

Programmanr. 3
19-01-2018 - 9:00

Dames, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC
Masters 20+						
1.	Jamilla van Veen <i>Nederlands Masters Record</i>	ZPC Woerden	4:23.75	199603192	4:23.15	+0,82
	50m: 29.24 29.24 150m: 1:34.70 33.21 250m: 2:41.57 33.23 350m: 3:49.30 34.13 100m: 1:01.49 32.25 200m: 2:08.34 33.64 300m: 3:15.17 33.60 400m: 4:23.15 33.85					
2.	Madelon Dijkstra	ZPCH	4:22.65	199703510	4:24.65	+0,86
	50m: 30.23 30.23 150m: 1:35.66 33.26 250m: 2:42.93 33.53 350m: 3:51.22 34.32 100m: 1:02.40 32.17 200m: 2:09.40 33.74 300m: 3:16.90 33.97 400m: 4:24.65 33.43					
3.	Maaïke Tijhof	VZC	4:31.40	199800112	4:33.40	+0,82
	50m: 30.30 30.30 150m: 1:37.36 33.95 250m: 2:46.89 35.00 350m: 3:58.24 36.08 100m: 1:03.41 33.11 200m: 2:11.89 34.53 300m: 3:22.16 35.27 400m: 4:33.40 35.16					
4.	Tamara Grove	De Dolfijn	4:29.97	199601266	4:36.56	+0,77
	50m: 30.61 30.61 150m: 1:38.68 34.82 250m: 2:48.94 34.99 350m: 4:00.42 35.97 100m: 1:03.86 33.25 200m: 2:13.95 35.27 300m: 3:24.45 35.51 400m: 4:36.56 36.14					
5.	Manon van Esch	TRB-RES	4:34.82	199702090	4:37.43	+0,74
	50m: 30.94 30.94 150m: 1:39.20 34.52 250m: 2:50.01 35.50 350m: 4:02.23 36.26 100m: 1:04.68 33.74 200m: 2:14.51 35.31 300m: 3:25.97 35.96 400m: 4:37.43 35.20					
6.	Melissa van der Geld	De Warande	4:38.83	199506250	4:42.05	+0,77
	50m: 30.93 30.93 150m: 1:40.38 35.57 250m: 2:53.54 36.75 350m: 4:07.30 36.93 100m: 1:04.81 33.88 200m: 2:16.79 36.41 300m: 3:30.37 36.83 400m: 4:42.05 34.75					
7.	Marije Dankelman	Dedemsvaart-AC	4:42.39	199701502	4:43.65	+0,80
	50m: 31.19 31.19 150m: 1:41.21 35.94 250m: 2:54.39 36.91 350m: 4:08.21 36.85 100m: 1:05.27 34.08 200m: 2:17.48 36.27 300m: 3:31.36 36.97 400m: 4:43.65 35.44					
8.	Elianne Huitema	Steenwijk 1934	4:49.64	199700258	4:49.52	+0,61
	50m: 31.31 31.31 150m: 1:41.84 36.05 250m: 2:56.43 37.34 350m: 4:12.19 38.06 100m: 1:05.79 34.48 200m: 2:19.09 37.25 300m: 3:34.13 37.70 400m: 4:49.52 37.33					
9.	Moniek Heemskerk	LZ 1886	4:55.66	199601964	4:57.40	+0,52
	50m: 33.02 33.02 150m: 1:47.51 37.80 250m: 3:03.95 38.40 350m: 4:19.88 38.25 100m: 1:09.71 36.69 200m: 2:25.55 38.04 300m: 3:41.63 37.68 400m: 4:57.40 37.52					
10.	Janine de Groot	Nova	4:49.48	199500092	4:59.36	+0,91
	50m: 32.88 32.88 150m: 1:46.23 37.53 250m: 3:03.16 38.64 350m: 4:21.36 39.31 100m: 1:08.70 35.82 200m: 2:24.52 38.29 300m: 3:42.05 38.89 400m: 4:59.36 38.00					
11.	Chantal van der Horst	De Meer	4:56.58	199400616	5:00.48	+0,82
	50m: 33.36 33.36 150m: 1:47.68 38.03 250m: 3:05.05 38.80 350m: 4:23.08 38.77 100m: 1:09.65 36.29 200m: 2:26.25 38.57 300m: 3:44.31 39.26 400m: 5:00.48 37.40					
12.	Chantal Beijer	DWT	4:52.12	199700884	5:04.51	+0,81
	50m: 32.82 32.82 150m: 1:47.80 38.32 250m: 3:05.37 38.78 350m: 4:24.78 40.01 100m: 1:09.48 36.66 200m: 2:26.59 38.79 300m: 3:44.77 39.40 400m: 5:04.51 39.73					
13.	Lenneke Bagijn	De Duck	5:12.49	199604992	5:17.12	+0,78
	50m: 34.61 34.61 150m: 1:52.57 39.75 250m: 3:14.36 41.24 350m: 4:36.76 40.34 100m: 1:12.82 38.21 200m: 2:33.12 40.55 300m: 3:56.42 42.06 400m: 5:17.12 40.36					
14.	Suzan Heurneman	Aquapoldro	5:21.67	199804874	5:22.53	+0,89
	50m: 34.69 34.69 150m: 1:53.32 40.42 250m: 3:16.59 41.97 350m: 4:41.14 42.13 100m: 1:12.90 38.21 200m: 2:34.62 41.30 300m: 3:59.01 42.42 400m: 5:22.53 41.39					
15.	Esmée Rolloos	Van Vliet-Barracuda	5:16.60	199800056	5:24.51	+0,97
	50m: 34.75 34.75 150m: 1:53.49 40.30 250m: 3:16.43 42.03 350m: 4:42.22 42.98 100m: 1:13.19 38.44 200m: 2:34.40 40.91 300m: 3:59.24 42.81 400m: 5:24.51 42.29					
16.	Charine de Ruiter	Steenwijk 1934	5:35.68	199403668	5:41.00	+0,91
	50m: 36.45 36.45 150m: 1:59.97 43.09 250m: 3:27.62 43.83 350m: 4:58.19 45.74 100m: 1:16.88 40.43 200m: 2:43.79 43.82 300m: 4:12.45 44.83 400m: 5:41.00 42.81					
17.	Mariska Gach	LZ 1886	5:27.35	199501760	5:44.91	+0,83
	50m: 37.38 37.38 150m: 2:02.27 43.38 250m: 3:31.12 44.76 350m: 5:01.18 45.19 100m: 1:18.89 41.51 200m: 2:46.36 44.09 300m: 4:15.99 44.87 400m: 5:44.91 43.73					
18.	Marieke Ipema	LZ 1886	5:46.93	199401290	5:51.71	+0,88
	50m: 37.77 37.77 150m: 2:05.52 44.79 250m: 3:36.20 45.28 350m: 5:07.08 45.74 100m: 1:20.73 42.96 200m: 2:50.92 45.40 300m: 4:21.34 45.14 400m: 5:51.71 44.63					
19.	Maranka Huitema	Steenwijk 1934	6:27.98	199500302	6:32.58	+0,63
	50m: 40.88 40.88 150m: 2:16.25 49.15 250m: 3:58.40 51.42 350m: 5:42.06 51.99 100m: 1:27.10 46.22 200m: 3:06.98 50.73 300m: 4:50.07 51.67 400m: 6:32.58 50.52					

onjuistheden / mistakes?

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Programmanr. 3, Dames, 400m vrije slag

Masters 25+

1.	Maaikje Vooren	DAW	4:35.18	199103324	4:34.61	+0,90
	50m: 31.34	31.34	150m: 1:40.03	34.39	250m: 2:49.53	34.71
	100m: 1:05.64	34.30	200m: 2:14.82	34.79	300m: 3:24.85	35.32
					350m: 4:00.12	35.27
					400m: 4:34.61	34.49
2.	Yvon Versteeg	De Veene	4:36.04	199201864	4:41.86	+0,80
	50m: 32.15	32.15	150m: 1:42.26	35.23	250m: 2:53.54	35.58
	100m: 1:07.03	34.88	200m: 2:17.96	35.70	300m: 3:29.56	36.02
					350m: 4:06.29	36.73
					400m: 4:41.86	35.57
3.	Fraukje Puts	HZ&PC Heerenveen	4:43.67	199206470	4:45.98	+0,80
	50m: 32.38	32.38	150m: 1:42.64	35.52	250m: 2:55.89	36.65
	100m: 1:07.12	34.74	200m: 2:19.24	36.60	300m: 3:33.10	37.21
					350m: 4:09.76	36.66
					400m: 4:45.98	36.22
4.	Désirée Emmen	De Warande	4:47.98	199204862	4:52.92	+0,73
	50m: 32.53	32.53	150m: 1:44.34	36.37	250m: 2:59.06	37.92
	100m: 1:07.97	35.44	200m: 2:21.14	36.80	300m: 3:36.74	37.68
					350m: 4:15.02	38.28
					400m: 4:52.92	37.90
5.	Wendy de Bruin	ZOB'66	4:52.16	199206320	4:56.03	+0,84
	50m: 33.12	33.12	150m: 1:46.80	37.29	250m: 3:02.80	38.20
	100m: 1:09.51	36.39	200m: 2:24.60	37.80	300m: 3:40.93	38.13
					350m: 4:19.16	38.23
					400m: 4:56.03	36.87
6.	Lotte Coenen	Hydrofiel	4:58.32	199301518	4:58.28	+0,92
	50m: 33.02	33.02	150m: 1:46.82	37.35	250m: 3:03.73	38.62
	100m: 1:09.47	36.45	200m: 2:25.11	38.29	300m: 3:42.78	39.05
					350m: 4:21.44	38.66
					400m: 4:58.28	36.84
7.	Danila van den Hoogenband	Nuenen	4:54.38	199001558	4:59.78	+0,85
	50m: 33.66	33.66	150m: 1:48.94	37.89	250m: 3:05.24	38.03
	100m: 1:11.05	37.39	200m: 2:27.21	38.27	300m: 3:43.88	38.64
					350m: 4:22.21	38.33
					400m: 4:59.78	37.57
8.	Mandy Verbakel	ZPC Woerden	4:59.26	199003908	5:02.27	+0,79
	50m: 32.52	32.52	150m: 1:47.16	38.10	250m: 3:05.00	39.10
	100m: 1:09.06	36.54	200m: 2:25.90	38.74	300m: 3:44.41	39.41
					350m: 4:23.90	39.49
					400m: 5:02.27	38.37
9.	Clara Van Roeyen	GBZ	5:44.55	20082/90	5:13.58	+0,99
	50m: 34.52	34.52	150m: 1:52.47	39.53	250m: 3:13.20	40.26
	100m: 1:12.94	38.42	200m: 2:32.94	40.47	300m: 3:53.28	40.08
					350m: 4:33.70	40.42
					400m: 5:13.58	39.88
10.	Gina Lopez Quinto	CN Aquamasters	5:04.99		5:14.39	+0,85
	50m: 36.22	36.22	150m: 1:54.90	39.52	250m: 3:14.70	40.03
	100m: 1:15.38	39.16	200m: 2:34.67	39.77	300m: 3:55.02	40.32
					350m: 4:35.08	40.06
					400m: 5:14.39	39.31
11.	Mara Epifani	LZ 1886	5:20.36	198907548	5:19.08	+0,94
	50m: 35.17	35.17	150m: 1:54.18	40.23	250m: 3:16.02	40.96
	100m: 1:13.95	38.78	200m: 2:35.06	40.88	300m: 3:57.49	41.47
					350m: 4:38.63	41.14
					400m: 5:19.08	40.45
12.	Suzan Blankestijn	LZ 1886	5:14.96	198900350	5:22.55	+0,82
	50m: 35.75	35.75	150m: 1:58.48	42.23	250m: 3:21.07	41.20
	100m: 1:16.25	40.50	200m: 2:39.87	41.39	300m: 4:02.16	41.09
					350m: 4:42.84	40.68
					400m: 5:22.55	39.71
13.	Ilse Blankvoort	Steenwijk 1934	5:28.42	199204458	5:36.94	+0,88
	50m: 35.70	35.70	150m: 1:57.49	41.70	250m: 3:22.81	43.10
	100m: 1:15.79	40.09	200m: 2:39.71	42.22	300m: 4:07.10	44.29
					350m: 4:52.21	45.11
					400m: 5:36.94	44.73
14.	Adela Vázquez Garcia	LZ 1886	5:22.95	199307952	5:43.74	+0,89
	50m: 35.75	35.75	150m: 1:57.63	42.39	250m: 3:26.86	45.06
	100m: 1:15.24	39.49	200m: 2:41.80	44.17	300m: 4:13.14	46.28
					350m: 4:59.07	45.93
					400m: 5:43.74	44.67
15.	Claudia Creemers	RZ	6:41.60	199202864	6:36.43	+0,89
	50m: 40.20	40.20	150m: 2:15.21	48.98	250m: 3:57.98	52.07
	100m: 1:26.23	46.03	200m: 3:05.91	50.70	300m: 4:51.40	53.42
					350m: 5:44.55	53.15
					400m: 6:36.43	51.88
16.	Martine Stam	Albion d'ELFT (SG)	7:04.00	199307942	6:54.92	+1,23
	50m: 44.46	44.46	150m: 2:28.07	53.33	250m: 4:18.51	55.13
	100m: 1:34.74	50.28	200m: 3:23.38	55.31	300m: 5:13.51	55.00
					350m: 6:07.22	53.71
					400m: 6:54.92	47.70
17.	Anouk Bloem	TRB-RES	6:58.97	199000320	7:01.66	+0,75
	50m: 46.21	46.21	150m: 2:29.52	52.59	250m: 4:17.95	54.50
	100m: 1:36.93	50.72	200m: 3:23.45	53.93	300m: 5:12.68	54.73
					350m: 6:07.26	54.58
					400m: 7:01.66	54.40
AFGEM	Nanda de Vries	Steenwijk 1934	5:07.40	199204328		

Masters 30+

1.	Viktória Felföldi	Iron Aquatics	4:45.50		4:43.08	+0,89
	<i>Hungarian Masters Record</i>					
	50m: 31.93	31.93	150m: 1:41.81	35.38	250m: 2:54.19	36.57
	100m: 1:06.43	34.50	200m: 2:17.62	35.81	300m: 3:31.02	36.83
					350m: 4:07.58	36.56
					400m: 4:43.08	35.50
2.	Lisanne Andeweg	Zuiderzeezwimmers	4:41.88	198800092	4:45.96	+0,94
	50m: 32.55	32.55	150m: 1:44.24	36.36	250m: 2:57.40	36.64
	100m: 1:07.88	35.33	200m: 2:20.76	36.52	300m: 3:34.17	36.77
					350m: 4:10.54	36.37
					400m: 4:45.96	35.42

onjuistheden / mistakes?

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Programmanr. 3, Dames, 400m vrije slag, Masters 30+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC		
3.	Sabina Martinez Leon	CN Aquamasters	4:45.20	4:48.17	+0,89			
	50m: 32.91	32.91	150m: 1:44.18	35.90	250m: 2:57.07	36.52	350m: 4:10.61	37.07
	100m: 1:08.28	35.37	200m: 2:20.55	36.37	300m: 3:33.54	36.47	400m: 4:48.17	37.56
4.	Larissa Brak	ZPC AMERSFOORT	4:53.67	4:49.86	+0,55			
	50m: 32.24	32.24	150m: 1:45.55	37.39	250m: 2:59.86	37.05	350m: 4:14.55	36.98
	100m: 1:08.16	35.92	200m: 2:22.81	37.26	300m: 3:37.57	37.71	400m: 4:49.86	35.31
5.	Charlotte Six	CNSW	4:57.40	5:00.05	+0,87			
	50m: 34.01	34.01	150m: 1:47.79	37.32	250m: 3:04.56	38.61	350m: 4:22.59	39.15
	100m: 1:10.47	36.46	200m: 2:25.95	38.16	300m: 3:43.44	38.88	400m: 5:00.05	37.46
6.	Pauline Tieleman	De Warande	5:19.25	5:01.53	+0,80			
	50m: 32.58	32.58	150m: 1:46.50	37.65	250m: 3:03.35	39.11	350m: 4:23.02	39.94
	100m: 1:08.85	36.27	200m: 2:24.24	37.74	300m: 3:43.08	39.73	400m: 5:01.53	38.51
7.	Liesbeth van Mill	DWK	5:27.14	5:26.10	+0,87			
	50m: 36.13	36.13	150m: 1:57.13	40.95	250m: 3:19.73	41.31	350m: 4:44.24	42.70
	100m: 1:16.18	40.05	200m: 2:38.42	41.29	300m: 4:01.54	41.81	400m: 5:26.10	41.86
8.	Aurore Gueret	Swimming Club Rixensart	5:34.82	5:30.79	+0,44			
	50m: 35.84	35.84	150m: 1:59.04	42.52	250m: 3:23.32	41.76	350m: 4:48.96	42.89
	100m: 1:16.52	40.68	200m: 2:41.56	42.52	300m: 4:06.07	42.75	400m: 5:30.79	41.83
9.	Dorien Vasseur	Scheldestroom	6:24.30	6:19.63	+1,10			
	50m: 39.93	39.93	150m: 2:13.74	48.19	250m: 3:52.63	50.10	350m: 5:32.52	49.67
	100m: 1:25.55	45.62	200m: 3:02.53	48.79	300m: 4:42.85	50.22	400m: 6:19.63	47.11

Masters 35+

1.	Delia Badoux	WVZ	4:37.34	4:46.29	+0,69			
	50m: 32.28	32.28	150m: 1:43.62	35.80	250m: 2:55.58	36.21	350m: 4:09.40	37.07
	100m: 1:07.82	35.54	200m: 2:19.37	35.75	300m: 3:32.33	36.75	400m: 4:46.29	36.89
2.	Ramona Linting	Link	4:56.70	5:06.66	+0,86			
	50m: 33.92	33.92	150m: 1:50.37	38.66	250m: 3:09.15	39.57	350m: 4:28.16	39.60
	100m: 1:11.71	37.79	200m: 2:29.58	39.21	300m: 3:48.56	39.41	400m: 5:06.66	38.50
3.	Linda Hoogendam	WVZ	5:11.14	5:15.54	+0,78			
	50m: 34.84	34.84	150m: 1:55.76	40.71	250m: 3:17.50	40.97	350m: 4:38.96	40.16
	100m: 1:15.05	40.21	200m: 2:36.53	40.77	300m: 3:58.80	41.30	400m: 5:15.54	36.58
4.	Yvonne Gerritsen	WVZ	5:14.36	5:17.02	+0,89			
	50m: 34.64	34.64	150m: 1:53.79	40.75	250m: 3:14.99	40.49	350m: 4:37.36	41.04
	100m: 1:13.04	38.40	200m: 2:34.50	40.71	300m: 3:56.32	41.33	400m: 5:17.02	39.66
5.	Martine de Haart	Patrick-De Roersoppers (SG)	5:31.62	5:23.89	+0,85			
	50m: 35.34	35.34	150m: 1:55.94	40.94	250m: 3:19.35	41.62	350m: 4:43.88	42.15
	100m: 1:15.00	39.66	200m: 2:37.73	41.79	300m: 4:01.73	42.38	400m: 5:23.89	40.01
6.	Aafke Groot	De Geul	5:49.51	5:54.00	+1,02			
	50m: 38.74	38.74	150m: 2:07.27	45.08	250m: 3:38.72	45.79	350m: 5:10.43	45.77
	100m: 1:22.19	43.45	200m: 2:52.93	45.66	300m: 4:24.66	45.94	400m: 5:54.00	43.57

Masters 40+

1.	Petra Guijt	Aqua-Novio'94	5:26.72	5:23.65	+0,94			
	50m: 36.52	36.52	150m: 1:57.96	41.24	250m: 3:20.73	41.35	350m: 4:43.48	40.99
	100m: 1:16.72	40.20	200m: 2:39.38	41.42	300m: 4:02.49	41.76	400m: 5:23.65	40.17
2.	Jannie Vennik	HZ&PC Heerenveen	5:31.52	5:27.68	+0,85			
	50m: 37.09	37.09	150m: 1:59.67	41.92	250m: 3:23.49	42.03	350m: 4:47.32	41.81
	100m: 1:17.75	40.66	200m: 2:41.46	41.79	300m: 4:05.51	42.02	400m: 5:27.68	40.36
3.	Jolanda van Gendt	PSV	5:26.35	5:50.17	+0,65			
	50m: 37.77	37.77	150m: 2:04.48	44.32	250m: 3:33.61	44.48	350m: 5:05.37	45.97
	100m: 1:20.16	42.39	200m: 2:49.13	44.65	300m: 4:19.40	45.79	400m: 5:50.17	44.80
4.	Babette Rens	Swol 1894	5:54.44	5:54.28	+0,46			
	50m: 39.16	39.16	150m: 2:06.63	44.42	250m: 3:37.67	45.76	350m: 5:09.83	45.92
	100m: 1:22.21	43.05	200m: 2:51.91	45.28	300m: 4:23.91	46.24	400m: 5:54.28	44.45
5.	Inge Otter	De Bevelanders	6:13.96	6:07.77	+0,90			
	50m: 38.99	38.99	150m: 2:11.37	47.23	250m: 3:47.22	48.15	350m: 5:22.37	47.51
	100m: 1:24.14	45.15	200m: 2:59.07	47.70	300m: 4:34.86	47.64	400m: 6:07.77	45.40
6.	Sandra van der Helm	De Rog	6:34.08	6:33.94	+0,90			
	50m: 42.07	42.07	150m: 2:18.39	49.42	250m: 4:00.69	51.05	350m: 5:45.06	52.56
	100m: 1:28.97	46.90	200m: 3:09.64	51.25	300m: 4:52.50	51.81	400m: 6:33.94	48.88

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

Programmanr. 3, Dames, 400m vrije slag, Masters 40+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC
7.	Clementine van Bruxvoort	ZPB H&L Productions	6:46.09	197700138	6:48.85	+0,94
	50m: 45.83	45.83	150m: 2:30.44	52.69	250m: 4:15.70	52.79
	100m: 1:37.75	51.92	200m: 3:22.91	52.47	300m: 5:08.18	52.48
					350m: 6:00.16	51.98
					400m: 6:48.85	48.69

Masters 45+

1.	Cinta Vilanova Belmonte	CN Aquamasters	4:49.83		4:52.63	+0,84
	50m: 32.77	32.77	150m: 1:44.90	36.72	250m: 3:00.23	37.74
	100m: 1:08.18	35.41	200m: 2:22.49	37.59	300m: 3:38.16	37.93
					350m: 4:16.29	38.13
					400m: 4:52.63	36.34
2.	Heidi den Boer	Link	4:56.97	196900864	5:00.69	+0,86
	50m: 32.89	32.89	150m: 1:46.62	37.52	250m: 3:03.68	38.80
	100m: 1:09.10	36.21	200m: 2:24.88	38.26	300m: 3:42.79	39.11
					350m: 4:21.95	39.16
					400m: 5:00.69	38.74
3.	Karin Stein	ZVVS	4:55.09	197100554	5:01.15	+0,91
	50m: 34.46	34.46	150m: 1:49.35	37.85	250m: 3:06.00	38.38
	100m: 1:11.50	37.04	200m: 2:27.62	38.27	300m: 3:44.42	38.42
					350m: 4:23.26	38.84
					400m: 5:01.15	37.89
4.	Annette de Visser	Oceanus	5:05.16	197100602	5:05.18	+0,80
	50m: 33.29	33.29	150m: 1:48.02	38.34	250m: 3:06.66	39.50
	100m: 1:09.68	36.39	200m: 2:27.16	39.14	300m: 3:46.28	39.62
					350m: 4:26.20	39.92
					400m: 5:05.18	38.98
5.	Kathy Van Lindt	CNSW	5:08.93	007949/71	5:09.04	+0,98
	50m: 34.83	34.83	150m: 1:52.17	38.95	250m: 3:11.45	39.78
	100m: 1:13.22	38.39	200m: 2:31.67	39.50	300m: 3:51.30	39.85
					350m: 4:30.58	39.28
					400m: 5:09.04	38.46
6.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	5:29.35	197000054	5:15.81	+0,97
	50m: 35.30	35.30	150m: 1:54.25	39.94	250m: 3:15.06	40.37
	100m: 1:14.31	39.01	200m: 2:34.69	40.44	300m: 3:56.37	41.31
					350m: 4:36.71	40.34
					400m: 5:15.81	39.10
7.	Iris van Aurich	DWK	5:40.39	196900866	5:41.55	+0,89
	50m: 36.40	36.40	150m: 2:01.67	43.85	250m: 3:29.94	44.13
	100m: 1:17.82	41.42	200m: 2:45.81	44.14	300m: 4:13.71	43.77
					350m: 4:58.11	44.40
					400m: 5:41.55	43.44
8.	Inken Wemheuer	DWT	5:42.60	197101016	5:44.39	+0,63
	50m: 38.47	38.47	150m: 2:04.82	43.93	250m: 3:33.57	44.52
	100m: 1:20.89	42.42	200m: 2:49.05	44.23	300m: 4:18.02	44.45
					350m: 5:02.62	44.60
					400m: 5:44.39	41.77
9.	Peggi Hurenkamp	HZ&PC Heerenveen	5:57.38	196900922	6:00.13	+0,81
	50m: 38.68	38.68	150m: 2:07.80	45.34	250m: 3:40.52	45.76
	100m: 1:22.46	43.78	200m: 2:54.76	46.96	300m: 4:27.67	47.15
					350m: 5:14.34	46.67
					400m: 6:00.13	45.79
10.	Imke van der Meer	Scheldestroom	6:05.94	196901032	6:34.44	+1,14
	50m: 39.08	39.08	150m: 2:13.98	49.43	250m: 3:56.19	50.83
	100m: 1:24.55	45.47	200m: 3:05.36	51.38	300m: 4:49.58	53.39
					350m: 5:43.41	53.83
					400m: 6:34.44	51.03
11.	Henriette Driesen-Joanknecht	Aqua-Novio'94	6:46.00	197101056	6:38.97	+1,11
	50m: 44.82	44.82	150m: 2:23.48	50.07	250m: 4:04.83	51.08
	100m: 1:33.41	48.59	200m: 3:13.75	50.27	300m: 4:56.65	51.82
					350m: 5:49.18	52.53
					400m: 6:38.97	49.79
12.	Greta Wyma-Teitsma	DWK	7:01.48	197100696	6:44.86	+0,91
	50m: 43.78	43.78	150m: 2:23.67	50.80	250m: 4:09.24	53.35
	100m: 1:32.87	49.09	200m: 3:15.89	52.22	300m: 5:02.02	52.78
					350m: 5:54.62	52.60
					400m: 6:44.86	50.24
13.	Evelien Breman-Alers	Nautilus	6:37.01	197200878	6:59.99	+0,57
	50m: 43.42	43.42	150m: 2:25.13	52.57	250m: 4:13.91	54.60
	100m: 1:32.56	49.14	200m: 3:19.31	54.18	300m: 5:08.24	54.33
					350m: 6:04.30	56.06
					400m: 6:59.99	55.69
14.	Kathy De Meyere	Swem Vrienden	7:15.00	21040/73	7:34.12	+1,07
	50m: 49.15	49.15	150m: 2:42.34	58.02	250m: 4:39.68	58.86
	100m: 1:44.32	55.17	200m: 3:40.82	58.48	300m: 5:38.76	59.08
					350m: 6:37.61	58.85
					400m: 7:34.12	56.51
DIS	Renata Gadliauskiene	Kauno Takas	5:36.13			
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>					

Masters 50+

1.	Katrien Delaender	BZK	4:55.22	20525/66	4:54.47	
	<i>Kampioenschaps Record, Belgisch Masters Record</i>					
	50m: 33.99	33.99	150m: 1:48.02	37.43	250m: 3:03.31	37.68
	100m: 1:10.59	36.60	200m: 2:25.63	37.61	300m: 3:41.03	37.72
					350m: 4:18.63	37.60
					400m: 4:54.47	35.84
2.	Wilna Heijman	Steenwijk 1934	5:19.34	196400506	5:28.17	+1,00
	50m: 37.17	37.17	150m: 1:58.81	41.22	250m: 3:22.24	41.98
	100m: 1:17.59	40.42	200m: 2:40.26	41.45	300m: 4:04.31	42.07
					350m: 4:46.65	42.34
					400m: 5:28.17	41.52

Programmanr. 3, Dames, 400m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC
3.	Hetty Smalheer	SCOM	6:21.86	196700352	6:24.81	+1,06
	50m: 43.08 43.08	150m: 2:18.70 48.46	250m: 3:58.13 49.87	350m: 5:38.11 49.57		
	100m: 1:30.24 47.16	200m: 3:08.26 49.56	300m: 4:48.54 50.41	400m: 6:24.81 46.70		
4.	K. van Nassau van den Heuvel	Old Dutch	5:57.71	196600188	6:26.41	+0,98
	50m: 42.72 42.72	150m: 2:18.65 48.77	250m: 3:57.39 49.07	350m: 5:37.20 50.37		
	100m: 1:29.88 47.16	200m: 3:08.32 49.67	300m: 4:46.83 49.44	400m: 6:26.41 49.21		
5.	Erica Muller	De Geul	6:39.59	196400412	6:47.76	+0,69
	50m: 44.27 44.27	150m: 2:24.63 51.04	250m: 4:09.32 52.82	350m: 5:56.40 53.60		
	100m: 1:33.59 49.32	200m: 3:16.50 51.87	300m: 5:02.80 53.48	400m: 6:47.76 51.36		

Masters 55+

1.	Marjan Remmits	ZPC Woerden	5:13.21	196300518	5:20.52	+0,70
	50m: 35.19 35.19	150m: 1:54.65 40.21	250m: 3:17.32 41.38	350m: 4:40.25 41.33		
	100m: 1:14.44 39.25	200m: 2:35.94 41.29	300m: 3:58.92 41.60	400m: 5:20.52 40.27		
2.	Jacqueline Rolloos-Bakkers	De Lansingh	5:36.52	196300222	5:37.56	+0,82
	50m: 37.81 37.81	150m: 2:03.28 42.92	250m: 3:30.15 43.54	350m: 4:56.70 43.07		
	100m: 1:20.36 42.55	200m: 2:46.61 43.33	300m: 4:13.63 43.48	400m: 5:37.56 40.86		
3.	Olga Kedrova	Poseidon	5:33.57	037010	5:38.67	+0,98
	50m: 36.70 36.70	150m: 2:00.25 42.51	250m: 3:26.91 43.28	350m: 4:55.99 44.68		
	100m: 1:17.74 41.04	200m: 2:43.63 43.38	300m: 4:11.31 44.40	400m: 5:38.67 42.68		
4.	Riny Zeijveld-Meuleman	De Berkelduikers	6:18.19	196000204	6:06.05	+1,01
	50m: 40.85 40.85	150m: 2:12.84 46.46	250m: 3:46.94 47.19	350m: 5:22.32 47.58		
	100m: 1:26.38 45.53	200m: 2:59.75 46.91	300m: 4:34.74 47.80	400m: 6:06.05 43.73		
5.	Marian de Jong	HZ&PC Heerenveen	6:10.69	195900052	6:13.64	+0,81
	50m: 41.78 41.78	150m: 2:14.76 47.26	250m: 3:50.40 48.02	350m: 5:27.58 48.44		
	100m: 1:27.50 45.72	200m: 3:02.38 47.62	300m: 4:39.14 48.74	400m: 6:13.64 46.06		
6.	Ellen Parma	Triton	6:24.75	196200366	6:26.99	+1,02
	50m: 41.16 41.16	150m: 2:18.38 49.78	250m: 4:00.07 50.59	350m: 5:41.09 50.43		
	100m: 1:28.60 47.44	200m: 3:09.48 51.10	300m: 4:50.66 50.59	400m: 6:26.99 45.90		
7.	Jennie Resink-lindeboom	DWK	6:28.97	196000142	6:48.07	+0,95
	50m: 43.87 43.87	150m: 2:26.50 52.46	250m: 4:13.22 53.78	350m: 5:58.73 52.34		
	100m: 1:34.04 50.17	200m: 3:19.44 52.94	300m: 5:06.39 53.17	400m: 6:48.07 49.34		
DIS	Marie-Jeanne Vandormael	GZVN	7:03.37	21035/63		
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>					

Masters 60+

1.	Atie Pijtak-Radersma	ZPC AMERSFOORT	5:19.77	195600048	5:35.26	+0,85
	50m: 36.52 36.52	150m: 1:57.98 41.32	250m: 3:22.70 42.53	350m: 4:50.47 44.42		
	100m: 1:16.66 40.14	200m: 2:40.17 42.19	300m: 4:06.05 43.35	400m: 5:35.26 44.79		
2.	Elly Kiestra-Broertjes 400m*	ZIGNEA	6:40.35	195600100	6:46.48	+1,01
	50m: 44.51 44.51	150m: 2:24.30 50.29	250m: 4:09.40 52.91	350m: 5:55.61 52.75		
	100m: 1:34.01 49.50	200m: 3:16.49 52.19	300m: 5:02.86 53.46	400m: 6:46.48 50.87		
3.	Maria Rosa Llivina Carbonell	CN Aquamasters	7:06.87		7:23.57	+1,20
	50m: 49.90 49.90	150m: 2:40.36 56.07	250m: 4:33.21 56.50	350m: 6:27.96 57.65		
	100m: 1:44.29 54.39	200m: 3:36.71 56.35	300m: 5:30.31 57.10	400m: 7:23.57 55.61		
4.	Karien Musters	Old Dutch	8:02.20	195800236	8:03.82	
	50m: 52.56 52.56	150m: 2:51.64 1:00.09	250m: 4:55.32 1:01.69	350m: 7:01.05 1:02.90		
	100m: 1:51.55 58.99	200m: 3:53.63 1:01.99	300m: 5:58.15 1:02.83	400m: 8:03.82 1:02.77		
5.	Mies Kuipers	Old Dutch	9:03.10	195800202	9:12.74	+0,86
	50m: 1:02.33 1:02.33	150m: 3:20.16 1:09.58	250m: 5:41.75 1:11.02	350m: 8:03.46 1:10.81		
	100m: 2:10.58 1:08.25	200m: 4:30.73 1:10.57	300m: 6:52.65 1:10.90	400m: 9:12.74 1:09.28		
6.	Lies Hartman	PSV	9:45.88	195600116	9:58.82	+1,48
	50m: 57.12 57.12	150m: 3:24.96 1:18.15	250m: 6:06.39 1:20.03	350m: 8:43.72 1:19.72		
	100m: 2:06.81 1:09.69	200m: 4:46.36 1:21.40	300m: 7:24.00 1:17.61	400m: 9:58.82 1:15.10		

Programmanr. 3, Dames, 400m vrije slag

Masters 65+

1.	Conny Boer-Buys	ZVVS	5:45.98	195000006	5:53.42	+0,92
	50m: 38.68 38.68	150m: 2:06.17 44.58	250m: 3:37.20 46.12	350m: 5:09.29 46.50		
	100m: 1:21.59 42.91	200m: 2:51.08 44.91	300m: 4:22.79 45.59	400m: 5:53.42 44.13		
2.	Fernande Gourmet Blondeel	CNSW	7:41.13	004901/52	7:21.40	+1,09
	50m: 49.88 49.88	150m: 2:40.63 56.30	250m: 4:33.42 56.30	350m: 6:25.77 56.18		
	100m: 1:44.33 54.45	200m: 3:37.12 56.49	300m: 5:29.59 56.17	400m: 7:21.40 56.63		
3.	Geerdien Meerwaldt	De Geul	8:48.75	195200058	8:34.87	+1,14
	50m: 57.34 57.34	150m: 3:05.12 1:05.24	250m: 5:16.10 1:05.71	350m: 7:28.57 1:06.66		
	100m: 1:59.88 1:02.54	200m: 4:10.39 1:05.27	300m: 6:21.91 1:05.81	400m: 8:34.87 1:06.30		

Masters 80+

1.	Lottie Geurts	PSV	8:05.14	193500006	8:02.96	+1,38
	<i>Nederlands Masters Record</i>					
	50m: 54.49 54.49	150m: 2:55.21 1:01.02	250m: 5:00.67 1:02.48	350m: 7:05.00 1:02.00		
	100m: 1:54.19 59.70	200m: 3:58.19 1:02.98	300m: 6:03.00 1:02.33	400m: 8:02.96 57.96		
2.	Marie Smits	Old Dutch	8:10.37	193800004	8:30.15	+1,19
	<i>50-200m*</i>					
	50m: 54.52 54.52	150m: 3:02.60 1:05.57	250m: 5:14.42 1:06.29	350m: 7:26.65 1:05.97		
	100m: 1:57.03 1:02.51	200m: 4:08.13 1:05.53	300m: 6:20.68 1:06.26	400m: 8:30.15 1:03.50		
3.	Bep van Riessen	Aquapoldro	9:31.92	193700006	9:41.17	+1,27
	50m: 1:04.80 1:04.80	150m: 3:28.02 1:11.11	250m: 5:58.20 1:15.12	350m: 8:29.32 1:15.54		
	100m: 2:16.91 1:12.11	200m: 4:43.08 1:15.06	300m: 7:13.78 1:15.58	400m: 9:41.17 1:11.85		
DIS	Annie de Vos	Old Dutch	9:23.21	193400004		
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>					