

Programmanr. 1
23-01-2020 - 12:30

Dames, 1500m vrije slag
Pauze na serie 4 / Break after Heat 4

Masters Open
Resultaten

rang	naam	vereniging						tijd	RT	PARA		
Masters 20+												
1.	Madelon Dijkstra	ZPCH	NED	199703510				16:49.30	+0.67			
	<i>Nederlands Masters Record, NMR 800m</i>											
	50m:	29.66	29.66	450m:	4:58.10	33.84	850m:	9:29.75	33.90	1250m:	14:02.09	34.18
	100m:	1:01.91	32.25	500m:	5:32.19	34.09	900m:	10:03.84	34.09	1300m:	14:36.21	34.12
	150m:	1:35.05	33.14	550m:	6:06.06	33.87	950m:	10:37.92	34.08	1350m:	15:09.92	33.71
	200m:	2:08.59	33.54	600m:	6:40.01	33.95	1000m:	11:11.98	34.06	1400m:	15:43.70	33.78
	250m:	2:42.45	33.86	650m:	7:13.97	33.96	1050m:	11:45.96	33.98	1450m:	16:17.12	33.42
	300m:	3:16.25	33.80	700m:	7:47.89	33.92	1100m:	12:20.09	34.13	1500m:	16:49.30	32.18
	350m:	3:50.12	33.87	750m:	8:22.02	34.13	1150m:	12:54.01	33.92			
	400m:	4:24.26	34.14	800m:	8:55.85	33.83	1200m:	13:27.91	33.90			
2.	Anne Noom	Het Y	NED	199800062				17:15.45	+0.72			
	50m:	31.21	31.21	450m:	5:06.30	34.62	850m:	9:43.67	34.88	1250m:	15:18.43	34.93
	100m:	1:05.13	33.92	500m:	5:40.83	34.53	900m:	10:18.45	34.78	1300m:	14:57.59	35.16
	150m:	1:39.14	34.01	550m:	6:15.34	34.51	950m:	10:53.25	34.80	1350m:	15:32.47	34.88
	200m:	2:13.30	34.16	600m:	6:50.05	34.71	1000m:	11:28.32	35.07	1400m:	16:07.32	34.85
	250m:	2:47.76	34.46	650m:	7:24.82	34.77	1050m:	12:02.94	34.62	1450m:	16:41.96	34.64
	300m:	3:22.40	34.64	700m:	7:59.36	34.54	1100m:	12:37.68	34.74	1500m:	17:15.45	33.49
	350m:	3:57.08	34.68	750m:	8:34.10	34.74	1150m:	13:12.74	35.06			
	400m:	4:31.68	34.60	800m:	9:08.79	34.69	1200m:	13:47.50	34.76			
3.	Elianne Huitema	Steenwijk 1934	NED	199700258				18:24.23	+0.67			
	50m:	31.94	31.94	450m:	5:26.03	36.97	850m:	10:21.12	36.84	1250m:	15:18.52	37.48
	100m:	1:07.54	35.60	500m:	6:02.72	36.69	900m:	10:58.34	37.22	1300m:	15:56.04	37.52
	150m:	1:44.38	36.84	550m:	6:39.55	36.83	950m:	11:35.31	36.97	1350m:	16:33.47	37.43
	200m:	2:21.35	36.97	600m:	7:16.41	36.86	1000m:	12:12.50	37.19	1400m:	17:10.74	37.27
	250m:	2:58.53	37.18	650m:	7:53.52	37.11	1050m:	12:49.57	37.07	1450m:	17:48.21	37.47
	300m:	3:35.58	37.05	700m:	8:30.41	36.89	1100m:	13:26.82	37.25	1500m:	18:24.23	36.02
	350m:	4:12.36	36.78	750m:	9:07.34	36.93	1150m:	14:03.88	37.06			
	400m:	4:49.06	36.70	800m:	9:44.28	36.94	1200m:	14:41.04	37.16			
4.	Hilde Dekker	ReVeLie Swim Team	NED	199901926				18:32.66	+0.83			
	50m:	31.82	31.82	450m:	5:21.37	36.64	850m:	10:20.63	37.44	1250m:	15:23.43	38.64
	100m:	1:07.26	35.44	500m:	5:58.21	36.84	900m:	10:58.03	37.40	1300m:	16:02.16	38.73
	150m:	1:43.36	36.10	550m:	6:34.94	36.73	950m:	11:35.97	37.94	1350m:	16:41.12	38.96
	200m:	2:19.31	35.95	600m:	7:12.30	37.36	1000m:	12:13.70	37.73	1400m:	17:18.83	37.71
	250m:	2:55.51	36.20	650m:	7:49.97	37.67	1050m:	12:51.41	37.71	1450m:	17:56.86	38.03
	300m:	3:31.79	36.28	700m:	8:27.68	37.71	1100m:	13:28.86	37.45	1500m:	18:32.66	35.80
	350m:	4:08.19	36.40	750m:	9:05.42	37.74	1150m:	14:06.52	37.66			
	400m:	4:44.73	36.54	800m:	9:43.19	37.77	1200m:	14:44.79	38.27			
5.	Kirsten Walraven	ZPC De Zeeuwse Kust	NED	200001358				18:39.07	+0.66			
	50m:	31.56	31.56	450m:	5:24.25	36.98	850m:	10:24.55	37.66	1250m:	15:29.86	38.22
	100m:	1:06.72	35.16	500m:	6:01.27	37.02	900m:	11:02.91	38.36	1300m:	16:07.83	37.97
	150m:	1:42.94	36.22	550m:	6:38.48	37.21	950m:	11:41.15	38.24	1350m:	16:46.17	38.34
	200m:	2:19.79	36.85	600m:	7:15.89	37.41	1000m:	12:19.43	38.28	1400m:	17:24.16	37.99
	250m:	2:56.52	36.73	650m:	7:53.43	37.54	1050m:	12:57.44	38.01	1450m:	18:01.89	37.73
	300m:	3:33.39	36.87	700m:	8:31.08	37.65	1100m:	13:35.65	38.21	1500m:	18:39.07	37.18
	350m:	4:10.54	37.15	750m:	9:08.97	37.89	1150m:	14:13.48	37.83			
	400m:	4:47.27	36.73	800m:	9:46.89	37.92	1200m:	14:51.64	38.16			
6.	Marije Dankelman	Dedemsvaart-AC	NED	199701502				18:57.03	+0.82			
	50m:	32.86	32.86	450m:	5:32.22	37.92	850m:	10:36.51	38.16	1250m:	15:44.71	38.88
	100m:	1:09.08	36.22	500m:	6:10.23	38.01	900m:	11:14.76	38.25	1300m:	16:23.50	38.79
	150m:	1:46.35	37.27	550m:	6:47.98	37.75	950m:	11:53.25	38.49	1350m:	17:02.33	38.83
	200m:	2:23.66	37.31	600m:	7:26.09	38.11	1000m:	12:31.58	38.33	1400m:	17:40.93	38.60
	250m:	3:01.04	37.38	650m:	8:04.20	38.11	1050m:	13:10.31	38.73	1450m:	18:19.94	39.01
	300m:	3:38.64	37.60	700m:	8:42.42	38.22	1100m:	13:48.70	38.39	1500m:	18:57.03	37.09
	350m:	4:16.37	37.73	750m:	9:20.13	37.71	1150m:	14:27.26	38.56			
	400m:	4:54.30	37.93	800m:	9:58.35	38.22	1200m:	15:05.83	38.57			
7.	Chantal Beijer	DWT	NED	199700884				20:03.48	+0.82			
	50m:	33.20	33.20	450m:	5:52.19	40.97	850m:	11:23.30	41.56	1250m:	16:46.31	40.39
	100m:	1:09.96	36.76	500m:	6:34.00	41.81	900m:	12:04.21	40.91	1300m:	17:26.59	40.28
	150m:	1:48.66	38.70	550m:	7:14.75	40.75	950m:	12:44.42	40.21	1350m:	18:06.89	40.30
	200m:	2:28.47	39.81	600m:	7:56.21	41.46	1000m:	13:24.72	40.30	1400m:	18:47.02	40.13
	250m:	3:09.18	40.71	650m:	8:37.46	41.25	1050m:	14:05.17	40.45	1450m:	19:27.13	40.11
	300m:	3:49.31	40.13	700m:	9:18.66	41.20	1100m:	14:45.10	39.93	1500m:	20:03.48	36.35
	350m:	4:30.66	41.35	750m:	10:00.25	41.59	1150m:	15:25.33	40.23			
	400m:	5:11.22	40.56	800m:	10:41.74	41.49	1200m:	16:05.92	40.59			

Programmanr. 1, Dames, 1500m vrije slag, Masters 20+

rang	naam	vereniging	tijd	RT	PARA			
8.	Nadine Scheeve	De Biesboschzweimmers	22:54.43		+0.80			
	50m: 36.98	36.98	450m: 6:43.61	46.32	850m: 12:53.20	46.79	1250m: 19:07.40	46.75
	100m: 1:19.92	42.94	500m: 7:29.45	45.84	900m: 13:39.77	46.57	1300m: 19:54.10	46.70
	150m: 2:05.28	45.36	550m: 8:14.89	45.44	950m: 14:26.46	46.69	1350m: 20:40.37	46.27
	200m: 2:51.13	45.85	600m: 9:00.80	45.91	1000m: 15:13.35	46.89	1400m: 21:26.44	46.07
	250m: 3:36.95	45.82	650m: 9:46.99	46.19	1050m: 16:00.23	46.88	1450m: 22:11.22	44.78
	300m: 4:23.79	46.84	700m: 10:33.07	46.08	1100m: 16:46.58	46.35	1500m: 22:54.43	43.21
	350m: 5:10.03	46.24	750m: 11:19.88	46.81	1150m: 17:33.40	46.82		
	400m: 5:57.29	47.26	800m: 12:06.41	46.53	1200m: 18:20.65	47.25		

Masters 25+

1.	Fiona Meuffels	RZ	19:07.46		+0.64			
	50m: 32.60	32.60	450m: 5:33.05	37.98	850m: 10:42.44	38.91	1250m: 15:54.82	39.13
	100m: 1:08.54	35.94	500m: 6:11.40	38.35	900m: 11:21.30	38.86	1300m: 16:33.57	38.75
	150m: 1:45.66	37.12	550m: 6:49.89	38.49	950m: 12:00.40	39.10	1350m: 17:12.79	39.22
	200m: 2:23.22	37.56	600m: 7:28.13	38.24	1000m: 12:39.31	38.91	1400m: 17:51.92	39.13
	250m: 3:00.86	37.64	650m: 8:06.83	38.70	1050m: 13:18.54	39.23	1450m: 18:31.03	39.11
	300m: 3:38.77	37.91	700m: 8:45.76	38.93	1100m: 13:57.24	38.70	1500m: 19:07.46	36.43
	350m: 4:16.46	37.69	750m: 9:25.08	39.32	1150m: 14:36.49	39.25		
	400m: 4:55.07	38.61	800m: 10:03.53	38.45	1200m: 15:15.69	39.20		
2.	Nanda de Vries	Steenwijk 1934	19:37.89		+0.84			
	50m: 32.84	32.84	450m: 5:41.00	39.47	850m: 10:59.33	40.04	1250m: 16:20.41	40.27
	100m: 1:09.40	36.56	500m: 6:20.63	39.63	900m: 11:38.93	39.60	1300m: 17:00.47	40.06
	150m: 1:47.07	37.67	550m: 7:00.03	39.40	950m: 12:19.18	40.25	1350m: 17:40.47	40.00
	200m: 2:25.22	38.15	600m: 7:39.56	39.53	1000m: 12:59.69	40.51	1400m: 18:21.10	40.63
	250m: 3:03.91	38.69	650m: 8:19.30	39.74	1050m: 13:39.74	40.05	1450m: 19:00.47	39.37
	300m: 3:42.94	39.03	700m: 8:59.52	40.22	1100m: 14:19.76	40.02	1500m: 19:37.89	37.42
	350m: 4:22.27	39.33	750m: 9:39.62	40.10	1150m: 15:00.27	40.51		
	400m: 5:01.53	39.26	800m: 10:19.29	39.67	1200m: 15:40.14	39.87		
3.	Désirée Emmen	De Warande	20:23.97		+0.69			
	50m: 34.39	34.39	450m: 5:56.20	41.20	850m: 11:25.46	41.40	1250m: 16:59.09	41.69
	100m: 1:12.22	37.83	500m: 6:37.34	41.14	900m: 12:07.29	41.83	1300m: 17:40.87	41.78
	150m: 1:51.18	38.96	550m: 7:18.14	40.80	950m: 12:48.97	41.68	1350m: 18:22.02	41.15
	200m: 2:31.50	40.32	600m: 7:59.21	41.07	1000m: 13:30.42	41.45	1400m: 19:02.81	40.79
	250m: 3:12.41	40.91	650m: 8:40.42	41.21	1050m: 14:12.22	41.80	1450m: 19:43.10	40.29
	300m: 3:53.19	40.78	700m: 9:21.48	41.06	1100m: 14:53.98	41.76	1500m: 20:23.97	40.87
	350m: 4:34.03	40.84	750m: 10:02.99	41.51	1150m: 15:35.86	41.88		
	400m: 5:15.00	40.97	800m: 10:44.06	41.07	1200m: 16:17.40	41.54		
4.	Leontine Groeneveldt	De Duck	21:40.03		+0.67			
	50m: 36.47	36.47	450m: 6:19.23	43.10	850m: 12:12.57	44.39	1250m: 18:08.48	44.42
	100m: 1:18.73	42.26	500m: 7:02.35	43.12	900m: 12:57.49	44.92	1300m: 18:52.03	43.55
	150m: 2:01.14	42.41	550m: 7:46.20	43.85	950m: 13:42.13	44.64	1350m: 19:35.70	43.67
	200m: 2:44.67	43.53	600m: 8:30.68	44.48	1000m: 14:26.49	44.36	1400m: 20:18.53	42.83
	250m: 3:27.55	42.88	650m: 9:14.63	43.95	1050m: 15:11.36	44.87	1450m: 20:59.68	41.15
	300m: 4:10.53	42.98	700m: 9:59.51	44.88	1100m: 15:55.25	43.89	1500m: 21:40.03	40.35
	350m: 4:53.44	42.91	750m: 10:43.61	44.10	1150m: 16:39.90	44.65		
	400m: 5:36.13	42.69	800m: 11:28.18	44.57	1200m: 17:24.06	44.16		
5.	Sandra Vermeulen	De Duck	22:07.35		+0.72			
	50m: 36.75	36.75	450m: 6:26.61	44.92	850m: 12:24.89	45.19	1250m: 18:26.09	45.05
	100m: 1:17.80	41.05	500m: 7:11.26	44.65	900m: 13:09.99	45.10	1300m: 19:10.43	44.34
	150m: 2:00.69	42.89	550m: 7:56.25	44.99	950m: 13:54.74	44.75	1350m: 19:55.53	45.10
	200m: 2:44.56	43.87	600m: 8:40.27	44.02	1000m: 14:40.06	45.32	1400m: 20:40.68	45.15
	250m: 3:28.38	43.82	650m: 9:25.08	44.81	1050m: 15:25.19	45.13	1450m: 21:25.32	44.64
	300m: 4:12.52	44.14	700m: 10:09.81	44.73	1100m: 16:10.42	45.23	1500m: 22:07.35	42.03
	350m: 4:57.01	44.49	750m: 10:54.70	44.89	1150m: 16:55.99	45.57		
	400m: 5:41.69	44.68	800m: 11:39.70	45.00	1200m: 17:41.04	45.05		
6.	Marjan Rikken	ZVV	22:43.27		+0.94			
	50m: 38.05	38.05	450m: 6:27.46	44.82	850m: 12:35.14	46.38	1250m: 18:50.43	46.92
	100m: 1:19.89	41.84	500m: 7:12.73	45.27	900m: 13:21.90	46.76	1300m: 19:37.74	47.31
	150m: 2:02.81	42.92	550m: 7:57.93	45.20	950m: 14:08.98	47.08	1350m: 20:24.57	46.83
	200m: 2:46.39	43.58	600m: 8:43.61	45.68	1000m: 14:55.81	46.83	1400m: 21:11.28	46.71
	250m: 3:29.97	43.58	650m: 9:29.59	45.98	1050m: 15:42.69	46.88	1450m: 21:57.65	46.37
	300m: 4:14.18	44.21	700m: 10:16.09	46.50	1100m: 16:28.89	46.20	1500m: 22:43.27	45.62
	350m: 4:57.99	43.81	750m: 11:02.40	46.31	1150m: 17:16.27	47.38		
	400m: 5:42.64	44.65	800m: 11:48.76	46.36	1200m: 18:03.51	47.24		

Programmanr. 1, Dames, 1500m vrije slag, Masters 25+

rang	naam	vereniging	tijd	RT	PARA	
7.	Claudia Creemers	RZ	26:55.24	+0.63		
	50m: 42.11	42.11	450m: 7:38.70	54.40	850m: 14:59.53	55.36
	100m: 1:29.81	47.70	500m: 8:33.09	54.39	900m: 15:54.96	55.43
	150m: 2:19.13	49.32	550m: 9:27.73	54.64	950m: 16:49.09	54.13
	200m: 3:11.19	52.06	600m: 10:23.20	55.47	1000m: 17:43.28	54.19
	250m: 4:03.40	52.21	650m: 11:18.55	55.35	1050m: 18:38.91	55.63
	300m: 4:57.28	53.88	700m: 12:13.45	54.90	1100m: 19:34.33	55.42
	350m: 5:50.59	53.31	750m: 13:08.51	55.06	1150m: 20:29.51	55.18
	400m: 6:44.30	53.71	800m: 14:04.17	55.66	1200m: 21:24.53	55.02

Masters 30+

1.	Jenny Schouten	Zwemsport Parkstad (SG)	18:57.21	+0.91		
	50m: 32.15	32.15	450m: 5:31.35	37.89	850m: 10:36.64	38.52
	100m: 1:07.76	35.61	500m: 6:09.13	37.78	900m: 11:15.03	38.39
	150m: 1:44.89	37.13	550m: 6:47.37	38.24	950m: 11:53.72	38.69
	200m: 2:22.37	37.48	600m: 7:25.45	38.08	1000m: 12:32.50	38.78
	250m: 3:00.07	37.70	650m: 8:03.45	38.00	1050m: 13:11.54	39.04
	300m: 3:37.93	37.86	700m: 8:41.60	38.15	1100m: 13:50.55	39.01
	350m: 4:15.99	38.06	750m: 9:19.92	38.32	1150m: 14:28.97	38.42
	400m: 4:53.46	37.47	800m: 9:58.12	38.20	1200m: 15:08.03	39.06
2.	Clara Van Roeyen	GBZ	19:56.46	+0.81		
	50m: 34.50	34.50	450m: 5:50.74	40.12	850m: 11:13.74	40.05
	100m: 1:12.44	37.94	500m: 6:30.80	40.06	900m: 11:54.19	40.45
	150m: 1:51.14	38.70	550m: 7:11.34	40.54	950m: 12:34.00	39.81
	200m: 2:30.73	39.59	600m: 7:51.87	40.53	1000m: 13:14.28	40.28
	250m: 3:10.42	39.69	650m: 8:32.62	40.75	1050m: 13:54.89	40.61
	300m: 3:50.32	39.90	700m: 9:12.97	40.35	1100m: 14:35.43	40.54
	350m: 4:30.51	40.19	750m: 9:53.30	40.33	1150m: 15:16.01	40.58
	400m: 5:10.62	40.11	800m: 10:33.69	40.39	1200m: 15:56.33	40.32
3.	Suzan Blankestijn	ZVL-1886 Tetteroo	20:30.54	+0.66		
	50m: 34.69	34.69	450m: 6:01.23	40.91	850m: 11:31.79	40.63
	100m: 1:15.16	40.47	500m: 6:42.39	41.16	900m: 12:12.86	41.07
	150m: 1:55.76	40.60	550m: 7:23.50	41.11	950m: 12:53.61	40.75
	200m: 2:36.99	41.23	600m: 8:04.89	41.39	1000m: 13:35.15	41.54
	250m: 3:17.79	40.80	650m: 8:46.88	41.99	1050m: 14:16.88	41.73
	300m: 3:58.56	40.77	700m: 9:28.10	41.22	1100m: 14:58.82	41.94
	350m: 4:39.24	40.68	750m: 10:09.72	41.62	1150m: 15:40.43	41.61
	400m: 5:20.32	41.08	800m: 10:51.16	41.44	1200m: 16:22.30	41.87
4.	Nanda van Heteren	De Geul	20:30.94	+0.76		
	50m: 35.36	35.36	450m: 5:59.33	41.32	850m: 11:34.10	41.64
	100m: 1:13.83	38.47	500m: 6:41.10	41.77	900m: 12:16.02	41.92
	150m: 1:53.39	39.56	550m: 7:22.97	41.87	950m: 12:58.19	42.17
	200m: 2:33.65	40.26	600m: 8:05.19	42.22	1000m: 13:40.36	42.17
	250m: 3:15.00	41.35	650m: 8:47.45	42.26	1050m: 14:21.80	41.44
	300m: 3:55.90	40.90	700m: 9:28.86	41.41	1100m: 15:04.21	42.41
	350m: 4:36.48	40.58	750m: 10:10.30	41.44	1150m: 15:46.20	41.99
	400m: 5:18.01	41.53	800m: 10:52.46	42.16	1200m: 16:28.01	41.81
5.	Mandy Verbakel	ZPC Woerden	20:50.36	+0.67		
	50m: 36.33	36.33	450m: 6:08.81	41.90	850m: 11:42.00	42.09
	100m: 1:16.34	40.01	500m: 6:50.41	41.60	900m: 12:23.89	41.89
	150m: 1:57.95	41.61	550m: 7:32.04	41.63	950m: 13:06.27	42.38
	200m: 2:39.52	41.57	600m: 8:13.53	41.49	1000m: 13:48.27	42.00
	250m: 3:21.55	42.03	650m: 8:55.00	41.47	1050m: 14:30.40	42.13
	300m: 4:03.09	41.54	700m: 9:36.83	41.83	1100m: 15:12.94	42.54
	350m: 4:45.39	42.30	750m: 10:18.55	41.72	1150m: 15:56.18	43.24
	400m: 5:26.91	41.52	800m: 10:59.91	41.36	1200m: 16:38.64	42.46
6.	Anita Visch	Nunspeet	21:52.89	+0.93		
	50m: 36.10	36.10	450m: 6:22.05	43.26	850m: 12:15.85	44.90
	100m: 1:17.82	41.72	500m: 7:06.40	44.35	900m: 13:00.67	44.82
	150m: 2:00.91	43.09	550m: 7:50.46	44.06	950m: 13:44.79	44.12
	200m: 2:44.01	43.10	600m: 8:35.05	44.59	1000m: 14:29.49	44.70
	250m: 3:27.19	43.18	650m: 9:18.61	43.56	1050m: 15:14.65	45.16
	300m: 4:10.97	43.78	700m: 10:02.81	44.20	1100m: 15:59.18	44.53
	350m: 4:55.07	44.10	750m: 10:46.80	43.79	1150m: 16:44.39	45.21
	400m: 5:38.79	43.72	800m: 11:30.95	44.35	1200m: 17:28.64	44.25

Programmanr. 1, Dames, 1500m vrije slag, Masters 30+

rang	naam	vereniging			tijd	RT	PARA	
7.	Lisette van den Bos	De Geul	NED	198700468	23:55.81	+0.76		
	50m: 41.31	41.31	450m: 7:05.71	48.24	850m: 13:29.73	47.76	1250m: 19:57.29	48.36
	100m: 1:28.79	47.48	500m: 7:54.05	48.34	900m: 14:18.09	48.36	1300m: 20:46.12	48.83
	150m: 2:16.14	47.35	550m: 8:41.72	47.67	950m: 15:06.40	48.31	1350m: 21:34.70	48.58
	200m: 3:04.50	48.36	600m: 9:29.69	47.97	1000m: 15:55.00	48.60	1400m: 22:23.68	48.98
	250m: 3:52.90	48.40	650m: 10:17.61	47.92	1050m: 16:43.11	48.11	1450m: 23:10.95	47.27
	300m: 4:41.24	48.34	700m: 11:05.34	47.73	1100m: 17:31.36	48.25	1500m: 23:55.81	44.86
	350m: 5:29.01	47.77	750m: 11:53.59	48.25	1150m: 18:20.15	48.79		
	400m: 6:17.47	48.46	800m: 12:41.97	48.38	1200m: 19:08.93	48.78		
8.	Dorien Vasseur	Scheldestroom	NED	198704164	24:38.18			
	50m: 41.08	41.08	450m: 7:13.48	49.68	850m: 13:53.97	49.96	1250m: 20:34.13	49.48
	100m: 1:27.88	46.80	500m: 8:02.83	49.35	900m: 14:43.32	49.35	1300m: 21:24.20	50.07
	150m: 2:16.15	48.27	550m: 8:54.00	51.17	950m: 15:32.96	49.64	1350m: 22:14.67	50.47
	200m: 3:04.41	48.26	600m: 9:44.36	50.36	1000m: 16:23.34	50.38	1400m: 23:04.10	49.43
	250m: 3:53.57	49.16	650m: 10:33.90	49.54	1050m: 17:14.29	50.95	1450m: 23:51.93	47.83
	300m: 4:43.85	50.28	700m: 11:24.04	50.14	1100m: 18:03.89	49.60	1500m: 24:38.18	46.25
	350m: 5:33.90	50.05	750m: 12:14.10	50.06	1150m: 18:54.25	50.36		
	400m: 6:23.80	49.90	800m: 13:04.01	49.91	1200m: 19:44.65	50.40		
9.	Ildiko van der Ploeg	Neptunus'58	NED	199002960	25:47.69	+0.82		
	50m: 41.75	41.75	450m: 7:31.69	51.70	850m: 14:26.84	51.95	1250m: 21:29.97	53.29
	100m: 1:30.91	49.16	500m: 8:23.09	51.40	900m: 15:19.63	52.79	1300m: 22:22.90	52.93
	150m: 2:21.52	50.61	550m: 9:15.20	52.11	950m: 16:12.19	52.56	1350m: 23:15.37	52.47
	200m: 3:12.92	51.40	600m: 10:07.10	51.90	1000m: 17:04.59	52.40	1400m: 24:07.15	51.78
	250m: 4:04.77	51.85	650m: 10:58.34	51.24	1050m: 17:57.49	52.90	1450m: 24:58.32	51.17
	300m: 4:56.53	51.76	700m: 11:50.68	52.34	1100m: 18:50.00	52.51	1500m: 25:47.69	49.37
	350m: 5:48.45	51.92	750m: 12:42.80	52.12	1150m: 19:42.80	52.80		
	400m: 6:39.99	51.54	800m: 13:34.89	52.09	1200m: 20:36.68	53.88		

Masters 35+

1.	Viktória Háden-Felföldi <i>Hungarian Masters Record</i>	Megathlon SE	HUN		18:17.42	+0.80		
	50m: 32.37	32.37	450m: 5:21.36	36.54	850m: 10:14.96	36.80	1250m: 15:11.72	37.31
	100m: 1:07.76	35.39	500m: 5:57.93	36.57	900m: 10:51.72	36.76	1300m: 15:48.98	37.26
	150m: 1:43.49	35.73	550m: 6:34.65	36.72	950m: 11:28.84	37.12	1350m: 16:26.42	37.44
	200m: 2:19.47	35.98	600m: 7:11.25	36.60	1000m: 12:06.15	37.31	1400m: 17:04.26	37.84
	250m: 2:55.53	36.06	650m: 7:47.70	36.45	1050m: 12:43.22	37.07	1450m: 17:41.35	37.09
	300m: 3:31.83	36.30	700m: 8:24.26	36.56	1100m: 13:20.22	37.00	1500m: 18:17.42	36.07
	350m: 4:08.34	36.51	750m: 9:01.24	36.98	1150m: 13:57.39	37.17		
	400m: 4:44.82	36.48	800m: 9:38.16	36.92	1200m: 14:34.41	37.02		
2.	Stephanie Vaernewyck	MEGA-zwemteam	BEL	20352/83	18:50.01	+0.78		
	50m: 33.59	33.59	450m: 5:31.24	37.90	850m: 10:34.10	38.02	1250m: 15:39.25	38.37
	100m: 1:09.88	36.29	500m: 6:09.05	37.81	900m: 11:12.02	37.92	1300m: 16:17.52	38.27
	150m: 1:46.82	36.94	550m: 6:46.88	37.83	950m: 11:50.00	37.98	1350m: 16:55.73	38.21
	200m: 2:23.86	37.04	600m: 7:24.71	37.83	1000m: 12:27.92	37.92	1400m: 17:34.09	38.36
	250m: 3:01.17	37.31	650m: 8:02.67	37.96	1050m: 13:06.03	38.11	1450m: 18:12.36	38.27
	300m: 3:38.50	37.33	700m: 8:40.43	37.76	1100m: 13:44.32	38.29	1500m: 18:50.01	37.65
	350m: 4:15.86	37.36	750m: 9:18.46	38.03	1150m: 14:22.37	38.05		
	400m: 4:53.34	37.48	800m: 9:56.08	37.62	1200m: 15:00.88	38.51		
3.	Ramona Linting	LinK	NED	198301274	20:23.65			
	50m: 34.71	34.71	450m: 5:55.80	41.09	850m: 11:23.67	42.12	1250m: 16:57.15	41.69
	100m: 1:13.05	38.34	500m: 6:36.60	40.80	900m: 12:05.26	41.59	1300m: 17:38.53	41.38
	150m: 1:52.86	39.81	550m: 7:17.50	40.90	950m: 12:46.51	41.25	1350m: 18:20.37	41.84
	200m: 2:32.92	40.06	600m: 7:58.26	40.76	1000m: 13:27.93	41.42	1400m: 19:02.11	41.74
	250m: 3:13.33	40.41	650m: 8:39.02	40.76	1050m: 14:10.44	42.51	1450m: 19:43.27	41.16
	300m: 3:53.57	40.24	700m: 9:20.06	41.04	1100m: 14:52.00	41.56	1500m: 20:23.65	40.38
	350m: 4:34.04	40.47	750m: 10:00.62	40.56	1150m: 15:33.64	41.64		
	400m: 5:14.71	40.67	800m: 10:41.55	40.93	1200m: 16:15.46	41.82		
4.	Sandra Schellekens	Neptunus'58	NED	198503416	22:33.10	+0.65		
	50m: 35.72	35.72	450m: 6:28.68	45.57	850m: 12:35.06	46.17	1250m: 18:44.22	46.06
	100m: 1:16.50	40.78	500m: 7:14.34	45.66	900m: 13:21.33	46.27	1300m: 19:30.62	46.40
	150m: 1:59.34	42.84	550m: 7:59.86	45.52	950m: 14:07.29	45.96	1350m: 20:16.68	46.06
	200m: 2:43.06	43.72	600m: 8:45.66	45.80	1000m: 14:53.13	45.84	1400m: 21:03.52	46.84
	250m: 3:27.45	44.39	650m: 9:31.44	45.78	1050m: 15:39.24	46.11	1450m: 21:49.99	46.47
	300m: 4:12.26	44.81	700m: 10:17.27	45.83	1100m: 16:25.72	46.48	1500m: 22:33.10	43.11
	350m: 4:57.50	45.24	750m: 11:03.11	45.84	1150m: 17:11.77	46.05		
	400m: 5:43.11	45.61	800m: 11:48.89	45.78	1200m: 17:58.16	46.39		

Programmanr. 1, Dames, 1500m vrije slag

Masters 40+

1. Melanie Kuiper		ZIGNEA		NED		197600350		19:59.35			
50m:	34.71	34.71	450m:	5:52.24	40.43	850m:	11:17.44	40.20	1250m:	16:42.11	39.36
100m:	1:12.56	37.85	500m:	6:32.97	40.73	900m:	11:58.40	40.96	1300m:	17:21.32	39.21
150m:	1:51.17	38.61	550m:	7:13.64	40.67	950m:	12:39.31	40.91	1350m:	18:00.34	39.02
200m:	2:30.39	39.22	600m:	7:54.36	40.72	1000m:	13:20.42	41.11	1400m:	18:40.40	40.06
250m:	3:10.14	39.75	650m:	8:35.11	40.75	1050m:	14:01.13	40.71	1450m:	19:20.38	39.98
300m:	3:50.51	40.37	700m:	9:16.20	41.09	1100m:	14:41.74	40.61	1500m:	19:59.35	38.97
350m:	4:30.98	40.47	750m:	9:57.19	40.99	1150m:	15:22.26	40.52			
400m:	5:11.81	40.83	800m:	10:37.24	40.05	1200m:	16:02.75	40.49			
2. Jannie Vennik		HZ&PC Heerenveen		NED		197601006		21:17.06		+0.77	
50m:	37.14	37.14	450m:	6:16.55	42.60	850m:	11:55.89	42.48	1250m:	17:41.11	43.73
100m:	1:18.73	41.59	500m:	6:59.01	42.46	900m:	12:38.78	42.89	1300m:	18:24.70	43.59
150m:	2:00.89	42.16	550m:	7:41.48	42.47	950m:	13:21.44	42.66	1350m:	19:08.32	43.62
200m:	2:43.34	42.45	600m:	8:23.53	42.05	1000m:	14:04.43	42.99	1400m:	19:52.25	43.93
250m:	3:25.63	42.29	650m:	9:06.16	42.63	1050m:	14:47.82	43.39	1450m:	20:35.58	43.33
300m:	4:08.17	42.54	700m:	9:48.52	42.36	1100m:	15:30.91	43.09	1500m:	21:17.06	41.48
350m:	4:51.11	42.94	750m:	10:31.04	42.52	1150m:	16:14.28	43.37			
400m:	5:33.95	42.84	800m:	11:13.41	42.37	1200m:	16:57.38	43.10			
3. Jessica Venema		WIDEX GZC DONK		NED		197901526		21:57.86		+0.86	
50m:	35.77	35.77	450m:	6:18.92	44.10	850m:	12:16.81	44.91	1250m:	18:17.40	44.43
100m:	1:16.21	40.44	500m:	7:03.15	44.23	900m:	13:01.90	45.09	1300m:	19:02.68	45.28
150m:	1:58.14	41.93	550m:	7:47.56	44.41	950m:	13:47.14	45.24	1350m:	19:48.21	45.53
200m:	2:40.67	42.53	600m:	8:32.14	44.58	1000m:	14:32.57	45.43	1400m:	20:32.73	44.52
250m:	3:23.82	43.15	650m:	9:16.82	44.68	1050m:	15:17.97	45.40	1450m:	21:16.66	43.93
300m:	4:07.39	43.57	700m:	10:02.21	44.39	1100m:	16:02.64	44.67	1500m:	21:57.86	41.20
350m:	4:51.08	43.69	750m:	10:46.93	44.72	1150m:	16:48.11	45.47			
400m:	5:34.82	43.74	800m:	11:31.90	44.97	1200m:	17:32.97	44.86			
4. Éva Mónika Kézsmárki		Megathlon SE		HUN				22:10.48			
50m:	41.10	41.10	450m:	6:35.97	45.03	850m:	12:34.56	44.81	1250m:	18:32.14	44.27
100m:	1:24.50	43.40	500m:	7:20.59	44.62	900m:	13:19.12	44.56	1300m:	19:16.42	44.28
150m:	2:08.70	44.20	550m:	8:05.29	44.70	950m:	14:03.77	44.65	1350m:	20:01.06	44.64
200m:	2:52.97	44.27	600m:	8:50.05	44.76	1000m:	14:48.68	44.91	1400m:	20:45.46	44.40
250m:	3:37.20	44.23	650m:	9:34.95	44.90	1050m:	15:33.50	44.82	1450m:	21:29.33	43.87
300m:	4:21.79	44.59	700m:	10:19.76	44.81	1100m:	16:18.31	44.81	1500m:	22:10.48	41.15
350m:	5:06.22	44.43	750m:	11:04.41	44.65	1150m:	17:02.89	44.58			
400m:	5:50.94	44.72	800m:	11:49.75	45.34	1200m:	17:47.87	44.98			
5. Clementine van Bruvoort		ZPB H&L Productions		NED		197700138		25:40.18		+0.82	
50m:	42.73	42.73	450m:	7:20.12	50.52	850m:	14:14.54	52.73	1250m:	21:19.28	53.71
100m:	1:30.84	48.11	500m:	8:11.37	51.25	900m:	15:06.64	52.10	1300m:	22:12.75	53.47
150m:	2:19.66	48.82	550m:	9:02.10	50.73	950m:	15:59.65	53.01	1350m:	23:05.74	52.99
200m:	3:08.67	49.01	600m:	9:54.10	52.00	1000m:	16:53.14	53.49	1400m:	23:58.52	52.78
250m:	3:58.97	50.30	650m:	10:46.03	51.93	1050m:	17:46.27	53.13	1450m:	24:51.40	52.88
300m:	4:49.66	50.69	700m:	11:37.75	51.72	1100m:	18:40.27	54.00	1500m:	25:40.18	48.78
350m:	5:39.34	49.68	750m:	12:29.88	52.13	1150m:	19:32.92	52.65			
400m:	6:29.60	50.26	800m:	13:21.81	51.93	1200m:	20:25.57	52.65			

Masters 45+

1. Kirsten Cameron		Malvern Marlins Masters SC		AUS		786509		17:27.87		+0.67	
<i>Kampioenschaps Record, WMR 800m, Australian Masters Record 1500m</i>											
50m:	31.34	31.34	450m:	5:05.56	35.00	850m:	9:45.52	35.26	1250m:	14:30.82	35.73
100m:	1:04.88	33.54	500m:	5:40.57	35.01	900m:	10:20.65	35.13	1300m:	15:06.84	36.02
150m:	1:38.53	33.65	550m:	6:15.49	34.92	950m:	10:56.24	35.59	1350m:	15:42.64	35.80
200m:	2:12.59	34.06	600m:	6:50.28	34.79	1000m:	11:32.02	35.78	1400m:	16:18.28	35.64
250m:	2:46.75	34.16	650m:	7:25.37	35.09	1050m:	12:07.82	35.80	1450m:	16:53.65	35.37
300m:	3:21.22	34.47	700m:	8:00.20	34.83	1100m:	12:43.43	35.61	1500m:	17:27.87	34.22
350m:	3:55.61	34.39	750m:	8:35.20	35.00	1150m:	13:19.33	35.90			
400m:	4:30.56	34.95	800m:	9:10.26	35.06	1200m:	13:55.09	35.76			
2. Liselotte Joling		PSV		NED		197500268		18:48.97		+0.87	
<i>Nederlands Masters Record</i>											
50m:	33.62	33.62	450m:	5:32.61	37.46	850m:	10:34.69	37.67	1250m:	15:39.40	37.83
100m:	1:10.29	36.67	500m:	6:10.10	37.49	900m:	11:12.69	38.00	1300m:	16:17.87	38.47
150m:	1:47.76	37.47	550m:	6:47.61	37.51	950m:	11:50.88	38.19	1350m:	16:56.27	38.40
200m:	2:25.19	37.43	600m:	7:25.32	37.71	1000m:	12:29.11	38.23	1400m:	17:34.48	38.21
250m:	3:02.77	37.58	650m:	8:03.08	37.76	1050m:	13:07.14	38.03	1450m:	18:12.51	38.03
300m:	3:40.43	37.66	700m:	8:40.77	37.69	1100m:	13:45.24	38.10	1500m:	18:48.97	36.46
350m:	4:17.76	37.33	750m:	9:19.13	38.36	1150m:	14:23.37	38.13			
400m:	4:55.15	37.39	800m:	9:57.02	37.89	1200m:	15:01.57	38.20			

Programmanr. 1, Dames, 1500m vrije slag, Masters 45+

rang	naam	vereniging						tijd	RT	PARA
3.	Dianna Eva Szokol <i>Hungarian Masters Record</i>	Nyirsenior 97	HUN					19:15.05	+0.80	
	50m: 35.43	35.43	450m: 5:41.32	38.91	850m: 10:51.78	38.27	1250m: 16:02.22	38.86		
	100m: 1:13.00	37.57	500m: 6:19.80	38.48	900m: 11:30.09	38.31	1300m: 16:41.38	39.16		
	150m: 1:50.79	37.79	550m: 6:58.77	38.97	950m: 12:08.93	38.84	1350m: 17:20.06	38.68		
	200m: 2:28.77	37.98	600m: 7:37.75	38.98	1000m: 12:47.39	38.46	1400m: 17:58.93	38.87		
	250m: 3:07.13	38.36	650m: 8:17.11	39.36	1050m: 13:26.63	39.24	1450m: 18:37.75	38.82		
	300m: 3:45.59	38.46	700m: 8:55.81	38.70	1100m: 14:05.59	38.96	1500m: 19:15.05	37.30		
	350m: 4:23.73	38.14	750m: 9:34.74	38.93	1150m: 14:44.55	38.96				
	400m: 5:02.41	38.68	800m: 10:13.51	38.77	1200m: 15:23.36	38.81				
4.	Kathy Van Lindt	CNSW	BEL	007949/71				20:36.10	+0.96	
	50m: 35.93	35.93	450m: 6:00.89	41.51	850m: 11:33.78	41.60	1250m: 17:09.71	41.86		
	100m: 1:15.43	39.50	500m: 6:42.26	41.37	900m: 12:15.84	42.06	1300m: 17:51.83	42.12		
	150m: 1:55.68	40.25	550m: 7:23.68	41.42	950m: 12:57.94	42.10	1350m: 18:33.48	41.65		
	200m: 2:36.10	40.42	600m: 8:04.93	41.25	1000m: 13:40.08	42.14	1400m: 19:14.87	41.39		
	250m: 3:16.77	40.67	650m: 8:46.72	41.79	1050m: 14:21.80	41.72	1450m: 19:55.73	40.86		
	300m: 3:57.55	40.78	700m: 9:28.23	41.51	1100m: 15:04.08	42.28	1500m: 20:36.10	40.37		
	350m: 4:38.48	40.93	750m: 10:09.75	41.52	1150m: 15:45.82	41.74				
	400m: 5:19.38	40.90	800m: 10:52.18	42.43	1200m: 16:27.85	42.03				
5.	Pascalie Janssen	Patrick-De Roersoppers (SG)	NED	197300852				22:42.81	+0.96	
	50m: 38.71	38.71	450m: 6:38.50	45.98	850m: 12:45.54	45.82	1250m: 18:55.10	46.18		
	100m: 1:21.18	42.47	500m: 7:24.54	46.04	900m: 13:31.32	45.78	1300m: 19:41.03	45.93		
	150m: 2:05.86	44.68	550m: 8:09.92	45.38	950m: 14:17.48	46.16	1350m: 20:27.42	46.39		
	200m: 2:51.06	45.20	600m: 8:55.84	45.92	1000m: 15:03.39	45.91	1400m: 21:14.13	46.71		
	250m: 3:36.28	45.22	650m: 9:41.91	46.07	1050m: 15:49.57	46.18	1450m: 21:59.76	45.63		
	300m: 4:21.62	45.34	700m: 10:27.95	46.04	1100m: 16:35.59	46.02	1500m: 22:42.81	43.05		
	350m: 5:07.06	45.44	750m: 11:14.01	46.06	1150m: 17:22.40	46.81				
	400m: 5:52.52	45.46	800m: 11:59.72	45.71	1200m: 18:08.92	46.52				
6.	Natacha Van Hoof	Shark	BEL	20260/73				23:50.34	+0.90	
	50m: 43.46	43.46	450m: 6:59.73	47.35	850m: 13:24.32	48.17	1250m: 19:51.22	48.49		
	100m: 1:29.78	46.32	500m: 7:47.09	47.36	900m: 14:12.70	48.38	1300m: 20:40.08	48.86		
	150m: 2:16.81	47.03	550m: 8:34.81	47.72	950m: 15:00.82	48.12	1350m: 21:28.13	48.05		
	200m: 3:03.79	46.98	600m: 9:22.74	47.93	1000m: 15:49.02	48.20	1400m: 22:16.58	48.45		
	250m: 3:50.82	47.03	650m: 10:10.74	48.00	1050m: 16:37.39	48.37	1450m: 23:04.99	48.41		
	300m: 4:37.67	46.85	700m: 10:59.09	48.35	1100m: 17:25.88	48.49	1500m: 23:50.34	45.35		
	350m: 5:25.18	47.51	750m: 11:47.78	48.69	1150m: 18:14.33	48.45				
	400m: 6:12.38	47.20	800m: 12:36.15	48.37	1200m: 19:02.73	48.40				
7.	Annet Kootstra	SWOL 1894	NED	197100344				24:22.85		
	50m: 42.85	42.85	450m: 7:06.59	48.74	850m: 13:38.49	49.04	1250m: 20:15.86	50.24		
	100m: 1:29.12	46.27	500m: 7:55.02	48.43	900m: 14:28.13	49.64	1300m: 21:05.82	49.96		
	150m: 2:16.36	47.24	550m: 8:44.23	49.21	950m: 15:17.51	49.38	1350m: 21:55.75	49.93		
	200m: 3:04.34	47.98	600m: 9:32.56	48.33	1000m: 16:07.09	49.58	1400m: 22:45.25	49.50		
	250m: 3:52.66	48.32	650m: 10:22.00	49.44	1050m: 16:56.20	49.11	1450m: 23:34.79	49.54		
	300m: 4:41.18	48.52	700m: 11:11.19	49.19	1100m: 17:45.98	49.78	1500m: 24:22.85	48.06		
	350m: 5:29.44	48.26	750m: 12:00.25	49.06	1150m: 18:35.90	49.92				
	400m: 6:17.85	48.41	800m: 12:49.45	49.20	1200m: 19:25.62	49.72				
8.	Greta Wyma-Teitsma	DWK	NED	197100696				26:49.88	+0.84	
	50m: 44.98	44.98	450m: 7:47.18	53.48	850m: 14:58.83	54.53	1250m: 22:15.86	55.09		
	100m: 1:35.25	50.27	500m: 8:41.09	53.91	900m: 15:52.56	53.73	1300m: 23:11.64	55.78		
	150m: 2:27.87	52.62	550m: 9:34.89	53.80	950m: 16:46.66	54.10	1350m: 24:06.83	55.19		
	200m: 3:20.74	52.87	600m: 10:29.46	54.57	1000m: 17:41.02	54.36	1400m: 25:02.86	56.03		
	250m: 4:13.83	53.09	650m: 11:23.17	53.71	1050m: 18:36.13	55.11	1450m: 25:56.67	53.81		
	300m: 5:07.12	53.29	700m: 12:16.92	53.75	1100m: 19:30.55	54.42	1500m: 26:49.88	53.21		
	350m: 6:00.21	53.09	750m: 13:10.64	53.72	1150m: 20:25.41	54.86				
	400m: 6:53.70	53.49	800m: 14:04.30	53.66	1200m: 21:20.77	55.36				
9.	Evelien Breman-Alers	Nautilus	NED	197200878				27:21.42	+0.90	
	50m: 43.80	43.80	450m: 7:45.05	54.94	850m: 15:02.65	55.23	1250m: 22:41.81	56.56		
	100m: 1:33.06	49.26	500m: 8:40.19	55.14	900m: 15:59.52	56.87	1300m: 23:39.67	57.86		
	150m: 2:23.81	50.75	550m: 9:33.97	53.78	950m: 16:57.14	57.62	1350m: 24:36.73	57.06		
	200m: 3:15.71	51.90	600m: 10:27.78	53.81	1000m: 17:56.00	58.86	1400m: 25:33.50	56.77		
	250m: 4:08.36	52.65	650m: 11:22.16	54.38	1050m: 18:53.78	57.78	1450m: 26:28.34	54.84		
	300m: 5:01.51	53.15	700m: 12:17.68	55.52	1100m: 19:50.52	56.74	1500m: 27:21.42	53.08		
	350m: 5:55.63	54.12	750m: 13:12.95	55.27	1150m: 20:47.72	57.20				
	400m: 6:50.11	54.48	800m: 14:07.42	54.47	1200m: 21:45.25	57.53				

Programmanr. 1, Dames, 1500m vrije slag

Masters 50+

1. Bianca Groot		MSV-Zeemacht		NED		197000652		20:22.24		+0.89	
<i>Nederlands Masters Record</i>											
50m:	35.75	35.75	450m:	5:54.70	40.32	850m:	11:21.10	41.11	1250m:	16:52.89	41.50
100m:	1:14.32	38.57	500m:	6:35.06	40.36	900m:	12:02.28	41.18	1300m:	17:34.74	41.85
150m:	1:54.20	39.88	550m:	7:15.58	40.52	950m:	12:43.63	41.35	1350m:	18:17.23	42.49
200m:	2:33.98	39.78	600m:	7:56.39	40.81	1000m:	13:24.84	41.21	1400m:	18:58.66	41.43
250m:	3:14.07	40.09	650m:	8:37.11	40.72	1050m:	14:06.84	42.00	1450m:	19:41.09	42.43
300m:	3:54.17	40.10	700m:	9:18.08	40.97	1100m:	14:48.01	41.17	1500m:	20:22.24	41.15
350m:	4:34.16	39.99	750m:	9:59.01	40.93	1150m:	15:29.79	41.78			
400m:	5:14.38	40.22	800m:	10:39.99	40.98	1200m:	16:11.39	41.60			
2. Iris van Aurich		DWK		NED		196900866		22:06.45		+0.63	
50m:	37.78	37.78	450m:	6:27.36	43.95	850m:	12:25.14	44.98	1250m:	18:25.80	44.19
100m:	1:19.75	41.97	500m:	7:11.76	44.40	900m:	13:09.21	44.07	1300m:	19:10.83	45.03
150m:	2:03.32	43.57	550m:	7:56.86	45.10	950m:	13:54.67	45.46	1350m:	19:55.24	44.41
200m:	2:46.84	43.52	600m:	8:41.17	44.31	1000m:	14:40.48	45.81	1400m:	20:40.91	45.67
250m:	3:30.64	43.80	650m:	9:26.39	45.22	1050m:	15:25.50	45.02	1450m:	21:25.88	44.97
300m:	4:14.33	43.69	700m:	10:11.32	44.93	1100m:	16:10.87	45.37	1500m:	22:06.45	40.57
350m:	4:58.39	44.06	750m:	10:55.37	44.05	1150m:	16:56.53	45.66			
400m:	5:43.41	45.02	800m:	11:40.16	44.79	1200m:	17:41.61	45.08			
3. Marijke Campfens		De Geul		NED		196900960		23:51.36		+0.71	
50m:	39.84	39.84	450m:	6:55.02	48.33	850m:	13:20.25	48.45	1250m:	19:48.19	48.16
100m:	1:23.53	43.69	500m:	7:43.10	48.08	900m:	14:08.97	48.72	1300m:	20:37.26	49.07
150m:	2:09.32	45.79	550m:	8:31.16	48.06	950m:	14:57.81	48.84	1350m:	21:26.26	49.00
200m:	2:55.84	46.52	600m:	9:19.83	48.67	1000m:	15:46.10	48.29	1400m:	22:14.92	48.66
250m:	3:43.00	47.16	650m:	10:07.88	48.05	1050m:	16:34.70	48.60	1450m:	23:03.28	48.36
300m:	4:30.47	47.47	700m:	10:56.10	48.22	1100m:	17:22.96	48.26	1500m:	23:51.36	48.08
350m:	5:18.23	47.76	750m:	11:43.81	47.71	1150m:	18:11.63	48.67			
400m:	6:06.69	48.46	800m:	12:31.80	47.99	1200m:	19:00.03	48.40			
4. K. van Nassau-van den Heuvel		Old Dutch		NED		196600188		24:42.09		+0.95	
50m:	42.71	42.71	450m:	7:12.65	49.78	850m:	13:50.82	49.74	1250m:	19:33.10	50.66
100m:	1:29.37	46.66	500m:	8:02.23	49.58	900m:	14:40.06	49.24	1300m:	21:23.49	50.39
150m:	2:17.53	48.16	550m:	8:51.57	49.34	950m:	15:30.29	50.23	1350m:	22:13.54	50.05
200m:	3:05.76	48.23	600m:	9:41.28	49.71	1000m:	16:20.98	50.69	1400m:	23:04.48	50.94
250m:	3:54.84	49.08	650m:	10:31.29	50.01	1050m:	17:11.19	50.21	1450m:	23:54.82	50.34
300m:	4:43.91	49.07	700m:	11:21.31	50.02	1100m:	18:01.13	49.94	1500m:	24:42.09	47.27
350m:	5:33.35	49.44	750m:	12:11.33	50.02	1150m:	18:51.98	50.85			
400m:	6:22.87	49.52	800m:	13:01.08	49.75	1200m:	19:42.44	50.46			
5. Kristien Van de Moortel		Shark		BEL		20315/69		24:52.09		+0.90	
50m:	43.19	43.19	450m:	7:15.09	49.27	850m:	13:54.91	50.72	1250m:	20:40.18	51.08
100m:	1:31.63	48.44	500m:	8:04.73	49.64	900m:	14:45.62	50.71	1300m:	21:31.54	51.36
150m:	2:20.36	48.73	550m:	8:54.26	49.53	950m:	15:35.91	50.29	1350m:	22:22.54	51.00
200m:	3:09.67	49.31	600m:	9:44.04	49.78	1000m:	16:26.54	50.63	1400m:	23:13.67	51.13
250m:	3:58.48	48.81	650m:	10:34.02	49.98	1050m:	17:16.95	50.41	1450m:	24:04.32	50.65
300m:	4:47.86	49.38	700m:	11:24.04	50.02	1100m:	18:07.30	50.35	1500m:	24:52.09	47.77
350m:	5:36.89	49.03	750m:	12:14.19	50.15	1150m:	18:57.95	50.65			
400m:	6:25.82	48.93	800m:	13:04.19	50.00	1200m:	19:49.10	51.15			
6. Hetty Smalheer		SCOM		NED		196700352		25:11.84			
50m:	43.33	43.33	450m:	7:20.43	50.43	850m:	14:06.91	50.93	1250m:	20:56.28	51.59
100m:	1:30.75	47.42	500m:	8:11.24	50.81	900m:	14:58.41	51.50	1300m:	21:47.98	51.70
150m:	2:19.52	48.77	550m:	9:02.03	50.79	950m:	15:48.61	50.20	1350m:	22:40.33	52.35
200m:	3:08.71	49.19	600m:	9:52.24	50.21	1000m:	16:40.09	51.48	1400m:	23:31.37	51.04
250m:	3:58.94	50.23	650m:	10:43.51	51.27	1050m:	17:31.61	51.52	1450m:	24:22.78	51.41
300m:	4:49.48	50.54	700m:	11:33.97	50.46	1100m:	18:22.06	50.45	1500m:	25:11.84	49.06
350m:	5:39.97	50.49	750m:	12:25.10	51.13	1150m:	19:13.38	51.32			
400m:	6:30.00	50.03	800m:	13:15.98	50.88	1200m:	20:04.69	51.31			
7. Herma Hakker-Huijser		ZVVS		NED		196600740		26:08.10			
50m:	43.11	43.11	450m:	7:31.52	52.22	850m:	14:31.58	53.12	1250m:	21:38.97	53.16
100m:	1:29.90	46.79	500m:	8:23.46	51.94	900m:	15:24.22	52.64	1300m:	22:32.71	53.74
150m:	2:19.79	49.89	550m:	9:15.66	52.20	950m:	16:17.77	53.55	1350m:	23:26.42	53.71
200m:	3:10.67	50.88	600m:	10:07.82	52.16	1000m:	17:11.76	53.99	1400m:	24:21.25	54.83
250m:	4:02.93	52.26	650m:	11:00.12	52.30	1050m:	18:04.45	52.69	1450m:	25:15.50	54.25
300m:	4:55.69	52.76	700m:	11:52.89	52.77	1100m:	18:58.19	53.74	1500m:	26:08.10	52.60
350m:	5:47.55	51.86	750m:	12:45.44	52.55	1150m:	19:51.65	53.46			
400m:	6:39.30	51.75	800m:	13:38.46	53.02	1200m:	20:45.81	54.16			

Masters 55+

Programmanr. 1, Dames, 1500m vrije slag, Masters 55+

rang	naam	vereniging	tijd	RT	PARA
1.	Wilna Heijman	Steenwijk 1934	21:15.20	+0.98	
	50m: 37.40	450m: 6:13.61	42.63	850m: 11:54.51	42.72
	100m: 1:17.77	500m: 6:56.16	42.55	900m: 12:37.68	43.17
	150m: 1:59.45	550m: 7:38.78	42.62	950m: 13:21.50	43.82
	200m: 2:41.40	600m: 8:21.37	42.59	1000m: 14:04.74	43.24
	250m: 3:23.75	650m: 9:03.99	42.62	1050m: 14:47.77	43.03
	300m: 4:06.02	700m: 9:46.54	42.55	1100m: 15:30.71	42.94
	350m: 4:48.57	750m: 10:29.21	42.67	1150m: 16:14.37	43.66
	400m: 5:30.98	800m: 11:11.79	42.58	1200m: 16:57.46	43.09
1250m:				17:40.85	43.39
1300m:				18:24.57	43.72
1350m:				19:08.50	43.93
1400m:				19:51.17	42.67
1450m:				20:34.05	42.88
1500m:				21:15.20	41.15
2.	Petra Tossings	DAW	23:06.85	+0.69	
	50m: 39.63	450m: 6:47.38	46.26	850m: 13:00.19	46.87
	100m: 1:23.91	500m: 7:34.16	46.78	900m: 13:46.76	46.57
	150m: 2:09.61	550m: 8:20.56	46.40	950m: 14:33.59	46.83
	200m: 2:55.60	600m: 9:07.26	46.70	1000m: 15:20.36	46.77
	250m: 3:41.84	650m: 9:53.67	46.41	1050m: 16:07.65	47.29
	300m: 4:28.12	700m: 10:39.93	46.26	1100m: 16:54.42	46.77
	350m: 5:14.61	750m: 11:26.55	46.62	1150m: 17:41.28	46.86
	400m: 6:01.12	800m: 12:13.32	46.77	1200m: 18:27.77	46.49
1250m:				19:15.20	47.43
1300m:				20:01.85	46.65
1350m:				20:48.20	46.35
1400m:				21:35.69	47.49
1450m:				22:22.43	46.74
1500m:				23:06.85	44.42
3.	Miranda Keijl	ZIGNEA	24:24.54	+0.81	
	50m: 41.40	450m: 7:15.87	50.11	850m: 13:51.32	48.48
	100m: 1:28.87	500m: 8:05.66	49.79	900m: 14:40.31	48.99
	150m: 2:16.76	550m: 8:55.38	49.72	950m: 15:29.14	48.83
	200m: 3:05.87	600m: 9:44.92	49.54	1000m: 16:17.84	48.70
	250m: 3:55.91	650m: 10:34.83	49.91	1050m: 17:06.48	48.64
	300m: 4:45.52	700m: 11:24.38	49.55	1100m: 17:55.09	48.61
	350m: 5:35.71	750m: 12:13.58	49.20	1150m: 18:43.97	48.88
	400m: 6:25.76	800m: 13:02.84	49.26	1200m: 19:32.90	48.93
1250m:				20:21.76	48.86
1300m:				21:11.08	49.32
1350m:				22:01.18	50.10
1400m:				22:50.96	49.78
1450m:				23:39.43	48.47
1500m:				24:24.54	45.11

Masters 60+

1.	Irene van der Laan	ZVVS	21:25.35		
	<i>Nederlands Masters Record</i>				
	50m: 39.40	450m: 6:17.71	42.75	850m: 12:02.77	42.95
	100m: 1:20.81	500m: 7:00.49	42.78	900m: 12:45.84	43.07
	150m: 2:02.68	550m: 7:43.51	43.02	950m: 13:28.63	42.79
	200m: 2:44.60	600m: 8:26.96	43.45	1000m: 14:11.56	42.93
	250m: 3:26.86	650m: 9:10.17	43.21	1050m: 14:54.78	43.22
	300m: 4:09.23	700m: 9:53.33	43.16	1100m: 15:37.86	43.08
	350m: 4:51.90	750m: 10:36.57	43.24	1150m: 16:21.42	43.56
	400m: 5:34.96	800m: 11:19.82	43.25	1200m: 17:05.13	43.71
1250m:				17:48.30	43.17
1300m:				18:32.08	43.78
1350m:				19:15.28	43.20
1400m:				19:59.17	43.89
1450m:				20:42.26	43.09
1500m:				21:25.35	43.09
2.	Linda Wibbelink	Steenwijk 1934	23:16.44	+0.70	
	50m: 40.05	450m: 6:50.08	46.61	850m: 13:04.02	46.45
	100m: 1:23.78	500m: 7:36.94	46.86	900m: 13:50.73	46.71
	150m: 2:10.04	550m: 8:23.83	46.89	950m: 14:37.76	47.03
	200m: 2:56.44	600m: 9:10.74	46.91	1000m: 15:24.94	47.18
	250m: 3:42.72	650m: 9:57.45	46.71	1050m: 16:11.77	46.83
	300m: 4:29.73	700m: 10:44.24	46.79	1100m: 16:58.29	46.52
	350m: 5:16.24	750m: 11:31.06	46.82	1150m: 17:45.09	46.80
	400m: 6:03.47	800m: 12:17.57	46.51	1200m: 18:32.29	47.20
1250m:				19:20.24	47.95
1300m:				20:07.89	47.65
1350m:				20:55.25	47.36
1400m:				21:42.91	47.66
1450m:				22:30.29	47.38
1500m:				23:16.44	46.15
3.	Katinka Elders	Oceanus	25:06.02	+0.62	
	50m: 42.25	450m: 7:17.71	50.96	850m: 14:04.14	51.25
	100m: 1:29.50	500m: 8:09.70	51.99	900m: 14:55.00	50.86
	150m: 2:18.25	550m: 9:00.07	50.37	950m: 15:47.11	52.11
	200m: 3:07.57	600m: 9:49.95	49.88	1000m: 16:40.17	53.06
	250m: 3:57.21	650m: 10:40.91	50.96	1050m: 17:30.75	50.58
	300m: 4:47.65	700m: 11:31.18	50.27	1100m: 18:21.74	50.99
	350m: 5:37.24	750m: 12:22.16	50.98	1150m: 19:12.24	50.50
	400m: 6:26.75	800m: 13:12.89	50.73	1200m: 20:03.68	51.44
1250m:				20:55.71	52.03
1300m:				21:46.97	51.26
1350m:				22:37.46	50.49
1400m:				23:27.66	50.20
1450m:				24:18.37	50.71
1500m:				25:06.02	47.65
4.	Marjan Spoelstra	SWOL 1894	25:34.98		
	50m: 44.86	450m: 7:34.90	52.15	850m: 14:27.92	51.42
	100m: 1:33.47	500m: 8:26.81	51.91	900m: 15:19.47	51.55
	150m: 2:23.72	550m: 9:18.68	51.87	950m: 16:10.85	51.38
	200m: 3:15.26	600m: 10:10.73	52.05	1000m: 17:02.51	51.66
	250m: 4:07.06	650m: 11:02.52	51.79	1050m: 17:54.33	51.82
	300m: 4:58.68	700m: 11:53.91	51.39	1100m: 18:45.91	51.58
	350m: 5:50.59	750m: 12:45.10	51.19	1150m: 19:37.54	51.63
	400m: 6:42.75	800m: 13:36.50	51.40	1200m: 20:29.52	51.98
1250m:				21:20.88	51.36
1300m:				22:12.39	51.51
1350m:				23:03.71	51.32
1400m:				23:54.68	50.97
1450m:				24:45.66	50.98
1500m:				25:34.98	49.32

Programmanr. 1, Dames, 1500m vrije slag, Masters 60+

rang	naam	vereniging				tijd				RT	PARA	
5.	Monica Bakker	Steenwijk 1934				NED	195600082			25:46.61	+0.95	
	50m:	43.72	43.72	450m:	7:29.05	51.13	850m:	14:21.95	51.84	1250m:	21:20.65	52.67
	100m:	1:31.86	48.14	500m:	8:20.79	51.74	900m:	15:14.06	52.11	1300m:	22:13.46	52.81
	150m:	2:21.76	49.90	550m:	9:12.04	51.25	950m:	16:06.47	52.41	1350m:	23:05.99	52.53
	200m:	3:12.52	50.76	600m:	10:03.50	51.46	1000m:	16:58.44	51.97	1400m:	23:59.23	53.24
	250m:	4:03.52	51.00	650m:	10:55.05	51.55	1050m:	17:50.53	52.09	1450m:	24:52.88	53.65
	300m:	4:54.86	51.34	700m:	11:46.56	51.51	1100m:	18:43.08	52.55	1500m:	25:46.61	53.73
	350m:	5:46.22	51.36	750m:	12:38.25	51.69	1150m:	19:35.89	52.81			
	400m:	6:37.92	51.70	800m:	13:30.11	51.86	1200m:	20:27.98	52.09			
6.	Jennie Resink-lindeboom	DWK				NED	196000142			26:35.69	+0.87	
	50m:	44.81	44.81	450m:	7:47.67	53.91	850m:	14:58.53	53.76	1250m:	22:09.26	53.81
	100m:	1:35.01	50.20	500m:	8:41.91	54.24	900m:	15:52.33	53.80	1300m:	23:03.41	54.15
	150m:	2:27.17	52.16	550m:	9:35.79	53.88	950m:	16:46.15	53.82	1350m:	23:57.92	54.51
	200m:	3:19.82	52.65	600m:	10:29.69	53.90	1000m:	17:39.89	53.74	1400m:	24:51.95	54.03
	250m:	4:12.81	52.99	650m:	11:23.64	53.95	1050m:	18:33.49	53.60	1450m:	25:45.52	53.57
	300m:	5:06.09	53.28	700m:	12:17.62	53.98	1100m:	19:27.39	53.90	1500m:	26:35.69	50.17
	350m:	5:59.85	53.76	750m:	13:11.16	53.54	1150m:	20:21.43	54.04			
	400m:	6:53.76	53.91	800m:	14:04.77	53.61	1200m:	21:15.45	54.02			
7.	Elly Kiestra-Broertjes	ZIGNEA				NED	195600100			27:04.53 *	+0.97	
	50m:	45.67	45.67	450m:	7:56.38	54.13	850m:	15:15.05	54.30	1250m:	22:32.68	56.16
	100m:	1:36.92	51.25	500m:	8:51.16	54.78	900m:	16:10.26	55.21	1300m:	23:26.85	54.17
	150m:	2:30.30	53.38	550m:	9:46.17	55.01	950m:	17:05.47	55.21	1350m:	24:21.61	54.76
	200m:	3:24.57	54.27	600m:	10:41.45	55.28	1000m:	17:59.67	54.20	1400m:	25:16.30	54.69
	250m:	4:19.24	54.67	650m:	11:36.19	54.74	1050m:	18:52.59	52.92	1450m:	26:10.34	54.04
	300m:	5:14.05	54.81	700m:	12:30.94	54.75	1100m:	19:47.46	54.87	1500m:	27:04.53	54.19
	350m:	6:08.11	54.06	750m:	13:26.08	55.14	1150m:	20:41.16	53.70			
	400m:	7:02.25	54.14	800m:	14:20.75	54.67	1200m:	21:36.52	55.36			
8.	Karien Musters	Old Dutch				NED	195800236			31:12.99	+0.70	
	50m:	51.34	51.34	450m:	8:51.74	1:01.89	850m:	17:16.60	1:04.31	1250m:	25:46.27	1:03.72
	100m:	1:47.60	56.26	500m:	9:53.31	1:01.57	900m:	18:20.88	1:04.28	1300m:	26:51.04	1:04.77
	150m:	2:45.97	58.37	550m:	10:55.24	1:01.93	950m:	19:25.29	1:04.41	1350m:	27:55.79	1:04.75
	200m:	3:45.32	59.35	600m:	11:58.87	1:03.63	1000m:	20:29.56	1:04.27	1400m:	29:01.23	1:05.44
	250m:	4:45.69	1:00.37	650m:	13:01.74	1:02.87	1050m:	21:32.51	1:02.95	1450m:	30:07.76	1:06.53
	300m:	5:46.70	1:01.01	700m:	14:05.25	1:03.51	1100m:	22:35.95	1:03.44	1500m:	31:12.99	1:05.23
	350m:	6:48.25	1:01.55	750m:	15:08.48	1:03.23	1150m:	23:38.83	1:02.88			
	400m:	7:49.85	1:01.60	800m:	16:12.29	1:03.81	1200m:	24:42.55	1:03.72			
9.	Mies Kuipers	Old Dutch				NED	195800202			33:48.41	+0.97	
	50m:	1:03.59	1:03.59	450m:	10:00.81	1:07.64	850m:	19:02.38	1:07.58	1250m:	28:12.24	1:10.12
	100m:	2:10.47	1:06.88	500m:	11:08.33	1:07.52	900m:	20:10.82	1:08.44	1300m:	29:20.53	1:08.29
	150m:	3:17.86	1:07.39	550m:	12:16.42	1:08.09	950m:	21:18.18	1:07.36	1350m:	30:29.05	1:08.52
	200m:	4:25.16	1:07.30	600m:	13:24.57	1:08.15	1000m:	22:25.97	1:07.79	1400m:	31:38.28	1:09.23
	250m:	5:32.04	1:06.88	650m:	14:32.45	1:07.88	1050m:	23:34.29	1:08.32	1450m:	32:47.25	1:08.97
	300m:	6:38.61	1:06.57	700m:	15:39.89	1:07.44	1100m:	24:44.12	1:09.83	1500m:	33:48.41	1:01.16
	350m:	7:46.18	1:07.57	750m:	16:47.60	1:07.71	1150m:	25:52.49	1:08.37			
	400m:	8:53.17	1:06.99	800m:	17:54.80	1:07.20	1200m:	27:02.12	1:09.63			

Masters 65+

1.	Ineke Weekers	PSV				NED	195300050			21:47.72	+0.64	
	<i>Europees Masters Record, EMR 800m</i>											
	50m:	40.41	40.41	450m:	6:27.86	43.14	850m:	12:16.79	43.70	1250m:	18:07.68	44.07
	100m:	1:23.66	43.25	500m:	7:11.24	43.38	900m:	13:00.03	43.24	1300m:	18:51.85	44.17
	150m:	2:07.22	43.56	550m:	7:54.48	43.24	950m:	13:43.81	43.78	1350m:	19:35.96	44.11
	200m:	2:50.54	43.32	600m:	8:38.07	43.59	1000m:	14:27.66	43.85	1400m:	20:20.53	44.57
	250m:	3:34.16	43.62	650m:	9:21.60	43.53	1050m:	15:11.53	43.87	1450m:	21:04.81	44.28
	300m:	4:18.00	43.84	700m:	10:05.58	43.98	1100m:	15:55.64	44.11	1500m:	21:47.72	42.91
	350m:	5:01.43	43.43	750m:	10:49.30	43.72	1150m:	16:39.71	44.07			
	400m:	5:44.72	43.29	800m:	11:33.09	43.79	1200m:	17:23.61	43.90			
2.	Ineke Meijer	HZ&PC Heerenveen				NED	195200034			29:41.40	+0.74	
	50m:	51.35	51.35	450m:	8:47.97	1:00.48	850m:	16:46.28	59.37	1250m:	24:46.96	59.49
	100m:	1:48.18	56.83	500m:	9:47.68	59.71	900m:	17:47.20	1:00.92	1300m:	25:46.35	59.39
	150m:	2:46.73	58.55	550m:	10:47.75	1:00.07	950m:	18:47.10	59.90	1350m:	26:45.30	58.95
	200m:	3:45.85	59.12	600m:	11:47.55	59.80	1000m:	19:47.53	1:00.43	1400m:	27:45.73	1:00.43
	250m:	4:45.81	59.96	650m:	12:47.72	1:00.17	1050m:	20:47.25	59.72	1450m:	28:45.20	59.47
	300m:	5:45.83	1:00.02	700m:	13:47.45	59.73	1100m:	21:47.34	1:00.09	1500m:	29:41.40	56.20
	350m:	6:46.62	1:00.79	750m:	14:47.01	59.56	1150m:	22:47.53	1:00.19			
	400m:	7:47.49	1:00.87	800m:	15:46.91	59.90	1200m:	23:47.47	59.94			



Open Nederlandse Masters
Kampioenschappen 2020 korte baan
Rotterdam 23-26 januari 2020



Programmanr. 1, Dames, 1500m vrije slag

Masters 70+

1. Corrie Verhoeven		PSV	NED	194600026	25:47.07	+0.85					
<i>Nederlands Masters Record</i>											
50m:	44.17	44.17	450m:	7:35.48	52.38	850m:	14:34.36	52.59	1250m:	21:30.58	51.56
100m:	1:33.17	49.00	500m:	8:27.96	52.48	900m:	15:26.29	51.93	1300m:	22:23.14	52.56
150m:	2:23.41	50.24	550m:	9:20.79	52.83	950m:	16:18.54	52.25	1350m:	23:15.52	52.38
200m:	3:14.91	51.50	600m:	10:13.36	52.57	1000m:	17:10.91	52.37	1400m:	24:07.08	51.56
250m:	4:06.48	51.57	650m:	11:05.28	51.92	1050m:	18:02.88	51.97	1450m:	24:58.06	50.98
300m:	4:58.51	52.03	700m:	11:57.05	51.77	1100m:	18:54.79	51.91	1500m:	25:47.07	49.01
350m:	5:50.59	52.08	750m:	12:49.68	52.63	1150m:	19:47.01	52.22			
400m:	6:43.10	52.51	800m:	13:41.77	52.09	1200m:	20:39.02	52.01			

Masters 75+

1. Loekie van Huissteden		ZPC AMERSFOORT	NED	194500002	34:01.85						
50m:	58.50	58.50	450m:	9:57.83	1:07.72	850m:	19:06.50	1:08.77	1250m:	28:19.95	1:10.06
100m:	2:05.08	1:06.58	500m:	11:06.19	1:08.36	900m:	20:14.02	1:07.52	1300m:	29:28.70	1:08.75
150m:	3:12.99	1:07.91	550m:	12:15.06	1:08.87	950m:	21:22.05	1:08.03	1350m:	30:37.62	1:08.92
200m:	4:20.56	1:07.57	600m:	13:22.96	1:07.90	1000m:	22:31.52	1:09.47	1400m:	31:47.18	1:09.56
250m:	5:28.25	1:07.69	650m:	14:32.36	1:09.40	1050m:	23:41.83	1:10.31	1450m:	32:56.73	1:09.55
300m:	6:34.66	1:06.41	700m:	15:41.69	1:09.33	1100m:	24:51.32	1:09.49	1500m:	34:01.85	1:05.12
350m:	7:42.32	1:07.66	750m:	16:49.40	1:07.71	1150m:	26:00.32	1:09.00			
400m:	8:50.11	1:07.79	800m:	17:57.73	1:08.33	1200m:	27:09.89	1:09.57			

Masters 80+

1. Marie Smits		Old Dutch	NED	193800004	33:31.79						
50m:	57.14	57.14	450m:	9:54.97	1:07.14	850m:	18:55.62	1:05.48	1250m:	27:57.32	1:08.04
100m:	2:04.16	1:07.02	500m:	11:02.61	1:07.64	900m:	20:03.02	1:07.40	1300m:	29:05.07	1:07.75
150m:	3:12.17	1:08.01	550m:	12:10.86	1:08.25	950m:	21:10.52	1:07.50	1350m:	30:12.46	1:07.39
200m:	4:19.84	1:07.67	600m:	13:18.25	1:07.39	1000m:	22:17.83	1:07.31	1400m:	31:20.04	1:07.58
250m:	5:26.48	1:06.64	650m:	14:27.03	1:08.78	1050m:	23:25.12	1:07.29	1450m:	32:26.90	1:06.86
300m:	6:34.06	1:07.58	700m:	15:35.21	1:08.18	1100m:	24:33.70	1:08.58	1500m:	33:31.79	1:04.89
350m:	7:39.99	1:05.93	750m:	16:43.11	1:07.90	1150m:	25:42.24	1:08.54			
400m:	8:47.83	1:07.84	800m:	17:50.14	1:07.03	1200m:	26:49.28	1:07.04			

