

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

Programmanr. 34
24.01.2010 - 10:42

Dames, 800m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
Masters 20+								
1.	Marion van den Berg	DWK	9:02.35	8600272	9:04.85			
	<i>Nederlands Masters Record, De 400 m. tussentijd is ook NMR.</i>							
	50m: 29.40	29.40	250m: 2:44.15	34.17	450m: 5:02.37	34.71	650m: 7:22.16	34.42
	100m: 1:02.08	32.68	300m: 3:18.55	34.40	500m: 5:37.32	34.95	700m: 7:57.82	35.66
	150m: 1:36.01	33.93	350m: 3:53.12	34.57	550m: 6:12.16	34.84	750m: 8:31.78	33.96
	200m: 2:09.98	33.97	400m: 4:27.66	34.54	600m: 6:47.74	35.58	800m: 9:04.85	33.07
2.	Iris Barendregt	Van Vliet-Barracuda	9:49.54	8600172	9:57.48			
	50m: 32.31	32.31	250m: 2:59.28	36.79	450m: 5:29.39	37.51	650m: 8:03.24	38.35
	100m: 1:08.49	36.18	300m: 3:36.83	37.55	500m: 6:07.66	38.27	700m: 8:42.22	38.98
	150m: 1:45.44	36.95	350m: 4:14.24	37.41	550m: 6:46.07	38.41	750m: 9:20.36	38.14
	200m: 2:22.49	37.05	400m: 4:51.88	37.64	600m: 7:24.89	38.82	800m: 9:57.48	37.12
3.	Karin van Dijk	HZ&PC Heerenveen	10:53.08	8600850	10:41.94			
	50m: 35.72	35.72	250m: 3:16.46	40.39	450m: 5:59.45	40.72	650m: 8:42.58	40.73
	100m: 1:15.08	39.36	300m: 3:57.28	40.82	500m: 6:40.18	40.73	700m: 9:23.22	40.64
	150m: 1:55.32	40.24	350m: 4:38.12	40.84	550m: 7:20.98	40.80	750m: 10:03.53	40.31
	200m: 2:36.07	40.75	400m: 5:18.73	40.61	600m: 8:01.85	40.87	800m: 10:41.94	38.41
4.	Ingrid den Ouden	De Amer	10:55.70	8703058	10:52.14			
	50m: 35.41	35.41	250m: 3:16.17	41.06	450m: 6:00.57	41.29	650m: 8:46.79	42.48
	100m: 1:14.47	39.06	300m: 3:56.82	40.65	500m: 6:41.64	41.07	700m: 9:29.10	42.31
	150m: 1:54.49	40.02	350m: 4:37.89	41.07	550m: 7:22.81	41.17	750m: 10:11.50	42.40
	200m: 2:35.11	40.62	400m: 5:19.28	41.39	600m: 8:04.31	41.50	800m: 10:52.14	40.64
5.	Relinda Baas	GZVW	11:03.14	8900144	11:10.43			
	50m: 36.71	36.71	250m: 3:22.65	42.35	450m: 6:13.15	42.77	650m: 9:04.33	42.89
	100m: 1:16.58	39.87	300m: 4:05.15	42.50	500m: 6:55.59	42.44	700m: 9:47.70	43.37
	150m: 1:57.97	41.39	350m: 4:47.66	42.51	550m: 7:38.42	42.83	750m: 10:30.54	42.84
	200m: 2:40.30	42.33	400m: 5:30.38	42.72	600m: 8:21.44	43.02	800m: 11:10.43	39.89
6.	Laura Visserman	De Amer	11:27.42	8704362	11:23.63			
	50m: 37.72	37.72	250m: 3:29.04	43.65	450m: 6:20.60	42.83	650m: 9:13.09	43.70
	100m: 1:19.24	41.52	300m: 4:12.02	42.98	500m: 7:03.38	42.78	700m: 9:57.26	44.17
	150m: 2:02.07	42.83	350m: 4:55.14	43.12	550m: 7:46.21	42.83	750m: 10:41.70	44.44
	200m: 2:45.39	43.32	400m: 5:37.77	42.63	600m: 8:29.39	43.18	800m: 11:23.63	41.93
7.	Annebeth van Ark	Octopus	12:01.09	8805588	12:01.81			
	50m: 39.60	39.60	250m: 3:39.50	44.35	450m: 6:41.87	45.89	650m: 9:47.06	45.17
	100m: 1:23.58	43.98	300m: 4:23.62	44.12	500m: 7:28.83	46.96	700m: 10:33.82	46.76
	150m: 2:08.76	45.18	350m: 5:09.38	45.76	550m: 8:15.16	46.33	750m: 11:18.23	44.41
	200m: 2:55.15	46.39	400m: 5:55.98	46.60	600m: 9:01.89	46.73	800m: 12:01.81	43.58
Masters 25+								
1.	Nadya Putter	Vlaardingen	10:35.00	8301630	9:56.97			
	50m: 35.01	35.01	250m: 3:04.34	37.26	450m: 5:33.14	37.14	650m: 8:04.08	38.46
	100m: 1:12.32	37.31	300m: 3:41.54	37.20	500m: 6:10.31	37.17	700m: 8:42.09	38.01
	150m: 1:49.72	37.40	350m: 4:18.80	37.26	550m: 6:47.99	37.68	750m: 9:20.25	38.16
	200m: 2:27.08	37.36	400m: 4:56.00	37.20	600m: 7:25.62	37.63	800m: 9:56.97	36.72
2.	Mirjam Belderbos	Zwemvereniging Utrecht	10:21.99	8300128	10:00.12			
	50m: 34.19	34.19	250m: 3:06.09	38.09	450m: 5:38.37	38.16	650m: 8:09.73	37.77
	100m: 1:11.69	37.50	300m: 3:44.15	38.06	500m: 6:16.30	37.93	700m: 8:47.05	37.32
	150m: 1:49.89	38.20	350m: 4:22.14	37.99	550m: 6:54.14	37.84	750m: 9:24.11	37.06
	200m: 2:28.00	38.11	400m: 5:00.21	38.07	600m: 7:31.96	37.82	800m: 10:00.12	36.01
3.	Roos van Esch	TRB-RES	10:05.64	8200468	10:12.01			
	<i>De 100 en 200 m. tussentijden zijn back-up tijden.</i>							
	50m: 34.56	34.56	250m: 3:06.86	38.25	450m: 5:40.88	38.63	650m: 8:18.05	39.30
	100m: 1:11.90	37.34	300m: 3:45.73	38.87	500m: 6:19.69	38.81	700m: 8:56.85	38.80
	150m: 1:49.98	38.08	350m: 4:24.11	38.38	550m: 6:59.13	39.44	750m: 9:35.43	38.58
	200m: 2:28.61	38.63	400m: 5:02.25	38.14	600m: 7:38.75	39.62	800m: 10:12.01	36.58
4.	Linda Hoogendam	D'Eift	10:31.67	8300892	10:17.54			
	50m: 32.92	32.92	250m: 3:07.93	39.01	450m: 5:45.97	39.49	650m: 8:24.48	39.31
	100m: 1:11.07	38.15	300m: 3:47.52	39.59	500m: 6:25.82	39.85	700m: 9:03.87	39.39
	150m: 1:49.89	38.82	350m: 4:27.12	39.60	550m: 7:05.46	39.64	750m: 9:41.67	37.80
	200m: 2:28.92	39.03	400m: 5:06.48	39.36	600m: 7:45.17	39.71	800m: 10:17.54	35.87
5.	Andrea van Leeuwen	De Zijl/LGB	11:23.60	8100904	10:55.23			
	50m: 35.64	35.64	250m: 3:17.68	40.58	450m: 6:03.71	41.01	650m: 8:51.84	42.37
	100m: 1:15.48	39.84	300m: 3:58.84	41.16	500m: 6:45.43	41.72	700m: 9:33.93	42.09
	150m: 1:55.66	40.18	350m: 4:40.43	41.59	550m: 7:27.38	41.95	750m: 10:15.31	41.38
	200m: 2:37.10	41.44	400m: 5:22.70	42.27	600m: 8:09.47	42.09	800m: 10:55.23	39.92
6.	Corine Nelen	Het Y	11:36.93	8302776	11:30.51			
	50m: 38.38	38.38	250m: 3:33.18	44.26	450m: 6:29.16	43.37	650m: 9:23.92	43.37
	100m: 1:20.78	42.40	300m: 4:17.31	44.13	500m: 7:12.94	43.78	700m: 10:07.22	43.30
	150m: 2:04.38	43.60	350m: 5:01.64	44.33	550m: 7:56.85	43.91	750m: 10:50.04	42.82
	200m: 2:48.92	44.54	400m: 5:45.79	44.15	600m: 8:40.55	43.70	800m: 11:30.51	40.47

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

Programmanr. 34, Dames, 800m vrije slag, Masters 25+

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
7.	Esther Beerling	Triton	12:31.10	8400120	10:08.92			
	50m: 38.74	38.74	250m: 3:38.18	46.00	450m: 6:45.70	46.74	650m: 9:52.36	47.03
	100m: 1:21.84	43.10	300m: 4:25.14	46.96	500m: 7:31.88	46.18	700m: 10:39.09	46.73
	150m: 2:06.29	44.45	350m: 5:12.49	47.35	550m: 8:18.07	46.19	750m: 11:24.33	45.24
	200m: 2:52.18	45.89	400m: 5:58.96	46.47	600m: 9:05.33	47.26	800m: 12:08.92	44.59

Masters 30+

1.	Yvonne Gerritsen	DES	10:50.78	8000342	10:42.60			
	50m: 35.50	35.50	250m: 3:17.98	40.94	450m: 6:01.76	40.72	650m: 8:43.59	40.48
	100m: 1:15.12	39.62	300m: 3:58.89	40.91	500m: 6:42.23	40.47	700m: 9:24.06	40.47
	150m: 1:55.81	40.69	350m: 4:40.17	41.28	550m: 7:22.57	40.34	750m: 10:04.19	40.13
	200m: 2:37.04	41.23	400m: 5:21.04	40.87	600m: 8:03.11	40.54	800m: 10:42.60	38.41
2.	Helma Koot	AZ&PC	11:09.00	7600336	11:27.32			
	50m: 37.87	37.87	250m: 3:29.34	43.71	450m: 6:22.75	43.56	650m: 9:18.26	43.77
	100m: 1:19.31	41.44	300m: 4:12.62	43.28	500m: 7:06.64	43.89	700m: 10:01.59	43.33
	150m: 2:02.05	42.74	350m: 4:55.83	43.21	550m: 7:50.59	43.95	750m: 10:45.36	43.77
	200m: 2:45.63	43.58	400m: 5:39.19	43.36	600m: 8:34.49	43.90	800m: 11:27.32	41.96
3.	Clementine van Bruxvoort	ZPB H&L Productions	14:17.34	7700138	13:43.72			
	50m: 43.06	43.06	250m: 4:04.26	51.26	450m: 7:36.90	53.41	650m: 11:10.06	52.84
	100m: 1:31.39	48.33	300m: 4:56.55	52.29	500m: 8:30.56	53.66	700m: 12:03.02	52.96
	150m: 2:21.98	50.59	350m: 5:50.28	53.73	550m: 9:24.18	53.62	750m: 12:55.12	52.10
	200m: 3:13.00	51.02	400m: 6:43.49	53.21	600m: 10:17.22	53.04	800m: 13:43.72	48.60

Masters 35+

1.	Karin Stein	Vlaardingen	10:26.46	7100554	10:14.46			
	50m: 35.30	35.30	250m: 3:07.52	38.28	450m: 5:41.89	38.41	650m: 8:18.70	39.72
	100m: 1:12.73	37.43	300m: 3:46.08	38.56	500m: 6:20.72	38.83	700m: 8:58.09	39.39
	150m: 1:51.09	38.36	350m: 4:24.57	38.49	550m: 6:59.41	38.69	750m: 9:37.28	39.19
	200m: 2:29.24	38.15	400m: 5:03.48	38.91	600m: 7:38.98	39.57	800m: 10:14.46	37.18
2.	Aida Ponce Del Castillo	CNSW	11:06.29	CNSW/358/74	10:26.27			
	50m: 35.54	35.54	250m: 3:12.51	38.99	450m: 5:50.62	39.08	650m: 8:28.30	39.54
	100m: 1:15.08	39.54	300m: 3:52.68	40.17	500m: 6:29.82	39.20	700m: 9:08.01	39.71
	150m: 1:54.57	39.49	350m: 4:32.34	39.66	550m: 7:09.40	39.58	750m: 9:47.83	39.82
	200m: 2:33.52	38.95	400m: 5:11.54	39.20	600m: 7:48.76	39.36	800m: 10:26.27	38.44
3.	Annette de Visser	Oceanus	10:30.66	7100602	10:31.54			
	50m: 35.54	35.54	250m: 3:14.54	39.94	450m: 5:54.17	39.82	650m: 8:34.44	40.01
	100m: 1:15.06	39.52	300m: 3:54.47	39.93	500m: 6:34.50	40.33	700m: 9:14.43	39.99
	150m: 1:54.70	39.64	350m: 4:34.30	39.83	550m: 7:14.42	39.92	750m: 9:54.01	39.58
	200m: 2:34.60	39.90	400m: 5:14.35	40.05	600m: 7:54.43	40.01	800m: 10:31.54	37.53
4.	Liselotte Joling	PSV	11:03.45	7500268	10:31.87			
	50m: 35.81	35.81	250m: 3:13.03	39.07	450m: 5:51.60	38.89	650m: 8:30.99	39.65
	100m: 1:15.14	39.33	300m: 3:52.84	39.81	500m: 6:31.29	39.69	700m: 9:11.66	40.67
	150m: 1:54.61	39.47	350m: 4:32.92	40.08	550m: 7:10.85	39.56	750m: 9:52.35	40.69
	200m: 2:33.96	39.35	400m: 5:12.71	39.79	600m: 7:51.34	40.49	800m: 10:31.87	39.52
5.	Dianne Nien	RZ	11:17.42	7100452	11:15.33			
	50m: 38.30	38.30	250m: 3:29.60	43.37	450m: 6:22.55	43.20	650m: 9:12.01	42.03
	100m: 1:19.96	41.66	300m: 4:12.92	43.32	500m: 7:05.16	42.61	700m: 9:54.46	42.45
	150m: 2:03.15	43.19	350m: 4:56.01	43.09	550m: 7:47.54	42.38	750m: 10:36.07	41.61
	200m: 2:46.23	43.08	400m: 5:39.35	43.34	600m: 8:29.98	42.44	800m: 11:15.33	39.26
6.	Liset de Groot	Aqualero	12:08.75	7400838	12:12.50			
	<i>De 50 en 100 m. tussentijden zijn back-up tijden</i>							
	50m: 39.63	39.63	250m: 3:47.72	48.06	450m: 6:54.77	45.98	650m: 9:59.54	45.44
	100m: 1:24.46	44.83	300m: 4:34.99	47.27	500m: 7:41.27	46.50	700m: 10:45.13	45.59
	150m: 2:11.71	47.25	350m: 5:22.06	47.07	550m: 8:27.47	46.20	750m: 11:29.27	44.14
	200m: 2:59.66	47.95	400m: 6:08.79	46.73	600m: 9:14.10	46.63	800m: 12:12.50	43.23

Masters 40+

1.	Anita Smits	DIO	10:25.26	6900522	10:05.25			
	<i>Nederlands Masters Record</i>							
	50m: 34.39	34.39	250m: 3:07.06	38.52	450m: 5:40.54	38.17	650m: 8:13.18	38.08
	100m: 1:11.93	37.54	300m: 3:45.76	38.70	500m: 6:18.69	38.15	700m: 8:51.19	38.01
	150m: 1:50.08	38.15	350m: 4:24.15	38.39	550m: 6:56.75	38.06	750m: 9:28.70	37.51
	200m: 2:28.54	38.46	400m: 5:02.37	38.22	600m: 7:35.10	38.35	800m: 10:05.25	36.55
2.	Gonda Stigter	WIDEX GZC DONK	10:35.83	7000486	10:22.56			
	50m: 34.68	34.68	250m: 3:09.89	39.47	450m: 5:48.15	39.45	650m: 8:26.42	39.38
	100m: 1:12.41	37.73	300m: 3:49.50	39.61	500m: 6:28.05	39.90	700m: 9:05.58	39.16
	150m: 1:51.39	38.98	350m: 4:29.22	39.72	550m: 7:07.52	39.47	750m: 9:44.98	39.40
	200m: 2:30.42	39.03	400m: 5:08.70	39.48	600m: 7:47.04	39.52	800m: 10:22.56	37.58

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

Programmanr. 34, Dames, 800m vrije slag, Masters 40+

rang	naam	vereniging	inschrijftijd	startnr.	tijd
3.	Cynthia Noordermeer	Het Y	10:27.77	7000358	10:30.56
	<i>De 50m tussentijd is een back-up tijd</i>				
	50m: 36.33	36.33	250m: 3:13.95	39.73	450m: 5:53.41
	100m: 1:15.42	39.09	300m: 3:53.34	39.39	500m: 6:33.48
	150m: 1:54.59	39.17	350m: 4:33.38	40.04	550m: 7:13.84
	200m: 2:34.22	39.63	400m: 5:13.68	40.30	600m: 7:53.92
				39.73	650m: 8:34.15
				40.07	700m: 9:13.80
				40.36	750m: 9:52.89
				40.08	800m: 10:30.56
40.23					
39.65					
39.09					
37.67					
4.	Laura Staal	Oceanus	10:58.42	6700358	11:02.71
	50m: 37.40	37.40	250m: 3:25.12	42.10	450m: 6:14.01
	100m: 1:18.60	41.20	300m: 4:07.14	42.02	500m: 6:56.07
	150m: 2:00.80	42.20	350m: 4:49.28	42.14	550m: 7:37.77
	200m: 2:43.02	42.22	400m: 5:31.58	42.30	600m: 8:19.35
				42.43	650m: 9:00.75
				42.06	700m: 9:41.77
				41.70	750m: 10:22.95
				41.58	800m: 11:02.71
41.40					
41.02					
41.18					
39.76					
5.	Desiree van der Lem	Kon AZ 1870	12:54.13	6800282	12:10.83
	<i>De 400 m. tussentijd is een back-up tijd.</i>				
	50m: 38.35	38.35	250m: 3:38.64	46.07	450m: 6:47.11
	100m: 1:21.35	43.00	300m: 4:25.26	46.62	500m: 7:33.97
	150m: 2:07.51	46.16	350m: 5:12.48	47.22	550m: 8:21.99
	200m: 2:52.57	45.06	400m: 5:59.00	46.52	600m: 9:09.17
				48.11	650m: 9:56.39
				46.86	700m: 10:42.94
				48.02	750m: 11:28.15
				47.18	800m: 12:10.83
47.22					
46.55					
45.21					
42.68					
6.	Kristien Van De Moortel	Shark	12:30.58	SHARK/315/69	12:14.80
	50m: 40.90	40.90	250m: 3:46.63	46.36	450m: 6:52.50
	100m: 1:27.20	46.30	300m: 4:32.95	46.32	500m: 7:39.13
	150m: 2:13.75	46.55	350m: 5:19.43	46.48	550m: 8:26.22
	200m: 3:00.27	46.52	400m: 6:05.65	46.22	600m: 9:12.78
				46.85	650m: 9:58.97
				46.63	700m: 10:45.04
				47.09	750m: 11:30.86
				46.56	800m: 12:14.80
46.19					
46.07					
45.82					
43.94					
7.	Hetty Smalheer	SCOM	13:10.48	6700352	12:19.27
	<i>De 50, 100, 200 en 400 m. tussentijden zijn back-up tijden.</i>				
	50m: 40.23	40.23	250m: 3:43.21	46.40	450m: 6:50.87
	100m: 1:24.72	44.49	300m: 4:30.27	47.06	500m: 7:38.23
	150m: 2:10.57	45.85	350m: 5:16.93	46.66	550m: 8:25.97
	200m: 2:56.81	46.24	400m: 6:03.66	46.73	600m: 9:12.97
				47.21	650m: 9:59.95
				47.36	700m: 10:47.48
				47.74	750m: 11:35.00
				47.00	800m: 12:19.27
46.98					
47.53					
47.52					
44.27					

Masters 45+

1.	Jacqueline Rolloos	De Lansingh	11:12.24	6300222	11:13.58
	50m: 37.29	37.29	250m: 3:26.64	42.53	450m: 6:18.50
	100m: 1:19.12	41.83	300m: 4:09.23	42.59	500m: 7:01.03
	150m: 2:01.62	42.50	350m: 4:52.33	43.10	550m: 7:43.68
	200m: 2:44.11	42.49	400m: 5:35.69	43.36	600m: 8:26.61
				42.81	650m: 9:09.16
				42.53	700m: 9:52.35
				42.65	750m: 10:34.62
				42.93	800m: 11:13.58
42.55					
43.19					
42.27					
38.96					
2.	Uschi Koster	WWV	13:46.94	6400372	13:31.02
	<i>De 100 m. tussentijd is een back-up tijd.</i>				
	50m: 43.58	43.58	250m: 4:05.40	51.95	450m: 7:34.82
	100m: 1:30.97	47.39	300m: 4:57.49	52.09	500m: 8:26.91
	150m: 2:22.70	51.73	350m: 5:49.73	52.24	550m: 9:20.50
	200m: 3:13.45	50.75	400m: 6:41.68	51.95	600m: 10:11.88
				53.14	650m: 11:04.51
				52.09	700m: 11:55.40
				53.59	750m: 12:45.07
				51.38	800m: 13:31.02
52.63					
50.89					
49.67					
45.95					
3.	Conny v. Velden	AZ&PC	14:55.94	6500446	14:04.69
	50m: 43.62	43.62	250m: 4:14.98	53.77	450m: 7:50.86
	100m: 1:34.18	50.56	300m: 5:08.70	53.72	500m: 8:44.99
	150m: 2:27.53	53.35	350m: 6:02.23	53.53	550m: 9:39.53
	200m: 3:21.21	53.68	400m: 6:56.07	53.84	600m: 10:34.30
				54.79	650m: 11:28.48
				54.13	700m: 12:22.04
				54.54	750m: 13:14.78
				54.77	800m: 14:04.69
54.18					
53.56					
52.74					
49.91					

Masters 50+

1.	Irene van der Laan	ZV De Bron	10:37.00	6000096	10:53.93 *
	50m: 38.03	38.03	250m: 3:20.89	40.99	450m: 6:05.89
	100m: 1:18.47	40.44	300m: 4:01.73	40.84	500m: 6:47.60
	150m: 1:59.15	40.68	350m: 4:42.81	41.08	550m: 7:28.92
	200m: 2:39.90	40.75	400m: 5:24.31	41.50	600m: 8:10.22
				41.58	650m: 8:51.25
				41.71	700m: 9:32.48
				41.32	750m: 10:13.46
				41.30	800m: 10:53.93
41.03					
41.23					
40.98					
40.47					
2.	Patty Verhagen	AquAmigos	10:44.86	5900146	11:12.09
	50m: 38.94	38.94	250m: 3:26.33	42.44	450m: 6:16.11
	100m: 1:20.13	41.19	300m: 4:08.11	41.78	500m: 6:58.68
	150m: 2:01.60	41.47	350m: 4:50.53	42.42	550m: 7:41.29
	200m: 2:43.89	42.29	400m: 5:33.41	42.88	600m: 8:23.89
				42.70	650m: 9:06.33
				42.57	700m: 9:48.83
				42.61	750m: 10:30.94
				42.60	800m: 11:12.09
42.44					
42.50					
42.11					
41.15					
3.	Marijke Kraak	WS Twente	13:06.62	6000240	12:24.89
	50m: 39.98	39.98	250m: 3:43.83	47.28	450m: 6:54.50
	100m: 1:24.48	44.50	300m: 4:31.30	47.47	500m: 7:42.18
	150m: 2:10.10	45.62	350m: 5:19.01	47.71	550m: 8:29.77
	200m: 2:56.55	46.45	400m: 6:07.02	48.01	600m: 9:17.67
				47.48	650m: 10:04.98
				47.68	700m: 10:52.25
				47.59	750m: 11:39.36
				47.90	800m: 12:24.89
47.31					
47.27					
47.11					
45.53					
4.	Tonny den Braber	SCOM	14:08.79	5700022	14:19.96
	50m: 45.17	45.17	250m: 4:19.99	54.60	450m: 7:58.76
	100m: 1:36.68	51.51	300m: 5:14.54	54.55	500m: 8:52.88
	150m: 2:30.54	53.86	350m: 6:09.12	54.58	550m: 9:47.37
	200m: 3:25.39	54.85	400m: 7:03.75	54.63	600m: 10:42.54
				55.01	650m: 11:37.28
				54.12	700m: 12:31.97
				54.49	750m: 13:26.61
				55.17	800m: 14:19.96
54.74					
54.69					
54.64					
53.35					

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

Programmanr. 34, Dames, 800m vrije slag

Masters 55+

1. Margriet Pasma		Ten Boer		12:21.80		5500088		12:13.55	
50m: 40.87	40.87	250m: 3:45.40	46.51	450m: 6:51.22	46.39	650m: 9:57.80	46.06		
100m: 1:25.72	44.85	300m: 4:31.30	45.90	500m: 7:38.02	46.80	700m: 10:45.00	47.20		
150m: 2:11.99	46.27	350m: 5:17.61	46.31	550m: 8:25.12	47.10	750m: 11:31.64	46.64		
200m: 2:58.89	46.90	400m: 6:04.83	47.22	600m: 9:11.74	46.62	800m: 12:13.55	41.91		

Masters 60+

1. Conny Boer-Buys		Vlaardingen		11:20.78		5000006		11:13.35	
<i>Europees Masters Record</i>									
50m: 36.38	36.38	250m: 3:27.27	43.51	450m: 6:19.80	42.85	650m: 9:12.12	43.20		
100m: 1:17.39	41.01	300m: 4:10.58	43.31	500m: 7:03.17	43.37	700m: 9:55.24	43.12		
150m: 2:00.66	43.27	350m: 4:53.76	43.18	550m: 7:46.06	42.89	750m: 10:36.17	40.93		
200m: 2:43.76	43.10	400m: 5:36.95	43.19	600m: 8:28.92	42.86	800m: 11:13.35	37.18		

Masters 65+

1. Matty van der Veen		Old Dutch		14:45.84		4400020		14:54.92	
50m: 47.51	47.51	250m: 4:26.37	56.03	450m: 8:12.09	56.52	650m: 12:01.64	58.12		
100m: 1:40.69	53.18	300m: 5:22.60	56.23	500m: 9:09.05	56.96	700m: 12:59.29	57.65		
150m: 2:34.87	54.18	350m: 6:19.02	56.42	550m: 10:06.28	57.23	750m: 13:57.80	58.51		
200m: 3:30.34	55.47	400m: 7:15.57	56.55	600m: 11:03.52	57.24	800m: 14:54.92	57.12		

Masters 75+

1. Annie de Vos		Old Dutch		17:59.44		3400004		18:50.62	
<i>Kampioenschapsrecord</i>									
50m: 1:00.16	1:00.16	250m: 5:39.66	1:10.93	450m: 10:23.47	1:10.76	650m: 15:12.40	1:12.26		
100m: 2:08.04	1:07.88	300m: 6:50.17	1:10.51	500m: 11:35.20	1:11.73	700m: 16:25.04	1:12.64		
150m: 3:17.96	1:09.92	350m: 8:01.16	1:10.99	550m: 12:47.54	1:12.34	750m: 17:39.10	1:14.06		
200m: 4:28.73	1:10.77	400m: 9:12.71	1:11.55	600m: 14:00.14	1:12.60	800m: 18:50.62	1:11.52		