

Programmanr. 17  
20-01-2018 - 10:43

Dames, 400m wisselslag

Masters Open  
Resultaten

| rang               | naam                             | vereniging       | inschrijftijd | tijd      | RT            | IPC   |
|--------------------|----------------------------------|------------------|---------------|-----------|---------------|-------|
| <b>Masters 20+</b> |                                  |                  |               |           |               |       |
| 1.                 | Madelon Dijkstra                 | ZPCH             | 5:06.81       | 199703510 | 5:05.95       | +0,90 |
|                    | 50m: 33.70                       | 33.70            | 150m: 1:51.81 | 39.79     | 250m: 3:14.33 | 43.46 |
|                    | 100m: 1:12.02                    | 38.32            | 200m: 2:30.87 | 39.06     | 300m: 3:58.51 | 44.18 |
|                    |                                  |                  |               |           | 350m: 4:32.28 | 33.77 |
|                    |                                  |                  |               |           | 400m: 5:05.95 | 33.67 |
| 2.                 | Anne Noom                        | Het Y            | 5:08.27       | 199800062 | 5:07.39       | +0,82 |
|                    | 50m: 31.79                       | 31.79            | 150m: 1:47.55 | 38.65     | 250m: 3:11.15 | 44.98 |
|                    | 100m: 1:08.90                    | 37.11            | 200m: 2:26.17 | 38.62     | 300m: 3:57.24 | 46.09 |
|                    |                                  |                  |               |           | 350m: 4:32.62 | 35.38 |
|                    |                                  |                  |               |           | 400m: 5:07.39 | 34.77 |
| 3.                 | Manon van Esch                   | TRB-RES          | 5:22.00       | 199702090 | 5:18.26       | +0,77 |
|                    | 50m: 32.15                       | 32.15            | 150m: 1:49.19 | 39.60     | 250m: 3:17.44 | 48.07 |
|                    | 100m: 1:09.59                    | 37.44            | 200m: 2:29.37 | 40.18     | 300m: 4:06.45 | 49.01 |
|                    |                                  |                  |               |           | 350m: 4:43.28 | 36.83 |
|                    |                                  |                  |               |           | 400m: 5:18.26 | 34.98 |
| 4.                 | Tamara Grove                     | De Dolfijn       | 5:12.12       | 199601266 | 5:18.99       | +0,78 |
|                    | 50m: 32.94                       | 32.94            | 150m: 1:52.46 | 41.11     | 250m: 3:18.76 | 45.73 |
|                    | 100m: 1:11.35                    | 38.41            | 200m: 2:33.03 | 40.57     | 300m: 4:06.17 | 47.41 |
|                    |                                  |                  |               |           | 350m: 4:42.62 | 36.45 |
|                    |                                  |                  |               |           | 400m: 5:18.99 | 36.37 |
| 5.                 | Chantal Beijer                   | DWT              | 5:24.53       | 199700884 | 5:30.84       | +0,92 |
|                    | 50m: 35.89                       | 35.89            | 150m: 2:00.80 | 43.09     | 250m: 3:28.35 | 44.26 |
|                    | 100m: 1:17.71                    | 41.82            | 200m: 2:44.09 | 43.29     | 300m: 4:16.33 | 47.98 |
|                    |                                  |                  |               |           | 350m: 4:54.02 | 37.69 |
|                    |                                  |                  |               |           | 400m: 5:30.84 | 36.82 |
| 6.                 | Manon Kloosterman                | De Bevelanders   | 5:29.52       | 199702082 | 5:32.35       | +0,64 |
|                    | 50m: 33.92                       | 33.92            | 150m: 1:59.67 | 44.80     | 250m: 3:29.88 | 46.62 |
|                    | 100m: 1:14.87                    | 40.95            | 200m: 2:43.26 | 43.59     | 300m: 4:16.08 | 46.20 |
|                    |                                  |                  |               |           | 350m: 4:55.01 | 38.93 |
|                    |                                  |                  |               |           | 400m: 5:32.35 | 37.34 |
| 7.                 | Maaïke Tijhof                    | VZC              | 5:20.89       | 199800112 | 5:33.17       | +0,82 |
|                    | 50m: 34.97                       | 34.97            | 150m: 2:02.36 | 43.30     | 250m: 3:31.95 | 47.18 |
|                    | 100m: 1:19.06                    | 44.09            | 200m: 2:44.77 | 42.41     | 300m: 4:20.51 | 48.56 |
|                    |                                  |                  |               |           | 350m: 4:57.56 | 37.05 |
|                    |                                  |                  |               |           | 400m: 5:33.17 | 35.61 |
| 8.                 | Celine Schoenmaker               | DWK              | 5:26.49       | 199801976 | 5:34.49       | +0,76 |
|                    | 50m: 32.93                       | 32.93            | 150m: 1:53.91 | 41.34     | 250m: 3:24.75 | 49.16 |
|                    | 100m: 1:12.57                    | 39.64            | 200m: 2:35.59 | 41.68     | 300m: 4:15.89 | 51.14 |
|                    |                                  |                  |               |           | 350m: 4:56.50 | 40.61 |
|                    |                                  |                  |               |           | 400m: 5:34.49 | 37.99 |
| 9.                 | Moniek Heemskerck                | LZ 1886          | 5:21.32       | 199601964 | 5:34.60       | +0,78 |
|                    | 50m: 35.67                       | 35.67            | 150m: 2:02.62 | 45.16     | 250m: 3:30.39 | 43.89 |
|                    | 100m: 1:17.46                    | 41.79            | 200m: 2:46.50 | 43.88     | 300m: 4:16.38 | 45.99 |
|                    |                                  |                  |               |           | 350m: 4:56.54 | 40.16 |
|                    |                                  |                  |               |           | 400m: 5:34.60 | 38.06 |
| 10.                | Tamara Maassen                   | Aquapoldro       | 5:54.23       | 199801270 | 5:57.16       | +0,85 |
|                    | 50m: 35.99                       | 35.99            | 150m: 2:03.71 | 45.21     | 250m: 3:40.15 | 51.86 |
|                    | 100m: 1:18.50                    | 42.51            | 200m: 2:48.29 | 44.58     | 300m: 4:33.01 | 52.86 |
|                    |                                  |                  |               |           | 350m: 5:16.13 | 43.12 |
|                    |                                  |                  |               |           | 400m: 5:57.16 | 41.03 |
| 11.                | Maike Korthout                   | TRB-RES          | 5:41.86       | 199406034 | 6:03.43       | +0,79 |
|                    | 50m: 35.39                       | 35.39            | 150m: 2:01.27 | 44.32     | 250m: 3:40.97 | 54.71 |
|                    | 100m: 1:16.95                    | 41.56            | 200m: 2:46.26 | 44.99     | 300m: 4:37.37 | 56.40 |
|                    |                                  |                  |               |           | 350m: 5:20.12 | 42.75 |
|                    |                                  |                  |               |           | 400m: 6:03.43 | 43.31 |
| 12.                | Sanne de Roo                     | ZZ&PC De Devel   | 6:15.70       | 199501934 | 6:16.92       | +0,79 |
|                    | 50m: 40.55                       | 40.55            | 150m: 2:19.24 | 50.71     | 250m: 3:59.05 | 49.65 |
|                    | 100m: 1:28.53                    | 47.98            | 200m: 3:09.40 | 50.16     | 300m: 4:51.33 | 52.28 |
|                    |                                  |                  |               |           | 350m: 5:34.85 | 43.52 |
|                    |                                  |                  |               |           | 400m: 6:16.92 | 42.07 |
| <b>Masters 25+</b> |                                  |                  |               |           |               |       |
| 1.                 | Yvon Versteeg                    | De Veene         | 5:19.35       | 199201864 | 5:10.46       | +0,83 |
|                    | <i>Nederlands Masters Record</i> |                  |               |           |               |       |
|                    | 50m: 32.40                       | 32.40            | 150m: 1:52.67 | 41.35     | 250m: 3:16.90 | 43.33 |
|                    | 100m: 1:11.32                    | 38.92            | 200m: 2:33.57 | 40.90     | 300m: 4:01.65 | 44.75 |
|                    |                                  |                  |               |           | 350m: 4:36.09 | 34.44 |
|                    |                                  |                  |               |           | 400m: 5:10.46 | 34.37 |
| 2.                 | Maaïke Vooren                    | DAW              | 5:19.15       | 199103324 | 5:21.00       | +0,94 |
|                    | 50m: 33.92                       | 33.92            | 150m: 1:57.33 | 43.17     | 250m: 3:24.98 | 44.64 |
|                    | 100m: 1:14.16                    | 40.24            | 200m: 2:40.34 | 43.01     | 300m: 4:10.19 | 45.21 |
|                    |                                  |                  |               |           | 350m: 4:46.28 | 36.09 |
|                    |                                  |                  |               |           | 400m: 5:21.00 | 34.72 |
| 3.                 | Fraukje Puts                     | HZ&PC Heerenveen | 5:31.02       | 199206470 | 5:27.15       | +0,80 |
|                    | 50m: 34.89                       | 34.89            | 150m: 1:58.80 | 43.40     | 250m: 3:27.04 | 45.96 |
|                    | 100m: 1:15.40                    | 40.51            | 200m: 2:41.08 | 42.28     | 300m: 4:13.78 | 46.74 |
|                    |                                  |                  |               |           | 350m: 4:51.68 | 37.90 |
|                    |                                  |                  |               |           | 400m: 5:27.15 | 35.47 |
| 4.                 | Wendy de Bruin                   | ZOB'66           | 5:28.53       | 199206320 | 5:32.05       | +0,83 |
|                    | 50m: 34.19                       | 34.19            | 150m: 1:58.42 | 43.20     | 250m: 3:28.30 | 45.97 |
|                    | 100m: 1:15.22                    | 41.03            | 200m: 2:42.33 | 43.91     | 300m: 4:17.00 | 48.70 |
|                    |                                  |                  |               |           | 350m: 4:55.58 | 38.58 |
|                    |                                  |                  |               |           | 400m: 5:32.05 | 36.47 |
| 5.                 | Danila van den Hoogenband        | Nuenen           | 5:49.43       | 199001558 | 5:40.32       | +0,84 |
|                    | 50m: 34.44                       | 34.44            | 150m: 1:59.27 | 44.72     | 250m: 3:32.91 | 50.61 |
|                    | 100m: 1:14.55                    | 40.11            | 200m: 2:42.30 | 43.03     | 300m: 4:24.71 | 51.80 |
|                    |                                  |                  |               |           | 350m: 5:03.99 | 39.28 |
|                    |                                  |                  |               |           | 400m: 5:40.32 | 36.33 |
| 6.                 | Désirée Emmen                    | De Warande       | 5:37.83       | 199204862 | 5:46.50       | +0,60 |
|                    | 50m: 35.88                       | 35.88            | 150m: 2:00.89 | 43.12     | 250m: 3:33.85 | 51.34 |
|                    | 100m: 1:17.77                    | 41.89            | 200m: 2:42.51 | 41.62     | 300m: 4:25.93 | 52.08 |
|                    |                                  |                  |               |           | 350m: 5:07.60 | 41.67 |
|                    |                                  |                  |               |           | 400m: 5:46.50 | 38.90 |

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

Splash Meet Manager, 11.51721

Registered to KNZB

21-01-2018 13:02 - pagina 1

Programmanr. 17, Dames, 400m wisselslag, Masters 25+

| rang  | naam                    | vereniging              | inschrijftijd | tijd      | RT            | IPC     |
|-------|-------------------------|-------------------------|---------------|-----------|---------------|---------|
| 7.    | Martje Godschalk        | De IJssel               | 6:06.13       | 199001186 | 5:51.62       | +0,83   |
|       | 50m: 36.64              | 36.64                   | 150m: 2:06.52 | 46.47     | 250m: 3:41.02 | 48.73   |
|       | 100m: 1:20.05           | 43.41                   | 200m: 2:52.29 | 45.77     | 300m: 4:32.20 | 51.18   |
|       |                         |                         |               |           | 350m: 5:11.39 | 39.19   |
|       |                         |                         |               |           | 400m: 5:51.62 | 40.23   |
| 8.    | Suzan Blankestijn       | LZ 1886                 | 5:54.74       | 198900350 | 5:59.43       | +0,85   |
|       | 50m: 37.37              | 37.37                   | 150m: 2:14.21 | 51.50     | 250m: 3:50.42 | 45.53   |
|       | 100m: 1:22.71           | 45.34                   | 200m: 3:04.89 | 50.68     | 300m: 4:39.67 | 49.25   |
|       |                         |                         |               |           | 350m: 5:20.69 | 41.02   |
|       |                         |                         |               |           | 400m: 5:59.43 | 38.74   |
| 9.    | Marjan Rikken           | ZVV                     | 6:20.43       | 199206114 | 6:16.12       | +0,98   |
|       | 50m: 42.59              | 42.59                   | 150m: 2:20.08 | 45.50     | 250m: 3:57.80 | 52.91   |
|       | 100m: 1:34.58           | 51.99                   | 200m: 3:04.89 | 44.81     | 300m: 4:52.05 | 54.25   |
|       |                         |                         |               |           | 350m: 5:35.31 | 43.26   |
|       |                         |                         |               |           | 400m: 6:16.12 | 40.81   |
| 10.   | Jacoline van den Beukel | Zwemvereniging Westland | 6:30.68       | 199100238 | 6:20.58       | +0,90   |
|       | 50m: 41.15              | 41.15                   | 150m: 2:17.15 | 45.46     | 250m: 3:58.51 | 56.94   |
|       | 100m: 1:31.69           | 50.54                   | 200m: 3:01.57 | 44.42     | 300m: 4:54.50 | 55.99   |
|       |                         |                         |               |           | 350m: 5:37.39 | 42.89   |
|       |                         |                         |               |           | 400m: 6:20.58 | 43.19   |
| 11.   | Eline Schoenmaker       | Zwemlust-den Hommel     | 6:24.27       | 199003322 | 6:26.00       | +0,79   |
|       | 50m: 41.01              | 41.01                   | 150m: 2:18.57 | 47.52     | 250m: 4:03.55 | 56.73   |
|       | 100m: 1:31.05           | 50.04                   | 200m: 3:06.82 | 48.25     | 300m: 4:59.31 | 55.76   |
|       |                         |                         |               |           | 350m: 5:43.05 | 43.74   |
|       |                         |                         |               |           | 400m: 6:26.00 | 42.95   |
| 12.   | Claudia Creemers        | RZ                      | 7:11.81       | 199202864 | 7:12.36       | +0,90   |
|       | 50m: 42.75              | 42.75                   | 150m: 2:33.28 | 56.79     | 250m: 4:30.82 | 1:00.10 |
|       | 100m: 1:36.49           | 53.74                   | 200m: 3:30.72 | 57.44     | 300m: 5:34.71 | 1:03.89 |
|       |                         |                         |               |           | 350m: 6:24.39 | 49.68   |
|       |                         |                         |               |           | 400m: 7:12.36 | 47.97   |
| 13.   | Janneke Wynia           | WS Twente               | 7:00.99       | 199005500 | 7:12.57       | +0,92   |
|       | 50m: 48.32              | 48.32                   | 150m: 2:41.75 | 54.37     | 250m: 4:37.88 | 57.82   |
|       | 100m: 1:47.38           | 59.06                   | 200m: 3:40.06 | 58.31     | 300m: 5:36.73 | 58.85   |
|       |                         |                         |               |           | 350m: 6:26.08 | 49.35   |
|       |                         |                         |               |           | 400m: 7:12.57 | 46.49   |
| AFGEM | Nanda de Vries          | Steenwijk 1934          | 5:38.49       | 199204328 |               |         |
| AFGEM | Emmy van Thiel          | Rotterdam Swimming (SG) | 6:24.03       | 199003728 |               |         |

Masters 30+

|    |                                  |                         |               |           |               |         |
|----|----------------------------------|-------------------------|---------------|-----------|---------------|---------|
| 1. | Marlijn Hendriksen               | Hieronymus              | 4:55.46       | 198806828 | 5:03.27       | +0,78   |
|    | <i>Nederlands Masters Record</i> |                         |               |           |               |         |
|    | 50m: 33.34                       | 33.34                   | 150m: 1:50.36 | 39.88     | 250m: 3:11.28 | 42.19   |
|    | 100m: 1:10.48                    | 37.14                   | 200m: 2:29.09 | 38.73     | 300m: 3:53.83 | 42.55   |
|    |                                  |                         |               |           | 350m: 4:29.26 | 35.43   |
|    |                                  |                         |               |           | 400m: 5:03.27 | 34.01   |
| 2. | Viktória Felföldi                | Iron Aquatics           | 5:18.06       |           | 5:14.14       | +0,91   |
|    | <i>Hungarian Masters Record</i>  |                         |               |           |               |         |
|    | 50m: 32.79                       | 32.79                   | 150m: 1:50.86 | 40.13     | 250m: 3:16.08 | 45.52   |
|    | 100m: 1:10.73                    | 37.94                   | 200m: 2:30.56 | 39.70     | 300m: 4:01.52 | 45.44   |
|    |                                  |                         |               |           | 350m: 4:37.76 | 36.24   |
|    |                                  |                         |               |           | 400m: 5:14.14 | 36.38   |
| 3. | Nele Vanbuel-Goffin              | Nelaur                  | 5:26.84       | 001811/85 | 5:24.15       | +0,88   |
|    | 50m: 33.83                       | 33.83                   | 150m: 1:55.45 | 43.33     | 250m: 3:22.79 | 43.86   |
|    | 100m: 1:12.12                    | 38.29                   | 200m: 2:38.93 | 43.48     | 300m: 4:07.79 | 45.00   |
|    |                                  |                         |               |           | 350m: 4:46.16 | 38.37   |
|    |                                  |                         |               |           | 400m: 5:24.15 | 37.99   |
| 4. | Susanne van der Linden           | DIO                     | 5:38.72       | 198802736 | 5:39.65       | +0,82   |
|    | 50m: 37.43                       | 37.43                   | 150m: 2:03.48 | 43.04     | 250m: 3:34.75 | 46.05   |
|    | 100m: 1:20.44                    | 43.01                   | 200m: 2:48.70 | 45.22     | 300m: 4:21.39 | 46.64   |
|    |                                  |                         |               |           | 350m: 5:00.73 | 39.34   |
|    |                                  |                         |               |           | 400m: 5:39.65 | 38.92   |
| 5. | Liesbeth van Mill                | DWK                     | 5:59.35       | 198702786 | 5:59.63       | +0,82   |
|    | 50m: 38.50                       | 38.50                   | 150m: 2:09.81 | 46.34     | 250m: 3:44.75 | 49.54   |
|    | 100m: 1:23.47                    | 44.97                   | 200m: 2:55.21 | 45.40     | 300m: 4:35.17 | 50.42   |
|    |                                  |                         |               |           | 350m: 5:17.90 | 42.73   |
|    |                                  |                         |               |           | 400m: 5:59.63 | 41.73   |
| 6. | Rita Spithoff                    | Rotterdam Swimming (SG) | 6:06.59       | 198804124 | 6:09.05       | +0,88   |
|    | 50m: 39.19                       | 39.19                   | 150m: 2:13.69 | 47.96     | 250m: 3:54.24 | 52.31   |
|    | 100m: 1:25.73                    | 46.54                   | 200m: 3:01.93 | 48.24     | 300m: 4:47.17 | 52.93   |
|    |                                  |                         |               |           | 350m: 5:31.06 | 43.89   |
|    |                                  |                         |               |           | 400m: 6:09.05 | 37.99   |
| 7. | Marloes Rebel                    | WS Twente               | 7:53.88       | 198403474 | 7:21.99       | +1,09   |
|    | <i>100m*</i>                     |                         |               |           |               |         |
|    | 50m: 48.60                       | 48.60                   | 150m: 2:45.01 | 59.86     | 250m: 4:44.52 | 1:02.20 |
|    | 100m: 1:45.15                    | 56.55                   | 200m: 3:42.32 | 57.31     | 300m: 5:47.50 | 1:02.98 |
|    |                                  |                         |               |           | 350m: 6:34.73 | 47.23   |
|    |                                  |                         |               |           | 400m: 7:21.99 | 47.26   |

Masters 35+

|    |   |               |               |           |               |       |
|----|---|---------------|---------------|-----------|---------------|-------|
| 1. | Stephanie Vaernewyck                                  | MEGA-zwemteam | 5:30.32       | 20352/83  | 5:25.27       | +0,92 |
|    | <i>Kampioenschaps Record, Belgisch Masters Record</i> |               |               |           |               |       |
|    | 50m: 34.35  | 34.35         | 150m: 1:56.70 | 41.76     | 250m: 3:23.66 | 44.31 |
|    | 100m: 1:14.94   | 40.59         | 200m: 2:39.35 | 42.65     | 300m: 4:09.62 | 45.96 |
|    |   |               |               |           | 350m: 4:47.39 | 37.77 |
|    |   |               |               |           | 400m: 5:25.27 | 37.88 |
| 2. | Nadya Putter  | ZVVS          | 5:30.38       | 198301630 | 5:29.89       | +0,87 |
|    | 50m: 35.01  | 35.01         | 150m: 1:56.17 | 41.92     | 250m: 3:24.38 | 45.12 |
|    | 100m: 1:14.25   | 39.24         | 200m: 2:39.26 | 43.09     | 300m: 4:12.56 | 48.18 |
|    |   |               |               |           | 350m: 4:52.10 | 39.54 |
|    |   |               |               |           | 400m: 5:29.89 | 37.79 |

Programmanr. 17, Dames, 400m wisselslag, Masters 35+

| rang | naam   | vereniging          | inschrijftijd       | tijd                | RT             | IPC   |
|------|--|---------------------|---------------------|---------------------|----------------|-------|
| 3.   | Roos van Esch                                | Albion d'ELFT (SG)  | 5:24.52             | 198200468           | <b>5:32.43</b> | +0,93 |
|      | 50m: 35.79 35.79                             | 150m: 1:59.00 42.91 | 250m: 3:30.40 48.41 | 350m: 4:56.72 38.34 |                |       |
|      | 100m: 1:16.09 40.30                          | 200m: 2:41.99 42.99 | 300m: 4:18.38 47.98 | 400m: 5:32.43 35.71 |                |       |
| 4.   | Ann Wanter<br><i>Belgisch Masters Record</i> | Zwemclub Geel       | 5:26.82             | 21082/82            | <b>5:34.77</b> | +0,87 |
|      | 50m: 35.79 35.79                             | 150m: 1:59.18 42.27 | 250m: 3:30.16 48.85 | 350m: 4:57.21 37.99 |                |       |
|      | 100m: 1:16.91 41.12                          | 200m: 2:41.31 42.13 | 300m: 4:19.22 49.06 | 400m: 5:34.77 37.56 |                |       |
| 5.   | Jessica Venema                               | WIDEX GZC DONK      | 6:23.59             | 197901526           | <b>6:32.68</b> | +0,96 |
|      | 50m: 41.79 41.79                             | 150m: 2:23.50 47.57 | 250m: 4:08.74 57.28 | 350m: 5:49.75 43.27 |                |       |
|      | 100m: 1:35.93 54.14                          | 200m: 3:11.46 47.96 | 300m: 5:06.48 57.74 | 400m: 6:32.68 42.93 |                |       |

Masters 40+

|       |                     |                     |                     |                     |                |       |
|-------|---------------------|---------------------|---------------------|---------------------|----------------|-------|
| 1.    | Jannie Vennik       | HZ&PC Heerenveen    | 6:30.55             | 197601006           | <b>6:32.32</b> | +1,01 |
|       | 50m: 43.58 43.58    | 150m: 2:25.73 50.44 | 250m: 4:12.28 55.09 | 350m: 5:50.63 41.42 |                |       |
|       | 100m: 1:35.29 51.71 | 200m: 3:17.19 51.46 | 300m: 5:09.21 56.93 | 400m: 6:32.32 41.69 |                |       |
| AFGEM | Liselotte Joling    | PSV                 | 5:31.26             | 197500268           |                |       |

Masters 45+

|    |  |                     |                       |                     |                |       |
|----|--|---------------------|-----------------------|---------------------|----------------|-------|
| 1. | Evelien van Klarbergen<br><i>Kampioenschaps Record</i> | HZ&PC Heerenveen    | 5:36.57               | 197200964           | <b>5:38.29</b> | +0,97 |
|    | 50m: 36.60 36.60                                       | 150m: 2:01.56 42.76 | 250m: 3:33.50 50.24   | 350m: 5:00.13 38.94 |                |       |
|    | 100m: 1:18.80 42.20                                    | 200m: 2:43.26 41.70 | 300m: 4:21.19 47.69   | 400m: 5:38.29 38.16 |                |       |
| 2. | Lidia v. Bon-Rosenbrand                                | ZPC AMERSFOORT      | 5:59.35               | 197000054           | <b>5:55.85</b> | +0,97 |
|    | 50m: 36.46 36.46                                       | 150m: 2:05.12 47.60 | 250m: 3:42.98 48.43   | 350m: 5:14.94 41.89 |                |       |
|    | 100m: 1:17.52 41.06                                    | 200m: 2:54.55 49.43 | 300m: 4:33.05 50.07   | 400m: 5:55.85 40.91 |                |       |
| 3. | Heidi den Boer   | Link                | 5:52.61               | 196900864           | <b>5:56.86</b> | +0,82 |
|    | 50m: 36.89 36.89                                       | 150m: 2:06.59 44.10 | 250m: 3:43.24 51.33   | 350m: 5:17.56 40.89 |                |       |
|    | 100m: 1:22.49 45.60                                    | 200m: 2:51.91 45.32 | 300m: 4:36.67 53.43   | 400m: 5:56.86 39.30 |                |       |
| 4. | Lisenka Kornet-van den Akker                           | Zwemlust-den Hommel | 6:05.10               | 196901052           | <b>6:10.04</b> | +1,00 |
|    | 50m: 40.83 40.83                                       | 150m: 2:18.02 47.85 | 250m: 3:58.24 53.48   | 350m: 5:31.48 39.46 |                |       |
|    | 100m: 1:30.17 49.34                                    | 200m: 3:04.76 46.74 | 300m: 4:52.02 53.78   | 400m: 6:10.04 38.56 |                |       |
| 5. | Peggi Hurenkamp  | HZ&PC Heerenveen    | 6:37.57               | 196900922           | <b>6:45.10</b> | +0,87 |
|    | 50m: 43.67 43.67                                       | 150m: 2:22.15 51.22 | 250m: 4:13.82 1:00.36 | 350m: 5:58.91 45.92 |                |       |
|    | 100m: 1:30.93 47.26                                    | 200m: 3:13.46 51.31 | 300m: 5:12.99 59.17   | 400m: 6:45.10 46.19 |                |       |

Masters 50+

|    |                               |                     |                       |                     |                |       |
|----|-------------------------------|---------------------|-----------------------|---------------------|----------------|-------|
| 1. | Laura Staal                   | Oceanus             | 6:07.36               | 196700358           | <b>6:16.30</b> | +0,70 |
|    | 50m: 41.34 41.34              | 150m: 2:17.70 47.94 | 250m: 3:58.77 53.63   | 350m: 5:34.58 42.59 |                |       |
|    | 100m: 1:29.76 48.42           | 200m: 3:05.14 47.44 | 300m: 4:51.99 53.22   | 400m: 6:16.30 41.72 |                |       |
| 2. | K. van Nassau van den Heuvel  | Old Dutch           | 6:39.68               | 196600188           | <b>6:58.35</b> | +0,98 |
|    | 50m: 46.19 46.19              | 150m: 2:35.61 54.66 | 250m: 4:26.59 55.65   | 350m: 6:11.94 48.07 |                |       |
|    | 100m: 1:40.95 54.76           | 200m: 3:30.94 55.33 | 300m: 5:23.87 57.28   | 400m: 6:58.35 46.41 |                |       |
| 3. | Miranda Keijl<br><i>100m*</i> | ZIGNEA              | 7:18.31               | 196500588           | <b>7:12.68</b> | +0,99 |
|    | 50m: 48.15 48.15              | 150m: 2:39.34 55.10 | 250m: 4:37.15 1:05.26 | 350m: 6:29.87 49.56 |                |       |
|    | 100m: 1:44.24 56.09           | 200m: 3:31.89 52.55 | 300m: 5:40.31 1:03.16 | 400m: 7:12.68 42.81 |                |       |
| 4. | Hetty Smalheer                | SCOM                | 7:03.52               | 196700352           | <b>7:14.45</b> | +1,14 |
|    | 50m: 51.38 51.38              | 150m: 2:45.80 54.03 | 250m: 4:39.54 58.35   | 350m: 6:26.59 48.82 |                |       |
|    | 100m: 1:51.77 1:00.39         | 200m: 3:41.19 55.39 | 300m: 5:37.77 58.23   | 400m: 7:14.45 47.86 |                |       |
| 5. | Annette van Dok               | MSV-Zeemacht        | 7:05.08               | 196800742           | <b>7:21.08</b> | +0,90 |
|    | 50m: 50.35 50.35              | 150m: 2:41.94 54.23 | 250m: 4:36.51 1:01.59 | 350m: 6:31.64 51.03 |                |       |
|    | 100m: 1:47.71 57.36           | 200m: 3:34.92 52.98 | 300m: 5:40.61 1:04.10 | 400m: 7:21.08 49.44 |                |       |

Programmanr. 17, Dames, 400m wisselslag

Masters 55+

|    |                              |           |               |           |                |         |
|----|------------------------------|-----------|---------------|-----------|----------------|---------|
| 1. | Pierrette Michel             | CNSW      | 5:41.55       | 000835/62 | <b>5:48.40</b> | +0,96   |
|    | <i>Kampioenschaps Record</i> |           |               |           |                |         |
|    | 50m: 35.70                   | 35.70     | 150m: 2:00.81 | 41.87     | 250m: 3:34.27  | 50.96   |
|    | 100m: 1:18.94                | 43.24     | 200m: 2:43.31 | 42.50     | 300m: 4:27.16  | 52.89   |
|    |                              |           |               |           | 350m: 5:08.31  | 41.15   |
|    |                              |           |               |           | 400m: 5:48.40  | 40.09   |
| 2. | Hannie Poletiek              | TriVia    | 7:14.83       | 195900278 | <b>7:26.10</b> | +1,09   |
|    | <i>100m*</i>                 |           |               |           |                |         |
|    | 50m: 48.25                   | 48.25     | 150m: 2:46.59 | 57.10     | 250m: 4:44.95  | 1:00.76 |
|    | 100m: 1:49.49                | 1:01.24   | 200m: 3:44.19 | 57.60     | 300m: 5:44.75  | 59.80   |
|    |                              |           |               |           | 350m: 6:35.24  | 50.49   |
|    |                              |           |               |           | 400m: 7:26.10  | 50.86   |
| 3. | Marjan Spoelstra             | Swol 1894 | 7:33.12       | 196000236 | <b>7:33.51</b> | +1,00   |
|    | 50m: 53.11                   | 53.11     | 150m: 2:55.37 | 1:00.92   | 250m: 4:54.69  | 1:00.57 |
|    | 100m: 1:54.45                | 1:01.34   | 200m: 3:54.12 | 58.75     | 300m: 5:55.24  | 1:00.55 |
|    |                              |           |               |           | 350m: 6:45.67  | 50.43   |
|    |                              |           |               |           | 400m: 7:33.51  | 47.84   |

Masters 60+

|    |               |           |               |           |                |         |
|----|---------------|-----------|---------------|-----------|----------------|---------|
| 1. | Mies Kuipers  | Old Dutch | 10:19.51      | 195800202 | <b>9:45.37</b> | +0,95   |
|    | 50m: 1:08.42  | 1:08.42   | 150m: 3:47.52 | 1:17.61   | 250m: 6:18.37  | 1:16.33 |
|    | 100m: 2:29.91 | 1:21.49   | 200m: 5:02.04 | 1:14.52   | 300m: 7:33.61  | 1:15.24 |
|    |               |           |               |           | 350m: 8:43.57  | 1:09.96 |
|    |               |           |               |           | 400m: 9:45.37  | 1:01.80 |

Masters 65+

|    |                            |           |               |           |                |         |
|----|----------------------------|-----------|---------------|-----------|----------------|---------|
| 1. | Antoinette Gilding-Tussaud | WS Twente | 8:24.71       | 195000038 | <b>8:46.26</b> | +1,28   |
|    | 50m: 1:03.27               | 1:03.27   | 150m: 3:23.50 | 1:02.77   | 250m: 5:38.59  | 1:14.63 |
|    | 100m: 2:20.73              | 1:17.46   | 200m: 4:23.96 | 1:00.46   | 300m: 6:51.20  | 1:12.61 |
|    |                            |           |               |           | 350m: 7:49.15  | 57.95   |
|    |                            |           |               |           | 400m: 8:46.26  | 57.11   |