

Programmanr. 3
03-05-2019 - 9:00

Dames, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA
Masters 20+					
1.	Hilde Dekker	ReVeLie Swim Team	4:51.83	+0.79	
	50m: 32.27	150m: 1:46.45	250m: 3:02.13	350m: 4:17.37	37.29
	100m: 1:08.98	200m: 2:24.33	300m: 3:40.08	400m: 4:51.83	34.46
2.	Brenda Zwarthoed	DAW	4:52.44	+0.63	
	50m: 32.37	150m: 1:46.13	250m: 3:01.79	350m: 4:17.22	37.41
	100m: 1:08.94	200m: 2:24.16	300m: 3:39.81	400m: 4:52.44	35.22
3.	Bibi Stokvis	Het Y	4:54.87	+0.64	
	50m: 32.60	150m: 1:46.48	250m: 3:02.47	350m: 4:18.42	37.94
	100m: 1:09.02	200m: 2:24.37	300m: 3:40.48	400m: 4:54.87	36.45
4.	Marije Dankelman	Dedemvaart-AC	4:56.71	+0.51	
	50m: 32.79	150m: 1:46.83	250m: 3:03.26	350m: 4:19.62	38.28
	100m: 1:08.76	200m: 2:25.07	300m: 3:41.34	400m: 4:56.71	37.09
5.	Marijke Drent	Nova	4:56.75	+0.57	
	50m: 33.10	150m: 1:47.74	250m: 3:04.65	350m: 4:21.50	38.26
	100m: 1:09.78	200m: 2:25.98	300m: 3:43.24	400m: 4:56.75	35.25
6.	Renée Vanderheyden	ReVeLie Swim Team	4:56.96	+0.65	
	50m: 32.48	150m: 1:47.00	250m: 3:02.84	350m: 4:19.62	38.21
	100m: 1:09.52	200m: 2:24.95	300m: 3:41.41	400m: 4:56.96	37.34
7.	Chantal Beijer	DWT	5:02.28	+0.67	
	50m: 32.80	150m: 1:46.58	250m: 3:04.85	350m: 4:23.35	39.34
	100m: 1:08.70	200m: 2:25.24	300m: 3:44.01	400m: 5:02.28	38.93
8.	Myra Smulders	Zwemvereniging Hoogland	5:03.10	+0.63	
	50m: 32.49	150m: 1:50.50	250m: 3:09.85	350m: 4:26.87	37.44
	100m: 1:10.69	200m: 2:30.06	300m: 3:49.43	400m: 5:03.10	36.23
9.	Fiona Meuffels	RZ	5:12.76	+0.47	
	50m: 33.50	150m: 1:48.83	250m: 3:10.19	350m: 4:33.86	41.76
	100m: 1:10.29	200m: 2:28.78	300m: 3:52.10	400m: 5:12.76	38.90
10.	Richenne Zeebregts	Nuenen	5:22.46	+0.59	
	50m: 32.98	150m: 1:51.28	250m: 3:14.63	350m: 4:40.72	43.39
	100m: 1:11.15	200m: 2:32.47	300m: 3:57.33	400m: 5:22.46	41.74
11.	Masha Odijk	GoSwim	5:50.55	+0.63	
	50m: 37.66	150m: 2:06.59	250m: 3:37.28	350m: 5:07.39	44.82
	100m: 1:21.06	200m: 2:52.15	300m: 4:22.57	400m: 5:50.55	43.16
12.	Rachel Trapman	De Duinkickers	5:51.07	+0.66	
	50m: 36.13	150m: 2:04.12	250m: 3:37.52	350m: 5:09.11	45.16
	100m: 1:18.71	200m: 2:50.88	300m: 4:23.95	400m: 5:51.07	41.96
13.	Jolijn Keegstra	SWOL 1894	5:51.35	+0.77	
	50m: 38.41	150m: 2:07.20	250m: 3:40.26	350m: 5:09.88	43.58
	100m: 1:21.85	200m: 2:53.14	300m: 4:26.30	400m: 5:51.35	41.47
14.	Nadine Scheeve	Zwemlust-den Hommel	6:13.14	+0.68	
	50m: 38.43	150m: 2:11.56	250m: 3:49.48	350m: 5:28.20	49.40
	100m: 1:23.82	200m: 3:00.25	300m: 4:38.80	400m: 6:13.14	44.94
15.	Cynthia van Veen	ZPC Woerden	6:14.99	+0.76	
	50m: 38.41	150m: 2:12.39	250m: 3:49.98	350m: 5:28.83	49.26
	100m: 1:24.20	200m: 3:01.14	300m: 4:39.57	400m: 6:14.99	46.16
16.	Maranka Huitema	Steenwijk 1934	6:29.61	+0.73	
	50m: 41.09	150m: 2:18.36	250m: 3:59.70	350m: 5:40.40	50.26
	100m: 1:28.35	200m: 3:08.65	300m: 4:50.14	400m: 6:29.61	49.21
17.	Iris Spijkstra	Aqualero	6:55.29	+0.65	
	50m: 43.24	150m: 2:28.25	250m: 4:16.89	350m: 6:04.44	54.03
	100m: 1:34.61	200m: 3:22.58	300m: 5:10.41	400m: 6:55.29	50.85

Programmanr. 3, Dames, 400m vrije slag

Masters 25+

1.	Maaïke Vooren	DAW	NED	199103324	4:48.06	+0.75
	50m: 32.55	32.55	150m: 1:45.21	36.79	250m: 2:58.90	36.60
	100m: 1:08.42	35.87	200m: 2:22.30	37.09	300m: 3:35.76	36.86
					350m: 4:12.43	36.67
					400m: 4:48.06	35.63
2.	Lotte Coenen	The Hague Swimming (SG)	NED	199301518	5:00.56	+0.75
	50m: 32.73	32.73	150m: 1:48.91	38.78	250m: 3:06.03	38.18
	100m: 1:10.13	37.40	200m: 2:27.85	38.94	300m: 3:44.82	38.79
					350m: 4:22.60	37.78
					400m: 5:00.56	37.96
3.	Désirée Emmen	De Warande	NED	199204862	5:07.08	+0.57
	50m: 32.95	32.95	150m: 1:48.20	38.73	250m: 3:07.14	40.13
	100m: 1:09.47	36.52	200m: 2:27.01	38.81	300m: 3:47.00	39.86
					350m: 4:27.75	40.75
					400m: 5:07.08	39.33
4.	Nanda de Vries	Steenwijk 1934	NED	199204328	5:08.31	+0.73
	50m: 33.29	33.29	150m: 1:49.13	38.63	250m: 3:08.24	39.92
	100m: 1:10.50	37.21	200m: 2:28.32	39.19	300m: 3:48.78	40.54
					350m: 4:29.42	40.64
					400m: 5:08.31	38.89
5.	Wendy de Bruin	ZOB'66	NED	199206320	5:14.26	+0.52
	50m: 33.99	33.99	150m: 1:50.90	39.16	250m: 3:11.93	40.58
	100m: 1:11.74	37.75	200m: 2:31.35	40.45	300m: 3:53.07	41.14
					350m: 4:34.00	40.93
					400m: 5:14.26	40.26
6.	Clara Van Roeyen	GBZ	BEL	20082/90	5:18.10	+0.77
	50m: 35.49	35.49	150m: 1:53.85	39.71	250m: 3:15.87	40.95
	100m: 1:14.14	38.65	200m: 2:34.92	41.07	300m: 3:57.44	41.57
					350m: 4:38.50	41.06
					400m: 5:18.10	39.60
7.	Suzanne Brummel	Octopus	NED	199401366	5:20.18	+0.70
	50m: 35.21	35.21	150m: 1:55.67	40.82	250m: 3:17.89	41.11
	100m: 1:14.85	39.64	200m: 2:36.78	41.11	300m: 3:58.72	40.83
					350m: 4:40.31	41.59
					400m: 5:20.18	39.87
8.	Jacoline van den Beukel	Feijenoord Albion Zwemclub	NED	199100238	5:26.94	+0.66
	50m: 36.13	36.13	150m: 1:56.30	40.78	250m: 3:19.09	41.82
	100m: 1:15.52	39.39	200m: 2:37.27	40.97	300m: 4:01.66	42.57
					350m: 4:45.08	43.42
					400m: 5:26.94	41.86
9.	Getrude Corporaal	Steenwijk 1934	NED	199200380	5:27.19	+0.68
	50m: 35.46	35.46	150m: 1:56.40	41.36	250m: 3:22.41	43.58
	100m: 1:15.04	39.58	200m: 2:38.83	42.43	300m: 4:04.95	42.54
					350m: 4:47.40	42.45
					400m: 5:27.19	39.79
10.	Irmgard van Weeghel	ZPC Hatto Heim	NED	199204834	5:48.19	+0.53
	50m: 36.47	36.47	150m: 2:01.34	43.33	250m: 3:30.84	45.00
	100m: 1:18.01	41.54	200m: 2:45.84	44.50	300m: 4:17.20	46.36
					350m: 5:03.38	46.18
					400m: 5:48.19	44.81
11.	Charine de Ruiter	Steenwijk 1934	NED	199403668	5:53.11	+0.88
	50m: 37.92	37.92	150m: 2:04.35	44.29	250m: 3:36.09	46.20
	100m: 1:20.06	42.14	200m: 2:49.89	45.54	300m: 4:22.39	46.30
					350m: 5:08.58	46.19
					400m: 5:53.11	44.53
12.	Ilse Blankvoort	Steenwijk 1934	NED	199204458	5:53.45	+0.66
	50m: 37.36	37.36	150m: 2:03.12	43.83	250m: 3:33.53	45.51
	100m: 1:19.29	41.93	200m: 2:48.02	44.90	300m: 4:20.13	46.60
					350m: 5:06.89	46.76
					400m: 5:53.45	46.56
13.	Kimberley van Buren	De Duck	NED	199304136	5:56.71	+0.80
	50m: 37.93	37.93	150m: 2:05.85	45.01	250m: 3:38.68	46.61
	100m: 1:20.84	42.91	200m: 2:52.07	46.22	300m: 4:25.16	46.48
					350m: 5:12.06	46.90
					400m: 5:56.71	44.65
14.	Claudia Creemers	RZ	NED	199202864	6:50.71	+0.58
	50m: 41.19	41.19	150m: 2:17.97	50.24	250m: 4:06.38	54.38
	100m: 1:27.73	46.54	200m: 3:12.00	54.03	300m: 5:01.82	55.44
					350m: 5:56.40	54.58
					400m: 6:50.71	54.31
15.	Anouk Bloem	TRB-RES	NED	199000320	7:33.39	+0.98
	50m: 47.45	47.45	150m: 2:38.55	56.86	250m: 4:35.81	59.06
	100m: 1:41.69	54.24	200m: 3:36.75	58.20	300m: 5:35.16	59.35
					350m: 6:34.68	59.52
					400m: 7:33.39	58.71

Masters 30+

1.	Viktória Felföldi	Megathlon SE	HUN	4:53.60	+0.70	
	50m: 32.98	32.98	150m: 1:46.67	37.44	250m: 3:01.53	37.48
	100m: 1:09.23	36.25	200m: 2:24.05	37.38	300m: 3:39.20	37.67
					350m: 4:16.88	37.68
					400m: 4:53.60	36.72
2.	Lisanne Andeweg	Zuiderzeewimmers	NED	198800092	4:55.91	+0.70
	50m: 33.26	33.26	150m: 1:48.50	38.27	250m: 3:04.17	37.86
	100m: 1:10.23	36.97	200m: 2:26.31	37.81	300m: 3:41.81	37.64
					350m: 4:19.85	38.04
					400m: 4:55.91	36.06
3.	Suzan Blankestijn	ZVL-1886	NED	198900350	5:27.07	+0.54
	50m: 36.00	36.00	150m: 1:59.34	42.28	250m: 3:23.20	41.80
	100m: 1:17.06	41.06	200m: 2:41.40	42.06	300m: 4:04.77	41.57
					350m: 4:46.93	42.16
					400m: 5:27.07	40.14
4.	Isaline Manchel	CNSW	BEL	001284/85	5:49.43	+0.76
	50m: 39.29	39.29	150m: 2:07.43	44.63	250m: 3:35.91	43.95
	100m: 1:22.80	43.51	200m: 2:51.96	44.53	300m: 4:20.99	45.08
					350m: 5:05.51	44.52
					400m: 5:49.43	43.92

Programmanr. 3, Dames, 400m vrije slag, Masters 30+

rang	naam	vereniging	tijd	RT	PARA
NG.ZA	Mara Epifani	Empire Sport and Resort	ITA 35447		

Masters 35+

1.	Ramona Linting	LinK	NED 198301274	5:19.11	+0.53			
	50m: 34.92	34.92	150m: 1:54.86	40.69	250m: 3:16.72	41.32	350m: 4:39.32	41.64
	100m: 1:14.17	39.25	200m: 2:35.40	40.54	300m: 3:57.68	40.96	400m: 5:19.11	39.79
2.	Yvonne Gerritsen	WVZ	NED 198000342	5:33.43	+0.66			
	50m: 34.99	34.99	150m: 1:57.16	42.12	250m: 3:23.97	43.53	350m: 4:51.34	43.35
	100m: 1:15.04	40.05	200m: 2:40.44	43.28	300m: 4:07.99	44.02	400m: 5:33.43	42.09
3.	Linda Hoogendam	WVZ	NED 198300892	5:53.15	+0.76			
	50m: 38.26	38.26	150m: 2:06.28	44.63	250m: 3:38.28	46.40	350m: 5:10.50	45.96
	100m: 1:21.65	43.39	200m: 2:51.88	45.60	300m: 4:24.54	46.26	400m: 5:53.15	42.65
4.	Esther van Buren	De Duinkickers	NED 198001670	7:07.50	+0.58			
	50m: 43.52	43.52	150m: 2:27.53	53.52	250m: 4:18.49	55.98	350m: 6:13.70	57.73
	100m: 1:34.01	50.49	200m: 3:22.51	54.98	300m: 5:15.97	57.48	400m: 7:07.50	53.80
5.	Rianne van Vegchelen	ZV 44	NED 198101530	7:24.34	+1.05			
	50m: 44.34	44.34	150m: 2:28.74	53.75	250m: 4:29.57	1:03.49	350m: 6:30.82	1:07.38
	100m: 1:34.99	50.65	200m: 3:26.08	57.34	300m: 5:23.44	53.87	400m: 7:24.34	53.52

Masters 40+

1.	Liselotte Joling	PSV	NED 197500268	5:00.37	+0.76			
	50m: 34.43	34.43	150m: 1:51.08	38.79	250m: 3:07.96	37.85	350m: 4:24.04	37.99
	100m: 1:12.29	37.86	200m: 2:30.11	39.03	300m: 3:46.05	38.09	400m: 5:00.37	36.33
2.	Petra Guijt	Aqua-Novio'94	NED 197600978	5:32.14	+0.81			
	50m: 36.99	36.99	150m: 2:01.11	42.60	250m: 3:26.40	42.64	350m: 4:51.69	42.42
	100m: 1:18.51	41.52	200m: 2:43.76	42.65	300m: 4:09.27	42.87	400m: 5:32.14	40.45
3.	Chantal Verhoeff	Old Dutch	NED 197900912	5:33.36	+0.85			
	50m: 36.32	36.32	150m: 2:00.69	42.81	250m: 3:26.77	42.62	350m: 4:52.09	42.71
	100m: 1:17.88	41.56	200m: 2:44.15	43.46	300m: 4:09.38	42.61	400m: 5:33.36	41.27
4.	Jannie Vennik	HZ&PC Heerenveen	NED 197601006	5:39.32	+0.87			
	50m: 38.10	38.10	150m: 2:02.65	42.92	250m: 3:30.11	44.19	350m: 4:56.86	43.30
	100m: 1:19.73	41.63	200m: 2:45.92	43.27	300m: 4:13.56	43.45	400m: 5:39.32	42.46
5.	Martine de Haart	Patrick-De Roersoppers (SG)	NED 197901492	5:43.94	+0.80			
	50m: 37.05	37.05	150m: 2:02.15	43.46	250m: 3:31.04	44.48	350m: 5:00.54	44.26
	100m: 1:18.69	41.64	200m: 2:46.56	44.41	300m: 4:16.28	45.24	400m: 5:43.94	43.40
6.	Margriet Daalman	De Spatters	NED 197801368	6:12.14	+0.73			
	50m: 39.10	39.10	150m: 2:08.12	45.56	250m: 3:44.74	48.61	350m: 5:23.68	49.70
	100m: 1:22.56	43.46	200m: 2:56.13	48.01	300m: 4:33.98	49.24	400m: 6:12.14	48.46
7.	Ingeborg Speelman Hamelink	Zwemclub Koewacht	NED 197601028	6:20.97	+0.74			
	50m: 38.92	38.92	150m: 2:10.29	47.02	250m: 3:49.20	49.78	350m: 5:30.78	50.87
	100m: 1:23.27	44.35	200m: 2:59.42	49.13	300m: 4:39.91	50.71	400m: 6:20.97	50.19
8.	Clementine van Bruxvoort	ZPB H&L Productions	NED 197700138	6:50.18	+0.74			
	50m: 44.86	44.86	150m: 2:27.46	52.29	250m: 4:13.33	53.11	350m: 5:59.84	53.51
	100m: 1:35.17	50.31	200m: 3:20.22	52.76	300m: 5:06.33	53.00	400m: 6:50.18	50.34
9.	Fabienne Verriet-Regensburg	VZV Njord	NED 197500428	7:28.18	+0.68			
	50m: 48.68	48.68	150m: 2:41.74	57.41	250m: 4:37.62	58.23	350m: 6:33.65	58.26
	100m: 1:44.33	55.65	200m: 3:39.39	57.65	300m: 5:35.39	57.77	400m: 7:28.18	54.53

Masters 45+

1.	Karin Stein	ZVVS	NED 197100554	5:08.41				
	50m: 35.26	35.26	150m: 1:52.44	39.04	250m: 3:10.86	39.20	350m: 4:29.92	39.40
	100m: 1:13.40	38.14	200m: 2:31.66	39.22	300m: 3:50.52	39.66	400m: 5:08.41	38.49
2.	Annette de Visser	Oceanus	NED 197100602	5:16.93	+0.77			
	50m: 34.66	34.66	150m: 1:53.71	40.21	250m: 3:15.52	40.82	350m: 4:37.42	41.12
	100m: 1:13.50	38.84	200m: 2:34.70	40.99	300m: 3:56.30	40.78	400m: 5:16.93	39.51
3.	Kathy Van Lindt	CNSW	BEL 007949/71	5:18.54	+0.86			
	50m: 35.91	35.91	150m: 1:55.07	40.18	250m: 3:16.66	41.01	350m: 4:39.03	41.42
	100m: 1:14.89	38.98	200m: 2:35.65	40.58	300m: 3:57.61	40.95	400m: 5:18.54	39.51

Programmanr. 3, Dames, 400m vrije slag, Masters 45+

rang	naam	vereniging							tijd	RT	PARA
4.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054					5:25.17	+0.85	
	50m: 35.64	35.64	150m: 1:56.71	41.45	250m: 3:20.71	41.74	350m: 4:45.49	42.41			
	100m: 1:15.26	39.62	200m: 2:38.97	42.26	300m: 4:03.08	42.37	400m: 5:25.17	39.68			
5.	Bianca Groot	MSV-Zeemacht	NED	197000652					5:29.77	+0.88	
	50m: 36.93	36.93	150m: 2:00.00	41.81	250m: 3:23.97	42.07	350m: 4:49.00	42.41			
	100m: 1:18.19	41.26	200m: 2:41.90	41.90	300m: 4:06.59	42.62	400m: 5:29.77	40.77			
6.	Natacha Van Hoof	Shark	BEL	20260/73					6:13.16	+0.78	
	50m: 42.03	42.03	150m: 2:15.92	47.39	250m: 3:51.45	47.70	350m: 5:27.97	48.38			
	100m: 1:28.53	46.50	200m: 3:03.75	47.83	300m: 4:39.59	48.14	400m: 6:13.16	45.19			
7.	Annet Kootstra	SWOL 1894	NED	197100344					6:21.85	+0.62	
	50m: 42.73	42.73	150m: 2:19.06	48.50	250m: 3:57.27	48.51	350m: 5:34.51	48.60			
	100m: 1:30.56	47.83	200m: 3:08.76	49.70	300m: 4:45.91	48.64	400m: 6:21.85	47.34			
8.	Nathasja Konijn	WIDEX GZC DONK	NED	197100992					6:38.09	+0.60	
	50m: 43.09	43.09	150m: 2:22.86	51.13	250m: 4:04.98	51.35	350m: 5:47.82	51.48			
	100m: 1:31.73	48.64	200m: 3:13.63	50.77	300m: 4:56.34	51.36	400m: 6:38.09	50.27			
9.	Henriette Driesen-Joanknecht	Aqua-Novio'94	NED	197101056					7:20.47	+1.00	
	50m: 44.70	44.70	150m: 2:32.95	55.63	250m: 4:28.35	57.94	350m: 6:24.37	57.22			
	100m: 1:37.32	52.62	200m: 3:30.41	57.46	300m: 5:27.15	58.80	400m: 7:20.47	56.10			

Masters 50+

1.	Heidi den Boer	LinK	NED	196900864					5:10.65	+0.73	
	<i>Nederlands Masters Record</i>										
	50m: 33.51	33.51	150m: 1:50.41	39.54	250m: 3:11.20	40.30	350m: 4:31.56	40.05			
	100m: 1:10.87	37.36	200m: 2:30.90	40.49	300m: 3:51.51	40.31	400m: 5:10.65	39.09			
2.	Annette Wijinja-Visser	De Biesboschzwemmers	NED	196700528					5:36.69	+0.69	
	50m: 36.52	36.52	150m: 1:59.91	42.36	250m: 3:26.44	43.39	350m: 4:53.91	43.68			
	100m: 1:17.55	41.03	200m: 2:43.05	43.14	300m: 4:10.23	43.79	400m: 5:36.69	42.78			
3.	Henriëtte v. Norden	ZPC AMERSFOORT	NED	196800046					5:48.51	+0.87	
	50m: 38.36	38.36	150m: 2:06.21	44.65	250m: 3:35.81	44.62	350m: 5:05.70	44.84			
	100m: 1:21.56	43.20	200m: 2:51.19	44.98	300m: 4:20.86	45.05	400m: 5:48.51	42.81			
4.	Marijke Campfens	De Geul	NED	196900960					5:50.56	+0.52	
	50m: 39.23	39.23	150m: 2:06.29	44.45	250m: 3:37.51	45.65	350m: 5:07.75	44.99			
	100m: 1:21.84	42.61	200m: 2:51.86	45.57	300m: 4:22.76	45.25	400m: 5:50.56	42.81			
5.	Christel Aerts	Tessenderlo zwemclub	BEL	20061/66					6:03.23	+0.92	
	50m: 39.94	39.94	150m: 2:10.75	46.66	250m: 3:44.73	47.30	350m: 5:19.06	47.42			
	100m: 1:24.09	44.15	200m: 2:57.43	46.68	300m: 4:31.64	46.91	400m: 6:03.23	44.17			
6.	Linda Goderie	Rotterdam Swimming (SG)	NED	196900976					6:19.37	+0.81	
	50m: 40.91	40.91	150m: 2:15.96	48.92	250m: 3:54.45	49.78	350m: 5:33.87	49.88			
	100m: 1:27.04	46.13	200m: 3:04.67	48.71	300m: 4:43.99	49.54	400m: 6:19.37	45.50			
7.	Kristien Van de Moortel	Shark	BEL	20315/69					6:37.03	+0.77	
	50m: 43.86	43.86	150m: 2:23.91	50.29	250m: 4:06.31	51.10	350m: 5:48.31	50.94			
	100m: 1:33.62	49.76	200m: 3:15.21	51.30	300m: 4:57.37	51.06	400m: 6:37.03	48.72			
8.	Annette van Dok	MSV-Zeemacht	NED	196800742					6:42.83	+0.74	
	50m: 43.37	43.37	150m: 2:22.38	50.35	250m: 4:06.05	51.86	350m: 5:53.67	53.02			
	100m: 1:32.03	48.66	200m: 3:14.19	51.81	300m: 4:58.65	52.60	400m: 6:42.83	51.16			
9.	Sandra Daamen-Posma	AZC	NED	196800854					6:43.07	+0.80	
	50m: 42.57	42.57	150m: 2:21.08	50.52	250m: 4:05.89	52.42	350m: 5:51.99	53.24			
	100m: 1:30.56	47.99	200m: 3:13.47	52.39	300m: 4:58.75	52.86	400m: 6:43.07	51.08			
10.	Roselinda van der Vlugt	De Geul	NED	196700710					7:38.23	+0.80	
	50m: 47.09	47.09	150m: 2:43.69	59.59	250m: 4:42.28	58.86	350m: 6:43.28	1:00.92			
	100m: 1:44.10	57.01	200m: 3:43.42	59.73	300m: 5:42.36	1:00.08	400m: 7:38.23	54.95			
11.	Ann Vandembrouck	Royal Ostend Swimming Club	BEL	20321/65					8:02.98	+0.94	
	50m: 51.42	51.42	150m: 2:52.90	1:01.78	250m: 4:56.70	1:01.80	350m: 7:02.20	1:02.74			
	100m: 1:51.12	59.70	200m: 3:54.90	1:02.00	300m: 5:59.46	1:02.76	400m: 8:02.98	1:00.78			

Programmanr. 3, Dames, 400m vrije slag

Masters 55+

1.	Wilna Heijman	Steenwijk 1934	NED	196400506	5:39.39	+0.84
	50m: 38.48 38.48	150m: 2:03.36 42.95		250m: 3:30.69 43.69	350m: 4:57.54 42.81	
	100m: 1:20.41 41.93	200m: 2:47.00 43.64		300m: 4:14.73 44.04	400m: 5:39.39 41.85	
2.	Petra Tossings	DAW	NED	196100376	6:00.21	+0.58
	50m: 40.08 40.08	150m: 2:10.39 45.58		250m: 3:43.03 46.78	350m: 5:16.21 46.60	
	100m: 1:24.81 44.73	200m: 2:56.25 45.86		300m: 4:29.61 46.58	400m: 6:00.21 44.00	
3.	Margriet Grove-Lingeman	Triton	NED	196200080	6:02.69	+0.78
	50m: 40.13 40.13	150m: 2:10.16 45.68		250m: 3:42.75 46.45	350m: 5:16.72 47.15	
	100m: 1:24.48 44.35	200m: 2:56.30 46.14		300m: 4:29.57 46.82	400m: 6:02.69 45.97	
4.	Marjan Spoelstra	SWOL 1894	NED	196000236	6:38.39	+0.85
	50m: 45.37 45.37	150m: 2:26.76 52.10		250m: 4:09.47 50.88	350m: 5:50.13 50.62	
	100m: 1:34.66 49.29	200m: 3:18.59 51.83		300m: 4:59.51 50.04	400m: 6:38.39 48.26	
5.	Erica Muller	De Geul	NED	196400412	6:42.69	+0.54
	50m: 45.37 45.37	150m: 2:27.25 51.51		250m: 4:10.82 51.66	350m: 5:53.36 50.80	
	100m: 1:35.74 50.37	200m: 3:19.16 51.91		300m: 5:02.56 51.74	400m: 6:42.69 49.33	
6.	Jennie Resink-lindeboom	DWK	NED	196000142	6:46.52	
	50m: 43.91 43.91	150m: 2:24.12 51.33		250m: 4:08.86 52.86	350m: 5:55.54 53.52	
	100m: 1:32.79 48.88	200m: 3:16.00 51.88		300m: 5:02.02 53.16	400m: 6:46.52 50.98	
7.	Marie-Jeanne Vandormael	GZ Neptunus	BEL	21035/63	7:11.14	+0.74
	50m: 48.52 48.52	150m: 2:36.66 54.95		250m: 4:28.17 55.64	350m: 6:19.81 56.24	
	100m: 1:41.71 53.19	200m: 3:32.53 55.87		300m: 5:23.57 55.40	400m: 7:11.14 51.33	
8.	Petra Ros	ZCNF'34	NED	196100398	8:09.22	+1.00
	50m: 51.54 51.54	150m: 2:53.55 1:02.81		250m: 5:01.47 1:04.71	350m: 7:10.53 1:05.35	
	100m: 1:50.74 59.20	200m: 3:56.76 1:03.21		300m: 6:05.18 1:03.71	400m: 8:09.22 58.69	

Masters 60+

1.	Margriet Pasma	De Inktvis	NED	195500088	6:26.13	+0.85
	50m: 43.48 43.48	150m: 2:21.02 49.64		250m: 3:59.42 49.45	350m: 5:38.25 49.66	
	100m: 1:31.38 47.90	200m: 3:09.97 48.95		300m: 4:48.59 49.17	400m: 6:26.13 47.88	
2.	Hannie Poletiek	TriVia	NED	195900278	6:48.91	+0.96
	50m: 45.25 45.25	150m: 2:26.00 51.68		250m: 4:11.01 52.66	350m: 5:57.13 53.24	
	100m: 1:34.32 49.07	200m: 3:18.35 52.35		300m: 5:03.89 52.88	400m: 6:48.91 51.78	
3.	Karien Musters	Old Dutch	NED	195800236	8:38.18	+0.65
	50m: 53.44 53.44	150m: 2:58.99 1:04.64		250m: 5:14.35 1:07.98	350m: 7:31.55 1:08.40	
	100m: 1:54.35 1:00.91	200m: 4:06.37 1:07.38		300m: 6:23.15 1:08.80	400m: 8:38.18 1:06.63	
4.	Lies Hartman	PSV	NED	195600116	10:06.95	+1.00
	50m: 1:00.26 1:00.26	150m: 3:30.32 1:18.18		250m: 6:08.75 1:19.45	350m: 8:50.02 1:20.12	
	100m: 2:12.14 1:11.88	200m: 4:49.30 1:18.98		300m: 7:29.90 1:21.15	400m: 10:06.95 1:16.93	

Masters 65+

1.	Ineke Weekers	PSV	NED	195300050	5:46.88	+0.56
	<i>Kampioenschapsrecord</i>					
	50m: 39.17 39.17	150m: 2:05.82 43.87		250m: 3:34.25 43.91	350m: 5:03.29 44.72	
	100m: 1:21.95 42.78	200m: 2:50.34 44.52		300m: 4:18.57 44.32	400m: 5:46.88 43.59	
2.	Ineke Meijer	HZ&PC Heerenveen	NED	195200034	7:39.71	+0.58
	50m: 50.10 50.10	150m: 2:48.13 1:00.45		250m: 4:48.93 59.81	350m: 6:46.59 57.05	
	100m: 1:47.68 57.58	200m: 3:49.12 1:00.99		300m: 5:49.54 1:00.61	400m: 7:39.71 53.12	
3.	Geerdien Meerwaldt	De Geul	NED	195200058	9:03.33	
	50m: 1:00.97 1:00.97	150m: 3:18.85 1:09.08		250m: 5:37.38 1:08.78	350m: 7:55.29 1:08.74	
	100m: 2:09.77 1:08.80	200m: 4:28.60 1:09.75		300m: 6:46.55 1:09.17	400m: 9:03.33 1:08.04	
4.	Janny van der Weide	Deltasteur	NED	195100066	9:42.90	
	50m: 1:03.52 1:03.52	150m: 3:29.58 1:14.97		250m: 5:59.90 1:15.01	350m: 8:29.14 1:13.29	
	100m: 2:14.61 1:11.09	200m: 4:44.89 1:15.31		300m: 7:15.85 1:15.95	400m: 9:42.90 1:13.76	

Programmanr. 3, Dames, 400m vrije slag

Masters 70+

1. Annie Smits			PSV			NED	194600016		8:15.02	+1.30	
50m:	55.93	55.93	150m:	3:02.48	1:03.63	250m:	5:09.45	1:03.10	350m:	7:15.60	1:02.79
100m:	1:58.85	1:02.92	200m:	4:06.35	1:03.87	300m:	6:12.81	1:03.36	400m:	8:15.02	59.42
2. Loekie van Huissteden			ZPC AMERSFOORT			NED	194500002		9:13.78	+1.05	
50m:	58.60	58.60	150m:	3:19.29	1:11.73	250m:	5:42.42	1:11.99	350m:	8:05.66	1:11.37
100m:	2:07.56	1:08.96	200m:	4:30.43	1:11.14	300m:	6:54.29	1:11.87	400m:	9:13.78	1:08.12