

Programmanr. 5  
06-05-2022 - 9:44

Dames, 400m vrije slag  
Pauze na serie 5 / Break after heat 5

Masters Open  
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
<b>Masters 20+</b>								
1.	Laura Setz	Bubble	<b>4:34.01</b>	+0.93				
	50m: 30.23	30.23	150m: 1:37.75	34.32	250m: 2:48.00	35.22	350m: 3:58.90	35.24
	100m: 1:03.43	33.20	200m: 2:12.78	35.03	300m: 3:23.66	35.66	400m: 4:34.01	35.11
2.	Amber van der Kruk	MSV-Zeemacht	<b>4:37.28</b>	+0.86	1003			
	50m: 30.56	30.56	150m: 1:40.04	35.16	250m: 2:50.65	35.19	350m: 4:02.03	36.07
	100m: 1:04.88	34.32	200m: 2:15.46	35.42	300m: 3:25.96	35.31	400m: 4:37.28	35.25
3.	Manon Ritten	PSV	<b>4:40.89</b>	+0.80				
	50m: 31.72	31.72	150m: 1:41.69	35.73	250m: 2:53.38	36.07	350m: 4:05.94	36.36
	100m: 1:05.96	34.24	200m: 2:17.31	35.62	300m: 3:29.58	36.20	400m: 4:40.89	34.95
4.	Kirsten Walraven	ZPC De Zeeuwse Kust	<b>4:53.27</b>	+0.79				
	50m: 32.54	32.54	150m: 1:45.76	36.89	250m: 3:01.41	37.59	350m: 4:17.19	37.58
	100m: 1:08.87	36.33	200m: 2:23.82	38.06	300m: 3:39.61	38.20	400m: 4:53.27	36.08
5.	Marijke Drent	Bubble	<b>4:53.97</b>	+0.81				
	50m: 31.87	31.87	150m: 1:44.61	36.92	250m: 3:00.20	37.95	350m: 4:16.75	38.20
	100m: 1:07.69	35.82	200m: 2:22.25	37.64	300m: 3:38.55	38.35	400m: 4:53.97	37.22
6.	Selina Janssen	Neptunus'58	<b>5:22.23</b>	+0.72				
	50m: 35.00	35.00	150m: 1:54.62	40.81	250m: 3:17.94	42.15	350m: 4:42.31	42.32
	100m: 1:13.81	38.81	200m: 2:35.79	41.17	300m: 3:59.99	42.05	400m: 5:22.23	39.92
7.	Hanna Bonn	VfR Uebach-Palenberg	<b>5:37.77</b>	+0.78				
	50m: 37.12	37.12	150m: 2:01.21	42.69	250m: 3:27.48	42.99	350m: 4:54.69	43.29
	100m: 1:18.52	41.40	200m: 2:44.49	43.28	300m: 4:11.40	43.92	400m: 5:37.77	43.08
8.	Marouscha de Vries	DAW	<b>5:40.47</b>	+0.71				
	50m: 37.52	37.52	150m: 2:01.22	42.80	250m: 3:29.17	44.23	350m: 4:57.27	43.73
	100m: 1:18.42	40.90	200m: 2:44.94	43.72	300m: 4:13.54	44.37	400m: 5:40.47	43.20
<b>Masters 25+</b>								
1.	Tamara Grove	De Dolfijn	<b>4:39.32</b>	+0.72				
	50m: 30.73	30.73	150m: 1:40.92	35.72	250m: 2:52.46	35.69	350m: 4:04.38	35.87
	100m: 1:05.20	34.47	200m: 2:16.77	35.85	300m: 3:28.51	36.05	400m: 4:39.32	34.94
2.	Liesa Vrielinck	MEGA-zwemteam	<b>4:57.63</b>	+0.72				
	50m: 33.45	33.45	150m: 1:48.93	37.80	250m: 3:04.62	37.56	350m: 4:21.15	38.07
	100m: 1:11.13	37.68	200m: 2:27.06	38.13	300m: 3:43.08	38.46	400m: 4:57.63	36.48
3.	Anne-Irene Ducheine	Zwemvereniging Hoogland	<b>5:00.91</b>	+0.73				
	50m: 33.01	33.01	150m: 1:47.69	37.78	250m: 3:05.04	38.62	350m: 4:23.03	38.86
	100m: 1:09.91	36.90	200m: 2:26.42	38.73	300m: 3:44.17	39.13	400m: 5:00.91	37.88
4.	Lotte Coenen	DES	<b>5:05.93</b>	+0.82				
	50m: 33.20	33.20	150m: 1:48.50	38.19	250m: 3:06.62	39.40	350m: 4:26.40	39.75
	100m: 1:10.31	37.11	200m: 2:27.22	38.72	300m: 3:46.65	40.03	400m: 5:05.93	39.53
5.	Alina Bärwald	VfR Uebach-Palenberg	<b>5:08.29</b>	+0.82				
	50m: 33.87	33.87	150m: 1:50.20	38.56	250m: 3:08.57	39.02	350m: 4:28.29	39.90
	100m: 1:11.64	37.77	200m: 2:29.55	39.35	300m: 3:48.39	39.82	400m: 5:08.29	40.00
6.	Fiona Meuffels	RZ	<b>5:15.84</b>	+0.67				
	50m: 33.29	33.29	150m: 1:49.92	39.09	250m: 3:10.77	40.85	350m: 4:35.20	42.28
	100m: 1:10.83	37.54	200m: 2:29.92	40.00	300m: 3:52.92	42.15	400m: 5:15.84	40.64
7.	Mariska Gach	ZVL-1886 Center	<b>5:41.96</b>	+0.80				
	50m: 37.74	37.74	150m: 2:04.19	43.88	250m: 3:32.82	44.17	350m: 5:00.64	43.11
	100m: 1:20.31	42.57	200m: 2:48.65	44.46	300m: 4:17.53	44.71	400m: 5:41.96	41.32
8.	Alma Janssen	Z&PC Zegenwerp	<b>6:10.52</b>	+0.76				
	50m: 38.52	38.52	150m: 2:09.57	46.93	250m: 3:46.40	48.80	350m: 5:25.09	49.14
	100m: 1:22.64	44.12	200m: 2:57.60	48.03	300m: 4:35.95	49.55	400m: 6:10.52	45.43
9.	Nadine Scheeve	De Biesboschzwemmers	<b>6:13.06</b>	+0.80				
	50m: 39.78	39.78	150m: 2:13.57	47.77	250m: 3:50.54	48.00	350m: 5:27.96	48.93
	100m: 1:25.80	46.02	200m: 3:02.54	48.97	300m: 4:39.03	48.49	400m: 6:13.06	45.10
10.	Franziska Wierig	SSF Bonn	<b>6:18.52</b>	+0.70				
	50m: 41.48	41.48	150m: 2:16.46	47.75	250m: 3:52.76	47.75	350m: 5:30.85	48.84
	100m: 1:28.71	47.23	200m: 3:05.01	48.55	300m: 4:42.01	49.25	400m: 6:18.52	47.67
11.	Cynthia van Veen	ZVL-1886 Center	<b>6:22.36</b>	+0.69				
	50m: 38.78	38.78	150m: 2:14.19	48.70	250m: 3:55.29	50.95	350m: 5:35.87	50.03
	100m: 1:25.49	46.71	200m: 3:04.34	50.15	300m: 4:45.84	50.55	400m: 6:22.36	46.49

Programmanr. 5, Dames, 400m vrije slag, Masters 25+

rang	naam	vereniging	NED	199303526	tijd	RT	PARA
AFGEM	Leontine Groeneveldt	De Duck	NED	199303526			

Masters 30+

1.	Lisanne Andeweg	Zuiderzeewimmers	NED	198800092	<b>5:05.32</b>	+0.94		
	50m: 34.36	34.36	150m: 1:51.04	38.75	250m: 3:09.53	39.10	350m: 4:28.04	39.21
	100m: 1:12.29	37.93	200m: 2:30.43	39.39	300m: 3:48.83	39.30	400m: 5:05.32	37.28
2.	Fraukje Puts	HZ&PC Heerenveen	NED	199206470	<b>5:10.85</b>	+0.76		
	50m: 34.22	34.22	150m: 1:51.51	39.36	250m: 3:11.04	39.46	350m: 4:31.76	39.72
	100m: 1:12.15	37.93	200m: 2:31.58	40.07	300m: 3:52.04	41.00	400m: 5:10.85	39.09
3.	Marion Lewonczuk	CN du Val de Fensch	FRA	77224	<b>5:33.28</b>	+0.79		
	50m: 37.23	37.23	150m: 1:58.78	41.20	250m: 3:23.83	42.81	350m: 4:50.46	43.37
	100m: 1:17.58	40.35	200m: 2:41.02	42.24	300m: 4:07.09	43.26	400m: 5:33.28	42.82
4.	Suzan Blankestijn	ZVL-1886 Center	NED	198900350	<b>5:36.68</b>	+0.81		
	50m: 36.82	36.82	150m: 2:01.56	43.10	250m: 3:27.79	42.83	350m: 4:53.98	42.77
	100m: 1:18.46	41.64	200m: 2:44.96	43.40	300m: 4:11.21	43.42	400m: 5:36.68	42.70
5.	Yvonne Bruls	MZ&PC	NED	199008114	<b>5:41.33</b>	+0.87		
	50m: 38.14	38.14	150m: 2:04.88	43.60	250m: 3:32.77	43.47	350m: 4:58.92	42.84
	100m: 1:21.28	43.14	200m: 2:49.30	44.42	300m: 4:16.08	43.31	400m: 5:41.33	42.41
6.	Irmgard van Weeghel	ESCA Zwemmen	NED	199204834	<b>5:41.79</b>	+0.75		
	50m: 36.78	36.78	150m: 2:00.99	42.83	250m: 3:29.19	44.08	350m: 4:58.92	44.47
	100m: 1:18.16	41.38	200m: 2:45.11	44.12	300m: 4:14.45	45.26	400m: 5:41.79	42.87
7.	Jacolien van den Beukel	De Lansingh	NED	199100238	<b>5:42.24</b>	+0.78		
	50m: 35.31	35.31	150m: 1:58.81	42.84	250m: 3:26.65	44.42	350m: 4:58.15	46.05
	100m: 1:15.97	40.66	200m: 2:42.23	43.42	300m: 4:12.10	45.45	400m: 5:42.24	44.09
8.	Nikki Roon	IJZPC	NED	198803712	<b>5:43.54</b>	+0.93		
	50m: 37.89	37.89	150m: 2:03.16	42.94	250m: 3:31.38	43.99	350m: 4:59.94	44.69
	100m: 1:20.22	42.33	200m: 2:47.39	44.23	300m: 4:15.25	43.87	400m: 5:43.54	43.60
9.	Marjon Pol	Zwemlust-den Hommel	NED	199102502	<b>5:47.21</b>	+0.81		
	50m: 36.73	36.73	150m: 2:00.73	43.06	250m: 3:31.01	45.69	350m: 5:02.20	45.45
	100m: 1:17.67	40.94	200m: 2:45.32	44.59	300m: 4:16.75	45.74	400m: 5:47.21	45.01
10.	Renske Eilers	Zwemvereniging Hoogland	NED	198806072	<b>5:53.24</b>	+0.84		
	50m: 38.21	38.21	150m: 2:05.01	44.31	250m: 3:35.41	45.26	350m: 5:07.63	46.64
	100m: 1:20.70	42.49	200m: 2:50.15	45.14	300m: 4:20.99	45.58	400m: 5:53.24	45.61
11.	Anouk Bloem	TRB-RES	NED	199000320	<b>7:32.92</b>	+0.92		
	50m: 49.06	49.06	150m: 2:41.30	56.70	250m: 4:37.45	57.81	350m: 6:35.39	58.50
	100m: 1:44.60	55.54	200m: 3:39.64	58.34	300m: 5:36.89	59.44	400m: 7:32.92	57.53

Masters 35+

1.	Viktória Háden-Felföldi	Megathlon SE	HUN		<b>4:49.08</b>	+0.75		
	<i>Kampioenschapsrecord</i>							
	50m: 32.58	32.58	150m: 1:44.58	36.37	250m: 2:58.14	36.83	350m: 4:12.75	36.93
	100m: 1:08.21	35.63	200m: 2:21.31	36.73	300m: 3:35.82	37.68	400m: 4:49.08	36.33
2.	Stephanie Vaernewyck	MEGA-zwemteam	BEL	20352/83	<b>4:52.99</b>	+0.83		
	50m: 33.41	33.41	150m: 1:46.62	37.10	250m: 3:01.68	37.48	350m: 4:16.58	37.30
	100m: 1:09.52	36.11	200m: 2:24.20	37.58	300m: 3:39.28	37.60	400m: 4:52.99	36.41
3.	Sara Holman	Kaiserslauterer SK 1911	GER	444463	<b>5:02.66</b>	+0.83		
	50m: 34.42	34.42	150m: 1:51.00	38.40	250m: 3:08.23	38.45	350m: 4:25.70	38.64
	100m: 1:12.60	38.18	200m: 2:29.78	38.78	300m: 3:47.06	38.83	400m: 5:02.66	36.96
4.	Jenny Schouten	MZ&PC	NED	198703674	<b>5:06.40</b>	+0.86		
	50m: 32.75	32.75	150m: 1:47.03	38.04	250m: 3:06.41	39.92	350m: 4:27.63	40.87
	100m: 1:08.99	36.24	200m: 2:26.49	39.46	300m: 3:46.76	40.35	400m: 5:06.40	38.77
5.	Isaline Manchel	CNSW	BEL	001284/85	<b>5:43.90</b>	+0.89		
	50m: 39.61	39.61	150m: 2:07.65	44.43	250m: 3:34.70	43.10	350m: 5:01.53	43.16
	100m: 1:23.22	43.61	200m: 2:51.60	43.95	300m: 4:18.37	43.67	400m: 5:43.90	42.37
6.	Liesbeth van Mill	Zwemlust-den Hommel	NED	198702786	<b>5:47.64</b>	+0.89		
	50m: 39.33	39.33	150m: 2:06.67	43.79	250m: 3:34.67	43.85	350m: 5:04.02	44.51
	100m: 1:22.88	43.55	200m: 2:50.82	44.15	300m: 4:19.51	44.84	400m: 5:47.64	43.62
7.	Sandra Schellekens	Neptunus'58	NED	198503416	<b>5:49.04</b>	+0.86		
	50m: 38.18	38.18	150m: 2:05.48	44.50	250m: 3:36.22	45.76	350m: 5:06.85	45.35
	100m: 1:20.98	42.80	200m: 2:50.46	44.98	300m: 4:21.50	45.28	400m: 5:49.04	42.19

Programmanr. 5, Dames, 400m vrije slag, Masters 35+

rang	naam	vereniging	land	code	tijd	RT	PARA	
8.	Linda Hoogendam	WVZ	NED	198300892	<b>5:55.90</b>	+0.85		
	50m: 38.18	38.18	150m: 2:08.81	45.73	250m: 3:41.02	45.77	350m: 5:13.33	45.21
	100m: 1:23.08	44.90	200m: 2:55.25	46.44	300m: 4:28.12	47.10	400m: 5:55.90	42.57
9.	Femke Smits	Blue Marlins (SG)	NED	198403574	<b>6:18.24</b>	+0.85		
	50m: 39.97	39.97	150m: 2:15.46	48.60	250m: 3:53.67	48.47	350m: 5:32.44	48.95
	100m: 1:26.86	46.89	200m: 3:05.20	49.74	300m: 4:43.49	49.82	400m: 6:18.24	45.80
10.	Angelique Wammes-Bouman	Zwemvereniging Hoogland	NED	198403604	<b>6:19.73</b>	+0.82		
	50m: 39.99	39.99	150m: 2:13.49	47.76	250m: 3:51.95	49.51	350m: 5:31.94	49.48
	100m: 1:25.73	45.74	200m: 3:02.44	48.95	300m: 4:42.46	50.51	400m: 6:19.73	47.79
11.	Cindy Joller	CN du Val de Fensch	FRA	107966	<b>6:24.26</b>	+0.86		
	50m: 39.62	39.62	150m: 2:12.62	47.50	250m: 3:53.30	50.33	350m: 5:34.62	50.29
	100m: 1:25.12	45.50	200m: 3:02.97	50.35	300m: 4:44.33	51.03	400m: 6:24.26	49.64

Masters 40+

1.	Carole Kettenmeyer-Reuland	SC Le Dauphin Ettelbruck	LUX	2017	<b>5:02.04</b>	+0.79		
	<i>Luxembourg Msters Record</i>							
	50m: 34.49	34.49	150m: 1:49.90	37.99	250m: 3:06.83	38.35	350m: 4:24.25	38.64
	100m: 1:11.91	37.42	200m: 2:28.48	38.58	300m: 3:45.61	38.78	400m: 5:02.04	37.79
2.	Debbie van Rooijen	IJZPC	NED	198201402	<b>5:15.70</b>	+0.85		
	50m: 35.31	35.31	150m: 1:55.59	40.52	250m: 3:17.21	40.79	350m: 4:37.80	40.02
	100m: 1:15.07	39.76	200m: 2:36.42	40.83	300m: 3:57.78	40.57	400m: 5:15.70	37.90
3.	Chantal Verhoeff	Old Dutch	NED	197900912	<b>5:37.00</b>	+0.95		
	50m: 37.04	37.04	150m: 2:03.17	43.35	250m: 3:30.19	42.79	350m: 4:55.53	42.23
	100m: 1:19.82	42.78	200m: 2:47.40	44.23	300m: 4:13.30	43.11	400m: 5:37.00	41.47
4.	Martine de Haart	Patrick-De Roersoppers (SG)	NED	197901492	<b>5:41.24</b>	+0.93		
	50m: 37.75	37.75	150m: 2:02.55	42.90	250m: 3:30.82	43.98	350m: 4:59.52	43.78
	100m: 1:19.65	41.90	200m: 2:46.84	44.29	300m: 4:15.74	44.92	400m: 5:41.24	41.72
5.	Eveline Hacquebord	IJZPC	NED	197901206	<b>6:11.63</b>	+0.80		
	50m: 37.46	37.46	150m: 2:07.54	45.85	250m: 3:44.79	49.11	350m: 5:24.59	49.95
	100m: 1:21.69	44.23	200m: 2:55.68	48.14	300m: 4:34.64	49.85	400m: 6:11.63	47.04

Masters 45+

1.	Annett von Rekowski	SG Bayer	GER	97868	<b>4:55.57</b>	+0.85		
	50m: 33.83	33.83	150m: 1:48.78	37.84	250m: 3:04.62	37.58	350m: 4:19.69	37.37
	100m: 1:10.94	37.11	200m: 2:27.04	38.26	300m: 3:42.32	37.70	400m: 4:55.57	35.88
2.	Liselotte Joling	PSV	NED	197500268	<b>5:00.91</b>	+0.84		
	50m: 33.52	33.52	150m: 1:50.46	38.92	250m: 3:07.20	37.79	350m: 4:23.84	38.24
	100m: 1:11.54	38.02	200m: 2:29.41	38.95	300m: 3:45.60	38.40	400m: 5:00.91	37.07
3.	Melanie Kuiper	ZIGNEA	NED	197600350	<b>5:18.83</b>	+0.88		
	50m: 35.51	35.51	150m: 1:54.95	40.69	250m: 3:17.85	42.00	350m: 4:40.81	41.22
	100m: 1:14.26	38.75	200m: 2:35.85	40.90	300m: 3:59.59	41.74	400m: 5:18.83	38.02
4.	Petra Guijt	RZC	NED	197600978	<b>5:28.98</b>	+0.88		
	50m: 36.72	36.72	150m: 1:58.64	41.82	250m: 3:23.54	42.47	350m: 4:48.64	42.24
	100m: 1:16.82	40.10	200m: 2:41.07	42.43	300m: 4:06.40	42.86	400m: 5:28.98	40.34
5.	Lydia Kolodziej	SN Versailles	FRA	1271912	<b>5:53.99</b>	+0.80		
	50m: 38.74	38.74	150m: 2:06.48	44.19	250m: 3:37.67	45.62	350m: 5:09.50	45.66
	100m: 1:22.29	43.55	200m: 2:52.05	45.57	300m: 4:23.84	46.17	400m: 5:53.99	44.49
6.	Monica Korndewal	ZPC AMERSFOORT	NED	197701258	<b>6:12.32</b>	+0.87		
	50m: 38.59	38.59	150m: 2:09.14	46.05	250m: 3:45.66	48.59	350m: 5:25.04	49.24
	100m: 1:23.09	44.50	200m: 2:57.07	47.93	300m: 4:35.80	50.14	400m: 6:12.32	47.28
7.	Natacha Van Hoof	Shark	BEL	20260/73	<b>6:34.81</b>	+0.98		
	50m: 44.90	44.90	150m: 2:23.92	49.75	250m: 4:04.92	50.13	350m: 5:46.48	50.98
	100m: 1:34.17	49.27	200m: 3:14.79	50.87	300m: 4:55.50	50.58	400m: 6:34.81	48.33
8.	Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	NED	197700138	<b>6:59.35</b>	+0.88		
	50m: 45.79	45.79	150m: 2:31.63	53.36	250m: 4:20.21	54.12	350m: 6:08.71	54.06
	100m: 1:38.27	52.48	200m: 3:26.09	54.46	300m: 5:14.65	54.44	400m: 6:59.35	50.64
9.	Fabienne Verriet-Regensburg	VZV Njord	NED	197500428	<b>7:47.97</b>	+0.89		
	50m: 50.84	50.84	150m: 2:48.96	1:00.44	250m: 4:49.73	1:00.60	350m: 6:51.07	1:00.49
	100m: 1:48.52	57.68	200m: 3:49.13	1:00.17	300m: 5:50.58	1:00.85	400m: 7:47.97	56.90

Programmanr. 5, Dames, 400m vrije slag

Masters 50+

1.	Carla Geurts <i>Nederlands Masters Record</i>	PSV	NED	197100178	<b>4:58.02</b>	+0.74
	50m: 33.69 33.69 150m: 1:48.52 37.40 250m: 3:04.59 37.94 350m: 4:21.10 38.11					
	100m: 1:11.12 37.43 200m: 2:26.65 38.13 300m: 3:42.99 38.40 400m: 4:58.02 36.92					
2.	Bianca Groot	MSV-Zeemacht	NED	197000652	<b>5:10.09</b>	+0.88
	50m: 35.10 35.10 150m: 1:52.00 38.52 250m: 3:10.36 39.18 350m: 4:30.30 40.07					
	100m: 1:13.48 38.38 200m: 2:31.18 39.18 300m: 3:50.23 39.87 400m: 5:10.09 39.79					
3.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054	<b>5:16.76</b>	+0.82
	50m: 35.82 35.82 150m: 1:55.34 40.42 250m: 3:17.31 40.99 350m: 4:38.15 39.97					
	100m: 1:14.92 39.10 200m: 2:36.32 40.98 300m: 3:58.18 40.87 400m: 5:16.76 38.61					
4.	Kathy Van Lindt	CNSW	BEL	007949/71	<b>5:19.58</b>	+0.83
	50m: 36.58 36.58 150m: 1:58.40 41.08 250m: 3:19.71 40.62 350m: 4:40.47 39.45					
	100m: 1:17.32 40.74 200m: 2:39.09 40.69 300m: 4:01.02 41.31 400m: 5:19.58 39.11					
5.	Annette de Visser	Oceanus	NED	197100602	<b>5:31.44</b>	+0.81
	50m: 36.72 36.72 150m: 1:59.29 41.92 250m: 3:23.57 42.52 350m: 4:49.21 42.85					
	100m: 1:17.37 40.65 200m: 2:41.05 41.76 300m: 4:06.36 42.79 400m: 5:31.44 42.23					
6.	Petra Blum	SG Bayer	GER	274174	<b>5:39.59</b>	+0.87
	50m: 37.26 37.26 150m: 2:03.43 43.99 250m: 3:31.55 44.10 350m: 4:58.23 42.98					
	100m: 1:19.44 42.18 200m: 2:47.45 44.02 300m: 4:15.25 43.70 400m: 5:39.59 41.36					
7.	Inken Wemheuer	DWT	NED	197101016	<b>5:47.00</b>	+0.83
	50m: 38.23 38.23 150m: 2:05.52 44.49 250m: 3:36.39 45.39 350m: 5:06.30 44.61					
	100m: 1:21.03 42.80 200m: 2:51.00 45.48 300m: 4:21.69 45.30 400m: 5:47.00 40.70					
8.	Eline Overeem	Zwemlust-den Hommel	NED	197101048	<b>6:28.93</b>	+0.93
	50m: 39.82 39.82 150m: 2:13.34 47.36 250m: 3:53.38 50.15 350m: 5:39.09 52.13					
	100m: 1:25.98 46.16 200m: 3:03.23 49.89 300m: 4:46.96 53.58 400m: 6:28.93 49.84					
9.	Annet Kootstra	SWOL 1894	NED	197100344	<b>6:31.52</b>	+0.92
	50m: 44.35 44.35 150m: 2:23.26 50.32 250m: 4:02.97 49.85 350m: 5:43.18 50.48					
	100m: 1:32.94 48.59 200m: 3:13.12 49.86 300m: 4:52.70 49.73 400m: 6:31.52 48.34					
10.	Kristien Van de Moortel	Shark	BEL	20315/69	<b>6:48.50</b>	+0.86
	50m: 45.18 45.18 150m: 2:28.18 52.03 250m: 4:13.44 52.90 350m: 5:58.85 52.80					
	100m: 1:36.15 50.97 200m: 3:20.54 52.36 300m: 5:06.05 52.61 400m: 6:48.50 49.65					
11.	Greta Wyma-Teitsma * 200m	DWK	NED	197100696	<b>7:11.89</b>	+0.99
	50m: 46.90 46.90 150m: 2:35.83 54.37 250m: 4:28.05 56.87 350m: 6:19.74 55.74					
	100m: 1:41.46 54.56 200m: 3:31.18 55.35 300m: 5:24.00 55.95 400m: 7:11.89 52.15					

Masters 55+

1.	Katrien Delaender <i>Kampioenschapsrecord, Belgisch Masters Record</i>	Deerlijkse Zwemvereniging	BEL	21012/66	<b>5:02.84</b>	+0.78
	50m: 33.97 33.97 150m: 1:49.59 38.41 250m: 3:07.75 38.73 350m: 4:25.82 38.94					
	100m: 1:11.18 37.21 200m: 2:29.02 39.43 300m: 3:46.88 39.13 400m: 5:02.84 37.02					
2.	Wilna Heijman	Steenwijk 1934	NED	196400506	<b>5:38.19</b>	+0.87
	50m: 38.76 38.76 150m: 2:03.50 42.82 250m: 3:30.25 43.68 350m: 4:56.47 43.35					
	100m: 1:20.68 41.92 200m: 2:46.57 43.07 300m: 4:13.12 42.87 400m: 5:38.19 41.72					
3.	Jacqueline Rolloos-Bakker	De Lansingh	NED	196300222	<b>6:00.03</b>	+0.68
	50m: 39.52 39.52 150m: 2:11.48 46.35 250m: 3:43.91 45.98 350m: 5:17.09 46.24					
	100m: 1:25.13 45.61 200m: 2:57.93 46.45 300m: 4:30.85 46.94 400m: 6:00.03 42.94					
4.	Ulrike Depken	Polizei SV Oldenburg	GER	427344	<b>6:07.08</b>	+0.95
	50m: 40.31 40.31 150m: 2:12.21 46.63 250m: 3:46.40 46.89 350m: 5:21.55 47.53					
	100m: 1:25.58 45.27 200m: 2:59.51 47.30 300m: 4:34.02 47.62 400m: 6:07.08 45.53					
5.	Nicky Slinger	HPC	NED	196600316	<b>6:20.48</b>	+0.87
	50m: 41.08 41.08 150m: 2:15.92 48.10 250m: 3:54.70 49.31 350m: 5:32.53 48.62					
	100m: 1:27.82 46.74 200m: 3:05.39 49.47 300m: 4:43.91 49.21 400m: 6:20.48 47.95					
6.	Christel Aerts	Tesswim	BEL	20061/66	<b>6:21.14</b>	+0.94
	50m: 41.53 41.53 150m: 2:16.53 47.93 250m: 3:55.82 49.69 350m: 5:34.84 49.35					
	100m: 1:28.60 47.07 200m: 3:06.13 49.60 300m: 4:45.49 49.67 400m: 6:21.14 46.30					
7.	K. van Nassau-van den Heuvel	Old Dutch	NED	196600188	<b>6:23.04</b>	+1.01
	50m: 43.98 43.98 150m: 2:21.08 48.77 250m: 3:58.81 48.19 350m: 5:36.56 48.46					
	100m: 1:32.31 48.33 200m: 3:10.62 49.54 300m: 4:48.10 49.29 400m: 6:23.04 46.48					
8.	Erica Muller	De Geul	NED	196400412	<b>6:48.25</b>	+0.88
	50m: 45.30 45.30 150m: 2:26.75 51.67 250m: 4:11.33 52.93 350m: 5:57.52 53.51					
	100m: 1:35.08 49.78 200m: 3:18.40 51.65 300m: 5:04.01 52.68 400m: 6:48.25 50.73					

Programmanr. 5, Dames, 400m vrije slag, Masters 55+

rang	naam	vereniging					tijd	RT	PARA
9.	Marie-Jeanne Vandormael	Genker ZV Neptunus	BEL	21035/63			<b>7:31.18</b>	+0.77	
	50m: 48.93	48.93	150m: 2:42.32	57.69	250m: 4:39.60	58.08	350m: 6:37.03	58.84	
	100m: 1:44.63	55.70	200m: 3:41.52	59.20	300m: 5:38.19	58.59	400m: 7:31.18	54.15	
10.	Ann Vandembrouck	ROSC	BEL	20321/65			<b>8:23.80</b>	+1.00	
	50m: 53.68	53.68	150m: 3:03.04	1:04.19	250m: 5:12.05	1:03.58	350m: 7:20.62	1:02.64	
	100m: 1:58.85	1:05.17	200m: 4:08.47	1:05.43	300m: 6:17.98	1:05.93	400m: 8:23.80	1:03.18	

Masters 60+

1.	Dr. Barbara Gellrich	Mainzer Schwimmverein 01	GER	061226			<b>5:21.94</b>	+0.87	
	<i>Kampioenschapsrecord, German Masters Record</i>								
	50m: 35.95	35.95	150m: 1:57.25	41.07	250m: 3:20.05	41.10	350m: 4:42.17	40.30	
	100m: 1:16.18	40.23	200m: 2:38.95	41.70	300m: 4:01.87	41.82	400m: 5:21.94	39.77	
2.	Esther van Lohuizen	PSV	NED	195900300			<b>5:39.78</b>	+0.82	
	50m: 38.73	38.73	150m: 2:06.33	44.26	250m: 3:34.08	44.32	350m: 5:00.63	43.04	
	100m: 1:22.07	43.34	200m: 2:49.76	43.43	300m: 4:17.59	43.51	400m: 5:39.78	39.15	
3.	Petra Tossings-van de Hooven	WIDEX GZC DONK	NED	196100376			<b>5:54.64</b>	+0.89	
	50m: 39.00	39.00	150m: 2:07.71	45.06	250m: 3:39.09	45.61	350m: 5:11.13	46.25	
	100m: 1:22.65	43.65	200m: 2:53.48	45.77	300m: 4:24.88	45.79	400m: 5:54.64	43.51	
4.	Marlien Wijnhof	Nat Utrecht	NED	196100300			<b>6:13.16</b>	+0.91	
	50m: 43.25	43.25	150m: 2:18.44	48.01	250m: 3:53.34	47.16	350m: 5:28.79	47.74	
	100m: 1:30.43	47.18	200m: 3:06.18	47.74	300m: 4:41.05	47.71	400m: 6:13.16	44.37	
5.	Katinka Elders	Oceanus	NED	196000292			<b>6:47.56</b>	+0.96	
	50m: 45.33	45.33	150m: 2:28.06	52.29	250m: 4:13.43	52.82	350m: 5:58.41	51.97	
	100m: 1:35.77	50.44	200m: 3:20.61	52.55	300m: 5:06.44	53.01	400m: 6:47.56	49.15	
6.	Marjan Spoelstra	SWOL 1894	NED	196000236			<b>7:08.95</b>	+0.84	
	50m: 46.28	46.28	150m: 2:31.79	53.20	250m: 4:21.31	54.50	350m: 6:13.19	56.64	
	100m: 1:38.59	52.31	200m: 3:26.81	55.02	300m: 5:17.55	56.24	400m: 7:08.95	55.76	
7.	Karien Musters	Old Dutch	NED	195800236			<b>8:25.62</b>	+0.90	
	50m: 53.63	53.63	150m: 2:56.60	1:02.93	250m: 5:08.09	1:06.00	350m: 7:20.39	1:06.13	
	100m: 1:53.67	1:00.04	200m: 4:02.09	1:05.49	300m: 6:14.26	1:06.17	400m: 8:25.62	1:05.23	
8.	Mies Kuipers	Old Dutch	NED	195800202			<b>9:28.41</b>	+0.90	
	50m: 1:05.53	1:05.53	150m: 3:31.07	1:13.11	250m: 5:58.25	1:14.61	350m: 8:23.07	1:11.65	
	100m: 2:17.96	1:12.43	200m: 4:43.64	1:12.57	300m: 7:11.42	1:13.17	400m: 9:28.41	1:05.34	

Masters 65+

1.	Margriet Pasma	TriVia	NED	195500088			<b>6:18.01</b>	+0.95	
	50m: 43.37	43.37	150m: 2:19.25	48.13	250m: 3:56.27	48.41	350m: 5:32.40	47.80	
	100m: 1:31.12	47.75	200m: 3:07.86	48.61	300m: 4:44.60	48.33	400m: 6:18.01	45.61	
2.	Carla Hensen	PSV	NED	195300062			<b>6:57.15</b>		
	50m: 45.62	45.62	150m: 2:32.18	54.13	250m: 4:19.21	53.37	350m: 6:05.42	52.90	
	100m: 1:38.05	52.43	200m: 3:25.84	53.66	300m: 5:12.52	53.31	400m: 6:57.15	51.73	
3.	Lies Hartman	PSV	NED	195600116			<b>10:03.90</b>	+1.19	
	50m: 1:02.06	1:02.06	150m: 3:31.14	1:16.01	250m: 6:09.31	1:19.55	350m: 8:45.90	1:18.10	
	100m: 2:15.13	1:13.07	200m: 4:49.76	1:18.62	300m: 7:27.80	1:18.49	400m: 10:03.90	1:18.00	

Masters 70+

1.	Gonnie Bak	PSV	NED	195100064			<b>8:13.01</b>	+0.94	
	50m: 53.21	53.21	150m: 2:58.85	1:03.55	250m: 5:07.56	1:04.21	350m: 7:13.42	1:02.32	
	100m: 1:55.30	1:02.09	200m: 4:03.35	1:04.50	300m: 6:11.10	1:03.54	400m: 8:13.01	59.59	
2.	Geerdien Meerwaldt	De Geul	NED	195200058			<b>9:01.14</b>	+0.99	
	50m: 58.56	58.56	150m: 3:12.88	1:07.45	250m: 5:32.39	1:09.92	350m: 7:52.24	1:09.46	
	100m: 2:05.43	1:06.87	200m: 4:22.47	1:09.59	300m: 6:42.78	1:10.39	400m: 9:01.14	1:08.90	

Masters 75+

1.	Loekie van Huissteden	ZPC AMERSFOORT	NED	194500002			<b>9:06.45</b>	+1.05	
	50m: 1:00.95	1:00.95	150m: 3:19.04	1:10.71	250m: 5:39.13	1:11.43	350m: 7:59.94	1:11.10	
	100m: 2:08.33	1:07.38	200m: 4:27.70	1:08.66	300m: 6:48.84	1:09.71	400m: 9:06.45	1:06.51	



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



Programmanr. 5, Dames, 400m vrije slag

Masters 80+

1.	Marie Smits		Old Dutch			NED	193800004		<b>9:15.00</b>	<b>+1.14</b>		
	50m:	58.68	58.68	150m:	3:23.25	1:13.59	250m:	5:49.23	1:13.17	350m:	8:11.35	1:11.23
	100m:	2:09.66	1:10.98	200m:	4:36.06	1:12.81	300m:	7:00.12	1:10.89	400m:	9:15.00	1:03.65