

Programmanr. 2
19-01-2017 - 17:20

Dames, 1500m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
Masters 20+								
1.	Madelon Dijkstra <i>Nederlands Masters Record</i>	ZPCH	18:01.49	199703510	17:38.56	+0,67		
	50m: 30.43	30.43	450m: 5:10.83	35.52	850m: 9:56.99	35.62	1250m: 14:42.68	35.69
	100m: 1:03.94	33.51	500m: 5:46.63	35.80	900m: 10:32.44	35.45	1300m: 15:18.90	36.22
	150m: 1:38.51	34.57	550m: 6:22.20	35.57	950m: 11:08.20	35.76	1350m: 15:53.95	35.05
	200m: 2:13.49	34.98	600m: 6:58.48	36.28	1000m: 11:43.76	35.56	1400m: 16:30.18	36.23
	250m: 2:48.83	35.34	650m: 7:33.80	35.32	1050m: 12:19.23	35.47	1450m: 17:05.44	35.26
	300m: 3:24.23	35.40	700m: 8:09.82	36.02	1100m: 12:55.36	36.13	1500m: 17:38.56	33.12
	350m: 3:59.54	35.31	750m: 8:45.63	35.81	1150m: 13:31.01	35.65		
	400m: 4:35.31	35.77	800m: 9:21.37	35.74	1200m: 14:06.99	35.98		
2.	Fiona Meuffels	RZ	19:05.71	199504366	19:04.77	+0,70		
	50m: 32.78	32.78	450m: 5:36.15	38.52	850m: 10:45.17	37.96	1250m: 15:55.80	38.99
	100m: 1:09.33	36.55	500m: 6:14.88	38.73	900m: 11:23.72	38.55	1300m: 16:34.20	38.40
	150m: 1:46.96	37.63	550m: 6:53.44	38.56	950m: 12:02.31	38.59	1350m: 17:12.78	38.58
	200m: 2:25.33	38.37	600m: 7:32.45	39.01	1000m: 12:41.13	38.82	1400m: 17:51.09	38.31
	250m: 3:03.31	37.98	650m: 8:10.92	38.47	1050m: 13:19.82	38.69	1450m: 18:29.04	37.95
	300m: 3:41.13	37.82	700m: 8:49.76	38.84	1100m: 13:59.29	39.47	1500m: 19:04.77	35.73
	350m: 4:19.30	38.17	750m: 9:28.28	38.52	1150m: 14:37.93	38.64		
	400m: 4:57.63	38.33	800m: 10:07.21	38.93	1200m: 15:16.81	38.88		
3.	Chantal Beijer	DWT	19:20.10	199700884	19:56.12	+0,74		
	50m: 32.70	32.70	450m: 5:43.22	39.84	850m: 11:07.03	41.16	1250m: 16:36.18	42.16
	100m: 1:10.45	37.75	500m: 6:22.96	39.74	900m: 11:46.03	39.00	1300m: 17:16.99	40.81
	150m: 1:49.43	38.98	550m: 7:02.93	39.97	950m: 12:26.92	40.89	1350m: 17:56.84	39.85
	200m: 2:28.30	38.87	600m: 7:43.17	40.24	1000m: 13:08.41	41.49	1400m: 18:37.24	40.40
	250m: 3:06.74	38.44	650m: 8:23.21	40.04	1050m: 13:49.72	41.31	1450m: 19:17.85	40.61
	300m: 3:45.29	38.55	700m: 9:03.78	40.57	1100m: 14:31.05	41.33	1500m: 19:56.12	38.27
	350m: 4:24.09	38.80	750m: 9:44.67	40.89	1150m: 15:12.15	41.10		
	400m: 5:03.38	39.29	800m: 10:25.87	41.20	1200m: 15:54.02	41.87		
4.	Sarina Paulussen	RZ	22:39.95	199307426	22:18.70	+0,76		
	50m: 36.41	36.41	450m: 6:14.94	43.43	850m: 12:12.76	45.22	1250m: 18:27.94	47.33
	100m: 1:18.38	41.97	500m: 6:58.38	43.44	900m: 12:59.35	46.59	1300m: 19:15.83	47.89
	150m: 2:00.22	41.84	550m: 7:42.41	44.03	950m: 13:45.37	46.02	1350m: 20:01.97	46.14
	200m: 2:42.58	42.36	600m: 8:26.45	44.04	1000m: 14:31.62	46.25	1400m: 20:48.55	46.58
	250m: 3:24.59	42.01	650m: 9:10.97	44.52	1050m: 15:18.91	47.29	1450m: 21:35.06	46.51
	300m: 4:06.18	41.59	700m: 9:55.86	44.89	1100m: 16:06.37	47.46	1500m: 22:18.70	43.64
	350m: 4:48.72	42.54	750m: 10:41.52	45.66	1150m: 16:53.21	46.84		
	400m: 5:31.51	42.79	800m: 11:27.54	46.02	1200m: 17:40.61	47.40		
5.	Charine de Ruiter	Steenwijk 1934	23:07.74	199403668	22:39.79	+1,01		
	50m: 38.09	38.09	450m: 6:34.27	46.01	850m: 12:38.56	45.91	1250m: 18:51.03	46.58
	100m: 1:19.86	41.77	500m: 7:19.45	45.18	900m: 13:24.83	46.27	1300m: 19:38.18	47.15
	150m: 2:03.01	43.15	550m: 8:04.29	44.84	950m: 14:11.18	46.35	1350m: 20:24.56	46.38
	200m: 2:47.69	44.68	600m: 8:49.63	45.34	1000m: 14:57.65	46.47	1400m: 21:11.05	46.49
	250m: 3:32.04	44.35	650m: 9:35.20	45.57	1050m: 15:43.75	46.10	1450m: 21:57.18	46.13
	300m: 4:17.01	44.97	700m: 10:21.07	45.87	1100m: 16:30.58	46.83	1500m: 22:39.79	42.61
	350m: 5:02.58	45.57	750m: 11:06.48	45.41	1150m: 17:17.47	46.89		
	400m: 5:48.26	45.68	800m: 11:52.65	46.17	1200m: 18:04.45	46.98		

Masters 25+

1.	Mandy Verbakel	ZPC Woerden	20:35.19	199003908	20:30.35	+0,83		
	50m: 35.94	35.94	450m: 6:02.59	41.53	850m: 11:33.89	41.59	1250m: 17:06.67	40.69
	100m: 1:15.54	39.60	500m: 6:44.19	41.60	900m: 12:15.42	41.53	1300m: 17:47.92	41.25
	150m: 1:55.58	40.04	550m: 7:25.80	41.61	950m: 12:57.06	41.64	1350m: 18:28.89	40.97
	200m: 2:36.18	40.60	600m: 8:07.38	41.58	1000m: 13:38.52	41.46	1400m: 19:10.30	41.41
	250m: 3:17.21	41.03	650m: 8:48.87	41.49	1050m: 14:20.02	41.50	1450m: 19:51.14	40.84
	300m: 3:58.41	41.20	700m: 9:29.76	40.89	1100m: 15:01.56	41.54	1500m: 20:30.35	39.21
	350m: 4:39.75	41.34	750m: 10:10.83	41.07	1150m: 15:43.24	41.68		
	400m: 5:21.06	41.31	800m: 10:52.30	41.47	1200m: 16:25.98	42.74		
2.	Sunanda van Heteren	De Geul	20:42.67	198901728	20:47.22	+0,84		
	50m: 35.66	35.66	450m: 6:06.84	42.06	850m: 11:43.60	41.72	1250m: 17:21.44	42.48
	100m: 1:15.25	39.59	500m: 6:49.65	42.81	900m: 12:25.54	41.94	1300m: 18:03.85	42.41
	150m: 1:56.09	40.84	550m: 7:31.58	41.93	950m: 13:08.05	42.51	1350m: 18:45.92	42.07
	200m: 2:38.08	41.99	600m: 8:13.91	42.33	1000m: 13:49.95	41.90	1400m: 19:28.22	42.30
	250m: 3:19.40	41.32	650m: 8:56.05	42.14	1050m: 14:31.89	41.94	1450m: 20:09.94	41.72
	300m: 4:01.13	41.73	700m: 9:38.04	41.99	1100m: 15:13.92	42.03	1500m: 20:47.22	37.28
	350m: 4:43.01	41.88	750m: 10:20.09	42.05	1150m: 15:56.62	42.70		
	400m: 5:24.78	41.77	800m: 11:01.88	41.79	1200m: 16:38.96	42.34		

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

Programmanr. 2, Dames, 1500m vrije slag, Masters 25+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
3.	Marjan Rikken	ZVV	22:14.92	199206114	21:52.63	+0,92		
	50m: 38.13	38.13	450m: 6:21.64	43.39	850m: 12:13.37	44.43	1250m: 18:11.20	44.11
	100m: 1:19.50	41.37	500m: 7:05.53	43.89	900m: 12:58.65	45.28	1300m: 18:56.14	44.94
	150m: 2:02.38	42.88	550m: 7:49.40	43.87	950m: 13:42.99	44.34	1350m: 19:40.60	44.46
	200m: 2:45.74	43.36	600m: 8:33.22	43.82	1000m: 14:27.92	44.93	1400m: 20:25.17	44.57
	250m: 3:28.91	43.17	650m: 9:17.11	43.89	1050m: 15:12.57	44.65	1450m: 21:09.92	44.75
	300m: 4:11.87	42.96	700m: 10:00.61	43.50	1100m: 15:57.85	45.28	1500m: 21:52.63	42.71
	350m: 4:54.84	42.97	750m: 10:44.77	44.16	1150m: 16:42.60	44.75		
	400m: 5:38.25	43.41	800m: 11:28.94	44.17	1200m: 17:27.09	44.49		
4.	Whitley Rens	SGGO (SG)	23:54.78	199007520	23:49.78	+0,81		
	50m: 41.09	41.09	450m: 7:06.12	48.47	850m: 13:32.64	48.14	1250m: 19:54.54	47.42
	100m: 1:27.79	46.70	500m: 7:54.79	48.67	900m: 14:20.29	47.65	1300m: 20:42.14	47.60
	150m: 2:15.56	47.77	550m: 8:43.55	48.76	950m: 15:08.55	48.26	1350m: 21:29.28	47.14
	200m: 3:04.33	48.77	600m: 9:32.36	48.81	1000m: 15:56.20	47.65	1400m: 22:17.73	48.45
	250m: 3:52.60	48.27	650m: 10:20.54	48.18	1050m: 16:44.04	47.84	1450m: 23:05.35	47.62
	300m: 4:41.11	48.51	700m: 11:08.67	48.13	1100m: 17:31.90	47.86	1500m: 23:49.78	44.43
	350m: 5:29.23	48.12	750m: 11:56.47	47.80	1150m: 18:19.50	47.60		
	400m: 6:17.65	48.42	800m: 12:44.50	48.03	1200m: 19:07.12	47.62		
5.	Carola Hompes	Budel	23:59.64	198801868	24:09.53	+0,88		
	50m: 41.83	41.83	450m: 7:08.11	48.28	850m: 13:36.92	49.05	1250m: 20:08.98	49.83
	100m: 1:28.42	46.59	500m: 7:56.88	48.77	900m: 14:25.87	48.95	1300m: 20:58.54	49.56
	150m: 2:16.89	48.47	550m: 8:44.63	47.75	950m: 15:14.77	48.90	1350m: 21:48.40	49.86
	200m: 3:05.86	48.97	600m: 9:32.65	48.02	1000m: 16:02.78	48.01	1400m: 22:36.95	48.55
	250m: 3:54.56	48.70	650m: 10:21.22	48.57	1050m: 16:51.69	48.91	1450m: 23:25.66	48.71
	300m: 4:42.92	48.36	700m: 11:10.09	48.87	1100m: 17:40.35	48.66	1500m: 24:09.53	43.87
	350m: 5:32.17	49.25	750m: 11:59.32	49.23	1150m: 18:29.71	49.36		
	400m: 6:19.83	47.66	800m: 12:47.87	48.55	1200m: 19:19.15	49.44		

Masters 30+

1.	Denise de Riet	ZZ&PC De Devel	19:54.17	198402040	19:27.46	+0,94		
	50m: 33.74	33.74	450m: 5:41.45	39.28	850m: 10:55.34	39.24	1250m: 16:10.39	40.07
	100m: 1:09.97	36.23	500m: 6:20.55	39.10	900m: 11:34.75	39.41	1300m: 16:49.88	39.49
	150m: 1:47.86	37.89	550m: 6:59.78	39.23	950m: 12:13.97	39.22	1350m: 17:29.62	39.74
	200m: 2:28.20	38.34	600m: 7:38.92	39.14	1000m: 12:53.12	39.15	1400m: 18:09.24	39.62
	250m: 3:05.06	38.86	650m: 8:18.07	39.15	1050m: 13:32.44	39.32	1450m: 18:49.31	40.07
	300m: 3:44.00	38.94	700m: 8:57.20	39.13	1100m: 14:11.79	39.35	1500m: 19:27.46	38.15
	350m: 4:23.07	39.07	750m: 9:36.70	39.50	1150m: 14:51.02	39.23		
	400m: 5:02.17	39.10	800m: 10:16.10	39.40	1200m: 15:30.32	39.30		
2.	Ramona Linting	AZC	20:02.89	198301274	19:42.93	+0,74		
	50m: 33.14	33.14	450m: 5:42.60	39.29	850m: 10:58.95	39.85	1250m: 16:19.98	40.24
	100m: 1:10.73	37.59	500m: 6:22.00	39.40	900m: 11:39.32	40.37	1300m: 17:00.82	40.84
	150m: 1:49.10	38.37	550m: 7:01.31	39.31	950m: 12:19.26	39.94	1350m: 17:41.49	40.67
	200m: 2:28.05	38.95	600m: 7:40.36	39.05	1000m: 12:59.05	39.79	1400m: 18:22.42	40.93
	250m: 3:06.93	38.88	650m: 8:20.18	39.82	1050m: 13:39.38	40.33	1450m: 19:02.85	40.43
	300m: 3:45.30	38.37	700m: 8:59.78	39.60	1100m: 14:19.10	39.72	1500m: 19:42.93	40.08
	350m: 4:24.25	38.95	750m: 9:39.16	39.38	1150m: 14:58.98	39.88		
	400m: 5:03.31	39.06	800m: 10:19.10	39.94	1200m: 15:39.74	40.76		
3.	Maaïke van Diggele	ZPB H&L Productions	21:04.08	198700868	20:57.40	+0,82		
	50m: 36.88	36.88	450m: 6:09.41	41.46	850m: 11:46.13	42.25	1250m: 17:25.38	42.43
	100m: 1:17.71	40.83	500m: 6:50.92	41.51	900m: 12:28.43	42.30	1300m: 18:08.46	43.08
	150m: 1:58.72	41.01	550m: 7:32.94	42.02	950m: 13:10.87	42.44	1350m: 18:51.62	43.16
	200m: 2:40.21	41.49	600m: 8:14.69	41.75	1000m: 13:53.42	42.55	1400m: 19:34.45	42.83
	250m: 3:22.37	42.16	650m: 8:57.12	42.43	1050m: 14:35.85	42.43	1450m: 20:16.24	41.79
	300m: 4:04.32	41.95	700m: 9:39.28	42.16	1100m: 15:18.34	42.49	1500m: 20:57.40	41.16
	350m: 4:46.37	42.05	750m: 10:21.50	42.22	1150m: 16:00.48	42.14		
	400m: 5:27.95	41.58	800m: 11:03.88	42.38	1200m: 16:42.95	42.47		
4.	Lisette van den Bos	De Geul	22:53.43	198700468	22:54.85	+0,90		
	50m: 39.94	39.94	450m: 6:41.07	45.97	850m: 12:48.29	46.06	1250m: 19:03.25	46.58
	100m: 1:23.13	43.19	500m: 7:26.39	45.32	900m: 13:34.67	46.38	1300m: 19:50.08	46.83
	150m: 2:06.66	43.53	550m: 8:12.24	45.85	950m: 14:21.12	46.45	1350m: 20:36.65	46.57
	200m: 2:51.94	45.28	600m: 8:57.98	45.74	1000m: 15:07.89	46.77	1400m: 21:23.49	46.84
	250m: 3:37.32	45.38	650m: 9:43.90	45.92	1050m: 15:55.93	48.04	1450m: 22:10.05	46.56
	300m: 4:22.70	45.38	700m: 10:29.54	45.64	1100m: 16:43.05	47.12	1500m: 22:54.85	44.80
	350m: 5:08.73	46.03	750m: 11:16.00	46.46	1150m: 17:30.30	47.25		
	400m: 5:55.10	46.37	800m: 12:02.23	46.23	1200m: 18:16.67	46.37		

Masters 35+

Programmanr. 2, Dames, 1500m vrije slag, Masters 35+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
1.	Jolanda van Gendt	PSV	22:03.84	197800266	21:37.52	+0,79		
	50m: 37.04	37.04	450m: 6:20.02	43.41	850m: 12:10.32	43.99	1250m: 17:59.64	44.11
	100m: 1:18.69	41.65	500m: 7:03.93	43.91	900m: 12:54.12	43.80	1300m: 18:43.57	43.93
	150m: 2:01.56	42.87	550m: 7:47.88	43.95	950m: 13:37.72	43.60	1350m: 19:27.68	44.11
	200m: 2:44.37	42.81	600m: 8:31.79	43.91	1000m: 14:21.53	43.81	1400m: 20:11.37	43.69
	250m: 3:27.67	43.30	650m: 9:15.30	43.51	1050m: 15:04.83	43.30	1450m: 20:55.31	43.94
	300m: 4:10.49	42.82	700m: 9:59.02	43.72	1100m: 15:48.36	43.53	1500m: 21:37.52	42.21
	350m: 4:53.56	43.07	750m: 10:42.47	43.45	1150m: 16:31.92	43.56		
	400m: 5:36.61	43.05	800m: 11:26.33	43.86	1200m: 17:15.53	43.61		
2.	Rianne van Vegchelen	ZV 44	27:53.04	198101530	26:53.12	+1,10		
	50m: 46.95	46.95	450m: 7:51.22	53.46	850m: 15:04.87	54.50	1250m: 22:24.24	55.36
	100m: 1:38.24	51.29	500m: 8:45.58	54.36	900m: 15:59.76	54.89	1300m: 23:19.56	55.32
	150m: 2:31.08	52.84	550m: 9:39.56	53.98	950m: 16:54.34	54.58	1350m: 24:14.27	54.71
	200m: 3:23.21	52.13	600m: 10:33.54	53.98	1000m: 17:49.38	55.04	1400m: 25:08.55	54.28
	250m: 4:16.61	53.40	650m: 11:27.08	53.54	1050m: 18:44.13	54.75	1450m: 26:02.49	53.94
	300m: 5:09.88	53.27	700m: 12:21.37	54.29	1100m: 19:38.48	54.35	1500m: 26:53.12	50.63
	350m: 6:03.94	54.06	750m: 13:16.26	54.89	1150m: 20:33.52	55.04		
	400m: 6:57.76	53.82	800m: 14:10.37	54.11	1200m: 21:28.88	55.36		

Masters 40+

1.	Pascalie Janssen	Patrick-De Roersoppers (SG)	22:39.37	197300852	22:48.45	+1,01		
	50m: 38.61	38.61	450m: 6:40.74	45.55	850m: 12:47.83	46.15	1250m: 18:58.43	47.01
	100m: 1:22.01	43.40	500m: 7:26.40	45.66	900m: 13:33.75	45.92	1300m: 19:45.68	47.25
	150m: 2:07.02	45.01	550m: 8:12.07	45.67	950m: 14:19.69	45.94	1350m: 20:32.65	46.97
	200m: 2:52.17	45.15	600m: 8:57.68	45.61	1000m: 15:05.63	45.94	1400m: 21:19.65	47.00
	250m: 3:38.18	46.01	650m: 9:43.38	45.70	1050m: 15:51.76	46.13	1450m: 22:05.53	45.88
	300m: 4:24.00	45.82	700m: 10:29.39	46.01	1100m: 16:38.32	46.56	1500m: 22:48.45	42.92
	350m: 5:09.41	45.41	750m: 11:15.89	46.50	1150m: 17:24.86	46.54		
	400m: 5:55.19	45.78	800m: 12:01.68	45.79	1200m: 18:11.42	46.56		
2.	Ingrid Versteegen	DBD	22:57.24	197300770	23:36.69	+0,82		
	50m: 40.57	40.57	450m: 6:54.86	48.33	850m: 13:11.94	46.62	1250m: 19:36.42	48.27
	100m: 1:25.46	44.89	500m: 7:42.07	47.21	900m: 14:00.97	49.03	1300m: 20:24.38	47.96
	150m: 2:10.99	45.53	550m: 8:28.85	46.78	950m: 14:48.78	47.81	1350m: 21:12.53	48.15
	200m: 2:57.98	46.99	600m: 9:15.86	47.01	1000m: 15:36.05	47.27	1400m: 22:02.09	49.56
	250m: 3:45.16	47.18	650m: 10:02.53	46.67	1050m: 16:24.57	48.52	1450m: 22:50.23	48.14
	300m: 4:31.92	46.76	700m: 10:49.63	47.10	1100m: 17:11.77	47.20	1500m: 23:36.69	46.46
	350m: 5:19.13	47.21	750m: 11:36.64	47.01	1150m: 17:59.88	48.11		
	400m: 6:06.53	47.40	800m: 12:25.32	48.68	1200m: 18:48.15	48.27		
3.	Inge Lolkema-Soeters	Steenwijk 1934	25:30.71	197300934	25:39.96	+0,84		
	50m: 43.66	43.66	450m: 7:28.23	52.11	850m: 14:22.89	51.96	1250m: 21:20.65	52.33
	100m: 1:31.43	47.77	500m: 8:19.86	51.63	900m: 15:15.24	52.35	1300m: 22:13.32	52.67
	150m: 2:20.21	48.78	550m: 9:11.28	51.42	950m: 16:07.48	52.24	1350m: 23:05.09	51.77
	200m: 3:10.40	50.19	600m: 10:03.09	51.81	1000m: 16:59.58	52.10	1400m: 23:58.10	53.01
	250m: 4:00.86	50.46	650m: 10:55.04	51.95	1050m: 17:51.53	51.95	1450m: 24:50.07	51.97
	300m: 4:52.31	51.45	700m: 11:46.85	51.81	1100m: 18:44.05	52.52	1500m: 25:39.96	49.89
	350m: 5:44.11	51.80	750m: 12:38.13	51.28	1150m: 19:36.22	52.17		
	400m: 6:36.12	52.01	800m: 13:30.93	52.80	1200m: 20:28.32	52.10		

Masters 45+

1.	Grith Sigsgaard	DWK	18:32.22	197200772	18:57.97	+0,91		
	<i>Nederlands Masters Record, tt 800m NMR</i>							
	50m: 33.49	33.49	450m: 5:35.33	37.76	850m: 10:41.27	38.21	1250m: 15:47.70	38.56
	100m: 1:11.17	37.68	500m: 6:13.21	37.88	900m: 11:19.62	38.35	1300m: 16:26.28	38.58
	150m: 1:49.11	37.94	550m: 6:51.54	38.33	950m: 11:57.89	38.27	1350m: 17:04.90	38.62
	200m: 2:26.60	37.49	600m: 7:30.04	38.50	1000m: 12:35.99	38.10	1400m: 17:42.35	37.45
	250m: 3:04.35	37.75	650m: 8:08.03	37.99	1050m: 13:14.47	38.48	1450m: 18:20.49	38.14
	300m: 3:41.99	37.64	700m: 8:46.29	38.26	1100m: 13:52.74	38.27	1500m: 18:57.97	37.48
	350m: 4:20.00	38.01	750m: 9:24.22	37.93	1150m: 14:30.65	37.91		
	400m: 4:57.57	37.57	800m: 10:03.06	38.84	1200m: 15:09.14	38.49		
2.	Annette de Visser	Oceanus	20:15.11	197100602	20:09.54	+0,86		
	50m: 34.70	34.70	450m: 5:54.33	40.94	850m: 11:21.46	40.67	1250m: 16:47.95	40.75
	100m: 1:12.69	37.99	500m: 6:35.27	40.94	900m: 12:02.30	40.84	1300m: 17:28.81	40.86
	150m: 1:52.08	39.39	550m: 7:16.18	40.91	950m: 12:42.64	40.34	1350m: 18:09.70	40.89
	200m: 2:31.92	39.84	600m: 7:57.25	41.07	1000m: 13:23.23	40.59	1400m: 18:50.32	40.62
	250m: 3:11.87	39.95	650m: 8:38.38	41.13	1050m: 14:03.87	40.64	1450m: 19:30.45	40.13
	300m: 3:52.17	40.30	700m: 9:19.09	40.71	1100m: 14:45.04	41.17	1500m: 20:09.54	39.09
	350m: 4:32.66	40.49	750m: 9:59.82	40.73	1150m: 15:26.17	41.13		
	400m: 5:13.39	40.73	800m: 10:40.79	40.97	1200m: 16:07.20	41.03		



MZ&PC
Maastricht



Open Nederlandse Masters
Kampioenschappen 2017 kb
Maastricht, 19 - 22 -1-2017



Programmanr. 2, Dames, 1500m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
3.	Lisenka Kornet-van den Akker	Zwemlust-den Hommel	21:35.07	196901052	20:25.85	+0,94
	50m: 35.07	35.07	450m: 6:01.58	41.60	850m: 11:31.65	41.39
	100m: 1:14.18	39.11	500m: 6:42.53	40.95	900m: 12:12.93	41.28
	150m: 1:54.91	40.73	550m: 7:23.62	41.09	950m: 12:54.01	41.08
	200m: 2:35.66	40.75	600m: 8:05.00	41.38	1000m: 13:35.28	41.27
	250m: 3:16.68	41.02	650m: 8:46.14	41.14	1050m: 14:16.50	41.22
	300m: 3:57.83	41.15	700m: 9:27.55	41.41	1100m: 14:57.84	41.34
	350m: 4:38.87	41.04	750m: 10:08.72	41.17	1150m: 15:39.36	41.52
	400m: 5:19.98	41.11	800m: 10:50.26	41.54	1200m: 16:20.75	41.39
4.	Iris van Aurich	DWK	22:36.29	196900866	22:40.64	+0,81
	50m: 36.61	36.61	450m: 6:33.50	45.85	850m: 12:45.36	46.51
	100m: 1:18.77	42.16	500m: 7:20.31	46.81	900m: 13:31.71	46.35
	150m: 2:02.69	43.92	550m: 8:06.95	46.64	950m: 14:18.29	46.58
	200m: 2:47.35	44.66	600m: 8:53.85	46.90	1000m: 15:03.52	45.23
	250m: 3:32.23	44.88	650m: 9:40.34	46.49	1050m: 15:50.43	46.91
	300m: 4:17.31	45.08	700m: 10:26.90	46.56	1100m: 16:36.81	46.38
	350m: 5:02.48	45.17	750m: 11:13.23	46.33	1150m: 17:23.67	46.86
	400m: 5:47.65	45.17	800m: 11:58.85	45.62	1200m: 18:10.52	46.85
5.	Annet Kootstra	Swol 1894	23:31.82	197100344	24:03.48	+0,97
	50m: 41.88	41.88	450m: 6:58.13	48.00	850m: 13:27.45	48.88
	100m: 1:27.09	45.21	500m: 7:46.40	48.27	900m: 14:15.92	48.47
	150m: 2:12.41	45.32	550m: 8:34.59	48.19	950m: 15:04.81	48.89
	200m: 2:59.19	46.78	600m: 9:23.43	48.84	1000m: 15:53.99	49.18
	250m: 3:45.97	46.78	650m: 10:11.93	48.50	1050m: 16:42.72	48.73
	300m: 4:33.71	47.74	700m: 11:00.38	48.45	1100m: 17:31.98	49.26
	350m: 5:22.08	48.37	750m: 11:49.53	49.15	1150m: 18:20.30	48.32
	400m: 6:10.13	48.05	800m: 12:38.57	49.04	1200m: 19:09.58	49.28
6.	Greta Wyma-Teitsma	DWK	26:49.75	197100696	26:20.55	+0,84
	50m: 43.43	43.43	450m: 7:40.69	53.42	850m: 14:47.90	52.76
	100m: 1:33.74	50.31	500m: 8:34.27	53.58	900m: 15:40.86	52.96
	150m: 2:24.69	50.95	550m: 9:27.69	53.42	950m: 16:33.83	52.97
	200m: 3:16.47	51.78	600m: 10:21.07	53.38	1000m: 17:27.26	53.43
	250m: 4:08.75	52.28	650m: 11:14.56	53.49	1050m: 18:20.96	53.70
	300m: 5:00.63	51.88	700m: 12:08.63	54.07	1100m: 19:14.18	53.22
	350m: 5:53.84	53.21	750m: 13:02.41	53.78	1150m: 20:07.39	53.21
	400m: 6:47.27	53.43	800m: 13:55.14	52.73	1200m: 21:00.95	53.56

Masters 50+

1.	Wilna Heijman	Steenwijk 1934	21:11.19	196400506	20:59.90	+0,92
	50m: 37.32	37.32	450m: 6:10.77	42.08	850m: 11:47.15	42.10
	100m: 1:18.37	41.05	500m: 6:53.24	42.47	900m: 12:29.05	41.90
	150m: 1:59.52	41.15	550m: 7:35.19	41.95	950m: 13:10.95	41.90
	200m: 2:40.88	41.36	600m: 8:17.20	42.01	1000m: 13:53.27	42.32
	250m: 3:22.91	42.03	650m: 8:58.67	41.47	1050m: 14:35.50	42.23
	300m: 4:04.75	41.84	700m: 9:40.85	42.18	1100m: 15:17.69	42.19
	350m: 4:46.55	41.80	750m: 10:22.66	41.81	1150m: 16:00.87	43.18
	400m: 5:28.69	42.14	800m: 11:05.05	42.39	1200m: 16:43.89	43.02
2.	Teodora König	TSV Vorhalle	21:26.80	075148	21:40.81	+0,96
	50m: 37.12	37.12	450m: 6:23.04	43.75	850m: 12:13.34	44.14
	100m: 1:18.87	41.75	500m: 7:06.97	43.93	900m: 12:57.05	43.71
	150m: 2:01.06	42.19	550m: 7:50.60	43.63	950m: 13:40.66	43.61
	200m: 2:44.20	43.14	600m: 8:34.29	43.69	1000m: 14:24.36	43.70
	250m: 3:27.64	43.44	650m: 9:18.00	43.71	1050m: 15:08.16	43.80
	300m: 4:11.73	44.09	700m: 10:01.91	43.91	1100m: 15:52.14	43.98
	350m: 4:55.70	43.97	750m: 10:45.08	43.17	1150m: 16:36.35	44.21
	400m: 5:39.29	43.59	800m: 11:29.20	44.12	1200m: 17:20.65	44.30
3.	K. van Nassau van den Heuvel	Old Dutch	23:43.49	196600188	23:34.27	+0,97
	50m: 41.89	41.89	450m: 6:56.13	46.96	850m: 13:14.85	47.49
	100m: 1:27.26	45.37	500m: 7:43.21	47.08	900m: 14:02.64	47.79
	150m: 2:13.61	46.35	550m: 8:30.27	47.06	950m: 14:50.89	48.25
	200m: 3:00.60	46.99	600m: 9:17.57	47.30	1000m: 15:39.27	48.38
	250m: 3:47.60	47.00	650m: 10:04.91	47.34	1050m: 16:26.80	47.53
	300m: 4:34.78	47.18	700m: 10:52.39	47.48	1100m: 17:14.31	47.51
	350m: 5:22.13	47.35	750m: 11:39.74	47.35	1150m: 18:02.04	47.73
	400m: 6:09.17	47.04	800m: 12:27.36	47.62	1200m: 18:49.64	47.60

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

Splash Meet Manager, 11.46751

Registered to KNZB

22-01-2017 18:27 - pagina 4



Programmanr. 2, Dames, 1500m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
4.	Hetty Smalheer	SCOM	24:43.75	196700352	25:28.50	+0,98		
	50m: 43.47	43.47	450m: 7:27.53	52.46	850m: 14:16.71	52.13	1250m: 21:14.26	51.84
	100m: 1:31.40	47.93	500m: 8:19.02	51.49	900m: 15:09.18	52.47	1300m: 22:04.85	50.59
	150m: 2:20.26	48.86	550m: 9:09.76	50.74	950m: 16:00.92	51.74	1350m: 22:56.47	51.62
	200m: 3:10.39	50.13	600m: 10:00.11	50.35	1000m: 16:52.98	52.06	1400m: 23:47.57	51.10
	250m: 4:01.63	51.24	650m: 10:50.82	50.71	1050m: 17:44.87	51.89	1450m: 24:38.42	50.85
	300m: 4:52.37	50.74	700m: 11:41.59	50.77	1100m: 18:37.08	52.21	1500m: 25:28.50	50.08
	350m: 5:43.75	51.38	750m: 12:33.06	51.47	1150m: 19:29.44	52.36		
	400m: 6:35.07	51.32	800m: 13:24.58	51.52	1200m: 20:22.42	52.98		

Masters 55+

1.	Pierrette Michel	CNSW	20:12.56	000835/62	20:01.36	+0,90		
	<i>Kampioenschaps Record, Belgisch MR</i>							
	50m: 35.02	35.02	450m: 5:53.17	40.44	850m: 11:17.03	40.52	1250m: 16:40.41	40.27
	100m: 1:13.34	38.32	500m: 6:33.96	40.79	900m: 11:57.48	40.45	1300m: 17:21.00	40.59
	150m: 1:52.85	39.51	550m: 7:14.12	40.16	950m: 12:37.95	40.47	1350m: 18:01.41	40.41
	200m: 2:32.63	39.78	600m: 7:54.82	40.70	1000m: 13:18.33	40.38	1400m: 18:42.11	40.70
	250m: 3:12.61	39.98	650m: 8:35.92	41.10	1050m: 13:58.81	40.48	1450m: 19:22.13	40.02
	300m: 3:52.73	40.12	700m: 9:16.52	40.60	1100m: 14:39.11	40.30	1500m: 20:01.36	39.23
	350m: 4:32.43	39.70	750m: 9:56.43	39.91	1150m: 15:19.72	40.61		
	400m: 5:12.73	40.30	800m: 10:36.51	40.08	1200m: 16:00.14	40.42		
2.	Irene van der Laan	ZV De Bron	21:25.67	196000096	21:02.61	+0,92		
	<i>Nederlands Masters Record</i>							
	50m: 39.06	39.06	450m: 6:15.01	42.59	850m: 11:56.67	41.99	1250m: 17:35.47	41.80
	100m: 1:20.98	41.92	500m: 6:57.60	42.59	900m: 12:39.46	42.79	1300m: 18:16.98	41.51
	150m: 2:02.27	41.29	550m: 7:40.70	43.10	950m: 13:22.26	42.80	1350m: 18:58.83	41.85
	200m: 2:43.89	41.62	600m: 8:23.85	43.15	1000m: 14:05.11	42.85	1400m: 19:40.69	41.86
	250m: 3:25.73	41.84	650m: 9:06.53	42.68	1050m: 14:46.63	41.52	1450m: 20:22.10	41.41
	300m: 4:07.80	42.07	700m: 9:49.10	42.57	1100m: 15:28.65	42.02	1500m: 21:02.61	40.51
	350m: 4:50.09	42.29	750m: 10:32.02	42.92	1150m: 16:11.48	42.83		
	400m: 5:32.42	42.33	800m: 11:14.68	42.66	1200m: 16:53.67	42.19		
3.	Patty Verhagen	PSV	21:14.97	195900146	21:49.14	+0,82		
	50m: 39.90	39.90	450m: 6:27.74	44.31	850m: 12:19.34	44.21	1250m: 18:12.10	43.95
	100m: 1:22.24	42.34	500m: 7:11.33	43.59	900m: 13:03.68	44.34	1300m: 18:55.68	43.58
	150m: 2:05.43	43.19	550m: 7:55.44	44.11	950m: 13:47.80	44.12	1350m: 19:39.54	43.86
	200m: 2:48.69	43.26	600m: 8:39.48	44.04	1000m: 14:31.80	44.00	1400m: 20:23.18	43.64
	250m: 3:32.10	43.41	650m: 9:23.30	43.82	1050m: 15:15.86	44.06	1450m: 21:06.49	43.31
	300m: 4:15.77	43.67	700m: 10:07.42	44.12	1100m: 16:00.01	44.15	1500m: 21:49.14	42.65
	350m: 4:59.47	43.70	750m: 10:51.01	43.59	1150m: 16:44.26	44.25		
	400m: 5:43.43	43.96	800m: 11:35.13	44.12	1200m: 17:28.15	43.89		
4.	Marjan Spoelstra	Swol 1894	25:28.29	196000236	25:53.43	+0,84		
	50m: 45.90	45.90	450m: 7:36.74	51.79	850m: 14:33.03	52.28	1250m: 21:33.54	52.08
	100m: 1:35.89	49.99	500m: 8:28.51	51.77	900m: 15:25.48	52.45	1300m: 22:25.05	52.51
	150m: 2:26.93	51.04	550m: 9:20.53	52.02	950m: 16:18.12	52.64	1350m: 23:18.39	52.34
	200m: 3:18.26	51.33	600m: 10:12.34	51.81	1000m: 17:10.79	52.67	1400m: 24:11.07	52.68
	250m: 4:09.84	51.58	650m: 11:04.34	52.00	1050m: 18:03.72	52.93	1450m: 25:02.61	51.54
	300m: 5:01.68	51.84	700m: 11:56.36	52.02	1100m: 18:56.11	52.39	1500m: 25:53.43	50.82
	350m: 5:53.62	51.94	750m: 12:48.42	52.06	1150m: 19:48.46	52.35		
	400m: 6:44.95	51.33	800m: 13:40.75	52.33	1200m: 20:41.46	53.00		
5.	Jennie Resink-lindeboom	DWK	25:10.60	196000142	25:54.62	+1,00		
	50m: 43.02	43.02	450m: 7:33.96	52.70	850m: 14:33.53	52.38	1250m: 21:35.49	52.92
	100m: 1:31.72	48.70	500m: 8:26.28	52.32	900m: 15:26.42	52.89	1300m: 22:28.56	53.07
	150m: 2:22.25	50.53	550m: 9:18.80	52.52	950m: 16:19.47	53.05	1350m: 23:21.75	53.19
	200m: 3:13.04	50.79	600m: 10:11.87	53.07	1000m: 17:11.77	52.30	1400m: 24:14.79	53.04
	250m: 4:04.77	51.73	650m: 11:03.87	52.00	1050m: 18:04.41	52.64	1450m: 25:06.67	51.88
	300m: 4:56.43	51.66	700m: 11:55.99	52.12	1100m: 18:57.14	52.73	1500m: 25:54.62	47.95
	350m: 5:48.94	52.51	750m: 12:48.60	52.61	1150m: 19:49.63	52.49		
	400m: 6:41.26	52.32	800m: 13:41.15	52.55	1200m: 20:42.57	52.94		

Masters 60+

1.	Margriet Pasma	De Inktvis	22:53.43	195500088	23:24.68	+0,97		
	50m: 41.40	41.40	450m: 6:58.49	46.89	850m: 13:14.25	47.27	1250m: 19:30.53	47.41
	100m: 1:27.66	46.26	500m: 7:45.42	46.93	900m: 14:00.99	46.74	1300m: 20:17.71	47.18
	150m: 2:14.91	47.25	550m: 8:32.35	46.93	950m: 14:47.88	46.89	1350m: 21:05.15	47.44
	200m: 3:02.62	47.71	600m: 9:19.18	46.83	1000m: 15:34.76	46.88	1400m: 21:52.05	46.90
	250m: 3:50.14	47.52	650m: 10:06.10	46.92	1050m: 16:21.72	46.96	1450m: 22:39.80	47.75
	300m: 4:37.60	47.46	700m: 10:53.18	47.08	1100m: 17:08.81	47.09	1500m: 23:24.68	44.88
	350m: 5:24.69	47.09	750m: 11:40.01	46.83	1150m: 17:56.05	47.24		
	400m: 6:11.60	46.91	800m: 12:26.98	46.97	1200m: 18:43.12	47.07		

Programmanr. 2, Dames, 1500m vrije slag

Masters 65+

1. Conny Boer-Buys		ZVVS	23:00.95	19500006	22:50.93						
<i>Europees Masters Record</i>											
50m:	41.18	41.18	450m:	6:46.96	45.73	850m:	12:58.52	46.36	1250m:	19:08.66	46.37
100m:	1:25.64	44.46	500m:	7:33.28	46.32	900m:	13:44.48	45.96	1300m:	19:55.08	46.42
150m:	2:11.36	45.72	550m:	8:19.60	46.32	950m:	14:30.83	46.35	1350m:	20:40.57	45.49
200m:	2:57.18	45.82	600m:	9:05.87	46.27	1000m:	15:16.90	46.07	1400m:	21:26.21	45.64
250m:	3:43.05	45.87	650m:	9:52.57	46.70	1050m:	16:03.30	46.40	1450m:	22:10.85	44.64
300m:	4:29.29	46.24	700m:	10:39.14	46.57	1100m:	16:49.96	46.66	1500m:	22:50.93	40.08
350m:	5:15.24	45.95	750m:	11:25.87	46.73	1150m:	17:36.16	46.20			
400m:	6:01.23	45.99	800m:	12:12.16	46.29	1200m:	18:22.29	46.13			
2. Ineke Meijer		HZ&PC Heerenveen	28:07.83	195200034	28:00.41	+0,61					
50m:	48.15	48.15	450m:	8:15.12	56.39	850m:	15:48.03	56.38	1250m:	23:20.32	57.30
100m:	1:42.83	54.68	500m:	9:11.72	56.60	900m:	16:43.95	55.92	1300m:	24:17.11	56.79
150m:	2:38.94	56.11	550m:	10:07.87	56.15	950m:	17:40.47	56.52	1350m:	25:13.94	56.83
200m:	3:34.95	56.01	600m:	11:04.35	56.48	1000m:	18:36.79	56.32	1400m:	26:11.21	57.27
250m:	4:30.97	56.02	650m:	12:01.38	57.03	1050m:	19:32.68	55.89	1450m:	27:07.62	56.41
300m:	5:26.78	55.81	700m:	12:58.05	56.67	1100m:	20:29.52	56.84	1500m:	28:00.41	52.79
350m:	6:22.63	55.85	750m:	13:55.15	57.10	1150m:	21:25.99	56.47			
400m:	7:18.73	56.10	800m:	14:51.65	56.50	1200m:	22:23.02	57.03			
3. Gonnie Bak		PSV	28:48.82	195100064	28:38.43	+0,97					
50m:	50.49	50.49	450m:	8:29.97	58.52	850m:	16:13.62	57.20	1250m:	23:54.05	57.73
100m:	1:46.64	56.15	500m:	9:28.58	58.61	900m:	17:10.88	57.26	1300m:	24:52.20	58.15
150m:	2:43.63	56.99	550m:	10:27.08	58.50	950m:	18:07.89	57.01	1350m:	25:49.67	57.47
200m:	3:40.31	56.68	600m:	11:24.81	57.73	1000m:	19:05.67	57.78	1400m:	26:46.85	57.18
250m:	4:38.40	58.09	650m:	12:23.26	58.45	1050m:	20:03.18	57.51	1450m:	27:43.64	56.79
300m:	5:36.37	57.97	700m:	13:20.92	57.66	1100m:	21:00.59	57.41	1500m:	28:38.43	54.79
350m:	6:33.38	57.01	750m:	14:18.50	57.58	1150m:	21:58.32	57.73			
400m:	7:31.45	58.07	800m:	15:16.42	57.92	1200m:	22:56.32	58.00			

Masters 70+

1. Annie Smits		PSV	30:21.97	194600016	32:24.40	+1,43					
50m:	1:01.45	1:01.45	450m:	9:50.62	1:05.89	850m:	18:36.81	1:05.65	1250m:	27:12.19	1:02.97
100m:	2:06.76	1:05.31	500m:	10:56.91	1:06.29	900m:	19:41.44	1:04.63	1300m:	28:15.91	1:03.72
150m:	3:14.67	1:07.91	550m:	12:02.37	1:05.46	950m:	20:46.68	1:05.24	1350m:	29:19.18	1:03.27
200m:	4:21.16	1:06.49	600m:	13:07.69	1:05.32	1000m:	21:51.96	1:05.28	1400m:	30:21.88	1:02.70
250m:	5:28.29	1:07.13	650m:	14:14.26	1:06.57	1050m:	22:56.36	1:04.40	1450m:	31:23.83	1:01.95
300m:	6:34.77	1:06.48	700m:	15:20.30	1:06.04	1100m:	24:01.07	1:04.71	1500m:	32:24.40	1:00.57
350m:	7:39.77	1:05.00	750m:	16:25.99	1:05.69	1150m:	25:05.39	1:04.32			
400m:	8:44.73	1:04.96	800m:	17:31.16	1:05.17	1200m:	26:09.22	1:03.83			

Masters 75+

1. Marie Smits		Old Dutch	32:52.29	193800004	32:45.33	+1,32					
<i>Nederlands Masters Record</i>											
50m:	54.34	54.34	450m:	9:33.04	1:05.47	850m:	18:19.72	1:06.24	1250m:	27:11.85	1:06.90
100m:	1:57.68	1:03.34	500m:	10:38.56	1:05.52	900m:	19:25.97	1:06.25	1300m:	28:19.06	1:07.21
150m:	3:02.18	1:04.50	550m:	11:44.22	1:05.66	950m:	20:31.73	1:05.76	1350m:	29:26.08	1:07.02
200m:	4:07.11	1:04.93	600m:	12:50.66	1:06.44	1000m:	21:37.25	1:05.52	1400m:	30:33.29	1:07.21
250m:	5:12.06	1:04.95	650m:	13:56.23	1:05.57	1050m:	22:44.57	1:07.32	1450m:	31:40.34	1:07.05
300m:	6:16.80	1:04.74	700m:	15:02.27	1:06.04	1100m:	23:51.17	1:06.60	1500m:	32:45.33	1:04.99
350m:	7:21.95	1:05.15	750m:	16:07.56	1:05.29	1150m:	24:57.30	1:06.13			
400m:	8:27.57	1:05.62	800m:	17:13.48	1:05.92	1200m:	26:04.95	1:07.65			