

Programmanr. 32
22-01-2017 - 10:40

Dames, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
Masters 20+								
1.	Tamara Grove	De Dolfijn	5:12.12	199601266	5:15.57	+0,70		
	50m: 32.58	32.58	150m: 1:51.18	40.39	250m: 3:17.10	45.68	350m: 4:39.78	36.05
	100m: 1:10.79	38.21	200m: 2:31.42	40.24	300m: 4:03.73	46.63	400m: 5:15.57	35.79
2.	Liesa Vrielinck	BZK	5:22.08	21068/93	5:18.39	+0,73		
	50m: 33.69	33.69	150m: 1:55.50	42.21	250m: 3:21.87	43.88	350m: 4:44.14	37.45
	100m: 1:13.29	39.60	200m: 2:37.99	42.49	300m: 4:06.69	44.82	400m: 5:18.39	34.25
3.	Kimberly Mijnen	WZ&PC Purmerend	5:25.72	199503644	5:26.18	+0,72		
	50m: 35.82	35.82	150m: 1:59.47	39.85	250m: 3:25.71	46.41	350m: 4:50.10	37.17
	100m: 1:19.62	43.80	200m: 2:39.30	39.83	300m: 4:12.93	47.22	400m: 5:26.18	36.08
4.	Moniek Heemskerck	LZ 1886	5:19.75	199601964	5:28.97	+0,72		
	50m: 34.80	34.80	150m: 2:00.12	44.62	250m: 3:28.23	44.84	350m: 4:52.68	38.64
	100m: 1:15.50	40.70	200m: 2:43.39	43.27	300m: 4:14.04	45.81	400m: 5:28.97	36.29
5.	Janine de Groot	Nova	5:25.62	199500092	5:32.39	+0,86		
	50m: 35.22	35.22	150m: 2:00.59	41.82	250m: 3:29.45	47.36	350m: 4:56.36	38.15
	100m: 1:18.77	43.55	200m: 2:42.09	41.50	300m: 4:18.21	48.76	400m: 5:32.39	36.03
6.	Beau Rijpers	Swol 1894	5:30.18	199402638	5:33.71	+0,75		
	50m: 34.92	34.92	150m: 1:59.42	43.25	250m: 3:29.10	46.86	350m: 4:55.57	39.27
	100m: 1:16.17	41.25	200m: 2:42.24	42.82	300m: 4:16.30	47.20	400m: 5:33.71	38.14
7.	Chantal van der Horst	De Meer	5:33.71	199400616	5:35.59	+0,83		
	50m: 38.02	38.02	150m: 2:08.40	45.78	250m: 3:37.33	43.75	350m: 4:59.20	38.25
	100m: 1:22.62	44.60	200m: 2:53.58	45.18	300m: 4:20.95	43.62	400m: 5:35.59	36.39
8.	Fiona Meuffels	RZ	5:30.32	199504366	5:36.95	+0,74		
	50m: 34.67	34.67	150m: 2:04.37	44.39	250m: 3:35.69	47.72	350m: 5:00.59	36.18
	100m: 1:19.98	45.31	200m: 2:47.97	43.60	300m: 4:24.41	48.72	400m: 5:36.95	36.36
9.	Carina Spronk	De Vennen	5:41.60	199702382	5:50.46	+0,70		
	50m: 36.86	36.86	150m: 2:06.43	45.11	250m: 3:40.64	50.33	350m: 5:12.54	40.74
	100m: 1:21.32	44.46	200m: 2:50.31	43.88	300m: 4:31.80	51.16	400m: 5:50.46	37.92
DIS	Chantal Beijer	DWT	5:29.41	199700884				
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>							

Masters 25+

1.	Wendan Poelstra	TriVia	5:04.85	199102496	5:17.71	+0,70		
	50m: 33.33	33.33	150m: 1:54.74	41.23	250m: 3:20.23	45.32	350m: 4:42.63	36.26
	100m: 1:13.51	40.18	200m: 2:34.91	40.17	300m: 4:06.37	46.14	400m: 5:17.71	35.08
2.	Maaïke Vooren	DAW	5:18.43	199103324	5:19.78	+0,83		
	50m: 33.28	33.28	150m: 1:56.98	43.26	250m: 3:24.48	44.30	350m: 4:45.04	35.68
	100m: 1:13.72	40.44	200m: 2:40.18	43.20	300m: 4:09.36	44.88	400m: 5:19.78	34.74
3.	Fraukje Puts	HZ&PC Heerenveen	5:33.39	199206470	5:34.63	+0,83		
	50m: 35.75	35.75	150m: 2:04.32	46.35	250m: 3:35.38	46.30	350m: 4:59.51	37.53
	100m: 1:17.97	42.22	200m: 2:49.08	44.76	300m: 4:21.98	46.60	400m: 5:34.63	35.12
4.	Karin Simons	WZK Zwemmen	5:44.57	198903804	5:37.95	+0,79		
	50m: 33.29	33.29	150m: 1:59.19	44.44	250m: 3:31.91	49.04	350m: 4:59.64	38.11
	100m: 1:14.75	41.46	200m: 2:42.87	43.68	300m: 4:21.53	49.62	400m: 5:37.95	38.31
5.	Nanda de Vries	Steenwijk 1934	5:55.89	199204328	5:38.49	+0,79		
	50m: 35.56	35.56	150m: 2:03.27	44.79	250m: 3:34.93	48.94	350m: 5:02.17	38.68
	100m: 1:18.48	42.92	200m: 2:45.99	42.72	300m: 4:23.49	48.56	400m: 5:38.49	36.32
6.	Désirée Emmen	De Warande	5:37.83	199204862	5:39.41	+0,68		
	50m: 34.77	34.77	150m: 1:58.11	42.65	250m: 3:30.19	51.55	350m: 5:01.66	39.91
	100m: 1:15.46	40.69	200m: 2:38.64	40.53	300m: 4:21.75	51.56	400m: 5:39.41	37.75
7.	Susanne van der Linden	DIO	5:49.98	198802736	5:46.78	+0,81		
	50m: 36.45	36.45	150m: 2:06.43	46.48	250m: 3:39.07	47.18	350m: 5:07.67	41.27
	100m: 1:19.95	43.50	200m: 2:51.89	45.46	300m: 4:26.40	47.33	400m: 5:46.78	39.11
8.	Danila van den Hoogenband	Nuenen	5:54.41	199001558	5:49.43	+0,86		
	50m: 36.02	36.02	150m: 2:06.36	47.19	250m: 3:43.22	51.45	350m: 5:13.12	38.77
	100m: 1:19.17	43.15	200m: 2:51.77	45.41	300m: 4:34.35	51.13	400m: 5:49.43	36.31
9.	Janneke Wynia	WS Twente	6:53.31	199005500	7:01.93	+0,98		
	50m: 48.70	48.70	150m: 2:41.08	55.83	250m: 4:33.67	57.71	350m: 6:18.61	46.62
	100m: 1:45.25	56.55	200m: 3:35.96	54.88	300m: 5:31.99	58.32	400m: 7:01.93	43.32

onjuistheden / mistakes?

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Programmanr. 32, Dames, 400m wisselslag, Masters 25+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
10.	Claudia Creemers	RZ	7:40.14	199202864	7:11.81	+0,74		
	50m: 42.81	42.81	150m: 2:33.44	55.42	250m: 4:30.92	103.22	350m: 6:22.88	48.78
	100m: 1:38.02	55.21	200m: 3:27.70	54.26	300m: 5:34.10	103.18	400m: 7:11.81	48.93

Masters 30+

1.	Charlotte Groeneveld	UZSC	5:30.79	198701404	5:36.44	+0,79		
	50m: 32.26	32.26	150m: 1:52.95	41.63	250m: 3:25.41	50.98	350m: 4:57.66	41.06
	100m: 1:11.32	39.06	200m: 2:34.43	41.48	300m: 4:16.60	51.19	400m: 5:36.44	38.78
2.	Nadya Putter	ZVVS	5:33.08	198301630	5:41.98	+0,76		
	50m: 34.79	34.79	150m: 1:57.70	43.11	250m: 3:30.16	49.09	350m: 5:02.59	40.41
	100m: 1:14.59	39.80	200m: 2:41.07	43.37	300m: 4:22.18	52.02	400m: 5:41.98	39.39
3.	Maaïke van Diggele	ZPB H&L Productions	5:52.05	198700868	5:46.66	+0,79		
	50m: 34.75	34.75	150m: 1:58.90	43.85	250m: 3:32.61	50.26	350m: 5:05.75	42.31
	100m: 1:15.05	40.30	200m: 2:42.35	43.45	300m: 4:23.44	50.83	400m: 5:46.66	40.91
4.	Liesbeth van Mill	DWK	6:03.15	198702786	6:01.38	+0,87		
	50m: 38.31	38.31	150m: 2:09.85	46.43	250m: 3:46.25	50.67	350m: 5:19.26	41.69
	100m: 1:23.42	45.11	200m: 2:55.58	45.73	300m: 4:37.57	51.32	400m: 6:01.38	42.12
5.	Linda Hoogendam	WVZ	6:11.36	198300892	6:29.58	+0,74		
	50m: 40.14	40.14	150m: 2:20.95	49.68	250m: 4:07.59	58.28	350m: 5:50.24	43.97
	100m: 1:31.27	51.13	200m: 3:09.31	48.36	300m: 5:06.27	58.68	400m: 6:29.58	39.34

Masters 35+

1.	Roos van Esch <i>Nederlands Masters Record</i>	Albion d'ELFT (SG)	5:24.52	198200468	5:28.27	+0,76		
	50m: 34.88	34.88	150m: 1:56.46	42.48	250m: 3:25.74	48.27	350m: 4:52.42	38.30
	100m: 1:13.98	39.10	200m: 2:37.47	41.01	300m: 4:14.12	48.38	400m: 5:28.27	35.85
2.	Jolanda van Gendt	PSV	6:12.74	197800266	6:06.37	+0,77		
	50m: 40.59	40.59	150m: 2:15.50	46.12	250m: 3:51.89	51.53	350m: 5:25.36	40.97
	100m: 1:29.38	48.79	200m: 3:00.36	44.86	300m: 4:44.39	52.50	400m: 6:06.37	41.01
3.	Jessica Venema	WIDEX GZC DONK	6:36.32	197901526	6:23.59	+0,89		
	50m: 40.33	40.33	150m: 2:18.74	48.28	250m: 4:02.74	56.15	350m: 5:42.07	43.15
	100m: 1:30.46	50.13	200m: 3:06.59	47.85	300m: 4:58.92	56.18	400m: 6:23.59	41.52
4.	Cindy Hillekens	AquAmigos	7:26.46	197801324	7:28.98	+1,03		
	50m: 47.25	47.25	150m: 2:44.07	1:01.00	250m: 4:46.97	1:03.37	350m: 6:41.44	49.84
	100m: 1:43.07	55.82	200m: 3:43.60	59.53	300m: 5:51.60	1:04.63	400m: 7:28.98	47.54

Masters 40+

1.	Liselotte Joling	PSV	5:30.28	197500268	5:31.26	+0,88		
	50m: 35.29	35.29	150m: 1:59.32	43.44	250m: 3:28.05	46.47	350m: 4:55.14	38.85
	100m: 1:15.88	40.59	200m: 2:41.58	42.26	300m: 4:16.29	48.24	400m: 5:31.26	36.12
2.	Meritxell Gonfaus Brunet	CN Aquamasters	5:39.37	046062735	5:46.25	+0,67		
	50m: 34.90	34.90	150m: 2:03.35	48.16	250m: 3:38.40	47.67	350m: 5:07.60	40.19
	100m: 1:15.19	40.29	200m: 2:50.73	47.38	300m: 4:27.41	49.01	400m: 5:46.25	38.65
3.	Nadège van Meeteren	De Meer	6:04.60	197400736	6:06.64	+0,85		
	50m: 41.33	41.33	150m: 2:20.40	48.35	250m: 3:55.53	48.17	350m: 5:26.26	42.75
	100m: 1:32.05	50.72	200m: 3:07.36	46.96	300m: 4:43.51	47.98	400m: 6:06.64	40.38
4.	Mirjan den Drijver-Aarse	Zwemvereniging Westland	6:03.51	197500884	6:09.66	+0,86		
	50m: 35.81	35.81	150m: 2:08.80	50.30	250m: 3:51.09	55.00	350m: 5:28.50	42.49
	100m: 1:18.50	42.69	200m: 2:56.09	47.29	300m: 4:46.01	54.92	400m: 6:09.66	41.16
5.	Jannie Vennik	HZ&PC Heerenveen	6:35.13	197601006	6:30.55	+0,92		
	50m: 44.44	44.44	150m: 2:28.80	51.64	250m: 4:13.32	53.97	350m: 5:49.80	41.46
	100m: 1:37.16	52.72	200m: 3:19.35	50.55	300m: 5:08.34	55.02	400m: 6:30.55	40.75

Programmanr. 32, Dames, 400m wisselslag

Masters 45+

1.	Evelien van Klaarbergen	HZ&PC Heerenveen	5:36.57	197200964	5:41.82	+0,80
	<i>Kampioenschaps Record</i>					
	50m: 36.37	36.37	150m: 2:01.37	43.52	250m: 3:32.93	49.47
	100m: 1:17.85	41.48	200m: 2:43.46	42.09	300m: 4:23.26	50.33
					350m: 5:03.50	40.24
					400m: 5:41.82	38.32
2.	Jeanne Petit	De Dinkel	5:48.39	197001020	5:51.46	+0,61
	50m: 35.68	35.68	150m: 2:06.81	49.15	250m: 3:42.27	48.43
	100m: 1:17.66	41.98	200m: 2:53.84	47.03	300m: 4:32.70	50.43
					350m: 5:12.76	40.06
					400m: 5:51.46	38.70
3.	Heidi den Boer	LINK	5:52.61	196900864	5:55.60	+0,80
	50m: 36.17	36.17	150m: 2:03.90	44.34	250m: 3:40.88	52.50
	100m: 1:19.56	43.39	200m: 2:48.38	44.48	300m: 4:35.13	54.25
					350m: 5:15.68	40.55
					400m: 5:55.60	39.92
4.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	6:11.19	197000054	5:59.35	+0,92
	50m: 36.71	36.71	150m: 2:06.20	48.16	250m: 3:44.77	49.56
	100m: 1:18.04	41.33	200m: 2:55.21	49.01	300m: 4:35.29	50.52
					350m: 5:17.59	42.30
					400m: 5:59.35	41.76
5.	Iris van Aurich	DWK	6:25.14	196900866	6:27.95	+0,76
	50m: 44.30	44.30	150m: 2:25.79	49.94	250m: 4:05.74	52.41
	100m: 1:35.85	51.55	200m: 3:13.33	47.54	300m: 4:58.59	52.85
					350m: 5:45.77	47.18
					400m: 6:27.95	42.18
6.	Peggy Hurenkamp	HZ&PC Heerenveen	6:37.57	196900922	6:40.22	+0,88
	50m: 40.74	40.74	150m: 2:19.69	52.26	250m: 4:09.57	58.40
	100m: 1:27.43	46.69	200m: 3:11.17	51.48	300m: 5:09.01	59.44
					350m: 5:55.49	46.48
					400m: 6:40.22	44.73
AFGEM	Annet Kootstra	Swol 1894	6:43.10	197100344		

Masters 50+

1.	Marjan Remmits	ZPC Woerden	5:53.86	196300518	6:04.47	+0,86
	50m: 36.11	36.11	150m: 2:09.36	48.46	250m: 3:47.39	51.50
	100m: 1:20.90	44.79	200m: 2:55.89	46.53	300m: 4:39.93	52.54
					350m: 5:23.21	43.28
					400m: 6:04.47	41.26
2.	Laura Staal	Oceanus	6:02.21	196700358	6:07.36	+0,81
	50m: 40.67	40.67	150m: 2:15.31	47.07	250m: 3:53.12	51.14
	100m: 1:28.24	47.57	200m: 3:01.98	46.67	300m: 4:45.42	52.30
					350m: 5:26.61	41.19
					400m: 6:07.36	40.75
3.	Annemarie Vuist	Swol 1894	6:29.95	196300282	6:21.37	+0,93
	50m: 41.19	41.19	150m: 2:20.68	50.62	250m: 4:02.16	54.20
	100m: 1:30.06	48.87	200m: 3:07.96	47.28	300m: 4:55.18	53.02
					350m: 5:39.84	44.66
					400m: 6:21.37	41.53
4.	K. van Nassau van den Heuvel	Old Dutch	6:39.68	196600188	6:55.78	+1,00
	50m: 47.57	47.57	150m: 2:37.17	55.35	250m: 4:26.22	54.90
	100m: 1:41.82	54.25	200m: 3:31.32	54.15	300m: 5:21.47	55.25
					350m: 6:08.88	47.41
					400m: 6:55.78	46.90
5.	Hetty Smalheer	SCOM	6:59.07	196700352	7:15.79	+1,03
	50m: 49.53	49.53	150m: 2:43.47	55.10	250m: 4:37.34	59.47
	100m: 1:48.37	58.84	200m: 3:37.87	54.40	300m: 5:38.84	1:01.50
					350m: 6:27.81	48.97
					400m: 7:15.79	47.98

Masters 55+

1.	Pierrette Michel	CNSW	5:41.55	000835/62	5:49.27	+0,90
	<i>Kampioenschaps Record, Belgisch MR</i>					
	50m: 35.95	35.95	150m: 2:02.36	43.19	250m: 3:35.69	50.95
	100m: 1:19.17	43.22	200m: 2:44.74	42.38	300m: 4:27.79	52.10
					350m: 5:09.17	41.38
					400m: 5:49.27	40.10
2.	Petra Tossings	DAW	6:31.83	196100376	6:26.76	+0,92
	50m: 41.21	41.21	150m: 2:21.62	51.19	250m: 4:05.64	52.72
	100m: 1:30.43	49.22	200m: 3:12.92	51.30	300m: 4:59.80	54.16
					350m: 5:44.83	45.03
					400m: 6:26.76	41.93
3.	Patty Verhagen	PSV	6:21.51	195900146	6:32.07	+1,01
	50m: 41.53	41.53	150m: 2:26.75	49.66	250m: 4:12.22	57.32
	100m: 1:37.09	55.56	200m: 3:14.90	48.15	300m: 5:09.10	56.88
					350m: 5:51.45	42.35
					400m: 6:32.07	40.62
4.	Hannie Poletiek	TriVia	7:21.92	195900278	7:14.83	+0,87
	50m: 47.42	47.42	150m: 2:39.79	54.88	250m: 4:35.48	1:01.52
	100m: 1:44.91	57.49	200m: 3:33.96	54.17	300m: 5:35.92	1:00.44
					350m: 6:26.16	50.24
					400m: 7:14.83	48.67
5.	Marjan Spoelstra	Swol 1894	7:31.44	196000236	7:40.04	+0,84
	50m: 54.86	54.86	150m: 2:59.88	1:00.78	250m: 4:58.75	1:00.59
	100m: 1:59.10	1:04.24	200m: 3:58.16	58.28	300m: 5:59.49	1:00.74
					350m: 6:51.07	51.58
					400m: 7:40.04	48.97
6.	Lia Bijkerk	WIDEX GZC DONK	8:11.49	196000014	7:56.00	+0,95
	50m: 51.62	51.62	150m: 2:56.41	1:02.77	250m: 5:02.09	1:05.59
	100m: 1:53.64	1:02.02	200m: 3:56.50	1:00.09	300m: 6:07.91	1:05.82
					350m: 7:04.10	56.19
					400m: 7:56.00	51.90

onjuistheden / mistakes?

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MZ&PC
Maastricht



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



Programmanr. 32, Dames, 400m wisselslag

Masters 60+

1. Margriet Pasma	De Inktvis	6:51.57	195500088	7:00.69	+0,94
50m: 50.63	50.63	150m: 2:41.52	52.02	250m: 4:30.94	58.27
100m: 1:49.50	58.87	200m: 3:32.67	51.15	300m: 5:29.82	58.88
				350m: 6:15.65	45.83
				400m: 7:00.69	45.04
2. Carla Hensen	PSV	7:30.75	195300062	7:32.62	+0,83
50m: 47.05	47.05	150m: 2:42.29	58.09	250m: 4:44.21	1:05.98
100m: 1:44.20	57.15	200m: 3:38.23	55.94	300m: 5:51.32	1:07.11
				350m: 6:42.77	51.45
				400m: 7:32.62	49.85

Masters 65+

1. Gonnie Bak	PSV	8:24.27	195100064	8:08.58	+0,93
<i>Kampioenschaps Record</i>					
50m: 58.06	58.06	150m: 3:12.86	1:10.92	250m: 5:20.59	1:03.56
100m: 2:01.94	1:03.88	200m: 4:17.03	1:04.17	300m: 6:23.48	1:02.89
				350m: 7:16.25	52.77
				400m: 8:08.58	52.33
2. Antoinette Gilding-Tussaud	WS Twente	8:24.71	195000038	8:32.11	+1,06
50m: 1:00.45	1:00.45	150m: 3:13.59	1:01.83	250m: 5:26.16	1:11.42
100m: 2:11.76	1:11.31	200m: 4:14.74	1:01.15	300m: 6:36.34	1:10.18
				350m: 7:36.27	59.93
				400m: 8:32.11	55.84

