



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



Event 33  
19-02-2023 - 10:29

Women, 400m Medley

Masters Open  
Results

rang	naam	vereniging	tijd	RT	PARA			
<b>Masters 20+</b>								
1.	Kim Zwinkels	ZPCH	<b>5:13.27</b>					
	50m: 33.55	33.55	150m: 1:50.37	39.24	250m: 3:16.27	44.52	350m: 4:38.99	36.98
	100m: 1:11.13	37.58	200m: 2:31.75	41.38	300m: 4:02.01	45.74	400m: 5:13.27	34.28
2.	Kim Vos	Triton Putten	<b>5:25.60</b>					
	50m: 32.16	32.16	150m: 1:55.08	43.91	250m: 3:24.08	44.86	350m: 4:49.48	38.96
	100m: 1:11.17	39.01	200m: 2:39.22	44.14	300m: 4:10.52	46.44	400m: 5:25.60	36.12
3.	Romy Verhagen	De Dolfijn	<b>5:40.84</b>	+0.73				
	50m: 36.27	36.27	150m: 2:03.72	43.18	250m: 3:33.99	48.68	350m: 5:03.20	38.73
	100m: 1:20.54	44.27	200m: 2:45.31	41.59	300m: 4:24.47	50.48	400m: 5:40.84	37.64
4.	Cynthia Koolman	Steenwijk 1934	<b>5:49.61</b>	+0.69				
	50m: 39.82	39.82	150m: 2:10.57	41.97	250m: 3:41.91	50.54	350m: 5:11.29	39.42
	100m: 1:28.60	48.78	200m: 2:51.37	40.80	300m: 4:31.87	49.96	400m: 5:49.61	38.32
5.	Noa de Bock	De Duck	<b>6:02.37</b>					
	50m: 37.08	37.08	150m: 2:09.34	48.35	250m: 3:49.47	52.76	350m: 5:24.15	41.69
	100m: 1:20.99	43.91	200m: 2:56.71	47.37	300m: 4:42.46	52.99	400m: 6:02.37	38.22
DSQ	Merel Visser	De Duinkkikers						
	<i>SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.</i>							

**Masters 25+**

1.	Manon Kloosterman	Zwemlust-den Hommel	<b>5:31.59</b>	+0.91				
	50m: 34.64	34.64	150m: 2:00.19	44.59	250m: 3:31.32	47.64	350m: 4:55.90	37.63
	100m: 1:15.60	40.96	200m: 2:43.68	43.49	300m: 4:18.27	46.95	400m: 5:31.59	35.69
2.	Chantal Beijer	DWT	<b>5:39.26</b>					
	50m: 35.89	35.89	150m: 2:01.89	42.82	250m: 3:32.52	47.09	350m: 5:01.52	39.52
	100m: 1:19.07	43.18	200m: 2:45.43	43.54	300m: 4:22.00	49.48	400m: 5:39.26	37.74

**Masters 30+**

1.	Maaïke Vooren	DAW	<b>5:25.39</b>	+0.83				
	50m: 34.34	34.34	150m: 2:00.86	45.52	250m: 3:30.21	44.14	350m: 4:51.44	35.86
	100m: 1:15.34	41.00	200m: 2:46.07	45.21	300m: 4:15.58	45.37	400m: 5:25.39	33.95
2.	Jacyntha Plat	Steenwijk 1934	<b>5:42.60</b>					
	50m: 35.85	35.85	150m: 2:06.03	45.12	250m: 3:36.32	45.99	350m: 5:03.84	40.32
	100m: 1:20.91	45.06	200m: 2:50.33	44.30	300m: 4:23.52	47.20	400m: 5:42.60	38.76
3.	Elmi Roelofsen	Octopus-ZVV (SG)	<b>5:50.63</b>	+0.92				
	50m: 35.84	35.84	150m: 2:04.30	43.46	250m: 3:39.02	52.34	350m: 5:12.63	41.03
	100m: 1:20.84	45.00	200m: 2:46.68	42.38	300m: 4:31.60	52.58	400m: 5:50.63	38.00
4.	Melissa Zwaan	DAW	<b>5:57.21</b>	+0.57				
	50m: 36.37	36.37	150m: 2:04.79	45.73	250m: 3:42.51	52.43	350m: 5:16.76	40.76
	100m: 1:19.06	42.69	200m: 2:50.08	45.29	300m: 4:36.00	53.49	400m: 5:57.21	40.45
5.	Irmgard van Weeghel	ESCA Zwemmen	<b>6:07.76</b>					
	50m: 39.07	39.07	150m: 2:13.56	47.28	250m: 3:51.11	51.79	350m: 5:25.89	42.50
	100m: 1:26.28	47.21	200m: 2:59.32	45.76	300m: 4:43.39	52.28	400m: 6:07.76	41.87
6.	Marjan Rikken	Octopus-ZVV (SG)	<b>6:35.64</b>					
	50m: 42.90	42.90	150m: 2:25.26	46.71	250m: 4:07.54	54.27	350m: 5:50.36	46.88
	100m: 1:38.55	55.65	200m: 3:13.27	48.01	300m: 5:03.48	55.94	400m: 6:35.64	45.28
DSQ	Suzan Blankestijn	ZVL-1886 Center						
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>							

**Masters 35+**

1.	Viktoria Haden-Felföldi	Iron Swim	<b>5:13.67</b>	+0.77				
	<i>Kampioenschapsrecord, Hungarian Masters Record</i>							
	50m: 33.04	33.04	150m: 1:51.76	40.35	250m: 3:16.56	45.21	350m: 4:38.72	36.36
	100m: 1:11.41	38.37	200m: 2:31.35	39.59	300m: 4:02.36	45.80	400m: 5:13.67	34.95



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Event 33, Women, 400m Medley, Masters 35+

rang	naam	vereniging	tijd	RT	PARA	
2.	Marlijn Hendriksen	DIO	<b>5:29.27</b>			
	50m: 34.67	34.67	150m: 1:57.42	43.40	250m: 3:27.36	47.13
	100m: 1:14.02	39.35	200m: 2:40.23	42.81	300m: 4:14.39	47.03
					350m: 4:52.68	38.29
					400m: 5:29.27	36.59
3.	Rianne Hofland	Sassenheim	<b>5:48.31</b>			
	50m: 36.14	36.14	150m: 2:03.39	43.41	250m: 3:35.99	50.55
	100m: 1:19.98	43.84	200m: 2:45.44	42.05	300m: 4:26.78	50.79
					350m: 5:08.34	41.56
					400m: 5:48.31	39.97
4.	Samantha van Eijk	De Geul	<b>5:49.42</b>	+0.61		
	50m: 38.46	38.46	150m: 2:06.73	43.45	250m: 3:40.16	48.90
	100m: 1:23.28	44.82	200m: 2:51.26	44.53	300m: 4:32.00	51.84
					350m: 5:12.30	40.30
					400m: 5:49.42	37.12
5.	Linda van Klei	GZC DONK	<b>5:55.02</b>			
	50m: 37.11	37.11	150m: 2:08.23	46.74	250m: 3:43.42	50.18
	100m: 1:21.49	44.38	200m: 2:53.24	45.01	300m: 4:33.40	49.98
					350m: 5:15.23	41.83
					400m: 5:55.02	39.79
6.	Liesbeth van Mill	Zwemlust-den Hommel	<b>6:03.39</b>			
	50m: 38.53	38.53	150m: 2:12.23	47.38	250m: 3:49.40	49.06
	100m: 1:24.85	46.32	200m: 3:00.34	48.11	300m: 4:39.74	50.34
					350m: 5:21.89	42.15
					400m: 6:03.39	41.50
7.	Renske Eilers	Zwemvereniging Hoogland	<b>6:16.65</b>	+0.85		
	50m: 41.30	41.30	150m: 2:18.37	46.52	250m: 3:56.31	51.76
	100m: 1:31.85	50.55	200m: 3:04.55	46.18	300m: 4:50.02	53.71
					350m: 5:34.29	44.27
					400m: 6:16.65	42.36

Masters 40+

1.	Roos van Esch	ACZ	<b>5:40.06</b>	+0.85		
	50m: 35.20	35.20	150m: 2:01.07	44.35	250m: 3:34.42	48.61
	100m: 1:16.72	41.52	200m: 2:45.81	44.74	300m: 4:23.49	49.07
					350m: 5:02.85	39.36
					400m: 5:40.06	37.21
2.	Linda Hoogendam	WVZ	<b>6:44.32</b>	+0.70		
	50m: 43.40	43.40	150m: 2:26.99	51.11	250m: 4:17.47	100.19
	100m: 1:35.88	52.48	200m: 3:17.28	50.29	300m: 5:18.39	100.92
					350m: 6:02.66	44.27
					400m: 6:44.32	41.66

Masters 45+

1.	Liselotte Joling	PSV	<b>5:48.59</b>			
	50m: 36.52	36.52	150m: 2:04.97	46.42	250m: 3:41.58	51.07
	100m: 1:18.55	42.03	200m: 2:50.51	45.54	300m: 4:31.76	50.18
					350m: 5:11.60	39.84
					400m: 5:48.59	36.99
2.	Melanie Kuiper	ZIGNEA	<b>6:02.36</b>			
	50m: 38.90	38.90	150m: 2:13.49	46.39	250m: 3:52.17	51.90
	100m: 1:27.10	48.20	200m: 3:00.27	46.78	300m: 4:45.41	53.24
					350m: 5:25.66	40.25
					400m: 6:02.36	36.70
3.	Leontine Loeber	SwimGym	<b>6:21.66</b>			
	50m: 41.08	41.08	150m: 2:18.47	49.13	250m: 3:59.48	52.67
	100m: 1:29.34	48.26	200m: 3:06.81	48.34	300m: 4:53.34	53.86
					350m: 5:37.69	44.35
					400m: 6:21.66	43.97
4.	Jannie Vennik	HZ&PC Heerenveen	<b>6:40.10</b>			
	50m: 44.94	44.94	150m: 2:31.78	51.65	250m: 4:20.17	55.14
	100m: 1:40.13	55.19	200m: 3:25.03	53.25	300m: 5:16.51	56.34
					350m: 5:58.38	41.87
					400m: 6:40.10	41.72

Masters 50+

1.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	<b>5:55.96</b>			
	50m: 37.04	37.04	150m: 2:07.16	47.05	250m: 3:45.64	47.78
	100m: 1:20.11	43.07	200m: 2:57.86	50.70	300m: 4:36.94	51.30
					350m: 5:15.86	38.92
					400m: 5:55.96	40.10
2.	Bianca Groot	MSV-Zeemacht	<b>6:07.49</b>	+0.90		
	50m: 37.19	37.19	150m: 2:14.96	50.99	250m: 3:55.66	50.02
	100m: 1:23.97	46.78	200m: 3:05.64	50.68	300m: 4:46.46	50.80
					350m: 5:27.14	40.68
					400m: 6:07.49	40.35
3.	Jeanne Petit	PSV	<b>6:17.28</b>			
	50m: 35.49	35.49	150m: 2:10.37	51.12	250m: 3:54.33	52.42
	100m: 1:19.25	43.76	200m: 3:01.91	51.54	300m: 4:49.19	54.86
					350m: 5:33.35	44.16
					400m: 6:17.28	43.93
4.	Peggy Hurenkamp	HZ&PC Heerenveen	<b>6:37.45</b>	+0.71		
	50m: 40.06	40.06	150m: 2:18.83	51.32	250m: 4:05.29	56.49
	100m: 1:27.51	47.45	200m: 3:08.80	49.97	300m: 5:03.04	57.75
					350m: 5:50.47	47.43
					400m: 6:37.45	46.98
5.	Annet Kootstra	SWOL 1894	<b>7:15.91</b>			
	50m: 50.51	50.51	150m: 2:43.01	56.16	250m: 4:39.42	101.03
	100m: 1:46.85	56.34	200m: 3:38.39	55.38	300m: 5:40.41	100.99
					350m: 6:28.80	48.39
					400m: 7:15.91	47.11



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Event 33, Women, 400m Medley

Masters 55+

1. Anita Steijger	WVZ	NED	196500628	<b>6:42.21</b>	+0.77
50m: 43.15 43.15	150m: 2:27.56 53.18	250m: 4:15.13 55.90	350m: 5:58.75 46.08		
100m: 1:34.38 51.23	200m: 3:19.23 51.67	300m: 5:12.67 57.54	400m: 6:42.21 43.46		
2. K. van Nassau-van den Heuvel	Old Dutch	NED	196600188	<b>6:59.27</b>	+0.93
50m: 47.41 47.41	150m: 2:38.82 55.76	250m: 4:28.43 55.45	350m: 6:13.59 47.94		
100m: 1:43.06 55.65	200m: 3:32.98 54.16	300m: 5:25.65 57.22	400m: 6:59.27 45.68		

Masters 60+

1. Pierrette Michel	Cercle De Natation Sportcity WolBEL	CNSW/000835/62	<b>5:57.96</b>		
<i>Kampioenschapsrecord</i>					
50m: 36.85 36.85	150m: 2:05.67 43.54	250m: 3:43.27 54.19	350m: 5:17.40 42.12		
100m: 1:22.13 45.28	200m: 2:49.08 43.41	300m: 4:35.28 52.01	400m: 5:57.96 40.56		
2. P. Tossings-van de Hooven	GZC DONK	NED	196100376	<b>6:38.62</b>	
50m: 43.11 43.11	150m: 2:24.12 51.52	250m: 4:13.83 57.52	350m: 5:55.58 44.79		
100m: 1:32.60 49.49	200m: 3:16.31 52.19	300m: 5:10.79 56.96	400m: 6:38.62 43.04		
3. Patty Verhagen	PSV	NED	195900146	<b>6:56.23</b>	
50m: 51.90 51.90	150m: 2:38.55 50.48	250m: 4:28.67 58.73	350m: 6:12.95 44.51		
100m: 1:48.07 56.17	200m: 3:29.94 51.39	300m: 5:28.44 59.77	400m: 6:56.23 43.28		
4. Hannie Poletiek	TriVia	NED	195900278	<b>7:30.53</b>	
* 100					
50m: 53.76 53.76	150m: 2:53.48 57.69	250m: 4:51.33 1:01.01	350m: 6:41.61 48.15		
100m: 1:55.79 1:02.03	200m: 3:50.32 56.84	300m: 5:53.46 1:02.13	400m: 7:30.53 48.92		

Masters 70+

1. Antoinette Gilding-Tussaud	WS Twente	NED	195000038	<b>9:09.27</b> *	
50m: 1:07.90 1:07.90	150m: 3:35.78 1:05.40	250m: 5:57.75 1:19.35	350m: 8:11.10 57.37		
100m: 2:30.38 1:22.48	200m: 4:38.40 1:02.62	300m: 7:13.73 1:15.98	400m: 9:09.27 58.17		