



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

Programmanr. 31
08-05-2022 - 10:33

Dames, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
Masters 20+								
1.	Silke Molendijk	ZVL-1886 Center	5:13.77	+0.69				
	50m: 32.29	32.29	150m: 1:52.10	43.11	250m: 3:18.24	44.91	350m: 4:39.62	36.06
	100m: 1:08.99	36.70	200m: 2:33.33	41.23	300m: 4:03.56	45.32	400m: 5:13.77	34.15
2.	Valesca van den Bogert	Hieronymus	5:17.22	+0.75				
	50m: 33.39	33.39	150m: 1:55.71	43.16	250m: 3:21.62	43.60	350m: 4:41.91	37.28
	100m: 1:12.55	39.16	200m: 2:38.02	42.31	300m: 4:04.63	43.01	400m: 5:17.22	35.31
3.	Anne Noom	Het Y	5:18.81	+0.73				
	50m: 32.43	32.43	150m: 1:51.72	40.35	250m: 3:17.64	45.70	350m: 4:41.91	37.86
	100m: 1:11.37	38.94	200m: 2:31.94	40.22	300m: 4:04.05	46.41	400m: 5:18.81	36.90
4.	Roos Englebort	Hieronymus	5:25.85	+0.79				
	50m: 34.82	34.82	150m: 1:55.73	40.88	250m: 3:24.13	47.62	350m: 4:49.55	37.72
	100m: 1:14.85	40.03	200m: 2:36.51	40.78	300m: 4:11.83	47.70	400m: 5:25.85	36.30
5.	Lisanne Boets	Nova	5:35.27	+0.71				
	50m: 33.42	33.42	150m: 1:59.80	46.50	250m: 3:31.19	47.26	350m: 4:58.40	40.13
	100m: 1:13.30	39.88	200m: 2:43.93	44.13	300m: 4:18.27	47.08	400m: 5:35.27	36.87
6.	Sanne Rebers	Hieronymus	5:54.66	+0.77				
	50m: 37.58	37.58	150m: 2:07.81	43.33	250m: 3:41.50	51.21	350m: 5:13.89	40.23
	100m: 1:24.48	46.90	200m: 2:50.29	42.48	300m: 4:33.66	52.16	400m: 5:54.66	40.77
7.	Sheila ten Voorde	Octopus-ZVV (SG)	6:35.08	+0.86				
	50m: 38.34	38.34	150m: 2:17.78	50.97	250m: 4:02.42	54.22	350m: 5:47.85	48.13
	100m: 1:26.81	48.47	200m: 3:08.20	50.42	300m: 4:59.72	57.30	400m: 6:35.08	47.23
8.	Isabelle Janssen	De Geul	6:41.77	+0.93				
	50m: 44.40	44.40	150m: 2:28.13	52.18	250m: 4:19.21	59.04	350m: 6:00.68	42.91
	100m: 1:35.95	51.55	200m: 3:20.17	52.04	300m: 5:17.77	58.56	400m: 6:41.77	41.09
Masters 25+								
1.	Tamara Grove	De Dolfijn	5:26.81	+0.75				
	50m: 32.99	32.99	150m: 1:55.95	43.25	250m: 3:26.04	47.65	350m: 4:51.12	36.23
	100m: 1:12.70	39.71	200m: 2:38.39	42.44	300m: 4:14.89	48.85	400m: 5:26.81	35.69
2.	Chantal Beijer	DWT	5:44.29	+0.76				
	50m: 35.81	35.81	150m: 2:04.45	45.31	250m: 3:38.00	49.04	350m: 5:07.67	40.53
	100m: 1:19.14	43.33	200m: 2:48.96	44.51	300m: 4:27.14	49.14	400m: 5:44.29	36.62
3.	Fiona Meuffels	RZ	5:52.32	+0.70				
	50m: 36.49	36.49	150m: 2:11.71	47.46	250m: 3:46.06	48.37	350m: 5:14.43	39.07
	100m: 1:24.25	47.76	200m: 2:57.69	45.98	300m: 4:35.36	49.30	400m: 5:52.32	37.89
4.	Chantal van der Horst	De Meer	5:57.82	+0.80				
	50m: 38.33	38.33	150m: 2:13.11	50.22	250m: 3:48.51	46.03	350m: 5:17.55	41.54
	100m: 1:22.89	44.56	200m: 3:02.48	49.37	300m: 4:36.01	47.50	400m: 5:57.82	40.27
5.	Daphne Scheurwater	ZZ&PC De Devel	6:03.37	+0.83				
	50m: 36.62	36.62	150m: 2:08.52	47.75	250m: 3:47.26	53.09	350m: 5:22.39	42.43
	100m: 1:20.77	44.15	200m: 2:54.17	45.65	300m: 4:39.96	52.70	400m: 6:03.37	40.98
6.	Marloes Wiekens	THOR	6:53.21	+0.81				
	50m: 38.59	38.59	150m: 2:21.73	54.88	250m: 4:16.60	1:00.03	350m: 6:06.52	48.56
	100m: 1:26.85	48.26	200m: 3:16.57	54.84	300m: 5:17.96	1:01.36	400m: 6:53.21	46.69
Masters 30+								
1.	Marlijn Hendriksen	DIO	5:44.60	+0.81				
	50m: 35.39	35.39	150m: 2:02.05	46.24	250m: 3:36.71	50.47	350m: 5:05.75	39.70
	100m: 1:15.81	40.42	200m: 2:46.24	44.19	300m: 4:26.05	49.34	400m: 5:44.60	38.85
2.	Elmi Roelofsen	Octopus-ZVV (SG)	5:56.84	+0.91				
	50m: 35.61	35.61	150m: 2:05.25	45.35	250m: 3:41.42	52.11	350m: 5:17.34	42.82
	100m: 1:19.90	44.29	200m: 2:49.31	44.06	300m: 4:34.52	53.10	400m: 5:56.84	39.50
3.	Jacyntha Plat	Steenwijk 1934	6:01.44	+0.75				
	50m: 35.34	35.34	150m: 2:10.20	48.62	250m: 3:47.03	47.93	350m: 5:19.50	43.28
	100m: 1:21.58	46.24	200m: 2:59.10	48.90	300m: 4:36.22	49.19	400m: 6:01.44	41.94
4.	Linda van Klei	WIDEX GZC DONK	6:12.57	+0.86				
	50m: 39.34	39.34	150m: 2:18.58	51.93	250m: 3:59.09	51.01	350m: 5:34.25	43.53
	100m: 1:26.65	47.31	200m: 3:08.08	49.50	300m: 4:50.72	51.63	400m: 6:12.57	38.32



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Programmanr. 31, Dames, 400m wisselslag, Masters 30+

rang	naam	vereniging	tijd	RT	PARA
5.	Suzan Blankestijn	ZVL-1886 Center	6:13.31	+0.83	
	50m: 38.30 38.30	150m: 2:18.57 53.51	250m: 3:55.98 48.04	350m: 5:31.05 45.13	
	100m: 1:25.06 46.76	200m: 3:07.94 49.37	300m: 4:45.92 49.94	400m: 6:13.31 42.26	
6.	Marjan Rikken	Octopus-ZVV (SG)	6:45.19	+0.90	
	50m: 43.40 43.40	150m: 2:27.20 49.85	250m: 4:13.35 57.14	350m: 6:00.09 47.90	
	100m: 1:37.35 53.95	200m: 3:16.21 49.01	300m: 5:12.19 58.84	400m: 6:45.19 45.10	
7.	Claudia Meijers-Creemers	MZ&PC	8:09.53	+0.87	
	50m: 50.53 50.53	150m: 2:57.78 1:06.47	250m: 5:05.63 1:04.43	350m: 7:09.61 58.06	
	100m: 1:51.31 1:00.78	200m: 4:01.20 1:03.42	300m: 6:11.55 1:05.92	400m: 8:09.53 59.92	
8.	Anouk Bloem	TRB-RES	8:40.24	+1.02	
	50m: 59.30 59.30	150m: 3:17.20 1:05.62	250m: 5:35.26 1:09.89	350m: 7:42.84 56.24	
	100m: 2:11.58 1:12.28	200m: 4:25.37 1:08.17	300m: 6:46.60 1:11.34	400m: 8:40.24 57.40	

Masters 35+

1.	Viktória Háden-Felföldi	Megathlon SE	5:21.60	+0.79	
	<i>Kampioenschapsrecord, Hungarian Masters Record</i>				
	50m: 32.60 32.60	150m: 1:52.44 41.34	250m: 3:20.73 47.68	350m: 4:45.35 36.86	
	100m: 1:11.10 38.50	200m: 2:33.05 40.61	300m: 4:08.49 47.76	400m: 5:21.60 36.25	
2.	Sabine Zimmermann	Aachener SV 06	5:27.70	+0.77	
	50m: 35.63 35.63	150m: 2:01.12 43.50	250m: 3:30.73 46.12	350m: 5:03.32 35.65	
	100m: 1:17.62 41.99	200m: 2:44.61 43.49	300m: 4:17.67 46.94	400m: 5:27.70 34.38	
3.	Stephanie Vaernewyck	MEGA-zwemteam	5:36.69	+0.87	
	50m: 35.67 35.67	150m: 2:02.67 43.76	250m: 3:34.57 48.10	350m: 5:00.07 36.80	
	100m: 1:18.91 43.24	200m: 2:46.47 43.80	300m: 4:23.27 48.70	400m: 5:36.69 36.62	
4.	Sara Holman	Kaiserslauterer SK 1911	5:54.05	+0.84	
	50m: 37.71 37.71	150m: 2:07.99 46.05	250m: 3:45.10 52.67	350m: 5:16.95 39.40	
	100m: 1:21.94 44.23	200m: 2:52.43 44.44	300m: 4:37.55 52.45	400m: 5:54.05 37.10	
5.	Nadya Putter	ZVVS	6:03.70	+0.76	
	50m: 36.48 36.48	150m: 2:07.40 48.48	250m: 3:46.04 50.80	350m: 5:21.60 42.34	
	100m: 1:18.92 42.44	200m: 2:55.24 47.84	300m: 4:39.26 53.22	400m: 6:03.70 42.10	
6.	Maaïke van Diggele	De Geul	6:16.05	+0.85	
	50m: 37.76 37.76	150m: 2:11.77 49.14	250m: 3:52.88 53.19	350m: 5:32.58 44.02	
	100m: 1:22.63 44.87	200m: 2:59.69 47.92	300m: 4:48.56 55.68	400m: 6:16.05 43.47	
7.	Liesbeth van Mill	Zwemlust-den Hommel	6:25.14	+0.95	
	50m: 40.43 40.43	150m: 2:19.02 50.42	250m: 4:02.68 52.52	350m: 5:40.82 44.97	
	100m: 1:28.60 48.17	200m: 3:10.16 51.14	300m: 4:55.85 53.17	400m: 6:25.14 44.32	
8.	Linda Hoogendam	WVZ	7:14.02	+0.86	
	50m: 44.88 44.88	150m: 2:38.48 56.98	250m: 4:38.27 1:04.36	350m: 6:30.15 46.28	
	100m: 1:41.50 56.62	200m: 3:33.91 55.43	300m: 5:43.87 1:05.60	400m: 7:14.02 43.87	

Masters 40+

1.	Jolanda van Gendt	PSV	6:29.85	+0.74	
	50m: 40.79 40.79	150m: 2:20.21 48.20	250m: 4:03.01 54.56	350m: 5:43.78 45.10	
	100m: 1:32.01 51.22	200m: 3:08.45 48.24	300m: 4:58.68 55.67	400m: 6:29.85 46.07	
2.	Fedwa El Bekri	SN Versailles	6:30.70	+0.83	
	50m: 42.05 42.05	150m: 2:32.58 58.38	250m: 4:16.14 49.19	350m: 5:49.74 43.84	
	100m: 1:34.20 52.15	200m: 3:26.95 54.37	300m: 5:05.90 49.76	400m: 6:30.70 40.96	

Masters 45+

1.	Liselotte Joling	PSV	5:51.63	+0.85	
	50m: 36.80 36.80	150m: 2:08.96 47.79	250m: 3:45.10 50.23	350m: 5:15.29 39.35	
	100m: 1:21.17 44.37	200m: 2:54.87 45.91	300m: 4:35.94 50.84	400m: 5:51.63 36.34	
2.	Annett von Rekowski	SG Bayer	5:52.58	+0.85	
	50m: 36.70 36.70	150m: 2:04.63 46.15	250m: 3:42.77 52.87	350m: 5:15.56 38.90	
	100m: 1:18.48 41.78	200m: 2:49.90 45.27	300m: 4:36.66 53.89	400m: 5:52.58 37.02	
3.	Melanie Kuiper	ZIGNEA	6:19.44	+0.81	
	50m: 39.35 39.35	150m: 2:16.79 48.85	250m: 4:01.08 55.99	350m: 5:39.88 41.36	
	100m: 1:27.94 48.59	200m: 3:05.09 48.30	300m: 4:58.52 57.44	400m: 6:19.44 39.56	
4.	Leontine Loeber	SwimGym	6:35.25	+0.99	
	50m: 41.85 41.85	150m: 2:24.19 51.44	250m: 4:09.99 54.83	350m: 5:51.43 45.64	
	100m: 1:32.75 50.90	200m: 3:15.16 50.97	300m: 5:05.79 55.80	400m: 6:35.25 43.82	



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Masters 50+

1. Claudia Thielemann	SG Bayer	GER	333958	5:46.60	+0.78		
50m: 35.87	35.87	150m: 2:02.79	45.29	250m: 3:37.87	50.49	350m: 5:08.81	39.72
100m: 1:17.50	41.63	200m: 2:47.38	44.59	300m: 4:29.09	51.22	400m: 5:46.60	37.79
2. Kathy Van Lindt	CNSW	BEL	007949/71	6:22.40	+0.95		
50m: 41.51	41.51	150m: 2:24.90	54.26	250m: 4:08.53	52.17	350m: 5:42.91	41.34
100m: 1:30.64	49.13	200m: 3:16.36	51.46	300m: 5:01.57	53.04	400m: 6:22.40	39.49
3. Bianca Groot	MSV-Zeemacht	NED	197000652	6:24.68	+0.88		
50m: 38.48	38.48	150m: 2:23.03	52.56	250m: 4:06.36	51.71	350m: 5:42.21	41.80
100m: 1:30.47	51.99	200m: 3:14.65	51.62	300m: 5:00.41	54.05	400m: 6:24.68	42.47
4. Annet Kootstra	SWOL 1894	NED	197100344	7:22.65	+1.05		
50m: 47.78	47.78	150m: 2:44.37	1:00.06	250m: 4:41.94	1:00.03	350m: 6:34.55	50.86
100m: 1:44.31	56.53	200m: 3:41.91	57.54	300m: 5:43.69	1:01.75	400m: 7:22.65	48.10

Masters 55+

1. Laura Staal	Oceanus	NED	196700358	6:42.95	+0.68		
50m: 44.98	44.98	150m: 2:29.40	51.16	250m: 4:15.88	56.77	350m: 5:59.27	45.97
100m: 1:38.24	53.26	200m: 3:19.11	49.71	300m: 5:13.30	57.42	400m: 6:42.95	43.68
2. Anita Steijger	WVZ	NED	196500628	6:47.57	+1.02		
50m: 43.62	43.62	150m: 2:30.72	54.72	250m: 4:20.31	58.80	350m: 6:03.76	46.24
100m: 1:36.00	52.38	200m: 3:21.51	50.79	300m: 5:17.52	57.21	400m: 6:47.57	43.81
3. K. van Nassau-van den Heuvel	Old Dutch	NED	196600188	7:15.85	+0.96		
50m: 46.34	46.34	150m: 2:44.41	1:00.00	250m: 4:39.11	57.87	350m: 6:26.98	49.70
100m: 1:44.41	58.07	200m: 3:41.24	56.83	300m: 5:37.28	58.17	400m: 7:15.85	48.87

Masters 60+

1. Pierrette Michel	CNSW	BEL	000835/62	6:05.55	+0.96		
50m: 37.64	37.64	150m: 2:08.91	45.53	250m: 3:46.87	53.72	350m: 5:24.14	42.80
100m: 1:23.38	45.74	200m: 2:53.15	44.24	300m: 4:41.34	54.47	400m: 6:05.55	41.41
2. Petra Tossings-van de Hooven	WIDEX GZC DONK	NED	196100376	6:42.62	+0.90		
50m: 42.27	42.27	150m: 2:27.99	54.28	250m: 4:18.36	57.09	350m: 6:00.02	44.84
100m: 1:33.71	51.44	200m: 3:21.27	53.28	300m: 5:15.18	56.82	400m: 6:42.62	42.60
3. Patty Verhagen	PSV	NED	195900146	7:04.75	+0.98		
50m: 49.93	49.93	150m: 2:39.91	52.90	250m: 4:32.57	1:01.75	350m: 6:19.53	46.00
100m: 1:47.01	57.08	200m: 3:30.82	50.91	300m: 5:33.53	1:00.96	400m: 7:04.75	45.22
4. Hannie Poletiek	TriVia	NED	195900278	7:47.21	+0.91		
50m: 52.09	52.09	150m: 2:57.44	1:00.02	250m: 5:00.03	1:03.27	350m: 6:55.74	50.64
100m: 1:57.42	1:05.33	200m: 3:56.76	59.32	300m: 6:05.10	1:05.07	400m: 7:47.21	51.47

Masters 65+

1. Margriet Pasma	TriVia	NED	195500088	7:28.04	+1.05		
<i>Nederlands Masters Record</i>							
50m: 52.86	52.86	150m: 2:49.77	55.22	250m: 4:47.65	1:03.31	350m: 6:40.25	48.67
100m: 1:54.55	1:01.69	200m: 3:44.34	54.57	300m: 5:51.58	1:03.93	400m: 7:28.04	47.79

Masters 70+

1. Antoinette Gilding-Tussaud	WS Twente	NED	195000038	9:21.51	+0.92		
50m: 1:08.21	1:08.21	150m: 3:33.48	1:04.88	250m: 5:58.07	1:20.26	350m: 8:19.43	1:02.64
100m: 2:28.60	1:20.39	200m: 4:37.81	1:04.33	300m: 7:16.79	1:18.72	400m: 9:21.51	1:02.08