

Programmanr. 3
24-01-2020 - 9:00

Dames, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging							tijd	RT	PARA
Masters 20+											
1.	Madelon Dijkstra <i>Nederlands Masters Record</i>	ZPCH	NED	199703510					4:20.22	+0.67	
	50m: 29.58	29.58	150m: 1:33.67	32.30	250m: 2:39.47	33.12	350m: 3:47.08	33.78			
	100m: 1:03.37	31.79	200m: 2:06.35	32.68	300m: 3:13.30	33.83	400m: 4:20.22	33.14			
2.	Tamara Grove	De Dolfijn	NED	199601266					4:29.13	+0.72	
	50m: 30.27	30.27	150m: 1:37.88	34.08	250m: 2:46.35	34.10	350m: 3:55.58	34.56			
	100m: 1:03.80	33.53	200m: 2:12.25	34.37	300m: 3:21.02	34.67	400m: 4:29.13	33.55			
3.	Jamilla van Veen	Zwemvereniging Hoogland	NED	199603192					4:35.52	+0.73	
	50m: 29.84	29.84	150m: 1:38.36	34.74	250m: 2:48.76	35.12	350m: 4:00.30	36.02			
	100m: 1:03.62	33.78	200m: 2:13.64	35.28	300m: 3:24.28	35.52	400m: 4:35.52	35.22			
4.	Maike van de Velde	ZPCH	NED	200000382					4:39.59	+0.66	
	50m: 31.55	31.55	150m: 1:42.25	35.52	250m: 2:53.51	35.53	350m: 4:05.06	35.76			
	100m: 1:06.73	35.18	200m: 2:17.98	35.73	300m: 3:29.30	35.79	400m: 4:39.59	34.53			
5.	Michelle Zomerdijk	Dedemsvaart-AC	NED	200003196					4:39.74	+0.71	
	50m: 30.46	30.46	150m: 1:38.90	34.68	250m: 2:49.75	35.57	350m: 4:03.82	37.25			
	100m: 1:04.22	33.76	200m: 2:14.18	35.28	300m: 3:26.57	36.82	400m: 4:39.74	35.92			
6.	Caroline Boxman	ZPCH	NED	200004660					4:40.94	+0.72	
	50m: 31.00	31.00	150m: 1:40.99	35.55	250m: 2:53.51	36.42	350m: 4:05.80	36.23			
	100m: 1:05.44	34.44	200m: 2:17.09	36.10	300m: 3:29.57	36.06	400m: 4:40.94	35.14			
7.	Kirsten Walraven	ZPC De Zeeuwse Kust	NED	200001358					4:42.88	+0.65	
	50m: 31.12	31.12	150m: 1:41.96	36.08	250m: 2:54.48	36.35	350m: 4:07.34	36.49			
	100m: 1:05.88	34.76	200m: 2:18.13	36.17	300m: 3:30.85	36.37	400m: 4:42.88	35.54			
8.	Bibi Stokvis	Het Y	NED	199900892					4:43.16	+0.71	
	50m: 30.37	30.37	150m: 1:40.36	35.72	250m: 2:53.31	36.22	350m: 4:07.06	36.86			
	100m: 1:04.64	34.27	200m: 2:17.09	36.73	300m: 3:30.20	36.89	400m: 4:43.16	36.10			
9.	Hilde Dekker	ReVeLie Swim Team	NED	199901926					4:43.47	+0.87	
	50m: 31.15	31.15	150m: 1:41.94	35.92	250m: 2:56.03	37.04	350m: 4:08.67	35.90			
	100m: 1:06.02	34.87	200m: 2:18.99	37.05	300m: 3:32.77	36.74	400m: 4:43.47	34.80			
10.	Marijke Drent	De Zwemlinie (SG)	NED	199906232					4:45.91	+0.66	
	50m: 32.57	32.57	150m: 1:43.73	36.04	250m: 2:56.24	36.40	350m: 4:09.90	36.95			
	100m: 1:07.69	35.12	200m: 2:19.84	36.11	300m: 3:32.95	36.71	400m: 4:45.91	36.01			
11.	Emma Schell	De Dolfijn	NED	199906574					4:50.57	+0.72	
	50m: 32.92	32.92	150m: 1:45.16	36.65	250m: 3:00.16	37.60	350m: 4:15.19	37.35			
	100m: 1:08.51	35.59	200m: 2:22.56	37.40	300m: 3:37.84	37.68	400m: 4:50.57	35.38			
12.	Marije Dankelman	Dedemsvaart-AC	NED	199701502					4:57.68	+0.78	
	50m: 32.67	32.67	150m: 1:46.40	37.75	250m: 3:03.14	38.59	350m: 4:20.16	38.31			
	100m: 1:08.65	35.98	200m: 2:24.55	38.15	300m: 3:41.85	38.71	400m: 4:57.68	37.52			
13.	Lenneke Bagijn	De Duck	NED	199604992					5:07.89	+0.70	
	50m: 33.22	33.22	150m: 1:46.94	37.79	250m: 3:07.01	40.16	350m: 4:28.52	40.35			
	100m: 1:09.15	35.93	200m: 2:26.85	39.91	300m: 3:48.17	41.16	400m: 5:07.89	39.37			
14.	Ageeth de Haan	Steenwijk 1934	NED	199901022					5:17.34	+0.77	
	50m: 34.19	34.19	150m: 1:53.41	40.73	250m: 3:17.57	42.07	350m: 4:38.89	40.74			
	100m: 1:12.68	38.49	200m: 2:35.50	42.09	300m: 3:58.15	40.58	400m: 5:17.34	38.45			
15.	Renske Beek	AZ&PC De Futen	NED	200000516					5:21.42	+0.89	
	50m: 34.85	34.85	150m: 1:55.10	41.06	250m: 3:18.82	42.20	350m: 4:43.58	42.27			
	100m: 1:14.04	39.19	200m: 2:36.62	41.52	300m: 4:01.31	42.49	400m: 5:21.42	37.84			
16.	Nadine Scheeve	De Biesboschzwemmers	NED	199700684					5:46.37	+0.80	
	50m: 36.27	36.27	150m: 2:02.51	44.02	250m: 3:32.94	45.26	350m: 5:04.12	45.45			
	100m: 1:18.49	42.22	200m: 2:47.68	45.17	300m: 4:18.67	45.73	400m: 5:46.37	42.25			

Programmanr. 3, Dames, 400m vrije slag

Masters 25+

1.	Maaïke Vooren	DAW	NED	199103324	4:35.21	+0.81
	50m: 30.95	30.95	150m: 1:39.66	34.64	250m: 2:50.13	35.26
	100m: 1:05.02	34.07	200m: 2:14.87	35.21	300m: 3:25.30	35.17
					350m: 4:00.63	35.33
					400m: 4:35.21	34.58
2.	Melissa van der Geld	TRB-RES	NED	199506250	4:39.47	+0.74
	50m: 31.12	31.12	150m: 1:40.15	34.77	250m: 2:50.79	35.13
	100m: 1:05.38	34.26	200m: 2:15.66	35.51	300m: 3:27.02	36.23
					350m: 4:03.84	36.82
					400m: 4:39.47	35.63
3.	Fiona Meuffels	RZ	NED	199504366	4:49.63	+0.71
	50m: 33.01	33.01	150m: 1:46.51	37.09	250m: 3:00.53	36.67
	100m: 1:09.42	36.41	200m: 2:23.86	37.35	300m: 3:37.01	36.48
					350m: 4:14.32	37.31
					400m: 4:49.63	35.31
4.	Fraukje Puts	HZ&PC Heerenveen	NED	199206470	4:50.91	+0.80
	50m: 32.82	32.82	150m: 1:45.24	36.83	250m: 3:00.20	37.53
	100m: 1:08.41	35.59	200m: 2:22.67	37.43	300m: 3:37.99	37.79
					350m: 4:14.97	36.98
					400m: 4:50.91	35.94
5.	Lotte Coenen	The Hague Swimming (SG)	NED	199301518	4:52.45	+0.87
	50m: 32.49	32.49	150m: 1:45.75	36.94	250m: 3:00.68	37.52
	100m: 1:08.81	36.32	200m: 2:23.16	37.41	300m: 3:38.61	37.93
					350m: 4:16.66	38.05
					400m: 4:52.45	35.79
6.	Janine de Groot	De Zwemlinie (SG)	NED	199500092	4:56.16	+0.81
	50m: 32.52	32.52	150m: 1:46.43	37.65	250m: 3:02.37	38.18
	100m: 1:08.78	36.26	200m: 2:24.19	37.76	300m: 3:40.44	38.07
					350m: 4:18.91	38.47
					400m: 4:56.16	37.25
7.	Deborah Wissink	ZPC De Hof	NED	199503484	4:59.16	+0.77
	50m: 33.73	33.73	150m: 1:49.19	38.15	250m: 3:05.58	38.14
	100m: 1:11.04	37.31	200m: 2:27.44	38.25	300m: 3:43.74	38.16
					350m: 4:21.80	38.06
					400m: 4:59.16	37.36
8.	Nanda de Vries	Steenwijk 1934	NED	199204328	4:59.57	+0.79
	50m: 32.52	32.52	150m: 1:47.67	37.76	250m: 3:04.24	38.22
	100m: 1:09.91	37.39	200m: 2:26.02	38.35	300m: 3:42.69	38.45
					350m: 4:21.74	39.05
					400m: 4:59.57	37.83
9.	Danielle Vermeulen	Zwemlust- den Hommel	NED	199108534	5:00.34	+0.72
	50m: 33.47	33.47	150m: 1:49.19	38.24	250m: 3:06.11	38.22
	100m: 1:10.95	37.48	200m: 2:27.89	38.70	300m: 3:44.66	38.55
					350m: 4:23.13	38.47
					400m: 5:00.34	37.21
10.	Pascalie Rovers	De Dolfijn	NED	199301064	5:01.16	+0.73
	50m: 31.94	31.94	150m: 1:46.51	38.03	250m: 3:04.67	39.01
	100m: 1:08.48	36.54	200m: 2:25.66	39.15	300m: 3:44.17	39.50
					350m: 4:23.47	39.30
					400m: 5:01.16	37.69
11.	Wendy de Bruin	ZOB'66	NED	199206320	5:03.65	+0.51
	50m: 32.58	32.58	150m: 1:48.18	38.72	250m: 3:06.28	39.20
	100m: 1:09.46	36.88	200m: 2:27.08	38.90	300m: 3:45.82	39.54
					350m: 4:25.21	39.39
					400m: 5:03.65	38.44
12.	Désirée Emmen	De Warande	NED	199204862	5:04.94	+0.66
	50m: 32.23	32.23	150m: 1:46.41	37.88	250m: 3:04.98	39.70
	100m: 1:08.53	36.30	200m: 2:25.28	38.87	300m: 3:45.60	40.62
					350m: 4:25.75	40.15
					400m: 5:04.94	39.19
13.	Suzanne Mosch	MSV-Zeemacht	NED	199400548	5:12.13	+0.80
	50m: 34.55	34.55	150m: 1:51.63	38.93	250m: 3:10.66	39.30
	100m: 1:12.70	38.15	200m: 2:31.36	39.73	300m: 3:50.82	40.16
					350m: 4:31.31	40.49
					400m: 5:12.13	40.82
14.	Sanne de Roo	ZZ&PC De Devel	NED	199501934	5:21.58	+0.84
	50m: 35.78	35.78	150m: 1:54.55	40.17	250m: 3:16.27	41.10
	100m: 1:14.38	38.60	200m: 2:35.17	40.62	300m: 3:58.10	41.83
					350m: 4:39.97	41.87
					400m: 5:21.58	41.61
15.	Laura Scheffer	GoSwim	NED	199407222	5:22.72 *	+0.76
	50m: 34.74	34.74	150m: 1:53.92	40.08	250m: 3:17.43	42.14
	100m: 1:13.84	39.10	200m: 2:35.29	41.37	300m: 3:59.49	42.06
					350m: 4:41.37	41.88
					400m: 5:22.72	41.35
16.	Naomi Stacia	SwimGym	NED	199201668	5:28.15	+0.68
	50m: 36.18	36.18	150m: 1:57.37	41.18	250m: 3:22.13	42.72
	100m: 1:16.19	40.01	200m: 2:39.41	42.04	300m: 4:05.07	42.94
					350m: 4:47.76	42.69
					400m: 5:28.15	40.39
17.	Ilse Blankvoort	Steenwijk 1934	NED	199204458	5:28.21	+0.75
	50m: 36.85	36.85	150m: 1:58.95	41.35	250m: 3:23.09	42.14
	100m: 1:17.60	40.75	200m: 2:40.95	42.00	300m: 4:05.44	42.35
					350m: 4:47.37	41.93
					400m: 5:28.21	40.84
18.	Lieke Van Dam	SwimGym	NED	199507038	5:42.75	
	50m: 37.37	37.37	150m: 2:02.07	42.55	250m: 3:28.71	42.58
	100m: 1:19.52	42.15	200m: 2:46.13	44.06	300m: 4:13.45	44.74
					350m: 4:58.37	44.92
					400m: 5:42.75	44.38
19.	Elly Scheepers	Budel	NED	199102728	5:45.50	+0.89
	50m: 39.27	39.27	150m: 2:08.76	44.98	250m: 3:38.74	44.91
	100m: 1:23.78	44.51	200m: 2:53.83	45.07	300m: 4:22.69	43.95
					350m: 5:05.42	42.73
					400m: 5:45.50	40.08
20.	Claudia Creemers	RZ	NED	199202864	6:32.34	+0.77
	50m: 41.55	41.55	150m: 2:16.83	48.91	250m: 3:58.78	51.92
	100m: 1:27.92	46.37	200m: 3:06.86	50.03	300m: 4:51.51	52.73
					350m: 5:43.07	51.56
					400m: 6:32.34	49.27

Programmanr. 3, Dames, 400m vrije slag

Masters 30+

1.	Marlijn Hendriksen	DIO	NED	198806828	4:52.29	+0.72				
	50m: 34.03	34.03	150m: 1:47.81	37.26	250m: 3:02.60	37.38	350m: 4:17.01	37.11	400m: 4:52.29	35.28
	100m: 1:10.55	36.52	200m: 2:25.22	37.41	300m: 3:39.90	37.30				
2.	Jenny Schouten	Zwemsport Parkstad (SG)	NED	198703674	4:52.33	+0.81				
	50m: 31.44	31.44	150m: 1:43.22	36.93	250m: 2:58.57	37.77	350m: 4:16.01	38.53	400m: 4:52.33	36.32
	100m: 1:06.29	34.85	200m: 2:20.80	37.58	300m: 3:37.48	38.91				
3.	Saskia de Klerk	GoSwim	NED	199004612	5:08.76	+0.82				
	50m: 31.53	31.53	150m: 1:44.83	38.12	250m: 3:05.72	40.40	350m: 4:28.72	41.16	400m: 5:08.76	40.04
	100m: 1:06.71	35.18	200m: 2:25.32	40.49	300m: 3:47.56	41.84				
4.	Clara Van Roeyen	GBZ	BEL	20082/90	5:09.81	+0.88				
	50m: 33.81	33.81	150m: 1:50.36	38.97	250m: 3:10.18	40.05	350m: 4:30.83	40.38	400m: 5:09.81	38.98
	100m: 1:11.39	37.58	200m: 2:30.13	39.77	300m: 3:50.45	40.27				
5.	Mandy Verbakel	ZPC Woerden	NED	199003908	5:12.13	+0.67				
	50m: 33.02	33.02	150m: 1:50.76	39.52	250m: 3:11.23	40.48	350m: 4:32.60	40.87	400m: 5:12.13	39.53
	100m: 1:12.24	38.22	200m: 2:30.75	39.99	300m: 3:51.73	40.50				
6.	Suzan Blankestijn	ZVL-1886 Tetteroo	NED	198900350	5:20.14	+0.67				
	50m: 33.35	33.35	150m: 1:53.22	40.85	250m: 3:15.91	41.60	350m: 4:39.10	41.60	400m: 5:20.14	41.04
	100m: 1:12.37	39.02	200m: 2:34.31	41.09	300m: 3:57.50	41.59				
7.	Nanda van Heteren	De Geul	NED	198901728	5:22.58	+0.74				
	50m: 35.54	35.54	150m: 1:55.80	40.86	250m: 3:18.14	41.27	350m: 4:41.46	41.65	400m: 5:22.58	41.12
	100m: 1:14.94	39.40	200m: 2:36.87	41.07	300m: 3:59.81	41.67				
8.	Esther Boerdam-Delfos	AZC	NED	198705256	5:34.91	+0.69				
	50m: 37.08	37.08	150m: 2:00.62	42.12	250m: 3:26.82	43.04	350m: 4:53.34	43.07	400m: 5:34.91	41.57
	100m: 1:18.50	41.42	200m: 2:43.78	43.16	300m: 4:10.27	43.45				
9.	Joëlle Vaes	DIO	NED	199007576	5:48.70	+0.58				
	50m: 38.33	38.33	150m: 2:06.05	44.84	250m: 3:35.96	44.78	350m: 5:06.04	44.93	400m: 5:48.70	42.66
	100m: 1:21.21	42.88	200m: 2:51.18	45.13	300m: 4:21.11	45.15				
10.	Dorien Vasseur	Scheldestroom	NED	198704164	6:16.39	+0.76				
	50m: 40.50	40.50	150m: 2:14.27	48.11	250m: 3:51.66	48.78	350m: 5:29.46	48.39	400m: 6:16.39	46.93
	100m: 1:20.16	45.66	200m: 3:02.88	48.61	300m: 4:41.07	49.41				
AFGEM	Tessa Verheijdt	WVZ	NED	198904290						

Masters 35+

1.	Viktória Háden-Felföldi	Megathlon SE	HUN		4:39.44	+0.74				
	<i>Kampioenschaps Record, Hungarian Masters Record</i>									
	50m: 31.63	31.63	150m: 1:40.57	34.85	250m: 2:51.78	35.83	350m: 4:03.92	36.28	400m: 4:39.44	35.52
	100m: 1:05.72	34.09	200m: 2:15.95	35.38	300m: 3:27.64	35.86				
2.	Stephanie Vaernewyck	MEGA-zwemteam	BEL	20352/83	4:44.22	+0.75				
	50m: 32.62	32.62	150m: 1:43.80	35.77	250m: 2:55.97	36.18	350m: 4:08.77	36.37	400m: 4:44.22	35.45
	100m: 1:08.03	35.41	200m: 2:19.79	35.99	300m: 3:32.40	36.43				
3.	Ramona Linting	LinK	NED	198301274	5:05.63	+0.70				
	50m: 33.92	33.92	150m: 1:50.53	38.80	250m: 3:08.26	38.50	350m: 4:26.93	39.37	400m: 5:05.63	38.70
	100m: 1:11.73	37.81	200m: 2:29.76	39.23	300m: 3:47.56	39.30				
4.	Audrey Runge	Natation Vesoul Noidans	FRA	689748	5:24.86	+0.81				
	50m: 35.34	35.34	150m: 1:55.67	40.85	250m: 3:19.13	41.70	350m: 4:43.62	42.22	400m: 5:24.86	41.24
	100m: 1:14.82	39.48	200m: 2:37.43	41.76	300m: 4:01.40	42.27				
5.	Isaline Manchel	CNSW	BEL	001284/85	5:39.75	+0.95				
	50m: 38.91	38.91	150m: 2:04.99	43.34	250m: 3:31.06	42.82	350m: 4:57.53	43.28	400m: 5:39.75	42.22
	100m: 1:21.65	42.74	200m: 2:48.24	43.25	300m: 4:14.25	43.19				
6.	Femke Smits	Rotterdam Swimming (SG)	NED	198403574	6:41.82	+0.86				
	50m: 44.12	44.12	150m: 2:25.46	52.10	250m: 4:08.29	52.17	350m: 5:51.28	51.81	400m: 6:41.82	50.54
	100m: 1:33.36	49.24	200m: 3:16.12	50.66	300m: 4:59.47	51.18				

Programmanr. 3, Dames, 400m vrije slag

Masters 40+

1.	Melanie Kuiper	ZIGNEA	NED	197600350	5:07.72	+0.83
	50m: 33.86	33.86	150m: 1:49.72	38.53	250m: 3:08.17	39.51
	100m: 1:11.19	37.33	200m: 2:28.66	38.94	300m: 3:48.21	40.04
					350m: 4:28.12	39.91
					400m: 5:07.72	39.60
2.	Petra Guijt	Aqua-Novio '94	NED	197600978	5:18.02	
	50m: 36.45	36.45	150m: 1:55.15	39.70	250m: 3:16.41	40.93
	100m: 1:15.45	39.00	200m: 2:35.48	40.33	300m: 3:57.92	41.51
					350m: 4:38.80	40.88
					400m: 5:18.02	39.22
3.	Chantal Verhoeff	Old Dutch	NED	197900912	5:22.59	+0.91
	50m: 36.45	36.45	150m: 1:58.17	41.47	250m: 3:20.24	40.66
	100m: 1:16.70	40.25	200m: 2:39.58	41.41	300m: 4:01.27	41.03
					350m: 4:42.13	40.86
					400m: 5:22.59	40.46
4.	Jannie Vennik	HZ&PC Heerenveen	NED	197601006	5:32.36	+0.86
	50m: 37.39	37.39	150m: 2:01.34	42.47	250m: 3:26.04	42.56
	100m: 1:18.87	41.48	200m: 2:43.48	42.14	300m: 4:08.80	42.76
					350m: 4:50.99	42.19
					400m: 5:32.36	41.37
5.	Eveline Hacquebord	IJZPC	NED	197901206	6:00.12	+0.93
	50m: 38.04	38.04	150m: 2:04.97	44.60	250m: 3:38.28	47.11
	100m: 1:20.37	42.33	200m: 2:51.17	46.20	300m: 4:25.98	47.70
					350m: 5:13.82	47.84
					400m: 6:00.12	46.30
6.	Clementine van Bruxvoort	ZPB H&L Productions	NED	197700138	6:25.30	+0.85
	50m: 42.36	42.36	150m: 2:17.97	48.54	250m: 3:57.06	49.45
	100m: 1:29.43	47.07	200m: 3:07.61	49.64	300m: 4:46.92	49.86
					350m: 5:36.64	49.72
					400m: 6:25.30	48.66

Masters 45+

1.	Kirsten Cameron	Malvern Marlins Masters SC	AUS	786509	4:29.67	
	<i>Kampioenschaps Record, Australian Masters Record</i>					
	50m: 31.32	31.32	150m: 1:38.21	33.90	250m: 2:46.50	34.40
	100m: 1:04.31	32.99	200m: 2:12.10	33.89	300m: 3:21.23	34.73
					350m: 3:55.71	34.48
					400m: 4:29.67	33.96
2.	Liselotte Joling	PSV	NED	197500268	4:48.23	+0.87
	<i>Nederlands Masters Record</i>					
	50m: 32.93	32.93	150m: 1:46.20	36.84	250m: 2:59.26	35.76
	100m: 1:09.36	36.43	200m: 2:23.50	37.30	300m: 3:36.48	37.22
					350m: 4:12.84	36.36
					400m: 4:48.23	35.39
3.	Dianna Eva Szokol	Nyirseniör 97	HUN		4:58.02	+0.90
	50m: 34.56	34.56	150m: 1:49.23	37.71	250m: 3:05.12	37.81
	100m: 1:11.52	36.96	200m: 2:27.31	38.08	300m: 3:43.02	37.90
					350m: 4:20.95	37.93
					400m: 4:58.02	37.07
4.	Karin Stein	ZVVS	NED	197100554	5:03.29	+0.78
	50m: 35.23	35.23	150m: 1:50.98	38.26	250m: 3:07.86	38.34
	100m: 1:12.72	37.49	200m: 2:29.52	38.54	300m: 3:46.46	38.60
					350m: 4:25.27	38.81
					400m: 5:03.29	38.02
5.	Annette de Visser	Oceanus	NED	197100602	5:10.11	+0.87
	50m: 34.20	34.20	150m: 1:52.13	39.80	250m: 3:11.33	39.40
	100m: 1:12.33	38.13	200m: 2:31.93	39.80	300m: 3:51.15	39.82
					350m: 4:30.88	39.73
					400m: 5:10.11	39.23
6.	Kathy Van Lindt	CNSW	BEL	007949/71	5:11.00	+0.87
	50m: 35.68	35.68	150m: 1:54.07	39.59	250m: 3:13.85	39.95
	100m: 1:14.48	38.80	200m: 2:33.90	39.83	300m: 3:53.40	39.55
					350m: 4:32.89	39.49
					400m: 5:11.00	38.11
7.	Jacqueline de Ruiter-Wijnolst	WIDEX GZC DONK	NED	197400446	5:38.80	+0.90
	50m: 34.86	34.86	150m: 1:58.35	42.86	250m: 3:26.81	44.73
	100m: 1:15.49	40.63	200m: 2:42.08	43.73	300m: 4:11.43	44.62
					350m: 4:56.12	44.69
					400m: 5:38.80	42.68
8.	Wendy Hendrixx-Verhagen	TRB-RES	NED	197101038	6:00.17	+0.62
	50m: 38.82	38.82	150m: 2:06.55	44.89	250m: 3:40.41	46.84
	100m: 1:21.66	42.84	200m: 2:53.57	47.02	300m: 4:28.37	47.96
					350m: 5:15.82	47.45
					400m: 6:00.17	44.35
9.	Annet Kootstra	SWOL 1894	NED	197100344	6:06.54	+1.00
	50m: 42.16	42.16	150m: 2:14.44	46.62	250m: 3:48.50	47.23
	100m: 1:27.82	45.66	200m: 3:01.27	46.83	300m: 4:35.80	47.30
					350m: 5:22.43	46.63
					400m: 6:06.54	44.11
10.	Natacha Van Hoof	Shark	BEL	20260/73	6:12.53	+1.01
	50m: 41.11	41.11	150m: 2:13.70	46.91	250m: 3:48.42	47.13
	100m: 1:26.79	45.68	200m: 3:01.29	47.59	300m: 4:36.78	48.36
					350m: 5:25.34	48.56
					400m: 6:12.53	47.19
11.	Inge Soeters	Steenwijk 1934	NED	197300934	6:17.84	+0.90
	50m: 41.44	41.44	150m: 2:14.84	47.74	250m: 3:52.38	49.01
	100m: 1:27.10	45.66	200m: 3:03.37	48.53	300m: 4:41.40	49.02
					350m: 5:30.63	49.23
					400m: 6:17.84	47.21
12.	Nathasja Konijn	WIDEX GZC DONK	NED	197100992	6:24.13	+0.69
	50m: 41.82	41.82	150m: 2:17.15	48.38	250m: 3:55.12	49.16
	100m: 1:28.77	46.95	200m: 3:05.96	48.81	300m: 4:45.28	50.16
					350m: 5:35.25	49.97
					400m: 6:24.13	48.88
13.	Fabienne Verriet-Regensburg	VZV Njord	NED	197500428	7:10.98	
	50m: 46.14	46.14	150m: 2:31.78	53.73	250m: 4:23.70	56.15
	100m: 1:38.05	51.91	200m: 3:27.55	55.77	300m: 5:19.80	56.10
					350m: 6:16.24	56.44
					400m: 7:10.98	54.74

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

Programmanr. 3, Dames, 400m vrije slag

Masters 50+

1.	Bianca Groot <i>Nederlands Masters Record</i>	MSV-Zeemacht	NED	197000652			4:58.86	+0.85
	50m: 34.20 34.20	150m: 1:48.13 37.17	250m: 3:03.90 37.92	350m: 4:20.83 38.72				
	100m: 1:10.96 36.76	200m: 2:25.98 37.85	300m: 3:42.11 38.21	400m: 4:58.86 38.03				
2.	Heidi den Boer	LinK	NED	196900864			5:10.74	+0.78
	50m: 33.06 33.06	150m: 1:47.54 37.93	250m: 3:06.06 39.95	350m: 4:29.07 41.65				
	100m: 1:09.61 36.55	200m: 2:26.11 38.57	300m: 3:47.42 41.36	400m: 5:10.74 41.67				
3.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054			5:11.71	+0.74
	50m: 34.82 34.82	150m: 1:52.21 39.51	250m: 3:12.65 40.24	350m: 4:33.28 40.35				
	100m: 1:12.70 37.88	200m: 2:32.41 40.20	300m: 3:52.93 40.28	400m: 5:11.71 38.43				
4.	Peggi Hurenkamp	HZ&PC Heerenveen	NED	196900922			5:52.99	+0.67
	50m: 38.70 38.70	150m: 2:07.26 45.08	250m: 3:37.78 45.10	350m: 5:08.75 45.91				
	100m: 1:22.18 43.48	200m: 2:52.68 45.42	300m: 4:22.84 45.06	400m: 5:52.99 44.24				
5.	Nicky Slinger	HPC	NED	196600316			6:05.65	+0.89
	50m: 40.01 40.01	150m: 2:10.63 46.20	250m: 3:44.85 47.07	350m: 5:19.04 46.91				
	100m: 1:24.43 44.42	200m: 2:57.78 47.15	300m: 4:32.13 47.28	400m: 6:05.65 46.61				
6.	Sandra Daamen-Posma	AZC	NED	196800854			6:18.61	+1.08
	50m: 41.67 41.67	150m: 2:16.88 48.04	250m: 3:53.47 48.21	350m: 5:32.31 48.62				
	100m: 1:28.84 47.17	200m: 3:05.26 48.38	300m: 4:43.69 50.22	400m: 6:18.61 46.30				
7.	Kristien Van de Moortel	Shark	BEL	20315/69			6:19.25	+0.89
	50m: 41.72 41.72	150m: 2:16.00 47.63	250m: 3:53.56 48.93	350m: 5:32.56 49.77				
	100m: 1:28.37 46.65	200m: 3:04.63 48.63	300m: 4:42.79 49.23	400m: 6:19.25 47.69				
8.	Hetty Smalheer	SCOM	NED	196700352			6:32.49	+1.02
	50m: 42.34 42.34	150m: 2:20.36 50.17	250m: 4:01.63 50.88	350m: 5:44.10 50.78				
	100m: 1:30.19 47.85	200m: 3:10.75 50.39	300m: 4:53.32 51.69	400m: 6:32.49 48.39				
9.	Linda Goderie	Rotterdam Swimming (SG)	NED	196900976			6:34.74	+0.66
	50m: 44.39 44.39	150m: 2:23.07 49.68	250m: 4:05.45 51.02	350m: 5:46.86 50.93				
	100m: 1:33.39 49.00	200m: 3:14.43 51.36	300m: 4:55.93 50.48	400m: 6:34.74 47.88				
10.	Machteld Stiling	ZPC AMERSFOORT	NED	196600716			6:35.96	+0.75
	50m: 41.38 41.38	150m: 2:16.42 48.71	250m: 3:58.27 50.43	350m: 5:43.99 52.89				
	100m: 1:27.71 46.33	200m: 3:07.84 51.42	300m: 4:51.10 52.83	400m: 6:35.96 51.97				
11.	Cancia Leirissa	Albion WSS (SG)	NED	196700748			6:41.20	
	50m: 43.91 43.91	150m: 2:23.83 51.06	250m: 4:05.50 50.96	350m: 5:51.82 55.53				
	100m: 1:32.77 48.86	200m: 3:14.54 50.71	300m: 4:56.29 50.79	400m: 6:41.20 49.38				
NG	Herma Hakker-Huijser	ZVVS	NED	196600740				

Masters 55+

1.	Marjan Remmits	ZPC Woerden	NED	196300518			5:24.83	+0.80
	50m: 36.33 36.33	150m: 1:57.28 40.87	250m: 3:21.01 41.96	350m: 4:44.71 41.58				
	100m: 1:16.41 40.08	200m: 2:39.05 41.77	300m: 4:03.13 42.12	400m: 5:24.83 40.12				
2.	Wilna Heijman	Steenwijk 1934	NED	196400506			5:28.00	+0.88
	50m: 37.94 37.94	150m: 2:00.21 41.70	250m: 3:25.01 42.77	350m: 4:48.28 41.16				
	100m: 1:18.51 40.57	200m: 2:42.24 42.03	300m: 4:07.12 42.11	400m: 5:28.00 39.72				
3.	Hannah Ueckermann	Witham Dolphins Swimming Club GBR	GBR	50524			5:41.57	+0.78
	50m: 39.05 39.05	150m: 2:04.46 43.18	250m: 3:30.35 42.99	350m: 4:58.88 44.02				
	100m: 1:21.28 42.23	200m: 2:47.36 42.90	300m: 4:14.86 44.51	400m: 5:41.57 42.69				
4.	Petra Tossings	DAW	NED	196100376			5:46.40	+0.81
	50m: 38.65 38.65	150m: 2:06.33 44.22	250m: 3:34.67 44.23	350m: 5:04.02 44.79				
	100m: 1:22.11 43.46	200m: 2:50.44 44.11	300m: 4:19.23 44.56	400m: 5:46.40 42.38				
5.	Ellen Parma	Triton	NED	196200366			6:26.46	+0.92
	50m: 41.02 41.02	150m: 2:18.61 49.92	250m: 3:59.59 50.26	350m: 5:40.31 50.25				
	100m: 1:28.69 47.67	200m: 3:09.33 50.72	300m: 4:50.06 50.47	400m: 6:26.46 46.15				
6.	Erica Muller	De Geul	NED	196400412			6:36.28	+0.57
	50m: 44.01 44.01	150m: 2:21.65 49.77	250m: 4:03.12 51.34	350m: 5:46.11 51.37				
	100m: 1:31.88 47.87	200m: 3:11.78 50.13	300m: 4:54.74 51.62	400m: 6:36.28 50.17				
7.	Alice de Haan	WIDEX GZC DONK	NED	196400590			6:51.61	+0.89
	50m: 44.51 44.51	150m: 2:24.95 51.41	250m: 4:09.84 52.96	350m: 5:58.18 54.22				
	100m: 1:33.54 49.03	200m: 3:16.88 51.93	300m: 5:03.96 54.12	400m: 6:51.61 53.43				
8.	Yoka de Vegt-van Dijk	ESCA Zwemmen	NED	196200420			7:24.99	+0.76
	50m: 45.99 45.99	150m: 2:35.78 56.65	250m: 4:31.11 57.31	350m: 6:28.59 57.53				
	100m: 1:39.13 53.14	200m: 3:33.80 58.02	300m: 5:31.06 59.95	400m: 7:24.99 56.40				

Programmanr. 3, Dames, 400m vrije slag

Masters 60+

1.	Linda Wibbelink	Steenwijk 1934	NED	195900158			6:02.73	
	50m: 38.70	38.70	150m: 2:06.38	44.74	250m: 3:39.35	46.56	350m: 5:15.60	48.55
	100m: 1:21.64	42.94	200m: 2:52.79	46.41	300m: 4:27.05	47.70	400m: 6:02.73	47.13
2.	Marjan Spoelstra	SWOL 1894	NED	196000236			6:35.21	+0.99
	50m: 44.81	44.81	150m: 2:22.93	49.62	250m: 4:04.62	50.95	350m: 5:46.08	50.61
	100m: 1:33.31	48.50	200m: 3:13.67	50.74	300m: 4:55.47	50.85	400m: 6:35.21	49.13
3.	Marion Kolkman-Pluim	ESCA Zwemmen	NED	196000330			6:46.68	+0.97
	50m: 45.30	45.30	150m: 2:28.26	52.10	250m: 4:12.17	51.97	350m: 5:56.01	52.39
	100m: 1:36.16	50.86	200m: 3:20.20	51.94	300m: 5:03.62	51.45	400m: 6:46.68	50.67
4.	Karien Musters	Old Dutch	NED	195800236			8:11.02	+0.65
	50m: 50.96	50.96	150m: 2:47.32	59.94	250m: 4:54.87	1:04.64	350m: 7:06.53	1:05.63
	100m: 1:47.38	56.42	200m: 3:50.23	1:02.91	300m: 6:00.90	1:06.03	400m: 8:11.02	1:04.49

Masters 65+

1.	Ineke Weekers	PSV	NED	195300050			5:35.77	+0.82
	<i>Nederlands Masters Record</i>							
	50m: 40.23	40.23	150m: 2:04.91	42.56	250m: 3:30.51	42.80	350m: 4:55.46	42.23
	100m: 1:22.35	42.12	200m: 2:47.71	42.80	300m: 4:13.23	42.72	400m: 5:35.77	40.31
2.	Ineke Meijer	HZ&PC Heerenveen	NED	195200034			7:38.71	+0.66
	50m: 50.01	50.01	150m: 2:47.54	59.89	250m: 4:47.60	1:00.17	350m: 6:45.04	58.03
	100m: 1:47.65	57.64	200m: 3:47.43	59.89	300m: 5:47.01	59.41	400m: 7:38.71	53.67

Masters 70+

1.	Conny Boer-Buys	ZVVS	NED	195000006			6:00.79	+0.92
	<i>Nederlands Masters Record, NMR 200m</i>							
	50m: 39.71	39.71	150m: 2:10.43	46.45	250m: 3:43.04	45.90	350m: 5:16.25	46.78
	100m: 1:23.98	44.27	200m: 2:57.14	46.71	300m: 4:29.47	46.43	400m: 6:00.79	44.54

Masters 75+

1.	Loekie van Huissteden	ZPC AMERSFOORT	NED	194500002			8:58.31	+1.03
	50m: 57.40	57.40	150m: 3:13.10	1:08.93	250m: 5:32.49	1:10.06	350m: 7:51.93	1:09.92
	100m: 2:04.17	1:06.77	200m: 4:22.43	1:09.33	300m: 6:42.01	1:09.52	400m: 8:58.31	1:06.38