

Programmanr. 5  
04-05-2018 - 10:02

Dames, 400m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT
<b>Masters 20+</b>					
1.	Jamilla van Veen	ZPC Woerden	4:37.11	199603192	4:36.40 +0,77
	50m: 30.77	30.77 150m: 1:40.62	35.32 250m: 2:51.51	35.01 350m: 4:02.56	35.22
	100m: 1:05.30	34.53 200m: 2:16.50	35.88 300m: 3:27.34	35.83 400m: 4:36.40	33.84
2.	Madelon Dijkstra	ZPCH	4:22.65	199703510	4:38.34 +0,87
	50m: 31.17	31.17 150m: 1:40.77	35.13 250m: 2:51.53	35.39 350m: 4:02.89	35.64
	100m: 1:05.64	34.47 200m: 2:16.14	35.37 300m: 3:27.25	35.72 400m: 4:38.34	35.45
3.	Tamara Grove	De Dolfijn	4:40.18	199601266	4:44.31 +0,70
	50m: 31.75	31.75 150m: 1:42.91	35.94 250m: 2:55.54	36.07 350m: 4:08.73	36.49
	100m: 1:06.97	35.22 200m: 2:19.47	36.56 300m: 3:32.24	36.70 400m: 4:44.31	35.58
4.	Melissa van der Geld	De Warande	4:52.63	199506250	4:49.50 +0,70
	50m: 31.80	31.80 150m: 1:42.69	35.94 250m: 2:57.42	37.65 350m: 4:12.88	37.79
	100m: 1:06.75	34.95 200m: 2:19.77	37.08 300m: 3:35.09	37.67 400m: 4:49.50	36.62
5.	Fiona Meuffels	RZ	5:09.57	199504366	4:57.51 +0,67
	50m: 32.01	32.01 150m: 1:46.56	37.62 250m: 3:03.61	38.98 350m: 4:21.41	38.67
	100m: 1:08.94	36.93 200m: 2:24.63	38.07 300m: 3:42.74	39.13 400m: 4:57.51	36.10
6.	Chantal Beijer	DWT	4:52.12	199700884	5:08.07 +0,74
	50m: 34.08	34.08 150m: 1:50.23	38.55 250m: 3:09.13	39.90 350m: 4:29.40	39.77
	100m: 1:11.68	37.60 200m: 2:29.23	39.00 300m: 3:49.63	40.50 400m: 5:08.07	38.67
7.	Samira Mijnen	WZ&PC Purmerend	5:14.26	199701320	5:12.43 +0,79
	50m: 34.01	34.01 150m: 1:51.66	39.38 250m: 3:11.99	39.86 350m: 4:33.44	40.23
	100m: 1:12.28	38.27 200m: 2:32.13	40.47 300m: 3:53.21	41.22 400m: 5:12.43	38.99
8.	Richenne Zeebregts	Nuenen	4:58.07	199801818	5:14.09 +0,63
	50m: 33.63	33.63 150m: 1:49.90	38.77 250m: 3:11.91	41.53 350m: 4:34.62	41.69
	100m: 1:11.13	37.50 200m: 2:30.38	40.48 300m: 3:52.93	41.02 400m: 5:14.09	39.47
9.	Moniek van Langevelde	ESCA Zwemmen	5:14.99	199803160	5:17.63 +0,73
	50m: 35.45	35.45 150m: 1:54.48	40.41 250m: 3:16.34	40.96 350m: 4:39.02	41.18
	100m: 1:14.07	38.62 200m: 2:35.38	40.90 300m: 3:57.84	41.50 400m: 5:17.63	38.61
10.	Chantal van der Vaart	ZVVS	5:17.00	199802266	5:20.55 +0,78
	50m: 35.50	35.50 150m: 1:55.62	40.85 250m: 3:17.67	41.20 350m: 4:40.31	41.41
	100m: 1:14.77	39.27 200m: 2:36.47	40.85 300m: 3:58.90	41.23 400m: 5:20.55	40.24
11.	Moniek Heemskerk	LZ 1886	4:55.66	199601964	5:22.77 +0,72
	50m: 33.85	33.85 150m: 1:52.84	40.33 250m: 3:16.04	41.82 350m: 4:40.46	42.31
	100m: 1:12.51	38.66 200m: 2:34.22	41.38 300m: 3:58.15	42.11 400m: 5:22.77	42.31
12.	Sanne de Roo	ZZ&PC De Devel	5:26.77	199501934	5:33.27 +0,87
	50m: 37.24	37.24 150m: 1:59.02	41.12 250m: 3:24.02	42.81 350m: 4:49.77	43.07
	100m: 1:17.90	40.66 200m: 2:41.21	42.19 300m: 4:06.70	42.68 400m: 5:33.27	43.50
13.	Lenneke Bagijn	De Duck	5:37.23	199604992	5:33.94 +0,76
	50m: 35.59	35.59 150m: 1:56.94	41.32 250m: 3:23.08	43.46 350m: 4:51.11	43.97
	100m: 1:15.62	40.03 200m: 2:39.62	42.68 300m: 4:07.14	44.06 400m: 5:33.94	42.83
14.	Charine de Ruiter	Steenwijk 1934	5:39.76	199403668	5:52.31 * +0,84
	50m: 37.22	37.22 150m: 2:03.39	44.32 250m: 3:34.09	45.69 350m: 5:07.86	47.38
	100m: 1:19.07	41.85 200m: 2:48.40	45.01 300m: 4:20.48	46.39 400m: 5:52.31	44.45
15.	Anouk van der Lans	Zwemvereniging Westland	5:31.77	199801614	5:53.02 +0,76
	50m: 35.84	35.84 150m: 2:00.66	43.80 250m: 3:31.53	46.23 350m: 5:07.05	47.76
	100m: 1:16.86	41.02 200m: 2:45.30	44.64 300m: 4:19.29	47.76 400m: 5:53.02	45.97
16.	Maranka Huitema	Steenwijk 1934	6:27.98	199500302	6:24.91 +0,87
	50m: 40.14	40.14 150m: 2:15.82	49.35 250m: 3:55.61	50.54 350m: 5:36.58	50.07
	100m: 1:26.47	46.33 200m: 3:05.07	49.25 300m: 4:46.51	50.90 400m: 6:24.91	48.33
17.	Daniëlle Ooms	PSV	6:30.98	199606794	6:32.12 +0,86
	50m: 42.66	42.66 150m: 2:20.38	50.06 250m: 4:02.52	50.94 350m: 5:44.77	50.85
	100m: 1:30.32	47.66 200m: 3:11.58	51.20 300m: 4:53.92	51.40 400m: 6:32.12	47.35
18.	Cynthia van Veen	ZPC Woerden	6:19.94	199606736	6:32.40 +0,75
	50m: 39.84	39.84 150m: 2:18.98	50.95 250m: 4:01.78	52.19 350m: 5:45.96	51.79
	100m: 1:28.03	48.19 200m: 3:09.59	50.61 300m: 4:54.17	52.39 400m: 6:32.40	46.44
AFGEM	Marieke Ipema	LZ 1886	5:46.93	199401290	

Programmanr. 5, Dames, 400m vrije slag

Masters 25+

1.	Maaïke Vooren	DAW	4:46.61	199103324	<b>4:44.84</b>	+0,84		
	50m: 32.62	32.62	150m: 1:45.33	36.59	250m: 2:57.89	36.03	350m: 4:10.06	36.03
	100m: 1:08.74	36.12	200m: 2:21.86	36.53	300m: 3:34.03	36.14	400m: 4:44.84	34.78
2.	Désirée Emmen	De Warande	5:02.83	199204862	<b>4:58.17</b>	+0,51		
	50m: 32.48	32.48	150m: 1:46.23	37.78	250m: 3:02.27	38.40	350m: 4:19.86	39.26
	100m: 1:08.45	35.97	200m: 2:23.87	37.64	300m: 3:40.60	38.33	400m: 4:58.17	38.31
3.	Elmi Roelofsen	ZVV	5:13.52	199008198	<b>5:08.76</b>	+0,91		
	50m: 34.06	34.06	150m: 1:50.19	38.10	250m: 3:07.89	38.32	350m: 4:29.05	40.75
	100m: 1:12.09	38.03	200m: 2:29.57	39.38	300m: 3:48.30	40.41	400m: 5:08.76	39.71
4.	Nanda de Vries	Steenwijk 1934	5:13.53	199204328	<b>5:09.77</b>	+0,83		
	50m: 32.20	32.20	150m: 1:48.25	38.95	250m: 3:08.91	40.79	350m: 4:30.44	40.85
	100m: 1:09.30	37.10	200m: 2:28.12	39.87	300m: 3:49.59	40.68	400m: 5:09.77	39.33
5.	Mandy Verbakel	ZPC Woerden	4:59.26	199003908	<b>5:10.30</b>	+0,85		
	50m: 32.90	32.90	150m: 1:48.86	38.69	250m: 3:09.02	40.18	350m: 4:30.61	40.70
	100m: 1:10.17	37.27	200m: 2:28.84	39.98	300m: 3:49.91	40.89	400m: 5:10.30	39.69
6.	Wendy de Bruin	ZOB'66	5:07.64	199206320	<b>5:11.68</b>	+0,62		
	50m: 33.94	33.94	150m: 1:51.61	39.35	250m: 3:11.66	40.11	350m: 4:32.72	40.25
	100m: 1:12.26	38.32	200m: 2:31.55	39.94	300m: 3:52.47	40.81	400m: 5:11.68	38.96
7.	Clara Van Roeyen	GBZ	5:31.02	20082/90	<b>5:24.74</b>	+0,96		
	50m: 35.97	35.97	150m: 1:57.01	41.36	250m: 3:20.53	42.10	350m: 4:43.86	41.66
	100m: 1:15.65	39.68	200m: 2:38.43	41.42	300m: 4:02.20	41.67	400m: 5:24.74	40.88
8.	Getrude Corporaal	Steenwijk 1934	5:20.98	199200380	<b>5:28.98</b>	+0,81		
	50m: 34.96	34.96	150m: 1:54.76	40.93	250m: 3:20.31	43.73	350m: 4:48.04	43.52
	100m: 1:13.83	38.87	200m: 2:36.58	41.82	300m: 4:04.52	44.21	400m: 5:28.98	40.94
9.	Suzan Blankestijn	LZ 1886	5:14.96	198900350	<b>5:35.87</b>	+0,80		
	50m: 35.38	35.38	150m: 1:58.91	42.94	250m: 3:26.20	44.18	350m: 4:53.54	43.91
	100m: 1:15.97	40.59	200m: 2:42.02	43.11	300m: 4:09.63	43.43	400m: 5:35.87	42.33
10.	Jacoline van den Beukel	Zwemvereniging Westland	5:39.73	199100238	<b>5:37.70</b>	+0,73		
	50m: 36.94	36.94	150m: 2:01.97	42.89	250m: 3:28.00	43.48	350m: 4:55.08	43.93
	100m: 1:19.08	42.14	200m: 2:44.52	42.55	300m: 4:11.15	43.15	400m: 5:37.70	42.62
11.	Sarina Paulussen	RZ	5:37.77	199307426	<b>5:39.67</b>	+0,75		
	50m: 36.34	36.34	150m: 2:01.65	43.49	250m: 3:29.24	44.05	350m: 4:57.07	43.60
	100m: 1:18.16	41.82	200m: 2:45.19	43.54	300m: 4:13.47	44.23	400m: 5:39.67	42.60
12.	Ilse Blankvoort	Steenwijk 1934	5:47.36	199204458	<b>5:39.78</b>	+0,93		
	50m: 37.54	37.54	150m: 2:02.50	42.96	250m: 3:29.52	43.21	350m: 4:56.61	43.11
	100m: 1:19.54	42.00	200m: 2:46.31	43.81	300m: 4:13.50	43.98	400m: 5:39.78	43.17
13.	Myrthe Lampe	ZZ&PC De Devel	5:18.70	199002236	<b>5:40.11</b>	+0,90		
	50m: 36.61	36.61	150m: 2:01.58	43.27	250m: 3:28.93	44.10	350m: 4:57.11	43.85
	100m: 1:18.31	41.70	200m: 2:44.83	43.25	300m: 4:13.26	44.33	400m: 5:40.11	43.00
14.	Marjan Rikken	ZVV	5:38.39	199206114	<b>5:40.53</b>	+0,93		
	50m: 37.43	37.43	150m: 2:02.50	42.83	250m: 3:29.98	43.79	350m: 4:58.41	43.85
	100m: 1:19.67	42.24	200m: 2:46.19	43.69	300m: 4:14.56	44.58	400m: 5:40.53	42.12
15.	Rolijn van Vught	PSV	6:04.33	199004110	<b>6:12.53</b>	+0,80		
	50m: 38.50	38.50	150m: 2:10.06	47.42	250m: 3:47.65	48.53	350m: 5:26.30	49.27
	100m: 1:22.64	44.14	200m: 2:59.12	49.06	300m: 4:37.03	49.38	400m: 6:12.53	46.23
16.	Bieke Vanslebrouck	ROSC	6:56.16	21095/92	<b>6:40.90</b>			
	50m: 43.50	43.50	150m: 2:22.95	50.97	250m: 4:07.35	52.05	350m: 5:51.71	51.86
	100m: 1:31.98	48.48	200m: 3:15.30	52.35	300m: 4:59.85	52.50	400m: 6:40.90	49.19
17.	Claudia Creemers	RZ	6:41.60	199202864	<b>6:46.52</b>	+0,78		
	50m: 40.81	40.81	150m: 2:18.40	49.73	250m: 4:04.82	53.71	350m: 5:54.39	54.76
	100m: 1:28.67	47.86	200m: 3:11.11	52.71	300m: 4:59.63	54.81	400m: 6:46.52	52.13
18.	Martine Stam	Albion d'ELFT (SG)	6:54.92	199307942	<b>7:11.37</b>	+0,77		
	50m: 46.01	46.01	150m: 2:32.71	54.70	250m: 4:25.55	56.10	350m: 6:17.00	55.16
	100m: 1:38.01	52.00	200m: 3:29.45	56.74	300m: 5:21.84	56.29	400m: 7:11.37	54.37

Programmanr. 5, Dames, 400m vrije slag

Masters 30+

1. Marlijn Hendriksen	Hieronymus	4:42.93	198806828	<b>4:49.04</b>	+0,71
50m: 33.65	150m: 1:46.28	36.64	250m: 2:59.48	36.37	350m: 4:13.08
100m: 1:09.64	200m: 2:23.11	36.83	300m: 3:36.27	36.79	400m: 4:49.04
36.81					35.96
2. Viktória Felföldi	Iron Aquatics	4:43.05		<b>4:58.00</b>	+0,84
50m: 33.64	150m: 1:47.78	37.41	250m: 3:03.63	38.42	350m: 4:20.51
100m: 1:10.37	200m: 2:25.21	37.43	300m: 3:42.01	38.38	400m: 4:58.00
38.50					37.49
3. Pauline Tieleman	De Warande	5:17.33	198403348	<b>5:14.72</b>	+0,61
50m: 35.26	150m: 1:55.32	40.45	250m: 3:16.07	40.33	350m: 4:36.26
100m: 1:14.87	200m: 2:35.74	40.42	300m: 3:56.29	40.22	400m: 5:14.72
39.97					38.46
4. Isaline Manchel	CNSW	5:34.65	001284/85	<b>5:39.55</b>	+0,86
50m: 39.32	150m: 2:05.50	43.41	250m: 3:30.41	42.41	350m: 4:56.99
100m: 1:22.09	200m: 2:48.00	42.50	300m: 4:13.66	43.25	400m: 5:39.55
43.33					42.56
5. Liesbeth van Mill	DWK	5:39.49	198702786	<b>5:46.48</b>	+0,84
50m: 37.24	150m: 2:02.55	43.35	250m: 3:30.41	44.20	350m: 5:01.47
100m: 1:19.20	200m: 2:46.21	43.66	300m: 4:15.32	44.91	400m: 5:46.48
46.15					45.01
6. Joan Fontaine	Zwemclub Koewacht	6:09.56	198805148	<b>6:00.24</b>	+0,97
50m: 39.12	150m: 2:07.62	45.31	250m: 3:40.40	46.55	350m: 5:14.69
100m: 1:22.31	200m: 2:53.85	46.23	300m: 4:27.35	46.95	400m: 6:00.24
47.34					45.55
7. Kathleen Laloï	CNSW	5:33.20	007830/88	<b>6:06.04</b>	+0,94
50m: 37.53	150m: 2:06.20	46.27	250m: 3:41.54	47.83	350m: 5:19.02
100m: 1:19.93	200m: 2:53.71	47.51	300m: 4:30.24	48.70	400m: 6:06.04
48.78					47.02

Masters 35+

1. Stephanie Vaernewyck	MEGA-zwemteam	4:58.60	20352/83	<b>4:57.10</b>	+0,83
50m: 33.48	150m: 1:47.80	37.75	250m: 3:03.19	37.86	350m: 4:19.21
100m: 1:10.05	200m: 2:25.33	37.53	300m: 3:40.87	37.68	400m: 4:57.10
38.34					37.89
2. Anke Lambooij	De Vliet (SG)	5:02.28	198001182	<b>5:18.20</b>	+0,92
50m: 33.63	150m: 1:51.04	39.67	250m: 3:12.98	41.14	350m: 4:36.82
100m: 1:11.37	200m: 2:31.84	40.80	300m: 3:54.57	41.59	400m: 5:18.20
42.25					41.38
3. Linda Hoogendam	WVZ	5:20.25	198300892	<b>5:34.15</b>	+0,74
50m: 36.46	150m: 2:00.84	42.94	250m: 3:26.92	43.57	350m: 4:53.87
100m: 1:17.90	200m: 2:43.35	42.51	300m: 4:10.42	43.50	400m: 5:34.15
43.45					40.28
4. Rianne van Vegchelen	ZV 44	6:36.91	198101530	<b>7:03.38</b>	
50m: 45.10	150m: 2:27.75	52.17	250m: 4:15.81	54.07	350m: 6:11.54
100m: 1:35.58	200m: 3:21.74	53.99	300m: 5:09.96	54.15	400m: 7:03.38
1:01.58					51.84

Masters 40+

1. Liselotte Joling	PSV	4:54.88	197500268	<b>5:02.58</b>	+0,83
50m: 34.82	150m: 1:51.38	38.78	250m: 3:08.33	37.91	350m: 4:25.41
100m: 1:12.60	200m: 2:30.42	39.04	300m: 3:47.36	39.03	400m: 5:02.58
38.05					37.17
2. Petra Guijt	Aqua-Novio'94	5:28.84	197600978	<b>5:30.97</b>	+0,96
50m: 36.41	150m: 1:59.34	41.90	250m: 3:24.64	42.52	350m: 4:49.74
100m: 1:17.44	200m: 2:42.12	42.78	300m: 4:07.36	42.72	400m: 5:30.97
42.38					41.23
3. Ingeborg Speelman Hamelink	Zwemclub Koewacht	5:48.74	197601028	<b>6:01.66</b>	+0,82
50m: 38.21	150m: 2:04.83	44.46	250m: 3:37.88	46.97	350m: 5:13.63
100m: 1:20.37	200m: 2:50.91	46.08	300m: 4:25.12	47.24	400m: 6:01.66
48.51					48.03
4. Babette Rens	SWOL 1894	6:09.45	197801200	<b>6:03.12</b>	+0,85
50m: 39.43	150m: 2:08.62	45.63	250m: 3:42.13	47.03	350m: 5:17.56
100m: 1:22.99	200m: 2:55.10	46.48	300m: 4:29.73	47.60	400m: 6:03.12
47.83					45.56
5. Cindy Hillekens	AquAmigos	6:46.35	197801324	<b>6:31.66</b>	+0,95
50m: 40.91	150m: 2:17.36	49.49	250m: 3:59.77	51.37	350m: 5:42.96
100m: 1:27.87	200m: 3:08.40	51.04	300m: 4:51.18	51.41	400m: 6:31.66
51.78					48.70
6. Clementine van Bruxvoort	ZPB H&L Productions	6:48.85	197700138	<b>6:56.75</b>	+0,91
50m: 46.21	150m: 2:32.23	53.67	250m: 4:19.96	54.27	350m: 6:07.19
100m: 1:38.56	200m: 3:25.69	53.46	300m: 5:13.83	53.87	400m: 6:56.75
53.36					49.56
7. Sandra van der Helm	De Rog	7:01.84	197801340	<b>7:07.90</b>	+0,71
50m: 45.36	150m: 2:27.29	52.69	250m: 4:18.82	56.53	350m: 6:12.59
100m: 1:34.60	200m: 3:22.29	55.00	300m: 5:15.68	56.86	400m: 7:07.90
56.91					55.31

Programmanr. 5, Dames, 400m vrije slag

Masters 45+

1.	Kirsten Cameron	Malvern Marlins Masters SC	4:31.05	786509	<b>4:35.00</b>	
	<i>World Masters Record, Australian Masters Record</i>					
	50m: 31.74	31.74	150m: 1:40.25	34.51	250m: 2:50.01	35.00
	100m: 1:05.74	34.00	200m: 2:15.01	34.76	300m: 3:25.28	35.27
					350m: 4:00.85	35.57
					400m: 4:35.00	34.15
2.	Heidi den Boer	LinK	4:59.86	196900864	<b>5:07.49</b>	+0,76
	50m: 33.11	33.11	150m: 1:49.38	38.87	250m: 3:08.42	39.39
	100m: 1:10.51	37.40	200m: 2:29.03	39.65	300m: 3:48.51	40.09
					350m: 4:28.64	40.13
					400m: 5:07.49	38.85
3.	Karin Stein	ZVVS	5:07.88	197100554	<b>5:07.70</b>	* +0,83
	50m: 35.48	35.48	150m: 1:52.35	38.42	250m: 3:10.61	39.20
	100m: 1:13.93	38.45	200m: 2:31.41	39.06	300m: 3:50.09	39.48
					350m: 4:29.50	39.41
					400m: 5:07.70	38.20
4.	Annette de Visser	Oceanus	5:14.91	197100602	<b>5:14.52</b>	+0,83
	50m: 34.79	34.79	150m: 1:52.96	39.50	250m: 3:13.95	40.24
	100m: 1:13.46	38.67	200m: 2:33.71	40.75	300m: 3:54.71	40.76
					350m: 4:34.89	40.18
					400m: 5:14.52	39.63
5.	Jeanne Petit	PSV	5:20.32	197001020	<b>5:19.26</b>	+0,81
	50m: 35.35	35.35	150m: 1:54.35	40.00	250m: 3:15.50	40.60
	100m: 1:14.35	39.00	200m: 2:34.90	40.55	300m: 3:56.99	41.49
					350m: 4:38.23	41.24
					400m: 5:19.26	41.03
6.	Kathy Van Lindt	CNSW	5:08.93	007949/71	<b>5:20.54</b>	+0,93
	50m: 36.32	36.32	150m: 1:56.24	40.26	250m: 3:18.61	41.34
	100m: 1:15.98	39.66	200m: 2:37.27	41.03	300m: 3:59.93	41.32
					350m: 4:40.90	40.97
					400m: 5:20.54	39.64
7.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	5:24.54	197000054	<b>5:22.36</b>	+0,91
	50m: 35.38	35.38	150m: 1:55.09	40.22	250m: 3:19.05	42.31
	100m: 1:14.87	39.49	200m: 2:36.74	41.65	300m: 4:00.81	41.76
					350m: 4:42.23	41.42
					400m: 5:22.36	40.13
8.	Inken Wemheuer	DWT	5:52.63	197101016	<b>5:52.14</b>	+0,81
	50m: 38.47	38.47	150m: 2:06.28	44.69	250m: 3:37.42	45.92
	100m: 1:21.59	43.12	200m: 2:51.50	45.22	300m: 4:23.82	46.40
					350m: 5:09.74	45.92
					400m: 5:52.14	42.40
9.	Annet Kootstra	SWOL 1894	5:55.75	197100344	<b>6:20.98</b>	+0,94
	50m: 42.97	42.97	150m: 2:18.65	48.17	250m: 3:56.82	49.37
	100m: 1:30.48	47.51	200m: 3:07.45	48.80	300m: 4:45.57	48.75
					350m: 5:33.94	48.37
					400m: 6:20.98	47.04
10.	Nathasja Konijn	WIDEX GZC DONK	6:30.23	197100992	<b>6:28.92</b>	* +0,82
	50m: 41.68	41.68	150m: 2:19.65	49.77	250m: 4:00.85	50.05
	100m: 1:29.88	48.20	200m: 3:10.80	51.15	300m: 4:51.20	50.35
					350m: 5:40.49	49.29
					400m: 6:28.92	48.43
11.	Evelien Breman-Alers	Nautilus	6:57.27	197200878	<b>6:52.68</b>	* +0,87
	50m: 43.51	43.51	150m: 2:22.94	50.97	250m: 4:10.40	53.76
	100m: 1:31.97	48.46	200m: 3:16.64	53.70	300m: 5:05.91	55.51
					350m: 5:59.97	54.06
					400m: 6:52.68	52.71
12.	Greta Wyma-Teitsma	DWK	6:44.86	197100696	<b>6:57.45</b>	+0,89
	50m: 44.14	44.14	150m: 2:26.85	52.25	250m: 4:15.08	54.29
	100m: 1:34.60	50.46	200m: 3:20.79	53.94	300m: 5:10.20	55.12
					350m: 6:05.35	55.15
					400m: 6:57.45	52.10
13.	Henriette Driesen-Joanknecht	Aqua-Novio'94	6:38.97	197101056	<b>7:06.53</b>	+0,70
	50m: 44.76	44.76	150m: 2:29.59	52.80	250m: 4:20.18	55.59
	100m: 1:36.79	52.03	200m: 3:24.59	55.00	300m: 5:15.16	54.98
					350m: 6:10.90	55.74
					400m: 7:06.53	55.63
AFGEM	Britta Fritz	SC Janus Köln	6:11.57			

Masters 50+

1.	Katrien Delaender	BZK	4:58.98	20525/66	<b>5:00.86</b>	+0,71
	50m: 33.73	33.73	150m: 1:49.81	38.48	250m: 3:06.80	38.81
	100m: 1:11.33	37.60	200m: 2:27.99	38.18	300m: 3:45.20	38.40
					350m: 4:23.93	38.73
					400m: 5:00.86	36.93
2.	Wilna Heijman	Steenwijk 1934	5:31.32	196400506	<b>5:32.34</b>	+0,85
	50m: 37.91	37.91	150m: 2:01.95	42.45	250m: 3:26.51	42.44
	100m: 1:19.50	41.59	200m: 2:44.07	42.12	300m: 4:09.27	42.76
					350m: 4:51.52	42.25
					400m: 5:32.34	40.82
3.	Christel Aerts	Tesswim	5:46.15	20061/66	<b>5:58.28</b>	+0,98
	50m: 38.42	38.42	150m: 2:07.48	45.47	250m: 3:39.86	46.06
	100m: 1:22.01	43.59	200m: 2:53.80	46.32	300m: 4:26.49	46.63
					350m: 5:13.05	46.56
					400m: 5:58.28	45.23
4.	Marion Broekhuis	WS Twente	5:48.58	196800060	<b>5:59.55</b>	+0,68
	50m: 39.11	39.11	150m: 2:08.03	45.44	250m: 3:41.05	46.51
	100m: 1:22.59	43.48	200m: 2:54.54	46.51	300m: 4:27.63	46.58
					350m: 5:14.39	46.76
					400m: 5:59.55	45.16
5.	Susanne Prins - Molenwijk	De Geul	6:00.37	196600284	<b>6:04.65</b>	+0,53
	50m: 40.58	40.58	150m: 2:12.29	46.50	250m: 3:45.80	46.87
	100m: 1:25.79	45.21	200m: 2:58.93	46.64	300m: 4:32.71	46.91
					350m: 5:19.10	46.39
					400m: 6:04.65	45.55
6.	Sandra Daamen-Posma	AZC	6:30.36	196800854	<b>6:30.82</b>	+0,95
	50m: 42.04	42.04	150m: 2:18.14	49.75	250m: 3:59.74	51.34
	100m: 1:28.39	46.35	200m: 3:08.40	50.26	300m: 4:51.50	51.76
					350m: 5:42.57	51.07
					400m: 6:30.82	48.25

Programmanr. 5, Dames, 400m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd	tijd	RT
7.	Erica Muller	De Geul	6:39.59	196400412	6:50.38 +0,75
	50m: 45.60 45.60	150m: 2:28.52 51.96	250m: 4:13.85 52.54	350m: 5:59.06 52.43	
	100m: 1:36.56 50.96	200m: 3:21.31 52.79	300m: 5:06.63 52.78	400m: 6:50.38 51.32	
8.	Herma Hakker-Huijser	ZVVS	6:44.72	196600740	7:11.74
	50m: 45.55 45.55	150m: 2:32.01 55.43	250m: 4:24.70 56.08	350m: 6:16.61 56.04	
	100m: 1:36.58 51.03	200m: 3:28.62 56.61	300m: 5:20.57 55.87	400m: 7:11.74 55.13	
9.	Roselinda van der Vlugt	Zwemvereniging Woestduin	7:11.22	196700710	7:12.27
	50m: 47.52 47.52	150m: 2:36.88 56.01	250m: 4:28.56 56.64	350m: 6:20.55 56.06	
	100m: 1:40.87 53.35	200m: 3:31.92 55.04	300m: 5:24.49 55.93	400m: 7:12.27 51.72	

Masters 55+

1.	Esther van Lohuizen	PSV	5:28.14	195900300	5:28.98 * +0,79
	50m: 36.33 36.33	150m: 1:59.34 42.46	250m: 3:24.37 42.70	350m: 4:49.66 42.72	
	100m: 1:16.88 40.55	200m: 2:41.67 42.33	300m: 4:06.94 42.57	400m: 5:28.98 39.32	
2.	Patty Verhagen	PSV	5:36.29	195900146	5:39.17 +0,85
	50m: 39.56 39.56	150m: 2:04.97 43.24	250m: 3:31.25 43.33	350m: 4:57.60 43.16	
	100m: 1:21.73 42.17	200m: 2:47.92 42.95	300m: 4:14.44 43.19	400m: 5:39.17 41.57	
3.	Jacqueline Rolloos-Bakkers	De Lansingh	5:48.28	196300222	5:45.29 +0,88
	50m: 38.60 38.60	150m: 2:06.12 44.20	250m: 3:34.87 43.76	350m: 5:03.66 43.59	
	100m: 1:21.92 43.32	200m: 2:51.11 44.99	300m: 4:20.07 45.20	400m: 5:45.29 41.63	
4.	Marie-Josée Matte	WVZ	6:55.56	196000326	6:10.57 +0,86
	50m: 41.24 41.24	150m: 2:13.82 46.82	250m: 3:49.64 47.74	350m: 5:25.12 47.21	
	100m: 1:27.00 45.76	200m: 3:01.90 48.08	300m: 4:37.91 48.27	400m: 6:10.57 45.45	
5.	Katinka Elders	Oceanus	6:42.20	196000292	6:36.24 +0,88
	50m: 44.75 44.75	150m: 2:24.19 50.19	250m: 4:06.87 51.22	350m: 5:48.96 51.27	
	100m: 1:34.00 49.25	200m: 3:15.65 51.46	300m: 4:57.69 50.82	400m: 6:36.24 47.28	
6.	Jennie Resink-lindeboom	DWK	6:34.80	196000142	6:38.91 +0,96
	50m: 43.62 43.62	150m: 2:23.23 51.09	250m: 4:08.66 53.18	350m: 5:51.13 50.88	
	100m: 1:32.14 48.52	200m: 3:15.48 52.25	300m: 5:00.25 51.59	400m: 6:38.91 47.78	
AFGEM	Marian de Jong	HZ&PC Heerenveen	6:10.69	195900052	

Masters 60+

1.	Monica Bakker	Steenwijk 1934	6:09.32	195600082	6:38.19 +0,91
	50m: 43.29 43.29	150m: 2:21.13 49.69	250m: 4:03.61 51.39	350m: 5:47.54 52.02	
	100m: 1:31.44 48.15	200m: 3:12.22 51.09	300m: 4:55.52 51.91	400m: 6:38.19 50.65	
2.	Lies Hartman	PSV	9:22.74	195600116	9:34.31 * +0,71
	50m: 57.23 57.23	150m: 3:18.23 1:11.34	250m: 5:48.46 1:14.82	350m: 8:19.57 1:14.02	
	100m: 2:06.89 1:09.66	200m: 4:33.64 1:15.41	300m: 7:05.55 1:17.09	400m: 9:34.31 1:14.74	

Masters 65+

1.	Geerdien Meerwaldt	De Geul	8:34.87	195200058	8:56.67 +0,77
	50m: 57.83 57.83	150m: 3:12.12 1:08.17	250m: 5:31.67 1:08.46	350m: 7:49.93 1:09.13	
	100m: 2:03.95 1:06.12	200m: 4:23.21 1:11.09	300m: 6:40.80 1:09.13	400m: 8:56.67 1:06.74	
2.	Janny van der Weide	Deltasteur	9:28.97	195100066	10:29.95
	50m: 1:01.76 1:01.76	150m: 3:25.98 1:11.54	250m: 5:56.47 1:15.44	350m: 9:00.27 1:31.10	
	100m: 2:14.44 1:12.68	200m: 4:41.03 1:15.05	300m: 7:29.17 1:32.70	400m: 10:29.95 1:29.68	

Masters 70+

1.	Annie Smits	PSV	7:47.42	194600016	8:25.36 * 1:02.38
	50m: 58.54 58.54	150m: 3:08.94 1:05.46	250m: 5:19.21 1:04.90	350m: 7:25.55 1:02.38	
	100m: 2:03.48 1:04.94	200m: 4:14.31 1:05.37	300m: 6:23.17 1:03.96	400m: 8:25.36 59.81	
2.	Loekie v. Huissteden	ZPC AMERSFOORT	9:15.60	194500002	9:34.04 1:14.39
	50m: 1:00.70 1:00.70	150m: 3:23.58 1:13.13	250m: 5:51.57 1:14.36	350m: 8:21.51 1:14.39	
	100m: 2:10.45 1:09.75	200m: 4:37.21 1:13.63	300m: 7:07.12 1:15.55	400m: 9:34.04 1:12.53	
3.	Pálma Csepeli	dr. Regele Károly Szenior Új	11:04.42		11:40.35 1:30.02
	50m: 1:18.13 1:18.13	150m: 4:20.73 1:31.56	250m: 7:23.02 1:31.52	350m: 10:19.96 1:30.02	
	100m: 2:49.17 1:31.04	200m: 5:51.50 1:30.77	300m: 8:49.94 1:26.92	400m: 11:40.35 1:20.39	

Programmanr. 5, Dames, 400m vrije slag

Masters 80+

1.	Lottie Geurts	PSV			8:05.14		193500006			<b>7:56.27</b>		
	<i>Nederlands Masters Record</i>											
	50m:	52.94	52.94	150m:	2:52.13	59.92	250m:	4:54.86	1:01.46	350m:	7:01.00	1:02.41
	100m:	1:52.21	59.27	200m:	3:53.40	1:01.27	300m:	5:58.59	1:03.73	400m:	7:56.27	55.27