

Open Nederlandse Masters Kampioenschappen 2010 korte baan
Vlaardingen, 22. - 24.1.2010

Programmanr. 30
23.01.2010 - 17:15

Dames, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Iris Barendregt <i>Kampioenschapsrecord</i>	Van Vliet-Barracuda	4:46.43	8600172	4:41.89
	50m: 32.40 32.40 100m: 1:08.37 35.97	150m: 1:44.36 35.99 200m: 2:20.58 36.22	250m: 2:56.40 300m: 3:32.43	35.82 350m: 4:07.67 36.03 400m: 4:41.89	35.24 34.22
2.	Annelette de Vries	De Veene	5:09.02	8603908	5:10.45
	50m: 33.95 33.95 100m: 1:12.46 38.51	150m: 1:51.88 39.42 200m: 2:31.66 39.78	250m: 3:11.33 300m: 3:52.04	39.67 350m: 4:32.47 40.71 400m: 5:10.45	40.43 37.98
3.	Karin van Dijk	HZ&PC Heerenveen	4:59.40	8600850	5:11.26
	50m: 34.95 34.95 100m: 1:13.47 38.52	150m: 1:52.81 39.34 200m: 2:32.50 39.69	250m: 3:12.33 300m: 3:52.20	39.83 350m: 4:32.23 39.87 400m: 5:11.26	40.03 39.03
4.	Carly Noordermeer	ZOB'66	5:15.37	8702984	5:13.31
	50m: 35.01 35.01 100m: 1:13.32 38.31	150m: 1:52.82 39.50 200m: 2:33.10 40.28	250m: 3:13.44 300m: 3:54.37	40.34 350m: 4:35.19 40.93 400m: 5:13.31	40.82 38.12
5.	Henrike de Vries	De Veene	5:25.54	8904490	5:24.00
	50m: 36.12 36.12 100m: 1:15.16 39.04	150m: 1:55.79 40.63 200m: 2:37.97 42.18	250m: 3:20.10 300m: 4:02.89	42.13 350m: 4:45.10 42.79 400m: 5:24.00	42.21 38.90
6.	Annebeth van Ark	Octopus	5:47.02	8805588	5:50.29
	50m: 40.49 40.49 100m: 1:24.46 43.97	150m: 2:10.18 45.72 200m: 2:54.55 44.37	250m: 3:39.64 300m: 4:23.63	45.09 350m: 5:07.81 43.99 400m: 5:50.29	44.18 42.48
7.	Kitty van Gendt	PSV	5:49.40	8701288	5:54.29
	50m: 39.60 39.60 100m: 1:23.26 43.66	150m: 2:08.09 44.83 200m: 2:53.14 45.05	250m: 3:38.64 300m: 4:24.56	45.50 350m: 5:10.90 45.92 400m: 5:54.29	46.34 43.39
Masters 25+					
1.	Roos van Esch	TRB-RES	4:46.42	8200468	4:55.60
	50m: 33.91 33.91 100m: 1:10.63 36.72	150m: 1:48.19 37.56 200m: 2:26.15 37.96	250m: 3:04.07 300m: 3:42.18	37.92 350m: 4:19.86 38.11 400m: 4:55.60	37.68 35.74
2.	Linda Hoogendam	D'Elft	5:00.51	8300892	4:59.87
	50m: 33.52 33.52 100m: 1:11.57 38.05	150m: 1:50.18 38.61 200m: 2:29.07 38.89	250m: 3:07.29 300m: 3:45.99	38.22 350m: 4:24.04 38.70 400m: 4:59.87	38.05 35.83
3.	Andrea van Leeuwen <i>De 200 m. tussentijd is een back-tijd.</i>	De Zijl/LGB	5:26.96	8100904	5:11.42
	50m: 34.85 34.85 100m: 1:14.16 39.31	150m: 1:53.50 39.34 200m: 2:32.48 38.98	250m: 3:12.35 300m: 3:52.41	39.87 350m: 4:32.50 40.06 400m: 5:11.42	40.09 38.92
4.	Sandra Schellekens	Neptunus'58	5:19.53	8503416	5:19.98
	50m: 35.29 35.29 100m: 1:15.05 39.76	150m: 1:55.95 40.90 200m: 2:36.99 41.04	250m: 3:18.25 300m: 3:59.57	41.26 350m: 4:41.15 41.32 400m: 5:19.98	41.58 38.83
5.	Corine Nelen	Het Y	5:44.29	8302776	5:39.07
	50m: 36.81 36.81 100m: 1:18.34 41.53	150m: 2:01.39 43.05 200m: 2:45.29 43.90	250m: 3:29.37 300m: 4:13.51	44.08 350m: 4:57.83 44.14 400m: 5:39.07	44.32 41.24
6.	Fenke Legerstee	SCOM	6:17.99	8501856	5:57.01
	50m: 38.39 38.39 100m: 1:20.35 41.96	150m: 2:06.02 45.67 200m: 2:51.30 45.28	250m: 3:37.86 300m: 4:24.78	46.56 350m: 5:11.65 46.92 400m: 5:57.01	46.87 45.36
Masters 30+					
1.	Anke Lambooj	AZL	4:51.10	8001182	4:57.57
	50m: 33.27 33.27 100m: 1:09.39 36.12	150m: 1:46.74 37.35 200m: 2:24.33 37.59	250m: 3:02.31 300m: 3:40.86	37.98 350m: 4:19.68 38.55 400m: 4:57.57	38.82 37.89
2.	Yvonne Gerritsen	DES	5:10.46	8000342	5:10.53 *
	50m: 34.89 34.89 100m: 1:14.07 39.18	150m: 1:53.80 39.73 200m: 2:34.07 40.27	250m: 3:13.79 300m: 3:53.47	39.72 350m: 4:32.72 39.68 400m: 5:10.53	39.25 37.81
3.	Alana Miles	KZPC	5:27.13	8001626	5:12.44
	50m: 34.50 34.50 100m: 1:12.48 37.98	150m: 1:51.95 39.47 200m: 2:32.00 40.05	250m: 3:13.00 300m: 3:53.61	41.00 350m: 4:34.32 40.61 400m: 5:12.44	40.71 38.12
4.	Helma Koot	AZ&PC	5:14.60	7600336	5:32.29
	50m: 37.27 37.27 100m: 1:18.10 40.83	150m: 1:59.86 41.76 200m: 2:42.54 42.68	250m: 3:25.44 300m: 4:07.93	42.90 350m: 4:50.32 42.49 400m: 5:32.29	42.39 41.97
5.	Jolanda van Gendt	PSV	5:29.59	7800266	5:41.36
	50m: 36.69 36.69 100m: 1:18.70 42.01	150m: 2:01.97 43.27 200m: 2:45.68 43.71	250m: 3:29.82 300m: 4:14.18	44.14 350m: 4:58.55 44.36 400m: 5:41.36	44.37 42.81

Open Nederlandse Masters Kampioenschappen 2010 korte baan
Vlaardingen, 22. - 24.1.2010

Programmanr. 30, Dames, 400m vrije slag, Masters 30+

rang	naam	vereniging	inschrijftijd	startnr.	tijd
6.	Clementine van Bruxvoort	ZPB H&L Productions	6:57.93	7700138	6:38.26
	50m: 42.81 42.81	150m: 2:20.53 49.74	250m: 4:03.73	52.86 350m: 5:48.08	52.30
	100m: 1:30.79 47.98	200m: 3:10.87 50.34	300m: 4:55.78	52.05 400m: 6:38.26	50.18

Masters 35+

1.	Karin Stein	Vlaardingen	4:51.08	7100554	4:58.25
	50m: 35.08 35.08	150m: 1:49.48 37.70	250m: 3:05.19	37.86 350m: 4:21.31	38.16
	100m: 1:11.78 36.70	200m: 2:27.33 37.85	300m: 3:43.15	37.96 400m: 4:58.25	36.94
2.	Annette de Visser	Oceanus	5:03.54	7100602	5:07.18
	50m: 35.12 35.12	150m: 1:52.02 38.75	250m: 3:10.92	39.40 350m: 4:29.47	39.15
	100m: 1:13.27 38.15	200m: 2:31.52 39.50	300m: 3:50.32	39.40 400m: 5:07.18	37.71
3.	Liselotte Joling	PSV	5:17.16	7500268	5:10.49
	50m: 35.45 35.45	150m: 1:53.28 39.34	250m: 3:12.27	38.97 350m: 4:32.07	40.01
	100m: 1:13.94 38.49	200m: 2:33.30 40.02	300m: 3:52.06	39.79 400m: 5:10.49	38.42
4.	Dianne Nien	RZ	5:33.05	7100452	5:16.78
	50m: 34.43 34.43	150m: 1:53.02 40.06	250m: 3:14.76	40.89 350m: 4:36.71	40.48
	100m: 1:12.96 38.53	200m: 2:33.87 40.85	300m: 3:56.23	41.47 400m: 5:16.78	40.07
5.	Tony de Groot	De Futen	5:43.56	7300758	5:35.25
	50m: 37.85 37.85	150m: 2:02.65 43.12	250m: 3:28.42	42.50 350m: 4:54.53	42.69
	100m: 1:19.53 41.68	200m: 2:45.92 43.27	300m: 4:11.84	43.42 400m: 5:35.25	40.72
6.	Liset de Groot	Aqualero	5:46.88	7400838	5:50.79
	50m: 38.17 38.17	150m: 2:03.11 43.21	250m: 3:32.56	45.23 350m: 5:05.50	46.62
	100m: 1:19.90 41.73	200m: 2:47.33 44.22	300m: 4:18.88	46.32 400m: 5:50.79	45.29

AFGEM Aida Ponce Del Castillo CNSW 5:38.16 CNSW/358/74

Masters 40+

1.	Anita Smits	DIO	4:55.90	6900522	4:52.79
	<i>Nederlands Masters Record</i>				
	50m: 33.62 33.62	150m: 1:47.35 37.20	250m: 3:02.36	37.48 350m: 4:17.04	37.08
	100m: 1:10.15 36.53	200m: 2:24.88 37.53	300m: 3:39.96	37.60 400m: 4:52.79	35.75
2.	Cynthia Noordermeer	Het Y	5:03.84	7000358	5:06.59
	50m: 36.31 36.31	150m: 1:53.17 39.10	250m: 3:10.98	39.11 350m: 4:28.67	38.99
	100m: 1:14.07 37.76	200m: 2:31.87 38.70	300m: 3:49.68	38.70 400m: 5:06.59	37.92
3.	Laura Staal	Oceanus	5:11.13	6700358	5:15.31
	50m: 36.67 36.67	150m: 1:55.62 40.04	250m: 3:15.93	40.10 350m: 4:36.38	40.11
	100m: 1:15.58 38.91	200m: 2:35.83 40.21	300m: 3:56.27	40.34 400m: 5:15.31	38.93
4.	Petra Frowijn	AZ&PC	4:55.87	6600098	5:21.77
	50m: 35.59 35.59	150m: 1:53.29 39.82	250m: 3:16.35	42.21 350m: 4:41.08	42.13
	100m: 1:13.47 37.88	200m: 2:34.14 40.85	300m: 3:58.95	42.60 400m: 5:21.77	40.69
5.	Hetty Smalheer	SCOM	6:24.50	6700352	5:56.69
	<i>De 50 en 200 m. tussentijden zijn back-up tijden.</i>				
	50m: 39.68 39.68	150m: 2:09.38 45.17	250m: 3:40.85	45.58 350m: 5:12.37	46.11
	100m: 1:24.21 44.53	200m: 2:55.27 45.89	300m: 4:26.26	45.41 400m: 5:56.69	44.32

Masters 45+

1.	Jacqueline Rolloos	De Lansingh	5:30.58	6300222	5:28.82
	50m: 36.44 36.44	150m: 1:59.26 42.28	250m: 3:24.60	42.53 350m: 4:49.36	41.80
	100m: 1:16.98 40.54	200m: 2:42.07 42.81	300m: 4:07.56	42.96 400m: 5:28.82	39.46
2.	Conny v. Velden	AZ&PC	6:30.89	6500446	6:54.00
	50m: 43.76 43.76	150m: 2:27.38 53.41	250m: 4:14.91	53.60 350m: 6:03.43	53.78
	100m: 1:33.97 50.21	200m: 3:21.31 53.93	300m: 5:09.65	54.74 400m: 6:54.00	50.57

Masters 50+

1.	Patty Verhagen	AquAmigos	5:15.39	5900146	5:29.65
	<i>De 100 m. tussentijd is een back-up tijd.</i>				
	50m: 38.96 38.96	150m: 2:02.09 41.71	250m: 3:25.14	41.57 350m: 4:48.80	41.75
	100m: 1:20.38 41.42	200m: 2:43.57 41.48	300m: 4:07.05	41.91 400m: 5:29.65	40.85
2.	Tineke Traa-Wolthuis	Aqualero	5:43.23	5700136	6:05.36
	50m: 40.91 40.91	150m: 2:11.11 46.36	250m: 3:43.88	45.88 350m: 5:19.38	47.07
	100m: 1:24.75 43.84	200m: 2:58.00 46.89	300m: 4:32.31	48.43 400m: 6:05.36	45.98
3.	Inge Wolfs	PLONS	6:47.51	6000304	6:25.75
	50m: 40.45 40.45	150m: 2:14.26 47.62	250m: 3:52.96	49.13 350m: 5:33.44	51.17
	100m: 1:26.64 46.19	200m: 3:03.83 49.57	300m: 4:42.27	49.31 400m: 6:25.75	52.31

Open Nederlandse Masters Kampioenschappen 2010 korte baan
Vlaardingen, 22. - 24.1.2010

Programmanr. 30, Dames, 400m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd	startnr.	tijd
4.	Mies Kuipers	Old Dutch	9:21.54	5800202	9:23.66
	<i>De 200 m. tussentijd is een back-up tijd.</i>				
	50m: 1:00.62	1:00.62	150m: 3:25.01	1:13.25	250m: 5:52.25
	100m: 2:11.76	1:11.14	200m: 4:38.40	1:13.39	300m: 7:05.49
					1:13.85
					350m: 8:18.77
					1:13.28
					400m: 9:23.66
					1:04.89

Masters 55+

1.	Christien Nieuwenhuis	Swol 1894	5:54.64	5100022	5:54.55
	<i>De 50, 100 en 200 m. tussentijden zijn back-up tijden.</i>				
	50m: 39.47	39.47	150m: 2:09.84	45.82	250m: 3:41.61
	100m: 1:24.02	44.55	200m: 2:55.85	46.01	300m: 4:26.72
					45.76
					350m: 5:11.88
					45.16
					400m: 5:54.55
					42.67
2.	Ineke Meijer	HZ&PC Heerenveen	7:09.86	5200034	6:55.50
	<i>De 50 en 200 m. tussentijden zijn back-up tijden.</i>				
	50m: 44.93	44.93	150m: 2:30.22	53.81	250m: 4:19.08
	100m: 1:36.41	51.48	200m: 3:25.02	54.80	300m: 5:11.58
					54.06
					350m: 6:05.82
					54.24
					400m: 6:55.50
					49.68

Masters 60+

1.	Conny Boer-Buys	Vlaardingen	5:26.25	5000006	5:25.13
	<i>Europees Masters Record</i>				
	50m: 35.72	35.72	150m: 1:57.21	41.66	250m: 3:21.84
	100m: 1:15.55	39.83	200m: 2:39.40	42.19	300m: 4:04.39
					42.44
					350m: 4:46.26
					41.87
					400m: 5:25.13
					38.87
2.	Marja van der Meer	Neptunus	6:48.46	4700014	7:07.09
	50m: 46.04	46.04	150m: 2:33.63	54.14	250m: 4:21.60
	100m: 1:39.49	53.45	200m: 3:27.25	53.62	300m: 5:16.62
					54.35
					350m: 6:12.28
					55.66
					400m: 7:07.09
					54.81

Masters 65+

1.	Matty van der Veen	Old Dutch	7:02.83	4400020	7:17.16
	50m: 49.94	49.94	150m: 2:37.72	54.25	250m: 4:28.57
	100m: 1:43.47	53.53	200m: 3:33.08	55.36	300m: 5:24.47
					55.90
					400m: 7:17.16
					55.84
2.	Liesbeth ter Laak	Katwijk	10:54.68	4200008	11:30.97 *
	50m: 1:12.45	1:12.45	150m: 4:04.97	1:26.92	250m: 7:05.89
	100m: 2:38.05	1:25.60	200m: 5:35.70	1:30.73	300m: 8:36.93
					1:30.19
					350m: 10:05.28
					1:28.35
					400m: 11:30.97
					1:25.69

Masters 75+

1.	Lottie Geurts	PSV	6:57.91	3500008	7:13.95
	<i>Nederlands Masters Record</i>				
	50m: 49.15	49.15	150m: 2:39.28	55.09	250m: 4:30.09
	100m: 1:44.19	55.04	200m: 3:34.60	55.32	300m: 5:25.87
					55.78
					400m: 7:13.95
					52.04
2.	Annie de Vos	Old Dutch	8:44.83	3400004	9:36.78
	50m: 58.80	58.80	150m: 3:19.58	1:11.54	250m: 5:52.02
	100m: 2:08.04	1:09.24	200m: 4:35.28	1:15.70	300m: 7:06.88
					1:16.74
					350m: 8:21.77
					1:14.89
					400m: 9:36.78
					1:15.01

Masters 70+

1.	Bep van Riessen	Aquapoldro	8:59.28	3700006	8:58.62
	50m: 58.85	58.85	150m: 3:14.03	1:07.56	250m: 5:32.60
	100m: 2:06.47	1:07.62	200m: 4:22.55	1:08.52	300m: 6:40.89
					1:10.05
					350m: 7:51.62
					1:10.73
					400m: 8:58.62
					1:07.00

Masters 80+

1.	Ati Derkse	Aquapoldro	10:58.13	2900002	11:02.96 *
	<i>Kampioenschapsrecord, De 100 en 200 m. tussentijd is een back-up tijd.</i>				
	50m: 1:14.51	1:14.51	150m: 4:02.47	1:25.78	250m: 6:54.43
	100m: 2:36.69	1:22.18	200m: 5:30.02	1:27.55	300m: 8:18.85
					1:24.41
					350m: 9:41.98
					1:23.13
					400m: 11:02.96
					1:20.98