

Programmanr. 17
25-01-2020 - 10:09

Dames, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging						tijd	RT	PARA
Masters 20+										
1.	Madelon Dijkstra <i>Nederlands Masters Record</i>	ZPCH	NED	199703510				4:56.90	+0.82	
	50m: 32.05 32.05	150m: 1:48.65 39.85	250m: 3:08.71 41.06	350m: 4:24.12 33.44						
	100m: 1:08.80 36.75	200m: 2:27.65 39.00	300m: 3:50.68 41.97	400m: 4:56.90 32.78						
2.	Nikita van den Ouden	Nuenen	NED	199900622				5:01.19	+0.56	
	50m: 30.93 30.93	150m: 1:45.90 38.63	250m: 3:06.24 42.62	350m: 4:25.64 35.57						
	100m: 1:07.27 36.34	200m: 2:23.62 37.72	300m: 3:50.07 43.83	400m: 5:01.19 35.55						
3.	Anne Noom	Het Y	NED	199800062				5:07.28	+0.69	
	50m: 32.07 32.07	150m: 1:48.73 39.22	250m: 3:10.93 43.20	350m: 4:31.91 35.94						
	100m: 1:09.51 37.44	200m: 2:27.73 39.00	300m: 3:55.97 45.04	400m: 5:07.28 35.37						
4.	Manon van Esch	PSV	NED	199702090				5:12.77	+0.78	
	50m: 31.20 31.20	150m: 1:47.35 39.71	250m: 3:13.59 46.81	350m: 4:38.15 36.29						
	100m: 1:07.64 36.44	200m: 2:26.78 39.43	300m: 4:01.86 48.27	400m: 5:12.77 34.62						
5.	Caroline Boxman	ZPCH	NED	200004660				5:20.77	+0.74	
	50m: 32.94 32.94	150m: 1:55.44 42.74	250m: 3:22.95 45.93	350m: 4:45.91 35.79						
	100m: 1:12.70 39.76	200m: 2:37.02 41.58	300m: 4:10.12 47.17	400m: 5:20.77 34.86						
6.	Christel Brugmans	Hieronymus	NED	200005602				5:24.38	+0.73	
	50m: 32.97 32.97	150m: 1:57.15 44.40	250m: 3:23.29 44.36	350m: 4:47.62 39.59						
	100m: 1:12.75 39.78	200m: 2:38.93 41.78	300m: 4:08.03 44.74	400m: 5:24.38 36.76						
7.	Lotte Middelbos	De Schotejil	NED	199900680				5:27.46		
	50m: 33.93 33.93	150m: 1:58.66 43.64	250m: 3:27.22 46.15	350m: 4:51.65 37.39						
	100m: 1:15.02 41.09	200m: 2:41.07 42.41	300m: 4:14.26 47.04	400m: 5:27.46 35.81						
8.	Manon Kloosterman	De Bevelanders	NED	199702082				5:29.94	+0.88	
	50m: 34.37 34.37	150m: 2:00.06 44.71	250m: 3:30.38 46.96	350m: 4:54.14 37.65						
	100m: 1:15.35 40.98	200m: 2:43.42 43.36	300m: 4:16.49 46.11	400m: 5:29.94 35.80						
9.	Chantal Beijer	DWT	NED	199700884				5:30.48	+0.75	
	50m: 34.36 34.36	150m: 1:57.07 41.66	250m: 3:23.60 46.33	350m: 4:51.07 39.83						
	100m: 1:15.41 41.05	200m: 2:37.27 40.20	300m: 4:11.24 47.64	400m: 5:30.48 39.41						
10.	Kirsten Walraven	ZPC De Zeeuwse Kust	NED	200001358				5:33.39	+0.78	
	50m: 34.87 34.87	150m: 1:57.65 41.69	250m: 3:28.42 50.56	350m: 4:56.18 37.41						
	100m: 1:15.96 41.09	200m: 2:37.86 40.21	300m: 4:18.77 50.35	400m: 5:33.39 37.21						
11.	Sanne Rebers	Hieronymus	NED	199902082				5:39.55	+0.76	
	50m: 36.81 36.81	150m: 2:02.09 41.32	250m: 3:31.11 48.40	350m: 5:00.45 39.90						
	100m: 1:20.77 43.96	200m: 2:42.71 40.62	300m: 4:20.55 49.44	400m: 5:39.55 39.10						
Masters 25+										
1.	Maaïke Vooren	DAW	NED	199103324				5:13.11	+0.83	
	50m: 33.46 33.46	150m: 1:55.68 42.81	250m: 3:20.82 43.50	350m: 4:40.09 35.03						
	100m: 1:12.87 39.41	200m: 2:37.32 41.64	300m: 4:05.06 44.24	400m: 5:13.11 33.02						
2.	Fiona Meuffels	RZ	NED	199504366				5:22.84	+0.70	
	50m: 34.93 34.93	150m: 1:59.51 42.77	250m: 3:26.79 44.46	350m: 4:48.28 36.18						
	100m: 1:16.74 41.81	200m: 2:42.33 42.82	300m: 4:12.10 45.31	400m: 5:22.84 34.56						
3.	Fraukje Puts	HZ&PC Heerenveen	NED	199206470				5:33.20	+0.81	
	50m: 34.90 34.90	150m: 2:01.71 45.22	250m: 3:32.21 46.53	350m: 4:57.18 37.90						
	100m: 1:16.49 41.59	200m: 2:45.68 43.97	300m: 4:19.28 47.07	400m: 5:33.20 36.02						
4.	Nanda de Vries	Steenwijk 1934	NED	199204328				5:38.90	+0.69	
	50m: 36.17 36.17	150m: 2:04.17 43.77	250m: 3:34.73 47.72	350m: 5:01.84 39.28						
	100m: 1:20.40 44.23	200m: 2:47.01 42.84	300m: 4:22.56 47.83	400m: 5:38.90 37.06						
5.	Wendy de Bruin	ZOB'66	NED	199206320				5:39.28	+0.60	
	50m: 34.75 34.75	150m: 2:01.39 43.47	250m: 3:32.54 48.35	350m: 5:01.02 39.52						
	100m: 1:17.92 43.17	200m: 2:44.19 42.80	300m: 4:21.50 48.96	400m: 5:39.28 38.26						
6.	Nikki Hoogeboom	De IJsel	NED	199301196				5:45.50	+0.85	
	50m: 34.34 34.34	150m: 1:59.23 43.70	250m: 3:33.47 51.25	350m: 5:05.63 41.39						
	100m: 1:15.53 41.19	200m: 2:42.22 42.99	300m: 4:24.24 50.77	400m: 5:45.50 39.87						
7.	Désirée Emmen	De Warande	NED	199204862				5:55.57	+0.65	
	50m: 35.32 35.32	150m: 2:02.68 45.42	250m: 3:39.38 53.29	350m: 5:15.42 42.63						
	100m: 1:17.26 41.94	200m: 2:46.09 43.41	300m: 4:32.79 53.41	400m: 5:55.57 40.15						

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

Programmanr. 17, Dames, 400m wisselslag

Masters 30+

1.	Susanne van der Linden	DIO	NED	198802736	5:46.84	+0.81
	50m: 36.60	36.60	150m: 2:06.16	45.87	250m: 3:38.47	46.41
	100m: 1:20.29	43.69	200m: 2:52.06	45.90	300m: 4:25.74	47.27
					350m: 5:06.73	40.99
					400m: 5:46.84	40.11
2.	Suzan Blankestijn	ZVL-1886 Tetteroo	NED	198900350	5:48.28	+0.72
	50m: 36.93	36.93	150m: 2:08.33	47.43	250m: 3:38.70	44.85
	100m: 1:20.90	43.97	200m: 2:53.85	45.52	300m: 4:25.69	46.99
					350m: 5:08.11	42.42
					400m: 5:48.28	40.17
3.	Martje Godschalk	De IJsel	NED	199001186	5:53.88	+0.62
	50m: 37.72	37.72	150m: 2:07.98	45.07	250m: 3:43.47	49.52
	100m: 1:22.91	45.19	200m: 2:53.95	45.97	300m: 4:33.68	50.21
					350m: 5:14.05	40.37
					400m: 5:53.88	39.83
4.	Liesbeth van Mill	Zwemlust- den Hommel	NED	198702786	5:56.91	+0.86
	50m: 38.40	38.40	150m: 2:10.46	46.39	250m: 3:44.18	47.96
	100m: 1:24.07	45.67	200m: 2:56.22	45.76	300m: 4:32.63	48.45
					350m: 5:15.24	42.61
					400m: 5:56.91	41.67
5.	Karin van Dijk	De Wellerobben	NED	198600850	5:59.96	+0.60
	50m: 36.50	36.50	150m: 2:11.17	49.43	250m: 3:46.57	46.17
	100m: 1:21.74	45.24	200m: 3:00.40	49.23	300m: 4:35.08	48.51
					350m: 5:17.87	42.79
					400m: 5:59.96	42.09

Masters 35+

1.	Viktória Háden-Felföldi	Megathlon SE	HUN		5:14.09	+0.63
	<i>Kampioenschaps Record, Hungarian Masters Record</i>					
	50m: 32.53	32.53	150m: 1:49.42	39.89	250m: 3:14.53	45.92
	100m: 1:09.53	37.00	200m: 2:28.61	39.19	300m: 4:00.88	46.35
					350m: 4:38.17	37.29
					400m: 5:14.09	35.92
2.	Stephanie Vaernewyck	MEGA-zwemteam	BEL	20352/83	5:23.13	+0.86
	50m: 34.46	34.46	150m: 1:57.36	41.77	250m: 3:24.40	45.47
	100m: 1:15.59	41.13	200m: 2:38.93	41.57	300m: 4:11.27	46.87
					350m: 4:47.73	36.46
					400m: 5:23.13	35.40
3.	Ann Wanter	Zwemclub Geel	BEL	21082/82	5:28.69	+0.79
	50m: 34.19	34.19	150m: 1:55.27	41.50	250m: 3:25.21	49.07
	100m: 1:13.77	39.58	200m: 2:36.14	40.87	300m: 4:13.70	48.49
					350m: 4:50.51	36.81
					400m: 5:28.69	38.18
4.	Agnieszka Kaczmarek	Legia Warszawa	POL		5:36.98	+0.82
	<i>Polish Masters Record</i>					
	50m: 35.22	35.22	150m: 1:59.02	41.12	250m: 3:28.88	48.02
	100m: 1:17.90	42.68	200m: 2:40.86	41.84	300m: 4:17.10	48.22
					350m: 4:57.34	40.24
					400m: 5:36.98	39.64
5.	Roos van Esch	De Lansingh	NED	198200468	5:43.26	+0.93
	50m: 36.08	36.08	150m: 2:01.82	45.09	250m: 3:35.67	50.13
	100m: 1:16.73	40.65	200m: 2:45.54	43.72	300m: 4:25.27	49.60
					350m: 5:05.42	40.15
					400m: 5:43.26	37.84
6.	Angela Giezen	Upstream Amsterdam	NED	198302796	6:11.77	+0.67
	50m: 39.21	39.21	150m: 2:15.73	48.77	250m: 3:55.13	53.11
	100m: 1:26.96	47.75	200m: 3:02.02	46.29	300m: 4:47.27	52.14
					350m: 5:30.60	43.33
					400m: 6:11.77	41.17

Masters 40+

1.	Jolanda van Gendt	PSV	NED	197800266	6:09.43	+0.81
	50m: 39.51	39.51	150m: 2:13.53	46.34	250m: 3:50.43	52.00
	100m: 1:27.19	47.68	200m: 2:58.43	44.90	300m: 4:43.38	52.95
					350m: 5:26.07	42.69
					400m: 6:09.43	43.36

Masters 45+

1.	Liselotte Joling	PSV	NED	197500268	5:34.88	+0.74
	50m: 36.31	36.31	150m: 2:02.14	43.69	250m: 3:32.40	47.55
	100m: 1:18.45	42.14	200m: 2:44.85	42.71	300m: 4:21.00	48.60
					350m: 4:58.89	37.89
					400m: 5:34.88	35.99

Masters 50+

1.	Heidi den Boer	Link	NED	196900864	6:03.02	+0.69
	50m: 37.56	37.56	150m: 2:10.97	48.06	250m: 3:48.93	51.15
	100m: 1:22.91	45.35	200m: 2:57.78	46.81	300m: 4:41.82	52.89
					350m: 5:23.21	41.39
					400m: 6:03.02	39.81
2.	Bianca Groot	MSV-Zeemacht	NED	197000652	6:06.03	+0.87
	50m: 37.77	37.77	150m: 2:15.41	49.15	250m: 3:53.01	50.45
	100m: 1:26.26	48.49	200m: 3:02.56	47.15	300m: 4:45.35	52.34
					350m: 5:25.98	40.63
					400m: 6:06.03	40.05

Programmanr. 17, Dames, 400m wisselslag, Masters 50+

rang	naam	vereniging		tijd		RT	PARA	
3.	Laura Staal	Oceanus		6:30.78		+0.84		
	50m: 43.53	43.53	150m: 2:25.84	50.02	250m: 4:08.89	53.69	350m: 5:48.09	43.94
	100m: 1:35.82	52.29	200m: 3:15.20	49.36	300m: 5:04.15	55.26	400m: 6:30.78	42.69

Masters 55+

1.	Pierrette Michel	CNSW		5:50.91		+1.00		
	50m: 36.75	36.75	150m: 2:05.49	44.26	250m: 3:39.87	51.17	350m: 5:11.69	40.38
	100m: 1:21.23	44.48	200m: 2:48.70	43.21	300m: 4:31.31	51.44	400m: 5:50.91	39.22
2.	Petra Tossings	DAW		6:39.52		+0.73		
	50m: 41.86	41.86	150m: 2:26.30	53.61	250m: 4:14.08	55.32	350m: 5:55.53	45.29
	100m: 1:32.69	50.83	200m: 3:18.76	52.46	300m: 5:10.24	56.16	400m: 6:39.52	43.99

Masters 60+

1.	Inge Wolfs	HHZV Plons		6:56.75		+0.90		
	50m: 41.12	41.12	150m: 2:25.86	53.72	250m: 4:19.03	58.46	350m: 6:08.10	48.60
	100m: 1:32.14	51.02	200m: 3:20.57	54.71	300m: 5:19.50	1:00.47	400m: 6:56.75	48.65
2.	Hannie Poletiek	TriVia		7:22.62		+0.97		
	50m: 49.58	49.58	150m: 2:46.45	57.02	250m: 4:43.17	1:01.37	350m: 6:33.36	48.98
	100m: 1:49.43	59.85	200m: 3:41.80	55.35	300m: 5:44.38	1:01.21	400m: 7:22.62	49.26

Masters 65+

1.	Margriet Pasma <i>Nederlands Masters Record</i>	TriVia		7:00.69		+0.98		
	50m: 50.32	50.32	150m: 2:40.82	51.25	250m: 4:30.38	58.88	350m: 6:16.21	45.35
	100m: 1:49.57	59.25	200m: 3:31.50	50.68	300m: 5:30.86	1:00.48	400m: 7:00.69	44.48

Masters 70+

1.	Antoinette Gilding-Tussaud <i>Nederlands Masters Record</i>	WS Twente		8:55.76				
	50m: 1:01.66	1:01.66	150m: 3:22.75	1:02.24	250m: 5:43.16	1:16.75	350m: 7:55.89	59.63
	100m: 2:20.51	1:18.85	200m: 4:26.41	1:03.66	300m: 6:56.26	1:13.10	400m: 8:55.76	59.87