

Open Nederlandse Kampioenschappen Zwemmen
Eindhoven, 2- - 4-12-2011

Event 2 02-12-2011	Women, 400m Freestyle			Jeugd/Senioren Results
World Record	3:59.15	Federica Pellegrini	Rome (ITA)	26-07-2009
European Record	3:59.15	Federica Pellegrini	Rome (ITA)	26-07-2009
Nederlands Record Senioren	4:08.70	Kirsten Vliegheuis	Atlanta (USA)	22-07-1996
Nederlands Record Jeugd	4:11.35	Sharon van Rouwendaal	Eindhoven	12-06-2009
Limiet OS 2012 Londen	4:06.92			
Richttijd EK 2012 Antwerpen	4:12.81			
Richttijd EJK 2012 Antwerpen	4:19.84			

rank	name	club name				time		RT	pts
Jeugd 1 en 2									
1.	Esmee Vermeulen	E.ON-NZA				199600678		4:20.49	+0,77
	50m: 29.04	29.04	150m: 1:33.12	32.29	250m: 2:38.98	32.96	350m: 3:46.89	34.09	
	100m: 1:00.83	31.79	200m: 2:06.02	32.90	300m: 3:12.80	33.82	400m: 4:20.49	33.60	
2.	Rosa Veerman	E.ON-NZA				199600862		4:27.00	+0,74
	50m: 29.74	29.74	150m: 1:35.58	33.59	250m: 2:43.83	34.29	350m: 3:53.71	34.89	
	100m: 1:01.99	32.25	200m: 2:09.54	33.96	300m: 3:18.82	34.99	400m: 4:27.00	33.29	
3.	Rebecca Murray	First				148275		4:27.15	+0,84
	50m: 30.29	30.29	150m: 1:37.03	33.81	250m: 2:45.18	34.33	350m: 3:53.79	34.44	
	100m: 1:03.22	32.93	200m: 2:10.85	33.82	300m: 3:19.35	34.17	400m: 4:27.15	33.36	
4.	Manon Friskes	DWK				199701566		4:30.88	+0,74
	50m: 30.35	30.35	150m: 1:38.09	34.39	250m: 2:47.50	34.83	350m: 3:57.12	34.73	
	100m: 1:03.70	33.35	200m: 2:12.67	34.58	300m: 3:22.39	34.89	400m: 4:30.88	33.76	
5.	Evelien van Ruiten	Orca				199602924		4:37.80	+0,87
	50m: 31.88	31.88	150m: 1:42.31	35.43	250m: 2:53.43	35.50	350m: 4:03.88	34.91	
	100m: 1:06.88	35.00	200m: 2:17.93	35.62	300m: 3:28.97	35.54	400m: 4:37.80	33.92	
6.	Anouque Berghuis	De Zijl/LGB				199606132		4:38.29	+0,79
	50m: 30.92	30.92	150m: 1:40.19	35.01	250m: 2:51.17	35.75	350m: 4:02.97	36.01	
	100m: 1:05.18	34.26	200m: 2:15.42	35.23	300m: 3:26.96	35.79	400m: 4:38.29	35.32	
7.	Brenda Zwarthoed	DAW				199604938		4:38.30	+0,69
	50m: 30.64	30.64	150m: 1:41.03	35.63	250m: 2:52.85	35.81	350m: 4:04.13	35.51	
	100m: 1:05.40	34.76	200m: 2:17.04	36.01	300m: 3:28.62	35.77	400m: 4:38.30	34.17	
8.	Lindy Nijhuis	OZ&PC				199700010		4:41.15	+0,83
	50m: 31.08	31.08	150m: 1:42.21	36.09	250m: 2:54.66	36.08	350m: 4:06.97	36.16	
	100m: 1:06.12	35.04	200m: 2:18.58	36.37	300m: 3:30.81	36.15	400m: 4:41.15	34.18	
9.	Carina Klees	WVZ				199602680		4:43.62	+0,78
	50m: 31.23	31.23	150m: 1:41.94	35.80	250m: 2:54.68	36.50	350m: 4:08.08	36.10	
	100m: 1:06.14	34.91	200m: 2:18.18	36.24	300m: 3:31.98	37.30	400m: 4:43.62	35.54	
10.	Elisabeth Rivard	WVZ				199600244		4:48.56	+0,73
	50m: 32.02	32.02	150m: 1:44.23	36.79	250m: 2:58.41	36.76	350m: 4:12.68	37.02	
	100m: 1:07.44	35.42	200m: 2:21.65	37.42	300m: 3:35.66	37.25	400m: 4:48.56	35.88	
11.	Tamara Grove	Oceanus				199601266		4:48.59	+0,82
	50m: 31.56	31.56	150m: 1:42.87	36.02	250m: 2:56.76	36.55	350m: 4:11.26	37.15	
	100m: 1:06.85	35.29	200m: 2:20.21	37.34	300m: 3:34.11	37.35	400m: 4:48.59	37.33	
12.	Naomi Janssen	Aqua-Novio'94				199701390		4:48.75	+0,86
	50m: 32.38	32.38	150m: 1:44.44	36.31	250m: 2:58.37	36.98	350m: 4:12.93	36.96	
	100m: 1:08.13	35.75	200m: 2:21.39	36.95	300m: 3:35.97	37.60	400m: 4:48.75	35.82	
13.	Esmée Six	EIFFELswimmersPSV				199700490		4:50.27	+0,74
	50m: 31.55	31.55	150m: 1:42.67	35.94	250m: 2:55.93	36.58	350m: 4:11.82	38.30	
	100m: 1:06.73	35.18	200m: 2:19.35	36.68	300m: 3:33.52	37.59	400m: 4:50.27	38.45	
14.	Laura Hagreis	OZ&PC				199600548		4:53.26	+0,72
	50m: 31.20	31.20	150m: 1:43.11	36.54	250m: 2:58.49	37.65	350m: 4:15.41	38.31	
	100m: 1:06.57	35.37	200m: 2:20.84	37.73	300m: 3:37.10	38.61	400m: 4:53.26	37.85	
15.	Kirsty Hunter	East Lothian Swim Team				352277		4:55.49	+0,81
	50m: 32.04	32.04	150m: 1:44.94	37.20	250m: 3:00.95	38.13	350m: 4:18.08	38.58	
	100m: 1:07.74	35.70	200m: 2:22.82	37.88	300m: 3:39.50	38.55	400m: 4:55.49	37.41	
16.	Angelique van Vark	Z&PC De Gouwe				199701478		4:56.85	+0,67
	50m: 32.64	32.64	150m: 1:47.01	37.52	250m: 3:03.39	38.26	350m: 4:20.94	38.66	
	100m: 1:09.49	36.85	200m: 2:25.13	38.12	300m: 3:42.28	38.89	400m: 4:56.85	35.91	
17.	Bente van Bergen	Zeester-Meerval				199600336		4:56.99	+0,71
	50m: 31.23	31.23	150m: 1:41.31	35.53	250m: 2:56.27	37.35	350m: 4:15.67	40.20	
	100m: 1:05.78	34.55	200m: 2:18.92	37.61	300m: 3:35.47	39.20	400m: 4:56.99	41.32	

Mistakes?

Mail to: nkinschrijvingen@knzb.nl

Open Nederlandse Kampioenschappen Zwemmen
Eindhoven, 2- - 4-12-2011

Event 2, Girls, 400m Freestyle, Jeugd 1 en 2

rank	name	club name	time	RT	pts
18.	Aylin van Uffelen	ZVVS	199600352	4:57.17	+0,63
	50m: 31.86	150m: 1:44.02	250m: 3:01.07	350m: 4:19.89	39.47
	100m: 1:06.43	200m: 2:21.91	300m: 3:40.42	400m: 4:57.17	37.28
19.	Eva Werkman	Zwemlust den Hommel	199703458	4:57.58	+0,81
	50m: 32.69	150m: 1:46.48	250m: 3:03.11	350m: 4:20.02	38.25
	100m: 1:08.74	200m: 2:24.76	300m: 3:41.77	400m: 4:57.58	37.56
20.	Hilde Grondhout	Zeester-Meerval	199602300	4:58.85	+0,66
	50m: 32.36	150m: 1:45.69	250m: 3:02.18	350m: 4:20.59	39.37
	100m: 1:08.51	200m: 2:23.85	300m: 3:41.22	400m: 4:58.85	38.26
21.	Kristel Hormann	De Spatters	199601084	4:59.88	+0,74
	50m: 32.03	150m: 1:48.08	250m: 3:06.39	350m: 4:24.02	38.38
	100m: 1:09.31	200m: 2:27.63	300m: 3:45.64	400m: 4:59.88	35.86
22.	Demi Rothe	OZ&PC	199703388	5:00.31	+0,80
	50m: 31.99	150m: 1:47.53	250m: 3:05.57	350m: 4:23.44	38.38
	100m: 1:08.98	200m: 2:26.38	300m: 3:45.06	400m: 5:00.31	36.87
23.	Elles Becker	Zwemclub Zeist	199600628	5:00.81	+0,74
	50m: 33.00	150m: 1:48.94	250m: 3:06.89	350m: 4:24.34	38.39
	100m: 1:10.62	200m: 2:28.03	300m: 3:45.95	400m: 5:00.81	36.47
24.	Tamara van der Steen	ZVVS	199605156	5:02.62	+0,76
	50m: 33.10	150m: 1:48.75	250m: 3:06.17	350m: 4:24.23	38.72
	100m: 1:10.48	200m: 2:27.49	300m: 3:45.51	400m: 5:02.62	38.39
25.	Laura Willemssen	Aquarijn	199700168	5:09.30	+0,76
	50m: 33.88	150m: 1:50.79	250m: 3:09.61	350m: 4:29.72	39.89
	100m: 1:11.92	200m: 2:30.10	300m: 3:49.83	400m: 5:09.30	39.58

DNS Dorien Butter Racing Club 199606542

Jeugd 1 en 2

1.	Romy Pansters	ZC Valkenburg	199605900	S8	5:32.74	+0,88	645
	50m: 37.39	150m: 2:02.03	250m: 3:27.50	350m: 4:53.17	43.52		
	100m: 1:18.77	200m: 2:44.54	300m: 4:09.65	400m: 5:32.74	39.57		

DNS Lina Watz Sweden 1996watz S10

all-in

1.	Melanie Costa Schmid <i>Championship record</i>	Spain	1989cost		4:08.80	+0,71	
	50m: 29.41	150m: 1:32.75	250m: 2:35.97	350m: 3:38.77	31.31		
	100m: 1:01.02	200m: 2:04.23	300m: 3:07.46	400m: 4:08.80	30.03		
2.	Lotte Friis	Danish SF	1988friis		4:08.87	+0,81	
	50m: 29.32	150m: 1:32.44	250m: 2:35.60	350m: 3:39.22	32.00		
	100m: 1:00.80	200m: 2:04.07	300m: 3:07.22	400m: 4:08.87	29.65		
3.	Femke Heemskerk	E.ON-NZA	198705224		4:09.13	+0,83	
	50m: 28.42	150m: 1:31.36	250m: 2:35.72	350m: 3:38.93	31.28		
	100m: 59.45	200m: 2:03.49	300m: 3:07.65	400m: 4:09.13	30.20		
4.	Hannah Miley	Garioch ASC	69436		4:09.49	+0,70	
	50m: 29.72	150m: 1:32.96	250m: 2:36.34	350m: 3:38.96	31.10		
	100m: 1:01.40	200m: 2:04.80	300m: 3:07.86	400m: 4:09.49	30.53		
5.	Eleanor Faulkner	City of Sheffield SS	42774		4:10.41	+0,75	
	50m: 28.87	150m: 1:32.65	250m: 2:36.16	350m: 3:39.51	31.30		
	100m: 1:00.90	200m: 2:04.67	300m: 3:08.21	400m: 4:10.41	30.90		
6.	Hayley Towner	University of Bath	154257		4:10.96	+0,79	
	50m: 29.98	150m: 1:33.27	250m: 2:37.09	350m: 3:40.82	31.62		
	100m: 1:01.50	200m: 2:05.00	300m: 3:09.20	400m: 4:10.96	30.14		
7.	Erika Villaecija Garcia	Spain	1984villa		4:11.33	+0,75	
	50m: 29.97	150m: 1:33.72	250m: 2:37.44	350m: 3:41.10	31.94		
	100m: 1:01.55	200m: 2:05.60	300m: 3:09.16	400m: 4:11.33	30.23		
8.	Claudia Dasca Romeu	Spain	1994dasc		4:12.93	+0,74	
	50m: 29.29	150m: 1:32.60	250m: 2:37.00	350m: 3:41.79	32.33		
	100m: 1:00.72	200m: 2:04.59	300m: 3:09.46	400m: 4:12.93	31.14		
9.	Patricia Castro Ortega	Spain	1992cast		4:13.08	+0,77	
	50m: 29.40	150m: 1:33.21	250m: 2:37.45	350m: 3:41.51	31.96		
	100m: 1:01.29	200m: 2:05.39	300m: 3:09.55	400m: 4:13.08	31.57		

Open Nederlandse Kampioenschappen Zwemmen
Eindhoven, 2 - 4-12-2011

Event 2, Women, 400m Freestyle, all-in

rank	name		club name							time		RT	pts
10.	Rieneke Terink		EIFFELswimmersPSV				198402424			4:13.10		+0,79	
	50m:	28.90	28.90	150m:	1:32.65	31.95	250m:	2:36.84	31.97	350m:	3:41.05	32.13	
	100m:	1:00.70	31.80	200m:	2:04.87	32.22	300m:	3:08.92	32.08	400m:	4:13.10	32.05	
11.	Rebecca Turner		City of Sheffield SS				36574			4:13.20		+0,60	
	50m:	29.63	29.63	150m:	1:34.24	32.16	250m:	2:38.40	32.08	350m:	3:42.70	32.10	
	100m:	1:02.08	32.45	200m:	2:06.32	32.08	300m:	3:10.60	32.20	400m:	4:13.20	30.50	
12.	Alice Nesti		Italy National Team				1989nesti			4:13.52		+0,74	
	50m:	29.68	29.68	150m:	1:33.19	31.71	250m:	2:37.61	31.83	350m:	3:42.03	31.99	
	100m:	1:01.48	31.80	200m:	2:05.78	32.59	300m:	3:10.04	32.43	400m:	4:13.52	31.49	
13.	Cecilie Waage Johannessen		Bergen SC				1990waag			4:16.82		+0,70	
	50m:	29.11	29.11	150m:	1:33.26	32.09	250m:	2:38.95	32.91	350m:	3:45.26	32.83	
	100m:	1:01.17	32.06	200m:	2:06.04	32.78	300m:	3:12.43	33.48	400m:	4:16.82	31.56	
14.	Sycerika McMahon		Swim Ireland				1995mcma			4:16.97		+0,66	
	50m:	29.69	29.69	150m:	1:34.22	32.32	250m:	2:39.48	32.63	350m:	3:45.06	32.57	
	100m:	1:01.90	32.21	200m:	2:06.85	32.63	300m:	3:12.49	33.01	400m:	4:16.97	31.91	
15.	Clare Dawson		Swim Ireland				1987daws			4:17.23		+0,76	
	50m:	29.82	29.82	150m:	1:34.81	32.34	250m:	2:39.65	32.12	350m:	3:45.01	32.85	
	100m:	1:02.47	32.65	200m:	2:07.53	32.72	300m:	3:12.16	32.51	400m:	4:17.23	32.22	
16.	Pernille Blume		Danish SF				1994blume			4:18.89		+0,72	
	50m:	29.61	29.61	150m:	1:35.23	33.26	250m:	2:41.33	32.47	350m:	3:47.30	32.96	
	100m:	1:01.97	32.36	200m:	2:08.86	33.63	300m:	3:14.34	33.01	400m:	4:18.89	31.59	
17.	Judith Stap		EIFFELswimmersPSV				199302702			4:19.20		+0,73	
	50m:	28.98	28.98	150m:	1:33.76	33.11	250m:	2:40.26	33.41	350m:	3:47.11	33.48	
	100m:	1:00.65	31.67	200m:	2:06.85	33.09	300m:	3:13.63	33.37	400m:	4:19.20	32.09	
18.	Nuala Murphy		Swim Ireland				1989murp			4:19.77		+0,72	
	50m:	29.64	29.64	150m:	1:33.10	32.10	250m:	2:38.95	33.14	350m:	3:46.44	34.01	
	100m:	1:01.00	31.36	200m:	2:05.81	32.71	300m:	3:12.43	33.48	400m:	4:19.77	33.33	
19.	Esmee Vermeulen		E.ON-NZA				199600678			4:20.49		+0,77	
	50m:	29.04	29.04	150m:	1:33.12	32.29	250m:	2:38.98	32.96	350m:	3:46.89	34.09	
	100m:	1:00.83	31.79	200m:	2:06.02	32.90	300m:	3:12.80	33.82	400m:	4:20.49	33.60	
20.	Alice Mizzau		Team Veneto				1993mizz			4:20.69		+0,71	
	50m:	31.51	31.51	150m:	1:37.50	32.88	250m:	2:42.75	32.27	350m:	3:47.98	32.54	
	100m:	1:04.62	33.11	200m:	2:10.48	32.98	300m:	3:15.44	32.69	400m:	4:20.69	32.71	
21.	Flavia Zoccari		Aurelia Nuoto				1986zocc			4:20.77		+0,69	
	50m:	31.14	31.14	150m:	1:37.18	33.26	250m:	2:43.16	32.92	350m:	3:48.80	32.74	
	100m:	1:03.92	32.78	200m:	2:10.24	33.06	300m:	3:16.06	32.90	400m:	4:20.77	31.97	
22.	Alessia Filippi		Italy National Team				1987fili			4:21.03		+0,89	
	50m:	31.54	31.54	150m:	1:37.87	33.28	250m:	2:43.55	32.68	350m:	3:49.18	32.78	
	100m:	1:04.59	33.05	200m:	2:10.87	33.00	300m:	3:16.40	32.85	400m:	4:21.03	31.85	
23.	Niamh O'Sullivan		Swim Ireland				1991osul			4:21.72		+0,75	
	50m:	30.54	30.54	150m:	1:35.72	32.86	250m:	2:42.28	33.11	350m:	3:49.05	33.39	
	100m:	1:02.86	32.32	200m:	2:09.17	33.45	300m:	3:15.66	33.38	400m:	4:21.72	32.67	
24.	Marieke Nijhuis		EIFFELswimmersPSV				199201296			4:22.08		+0,75	
	50m:	30.26	30.26	150m:	1:35.69	33.19	250m:	2:42.28	33.31	350m:	3:49.51	33.52	
	100m:	1:02.50	32.24	200m:	2:08.97	33.28	300m:	3:15.99	33.71	400m:	4:22.08	32.57	
25.	Leonie van Noort		De Zijl/LGB				199301752			4:25.43		+0,82	
	50m:	29.74	29.74	150m:	1:35.76	33.38	250m:	2:43.59	33.75	350m:	3:51.66	34.31	
	100m:	1:02.38	32.64	200m:	2:09.84	34.08	300m:	3:17.35	33.76	400m:	4:25.43	33.77	
26.	Marion van den Berg		DWK				198600272			4:25.84		+0,84	
	50m:	29.77	29.77	150m:	1:36.00	33.35	250m:	2:43.59	33.55	350m:	3:52.39	34.21	
	100m:	1:02.65	32.88	200m:	2:10.04	34.04	300m:	3:18.18	34.59	400m:	4:25.84	33.45	
27.	Bianca Hauzer		South Africa				1994hauz			4:26.68		+0,80	
	50m:	30.00	30.00	150m:	1:36.15	33.32	250m:	2:44.04	33.97	350m:	3:52.77	34.25	
	100m:	1:02.83	32.83	200m:	2:10.07	33.92	300m:	3:18.52	34.48	400m:	4:26.68	33.91	
28.	Danielle Huskisson		City of Sunderland				40974			4:26.82		+0,75	
	50m:	30.44	30.44	150m:	1:37.47	33.87	250m:	2:45.88	34.14	350m:	3:53.87	34.04	
	100m:	1:03.60	33.16	200m:	2:11.74	34.27	300m:	3:19.83	33.95	400m:	4:26.82	32.95	
29.	Rosa Veerman		E.ON-NZA				199600862			4:27.00		+0,74	
	50m:	29.74	29.74	150m:	1:35.58	33.59	250m:	2:43.83	34.29	350m:	3:53.71	34.89	
	100m:	1:01.99	32.25	200m:	2:09.54	33.96	300m:	3:18.82	34.99	400m:	4:27.00	33.29	
30.	Rebecca Murray		First				148275			4:27.15		+0,84	
	50m:	30.29	30.29	150m:	1:37.03	33.81	250m:	2:45.18	34.33	350m:	3:53.79	34.44	
	100m:	1:03.22	32.93	200m:	2:10.85	33.82	300m:	3:19.35	34.17	400m:	4:27.15	33.36	

Open Nederlandse Kampioenschappen Zwemmen
Eindhoven, 2- - 4-12-2011

Event 2, Women, 400m Freestyle, all-in

rank	name	club name			time			RT	pts
31.	Pauline van Dam	EIFFELswimmersPSV			199304422			4:27.81	+0,81
	50m:	30.69	30.69	150m:	1:36.99	33.15	250m:	2:44.92	33.97
	100m:	1:03.84	33.15	200m:	2:10.95	33.96	300m:	3:19.49	34.57
							350m:	3:54.10	34.61
							400m:	4:27.81	33.71
32.	Tara Dunne	Ballina Dolphins			1994dunne			4:28.91	+0,78
	50m:	30.05	30.05	150m:	1:38.32	34.40	250m:	2:46.43	34.05
	100m:	1:03.92	33.87	200m:	2:12.38	34.06	300m:	3:21.16	34.73
							350m:	3:55.67	34.51
							400m:	4:28.91	33.24
33.	Victoria Løken	Lambertseter SC			1991loken			4:29.95	+0,73
	50m:	30.11	30.11	150m:	1:36.19	33.48	250m:	2:44.00	34.13
	100m:	1:02.71	32.60	200m:	2:09.87	33.68	300m:	3:19.10	35.10
							350m:	3:54.76	35.66
							400m:	4:29.95	35.19
34.	Manon Friskes	DWK			199701566			4:30.88	+0,74
	50m:	30.35	30.35	150m:	1:38.09	34.39	250m:	2:47.50	34.83
	100m:	1:03.70	33.35	200m:	2:12.67	34.58	300m:	3:22.39	34.89
							350m:	3:57.12	34.73
							400m:	4:30.88	33.76
35.	Lotte Wilms	AZ&PC			198402770			4:30.89	+0,77
	50m:	30.06	30.06	150m:	1:37.87	33.90	250m:	2:46.60	33.99
	100m:	1:03.97	33.91	200m:	2:12.61	34.74	300m:	3:21.82	35.22
							350m:	3:56.46	34.64
							400m:	4:30.89	34.43
36.	Marlies Reinders	De Dinkel			198602976			4:32.00	+0,82
	50m:	30.50	30.50	150m:	1:40.43	35.48	250m:	2:50.27	34.74
	100m:	1:04.95	34.45	200m:	2:15.53	35.10	300m:	3:24.58	34.31
							350m:	3:58.90	34.32
							400m:	4:32.00	33.10
37.	Inge Pepping	De Rijn			199402308			4:35.04	+0,83
	50m:	30.82	30.82	150m:	1:39.74	34.74	250m:	2:49.61	34.70
	100m:	1:05.00	34.18	200m:	2:14.91	35.17	300m:	3:24.94	35.33
							350m:	4:00.15	35.21
							400m:	4:35.04	34.89
38.	Iris Pijtak	AZ&PC			199300602			4:35.05	+0,72
	50m:	30.56	30.56	150m:	1:39.94	35.05	250m:	2:50.77	34.96
	100m:	1:04.89	34.33	200m:	2:15.81	35.87	300m:	3:26.34	35.57
							350m:	4:01.44	35.10
							400m:	4:35.05	33.61
39.	Helen McRoberts	Warrender Baths Club			28274			4:35.39	+0,72
	50m:	32.40	32.40	150m:	1:41.09	34.43	250m:	2:50.21	34.44
	100m:	1:06.66	34.26	200m:	2:15.77	34.68	300m:	3:25.16	34.95
							350m:	4:00.73	35.57
							400m:	4:35.39	34.66
40.	Oda Gjerde	Bryne Symjeklubb			1995gjer			4:37.17	+0,75
	50m:	31.72	31.72	150m:	1:40.43	34.67	250m:	2:50.44	35.35
	100m:	1:05.76	34.04	200m:	2:15.09	34.66	300m:	3:26.25	35.81
							350m:	4:02.09	35.84
							400m:	4:37.17	35.08
41.	Evelien van Ruiten	Orca			199602924			4:37.80	+0,87
	50m:	31.88	31.88	150m:	1:42.31	35.43	250m:	2:53.43	35.50
	100m:	1:06.88	35.00	200m:	2:17.93	35.62	300m:	3:28.97	35.54
							350m:	4:03.88	34.91
							400m:	4:37.80	33.92
42.	Anouque Berghuis	De Zijl/LGB			199606132			4:38.29	+0,79
	50m:	30.92	30.92	150m:	1:40.19	35.01	250m:	2:51.17	35.75
	100m:	1:05.18	34.26	200m:	2:15.42	35.23	300m:	3:26.96	35.79
							350m:	4:02.97	36.01
							400m:	4:38.29	35.32
43.	Brenda Zwarthoed	DAW			199604938			4:38.30	+0,69
	50m:	30.64	30.64	150m:	1:41.03	35.63	250m:	2:52.85	35.81
	100m:	1:05.40	34.76	200m:	2:17.04	36.01	300m:	3:28.62	35.77
							350m:	4:04.13	35.51
							400m:	4:38.30	34.17
44.	Ela Hutten	MNC Dordrecht			199300354			4:39.54	+0,75
	50m:	31.15	31.15	150m:	1:41.02	35.32	250m:	2:52.18	35.39
	100m:	1:05.70	34.55	200m:	2:16.79	35.77	300m:	3:28.06	35.88
							350m:	4:03.85	35.79
							400m:	4:39.54	35.69
45.	Milou Schraverus	AZ&PC			199503878			4:39.72	+0,76
	50m:	32.52	32.52	150m:	1:43.53	35.85	250m:	2:54.38	35.31
	100m:	1:07.68	35.16	200m:	2:19.07	35.54	300m:	3:30.05	35.67
							350m:	4:05.48	35.43
							400m:	4:39.72	34.24
46.	Lisa van Breugel	BZV			199506804			4:40.09	+0,89
	50m:	31.40	31.40	150m:	1:40.66	35.03	250m:	2:52.28	36.05
	100m:	1:05.63	34.23	200m:	2:16.23	35.57	300m:	3:29.03	36.75
							350m:	4:05.82	36.79
							400m:	4:40.09	34.27
47.	Lynn Dybiona	AZ&PC			199501786			4:40.42	+0,70
	50m:	31.09	31.09	150m:	1:41.23	35.67	250m:	2:54.12	36.15
	100m:	1:05.56	34.47	200m:	2:17.97	36.74	300m:	3:30.64	36.52
							350m:	4:06.86	36.22
							400m:	4:40.42	33.56
48.	Lindy Nijhuis	OZ&PC			199700010			4:41.15	+0,83
	50m:	31.08	31.08	150m:	1:42.21	36.09	250m:	2:54.66	36.08
	100m:	1:06.12	35.04	200m:	2:18.58	36.37	300m:	3:30.81	36.15
							350m:	4:06.97	36.16
							400m:	4:41.15	34.18
49.	Malissa van der Horst	Zwemlust den Hommel			199200810			4:41.73	+0,82
	50m:	30.10	30.10	150m:	1:40.78	35.67	250m:	2:52.70	36.20
	100m:	1:05.11	35.01	200m:	2:16.50	35.72	300m:	3:29.51	36.81
							350m:	4:06.01	36.50
							400m:	4:41.73	35.72
50.	Shireen Post	AZ&PC			199503286			4:42.21	+0,82
	50m:	31.46	31.46	150m:	1:41.72	35.58	250m:	2:53.68	35.97
	100m:	1:06.14	34.68	200m:	2:17.71	35.99	300m:	3:30.31	36.63
							350m:	4:06.80	36.49
							400m:	4:42.21	35.41
51.	Maya Kingma	SBC2000			199503824			4:42.79	+0,73
	50m:	31.18	31.18	150m:	1:42.37	36.31	250m:	2:55.60	36.46
	100m:	1:06.06	34.88	200m:	2:19.14	36.77	300m:	3:32.07	36.47
							350m:	4:07.82	35.75
							400m:	4:42.79	34.97

Open Nederlandse Kampioenschappen Zwemmen
Eindhoven, 2 - 4-12-2011

Event 2, Women, 400m Freestyle, all-in

rank	name		club name				time				RT	pts	
52.	Mette Bijeman		Aquarijn				199506282				4:43.36	+0,80	
	50m:	31.25	31.25	150m:	1:42.10	35.89	250m:	2:55.88	36.75	350m:	4:09.66		36.85
	100m:	1:06.21	34.96	200m:	2:19.13	37.03	300m:	3:32.81	36.93	400m:	4:43.36		33.70
53.	Carina Klees		WVZ				199602680				4:43.62	+0,78	
	50m:	31.23	31.23	150m:	1:41.94	35.80	250m:	2:54.68	36.50	350m:	4:08.08		36.10
	100m:	1:06.14	34.91	200m:	2:18.18	36.24	300m:	3:31.98	37.30	400m:	4:43.62		35.54
54.	Romy van Alphen		Olympia				199502776				4:47.67	+0,74	
	50m:	31.74	31.74	150m:	1:44.28	36.86	250m:	2:58.86	37.51	350m:	4:12.46		36.09
	100m:	1:07.42	35.68	200m:	2:21.35	37.07	300m:	3:36.37	37.51	400m:	4:47.67		35.21
55.	Elisabeth Rivard		WVZ				199600244				4:48.56	+0,73	
	50m:	32.02	32.02	150m:	1:44.23	36.79	250m:	2:58.41	36.76	350m:	4:12.68		37.02
	100m:	1:07.44	35.42	200m:	2:21.65	37.42	300m:	3:35.66	37.25	400m:	4:48.56		35.88
56.	Tamara Grove		Oceanus				199601266				4:48.59	+0,82	
	50m:	31.56	31.56	150m:	1:42.87	36.02	250m:	2:56.76	36.55	350m:	4:11.26		37.15
	100m:	1:06.85	35.29	200m:	2:20.21	37.34	300m:	3:34.11	37.35	400m:	4:48.59		37.33
57.	Naomi Janssen		Aqua-Novio'94				199701390				4:48.75	+0,86	
	50m:	32.38	32.38	150m:	1:44.44	36.31	250m:	2:58.37	36.98	350m:	4:12.93		36.96
	100m:	1:08.13	35.75	200m:	2:21.39	36.95	300m:	3:35.97	37.60	400m:	4:48.75		35.82
58.	Esmée Six		EIFFELswimmersPSV				199700490				4:50.27	+0,74	
	50m:	31.55	31.55	150m:	1:42.67	35.94	250m:	2:55.93	36.58	350m:	4:11.82		38.30
	100m:	1:06.73	35.18	200m:	2:19.35	36.68	300m:	3:33.52	37.59	400m:	4:50.27		38.45
59.	Maud Hoofs		Racing Club				199501206				4:51.59	+0,71	
	50m:	31.76	31.76	150m:	1:44.35	37.16	250m:	2:59.81	37.79	350m:	4:15.23		37.38
	100m:	1:07.19	35.43	200m:	2:22.02	37.67	300m:	3:37.85	38.04	400m:	4:51.59		36.36
60.	Laura Hagreis		OZ&PC				199600548				4:53.26	+0,72	
	50m:	31.20	31.20	150m:	1:43.11	36.54	250m:	2:58.49	37.65	350m:	4:15.41		38.31
	100m:	1:06.57	35.37	200m:	2:20.84	37.73	300m:	3:37.10	38.61	400m:	4:53.26		37.85
61.	Sietske Veldkamp		ZPC De Hof				199501628				4:55.04	+0,81	
	50m:	31.90	31.90	150m:	1:45.24	37.35	250m:	3:00.97	38.20	350m:	4:17.71		38.41
	100m:	1:07.89	35.99	200m:	2:22.77	37.53	300m:	3:39.30	38.33	400m:	4:55.04		37.33
62.	Kirsty Hunter		East Lothian Swim Team				352277				4:55.49	+0,81	
	50m:	32.04	32.04	150m:	1:44.94	37.20	250m:	3:00.95	38.13	350m:	4:18.08		38.58
	100m:	1:07.74	35.70	200m:	2:22.82	37.88	300m:	3:39.50	38.55	400m:	4:55.49		37.41
63.	Angelique van Vark		Z&PC De Gouwe				199701478				4:56.85	+0,67	
	50m:	32.64	32.64	150m:	1:47.01	37.52	250m:	3:03.39	38.26	350m:	4:20.94		38.66
	100m:	1:09.49	36.85	200m:	2:25.13	38.12	300m:	3:42.28	38.89	400m:	4:56.85		35.91
64.	Bente van Bergen		Zeester-Meerval				199600336				4:56.99	+0,71	
	50m:	31.23	31.23	150m:	1:41.31	35.53	250m:	2:56.27	37.35	350m:	4:15.67		40.20
	100m:	1:05.78	34.55	200m:	2:18.92	37.61	300m:	3:35.47	39.20	400m:	4:56.99		41.32
65.	Aylin van Uffelen		ZVVS				199600352				4:57.17	+0,63	
	50m:	31.86	31.86	150m:	1:44.02	37.59	250m:	3:01.07	39.16	350m:	4:19.89		39.47
	100m:	1:06.43	34.57	200m:	2:21.91	37.89	300m:	3:40.42	39.35	400m:	4:57.17		37.28
66.	Eva Werkman		Zwemlust den Hommel				199703458				4:57.58	+0,81	
	50m:	32.69	32.69	150m:	1:46.48	37.74	250m:	3:03.11	38.35	350m:	4:20.02		38.25
	100m:	1:08.74	36.05	200m:	2:24.76	38.28	300m:	3:41.77	38.66	400m:	4:57.58		37.56
67.	Hilde Grondhout		Zeester-Meerval				199602300				4:58.85	+0,66	
	50m:	32.36	32.36	150m:	1:45.69	37.18	250m:	3:02.18	38.33	350m:	4:20.59		39.37
	100m:	1:08.51	36.15	200m:	2:23.85	38.16	300m:	3:41.22	39.04	400m:	4:58.85		38.26
68.	Kristel Hormann		De Spatters				199601084				4:59.88	+0,74	
	50m:	32.03	32.03	150m:	1:48.08	38.77	250m:	3:06.39	38.76	350m:	4:24.02		38.38
	100m:	1:09.31	37.28	200m:	2:27.63	39.55	300m:	3:45.64	39.25	400m:	4:59.88		35.86
69.	Demi Rothe		OZ&PC				199703388				5:00.31	+0,80	
	50m:	31.99	31.99	150m:	1:47.53	38.55	250m:	3:05.57	39.19	350m:	4:23.44		38.38
	100m:	1:08.98	36.99	200m:	2:26.38	38.85	300m:	3:45.06	39.49	400m:	5:00.31		36.87
70.	Elles Becker		Zwemclub Zeist				199600628				5:00.81	+0,74	
	50m:	33.00	33.00	150m:	1:48.94	38.32	250m:	3:06.89	38.86	350m:	4:24.34		38.39
	100m:	1:10.62	37.62	200m:	2:28.03	39.09	300m:	3:45.95	39.06	400m:	5:00.81		36.47
71.	Tamara van der Steen		ZVVS				199605156				5:02.62	+0,76	
	50m:	33.10	33.10	150m:	1:48.75	38.27	250m:	3:06.17	38.68	350m:	4:24.23		38.72
	100m:	1:10.48	37.38	200m:	2:27.49	38.74	300m:	3:45.51	39.34	400m:	5:02.62		38.39
72.	Laura Willemsen		Aquarijn				199700168				5:09.30	+0,76	
	50m:	33.88	33.88	150m:	1:50.79	38.87	250m:	3:09.61	39.51	350m:	4:29.72		39.89
	100m:	1:11.92	38.04	200m:	2:30.10	39.31	300m:	3:49.83	40.22	400m:	5:09.30		39.58

Open Nederlandse Kampioenschappen Zwemmen
Eindhoven, 2- - 4-12-2011

Event 2, Women, 400m Freestyle, all-in

rank	name	club name				time	RT	pts		
DNS	Dorien Butter	Racing Club				199606542				
WDR	Grainne Murphy	Swim Ireland				1993murp				
all-in										
1.	Eleanor Simmonds	Great Britain				68949	S6	5:33.31	+0,81	1074
	50m: 39.05	39.05	150m: 2:03.16	42.40	250m: 3:27.90	42.78	350m: 4:52.40	42.26		
	100m: 1:20.76	41.71	200m: 2:45.12	41.96	300m: 4:10.14	42.24	400m: 5:33.31	40.91		
2.	Mirjam de Koning - Peper <i>NR Gehandicapt</i>	Oceanus				196900782	S6	5:37.85		1031
	50m: 37.68	37.68	150m: 2:01.64	42.35	250m: 3:28.01	43.02	350m: 4:54.98	43.01		
	100m: 1:19.29	41.61	200m: 2:44.99	43.35	300m: 4:11.97	43.96	400m: 5:37.85	42.87		
3.	Daniela Schulte	NPC Germany				1982schu	S11	5:37.83	+0,74	803
	50m: 37.45	37.45	150m: 2:03.45	43.45	250m: 3:29.76	43.12	350m: 4:56.80	43.11		
	100m: 1:20.00	42.55	200m: 2:46.64	43.19	300m: 4:13.69	43.93	400m: 5:37.83	41.03		
4.	Elodie Lorandi	France				1989lora	S10	4:47.38	+0,78	769
	50m: 32.61	32.61	150m: 1:44.30	36.23	250m: 2:57.48	36.53	350m: 4:10.77	36.79		
	100m: 1:08.07	35.46	200m: 2:20.95	36.65	300m: 3:33.98	36.50	400m: 4:47.38	36.61		
5.	Romy Pansters	ZC Valkenburg				199605900	S8	5:32.74	+0,88	645
	50m: 37.39	37.39	150m: 2:02.03	43.26	250m: 3:27.50	42.96	350m: 4:53.17	43.52		
	100m: 1:18.77	41.38	200m: 2:44.54	42.51	300m: 4:09.65	42.15	400m: 5:32.74	39.57		
6.	Marije Oosterhuis	Eemsrobben				199500318	S10	5:08.15	+0,86	624
	50m: 33.52	33.52	150m: 1:51.13	39.54	250m: 3:10.04	39.58	350m: 4:29.79	39.89		
	100m: 1:11.59	38.07	200m: 2:30.46	39.33	300m: 3:49.90	39.86	400m: 5:08.15	38.36		
7.	Lisa den Braber	AZ&PC				199207558	S8	5:39.67	+0,61	606
	50m: 38.00	38.00	150m: 2:02.54	42.34	250m: 3:29.79	43.47	350m: 4:57.15	43.42		
	100m: 1:20.20	42.20	200m: 2:46.32	43.78	300m: 4:13.73	43.94	400m: 5:39.67	42.52		
8.	Lisa Dootjes	MNC Dordrecht				199407016	S9	5:38.47	+0,93	473
	50m: 34.83	34.83	150m: 1:56.46	42.03	250m: 3:24.82	43.96	350m: 4:54.45	44.79		
	100m: 1:14.43	39.60	200m: 2:40.86	44.40	300m: 4:09.66	44.84	400m: 5:38.47	44.02		
9.	Britt van Diessen	TRB-RES				198900900	S10	5:58.04	+0,87	398
	50m: 39.74	39.74	150m: 2:10.08	46.09	250m: 3:41.63	46.68	350m: 5:14.59	47.27		
	100m: 1:23.99	44.25	200m: 2:54.95	44.87	300m: 4:27.32	45.69	400m: 5:58.04	43.45		
DNS	Lina Watz	Sweden				1996watz	S10			
WDR	Maike Naomi Schnittger	NPC Germany				1994schn	S12			