

Open Nederlandse Masters
Kampioenschappen 2019 korte baan
Zwolle 24-27 januari 2019

Programmanr. 33
27-01-2019 - 10:48

Dames, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	tijd	PARA
Masters 20+				
1.	Anne Noom	Het Y	5:07.39	
	50m: 32.26 32.26	150m: 1:49.75 39.83	250m: 3:13.47 43.98	350m: 4:34.17 35.28
	100m: 1:09.92 37.66	200m: 2:29.49 39.74	300m: 3:58.89 45.42	400m: 5:07.39 33.22
2.	Manon van Esch	TRB-RES	5:07.95	
	50m: 31.29 31.29	150m: 1:46.62 38.73	250m: 3:12.82 47.48	350m: 4:34.40 35.14
	100m: 1:07.89 36.60	200m: 2:25.34 38.72	300m: 3:59.26 46.44	400m: 5:07.95 33.55
3.	Nikita van den Ouden	Nuenen	5:11.64	
	50m: 32.13 32.13	150m: 1:50.74 40.07	250m: 3:14.08 44.13	350m: 4:36.41 36.62
	100m: 1:10.67 38.54	200m: 2:29.95 39.21	300m: 3:59.79 45.71	400m: 5:11.64 35.23
4.	Jamilla van Veen	Zwemvereniging Hoogland	5:17.77	
	50m: 32.06 32.06	150m: 1:50.60 39.15	250m: 3:17.78 48.50	350m: 4:43.19 36.15
	100m: 1:11.45 39.39	200m: 2:29.28 38.68	300m: 4:07.04 49.26	400m: 5:17.77 34.58
5.	Chantal Beijer	DWT	5:21.60	
	50m: 33.61 33.61	150m: 1:56.73 41.93	250m: 3:22.51 44.85	350m: 4:46.61 37.50
	100m: 1:14.80 41.19	200m: 2:37.66 40.93	300m: 4:09.11 46.60	400m: 5:21.60 34.99
6.	Floor Weijmans	HZPC	5:29.11	
	50m: 34.85 34.85	150m: 1:54.37 40.79	250m: 3:24.78 49.92	350m: 4:53.22 37.89
	100m: 1:13.58 38.73	200m: 2:34.86 40.49	300m: 4:15.33 50.55	400m: 5:29.11 35.89
7.	Fiona Meuffels	RZ	5:34.00	
	50m: 35.83 35.83	150m: 2:05.24 44.07	250m: 3:33.65 45.61	350m: 4:58.34 37.67
	100m: 1:21.17 45.34	200m: 2:48.04 42.80	300m: 4:20.67 47.02	400m: 5:34.00 35.66
Masters 25+				
1.	Inge Arts <i>Nederlands Masters Record</i>	Merlet	5:05.12	
	50m: 32.22 32.22	150m: 1:48.62 39.78	250m: 3:11.66 43.80	350m: 4:31.15 34.87
	100m: 1:08.84 36.62	200m: 2:27.86 39.24	300m: 3:56.28 44.62	400m: 5:05.12 33.97
2.	Maaïke Vooren	DAW	5:18.36	
	50m: 33.55 33.55	150m: 1:55.81 43.17	250m: 3:23.78 45.26	350m: 4:44.27 35.36
	100m: 1:12.64 39.09	200m: 2:38.52 42.71	300m: 4:08.91 45.13	400m: 5:18.36 34.09
3.	Melissa Zwaan	DAW	5:42.01	
	50m: 35.67 35.67	150m: 2:01.91 44.76	250m: 3:34.88 49.82	350m: 5:04.27 39.02
	100m: 1:17.15 41.48	200m: 2:45.06 43.15	300m: 4:25.25 50.37	400m: 5:42.01 37.74
4.	Wendy de Bruin	ZOB'66	5:44.63	
	50m: 33.89 33.89	150m: 2:01.28 44.95	250m: 3:34.76 49.37	350m: 5:05.08 40.09
	100m: 1:16.33 42.44	200m: 2:45.39 44.11	300m: 4:24.99 50.23	400m: 5:44.63 39.55
Masters 30+				
1.	Viktória Felföldi <i>Hungarian Masters Record</i>	IronSwimTeam	5:11.76	
	50m: 32.45 32.45	150m: 1:50.06 40.39	250m: 3:15.10 45.57	350m: 4:36.66 36.16
	100m: 1:09.67 37.22	200m: 2:29.53 39.47	300m: 4:00.50 45.40	400m: 5:11.76 35.10
2.	Liesbeth van Mill	Zwemlust-den Hommel	5:59.45	
	50m: 38.19 38.19	150m: 2:10.03 46.42	250m: 3:44.78 49.31	350m: 5:17.61 43.15
	100m: 1:23.61 45.42	200m: 2:55.47 45.44	300m: 4:34.46 49.68	400m: 5:59.45 41.84
Masters 35+				
1.	Maike Grösch <i>Kampioenschaps Record</i>	Zehlendorfer TSV v.1888	5:24.44	
	50m: 32.69 32.69	150m: 1:53.32 41.73	250m: 3:23.08 48.91	350m: 4:49.89 37.40
	100m: 1:11.59 38.90	200m: 2:34.17 40.85	300m: 4:12.49 49.41	400m: 5:24.44 34.55

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Masters 40+

1. Liselotte Joling	PSV	NED	197500268	5:35.79
50m: 36.09 36.09	150m: 2:02.01 44.46	250m: 3:31.64 45.91	350m: 4:59.15 39.09	
100m: 1:17.55 41.46	200m: 2:45.73 43.72	300m: 4:20.06 48.42	400m: 5:35.79 36.64	
2. Jolanda van Gendt	PSV	NED	197800266	6:08.29
50m: 39.53 39.53	150m: 2:12.47 46.60	250m: 3:50.57 52.39	350m: 5:25.46 42.38	
100m: 1:25.87 46.34	200m: 2:58.18 45.71	300m: 4:43.08 52.51	400m: 6:08.29 42.83	

Masters 45+

1. Evelien van Klarbergen <i>Nederlands Masters Record</i>	HZ&PC Heerenveen	NED	197200964	5:34.47
50m: 34.95 34.95	150m: 1:57.31 41.50	250m: 3:28.19 49.35	350m: 4:56.75 38.43	
100m: 1:15.81 40.86	200m: 2:38.84 41.53	300m: 4:18.32 50.13	400m: 5:34.47 37.72	
2. Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054	5:54.86
50m: 36.24 36.24	150m: 2:05.87 48.26	250m: 3:44.77 49.96	350m: 5:15.35 40.06	
100m: 1:17.61 41.37	200m: 2:54.81 48.94	300m: 4:35.29 50.52	400m: 5:54.86 39.51	
3. Nadège van Meeteren	De Meer	NED	197400736	6:29.62
50m: 45.57 45.57	150m: 2:31.28 50.59	250m: 4:12.94 51.41	350m: 5:48.20 44.03	
100m: 1:40.69 55.12	200m: 3:21.53 50.25	300m: 5:04.17 51.23	400m: 6:29.62 41.42	

Masters 50+

1. Silvia Ferdin	City of Cambridge SC	GBR	180377	5:57.49
50m: 36.05 36.05	150m: 2:05.01 47.97	250m: 3:44.25 52.40	350m: 5:17.63 41.40	
100m: 1:17.04 40.99	200m: 2:51.85 46.84	300m: 4:36.23 51.98	400m: 5:57.49 39.86	
2. Heidi den Boer	Link	NED	196900864	6:01.14 *
50m: 36.24 36.24	150m: 2:04.60 45.28	250m: 3:41.37 51.00	350m: 5:18.23 43.13	
100m: 1:19.32 43.08	200m: 2:50.37 45.77	300m: 4:35.10 53.73	400m: 6:01.14 42.91	
3. Laura Staal	Oceanus	NED	196700358	6:21.18
50m: 42.95 42.95	150m: 2:18.99 47.89	250m: 4:00.19 53.61	350m: 5:38.59 43.23	
100m: 1:31.10 48.15	200m: 3:06.58 47.59	300m: 4:55.36 55.17	400m: 6:21.18 42.59	
4. Lisenka Kornet-van den Akker	Zwemlust-den Hommel	NED	196901052	6:28.49
50m: 45.53 45.53	150m: 2:29.31 50.84	250m: 4:13.39 54.86	350m: 5:48.77 40.57	
100m: 1:38.47 52.94	200m: 3:18.53 49.22	300m: 5:08.20 54.81	400m: 6:28.49 39.72	
5. K. van Nassau-van den Heuvel	Old Dutch	NED	196600188	7:03.88
50m: 46.18 46.18	150m: 2:38.40 56.27	250m: 4:29.50 55.85	350m: 6:15.20 49.06	
100m: 1:42.13 55.95	200m: 3:33.65 55.25	300m: 5:26.14 56.64	400m: 7:03.88 48.68	
6. Hetty Smalheer	SCOM	NED	196700352	7:25.08
50m: 53.62 53.62	150m: 2:49.07 55.89	250m: 4:45.53 1:00.03	350m: 6:36.23 48.81	
100m: 1:53.18 59.56	200m: 3:45.50 56.43	300m: 5:47.42 1:01.89	400m: 7:25.08 48.85	

Masters 55+

1. Marjan Remmits	ZPC Woerden	NED	196300518	6:07.19
50m: 36.96 36.96	150m: 2:11.12 49.86	250m: 3:52.08 52.74	350m: 5:26.32 42.18	
100m: 1:21.26 44.30	200m: 2:59.34 48.22	300m: 4:44.14 52.06	400m: 6:07.19 40.87	
2. Tatiana Tikhomirova	Fitness House	RUS		6:16.58
50m: 44.22 44.22	150m: 2:24.00 47.83	250m: 4:03.30 51.20	350m: 5:36.76 42.41	
100m: 1:36.17 51.95	200m: 3:12.10 48.10	300m: 4:54.35 51.05	400m: 6:16.58 39.82	
3. Margriet Grove-Lingeman	Triton	NED	196200080	6:24.11 *
50m: 41.03 41.03	150m: 2:15.93 47.58	250m: 3:59.34 54.39	350m: 5:40.04 44.13	
100m: 1:28.35 47.32	200m: 3:04.95 49.02	300m: 4:55.91 56.57	400m: 6:24.11 44.07	
4. Petra Tossings	DAW	NED	196100376	6:35.66
50m: 42.07 42.07	150m: 2:25.22 52.15	250m: 4:10.65 53.38	350m: 5:52.54 46.49	
100m: 1:33.07 51.00	200m: 3:17.27 52.05	300m: 5:06.05 55.40	400m: 6:35.66 43.12	

Masters 60+

1. Patty Verhagen <i>Nederlands Masters Record</i>	PSV	NED	195900146	6:42.50
50m: 42.51 42.51	100m: 1:38.21 55.70	150m: 2:28.93 50.72	200m: 3:18.81 49.88	
250m: 4:17.95 59.14	300m: 5:17.27 59.32	350m: 6:00.15 42.88	400m: 6:42.50 42.35	

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Programmanr. 33, Dames, 400m wisselslag, Masters 60+

rang	naam	vereniging						tijd				PARA	
2.	Hannie Poletiek	TriVia						7:27.30					
	50m:	49.01	49.01	150m:	2:47.19	57.95	250m:	4:44.16	59.84	350m:	6:36.22	51.17	
	100m:	1:49.24	1:00.23	200m:	3:44.32	57.13	300m:	5:45.05	1:00.89	400m:	7:27.30	51.08	

Masters 65+

NG.ZA Carla Hensen PSV NED 195300062