

Programmanr. 17
04-05-2019 - 10:30

Dames, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA
Masters 20+					
1.	Anne Noom <i>Nederlands Masters Record</i>	Het Y	5:11.52	+0.75	
	50m: 31.93 100m: 1:09.08	150m: 1:49.65 200m: 2:29.48	250m: 3:15.04 300m: 4:01.34	350m: 4:37.20 400m: 5:11.52	35.86 34.32
2.	Tamara Grove	De Dolfijn	5:30.18	+0.70	
	50m: 32.93 100m: 1:12.29	150m: 1:56.85 200m: 2:39.54	250m: 3:25.81 300m: 4:14.73	350m: 4:52.57 400m: 5:30.18	37.84 37.61
3.	Chantal Beijer	DWT	5:34.92	+0.74	
	50m: 34.37 100m: 1:17.58	150m: 2:02.17 200m: 2:44.08	250m: 3:30.19 300m: 4:18.36	350m: 4:58.14 400m: 5:34.92	39.78 36.78
4.	Renée Vanderheyden	ReVeLie Swim Team	5:43.50	+0.82	
	50m: 34.91 100m: 1:17.91	150m: 2:00.25 200m: 2:41.28	250m: 3:32.17 300m: 4:23.21	350m: 5:04.11 400m: 5:43.50	40.90 39.39
5.	Fiona Meuffels	RZ	5:46.70	+0.57	
	50m: 36.53 100m: 1:21.96	150m: 2:07.63 200m: 2:52.76	250m: 3:39.34 300m: 4:27.85	350m: 5:08.06 400m: 5:46.70	40.21 38.64
6.	Hester Meijer	Zwemvereniging Hoogland	6:29.19	+0.78	
	50m: 42.05 100m: 1:32.21	150m: 2:22.87 200m: 3:10.58	250m: 4:06.40 300m: 5:02.01	350m: 5:45.96 400m: 6:29.19	43.95 43.23
Masters 25+					
1.	Maaïke Vooren	DAW	5:29.90	+0.84	
	50m: 34.49 100m: 1:14.67	150m: 2:01.00 200m: 2:45.41	250m: 3:31.08 300m: 4:17.69	350m: 4:54.59 400m: 5:29.90	36.90 35.31
2.	Suzanne Brummel	Octopus	5:43.12	+0.91	
	50m: 35.11 100m: 1:18.08	150m: 2:05.36 200m: 2:50.11	250m: 3:35.59 300m: 4:22.09	350m: 5:03.44 400m: 5:43.12	41.35 39.68
3.	Nanda de Vries	Steenwijk 1934	5:49.01	+0.82	
	50m: 36.63 100m: 1:20.48	150m: 2:07.74 200m: 2:53.06	250m: 3:42.74 300m: 4:32.14	350m: 5:11.49 400m: 5:49.01	39.35 37.52
4.	Wendy de Bruin	ZOB'66	5:50.20	+0.64	
	50m: 34.50 100m: 1:17.04	150m: 2:03.28 200m: 2:48.82	250m: 3:39.50 300m: 4:30.78	350m: 5:10.85 400m: 5:50.20	40.07 39.35
5.	Ildiko van der Ploeg	SWNZ (SG)	6:54.98	+0.74	
	50m: 42.21 100m: 1:34.48	150m: 2:27.47 200m: 3:19.43	250m: 4:17.96 300m: 5:18.84	350m: 6:08.15 400m: 6:54.98	49.31 46.83
6.	Claudia Creemers	RZ	7:38.77	+0.71	
	50m: 43.59 100m: 1:41.57	150m: 2:42.27 200m: 3:44.62	250m: 4:48.51 300m: 5:53.46	350m: 6:45.25 400m: 7:38.77	51.79 53.52
7.	Anouk Bloem	TRB-RES	8:38.90	+1.02	
	50m: 58.57 100m: 2:07.35	150m: 3:14.06 200m: 4:22.40	250m: 5:35.36 300m: 6:47.83	350m: 7:43.10 400m: 8:38.90	55.27 55.80
Masters 30+					
1.	Viktória Felföldi	Megathlon SE	5:21.00	+0.74	
	50m: 32.77 100m: 1:10.93	150m: 1:52.78 200m: 2:33.40	250m: 3:20.13 300m: 4:07.40	350m: 4:44.72 400m: 5:21.00	37.32 36.28
2.	Linda van Klei-Janssen	ZPB H&L Productions	6:06.17	+0.73	
	50m: 38.41 100m: 1:25.79	150m: 2:15.36 200m: 3:03.36	250m: 3:54.22 300m: 4:45.76	350m: 5:27.45 400m: 6:06.17	41.69 38.72
3.	Liesbeth van Mill	Zwemlust-den Hommel	6:12.74	+0.91	
	50m: 40.36 100m: 1:27.76	150m: 2:16.39 200m: 3:05.01	250m: 3:54.96 300m: 4:46.15	350m: 5:29.59 400m: 6:12.74	43.44 43.15

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Masters 35+

1.	Ann Wanter	Zwemclub Geel	BEL	21082/82				5:34.98	+0.83
	<i>Belgische Masters Record</i>								
	50m: 35.06	35.06	150m: 1:58.34	42.87	250m: 3:30.32	50.44	350m: 4:58.04	36.98	
	100m: 1:15.47	40.41	200m: 2:39.88	41.54	300m: 4:21.06	50.74	400m: 5:34.98	36.94	
2.	Roos van Esch	Feijenoord Albion Zwemclub	NED	198200468				5:55.28	+0.87
	50m: 36.77	36.77	150m: 2:06.07	47.88	250m: 3:42.46	51.31	350m: 5:15.63	42.05	
	100m: 1:18.19	41.42	200m: 2:51.15	45.08	300m: 4:33.58	51.12	400m: 5:55.28	39.65	
3.	Angela Giezen	Montferland	NED	198302796				6:26.74	+0.81
	50m: 41.35	41.35	150m: 2:23.03	50.93	250m: 4:04.07	53.09	350m: 5:43.99	46.65	
	100m: 1:32.10	50.75	200m: 3:10.98	47.95	300m: 4:57.34	53.27	400m: 6:26.74	42.75	
4.	Rianne van Vegchelen	ZV 44	NED	198101530				8:23.33	+1.12
	50m: 57.36	57.36	150m: 3:13.91	1:10.86	250m: 5:34.38	1:10.02	350m: 7:32.29	50.16	
	100m: 2:03.05	1:05.69	200m: 4:24.36	1:10.45	300m: 6:42.13	1:07.75	400m: 8:23.33	51.04	

Masters 40+

1.	Annett von Rekowski	SG Bayer	GER	97868				5:40.01	+0.84
	50m: 35.36	35.36	150m: 2:00.25	43.73	250m: 3:34.25	51.53	350m: 5:03.67	37.53	
	100m: 1:16.52	41.16	200m: 2:42.72	42.47	300m: 4:26.14	51.89	400m: 5:40.01	36.34	
2.	Liselotte Joling	PSV	NED	197500268				5:55.21	+0.82
	50m: 36.56	36.56	150m: 2:08.91	48.65	250m: 3:45.05	49.57	350m: 5:17.64	40.82	
	100m: 1:20.26	43.70	200m: 2:55.48	46.57	300m: 4:36.82	51.77	400m: 5:55.21	37.57	
3.	Jolanda van Gendt	PSV	NED	197800266				6:24.87	+0.73
	50m: 41.28	41.28	150m: 2:21.04	48.98	250m: 4:01.91	53.80	350m: 5:40.31	43.69	
	100m: 1:32.06	50.78	200m: 3:08.11	47.07	300m: 4:56.62	54.71	400m: 6:24.87	44.56	
4.	Jannie Vennik	HZ&PC Heerenveen	NED	197601006				6:43.32	+0.95
	50m: 44.19	44.19	150m: 2:32.84	54.62	250m: 4:22.24	55.00	350m: 6:00.89	42.77	
	100m: 1:38.22	54.03	200m: 3:27.24	54.40	300m: 5:18.12	55.88	400m: 6:43.32	42.43	
5.	Femke Neeskens	VZV Njord	NED	197801370				7:35.47	+0.84
	50m: 43.92	43.92	150m: 2:39.71	1:04.12	250m: 4:41.86	59.48	350m: 6:40.23	56.23	
	100m: 1:35.59	51.67	200m: 3:42.38	1:02.67	300m: 5:44.00	1:02.14	400m: 7:35.47	55.24	

Masters 45+

1.	Evelien van Klaarbergen	HZ&PC Heerenveen	NED	197200964				5:43.75	+0.83
	<i>Nederlands Masters Record</i>								
	50m: 35.78	35.78	150m: 2:01.91	44.33	250m: 3:34.73	49.59	350m: 5:05.12	40.33	
	100m: 1:17.58	41.80	200m: 2:45.14	43.23	300m: 4:24.79	50.06	400m: 5:43.75	38.63	
2.	Bianca Groot	MSV-Zeemacht	NED	197000652				6:28.94	+0.94
	50m: 39.86	39.86	150m: 2:24.60	51.39	250m: 4:09.88	54.01	350m: 5:46.75	42.51	
	100m: 1:33.21	53.35	200m: 3:15.87	51.27	300m: 5:04.24	54.36	400m: 6:28.94	42.19	
3.	Kathy Van Lindt	CNSW	BEL	007949/71				6:32.44	+0.95
	50m: 40.41	40.41	150m: 2:24.62	54.11	250m: 4:14.39	54.52	350m: 5:52.13	42.68	
	100m: 1:30.51	50.10	200m: 3:19.87	55.25	300m: 5:09.45	55.06	400m: 6:32.44	40.31	
4.	Henriette Driesen-Joanknecht	Aqua-Novio'94	NED	197101056				8:08.42	+0.87
	50m: 54.26	54.26	150m: 3:04.15	1:09.17	250m: 5:11.03	1:01.30	350m: 7:12.00	58.38	
	100m: 1:54.98	1:00.72	200m: 4:09.73	1:05.58	300m: 6:13.62	1:02.59	400m: 8:08.42	56.42	

Masters 50+

1.	Claudia Thielemann	SG Bayer	GER	333958				5:41.45	+0.73
	50m: 34.68	34.68	150m: 1:59.25	44.73	250m: 3:33.80	50.36	350m: 5:04.20	38.74	
	100m: 1:14.52	39.84	200m: 2:43.44	44.19	300m: 4:25.46	51.66	400m: 5:41.45	37.25	
2.	Heidi den Boer	LinK	NED	196900864				6:15.10	+0.70
	50m: 37.74	37.74	150m: 2:12.12	47.30	250m: 3:52.22	53.43	350m: 5:32.03	43.84	
	100m: 1:24.82	47.08	200m: 2:58.79	46.67	300m: 4:48.19	55.97	400m: 6:15.10	43.07	
3.	Laura Staal	Oceanus	NED	196700358				6:22.57	+0.75
	50m: 41.31	41.31	150m: 2:21.32	50.13	250m: 4:04.42	53.40	350m: 5:41.14	42.89	
	100m: 1:31.19	49.88	200m: 3:11.02	49.70	300m: 4:58.25	53.83	400m: 6:22.57	41.43	

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rang	naam	vereniging							tijd	RT	PARA
4.	Iris van Aurich	DWK	NED	196900866					6:48.44	+0.60	
	50m: 44.78	44.78	150m: 2:29.85	51.03	250m: 4:14.32	54.15	350m: 6:00.56	49.43			
	100m: 1:38.82	54.04	200m: 3:20.17	50.32	300m: 5:11.13	56.81	400m: 6:48.44	47.88			
5.	Peggi Hurenkamp	HZ&PC Heerenveen	NED	196900922					6:55.06	+0.69	
	50m: 42.93	42.93	150m: 2:26.18	53.56	250m: 4:20.46	1:02.38	350m: 6:08.73	46.57			
	100m: 1:32.62	49.69	200m: 3:18.08	51.90	300m: 5:22.16	1:01.70	400m: 6:55.06	46.33			
6.	Anita Steijger	WVZ	NED	196500628					7:21.09	+1.01	
	50m: 48.42	48.42	150m: 2:43.83	57.87	250m: 4:42.25	59.91	350m: 6:32.17	49.86			
	100m: 1:45.96	57.54	200m: 3:42.34	58.51	300m: 5:42.31	1:00.06	400m: 7:21.09	48.92			
7.	Miranda Keijl	ZIGNEA	NED	196500588					7:22.16	+0.99	
	50m: 45.83	45.83	150m: 2:42.64	56.87	250m: 4:44.12	1:08.07	350m: 6:38.69	48.81			
	100m: 1:45.77	59.94	200m: 3:36.05	53.41	300m: 5:49.88	1:05.76	400m: 7:22.16	43.47			
8.	K. van Nassau-van den Heuvel	Old Dutch	NED	196600188					7:29.63	+0.90	
	50m: 51.79	51.79	150m: 2:51.54	1:00.79	250m: 4:49.22	58.15	350m: 6:40.03	51.26			
	100m: 1:50.75	58.96	200m: 3:51.07	59.53	300m: 5:48.77	59.55	400m: 7:29.63	49.60			
9.	Annette van Dok	MSV-Zeemacht	NED	196800742					7:44.46	+0.82	
	50m: 51.69	51.69	150m: 2:51.52	58.17	250m: 4:55.23	1:07.06	350m: 6:56.07	52.04			
	100m: 1:53.35	1:01.66	200m: 3:48.17	56.65	300m: 6:04.03	1:08.80	400m: 7:44.46	48.39			

Masters 55+

1.	Margriet Grove-Lingeman	Triton	NED	196200080					6:37.74	+0.84	
	50m: 39.95	39.95	150m: 2:20.42	52.02	250m: 4:08.58	57.44	350m: 5:51.65	46.18			
	100m: 1:28.40	48.45	200m: 3:11.14	50.72	300m: 5:05.47	56.89	400m: 6:37.74	46.09			
2.	Petra Tossings	DAW	NED	196100376					6:44.36	+0.87	
	50m: 40.29	40.29	150m: 2:23.51	53.75	250m: 4:14.73	58.50	350m: 5:59.30	46.15			
	100m: 1:29.76	49.47	200m: 3:16.23	52.72	300m: 5:13.15	58.42	400m: 6:44.36	45.06			
3.	Marjan Spoelstra	SWOL 1894	NED	196000236					7:44.90	+0.90	
	50m: 55.65	55.65	150m: 3:01.06	1:01.75	250m: 5:02.35	1:01.27	350m: 6:55.35	52.39			
	100m: 1:59.31	1:03.66	200m: 4:01.08	1:00.02	300m: 6:02.96	1:00.61	400m: 7:44.90	49.55			

Masters 60+

1.	Patty Verhagen	PSV	NED	195900146					6:40.81	+1.07	
	<i>Nederlands Masters Record</i>										
	50m: 41.82	41.82	150m: 2:29.11	51.90	250m: 4:16.90	58.56	350m: 5:58.45	43.56			
	100m: 1:37.21	55.39	200m: 3:18.34	49.23	300m: 5:14.89	57.99	400m: 6:40.81	42.36			
2.	Margriet Pasma	De Inktvis	NED	195500088					7:25.52	+0.98	
	50m: 53.46	53.46	150m: 2:52.04	56.12	250m: 4:49.32	1:02.95	350m: 6:39.08	47.30			
	100m: 1:55.92	1:02.46	200m: 3:46.37	54.33	300m: 5:51.78	1:02.46	400m: 7:25.52	46.44			
3.	Hannie Poletiek	TriVia	NED	195900278					7:45.24	+1.03	
	50m: 53.08	53.08	150m: 2:57.25	1:00.88	250m: 4:59.55	1:04.26	350m: 6:54.45	51.37			
	100m: 1:56.37	1:03.29	200m: 3:55.29	58.04	300m: 6:03.08	1:03.53	400m: 7:45.24	50.79			