

Programmanr. 3  
03-05-2018 - 15:39

Dames, 1500m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd		tijd	RT
<b>Masters 20+</b>						
1.	Madelon Dijkstra	ZPCH	17:22.06		199703510	18:24.64 * +0,87
	50m: 32.16	32.16	450m: 5:22.92	36.50	850m: 10:19.41	37.26
	100m: 1:07.77	35.61	500m: 5:59.11	36.19	900m: 10:56.78	37.37
	150m: 1:43.80	36.03	550m: 6:35.84	36.73	950m: 11:34.25	37.47
	200m: 2:20.16	36.36	600m: 7:12.96	37.12	1000m: 12:11.79	37.54
	250m: 2:56.58	36.42	650m: 7:50.28	37.32	1050m: 12:49.32	37.53
	300m: 3:33.08	36.50	700m: 8:27.78	37.50	1100m: 13:26.87	37.55
	350m: 4:09.75	36.67	750m: 9:04.99	37.21	1150m: 14:04.39	37.52
	400m: 4:46.42	36.67	800m: 9:42.15	37.16	1200m: 14:42.02	37.63
1250m:						15:19.53
1300m:						15:57.40
1350m:						16:34.83
1400m:						17:12.05
1450m:						17:49.07
1500m:						18:24.64
1550m:						19:01.17
2.	Anne Noom	Het Y	17:50.31		199800062	18:37.31 +0,78
	50m: 32.13	32.13	450m: 5:29.56	37.57	850m: 10:29.35	37.27
	100m: 1:08.50	36.37	500m: 6:07.17	37.61	900m: 11:06.87	37.52
	150m: 1:45.12	36.62	550m: 6:44.56	37.39	950m: 11:44.29	37.42
	200m: 2:22.39	37.27	600m: 7:22.36	37.80	1000m: 12:21.89	37.60
	250m: 2:59.76	37.37	650m: 7:59.72	37.36	1050m: 12:59.25	37.36
	300m: 3:37.19	37.43	700m: 8:37.18	37.46	1100m: 13:36.88	37.63
	350m: 4:14.42	37.23	750m: 9:14.58	37.40	1150m: 14:14.54	37.66
	400m: 4:51.99	37.57	800m: 9:52.08	37.50	1200m: 14:52.58	38.04
1250m:						15:30.22
1300m:						16:07.98
1350m:						16:45.57
1400m:						17:22.54
1450m:						18:00.40
1500m:						18:37.31
1550m:						19:14.22
3.	Fiona Meuffels	RZ	20:00.76		199504366	19:39.81 +0,70
	50m: 33.63	33.63	450m: 5:46.29	39.96	850m: 11:05.93	40.11
	100m: 1:10.84	37.21	500m: 6:26.24	39.95	900m: 11:45.57	39.64
	150m: 1:48.91	38.07	550m: 7:06.23	39.99	950m: 12:25.99	40.42
	200m: 2:27.67	38.76	600m: 7:46.28	40.05	1000m: 13:05.43	39.44
	250m: 3:07.11	39.44	650m: 8:26.54	40.26	1050m: 13:45.34	39.91
	300m: 3:46.78	39.67	700m: 9:06.16	39.62	1100m: 14:25.21	39.87
	350m: 4:26.80	40.02	750m: 9:46.15	39.99	1150m: 15:05.30	40.09
	400m: 5:06.33	39.53	800m: 10:25.82	39.67	1200m: 15:45.77	40.47
1250m:						16:25.75
1300m:						17:05.73
1350m:						17:45.50
1400m:						18:25.13
1450m:						19:03.99
1500m:						19:39.81
1550m:						20:18.05
<b>Masters 25+</b>						
1.	Maaïke Vooren	DAW	19:21.86		199103324	18:52.15 +0,90
	50m: 34.58	34.58	450m: 5:39.95	38.19	850m: 10:42.79	37.85
	100m: 1:12.25	37.67	500m: 6:18.25	38.30	900m: 11:20.68	37.89
	150m: 1:50.16	37.91	550m: 6:56.26	38.01	950m: 11:58.43	37.75
	200m: 2:28.44	38.28	600m: 7:34.40	38.14	1000m: 12:36.41	37.98
	250m: 3:06.66	38.22	650m: 8:12.28	37.88	1050m: 13:14.15	37.74
	300m: 3:44.92	38.26	700m: 8:50.04	37.76	1100m: 13:52.17	38.02
	350m: 4:23.27	38.35	750m: 9:27.24	37.20	1150m: 14:29.94	37.77
	400m: 5:01.76	38.49	800m: 10:04.94	37.70	1200m: 15:08.06	38.12
1250m:						15:45.74
1300m:						16:23.62
1350m:						17:01.56
1400m:						17:39.02
1450m:						18:16.53
1500m:						18:52.15
1550m:						19:29.02
2.	Sonia Arroyo Garcia	Club Natació L'Hospitalet	18:59.34			19:09.94 +0,86
	50m: 34.08	34.08	450m: 5:40.09	38.76	850m: 10:49.00	39.02
	100m: 1:11.71	37.63	500m: 6:18.30	38.21	900m: 11:27.65	38.65
	150m: 1:49.97	38.26	550m: 6:56.97	38.67	950m: 12:06.52	38.87
	200m: 2:28.03	38.06	600m: 7:35.11	38.14	1000m: 12:45.17	38.65
	250m: 3:06.60	38.57	650m: 8:14.32	39.21	1050m: 13:24.19	39.02
	300m: 3:44.46	37.86	700m: 8:52.80	38.48	1100m: 14:02.66	38.47
	350m: 4:23.15	38.69	750m: 9:31.56	38.76	1150m: 14:41.90	39.24
	400m: 5:01.33	38.18	800m: 10:09.98	38.42	1200m: 15:20.30	38.40
1250m:						15:59.17
1300m:						16:37.49
1350m:						17:16.50
1400m:						17:54.80
1450m:						18:33.33
1500m:						19:09.94
1550m:						19:47.24
3.	Sigrit Aarten	Deltasteur	19:58.29		199302868	20:18.05 +0,91
	50m: 34.29	34.29	450m: 5:56.15	41.11	850m: 11:25.04	41.11
	100m: 1:12.30	38.01	500m: 6:37.43	41.28	900m: 12:06.22	41.18
	150m: 1:51.95	39.65	550m: 7:18.55	41.12	950m: 12:47.30	41.08
	200m: 2:32.24	40.29	600m: 7:59.64	41.09	1000m: 13:28.83	41.53
	250m: 3:12.54	40.30	650m: 8:40.52	40.88	1050m: 14:09.82	40.99
	300m: 3:53.29	40.75	700m: 9:21.85	41.33	1100m: 14:51.48	41.66
	350m: 4:34.04	40.75	750m: 10:02.63	40.78	1150m: 15:32.51	41.03
	400m: 5:15.04	41.00	800m: 10:43.93	41.30	1200m: 16:14.19	41.68
1250m:						16:55.23
1300m:						17:36.19
1350m:						18:16.93
1400m:						18:58.53
1450m:						19:38.24
1500m:						20:18.05
1550m:						20:57.31
4.	Nanda de Vries	Steenwijk 1934	21:13.23		199204328	20:42.29 +0,87
	50m: 34.13	34.13	450m: 5:59.18	41.91	850m: 11:34.00	41.96
	100m: 1:12.54	38.41	500m: 6:40.69	41.51	900m: 12:16.27	42.27
	150m: 1:52.54	40.00	550m: 7:22.45	41.76	950m: 12:58.25	41.98
	200m: 2:32.92	40.38	600m: 8:04.11	41.66	1000m: 13:40.23	41.98
	250m: 3:13.72	40.80	650m: 8:46.07	41.96	1050m: 14:22.23	42.00
	300m: 3:54.70	40.98	700m: 9:28.02	41.95	1100m: 15:03.95	41.72
	350m: 4:35.78	41.08	750m: 10:09.76	41.74	1150m: 15:46.23	42.28
	400m: 5:17.27	41.49	800m: 10:52.04	42.28	1200m: 16:28.56	42.33
1250m:						17:10.97
1300m:						17:53.62
1350m:						18:36.09
1400m:						19:18.66
1450m:						20:01.13
1500m:						20:42.29
1550m:						21:23.56

Programmanr. 3, Dames, 1500m vrije slag, Masters 25+

rang	naam	vereniging	inschrijftijd	tijd	RT			
5.	Mandy Verbakel	ZPC Woerden	20:18.98	199003908	21:00.11 +0,88			
	50m: 36.19	36.19	450m: 6:17.60	42.99	850m: 11:56.21	42.26	1250m: 17:33.76	41.85
	100m: 1:17.22	41.03	500m: 7:00.39	42.79	900m: 12:38.58	42.37	1300m: 18:15.74	41.98
	150m: 1:59.77	42.55	550m: 7:42.78	42.39	950m: 13:20.76	42.18	1350m: 18:57.69	41.95
	200m: 2:42.94	43.17	600m: 8:25.29	42.51	1000m: 14:03.22	42.46	1400m: 19:39.61	41.92
	250m: 3:25.67	42.73	650m: 9:07.79	42.50	1050m: 14:45.13	41.91	1450m: 20:20.18	40.57
	300m: 4:08.45	42.78	700m: 9:50.23	42.44	1100m: 15:27.58	42.45	1500m: 21:00.11	39.93
	350m: 4:51.64	43.19	750m: 10:32.22	41.99	1150m: 16:09.45	41.87		
	400m: 5:34.61	42.97	800m: 11:13.95	41.73	1200m: 16:51.91	42.46		

6.	Suzan Blankestijn	LZ 1886	20:56.85	198900350	21:39.49 +0,85			
	50m: 37.15	37.15	450m: 6:20.80	43.21	850m: 12:09.05	44.00	1250m: 18:01.59	44.18
	100m: 1:19.35	42.20	500m: 7:03.82	43.02	900m: 12:53.25	44.20	1300m: 18:45.12	43.53
	150m: 2:02.63	43.28	550m: 7:47.17	43.35	950m: 13:37.20	43.95	1350m: 19:29.39	44.27
	200m: 2:45.69	43.06	600m: 8:30.16	42.99	1000m: 14:21.01	43.81	1400m: 20:13.12	43.73
	250m: 3:28.76	43.07	650m: 9:13.96	43.80	1050m: 15:05.32	44.31	1450m: 20:57.25	44.13
	300m: 4:11.85	43.09	700m: 9:57.30	43.34	1100m: 15:49.58	44.26	1500m: 21:39.49	42.24
	350m: 4:54.96	43.11	750m: 10:41.00	43.70	1150m: 16:33.22	43.64		
	400m: 5:37.59	42.63	800m: 11:25.05	44.05	1200m: 17:17.41	44.19		

7.	Nanda van Heteren	De Geul	20:47.22	198901728	22:49.08 +0,70			
	50m: 37.75	37.75	450m: 6:38.85	46.36	850m: 12:51.30	46.54	1250m: 19:05.74	46.51
	100m: 1:20.04	42.29	500m: 7:25.25	46.40	900m: 13:38.24	46.94	1300m: 19:51.77	46.03
	150m: 2:04.40	44.36	550m: 8:12.44	47.19	950m: 14:25.51	47.27	1350m: 20:38.14	46.37
	200m: 2:48.96	44.56	600m: 8:59.10	46.66	1000m: 15:12.09	46.58	1400m: 21:22.84	44.70
	250m: 3:34.04	45.08	650m: 9:45.23	46.13	1050m: 15:58.82	46.73	1450m: 22:08.68	45.84
	300m: 4:19.56	45.52	700m: 10:31.78	46.55	1100m: 16:45.98	47.16	1500m: 22:49.08	40.40
	350m: 5:06.02	46.46	750m: 11:18.43	46.65	1150m: 17:32.96	46.98		
	400m: 5:52.49	46.47	800m: 12:04.76	46.33	1200m: 18:19.23	46.27		

Masters 30+

1.	Viktória Felföldi	Iron Aquatics	18:49.20		19:01.76 +0,85			
	<i>Hungarian Masters Record</i>							
	50m: 34.12	34.12	450m: 5:35.98	37.70	850m: 10:42.35	38.67	1250m: 15:50.27	38.28
	100m: 1:11.73	37.61	500m: 6:14.55	38.57	900m: 11:21.21	38.86	1300m: 16:29.33	39.06
	150m: 1:49.11	37.38	550m: 6:52.30	37.75	950m: 11:59.55	38.34	1350m: 17:07.81	38.48
	200m: 2:27.09	37.98	600m: 7:30.52	38.22	1000m: 12:37.91	38.36	1400m: 17:46.73	38.92
	250m: 3:04.84	37.75	650m: 8:08.69	38.17	1050m: 13:16.43	38.52	1450m: 18:25.12	38.39
	300m: 3:42.63	37.79	700m: 8:46.97	38.28	1100m: 13:55.07	38.64	1500m: 19:01.76	36.64
	350m: 4:20.23	37.60	750m: 9:25.40	38.43	1150m: 14:33.35	38.28		
	400m: 4:58.28	38.05	800m: 10:03.68	38.28	1200m: 15:11.99	38.64		

2.	Lisanne Andeweg	Zuiderzeewimmers	19:31.48	198800092	19:08.55			
	50m: 34.38	34.38	450m: 5:42.77	38.98	850m: 10:51.87	38.35	1250m: 16:00.20	38.43
	100m: 1:11.92	37.54	500m: 6:21.63	38.86	900m: 11:30.04	38.17	1300m: 16:38.44	38.24
	150m: 1:50.30	38.38	550m: 7:00.45	38.82	950m: 12:08.34	38.30	1350m: 17:16.95	38.51
	200m: 2:28.84	38.54	600m: 7:39.15	38.70	1000m: 12:47.27	38.93	1400m: 17:55.36	38.41
	250m: 3:07.58	38.74	650m: 8:17.94	38.79	1050m: 13:26.13	38.86	1450m: 18:32.95	37.59
	300m: 3:46.20	38.62	700m: 8:56.59	38.65	1100m: 14:04.65	38.52	1500m: 19:08.55	35.60
	350m: 4:24.88	38.68	750m: 9:35.23	38.64	1150m: 14:42.88	38.23		
	400m: 5:03.79	38.91	800m: 10:13.52	38.29	1200m: 15:21.77	38.89		

3.	Kathleen Laloi	CNSW	21:25.00	007830/88	23:37.72 +0,90			
	50m: 38.04	38.04	450m: 6:51.24	48.10	850m: 13:15.29	48.20	1250m: 19:40.42	48.18
	100m: 1:20.63	42.59	500m: 7:39.02	47.78	900m: 14:03.46	48.17	1300m: 20:28.49	48.07
	150m: 2:06.19	45.56	550m: 8:26.90	47.88	950m: 14:51.72	48.26	1350m: 21:16.26	47.77
	200m: 2:52.69	46.50	600m: 9:14.49	47.59	1000m: 15:40.30	48.58	1400m: 22:03.95	47.69
	250m: 3:40.41	47.72	650m: 10:02.59	48.10	1050m: 16:28.01	47.71	1450m: 22:51.56	47.61
	300m: 4:27.50	47.09	700m: 10:50.42	47.83	1100m: 17:16.18	48.17	1500m: 23:37.72	46.16
	350m: 5:15.35	47.85	750m: 11:38.77	48.35	1150m: 18:04.17	47.99		
	400m: 6:03.14	47.79	800m: 12:27.09	48.32	1200m: 18:52.24	48.07		

Masters 35+

1.	Agnes van Brug	DAW	21:33.55	198001726	21:31.27 +0,80			
	50m: 38.22	38.22	450m: 6:25.26	43.64	850m: 12:12.59	43.34	1250m: 17:58.35	43.44
	100m: 1:20.58	42.36	500m: 7:08.87	43.61	900m: 12:55.54	42.95	1300m: 18:41.69	43.34
	150m: 2:03.45	42.87	550m: 7:52.57	43.70	950m: 13:38.69	43.15	1350m: 19:25.14	43.45
	200m: 2:47.06	43.61	600m: 8:35.86	43.29	1000m: 14:21.96	43.27	1400m: 20:08.36	43.22
	250m: 3:30.78	43.72	650m: 9:19.44	43.58	1050m: 15:05.01	43.05	1450m: 20:50.83	42.47
	300m: 4:14.51	43.73	700m: 10:02.55	43.11	1100m: 15:48.16	43.15	1500m: 21:31.27	40.44
	350m: 4:58.26	43.75	750m: 10:45.97	43.42	1150m: 16:31.51	43.35		
	400m: 5:41.62	43.36	800m: 11:29.25	43.28	1200m: 17:14.91	43.40		

Programmanr. 3, Dames, 1500m vrije slag, Masters 35+

rang	naam	vereniging	inschrijftijd	tijd	RT			
2.	Linda Hoogendam	WVZ	21:57.14	198300892	22:07.47 +0,78			
	50m: 36.96	36.96	450m: 6:23.27	43.66	850m: 12:23.68	45.60	1250m: 18:26.83	45.13
	100m: 1:18.68	41.72	500m: 7:07.61	44.34	900m: 13:09.31	45.63	1300m: 19:11.96	45.13
	150m: 2:01.49	42.81	550m: 7:52.17	44.56	950m: 13:54.60	45.29	1350m: 19:56.61	44.65
	200m: 2:44.47	42.98	600m: 8:37.72	45.55	1000m: 14:40.55	45.95	1400m: 20:41.19	44.58
	250m: 3:28.05	43.58	650m: 9:22.51	44.79	1050m: 15:25.91	45.36	1450m: 21:25.08	43.89
	300m: 4:12.07	44.02	700m: 10:07.91	45.40	1100m: 16:11.06	45.15	1500m: 22:07.47	42.39
	350m: 4:55.63	43.56	750m: 10:52.82	44.91	1150m: 16:56.15	45.09		
	400m: 5:39.61	43.98	800m: 11:38.08	45.26	1200m: 17:41.70	45.55		

Masters 40+

1.	Liselotte Joling	PSV	19:22.12	197500268	19:46.63 +0,84			
	50m: 34.33	34.33	450m: 5:49.54	40.14	850m: 11:09.20	39.94	1250m: 16:28.85	40.08
	100m: 1:12.56	38.23	500m: 6:29.59	40.05	900m: 11:49.47	40.27	1300m: 17:08.74	39.89
	150m: 1:51.67	39.11	550m: 7:09.25	39.66	950m: 12:29.54	40.07	1350m: 17:49.08	40.34
	200m: 2:30.46	38.79	600m: 7:49.25	40.00	1000m: 13:09.75	40.21	1400m: 18:29.41	40.33
	250m: 3:10.01	39.55	650m: 8:29.23	39.98	1050m: 13:48.91	39.16	1450m: 19:09.33	39.92
	300m: 3:49.84	39.83	700m: 9:09.20	39.97	1100m: 14:28.80	39.89	1500m: 19:46.63	37.30
	350m: 4:29.46	39.62	750m: 9:49.30	40.10	1150m: 15:08.84	40.04		
	400m: 5:09.40	39.94	800m: 10:29.26	39.96	1200m: 15:48.77	39.93		
2.	Jolanda van Gendt	PSV	22:33.57	197800266	22:52.95 +0,78			
	50m: 39.25	39.25	450m: 6:35.87	45.66	850m: 12:46.41	46.59	1250m: 19:01.28	47.04
	100m: 1:22.32	43.07	500m: 7:21.96	46.09	900m: 13:32.94	46.53	1300m: 19:48.10	46.82
	150m: 2:06.44	44.12	550m: 8:08.11	46.15	950m: 14:19.97	47.03	1350m: 20:35.08	46.98
	200m: 2:50.34	43.90	600m: 8:54.34	46.23	1000m: 15:07.01	47.04	1400m: 21:22.31	47.23
	250m: 3:34.90	44.56	650m: 9:40.62	46.28	1050m: 15:54.24	47.23	1450m: 22:08.36	46.05
	300m: 4:19.45	44.55	700m: 10:26.67	46.05	1100m: 16:41.21	46.97	1500m: 22:52.95	44.59
	350m: 5:04.45	45.00	750m: 11:13.39	46.72	1150m: 17:27.44	46.23		
	400m: 5:50.21	45.76	800m: 11:59.82	46.43	1200m: 18:14.24	46.80		
3.	Éva Kézsmárki	Iron Aquatics	22:38.44		23:06.11 +0,93			
	50m: 42.23	42.23	450m: 6:57.74	47.81	850m: 13:12.26	46.13	1250m: 19:20.12	46.06
	100m: 1:28.34	46.11	500m: 7:44.70	46.96	900m: 13:58.28	46.02	1300m: 20:05.76	45.64
	150m: 2:14.93	46.59	550m: 8:31.95	47.25	950m: 14:44.75	46.47	1350m: 20:51.63	45.87
	200m: 3:01.32	46.39	600m: 9:18.88	46.93	1000m: 15:30.48	45.73	1400m: 21:37.07	45.44
	250m: 3:48.28	46.96	650m: 10:05.89	47.01	1050m: 16:16.83	46.35	1450m: 22:22.58	45.51
	300m: 4:35.17	46.89	700m: 10:52.68	46.79	1100m: 17:02.76	45.93	1500m: 23:06.11	43.53
	350m: 5:22.65	47.48	750m: 11:39.64	46.96	1150m: 17:48.66	45.90		
	400m: 6:09.93	47.28	800m: 12:26.13	46.49	1200m: 18:34.06	45.40		
4.	Ingeborg Speelman Hamelink	Zwemclub Koewacht	23:20.21	197601028	23:45.64 +0,96			
	50m: 41.48	41.48	450m: 6:58.31	47.63	850m: 13:20.15	47.69	1250m: 19:45.23	48.54
	100m: 1:26.88	45.40	500m: 7:45.78	47.47	900m: 14:08.14	47.99	1300m: 20:34.17	48.94
	150m: 2:13.17	46.29	550m: 8:33.03	47.25	950m: 14:56.35	48.21	1350m: 21:22.66	48.49
	200m: 3:00.66	47.49	600m: 9:20.92	47.89	1000m: 15:44.30	47.95	1400m: 22:11.61	48.95
	250m: 3:48.23	47.57	650m: 10:08.57	47.65	1050m: 16:32.03	47.73	1450m: 22:59.26	47.65
	300m: 4:35.75	47.52	700m: 10:56.61	48.04	1100m: 17:20.30	48.27	1500m: 23:45.64	46.38
	350m: 5:22.99	47.24	750m: 11:44.48	47.87	1150m: 18:08.18	47.88		
	400m: 6:10.68	47.69	800m: 12:32.46	47.98	1200m: 18:56.69	48.51		

Masters 45+

1.	Kirsten Cameron	Malvern Marlins Masters SC	17:38.24	786509	18:07.84 +0,66			
		<i>Kampioenschaps Record, Australian Masters Record</i>						
	50m: 32.69	32.69	450m: 5:21.87	36.37	850m: 10:13.65	36.81	1250m: 15:07.11	36.74
	100m: 1:08.00	35.31	500m: 5:57.90	36.03	900m: 10:50.11	36.46	1300m: 15:43.96	36.85
	150m: 1:43.65	35.65	550m: 6:34.47	36.57	950m: 11:26.54	36.43	1350m: 16:20.62	36.66
	200m: 2:19.87	36.22	600m: 7:10.65	36.18	1000m: 12:03.37	36.83	1400m: 16:57.33	36.71
	250m: 2:55.97	36.10	650m: 7:47.48	36.83	1050m: 12:40.05	36.68	1450m: 17:33.43	36.10
	300m: 3:32.46	36.49	700m: 8:23.85	36.37	1100m: 13:16.73	36.68	1500m: 18:07.84	34.41
	350m: 4:09.01	36.55	750m: 9:00.49	36.64	1150m: 13:53.78	37.05		
	400m: 4:45.50	36.49	800m: 9:36.84	36.35	1200m: 14:30.37	36.59		
2.	Grith Sigsgaard	ZPCH	18:48.29	197200772	19:10.33 +0,87			
		<i>Nederlands Masters Record, tt 800m NMR</i>						
	50m: 34.43	34.43	450m: 5:40.23	38.27	850m: 10:49.21	38.88	1250m: 15:59.57	38.85
	100m: 1:12.39	37.96	500m: 6:18.69	38.46	900m: 11:28.16	38.95	1300m: 16:38.09	38.52
	150m: 1:50.74	38.35	550m: 6:57.08	38.39	950m: 12:06.85	38.69	1350m: 17:17.07	38.98
	200m: 2:28.93	38.19	600m: 7:35.62	38.54	1000m: 12:45.73	38.88	1400m: 17:55.28	38.21
	250m: 3:07.16	38.23	650m: 8:14.43	38.81	1050m: 13:24.37	38.64	1450m: 18:33.35	38.07
	300m: 3:45.53	38.37	700m: 8:53.14	38.71	1100m: 14:02.98	38.61	1500m: 19:10.33	36.98
	350m: 4:23.76	38.23	750m: 9:31.88	38.74	1150m: 14:42.13	39.15		
	400m: 5:01.96	38.20	800m: 10:10.33	38.45	1200m: 15:20.72	38.59		

Programmanr. 3, Dames, 1500m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd		tijd		RT	
3.	Karin Stein	ZVVS	19:52.37	197100554	20:14.29 *	+0,74		
	50m: 36.45	36.45	450m: 5:58.08	40.52	850m: 11:24.46	41.11	1250m: 16:52.02	41.20
	100m: 1:15.88	39.43	500m: 6:38.47	40.39	900m: 12:05.17	40.71	1300m: 17:32.87	40.85
	150m: 1:55.93	40.05	550m: 7:19.26	40.79	950m: 12:46.03	40.86	1350m: 18:13.92	41.05
	200m: 2:35.95	40.02	600m: 7:59.94	40.68	1000m: 13:26.92	40.89	1400m: 18:54.63	40.71
	250m: 3:16.31	40.36	650m: 8:40.82	40.88	1050m: 14:08.01	41.09	1450m: 19:35.29	40.66
	300m: 3:56.66	40.35	700m: 9:21.54	40.72	1100m: 14:48.84	40.83	1500m: 20:14.29	39.00
	350m: 4:36.97	40.31	750m: 10:02.45	40.91	1150m: 15:29.75	40.91		
	400m: 5:17.56	40.59	800m: 10:43.35	40.90	1200m: 16:10.82	41.07		
4.	Kathy Van Lindt	CNSW	20:58.57	007949/71	20:48.59	+0,96		
	50m: 36.69	36.69	450m: 6:05.06	41.48	850m: 11:43.14	42.96	1250m: 17:22.14	41.88
	100m: 1:15.66	38.97	500m: 6:46.95	41.89	900m: 12:25.64	42.50	1300m: 18:04.53	42.39
	150m: 1:56.07	40.41	550m: 7:29.06	42.11	950m: 13:08.23	42.59	1350m: 18:45.89	41.36
	200m: 2:37.08	41.01	600m: 8:11.01	41.95	1000m: 13:50.45	42.22	1400m: 19:27.66	41.77
	250m: 3:18.21	41.13	650m: 8:53.49	42.48	1050m: 14:32.78	42.33	1450m: 20:08.43	40.77
	300m: 3:59.84	41.63	700m: 9:35.79	42.30	1100m: 15:15.06	42.28	1500m: 20:48.59	40.16
	350m: 4:41.36	41.52	750m: 10:17.99	42.20	1150m: 15:57.55	42.49		
	400m: 5:23.58	42.22	800m: 11:00.18	42.19	1200m: 16:40.26	42.71		
5.	Iris van Aurich	DWK	22:36.29	196900866	23:00.95	+0,78		
	50m: 37.23	37.23	450m: 6:45.24	47.36	850m: 13:00.25	46.77	1250m: 19:15.50	47.13
	100m: 1:19.67	42.44	500m: 7:32.13	46.89	900m: 13:47.57	47.32	1300m: 20:01.46	45.96
	150m: 2:05.46	45.79	550m: 8:19.24	47.11	950m: 14:34.12	46.55	1350m: 20:48.75	47.29
	200m: 2:50.68	45.22	600m: 9:06.03	46.79	1000m: 15:21.24	47.12	1400m: 21:33.55	44.80
	250m: 3:37.47	46.79	650m: 9:52.67	46.64	1050m: 16:09.21	47.97	1450m: 22:19.12	45.57
	300m: 4:24.03	46.56	700m: 10:39.35	46.68	1100m: 16:54.92	45.71	1500m: 23:00.95	41.83
	350m: 5:11.17	47.14	750m: 11:26.61	47.26	1150m: 17:42.34	47.42		
	400m: 5:57.88	46.71	800m: 12:13.48	46.87	1200m: 18:28.37	46.03		
6.	Annet Kootstra	SWOL 1894	24:03.48	197100344	25:17.08 *			
	50m: 43.59	43.59	450m: 7:20.50	49.91	850m: 14:07.96	50.80	1250m: 21:01.43	51.90
	100m: 1:31.74	48.15	500m: 8:10.92	50.42	900m: 14:59.79	51.83	1300m: 21:53.15	51.72
	150m: 2:20.51	48.77	550m: 9:01.30	50.38	950m: 15:51.04	51.25	1350m: 22:44.61	51.46
	200m: 3:10.14	49.63	600m: 9:51.77	50.47	1000m: 16:42.84	51.80	1400m: 23:36.18	51.57
	250m: 3:59.93	49.79	650m: 10:42.58	50.81	1050m: 17:34.42	51.58	1450m: 24:27.36	51.18
	300m: 4:49.82	49.89	700m: 11:33.63	51.05	1100m: 18:26.19	51.77	1500m: 25:17.08	49.72
	350m: 5:40.28	50.46	750m: 12:25.35	51.72	1150m: 19:18.01	51.82		
	400m: 6:30.59	50.31	800m: 13:17.16	51.81	1200m: 20:09.53	51.52		
AFGEM	Nathasja Konijn	WIDEX GZC DONK	24:09.38	197100992				
AFGEM	Britta Fritz	SC Janus Köln	24:15.19					

Masters 50+

1.	Wilna Heijman	Steenwijk 1934	21:37.72	196400506	21:33.84	+0,90		
	50m: 38.44	38.44	450m: 6:20.39	42.90	850m: 12:08.30	43.40	1250m: 17:58.55	43.92
	100m: 1:20.54	42.10	500m: 7:04.02	43.63	900m: 12:51.98	43.68	1300m: 18:42.67	44.12
	150m: 2:02.67	42.13	550m: 7:47.34	43.32	950m: 13:35.24	43.26	1350m: 19:26.05	43.38
	200m: 2:45.59	42.92	600m: 8:31.10	43.76	1000m: 14:19.12	43.88	1400m: 20:09.77	43.72
	250m: 3:28.39	42.80	650m: 9:14.28	43.18	1050m: 15:02.60	43.48	1450m: 20:52.08	42.31
	300m: 4:11.50	43.11	700m: 9:58.32	44.04	1100m: 15:46.51	43.91	1500m: 21:33.84	41.76
	350m: 4:54.40	42.90	750m: 10:41.24	42.92	1150m: 16:30.15	43.64		
	400m: 5:37.49	43.09	800m: 11:24.90	43.66	1200m: 17:14.63	44.48		
2.	Laura Staal	Oceanus	21:43.09	196700358	21:43.46	+0,91		
	50m: 37.98	37.98	450m: 6:25.20	43.19	850m: 12:15.16	43.35	1250m: 18:07.93	43.73
	100m: 1:20.30	42.32	500m: 7:09.40	44.20	900m: 12:59.83	44.67	1300m: 18:52.14	44.21
	150m: 2:02.95	42.65	550m: 7:52.94	43.54	950m: 13:43.66	43.83	1350m: 19:35.71	43.57
	200m: 2:46.92	43.97	600m: 8:36.84	43.90	1000m: 14:27.70	44.04	1400m: 20:19.51	43.80
	250m: 3:30.29	43.37	650m: 9:20.44	43.60	1050m: 15:11.52	43.82	1450m: 21:01.78	42.27
	300m: 4:14.26	43.97	700m: 10:04.46	44.02	1100m: 15:55.72	44.20	1500m: 21:43.46	41.68
	350m: 4:57.77	43.51	750m: 10:48.02	43.56	1150m: 16:39.40	43.68		
	400m: 5:42.01	44.24	800m: 11:31.81	43.79	1200m: 17:24.20	44.80		
3.	K. van Nassau van den Heuvel	Old Dutch	23:53.85	196600188	24:41.71	+0,98		
	50m: 43.37	43.37	450m: 7:13.60	49.80	850m: 13:52.44	50.09	1250m: 20:30.96	50.10
	100m: 1:30.79	47.42	500m: 8:03.39	49.79	900m: 14:42.19	49.75	1300m: 21:21.56	50.60
	150m: 2:18.83	48.04	550m: 8:52.46	49.07	950m: 15:32.07	49.88	1350m: 22:12.32	50.76
	200m: 3:07.99	49.16	600m: 9:41.82	49.36	1000m: 16:22.52	50.45	1400m: 23:02.07	49.75
	250m: 3:56.26	48.27	650m: 10:31.44	49.62	1050m: 17:11.19	48.67	1450m: 23:52.83	50.76
	300m: 4:45.17	48.91	700m: 11:21.62	50.18	1100m: 18:00.79	49.60	1500m: 24:41.71	48.88
	350m: 5:34.53	49.36	750m: 12:11.79	50.17	1150m: 18:51.14	50.35		
	400m: 6:23.80	49.27	800m: 13:02.35	50.56	1200m: 19:40.86	49.72		

Programmanr. 3, Dames, 1500m vrije slag

Masters 55+

<b>1. Patty Verhagen</b>	<b>PSV</b>	<b>21:52.42</b>	<b>195900146</b>	<b>22:08.29</b>	<b>+0,89</b>
50m: 40.26	40.26	450m: 6:30.03	44.25	850m: 12:25.26	44.63
100m: 1:22.61	42.35	500m: 7:14.15	44.12	900m: 13:09.69	44.43
150m: 2:05.93	43.32	550m: 7:58.49	44.34	950m: 13:54.47	44.78
200m: 2:49.78	43.85	600m: 8:42.60	44.11	1000m: 14:39.13	44.66
250m: 3:33.38	43.60	650m: 9:27.03	44.43	1050m: 15:24.01	44.88
300m: 4:17.37	43.99	700m: 10:11.51	44.48	1100m: 16:08.45	44.44
350m: 5:01.60	44.23	750m: 10:56.16	44.65	1150m: 16:53.56	45.11
400m: 5:45.78	44.18	800m: 11:40.63	44.47	1200m: 17:38.50	44.94
<b>2. Petra Tossings</b>	<b>DAW</b>	<b>23:38.97</b>	<b>196100376</b>	<b>23:20.79</b>	<b>+0,92</b>
50m: 40.19	40.19	450m: 6:51.44	46.71	850m: 13:07.83	46.87
100m: 1:25.13	44.94	500m: 7:38.20	46.76	900m: 13:55.06	47.23
150m: 2:11.16	46.03	550m: 8:25.07	46.87	950m: 14:42.13	47.07
200m: 2:57.63	46.47	600m: 9:12.19	47.12	1000m: 15:29.03	46.90
250m: 3:44.12	46.49	650m: 9:59.30	47.11	1050m: 16:16.30	47.27
300m: 4:31.38	47.26	700m: 10:46.65	47.35	1100m: 17:04.04	47.74
350m: 5:17.77	46.39	750m: 11:33.13	46.48	1150m: 17:51.72	47.68
400m: 6:04.73	46.96	800m: 12:20.96	47.83	1200m: 18:39.46	47.74
<b>3. Riny Zeijveld-Meuleman</b>	<b>De Berkelduikers</b>	<b>23:40.56</b>	<b>196000204</b>	<b>24:14.84</b>	<b>+0,85</b>
50m: 42.57	42.57	450m: 7:09.39	48.21	850m: 13:40.35	48.59
100m: 1:29.79	47.22	500m: 7:58.17	48.78	900m: 14:29.26	48.91
150m: 2:17.66	47.87	550m: 8:47.32	49.15	950m: 15:17.68	48.42
200m: 3:06.72	49.06	600m: 9:36.17	48.85	1000m: 16:06.76	49.08
250m: 3:54.88	48.16	650m: 10:24.96	48.79	1050m: 16:55.77	49.01
300m: 4:43.71	48.83	700m: 11:13.78	48.82	1100m: 17:44.63	48.86
350m: 5:32.20	48.49	750m: 12:02.34	48.56	1150m: 18:33.36	48.73
400m: 6:21.18	48.98	800m: 12:51.76	49.42	1200m: 19:22.45	49.09
<b>4. Marjan Spoelstra</b>	<b>SWOL 1894</b>	<b>26:22.18</b>	<b>196000236</b>	<b>25:57.19</b>	<b>+0,89</b>
50m: 47.08	47.08	450m: 7:40.70	52.03	850m: 14:37.55	52.73
100m: 1:37.71	50.63	500m: 8:32.37	51.67	900m: 15:30.03	52.48
150m: 2:28.85	51.14	550m: 9:24.62	52.25	950m: 16:22.84	52.81
200m: 3:20.43	51.58	600m: 10:16.26	51.64	1000m: 17:15.27	52.43
250m: 4:12.63	52.20	650m: 11:08.23	51.97	1050m: 18:07.71	52.44
300m: 5:04.71	52.08	700m: 12:00.02	51.79	1100m: 18:59.96	52.25
350m: 5:56.87	52.16	750m: 12:52.24	52.22	1150m: 19:52.82	52.86
400m: 6:48.67	51.80	800m: 13:44.82	52.58	1200m: 20:45.35	52.53
<b>5. Jeanette Ghatas</b>	<b>ZV De Zaan</b>	<b>25:38.66</b>	<b>196300552</b>	<b>26:50.01</b>	<b>+0,88</b>
50m: 46.37	46.37	450m: 7:53.66	53.54	850m: 15:03.06	53.99
100m: 1:38.61	52.24	500m: 8:47.16	53.50	900m: 15:57.10	54.04
150m: 2:31.76	53.15	550m: 9:41.03	53.87	950m: 16:51.21	54.11
200m: 3:25.31	53.55	600m: 10:34.94	53.91	1000m: 17:45.46	54.25
250m: 4:18.95	53.64	650m: 11:28.66	53.72	1050m: 18:39.74	54.28
300m: 5:12.48	53.53	700m: 12:22.60	53.94	1100m: 19:34.22	54.48
350m: 6:06.19	53.71	750m: 13:15.95	53.35	1150m: 20:28.86	54.64
400m: 7:00.12	53.93	800m: 14:09.07	53.12	1200m: 21:23.47	54.61

Masters 60+

<b>1. Margriet Pasma</b>	<b>De Inktvis</b>	<b>23:53.32</b>	<b>195500088</b>	<b>24:11.11</b>	<b>+0,80</b>
50m: 42.84	42.84	450m: 7:12.82	48.05	850m: 13:39.45	47.90
100m: 1:30.47	47.63	500m: 8:01.73	48.91	900m: 14:28.59	49.14
150m: 2:19.55	49.08	550m: 8:49.94	48.21	950m: 15:16.49	47.90
200m: 3:09.37	49.82	600m: 9:38.70	48.76	1000m: 16:05.36	48.87
250m: 3:58.26	48.89	650m: 10:26.55	47.85	1050m: 16:53.23	47.87
300m: 4:47.76	49.50	700m: 11:14.98	48.43	1100m: 17:42.05	48.82
350m: 5:35.98	48.22	750m: 12:02.83	47.85	1150m: 18:30.22	48.17
400m: 6:24.77	48.79	800m: 12:51.55	48.72	1200m: 19:19.14	48.92

Masters 65+

<b>1. Ineke Weekers</b>	<b>PSV</b>	<b>23:01.00</b>	<b>195300050</b>	<b>23:21.38</b>	<b>+0,83</b>
50m: 42.64	42.64	450m: 6:56.48	47.06	850m: 13:12.01	47.54
100m: 1:28.49	45.85	500m: 7:43.19	46.71	900m: 13:58.46	46.45
150m: 2:14.84	46.35	550m: 8:30.21	47.02	950m: 14:45.46	47.00
200m: 3:01.82	46.98	600m: 9:16.86	46.65	1000m: 15:32.47	47.01
250m: 3:48.61	46.79	650m: 10:03.75	46.89	1050m: 16:19.58	47.11
300m: 4:35.34	46.73	700m: 10:50.73	46.98	1100m: 17:06.74	47.16
350m: 5:22.41	47.07	750m: 11:37.80	47.07	1150m: 17:54.04	47.30
400m: 6:09.42	47.01	800m: 12:24.47	46.67	1200m: 18:41.25	47.21

Programmanr. 3, Dames, 1500m vrije slag, Masters 65+

rang	naam	vereniging	inschrijftijd	tijd	RT			
2.	Gonnie Bak	PSV	30:39.87	195100064	30:02.72 +0,97			
	50m: 51.51	51.51	450m: 8:51.31	59.99	850m: 16:56.02	1:00.57	1250m: 25:03.75	1:00.73
	100m: 1:51.10	59.59	500m: 9:51.76	1:00.45	900m: 17:57.09	1:01.07	1300m: 26:04.83	1:01.08
	150m: 2:50.67	59.57	550m: 10:52.22	1:00.46	950m: 18:57.51	1:00.42	1350m: 27:05.34	1:00.51
	200m: 3:51.06	1:00.39	600m: 11:52.34	1:00.12	1000m: 19:58.53	1:01.02	1400m: 28:06.30	1:00.96
	250m: 4:50.26	59.20	650m: 12:52.59	1:00.25	1050m: 20:59.12	1:00.59	1450m: 29:05.91	59.61
	300m: 5:51.15	1:00.89	700m: 13:53.51	1:00.92	1100m: 22:00.87	1:01.75	1500m: 30:02.72	56.81
	350m: 6:50.37	59.22	750m: 14:53.90	1:00.39	1150m: 23:02.29	1:01.42		
	400m: 7:51.32	1:00.95	800m: 15:55.45	1:01.55	1200m: 24:03.02	1:00.73		

Masters 70+

1.	Annie Smits	PSV	30:47.69	194600016	33:20.67			
	50m: 1:02.54	1:02.54	450m: 10:02.69	1:07.34	850m: 19:04.74	1:06.58	1250m: 28:00.82	1:06.43
	100m: 2:08.84	1:06.30	500m: 11:09.48	1:06.79	900m: 20:11.43	1:06.69	1300m: 29:06.22	1:05.40
	150m: 3:18.11	1:09.27	550m: 12:17.00	1:07.52	950m: 21:18.77	1:07.34	1350m: 30:11.33	1:05.11
	200m: 4:25.85	1:07.74	600m: 13:24.68	1:07.68	1000m: 22:25.67	1:06.90	1400m: 31:16.80	1:05.47
	250m: 5:33.27	1:07.42	650m: 14:33.74	1:09.06	1050m: 23:32.35	1:06.68	1450m: 32:19.39	1:02.59
	300m: 6:40.72	1:07.45	700m: 15:42.12	1:08.38	1100m: 24:39.22	1:06.87	1500m: 33:20.67	1:01.28
	350m: 7:48.26	1:07.54	750m: 16:50.21	1:08.09	1150m: 25:47.18	1:07.96		
	400m: 8:55.35	1:07.09	800m: 17:58.16	1:07.95	1200m: 26:54.39	1:07.21		
2.	Loekie v. Huissteden	ZPC AMERSFOORT	34:46.90	194500002	37:26.75			
	50m: 59.90	59.90	450m: 10:47.44	1:14.38	850m: 20:48.89	1:14.05	1250m: 31:04.98	1:15.97
	100m: 2:10.53	1:10.63	500m: 12:03.19	1:15.75	900m: 22:05.49	1:16.60	1300m: 32:21.22	1:16.24
	150m: 3:22.18	1:11.65	550m: 13:18.58	1:15.39	950m: 23:21.84	1:16.35	1350m: 33:40.85	1:19.63
	200m: 4:36.65	1:14.47	600m: 14:33.35	1:14.77	1000m: 24:38.94	1:17.10	1400m: 34:58.06	1:17.21
	250m: 5:50.08	1:13.43	650m: 15:48.28	1:14.93	1050m: 25:55.89	1:16.95	1450m: 36:16.36	1:18.30
	300m: 7:04.74	1:14.66	700m: 17:03.62	1:15.34	1100m: 27:13.03	1:17.14	1500m: 37:26.75	1:10.39
	350m: 8:17.99	1:13.25	750m: 18:19.07	1:15.45	1150m: 28:31.23	1:18.20		
	400m: 9:33.06	1:15.07	800m: 19:34.84	1:15.77	1200m: 29:49.01	1:17.78		

Masters 80+

1.	Marie Smits	Old Dutch	33:41.37	193800004	35:37.96			
	<i>Kampioenschaps Record</i>							
	50m: 57.61	57.61	450m: 10:12.56	1:10.77	850m: 19:47.69	1:12.44	1250m: 29:33.66	1:13.41
	100m: 2:03.98	1:06.37	500m: 11:24.63	1:12.07	900m: 21:01.91	1:14.22	1300m: 30:48.85	1:15.19
	150m: 3:12.60	1:08.62	550m: 12:35.10	1:10.47	950m: 22:13.99	1:12.08	1350m: 32:03.00	1:14.15
	200m: 4:21.87	1:09.27	600m: 13:46.12	1:11.02	1000m: 23:26.52	1:12.53	1400m: 33:17.75	1:14.75
	250m: 5:31.25	1:09.38	650m: 14:58.68	1:12.56	1050m: 24:40.63	1:14.11	1450m: 34:29.18	1:11.43
	300m: 6:41.00	1:09.75	700m: 16:10.57	1:11.89	1100m: 25:53.17	1:12.54	1500m: 35:37.96	1:08.78
	350m: 7:50.98	1:09.98	750m: 17:22.05	1:11.48	1150m: 27:06.92	1:13.75		
	400m: 9:01.79	1:10.81	800m: 18:35.25	1:13.20	1200m: 28:20.25	1:13.33		