

Programmanr. 31
06-05-2018 - 10:44

Dames, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT
Masters 20+					
1.	Anne Noom <i>Nederlands Masters Record</i>	Het Y	5:03.90	199800062	5:18.84 +0,76
	50m: 31.95 100m: 1:10.03	150m: 31.95 200m: 38.08	250m: 42.02 300m: 40.20	350m: 3:18.40 400m: 4:05.46	46.15 47.06
				350m: 4:43.08 400m: 5:18.84	37.62 35.76
2.	Madelon Dijkstra	ZPCH	5:05.95	199703510	5:26.06 +0,86
	50m: 34.47 100m: 1:15.53	150m: 34.47 200m: 41.06	250m: 45.00 300m: 43.22	350m: 3:28.25 400m: 4:14.61	44.50 46.36
				350m: 4:50.57 400m: 5:26.06	35.96 35.49
3.	Tamara Grove	De Dolfijn	5:28.05	199601266	5:27.16 +0,73
	50m: 33.00 100m: 1:11.75	150m: 33.00 200m: 38.75	250m: 43.64 300m: 42.59	350m: 3:25.52 400m: 4:16.17	47.54 50.65
				350m: 4:51.94 400m: 5:27.16	35.77 35.22
4.	Fiona Meuffels	RZ	5:28.64	199504366	5:43.35 +0,69
	50m: 37.82 100m: 1:23.39	150m: 37.82 200m: 45.57	250m: 45.38 300m: 43.71	350m: 3:40.67 400m: 4:28.41	48.19 47.74
				350m: 5:06.94 400m: 5:43.35	38.53 36.41
5.	Moniek Heemskerck	LZ 1886	5:27.44	199601964	5:51.37 +0,71
	50m: 35.02 100m: 1:17.79	150m: 35.02 200m: 42.77	250m: 48.90 300m: 46.24	350m: 3:39.90 400m: 4:28.35	46.97 48.45
				350m: 5:10.40 400m: 5:51.37	42.05 40.97
6.	Chantal Beijer	DWT	5:24.53	199700884	6:01.66 +0,88
	50m: 37.64 100m: 1:25.38	150m: 37.64 200m: 47.74	250m: 47.68 300m: 45.66	350m: 3:46.78 400m: 4:37.17	48.06 50.39
				350m: 5:19.54 400m: 6:01.66	42.37 42.12
7.	Hester Meijer	Zwemvereniging Hoogland	6:36.14	199805186	6:17.05 +0,80
	50m: 41.59 100m: 1:31.21	150m: 41.59 200m: 49.62	250m: 49.13 300m: 47.97	350m: 4:01.00 400m: 4:54.77	52.69 53.77
				350m: 5:36.11 400m: 6:17.05	41.34 40.94
8.	Laura Scheffer	GoSwim	6:10.89	199407222	6:39.91 +0,75
	50m: 36.63 100m: 1:22.96	150m: 36.63 200m: 46.33	250m: 52.47 300m: 50.32	350m: 4:05.12 400m: 5:05.78	59.37 1:00.66
				350m: 5:52.52 400m: 6:39.91	46.74 47.39
Masters 25+					
1.	Maaïke Vooren	DAW	5:31.27	199103324	5:26.79 +0,79
	50m: 33.49 100m: 1:13.25	150m: 33.49 200m: 39.76	250m: 45.17 300m: 44.31	350m: 3:28.85 400m: 4:15.33	46.12 46.48
				350m: 4:51.85 400m: 5:26.79	36.52 34.94
2.	Liesa Vrielinck	BZK	5:27.80	21068/93	5:32.89 +0,76
	50m: 33.91 100m: 1:13.84	150m: 33.91 200m: 39.93	250m: 45.30 300m: 44.64	350m: 3:30.65 400m: 4:17.71	46.87 47.06
				350m: 4:56.98 400m: 5:32.89	39.27 35.91
3.	Stéphanie Bergsma	Dedemvaart-AC	5:46.02	199203374	5:45.71 * +0,65
	50m: 33.30 100m: 1:14.42	150m: 33.30 200m: 41.12	250m: 42.91 300m: 43.24	350m: 3:32.90 400m: 4:26.07	52.33 53.17
				350m: 5:06.64 400m: 5:45.71	40.57 39.07
4.	Wendy de Bruin	ZOB'66	5:46.21	199206320	5:49.21 +0,60
	50m: 34.67 100m: 1:19.67	150m: 34.67 200m: 45.00	250m: 45.37 300m: 46.15	350m: 3:39.75 400m: 4:30.31	48.56 50.56
				350m: 5:10.22 400m: 5:49.21	39.91 38.99
5.	Nanda de Vries	Steenwijk 1934	5:55.89	199204328	5:50.37 +0,80
	50m: 36.06 100m: 1:20.78	150m: 36.06 200m: 44.72	250m: 45.47 300m: 45.46	350m: 3:40.78 400m: 4:30.53	49.07 49.75
				350m: 5:10.91 400m: 5:50.37	40.38 39.46
6.	Martje Godschalk	De IJssel	6:06.13	199001186	5:55.20 +0,80
	50m: 37.13 100m: 1:21.64	150m: 37.13 200m: 44.51	250m: 46.67 300m: 46.83	350m: 3:44.69 400m: 4:35.37	49.55 50.68
				350m: 5:15.94 400m: 5:55.20	40.57 39.26
7.	Marjan Rikken	ZVV	6:27.05	199206114	6:28.91 +0,83
	50m: 41.09 100m: 1:33.26	150m: 41.09 200m: 52.17	250m: 47.10 300m: 48.58	350m: 4:02.48 400m: 4:59.53	53.54 57.05
				350m: 5:44.57 400m: 6:28.91	45.04 44.34
8.	Claudia Creemers	RZ	7:35.46	199202864	7:29.32 +0,77
	50m: 44.30 100m: 1:41.23	150m: 44.30 200m: 56.93	250m: 59.26 300m: 58.18	350m: 4:40.76 400m: 5:44.06	1:02.09 1:03.30
				350m: 6:35.20 400m: 7:29.32	51.14 54.12

Programmanr. 31, Dames, 400m wisselslag

Masters 30+

1.	Viktória Felföldi	Iron Aquatics	5:14.14						5:16.92	+0,86		
	<i>Kampioenschaps Record, Hungarian Masters Record</i>											
	50m:	32.16	32.16	150m:	1:52.63	42.04	250m:	3:19.25	45.52	350m:	4:42.13	36.05
	100m:	1:10.59	38.43	200m:	2:33.73	41.10	300m:	4:06.08	46.83	400m:	5:16.92	34.79
2.	Marlijn Hendriksen	Hieronymus	5:15.38					198806828	5:17.89	+0,72		
	<i>Nederlands Masters Record</i>											
	50m:	33.77	33.77	150m:	1:54.93	42.66	250m:	3:21.56	44.81	350m:	4:43.42	36.75
	100m:	1:12.27	38.50	200m:	2:36.75	41.82	300m:	4:06.67	45.11	400m:	5:17.89	34.47
3.	Susanne van der Linden	DIO	5:53.19					198802736	5:56.53	+0,75		
	50m:	37.21	37.21	150m:	2:08.37	47.26	250m:	3:43.10	47.98	350m:	5:15.13	42.19
	100m:	1:21.11	43.90	200m:	2:55.12	46.75	300m:	4:32.94	49.84	400m:	5:56.53	41.40
4.	Liesbeth van Mill	DWK	6:10.48					198702786	6:22.81	+0,71		
	50m:	40.84	40.84	150m:	2:19.27	49.49	250m:	4:00.20	51.61	350m:	5:38.96	45.80
	100m:	1:29.78	48.94	200m:	3:08.59	49.32	300m:	4:53.16	52.96	400m:	6:22.81	43.85

Masters 35+

1.	Ann Wanter	Zwemclub Geel	5:26.82					21082/82	5:35.59	+0,79		
	<i>Belgisch Masters Record</i>											
	50m:	35.63	35.63	150m:	1:59.60	43.60	250m:	3:31.39	49.45	350m:	4:59.33	37.82
	100m:	1:16.00	40.37	200m:	2:41.94	42.34	300m:	4:21.51	50.12	400m:	5:35.59	36.26
2.	Stephanie Vaernewyck	MEGA-zwemteam	5:43.69					20352/83	5:43.65	+0,88		
	50m:	36.72	36.72	150m:	2:05.03	44.47	250m:	3:38.19	49.05	350m:	5:06.27	38.65
	100m:	1:20.56	43.84	200m:	2:49.14	44.11	300m:	4:27.62	49.43	400m:	5:43.65	37.38
3.	Nadya Putter	ZVVS	5:37.71					198301630	5:43.86	+0,75		
	50m:	35.46	35.46	150m:	2:01.64	45.80	250m:	3:35.02	47.70	350m:	5:05.30	40.90
	100m:	1:15.84	40.38	200m:	2:47.32	45.68	300m:	4:24.40	49.38	400m:	5:43.86	38.56
4.	Roos van Esch	Albion d'ELFT (SG)	5:38.82					198200468	5:45.47	+0,90		
	50m:	36.00	36.00	150m:	2:02.79	45.37	250m:	3:38.99	51.52	350m:	5:08.26	39.73
	100m:	1:17.42	41.42	200m:	2:47.47	44.68	300m:	4:28.53	49.54	400m:	5:45.47	37.21
5.	Linda Hoogendam	WVZ	6:46.96					198300892	6:45.34	+0,85		
	50m:	40.88	40.88	150m:	2:24.56	53.38	250m:	4:16.70	1:01.15	350m:	6:04.18	45.14
	100m:	1:31.18	50.30	200m:	3:15.55	50.99	300m:	5:19.04	1:02.34	400m:	6:45.34	41.16

Masters 40+

1.	Annett von Rekowski	SG Bayer	5:34.30					97868	5:45.34	+0,75		
	50m:	36.01	36.01	150m:	2:03.75	45.11	250m:	3:38.49	52.00	350m:	5:09.33	37.93
	100m:	1:18.64	42.63	200m:	2:46.49	42.74	300m:	4:31.40	52.91	400m:	5:45.34	36.01
2.	Liselotte Joling	PSV	5:47.27					197500268	5:58.24	+0,87		
	50m:	37.31	37.31	150m:	2:09.92	48.48	250m:	3:46.43	50.78	350m:	5:19.14	40.49
	100m:	1:21.44	44.13	200m:	2:55.65	45.73	300m:	4:38.65	52.22	400m:	5:58.24	39.10
3.	Jolanda van Gendt	PSV	6:22.97					197800266	6:30.20	+0,77		
	50m:	41.83	41.83	150m:	2:21.82	49.29	250m:	4:05.41	55.80	350m:	5:44.74	43.82
	100m:	1:32.53	50.70	200m:	3:09.61	47.79	300m:	5:00.92	55.51	400m:	6:30.20	45.46
4.	Cindy Hillekens	AquAmigos	7:26.46					197801324	7:41.81			
	50m:	46.50	46.50	150m:	2:49.92	1:05.72	250m:	4:56.14	1:02.32	350m:	6:52.43	50.97
	100m:	1:44.20	57.70	200m:	3:53.82	1:03.90	300m:	6:01.46	1:05.32	400m:	7:41.81	49.38

Masters 45+

1.	Jeanne Petit	PSV	5:51.46					197001020	6:09.35	+0,78		
	50m:	35.10	35.10	150m:	2:10.19	51.23	250m:	3:51.84	50.78	350m:	5:27.34	42.08
	100m:	1:18.96	43.86	200m:	3:01.06	50.87	300m:	4:45.26	53.42	400m:	6:09.35	42.01
2.	Heidi den Boer	LinK	5:58.67					196900864	6:17.46	+0,73		
	50m:	37.48	37.48	150m:	2:11.78	48.57	250m:	3:54.10	55.61	350m:	5:34.54	43.30
	100m:	1:23.21	45.73	200m:	2:58.49	46.71	300m:	4:51.24	57.14	400m:	6:17.46	42.92
3.	Annette de Visser	Oceanus	6:11.03					197100602	6:25.67	+0,85		
	50m:	40.84	40.84	150m:	2:24.02	51.40	250m:	4:05.50	53.49	350m:	5:42.70	42.22
	100m:	1:32.62	51.78	200m:	3:12.01	47.99	300m:	5:00.48	54.98	400m:	6:25.67	42.97

Programmanr. 31, Dames, 400m wisselslag, Masters 45+

rang	naam	vereniging	inschrijftijd	tijd	RT			
4.	Iris van Aurich	DWK	6:15.49	196900866	6:33.12 +0,72			
	50m: 41.52	41.52	150m: 2:22.14	49.84	250m: 4:05.37	55.09	350m: 5:46.70	46.46
	100m: 1:32.30	50.78	200m: 3:10.28	48.14	300m: 5:00.24	54.87	400m: 6:33.12	46.42
5.	Annet Kootstra	SWOL 1894	6:46.95	197100344	7:10.74 +0,92			
	50m: 49.48	49.48	150m: 2:42.25	57.52	250m: 4:35.63	58.99	350m: 6:23.91	48.36
	100m: 1:44.73	55.25	200m: 3:36.64	54.39	300m: 5:35.55	59.92	400m: 7:10.74	46.83

Masters 50+

1.	Claudia Thielemann	SG Bayer	5:37.70		5:39.44 +0,76			
	<i>Kampioenschaps Record</i>							
	50m: 34.51	34.51	150m: 1:59.44	44.85	250m: 3:32.06	48.29	350m: 5:01.74	38.46
	100m: 1:14.59	40.08	200m: 2:43.77	44.33	300m: 4:23.28	51.22	400m: 5:39.44	37.70
2.	Allie Price	Cardiff Masters	5:51.36	547582	5:56.83 +0,75			
	50m: 35.21	35.21	150m: 2:04.14	45.01	250m: 3:40.43	50.63	350m: 5:16.40	42.95
	100m: 1:19.13	43.92	200m: 2:49.80	45.66	300m: 4:33.45	53.02	400m: 5:56.83	40.43
3.	Laura Staal	Oceanus	6:18.28	196700358	6:24.82 +0,87			
	50m: 42.05	42.05	150m: 2:23.93	50.77	250m: 4:06.67	53.73	350m: 5:43.88	42.75
	100m: 1:33.16	51.11	200m: 3:12.94	49.01	300m: 5:01.13	54.46	400m: 6:24.82	40.94
4.	K. van Nassau van den Heuvel	Old Dutch	6:39.68	196600188	7:19.22 +0,89			
	50m: 49.95	49.95	150m: 2:45.58	58.08	250m: 4:40.94	58.94	350m: 6:30.41	49.44
	100m: 1:47.50	57.55	200m: 3:42.00	56.42	300m: 5:40.97	1:00.03	400m: 7:19.22	48.81
5.	Anita Steijger	WVZ	7:04.70	196500628	7:22.68 +0,82			
	50m: 46.85	46.85	150m: 2:44.08	59.51	250m: 4:43.55	59.64	350m: 6:34.10	48.74
	100m: 1:44.57	57.72	200m: 3:43.91	59.83	300m: 5:45.36	1:01.81	400m: 7:22.68	48.58
6.	Annette van Dok	MSV-Zeemacht	7:39.99	196800742	7:44.20 +0,91			
	50m: 52.59	52.59	150m: 2:50.40	57.89	250m: 4:54.37	1:06.57	350m: 6:54.67	53.27
	100m: 1:52.51	59.92	200m: 3:47.80	57.40	300m: 6:01.40	1:07.03	400m: 7:44.20	49.53

Masters 55+

1.	Marjan Remmits	ZPC Woerden	6:15.39	196300518	6:12.08 +0,84			
	<i>Nederlands Masters Record</i>							
	50m: 39.24	39.24	150m: 2:16.32	49.62	250m: 3:57.25	52.60	350m: 5:31.66	41.81
	100m: 1:26.70	47.46	200m: 3:04.65	48.33	300m: 4:49.85	52.60	400m: 6:12.08	40.42
2.	Margriet Grove-Lingeman	Triton	6:23.13	196200080	6:38.52 * +0,86			
	50m: 40.07	40.07	150m: 2:20.51	51.94	250m: 4:08.87	56.72	350m: 5:52.46	45.43
	100m: 1:28.57	48.50	200m: 3:12.15	51.64	300m: 5:07.03	58.16	400m: 6:38.52	46.06
3.	Petra Tossings	DAW	6:42.30	196100376	6:43.74 +0,88			
	50m: 41.20	41.20	150m: 2:26.42	53.66	250m: 4:15.80	56.62	350m: 5:59.49	46.58
	100m: 1:32.76	51.56	200m: 3:19.18	52.76	300m: 5:12.91	57.11	400m: 6:43.74	44.25
4.	Patty Verhagen	PSV	6:32.28	195900146	6:52.67 +0,96			
	50m: 42.69	42.69	150m: 2:32.54	52.72	250m: 4:24.09	59.82	350m: 6:29.07	44.49
	100m: 1:39.82	57.13	200m: 3:24.27	51.73	300m: 5:24.58	1:00.49	400m: 6:52.67	43.60
5.	Marjan Spoelstra	SWOL 1894	7:46.10	196000236	7:27.34 +0,93			
	50m: 53.76	53.76	150m: 2:53.11	58.94	250m: 4:49.60	58.66	350m: 6:39.00	50.03
	100m: 1:54.17	1:00.41	200m: 3:50.94	57.83	300m: 5:48.97	59.37	400m: 7:27.34	48.34
6.	Hannie Poletiek	TriVia	7:35.81	195900278	7:37.15 +0,93			
	50m: 48.13	48.13	150m: 2:50.11	59.15	250m: 4:50.20	1:02.41	350m: 6:43.54	52.15
	100m: 1:50.96	1:02.83	200m: 3:47.79	57.68	300m: 5:51.39	1:01.19	400m: 7:37.15	53.61

Masters 60+

1.	Margriet Pasma	De Inktvis	7:02.23	195500088	7:15.18 +0,99			
	50m: 51.24	51.24	150m: 2:48.78	55.32	250m: 4:42.56	59.86	350m: 6:29.47	44.88
	100m: 1:53.46	1:02.22	200m: 3:42.70	53.92	300m: 5:44.59	1:02.03	400m: 7:15.18	45.71

Programmanr. 31, Dames, 400m wisselslag

Masters 65+

1.	Antoinette Gilding-Tussaud	WS Twente	8:45.87	195000038	9:00.69 *	+0,95		
	50m: 1:02.83	1:02.83	150m: 3:23.94	1:03.41	250m: 5:46.42	1:17.90	350m: 7:59.05	1:00.35
	100m: 2:20.53	1:17.70	200m: 4:28.52	1:04.58	300m: 6:58.70	1:12.28	400m: 9:00.69	1:01.64
AFGEM	Carla Hensen	PSV	7:32.62	195300062				