

Programmanr. 3  
24-01-2019 - 15:14

Dames, 1500m vrije slag  
10 min. Pauze na serie 2/Break after heat 2

Masters Open  
Resultaten

rang	naam	vereniging	tijd	PARA
<b>Masters 20+</b>				
1.	Madelon Dijkstra	ZPCH	NED 199703510	<b>17:23.39</b>
	50m: 30.39	30.39	450m: 5:07.00	35.09
	100m: 1:03.70	33.31	500m: 5:41.93	34.93
	150m: 1:38.03	34.33	550m: 6:16.85	34.92
	200m: 2:12.95	34.92	600m: 6:52.16	35.31
	250m: 2:47.75	34.80	650m: 7:27.19	35.03
	300m: 3:22.39	34.64	700m: 8:02.38	35.19
	350m: 3:56.93	34.54	750m: 8:37.57	35.19
	400m: 4:31.91	34.98	800m: 9:12.71	35.14
			850m: 9:47.89	35.18
			900m: 10:23.12	35.23
			950m: 10:58.24	35.12
			1000m: 11:33.16	34.92
			1050m: 12:08.18	35.02
			1100m: 12:43.60	35.42
			1150m: 13:18.77	35.17
			1200m: 13:54.16	35.39
			1250m: 14:29.20	35.04
			1300m: 15:04.36	35.16
			1350m: 15:39.43	35.07
			1400m: 16:14.83	35.40
			1450m: 16:49.45	34.62
			1500m: 17:23.39	33.94
2.	Anne Noom	Het Y	NED 199800062	<b>17:50.85</b>
	50m: 31.53	31.53	450m: 5:13.33	35.45
	100m: 1:06.36	34.83	500m: 5:49.16	35.83
	150m: 1:41.39	35.03	550m: 6:25.06	35.90
	200m: 2:16.92	35.53	600m: 7:00.99	35.93
	250m: 2:52.13	35.21	650m: 7:36.80	35.81
	300m: 3:27.21	35.08	700m: 8:13.02	36.22
	350m: 4:02.60	35.39	750m: 8:49.29	36.27
	400m: 4:37.88	35.28	800m: 9:25.59	36.30
			850m: 10:02.25	36.66
			900m: 10:38.26	36.01
			950m: 11:14.95	36.69
			1000m: 11:51.54	36.59
			1050m: 12:28.05	36.51
			1100m: 13:04.80	36.75
			1150m: 13:40.96	36.16
			1200m: 14:17.19	36.23
			1250m: 14:53.47	36.28
			1300m: 15:29.89	36.42
			1350m: 16:05.82	35.93
			1400m: 16:41.98	36.16
			1450m: 17:17.30	35.32
			1500m: 17:50.85	33.55
3.	Hilde Dekker	ReVeLie Swim Team	NED 199901926	<b>18:26.60</b>
	50m: 32.25	32.25	450m: 5:26.05	36.66
	100m: 1:08.31	36.06	500m: 6:03.37	37.32
	150m: 1:44.85	36.54	550m: 6:40.12	36.75
	200m: 2:21.60	36.75	600m: 7:16.90	36.78
	250m: 2:58.35	36.75	650m: 7:54.36	37.46
	300m: 3:35.27	36.92	700m: 8:31.39	37.03
	350m: 4:12.43	37.16	750m: 9:08.89	37.50
	400m: 4:49.39	36.96	800m: 9:46.42	37.53
			850m: 10:24.18	37.76
			900m: 11:01.63	37.45
			950m: 11:39.17	37.54
			1000m: 12:16.83	37.66
			1050m: 12:54.05	37.22
			1100m: 13:31.39	37.34
			1150m: 14:08.88	37.49
			1200m: 14:46.43	37.55
			1250m: 15:23.52	37.09
			1300m: 16:00.72	37.20
			1350m: 16:37.77	37.05
			1400m: 17:14.86	37.09
			1450m: 17:51.92	37.06
			1500m: 18:26.60	34.68
4.	Elianne Huitema	Steenwijk 1934	NED 199700258	<b>19:02.35</b>
	50m: 32.21	32.21	450m: 5:29.54	38.22
	100m: 1:07.98	35.77	500m: 6:07.89	38.35
	150m: 1:44.53	36.55	550m: 6:46.22	38.33
	200m: 2:21.29	36.76	600m: 7:25.51	39.29
	250m: 2:58.34	37.05	650m: 8:04.50	38.99
	300m: 3:35.77	37.43	700m: 8:43.42	38.92
	350m: 4:13.52	37.75	750m: 9:22.21	38.79
	400m: 4:51.32	37.80	800m: 10:01.03	38.82
			850m: 10:40.10	39.07
			900m: 11:18.83	38.73
			950m: 11:57.73	38.90
			1000m: 12:36.51	38.78
			1050m: 13:14.91	38.40
			1100m: 13:53.26	38.35
			1150m: 14:31.81	38.55
			1200m: 15:10.60	38.79
			1250m: 15:49.44	38.84
			1300m: 16:28.62	39.18
			1350m: 17:07.36	38.74
			1400m: 17:46.23	38.87
			1450m: 18:24.60	38.37
			1500m: 19:02.35	37.75
<b>Masters 25+</b>				
1.	Maaikje Vooren	DAW	NED 199103324	<b>18:15.31</b>
	50m: 33.53	33.53	450m: 5:26.04	36.50
	100m: 1:09.26	35.73	500m: 6:02.74	36.70
	150m: 1:45.88	36.62	550m: 6:39.69	36.95
	200m: 2:22.26	36.38	600m: 7:16.28	36.59
	250m: 2:59.04	36.78	650m: 7:53.14	36.86
	300m: 3:35.74	36.70	700m: 8:29.97	36.83
	350m: 4:12.70	36.96	750m: 9:06.65	36.68
	400m: 4:49.54	36.84	800m: 9:43.32	36.67
			850m: 10:19.90	36.58
			900m: 10:56.67	36.77
			950m: 11:33.45	36.78
			1000m: 12:10.19	36.74
			1050m: 12:46.82	36.63
			1100m: 13:23.43	36.61
			1150m: 14:00.00	36.57
			1200m: 14:36.72	36.72
			1250m: 15:13.60	36.88
			1300m: 15:50.55	36.95
			1350m: 16:27.63	37.08
			1400m: 17:04.07	36.44
			1450m: 17:40.34	36.27
			1500m: 18:15.31	34.97
2.	Nanda de Vries	Steenwijk 1934	NED 199204328	<b>19:30.65</b>
	50m: 32.49	32.49	450m: 5:35.93	38.50
	100m: 1:08.91	36.42	500m: 6:14.97	39.04
	150m: 1:46.37	37.46	550m: 6:54.07	39.10
	200m: 2:23.81	37.44	600m: 7:33.34	39.27
	250m: 3:01.81	38.00	650m: 8:12.92	39.58
	300m: 3:40.39	38.58	700m: 8:52.66	39.74
	350m: 4:18.93	38.54	750m: 9:32.53	39.87
	400m: 4:57.43	38.50	800m: 10:12.54	40.01
			850m: 10:52.76	40.22
			900m: 11:32.51	39.75
			950m: 12:12.43	39.92
			1000m: 12:52.65	40.22
			1050m: 13:32.99	40.34
			1100m: 14:13.48	40.49
			1150m: 14:53.22	39.74
			1200m: 15:33.05	39.83
			1250m: 16:12.80	39.75
			1300m: 16:52.87	40.07
			1350m: 17:32.79	39.92
			1400m: 18:12.62	39.83
			1450m: 18:52.59	39.97
			1500m: 19:30.65	38.06
3.	Sigrit Aarten	Deltasteur	NED 199302868	<b>19:59.19</b>
	50m: 33.09	33.09	450m: 5:48.67	40.16
	100m: 1:10.37	37.28	500m: 6:29.28	40.61
	150m: 1:49.65	39.28	550m: 7:09.05	39.77
	200m: 2:29.26	39.61	600m: 7:49.55	40.50
	250m: 3:09.10	39.84	650m: 8:29.99	40.44
	300m: 3:48.75	39.65	700m: 9:10.56	40.57
	350m: 4:28.84	40.09	750m: 9:51.24	40.68
	400m: 5:08.51	39.67	800m: 10:31.18	39.94
			850m: 11:12.27	41.09
			900m: 11:53.57	41.30
			950m: 12:34.64	41.07
			1000m: 13:15.02	40.38
			1050m: 13:56.35	41.33
			1100m: 14:38.04	41.69
			1150m: 15:19.24	41.20
			1200m: 16:00.55	41.31
			1250m: 16:41.12	40.57
			1300m: 17:21.29	40.17
			1350m: 18:01.22	39.93
			1400m: 18:41.42	40.20
			1450m: 19:21.29	39.87
			1500m: 19:59.19	37.90

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

rang	naam	vereniging	land	nummer	tijd	PARA
4.	Marjon Pol	Zwemlust-den Hommel	NED	199102502	<b>20:10.37</b>	
	50m: 34.73	34.73	450m: 5:51.17	40.11	850m: 11:18.18	40.92
	100m: 1:12.85	38.12	500m: 6:32.57	41.40	900m: 11:59.19	41.01
	150m: 1:51.71	38.86	550m: 7:13.61	41.04	950m: 12:40.03	40.84
	200m: 2:31.27	39.56	600m: 7:54.42	40.81	1000m: 13:21.34	41.31
	250m: 3:10.72	39.45	650m: 8:35.04	40.62	1050m: 14:02.54	41.20
	300m: 3:51.04	40.32	700m: 9:15.60	40.56	1100m: 14:43.76	41.22
	350m: 4:30.94	39.90	750m: 9:56.43	40.83	1150m: 15:24.79	41.03
	400m: 5:11.06	40.12	800m: 10:37.26	40.83	1200m: 16:05.75	40.96
					1250m: 16:46.50	40.75
					1300m: 17:27.44	40.94
					1350m: 18:08.19	40.75
					1400m: 18:49.55	41.36
					1450m: 19:30.65	41.10
					1500m: 20:10.37	39.72
5.	Mandy Verbakel	ZPC Woerden	NED	199003908	<b>20:35.35</b>	
	50m: 36.41	36.41	450m: 6:04.70	41.18	850m: 11:36.21	41.51
	100m: 1:16.88	40.47	500m: 6:46.03	41.33	900m: 12:17.81	41.60
	150m: 1:57.68	40.80	550m: 7:27.50	41.47	950m: 12:59.88	42.07
	200m: 2:38.66	40.98	600m: 8:08.90	41.40	1000m: 13:41.54	41.66
	250m: 3:19.47	40.81	650m: 8:50.42	41.52	1050m: 14:22.77	41.23
	300m: 4:00.81	41.34	700m: 9:31.61	41.19	1100m: 15:04.04	41.27
	350m: 4:42.11	41.30	750m: 10:13.14	41.53	1150m: 15:45.49	41.45
	400m: 5:23.52	41.41	800m: 10:54.70	41.56	1200m: 16:26.74	41.25
					1250m: 17:08.12	41.38
					1300m: 17:50.26	42.14
					1350m: 18:32.13	41.87
					1400m: 19:13.40	41.27
					1450m: 19:55.32	41.92
					1500m: 20:35.35	40.03
6.	Irmgard van Weeghel	ZPC Hatto Heim	NED	199204834	<b>21:31.32</b>	
	50m: 36.65	36.65	450m: 6:17.68	43.11	850m: 12:08.67	43.83
	100m: 1:17.59	40.94	500m: 7:01.47	43.79	900m: 12:52.39	43.72
	150m: 1:59.71	42.12	550m: 7:45.52	44.05	950m: 13:35.86	43.47
	200m: 2:42.13	42.42	600m: 8:29.65	44.13	1000m: 14:19.41	43.55
	250m: 3:24.98	42.85	650m: 9:13.28	43.63	1050m: 15:03.04	43.63
	300m: 4:07.81	42.83	700m: 9:56.80	43.52	1100m: 15:46.43	43.39
	350m: 4:51.41	43.60	750m: 10:40.74	43.94	1150m: 16:29.55	43.12
	400m: 5:34.57	43.16	800m: 11:24.84	44.10	1200m: 17:12.91	43.36
					1250m: 17:56.77	43.86
					1300m: 18:40.38	43.61
					1350m: 19:23.94	43.56
					1400m: 20:07.26	43.32
					1450m: 20:50.41	43.15
					1500m: 21:31.32	40.91
7.	Marjan Rikken	ZVV	NED	199206114	<b>22:34.08</b>	
	50m: 37.75	37.75	450m: 6:28.90	45.40	850m: 12:34.25	45.45
	100m: 1:19.26	41.51	500m: 7:14.57	45.67	900m: 13:19.68	45.43
	150m: 2:02.09	42.83	550m: 8:00.06	45.49	950m: 14:06.13	46.45
	200m: 2:45.36	43.27	600m: 8:45.72	45.66	1000m: 14:51.90	45.77
	250m: 3:29.41	44.05	650m: 9:31.44	45.72	1050m: 15:38.99	47.09
	300m: 4:13.81	44.40	700m: 10:17.17	45.73	1100m: 16:25.25	46.26
	350m: 4:58.57	44.76	750m: 11:02.91	45.74	1150m: 17:12.11	46.86
	400m: 5:43.50	44.93	800m: 11:48.80	45.89	1200m: 17:59.59	47.48
					1250m: 18:46.71	47.12
					1300m: 19:32.70	45.99
					1350m: 20:18.77	46.07
					1400m: 21:05.13	46.36
					1450m: 21:50.87	45.74
					1500m: 22:34.08	43.21

Masters 30+

1.	Viktória Felföldi	IronSwimTeam	HUN		<b>18:04.83</b>	
	<i>Kampioenschaps Record, Hungarian Masters Record</i>					
	50m: 32.52	32.52	450m: 5:18.07	35.76	850m: 10:09.09	36.42
	100m: 1:07.52	35.00	500m: 5:54.39	36.32	900m: 10:45.89	36.80
	150m: 1:43.00	35.48	550m: 6:30.63	36.24	950m: 11:22.33	36.44
	200m: 2:18.52	35.52	600m: 7:06.85	36.22	1000m: 11:58.99	36.66
	250m: 2:54.48	35.96	650m: 7:42.99	36.14	1050m: 12:35.37	36.38
	300m: 3:30.33	35.85	700m: 8:19.68	36.69	1100m: 13:12.01	36.64
	350m: 4:06.37	36.04	750m: 8:56.21	36.53	1150m: 13:48.59	36.58
	400m: 4:42.31	35.94	800m: 9:32.67	36.46	1200m: 14:25.20	36.61
					1250m: 15:01.90	36.70
					1300m: 15:38.60	36.70
					1350m: 16:15.24	36.64
					1400m: 16:52.14	36.90
					1450m: 17:29.07	36.93
					1500m: 18:04.83	35.76
2.	Lisanne Andeweg	Zuiderzeewimmers	NED	198800092	<b>18:56.99</b>	
	50m: 32.91	32.91	450m: 5:32.54	37.96	850m: 10:39.05	38.20
	100m: 1:08.99	36.08	500m: 6:10.61	38.07	900m: 11:16.92	37.87
	150m: 1:45.90	36.91	550m: 6:48.72	38.11	950m: 11:54.99	38.07
	200m: 2:23.04	37.14	600m: 7:27.16	38.44	1000m: 12:33.22	38.23
	250m: 3:00.60	37.56	650m: 8:05.31	38.15	1050m: 13:11.57	38.35
	300m: 3:38.52	37.92	700m: 8:43.60	38.29	1100m: 13:50.12	38.55
	350m: 4:16.54	38.02	750m: 9:22.26	38.66	1150m: 14:28.43	38.31
	400m: 4:54.58	38.04	800m: 10:00.85	38.59	1200m: 15:07.22	38.79
					1250m: 15:45.63	38.41
					1300m: 16:24.25	38.62
					1350m: 17:02.71	38.46
					1400m: 17:41.13	38.42
					1450m: 18:19.55	38.42
					1500m: 18:56.99	37.44
3.	Nanda van Heteren	De Geul	NED	198901728	<b>20:34.48</b>	
	50m: 35.08	35.08	450m: 5:58.79	41.47	850m: 11:34.31	41.99
	100m: 1:13.62	38.54	500m: 6:40.33	41.54	900m: 12:16.11	41.80
	150m: 1:53.11	39.49	550m: 7:22.51	42.18	950m: 12:58.14	42.03
	200m: 2:33.37	40.26	600m: 8:04.37	41.86	1000m: 13:40.36	42.22
	250m: 3:14.07	40.70	650m: 8:46.57	42.20	1050m: 14:22.44	42.08
	300m: 3:54.99	40.92	700m: 9:29.13	42.56	1100m: 15:04.06	41.62
	350m: 4:36.42	41.43	750m: 10:11.03	41.90	1150m: 15:46.20	42.14
	400m: 5:17.32	40.90	800m: 10:52.32	41.29	1200m: 16:28.40	42.20
					1250m: 17:10.96	42.56
					1300m: 17:52.85	41.89
					1350m: 18:34.54	41.69
					1400m: 19:16.13	41.59
					1450m: 19:56.99	40.86
					1500m: 20:34.48	37.49

Programmanr. 3, Dames, 1500m vrije slag, Masters 30+

rang	naam	vereniging					tijd	PARA
4.	Linda van Klei-Janssen	ZPB H&L Productions	NED	198802088	<b>20:56.28</b>			
	50m: 37.31	37.31	450m: 6:12.31	42.54	850m: 11:51.68	42.22	1250m: 17:31.84	42.20
	100m: 1:17.53	40.22	500m: 6:54.91	42.60	900m: 12:33.80	42.12	1300m: 18:14.22	42.38
	150m: 1:58.73	41.20	550m: 7:37.34	42.43	950m: 13:16.30	42.50	1350m: 18:57.21	42.99
	200m: 2:40.37	41.64	600m: 8:19.88	42.54	1000m: 13:59.15	42.85	1400m: 19:38.66	41.45
	250m: 3:22.32	41.95	650m: 9:02.23	42.35	1050m: 14:42.04	42.89	1450m: 20:19.02	40.36
	300m: 4:04.56	42.24	700m: 9:44.49	42.26	1100m: 15:25.15	43.11	1500m: 20:56.28	37.26
	350m: 4:47.17	42.61	750m: 10:27.07	42.58	1150m: 16:07.41	42.26		
	400m: 5:29.77	42.60	800m: 11:09.46	42.39	1200m: 16:49.64	42.23		

Masters 35+

1.	Maïke Grösch	Zehlendorfer TSV v.1888	GER	066680	<b>18:21.55</b>			
	<i>German Masters Record</i>							
	50m: 32.55	32.55	450m: 5:25.41	37.18	850m: 10:22.47	37.08	1250m: 15:19.03	37.21
	100m: 1:08.18	35.63	500m: 6:02.58	37.17	900m: 10:59.42	36.95	1300m: 15:56.07	37.04
	150m: 1:44.38	36.20	550m: 6:39.79	37.21	950m: 11:36.42	37.00	1350m: 16:32.79	36.72
	200m: 2:20.76	36.38	600m: 7:16.91	37.12	1000m: 12:13.38	36.96	1400m: 17:09.70	36.91
	250m: 2:57.54	36.78	650m: 7:53.99	37.08	1050m: 12:50.43	37.05	1450m: 17:46.41	36.71
	300m: 3:34.29	36.75	700m: 8:31.22	37.23	1100m: 13:27.53	37.10	1500m: 18:21.55	35.14
	350m: 4:11.31	37.02	750m: 9:08.23	37.01	1150m: 14:04.57	37.04		
	400m: 4:48.23	36.92	800m: 9:45.39	37.16	1200m: 14:41.82	37.25		
2.	Ramona Linting	Link	NED	198301274	<b>20:54.07</b>			
	50m: 35.27	35.27	450m: 6:04.95	41.66	850m: 11:41.79	42.43	1250m: 17:23.32	42.74
	100m: 1:15.46	40.19	500m: 6:46.70	41.75	900m: 12:24.77	42.98	1300m: 18:06.37	43.05
	150m: 1:56.36	40.90	550m: 7:28.48	41.78	950m: 13:06.93	42.16	1350m: 18:48.90	42.53
	200m: 2:37.39	41.03	600m: 8:10.43	41.95	1000m: 13:50.04	43.11	1400m: 19:31.50	42.60
	250m: 3:18.64	41.25	650m: 8:52.56	42.13	1050m: 14:32.62	42.58	1450m: 20:13.31	41.81
	300m: 4:00.09	41.45	700m: 9:34.82	42.26	1100m: 15:15.42	42.80	1500m: 20:54.07	40.76
	350m: 4:41.72	41.63	750m: 10:17.22	42.40	1150m: 15:58.28	42.86		
	400m: 5:23.29	41.57	800m: 10:59.36	42.14	1200m: 16:40.58	42.30		
3.	Kika Meijers	SWOL 1894	NED	198000736	<b>21:54.72</b>			
	50m: 37.69	37.69	450m: 6:21.06	44.16	850m: 12:16.99	44.57	1250m: 18:15.25	44.66
	100m: 1:18.32	40.63	500m: 7:05.37	44.31	900m: 13:01.62	44.63	1300m: 19:00.13	44.88
	150m: 2:00.18	41.86	550m: 7:49.49	44.12	950m: 13:46.36	44.74	1350m: 19:44.88	44.75
	200m: 2:42.68	42.50	600m: 8:34.09	44.60	1000m: 14:31.33	44.97	1400m: 20:29.39	44.51
	250m: 3:25.65	42.97	650m: 9:18.64	44.55	1050m: 15:16.09	44.76	1450m: 21:14.16	44.77
	300m: 4:09.21	43.56	700m: 10:02.91	44.27	1100m: 16:01.10	45.01	1500m: 21:54.72	40.56
	350m: 4:52.97	43.76	750m: 10:47.68	44.77	1150m: 16:46.20	45.10		
	400m: 5:36.90	43.93	800m: 11:32.42	44.74	1200m: 17:30.59	44.39		

Masters 40+

1.	Liselotte Joling	PSV	NED	197500268	<b>19:04.90</b>			
	50m: 33.96	33.96	450m: 5:35.94	38.44	850m: 10:45.24	38.77	1250m: 15:54.94	38.89
	100m: 1:10.94	36.98	500m: 6:14.03	38.09	900m: 11:23.73	38.49	1300m: 16:33.82	38.88
	150m: 1:48.10	37.16	550m: 6:52.68	38.65	950m: 12:02.60	38.87	1350m: 17:11.76	37.94
	200m: 2:25.76	37.66	600m: 7:31.42	38.74	1000m: 12:41.25	38.65	1400m: 17:50.05	38.29
	250m: 3:03.24	37.48	650m: 8:10.30	38.88	1050m: 13:20.00	38.75	1450m: 18:28.07	38.02
	300m: 3:41.24	38.00	700m: 8:48.93	38.63	1100m: 13:58.68	38.68	1500m: 19:04.90	36.83
	350m: 4:19.56	38.32	750m: 9:27.86	38.93	1150m: 14:37.26	38.58		
	400m: 4:57.50	37.94	800m: 10:06.47	38.61	1200m: 15:16.05	38.79		
2.	Melanie Kuiper	ZIGNEA	NED	197600350	<b>19:51.80</b>			
	50m: 34.95	34.95	450m: 5:52.80	39.87	850m: 11:15.54	40.37	1250m: 16:35.73	39.93
	100m: 1:13.46	38.51	500m: 6:33.25	40.45	900m: 11:55.70	40.16	1300m: 17:15.48	39.75
	150m: 1:52.73	39.27	550m: 7:13.23	39.98	950m: 12:36.18	40.48	1350m: 17:55.49	40.01
	200m: 2:32.48	39.75	600m: 7:53.74	40.51	1000m: 13:15.99	39.81	1400m: 18:35.16	39.67
	250m: 3:12.44	39.96	650m: 8:34.13	40.39	1050m: 13:55.87	39.88	1450m: 19:14.78	39.62
	300m: 3:52.22	39.78	700m: 9:14.82	40.69	1100m: 14:35.94	40.07	1500m: 19:51.80	37.02
	350m: 4:32.57	40.35	750m: 9:55.06	40.24	1150m: 15:15.91	39.97		
	400m: 5:12.93	40.36	800m: 10:35.17	40.11	1200m: 15:55.80	39.89		
3.	Jannie Vennik	HZ&PC Heerenveen	NED	197601006	<b>21:33.72</b>			
	50m: 38.24	38.24	450m: 6:23.23	43.28	850m: 12:09.31	43.51	1250m: 17:59.05	44.11
	100m: 1:20.32	42.08	500m: 7:06.27	43.04	900m: 12:52.95	43.64	1300m: 18:42.84	43.79
	150m: 2:03.67	43.35	550m: 7:49.43	43.16	950m: 13:36.06	43.11	1350m: 19:26.02	43.18
	200m: 2:46.73	43.06	600m: 8:32.47	43.04	1000m: 14:19.88	43.82	1400m: 20:09.51	43.49
	250m: 3:30.27	43.54	650m: 9:15.96	43.49	1050m: 15:03.67	43.79	1450m: 20:52.83	43.32
	300m: 4:13.48	43.21	700m: 9:59.46	43.50	1100m: 15:47.51	43.84	1500m: 21:33.72	40.89
	350m: 4:56.78	43.30	750m: 10:42.38	42.92	1150m: 16:30.93	43.42		
	400m: 5:39.95	43.17	800m: 11:25.80	43.42	1200m: 17:14.94	44.01		

Programmanr. 3, Dames, 1500m vrije slag, Masters 40+

rang	naam	vereniging	tijd	PARA
4.	Babette Rens	SWOL 1894	<b>23:45.25</b>	
	50m: 41.81	41.81	450m: 6:55.34	47.82
	100m: 1:26.53	44.72	500m: 7:42.86	47.52
	150m: 2:12.09	45.56	550m: 8:30.75	47.89
	200m: 2:58.16	46.07	600m: 9:18.50	47.75
	250m: 3:44.91	46.75	650m: 10:06.31	47.81
	300m: 4:32.28	47.37	700m: 10:54.39	48.08
	350m: 5:19.73	47.45	750m: 11:42.44	48.05
	400m: 6:07.52	47.79	800m: 12:31.18	48.74
			850m: 13:19.17	47.99
			900m: 14:07.44	48.27
			950m: 14:55.84	48.40
			1000m: 15:44.11	48.27
			1050m: 16:31.98	47.87
			1100m: 17:20.37	48.39
			1150m: 18:08.07	47.70
			1200m: 18:56.80	48.73
			1250m: 19:45.12	48.32
			1300m: 20:33.51	48.39
			1350m: 21:22.22	48.71
			1400m: 22:10.65	48.43
			1450m: 22:59.48	48.83
			1500m: 23:45.25	45.77

Masters 45+

1.	Grith Sigsgaard	De Aalscholver	<b>19:17.42</b>
	50m: 33.96	33.96	450m: 5:40.79
	100m: 1:11.86	37.90	500m: 6:19.32
	150m: 1:50.33	38.47	550m: 6:57.83
	200m: 2:28.75	38.42	600m: 7:36.73
	250m: 3:06.99	38.24	650m: 8:15.52
	300m: 3:45.38	38.39	700m: 8:54.37
	350m: 4:23.80	38.42	750m: 9:33.10
	400m: 5:01.84	38.04	800m: 10:11.84
			850m: 10:50.38
			900m: 11:29.03
			950m: 12:08.23
			1000m: 12:47.83
			1050m: 13:26.77
			1100m: 14:05.82
			1150m: 14:44.87
			1200m: 15:24.38
			1250m: 16:03.51
			1300m: 16:42.99
			1350m: 17:22.32
			1400m: 18:01.71
			1450m: 18:40.40
			1500m: 19:17.42
2.	Karin Stein	ZVVS	<b>19:40.34</b>
	50m: 35.38	35.38	450m: 5:47.49
	100m: 1:13.28	37.90	500m: 6:27.38
	150m: 1:52.05	38.77	550m: 7:07.14
	200m: 2:30.92	38.87	600m: 7:47.01
	250m: 3:09.85	38.93	650m: 8:26.82
	300m: 3:49.04	39.19	700m: 9:06.77
	350m: 4:28.38	39.34	750m: 9:46.85
	400m: 5:07.86	39.48	800m: 10:26.51
			850m: 11:05.84
			900m: 11:45.51
			950m: 12:25.07
			1000m: 13:04.83
			1050m: 13:44.50
			1100m: 14:24.10
			1150m: 15:03.68
			1200m: 15:43.23
			1250m: 16:23.05
			1300m: 17:03.23
			1350m: 17:42.90
			1400m: 18:22.98
			1450m: 19:02.38
			1500m: 19:40.34
3.	Kathy Van Lindt	CNSW	<b>20:13.69</b>
	50m: 35.67	35.67	450m: 5:56.76
	100m: 1:14.54	38.87	500m: 6:37.67
	150m: 1:54.88	40.34	550m: 7:18.18
	200m: 2:35.32	40.44	600m: 7:58.87
	250m: 3:15.92	40.60	650m: 8:39.31
	300m: 3:56.07	40.15	700m: 9:20.37
	350m: 4:36.26	40.19	750m: 10:00.88
	400m: 5:16.38	40.12	800m: 10:41.55
			850m: 11:22.23
			900m: 12:03.18
			950m: 12:44.43
			1000m: 13:25.36
			1050m: 14:06.26
			1100m: 14:47.42
			1150m: 15:28.51
			1200m: 16:09.78
			1250m: 16:50.76
			1300m: 17:32.50
			1350m: 18:13.63
			1400m: 18:54.40
			1450m: 19:35.02
			1500m: 20:13.69
4.	Pascalie Janssen	Patrick-De Roersoppers (SG)	<b>22:39.66</b>
	50m: 39.05	39.05	450m: 6:44.57
	100m: 1:22.86	43.81	500m: 7:30.63
	150m: 2:07.93	45.07	550m: 8:16.40
	200m: 2:53.92	45.99	600m: 9:01.94
	250m: 3:39.88	45.96	650m: 9:47.55
	300m: 4:25.81	45.93	700m: 10:33.26
	350m: 5:12.12	46.31	750m: 11:18.95
	400m: 5:58.25	46.13	800m: 12:04.74
			850m: 12:50.92
			900m: 13:36.58
			950m: 14:22.35
			1000m: 15:07.81
			1050m: 15:52.67
			1100m: 16:38.17
			1150m: 17:23.62
			1200m: 18:09.87
			1250m: 18:56.19
			1300m: 19:41.65
			1350m: 20:27.82
			1400m: 21:13.83
			1450m: 21:58.52
			1500m: 22:39.66

Masters 50+

1.	Lisenka Kornet-van den Akker	Zwemlust-den Hommel	<b>21:23.73</b>
	50m: 36.86	36.86	450m: 6:16.72
	100m: 1:18.03	41.17	500m: 6:59.86
	150m: 2:00.18	42.15	550m: 7:42.71
	200m: 2:42.79	42.61	600m: 8:25.77
	250m: 3:25.24	42.45	650m: 9:09.01
	300m: 4:08.07	42.83	700m: 9:52.46
	350m: 4:50.92	42.85	750m: 10:35.83
	400m: 5:33.92	43.00	800m: 11:19.15
			850m: 12:02.64
			900m: 12:45.83
			950m: 13:29.26
			1000m: 14:12.30
			1050m: 14:55.64
			1100m: 15:38.63
			1150m: 16:21.93
			1200m: 17:05.20
			1250m: 17:48.45
			1300m: 18:32.10
			1350m: 19:15.59
			1400m: 19:59.06
			1450m: 20:42.15
			1500m: 21:23.73
2.	Iris van Aurich	DWK	<b>22:33.60</b>
	50m: 38.13	38.13	450m: 6:37.58
	100m: 1:20.38	42.25	500m: 7:23.25
	150m: 2:05.01	44.63	550m: 8:09.22
	200m: 2:50.07	45.06	600m: 8:55.16
	250m: 3:35.09	45.02	650m: 9:40.75
	300m: 4:20.71	45.62	700m: 10:26.32
	350m: 5:06.51	45.80	750m: 11:12.54
	400m: 5:52.06	45.55	800m: 11:58.31
			850m: 12:43.62
			900m: 13:29.83
			950m: 14:16.13
			1000m: 15:02.43
			1050m: 15:48.20
			1100m: 16:34.85
			1150m: 17:20.53
			1200m: 18:06.79
			1250m: 18:52.28
			1300m: 19:37.25
			1350m: 20:21.92
			1400m: 21:08.35
			1450m: 21:53.01
			1500m: 22:33.60

Programmanr. 3, Dames, 1500m vrije slag, Masters 50+

rang	naam	vereniging					tijd	PARA
3.	Margreet van der Pol	Oceanus	NED		196600276	<b>23:52.05</b>		
	50m: 41.99	41.99	450m: 7:02.18	47.19	850m: 13:23.78	47.51	1250m: 19:52.21	48.59
	100m: 1:28.40	46.41	500m: 7:49.05	46.87	900m: 14:11.99	48.21	1300m: 20:41.16	48.95
	150m: 2:16.19	47.79	550m: 8:36.49	47.44	950m: 15:00.80	48.81	1350m: 21:30.10	48.94
	200m: 3:03.99	47.80	600m: 9:24.76	48.27	1000m: 15:48.86	48.06	1400m: 22:18.69	48.59
	250m: 3:52.10	48.11	650m: 10:12.90	48.14	1050m: 16:37.55	48.69	1450m: 23:06.80	48.11
	300m: 4:40.01	47.91	700m: 11:00.87	47.97	1100m: 17:26.11	48.56	1500m: 23:52.05	45.25
	350m: 5:27.49	47.48	750m: 11:48.49	47.62	1150m: 18:15.25	49.14		
	400m: 6:14.99	47.50	800m: 12:36.27	47.78	1200m: 19:03.62	48.37		
4.	K. van Nassau-van den Heuvel	Old Dutch	NED		196600188	<b>24:09.65</b>		
	50m: 42.75	42.75	450m: 7:07.58	48.75	850m: 13:36.84	48.30	1250m: 20:06.74	49.16
	100m: 1:29.31	46.56	500m: 7:56.40	48.82	900m: 14:25.23	48.39	1300m: 20:55.94	49.20
	150m: 2:17.05	47.74	550m: 8:44.86	48.46	950m: 15:13.89	48.66	1350m: 21:45.53	49.59
	200m: 3:05.13	48.08	600m: 9:33.29	48.43	1000m: 16:02.57	48.68	1400m: 22:34.71	49.18
	250m: 3:53.44	48.31	650m: 10:21.87	48.58	1050m: 16:51.47	48.90	1450m: 23:22.57	47.86
	300m: 4:41.78	48.34	700m: 11:11.01	49.14	1100m: 17:40.21	48.74	1500m: 24:09.65	47.08
	350m: 5:30.24	48.46	750m: 12:00.00	48.99	1150m: 18:28.61	48.40		
	400m: 6:18.83	48.59	800m: 12:48.54	48.54	1200m: 19:17.58	48.97		
5.	Herma Hakker-Huijser	ZVVS	NED		196600740	<b>24:32.86</b>		
	50m: 41.65	41.65	450m: 7:14.29	49.80	850m: 13:50.84	49.62	1250m: 20:27.41	49.07
	100m: 1:27.80	46.15	500m: 8:03.97	49.68	900m: 14:40.08	49.24	1300m: 21:17.39	49.98
	150m: 2:16.01	48.21	550m: 8:53.50	49.53	950m: 15:29.82	49.74	1350m: 22:07.09	49.70
	200m: 3:04.65	48.64	600m: 9:43.47	49.97	1000m: 16:19.54	49.72	1400m: 22:56.90	49.81
	250m: 3:54.53	49.88	650m: 10:32.93	49.46	1050m: 17:09.07	49.53	1450m: 23:46.43	49.53
	300m: 4:44.57	50.04	700m: 11:22.48	49.55	1100m: 17:58.27	49.20	1500m: 24:32.86	46.43
	350m: 5:34.58	50.01	750m: 12:11.90	49.42	1150m: 18:48.05	49.78		
	400m: 6:24.49	49.91	800m: 13:01.22	49.32	1200m: 19:38.34	50.29		
6.	Hetty Smalheer	SCOM	NED		196700352	<b>25:19.34</b>		
	50m: 42.90	42.90	450m: 7:21.42	50.69	850m: 14:13.43	50.90	1250m: 21:06.61	52.01
	100m: 1:29.77	46.87	500m: 8:12.71	51.29	900m: 15:05.04	51.61	1300m: 21:57.65	51.04
	150m: 2:18.51	48.74	550m: 9:04.67	51.96	950m: 15:56.78	51.74	1350m: 22:48.78	51.13
	200m: 3:08.20	49.69	600m: 9:55.89	51.22	1000m: 16:48.28	51.50	1400m: 23:40.86	52.08
	250m: 3:58.28	50.08	650m: 10:47.37	51.48	1050m: 17:40.35	52.07	1450m: 24:31.40	50.54
	300m: 4:48.70	50.42	700m: 11:39.00	51.63	1100m: 18:31.90	51.55	1500m: 25:19.34	47.94
	350m: 5:39.76	51.06	750m: 12:31.20	52.20	1150m: 19:23.34	51.44		
	400m: 6:30.73	50.97	800m: 13:22.53	51.33	1200m: 20:14.60	51.26		
7.	Miranda Keijl	ZIGNEA	NED		196500588	<b>27:05.33</b>		
	50m: 45.86	45.86	450m: 7:57.25	54.73	850m: 15:17.52	54.93	1250m: 22:38.78	54.79
	100m: 1:37.79	51.93	500m: 8:52.89	55.64	900m: 16:12.40	54.88	1300m: 23:33.01	54.23
	150m: 2:30.94	53.15	550m: 9:48.06	55.17	950m: 17:08.11	55.71	1350m: 24:26.68	53.67
	200m: 3:24.79	53.85	600m: 10:43.38	55.32	1000m: 18:03.86	55.75	1400m: 25:21.41	54.73
	250m: 4:18.70	53.91	650m: 11:38.73	55.35	1050m: 18:58.99	55.13	1450m: 26:15.79	54.38
	300m: 5:13.31	54.61	700m: 12:33.63	54.90	1100m: 19:54.77	55.78	1500m: 27:05.33	49.54
	350m: 6:07.90	54.59	750m: 13:28.03	54.40	1150m: 20:49.71	54.94		
	400m: 7:02.52	54.62	800m: 14:22.59	54.56	1200m: 21:43.99	54.28		

Masters 55+

1.	Irene van der Laan	ZVVS	NED		196000096	<b>21:05.43</b>		
	50m: 39.25	39.25	450m: 6:16.95	42.47	850m: 11:56.37	42.28	1250m: 17:35.64	42.12
	100m: 1:20.98	41.73	500m: 6:59.08	42.13	900m: 12:38.44	42.07	1300m: 18:17.32	41.68
	150m: 2:03.05	42.07	550m: 7:41.65	42.57	950m: 13:20.70	42.26	1350m: 18:59.74	42.42
	200m: 2:45.05	42.00	600m: 8:23.91	42.26	1000m: 14:03.22	42.52	1400m: 19:42.03	42.29
	250m: 3:27.36	42.31	650m: 9:06.41	42.50	1050m: 14:46.12	42.90	1450m: 20:24.15	42.12
	300m: 4:09.56	42.20	700m: 9:48.95	42.54	1100m: 15:28.71	42.59	1500m: 21:05.43	41.28
	350m: 4:52.04	42.48	750m: 10:31.82	42.87	1150m: 16:11.11	42.40		
	400m: 5:34.48	42.44	800m: 11:14.09	42.27	1200m: 16:53.52	42.41		
2.	Tatiana Tikhomirova	Fitness House	RUS			<b>21:14.93</b>		
	50m: 35.69	35.69	450m: 6:11.54	42.80	850m: 11:53.27	41.98	1250m: 17:39.47	43.75
	100m: 1:15.85	40.16	500m: 6:54.41	42.87	900m: 12:36.65	43.38	1300m: 18:23.44	43.97
	150m: 1:57.46	41.61	550m: 7:37.17	42.76	950m: 13:19.66	43.01	1350m: 19:07.51	44.07
	200m: 2:39.49	42.03	600m: 8:19.64	42.47	1000m: 14:02.85	43.19	1400m: 19:51.28	43.77
	250m: 3:22.09	42.60	650m: 9:02.21	42.57	1050m: 14:46.04	43.19	1450m: 20:34.76	43.48
	300m: 4:04.60	42.51	700m: 9:45.36	43.15	1100m: 15:29.18	43.14	1500m: 21:14.93	40.17
	350m: 4:47.01	42.41	750m: 10:28.43	43.07	1150m: 16:12.52	43.34		
	400m: 5:28.74	41.73	800m: 11:11.29	42.86	1200m: 16:55.72	43.20		



Programmanr. 3, Dames, 1500m vrije slag, Masters 55+

rang	naam	vereniging			tijd	PARA		
3.	Wilna Heijman	Steenwijk 1934	NED	196400506	<b>21:33.26</b>			
	50m: 37.39	37.39	450m: 6:10.58	42.26	850m: 11:55.05	43.94	1250m: 17:50.93	44.93
	100m: 1:17.77	40.38	500m: 6:52.84	42.26	900m: 12:39.13	44.08	1300m: 18:35.67	44.74
	150m: 1:58.89	41.12	550m: 7:35.43	42.59	950m: 13:23.21	44.08	1350m: 19:19.88	44.21
	200m: 2:40.25	41.36	600m: 8:17.91	42.48	1000m: 14:07.36	44.15	1400m: 20:04.98	45.10
	250m: 3:21.88	41.63	650m: 9:00.94	43.03	1050m: 14:52.28	44.92	1450m: 20:49.50	44.52
	300m: 4:03.71	41.83	700m: 9:44.12	43.18	1100m: 15:36.94	44.66	1500m: 21:33.26	43.76
	350m: 4:46.11	42.40	750m: 10:27.55	43.43	1150m: 16:21.17	44.23		
	400m: 5:28.32	42.21	800m: 11:11.11	43.56	1200m: 17:06.00	44.83		
4.	Katinka Elders	Oceanus	NED	196000292	<b>25:01.24</b>			
	50m: 42.95	42.95	450m: 7:19.50	50.37	850m: 14:01.46	49.26	1250m: 20:51.13	51.52
	100m: 1:30.58	47.63	500m: 8:09.20	49.70	900m: 14:52.56	51.10	1300m: 21:42.34	51.21
	150m: 2:19.77	49.19	550m: 8:59.42	50.22	950m: 15:44.04	51.48	1350m: 22:33.49	51.15
	200m: 3:09.43	49.66	600m: 9:49.54	50.12	1000m: 16:34.83	50.79	1400m: 23:24.28	50.79
	250m: 3:58.98	49.55	650m: 10:40.52	50.98	1050m: 17:26.20	51.37	1450m: 24:13.68	49.40
	300m: 4:48.61	49.63	700m: 11:29.92	49.40	1100m: 18:16.33	50.13	1500m: 25:01.24	47.56
	350m: 5:38.66	50.05	750m: 12:20.89	50.97	1150m: 19:08.12	51.79		
	400m: 6:29.13	50.47	800m: 13:12.20	51.31	1200m: 19:59.61	51.49		
5.	Marjan Spoelstra	SWOL 1894	NED	196000236	<b>25:19.06</b>			
	50m: 44.33	44.33	450m: 7:26.66	51.00	850m: 14:15.96	51.60	1250m: 21:08.02	51.77
	100m: 1:32.13	47.80	500m: 8:17.59	50.93	900m: 15:07.28	51.32	1300m: 21:59.72	51.70
	150m: 2:21.50	49.37	550m: 9:08.12	50.53	950m: 15:58.46	51.18	1350m: 22:50.93	51.21
	200m: 3:11.56	50.06	600m: 9:59.01	50.89	1000m: 16:50.12	51.66	1400m: 23:41.53	50.60
	250m: 4:02.76	51.20	650m: 10:49.92	50.91	1050m: 17:41.50	51.38	1450m: 24:31.53	50.00
	300m: 4:53.97	51.21	700m: 11:41.49	51.57	1100m: 18:32.77	51.27	1500m: 25:19.06	47.53
	350m: 5:45.02	51.05	750m: 12:32.85	51.36	1150m: 19:24.33	51.56		
	400m: 6:35.66	50.64	800m: 13:24.36	51.51	1200m: 20:16.25	51.92		
6.	Jennie Resink-lindeboom	DWK	NED	196000142	<b>26:33.01</b>			
	50m: 45.91	45.91	450m: 7:48.83	54.28	850m: 14:55.52	53.55	1250m: 22:09.67	54.27
	100m: 1:35.96	50.05	500m: 8:42.51	53.68	900m: 15:49.60	54.08	1300m: 23:03.34	53.67
	150m: 2:28.42	52.46	550m: 9:36.20	53.69	950m: 16:44.13	54.53	1350m: 23:57.78	54.44
	200m: 3:20.64	52.22	600m: 10:29.76	53.56	1000m: 17:38.57	54.44	1400m: 24:50.45	52.67
	250m: 4:13.53	52.89	650m: 11:23.39	53.63	1050m: 18:33.08	54.51	1450m: 25:43.56	53.11
	300m: 5:07.13	53.60	700m: 12:16.31	52.92	1100m: 19:27.15	54.07	1500m: 26:33.01	49.45
	350m: 6:00.98	53.85	750m: 13:09.23	52.92	1150m: 20:21.19	54.04		
	400m: 6:54.55	53.57	800m: 14:01.97	52.74	1200m: 21:15.40	54.21		

Masters 60+

1.	Nataliia Isupova	PCWKS	RUS	MC	<b>21:44.04</b>			
	<i>Russian Masters Record</i>							
	50m: 41.43	41.43	450m: 6:26.87	43.50	850m: 12:13.83	43.90	1250m: 18:05.10	43.82
	100m: 1:24.53	43.10	500m: 7:09.93	43.06	900m: 12:57.75	43.92	1300m: 18:48.75	43.65
	150m: 2:07.73	43.20	550m: 7:53.45	43.52	950m: 13:41.18	43.43	1350m: 19:33.43	44.68
	200m: 2:50.99	43.26	600m: 8:36.32	42.87	1000m: 14:25.41	44.23	1400m: 20:17.61	44.18
	250m: 3:34.21	43.22	650m: 9:19.32	43.00	1050m: 15:08.64	43.23	1450m: 21:02.16	44.55
	300m: 4:17.26	43.05	700m: 10:02.67	43.35	1100m: 15:53.46	44.82	1500m: 21:44.04	41.88
	350m: 5:00.36	43.10	750m: 10:46.28	43.61	1150m: 16:37.31	43.85		
	400m: 5:43.37	43.01	800m: 11:29.93	43.65	1200m: 17:21.28	43.97		
2.	Patty Verhagen	PSV	NED	195900146	<b>22:19.36</b>			
	50m: 40.99	40.99	450m: 6:35.61	44.64	850m: 12:33.94	44.83	1250m: 18:34.48	44.82
	100m: 1:24.45	43.46	500m: 7:20.40	44.79	900m: 13:18.87	44.93	1300m: 19:19.51	45.03
	150m: 2:08.52	44.07	550m: 8:05.20	44.80	950m: 14:04.04	45.17	1350m: 20:04.76	45.25
	200m: 2:52.68	44.16	600m: 8:49.96	44.76	1000m: 14:48.90	44.86	1400m: 20:49.72	44.96
	250m: 3:37.00	44.32	650m: 9:34.81	44.85	1050m: 15:34.39	45.49	1450m: 21:34.99	45.27
	300m: 4:21.40	44.40	700m: 10:19.58	44.77	1100m: 16:19.62	45.23	1500m: 22:19.36	44.37
	350m: 5:06.24	44.84	750m: 11:04.37	44.79	1150m: 17:05.01	45.39		
	400m: 5:50.97	44.73	800m: 11:49.11	44.74	1200m: 17:49.66	44.65		
3.	Marian de Jong	Middelsé-Skelp (SG)	NED	195900052	<b>24:44.70</b>			
	50m: 42.40	42.40	450m: 7:10.94	49.30	850m: 13:52.47	50.44	1250m: 20:36.04	50.38
	100m: 1:28.37	45.97	500m: 8:00.62	49.68	900m: 14:42.89	50.42	1300m: 21:26.60	50.56
	150m: 2:16.73	48.36	550m: 8:50.55	49.93	950m: 15:32.86	49.97	1350m: 22:16.92	50.32
	200m: 3:04.95	48.22	600m: 9:41.19	50.64	1000m: 16:23.25	50.39	1400m: 23:07.82	50.90
	250m: 3:53.86	48.91	650m: 10:31.54	50.35	1050m: 17:13.41	50.16	1450m: 23:57.93	50.11
	300m: 4:42.92	49.06	700m: 11:21.60	50.06	1100m: 18:04.25	50.84	1500m: 24:44.70	46.77
	350m: 5:32.01	49.09	750m: 12:11.98	50.38	1150m: 18:54.94	50.69		
	400m: 6:21.64	49.63	800m: 13:02.03	50.05	1200m: 19:45.66	50.72		

Programmanr. 3, Dames, 1500m vrije slag, Masters 60+

rang	naam	vereniging					tijd	PARA
4.	Elly Kiestra-Broertjes	ZIGNEA	NED 195600100				<b>26:25.20</b> *	
	50m: 45.28	45.28	450m: 7:43.82	52.99	850m: 14:51.25	54.64	1250m: 22:02.59	54.84
	100m: 1:35.90	50.62	500m: 8:37.01	53.19	900m: 15:46.47	55.22	1300m: 22:56.02	53.43
	150m: 2:28.40	52.50	550m: 9:29.86	52.85	950m: 16:39.71	53.24	1350m: 23:49.43	53.41
	200m: 3:20.77	52.37	600m: 10:23.30	53.44	1000m: 17:32.73	53.02	1400m: 24:41.59	52.16
	250m: 4:13.20	52.43	650m: 11:16.52	53.22	1050m: 18:25.39	52.66	1450m: 25:34.16	52.57
	300m: 5:05.73	52.53	700m: 12:09.40	52.88	1100m: 19:19.62	54.23	1500m: 26:25.20	51.04
	350m: 5:58.16	52.43	750m: 13:02.73	53.33	1150m: 20:13.31	53.69		
	400m: 6:50.83	52.67	800m: 13:56.61	53.88	1200m: 21:07.75	54.44		

Masters 65+

1.	Ineke Weekers	PSV	NED 195300050				<b>22:01.98</b> *	
	<i>Nederlands Masters Record, EMR 800m, NMR 400m</i>							
	50m: 40.65	40.65	450m: 6:25.05	43.49	850m: 12:17.92	44.35	1250m: 18:16.44	45.01
	100m: 1:23.33	42.68	500m: 7:08.43	43.38	900m: 13:02.52	44.60	1300m: 19:01.54	45.10
	150m: 2:06.16	42.83	550m: 7:52.29	43.86	950m: 13:47.44	44.92	1350m: 19:46.98	45.44
	200m: 2:49.04	42.88	600m: 8:36.49	44.20	1000m: 14:32.03	44.59	1400m: 20:32.40	45.42
	250m: 3:32.19	43.15	650m: 9:20.41	43.92	1050m: 15:16.92	44.89	1450m: 21:17.69	45.29
	300m: 4:14.85	42.66	700m: 10:04.47	44.06	1100m: 16:01.35	44.43	1500m: 22:01.98	44.29
	350m: 4:57.98	43.13	750m: 10:49.15	44.68	1150m: 16:46.41	45.06		
	400m: 5:41.56	43.58	800m: 11:33.57	44.42	1200m: 17:31.43	45.02		
2.	Ineke Meijer	HZ&PC Heerenveen	NED 195200034				<b>29:23.59</b>	
	50m: 50.70	50.70	450m: 8:39.53	1:00.16	850m: 16:35.45	59.32	1250m: 24:32.85	59.87
	100m: 1:46.56	55.86	500m: 9:39.29	59.76	900m: 17:35.28	59.83	1300m: 25:32.23	59.38
	150m: 2:44.59	58.03	550m: 10:38.76	59.47	950m: 18:34.96	59.68	1350m: 26:32.40	1:00.17
	200m: 3:43.06	58.47	600m: 11:38.49	59.73	1000m: 19:34.33	59.37	1400m: 27:30.89	58.49
	250m: 4:42.07	59.01	650m: 12:38.42	59.93	1050m: 20:33.83	59.50	1450m: 28:29.77	58.88
	300m: 5:40.85	58.78	700m: 13:37.64	59.22	1100m: 21:34.05	1:00.22	1500m: 29:23.59	53.82
	350m: 6:40.10	59.25	750m: 14:37.02	59.38	1150m: 22:33.53	59.48		
	400m: 7:39.37	59.27	800m: 15:36.13	59.11	1200m: 23:32.98	59.45		
3.	Gonnie Bak	PSV	NED 195100064				<b>29:34.10</b>	
	50m: 50.22	50.22	450m: 8:41.17	58.65	850m: 16:39.01	1:00.27	1250m: 24:39.20	1:00.53
	100m: 1:48.29	58.07	500m: 9:41.31	1:00.14	900m: 17:38.89	59.88	1300m: 25:39.56	1:00.36
	150m: 2:47.79	59.50	550m: 10:41.19	59.88	950m: 18:38.29	59.40	1350m: 26:39.56	1:00.00
	200m: 3:45.54	57.75	600m: 11:41.18	59.99	1000m: 19:37.88	59.59	1400m: 27:39.83	1:00.27
	250m: 4:44.73	59.19	650m: 12:39.92	58.74	1050m: 20:37.91	1:00.03	1450m: 28:39.17	59.34
	300m: 5:44.75	1:00.02	700m: 13:40.19	1:00.27	1100m: 21:37.88	59.97	1500m: 29:34.10	54.93
	350m: 6:43.81	59.06	750m: 14:39.39	59.20	1150m: 22:38.13	1:00.25		
	400m: 7:42.52	58.71	800m: 15:38.74	59.35	1200m: 23:38.67	1:00.54		

Masters 70+

1.	Loekie van Huissteden	ZPC AMERSFOORT	NED 194500002				<b>34:34.24</b>	
	50m: 57.41	57.41	450m: 10:04.23	1:08.83	850m: 19:22.39	1:07.64	1250m: 28:45.16	1:11.58
	100m: 2:04.09	1:06.68	500m: 11:13.86	1:09.63	900m: 20:30.80	1:08.41	1300m: 29:56.52	1:11.36
	150m: 3:12.58	1:08.49	550m: 12:22.84	1:08.98	950m: 21:40.38	1:09.58	1350m: 31:08.10	1:11.58
	200m: 4:19.97	1:07.39	600m: 13:34.33	1:11.49	1000m: 22:51.25	1:10.87	1400m: 32:18.28	1:10.18
	250m: 5:28.18	1:08.21	650m: 14:44.10	1:09.77	1050m: 24:01.87	1:10.62	1450m: 33:28.57	1:10.29
	300m: 6:37.31	1:09.13	700m: 15:54.00	1:09.90	1100m: 25:11.43	1:09.56	1500m: 34:34.24	1:05.67
	350m: 7:46.76	1:09.45	750m: 17:03.85	1:09.85	1150m: 26:23.04	1:11.61		
	400m: 8:55.40	1:08.64	800m: 18:14.75	1:10.90	1200m: 27:33.58	1:10.54		

Masters 80+

1.	Marie Smits	Old Dutch	NED 193800004				<b>32:32.27</b>	
	<i>Nederlands Masters Record</i>							
	50m: 53.99	53.99	450m: 9:33.47	1:05.88	850m: 18:17.05	1:05.73	1250m: 27:04.04	1:06.73
	100m: 1:56.91	1:02.92	500m: 10:39.48	1:06.01	900m: 19:22.92	1:05.87	1300m: 28:10.05	1:06.01
	150m: 3:01.43	1:04.52	550m: 11:44.60	1:05.12	950m: 20:28.97	1:06.05	1350m: 29:16.49	1:06.44
	200m: 4:05.79	1:04.36	600m: 12:49.57	1:04.97	1000m: 21:34.59	1:05.62	1400m: 30:23.63	1:07.14
	250m: 5:10.61	1:04.82	650m: 13:55.43	1:05.86	1050m: 22:40.45	1:05.86	1450m: 31:30.22	1:06.59
	300m: 6:16.14	1:05.53	700m: 15:00.83	1:05.40	1100m: 23:46.07	1:05.62	1500m: 32:32.27	1:02.05
	350m: 7:21.70	1:05.56	750m: 16:06.28	1:05.45	1150m: 24:51.60	1:05.53		
	400m: 8:27.59	1:05.89	800m: 17:11.32	1:05.04	1200m: 25:57.31	1:05.71		