

Programmanr. 1
18-01-2018 - 12:30

Dames, 1500m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC
Masters 20+						
1.	Madelon Dijkstra <i>Nederlands Masters Record</i>	ZPCH	17:23.84	199703510	17:22.06	+0,77
	50m: 30.65 30.65	450m: 5:07.12 35.21	850m: 9:46.61 34.94	1250m: 14:28.05 35.21		
	100m: 1:03.91 33.26	500m: 5:41.90 34.78	900m: 10:21.84 35.23	1300m: 15:03.22 35.17		
	150m: 1:37.89 33.98	550m: 6:17.16 35.26	950m: 10:57.09 35.25	1350m: 15:38.44 35.22		
	200m: 2:12.34 34.45	600m: 6:51.97 34.81	1000m: 11:32.15 35.06	1400m: 16:13.36 34.92		
	250m: 2:46.92 34.58	650m: 7:26.75 34.78	1050m: 12:07.42 35.27	1450m: 16:48.22 34.86		
	300m: 3:21.84 34.92	700m: 8:01.70 34.95	1100m: 12:42.82 35.40	1500m: 17:22.06 33.84		
	350m: 3:56.85 35.01	750m: 8:36.87 35.17	1150m: 13:17.78 34.96			
	400m: 4:31.91 35.06	800m: 9:11.67 34.80	1200m: 13:52.84 35.06			
2.	Anne Noom	Het Y	18:20.59	199800062	17:50.31	+0,83
	50m: 31.72 31.72	450m: 5:15.88 35.53	850m: 10:04.13 36.66	1250m: 14:53.14 36.13		
	100m: 1:06.60 34.88	500m: 5:51.25 35.37	900m: 10:40.64 36.51	1300m: 15:29.47 36.33		
	150m: 1:42.43 35.83	550m: 6:27.09 35.84	950m: 11:17.14 36.50	1350m: 16:04.94 35.47		
	200m: 2:18.43 36.00	600m: 7:02.99 35.90	1000m: 11:53.31 36.17	1400m: 16:40.53 35.59		
	250m: 2:53.29 34.86	650m: 7:38.99 36.00	1050m: 12:29.01 35.70	1450m: 17:15.71 35.18		
	300m: 3:28.68 35.39	700m: 8:14.95 35.96	1100m: 13:04.97 35.96	1500m: 17:50.31 34.60		
	350m: 4:04.34 35.66	750m: 8:51.10 36.15	1150m: 13:40.84 35.87			
	400m: 4:40.35 36.01	800m: 9:27.47 36.37	1200m: 14:17.01 36.17			
3.	Maaïke Tijhof	VZC	17:44.44	199800112	18:20.06	+0,78
	50m: 31.56 31.56	450m: 5:16.69 36.82	850m: 10:13.75 37.69	1250m: 15:14.45 37.26		
	100m: 1:05.80 34.24	500m: 5:53.42 36.73	900m: 10:51.25 37.50	1300m: 15:51.91 37.46		
	150m: 1:40.87 35.07	550m: 6:30.51 37.09	950m: 11:28.83 37.58	1350m: 16:29.68 37.77		
	200m: 2:16.48 35.61	600m: 7:07.60 37.09	1000m: 12:05.98 37.15	1400m: 17:07.13 37.45		
	250m: 2:52.15 35.67	650m: 7:44.52 36.92	1050m: 12:43.66 37.68	1450m: 17:44.12 36.99		
	300m: 3:27.74 35.59	700m: 8:21.56 37.04	1100m: 13:21.58 37.92	1500m: 18:20.06 35.94		
	350m: 4:03.64 35.90	750m: 8:58.60 37.04	1150m: 13:59.42 37.84			
	400m: 4:39.87 36.23	800m: 9:36.06 37.46	1200m: 14:37.19 37.77			
4.	Elianne Huitema	Steenwijk 1934	18:56.51	199700258	19:05.05	+0,71
	50m: 31.75 31.75	450m: 5:27.56 38.71	850m: 10:42.22 39.17	1250m: 15:53.31 38.60		
	100m: 1:06.20 34.45	500m: 6:06.90 39.34	900m: 11:21.39 39.17	1300m: 16:31.75 38.44		
	150m: 1:42.33 36.13	550m: 6:46.14 39.24	950m: 12:00.27 38.88	1350m: 17:10.43 38.68		
	200m: 2:18.93 36.60	600m: 7:25.63 39.49	1000m: 12:38.94 38.67	1400m: 17:49.36 38.93		
	250m: 2:55.59 36.66	650m: 8:05.06 39.43	1050m: 13:17.86 38.92	1450m: 18:27.98 38.62		
	300m: 3:32.99 37.40	700m: 8:44.35 39.29	1100m: 13:56.79 38.93	1500m: 19:05.05 37.07		
	350m: 4:10.51 37.52	750m: 9:23.72 39.37	1150m: 14:35.86 39.07			
	400m: 4:48.85 38.34	800m: 10:03.05 39.33	1200m: 15:14.71 38.85			
AFGEM	Marïje Dankelman	Dedemsvaart-AC	18:59.95	199701502		
Masters 25+						
1.	Nanda de Vries	Steenwijk 1934	19:46.16	199204328	20:07.35	+0,87
	50m: 33.56 33.56	450m: 5:49.10 40.30	850m: 11:13.59 40.78	1250m: 16:41.49 41.22		
	100m: 1:11.20 37.64	500m: 6:29.78 40.68	900m: 11:54.58 40.99	1300m: 17:22.86 41.37		
	150m: 1:50.08 38.88	550m: 7:10.28 40.50	950m: 12:35.58 41.00	1350m: 18:04.03 41.17		
	200m: 2:29.02 38.94	600m: 7:51.28 41.00	1000m: 13:16.20 40.62	1400m: 18:45.12 41.09		
	250m: 3:08.75 39.73	650m: 8:31.35 40.07	1050m: 13:56.96 40.76	1450m: 19:26.50 41.38		
	300m: 3:48.61 39.86	700m: 9:11.82 40.47	1100m: 14:37.89 40.93	1500m: 20:07.35 40.85		
	350m: 4:28.68 40.07	750m: 9:52.14 40.32	1150m: 15:19.03 41.14			
	400m: 5:08.80 40.12	800m: 10:32.81 40.67	1200m: 16:00.27 41.24			
2.	Mandy Verbakel	ZPC Woerden	20:19.37	199003908	20:18.98	+0,89
	50m: 35.44 35.44	450m: 5:58.43 41.19	850m: 11:28.05 40.87	1250m: 16:56.67 40.81		
	100m: 1:14.06 38.62	500m: 6:39.06 40.63	900m: 12:09.02 40.97	1300m: 17:37.34 40.67		
	150m: 1:54.45 40.39	550m: 7:20.17 41.11	950m: 12:50.02 41.00	1350m: 18:18.36 41.02		
	200m: 2:34.88 40.43	600m: 8:01.32 41.15	1000m: 13:30.90 40.88	1400m: 18:59.35 40.99		
	250m: 3:15.49 40.61	650m: 8:42.53 41.21	1050m: 14:12.04 41.14	1450m: 19:39.86 40.51		
	300m: 3:56.04 40.55	700m: 9:24.13 41.60	1100m: 14:53.33 41.29	1500m: 20:18.98 39.12		
	350m: 4:36.48 40.44	750m: 10:05.43 41.30	1150m: 15:34.59 41.26			
	400m: 5:17.24 40.76	800m: 10:47.18 41.75	1200m: 16:15.86 41.27			
3.	Sunanda van Heteren	De Geul	20:42.67	198901728	21:01.94	+1,08
	50m: 35.20 35.20	450m: 6:05.95 42.87	850m: 11:46.75 43.06	1250m: 17:32.06 43.11		
	100m: 1:13.83 38.63	500m: 6:48.29 42.34	900m: 12:29.94 43.19	1300m: 18:14.91 42.85		
	150m: 1:53.94 40.11	550m: 7:30.97 42.68	950m: 13:12.67 42.73	1350m: 18:58.70 42.79		
	200m: 2:35.03 41.09	600m: 8:13.22 42.25	1000m: 13:55.69 43.02	1400m: 19:40.61 42.91		
	250m: 3:16.43 41.40	650m: 8:55.90 42.68	1050m: 14:38.66 42.97	1450m: 20:23.29 42.68		
	300m: 3:58.52 42.09	700m: 9:38.83 42.93	1100m: 15:22.45 43.79	1500m: 21:01.94 38.65		
	350m: 4:40.39 41.87	750m: 10:20.89 42.06	1150m: 16:06.08 43.63			
	400m: 5:23.08 42.69	800m: 11:03.69 42.80	1200m: 16:48.95 42.87			

Programmanr. 1, Dames, 1500m vrije slag, Masters 25+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC		
4.	Marjan Rikken	ZVV	21:52.63	199206114	22:15.21	+0,78		
	50m: 38.11	38.11	450m: 6:29.96	44.74	850m: 12:30.60	45.62	1250m: 18:32.85	44.85
	100m: 1:20.89	42.78	500m: 7:14.82	44.86	900m: 13:15.75	45.15	1300m: 19:17.50	44.65
	150m: 2:04.55	43.66	550m: 7:59.46	44.64	950m: 14:01.18	45.43	1350m: 20:02.69	45.19
	200m: 2:48.51	43.96	600m: 8:44.18	44.72	1000m: 14:46.65	45.47	1400m: 20:47.53	44.84
	250m: 3:32.30	43.79	650m: 9:29.23	45.05	1050m: 15:32.06	45.41	1450m: 21:32.23	44.70
	300m: 4:16.32	44.02	700m: 10:14.50	45.27	1100m: 16:17.34	45.28	1500m: 22:15.21	42.98
	350m: 5:00.92	44.60	750m: 11:00.06	45.56	1150m: 17:02.71	45.37		
	400m: 5:45.22	44.30	800m: 11:44.98	44.92	1200m: 17:48.00	45.29		
5.	Eline Schoenmaker	Zwemlust-den Hommel	23:23.35	199003322	23:02.52	+0,63		
	50m: 38.15	38.15	450m: 6:42.47	46.01	850m: 12:54.99	46.47	1250m: 19:13.76	47.32
	100m: 1:22.14	43.99	500m: 7:28.75	46.28	900m: 13:42.30	47.31	1300m: 20:00.09	46.33
	150m: 2:06.90	44.76	550m: 8:14.96	46.21	950m: 14:28.82	46.52	1350m: 20:47.07	46.98
	200m: 2:52.56	45.66	600m: 9:01.67	46.71	1000m: 15:16.23	47.41	1400m: 21:33.39	46.32
	250m: 3:38.71	46.15	650m: 9:48.27	46.60	1050m: 16:03.83	47.60	1450m: 22:19.09	45.70
	300m: 4:24.54	45.83	700m: 10:34.86	46.59	1100m: 16:50.95	47.12	1500m: 23:02.52	43.43
	350m: 5:10.79	46.25	750m: 11:21.87	47.01	1150m: 17:38.55	47.60		
	400m: 5:56.46	45.67	800m: 12:08.52	46.65	1200m: 18:26.44	47.89		
6.	Claudia Creemers	RZ	27:51.89	199202864	27:42.36	+0,88		
	50m: 41.44	41.44	450m: 7:43.94	54.11	850m: 15:20.06	56.70	1250m: 23:02.04	59.70
	100m: 1:28.54	47.10	500m: 8:38.92	54.98	900m: 16:16.61	56.55	1300m: 23:59.51	57.47
	150m: 2:18.75	50.21	550m: 9:35.93	57.01	950m: 17:13.98	57.37	1350m: 24:58.36	58.85
	200m: 3:10.18	51.43	600m: 10:33.51	57.58	1000m: 18:11.37	57.39	1400m: 25:55.97	57.61
	250m: 4:03.91	53.73	650m: 11:32.21	58.70	1050m: 19:08.72	57.35	1450m: 26:50.63	54.66
	300m: 4:59.05	55.14	700m: 12:29.24	57.03	1100m: 20:06.30	57.58	1500m: 27:42.36	51.73
	350m: 5:54.50	55.45	750m: 13:27.02	57.78	1150m: 21:03.81	57.51		
	400m: 6:49.83	55.33	800m: 14:23.36	56.34	1200m: 22:02.34	58.53		

Masters 30+

1.	Viktória Felföldi	Iron Aquatics	19:20.54		18:49.20	+0,93		
	<i>Hungarian Masters Record</i>							
	50m: 32.23	32.23	450m: 5:27.91	37.76	850m: 10:33.45	38.03	1250m: 15:38.51	38.15
	100m: 1:07.77	35.54	500m: 6:05.99	38.08	900m: 11:11.93	38.48	1300m: 16:16.80	38.29
	150m: 1:44.22	36.45	550m: 6:44.24	38.25	950m: 11:49.91	37.98	1350m: 16:55.18	38.38
	200m: 2:20.75	36.53	600m: 7:22.45	38.21	1000m: 12:28.07	38.16	1400m: 17:33.86	38.68
	250m: 2:57.66	36.91	650m: 8:00.49	38.04	1050m: 13:06.10	38.03	1450m: 18:12.27	38.41
	300m: 3:34.92	37.26	700m: 8:38.58	38.09	1100m: 13:44.21	38.11	1500m: 18:49.20	36.93
	350m: 4:12.45	37.53	750m: 9:16.91	38.33	1150m: 14:22.18	37.97		
	400m: 4:50.15	37.70	800m: 9:55.42	38.51	1200m: 15:00.36	38.18		
2.	Lisanne Andeweg	Zuiderzeewimmers	18:39.37		18:55.32	+0,94		
	50m: 33.15	33.15	450m: 5:34.90	38.26	850m: 10:40.82	37.99	1250m: 15:46.50	38.24
	100m: 1:09.55	36.40	500m: 6:13.22	38.32	900m: 11:18.80	37.98	1300m: 16:25.10	38.60
	150m: 1:46.98	37.43	550m: 6:51.39	38.17	950m: 11:56.96	38.16	1350m: 17:03.51	38.41
	200m: 2:24.72	37.74	600m: 7:29.52	38.13	1000m: 12:34.97	38.01	1400m: 17:41.68	38.17
	250m: 3:02.64	37.92	650m: 8:07.75	38.23	1050m: 13:13.11	38.14	1450m: 18:19.72	38.04
	300m: 3:40.58	37.94	700m: 8:46.05	38.30	1100m: 13:51.50	38.39	1500m: 18:55.32	35.60
	350m: 4:18.64	38.06	750m: 9:24.52	38.47	1150m: 14:29.90	38.40		
	400m: 4:56.64	38.00	800m: 10:02.83	38.31	1200m: 15:08.26	38.36		
3.	Pauline Tieleman	De Warande	21:33.62		19:57.22	+0,58		
	50m: 34.24	34.24	450m: 5:48.08	39.88	850m: 11:09.24	40.82	1250m: 16:35.05	41.14
	100m: 1:12.33	38.09	500m: 6:28.13	40.05	900m: 11:49.97	40.73	1300m: 17:15.95	40.90
	150m: 1:51.43	39.10	550m: 7:07.89	39.76	950m: 12:30.59	40.62	1350m: 17:57.19	41.24
	200m: 2:30.89	39.46	600m: 7:47.98	40.09	1000m: 13:10.96	40.37	1400m: 18:37.82	40.63
	250m: 3:10.06	39.17	650m: 8:28.32	40.34	1050m: 13:51.48	40.52	1450m: 19:18.57	40.75
	300m: 3:49.19	39.13	700m: 9:08.13	39.81	1100m: 14:32.08	40.60	1500m: 19:57.22	38.65
	350m: 4:28.57	39.38	750m: 9:48.35	40.22	1150m: 15:12.92	40.84		
	400m: 5:08.20	39.63	800m: 10:28.42	40.07	1200m: 15:53.91	40.99		
4.	Kathleen Laloï	CNSW	23:38.80		21:25.00	+1,01		
	50m: 36.95	36.95	450m: 6:16.22	43.02	850m: 12:03.97	43.21	1250m: 17:51.85	43.38
	100m: 1:17.23	40.28	500m: 6:59.18	42.96	900m: 12:47.20	43.23	1300m: 18:35.40	43.55
	150m: 1:59.34	42.11	550m: 7:42.57	43.39	950m: 13:30.79	43.59	1350m: 19:18.46	43.06
	200m: 2:41.82	42.48	600m: 8:26.37	43.80	1000m: 14:14.40	43.61	1400m: 20:01.44	42.98
	250m: 3:24.30	42.48	650m: 9:10.21	43.84	1050m: 14:58.21	43.81	1450m: 20:44.36	42.92
	300m: 4:07.03	42.73	700m: 9:53.59	43.38	1100m: 15:41.48	43.27	1500m: 21:25.00	40.64
	350m: 4:50.30	43.27	750m: 10:37.50	43.91	1150m: 16:25.03	43.55		
	400m: 5:33.20	42.90	800m: 11:20.76	43.26	1200m: 17:08.47	43.44		

Programmanr. 1, Dames, 1500m vrije slag, Masters 30+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC		
5.	Lisette van den Bos	De Geul	22:53.43	198700468	24:23.18	+0,89		
	50m: 40.33	40.33	450m: 7:05.20	49.75	850m: 13:41.33	49.73	1250m: 20:19.63	50.25
	100m: 1:26.81	46.48	500m: 7:54.03	48.83	900m: 14:30.79	49.46	1300m: 21:10.20	50.57
	150m: 2:14.88	48.07	550m: 8:43.17	49.14	950m: 15:20.01	49.22	1350m: 21:59.45	49.25
	200m: 3:02.48	47.60	600m: 9:32.62	49.45	1000m: 16:10.06	50.05	1400m: 22:48.25	48.80
	250m: 3:50.00	47.52	650m: 10:22.11	49.49	1050m: 16:59.12	49.06	1450m: 23:37.30	49.05
	300m: 4:37.89	47.89	700m: 11:12.45	50.34	1100m: 17:49.24	50.12	1500m: 24:23.18	45.88
	350m: 5:26.60	48.71	750m: 12:02.26	49.81	1150m: 18:39.11	49.87		
	400m: 6:15.45	48.85	800m: 12:51.60	49.34	1200m: 19:29.38	50.27		
6.	Dorien Vasseur	Scheldestroom	25:55.94	198704164	24:34.59	+1,05		
	50m: 41.04	41.04	450m: 7:11.64	50.20	850m: 13:52.44	50.45	1250m: 20:31.98	50.55
	100m: 1:27.08	46.04	500m: 8:01.73	50.09	900m: 14:41.54	49.10	1300m: 21:21.76	49.78
	150m: 2:14.96	47.88	550m: 8:51.37	49.64	950m: 15:31.65	50.11	1350m: 22:11.55	49.79
	200m: 3:03.84	48.88	600m: 9:41.43	50.06	1000m: 16:21.81	50.16	1400m: 23:00.58	49.03
	250m: 3:53.76	49.92	650m: 10:31.28	49.85	1050m: 17:12.23	50.42	1450m: 23:49.14	48.56
	300m: 4:42.76	49.00	700m: 11:22.02	50.74	1100m: 18:02.10	49.87	1500m: 24:34.59	45.45
	350m: 5:31.85	49.09	750m: 12:11.91	49.89	1150m: 18:51.65	49.55		
	400m: 6:21.44	49.59	800m: 13:01.99	50.08	1200m: 19:41.43	49.78		
AFGEM	Denise de Riet	ZZ&PC De Devel	19:27.46	198402040				

Masters 35+

1.	Ramona Linting	Link	19:42.93	198301274	20:37.12 *	+0,79		
	50m: 34.68	34.68	450m: 6:01.24	41.48	850m: 11:32.76	41.90	1250m: 17:09.97	41.71
	100m: 1:13.59	38.91	500m: 6:42.72	41.48	900m: 12:16.08	42.32	1300m: 17:51.93	41.96
	150m: 1:54.08	40.49	550m: 7:24.07	41.35	950m: 12:58.47	42.39	1350m: 18:34.16	42.23
	200m: 2:35.14	41.06	600m: 8:05.28	41.21	1000m: 13:40.36	41.89	1400m: 19:15.45	41.29
	250m: 3:16.32	41.18	650m: 8:47.18	41.90	1050m: 14:22.24	41.88	1450m: 19:56.69	41.24
	300m: 3:57.40	41.08	700m: 9:28.80	41.62	1100m: 15:04.17	41.93	1500m: 20:37.12	40.43
	350m: 4:38.53	41.13	750m: 10:10.44	41.64	1150m: 15:46.28	42.11		
	400m: 5:19.76	41.23	800m: 10:51.86	41.42	1200m: 16:28.26	41.98		

Masters 40+

1.	Liselotte Joling	PSV	19:02.85	197500268	20:27.66	+0,91		
	50m: 34.85	34.85	450m: 6:06.60	40.92	850m: 11:32.48	41.15	1250m: 17:04.80	41.62
	100m: 1:14.34	39.49	500m: 6:46.46	39.86	900m: 12:13.40	40.92	1300m: 17:45.93	41.13
	150m: 1:56.39	42.05	550m: 7:26.06	39.60	950m: 12:54.92	41.52	1350m: 18:26.93	41.00
	200m: 2:39.09	42.70	600m: 8:06.30	40.24	1000m: 13:36.46	41.54	1400m: 19:07.02	40.09
	250m: 3:21.24	42.15	650m: 8:47.48	41.18	1050m: 14:18.34	41.88	1450m: 19:48.41	41.39
	300m: 4:02.74	41.50	700m: 9:28.53	41.05	1100m: 14:59.88	41.54	1500m: 20:27.66	39.25
	350m: 4:44.29	41.55	750m: 10:09.86	41.33	1150m: 15:41.48	41.60		
	400m: 5:25.68	41.39	800m: 10:51.33	41.47	1200m: 16:23.18	41.70		
2.	Babette Rens	Swol 1894	23:09.24	197801200	23:36.32	+0,69		
	50m: 39.58	39.58	450m: 6:43.02	46.62	850m: 13:06.65	48.72	1250m: 19:34.35	48.48
	100m: 1:22.83	43.25	500m: 7:30.15	47.13	900m: 13:55.17	48.52	1300m: 20:23.43	49.08
	150m: 2:07.45	44.62	550m: 8:17.63	47.48	950m: 14:43.85	48.68	1350m: 21:12.37	48.94
	200m: 2:52.40	44.95	600m: 9:05.35	47.72	1000m: 15:32.30	48.45	1400m: 22:01.33	48.96
	250m: 3:38.25	45.85	650m: 9:53.30	47.95	1050m: 16:20.92	48.62	1450m: 22:49.52	48.19
	300m: 4:24.06	45.81	700m: 10:41.43	48.13	1100m: 17:08.85	47.93	1500m: 23:36.32	46.80
	350m: 5:10.09	46.03	750m: 11:29.66	48.23	1150m: 17:57.24	48.39		
	400m: 5:56.40	46.31	800m: 12:17.93	48.27	1200m: 18:45.87	48.63		

Masters 45+

1.	Lisenka Kornet-van den Akker	Zwemlust-den Hommel	20:25.85	196901052	21:00.43	+0,98		
	50m: 35.34	35.34	450m: 6:06.21	41.82	850m: 11:43.89	42.27	1250m: 17:24.62	42.77
	100m: 1:15.00	39.66	500m: 6:48.27	42.06	900m: 12:26.35	42.46	1300m: 18:07.46	42.84
	150m: 1:55.98	40.98	550m: 7:30.65	42.38	950m: 13:09.20	42.85	1350m: 18:50.63	43.17
	200m: 2:37.28	41.30	600m: 8:12.80	42.15	1000m: 13:52.13	42.93	1400m: 19:33.75	43.12
	250m: 3:18.90	41.62	650m: 8:54.75	41.95	1050m: 14:34.70	42.57	1450m: 20:17.19	43.44
	300m: 4:00.84	41.94	700m: 9:37.19	42.44	1100m: 15:17.30	42.60	1500m: 21:00.43	43.24
	350m: 4:42.59	41.75	750m: 10:19.49	42.30	1150m: 15:59.59	42.29		
	400m: 5:24.39	41.80	800m: 11:01.62	42.13	1200m: 16:41.85	42.26		

Programmanr. 1, Dames, 1500m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC		
2.	Iris van Aurich	DWK	22:36.29	196900866	22:36.32	+0,91		
	50m: 37.69	37.69	450m: 6:32.37	45.75	850m: 12:40.63	46.88	1250m: 18:51.80	46.24
	100m: 1:19.26	41.57	500m: 7:18.09	45.72	900m: 13:26.67	46.04	1300m: 19:38.10	46.30
	150m: 2:02.38	43.12	550m: 8:04.00	45.91	950m: 14:12.45	45.78	1350m: 20:23.72	45.62
	200m: 2:46.35	43.97	600m: 8:50.17	46.17	1000m: 14:58.51	46.06	1400m: 21:09.84	46.12
	250m: 3:30.84	44.49	650m: 9:36.33	46.16	1050m: 15:45.47	46.96	1450m: 21:54.26	44.42
	300m: 4:15.29	44.45	700m: 10:21.89	45.56	1100m: 16:32.41	46.94	1500m: 22:36.32	42.06
	350m: 5:01.03	45.74	750m: 11:07.48	45.59	1150m: 17:18.57	46.16		
	400m: 5:46.62	45.59	800m: 11:53.75	46.27	1200m: 18:05.56	46.99		
3.	Britta Fritz	SC Janus Köln	24:15.19	262038	25:41.67	+0,86		
	50m: 45.25	45.25	450m: 7:34.88	51.75	850m: 14:30.49	51.71	1250m: 21:26.07	51.59
	100m: 1:35.35	50.10	500m: 8:27.11	52.23	900m: 15:21.81	51.32	1300m: 22:18.28	52.21
	150m: 2:25.72	50.37	550m: 9:19.16	52.05	950m: 16:14.27	52.46	1350m: 23:09.98	51.70
	200m: 3:15.72	50.00	600m: 10:11.42	52.26	1000m: 17:05.46	51.19	1400m: 24:01.96	51.98
	250m: 4:06.83	51.11	650m: 11:03.18	51.76	1050m: 17:57.93	52.47	1450m: 24:52.99	51.03
	300m: 4:58.55	51.72	700m: 11:54.99	51.81	1100m: 18:49.94	52.01	1500m: 25:41.67	48.68
	350m: 5:50.43	51.88	750m: 12:46.40	51.41	1150m: 19:42.12	52.18		
	400m: 6:43.13	52.70	800m: 13:38.78	52.38	1200m: 20:34.48	52.36		
4.	Greta Wyma-Teitsma	DWK	26:20.55	197100696	26:40.49	+0,51		
	50m: 44.88	44.88	450m: 7:44.00	53.43	850m: 14:55.61	55.29	1250m: 22:10.22	55.23
	100m: 1:35.45	50.57	500m: 8:37.53	53.53	900m: 15:49.94	54.33	1300m: 23:04.77	54.55
	150m: 2:27.43	51.98	550m: 9:30.58	53.05	950m: 16:44.60	54.66	1350m: 23:59.06	54.29
	200m: 3:19.24	51.81	600m: 10:23.33	52.75	1000m: 17:39.32	54.72	1400m: 24:53.02	53.96
	250m: 4:12.21	52.97	650m: 11:17.37	54.04	1050m: 18:32.18	52.86	1450m: 25:48.50	55.48
	300m: 5:04.50	52.29	700m: 12:11.61	54.24	1100m: 19:26.61	54.43	1500m: 26:40.49	51.99
	350m: 5:57.37	52.87	750m: 13:05.46	53.85	1150m: 20:20.80	54.19		
	400m: 6:50.57	53.20	800m: 14:00.32	54.86	1200m: 21:14.99	54.19		
AFGEM	Karin Stein	ZVVS	19:17.36	197100554				
AFGEM	Annette de Visser	Oceanus	20:09.54	197100602				

Masters 50+

1.	Katrien Delaender	BZK	19:32.39	20525/66	18:58.06	+0,68		
	<i>Kampioenschaps Record, Belgisch Masters Record</i>							
	50m: 34.52	34.52	450m: 5:38.47	38.26	850m: 10:43.06	38.39	1250m: 15:48.20	38.46
	100m: 1:11.68	37.16	500m: 6:16.64	38.17	900m: 11:21.25	38.19	1300m: 16:26.59	38.39
	150m: 1:49.63	37.95	550m: 6:54.72	38.08	950m: 11:59.30	38.05	1350m: 17:05.09	38.50
	200m: 2:27.89	38.26	600m: 7:32.83	38.11	1000m: 12:37.51	38.21	1400m: 17:43.60	38.51
	250m: 3:05.99	38.10	650m: 8:10.75	37.92	1050m: 13:15.68	38.17	1450m: 18:21.96	38.36
	300m: 3:44.01	38.02	700m: 8:48.55	37.80	1100m: 13:53.82	38.14	1500m: 18:58.06	36.10
	350m: 4:21.97	37.96	750m: 9:26.63	38.08	1150m: 14:32.05	38.23		
	400m: 5:00.21	38.24	800m: 10:04.67	38.04	1200m: 15:09.74	37.69		
2.	Wilna Heijman	Steenwijk 1934	20:59.90	196400506	21:14.33	+0,98		
	50m: 37.95	37.95	450m: 6:14.95	42.54	850m: 11:55.62	42.52	1250m: 17:39.12	43.43
	100m: 1:18.91	40.96	500m: 6:57.59	42.64	900m: 12:38.22	42.60	1300m: 18:22.64	43.52
	150m: 2:00.46	41.55	550m: 7:40.38	42.79	950m: 13:21.15	42.93	1350m: 19:05.41	42.77
	200m: 2:42.38	41.92	600m: 8:22.71	42.33	1000m: 14:03.72	42.57	1400m: 19:48.75	43.34
	250m: 3:24.92	42.54	650m: 9:05.27	42.56	1050m: 14:46.34	42.62	1450m: 20:32.55	43.80
	300m: 4:07.45	42.53	700m: 9:47.95	42.68	1100m: 15:28.79	42.45	1500m: 21:14.33	41.78
	350m: 4:50.21	42.76	750m: 10:30.22	42.27	1150m: 16:11.88	43.09		
	400m: 5:32.41	42.20	800m: 11:13.10	42.88	1200m: 16:55.69	43.81		
3.	K. van Nassau van den Heuvel	Old Dutch	23:34.27	196600188	24:08.10	+0,99		
	50m: 41.95	41.95	450m: 7:00.57	47.98	850m: 13:29.92	48.29	1250m: 20:00.89	48.87
	100m: 1:27.94	45.99	500m: 7:49.20	48.63	900m: 14:19.01	49.09	1300m: 20:50.31	49.42
	150m: 2:14.40	46.46	550m: 8:37.45	48.25	950m: 15:08.03	49.02	1350m: 21:40.65	50.34
	200m: 3:01.72	47.32	600m: 9:26.40	48.95	1000m: 15:57.10	49.07	1400m: 22:30.49	49.84
	250m: 3:48.93	47.21	650m: 10:15.40	49.00	1050m: 16:45.67	48.57	1450m: 23:20.15	49.66
	300m: 4:36.51	47.58	700m: 11:04.29	48.89	1100m: 17:34.54	48.87	1500m: 24:08.10	47.95
	350m: 5:24.45	47.94	750m: 11:53.11	48.82	1150m: 18:23.34	48.80		
	400m: 6:12.59	48.14	800m: 12:41.63	48.52	1200m: 19:12.02	48.68		
4.	Hetty Smalheer	SCOM	24:43.75	196700352	24:48.75	+1,08		
	50m: 43.30	43.30	450m: 7:19.60	50.07	850m: 14:00.24	50.73	1250m: 20:39.89	50.37
	100m: 1:30.73	47.43	500m: 8:09.81	50.21	900m: 14:50.61	50.37	1300m: 21:30.56	50.67
	150m: 2:19.41	48.68	550m: 8:59.58	49.77	950m: 15:40.41	49.80	1350m: 22:21.06	50.50
	200m: 3:08.73	49.32	600m: 9:49.44	49.86	1000m: 16:30.64	50.23	1400m: 23:10.48	49.42
	250m: 3:58.02	49.29	650m: 10:39.57	50.13	1050m: 17:20.06	49.42	1450m: 23:59.81	49.33
	300m: 4:48.42	50.40	700m: 11:29.49	49.92	1100m: 18:09.52	49.46	1500m: 24:48.75	48.94
	350m: 5:38.80	50.38	750m: 12:19.62	50.13	1150m: 18:59.56	50.04		
	400m: 6:29.53	50.73	800m: 13:09.51	49.89	1200m: 19:49.52	49.96		

Programmanr. 1, Dames, 1500m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC		
5.	Miranda Keijl	ZIGNEA	25:44.39	196500588	25:44.96	+1,14		
	50m: 42.38	42.38	450m: 7:30.41	52.70	850m: 14:26.09	51.54	1250m: 21:26.68	53.04
	100m: 1:30.64	48.26	500m: 8:22.62	52.21	900m: 15:18.01	51.92	1300m: 22:19.59	52.91
	150m: 2:19.72	49.08	550m: 9:15.00	52.38	950m: 16:09.83	51.82	1350m: 23:12.13	52.54
	200m: 3:10.24	50.52	600m: 10:08.03	53.03	1000m: 17:02.25	52.42	1400m: 24:05.09	52.96
	250m: 4:01.93	51.69	650m: 10:59.65	51.62	1050m: 17:54.41	52.16	1450m: 24:57.94	52.85
	300m: 4:53.51	51.58	700m: 11:51.59	51.94	1100m: 18:47.31	52.90	1500m: 25:44.96	47.02
	350m: 5:45.07	51.56	750m: 12:42.72	51.13	1150m: 19:40.55	53.24		
	400m: 6:37.71	52.64	800m: 13:34.55	51.83	1200m: 20:33.64	53.09		
AFGEM	Laura Staal	Oceanus	21:43.09	196700358				

Masters 55+

1.	Ingrid Van Cauteren	LZV	23:33.59	20097/62	22:49.86	+0,91		
	50m: 39.78	39.78	450m: 6:43.53	45.90	850m: 12:52.67	45.96	1250m: 19:02.58	46.10
	100m: 1:22.86	43.08	500m: 7:29.42	45.89	900m: 13:38.98	46.31	1300m: 19:48.97	46.39
	150m: 2:07.82	44.96	550m: 8:15.61	46.19	950m: 14:24.94	45.96	1350m: 20:34.56	45.59
	200m: 2:53.45	45.63	600m: 9:01.89	46.28	1000m: 15:11.52	46.58	1400m: 21:20.49	45.93
	250m: 3:39.31	45.86	650m: 9:47.93	46.04	1050m: 15:58.11	46.59	1450m: 22:06.35	45.86
	300m: 4:25.48	46.17	700m: 10:34.33	46.40	1100m: 16:44.34	46.23	1500m: 22:49.86	43.51
	350m: 5:11.39	45.91	750m: 11:20.66	46.33	1150m: 17:30.39	46.05		
	400m: 5:57.63	46.24	800m: 12:06.71	46.05	1200m: 18:16.48	46.09		
2.	Riny Zeijveld-Meuleman	De Berkelduikers	24:07.42	196000204	23:40.56	+0,98		
	50m: 41.83	41.83	450m: 6:57.48	47.90	850m: 13:20.54	47.48	1250m: 19:44.52	48.43
	100m: 1:27.35	45.52	500m: 7:45.35	47.87	900m: 14:08.70	48.16	1300m: 20:33.03	48.51
	150m: 2:13.50	46.15	550m: 8:33.17	47.82	950m: 14:56.83	48.13	1350m: 21:20.85	47.82
	200m: 3:00.44	46.94	600m: 9:20.87	47.70	1000m: 15:44.63	47.80	1400m: 22:08.66	47.81
	250m: 3:47.30	46.86	650m: 10:09.36	48.49	1050m: 16:32.46	47.83	1450m: 22:55.69	47.03
	300m: 4:34.67	47.37	700m: 10:56.84	47.48	1100m: 17:19.80	47.34	1500m: 23:40.56	44.87
	350m: 5:21.85	47.18	750m: 11:44.89	48.05	1150m: 18:07.66	47.86		
	400m: 6:09.58	47.73	800m: 12:33.06	48.17	1200m: 18:56.09	48.43		
3.	Katinka Elders	Oceanus	24:32.02	196000292	24:54.31	+0,82		
	50m: 43.19	43.19	450m: 7:16.15	50.00	850m: 13:57.60	51.28	1250m: 20:42.11	50.79
	100m: 1:30.88	47.69	500m: 8:07.21	51.06	900m: 14:47.40	49.80	1300m: 21:33.56	51.45
	150m: 2:19.43	48.55	550m: 8:56.97	49.76	950m: 15:37.03	49.63	1350m: 22:24.49	50.93
	200m: 3:08.39	48.96	600m: 9:47.20	50.23	1000m: 16:28.55	51.52	1400m: 23:15.98	51.49
	250m: 3:57.67	49.28	650m: 10:36.48	49.28	1050m: 17:19.44	50.89	1450m: 24:06.74	50.76
	300m: 4:46.55	48.88	700m: 11:26.79	50.31	1100m: 18:09.25	49.81	1500m: 24:54.31	47.57
	350m: 5:35.38	48.83	750m: 12:15.91	49.12	1150m: 18:59.66	50.41		
	400m: 6:26.15	50.77	800m: 13:06.32	50.41	1200m: 19:51.32	51.66		
4.	Marjan Spoelstra	Swol 1894	25:53.43	196000236	25:15.66	+0,96		
	50m: 44.82	44.82	450m: 7:28.42	51.10	850m: 14:16.10	50.86	1250m: 21:05.05	51.20
	100m: 1:33.97	49.15	500m: 8:19.39	50.97	900m: 15:07.08	50.98	1300m: 21:55.75	50.70
	150m: 2:24.04	50.07	550m: 9:10.52	51.13	950m: 15:58.75	51.67	1350m: 22:47.09	51.34
	200m: 3:14.37	50.33	600m: 10:01.68	51.16	1000m: 16:49.83	51.08	1400m: 23:38.21	51.12
	250m: 4:04.80	50.43	650m: 10:52.46	50.78	1050m: 17:41.23	51.40	1450m: 24:27.90	49.69
	300m: 4:55.44	50.64	700m: 11:43.14	50.68	1100m: 18:31.89	50.66	1500m: 25:15.66	47.76
	350m: 5:46.56	51.12	750m: 12:34.37	51.23	1150m: 19:23.36	51.47		
	400m: 6:37.32	50.76	800m: 13:25.24	50.87	1200m: 20:13.85	50.49		
5.	Marie-Jeanne Vandormael	GZVN	27:44.73	21035/63	27:42.42	+0,94		
	50m: 47.43	47.43	450m: 8:10.99	55.70	850m: 15:39.70	55.82	1250m: 23:04.11	55.43
	100m: 1:41.82	54.39	500m: 9:08.01	57.02	900m: 16:35.34	55.64	1300m: 23:59.77	55.66
	150m: 2:36.62	54.80	550m: 10:05.16	57.15	950m: 17:31.31	55.97	1350m: 24:56.62	56.85
	200m: 3:32.21	55.59	600m: 11:01.13	55.97	1000m: 18:26.33	55.02	1400m: 25:53.65	57.03
	250m: 4:27.69	55.48	650m: 11:57.17	56.04	1050m: 19:21.38	55.05	1450m: 26:48.65	55.00
	300m: 5:23.12	55.43	700m: 12:52.71	55.54	1100m: 20:17.69	56.31	1500m: 27:42.42	53.77
	350m: 6:19.20	56.08	750m: 13:48.33	55.62	1150m: 21:13.05	55.36		
	400m: 7:15.29	56.09	800m: 14:43.88	55.55	1200m: 22:08.68	55.63		
6.	Annemarie Straetemans	De Geul	26:08.09	196300508	28:23.51	+1,19		
	50m: 51.84	51.84	450m: 8:24.92	56.54	850m: 15:57.89	57.28	1250m: 23:38.01	58.27
	100m: 1:47.29	55.45	500m: 9:21.96	57.04	900m: 16:54.73	56.84	1300m: 24:35.63	57.62
	150m: 2:44.02	56.73	550m: 10:18.44	56.48	950m: 17:51.78	57.05	1350m: 25:33.01	57.38
	200m: 3:41.13	57.11	600m: 11:14.78	56.34	1000m: 18:49.90	58.12	1400m: 26:30.23	57.22
	250m: 4:37.74	56.61	650m: 12:11.31	56.53	1050m: 19:47.11	57.21	1450m: 27:27.62	57.39
	300m: 5:34.93	57.19	700m: 13:07.45	56.14	1100m: 20:44.36	57.25	1500m: 28:23.51	55.89
	350m: 6:31.76	56.83	750m: 14:03.62	56.17	1150m: 21:42.16	57.80		
	400m: 7:28.38	56.62	800m: 15:00.61	56.99	1200m: 22:39.74	57.58		

Masters 60+

Programmanr. 1, Dames, 1500m vrije slag, Masters 60+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC
1.	Elly Kiestra-Broertjes	ZIGNEA	26:17.06	195600100	26:37.75 *	+1,03
	50m: 44.27	44.27	450m: 7:51.39	55.06	850m: 15:04.94	54.61
	100m: 1:33.79	49.52	500m: 8:45.44	54.05	900m: 15:58.99	54.05
	150m: 2:26.30	52.51	550m: 9:38.89	53.45	950m: 16:53.22	54.23
	200m: 3:20.02	53.72	600m: 10:33.52	54.63	1000m: 17:47.01	53.79
	250m: 4:13.85	53.83	650m: 11:27.36	53.84	1050m: 18:39.37	52.36
	300m: 5:08.31	54.46	700m: 12:21.78	54.42	1100m: 19:33.38	54.01
	350m: 6:01.89	53.58	750m: 13:16.77	54.99	1150m: 20:27.81	54.43
	400m: 6:56.33	54.44	800m: 14:10.33	53.56	1200m: 21:21.74	53.93
1250m:					22:15.40	53.66
1300m:					23:06.99	51.59
1350m:					23:59.74	52.75
1400m:					24:54.59	54.85
1450m:					25:48.38	53.79
1500m:					26:37.75	49.37
2.	Maria Rosa Llivina Carbonell	CN Aquamasters	28:49.07		28:50.50	
	<i>alle tijden handtijden</i>					
	50m: 51.53	51.53	450m: 8:29.77	57.24	850m: 16:10.21	57.63
	100m: 1:46.83	55.30	500m: 9:27.18	57.41	900m: 17:07.81	57.60
	150m: 2:43.29	56.46	550m: 10:24.46	57.28	950m: 18:05.87	58.06
	200m: 3:41.17	57.88	600m: 11:22.23	57.77	1000m: 19:03.87	58.00
	250m: 4:39.58	58.41	650m: 12:19.99	57.76	1050m: 20:01.51	57.64
	300m: 5:37.39	57.81	700m: 13:17.35	57.36	1100m: 20:59.16	57.65
	350m: 6:35.07	57.68	750m: 14:15.29	57.94	1150m: 21:57.43	58.27
	400m: 7:32.53	57.46	800m: 15:12.58	57.29	1200m: 22:55.93	58.50
					1250m: 23:55.31	59.38
					1300m: 24:54.06	58.75
					1350m: 25:53.70	59.64
					1400m: 26:53.37	59.67
					1450m: 27:53.00	
					1500m: 28:50.50	

Masters 65+

1.	Gonnie Bak	PSV	28:38.43	195100064	29:16.24	
	<i>alle tijden handtijden</i>					
	50m: 49.87	49.87	450m: 8:38.53	59.73	850m: 16:33.49	59.60
	100m: 1:46.96	57.09	500m: 9:36.60	58.07	900m: 17:32.51	59.02
	150m: 2:44.56	57.60	550m: 10:36.17	59.57	950m: 18:32.02	59.51
	200m: 3:42.72	58.16	600m: 11:35.84	59.67	1000m: 19:30.96	58.94
	250m: 4:42.07	59.35	650m: 12:35.87	1:00.03	1050m: 20:30.62	59.66
	300m: 5:40.96	58.89	700m: 13:34.82	58.95	1100m: 21:30.66	1:00.04
	350m: 6:39.40	58.44	750m: 14:34.44	59.62	1150m: 22:30.04	59.38
	400m: 7:38.80	59.40	800m: 15:33.89	59.45	1200m: 23:29.40	59.36
					1250m: 24:28.26	58.86
					1300m: 25:26.34	58.08
					1350m: 26:24.56	58.22
					1400m: 27:22.94	58.38
					1450m: 28:21.31	
					1500m: 29:16.24	

Masters 70+

1.	Loekie v. Huissteden	ZPC AMERSFOORT	36:27.33	194500002	34:46.90	
	<i>alle tijden handtijden</i>					
	50m: 55.67	55.67	450m: 10:02.57	1:10.09	850m: 19:23.95	1:10.59
	100m: 2:00.54	1:04.87	500m: 11:11.91	1:09.34	900m: 20:34.97	1:11.02
	150m: 3:08.05	1:07.51	550m: 12:21.94	1:10.03	950m: 21:45.66	1:10.69
	200m: 4:17.89	1:09.84	600m: 13:32.19	1:10.25	1000m: 22:56.81	1:11.15
	250m: 5:27.48	1:09.59	650m: 14:41.03	1:08.84	1050m: 24:08.70	1:11.89
	300m: 6:35.44	1:07.96	700m: 15:51.24	1:10.21	1100m: 25:20.21	1:11.51
	350m: 7:44.13	1:08.69	750m: 17:02.01	1:10.77	1150m: 26:31.10	1:10.89
	400m: 8:52.48	1:08.35	800m: 18:13.36	1:11.35	1200m: 27:41.71	1:10.61
					1250m: 28:53.45	1:11.74
					1300m: 30:04.47	1:11.02
					1350m: 31:15.41	1:10.94
					1400m: 32:26.76	1:11.35
					1450m: 33:38.11	
					1500m: 34:46.90	

Masters 80+

1.	Marie Smits	Old Dutch	32:45.33	193800004	33:39.03	
	<i>Nederlands Masters Record, tt 800 en 400 meter NMR, alle tijden handtijden</i>					
	50m: 53.34	53.34	450m: 9:44.89	1:08.00	850m: 18:48.09	1:07.81
	100m: 1:56.07	1:02.73	500m: 10:52.96	1:08.07	900m: 19:56.49	1:08.40
	150m: 3:01.06	1:04.99	550m: 12:01.64	1:08.68	950m: 21:04.99	1:08.50
	200m: 4:06.67	1:05.61	600m: 13:09.39	1:07.75	1000m: 22:13.57	1:08.58
	250m: 5:13.84	1:07.17	650m: 14:17.14	1:07.75	1050m: 23:22.42	1:08.85
	300m: 6:20.74	1:06.90	700m: 15:24.84	1:07.70	1100m: 24:31.74	1:09.32
	350m: 7:29.21	1:08.47	750m: 16:32.53	1:07.69	1150m: 25:40.17	1:08.43
	400m: 8:36.89	1:07.68	800m: 17:40.28	1:07.75	1200m: 26:48.84	1:08.67
					1250m: 27:58.34	1:09.50
					1300m: 29:06.74	1:08.40
					1350m: 30:15.34	1:08.60
					1400m: 31:24.06	1:08.72
					1450m: 32:32.81	
					1500m: 33:39.03	