

LAC Wissel en Vrij deel 1 2011



SG HGN

Landgraaf 11-9-2011

LAC Periode 1 Wisselslag - zondag 11 september 2011 (25 m)

1. 200m wisselslag - Dames

10 - 11 jaar (Minioren 5 en Junioren 1)

- | | |
|---|----------|
| 1. Amber Kerkhofs (Kimbria, 0000074) | 02:58.19 |
| 50m 00:40.41 40,41 | |
| 2. Amber Raadschilders (Kimbria, 0000534) | 03:06.39 |
| 50m 00:40.14 40,14 | |
| 3. Romy Radermacher (Sg Hgn, 0001070) | 03:12.71 |
| 50m 00:44.12 44,12 | |
| 4. Kim Rebergen (Sg Hgn, 0100676) | 03:15.47 |
| 50m 00:44.83 44,83 | |
| 5. Britt Cornelissens (Sg Hgn, 0000632) | 03:17.43 |
| 50m 00:47.47 47,47 | |
| 6. Aukje Koetsier (Kimbria, 0002260) | 03:23.02 |
| 50m 00:48.36 48,36 | |
| 7. Chayenne Odenhoven (Sg Hgn, 0000468) | 03:23.61 |
| 50m 00:42.82 42,82 | |
| 8. Kyra Kerkhofs (ZC Valkenburg, 0100616) | 03:44.86 |
| 50m 00:55.67 55,67 | |
| 9. Jessie Dautzenberg (Sg Hgn, 0101826) | 04:11.51 |
| 50m 00:55.30 55,30 | |

2. 200m wisselslag - Heren

10 - 11 jaar (Minioren 5 en 6)

- | | |
|---|----------|
| 1. Niels de Boer (Eurode Kerkrade, 0001977) | 03:06.44 |
| 50m 00:43.60 43,60 | |
| 2. Kjell Bakker (Eurode Kerkrade, 0000297) | 03:06.54 |
| 50m 00:42.57 42,57 | |
| 3. Milo Simons (Zon/s&s, 0000513) | 03:10.48 |
| 50m 00:47.07 47,07 | |
| 4. Bas Dijkstra (Sg Hgn, 0000043) | 03:11.73 |
| 50m 00:42.64 42,64 | |
| 5. Raf Hendriks (ZC Valkenburg, 0100879) | 03:18.97 |
| 50m 00:44.64 44,64 | |
| 6. Maikel van der Linden (ZC Valkenburg, 0003797) | 03:26.54 |
| 50m 00:44.36 44,36 | |
| DIS: Jylano Nahr (Sg Hgn, 0102593) | 00:00.00 |

3. 200m wisselslag - Dames

12 - 13 jaar (Junioren 2 en 3)

- | | |
|--|----------|
| 1. Jessica van Dijk (Kimbria, 9800552) | 02:53.04 |
| 50m 00:38.29 38,29 | |
| 2. Melanie Leunissen (Sg Hgn, 9800672) | 02:57.30 |
| 50m 00:37.95 37,95 | |
| 3. Lynn Meijers (Sg Hgn, 9803732) | 02:57.46 |

	50m 00:43.94 43,94	
4.	Kayleigh Fortuin (Sg Hgn, 9902072) 50m 00:40.32 40,32	02:57.76
5.	Myrthe van der Haijden (Sg Hgn, 9801174) 50m 00:40.37 40,37	02:58.37
6.	Daphne Erkens (Sg Hgn, 9802372) 50m 00:36.33 36,33	03:04.77
7.	Arijana Alijagic (Sg Hgn, 9902826) 50m 00:43.14 43,14	03:06.38
8.	Denise Blok (ZC Valkenburg, 9900572) 50m 00:41.70 41,70	03:07.48
9.	Kyra Janssen (Kimbria, 9800990) 50m 00:44.32 44,32	03:11.21
10.	Nina Vriezelaar (ZC Valkenburg, 9900570) 50m 00:42.59 42,59	03:11.97
11.	Kitty-Sofie Hunt Alne (Sg Hgn, 9804558) 50m 00:48.47 48,47	03:34.18
12.	Hester van Mourik (Kimbria, 9804970) 50m 00:50.81 50,81	03:44.75
4.	200m wisselslag - Heren 12 - 13 jaar (Junioren 1 en 2)	
1.	Bart Köhlen (Sg Hgn, 9802453) 50m 00:33.89 33,89	02:43.21
2.	Dylan Wolters (Sg Hgn, 9800287) 50m 00:36.38 36,38	02:49.14
3.	Lars van der Haijden (Sg Hgn, 9900225) 50m 00:38.60 38,60	02:55.95
5.	200m wisselslag - Dames 14 - 15 jaar (Jeugd 1 en 2)	
1.	Elishia Sinkiewicz (Sg Hgn, 9702110) 50m 00:34.14 34,14	02:38.76
2.	Wendy Bex (Sg Hgn, 9701232) 50m 00:33.84 33,84	02:41.07
3.	Joëlle Savelberg (Eurode Kerkrade, 9702464) 50m 00:33.73 33,73	02:43.20
4.	Kathleen de Beer (Zon/s&s, 9702638) 50m 00:38.36 38,36	02:56.45
5.	Nieske Janssen (Sg Hgn, 9601328) 50m 00:41.19 41,19	03:00.80
6.	Emmy Linssen (Zon/s&s, 9600590) 50m 00:41.02 41,02	03:03.26
7.	Lisa Jongen (Sg Hgn, 9604924) 50m 00:40.03 40,03	03:15.10
8.	Lisa Meyers (Kimbria, 9605054) 50m 00:41.84 41,84	03:15.52
	DIS. Lisa Snijkers (Sg Hgn, 9700112) 50m 00:53.24 53,24	03:44.62
6.	200m wisselslag - Heren 14 - 15 jaar (Junioren 3 en 4)	

1. Tim Ramaekers (Zon/s&s, 9600629)	02:34.57
50m 00:32.48 32,48	
2. Martijn Weinberg (Sg Hgn, 9600955)	02:36.45
50m 00:31.46 31,46	
3. Lars van Didden (Sg Hgn, 9701615)	02:36.91
50m 00:32.59 32,59	
4. Jeroen de Croock (ZC Valkenburg, 9702025)	02:49.73
50m 00:37.08 37,08	
5. Jeffrey Thomissen (Kimbria, 9605071)	02:52.97
50m 00:34.41 34,41	
7. 200m wisselslag - Heren	
16 - 17 jaar (Jeugd 1 en 2)	
1. Ruben Klinkers (Sg Hgn, 9403511)	02:14.37
50m 00:28.41 28,41	
2. Bart de Heer (Sg Hgn, 9500359)	02:30.32
50m 00:32.41 32,41	
3. Yannic van de Kuit (Zon/s&s, 9504825)	02:39.19
50m 00:32.37 32,37	
4. Camiel Smeets (Sg Hgn, 9400911)	02:40.62
50m 00:34.11 34,11	
8. 200m wisselslag - Dames	
vanaf 16 jaar (Senioren 1 en ouder)	
1. Ilona Rimmel (Sg Hgn, 9302198)	02:26.78
50m 00:31.50 31,50	
2. Vera Weinberg (Sg Hgn, 9302144)	02:41.90
50m 00:33.03 33,03	
3. Leonora Arets (Eurode Kerkrade, 9504690)	02:45.57
50m 00:35.29 35,29	
4. Cato Vrouwenraets (Zon/s&s, 9006272)	02:46.22
50m 00:35.48 35,48	
5. Danique Ubags (ZC Valkenburg, 9003780)	02:52.64
50m 00:34.13 34,13	
6. Sanne Kerkhoff (Sg Hgn, 9305530)	02:57.74
50m 00:36.16 36,16	
7. Maaïke Greven (Kimbria, 9500826)	02:59.74
50m 00:38.99 38,99	
8. Simone Vroemen (Kimbria, 9405794)	03:05.60
50m 00:40.25 40,25	
9. Lieke Janssen (Sg Hgn, 9305954)	03:06.37
50m 00:39.74 39,74	
10. Aline Spierts (Kimbria, 8604698)	03:06.37
50m 00:41.54 41,54	
11. Simone Jongen (Kimbria, 9402028)	03:06.55
50m 00:40.48 40,48	
12. Suzan Vermeere (Sg Hgn, 9307744)	03:08.95
50m 00:41.13 41,13	
13. Lisette Ramaekers (Zon/s&s, 9403984)	03:12.50
50m 00:43.00 43,00	
14. Fabienne Jeukens (Kimbria, 8401156)	03:14.48
50m 00:43.42 43,42	

15. Susan Stappers (Kimbria, 8201594)	03:17.17
50m 00:46.45 46,45	
9. 200m wisselslag - Heren	
vanaf 18 jaar (Senioren 1 en ouder)	
1. Davy Verreussel (Sg Hgn, 8903341)	02:10.68
50m 00:28.43 28,43	
2. Jory Niemark (Sg Hgn, 9204409)	02:25.85
50m 00:30.18 30,18	
3. Ronald Waldus (Sg Hgn, 9206275)	02:29.32
50m 00:32.02 32,02	
4. Freddie Geerlings (Sg Hgn, 7900379)	02:29.32
50m 00:30.97 30,97	
6. Jeroen Custers (Kimbria, 9106319)	02:32.61
50m 00:31.11 31,11	
7. Sander van den Berg (Sg Hgn, 8700211)	02:35.80
50m 00:31.16 31,16	
8. Bjorn van de Kuit (Zon/s&s, 9306693)	02:36.13
50m 00:32.95 32,95	
9. Indji Tan (Kimbria, 9102973)	02:38.02
50m 00:31.12 31,12	
10. Mark Snijders (Zon/s&s, 8803187)	02:38.79
50m 00:32.46 32,46	
11. Tom Goffin (Sg Hgn, 8604457)	02:46.84
50m 00:34.14 34,14	
12. Karsten Meijers (Kimbria, 9004959)	03:04.88
10. 200m vrije slag - Dames	
8 - 9 jaar (Minioren 3 en 4)	
1. Iris Dijkstra (Sg Hgn, 0201766)	03:14.13
100m 01:35.70 95,70	
2. Nikki Smeets (ZC Valkenburg, 0200080)	03:26.71
100m 01:33.55 93,55	
3. Muriël Blok (ZC Valkenburg, 0300030)	03:32.64
100m 01:41.54 101,54	
4. Nikki Starremans (Sg Hgn, 0201984)	03:59.64
100m 01:49.42 109,42	
5. Anne Köhlen (Sg Hgn, 0201714)	04:04.94
100m 01:55.72 115,72	
12. 400m vrije slag - Dames	
10 - 11 jaar (Minioren 5 en Junioren 1)	
1. Aukje Koetsier (Kimbria, 0002260)	06:03.99
100m 01:25.27 85,27 200m 02:58.46 93,19	
2. Yasmijn van der Valk (Eurode Kerkrade, 0101408)	06:13.76
100m 01:29.02 89,02 200m 03:03.36 94,34	
3. Kim Rebergen (Sg Hgn, 0100676)	06:17.04
100m 01:28.54 88,54 200m 03:07.19 98,65	
4. Chayenne Odenhoven (Sg Hgn, 0000468)	06:27.48
100m 01:34.29 94,29 200m 03:14.67 100,38	
5. Britt Cornelissens (Sg Hgn, 0000632)	06:30.00
100m 01:31.62 91,62 200m 03:13.52 101,90	

6. Kyra Kerkhoffs (ZC Valkenburg, 0100616)				07:27.86
	100m	01:43.92 103,92	200m	03:39.48 115,56
13. 400m vrije slag - Heren				
10 - 11 jaar (Minioren 5 en 6)				
1. Niels de Boer (Eurode Kerkrade, 0001977)				05:53.42
	100m	01:25.22 85,22	200m	02:56.32 91,10
2. Milo Simons (Zon/s&s, 0000513)				05:54.86
	100m	01:24.78 84,78	200m	02:55.73 90,95
3. Bas Dijkstra (Sg Hgn, 0000043)				06:08.65
	100m	01:24.65 84,65	200m	02:57.38 92,73
4. Raf Hendriks (ZC Valkenburg, 0100879)				06:24.63
	100m	01:29.87 89,87	200m	03:03.31 93,44
5. Maikel van der Linden (ZC Valkenburg, 0003797)				06:40.07
	100m	01:35.06 95,06	200m	03:13.85 98,79
6. Lars Kerremans (Sg Hgn, 0100305)				06:46.64
	100m	01:35.20 95,20	200m	03:21.54 106,34
DIS. Kjell Bakker (Eurode Kerkrade, 0000297)				00:00.00
15. 800m vrije slag - Dames				
12 - 13 jaar (Junioren 2 en 3)				
1. Shania Haenen (Eurode Kerkrade, 9802528)				10:09.97
	100m	01:10.21 70,21	200m	02:23.87 73,66
	400m	04:55.83 151,96		
2. Chayenne Poorts (Sg Hgn, 9800670)				10:29.79
	100m	01:11.30 71,30	200m	02:28.47 77,17
	400m	05:06.31 157,84		
3. McKenzie Kelly (Eurode Kerkrade, 9805438)				10:49.78
	100m	01:15.59 75,59	200m	02:35.54 79,95
	400m	05:18.52 162,98		
4. Celine Kerkhoffs (Kimbria, 9800548)				11:06.12
	100m	01:12.46 72,46	200m	02:30.87 78,41
	400m	05:16.68 165,81		
5. Melanie Leunissen (Sg Hgn, 9800672)				11:35.90
	100m	01:17.78 77,78	200m	02:42.89 85,11
	400m	05:41.45 178,56		
6. Denise Blok (ZC Valkenburg, 9900572)				11:45.39
	100m	01:21.44 81,44	200m	02:50.44 89,00
	400m	05:47.63 177,19		
7. Lynn Meijers (Sg Hgn, 9803732)				11:59.86
	100m	01:24.60 84,60	200m	02:54.42 89,82
	400m	05:56.04 181,62		
8. Myrthe van der Haijden (Sg Hgn, 9801174)				12:03.76
	100m	01:20.48 80,48	200m	02:49.54 89,06
	400m	05:54.39 184,85		
9. Mariecke de Beer (Zon/s&s, 9900524)				12:15.33
	100m	01:25.84 85,84	200m	02:56.22 90,38
	400m	06:03.10 186,88		
16. 800m vrije slag - Heren				
12 - 13 jaar (Junioren 1 en 2)				
1. Jordy Severins (Eurode Kerkrade, 9800559)				09:44.12
	100m	01:08.50 68,50	200m	02:20.79 72,29
	400m	04:47.30 146,51		
2. Bart Köhlen (Sg Hgn, 9802453)				10:46.64
	100m	01:13.89 73,89	200m	02:33.32 79,43
	400m	05:17.07 163,75		
3. Dylan Wolters (Sg Hgn, 9800287)				11:21.15
	100m	01:15.25 75,25	200m	02:37.63 82,38
	400m	05:30.09 172,46		
4. Lars van der Haijden (Sg Hgn, 9900225)				11:50.17
	100m	01:20.80 80,80	200m	02:49.97 89,17
	400m	05:50.46 180,49		
5. Leroy de Brouwer (Sg Hgn, 9900739)				13:55.28
	100m	01:33.97 93,97	200m	03:19.08 105,11
	400m	06:55.34 216,26		

17. 800m vrije slag - Dames

14 - 15 jaar (Jeugd 1 en 2)

1. Céline Jennes (Eurode Kerkrade, 9602154)	10:01.47
100m 01:07.17 67,17 200m 02:23.08 75,91 400m 04:55.94 152,86	
2. Wendy Bex (Sg Hgn, 9701232)	10:32.28
100m 01:10.24 70,24 200m 02:26.26 76,02 400m 05:05.38 159,12	
3. Joëlle Savelberg (Eurode Kerkrade, 9702464)	10:32.93
100m 01:13.43 73,43 200m 02:31.28 77,85 400m 05:10.72 159,44	
4. Kelly Craenen (Sg Hgn, 9700714)	10:58.09
100m 01:14.68 74,68 200m 02:34.70 80,02 400m 05:21.02 166,32	
5. Nieske Janssen (Sg Hgn, 9601328)	11:32.13
100m 01:20.32 80,32 200m 02:45.81 85,49 400m 05:39.55 173,74	
6. Kathleen de Beer (Zon/s&s, 9702638)	12:04.45
100m 01:23.07 83,07 200m 02:53.37 90,30 400m 05:58.17 184,80	
7. Emmy Linssen (Zon/s&s, 9600590)	12:04.54
100m 01:23.66 83,66 200m 02:53.89 90,23 400m 05:58.98 185,09	
8. Kyra Raadschilders (Kimbria, 9602604)	12:48.36
100m 01:25.57 85,57 200m 03:00.26 94,69 400m 06:16.42 196,16	

18. 800m vrije slag - Heren

14 - 15 jaar (Junioren 3 en 4)

1. Martijn Weinberg (Sg Hgn, 9600955)	10:00.81
100m 01:08.21 68,21 200m 02:21.24 73,03 400m 04:50.39 149,15	
2. Ruben Delvoie (Kimbria, 9703833)	10:04.68
100m 01:10.67 70,67 200m 02:25.89 75,22 400m 04:56.32 150,43	
3. Tim Ramaekers (Zon/s&s, 9600629)	10:23.17
100m 01:08.40 68,40 200m 02:24.06 75,66 400m 05:01.64 157,58	
4. David Paulissen (Sg Hgn, 9703489)	11:28.98
100m 01:17.39 77,39 200m 02:43.77 86,38 400m 05:39.58 175,81	
5. Jeroen de Croock (ZC Valkenburg, 9702025)	11:46.38
100m 01:22.08 82,08 200m 02:48.95 86,87 400m 05:47.28 178,33	
6. Bart Knarren (Zon/s&s, 9605387)	12:36.42
100m 01:23.08 83,08 200m 02:56.14 93,06 400m 06:10.61 194,47	

19. 800m vrije slag - Heren

16 - 17 jaar (Jeugd 1 en 2)

1. Ruben Klinkers (Sg Hgn, 9403511)	08:47.89
100m 01:01.03 61,03 200m 02:06.03 65,00 400m 04:18.77 132,74	
2. Niels van Basten Batenburg (ZC Valkenburg, 9400593)	09:07.97
100m 01:04.23 64,23 200m 02:13.00 68,77 400m 04:31.26 138,26	
3. Pim van Basten Batenburg (ZC Valkenburg, 9401657)	09:16.67
100m 01:04.05 64,05 200m 02:13.46 69,41 400m 04:34.03 140,57	
4. Bart de Heer (Sg Hgn, 9500359)	10:10.80
100m 01:12.47 72,47 200m 02:30.22 77,75 400m 05:06.02 155,80	
5. Kiowa Kamaansing (Sg Hgn, 9500125)	10:13.40
100m 01:07.39 67,39 200m 02:22.86 75,47 400m 04:57.92 155,06	
7. Yannic van de Kuit (Zon/s&s, 9504825)	10:35.38
100m 01:11.78 71,78 200m 02:28.85 77,07 400m 05:10.31 161,46	
8. Andreas Waldus (Sg Hgn, 9503581)	10:45.87
100m 01:09.81 69,81 200m 02:26.37 76,56 400m 05:08.83 162,46	
11. Axel Skrabanja (Kimbria, 9503645)	11:05.65
100m 01:14.23 74,23 200m 02:35.91 81,68 400m 05:23.42 167,51	

12. Stefan Lindenschmidt (Sg Hgn, 9505925)				11:11.39
	100m 01:14.92 74,92	200m 02:35.42 80,50	400m 05:22.26 166,84	
13. Vincent Wijsman (Sg Hgn, 9405499)				13:38.26
	100m 01:32.76 92,76	200m 03:15.13 102,37	400m 06:43.73 208,60	
20. 800m vrije slag - Dames				
<i>vanaf 16 jaar (Senioren 1 en ouder)</i>				
1. Rebecca Vroomen (Eurode Kerkrade, 9301772)				09:49.80
	100m 01:08.39 68,39	200m 02:23.19 74,80	400m 04:53.47 150,28	
2. Melissa Meijer (Sg Hgn, 9304374)				10:34.37
	100m 01:14.38 74,38	200m 02:34.84 80,46	400m 05:16.39 161,55	
3. Leonora Arets (Eurode Kerkrade, 9504690)				10:40.54
	100m 01:16.23 76,23	200m 02:36.26 80,03	400m 05:16.95 160,69	
4. Ingrid Jansen (Sg Hgn, 8705592)				11:08.18
	100m 01:15.15 75,15	200m 02:36.96 81,81	400m 05:25.57 168,61	
5. Rylana Slaghuis (Zon/s&s, 9401286)				11:21.53
	100m 01:15.03 75,03	200m 02:38.93 83,90	400m 05:31.01 172,08	
6. Anke Snijkers (Sg Hgn, 9201638)				11:24.93
	100m 01:16.39 76,39	200m 02:42.55 86,16	400m 05:38.00 175,45	
7. Aline Spierts (Kimbria, 8604698)				11:35.74
	100m 01:17.33 77,33	200m 02:43.86 86,53	400m 05:40.58 176,72	
8. Bo Kerkhoff (Sg Hgn, 9502376)				11:42.39
	100m 01:17.04 77,04	200m 02:41.11 84,07	400m 05:38.20 177,09	
9. Danique Ubags (ZC Valkenburg, 9003780)				11:47.27
	100m 01:15.04 75,04	200m 02:39.89 84,85	400m 05:39.31 179,42	
10. Lieke Janssen (Sg Hgn, 9305954)				11:54.71
	100m 01:20.62 80,62	200m 02:49.43 88,81	400m 05:51.25 181,82	
11. Susan Stappers (Kimbria, 8201594)				12:20.48
	100m 01:24.89 84,89	200m 02:58.60 93,71	400m 06:08.60 190,00	
12. Fabienne Jeukens (Kimbria, 8401156)				12:22.19
	100m 01:21.20 81,20	200m 02:54.04 92,84	400m 06:04.52 190,48	
13. Simone Jongen (Kimbria, 9402028)				12:25.04
	100m 01:25.94 85,94	200m 03:00.18 94,24	400m 06:11.82 191,64	
14. Inge Snijkers (Sg Hgn, 9008112)				12:36.98
	100m 01:23.43 83,43	200m 02:56.60 93,17	400m 06:10.89 194,29	
15. Lisette Ramaekers (Zon/s&s, 9403984)				13:08.28
	100m 01:25.73 85,73	200m 03:00.45 94,72	400m 06:19.44 198,99	
DIS. Maaike Greven (Kimbria, 9500826)				00:00.00
21. 800m vrije slag - Heren				
<i>vanaf 18 jaar (Senioren 1 en ouder)</i>				
1. Davy Verreussel (Sg Hgn, 8903341)				08:26.42
	100m 00:59.32 59,32	200m 02:02.82 63,50	400m 04:10.01 127,19	
2. Jory Niemark (Sg Hgn, 9204409)				09:45.51
	100m 01:07.45 67,45	200m 02:19.28 71,83	400m 04:46.60 147,32	
3. Ronald Waldus (Sg Hgn, 9206275)				10:23.39
	100m 01:10.57 70,57	200m 02:27.82 77,25	400m 05:08.70 160,88	
4. Jeroen Custers (Kimbria, 9106319)				10:29.76
	100m 01:08.23 68,23	200m 02:23.39 75,16	400m 05:03.29 159,90	
5. Freddie Geerlings (Sg Hgn, 7900379)				10:40.04
	100m 01:14.77 74,77	200m 02:32.96 78,19	400m 05:12.00 159,04	

6. Rick Hellenbrand (Sg Hgn, 8901173)				10:44.62
	100m 01:15.9275,92	200m 02:36.7380,81	400m 05:17.47160,74	
8. Tom Goffin (Sg Hgn, 8604457)				11:42.17
	100m 01:15.6075,60	200m 02:39.1783,57	400m 05:40.78181,61	
9. Karsten Meijers (Kimbria, 9004959)				12:15.39
	100m 01:20.1380,13	200m 02:49.6489,51	400m 05:55.42185,78	
DIS. Bjorn van de Kuit (Zon/s&s, 9306693)				00:00.00
11. 200m vrije slag - Heren				
8 - 9 jaar (Minioren 3 en 4)				
1. Jasper Thomas (Sg Hgn, 0200427)				03:24.08
	100m 01:39.5499,54			
14. 800m vrije slag - Dames				
10 - 11 jaar (Minioren 5 en Junioren 1)				
1. Amber Kerkhofs (Kimbria, 0000074)				11:04.24
	100m 01:16.4676,46	200m 02:40.7084,24	400m 05:31.98171,28	
2. Manon Ritten (Eurode Kerkrade, 0002440)				11:26.77
	100m 01:21.0881,08	200m 02:51.0289,94	400m 05:46.54175,52	
3. Lieve Göbbels (Eurode Kerkrade, 0000514)				11:36.30
	100m 01:22.3082,30	200m 02:52.1389,83	400m 05:49.56177,43	
4. Amber Raadschilders (Kimbria, 0000534)				11:44.65
	100m 01:18.9178,91	200m 02:45.8386,92	400m 05:45.15179,32	
5. Romy Radermacher (Sg Hgn, 0001070)				12:22.76
	100m 01:26.0286,02	200m 02:58.1992,17	400m 06:07.01188,82	
6. Esmee Lanckohr (Eurode Kerkrade, 0002442)				12:32.64
	100m 01:21.7681,76	200m 02:53.2991,53	400m 06:06.82193,53	