



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 3
16-02-2023 - 15:34

Dames, 1500m vrije slag
Pauze na Serie 2 / Break after Heat 2 10 Min.

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
Masters 20+								
1.	Michelle Zomerdijk	Dedemsvaart-AC	NED 200003196	18:20.21	+0.68			
	50m: 31.88	31.88	450m: 5:23.54	37.30	850m: 10:22.21	37.09	1250m: 15:17.13	37.08
	100m: 1:07.33	35.45	500m: 6:01.23	37.69	900m: 10:59.35	37.14	1300m: 15:54.10	36.97
	150m: 1:43.36	36.03	550m: 6:38.58	37.35	950m: 11:36.52	37.17	1350m: 16:31.24	37.14
	200m: 2:19.47	36.11	600m: 7:15.66	37.08	1000m: 12:13.70	37.18	1400m: 17:08.26	37.02
	250m: 2:55.67	36.20	650m: 7:53.17	37.51	1050m: 12:50.14	36.44	1450m: 17:45.07	36.81
	300m: 3:32.63	36.96	700m: 8:30.50	37.33	1100m: 13:26.60	36.46	1500m: 18:20.21	35.14
	350m: 4:09.30	36.67	750m: 9:07.78	37.28	1150m: 14:03.19	36.59		
	400m: 4:46.24	36.94	800m: 9:45.12	37.34	1200m: 14:40.05	36.86		
2.	Cynthia Koolman	Steenwijk 1934	NED 200300232	19:13.32	+0.73			
	50m: 33.41	33.41	450m: 5:33.98	38.45	850m: 10:45.83	39.05	1250m: 15:59.21	39.14
	100m: 1:09.49	36.08	500m: 6:12.86	38.88	900m: 11:24.88	39.05	1300m: 16:38.29	39.08
	150m: 1:46.14	36.65	550m: 6:52.30	39.44	950m: 12:03.88	39.00	1350m: 17:17.98	39.69
	200m: 2:23.16	37.02	600m: 7:31.30	39.00	1000m: 12:42.75	38.87	1400m: 17:57.36	39.38
	250m: 3:00.35	37.19	650m: 8:10.23	38.93	1050m: 13:22.05	39.30	1450m: 18:36.41	39.05
	300m: 3:38.42	38.07	700m: 8:49.16	38.93	1100m: 14:01.65	39.60	1500m: 19:13.32	36.91
	350m: 4:17.00	38.58	750m: 9:28.18	39.02	1150m: 14:40.88	39.23		
	400m: 4:55.53	38.53	800m: 10:06.78	38.60	1200m: 15:20.07	39.19		
3.	Ariane Krijt	TRB-RES	NED 199906646	19:45.34	+0.84			
	50m: 35.24	35.24	450m: 5:48.51	39.73	850m: 11:08.97	40.24	1250m: 16:29.55	40.36
	100m: 1:13.12	37.88	500m: 6:28.26	39.75	900m: 11:48.80	39.83	1300m: 17:09.72	40.17
	150m: 1:51.80	38.68	550m: 7:08.18	39.92	950m: 12:28.91	40.11	1350m: 17:17.98	40.30
	200m: 2:30.76	38.96	600m: 7:47.91	39.73	1000m: 13:08.81	39.90	1400m: 18:29.67	39.65
	250m: 3:10.26	39.50	650m: 8:28.20	40.29	1050m: 13:49.00	40.19	1450m: 19:09.39	39.72
	300m: 3:49.51	39.25	700m: 9:08.32	40.12	1100m: 14:29.27	40.27	1500m: 19:45.34	35.95
	350m: 4:29.25	39.74	750m: 9:48.62	40.30	1150m: 15:09.00	39.73		
	400m: 5:08.78	39.53	800m: 10:28.73	40.11	1200m: 15:49.19	40.19		
4.	Eline Hoekstra	OEZA	NED 200301280	20:01.16				
	50m: 33.08	33.08	450m: 5:48.49	40.61	850m: 11:14.21	40.84	1250m: 16:40.30	41.04
	100m: 1:10.15	37.07	500m: 6:28.95	40.46	900m: 11:54.68	40.47	1300m: 17:21.32	41.02
	150m: 1:48.21	38.06	550m: 7:09.82	40.87	950m: 12:35.54	40.86	1350m: 18:02.22	40.90
	200m: 2:27.66	39.45	600m: 7:50.48	40.66	1000m: 13:16.21	40.67	1400m: 18:43.22	41.00
	250m: 3:07.43	39.77	650m: 8:30.99	40.51	1050m: 13:57.14	40.93	1450m: 19:23.13	39.91
	300m: 3:46.97	39.54	700m: 9:11.96	40.97	1100m: 14:38.01	40.87	1500m: 20:01.16	38.03
	350m: 4:27.23	40.26	750m: 9:52.53	40.57	1150m: 15:18.40	40.39		
	400m: 5:07.88	40.65	800m: 10:33.37	40.84	1200m: 15:59.26	40.86		
5.	Myra Smulders	De Duinkickers	NED 199904308	20:03.55				
	50m: 34.37	34.37	450m: 5:49.22	39.90	850m: 11:12.85	40.47	1250m: 16:40.88	40.96
	100m: 1:11.66	37.29	500m: 6:29.91	40.69	900m: 11:53.90	41.05	1300m: 17:21.57	40.69
	150m: 1:50.78	39.12	550m: 7:10.11	40.20	950m: 12:34.82	40.92	1350m: 18:02.46	40.89
	200m: 2:30.23	39.45	600m: 7:50.43	40.32	1000m: 13:15.56	40.74	1400m: 18:43.31	40.85
	250m: 3:09.80	39.57	650m: 8:30.97	40.54	1050m: 13:56.65	41.09	1450m: 19:24.04	40.73
	300m: 3:49.63	39.83	700m: 9:11.46	40.49	1100m: 14:37.78	41.13	1500m: 20:03.55	39.51
	350m: 4:29.30	39.67	750m: 9:51.84	40.38	1150m: 15:18.72	40.94		
	400m: 5:09.32	40.02	800m: 10:32.38	40.54	1200m: 15:59.92	41.20		
6.	Selina Janssen	Neptunus'58	NED 199905974	20:39.88				
	50m: 35.56	35.56	450m: 5:59.09	41.23	850m: 11:33.22	41.85	1250m: 17:11.15	42.64
	100m: 1:14.24	38.68	500m: 6:40.64	41.55	900m: 12:15.28	42.06	1300m: 17:53.51	42.36
	150m: 1:53.99	39.75	550m: 7:22.12	41.48	950m: 12:57.26	41.98	1350m: 18:36.09	42.58
	200m: 2:34.35	40.36	600m: 8:03.68	41.56	1000m: 13:39.38	42.12	1400m: 19:18.43	42.34
	250m: 3:15.06	40.71	650m: 8:45.54	41.86	1050m: 14:21.41	42.03	1450m: 20:00.78	42.35
	300m: 3:55.93	40.87	700m: 9:27.62	42.08	1100m: 15:03.64	42.23	1500m: 20:39.88	39.10
	350m: 4:36.89	40.96	750m: 10:09.60	41.98	1150m: 15:46.04	42.40		
	400m: 5:17.86	40.97	800m: 10:51.37	41.77	1200m: 16:28.51	42.47		
7.	Isabelle Janssen	De Geul	NED 200006318	21:37.41				
	50m: 38.15	38.15	450m: 6:21.95	43.82	850m: 12:13.08	44.23	1250m: 18:05.01	43.41
	100m: 1:19.57	41.42	500m: 7:05.30	43.35	900m: 12:57.17	44.09	1300m: 18:48.19	43.18
	150m: 2:02.02	42.45	550m: 7:49.04	43.74	950m: 13:41.40	44.23	1350m: 19:31.36	43.17
	200m: 2:45.02	43.00	600m: 8:33.08	44.04	1000m: 14:26.06	44.66	1400m: 20:14.10	42.74
	250m: 3:28.08	43.06	650m: 9:16.71	43.63	1050m: 15:09.67	43.61	1450m: 20:56.68	42.58
	300m: 4:11.39	43.31	700m: 10:00.29	43.58	1100m: 15:53.77	44.10	1500m: 21:37.41	40.73
	350m: 4:54.80	43.41	750m: 10:44.71	44.42	1150m: 16:37.80	44.03		
	400m: 5:38.13	43.33	800m: 11:28.85	44.14	1200m: 17:21.60	43.80		

Masters 25+



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

rang	naam	vereniging						tijd	RT	PARA
1.	Karen Stolk	ZVL-1886 Center		NED		199403950		20:17.54	+0.76	
	50m: 35.00	35.00	450m: 5:58.29	41.72	850m: 11:26.13	40.79	1250m: 16:54.21	41.10		
	100m: 1:16.54	41.54	500m: 6:39.05	40.76	900m: 12:07.16	41.03	1300m: 17:35.45	41.24		
	150m: 1:55.16	38.62	550m: 7:20.16	41.11	950m: 12:47.97	40.81	1350m: 18:16.90	41.45		
	200m: 2:34.68	39.52	600m: 8:01.47	41.31	1000m: 13:29.05	41.08	1400m: 18:58.07	41.17		
	250m: 3:14.77	40.09	650m: 8:42.46	40.99	1050m: 14:10.04	40.99	1450m: 19:38.37	40.30		
	300m: 3:54.73	39.96	700m: 9:23.76	41.30	1100m: 14:50.95	40.91	1500m: 20:17.54	39.17		
	350m: 4:35.09	40.36	750m: 10:04.51	40.75	1150m: 15:31.86	40.91				
	400m: 5:16.57	41.48	800m: 10:45.34	40.83	1200m: 16:13.11	41.25				
2.	Larissa Jansen	PSV		NED		199500660		20:20.41		
	50m: 36.12	36.12	450m: 5:58.91	40.67	850m: 11:25.96	41.07	1250m: 16:55.93	41.86		
	100m: 1:15.23	39.11	500m: 6:39.63	40.72	900m: 12:06.82	40.86	1300m: 17:37.05	41.12		
	150m: 1:55.25	40.02	550m: 7:20.60	40.97	950m: 12:47.89	41.07	1350m: 18:18.38	41.33		
	200m: 2:35.65	40.40	600m: 8:01.32	40.72	1000m: 13:29.18	41.29	1400m: 18:59.70	41.32		
	250m: 3:16.41	40.76	650m: 8:41.98	40.66	1050m: 14:10.29	41.11	1450m: 19:40.80	41.10		
	300m: 3:57.13	40.72	700m: 9:22.94	40.96	1100m: 14:51.51	41.22	1500m: 20:20.41	39.61		
	350m: 4:37.74	40.61	750m: 10:03.90	40.96	1150m: 15:32.76	41.25				
	400m: 5:18.24	40.50	800m: 10:44.89	40.99	1200m: 16:14.07	41.31				
3.	Kirsten Opmeer	ZPC AMERSFOORT		NED		199800014		20:31.33	+0.62	
	50m: 33.98	33.98	450m: 5:50.73	40.39	850m: 11:18.07	41.23	1250m: 17:01.71	41.88		
	100m: 1:11.86	37.88	500m: 6:31.59	40.86	900m: 11:59.23	41.16	1300m: 17:44.37	42.66		
	150m: 1:50.81	38.95	550m: 7:12.14	40.55	950m: 12:40.89	41.66	1350m: 18:26.73	42.36		
	200m: 2:30.13	39.32	600m: 7:52.86	40.72	1000m: 13:29.18	41.29	1400m: 19:08.54	41.81		
	250m: 3:09.91	39.78	650m: 8:33.99	41.13	1050m: 14:11.98		1450m: 19:50.59	42.05		
	300m: 3:49.73	39.82	700m: 9:14.79	40.80	1100m: 14:54.87	42.89	1500m: 20:31.33	40.74		
	350m: 4:29.98	40.25	750m: 9:55.74	40.95	1150m: 15:37.85	42.98				
	400m: 5:10.34	40.36	800m: 10:36.84	41.10	1200m: 16:19.83	41.98				
4.	Cynthia van Veen	ZVL-1886 Center		NED		199606736		23:57.38		
	50m: 38.97	38.97	450m: 6:53.50	48.09	850m: 13:24.54	49.46	1250m: 19:58.41	50.12		
	100m: 1:23.54	44.57	500m: 7:41.33	47.83	900m: 14:14.72	50.18	1300m: 20:48.12	49.71		
	150m: 2:09.37	45.83	550m: 8:29.65	48.32	950m: 15:04.12	49.40	1350m: 21:37.52	49.40		
	200m: 2:55.35	45.98	600m: 9:18.69	49.04	1000m: 15:53.40	49.28	1400m: 22:25.40	47.88		
	250m: 3:42.21	46.86	650m: 10:07.38	48.69	1050m: 16:42.53	49.13	1450m: 23:12.84	47.44		
	300m: 4:29.75	47.54	700m: 10:56.22	48.84	1100m: 17:30.88	48.35	1500m: 23:57.38	44.54		
	350m: 5:17.39	47.64	750m: 11:45.51	49.29	1150m: 18:19.69	48.81				
	400m: 6:05.41	48.02	800m: 12:35.08	49.57	1200m: 19:08.29	48.60				

Masters 30+

1.	Maaïke Vooren	DAW		NED		199103324		18:21.03		
	50m: 33.72	33.72	450m: 5:28.25	36.98	850m: 10:23.94	37.02	1250m: 15:18.04	36.79		
	100m: 1:10.30	36.58	500m: 6:05.29	37.04	900m: 11:00.63	36.69	1300m: 15:55.11	37.07		
	150m: 1:47.30	37.00	550m: 6:42.53	37.24	950m: 11:37.75	37.12	1350m: 16:31.94	36.83		
	200m: 2:24.15	36.85	600m: 7:19.54	37.01	1000m: 12:14.36	36.61	1400m: 17:09.03	37.09		
	250m: 3:00.90	36.75	650m: 7:56.41	36.87	1050m: 12:50.93	36.57	1450m: 17:46.16	37.13		
	300m: 3:37.84	36.94	700m: 8:33.35	36.94	1100m: 13:27.65	36.72	1500m: 18:21.03	34.87		
	350m: 4:14.56	36.72	750m: 9:10.06	36.71	1150m: 14:04.18	36.53				
	400m: 4:51.27	36.71	800m: 9:46.92	36.86	1200m: 14:41.25	37.07				
2.	Nanda Wobben - de Vries	Steenwijk 1934		NED		199204328		19:48.84	+0.77	
	50m: 33.32	33.32	450m: 5:44.76	39.77	850m: 11:06.55	40.31	1250m: 16:29.33	40.37		
	100m: 1:10.70	37.38	500m: 6:24.92	40.16	900m: 11:46.47	39.92	1300m: 17:09.37	40.04		
	150m: 1:48.96	38.26	550m: 7:04.72	39.80	950m: 12:26.75	40.28	1350m: 17:49.95	40.58		
	200m: 2:27.72	38.76	600m: 7:44.92	40.20	1000m: 13:07.33	40.58	1400m: 18:29.57	39.62		
	250m: 3:06.77	39.05	650m: 8:25.21	40.29	1050m: 13:47.69	40.36	1450m: 19:10.22	40.65		
	300m: 3:46.15	39.38	700m: 9:05.55	40.34	1100m: 14:28.03	40.34	1500m: 19:48.84	38.62		
	350m: 4:25.44	39.29	750m: 9:45.77	40.22	1150m: 15:08.74	40.71				
	400m: 5:04.99	39.55	800m: 10:26.24	40.47	1200m: 15:48.96	40.22				
3.	Nanda van Heteren	PSV		NED		198901728		20:31.98	+0.89	
	50m: 35.16	35.16	450m: 6:02.99	41.43	850m: 11:36.07	41.66	1250m: 17:10.41	42.16		
	100m: 1:13.92	38.76	500m: 6:44.95	41.96	900m: 12:17.80	41.73	1300m: 17:51.92	41.51		
	150m: 1:54.82	40.90	550m: 7:26.60	41.65	950m: 12:59.43	41.63	1350m: 18:33.23	41.31		
	200m: 2:35.81	40.99	600m: 8:08.29	41.69	1000m: 13:40.81	41.38	1400m: 19:14.21	40.98		
	250m: 3:16.93	41.12	650m: 8:49.69	41.40	1050m: 14:22.27	41.46	1450m: 19:54.73	40.52		
	300m: 3:58.25	41.32	700m: 9:31.30	41.61	1100m: 15:04.05	41.78	1500m: 20:31.98	37.25		
	350m: 4:39.76	41.51	750m: 10:12.89	41.59	1150m: 15:46.10	42.05				
	400m: 5:21.56	41.80	800m: 10:54.41	41.52	1200m: 16:28.25	42.15				
4.	Désirée Emmen	De Warande		NED		199204862		20:54.29	+0.62	
	50m: 34.62	34.62	450m: 6:04.31	42.16	850m: 11:42.16	42.67	1250m: 17:23.38	43.19		
	100m: 1:13.43	38.81	500m: 6:46.09	41.78	900m: 12:24.62	42.46	1300m: 18:06.36	42.98		
	150m: 1:53.99	40.56	550m: 7:28.24	42.15	950m: 13:07.41	42.79	1350m: 18:49.33	42.97		
	200m: 2:35.12	41.13	600m: 8:10.59	42.35	1000m: 13:50.21	42.80	1400m: 19:32.19	42.86		
	250m: 3:16.84	41.72	650m: 8:53.10	42.51	1050m: 14:32.54	42.33	1450m: 20:13.78	41.59		
	300m: 3:57.93	41.09	700m: 9:35.79	42.69	1100m: 15:15.03	42.49	1500m: 20:54.29	40.51		
	350m: 4:40.15	42.22	750m: 10:17.69	41.90	1150m: 15:57.55	42.52				
	400m: 5:22.15	42.00	800m: 10:59.49	41.80	1200m: 16:40.19	42.64				



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Programmanr. 3, Dames, 1500m vrije slag, Masters 30+

rang	naam	vereniging	tijd	RT	PARA			
5.	Suzan Blankestijn	ZVL-1886 Center	NED 198900350	21:06.73	+0.53			
	50m: 35.42	35.42	450m: 6:05.79	42.34	850m: 11:48.18	43.10	1250m: 17:31.12	42.65
	100m: 1:14.39	38.97	500m: 6:48.06	42.27	900m: 12:30.09	41.91	1300m: 18:14.33	43.21
	150m: 1:55.01	40.62	550m: 7:30.40	42.34	950m: 13:14.05	43.96	1350m: 18:57.76	43.43
	200m: 2:36.95	41.94	600m: 8:12.88	42.48	1000m: 13:56.86	42.81	1400m: 19:41.47	43.71
	250m: 3:18.55	41.60	650m: 8:55.68	42.80	1050m: 14:39.99	43.13	1450m: 20:24.65	43.18
	300m: 3:59.85	41.30	700m: 9:39.29	43.61	1100m: 15:22.79	42.80	1500m: 21:06.73	42.08
	350m: 4:41.42	41.57	750m: 10:22.20	42.91	1150m: 16:05.57	42.78		
	400m: 5:23.45	42.03	800m: 11:05.08	42.88	1200m: 16:48.47	42.90		
6.	Irmgard van Weeghel	ESCA Zwemmen	NED 199204834	21:43.61	+0.81			
	50m: 37.48	37.48	450m: 6:23.46	44.18	850m: 12:15.30	43.90	1250m: 18:07.08	43.67
	100m: 1:18.76	41.28	500m: 7:07.53	44.07	900m: 12:59.22	43.92	1300m: 18:50.79	43.71
	150m: 2:01.32	42.56	550m: 7:51.60	44.07	950m: 13:43.35	44.13	1350m: 19:34.07	43.28
	200m: 2:44.42	43.10	600m: 8:35.57	43.97	1000m: 14:27.47	44.12	1400m: 20:17.39	43.32
	250m: 3:27.81	43.39	650m: 9:19.83	44.26	1050m: 15:11.65	44.18	1450m: 21:00.82	43.43
	300m: 4:11.28	43.47	700m: 10:03.71	43.88	1100m: 15:55.67	44.02	1500m: 21:43.61	42.79
	350m: 4:55.09	43.81	750m: 10:47.82	44.11	1150m: 16:39.49	43.82		
	400m: 5:39.28	44.19	800m: 11:31.40	43.58	1200m: 17:23.41	43.92		
7.	Leontine Groeneveldt	De Duck	NED 199303526	22:30.69	+0.77			
	50m: 37.97	37.97	450m: 6:39.99	46.94	850m: 12:52.10	46.23	1250m: 18:51.40	45.35
	100m: 1:21.35	43.38	500m: 7:25.67	45.68	900m: 13:38.72	46.62	1300m: 19:35.99	44.59
	150m: 2:05.25	43.90	550m: 8:12.49	46.82	950m: 14:23.80	45.08	1350m: 20:20.84	44.85
	200m: 2:49.51	44.26	600m: 8:58.54	46.05	1000m: 15:08.08	44.28	1400m: 21:05.69	44.85
	250m: 3:34.28	44.77	650m: 9:44.70	46.16	1050m: 15:52.41	44.33	1450m: 21:49.20	43.51
	300m: 4:20.36	46.08	700m: 10:32.24	47.54	1100m: 16:36.80	44.39	1500m: 22:30.69	41.49
	350m: 5:06.37	46.01	750m: 11:19.51	47.27	1150m: 17:21.34	44.54		
	400m: 5:53.05	46.68	800m: 12:05.87	46.36	1200m: 18:06.05	44.71		
8.	Marjan Rikken	Octopus-ZVV (SG)	NED 199206114	23:36.28				
	50m: 38.95	38.95	450m: 6:47.20	47.26	850m: 13:10.10	47.87	1250m: 19:39.23	49.07
	100m: 1:22.37	43.42	500m: 7:34.67	47.47	900m: 13:58.43	48.33	1300m: 20:27.74	48.51
	150m: 2:07.55	45.18	550m: 8:22.53	47.86	950m: 14:47.38	48.95	1350m: 21:15.70	47.96
	200m: 2:53.43	45.88	600m: 9:10.36	47.83	1000m: 15:35.70	48.32	1400m: 22:03.73	48.03
	250m: 3:39.98	46.55	650m: 9:57.86	47.50	1050m: 16:24.06	48.36	1450m: 22:51.24	47.51
	300m: 4:26.22	46.24	700m: 10:46.62	48.76	1100m: 17:12.78	48.72	1500m: 23:36.28	45.04
	350m: 5:13.08	46.86	750m: 11:34.52	47.90	1150m: 18:01.76	48.98		
	400m: 5:59.94	46.86	800m: 12:22.23	47.71	1200m: 18:50.16	48.40		

Masters 35+

1.	Jenny Schouten	MZ&PC	NED 198703674	18:24.36	+0.81			
	50m: 32.52	32.52	450m: 5:25.90	36.98	850m: 10:23.06	37.25	1250m: 15:20.63	37.71
	100m: 1:08.21	35.69	500m: 6:03.17	37.27	900m: 11:00.07	37.01	1300m: 15:58.02	37.39
	150m: 1:44.33	36.12	550m: 6:40.00	36.83	950m: 11:37.12	37.05	1350m: 16:35.09	37.07
	200m: 2:21.05	36.72	600m: 7:17.25	37.25	1000m: 12:14.57	37.45	1400m: 17:11.98	36.89
	250m: 2:57.75	36.70	650m: 7:54.68	37.43	1050m: 12:51.48	36.91	1450m: 17:49.08	37.10
	300m: 3:34.70	36.95	700m: 8:31.81	37.13	1100m: 13:28.60	37.12	1500m: 18:24.36	35.28
	350m: 4:11.53	36.83	750m: 9:09.00	37.19	1150m: 14:05.69	37.09		
	400m: 4:48.92	37.39	800m: 9:45.81	36.81	1200m: 14:42.92	37.23		
2.	Viktória Háden-Felföldi	Iron Swim	HUN	18:38.03	+0.91			
	50m: 33.23	33.23	450m: 5:27.68	37.07	850m: 10:27.64	37.61	1250m: 15:29.06	37.96
	100m: 1:10.25	37.02	500m: 6:04.96	37.28	900m: 11:05.24	37.60	1300m: 16:06.75	37.69
	150m: 1:46.93	36.68	550m: 6:42.24	37.28	950m: 11:42.94	37.70	1350m: 16:44.80	38.05
	200m: 2:23.52	36.59	600m: 7:20.22	37.98	1000m: 12:20.59	37.65	1400m: 17:22.97	38.17
	250m: 2:59.95	36.43	650m: 7:57.32	37.10	1050m: 12:58.49	37.90	1450m: 18:01.18	38.21
	300m: 3:36.87	36.92	700m: 8:34.77	37.45	1100m: 13:35.71	37.22	1500m: 18:38.03	36.85
	350m: 4:13.73	36.86	750m: 9:12.43	37.66	1150m: 14:13.26	37.55		
	400m: 4:50.61	36.88	800m: 9:50.03	37.60	1200m: 14:51.10	37.84		
3.	Nikki Roon	IJZPC	NED 198803712	21:47.14				
	50m: 40.17	40.17	450m: 6:24.54	43.83	850m: 12:14.05	43.73	1250m: 18:06.31	44.37
	100m: 1:22.32	42.15	500m: 7:08.33	43.79	900m: 12:57.66	43.61	1300m: 18:50.68	44.37
	150m: 2:04.56	42.24	550m: 7:52.37	44.04	950m: 13:41.39	43.73	1350m: 19:35.54	44.86
	200m: 2:47.24	42.68	600m: 8:35.77	43.40	1000m: 14:25.61	44.22	1400m: 20:19.88	44.34
	250m: 3:30.10	42.86	650m: 9:19.65	43.88	1050m: 15:09.78	44.17	1450m: 21:04.61	44.73
	300m: 4:13.25	43.15	700m: 10:03.34	43.69	1100m: 15:53.72	43.94	1500m: 21:47.14	42.53
	350m: 4:56.59	43.34	750m: 10:46.96	43.62	1150m: 16:37.72	44.00		
	400m: 5:40.71	44.12	800m: 11:30.32	43.36	1200m: 17:21.94	44.22		
4.	Sandra Schellekens	Neptunus'58	NED 198503416	23:17.85	+0.90			
	50m: 37.11	37.11	450m: 6:42.21	46.98	850m: 13:00.17	47.37	1250m: 19:21.78	47.88
	100m: 1:19.53	42.42	500m: 7:29.70	47.49	900m: 13:47.67	47.50	1300m: 20:09.86	48.08
	150m: 2:04.08	44.55	550m: 8:16.78	47.08	950m: 14:35.36	47.69	1350m: 20:57.74	47.88
	200m: 2:49.14	45.06	600m: 9:04.31	47.53	1000m: 15:23.02	47.66	1400m: 21:45.54	47.80
	250m: 3:35.05	45.91	650m: 9:51.47	47.16	1050m: 16:10.39	47.37	1450m: 22:32.90	47.36
	300m: 4:21.27	46.22	700m: 10:38.34	46.87	1100m: 16:57.91	47.52	1500m: 23:17.85	44.95
	350m: 5:08.26	46.99	750m: 11:25.52	47.18	1150m: 17:45.75	47.84		
	400m: 5:55.23	46.97	800m: 12:12.80	47.28	1200m: 18:33.90	48.15		



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 3, Dames, 1500m vrije slag

Masters 40+

1. Linda Hoogendam		WVZ		NED 198300892		22:30.57		+0.77			
50m:	37.78	37.78	450m:	6:34.91	45.54	850m:	12:41.93	45.58	1250m:	18:46.91	45.20
100m:	1:21.43	43.65	500m:	7:20.86	45.95	900m:	13:27.44	45.51	1300m:	19:32.72	45.81
150m:	2:05.02	43.59	550m:	8:06.64	45.78	950m:	14:13.49	46.05	1350m:	20:19.33	46.61
200m:	2:49.00	43.98	600m:	8:52.35	45.71	1000m:	14:59.17	45.68	1400m:	21:04.95	45.62
250m:	3:33.78	44.78	650m:	9:38.36	46.01	1050m:	15:44.35	45.18	1450m:	21:49.75	44.80
300m:	4:18.34	44.56	700m:	10:24.40	46.04	1100m:	16:30.28	45.93	1500m:	22:30.57	40.82
350m:	5:03.63	45.29	750m:	11:09.76	45.36	1150m:	17:15.54	45.26			
400m:	5:49.37	45.74	800m:	11:56.35	46.59	1200m:	18:01.71	46.17			

Masters 45+

1. Liselotte Joling		PSV		NED 197500268		18:57.59		+0.71			
50m:	33.44	33.44	450m:	5:34.14	38.57	850m:	10:42.17	38.66	1250m:	15:47.78	38.69
100m:	1:10.44	37.00	500m:	6:13.05	38.91	900m:	11:20.72	38.55	1300m:	16:26.11	38.33
150m:	1:47.55	37.11	550m:	6:51.41	38.36	950m:	11:59.23	38.51	1350m:	17:04.61	38.50
200m:	2:24.67	37.12	600m:	7:30.08	38.67	1000m:	12:37.56	38.33	1400m:	17:43.30	38.69
250m:	3:02.09	37.42	650m:	8:08.54	38.46	1050m:	13:15.11	37.55	1450m:	18:21.03	37.73
300m:	3:39.46	37.37	700m:	8:47.03	38.49	1100m:	13:53.52	38.41	1500m:	18:57.59	36.56
350m:	4:17.32	37.86	750m:	9:25.20	38.17	1150m:	14:31.08	37.56			
400m:	4:55.57	38.25	800m:	10:03.51	38.31	1200m:	15:09.09	38.01			
2. Melanie Kuiper		ZIGNEA		NED 197600350		19:42.33					
50m:	34.93	34.93	450m:	5:49.38	39.64	850m:	11:08.02	39.62	1250m:	16:27.01	39.72
100m:	1:12.77	37.84	500m:	6:29.36	39.98	900m:	11:47.94	39.92	1300m:	17:06.85	39.84
150m:	1:51.44	38.67	550m:	7:09.01	39.65	950m:	12:27.90	39.96	1350m:	17:46.28	39.43
200m:	2:30.16	38.72	600m:	7:49.12	40.11	1000m:	13:07.86	39.96	1400m:	18:25.53	39.25
250m:	3:09.85	39.69	650m:	8:29.06	39.94	1050m:	13:47.79	39.93	1450m:	19:04.58	39.05
300m:	3:49.75	39.90	700m:	9:08.95	39.89	1100m:	14:27.74	39.95	1500m:	19:42.33	37.75
350m:	4:29.95	40.20	750m:	9:48.62	39.67	1150m:	15:07.61	39.87			
400m:	5:09.74	39.79	800m:	10:28.40	39.78	1200m:	15:47.29	39.68			
3. Jannie Vennik		HZ&PC Heerenveen		NED 197601006		21:23.45					
50m:	37.40	37.40	450m:	6:17.51	42.98	850m:	12:00.17	42.92	1250m:	17:46.83	43.67
100m:	1:18.15	40.75	500m:	7:00.01	42.50	900m:	12:43.00	42.83	1300m:	18:30.53	43.70
150m:	2:00.18	42.03	550m:	7:42.83	42.82	950m:	13:26.11	43.11	1350m:	19:14.20	43.67
200m:	2:42.76	42.58	600m:	8:25.77	42.94	1000m:	14:09.15	43.04	1400m:	19:58.66	44.46
250m:	3:25.78	43.02	650m:	9:08.95	43.18	1050m:	14:52.82	43.67	1450m:	20:41.03	42.37
300m:	4:08.66	42.88	700m:	9:51.83	42.88	1100m:	15:35.68	42.86	1500m:	21:23.45	42.42
350m:	4:51.62	42.96	750m:	10:34.30	42.47	1150m:	16:19.36	43.68			
400m:	5:34.53	42.91	800m:	11:17.25	42.95	1200m:	17:03.16	43.80			

Masters 50+

1. Dianna Dr Szokol		Nyiregyhazi Sportcentrum		HUN		19:51.85					
<i>Hungarian Masters Record</i>											
50m:	36.82	36.82	450m:	5:53.24	39.76	850m:	11:14.12	40.10	1250m:	16:34.35	39.81
100m:	1:16.00	39.18	500m:	6:33.05	39.81	900m:	11:54.18	40.06	1300m:	17:14.11	39.76
150m:	1:55.73	39.73	550m:	7:13.24	40.19	950m:	12:34.31	40.13	1350m:	17:54.29	40.18
200m:	2:35.20	39.47	600m:	7:53.29	40.05	1000m:	13:14.05	39.74	1400m:	18:34.30	40.01
250m:	3:14.47	39.27	650m:	8:33.55	40.26	1050m:	13:54.27	40.22	1450m:	19:13.70	39.40
300m:	3:54.05	39.58	700m:	9:13.34	39.79	1100m:	14:34.23	39.96	1500m:	19:51.85	38.15
350m:	4:33.63	39.58	750m:	9:53.72	40.38	1150m:	15:14.44	40.21			
400m:	5:13.48	39.85	800m:	10:34.02	40.30	1200m:	15:54.54	40.10			
2. Karin Stein		ZVVS		NED 197100554		20:29.77					
50m:	36.62	36.62	450m:	6:02.60	40.54	850m:	11:31.89	41.41	1250m:	17:04.27	41.48
100m:	1:16.68	40.06	500m:	6:43.73	41.13	900m:	12:13.85	41.96	1300m:	17:45.84	41.57
150m:	1:56.91	40.23	550m:	7:24.58	40.85	950m:	12:55.46	41.61	1350m:	18:26.91	41.07
200m:	2:37.55	40.64	600m:	8:05.51	40.93	1000m:	13:37.52	42.06	1400m:	19:08.47	41.56
250m:	3:18.99	41.44	650m:	8:46.69	41.18	1050m:	14:18.67	41.15	1450m:	19:50.02	41.55
300m:	4:00.26	41.27	700m:	9:28.06	41.37	1100m:	15:00.40	41.73	1500m:	20:29.77	39.75
350m:	4:40.93	40.67	750m:	10:09.48	41.42	1150m:	15:41.35	40.95			
400m:	5:22.06	41.13	800m:	10:50.48	41.00	1200m:	16:22.79	41.44			
3. Bianca Groot		MSV-Zeemacht		NED 197000652		20:48.83 *		+0.89			
50m:	36.43	36.43	450m:	6:02.27	40.89	850m:	11:36.95	42.16	1250m:	17:16.12	42.16
100m:	1:16.66	40.23	500m:	6:43.56	41.29	900m:	12:19.57	42.62	1300m:	17:58.08	41.96
150m:	1:57.53	40.87	550m:	7:24.90	41.34	950m:	13:02.75	43.18	1350m:	18:40.11	42.03
200m:	2:38.36	40.83	600m:	8:06.36	41.46	1000m:	13:45.56	42.81	1400m:	19:22.71	42.60
250m:	3:18.72	40.36	650m:	8:48.08	41.72	1050m:	14:27.52	41.96	1450m:	20:05.95	43.24
300m:	3:59.59	40.87	700m:	9:30.01	41.93	1100m:	15:09.70	42.18	1500m:	20:48.83	42.88
350m:	4:40.31	40.72	750m:	10:12.27	42.26	1150m:	15:51.95	42.25			
400m:	5:21.38	41.07	800m:	10:54.79	42.52	1200m:	16:33.96	42.01			



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



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

rang	naam	vereniging	tijd	RT	PARA			
4.	Annet Kootstra	SWOL 1894	25:15.48					
	50m: 44.62	44.62	450m: 7:21.81	51.06	850m: 14:06.95	50.41	1250m: 21:00.89	52.63
	100m: 1:32.15	47.53	500m: 8:12.36	50.55	900m: 14:58.64	51.69	1300m: 21:52.74	51.85
	150m: 2:20.78	48.63	550m: 9:03.02	50.66	950m: 15:50.18	51.54	1350m: 22:45.21	52.47
	200m: 3:10.55	49.77	600m: 9:54.32	51.30	1000m: 16:41.77	51.59	1400m: 23:37.11	51.90
	250m: 4:00.46	49.91	650m: 10:44.72	50.40	1050m: 17:33.19	51.42	1450m: 24:27.97	50.86
	300m: 4:50.25	49.79	700m: 11:35.63	50.91	1100m: 18:24.82	51.63	1500m: 25:15.48	47.51
	350m: 5:40.61	50.36	750m: 12:26.25	50.62	1150m: 19:16.61	51.79		
	400m: 6:30.75	50.14	800m: 13:16.54	50.29	1200m: 20:08.26	51.65		
5.	Kristien Van de Moortel	Shark	26:21.94					
	50m: 46.64	46.64	450m: 7:50.04	53.41	850m: 14:54.08	53.13	1250m: 21:57.18	53.23
	100m: 1:39.45	52.81	500m: 8:43.18	53.14	900m: 15:47.22	53.14	1300m: 22:50.89	53.71
	150m: 2:32.67	53.22	550m: 9:35.95	52.77	950m: 16:39.63	52.41	1350m: 23:44.36	53.47
	200m: 3:25.68	53.01	600m: 10:28.42	52.47	1000m: 17:32.36	52.73	1400m: 24:37.66	53.30
	250m: 4:18.08	52.40	650m: 11:21.29	52.87	1050m: 18:25.49	53.13	1450m: 25:31.37	53.71
	300m: 5:10.45	52.37	700m: 12:14.39	53.10	1100m: 19:17.80	52.31	1500m: 26:21.94	50.57
	350m: 6:03.48	53.03	750m: 13:07.67	53.28	1150m: 20:10.93	53.13		
	400m: 6:56.63	53.15	800m: 14:00.95	53.28	1200m: 21:03.95	53.02		
6.	Greta Wyma-Teitsma	DWK	27:07.58	+0.90				
	50m: 45.99	45.99	450m: 7:56.89	54.66	850m: 15:10.80	54.72	1250m: 22:32.25	55.60
	100m: 1:38.88	52.89	500m: 8:50.68	53.79	900m: 16:05.92	55.12	1300m: 23:28.48	56.23
	150m: 2:32.86	53.98	550m: 9:44.58	53.90	950m: 17:00.70	54.78	1350m: 24:24.03	55.55
	200m: 3:26.43	53.57	600m: 10:38.09	53.51	1000m: 17:55.41	54.71	1400m: 25:19.10	55.07
	250m: 4:20.59	54.16	650m: 11:32.11	54.02	1050m: 18:51.03	55.62	1450m: 26:13.71	54.61
	300m: 5:14.82	54.23	700m: 12:26.43	54.32	1100m: 19:45.81	54.78	1500m: 27:07.58	53.87
	350m: 6:08.35	53.53	750m: 13:21.55	55.12	1150m: 20:41.12	55.31		
	400m: 7:02.23	53.88	800m: 14:16.08	54.53	1200m: 21:36.65	55.53		

Masters 55+

1.	Wilna Heijman	Steenwijk 1934	21:42.08	+0.70				
	50m: 38.57	38.57	450m: 6:22.49	43.42	850m: 12:12.67	43.85	1250m: 18:02.69	43.80
	100m: 1:20.53	41.96	500m: 7:06.04	43.55	900m: 12:56.42	43.75	1300m: 18:46.61	43.92
	150m: 2:02.91	42.38	550m: 7:49.74	43.70	950m: 13:40.15	43.73	1350m: 19:30.79	44.18
	200m: 2:45.76	42.85	600m: 8:33.42	43.68	1000m: 14:23.87	43.72	1400m: 20:14.91	44.12
	250m: 3:29.02	43.26	650m: 9:17.27	43.85	1050m: 15:07.36	43.49	1450m: 20:58.87	43.96
	300m: 4:12.34	43.32	700m: 10:01.14	43.87	1100m: 15:51.09	43.73	1500m: 21:42.08	43.21
	350m: 4:55.86	43.52	750m: 10:45.19	44.05	1150m: 16:35.05	43.96		
	400m: 5:39.07	43.21	800m: 11:28.82	43.63	1200m: 17:18.89	43.84		
2.	K. van Nassau-van den Heuvel	Old Dutch	23:28.33	+0.92				
	50m: 41.03	41.03	450m: 6:54.88	47.40	850m: 13:13.42	47.34	1250m: 19:32.51	48.26
	100m: 1:25.97	44.94	500m: 7:42.36	47.48	900m: 14:00.60	47.18	1300m: 20:20.32	47.81
	150m: 2:12.08	46.11	550m: 8:29.67	47.31	950m: 14:47.79	47.19	1350m: 21:08.12	47.80
	200m: 2:58.69	46.61	600m: 9:16.83	47.16	1000m: 15:34.83	47.04	1400m: 21:55.60	47.48
	250m: 3:45.48	46.79	650m: 10:04.46	47.63	1050m: 16:22.02	47.19	1450m: 22:42.86	47.26
	300m: 4:32.81	47.33	700m: 10:51.98	47.52	1100m: 17:09.20	47.18	1500m: 23:28.33	45.47
	350m: 5:20.07	47.26	750m: 11:39.13	47.15	1150m: 17:56.60	47.40		
	400m: 6:07.48	47.41	800m: 12:26.08	46.95	1200m: 18:44.25	47.65		
3.	Miranda Keijl	ZIGNEA	26:57.89	+0.98				
	50m: 45.34	45.34	450m: 7:55.54	54.58	850m: 15:16.36	55.68	1250m: 22:40.61	55.05
	100m: 1:37.03	51.69	500m: 8:49.47	53.93	900m: 16:11.67	55.31	1300m: 23:34.69	54.08
	150m: 2:30.43	53.40	550m: 9:43.84	54.37	950m: 17:07.35	55.68	1350m: 24:27.34	52.65
	200m: 3:23.51	53.08	600m: 10:38.48	54.64	1000m: 18:02.90	55.55	1400m: 25:19.01	51.67
	250m: 4:17.26	53.75	650m: 11:33.64	55.16	1050m: 18:57.99	55.09	1450m: 26:10.63	51.62
	300m: 5:11.97	54.71	700m: 12:29.35	55.71	1100m: 19:53.88	55.89	1500m: 26:57.89	47.26
	350m: 6:06.23	54.26	750m: 13:24.60	55.25	1150m: 20:50.02	56.14		
	400m: 7:00.96	54.73	800m: 14:20.68	56.08	1200m: 21:45.56	55.54		

Masters 60+

1.	P. Tossings-van de Hooven	GZC DONK	22:32.22					
	50m: 38.74	38.74	450m: 6:36.02	44.91	850m: 12:40.30	45.58	1250m: 18:44.96	45.36
	100m: 1:21.78	43.04	500m: 7:21.28	45.26	900m: 13:25.99	45.69	1300m: 19:30.85	45.89
	150m: 2:06.09	44.31	550m: 8:06.74	45.46	950m: 14:11.70	45.71	1350m: 20:16.47	45.62
	200m: 2:50.78	44.69	600m: 8:52.36	45.62	1000m: 14:57.24	45.54	1400m: 21:02.42	45.95
	250m: 3:35.73	44.95	650m: 9:37.81	45.45	1050m: 15:42.95	45.71	1450m: 21:48.55	46.13
	300m: 4:20.81	45.08	700m: 10:23.36	45.55	1100m: 16:28.79	45.84	1500m: 22:32.22	43.67
	350m: 5:05.84	45.03	750m: 11:09.30	45.94	1150m: 17:14.34	45.55		
	400m: 5:51.11	45.27	800m: 11:54.72	45.42	1200m: 17:59.60	45.26		



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

rang	naam	vereniging	tijd	RT	PARA			
2.	Linda Wibbelink	Steenwijk 1934	NED 195900158	23:40.89				
	50m: 42.36	42.36	450m: 6:59.49	47.53	850m: 13:21.30	47.60	1250m: 19:42.89	47.94
	100m: 1:28.13	45.77	500m: 7:47.05	47.56	900m: 14:08.53	47.23	1300m: 20:31.36	48.47
	150m: 2:14.35	46.22	550m: 8:34.99	47.94	950m: 14:55.99	47.46	1350m: 21:19.38	48.02
	200m: 3:01.59	47.24	600m: 9:23.04	48.05	1000m: 15:43.97	47.98	1400m: 22:07.18	47.80
	250m: 3:48.88	47.29	650m: 10:10.78	47.74	1050m: 16:31.57	47.60	1450m: 22:54.99	47.81
	300m: 4:36.74	47.86	700m: 10:58.53	47.75	1100m: 17:19.30	47.73	1500m: 23:40.89	45.90
	350m: 5:24.22	47.48	750m: 11:46.00	47.47	1150m: 18:07.17	47.87		
	400m: 6:11.96	47.74	800m: 12:33.70	47.70	1200m: 18:54.95	47.78		
3.	Riny Zeijveld-Meuleman	De Berkelduikers	NED 196000204	23:56.64 *				
	50m: 42.28	42.28	450m: 7:04.83	48.39	850m: 13:33.67	48.32	1250m: 20:00.05	48.36
	100m: 1:27.90	45.62	500m: 7:53.55	48.72	900m: 14:21.94	48.27	1300m: 20:48.24	48.19
	150m: 2:15.01	47.11	550m: 8:42.06	48.51	950m: 15:10.45	48.51	1350m: 21:36.82	48.58
	200m: 3:03.13	48.12	600m: 9:31.03	48.97	1000m: 15:58.70	48.25	1400m: 22:24.12	47.30
	250m: 3:51.34	48.21	650m: 10:19.44	48.41	1050m: 16:47.07	48.37	1450m: 23:11.72	47.60
	300m: 4:40.27	48.93	700m: 11:08.05	48.61	1100m: 17:34.97	47.90	1500m: 23:56.64	44.92
	350m: 5:28.36	48.09	750m: 11:56.89	48.84	1150m: 18:23.22	48.25		
	400m: 6:16.44	48.08	800m: 12:45.35	48.46	1200m: 19:11.69	48.47		
4.	Pia van der Molen	Avéna	NED 196000116	30:01.64				
	50m: 50.10	50.10	450m: 8:40.64	58.47	850m: 16:47.70	1:01.48	1250m: 24:57.57	1:00.66
	100m: 1:44.62	54.52	500m: 9:40.93	1:00.29	900m: 17:50.10	1:02.40	1300m: 25:59.38	1:01.81
	150m: 2:44.52	59.90	550m: 10:41.30	1:00.37	950m: 18:50.33	1:00.23	1350m: 27:01.04	1:01.66
	200m: 3:43.61	59.09	600m: 11:42.82	1:01.52	1000m: 19:51.76	1:01.43	1400m: 28:02.73	1:01.69
	250m: 4:43.22	59.61	650m: 12:43.64	1:00.82	1050m: 20:51.09	59.33	1450m: 29:03.66	1:00.93
	300m: 5:41.35	58.13	700m: 13:43.39	59.75	1100m: 21:54.03	1:02.94	1500m: 30:01.64	57.98
	350m: 6:40.63	59.28	750m: 14:46.11	1:02.72	1150m: 22:53.85	59.82		
	400m: 7:42.17	1:01.54	800m: 15:46.22	1:00.11	1200m: 23:56.91	1:03.06		
5.	Betsie Klompmaker	Noord Veluwe	NED 195900200	31:13.74				
	50m: 52.83	52.83	450m: 9:06.29	1:02.82	850m: 17:32.55	1:02.38	1250m: 25:56.18	1:04.21
	100m: 1:52.63	59.80	500m: 10:09.02	1:02.73	900m: 18:35.32	1:02.77	1300m: 26:59.86	1:03.68
	150m: 2:52.43	59.80	550m: 11:11.83	1:02.81	950m: 19:37.76	1:02.44	1350m: 28:01.95	1:02.09
	200m: 3:54.13	1:01.70	600m: 12:17.33	1:05.50	1000m: 20:40.90	1:03.14	1400m: 29:06.87	1:04.92
	250m: 4:56.29	1:02.16	650m: 13:22.55	1:05.22	1050m: 21:44.66	1:03.76	1450m: 30:12.12	1:05.25
	300m: 5:58.72	1:02.43	700m: 14:25.13	1:02.58	1100m: 22:48.09	1:03.43	1500m: 31:13.74	1:01.62
	350m: 7:00.81	1:02.09	750m: 15:27.52	1:02.39	1150m: 23:49.74	1:01.65		
	400m: 8:03.47	1:02.66	800m: 16:30.17	1:02.65	1200m: 24:51.97	1:02.23		

Masters 65+

1.	Monica Bakker	Steenwijk 1934	NED 195600082	26:00.45				
	50m: 45.01	45.01	450m: 7:39.59	52.64	850m: 14:40.76	53.10	1250m: 21:41.57	52.69
	100m: 1:34.41	49.40	500m: 8:32.41	52.82	900m: 15:33.53	52.77	1300m: 22:34.09	52.52
	150m: 2:24.63	50.22	550m: 9:24.76	52.35	950m: 16:26.13	52.60	1350m: 23:26.68	52.59
	200m: 3:15.80	51.17	600m: 10:16.79	52.03	1000m: 17:19.17	53.04	1400m: 24:18.85	52.17
	250m: 4:08.57	52.77	650m: 11:09.16	52.37	1050m: 18:11.69	52.52	1450m: 25:10.38	51.53
	300m: 5:01.48	52.91	700m: 12:01.67	52.51	1100m: 19:04.20	52.51	1500m: 26:00.45	50.07
	350m: 5:54.39	52.91	750m: 12:54.86	53.19	1150m: 19:56.98	52.78		
	400m: 6:46.95	52.56	800m: 13:47.66	52.80	1200m: 20:48.88	51.90		
2.	Karien Musters	Old Dutch	NED 195800236	32:19.99				
	50m: 52.89	52.89	450m: 9:17.96	1:05.09	850m: 17:59.50	1:05.01	1250m: 26:47.50	1:06.91
	100m: 1:51.02	58.13	500m: 10:23.47	1:05.51	900m: 19:04.50	1:05.00	1300m: 27:54.27	1:06.77
	150m: 2:52.47	1:01.45	550m: 11:29.00	1:05.53	950m: 20:10.59	1:06.09	1350m: 29:01.49	1:07.22
	200m: 3:55.51	1:03.04	600m: 12:33.82	1:04.82	1000m: 21:16.26	1:05.67	1400m: 30:07.63	1:06.14
	250m: 4:58.89	1:03.38	650m: 13:38.57	1:04.75	1050m: 22:21.46	1:05.20	1450m: 31:14.35	1:06.72
	300m: 6:03.34	1:04.45	700m: 14:44.04	1:05.47	1100m: 23:27.02	1:05.56	1500m: 32:19.99	1:05.64
	350m: 7:08.11	1:04.77	750m: 15:48.98	1:04.94	1150m: 24:33.50	1:06.48		
	400m: 8:12.87	1:04.76	800m: 16:54.49	1:05.51	1200m: 25:40.59	1:07.09		

Masters 70+

1.	Gonnie Bak	PSV	NED 195100064	30:54.42				
	50m: 52.18	52.18	450m: 9:01.92	1:01.68	850m: 17:21.33	1:02.75	1250m: 25:44.71	1:03.47
	100m: 1:51.21	59.03	500m: 10:03.87	1:01.95	900m: 18:23.61	1:02.28	1300m: 26:47.91	1:03.20
	150m: 2:50.99	59.78	550m: 11:07.23	1:03.36	950m: 19:26.08	1:02.47	1350m: 27:49.39	1:01.48
	200m: 3:52.56	1:01.57	600m: 12:10.32	1:03.09	1000m: 20:29.09	1:03.01	1400m: 28:52.45	1:03.06
	250m: 4:54.45	1:01.89	650m: 13:11.94	1:01.62	1050m: 21:31.51	1:02.42	1450m: 29:54.47	1:02.02
	300m: 5:55.83	1:01.38	700m: 14:12.96	1:01.02	1100m: 22:34.65	1:03.14	1500m: 30:54.42	59.95
	350m: 6:57.89	1:02.06	750m: 15:16.16	1:03.20	1150m: 23:37.85	1:03.20		
	400m: 8:00.24	1:02.35	800m: 16:18.58	1:02.42	1200m: 24:41.24	1:03.39		



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Programmanr. 3, Dames, 1500m vrije slag, Masters 70+

rang	naam	vereniging		tijd				RT	PARA			
2.	Ineke Meijer	HZ&PC Heerenveen		NED	195200034	34:54.66		+0.80				
	50m:	52.82	52.82	450m:	9:43.31	1:10.36	850m:	19:08.81	1:11.15	1250m:	28:46.41	1:13.82
	100m:	1:54.06	1:01.24	500m:	10:52.94	1:09.63	900m:	20:20.74	1:11.93	1300m:	30:01.46	1:15.05
	150m:	2:57.72	1:03.66	550m:	12:04.79	1:11.85	950m:	21:32.37	1:11.63	1350m:	31:15.33	1:13.87
	200m:	4:02.86	1:05.14	600m:	13:16.13	1:11.34	1000m:	22:43.62	1:11.25	1400m:	32:29.67	1:14.34
	250m:	5:09.54	1:06.68	650m:	14:25.76	1:09.63	1050m:	23:54.67	1:11.05	1450m:	33:43.76	1:14.09
	300m:	6:16.59	1:07.05	700m:	15:36.48	1:10.72	1100m:	25:06.50	1:11.83	1500m:	34:54.66	1:10.90
	350m:	7:24.23	1:07.64	750m:	16:46.27	1:09.79	1150m:	26:18.67	1:12.17			
	400m:	8:32.95	1:08.72	800m:	17:57.66	1:11.39	1200m:	27:32.59	1:13.92			

Masters 85+

1.	Marie Smits	Old Dutch		NED	193800004	35:58.75						
	<i>Nederlands Masters Record, NMR 400m en 800m</i>											
	50m:	58.63	58.63	450m:	10:29.13	1:12.36	850m:	20:08.83	1:11.63	1250m:	29:54.64	1:13.73
	100m:	2:06.92	1:08.29	500m:	11:41.71	1:12.58	900m:	21:20.54	1:11.71	1300m:	31:07.38	1:12.74
	150m:	3:18.49	1:11.57	550m:	12:54.86	1:13.15	950m:	22:34.63	1:14.09	1350m:	32:22.15	1:14.77
	200m:	4:28.27	1:09.78	600m:	14:07.63	1:12.77	1000m:	23:47.67	1:13.04	1400m:	33:36.26	1:14.11
	250m:	5:40.78	1:12.51	650m:	15:21.11	1:13.48	1050m:	25:01.99	1:14.32	1450m:	34:48.97	1:12.71
	300m:	6:52.77	1:11.99	700m:	16:32.73	1:11.62	1100m:	26:15.61	1:13.62	1500m:	35:58.75	1:09.78
	350m:	8:04.36	1:11.59	750m:	17:44.76	1:12.03	1150m:	27:27.11	1:11.50			
	400m:	9:16.77	1:12.41	800m:	18:57.20	1:12.44	1200m:	28:40.91	1:13.80			