

Programmanr. 4
05-05-2017 - 9:00

Dames, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC
Masters 20+						
1.	Madelon Dijkstra	ZPCH	4:25.32	199703510	4:37.02	+0,88
	50m: 31.62	31.62	150m: 1:40.54	34.97	250m: 2:50.98	35.34
	100m: 1:05.57	33.95	200m: 2:15.64	35.10	300m: 3:26.14	35.16
					350m: 4:02.12	35.98
					400m: 4:37.02	34.90
2.	Tamara Grove	De Dolfijn	4:38.51	199601266	4:44.46	+0,71
	50m: 31.84	31.84	150m: 1:42.43	35.65	250m: 2:55.03	36.44
	100m: 1:06.78	34.94	200m: 2:18.59	36.16	300m: 3:31.48	36.45
					350m: 4:08.35	36.87
					400m: 4:44.46	36.11
3.	Melissa van der Geld	De Warande	4:52.63	199506250	4:53.03	+0,69
	50m: 32.70	32.70	150m: 1:45.70	37.09	250m: 3:01.41	37.52
	100m: 1:08.61	35.91	200m: 2:23.89	38.19	300m: 3:39.48	38.07
					350m: 4:17.15	37.67
					400m: 4:53.03	35.88
4.	Jasmijn Ruijgrok	WZK Zwemmen	4:43.25	199401032	4:58.08	+0,73
	50m: 32.66	32.66	150m: 1:45.55	37.02	250m: 3:01.32	38.21
	100m: 1:08.53	35.87	200m: 2:23.11	37.56	300m: 3:39.78	38.46
					350m: 4:19.16	39.38
					400m: 4:58.08	38.92
5.	Lotte Coenen	Hydrofiel	5:08.74	199301518	5:07.61	+0,85
	50m: 33.56	33.56	150m: 1:50.99	39.46	250m: 3:10.85	39.70
	100m: 1:11.53	37.97	200m: 2:31.15	40.16	300m: 3:50.53	39.68
					350m: 4:29.44	38.91
					400m: 5:07.61	38.17
6.	Janine de Groot	Nova	5:02.48	199500092	5:08.56	+0,83
	50m: 34.26	34.26	150m: 1:52.18	39.60	250m: 3:11.98	39.62
	100m: 1:12.58	38.32	200m: 2:32.36	40.18	300m: 3:52.18	40.20
					350m: 4:31.01	38.83
					400m: 5:08.56	37.55
7.	Moniek Heemskerck	LZ 1886	4:58.38	199601964	5:08.64	+0,75
	50m: 34.03	34.03	150m: 1:50.75	39.22	250m: 3:09.95	39.87
	100m: 1:11.53	37.50	200m: 2:30.08	39.33	300m: 3:50.02	40.07
					350m: 4:30.95	40.93
					400m: 5:08.64	37.69
8.	Kimberly Mijnen	WZ&PC Purmerend	4:59.28	199503644	5:08.78	+0,69
	50m: 33.04	33.04	150m: 1:50.58	39.39	250m: 3:10.07	38.87
	100m: 1:11.19	38.15	200m: 2:31.20	40.62	300m: 3:50.36	40.29
					350m: 4:30.69	40.33
					400m: 5:08.78	38.09
9.	Anouk Kuijlaars	PSV	5:11.14	199401700	5:19.53	+0,77
	50m: 35.19	35.19	150m: 1:55.09	40.37	250m: 3:16.02	40.18
	100m: 1:14.72	39.53	200m: 2:35.84	40.75	300m: 3:57.41	41.39
					350m: 4:39.00	41.59
					400m: 5:19.53	40.53
10.	Samira Mijnen	WZ&PC Purmerend	5:02.66	199701320	5:24.80	+0,78
	50m: 34.98	34.98	150m: 1:55.22	40.62	250m: 3:19.15	41.99
	100m: 1:14.60	39.62	200m: 2:37.16	41.94	300m: 4:02.02	42.87
					350m: 4:43.63	41.61
					400m: 5:24.80	41.17
11.	Sarina Paulussen	RZ	5:56.66	199307426	5:37.77	+0,83
	50m: 35.22	35.22	150m: 1:59.80	43.17	250m: 3:27.32	44.32
	100m: 1:16.63	41.41	200m: 2:43.00	43.20	300m: 4:10.89	43.57
					350m: 4:55.37	44.48
					400m: 5:37.77	42.40
12.	Charine de Ruiter	Steenwijk 1934	5:39.76	199403668	5:46.80	+0,90
	50m: 36.99	36.99	150m: 2:02.63	43.55	250m: 3:31.64	44.30
	100m: 1:19.08	42.09	200m: 2:47.34	44.71	300m: 4:17.72	46.08
					350m: 5:02.66	44.94
					400m: 5:46.80	44.14
Masters 25+						
1.	Maaïke Vooren	DAW	4:47.54	199103324	4:47.85	+0,84
	50m: 32.67	32.67	150m: 1:45.27	36.53	250m: 2:58.56	36.31
	100m: 1:08.74	36.07	200m: 2:22.25	36.98	300m: 3:35.28	36.72
					350m: 4:11.81	36.53
					400m: 4:47.85	36.04
2.	Fraukje Puts	HZ&PC Heerenveen	5:04.80	199206470	5:07.45	+0,79
	50m: 35.05	35.05	150m: 1:52.07	38.96	250m: 3:11.06	39.06
	100m: 1:13.11	38.06	200m: 2:32.00	39.93	300m: 3:50.98	39.92
					350m: 4:29.43	38.45
					400m: 5:07.45	38.02
3.	Monique Lindenberg	De Bevelanders	4:58.65	199002360	5:10.24	+0,73
	50m: 34.15	34.15	150m: 1:51.18	39.27	250m: 3:10.37	39.91
	100m: 1:11.91	37.76	200m: 2:30.46	39.28	300m: 3:50.39	40.02
					350m: 4:31.36	40.97
					400m: 5:10.24	38.88
4.	Charlotte Six	CNSW	5:02.72	003821/88	5:10.80	+0,99
	50m: 35.26	35.26	150m: 1:51.96	38.85	250m: 3:11.50	39.87
	100m: 1:13.11	37.85	200m: 2:31.63	39.67	300m: 3:52.02	40.52
					350m: 4:32.31	40.29
					400m: 5:10.80	38.49
5.	Mandy Verbakel	ZPC Woerden	5:07.43	199003908	5:11.61	+0,81
	50m: 35.11	35.11	150m: 1:52.19	38.94	250m: 3:11.94	40.16
	100m: 1:13.25	38.14	200m: 2:31.78	39.59	300m: 3:52.70	40.76
					350m: 4:32.82	40.12
					400m: 5:11.61	38.79
6.	Wendy de Bruin	ZOB'66	5:08.10	199206320	5:13.44	+0,67
	50m: 35.01	35.01	150m: 1:52.82	39.57	250m: 3:13.46	40.57
	100m: 1:13.25	38.24	200m: 2:32.89	40.07	300m: 3:54.13	40.67
					350m: 4:34.42	40.29
					400m: 5:13.44	39.02

Programmanr. 4, Dames, 400m vrije slag, Masters 25+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC		
7.	Getrude Corporaal	ZVZ	5:27.23	199200380	5:21.87	+0,82		
	50m: 35.06	35.06	150m: 1:54.44	40.20	250m: 3:18.04	41.81	350m: 4:42.34	41.47
	100m: 1:14.24	39.18	200m: 2:36.23	41.79	300m: 4:00.87	42.83	400m: 5:21.87	39.53
8.	Anne Bavelaar	PSV	5:38.01	199108240	5:34.10	+0,76		
	50m: 37.48	37.48	150m: 2:02.02	43.06	250m: 3:27.62	42.49	350m: 4:54.10	43.19
	100m: 1:18.96	41.48	200m: 2:45.13	43.11	300m: 4:10.91	43.29	400m: 5:34.10	40.00
9.	Vivian Brak	ZPC Woerden	5:22.93	199000520	S14 5:42.49	+0,76	545	
	50m: 36.54	36.54	150m: 2:00.45	43.08	250m: 3:29.47	44.57	350m: 4:59.20	45.47
	100m: 1:17.37	40.83	200m: 2:44.90	44.45	300m: 4:13.73	44.26	400m: 5:42.49	43.29
10.	Ilse Blankvoort	Steenwijk 1934	5:52.14	199204458	5:47.36	+0,89		
	50m: 37.45	37.45	150m: 2:01.80	42.80	250m: 3:30.41	44.71	350m: 5:02.00	45.96
	100m: 1:19.00	41.55	200m: 2:45.70	43.90	300m: 4:16.04	45.63	400m: 5:47.36	45.36
11.	Rachelle Hellenbrand	PSV	6:13.67	199101204	6:21.76	+0,93		
	50m: 40.09	40.09	150m: 2:15.00	48.38	250m: 3:56.32	50.82	350m: 5:34.00	48.93
	100m: 1:26.62	46.53	200m: 3:05.50	50.50	300m: 4:45.07	48.75	400m: 6:21.76	47.76
12.	Claudia Creemers	RZ	6:50.64	199202864	6:41.60	+0,77		
	50m: 41.24	41.24	150m: 2:18.88	50.23	250m: 4:03.74	52.85	350m: 5:50.05	52.33
	100m: 1:28.65	47.41	200m: 3:10.89	52.01	300m: 4:57.72	53.98	400m: 6:41.60	51.55
13.	Anouk Bloem	TRB-RES	6:58.97	199000320	7:22.64	+0,90		
	50m: 46.45	46.45	150m: 2:34.00	54.83	250m: 4:28.84	57.15	350m: 6:24.95	57.76
	100m: 1:39.17	52.72	200m: 3:31.69	57.69	300m: 5:27.19	58.35	400m: 7:22.64	57.69

Masters 30+

1.	Viktória Felföldi	Iron Aquatics	5:04.47		4:58.25	+0,81		
	50m: 33.05	33.05	150m: 1:46.34	37.04	250m: 3:02.83	38.13	350m: 4:20.09	38.51
	100m: 1:09.30	36.25	200m: 2:24.70	38.36	300m: 3:41.58	38.75	400m: 4:58.25	38.16
2.	Stephanie Vaernewyck	MEGA-zwemteam	5:04.81	20352/83	5:11.52	+0,88		
	50m: 34.46	34.46	150m: 1:52.24	39.00	250m: 3:11.78	39.55	350m: 4:31.90	40.09
	100m: 1:13.24	38.78	200m: 2:32.23	39.99	300m: 3:51.81	40.03	400m: 5:11.52	39.62
3.	Tamara Nordin	ZPC De Zeeuwse Kust	5:20.26	198702996	5:27.41	+0,84		
	50m: 36.22	36.22	150m: 1:57.20	40.90	250m: 3:22.04	42.28	350m: 4:46.84	42.01
	100m: 1:16.30	40.08	200m: 2:39.76	42.56	300m: 4:04.83	42.79	400m: 5:27.41	40.57
4.	Linda Hoogendam	WVZ	5:20.25	198300892	5:28.75	+0,83		
	50m: 37.08	37.08	150m: 2:01.49	42.44	250m: 3:26.19	41.74	350m: 4:50.38	41.53
	100m: 1:19.05	41.97	200m: 2:44.45	42.96	300m: 4:08.85	42.66	400m: 5:28.75	38.37
5.	Isaline Manchel	CNSW	5:28.28	001284/85	5:34.65	+0,97		
	50m: 38.86	38.86	150m: 2:05.16	43.36	250m: 3:30.01	41.69	350m: 4:53.59	41.63
	100m: 1:21.80	42.94	200m: 2:48.32	43.16	300m: 4:11.96	41.95	400m: 5:34.65	41.06
6.	Sandra Schellekens	SWNZ (SG)	5:38.18	198503416	5:40.99	+0,89		
	50m: 36.70	36.70	150m: 2:01.81	43.17	250m: 3:30.45	44.12	350m: 4:59.56	44.33
	100m: 1:18.64	41.94	200m: 2:46.33	44.52	300m: 4:15.23	44.78	400m: 5:40.99	41.43
7.	Angela Geizen	Montferland	5:59.69	198302796	5:44.81	+0,96		
	50m: 37.50	37.50	150m: 2:03.34	43.75	250m: 3:31.90	44.24	350m: 5:01.73	45.26
	100m: 1:19.59	42.09	200m: 2:47.66	44.32	300m: 4:16.47	44.57	400m: 5:44.81	43.08
8.	Sandra Koenig	CNSW	5:33.74	002644/86	5:51.01	+0,81		
	50m: 39.75	39.75	150m: 2:06.31	43.76	250m: 3:35.42	45.08	350m: 5:06.39	45.99
	100m: 1:22.55	42.80	200m: 2:50.34	44.03	300m: 4:20.40	44.98	400m: 5:51.01	44.62
9.	Liset de Veer	Aqua-Novio'94	5:51.17	198704190	5:53.65	+0,81		
	50m: 39.88	39.88	150m: 2:08.15	44.63	250m: 3:38.77	45.24	350m: 5:09.42	45.03
	100m: 1:23.52	43.64	200m: 2:53.53	45.38	300m: 4:24.39	45.62	400m: 5:53.65	44.23

Masters 35+

1.	Severine Bayre	CNSW	5:32.40	004275/78	5:22.97	+1,00		
	50m: 37.98	37.98	150m: 1:59.96	41.15	250m: 3:22.94	41.44	350m: 4:44.43	40.08
	100m: 1:18.81	40.83	200m: 2:41.50	41.54	300m: 4:04.35	41.41	400m: 5:22.97	38.54
2.	Yvonne Gerritsen	WVZ	5:21.93	198000342	5:23.53	+0,80		
	50m: 34.75	34.75	150m: 1:55.41	41.08	250m: 3:19.01	41.67	350m: 4:43.17	41.97
	100m: 1:14.33	39.58	200m: 2:37.34	41.93	300m: 4:01.20	42.19	400m: 5:23.53	40.36
3.	Agnes van Brug	DAW	5:23.47	198001726	5:28.07	+0,84		
	50m: 36.10	36.10	150m: 1:58.00	41.49	250m: 3:22.97	42.51	350m: 4:47.62	41.96
	100m: 1:16.51	40.41	200m: 2:40.46	42.46	300m: 4:05.66	42.69	400m: 5:28.07	40.45

Programmanr. 4, Dames, 400m vrije slag, Masters 35+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC		
4.	Martine de Haart	Patrick-De Roersoppers (SG)	5:31.62	197901492	5:41.32	+0,87		
	50m: 37.53	37.53	150m: 2:02.35	42.60	250m: 3:31.21	44.26	350m: 5:00.55	43.97
	100m: 1:19.75	42.22	200m: 2:46.95	44.60	300m: 4:16.58	45.37	400m: 5:41.32	40.77
5.	Chantal Verhoeff	Old Dutch	5:33.58	197900912	5:41.69	+0,93		
	50m: 36.08	36.08	150m: 2:01.63	43.43	250m: 3:30.54	44.38	350m: 5:00.18	44.04
	100m: 1:18.20	42.12	200m: 2:46.16	44.53	300m: 4:16.14	45.60	400m: 5:41.69	41.51
6.	Babette Rens	Swol 1894	6:20.95	197801200	6:23.56	+0,85		
	50m: 41.66	41.66	150m: 2:14.49	47.56	250m: 3:53.20	49.99	350m: 5:34.12	51.23
	100m: 1:26.93	45.27	200m: 3:03.21	48.72	300m: 4:42.89	49.69	400m: 6:23.56	49.44
7.	Cindy Hillekens	AquAmigos	6:53.06	197801324	6:46.46	+0,98		
	50m: 43.11	43.11	150m: 2:23.49	50.68	250m: 4:08.87	51.79	350m: 5:54.36	51.96
	100m: 1:32.81	49.70	200m: 3:17.08	53.59	300m: 5:02.40	53.53	400m: 6:46.46	52.10
8.	Rianne van Vegchelen	ZV 44	6:36.91	198101530	6:57.72	+1,10		
	50m: 44.52	44.52	150m: 2:28.38	53.27	250m: 4:17.32	54.87	350m: 6:04.77	52.35
	100m: 1:35.11	50.59	200m: 3:22.45	54.07	300m: 5:12.42	55.10	400m: 6:57.72	52.95
9.	Sandra van der Helm	De Rog	6:34.08	197801340	7:01.84	+0,84		
	50m: 44.43	44.43	150m: 2:29.01	53.87	250m: 4:18.52	55.11	350m: 6:09.90	55.53
	100m: 1:35.14	50.71	200m: 3:23.41	54.40	300m: 5:14.37	55.85	400m: 7:01.84	51.94
DIS	Natascha Hartman	PSV	6:34.80	198101780		AF		
AFGEM	Roos van Esch	Albion d'ELFT (SG)	5:13.13	198200468				

Masters 40+

1.	Kirsten Cameron	Malvern Marlins SC	4:28.24	786509	4:34.67	+0,76		
	50m: 32.24	32.24	150m: 1:41.30	34.91	250m: 2:51.16	34.85	350m: 4:01.04	35.04
	100m: 1:06.39	34.15	200m: 2:16.31	35.01	300m: 3:26.00	34.84	400m: 4:34.67	33.63
2.	Liselotte Joling	PSV	4:54.69	197500268	4:59.43	+0,84		
	50m: 33.99	33.99	150m: 1:50.25	38.61	250m: 3:06.15	37.34	350m: 4:22.80	38.10
	100m: 1:11.64	37.65	200m: 2:28.81	38.56	300m: 3:44.70	38.55	400m: 4:59.43	36.63
3.	Petra Guijt	Aqua-Novio'94	5:26.72	197600978	5:28.84	+0,88		
	50m: 36.67	36.67	150m: 1:59.29	41.99	250m: 3:23.30	41.86	350m: 4:48.06	42.31
	100m: 1:17.30	40.63	200m: 2:41.44	42.15	300m: 4:05.75	42.45	400m: 5:28.84	40.78
4.	Éva Mónika Kézsmárki	Iron Aquatics	5:36.85		5:48.58	+0,97		
	50m: 38.75	38.75	150m: 2:05.91	44.27	250m: 3:36.26	45.38	350m: 5:06.43	44.91
	100m: 1:21.64	42.89	200m: 2:50.88	44.97	300m: 4:21.52	45.26	400m: 5:48.58	42.15
5.	Pascalie Janssen	Patrick-De Roersoppers (SG)	5:45.35	197300852	6:02.67	+0,96		
	50m: 39.11	39.11	150m: 2:09.67	46.41	250m: 3:43.31	47.26	350m: 5:17.70	47.39
	100m: 1:23.26	44.15	200m: 2:56.05	46.38	300m: 4:30.31	47.00	400m: 6:02.67	44.97
6.	Ingrid Versteegen	DBD	6:10.20	197300770	6:07.10	+0,86		
	50m: 40.24	40.24	150m: 2:13.23	46.88	250m: 3:47.90	47.59	350m: 5:22.07	46.86
	100m: 1:26.35	46.11	200m: 3:00.31	47.08	300m: 4:35.21	47.31	400m: 6:07.10	45.03
7.	Natacha Van Hoof 100/200m*	Shark	5:56.36	20260/73	6:12.43	+0,97		
	50m: 41.74	41.74	150m: 2:17.39	48.42	250m: 3:52.30	47.80	350m: 5:27.71	48.23
	100m: 1:28.97	47.23	200m: 3:04.50	47.11	300m: 4:39.48	47.18	400m: 6:12.43	44.72
8.	Clementine van Bruxvoort	ZPB H&L Productions	7:07.95	197700138	7:06.80	+0,89		
	50m: 47.11	47.11	150m: 2:36.32	55.56	250m: 4:26.08	55.20	350m: 6:15.99	54.86
	100m: 1:40.76	53.65	200m: 3:30.88	54.56	300m: 5:21.13	55.05	400m: 7:06.80	50.81
9.	Eszter Takar	VfR Simmern	7:12.46	323300	7:24.68	+0,93		
	50m: 47.41	47.41	150m: 2:37.49	55.74	250m: 4:32.39	57.14	350m: 6:28.75	57.54
	100m: 1:41.75	54.34	200m: 3:35.25	57.76	300m: 5:31.21	58.82	400m: 7:24.68	55.93

Masters 45+

1.	Dianna Szokol	Nyirseniör 97	4:44.91		4:54.13	+0,88		
	50m: 33.59	33.59	150m: 1:46.28	36.54	250m: 3:01.22	37.68	350m: 4:17.10	38.12
	100m: 1:09.74	36.15	200m: 2:23.54	37.26	300m: 3:38.98	37.76	400m: 4:54.13	37.03
2.	Heidi den Boer	LINK	4:56.97	196900864	5:05.13	+0,78		
	50m: 33.30	33.30	150m: 1:48.65	38.42	250m: 3:06.24	38.96	350m: 4:25.81	39.45
	100m: 1:10.23	36.93	200m: 2:27.28	38.63	300m: 3:46.36	40.12	400m: 5:05.13	39.32
3.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	5:30.79	197000054	5:27.26	+0,88		
	50m: 35.94	35.94	150m: 1:57.83	41.77	250m: 3:22.08	42.36	350m: 4:47.13	42.59
	100m: 1:16.06	40.12	200m: 2:39.72	41.89	300m: 4:04.54	42.46	400m: 5:27.26	40.13

Programmanr. 4, Dames, 400m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC		
4.	Nicole Vrijhoeven	PSV	5:48.81	196900834	5:35.82	+0,79		
	50m: 38.76	38.76	150m: 2:03.05	42.62	250m: 3:28.89	42.70	350m: 4:54.74	42.78
	100m: 1:20.43	41.67	200m: 2:46.19	43.14	300m: 4:11.96	43.07	400m: 5:35.82	41.08
5.	Marijke Campfens	De Geul	5:42.70	196900960	5:47.48	+0,74		
	50m: 36.51	36.51	150m: 2:02.13	44.01	250m: 3:31.92	45.41	350m: 5:02.77	45.60
	100m: 1:18.12	41.61	200m: 2:46.51	44.38	300m: 4:17.17	45.25	400m: 5:47.48	44.71
6.	Marion Broekhuis	WS Twente	5:43.91	196800060	5:57.97	+0,78		
	50m: 38.74	38.74	150m: 2:07.66	45.17	250m: 3:40.10	46.10	350m: 5:12.97	46.56
	100m: 1:22.49	43.75	200m: 2:54.00	46.34	300m: 4:26.41	46.31	400m: 5:57.97	45.00
7.	Annet Kootstra	Swol 1894	5:55.75	197100344	6:06.48	+0,92		
	50m: 41.91	41.91	150m: 2:14.71	47.37	250m: 3:48.95	47.51	350m: 5:21.57	46.18
	100m: 1:27.34	45.43	200m: 3:01.44	46.73	300m: 4:35.39	46.44	400m: 6:06.48	44.91
8.	Karin Sagonas-Koolen	VZV Njord	6:00.99	197000964	6:08.59	+0,79		
	50m: 38.22	38.22	150m: 2:09.37	46.34	250m: 3:45.23	47.98	350m: 5:22.41	48.37
	100m: 1:23.03	44.81	200m: 2:57.25	47.88	300m: 4:34.04	48.81	400m: 6:08.59	46.18
9.	Esther Mijnen	WZ&PC Purmerend	6:13.61	196900846	6:12.00	+0,87		
	50m: 38.62	38.62	150m: 2:10.93	48.01	250m: 3:49.20	49.23	350m: 5:26.83	48.46
	100m: 1:22.92	44.30	200m: 2:59.97	49.04	300m: 4:38.37	49.17	400m: 6:12.00	45.17
10.	Evelien Breman-Alers	Nautilus	7:15.22	197200878	6:57.27	+0,89		
	50m: 43.07	43.07	150m: 2:24.44	51.80	250m: 4:12.60	54.07	350m: 6:03.15	55.03
	100m: 1:32.64	49.57	200m: 3:18.53	54.09	300m: 5:08.12	55.52	400m: 6:57.27	54.12
11.	Betty van Kemenade	PSV	7:05.58	196800832	7:19.56	+1,23		
	50m: 47.92	47.92	150m: 2:36.35	55.12	250m: 4:28.59	56.12	350m: 6:23.62	57.94
	100m: 1:41.23	53.31	200m: 3:32.47	56.12	300m: 5:25.68	57.09	400m: 7:19.56	55.94

Masters 50+

1.	Katrien Delaender	BZK	4:57.92	20525/66	4:58.98	+0,74		
	<i>Kampioenschaps Record, Belgisch Masters Record</i>							
	50m: 34.12	34.12	150m: 1:49.25	38.00	250m: 3:05.80	38.47	350m: 4:22.58	38.55
	100m: 1:11.25	37.13	200m: 2:27.33	38.08	300m: 3:44.03	38.23	400m: 4:58.98	36.40
2.	Wilna Heijman	Steenwijk 1934	5:31.32	196400506	5:34.34	+0,87		
	50m: 38.07	38.07	150m: 2:01.57	42.18	250m: 3:26.92	42.66	350m: 4:53.08	42.81
	100m: 1:19.39	41.32	200m: 2:44.26	42.69	300m: 4:10.27	43.35	400m: 5:34.34	41.26
3.	Petra Casteleijn	ZPC AMERSFOORT	5:35.84	196600098	5:40.84 *	+0,88		
	50m: 35.64	35.64	150m: 1:56.81	42.30	250m: 3:25.54	45.57	350m: 4:56.89	46.24
	100m: 1:14.51	38.87	200m: 2:39.97	43.16	300m: 4:10.65	45.11	400m: 5:40.84	43.95
4.	Jacqueline Rolloos-Bakkers	De Lansingh	5:44.39	196300222	5:48.70	+0,81		
	50m: 38.52	38.52	150m: 2:06.75	45.03	250m: 3:37.14	45.24	350m: 5:06.68	44.65
	100m: 1:21.72	43.20	200m: 2:51.90	45.15	300m: 4:22.03	44.89	400m: 5:48.70	42.02
5.	Erica Muller	De Geul	6:39.59	196400412	6:49.26	+0,77		
	50m: 44.63	44.63	150m: 2:26.51	51.53	250m: 4:11.74	52.76	350m: 5:57.94	53.68
	100m: 1:34.98	50.35	200m: 3:18.98	52.47	300m: 5:04.26	52.52	400m: 6:49.26	51.32
6.	Roselinda van der Vlugt	Zwemvereniging Woestduin	7:07.30	196700710	7:11.22	+1,28		
	<i>50/100/200m*</i>							
	50m: 46.91	46.91	150m: 2:35.45	55.28	250m: 4:26.90	54.91	350m: 6:19.71	55.54
	100m: 1:40.17	53.26	200m: 3:31.99	56.54	300m: 5:24.17	57.27	400m: 7:11.22	51.51
7.	Marie-Jeanne Vandormael	GZVN	7:03.37	21035/63	7:18.93	+0,65		
	50m: 48.40	48.40	150m: 2:37.70	55.40	250m: 4:30.92	56.15	350m: 6:24.52	56.79
	100m: 1:42.30	53.90	200m: 3:34.77	57.07	300m: 5:27.73	56.81	400m: 7:18.93	54.41
8.	Ann Vandenbrouck	ROSC	7:46.38	321/65	7:49.33	+0,97		
	50m: 48.01	48.01	150m: 2:42.88	58.76	250m: 4:45.78	1:01.83	350m: 6:49.31	1:01.31
	100m: 1:44.12	56.11	200m: 3:43.95	1:01.07	300m: 5:48.00	1:02.22	400m: 7:49.33	1:00.02
DIS	Theresa Walsh	MZ&PC	5:49.24	196700726		AF		

Programmanr. 4, Dames, 400m vrije slag

Masters 55+

1. Esther van Lohuizen	PSV	5:26.78	195900300	5:28.14	+0,84
50m: 37.13	37.13	150m: 2:00.89	42.80	250m: 3:26.05	42.96
100m: 1:18.09	40.96	200m: 2:43.09	42.20	300m: 4:08.07	42.02
				350m: 4:50.23	42.16
				400m: 5:28.14	37.91
2. Patty Verhagen	PSV	5:36.29	195900146	5:37.11	+0,87
50m: 39.46	39.46	150m: 2:04.03	42.71	250m: 3:29.80	42.99
100m: 1:21.32	41.86	200m: 2:46.81	42.78	300m: 4:12.83	43.03
				350m: 4:55.82	42.99
				400m: 5:37.11	41.29
3. Petra Tossings	DAW	5:48.22	196100376	5:54.51	+0,90
50m: 39.34	39.34	150m: 2:08.86	45.35	250m: 3:40.18	45.84
100m: 1:23.51	44.17	200m: 2:54.34	45.48	300m: 4:25.75	45.57
				350m: 5:11.72	45.97
				400m: 5:54.51	42.79
4. Marlien Wijnhof	Nat Utrecht	5:54.11	196100300	6:02.49	+0,81
100/200m*					
50m: 40.11	40.11	150m: 2:12.04	45.43	250m: 3:45.18	45.38
100m: 1:26.61	46.50	200m: 2:59.80	47.76	300m: 4:32.77	47.59
				350m: 5:18.54	45.77
				400m: 6:02.49	43.95
5. Katinka Elders	Oceanus	6:32.21	196000292	6:42.20	+0,89
50m: 44.83	44.83	150m: 2:26.06	51.81	250m: 4:10.81	52.32
100m: 1:34.25	49.42	200m: 3:18.49	52.43	300m: 5:02.69	51.88
				350m: 5:54.08	51.39
				400m: 6:42.20	48.12
6. Magda Wallaert	CNBA	7:29.97	000233/60	7:38.34	+1,13
50m: 51.00	51.00	150m: 2:44.72	57.83	250m: 4:43.21	58.66
100m: 1:46.89	55.89	200m: 3:44.55	59.83	300m: 5:43.24	100.03
				350m: 6:41.57	58.33
				400m: 7:38.34	56.77
7. Karien Musters	Old Dutch	8:37.68	195800236	9:01.88 *	+0,88
50m: 52.61	52.61	150m: 3:01.44	1:07.94	250m: 5:24.91	1:12.14
100m: 1:53.50	1:00.89	200m: 4:12.77	1:11.33	300m: 6:37.70	1:12.79
				350m: 7:49.82	1:12.12
				400m: 9:01.88	1:12.06

Masters 60+

1. Colette Crabbe	CNSW	5:34.57	004900/56	5:29.23	+0,86
<i>Kampioenschaps Record, Belgisch Masters Record</i>					
50m: 36.86	36.86	150m: 2:00.52	42.35	250m: 3:25.02	42.65
100m: 1:18.17	41.31	200m: 2:42.37	41.85	300m: 4:06.87	41.85
				350m: 4:49.16	42.29
				400m: 5:29.23	40.07
2. Atie Pijtak-Radersma	ZPC AMERSFOORT	5:26.89	195600048	5:29.96	+0,77
50m: 37.42	37.42	150m: 2:01.90	42.98	250m: 3:26.97	42.67
100m: 1:18.92	41.50	200m: 2:44.30	42.40	300m: 4:09.16	42.19
				350m: 4:50.64	41.48
				400m: 5:29.96	39.32
3. Ineke Weekers	PSV	5:51.21	195300050	5:56.03	+0,87
50m: 41.98	41.98	150m: 2:11.88	44.87	250m: 3:42.58	45.18
100m: 1:27.01	45.03	200m: 2:57.40	45.52	300m: 4:27.74	45.16
				350m: 5:12.42	44.68
				400m: 5:56.03	43.61
4. Margriet Pasma	De Inktvis	5:49.64	195500088	6:17.99	+0,95
50m: 42.57	42.57	150m: 2:18.18	48.86	250m: 3:55.08	48.68
100m: 1:29.32	46.75	200m: 3:06.40	48.22	300m: 4:43.47	48.39
				350m: 5:31.20	47.73
				400m: 6:17.99	46.79
5. Monica Bakker	Steenwijk 1934	6:08.59	195600082	6:37.90	+1,06
50m: 40.76	40.76	150m: 2:17.01	49.36	250m: 3:59.73	51.33
100m: 1:27.65	46.89	200m: 3:08.40	51.39	300m: 4:52.44	52.71
				350m: 5:45.39	52.95
				400m: 6:37.90	52.51
6. Maria Ros Llivina Carbonell	CN Aquamasters	7:06.87	039027291	7:29.71	+0,97
50m: 51.23	51.23	150m: 2:44.26	57.37	250m: 4:39.78	57.18
100m: 1:46.89	55.66	200m: 3:42.60	58.34	300m: 5:37.14	57.36
				350m: 6:34.62	57.48
				400m: 7:29.71	55.09
7. Lies Hartman	PSV	9:22.74	195600116	9:54.75	+1,25
50m: 59.19	59.19	150m: 3:22.54	1:13.61	250m: 5:57.49	1:18.21
100m: 2:08.93	1:09.74	200m: 4:39.28	1:16.74	300m: 7:16.93	1:19.44
				350m: 8:35.85	1:18.92
				400m: 9:54.75	1:18.90

NG.ZA Carla Hensen

PSV 6:58.01 195300062

Masters 65+

1. Conny Boer-Buys	ZVVS	5:54.19	195000006	5:56.17	+0,97
50m: 39.41	39.41	150m: 2:10.42	46.67	250m: 3:43.99	46.81
100m: 1:23.75	44.34	200m: 2:57.18	46.76	300m: 4:29.46	45.47
				350m: 5:13.36	43.90
				400m: 5:56.17	42.81
2. Ineke Meijer	HZ&PC Heerenveen	7:13.50	195200034	7:42.73	+0,94
50m: 50.71	50.71	150m: 2:50.41	1:00.36	250m: 4:49.34	59.22
100m: 1:50.05	59.34	200m: 3:50.12	59.71	300m: 5:49.19	59.85
				350m: 6:47.59	58.40
				400m: 7:42.73	55.14
3. Gonnie Bak	PSV	7:36.45	195100064	8:06.47	+0,94
50m: 53.67	53.67	150m: 2:56.97	1:00.78	250m: 5:01.27	1:01.32
100m: 1:56.19	1:02.52	200m: 3:59.95	1:02.98	300m: 6:04.60	1:03.33
				350m: 7:05.21	1:00.61
				400m: 8:06.47	1:01.26



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



Programmanr. 4, Dames, 400m vrije slag, Masters 65+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC		
4.	Janny van der Weide	Deltasteur	9:24.66	195100066	9:34.99			
	50m: 1:03.03	1:03.03	150m: 3:24.32	1:12.24	250m: 5:52.88	1:14.98	350m: 8:21.52	1:12.02
	100m: 2:12.08	1:09.05	200m: 4:37.90	1:13.58	300m: 7:09.50	1:16.62	400m: 9:34.99	1:13.47

Masters 70+

1.	Annie Smits	PSV	7:42.45	194600016	7:51.24	+1,29		
	50m: 55.70	55.70	150m: 2:58.25	1:01.17	250m: 4:59.01	1:00.27	350m: 6:56.19	58.28
	100m: 1:57.08	1:01.38	200m: 3:58.74	1:00.49	300m: 5:57.91	58.90	400m: 7:51.24	55.05
2.	Pálma Csepeli	dr. Regele Károly Szenior Új	11:13.19		11:06.76	+1,35		
	50m: 1:15.39	1:15.39	150m: 4:02.33	1:27.11	250m: 6:54.09	1:29.79	350m: 9:47.82	1:28.83
	100m: 2:35.22	1:19.83	200m: 5:24.30	1:21.97	300m: 8:18.99	1:24.90	400m: 11:06.76	1:18.94

Masters 75+

1.	Marie Smits	Old Dutch	8:43.87	193800004	8:22.49	+1,12		
	50m: 52.65	52.65	150m: 3:00.73	1:04.48	250m: 5:10.00	1:04.67	350m: 7:21.10	1:04.86
	100m: 1:56.25	1:03.60	200m: 4:05.33	1:04.60	300m: 6:16.24	1:06.24	400m: 8:22.49	1:01.39

Masters 80+

AFGEM	Bep van Riessen	Aquapoldro	9:31.92	193700006		
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