

Programmanr. 3
05-05-2022 - 15:20

Dames, 1500m vrije slag
Pauze na serie 2 / Break after Heat 2

Masters Open
Resultaten

| rang | naam | vereniging | tijd | RT | PARA | | | |
|--------------------|--------------------|----------------|----------------|-----------------|-----------------|-------|-----------------|-------|
| Masters 20+ | | | | | | | | |
| 1. | Anne Noom | Het Y | NED 199800062 | 18:54.31 | +0.73 | | | |
| | 50m: 32.48 | 32.48 | 450m: 5:27.31 | 37.45 | 850m: 10:35.05 | 39.07 | 1250m: 15:44.48 | 38.12 |
| | 100m: 1:08.54 | 36.06 | 500m: 6:05.05 | 37.74 | 900m: 11:14.05 | 39.00 | 1300m: 16:22.57 | 38.09 |
| | 150m: 1:45.12 | 36.58 | 550m: 6:42.58 | 37.53 | 950m: 11:53.23 | 39.18 | 1350m: 17:00.78 | 38.21 |
| | 200m: 2:21.95 | 36.83 | 600m: 7:20.53 | 37.95 | 1000m: 12:32.32 | 39.09 | 1400m: 17:38.94 | 38.16 |
| | 250m: 2:58.77 | 36.82 | 650m: 7:58.97 | 38.44 | 1050m: 13:10.68 | 38.36 | 1450m: 18:16.96 | 38.02 |
| | 300m: 3:35.46 | 36.69 | 700m: 8:37.88 | 38.91 | 1100m: 13:49.21 | 38.53 | 1500m: 18:54.31 | 37.35 |
| | 350m: 4:12.54 | 37.08 | 750m: 9:16.99 | 39.11 | 1150m: 14:28.10 | 38.89 | | |
| | 400m: 4:49.86 | 37.32 | 800m: 9:55.98 | 38.99 | 1200m: 15:06.36 | 38.26 | | |
| 2. | Roos Englebort | Hieronymus | NED 200200606 | 19:01.32 | +0.83 | | | |
| | 50m: 33.68 | 33.68 | 450m: 5:37.62 | 38.53 | 850m: 10:45.06 | 38.59 | 1250m: 15:53.39 | 38.67 |
| | 100m: 1:10.23 | 36.55 | 500m: 6:15.80 | 38.18 | 900m: 11:23.57 | 38.51 | 1300m: 16:31.78 | 38.39 |
| | 150m: 1:47.27 | 37.04 | 550m: 6:54.25 | 38.45 | 950m: 12:02.05 | 38.48 | 1350m: 17:10.44 | 38.66 |
| | 200m: 2:25.22 | 37.95 | 600m: 7:32.46 | 38.21 | 1000m: 12:40.42 | 38.37 | 1400m: 17:48.45 | 38.01 |
| | 250m: 3:03.37 | 38.15 | 650m: 8:11.00 | 38.54 | 1050m: 13:19.02 | 38.60 | 1450m: 18:25.98 | 37.53 |
| | 300m: 3:41.87 | 38.50 | 700m: 8:49.31 | 38.31 | 1100m: 13:57.54 | 38.52 | 1500m: 19:01.32 | 35.34 |
| | 350m: 4:20.76 | 38.89 | 750m: 9:27.97 | 38.66 | 1150m: 14:36.20 | 38.66 | | |
| | 400m: 4:59.09 | 38.33 | 800m: 10:06.47 | 38.50 | 1200m: 15:14.72 | 38.52 | | |
| 3. | Isabelle Janssen | De Geul | NED 200006318 | 22:31.96 | +0.89 | | | |
| | 50m: 40.54 | 40.54 | 450m: 6:42.80 | 45.52 | 850m: 12:50.55 | 46.12 | 1250m: 18:55.60 | 45.27 |
| | 100m: 1:24.61 | 44.07 | 500m: 7:28.70 | 45.90 | 900m: 13:35.92 | 45.37 | 1300m: 19:40.06 | 44.46 |
| | 150m: 2:09.36 | 44.75 | 550m: 8:14.35 | 45.65 | 950m: 14:21.51 | 45.59 | 1350m: 20:24.12 | 44.06 |
| | 200m: 2:54.79 | 45.43 | 600m: 9:00.13 | 45.78 | 1000m: 15:07.85 | 46.34 | 1400m: 21:08.08 | 43.96 |
| | 250m: 3:40.11 | 45.32 | 650m: 9:46.15 | 46.02 | 1050m: 15:53.46 | 45.61 | 1450m: 21:51.39 | 43.31 |
| | 300m: 4:26.05 | 45.94 | 700m: 10:32.33 | 46.18 | 1100m: 16:39.72 | 46.26 | 1500m: 22:31.96 | 40.57 |
| | 350m: 5:11.70 | 45.65 | 750m: 11:18.33 | 46.00 | 1150m: 17:25.08 | 45.36 | | |
| | 400m: 5:57.28 | 45.58 | 800m: 12:04.43 | 46.10 | 1200m: 18:10.33 | 45.25 | | |
| Masters 25+ | | | | | | | | |
| 1. | Tamara Grove | De Dolfijn | NED 199601266 | 18:41.32 | +0.74 | | | |
| | 50m: 32.55 | 32.55 | 450m: 5:27.44 | 37.15 | 850m: 10:25.13 | 37.57 | 1250m: 15:30.55 | 38.64 |
| | 100m: 1:08.18 | 35.63 | 500m: 6:04.56 | 37.12 | 900m: 11:02.63 | 37.50 | 1300m: 16:09.06 | 38.51 |
| | 150m: 1:45.07 | 36.89 | 550m: 6:41.64 | 37.08 | 950m: 11:40.67 | 38.04 | 1350m: 16:47.68 | 38.62 |
| | 200m: 2:21.92 | 36.85 | 600m: 7:18.72 | 37.08 | 1000m: 12:18.59 | 37.92 | 1400m: 17:26.05 | 38.37 |
| | 250m: 2:59.05 | 37.13 | 650m: 7:55.77 | 37.05 | 1050m: 12:56.88 | 38.29 | 1450m: 18:04.44 | 38.39 |
| | 300m: 3:35.93 | 36.88 | 700m: 8:32.77 | 37.00 | 1100m: 13:35.00 | 38.12 | 1500m: 18:41.32 | 36.88 |
| | 350m: 4:13.00 | 37.07 | 750m: 9:09.94 | 37.17 | 1150m: 14:13.48 | 38.48 | | |
| | 400m: 4:50.29 | 37.29 | 800m: 9:47.56 | 37.62 | 1200m: 14:51.91 | 38.43 | | |
| 2. | Fiona Meuffels | RZ | NED 199504366 | 20:32.18 | +0.70 | | | |
| | 50m: 33.85 | 33.85 | 450m: 5:57.47 | 42.06 | 850m: 11:31.07 | 42.18 | 1250m: 17:06.39 | 42.37 |
| | 100m: 1:12.20 | 38.35 | 500m: 6:38.49 | 41.02 | 900m: 12:12.57 | 41.50 | 1300m: 17:47.99 | 41.60 |
| | 150m: 1:52.06 | 39.86 | 550m: 7:20.29 | 41.80 | 950m: 12:54.63 | 42.06 | 1350m: 18:30.26 | 42.27 |
| | 200m: 2:32.21 | 40.15 | 600m: 8:01.61 | 41.32 | 1000m: 13:36.34 | 41.71 | 1400m: 19:11.99 | 41.73 |
| | 250m: 3:12.88 | 40.67 | 650m: 8:43.52 | 41.91 | 1050m: 14:18.47 | 42.13 | 1450m: 19:53.76 | 41.77 |
| | 300m: 3:53.64 | 40.76 | 700m: 9:25.14 | 41.62 | 1100m: 15:00.74 | 42.27 | 1500m: 20:32.18 | 38.42 |
| | 350m: 4:34.78 | 41.14 | 750m: 10:07.53 | 42.39 | 1150m: 15:42.42 | 41.68 | | |
| | 400m: 5:15.41 | 40.63 | 800m: 10:48.89 | 41.36 | 1200m: 16:24.02 | 41.60 | | |
| 3. | Anouk Kuijlaars | PSV | NED 199401700 | 21:00.76 | +0.80 | | | |
| | 50m: 36.43 | 36.43 | 450m: 6:04.87 | 40.86 | 850m: 11:43.14 | 42.46 | 1250m: 17:29.34 | 42.84 |
| | 100m: 1:16.91 | 40.48 | 500m: 6:46.71 | 41.84 | 900m: 12:26.64 | 43.50 | 1300m: 18:13.16 | 43.82 |
| | 150m: 1:57.74 | 40.83 | 550m: 7:28.05 | 41.34 | 950m: 13:09.37 | 42.73 | 1350m: 18:55.28 | 42.12 |
| | 200m: 2:39.33 | 41.59 | 600m: 8:10.51 | 42.46 | 1000m: 13:53.47 | 44.10 | 1400m: 19:38.74 | 43.46 |
| | 250m: 3:20.43 | 41.10 | 650m: 8:52.17 | 41.66 | 1050m: 14:36.07 | 42.60 | 1450m: 20:21.35 | 42.61 |
| | 300m: 4:01.84 | 41.41 | 700m: 9:34.56 | 42.39 | 1100m: 15:19.66 | 43.59 | 1500m: 21:00.76 | 39.41 |
| | 350m: 4:42.73 | 40.89 | 750m: 10:17.15 | 42.59 | 1150m: 16:02.80 | 43.14 | | |
| | 400m: 5:24.01 | 41.28 | 800m: 11:00.68 | 43.53 | 1200m: 16:46.50 | 43.70 | | |
| 4. | Daphne Scheurwater | ZZ&PC De Devel | NED 199701372 | 21:13.11 | +0.73 | | | |
| | 50m: 35.80 | 35.80 | 450m: 6:08.67 | 43.02 | 850m: 11:57.00 | 42.82 | 1250m: 17:43.46 | 43.45 |
| | 100m: 1:15.38 | 39.58 | 500m: 6:52.56 | 43.89 | 900m: 12:40.69 | 43.69 | 1300m: 18:26.77 | 43.31 |
| | 150m: 1:55.90 | 40.52 | 550m: 7:35.81 | 43.25 | 950m: 13:23.78 | 43.09 | 1350m: 19:09.30 | 42.53 |
| | 200m: 2:37.59 | 41.69 | 600m: 8:19.77 | 43.96 | 1000m: 14:07.31 | 43.53 | 1400m: 19:51.45 | 42.15 |
| | 250m: 3:18.95 | 41.36 | 650m: 9:03.56 | 43.79 | 1050m: 14:50.56 | 43.25 | 1450m: 20:32.61 | 41.16 |
| | 300m: 4:01.24 | 42.29 | 700m: 9:47.25 | 43.69 | 1100m: 15:33.75 | 43.19 | 1500m: 21:13.11 | 40.50 |
| | 350m: 4:43.41 | 42.17 | 750m: 10:30.96 | 43.71 | 1150m: 16:16.92 | 43.17 | | |
| | 400m: 5:25.65 | 42.24 | 800m: 11:14.18 | 43.22 | 1200m: 17:00.01 | 43.09 | | |

Programmanr. 3, Dames, 1500m vrije slag, Masters 25+

| rang | naam | vereniging | tijd | RT | PARA | | | |
|------|----------------|----------------------|-----------------|--------------|-----------------|-------|-----------------|-------|
| 5. | Nina Tourton | ZOB'66 | 22:54.54 | +0.84 | | | | |
| | 50m: 38.52 | 38.52 | 450m: 6:38.37 | 46.14 | 850m: 12:46.20 | 46.52 | 1250m: 19:02.19 | 48.05 |
| | 100m: 1:20.87 | 42.35 | 500m: 7:24.19 | 45.82 | 900m: 13:32.68 | 46.48 | 1300m: 19:49.40 | 47.21 |
| | 150m: 2:05.43 | 44.56 | 550m: 8:10.02 | 45.83 | 950m: 14:19.04 | 46.36 | 1350m: 20:36.99 | 47.59 |
| | 200m: 2:50.38 | 44.95 | 600m: 8:55.49 | 45.47 | 1000m: 15:05.82 | 46.78 | 1400m: 21:24.16 | 47.17 |
| | 250m: 3:35.69 | 45.31 | 650m: 9:41.49 | 46.00 | 1050m: 15:52.92 | 47.10 | 1450m: 22:10.45 | 46.29 |
| | 300m: 4:21.04 | 45.35 | 700m: 10:27.56 | 46.07 | 1100m: 16:39.27 | 46.35 | 1500m: 22:54.54 | 44.09 |
| | 350m: 5:07.04 | 46.00 | 750m: 11:13.35 | 45.79 | 1150m: 17:26.44 | 47.17 | | |
| | 400m: 5:52.23 | 45.19 | 800m: 11:59.68 | 46.33 | 1200m: 18:14.14 | 47.70 | | |
| 6. | Nadine Scheeve | De Biesboschzwemmers | 26:53.30 | +0.82 | | | | |
| | 50m: 41.41 | 41.41 | 450m: 7:47.06 | 54.13 | 850m: 15:06.18 | 54.24 | 1250m: 22:23.51 | 53.83 |
| | 100m: 1:31.29 | 49.88 | 500m: 8:42.87 | 55.81 | 900m: 16:00.75 | 54.57 | 1300m: 23:18.45 | 54.94 |
| | 150m: 2:22.98 | 51.69 | 550m: 9:37.83 | 54.96 | 950m: 16:55.46 | 54.71 | 1350m: 24:12.02 | 53.57 |
| | 200m: 3:15.76 | 52.78 | 600m: 10:33.87 | 56.04 | 1000m: 17:51.41 | 55.95 | 1400m: 25:06.67 | 54.65 |
| | 250m: 4:08.86 | 53.10 | 650m: 11:28.16 | 54.29 | 1050m: 18:44.71 | 53.30 | 1450m: 25:59.46 | 52.79 |
| | 300m: 5:03.89 | 55.03 | 700m: 12:23.75 | 55.59 | 1100m: 19:39.82 | 55.11 | 1500m: 26:53.30 | 53.84 |
| | 350m: 5:57.59 | 53.70 | 750m: 13:17.22 | 53.47 | 1150m: 20:33.92 | 54.10 | | |
| | 400m: 6:52.93 | 55.34 | 800m: 14:11.94 | 54.72 | 1200m: 21:29.68 | 55.76 | | |

Masters 30+

| | | | | | | | | |
|----|-------------------|------------------|-----------------|--------------|-----------------|-------|-----------------|-------|
| 1. | Maaïke Vooren | DAW | 19:02.62 | +0.79 | | | | |
| | 50m: 34.35 | 34.35 | 450m: 5:37.61 | 38.44 | 850m: 10:44.88 | 38.44 | 1250m: 15:53.27 | 38.59 |
| | 100m: 1:11.10 | 36.75 | 500m: 6:15.84 | 38.23 | 900m: 11:23.31 | 38.43 | 1300m: 16:32.05 | 38.78 |
| | 150m: 1:48.79 | 37.69 | 550m: 6:54.05 | 38.21 | 950m: 12:01.68 | 38.37 | 1350m: 17:11.00 | 38.95 |
| | 200m: 2:26.45 | 37.66 | 600m: 7:32.36 | 38.31 | 1000m: 12:40.34 | 38.66 | 1400m: 17:49.19 | 38.19 |
| | 250m: 3:04.55 | 38.10 | 650m: 8:10.81 | 38.45 | 1050m: 13:18.84 | 38.50 | 1450m: 18:26.73 | 37.54 |
| | 300m: 3:42.48 | 37.93 | 700m: 8:49.41 | 38.60 | 1100m: 13:57.41 | 38.57 | 1500m: 19:02.62 | 35.89 |
| | 350m: 4:21.06 | 38.58 | 750m: 9:28.05 | 38.64 | 1150m: 14:35.84 | 38.43 | | |
| | 400m: 4:59.17 | 38.11 | 800m: 10:06.44 | 38.39 | 1200m: 15:14.68 | 38.84 | | |
| 2. | Nanda van Heteren | De Geul | 21:38.71 | +0.91 | | | | |
| | 50m: 38.21 | 38.21 | 450m: 6:22.05 | 43.42 | 850m: 12:11.82 | 44.20 | 1250m: 18:03.97 | 44.34 |
| | 100m: 1:19.90 | 41.69 | 500m: 7:05.49 | 43.44 | 900m: 12:55.82 | 44.00 | 1300m: 18:47.66 | 43.69 |
| | 150m: 2:02.64 | 42.74 | 550m: 7:49.18 | 43.69 | 950m: 13:39.62 | 43.80 | 1350m: 19:32.25 | 44.59 |
| | 200m: 2:45.79 | 43.15 | 600m: 8:32.97 | 43.79 | 1000m: 14:23.39 | 43.77 | 1400m: 20:15.56 | 43.31 |
| | 250m: 3:28.91 | 43.12 | 650m: 9:16.30 | 43.33 | 1050m: 15:07.71 | 44.32 | 1450m: 20:59.25 | 43.69 |
| | 300m: 4:12.16 | 43.25 | 700m: 9:59.57 | 43.27 | 1100m: 15:51.52 | 43.81 | 1500m: 21:38.71 | 39.46 |
| | 350m: 4:55.49 | 43.33 | 750m: 10:43.65 | 44.08 | 1150m: 16:35.53 | 44.01 | | |
| | 400m: 5:38.63 | 43.14 | 800m: 11:27.62 | 43.97 | 1200m: 17:19.63 | 44.10 | | |
| 3. | Nikki Roon | IJZPC | 22:44.29 | +0.92 | | | | |
| | 50m: 39.09 | 39.09 | 450m: 6:36.51 | 45.18 | 850m: 12:41.96 | 45.64 | 1250m: 18:53.30 | 46.48 |
| | 100m: 1:21.73 | 42.64 | 500m: 7:22.12 | 45.61 | 900m: 13:27.93 | 45.97 | 1300m: 19:39.78 | 46.48 |
| | 150m: 2:05.28 | 43.55 | 550m: 8:07.61 | 45.49 | 950m: 14:14.03 | 46.10 | 1350m: 20:29.17 | 46.39 |
| | 200m: 2:50.15 | 44.87 | 600m: 8:53.08 | 45.47 | 1000m: 15:00.60 | 46.57 | 1400m: 21:12.87 | 46.70 |
| | 250m: 3:35.30 | 45.15 | 650m: 9:38.32 | 45.24 | 1050m: 15:46.85 | 46.25 | 1450m: 21:59.02 | 46.15 |
| | 300m: 4:20.23 | 44.93 | 700m: 10:24.34 | 46.02 | 1100m: 16:33.46 | 46.61 | 1500m: 22:44.29 | 45.27 |
| | 350m: 5:05.84 | 45.61 | 750m: 11:10.07 | 45.73 | 1150m: 17:20.05 | 46.59 | | |
| | 400m: 5:51.33 | 45.49 | 800m: 11:56.32 | 46.25 | 1200m: 18:06.82 | 46.77 | | |
| 4. | Marjan Rikken | Octopus-ZVV (SG) | 23:55.58 | +0.98 | | | | |
| | 50m: 39.78 | 39.78 | 450m: 6:55.43 | 47.90 | 850m: 13:19.96 | 48.14 | 1250m: 19:51.34 | 49.28 |
| | 100m: 1:24.50 | 44.72 | 500m: 7:43.57 | 48.14 | 900m: 14:08.92 | 48.96 | 1300m: 20:41.04 | 49.70 |
| | 150m: 2:10.25 | 45.75 | 550m: 8:30.67 | 47.10 | 950m: 14:57.67 | 48.75 | 1350m: 21:30.06 | 49.02 |
| | 200m: 2:56.96 | 46.71 | 600m: 9:18.56 | 47.89 | 1000m: 15:47.17 | 49.50 | 1400m: 22:20.23 | 50.17 |
| | 250m: 3:44.13 | 47.17 | 650m: 10:06.90 | 48.34 | 1050m: 16:34.89 | 47.72 | 1450m: 23:08.35 | 48.12 |
| | 300m: 4:31.74 | 47.61 | 700m: 10:55.34 | 48.44 | 1100m: 17:24.27 | 49.38 | 1500m: 23:55.58 | 47.23 |
| | 350m: 5:19.56 | 47.82 | 750m: 11:43.30 | 47.96 | 1150m: 18:13.26 | 48.99 | | |
| | 400m: 6:07.53 | 47.97 | 800m: 12:31.82 | 48.52 | 1200m: 19:02.06 | 48.80 | | |

Masters 35+

| | | | | | | | | |
|----|-------------------|----------------|-----------------|--------------|-----------------|-------|-----------------|-------|
| 1. | Sabine Zimmermann | Aachener SV 06 | 18:48.36 | +0.79 | | | | |
| | 50m: 32.52 | 32.52 | 450m: 5:32.94 | 38.60 | 850m: 10:41.44 | 38.53 | 1250m: 15:44.17 | 38.30 |
| | 100m: 1:08.83 | 36.31 | 500m: 6:11.42 | 38.48 | 900m: 11:19.70 | 38.26 | 1300m: 16:21.82 | 37.65 |
| | 150m: 1:45.51 | 36.68 | 550m: 6:49.95 | 38.53 | 950m: 11:57.65 | 37.95 | 1350m: 16:59.43 | 37.61 |
| | 200m: 2:22.66 | 37.15 | 600m: 7:29.07 | 39.12 | 1000m: 12:35.25 | 37.60 | 1400m: 17:37.12 | 37.69 |
| | 250m: 3:00.15 | 37.49 | 650m: 8:07.37 | 38.30 | 1050m: 13:12.67 | 37.42 | 1450m: 18:13.41 | 36.29 |
| | 300m: 3:37.71 | 37.56 | 700m: 8:45.99 | 38.62 | 1100m: 13:50.37 | 37.70 | 1500m: 18:48.36 | 34.95 |
| | 350m: 4:15.99 | 38.28 | 750m: 9:24.48 | 38.49 | 1150m: 14:28.05 | 37.68 | | |
| | 400m: 4:54.34 | 38.35 | 800m: 10:02.91 | 38.43 | 1200m: 15:05.87 | 37.82 | | |



Open Nederlandse Masters
Kampioenschappen 2022 lange baan
Eindhoven 5-8 mei 2022



Programmanr. 3, Dames, 1500m vrije slag

Masters 40+

| | | | | | | | | |
|----------------------------------|---------|----------------------------|-------|-----------|-------|--------|-----------------|-------|
| 1. Carole Kettenmeyer-Reuland | | SC Le Dauphin Ettelbruck | LUX | 2017 | | | 19:42.51 | +0.76 |
| <i>Luxembourg Masters Record</i> | | | | | | | | |
| 50m: | 35.93 | 35.93 | 450m: | 5:48.03 | 39.18 | 850m: | 11:04.34 | 39.93 |
| 100m: | 1:14.36 | 38.43 | 500m: | 6:27.28 | 39.25 | 900m: | 11:44.25 | 39.91 |
| 150m: | 1:52.76 | 38.40 | 550m: | 7:06.32 | 39.04 | 950m: | 12:24.46 | 40.21 |
| 200m: | 2:31.68 | 38.92 | 600m: | 7:45.67 | 39.35 | 1000m: | 13:04.48 | 40.02 |
| 250m: | 3:10.51 | 38.83 | 650m: | 8:25.44 | 39.77 | 1050m: | 13:44.78 | 40.30 |
| 300m: | 3:49.61 | 39.10 | 700m: | 9:04.92 | 39.48 | 1100m: | 14:24.52 | 39.74 |
| 350m: | 4:29.38 | 39.77 | 750m: | 9:44.75 | 39.83 | 1150m: | 15:04.68 | 40.16 |
| 400m: | 5:08.85 | 39.47 | 800m: | 10:24.41 | 39.66 | 1200m: | 15:44.34 | 39.66 |
| 2. Chantal Verhoeff | | Old Dutch | NED | 197900912 | | | 22:25.45 | +0.90 |
| 50m: | 38.00 | 38.00 | 450m: | 6:40.64 | 46.10 | 850m: | 12:44.39 | 45.36 |
| 100m: | 1:20.41 | 42.41 | 500m: | 7:26.46 | 45.82 | 900m: | 13:28.81 | 44.42 |
| 150m: | 2:04.74 | 44.33 | 550m: | 8:12.21 | 45.75 | 950m: | 14:14.63 | 45.82 |
| 200m: | 2:50.27 | 45.53 | 600m: | 8:57.46 | 45.25 | 1000m: | 14:59.08 | 44.45 |
| 250m: | 3:35.99 | 45.72 | 650m: | 9:43.33 | 45.87 | 1050m: | 15:44.14 | 45.06 |
| 300m: | 4:22.31 | 46.32 | 700m: | 10:28.45 | 45.12 | 1100m: | 16:29.10 | 44.96 |
| 350m: | 5:08.56 | 46.25 | 750m: | 11:14.03 | 45.58 | 1150m: | 17:13.63 | 44.53 |
| 400m: | 5:54.54 | 45.98 | 800m: | 11:59.03 | 45.00 | 1200m: | 17:58.46 | 44.83 |
| 3. Jessica Venema | | WIDEX GZC DONK | NED | 197901526 | | | 22:33.01 | +0.84 |
| 50m: | 37.21 | 37.21 | 450m: | 6:39.83 | 45.90 | 850m: | 12:44.78 | 45.29 |
| 100m: | 1:18.87 | 41.66 | 500m: | 7:25.04 | 45.21 | 900m: | 13:30.03 | 45.25 |
| 150m: | 2:03.55 | 44.68 | 550m: | 8:10.67 | 45.63 | 950m: | 14:15.15 | 45.12 |
| 200m: | 2:49.13 | 45.58 | 600m: | 8:56.45 | 45.78 | 1000m: | 15:00.63 | 45.48 |
| 250m: | 3:35.27 | 46.14 | 650m: | 9:43.21 | 46.76 | 1050m: | 15:45.62 | 44.99 |
| 300m: | 4:21.51 | 46.24 | 700m: | 10:28.82 | 45.61 | 1100m: | 16:31.38 | 45.76 |
| 350m: | 5:08.01 | 46.50 | 750m: | 11:14.21 | 45.39 | 1150m: | 17:17.21 | 45.83 |
| 400m: | 5:53.93 | 45.92 | 800m: | 11:59.49 | 45.28 | 1200m: | 18:03.07 | 45.86 |
| 4. Jolanda van Gendt | | PSV | NED | 197800266 | | | 23:19.56 | +0.78 |
| 50m: | 38.74 | 38.74 | 450m: | 6:43.37 | 46.58 | 850m: | 12:59.69 | 47.94 |
| 100m: | 1:22.42 | 43.68 | 500m: | 7:29.33 | 45.96 | 900m: | 13:46.58 | 46.89 |
| 150m: | 2:07.50 | 45.08 | 550m: | 8:16.81 | 47.48 | 950m: | 14:34.37 | 47.79 |
| 200m: | 2:52.85 | 45.35 | 600m: | 9:03.17 | 46.36 | 1000m: | 15:21.99 | 47.62 |
| 250m: | 3:39.11 | 46.26 | 650m: | 9:50.71 | 47.54 | 1050m: | 16:10.03 | 48.04 |
| 300m: | 4:24.59 | 45.48 | 700m: | 10:37.26 | 46.55 | 1100m: | 16:57.95 | 47.92 |
| 350m: | 5:10.87 | 46.28 | 750m: | 11:25.04 | 47.78 | 1150m: | 17:46.17 | 48.22 |
| 400m: | 5:56.79 | 45.92 | 800m: | 12:11.75 | 46.71 | 1200m: | 18:33.97 | 47.80 |
| 5. Klitty Ortmans | | Antwerpse Zwemclub Scaldis | BEL | 21378/80 | | | 24:13.93 | +0.85 |
| 50m: | 42.66 | 42.66 | 450m: | 7:08.42 | 48.76 | 850m: | 13:40.05 | 49.18 |
| 100m: | 1:29.01 | 46.35 | 500m: | 7:57.13 | 48.71 | 900m: | 14:28.58 | 48.53 |
| 150m: | 2:16.74 | 47.73 | 550m: | 8:45.76 | 48.63 | 950m: | 15:17.06 | 48.48 |
| 200m: | 3:05.22 | 48.48 | 600m: | 9:34.79 | 49.03 | 1000m: | 16:05.49 | 48.43 |
| 250m: | 3:53.39 | 48.17 | 650m: | 10:24.00 | 49.21 | 1050m: | 16:54.69 | 49.20 |
| 300m: | 4:41.96 | 48.57 | 700m: | 11:13.10 | 49.10 | 1100m: | 17:43.67 | 48.98 |
| 350m: | 5:30.80 | 48.84 | 750m: | 12:02.04 | 48.94 | 1150m: | 18:32.14 | 48.47 |
| 400m: | 6:19.66 | 48.86 | 800m: | 12:50.87 | 48.83 | 1200m: | 19:20.73 | 48.59 |

Masters 45+

| | | | | | | | | |
|---------------------|---------|--------|-------|-----------|-------|--------|-----------------|-------|
| 1. Liselotte Joling | | PSV | NED | 197500268 | | | 19:32.96 | +0.87 |
| 50m: | 34.27 | 34.27 | 450m: | 5:48.10 | 39.32 | 850m: | 11:02.58 | 38.90 |
| 100m: | 1:12.63 | 38.36 | 500m: | 6:28.20 | 40.10 | 900m: | 11:42.44 | 39.86 |
| 150m: | 1:51.81 | 39.18 | 550m: | 7:06.43 | 38.23 | 950m: | 12:21.74 | 39.30 |
| 200m: | 2:31.35 | 39.54 | 600m: | 7:46.06 | 39.63 | 1000m: | 13:01.41 | 39.67 |
| 250m: | 3:10.54 | 39.19 | 650m: | 8:25.35 | 39.29 | 1050m: | 13:40.03 | 38.62 |
| 300m: | 3:50.11 | 39.57 | 700m: | 9:04.99 | 39.64 | 1100m: | 14:19.90 | 39.87 |
| 350m: | 4:29.42 | 39.31 | 750m: | 9:44.06 | 39.07 | 1150m: | 14:58.44 | 38.54 |
| 400m: | 5:08.78 | 39.36 | 800m: | 10:23.68 | 39.62 | 1200m: | 15:38.49 | 40.05 |
| 2. Melanie Kuiper | | ZIGNEA | NED | 197600350 | | | 20:48.14 | +0.89 |
| 50m: | 35.53 | 35.53 | 450m: | 6:07.55 | 42.35 | 850m: | 11:45.89 | 42.46 |
| 100m: | 1:14.02 | 38.49 | 500m: | 6:49.62 | 42.07 | 900m: | 12:27.91 | 42.02 |
| 150m: | 1:54.75 | 40.73 | 550m: | 7:31.96 | 42.34 | 950m: | 13:10.14 | 42.23 |
| 200m: | 2:36.12 | 41.37 | 600m: | 8:14.35 | 42.39 | 1000m: | 13:52.53 | 42.39 |
| 250m: | 3:18.39 | 42.27 | 650m: | 8:56.73 | 42.38 | 1050m: | 14:34.21 | 41.68 |
| 300m: | 4:00.49 | 42.10 | 700m: | 9:38.75 | 42.02 | 1100m: | 15:15.95 | 41.74 |
| 350m: | 4:43.01 | 42.52 | 750m: | 10:21.05 | 42.30 | 1150m: | 15:57.72 | 41.77 |
| 400m: | 5:25.20 | 42.19 | 800m: | 11:03.43 | 42.38 | 1200m: | 16:39.87 | 42.15 |

Programmanr. 3, Dames, 1500m vrije slag, Masters 45+

| rang | naam | vereniging | tijd | RT | PARA |
|------|-----------------------------|-------------------------|-----------------|-----------------|---------|
| 3. | Éva Mónika Kézsmárki | Megathlon SE | 23:08.59 | +0.95 | |
| | 50m: 41.98 | 450m: 6:51.59 | 46.61 | 850m: 13:05.57 | 46.75 |
| | 100m: 1:27.33 | 500m: 7:38.53 | 46.94 | 900m: 13:52.20 | 46.63 |
| | 150m: 2:12.80 | 550m: 8:25.74 | 47.21 | 950m: 14:39.07 | 46.87 |
| | 200m: 2:58.51 | 600m: 9:13.10 | 47.36 | 1000m: 15:25.48 | 46.41 |
| | 250m: 3:45.18 | 650m: 9:59.93 | 46.83 | 1050m: 16:12.25 | 46.77 |
| | 300m: 4:31.57 | 700m: 10:46.04 | 46.11 | 1100m: 16:59.11 | 46.86 |
| | 350m: 5:18.58 | 750m: 11:32.37 | 46.33 | 1150m: 17:45.43 | 46.32 |
| | 400m: 6:04.98 | 800m: 12:18.82 | 46.45 | 1200m: 18:31.66 | 46.23 |
| 4. | Natacha Van Hoof | Shark | 26:26.81 | +0.96 | |
| | 50m: 45.02 | 450m: 7:37.49 | 52.62 | 850m: 14:39.45 | 53.64 |
| | 100m: 1:34.76 | 500m: 8:29.29 | 51.80 | 900m: 15:32.78 | 53.33 |
| | 150m: 2:25.69 | 550m: 9:22.26 | 52.97 | 950m: 16:26.74 | 53.96 |
| | 200m: 3:17.10 | 600m: 10:14.87 | 52.61 | 1000m: 17:20.30 | 53.56 |
| | 250m: 4:08.68 | 650m: 11:07.42 | 52.55 | 1050m: 18:14.04 | 53.74 |
| | 300m: 5:00.70 | 700m: 12:00.31 | 52.89 | 1100m: 19:07.40 | 53.36 |
| | 350m: 5:52.80 | 750m: 12:52.71 | 52.40 | 1150m: 20:03.65 | 56.25 |
| | 400m: 6:44.87 | 800m: 13:45.81 | 53.10 | 1200m: 20:59.31 | 55.66 |
| 5. | Clementine Bruxvoort | SCOM/De Zeehond'73 (SG) | 28:05.92 | +0.88 | |
| | 50m: 46.33 | 450m: 8:06.54 | 56.09 | 850m: 15:34.79 | 100.50 |
| | 100m: 1:39.24 | 500m: 9:01.97 | 55.43 | 900m: 16:32.89 | 58.10 |
| | 150m: 2:33.19 | 550m: 9:58.35 | 56.38 | 950m: 17:30.97 | 58.08 |
| | 200m: 3:28.10 | 600m: 10:54.07 | 55.72 | 1000m: 18:29.18 | 58.21 |
| | 250m: 4:23.13 | 650m: 11:50.20 | 56.13 | 1050m: 19:28.09 | 58.91 |
| | 300m: 5:18.70 | 700m: 12:45.89 | 55.69 | 1100m: 20:25.97 | 57.88 |
| | 350m: 6:13.98 | 750m: 13:41.83 | 55.94 | 1150m: 21:23.49 | 57.52 |
| | 400m: 7:10.45 | 800m: 14:34.29 | 52.46 | 1200m: 22:21.09 | 57.60 |
| 6. | Fabienne Verriet-Regensburg | VZV Njord | 29:56.13 | +0.85 | |
| | 50m: 49.01 | 450m: 8:41.20 | 1:00.64 | 850m: 16:42.53 | 1:00.63 |
| | 100m: 1:44.58 | 500m: 9:40.69 | 59.49 | 900m: 17:42.75 | 1:00.22 |
| | 150m: 2:42.78 | 550m: 10:40.83 | 1:00.14 | 950m: 18:43.53 | 1:00.78 |
| | 200m: 3:41.31 | 600m: 11:41.12 | 1:00.29 | 1000m: 19:44.38 | 1:00.85 |
| | 250m: 4:40.67 | 650m: 12:41.58 | 1:00.46 | 1050m: 20:45.84 | 1:01.46 |
| | 300m: 5:40.43 | 700m: 13:41.60 | 1:00.02 | 1100m: 21:47.25 | 1:01.41 |
| | 350m: 6:40.51 | 750m: 14:41.91 | 1:00.31 | 1150m: 22:48.84 | 1:01.59 |
| | 400m: 7:40.56 | 800m: 15:41.90 | 59.99 | 1200m: 23:50.71 | 1:01.87 |

Masters 50+

| | | | | | |
|----|---|--------------------|-----------------|--------------|-----------------|
| 1. | Grith Sigsgaard | De Otters Het Gooi | 19:42.15 | +0.80 | |
| | <i>Nederlands Masters Record, 400, 800 en 1500m NMR</i> | | | | |
| | 50m: 34.32 | 34.32 | 450m: 5:44.63 | 39.03 | 850m: 11:02.32 |
| | 100m: 1:12.46 | 38.14 | 500m: 6:23.87 | 39.24 | 900m: 11:42.57 |
| | 150m: 1:51.10 | 38.64 | 550m: 7:03.47 | 39.60 | 950m: 12:22.49 |
| | 200m: 2:29.79 | 38.69 | 600m: 7:43.48 | 40.01 | 1000m: 13:02.42 |
| | 250m: 3:08.31 | 38.52 | 650m: 8:23.10 | 39.62 | 1050m: 13:41.88 |
| | 300m: 3:47.35 | 39.04 | 700m: 9:03.29 | 40.19 | 1100m: 14:22.22 |
| | 350m: 4:26.30 | 38.95 | 750m: 9:42.77 | 39.48 | 1150m: 15:01.78 |
| | 400m: 5:05.60 | 39.30 | 800m: 10:22.77 | 40.00 | 1200m: 15:42.32 |
| 2. | Kathy Van Lindt | CNSW | 20:49.71 | +1.07 | |
| | 50m: 37.70 | 37.70 | 450m: 6:09.96 | 41.62 | 850m: 11:46.59 |
| | 100m: 1:18.67 | 40.97 | 500m: 6:51.78 | 41.82 | 900m: 12:28.85 |
| | 150m: 1:59.93 | 41.26 | 550m: 7:33.87 | 42.09 | 950m: 13:10.90 |
| | 200m: 2:41.86 | 41.93 | 600m: 8:15.85 | 41.98 | 1000m: 13:53.62 |
| | 250m: 3:22.83 | 40.97 | 650m: 8:58.00 | 42.15 | 1050m: 14:35.29 |
| | 300m: 4:04.53 | 41.70 | 700m: 9:40.86 | 42.86 | 1100m: 15:17.31 |
| | 350m: 4:46.35 | 41.82 | 750m: 10:22.64 | 41.78 | 1150m: 15:59.35 |
| | 400m: 5:28.34 | 41.99 | 800m: 11:04.84 | 42.20 | 1200m: 16:41.44 |
| 3. | Bianca Groot | MSV-Zeemacht | 21:01.62 | +0.92 | |
| | 50m: 36.46 | 36.46 | 450m: 6:06.88 | 41.77 | 850m: 11:45.05 |
| | 100m: 1:16.75 | 40.29 | 500m: 6:49.07 | 42.19 | 900m: 12:27.51 |
| | 150m: 1:57.26 | 40.51 | 550m: 7:31.06 | 41.99 | 950m: 13:10.17 |
| | 200m: 2:38.41 | 41.15 | 600m: 8:13.56 | 42.50 | 1000m: 13:52.97 |
| | 250m: 3:19.79 | 41.38 | 650m: 8:55.46 | 41.90 | 1050m: 14:35.36 |
| | 300m: 4:01.56 | 41.77 | 700m: 9:37.70 | 42.24 | 1100m: 15:18.14 |
| | 350m: 4:42.87 | 41.31 | 750m: 10:20.08 | 42.38 | 1150m: 16:00.63 |
| | 400m: 5:25.11 | 42.24 | 800m: 11:02.62 | 42.54 | 1200m: 16:44.23 |

Programmanr. 3, Dames, 1500m vrije slag, Masters 50+

| rang | naam | vereniging | tijd | RT | PARA | | | |
|------|----------------------------------|------------|-----------------|-------|-----------------|-------|-----------------|---------|
| 4. | Iris van Aurich | DWK | 22:56.49 | +0.80 | | | | |
| | 50m: 38.07 | 38.07 | 450m: 6:39.36 | 45.89 | 850m: 12:51.26 | 47.11 | 1250m: 19:07.51 | 48.18 |
| | 100m: 1:22.48 | 44.41 | 500m: 7:25.89 | 46.53 | 900m: 13:37.98 | 46.72 | 1300m: 19:54.15 | 46.64 |
| | 150m: 2:07.06 | 44.58 | 550m: 8:12.46 | 46.57 | 950m: 14:24.71 | 46.73 | 1350m: 20:41.39 | 47.24 |
| | 200m: 2:51.73 | 44.67 | 600m: 8:58.70 | 46.24 | 1000m: 15:11.23 | 46.52 | 1400m: 21:28.20 | 46.81 |
| | 250m: 3:37.01 | 45.28 | 650m: 9:45.84 | 47.14 | 1050m: 15:58.27 | 47.04 | 1450m: 22:14.10 | 45.90 |
| | 300m: 4:22.16 | 45.15 | 700m: 10:31.82 | 45.98 | 1100m: 16:44.68 | 46.41 | 1500m: 22:56.49 | 42.39 |
| | 350m: 5:08.04 | 45.88 | 750m: 11:18.34 | 46.52 | 1150m: 17:32.26 | 47.58 | | |
| | 400m: 5:53.47 | 45.43 | 800m: 12:04.15 | 45.81 | 1200m: 18:19.33 | 47.07 | | |
| 5. | Annet Kootstra | SWOL 1894 | 26:40.79 | +0.99 | | | | |
| | 50m: 45.58 | 45.58 | 450m: 7:43.03 | 52.82 | 850m: 14:50.16 | 53.37 | 1250m: 22:06.50 | 54.51 |
| | 100m: 1:35.77 | 50.19 | 500m: 8:36.35 | 53.32 | 900m: 15:43.99 | 53.83 | 1300m: 23:01.72 | 55.22 |
| | 150m: 2:27.57 | 51.80 | 550m: 9:28.76 | 52.41 | 950m: 16:38.11 | 54.12 | 1350m: 23:56.26 | 54.54 |
| | 200m: 3:20.12 | 52.55 | 600m: 10:22.62 | 53.86 | 1000m: 17:32.63 | 54.52 | 1400m: 24:51.45 | 55.19 |
| | 250m: 4:11.63 | 51.51 | 650m: 11:15.92 | 53.30 | 1050m: 18:27.00 | 54.37 | 1450m: 25:47.34 | 55.89 |
| | 300m: 5:04.58 | 52.95 | 700m: 12:09.63 | 53.71 | 1100m: 19:21.71 | 54.71 | 1500m: 26:40.79 | 53.45 |
| | 350m: 5:57.47 | 52.89 | 750m: 13:02.79 | 53.16 | 1150m: 20:16.35 | 54.64 | | |
| | 400m: 6:50.21 | 52.74 | 800m: 13:56.79 | 54.00 | 1200m: 21:11.99 | 55.64 | | |
| 6. | Kristien Van de Moortel | Shark | 27:18.60 | +0.89 | | | | |
| | 50m: 46.60 | 46.60 | 450m: 8:00.02 | 54.43 | 850m: 15:16.71 | 54.44 | 1250m: 22:41.02 | 55.87 |
| | 100m: 1:40.25 | 53.65 | 500m: 8:54.73 | 54.71 | 900m: 16:11.63 | 54.92 | 1300m: 23:37.13 | 56.11 |
| | 150m: 2:33.87 | 53.62 | 550m: 9:48.85 | 54.12 | 950m: 17:06.57 | 54.94 | 1350m: 24:33.53 | 56.40 |
| | 200m: 3:27.86 | 53.99 | 600m: 10:43.32 | 54.47 | 1000m: 18:02.36 | 55.79 | 1400m: 25:29.89 | 56.36 |
| | 250m: 4:21.85 | 53.99 | 650m: 11:37.80 | 54.48 | 1050m: 18:57.57 | 55.21 | 1450m: 26:25.26 | 55.37 |
| | 300m: 5:16.40 | 54.55 | 700m: 12:32.56 | 54.76 | 1100m: 19:53.40 | 55.83 | 1500m: 27:18.60 | 53.34 |
| | 350m: 6:11.01 | 54.61 | 750m: 13:27.30 | 54.74 | 1150m: 20:48.94 | 55.54 | | |
| | 400m: 7:05.59 | 54.58 | 800m: 14:22.27 | 54.97 | 1200m: 21:45.15 | 56.21 | | |
| 7. | Greta Wyma-Teitsma *400, 800m | DWK | 28:32.38 | +1.05 | | | | |
| | 50m: 48.48 | 48.48 | 450m: 8:18.39 | 56.55 | 850m: 15:56.72 | 57.97 | 1250m: 23:42.92 | 1:00.30 |
| | 100m: 1:43.47 | 54.99 | 500m: 9:15.34 | 56.95 | 900m: 16:54.16 | 57.44 | 1300m: 24:41.18 | 58.26 |
| | 150m: 2:39.51 | 56.04 | 550m: 10:12.21 | 56.87 | 950m: 17:53.66 | 59.50 | 1350m: 25:39.99 | 58.81 |
| | 200m: 3:35.75 | 56.24 | 600m: 11:09.31 | 57.10 | 1000m: 18:50.37 | 56.71 | 1400m: 26:38.31 | 58.32 |
| | 250m: 4:31.77 | 56.02 | 650m: 12:07.60 | 58.29 | 1050m: 19:48.87 | 58.50 | 1450m: 27:37.05 | 58.74 |
| | 300m: 5:27.66 | 55.89 | 700m: 13:04.59 | 56.99 | 1100m: 20:46.37 | 57.50 | 1500m: 28:32.38 | 55.33 |
| | 350m: 6:24.71 | 57.05 | 750m: 14:02.29 | 57.70 | 1150m: 21:45.41 | 59.04 | | |
| | 400m: 7:21.84 | 57.13 | 800m: 14:58.75 | 56.46 | 1200m: 22:42.62 | 57.21 | | |

Masters 55+

| | | | | | | | | |
|----|--|---------------------------|-----------------|-------|-----------------|-------|-----------------|-------|
| 1. | Katrien Delaender | Deerlijkse Zwemvereniging | 19:46.71 | +0.80 | | | | |
| | <i>Kampioenschapsrecord, Belgisch Masters Record</i> | | | | | | | |
| | 50m: 34.65 | 34.65 | 450m: 5:51.05 | 39.93 | 850m: 11:09.00 | 39.83 | 1250m: 16:27.97 | 40.14 |
| | 100m: 1:12.62 | 37.97 | 500m: 6:30.76 | 39.71 | 900m: 11:48.48 | 39.48 | 1300m: 17:07.99 | 40.02 |
| | 150m: 1:52.04 | 39.42 | 550m: 7:10.64 | 39.88 | 950m: 12:28.40 | 39.92 | 1350m: 17:48.44 | 40.45 |
| | 200m: 2:31.57 | 39.53 | 600m: 7:50.22 | 39.58 | 1000m: 13:07.85 | 39.45 | 1400m: 18:28.58 | 40.14 |
| | 250m: 3:11.54 | 39.97 | 650m: 8:30.24 | 40.02 | 1050m: 13:47.79 | 39.94 | 1450m: 19:08.91 | 40.33 |
| | 300m: 3:51.11 | 39.57 | 700m: 9:09.76 | 39.52 | 1100m: 14:27.54 | 39.75 | 1500m: 19:46.71 | 37.80 |
| | 350m: 4:31.30 | 40.19 | 750m: 9:49.68 | 39.92 | 1150m: 15:07.82 | 40.28 | | |
| | 400m: 5:11.12 | 39.82 | 800m: 10:29.17 | 39.49 | 1200m: 15:47.83 | 40.01 | | |
| 2. | Wilna Heijman | Steenwijk 1934 | 22:01.83 | +0.83 | | | | |
| | 50m: 38.86 | 38.86 | 450m: 6:25.79 | 43.65 | 850m: 12:20.05 | 44.47 | 1250m: 18:16.94 | 44.43 |
| | 100m: 1:20.86 | 42.00 | 500m: 7:10.24 | 44.45 | 900m: 13:04.91 | 44.86 | 1300m: 19:02.24 | 45.30 |
| | 150m: 2:03.35 | 42.49 | 550m: 7:53.89 | 43.65 | 950m: 13:49.06 | 44.15 | 1350m: 19:47.39 | 45.15 |
| | 200m: 2:46.70 | 43.35 | 600m: 8:38.12 | 44.23 | 1000m: 14:33.89 | 44.83 | 1400m: 20:32.95 | 45.56 |
| | 250m: 3:30.11 | 43.41 | 650m: 9:22.21 | 44.09 | 1050m: 15:18.20 | 44.31 | 1450m: 21:17.37 | 44.42 |
| | 300m: 4:14.40 | 44.29 | 700m: 10:06.83 | 44.62 | 1100m: 16:03.16 | 44.96 | 1500m: 22:01.83 | 44.46 |
| | 350m: 4:58.10 | 43.70 | 750m: 10:51.03 | 44.20 | 1150m: 16:47.58 | 44.42 | | |
| | 400m: 5:42.14 | 44.04 | 800m: 11:35.58 | 44.55 | 1200m: 17:32.51 | 44.93 | | |
| 3. | Laura Staal | Oceanus | 22:36.68 | +0.79 | | | | |
| | 50m: 39.39 | 39.39 | 450m: 6:43.21 | 44.86 | 850m: 12:46.31 | 45.10 | 1250m: 18:51.31 | 45.66 |
| | 100m: 1:24.13 | 44.74 | 500m: 7:29.12 | 45.91 | 900m: 13:31.86 | 45.55 | 1300m: 19:36.96 | 45.65 |
| | 150m: 2:09.13 | 45.00 | 550m: 8:13.79 | 44.67 | 950m: 14:17.33 | 45.47 | 1350m: 20:22.36 | 45.40 |
| | 200m: 2:54.92 | 45.79 | 600m: 8:59.28 | 45.49 | 1000m: 15:03.02 | 45.69 | 1400m: 21:07.99 | 45.63 |
| | 250m: 3:40.86 | 45.94 | 650m: 9:44.51 | 45.23 | 1050m: 15:48.38 | 45.36 | 1450m: 21:53.16 | 45.17 |
| | 300m: 4:26.80 | 45.94 | 700m: 10:30.47 | 45.96 | 1100m: 16:34.20 | 45.82 | 1500m: 22:36.68 | 43.52 |
| | 350m: 5:12.30 | 45.50 | 750m: 11:15.67 | 45.20 | 1150m: 17:19.71 | 45.51 | | |
| | 400m: 5:58.35 | 46.05 | 800m: 12:01.21 | 45.54 | 1200m: 18:05.65 | 45.94 | | |



Open Nederlandse Masters
Kampioenschappen 2022 lange baan
Eindhoven 5-8 mei 2022



Programmanr. 3, Dames, 1500m vrije slag, Masters 60+

| rang | naam | vereniging | tijd | RT | PARA | |
|------|-------------------------|------------|-----------------|--------------|-----------------|---------|
| 5. | Jennie Resink-lindeboom | DWK | 26:48.05 | +1.12 | | |
| | 50m: 45.79 | 45.79 | 450m: 7:55.46 | 53.94 | 850m: 15:09.70 | 53.83 |
| | 100m: 1:36.47 | 50.68 | 500m: 8:50.18 | 54.72 | 900m: 16:03.95 | 54.25 |
| | 150m: 2:28.98 | 52.51 | 550m: 9:44.20 | 54.02 | 950m: 16:57.50 | 53.55 |
| | 200m: 3:22.88 | 53.90 | 600m: 10:39.01 | 54.81 | 1000m: 17:52.19 | 54.69 |
| | 250m: 4:16.70 | 53.82 | 650m: 11:33.01 | 54.00 | 1050m: 18:46.09 | 53.90 |
| | 300m: 5:12.49 | 55.79 | 700m: 12:27.41 | 54.40 | 1100m: 19:40.81 | 54.72 |
| | 350m: 6:06.69 | 54.20 | 750m: 13:21.65 | 54.24 | 1150m: 20:34.91 | 54.10 |
| | 400m: 7:01.52 | 54.83 | 800m: 14:15.87 | 54.22 | 1200m: 21:30.36 | 55.45 |
| 6. | Karien Musters | Old Dutch | 32:35.11 | +0.88 | | |
| | 50m: 53.75 | 53.75 | 450m: 9:27.71 | 1:06.22 | 850m: 18:17.07 | 1:06.40 |
| | 100m: 1:53.38 | 59.63 | 500m: 10:33.53 | 1:05.82 | 900m: 19:23.22 | 1:06.15 |
| | 150m: 2:56.14 | 1:02.76 | 550m: 11:39.08 | 1:05.55 | 950m: 20:29.61 | 1:06.39 |
| | 200m: 4:00.30 | 1:04.16 | 600m: 12:45.63 | 1:06.55 | 1000m: 21:35.58 | 1:05.97 |
| | 250m: 5:04.81 | 1:04.51 | 650m: 13:51.52 | 1:05.89 | 1050m: 22:41.38 | 1:05.80 |
| | 300m: 6:10.31 | 1:05.50 | 700m: 14:57.93 | 1:06.41 | 1100m: 23:47.12 | 1:05.74 |
| | 350m: 7:16.24 | 1:05.93 | 750m: 16:04.21 | 1:06.28 | 1150m: 24:51.78 | 1:04.66 |
| | 400m: 8:21.49 | 1:05.25 | 800m: 17:10.67 | 1:06.46 | 1200m: 25:57.23 | 1:05.45 |
| 7. | Mies Kuipers | Old Dutch | 37:38.50 | +0.99 | | |
| | 50m: 1:04.63 | 1:04.63 | 450m: 10:52.85 | 1:14.22 | 850m: 20:52.33 | 1:14.11 |
| | 100m: 2:17.41 | 1:12.78 | 500m: 12:07.24 | 1:14.39 | 900m: 22:08.67 | 1:16.34 |
| | 150m: 3:30.82 | 1:13.41 | 550m: 13:21.06 | 1:13.82 | 950m: 23:23.52 | 1:14.85 |
| | 200m: 4:44.62 | 1:13.80 | 600m: 14:35.77 | 1:14.71 | 1000m: 24:40.91 | 1:17.39 |
| | 250m: 5:58.30 | 1:13.68 | 650m: 15:50.51 | 1:14.74 | 1050m: 25:57.55 | 1:16.64 |
| | 300m: 7:12.45 | 1:14.15 | 700m: 17:06.59 | 1:16.08 | 1100m: 27:15.89 | 1:18.34 |
| | 350m: 8:25.25 | 1:12.80 | 750m: 18:22.02 | 1:15.43 | 1150m: 28:32.82 | 1:16.93 |
| | 400m: 9:38.63 | 1:13.38 | 800m: 19:38.22 | 1:16.20 | 1200m: 29:52.45 | 1:19.63 |

Masters 65+

| | | | | | | |
|----|---------------|----------------|-----------------|--------------|-----------------|---------|
| 1. | Monica Bakker | Steenwijk 1934 | 26:14.04 | +0.93 | | |
| | 50m: 45.67 | 45.67 | 450m: 7:42.73 | 52.46 | 850m: 14:43.09 | 52.21 |
| | 100m: 1:36.44 | 50.77 | 500m: 8:35.98 | 53.25 | 900m: 15:36.52 | 53.43 |
| | 150m: 2:27.59 | 51.15 | 550m: 9:27.92 | 51.94 | 950m: 16:28.83 | 52.31 |
| | 200m: 3:20.01 | 52.42 | 600m: 10:20.74 | 52.82 | 1000m: 17:22.59 | 53.76 |
| | 250m: 4:11.38 | 51.37 | 650m: 11:12.07 | 51.33 | 1050m: 18:14.99 | 52.40 |
| | 300m: 5:04.89 | 53.51 | 700m: 12:05.11 | 53.04 | 1100m: 19:08.65 | 53.66 |
| | 350m: 5:56.99 | 52.10 | 750m: 12:57.35 | 52.24 | 1150m: 20:00.81 | 52.16 |
| | 400m: 6:50.27 | 53.28 | 800m: 13:50.88 | 53.53 | 1200m: 20:54.57 | 53.76 |
| 2. | Ilse Biegler | SU Mödling | 28:51.19 | +1.08 | | |
| | 50m: 47.20 | 47.20 | 450m: 8:22.16 | 57.23 | 850m: 16:10.50 | 58.74 |
| | 100m: 1:41.89 | 54.69 | 500m: 9:20.79 | 58.63 | 900m: 17:09.59 | 59.09 |
| | 150m: 2:40.47 | 58.58 | 550m: 10:18.41 | 57.62 | 950m: 18:08.11 | 58.52 |
| | 200m: 3:37.74 | 57.27 | 600m: 11:17.38 | 58.97 | 1000m: 19:07.75 | 59.64 |
| | 250m: 4:33.99 | 56.25 | 650m: 12:15.89 | 58.51 | 1050m: 20:07.86 | 1:00.11 |
| | 300m: 5:30.85 | 56.86 | 700m: 13:14.08 | 58.19 | 1100m: 21:06.74 | 58.88 |
| | 350m: 6:27.56 | 56.71 | 750m: 14:12.52 | 58.44 | 1150m: 22:05.46 | 58.72 |
| | 400m: 7:24.93 | 57.37 | 800m: 15:11.76 | 59.24 | 1200m: 23:04.38 | 58.92 |

Masters 70+

| | | | | | | |
|----|---------------|---------|-----------------|--------------|-----------------|---------|
| 1. | Gonnie Bak | PSV | 31:45.91 | +0.93 | | |
| | 50m: 54.49 | 54.49 | 450m: 9:15.18 | 1:02.56 | 850m: 17:44.83 | 1:03.75 |
| | 100m: 1:56.14 | 1:01.65 | 500m: 10:18.35 | 1:03.17 | 900m: 18:50.20 | 1:05.37 |
| | 150m: 2:58.04 | 1:01.90 | 550m: 11:20.65 | 1:02.30 | 950m: 19:55.45 | 1:05.25 |
| | 200m: 4:01.36 | 1:03.32 | 600m: 12:24.67 | 1:04.02 | 1000m: 21:00.35 | 1:04.90 |
| | 250m: 5:03.25 | 1:01.89 | 650m: 13:28.85 | 1:04.18 | 1050m: 22:04.89 | 1:04.54 |
| | 300m: 6:06.72 | 1:03.47 | 700m: 14:32.80 | 1:03.95 | 1100m: 23:10.37 | 1:05.48 |
| | 350m: 7:08.57 | 1:01.85 | 750m: 15:36.36 | 1:03.56 | 1150m: 24:15.42 | 1:05.05 |
| | 400m: 8:12.62 | 1:04.05 | 800m: 16:41.08 | 1:04.72 | 1200m: 25:20.89 | 1:05.47 |

Masters 75+

| | | | | | | |
|----|----------------------------------|-------|-----------------|--------------|-----------------|-------|
| 1. | Corrie Verhoeven | PSV | 28:55.03 | +0.90 | | |
| | <i>Nederlands Masters Record</i> | | | | | |
| | 50m: 47.70 | 47.70 | 450m: 8:29.25 | 58.58 | 850m: 16:17.39 | 58.98 |
| | 100m: 1:42.16 | 54.46 | 500m: 9:27.91 | 58.66 | 900m: 17:15.89 | 58.50 |
| | 150m: 2:39.31 | 57.15 | 550m: 10:26.44 | 58.53 | 950m: 18:14.83 | 58.94 |
| | 200m: 3:37.84 | 58.53 | 600m: 11:23.82 | 57.38 | 1000m: 19:13.05 | 58.22 |
| | 250m: 4:36.13 | 58.29 | 650m: 12:22.87 | 59.05 | 1050m: 20:11.71 | 58.66 |
| | 300m: 5:33.76 | 57.63 | 700m: 13:21.61 | 58.74 | 1100m: 21:10.20 | 58.49 |
| | 350m: 6:32.22 | 58.46 | 750m: 14:19.87 | 58.26 | 1150m: 22:09.14 | 58.94 |
| | 400m: 7:30.67 | 58.45 | 800m: 15:18.41 | 58.54 | 1200m: 23:07.94 | 58.80 |



Open Nederlandse Masters
Kampioenschappen 2022 lange baan
Eindhoven 5-8 mei 2022



Programmanr. 3, Dames, 1500m vrije slag

Masters 80+

| | | | | | | | | | | | |
|----------------|---------|-----------|-------|----------|-----------|--------|-----------------|--------------|--------|----------|---------|
| 1. Marie Smits | | Old Dutch | | NED | 193800004 | | 35:51.47 | +1.13 | | | |
| 50m: | 57.95 | 57.95 | 450m: | 10:29.75 | 1:12.19 | 850m: | 20:09.32 | 1:13.75 | 1250m: | 29:54.89 | 1:14.83 |
| 100m: | 2:07.29 | 1:09.34 | 500m: | 11:42.05 | 1:12.30 | 900m: | 21:22.49 | 1:13.17 | 1300m: | 31:08.35 | 1:13.46 |
| 150m: | 3:19.37 | 1:12.08 | 550m: | 12:55.11 | 1:13.06 | 950m: | 22:35.52 | 1:13.03 | 1350m: | 32:22.30 | 1:13.95 |
| 200m: | 4:30.53 | 1:11.16 | 600m: | 14:07.16 | 1:12.05 | 1000m: | 23:47.30 | 1:11.78 | 1400m: | 33:34.38 | 1:12.08 |
| 250m: | 5:41.92 | 1:11.39 | 650m: | 15:18.36 | 1:11.20 | 1050m: | 25:00.80 | 1:13.50 | 1450m: | 34:46.71 | 1:12.33 |
| 300m: | 6:53.71 | 1:11.79 | 700m: | 16:30.42 | 1:12.06 | 1100m: | 26:13.10 | 1:12.30 | 1500m: | 35:51.47 | 1:04.76 |
| 350m: | 8:06.52 | 1:12.81 | 750m: | 17:44.24 | 1:13.82 | 1150m: | 27:26.69 | 1:13.59 | | | |
| 400m: | 9:17.56 | 1:11.04 | 800m: | 18:55.57 | 1:11.33 | 1200m: | 28:40.06 | 1:13.37 | | | |

Masters 85+

| | | | | | | | | | | | |
|--|---------|---------|-------|----------|-----------|--------|-----------------|--------------|--------|----------|---------|
| 1. Lottie Geurts | | PSV | | NED | 193500006 | | 35:55.82 | +1.17 | | | |
| <i>Nederlands Masters Record, 800 en 1500m NMR</i> | | | | | | | | | | | |
| 50m: | 1:03.84 | 1:03.84 | 450m: | 10:35.96 | 1:11.64 | 850m: | 20:08.38 | 1:13.38 | 1250m: | 29:55.34 | 1:13.59 |
| 100m: | 2:12.57 | 1:08.73 | 500m: | 11:48.04 | 1:12.08 | 900m: | 21:22.40 | 1:14.02 | 1300m: | 31:08.97 | 1:13.63 |
| 150m: | 3:23.02 | 1:10.45 | 550m: | 12:59.06 | 1:11.02 | 950m: | 22:34.60 | 1:12.20 | 1350m: | 32:23.88 | 1:14.91 |
| 200m: | 4:34.67 | 1:11.65 | 600m: | 14:10.34 | 1:11.28 | 1000m: | 23:47.52 | 1:12.92 | 1400m: | 33:36.72 | 1:12.84 |
| 250m: | 5:46.86 | 1:12.19 | 650m: | 15:21.52 | 1:11.18 | 1050m: | 25:02.12 | 1:14.60 | 1450m: | 34:48.00 | 1:11.28 |
| 300m: | 6:58.72 | 1:11.86 | 700m: | 16:33.69 | 1:12.17 | 1100m: | 26:13.80 | 1:11.68 | 1500m: | 35:55.82 | 1:07.82 |
| 350m: | 8:11.27 | 1:12.55 | 750m: | 17:45.32 | 1:11.63 | 1150m: | 27:28.29 | 1:14.49 | | | |
| 400m: | 9:24.32 | 1:13.05 | 800m: | 18:55.00 | 1:09.68 | 1200m: | 28:41.75 | 1:13.46 | | | |