

Programmanr. 18
06-05-2017 - 10:42

Dames, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC
Masters 20+						
1.	Madelon Dijkstra <i>Kampioenschaps Record</i>	ZPCH	5:12.88	199703510	5:23.29	+0,89
	50m: 34.76 34.76 150m: 2:01.54 44.41 250m: 3:28.26 44.53 350m: 4:49.15 35.59 100m: 1:17.13 42.37 200m: 2:43.73 42.19 300m: 4:13.56 45.30 400m: 5:23.29 34.14					
2.	Liesa Vrielinck	BZK	5:31.45	21068/93	5:27.80	+0,75
	50m: 33.76 33.76 150m: 1:57.10 43.36 250m: 3:26.51 46.66 350m: 4:51.90 37.82 100m: 1:13.74 39.98 200m: 2:39.85 42.75 300m: 4:14.08 47.57 400m: 5:27.80 35.90					
3.	Tamara Grove	De Dolfijn	5:31.65	199601266	5:28.05	+0,73
	50m: 33.97 33.97 150m: 1:57.80 44.03 250m: 3:27.86 48.08 350m: 4:53.52 36.61 100m: 1:13.77 39.80 200m: 2:39.78 41.98 300m: 4:16.91 49.05 400m: 5:28.05 34.53					
4.	Moniek Heemskerck	LZ 1886	5:30.18	199601964	5:40.00	+0,80
	50m: 35.42 35.42 150m: 2:04.33 47.20 250m: 3:35.33 45.84 350m: 5:02.01 39.70 100m: 1:17.13 41.71 200m: 2:49.49 45.16 300m: 4:22.31 46.98 400m: 5:40.00 37.99					
5.	Karin de Kok	AquAmigos	5:55.91	199301010	5:58.42	+0,72
	50m: 41.20 41.20 150m: 2:14.97 46.60 250m: 3:49.27 48.10 350m: 5:18.12 40.75 100m: 1:28.37 47.17 200m: 3:01.17 46.20 300m: 4:37.37 48.10 400m: 5:58.42 40.30					
6.	Dorien Hein	AZ&PC De Futen	6:36.92	199503010	6:50.60	+0,83
	50m: 48.51 48.51 150m: 2:36.00 53.12 250m: 4:22.07 53.16 350m: 6:04.82 47.52 100m: 1:42.88 54.37 200m: 3:28.91 52.91 300m: 5:17.30 55.23 400m: 6:50.60 45.78					
Masters 25+						
1.	Maaïke Vooren	DAW	5:33.98	199103324	5:31.27	+0,83
	50m: 34.00 34.00 150m: 2:00.56 45.44 250m: 3:31.52 46.35 350m: 4:55.23 36.59 100m: 1:15.12 41.12 200m: 2:45.17 44.61 300m: 4:18.64 47.12 400m: 5:31.27 36.04					
2.	Wendy de Bruin	ZOB'66	5:46.55	199206320	5:48.43	+0,69
	50m: 34.62 34.62 150m: 2:03.78 45.56 250m: 3:38.83 49.22 350m: 5:09.29 39.57 100m: 1:18.22 43.60 200m: 2:49.61 45.83 300m: 4:29.72 50.89 400m: 5:48.43 39.14					
3.	Susanne van der Linden	DIO	5:46.38	198802736	5:55.00	+0,84
	50m: 36.38 36.38 150m: 2:08.67 48.08 250m: 3:43.90 47.20 350m: 5:14.60 42.12 100m: 1:20.59 44.21 200m: 2:56.70 48.03 300m: 4:32.48 48.58 400m: 5:55.00 40.40					
4.	Claudia Creemers	RZ	7:40.14	199202864	7:35.46	+0,78
	50m: 43.96 43.96 150m: 2:43.25 1:00.02 250m: 4:47.15 1:03.66 350m: 6:43.54 51.87 100m: 1:43.23 59.27 200m: 3:43.49 1:00.24 300m: 5:51.67 1:04.52 400m: 7:35.46 51.92					
Masters 30+						
1.	Viktória Felföldi <i>Kampioenschaps Record, Hungarian Masters Record</i>	Iron Aquatics	5:46.57		5:26.19	+0,80
	50m: 33.05 33.05 150m: 1:54.50 42.13 250m: 3:23.96 48.09 350m: 4:49.98 37.45 100m: 1:12.37 39.32 200m: 2:35.87 41.37 300m: 4:12.53 48.57 400m: 5:26.19 36.21					
2.	Stephanie Vaernewyck	MEGA-zwemteam	5:48.24	20352/83	5:57.26	+0,90
	50m: 37.80 37.80 150m: 2:09.97 46.49 250m: 3:45.19 50.43 350m: 5:17.03 40.70 100m: 1:23.48 45.68 200m: 2:54.76 44.79 300m: 4:36.33 51.14 400m: 5:57.26 40.23					
3.	Maaïke van Diggele	ZPB H&L Productions	6:00.38	198700868	6:00.57	+0,83
	50m: 36.30 36.30 150m: 2:06.72 47.53 250m: 3:44.95 51.56 350m: 5:19.98 41.32 100m: 1:19.19 42.89 200m: 2:53.39 46.67 300m: 4:38.66 53.71 400m: 6:00.57 40.59					
4.	Liesbeth van Mill	DWK	6:19.33	198702786	6:10.48	+0,90
	50m: 39.36 39.36 150m: 2:13.81 49.05 250m: 3:53.44 51.92 350m: 5:28.58 43.60 100m: 1:24.76 45.40 200m: 3:01.52 47.71 300m: 4:44.98 51.54 400m: 6:10.48 41.90					
5.	Angela Giezen	Montferland	6:10.54	198302796	6:24.97	+1,01
	50m: 40.27 40.27 150m: 2:23.34 52.54 250m: 4:05.95 54.18 350m: 5:43.01 45.01 100m: 1:30.80 50.53 200m: 3:11.77 48.43 300m: 4:58.00 52.05 400m: 6:24.97 41.96					
6.	Liset de Veer	Aqua-Novio'94	6:20.52	198704190	6:27.98	+0,83
	50m: 38.73 38.73 150m: 2:16.21 50.38 250m: 4:02.15 56.94 350m: 5:43.29 44.31 100m: 1:25.83 47.10 200m: 3:05.21 49.00 300m: 4:58.98 56.83 400m: 6:27.98 44.69					

Programmanr. 18, Dames, 400m wisselslag, Masters 30+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC		
7.	Margriet Aan het Rot	Octopus	6:47.07	198603088	6:54.77	+0,86		
	50m: 42.47	42.47	150m: 2:28.59	53.86	250m: 4:18.48	55.46	350m: 6:04.34	49.15
	100m: 1:34.73	52.26	200m: 3:23.02	54.43	300m: 5:15.19	56.71	400m: 6:54.77	50.43
8.	Carola Jacobs	Triton Putten	6:41.88	198504176	6:58.24	+0,85		
	50m: 46.77	46.77	150m: 2:41.18	54.12	250m: 4:29.14	53.56	350m: 6:11.57	47.08
	100m: 1:47.06	1:00.29	200m: 3:35.58	54.40	300m: 5:24.49	55.35	400m: 6:58.24	46.67

Masters 35+

1.	Jolanda van Gendt	PSV	6:22.97	197800266	6:23.89	+0,74		
	50m: 40.14	40.14	150m: 2:19.02	48.59	250m: 4:01.27	54.45	350m: 5:40.05	42.83
	100m: 1:30.43	50.29	200m: 3:06.82	47.80	300m: 4:57.22	55.95	400m: 6:23.89	43.84
2.	Carmen Haan	TriVia	6:47.16	197901458	6:51.97	+1,04		
	50m: 46.32	46.32	150m: 2:33.00	52.79	250m: 4:19.25	56.78	350m: 6:04.46	48.22
	100m: 1:40.21	53.89	200m: 3:22.47	49.47	300m: 5:16.24	56.99	400m: 6:51.97	47.51
3.	Rianne van Vegchelen	ZV 44	7:45.32	198101530	8:12.72	+1,16		
	50m: 56.49	56.49	150m: 3:09.66	1:06.24	250m: 5:24.54	1:08.80	350m: 7:23.00	49.42
	100m: 2:03.42	1:06.93	200m: 4:15.74	1:06.08	300m: 6:33.58	1:09.04	400m: 8:12.72	49.72
AFGEM	Roos van Esch	Albion d'ELFT (SG)	5:36.49	198200468				

Masters 40+

1.	Liselotte Joling	PSV	5:47.27	197500268	5:51.92	+0,86		
	50m: 36.72	36.72	150m: 2:08.71	48.44	250m: 3:43.28	49.85	350m: 5:13.90	39.62
	100m: 1:20.27	43.55	200m: 2:53.43	44.72	300m: 4:34.28	51.00	400m: 5:51.92	38.02

Masters 45+

1.	Evelien van Klaarbergen <i>Nederlands Masters Record</i>	HZ&PC Heerenveen	5:57.36	197200964	5:46.37	+0,86		
	50m: 35.57	35.57	150m: 2:03.27	45.12	250m: 3:38.24	51.32	350m: 5:08.35	38.96
	100m: 1:18.15	42.58	200m: 2:46.92	43.65	300m: 4:29.39	51.15	400m: 5:46.37	38.02
2.	Heidi den Boer	LINK	5:52.61	196900864	6:05.44	+0,80		
	50m: 38.06	38.06	150m: 2:08.26	46.03	250m: 3:46.00	52.60	350m: 5:23.35	42.41
	100m: 1:22.23	44.17	200m: 2:53.40	45.14	300m: 4:40.94	54.94	400m: 6:05.44	42.09
3.	Kathy Van Lindt	Aquaris Zwemklub Lebbecke	6:03.64	20181/71	6:16.18	+0,94		
	50m: 38.79	38.79	150m: 2:17.55	50.61	250m: 4:03.31	53.86	350m: 5:36.55	39.95
	100m: 1:26.94	48.15	200m: 3:09.45	51.90	300m: 4:56.60	53.29	400m: 6:16.18	39.63
4.	Annet Kootstra	Swol 1894	6:45.63	197100344	6:56.59	+0,86		
	50m: 45.73	45.73	150m: 2:34.39	55.42	250m: 4:24.23	57.85	350m: 6:11.41	47.80
	100m: 1:38.97	53.24	200m: 3:26.38	51.99	300m: 5:23.61	59.38	400m: 6:56.59	45.18
5.	Greta Wyma-Teitsma	DWK	7:41.14	197100696	7:57.46	+0,88		
	50m: 57.60	57.60	150m: 3:03.74	57.74	250m: 5:01.94	1:00.48	350m: 7:00.51	56.50
	100m: 2:06.00	1:08.40	200m: 4:01.46	57.72	300m: 6:04.01	1:02.07	400m: 7:57.46	56.95

Masters 50+

1.	Allie Price	Cardiff Masters	5:53.59	547582	5:53.53	+0,78		
	50m: 35.02	35.02	150m: 2:02.32	44.84	250m: 3:38.74	51.17	350m: 5:13.26	41.54
	100m: 1:17.48	42.46	200m: 2:47.57	45.25	300m: 4:31.72	52.98	400m: 5:53.53	40.27
2.	Annemarie Vuist	Swol 1894	6:21.37	196300282	6:41.96	+0,92		
	50m: 43.83	43.83	150m: 2:30.37	55.20	250m: 4:17.58	54.54	350m: 5:58.08	46.17
	100m: 1:35.17	51.34	200m: 3:23.04	52.67	300m: 5:11.91	54.33	400m: 6:41.96	43.88
3.	K. van Nassau van den Heuvel	Old Dutch	6:39.68	196600188	7:03.86	+0,92		
	50m: 44.95	44.95	150m: 2:36.72	57.30	250m: 4:28.26	55.41	350m: 6:13.82	48.63
	100m: 1:39.42	54.47	200m: 3:32.85	56.13	300m: 5:25.19	56.93	400m: 7:03.86	50.04
AFGEM	Marjan Remmits	ZPC Woerden	6:06.57	196300518				



Open Nederlandse Masters
Kampioenschappen 2017 I b
Eindhoven, 4 t/m 7 mei 2017



Programmanr. 18, Dames, 400m wisselslag

Masters 55+

1. Pierrette Michel	CNSW	5:41.55	000835/62	5:54.99	+0,89
<i>Europees Masters Record</i>					
50m:	35.45	35.45	150m:	2:04.15	44.85
100m:	1:19.30	43.85	200m:	2:48.26	44.11
250m:	3:40.48	52.22	350m:	5:14.02	41.52
300m:	4:32.50	52.02	400m:	5:54.99	40.97
2. Patty Verhagen	PSV	6:32.28	195900146	6:37.74	+0,97
50m:	40.95	40.95	150m:	2:22.56	53.25
100m:	1:29.31	48.36	200m:	3:12.94	50.38
250m:	4:12.79	59.85	350m:	5:55.08	43.40
300m:	5:11.68	58.89	400m:	6:37.74	42.66
3. Petra Tossings	DAW	6:45.72	196100376	6:42.30	+0,93
50m:	41.58	41.58	150m:	2:26.16	54.11
100m:	1:32.05	50.47	200m:	3:18.82	52.66
250m:	4:16.15	57.33	350m:	5:58.81	45.99
300m:	5:12.82	56.67	400m:	6:42.30	43.49
4. Hannie Poletiek	TriVia	7:35.81	195900278	7:44.02	+0,99
50m:	49.78	49.78	150m:	2:53.17	59.70
100m:	1:53.47	1:03.69	200m:	3:52.92	59.75
250m:	4:55.62	1:02.70	350m:	6:50.78	51.62
300m:	5:59.16	1:03.54	400m:	7:44.02	53.24
5. Marjan Spoelstra	Swol 1894	7:46.10	196000236	7:52.49	+0,91
50m:	56.18	56.18	150m:	3:02.64	1:03.70
100m:	1:58.94	1:02.76	200m:	4:03.85	1:01.21
250m:	5:06.16	1:02.31	350m:	7:01.26	52.62
300m:	6:08.64	1:02.48	400m:	7:52.49	51.23

Masters 60+

1. Margriet Pasma	De Inktvis	6:51.57	195500088	7:19.72	+0,88
50m:	50.76	50.76	150m:	2:45.12	54.13
100m:	1:50.99	1:00.23	200m:	3:38.95	53.83
250m:	4:41.01	1:02.06	350m:	6:32.91	48.18
300m:	5:44.73	1:03.72	400m:	7:19.72	46.81
2. Carla Hensen	PSV	7:30.75	195300062	8:05.17	+0,91
50m:	49.40	49.40	150m:	2:51.59	1:01.64
100m:	1:49.95	1:00.55	200m:	3:52.59	1:01.00
250m:	5:02.87	1:10.28	350m:	7:10.45	54.77
300m:	6:15.68	1:12.81	400m:	8:05.17	54.72
DIS Colette Crabbe	CNSW	6:01.90	004900/56		SK

Masters 65+

1. Gonnie Bak	PSV	8:30.08	195100064	8:52.56	+0,98
50m:	1:06.67	1:06.67	150m:	3:32.13	1:15.33
100m:	2:16.80	1:10.13	200m:	4:41.78	1:09.65
250m:	5:49.87	1:08.09	350m:	7:56.55	58.50
300m:	6:58.05	1:08.18	400m:	8:52.56	56.01
2. Antoinette Gilding-Tussaud	WS Twente	8:45.87	195000038	8:59.29	+1,08
50m:	1:04.38	1:04.38	150m:	3:26.37	1:04.29
100m:	2:22.08	1:17.70	200m:	4:29.39	1:03.02
250m:	5:46.75	1:17.36	350m:	8:00.75	1:00.30
300m:	7:00.45	1:13.70	400m:	8:59.29	58.54