

Programmanr. 4
20-01-2017 - 10:07

Dames, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
Masters 20+								
1.	Madelon Dijkstra	ZPCH	4:25.32	199703510	4:27.80	+0,77		
	50m: 29.69	29.69	150m: 1:35.74	33.78	250m: 2:44.51	34.51	350m: 3:53.76	34.44
	100m: 1:01.96	32.27	200m: 2:10.00	34.26	300m: 3:19.32	34.81	400m: 4:27.80	34.04
2.	Tamara Grove	De Dolfijn	4:29.97	199601266	4:30.80	+0,72		
	50m: 29.94	29.94	150m: 1:37.55	34.37	250m: 2:46.49	34.34	350m: 3:56.61	35.04
	100m: 1:03.18	33.24	200m: 2:12.15	34.60	300m: 3:21.57	35.08	400m: 4:30.80	34.19
3.	Jamilla van Veen	ZPC Woerden	4:33.45	199603192	4:32.11	+0,74		
	50m: 30.18	30.18	150m: 1:38.53	34.50	250m: 2:48.06	34.89	350m: 3:58.21	34.89
	100m: 1:04.03	33.85	200m: 2:13.17	34.64	300m: 3:23.32	35.26	400m: 4:32.11	33.90
4.	Manon van Esch	TRB-RES	4:38.54	199702090	4:35.29	+0,60		
	50m: 30.95	30.95	150m: 1:39.62	34.60	250m: 2:49.83	35.14	350m: 4:01.08	35.70
	100m: 1:05.02	34.07	200m: 2:14.69	35.07	300m: 3:25.38	35.55	400m: 4:35.29	34.21
5.	Kimberly Mijnen	WZ&PC Purmerend	4:42.74	199503644	4:42.41	+0,73		
	50m: 31.05	31.05	150m: 1:41.40	35.57	250m: 2:53.85	35.87	350m: 4:07.26	36.90
	100m: 1:05.83	34.78	200m: 2:17.98	36.58	300m: 3:30.36	36.51	400m: 4:42.41	35.15
6.	Janine de Groot	Nova	4:54.10	199500092	4:49.48	+0,86		
	50m: 31.67	31.67	150m: 1:42.57	35.87	250m: 2:56.33	37.08	350m: 4:12.40	38.26
	100m: 1:06.70	35.03	200m: 2:19.25	36.68	300m: 3:34.14	37.81	400m: 4:49.48	37.08
7.	Fiona Meuffels	RZ	4:55.29	199504366	4:49.91	+0,74		
	50m: 31.35	31.35	150m: 1:42.96	36.21	250m: 2:58.00	37.77	350m: 4:14.34	37.85
	100m: 1:06.75	35.40	200m: 2:20.23	37.27	300m: 3:36.49	38.49	400m: 4:49.91	35.57
8.	Chantal Beijer	DWT	4:54.89	199700884	4:53.70	+0,71		
	50m: 31.78	31.78	150m: 1:45.40	37.68	250m: 3:01.80	38.29	350m: 4:17.66	37.91
	100m: 1:07.72	35.94	200m: 2:23.51	38.11	300m: 3:39.75	37.95	400m: 4:53.70	36.04
9.	Moniek Heemskerck	LZ 1886	4:54.82	199601964	4:55.66	+0,70		
	50m: 33.10	33.10	150m: 1:46.98	37.26	250m: 3:02.18	37.75	350m: 4:18.41	38.27
	100m: 1:09.72	36.62	200m: 2:24.43	37.45	300m: 3:40.14	37.96	400m: 4:55.66	37.25
10.	Chantal van der Horst	De Meer	4:56.94	199400616	4:56.58	+0,79		
	50m: 33.25	33.25	150m: 1:46.55	37.07	250m: 3:02.49	38.30	350m: 4:19.35	38.42
	100m: 1:09.48	36.23	200m: 2:24.19	37.64	300m: 3:40.93	38.44	400m: 4:56.58	37.23
11.	Lotte Coenen	Hydrofiel	5:08.74	199301518	4:58.32	+0,81		
	50m: 31.96	31.96	150m: 1:44.61	36.94	250m: 3:00.72	38.50	350m: 4:19.19	39.25
	100m: 1:07.67	35.71	200m: 2:22.22	37.61	300m: 3:39.94	39.22	400m: 4:58.32	39.13
12.	Maike Korthout	TRB-RES	5:01.35	199406034	4:58.65	+0,69		
	50m: 34.05	34.05	150m: 1:50.07	38.78	250m: 3:06.19	37.67	350m: 4:21.63	37.73
	100m: 1:11.29	37.24	200m: 2:28.52	38.45	300m: 3:43.90	37.71	400m: 4:58.65	37.02
13.	Sarina Paulussen	RZ	5:25.67	199307426	5:24.03	+0,69		
	50m: 33.07	33.07	150m: 1:53.41	41.03	250m: 3:18.17	42.50	350m: 4:43.40	42.74
	100m: 1:12.38	39.31	200m: 2:35.67	42.26	300m: 4:00.66	42.49	400m: 5:24.03	40.63
14.	Sanne de Roo	ZZ&PC De Devel	5:26.77	199501934	5:34.03	+0,77		
	50m: 36.75	36.75	150m: 1:57.92	41.42	250m: 3:23.38	42.95	350m: 4:50.51	43.93
	100m: 1:16.50	39.75	200m: 2:40.43	42.51	300m: 4:06.58	43.20	400m: 5:34.03	43.52
15.	Charine de Ruiter	Steenwijk 1934	5:28.92	199403668	5:35.68	+0,85		
	50m: 36.08	36.08	150m: 1:57.37	41.64	250m: 3:23.86	43.55	350m: 4:51.90	43.93
	100m: 1:15.73	39.65	200m: 2:40.31	42.94	300m: 4:07.97	44.11	400m: 5:35.68	43.78
16.	Naomi van Gool	LINK	5:26.52	199505166	5:39.30	+0,73		
	50m: 34.91	34.91	150m: 1:57.39	42.24	250m: 3:25.07	44.16	350m: 4:54.33	45.27
	100m: 1:15.15	40.24	200m: 2:40.91	43.52	300m: 4:09.06	43.99	400m: 5:39.30	44.97
17.	Rebecca van Eeren	SCOM	5:55.95	199306910	5:57.79	+0,85		
	50m: 38.11	38.11	150m: 2:04.23	43.97	250m: 3:35.91	46.17	350m: 5:10.65	47.72
	100m: 1:20.26	42.15	200m: 2:49.74	45.51	300m: 4:22.93	47.02	400m: 5:57.79	47.14

onjuistheden / mistakes?

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Splash Meet Manager, 11.46751

Registered to KNZB

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Programmanr. 4, Dames, 400m vrije slag

Masters 25+

1.	Maaïke Vooren	DAW	4:38.15	199103324	4:38.32	+0,80
	50m: 31.58	31.58	150m: 1:41.67	35.40	250m: 2:52.03	35.06
	100m: 1:06.27	34.69	200m: 2:16.97	35.30	300m: 3:27.43	35.40
					350m: 4:03.10	35.67
					400m: 4:38.32	35.22
2.	Yvon Versteeg	De Veene	4:37.51	199201864	4:43.51	+0,72
	50m: 31.32	31.32	150m: 1:42.13	35.96	250m: 2:55.15	36.86
	100m: 1:06.17	34.85	200m: 2:18.29	36.16	300m: 3:32.78	37.63
					350m: 4:08.43	35.65
					400m: 4:43.51	35.08
3.	Wendan Poelstra	TriVia	4:38.93	199102496	4:45.51	+0,71
	50m: 31.87	31.87	150m: 1:42.13	35.39	250m: 2:54.09	36.03
	100m: 1:06.74	34.87	200m: 2:18.06	35.93	300m: 3:30.76	36.67
					350m: 4:08.30	37.54
					400m: 4:45.51	37.21
4.	Fraukje Puts	HZ&PC Heerenveen	4:43.67	199206470	4:49.11	+0,81
	50m: 32.10	32.10	150m: 1:43.45	36.15	250m: 2:57.78	37.23
	100m: 1:07.30	35.20	200m: 2:20.55	37.10	300m: 3:35.38	37.60
					350m: 4:12.31	36.93
					400m: 4:49.11	36.80
5.	Désirée Emmen	De Warande	4:47.98	199204862	4:49.40	+0,63
	50m: 32.13	32.13	150m: 1:44.25	36.52	250m: 2:58.04	37.14
	100m: 1:07.73	35.60	200m: 2:20.90	36.65	300m: 3:35.58	37.54
					350m: 4:12.71	37.13
					400m: 4:49.40	36.69
6.	Wendy de Bruin	ZOB'66	4:55.31	199206320	4:52.16	+0,63
	50m: 32.27	32.27	150m: 1:44.25	36.68	250m: 2:59.21	37.72
	100m: 1:07.57	35.30	200m: 2:21.49	37.24	300m: 3:37.27	38.06
					350m: 4:15.35	38.08
					400m: 4:52.16	36.81
7.	Karin Simons	WZK Zwemmen	5:05.72	198903804	5:02.49	+0,74
	50m: 32.73	32.73	150m: 1:48.04	38.18	250m: 3:05.66	38.78
	100m: 1:09.86	37.13	200m: 2:26.88	38.84	300m: 3:44.96	39.30
					350m: 4:24.34	39.38
					400m: 5:02.49	38.15
8.	Mandy Verbakel	ZPC Woerden	5:03.01	199003908	5:03.87	+0,86
	50m: 34.11	34.11	150m: 1:49.86	38.43	250m: 3:07.29	38.77
	100m: 1:11.43	37.32	200m: 2:28.52	38.66	300m: 3:46.81	39.52
					350m: 4:26.18	39.37
					400m: 5:03.87	37.69
9.	Linda Janssen	ZPB H&L Productions	5:09.73	198802088	5:04.28	+0,73
	50m: 35.19	35.19	150m: 1:50.72	38.18	250m: 3:08.87	38.99
	100m: 1:12.54	37.35	200m: 2:29.88	39.16	300m: 3:47.99	39.12
					350m: 4:26.71	38.72
					400m: 5:04.28	37.57
10.	Anne Bavelaar	PSV	5:38.01	199108240	5:23.00	+0,80
	50m: 36.07	36.07	150m: 1:57.56	41.27	250m: 3:20.76	41.55
	100m: 1:16.29	40.22	200m: 2:39.21	41.65	300m: 4:02.53	41.77
					350m: 4:44.15	41.62
					400m: 5:23.00	38.85
11.	Ilse Blankvoort	Steenwijk 1934	5:40.48	199204458	5:30.62	+0,90
	50m: 35.76	35.76	150m: 1:56.00	40.66	250m: 3:19.97	42.43
	100m: 1:15.34	39.58	200m: 2:37.54	41.54	300m: 4:03.44	43.47
					350m: 4:47.78	44.34
					400m: 5:30.62	42.84
12.	Marjan Rikken	ZVV	5:34.48	199206114	5:31.79	+0,85
	50m: 37.00	37.00	150m: 1:59.71	42.09	250m: 3:24.98	42.72
	100m: 1:17.62	40.62	200m: 2:42.26	42.55	300m: 4:07.95	42.97
					350m: 4:50.49	42.54
					400m: 5:31.79	41.30
13.	Vivian Brak	ZPC Woerden	5:22.93	199000520	5:36.91	+0,81
	50m: 36.63	36.63	150m: 2:00.22	42.64	250m: 3:27.64	44.15
	100m: 1:17.58	40.95	200m: 2:43.49	43.27	300m: 4:12.63	44.99
					350m: 4:56.47	43.84
					400m: 5:36.91	40.44
14.	Whitley Rens	SGGO (SG)	5:40.57	199007520	5:59.45	+0,84
	50m: 39.28	39.28	150m: 2:07.57	45.01	250m: 3:40.44	46.70
	100m: 1:22.56	43.28	200m: 2:53.74	46.17	300m: 4:27.53	47.09
					350m: 5:14.59	47.06
					400m: 5:59.45	44.86
15.	Rachelle Hellenbrand	PSV	6:03.30	199101204	6:29.74	+0,95
	50m: 39.40	39.40	150m: 2:14.02	49.16	250m: 3:56.61	52.54
	100m: 1:24.86	45.46	200m: 3:04.07	50.05	300m: 4:48.34	51.73
					350m: 5:40.58	52.24
					400m: 6:29.74	49.16
DIS	Danila van den Hoogenband	Nuenen	5:06.06	199001558		
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>					

Masters 30+

1.	Sabina Martinez Leon	CN Aquamasters	4:54.57	039737906	4:45.20	+0,88
	50m: 33.68	33.68	150m: 1:45.21	36.03	250m: 2:57.65	36.18
	100m: 1:09.18	35.50	200m: 2:21.47	36.26	300m: 3:33.75	36.10
					350m: 4:10.05	36.30
					400m: 4:45.20	35.15
2.	Nadya Putter	ZVVS	4:50.47	198301630	4:56.48	+0,72
	50m: 34.02	34.02	150m: 1:47.40	36.99	250m: 3:02.41	37.46
	100m: 1:10.41	36.39	200m: 2:24.95	37.55	300m: 3:40.29	37.88
					350m: 4:18.71	38.42
					400m: 4:56.48	37.77
3.	Ramona Linting	AZC	5:02.23	198301274	4:56.70	+0,76
	50m: 32.33	32.33	150m: 1:46.38	38.12	250m: 3:02.89	38.57
	100m: 1:08.26	35.93	200m: 2:24.32	37.94	300m: 3:41.30	38.41
					350m: 4:18.59	37.29
					400m: 4:56.70	38.11
4.	Denise de Riet	ZZ&PC De Devel	5:04.57	198402040	5:01.48	+0,94
	50m: 33.51	33.51	150m: 1:48.01	37.60	250m: 3:04.97	38.83
	100m: 1:10.41	36.90	200m: 2:26.14	38.13	300m: 3:44.16	39.19
					350m: 4:23.45	39.29
					400m: 5:01.48	38.03

onjuistheden / mistakes?

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Programmanr. 4, Dames, 400m vrije slag, Masters 30+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
5.	Pauline Tieleman	AquAmigos	4:54.84	198403348	5:17.91	+0,82		
	50m: 34.99	34.99	150m: 1:53.54	39.75	250m: 3:14.75	40.72	350m: 4:37.09	41.61
	100m: 1:13.79	38.80	200m: 2:34.03	40.49	300m: 3:55.48	40.73	400m: 5:17.91	40.82
6.	Angela Giezen	Montferland	6:02.29	198302796	5:35.68	+0,98		
	50m: 35.93	35.93	150m: 1:58.21	42.09	250m: 3:26.07	44.99	350m: 4:53.75	43.59
	100m: 1:16.12	40.19	200m: 2:41.08	42.87	300m: 4:10.16	44.09	400m: 5:35.68	41.93
7.	Hoy Lin Moo	MZ&PC	5:36.92	198302898	5:36.38	+0,88		
	50m: 37.56	37.56	150m: 2:01.24	42.06	250m: 3:26.68	42.91	350m: 4:53.82	43.86
	100m: 1:19.18	41.62	200m: 2:43.77	42.53	300m: 4:09.96	43.28	400m: 5:36.38	42.56
8.	Aafke Groot	De Geul	5:56.23	198302748	5:57.18	+0,98		
	50m: 38.87	38.87	150m: 2:09.15	45.99	250m: 3:41.03	46.49	350m: 5:13.17	46.20
	100m: 1:23.16	44.29	200m: 2:54.54	45.39	300m: 4:26.97	45.94	400m: 5:57.18	44.01
9.	Fabienne Jeukens	Zwemvereniging Hoogland	6:11.08	198401156	6:08.34	+0,89		
	50m: 38.65	38.65	150m: 2:10.96	47.10	250m: 3:46.17	47.28	350m: 5:22.31	47.90
	100m: 1:23.86	45.21	200m: 2:58.89	47.93	300m: 4:34.41	48.24	400m: 6:08.34	46.03
AFGEM	Liset de Veer	Aqua-Novio'94	5:28.72	198704190				

Masters 35+

1.	Yvonne Gerritsen	WVZ	5:15.41	198000342	5:14.36	+0,83		
	50m: 34.55	34.55	150m: 1:52.68	39.64	250m: 3:12.91	40.34	350m: 4:34.66	41.08
	100m: 1:13.04	38.49	200m: 2:32.57	39.89	300m: 3:53.58	40.67	400m: 5:14.36	39.70
2.	Agnes van Brug	DAW	5:19.75	198001726	5:21.74	+0,87		
	50m: 36.52	36.52	150m: 1:57.77	40.99	250m: 3:20.35	41.09	350m: 4:43.03	41.11
	100m: 1:16.78	40.26	200m: 2:39.26	41.49	300m: 4:01.92	41.57	400m: 5:21.74	38.71
3.	Chantal Verhoeff	Old Dutch	5:20.21	197900912	5:21.75	+0,87		
	50m: 35.30	35.30	150m: 1:56.96	41.62	250m: 3:20.66	41.79	350m: 4:42.49	40.68
	100m: 1:15.34	40.04	200m: 2:38.87	41.91	300m: 4:01.81	41.15	400m: 5:21.75	39.26
4.	Martine de Haart	Patrick-De Roersoppers (SG)	5:40.62	197901492	5:31.62	+0,82		
	50m: 37.24	37.24	150m: 1:59.92	41.49	250m: 3:24.32	42.31	350m: 4:49.86	42.99
	100m: 1:18.43	41.19	200m: 2:42.01	42.09	300m: 4:06.87	42.55	400m: 5:31.62	41.76
5.	Inge Hornis	Zwemlust-den Hommel	5:35.70	197900364	5:35.73	+0,93		
	50m: 35.81	35.81	150m: 1:57.31	42.14	250m: 3:24.24	43.76	350m: 4:53.33	44.62
	100m: 1:15.17	39.36	200m: 2:40.48	43.17	300m: 4:08.71	44.47	400m: 5:35.73	42.40
6.	C. van der Straate de Jong	Old Dutch	5:33.53	198001750	5:42.55	+0,95		
	50m: 38.11	38.11	150m: 2:03.28	43.11	250m: 3:31.08	44.09	350m: 4:59.50	43.93
	100m: 1:20.17	42.06	200m: 2:46.99	43.71	300m: 4:15.57	44.49	400m: 5:42.55	43.05
7.	Cindy Hillekens	AquAmigos	6:24.83	197801324	6:24.19	+1,07		
	50m: 42.42	42.42	150m: 2:18.62	48.67	250m: 3:57.35	49.60	350m: 5:36.21	49.26
	100m: 1:29.95	47.53	200m: 3:07.75	49.13	300m: 4:46.95	49.60	400m: 6:24.19	47.98
8.	Sandra van der Helm	De Rog	6:34.08	197801340	6:34.31	+0,81		
	50m: 43.48	43.48	150m: 2:22.00	50.22	250m: 4:04.19	51.52	350m: 5:46.78	51.13
	100m: 1:31.78	48.30	200m: 3:12.67	50.67	300m: 4:55.65	51.46	400m: 6:34.31	47.53
9.	Rianne van Vegchelen	ZV 44	6:43.35	198101530	6:36.91	+1,12		
	50m: 44.13	44.13	150m: 2:24.05	50.03	250m: 4:05.26	51.89	350m: 5:48.20	51.70
	100m: 1:34.02	49.89	200m: 3:13.37	49.32	300m: 4:56.50	51.24	400m: 6:36.91	48.71
DIS	Natascha Hartman	PSV	6:06.11	198101780				

AF - De aangegeven afstand niet uitgezwommen.

Masters 40+

1.	Liselotte Joling	PSV	4:47.54	197500268	4:46.66	+0,90		
	50m: 33.07	33.07	150m: 1:45.36	36.54	250m: 2:58.12	35.86	350m: 4:11.19	36.38
	100m: 1:08.82	35.75	200m: 2:22.26	36.90	300m: 3:34.81	36.69	400m: 4:46.66	35.47
2.	Jannie Vennik	HZ&PC Heerenveen	5:39.59	197601006	5:31.52	+0,93		
	50m: 37.79	37.79	150m: 1:59.83	41.54	250m: 3:22.96	41.61	350m: 4:48.46	43.04
	100m: 1:18.29	40.50	200m: 2:41.35	41.52	300m: 4:05.42	42.46	400m: 5:31.52	43.06
3.	Pascal Janssen	Patrick-De Roersoppers (SG)	5:48.48	197300852	5:45.35	+0,92		
	50m: 36.72	36.72	150m: 2:03.34	44.13	250m: 3:32.49	44.71	350m: 5:02.28	45.12
	100m: 1:19.21	42.49	200m: 2:47.78	44.44	300m: 4:17.16	44.67	400m: 5:45.35	43.07
4.	Marian Nederlof	De Geul	5:37.27	197600950	5:57.68	+0,84		
	50m: 38.10	38.10	150m: 2:05.26	44.43	250m: 3:36.95	45.98	350m: 5:11.21	47.30
	100m: 1:20.83	42.73	200m: 2:50.97	45.71	300m: 4:23.91	46.96	400m: 5:57.68	46.47

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MZ&PC
Maastricht



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



Programmanr. 4, Dames, 400m vrije slag, Masters 40+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
5.	Inge Lolkema-Soeters	Steenwijk 1934	6:33.41	197300934	6:26.41	+0,91
	50m: 41.93	41.93	150m: 2:17.76	48.67	250m: 3:58.17	50.00
	100m: 1:29.09	47.16	200m: 3:08.17	50.41	300m: 4:48.57	50.40
					350m: 5:38.22	49.65
					400m: 6:26.41	48.19
6.	Clementine van Bruxvoort	ZPB H&L Productions	6:46.09	197700138	6:49.38	+0,88
	50m: 44.79	44.79	150m: 2:26.32	51.58	250m: 4:10.72	52.53
	100m: 1:34.74	49.95	200m: 3:18.19	51.87	300m: 5:04.08	53.36
					350m: 5:57.49	53.41
					400m: 6:49.38	51.89

Masters 45+

1.	Heidi den Boer	LINK	4:59.84	196900864	4:56.97	+0,78
	50m: 33.24	33.24	150m: 1:46.47	37.19	250m: 3:02.14	37.93
	100m: 1:09.28	36.04	200m: 2:24.21	37.74	300m: 3:40.81	38.67
					350m: 4:18.96	38.15
					400m: 4:56.97	38.01
2.	Evelien van Klarbergen	HZ&PC Heerenveen	5:10.20	197200964	5:00.30	+0,76
	50m: 33.64	33.64	150m: 1:47.89	37.14	250m: 3:03.88	38.37
	100m: 1:10.75	37.11	200m: 2:25.51	37.62	300m: 3:42.75	38.87
					350m: 4:22.08	39.33
					400m: 5:00.30	38.22
3.	Annette de Visser	Oceanus	5:04.80	197100602	5:06.41	+0,86
	50m: 33.83	33.83	150m: 1:49.75	38.38	250m: 3:08.69	39.61
	100m: 1:11.37	37.54	200m: 2:29.08	39.33	300m: 3:48.46	39.77
					350m: 4:28.07	39.61
					400m: 5:06.41	38.34
4.	Marion Broekhuis	WS Twente	5:41.43	196800060	5:40.53	+0,76
	50m: 37.95	37.95	150m: 2:02.71	43.06	250m: 3:29.84	43.82
	100m: 1:19.65	41.70	200m: 2:46.02	43.31	300m: 4:14.02	44.18
					350m: 4:58.05	44.03
					400m: 5:40.53	42.48
5.	Inken Wemheuer	DWT	5:55.99	197101016	5:42.60	+0,84
	50m: 38.14	38.14	150m: 2:03.46	43.51	250m: 3:32.23	44.33
	100m: 1:19.95	41.81	200m: 2:47.90	44.44	300m: 4:16.31	44.08
					350m: 5:00.99	44.68
					400m: 5:42.60	41.61
6.	Marijke Campfens	De Geul	5:56.01	196900960	5:42.70	+0,76
	50m: 37.09	37.09	150m: 2:00.92	42.99	250m: 3:29.99	44.84
	100m: 1:17.93	40.84	200m: 2:45.15	44.23	300m: 4:14.67	44.68
					350m: 4:59.55	44.88
					400m: 5:42.70	43.15
7.	Renata Gadliauskiene	Kauno Takas	6:11.04	197100602	5:47.11	+0,96
	50m: 38.21	38.21	150m: 2:04.42	44.12	250m: 3:34.47	45.13
	100m: 1:20.30	42.09	200m: 2:49.34	44.92	300m: 4:19.34	44.87
					350m: 5:03.73	44.39
					400m: 5:47.11	43.38
8.	Peggi Hurenkamp	HZ&PC Heerenveen	6:05.84	196900922	5:57.38	+0,83
	50m: 38.91	38.91	150m: 2:06.58	44.83	250m: 3:38.17	45.98
	100m: 1:21.75	42.84	200m: 2:52.19	45.61	300m: 4:24.54	46.37
					350m: 5:11.11	46.57
					400m: 5:57.38	46.27
9.	Annet Kootstra	Swol 1894	5:55.20	197100344	5:59.73	+0,84
	50m: 40.16	40.16	150m: 2:10.44	45.75	250m: 3:43.06	46.58
	100m: 1:24.69	44.53	200m: 2:56.48	46.04	300m: 4:29.19	46.13
					350m: 5:15.06	45.87
					400m: 5:59.73	44.67
10.	Karin Frederix	Old Dutch	6:09.66	196901044	6:15.40	+1,09
	50m: 41.26	41.26	150m: 2:15.92	48.30	250m: 3:53.49	48.63
	100m: 1:27.62	46.36	200m: 3:04.86	48.94	300m: 4:41.56	48.07
					350m: 5:29.71	48.15
					400m: 6:15.40	45.69
11.	Evelien Breman-Alers	Nautilus	6:37.01	197200878	6:38.99	+0,83
	50m: 41.27	41.27	150m: 2:17.75	49.91	250m: 4:02.11	52.66
	100m: 1:27.84	46.57	200m: 3:09.45	51.70	300m: 4:55.75	53.64
					350m: 5:47.98	52.23
					400m: 6:38.99	51.01

Masters 50+

1.	Wilna Heijman	Steenwijk 1934	5:21.92	196400506	5:21.27	+0,81
	50m: 36.58	36.58	150m: 1:57.44	40.92	250m: 3:19.52	40.97
	100m: 1:16.52	39.94	200m: 2:38.55	41.11	300m: 4:00.77	41.25
					350m: 4:41.69	40.92
					400m: 5:21.27	39.58
2.	Petra Casteleijn	ZPC AMERSFOORT	5:28.70	196600098	5:27.01	+0,89
	50m: 35.92	35.92	150m: 1:57.55	41.38	250m: 3:21.39	41.86
	100m: 1:16.17	40.25	200m: 2:39.53	41.98	300m: 4:03.36	41.97
					350m: 4:45.74	42.38
					400m: 5:27.01	41.27
3.	Jolanta Duleviciene	Kauno Takas	5:32.29	196600098	5:31.25	+0,80
	50m: 36.88	36.88	150m: 1:58.88	41.82	250m: 3:24.55	43.02
	100m: 1:17.06	40.18	200m: 2:41.53	42.65	300m: 4:07.54	42.99
					350m: 4:50.83	43.29
					400m: 5:31.25	40.42
4.	Jacqueline Rolloos-Bakkers	De Lansingh	5:44.39	196300222	5:36.52	+0,99
	50m: 37.52	37.52	150m: 2:03.18	43.55	250m: 3:30.13	43.19
	100m: 1:19.63	42.11	200m: 2:46.94	43.76	300m: 4:13.08	42.95
					350m: 4:55.44	42.36
					400m: 5:36.52	41.08
5.	Jeannette Ruesink	WS Twente	5:33.83	196300212	5:36.55	+0,76
	50m: 38.12	38.12	150m: 2:01.79	42.63	250m: 3:27.74	42.93
	100m: 1:19.16	41.04	200m: 2:44.81	43.02	300m: 4:10.89	43.15
					350m: 4:54.26	43.37
					400m: 5:36.55	42.29
6.	Teodora König	TSV Vorhalle	5:26.37	075148	5:37.10	+0,91
	50m: 37.24	37.24	150m: 2:01.80	42.88	250m: 3:28.33	43.44
	100m: 1:18.92	41.68	200m: 2:44.89	43.09	300m: 4:11.72	43.39
					350m: 4:55.27	43.55
					400m: 5:37.10	41.83

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Programmanr. 4, Dames, 400m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
7.	Theresa Walsh	MZ&PC	5:54.64	196700726	5:49.24	+1,03		
	50m: 37.40	37.40	150m: 2:03.10	43.73	250m: 3:32.75	45.10	350m: 5:04.13	46.08
	100m: 1:19.37	41.97	200m: 2:47.65	44.55	300m: 4:18.05	45.30	400m: 5:49.24	45.11
8.	Hetty Smalheer	SCOM	6:11.74	196700352	6:38.13	+1,01		
	50m: 41.94	41.94	150m: 2:19.50	49.93	250m: 4:01.97	50.95	350m: 5:46.93	51.99
	100m: 1:29.57	47.63	200m: 3:11.02	51.52	300m: 4:54.94	52.97	400m: 6:38.13	51.20
9.	Erica Muller	De Geul	6:41.87	196400412	6:39.59	+0,63		
	50m: 44.61	44.61	150m: 2:23.01	49.89	250m: 4:04.81	51.19	350m: 5:49.31	52.61
	100m: 1:33.12	48.51	200m: 3:13.62	50.61	300m: 4:56.70	51.89	400m: 6:39.59	50.28
10.	Annemarie Straetemans	De Geul	6:40.49	196300508	6:41.83	+0,99		
	50m: 46.88	46.88	150m: 2:28.02	51.23	250m: 4:11.46	51.89	350m: 5:53.68	51.06
	100m: 1:36.79	49.91	200m: 3:19.57	51.55	300m: 5:02.62	51.16	400m: 6:41.83	48.15
11.	Marie-Jeanne Vandormael	GZVN	7:03.79	21035/63	7:03.37	+0,76		
	50m: 47.11	47.11	150m: 2:34.67	54.21	250m: 4:24.14	54.93	350m: 6:12.17	53.80
	100m: 1:40.46	53.35	200m: 3:29.21	54.54	300m: 5:18.37	54.23	400m: 7:03.37	51.20

Masters 55+

1.	Patty Verhagen	PSV	5:30.76	195900146	5:30.99	+0,91		
	50m: 38.90	38.90	150m: 2:02.59	42.09	250m: 3:26.60	42.03	350m: 4:50.72	42.08
	100m: 1:20.50	41.60	200m: 2:44.57	41.98	300m: 4:08.64	42.04	400m: 5:30.99	40.27
2.	Petra Tossings	DAW	5:46.64	196100376	5:43.57	+0,84		
	50m: 38.81	38.81	150m: 2:05.94	44.04	250m: 3:34.28	43.48	350m: 5:01.63	43.74
	100m: 1:21.90	43.09	200m: 2:50.80	44.86	300m: 4:17.89	43.61	400m: 5:43.57	41.94
3.	Francine Sommer	Triton	5:50.72	196200384	5:46.31	+0,84		
	50m: 36.90	36.90	150m: 2:02.31	43.76	250m: 3:32.11	45.05	350m: 5:02.60	45.35
	100m: 1:18.55	41.65	200m: 2:47.06	44.75	300m: 4:17.25	45.14	400m: 5:46.31	43.71
4.	Inge Wolfs	PLONS	6:05.21	196000304	5:57.54	+0,92		
	50m: 39.46	39.46	150m: 2:07.82	45.03	250m: 3:39.99	46.31	350m: 5:12.25	45.92
	100m: 1:22.79	43.33	200m: 2:53.68	45.86	300m: 4:26.33	46.34	400m: 5:57.54	45.29
5.	Jennie Resink-lindeboom	DWK	6:34.80	196000142	6:41.84	+0,95		
	50m: 42.89	42.89	150m: 2:21.47	50.02	250m: 4:04.43	51.97	350m: 5:45.23	48.70
	100m: 1:31.45	48.56	200m: 3:12.46	50.99	300m: 4:56.53	52.10	400m: 6:41.84	56.61
6.	Caroline van Rooij	MZ&PC	6:35.29	196200428	6:42.73	+0,86		
	50m: 43.47	43.47	150m: 2:23.21	50.97	250m: 4:08.30	52.75	350m: 5:53.42	52.24
	100m: 1:32.24	48.77	200m: 3:15.55	52.34	300m: 5:01.18	52.88	400m: 6:42.73	49.31
7.	Birgit Bartelds	Mosaqua Gulpen	7:40.10	196100372	7:45.49	+0,98		
	50m: 50.88	50.88	150m: 2:46.88	58.65	250m: 4:46.52	1:00.29	350m: 6:46.88	1:00.45
	100m: 1:48.23	57.35	200m: 3:46.23	59.35	300m: 5:46.43	59.91	400m: 7:45.49	58.61
8.	Petra v.d. Steeg	ZCNF'34	8:15.16	196100398	8:17.55	+1,19		
	50m: 52.36	52.36	150m: 2:56.03	1:03.77	250m: 5:05.13	1:04.29	350m: 7:13.96	1:04.61
	100m: 1:52.26	59.90	200m: 4:00.84	1:04.81	300m: 6:09.35	1:04.22	400m: 8:17.55	1:03.59
9.	Karien Musters	Old Dutch	8:02.20	195800236	8:18.29	+0,89		
	50m: 51.30	51.30	150m: 2:53.12	1:02.76	250m: 5:02.87	1:05.29	350m: 7:14.59	1:06.00
	100m: 1:50.36	59.06	200m: 3:57.58	1:04.46	300m: 6:08.59	1:05.72	400m: 8:18.29	1:03.70

Masters 60+

1.	Margriet Pasma	De Inktvis	5:49.64	195500088	5:59.76	+0,92		
	50m: 39.93	39.93	150m: 2:10.59	45.92	250m: 3:42.25	45.87	350m: 5:14.70	46.48
	100m: 1:24.67	44.74	200m: 2:56.38	45.79	300m: 4:28.22	45.97	400m: 5:59.76	45.06
2.	Carla Hensen	PSV	6:39.70	195300062	6:42.17	+0,98		
	50m: 43.85	43.85	150m: 2:25.77	51.46	250m: 4:09.74	52.03	350m: 5:52.63	51.75
	100m: 1:34.31	50.46	200m: 3:17.71	51.94	300m: 5:00.88	51.14	400m: 6:42.17	49.54
3.	Maria Rosa Livina Carbonell	CN Aquamasters	7:14.57	039027291	7:06.87	+1,00		
	50m: 49.57	49.57	150m: 2:37.39	53.99	250m: 4:26.07	53.95	350m: 6:14.20	54.00
	100m: 1:43.40	53.83	200m: 3:32.12	54.73	300m: 5:20.20	54.13	400m: 7:06.87	52.67
4.	Lies Hartman	PSV	9:34.85	195600116	9:45.88	+1,22		
	50m: 57.59	57.59	150m: 3:20.20	1:13.29	250m: 5:52.76	1:17.08	350m: 8:28.42	1:17.85
	100m: 2:06.91	1:09.32	200m: 4:35.68	1:15.48	300m: 7:10.57	1:17.81	400m: 9:45.88	1:17.46

Programmanr. 4, Dames, 400m vrije slag

Masters 65+

1.	Conny Boer-Buys	ZVVS		5:46.56	19500006		5:45.98	+1,12				
	<i>Europees Masters Record</i>											
	50m:	38.63	38.63	150m:	2:06.75	45.51	250m:	3:37.69	45.56	350m:	5:06.41	43.39
	100m:	1:21.24	42.61	200m:	2:52.13	45.38	300m:	4:23.02	45.33	400m:	5:45.98	39.57
2.	Gonnie Bak	PSV		7:23.06	195100064		7:21.69	+0,93				
	50m:	49.56	49.56	150m:	2:43.44	57.98	250m:	4:38.27	56.89	350m:	6:31.84	55.96
	100m:	1:45.46	55.90	200m:	3:41.38	57.94	300m:	5:35.88	57.61	400m:	7:21.69	49.85
3.	Ineke Meijer	HZ&PC Heerenveen		7:13.50	195200034		7:22.46	+0,85				
	50m:	48.00	48.00	150m:	2:42.07	57.64	250m:	4:36.34	57.02	350m:	6:29.18	55.87
	100m:	1:44.43	56.43	200m:	3:39.32	57.25	300m:	5:33.31	56.97	400m:	7:22.46	53.28

Masters 70+

1.	Corrie Verhoeven	PSV		6:41.95	194600026		6:27.97	+0,75				
	<i>Nederlands Masters Record</i>											
	50m:	41.12	41.12	150m:	2:18.07	49.14	250m:	3:58.04	49.67	350m:	5:39.53	51.27
	100m:	1:28.93	47.81	200m:	3:08.37	50.30	300m:	4:48.26	50.22	400m:	6:27.97	48.44
2.	Annie Smits	PSV		7:40.70	194600016		8:07.03	+1,44				
	50m:	56.60	56.60	150m:	3:02.44	1:03.44	250m:	5:06.20	1:01.57	350m:	7:08.94	1:00.94
	100m:	1:59.00	1:02.40	200m:	4:04.63	1:02.19	300m:	6:08.00	1:01.80	400m:	8:07.03	58.09

Masters 75+

1.	Marie Smits	Old Dutch		8:23.63	193800004		8:10.37	+1,07				
	50m:	53.88	53.88	150m:	3:00.80	1:04.35	250m:	5:07.81	1:03.68	350m:	7:12.44	1:00.66
	100m:	1:56.45	1:02.57	200m:	4:04.13	1:03.33	300m:	6:11.78	1:03.97	400m:	8:10.37	57.93

Masters 80+

1.	Bep van Riessen	Aquapoldro		9:32.16	193700006		9:31.92	+1,11				
	50m:	1:01.20	1:01.20	150m:	3:27.26	1:14.52	250m:	5:55.02	1:14.04	350m:	8:23.27	1:14.10
	100m:	2:12.74	1:11.54	200m:	4:40.98	1:13.72	300m:	7:09.17	1:14.15	400m:	9:31.92	1:08.65