17:10.54	36.95
	250m: 2:59.13	36.74	650m: 7:54.40	37.24	1050m: 12:51.53	37.33	1450m: 17:46.29	35.75
	300m: 3:35.85	36.72	700m: 8:31.21	36.81	1100m: 13:28.54	37.01	1500m: 18:21.38	35.09
	350m: 4:12.41	36.56	750m: 9:08.29	37.08	1150m: 14:05.56	37.02		
	400m: 4:49.13	36.72	800m: 9:45.53	37.24	1200m: 14:42.26	36.70		
7.	Rosanne Schoonbeek	TriVia	18:37.25	9402692	18:41.50	+0,99	D	
	50m: 32.15	32.15	450m: 5:30.09	37.54	850m: 10:32.52	37.59	1250m: 15:35.58	37.98
	100m: 1:07.72	35.57	500m: 6:07.84	37.75	900m: 11:10.52	38.00	1300m: 16:14.83	39.25
	150m: 1:44.74	37.02	550m: 6:45.42	37.58	950m: 11:47.90	37.38	1350m: 16:52.11	37.28
	200m: 2:21.88	37.14	600m: 7:23.48	38.06	1000m: 12:26.47	38.57	1400m: 17:29.95	37.84
	250m: 2:59.25	37.37	650m: 8:00.83	37.35	1050m: 13:03.67	37.20	1450m: 18:06.33	36.38
	300m: 3:36.82	37.57	700m: 8:38.90	38.07	1100m: 13:41.79	38.12	1500m: 18:41.50	35.17
	350m: 4:14.69	37.87	750m: 9:16.74	37.84	1150m: 14:19.54	37.75		
	400m: 4:52.55	37.86	800m: 9:54.93	38.19	1200m: 14:57.60	38.06		
8.	Michanne Steenbergen	Schwimmverein Emmen	18:24.14	18832	18:49.51	+0,79	E	
	50m: 31.92	31.92	450m: 5:28.49	37.91	850m: 10:35.39	38.48	1250m: 15:43.90	37.89
	100m: 1:08.01	36.09	500m: 6:06.92	38.43	900m: 11:13.34	37.95	1300m: 16:23.04	39.14
	150m: 1:44.46	36.45	550m: 6:45.45	38.53	950m: 11:52.58	39.24	1350m: 17:01.11	38.07
	200m: 2:21.41	36.95	600m: 7:23.64	38.19	1000m: 12:31.26	38.68	1400m: 17:38.16	37.05
	250m: 2:58.50	37.09	650m: 8:01.77	38.13	1050m: 13:09.45	38.19	1450m: 18:14.69	36.53
	300m: 3:35.63	37.13	700m: 8:39.82	38.05	1100m: 13:48.46	39.01	1500m: 18:49.51	34.82
	350m: 4:13.41	37.78	750m: 9:19.00	39.18	1150m: 14:27.30	38.84		
	400m: 4:50.58	37.17	800m: 9:56.91	37.91	1200m: 15:06.01	38.71		
9.	Leonie Oude Elferink	Zignea	18:22.89	9401826	18:53.71	+0,95	E	
	50m: 32.64	32.64	450m: 5:39.30	37.98	850m: 10:44.12	38.57	1250m: 15:49.37	38.26
	100m: 1:08.47	35.83	500m: 6:17.73	38.43	900m: 11:22.20	38.08	1300m: 16:27.51	38.14
	150m: 1:46.90	38.43	550m: 6:55.58	37.85	950m: 12:00.62	38.42	1350m: 17:05.30	37.79
	200m: 2:25.32	38.42	600m: 7:33.57	37.99	1000m: 12:38.60	37.98	1400m: 17:42.47	37.17
	250m: 3:03.64	38.32	650m: 8:11.57	38.00	1050m: 13:16.97	38.37	1450m: 18:19.39	36.92
	300m: 3:43.20	39.56	700m: 8:49.55	37.98	1100m: 13:55.11	38.14	1500m: 18:53.71	34.32
	350m: 4:21.63	38.43	750m: 9:27.66	38.11	1150m: 14:32.82	37.71		
	400m: 5:01.32	39.69	800m: 10:05.55	37.89	1200m: 15:11.11	38.29		
10.	Yvonne Verbeek	WZ&PC Purmerend	19:28.35	9402788	19:06.09	+0,80	E	
	50m: 32.55	32.55	450m: 5:36.31	38.79	850m: 10:45.70	38.73	1250m: 15:54.11	38.34
	100m: 1:08.94	36.39	500m: 6:15.03	38.72	900m: 11:24.29	38.59	1300m: 16:32.93	38.82
	150m: 1:45.79	36.85	550m: 6:53.78	38.75	950m: 12:02.97	38.68	1350m: 17:11.43	38.50
	200m: 2:23.48	37.69	600m: 7:32.69	38.91	1000m: 12:41.40	38.43	1400m: 17:50.23	38.80
	250m: 3:01.69	38.21	650m: 8:11.32	38.63	1050m: 13:19.69	38.29	1450m: 18:28.39	38.16
	300m: 3:40.17	38.48	700m: 8:50.11	38.79	1100m: 13:58.40	38.71	1500m: 19:06.09	37.70
	350m: 4:18.86	38.69	750m: 9:28.44	38.33	1150m: 14:37.20	38.80		
	400m: 4:57.52	38.66	800m: 10:06.97	38.53	1200m: 15:15.77	38.57		
11.	Nikki van der Hoorn	Oceanus	18:32.55	9307224	19:13.19	+0,80	E	
	50m: 32.93	32.93	450m: 5:39.20	39.02	850m: 10:51.12	38.81	1250m: 16:04.65	39.33
	100m: 1:09.79	36.86	500m: 6:17.94	38.74	900m: 11:30.13	39.01	1300m: 16:43.60	38.95
	150m: 1:47.49	37.70	550m: 6:56.98	39.04	950m: 12:09.61	39.48	1350m: 17:22.21	38.61
	200m: 2:25.70	38.21	600m: 7:36.02	39.04	1000m: 12:48.59	38.98	1400m: 18:00.58	38.37
	250m: 3:04.06	38.36	650m: 8:14.65	38.63	1050m: 13:27.50	38.91	1450m: 18:38.57	37.99
	300m: 3:42.66	38.60	700m: 8:53.93	39.28	1100m: 14:06.89	39.39	1500m: 19:13.19	34.62
	350m: 4:21.30	38.64	750m: 9:33.22	39.29	1150m: 14:46.15	39.26		
	400m: 5:00.18	38.88	800m: 10:12.31	39.09	1200m: 15:25.32	39.17		
12.	Beau Rijpers	ZPC Bikkel Hoogeveen	18:44.32	9402638	19:18.21	+0,86	E	
	50m: 33.19	33.19	450m: 5:39.76	38.79	850m: 10:52.52	39.15	1250m: 16:06.66	39.26
	100m: 1:09.64	36.45	500m: 6:18.89	39.13	900m: 11:31.87	39.35	1300m: 16:45.76	39.10
	150m: 1:47.47	37.83	550m: 6:57.64	38.75	950m: 12:11.11	39.24	1350m: 17:24.86	39.10
	200m: 2:26.00	38.53	600m: 7:36.69	39.05	1000m: 12:50.38	39.27	1400m: 18:03.99	39.13
	250m: 3:04.51	38.51	650m: 8:15.75	39.06	1050m: 13:29.49	39.11	1450m: 18:42.19	38.20
	300m: 3:43.39	38.88	700m: 8:54.85	39.10	1100m: 14:08.87	39.38	1500m: 19:18.21	36.02
	350m: 4:21.93	38.54	750m: 9:34.01	39.16	1150m: 14:48.05	39.18		
	400m: 5:00.97	39.04	800m: 10:13.37	39.36	1200m: 15:27.40	39.35		

Open Nederlandse Kampioenschappen 2009
Eindhoven, 12. - 14.6.2009

Programmanr. 38, Dames, 1500m vrije slag, all-in

rang	naam		vereniging			inschrijftijd			tijd	RT	niv.	finale
13.	Seline Koek		LZ 1886			19:21.92	9400622		19:33.93	+1,04	E	
	50m:	33.37	33.37	450m:	5:45.48	39.75	850m:	11:02.01	39.32	1250m:	16:19.68	40.06
	100m:	1:10.70	37.33	500m:	6:24.93	39.45	900m:	11:41.47	39.46	1300m:	16:58.73	39.05
	150m:	1:49.18	38.48	550m:	7:04.91	39.98	950m:	12:20.77	39.30	1350m:	17:39.05	40.32
	200m:	2:28.06	38.88	600m:	7:44.48	39.57	1000m:	13:00.60	39.83	1400m:	18:18.73	39.68
	250m:	3:07.55	39.49	650m:	8:23.99	39.51	1050m:	13:40.58	39.98	1450m:	18:57.28	38.55
	300m:	3:46.83	39.28	700m:	9:03.63	39.64	1100m:	14:20.36	39.78	1500m:	19:33.93	36.65
	350m:	4:26.61	39.78	750m:	9:43.29	39.66	1150m:	15:00.15	39.79			
	400m:	5:05.73	39.12	800m:	10:22.69	39.40	1200m:	15:39.62	39.47			
14.	Chantal Grove		Oceanus			19:21.83	9401844		19:58.50	+0,84		
	50m:	35.64	35.64	450m:	5:53.94	39.80	850m:	11:17.27	39.73	1250m:	16:40.21	40.28
	100m:	1:15.25	39.61	500m:	6:34.31	40.37	900m:	11:57.55	40.28	1300m:	17:20.75	40.54
	150m:	1:55.19	39.94	550m:	7:14.69	40.38	950m:	12:37.97	40.42	1350m:	18:00.85	40.10
	200m:	2:35.40	40.21	600m:	7:55.20	40.51	1000m:	13:18.25	40.28	1400m:	18:41.18	40.33
	250m:	3:15.25	39.85	650m:	8:35.42	40.22	1050m:	13:58.63	40.38	1450m:	19:20.49	39.31
	300m:	3:54.85	39.60	700m:	9:16.48	41.06	1100m:	14:39.02	40.39	1500m:	19:58.50	38.01
	350m:	4:34.34	39.49	750m:	9:56.87	40.39	1150m:	15:19.36	40.34			
	400m:	5:14.14	39.80	800m:	10:37.54	40.67	1200m:	15:59.93	40.57			