



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



Programmanr. 5
17-02-2023 - 9:59

Dames, 400m vrije slag
Pauze na serie 4 / Break after heat 4

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
Masters 20+								
1.	Laura Setz	Bubble	4:26.40	+0.92				
	50m: 29.54	29.54	150m: 1:35.07	33.37	250m: 2:43.22	33.91	350m: 3:52.32	34.75
	100m: 1:01.70	32.16	200m: 2:09.31	34.24	300m: 3:17.57	34.35	400m: 4:26.40	34.08
2.	Amé Hulleman	DZ&PC	4:31.67	+0.85				
	50m: 30.90	30.90	150m: 1:38.48	34.15	250m: 2:48.19	34.94	350m: 3:57.95	35.06
	100m: 1:04.33	33.43	200m: 2:13.25	34.77	300m: 3:22.89	34.70	400m: 4:31.67	33.72
3.	Silke Molendijk	ZVL-1886 Center	4:31.88					
	50m: 31.87	31.87	150m: 1:40.79	34.21	250m: 2:50.04	34.58	350m: 3:59.12	34.20
	100m: 1:06.58	34.71	200m: 2:15.46	34.67	300m: 3:24.92	34.88	400m: 4:31.88	32.76
4.	Michelle Zomerdijk	Dedemvaart-AC	4:38.34	+0.64				
	50m: 30.51	30.51	150m: 1:39.67	34.98	250m: 2:51.54	36.10	350m: 4:03.72	35.57
	100m: 1:04.69	34.18	200m: 2:15.44	35.77	300m: 3:28.15	36.61	400m: 4:38.34	34.62
5.	Kim Zwinkels	ZPCH	4:38.45					
	50m: 31.28	31.28	150m: 1:40.61	35.14	250m: 2:52.46	35.94	350m: 4:04.74	36.00
	100m: 1:05.47	34.19	200m: 2:16.52	35.91	300m: 3:28.74	36.28	400m: 4:38.45	33.71
6.	Marijke Drent	Bubble	4:44.09	+0.84				
	50m: 31.02	31.02	150m: 1:40.83	35.50	250m: 2:53.87	36.61	350m: 4:08.08	37.20
	100m: 1:05.33	34.31	200m: 2:17.26	36.43	300m: 3:30.88	37.01	400m: 4:44.09	36.01
7.	Michelle van den Hoofdakker	Steenwijk 1934	4:53.01	+0.79				
	50m: 31.88	31.88	150m: 1:45.37	37.23	250m: 3:01.21	38.32	350m: 4:16.81	37.22
	100m: 1:08.14	36.26	200m: 2:22.89	37.52	300m: 3:39.59	38.38	400m: 4:53.01	36.20
8.	Cynthia Koolman	Steenwijk 1934	4:54.82	+0.69				
	50m: 32.88	32.88	150m: 1:46.13	37.22	250m: 3:01.75	37.76	350m: 4:18.33	38.27
	100m: 1:08.91	36.03	200m: 2:23.99	37.86	300m: 3:40.06	38.31	400m: 4:54.82	36.49
9.	Myra Smulders	De Duinkikers	4:57.73					
	50m: 32.40	32.40	150m: 1:45.86	37.50	250m: 3:01.92	38.15	350m: 4:19.62	39.02
	100m: 1:08.36	35.96	200m: 2:23.77	37.91	300m: 3:40.60	38.68	400m: 4:57.73	38.11
10.	Ariane Krijt	TRB-RES	5:04.05					
	50m: 34.65	34.65	150m: 1:50.88	38.71	250m: 3:08.73	38.86	350m: 4:26.19	38.80
	100m: 1:12.17	37.52	200m: 2:29.87	38.99	300m: 3:47.39	38.66	400m: 5:04.05	37.86
11.	Lisanne Seising	VZC	5:08.96	+0.77				
	50m: 33.21	33.21	150m: 1:50.50	39.56	250m: 3:10.18	40.04	350m: 4:30.11	39.08
	100m: 1:10.94	37.73	200m: 2:30.14	39.64	300m: 3:51.03	40.85	400m: 5:08.96	38.85
12.	Marouscha de Vries	DAW	5:19.91	+0.71				
	50m: 35.11	35.11	150m: 1:54.25	40.00	250m: 3:16.60	41.46	350m: 4:39.72	41.61
	100m: 1:14.25	39.14	200m: 2:35.14	40.89	300m: 3:58.11	41.51	400m: 5:19.91	40.19
13.	Ageeth de Haan	Steenwijk 1934	5:25.94	+0.65				
	50m: 35.51	35.51	150m: 1:59.01	42.37	250m: 3:24.70	42.75	350m: 4:47.54	40.33
	100m: 1:16.64	41.13	200m: 2:41.95	42.94	300m: 4:07.21	42.51	400m: 5:25.94	38.40
Masters 25+								
1.	Tessa Vermeulen <i>Wereld Masters Record</i>	De Dolfijn	4:13.71	+0.79				
	50m: 29.15	29.15	150m: 1:32.68	32.00	250m: 2:36.93	32.25	350m: 3:41.98	32.41
	100m: 1:00.68	31.53	200m: 2:04.68	32.00	300m: 3:09.57	32.64	400m: 4:13.71	31.73
2.	Moniek van Langevelde	ESCA Zwemmen	4:43.74	+0.75				
	50m: 31.76	31.76	150m: 1:43.99	36.71	250m: 2:56.78	36.17	350m: 4:09.03	36.10
	100m: 1:07.28	35.52	200m: 2:20.61	36.62	300m: 3:32.93	36.15	400m: 4:43.74	34.71
3.	Anne-Irene Ducheine	Zwemvereniging Hoogland	4:48.84					
	50m: 32.42	32.42	150m: 1:44.39	36.39	250m: 2:57.95	36.82	350m: 4:12.11	36.97
	100m: 1:08.00	35.58	200m: 2:21.13	36.74	300m: 3:35.14	37.19	400m: 4:48.84	36.73
4.	Manon Kloosterman	Zwemlust-den Hommel	4:49.07	+0.74				
	50m: 32.65	32.65	150m: 1:45.19	36.69	250m: 2:59.35	37.06	350m: 4:13.26	36.75
	100m: 1:08.50	35.85	200m: 2:22.29	37.10	300m: 3:36.51	37.16	400m: 4:49.07	35.81
5.	Karen Stolk	ZVL-1886 Center	5:01.03	+0.47				
	50m: 31.74	31.74	150m: 1:45.12	37.57	250m: 3:02.18	38.50	350m: 4:21.10	39.76
	100m: 1:07.55	35.81	200m: 2:23.68	38.56	300m: 3:41.34	39.16	400m: 5:01.03	39.93



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

rang	naam	vereniging	tijd	RT	PARA
6.	Larissa Jansen	PSV	5:08.07	+0.81	
	50m: 32.87	150m: 1:47.26	250m: 3:06.49	350m: 4:28.15	41.01
	100m: 1:09.27	200m: 2:26.48	300m: 3:47.14	400m: 5:08.07	39.92
7.	Janine de Groot	NDD	5:12.87	+0.81	
	50m: 33.84	150m: 1:51.13	250m: 3:11.63	350m: 4:33.07	40.45
	100m: 1:11.93	200m: 2:30.86	300m: 3:52.62	400m: 5:12.87	39.80
8.	Jisca Majolee	ZPC AMERSFOORT	5:13.23		
	50m: 34.53	150m: 1:52.01	250m: 3:12.39	350m: 4:34.25	41.01
	100m: 1:12.12	200m: 2:31.98	300m: 3:53.24	400m: 5:13.23	38.98
9.	Mariska Gach	ZVL-1886 Center	5:18.31		
	50m: 35.43	150m: 1:54.24	250m: 3:15.71	350m: 4:37.89	41.04
	100m: 1:14.02	200m: 2:34.82	300m: 3:56.85	400m: 5:18.31	40.42
10.	Eline Hendriks	ZPC AMERSFOORT	5:32.97	+0.78	
	50m: 36.54	150m: 2:00.67	250m: 3:26.50	350m: 4:52.32	42.69
	100m: 1:17.74	200m: 2:43.99	300m: 4:09.63	400m: 5:32.97	40.65
11.	Cynthia van Veen	ZVL-1886 Center	6:10.34	+0.75	
	50m: 35.70	150m: 2:04.13	250m: 3:41.84	350m: 5:23.55	51.35
	100m: 1:18.35	200m: 2:52.24	300m: 4:32.20	400m: 6:10.34	46.79

Masters 30+

1.	Leonie van Noort <i>Nederlands Masters Record</i>	WVZ	4:28.31	+0.83	
	50m: 30.83	150m: 1:39.18	250m: 2:47.92	350m: 3:55.43	33.87
	100m: 1:04.86	200m: 2:13.70	300m: 3:21.56	400m: 4:28.31	32.88
2.	Maaïke Vooren	DAW	4:44.97	+0.87	
	50m: 31.98	150m: 1:42.52	250m: 2:54.66	350m: 4:08.61	37.13
	100m: 1:06.86	200m: 2:18.47	300m: 3:31.48	400m: 4:44.97	36.36
3.	Melissa Zwaan	DAW	4:55.65	+0.80	
	50m: 31.85	150m: 1:44.77	250m: 2:59.89	350m: 4:17.13	38.63
	100m: 1:07.83	200m: 2:22.24	300m: 3:38.50	400m: 4:55.65	38.52
4.	Danielle Vermeulen	Zwemlust-den Hommel	5:05.94	+0.70	
	50m: 34.68	150m: 1:51.66	250m: 3:09.67	350m: 4:27.68	38.91
	100m: 1:12.61	200m: 2:30.60	300m: 3:48.77	400m: 5:05.94	38.26
5.	Suzanne Lange	VZC	5:08.30		
	50m: 34.61	150m: 1:52.70	250m: 3:10.86	350m: 4:29.40	39.38
	100m: 1:13.54	200m: 2:31.47	300m: 3:50.02	400m: 5:08.30	38.90
6.	Nanda van Heteren	PSV	5:14.62		
	50m: 35.19	150m: 1:54.92	250m: 3:16.72	350m: 4:37.46	40.13
	100m: 1:14.44	200m: 2:35.92	300m: 3:57.33	400m: 5:14.62	37.16
7.	Suzan Blankestijn	ZVL-1886 Center	5:19.91	+0.84	
	50m: 34.25	150m: 1:54.03	250m: 3:15.98	350m: 4:39.00	41.29
	100m: 1:13.35	200m: 2:35.04	300m: 3:57.71	400m: 5:19.91	40.91
8.	Leontine Groeneveldt	De Duck	5:28.35	+0.79	
	50m: 34.94	150m: 1:56.60	250m: 3:21.45	350m: 4:47.69	43.03
	100m: 1:14.71	200m: 2:39.23	300m: 4:04.66	400m: 5:28.35	40.66
9.	Irmgard van Weeghel	ESCA Zwemmen	5:31.25		
	50m: 36.78	150m: 1:58.26	250m: 3:23.13	350m: 4:48.37	42.43
	100m: 1:16.70	200m: 2:40.60	300m: 4:05.94	400m: 5:31.25	42.88
10.	Joëlle Vaes	DIO	5:41.05		
	50m: 37.78	150m: 2:04.00	250m: 3:32.49	350m: 4:59.35	42.76
	100m: 1:19.74	200m: 2:48.33	300m: 4:16.59	400m: 5:41.05	41.70
11.	Marjan Rikken	Octopus-ZVV (SG)	5:55.32	+0.90	
	50m: 38.23	150m: 2:06.69	250m: 3:38.17	350m: 5:11.03	46.53
	100m: 1:21.47	200m: 2:52.21	300m: 4:24.50	400m: 5:55.32	44.29
12.	Anouk Bloem	TRB-RES	7:11.50		
	50m: 46.96	150m: 2:33.98	250m: 4:23.72	350m: 6:16.58	56.81
	100m: 1:39.24	200m: 3:28.94	300m: 5:19.77	400m: 7:11.50	54.92
AFGEM	Lotte Coenen	DES			
			NED	199301518	



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Programmanr. 5, Dames, 400m vrije slag

Masters 35+

1.	Viktória Háden-Felföldi	Iron Swim	HUN	4:39.62	
	50m: 31.52 31.52	150m: 1:41.03 35.23	250m: 2:52.89 35.99	350m: 4:04.52 35.90	
	100m: 1:05.80 34.28	200m: 2:16.90 35.87	300m: 3:28.62 35.73	400m: 4:39.62 35.10	
2.	Jenny Schouten	MZ&PC	NED 198703674	4:43.00	+0.87
	50m: 31.19 31.19	150m: 1:41.17 35.57	250m: 2:53.80 36.32	350m: 4:07.24 36.92	
	100m: 1:05.60 34.41	200m: 2:17.48 36.31	300m: 3:30.32 36.52	400m: 4:43.00 35.76	
3.	Liesbeth van Mill	Zwemlust-den Hommel	NED 198702786	5:20.63	+0.78
	50m: 35.09 35.09	150m: 1:52.73 39.39	250m: 3:13.98 41.05	350m: 4:38.55 42.68	
	100m: 1:13.34 38.25	200m: 2:32.93 40.20	300m: 3:55.87 41.89	400m: 5:20.63 42.08	
4.	Sandra Schellekens	Neptunus'58	NED 198503416	5:42.46	+0.73
	50m: 36.90 36.90	150m: 2:02.48 43.78	250m: 3:30.97 44.23	350m: 5:00.55 44.97	
	100m: 1:18.70 41.80	200m: 2:46.74 44.26	300m: 4:15.58 44.61	400m: 5:42.46 41.91	
5.	Angelique Wammes-Bouman	Zwemvereniging Hoogland	NED 198403604	6:09.03	+0.80
	50m: 41.01 41.01	150m: 2:14.06 47.43	250m: 3:48.70 47.49	350m: 5:24.02 47.76	
	100m: 1:26.63 45.62	200m: 3:01.21 47.15	300m: 4:36.26 47.56	400m: 6:09.03 45.01	
AFGEM	Hanne Keijzer	DWT	NED 198503932		

Masters 40+

1.	Debbie van Rooijen	IJZPC	NED 198201402	5:06.51	+0.72
	50m: 34.62 34.62	150m: 1:52.55 39.21	250m: 3:11.54 39.07	350m: 4:29.49 38.74	
	100m: 1:13.34 38.72	200m: 2:32.47 39.92	300m: 3:50.75 39.21	400m: 5:06.51 37.02	
2.	Agnes van Brug	DAW	NED 198001726	5:26.47	
	50m: 36.16 36.16	150m: 1:57.64 41.55	250m: 3:21.92 42.12	350m: 4:45.83 41.58	
	100m: 1:16.09 39.93	200m: 2:39.80 42.16	300m: 4:04.25 42.33	400m: 5:26.47 40.64	
3.	Martine de Haart	Patrick-De Roersoppers (SG)	NED 197901492	5:31.42	
	50m: 35.93 35.93	150m: 1:57.08 41.29	250m: 3:22.39 42.85	350m: 4:49.13 43.51	
	100m: 1:15.79 39.86	200m: 2:39.54 42.46	300m: 4:05.62 43.23	400m: 5:31.42 42.29	
4.	Ramona Linting	AZC	NED 198301274	5:34.63	
	50m: 37.02 37.02	150m: 1:59.99 42.00	250m: 3:25.52 43.04	350m: 4:52.04 43.30	
	100m: 1:17.99 40.97	200m: 2:42.48 42.49	300m: 4:08.74 43.22	400m: 5:34.63 42.59	
5.	Eveline Hacquebord	IJZPC	NED 197901206	5:53.51	+0.85
	50m: 38.59 38.59	150m: 2:05.78 44.29	250m: 3:36.19 45.12	350m: 5:08.93 46.29	
	100m: 1:21.49 42.90	200m: 2:51.07 45.29	300m: 4:22.64 46.45	400m: 5:53.51 44.58	
6.	Saskia op den Velde	De Duinkickers	NED 197901530	6:18.76 *	+0.99
	50m: 41.52 41.52	150m: 2:15.18 47.84	250m: 3:51.26 47.74	350m: 5:29.93 49.79	
	100m: 1:27.34 45.82	200m: 3:03.52 48.34	300m: 4:40.14 48.88	400m: 6:18.76 48.83	

Masters 45+

1.	Liselotte Joling	PSV	NED 197500268	4:48.92	
	50m: 32.92 32.92	150m: 1:46.47 36.90	250m: 2:59.77 36.21	350m: 4:13.24 36.66	
	100m: 1:09.57 36.65	200m: 2:23.56 37.09	300m: 3:36.58 36.81	400m: 4:48.92 35.68	
2.	Melanie Kuiper	ZIGNEA	NED 197600350	5:05.12	
	50m: 34.06 34.06	150m: 1:49.36 38.17	250m: 3:07.69 39.34	350m: 4:27.20 39.81	
	100m: 1:11.19 37.13	200m: 2:28.35 38.99	300m: 3:47.39 39.70	400m: 5:05.12 37.92	
3.	Petra Guijt	RZC	NED 197600978	5:29.40 *	
	50m: 35.89 35.89	150m: 1:58.86 42.30	250m: 3:24.67 42.92	350m: 4:49.31 41.76	
	100m: 1:16.56 40.67	200m: 2:41.75 42.89	300m: 4:07.55 42.88	400m: 5:29.40 40.09	
4.	Alina Spijkerman	DAW	NED 197701220	5:31.16	+1.01
	50m: 34.14 34.14	150m: 1:54.20 41.92	250m: 3:19.44 42.81	350m: 4:47.48 44.26	
	100m: 1:12.28 38.14	200m: 2:36.63 42.43	300m: 4:03.22 43.78	400m: 5:31.16 43.68	
5.	Karin van Dijk	THOR	NED 197601066	5:41.17	
	50m: 37.28 37.28	150m: 2:01.52 42.91	250m: 3:29.59 44.33	350m: 4:59.33 44.82	
	100m: 1:18.61 41.33	200m: 2:45.26 43.74	300m: 4:14.51 44.92	400m: 5:41.17 41.84	
6.	Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	NED 197700138	6:38.53	
	50m: 43.92 43.92	150m: 2:23.56 50.39	250m: 4:05.41 50.95	350m: 5:48.82 52.03	
	100m: 1:33.17 49.25	200m: 3:14.46 50.90	300m: 4:56.79 51.38	400m: 6:38.53 49.71	



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Programmanr. 5, Dames, 400m vrije slag

Masters 50+

1.	Bianca Groot	MSV-Zeemacht	NED	197000652	5:04.68	+0.85
	50m: 34.54	34.54	150m: 1:50.74	38.42	250m: 3:08.31	38.92
	100m: 1:12.32	37.78	200m: 2:29.39	38.65	300m: 3:47.49	39.18
					350m: 4:26.38	38.89
					400m: 5:04.68	38.30
2.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054	5:08.28	
	50m: 34.70	34.70	150m: 1:52.27	39.08	250m: 3:11.13	38.94
	100m: 1:13.19	38.49	200m: 2:32.19	39.92	300m: 3:50.70	39.57
					350m: 4:30.16	39.46
					400m: 5:08.28	38.12
3.	Dianna Dr Szokol	Nyiregyhazi Sportcentrum	HUN		5:08.57	
	50m: 35.84	35.84	150m: 1:52.95	38.77	250m: 3:11.15	39.37
	100m: 1:14.18	38.34	200m: 2:31.78	38.83	300m: 3:50.45	39.30
					350m: 4:29.95	39.50
					400m: 5:08.57	38.62
4.	Micky Grulms	Luxembourg Sharks Swimming CLUX	4029		5:11.70	
	50m: 36.02	36.02	150m: 1:54.36	39.23	250m: 3:13.09	39.48
	100m: 1:15.13	39.11	200m: 2:33.61	39.25	300m: 3:53.22	40.13
					350m: 4:33.04	39.82
					400m: 5:11.70	38.66
5.	Annette de Visser	Oceanus	NED	197100602	5:14.03	
	50m: 35.02	35.02	150m: 1:53.33	40.02	250m: 3:13.07	40.08
	100m: 1:13.31	38.29	200m: 2:32.99	39.66	300m: 3:53.35	40.28
					350m: 4:34.05	40.70
					400m: 5:14.03	39.98
6.	Inken Wemheuer	DWT	NED	197101016	5:32.06	
	50m: 37.43	37.43	150m: 2:01.52	42.78	250m: 3:27.82	42.98
	100m: 1:18.74	41.31	200m: 2:44.84	43.32	300m: 4:10.58	42.76
					350m: 4:52.79	42.21
					400m: 5:32.06	39.27
7.	Cherry Bas-Ott	DAW	NED	197100464	6:08.84 *	+0.66
	50m: 40.16	40.16	150m: 2:12.36	47.01	250m: 3:46.70	47.31
	100m: 1:25.35	45.19	200m: 2:59.39	47.03	300m: 4:33.97	47.27
					350m: 5:22.60	48.63
					400m: 6:08.84	46.24
8.	Annet Kootstra	SWOL 1894	NED	197100344	6:19.14	
	50m: 42.65	42.65	150m: 2:17.77	47.90	250m: 3:55.25	48.67
	100m: 1:29.87	47.22	200m: 3:06.58	48.81	300m: 4:43.60	48.35
					350m: 5:32.18	48.58
					400m: 6:19.14	46.96
9.	Nathasja Konijn	GZC DONK	NED	197100992	6:35.36	+0.81
	50m: 42.66	42.66	150m: 2:20.19	49.30	250m: 4:02.34	51.32
	100m: 1:30.89	48.23	200m: 3:11.02	50.83	300m: 4:53.84	51.50
					350m: 5:45.48	51.64
					400m: 6:35.36	49.88
10.	Kristien Van de Moortel	Shark	BEL	ShaRK/20315/69	6:43.08	
	50m: 45.22	45.22	150m: 2:27.54	51.50	250m: 4:10.27	51.55
	100m: 1:36.04	50.82	200m: 3:18.72	51.18	300m: 5:02.21	51.94
					350m: 5:54.13	51.92
					400m: 6:43.08	48.95
11.	Greta Wyma-Teitsma	DWK	NED	197100696	6:55.59	+1.03
	50m: 45.38	45.38	150m: 2:28.24	52.41	250m: 4:14.79	53.81
	100m: 1:35.83	50.45	200m: 3:20.98	52.74	300m: 5:08.47	53.68
					350m: 6:02.89	54.42
					400m: 6:55.59	52.70

Masters 55+

1.	Wilna Heijman	Steenwijk 1934	NED	196400506	5:25.44	+0.66
	50m: 37.26	37.26	150m: 1:58.38	40.93	250m: 3:21.58	41.60
	100m: 1:17.45	40.19	200m: 2:39.98	41.60	300m: 4:03.11	41.53
					350m: 4:44.54	41.43
					400m: 5:25.44	40.90
2.	Anita Steijger	WVZ	NED	196500628	5:48.87 *	+0.75
	50m: 39.85	39.85	150m: 2:06.67	43.97	250m: 3:35.49	44.44
	100m: 1:22.70	42.85	200m: 2:51.05	44.38	300m: 4:20.30	44.81
					350m: 5:05.24	44.94
					400m: 5:48.87	43.63
3.	K. van Nassau-van den Heuvel	Old Dutch	NED	196600188	6:10.43	+0.81
	50m: 40.59	40.59	150m: 2:11.99	47.03	250m: 3:47.90	48.15
	100m: 1:24.96	44.37	200m: 2:59.75	47.76	300m: 4:36.19	48.29
					350m: 5:24.52	48.33
					400m: 6:10.43	45.91
4.	Erica Muller	De Geul	NED	196400412	6:47.23	+0.63
	50m: 44.10	44.10	150m: 2:23.80	50.90	250m: 4:07.17	52.23
	100m: 1:32.90	48.80	200m: 3:14.94	51.14	300m: 5:01.08	53.91
					350m: 5:55.15	54.07
					400m: 6:47.23	52.08
5.	Baukje Ipema	HZ&PC Heerenveen	NED	196800964	7:32.22	
	50m: 49.44	49.44	150m: 2:41.06	56.87	250m: 4:37.53	58.50
	100m: 1:44.19	54.75	200m: 3:39.03	57.97	300m: 5:36.78	59.25
					350m: 6:35.31	58.53
					400m: 7:32.22	56.91

Masters 65+

1.	Margriet Pasma	TriVia	NED	195500088	6:02.72	+0.75
	50m: 41.37	41.37	150m: 2:13.89	46.76	250m: 3:47.16	46.46
	100m: 1:27.13	45.76	200m: 3:00.70	46.81	300m: 4:33.23	46.07
					350m: 5:18.79	45.56
					400m: 6:02.72	43.93
2.	Monica Bakker	Steenwijk 1934	NED	195600082	6:45.48	
	50m: 45.27	45.27	150m: 2:25.09	50.44	250m: 4:07.99	51.60
	100m: 1:34.65	49.38	200m: 3:16.39	51.30	300m: 5:00.09	52.10
					350m: 5:52.85	52.76
					400m: 6:45.48	52.63
3.	Karien Musters	Old Dutch	NED	195800236	8:06.24	
	50m: 51.10	51.10	150m: 2:48.16	1:00.26	250m: 4:53.74	1:03.53
	100m: 1:47.90	56.80	200m: 3:50.21	1:02.05	300m: 5:58.64	1:04.90
					350m: 7:03.78	1:05.14
					400m: 8:06.24	1:02.46



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



Programmanr. 5, Dames, 400m vrije slag

Masters 70+

1.	Conny Boer-Buys	ZVVS	NED	195000006	6:21.22	+0.97		
	50m: 40.50	40.50	150m: 2:15.24	49.14	250m: 3:54.37	49.53	350m: 5:34.76	50.04
	100m: 1:26.10	45.60	200m: 3:04.84	49.60	300m: 4:44.72	50.35	400m: 6:21.22	46.46
2.	Geerdien Meerwaldt	De Geul	NED	195200058	8:56.44 *			
	50m: 58.95	58.95	150m: 3:12.66	1:06.24	250m: 5:29.42	1:07.30	350m: 7:50.07	1:11.54
	100m: 2:06.42	1:07.47	200m: 4:22.12	1:09.46	300m: 6:38.53	1:09.11	400m: 8:56.44	1:06.37

Masters 75+

1.	Loekie van Huissteden	ZPC AMERSFOORT	NED	194500002	8:56.15			
	50m: 1:00.25	1:00.25	150m: 3:14.06	1:07.66	250m: 5:32.06	1:10.23	350m: 7:49.56	1:07.90
	100m: 2:06.40	1:06.15	200m: 4:21.83	1:07.77	300m: 6:41.66	1:09.60	400m: 8:56.15	1:06.59

Masters 85+

1.	Marie Smits	Old Dutch	NED	193800004	8:50.10			
	<i>Nederlands Masters Record</i>							
	50m: 57.12	57.12	150m: 3:13.55	1:08.39	250m: 5:31.67	1:10.13	350m: 7:47.29	1:08.58
	100m: 2:05.16	1:08.04	200m: 4:21.54	1:07.99	300m: 6:38.71	1:07.04	400m: 8:50.10	1:02.81