

Programmanr. 5
25-01-2019 - 10:10

Dames, 400m vrije slag

Masters Open
Resultaten

rang	naam		vereniging						tijd	PARA
Masters 20+										
1.	Madelon Dijkstra		ZPCH		NED	199703510			4:25.28	
	50m: 30.07	30.07	150m: 1:35.85	33.36	250m: 2:43.78	34.08	350m: 3:51.52	33.81		
	100m: 1:02.49	32.42	200m: 2:09.70	33.85	300m: 3:17.71	33.93	400m: 4:25.28	33.76		
2.	Jamilla van Veen		Zwemvereniging Hoogland		NED	199603192			4:28.49	
	50m: 29.44	29.44	150m: 1:36.09	33.75	250m: 2:44.55	34.13	350m: 3:53.54	34.24		
	100m: 1:02.34	32.90	200m: 2:10.42	34.33	300m: 3:19.30	34.75	400m: 4:28.49	34.95		
3.	Brenda Zwarthoed		DAW		NED	199604938			4:36.70	
	50m: 30.92	30.92	150m: 1:39.87	35.01	250m: 2:51.06	35.54	350m: 4:02.67	35.62		
	100m: 1:04.86	33.94	200m: 2:15.52	35.65	300m: 3:27.05	35.99	400m: 4:36.70	34.03		
4.	Melissa van der Geld		De Warande		NED	199506250			4:39.93	
	50m: 30.78	30.78	150m: 1:39.57	35.07	250m: 2:51.26	35.89	350m: 4:04.35	36.76		
	100m: 1:04.50	33.72	200m: 2:15.37	35.80	300m: 3:27.59	36.33	400m: 4:39.93	35.58		
5.	Hilde Dekker		ReVeLie Swim Team		NED	199901926			4:40.11	
	50m: 31.38	31.38	150m: 1:42.28	35.70	250m: 2:54.74	36.15	350m: 4:06.37	35.30		
	100m: 1:06.58	35.20	200m: 2:18.59	36.31	300m: 3:31.07	36.33	400m: 4:40.11	33.74		
6.	Bibi Stokvis		Het Y		NED	199900892			4:44.29	
	50m: 31.77	31.77	150m: 1:42.22	35.82	250m: 2:54.41	35.99	350m: 4:07.75	36.60		
	100m: 1:06.40	34.63	200m: 2:18.42	36.20	300m: 3:31.15	36.74	400m: 4:44.29	36.54		
7.	Marije Dankelman		Dedemvaart-AC		NED	199701502			4:44.64	
	50m: 31.65	31.65	150m: 1:43.01	35.96	250m: 2:55.67	36.15	350m: 4:09.60	36.78		
	100m: 1:07.05	35.40	200m: 2:19.52	36.51	300m: 3:32.82	37.15	400m: 4:44.64	35.04		
8.	Elianne Huitema		Steenwijk 1934		NED	199700258			4:47.84	
	50m: 31.38	31.38	150m: 1:41.48	35.60	250m: 2:55.30	37.18	350m: 4:10.65	37.89		
	100m: 1:05.88	34.50	200m: 2:18.12	36.64	300m: 3:32.76	37.46	400m: 4:47.84	37.19		
9.	Marijke Drent		Nova		NED	199906232			4:49.49	
	50m: 33.07	33.07	150m: 1:46.07	36.86	250m: 3:00.88	37.23	350m: 4:15.17	37.11		
	100m: 1:09.21	36.14	200m: 2:23.65	37.58	300m: 3:38.06	37.18	400m: 4:49.49	34.32		
10.	Fiona Meuffels		RZ		NED	199504366			4:49.57	
	50m: 32.80	32.80	150m: 1:44.82	36.39	250m: 2:57.78	36.93	350m: 4:12.11	36.99		
	100m: 1:08.43	35.63	200m: 2:20.85	36.03	300m: 3:35.12	37.34	400m: 4:49.57	37.46		
11.	Lianne Roescher		ZPC De Hof		NED	199900248			5:03.36	
	50m: 32.79	32.79	150m: 1:46.67	37.65	250m: 3:04.48	39.24	350m: 4:23.85	39.68		
	100m: 1:09.02	36.23	200m: 2:25.24	38.57	300m: 3:44.17	39.69	400m: 5:03.36	39.51		
12.	Moniek van Langevelde		ESCA Zwemmen		NED	199803160			5:11.77	
	50m: 33.11	33.11	150m: 1:47.20	37.95	250m: 3:07.76	41.21	350m: 4:30.88	41.57		
	100m: 1:09.25	36.14	200m: 2:26.55	39.35	300m: 3:49.31	41.55	400m: 5:11.77	40.89		
13.	Lenneke Bagijn		De Duck		NED	199604992			5:22.27	
	50m: 35.32	35.32	150m: 1:53.47	40.11	250m: 3:16.67	41.69	350m: 4:40.81	41.51		
	100m: 1:13.36	38.04	200m: 2:34.98	41.51	300m: 3:59.30	42.63	400m: 5:22.27	41.46		
Masters 25+										
1.	Maaïke Vooren		DAW		NED	199103324			4:36.91	
	50m: 31.35	31.35	150m: 1:40.07	34.88	250m: 2:50.72	35.44	350m: 4:01.95	35.87		
	100m: 1:05.19	33.84	200m: 2:15.28	35.21	300m: 3:26.08	35.36	400m: 4:36.91	34.96		
2.	Lotte Coenen		The Hague Swimming (SG)		NED	199301518			4:52.19	
	50m: 31.42	31.42	150m: 1:43.58	36.70	250m: 2:58.92	38.01	350m: 4:15.68	38.15		
	100m: 1:06.88	35.46	200m: 2:20.91	37.33	300m: 3:37.53	38.61	400m: 4:52.19	36.51		
3.	Nanda de Vries		Steenwijk 1934		NED	199204328			4:53.17	
	50m: 31.77	31.77	150m: 1:45.29	37.34	250m: 3:00.81	37.51	350m: 4:17.02	37.94		
	100m: 1:07.95	36.18	200m: 2:23.30	38.01	300m: 3:39.08	38.27	400m: 4:53.17	36.15		
4.	Melissa Zwaan		DAW		NED	199103666			4:55.23	
	50m: 32.27	32.27	150m: 1:45.66	37.21	250m: 3:01.51	38.18	350m: 4:17.76	37.60		
	100m: 1:08.45	36.18	200m: 2:23.33	37.67	300m: 3:40.16	38.65	400m: 4:55.23	37.47		
5.	Désirée Emmen		De Warande		NED	199204862			4:55.94	
	50m: 32.09	32.09	150m: 1:44.49	36.84	250m: 3:00.29	38.33	350m: 4:18.26	38.94		
	100m: 1:07.65	35.56	200m: 2:21.96	37.47	300m: 3:39.32	39.03	400m: 4:55.94	37.68		

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

Splash Meet Manager, 11.57823

Registered to KNZB

27-01-2019 9:04 - pagina 1

Programmanr. 5, Dames, 400m vrije slag, Masters 25+

rang	naam	vereniging	tijd	PARA	
6.	Iris Pijtak	ZPC AMERSFOORT	5:00.53		
	50m: 33.30	150m: 1:48.35	37.91	250m: 3:05.72	38.65
	100m: 1:10.44	200m: 2:27.07	38.72	300m: 3:44.72	39.00
				350m: 4:23.40	38.68
				400m: 5:00.53	37.13
7.	Marjon Pol	Zwemlust-den Hommel	5:06.45		
	50m: 33.98	150m: 1:49.98	38.64	250m: 3:08.95	39.63
	100m: 1:11.34	200m: 2:29.32	39.34	300m: 3:48.64	39.69
				350m: 4:28.21	39.57
				400m: 5:06.45	38.24
8.	Clara Van Roeyen	GBZ	5:07.89		
	50m: 34.08	150m: 1:51.17	38.83	250m: 3:09.78	39.55
	100m: 1:12.34	200m: 2:30.23	39.06	300m: 3:49.62	39.84
				350m: 4:29.07	39.45
				400m: 5:07.89	38.82
9.	Getrude Corporaal	Steenwijk 1934	5:11.77		
	50m: 33.18	150m: 1:49.97	39.80	250m: 3:11.99	41.51
	100m: 1:10.17	200m: 2:30.48	40.51	300m: 3:53.41	41.42
				350m: 4:33.60	40.19
				400m: 5:11.77	38.17
10.	Irmgard van Weeghel	ZPC Hatto Heim	5:24.31		
	50m: 35.51	150m: 1:54.93	40.64	250m: 3:18.56	42.21
	100m: 1:14.29	200m: 2:36.35	41.42	300m: 4:00.96	42.40
				350m: 4:43.32	42.36
				400m: 5:24.31	40.99
11.	Ilse Blankvoort	Steenwijk 1934	5:30.41		
	50m: 36.35	150m: 1:58.95	41.95	250m: 3:23.35	42.11
	100m: 1:17.00	200m: 2:41.24	42.29	300m: 4:05.56	42.21
				350m: 4:48.27	42.71
				400m: 5:30.41	42.14
12.	Kimberley van Buren	De Duck	5:32.93		
	50m: 36.67	150m: 1:58.76	41.66	250m: 3:24.57	42.88
	100m: 1:17.10	200m: 2:41.69	42.93	300m: 4:07.85	43.28
				350m: 4:50.63	42.78
				400m: 5:32.93	42.30
13.	Charine de Ruiter	Steenwijk 1934	5:37.91		
	50m: 35.75	150m: 1:57.86	42.19	250m: 3:25.57	44.38
	100m: 1:15.67	200m: 2:41.19	43.33	300m: 4:10.67	45.10
				350m: 4:55.57	44.90
				400m: 5:37.91	42.34

Masters 30+

1.	Viktória Felföldi <i>Hungarian Masters Record</i>	IronSwimTeam	4:36.95		
	50m: 31.43	150m: 1:40.27	34.68	250m: 2:50.73	35.42
	100m: 1:05.59	200m: 2:15.31	35.04	300m: 3:26.31	35.58
				350m: 4:01.99	35.68
				400m: 4:36.95	34.96
2.	Lisanne Andeweg	Zuiderzeewemmers	4:46.72		
	50m: 32.55	150m: 1:44.26	36.41	250m: 2:57.81	36.83
	100m: 1:07.85	200m: 2:20.98	36.72	300m: 3:34.75	36.94
				350m: 4:11.14	36.39
				400m: 4:46.72	35.58
3.	Mara Epifani	Empire Sport and Resort	5:11.78		
	50m: 35.28	150m: 1:53.96	39.92	250m: 3:13.98	40.13
	100m: 1:14.04	200m: 2:33.85	39.89	300m: 3:53.97	39.99
				350m: 4:33.71	39.74
				400m: 5:11.78	38.07
4.	Suzan Blankestijn	ZVL-1886	5:15.28		
	50m: 34.78	150m: 1:54.50	40.08	250m: 3:15.34	40.58
	100m: 1:14.42	200m: 2:34.76	40.26	300m: 3:56.22	40.88
				350m: 4:36.25	40.03
				400m: 5:15.28	39.03
5.	Esther van Maastrigt	Montferland	5:52.91		
	50m: 38.50	150m: 2:07.03	45.18	250m: 3:38.23	45.52
	100m: 1:21.85	200m: 2:52.71	45.68	300m: 4:23.67	45.44
				350m: 5:08.99	45.32
				400m: 5:52.91	43.92
6.	Valentina Gorodulina	Spartak Voronezh	5:58.95		
	50m: 38.65	150m: 2:08.38	46.16	250m: 3:40.69	46.42
	100m: 1:22.22	200m: 2:54.27	45.89	300m: 4:27.70	47.01
				350m: 5:14.76	47.06
				400m: 5:58.95	44.19

Masters 35+

1.	Maike Grösch <i>Kampioenschaps Record</i>	Zehlendorfer TSV v.1888	4:40.34		
	50m: 31.90	150m: 1:41.97	35.38	250m: 2:53.87	36.01
	100m: 1:06.59	200m: 2:17.86	35.89	300m: 3:30.01	36.14
				350m: 4:06.42	36.41
				400m: 4:40.34	33.92
2.	Anke Lambooj	De Vliet (SG)	4:52.62		
	50m: 31.52	150m: 1:44.21	37.13	250m: 3:00.03	38.02
	100m: 1:07.08	200m: 2:22.01	37.80	300m: 3:38.26	38.23
				350m: 4:16.54	38.28
				400m: 4:52.62	36.08
3.	Ramona Linting	LinK	5:12.90		
	50m: 34.50	150m: 1:52.78	39.80	250m: 3:12.68	40.19
	100m: 1:12.98	200m: 2:32.49	39.71	300m: 3:52.80	40.12
				350m: 4:33.25	40.45
				400m: 5:12.90	39.65
4.	Paulien Schokker	WS Twente	5:29.15		
	50m: 35.30	150m: 1:57.12	41.78	250m: 3:22.58	43.01
	100m: 1:15.34	200m: 2:39.57	42.45	300m: 4:05.18	42.60
				350m: 4:47.42	42.24
				400m: 5:29.15	41.73

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

Programmanr. 5, Dames, 400m vrije slag

Masters 40+

1.	Chantal Verhoeff	Old Dutch	NED	197900912	5:15.43			
	50m: 35.71	35.71	150m: 1:56.51	40.73	250m: 3:16.77	39.76	350m: 4:35.86	39.55
	100m: 1:15.78	40.07	200m: 2:37.01	40.50	300m: 3:56.31	39.54	400m: 5:15.43	39.57
2.	Petra Guijt	Aqua-Novio'94	NED	197600978	5:23.00			
	50m: 36.45	36.45	150m: 1:57.96	41.12	250m: 3:21.47	41.79	350m: 4:43.61	40.53
	100m: 1:16.84	40.39	200m: 2:39.68	41.72	300m: 4:03.08	41.61	400m: 5:23.00	39.39
3.	Martine de Haart	Patrick-De Roersoppers (SG)	NED	197901492	5:27.55			
	50m: 36.65	36.65	150m: 1:58.75	41.53	250m: 3:22.49	41.94	350m: 4:47.36	42.11
	100m: 1:17.22	40.57	200m: 2:40.55	41.80	300m: 4:05.25	42.76	400m: 5:27.55	40.19
4.	Jessica Venema	WIDEX GZC DONK	NED	197901526	5:29.67			
	50m: 35.76	35.76	150m: 1:56.64	40.94	250m: 3:22.13	43.08	350m: 4:48.25	42.95
	100m: 1:15.70	39.94	200m: 2:39.05	42.41	300m: 4:05.30	43.17	400m: 5:29.67	41.42
5.	Karin van Dijk	THOR	NED	197601066	5:36.92			
	50m: 35.98	35.98	150m: 1:59.35	42.55	250m: 3:26.65	44.02	350m: 4:55.19	44.04
	100m: 1:16.80	40.82	200m: 2:42.63	43.28	300m: 4:11.15	44.50	400m: 5:36.92	41.73
6.	Babette Rens	SWOL 1894	NED	197801200	5:56.09			
	50m: 38.43	38.43	150m: 2:05.96	45.07	250m: 3:38.20	46.11	350m: 5:10.98	46.15
	100m: 1:20.89	42.46	200m: 2:52.09	46.13	300m: 4:24.83	46.63	400m: 5:56.09	45.11
7.	Saskia op den Velde	De Duinkickers	NED	197901530	6:34.48			
	50m: 39.95	39.95	150m: 2:15.06	48.69	250m: 3:56.63	51.08	350m: 5:42.36	52.52
	100m: 1:26.37	46.42	200m: 3:05.55	50.49	300m: 4:49.84	53.21	400m: 6:34.48	52.12

Masters 45+

1.	Karin Stein	ZVVS	NED	197100554	5:00.52			
	50m: 34.84	34.84	150m: 1:49.43	37.69	250m: 3:05.71	38.16	350m: 4:22.88	38.75
	100m: 1:11.74	36.90	200m: 2:27.55	38.12	300m: 3:44.13	38.42	400m: 5:00.52	37.64
2.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054	5:07.26			
	50m: 34.03	34.03	150m: 1:50.46	38.77	250m: 3:09.01	39.32	350m: 4:28.19	39.96
	100m: 1:11.69	37.66	200m: 2:29.69	39.23	300m: 3:48.23	39.22	400m: 5:07.26	39.07
3.	Annette de Visser	Oceanus	NED	197100602	5:08.78			
	50m: 33.87	33.87	150m: 1:51.11	39.35	250m: 3:10.38	39.40	350m: 4:29.88	39.72
	100m: 1:11.76	37.89	200m: 2:30.98	39.87	300m: 3:50.16	39.78	400m: 5:08.78	38.90
4.	Kathy Van Lindt	CNSW	BEL	007949/71	5:08.80			
	50m: 35.44	35.44	150m: 1:52.76	39.24	250m: 3:11.34	39.39	350m: 4:31.17	40.07
	100m: 1:13.52	38.08	200m: 2:31.95	39.19	300m: 3:51.10	39.76	400m: 5:08.80	37.63
5.	Inken Wemheuer	DWT	NED	197101016	5:38.85			
	50m: 38.15	38.15	150m: 2:03.59	43.66	250m: 3:31.45	43.86	350m: 4:58.68	43.39
	100m: 1:19.93	41.78	200m: 2:47.59	44.00	300m: 4:15.29	43.84	400m: 5:38.85	40.17
6.	Pascalie Janssen	Patrick-De Roersoppers (SG)	NED	197300852	5:48.88			
	50m: 37.41	37.41	150m: 2:03.86	44.32	250m: 3:34.16	45.42	350m: 5:05.34	45.55
	100m: 1:19.54	42.13	200m: 2:48.74	44.88	300m: 4:19.79	45.63	400m: 5:48.88	43.54
7.	Eline Overeem	Zwemlust-den Hommel	NED	197101048	5:53.52			
	50m: 38.17	38.17	150m: 2:07.58	44.99	250m: 3:38.74	45.53	350m: 5:09.04	44.51
	100m: 1:22.59	44.42	200m: 2:53.21	45.63	300m: 4:24.53	45.79	400m: 5:53.52	44.48
8.	Natacha Van Hoof	ShaRk	BEL	20260/73	6:07.52			
	50m: 40.44	40.44	150m: 2:10.43	45.71	250m: 3:44.46	47.33	350m: 5:21.19	48.42
	100m: 1:24.72	44.28	200m: 2:57.13	46.70	300m: 4:32.77	48.31	400m: 6:07.52	46.33
9.	Nathasja Konijn	WIDEX GZC DONK	NED	197100992	6:17.09			
	50m: 40.54	40.54	150m: 2:13.20	47.76	250m: 3:49.76	48.51	350m: 5:28.55	49.49
	100m: 1:25.44	44.90	200m: 3:01.25	48.05	300m: 4:39.06	49.30	400m: 6:17.09	48.54
10.	Inge Lolkema-Soeters	Steenwijk 1934	NED	197300934	6:19.78			
	50m: 41.15	41.15	150m: 2:14.92	47.97	250m: 3:53.52	49.65	350m: 5:32.23	49.15
	100m: 1:26.95	45.80	200m: 3:03.87	48.95	300m: 4:43.08	49.56	400m: 6:19.78	47.55

Masters 50+

1.	Heidi den Boer	LinK	NED	196900864	5:02.68			
	<i>Nederlands Masters Record</i>							
	50m: 33.87	33.87	150m: 1:48.65	38.08	250m: 3:05.88	38.98	350m: 4:24.07	39.19
	100m: 1:10.57	36.70	200m: 2:26.90	38.25	300m: 3:44.88	39.00	400m: 5:02.68	38.61

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

rang	naam	vereniging	tijd	PARA
2.	Marion Broekhuis	WS Twente	5:52.09	
	50m: 39.52	39.52	150m: 2:06.71	44.45
	100m: 1:22.26	42.74	200m: 2:51.65	44.94
			250m: 3:36.64	44.99
			300m: 4:21.77	45.13
			350m: 5:07.46	45.69
			400m: 5:52.09	44.63
3.	Herma Hakker-Huijser	ZVVS	6:21.08	
	50m: 40.19	40.19	150m: 2:11.98	47.21
	100m: 1:24.77	44.58	200m: 3:00.59	48.61
			250m: 3:51.03	50.44
			300m: 4:41.29	50.26
			350m: 5:31.69	50.40
			400m: 6:21.08	49.39
4.	Kristien Van de Moortel	ShaRk	6:22.12	
	50m: 42.47	42.47	150m: 2:18.92	48.44
	100m: 1:30.48	48.01	200m: 3:07.35	48.43
			250m: 3:56.01	48.66
			300m: 4:45.20	49.19
			350m: 5:35.09	49.89
			400m: 6:22.12	47.03
5.	Hetty Smalheer	SCOM	6:28.36	
	50m: 42.64	42.64	150m: 2:18.57	48.92
	100m: 1:29.65	47.01	200m: 3:08.38	49.81
			250m: 3:58.32	49.94
			300m: 4:48.44	50.12
			350m: 5:38.92	50.48
			400m: 6:28.36	49.44

Masters 55+

1.	Wilna Heijman	Steenwijk 1934	5:27.71	
	50m: 37.23	37.23	150m: 1:58.58	41.25
	100m: 1:17.33	40.10	200m: 2:40.18	41.60
			250m: 3:23.01	42.83
			300m: 4:05.26	42.25
			350m: 4:47.07	41.81
			400m: 5:27.71	40.64
2.	Jacqueline Rolloos-Bakkers	De Lansingh	5:42.29	
	50m: 38.07	38.07	150m: 2:04.91	44.06
	100m: 1:20.85	42.78	200m: 2:49.04	44.13
			250m: 3:33.36	44.32
			300m: 4:17.51	44.15
			350m: 5:01.35	43.84
			400m: 5:42.29	40.94
3.	Petra Tossings	DAW	5:42.37	
	50m: 37.22	37.22	150m: 2:01.85	42.69
	100m: 1:19.16	41.94	200m: 2:45.43	43.58
			250m: 3:28.91	43.48
			300m: 4:13.82	44.91
			350m: 4:58.69	44.87
			400m: 5:42.37	43.68
4.	Marlien Wijnhof	ZPC AMERSFOORT	5:58.24	
	50m: 40.60	40.60	150m: 2:10.94	45.68
	100m: 1:25.26	44.66	200m: 2:56.41	45.47
			250m: 3:42.42	46.01
			300m: 4:28.12	45.70
			350m: 5:13.86	45.74
			400m: 5:58.24	44.38
5.	Marjan Spoelstra	SWOL 1894	6:22.53	
	50m: 43.24	43.24	150m: 2:19.43	48.52
	100m: 1:30.91	47.67	200m: 3:08.32	48.89
			250m: 3:57.89	49.57
			300m: 4:46.97	49.08
			350m: 5:35.54	48.57
			400m: 6:22.53	46.99
6.	Erica Muller	De Geul	6:44.18	
	50m: 43.05	43.05	150m: 2:21.56	50.25
	100m: 1:31.31	48.26	200m: 3:12.90	51.34
			250m: 4:04.66	51.76
			300m: 4:58.54	53.88
			350m: 5:51.88	53.34
			400m: 6:44.18	52.30
7.	Alice de Haan	WIDEX GZC DONK	7:02.83	
	50m: 44.36	44.36	150m: 2:23.95	51.72
	100m: 1:32.23	47.87	200m: 3:17.34	53.39
			250m: 4:12.54	55.20
			300m: 5:08.80	56.26
			350m: 6:06.29	57.49
			400m: 7:02.83	56.54

Masters 60+

1.	Atie Pijtak-Radersma <i>Nederlands Masters Record</i>	ZPC AMERSFOORT	5:22.92	
	50m: 36.47	36.47	150m: 1:58.02	41.19
	100m: 1:16.83	40.36	200m: 2:39.23	41.21
			250m: 3:20.50	41.27
			300m: 4:01.50	41.00
			350m: 4:42.68	41.18
			400m: 5:22.92	40.24
2.	Marian de Jong	Middelsé-Skelp (SG)	6:19.77	
	50m: 41.55	41.55	150m: 2:14.88	47.82
	100m: 1:27.06	45.51	200m: 3:03.90	49.02
			250m: 3:52.60	48.70
			300m: 4:41.72	49.12
			350m: 5:31.03	49.31
			400m: 6:19.77	48.74
3.	Hannie Poletiek	TriVia	6:35.49	
	50m: 43.35	43.35	150m: 2:20.82	49.73
	100m: 1:31.09	47.74	200m: 3:11.11	50.29
			250m: 4:01.74	50.63
			300m: 4:53.42	51.68
			350m: 5:44.75	51.33
			400m: 6:35.49	50.74

Masters 65+

1.	Ineke Weekers	PSV	5:41.75	
	50m: 39.11	39.11	150m: 2:05.71	43.67
	100m: 1:22.04	42.93	200m: 2:48.89	43.18
			250m: 3:31.99	43.10
			300m: 4:15.34	43.35
			350m: 4:58.81	43.47
			400m: 5:41.75	42.94
2.	Conny Boer-Buys	ZVVS	5:50.01	
	50m: 38.64	38.64	150m: 2:06.80	45.03
	100m: 1:21.77	43.13	200m: 2:52.31	45.51
			250m: 3:37.93	45.62
			300m: 4:23.69	45.76
			350m: 5:08.52	44.83
			400m: 5:50.01	41.49

Programmanr. 5, Dames, 400m vrije slag

Masters 70+

1. Loekie van Huissteden	ZPC AMERSFOORT	NED	194500002	8:52.96			
50m: 57.13	57.13	150m: 3:12.65	1:07.76	250m: 5:29.88	1:08.38	350m: 7:49.31	1:09.64
100m: 2:04.89	1:07.76	200m: 4:21.50	1:08.85	300m: 6:39.67	1:09.79	400m: 8:52.96	1:03.65

Masters 80+

1. Bep van Riessen	Aquapoldro	NED	193700006	9:52.07 *			
50m: 1:06.13	1:06.13	150m: 3:34.74	1:16.93	250m: 6:07.32	1:16.36	350m: 8:39.93	1:16.04
100m: 2:17.81	1:11.68	200m: 4:50.96	1:16.22	300m: 7:23.89	1:16.57	400m: 9:52.07	1:12.14