

Programmanr. 1
 04-05-2023 - 12:30

 Dames, 1500m vrije slag
 Pauze na Serie 4 / Break after Heat 4 (10 min.)

 Masters Open
 Resultaten

rang	naam	vereniging	tijd	RT	PARA	
Masters 20+						
1.	Carolien Beckers	Zwemsport Parkstad	NED 200200078	18:34.34	+0.69	
	50m: 32.60	32.60	450m: 5:31.89	37.36	850m: 10:30.06	37.45
	100m: 1:09.28	36.68	500m: 6:09.14	37.25	900m: 11:07.36	37.30
	150m: 1:46.78	37.50	550m: 6:46.34	37.20	950m: 11:44.59	37.23
	200m: 2:24.17	37.39	600m: 7:23.53	37.19	1000m: 12:22.05	37.46
	250m: 3:01.71	37.54	650m: 8:00.98	37.45	1050m: 12:59.24	37.19
	300m: 3:39.34	37.63	700m: 8:37.97	36.99	1100m: 13:36.14	36.90
	350m: 4:16.79	37.45	750m: 9:15.27	37.30	1150m: 14:13.03	36.89
	400m: 4:54.53	37.74	800m: 9:52.61	37.34	1200m: 14:50.14	37.11
2.	Roos Englebort	Hieronymus	NED 200200606	19:17.77	+0.70	
	50m: 32.95	32.95	450m: 5:33.58	38.16	850m: 10:42.90	39.20
	100m: 1:09.27	36.32	500m: 6:11.69	38.11	900m: 11:22.21	39.31
	150m: 1:46.57	37.30	550m: 6:50.10	38.41	950m: 12:01.72	39.51
	200m: 2:24.08	37.51	600m: 7:28.55	38.45	1000m: 12:41.48	39.76
	250m: 3:01.83	37.75	650m: 8:07.44	38.89	1050m: 13:21.10	39.62
	300m: 3:39.69	37.86	700m: 8:46.16	38.72	1100m: 14:00.48	39.38
	350m: 4:17.47	37.78	750m: 9:25.04	38.88	1150m: 14:40.38	39.90
	400m: 4:55.42	37.95	800m: 10:03.70	38.66	1200m: 15:20.43	40.05
3.	Cynthia Koolman	Steenwijk 1934	NED 200300232	20:08.52	+0.71	
	50m: 34.92	34.92	450m: 5:54.46	40.33	850m: 11:20.12	40.96
	100m: 1:13.53	38.61	500m: 6:34.88	40.42	900m: 12:00.66	40.54
	150m: 1:53.42	39.89	550m: 7:15.38	40.50	950m: 12:41.55	40.89
	200m: 2:33.02	39.60	600m: 7:55.77	40.39	1000m: 13:22.48	40.93
	250m: 3:13.06	40.04	650m: 8:36.35	40.58	1050m: 14:03.23	40.75
	300m: 3:53.21	40.15	700m: 9:16.93	40.58	1100m: 14:44.03	40.80
	350m: 4:33.75	40.54	750m: 9:57.94	41.01	1150m: 15:24.88	40.85
	400m: 5:14.13	40.38	800m: 10:39.16	41.22	1200m: 16:05.96	41.08
4.	Selina Janssen	Neptunus'58	NED 199905974	21:27.81	+0.77	
	50m: 36.38	36.38	450m: 6:16.95	43.34	850m: 12:03.18	43.38
	100m: 1:16.43	40.05	500m: 7:00.20	43.25	900m: 12:46.33	43.15
	150m: 1:58.03	41.60	550m: 7:43.71	43.51	950m: 13:29.91	43.58
	200m: 2:40.37	42.34	600m: 8:26.81	43.10	1000m: 14:13.07	43.16
	250m: 3:23.66	43.29	650m: 9:10.28	43.47	1050m: 14:56.75	43.68
	300m: 4:07.03	43.37	700m: 9:53.33	43.05	1100m: 15:40.13	43.38
	350m: 4:50.28	43.25	750m: 10:36.88	43.55	1150m: 16:23.99	43.86
	400m: 5:33.61	43.33	800m: 11:19.80	42.92	1200m: 17:07.62	43.63
5.	Isabelle Janssen	De Geul	NED 200006318	22:47.48	+0.91	
	50m: 39.80	39.80	450m: 6:42.88	46.63	850m: 12:52.71	46.18
	100m: 1:22.67	42.87	500m: 7:29.02	46.14	900m: 13:38.81	46.10
	150m: 2:07.29	44.62	550m: 8:14.97	45.95	950m: 14:24.92	46.11
	200m: 2:52.14	44.85	600m: 9:01.57	46.60	1000m: 15:10.61	45.69
	250m: 3:38.17	46.03	650m: 9:48.03	46.46	1050m: 15:57.16	46.55
	300m: 4:24.21	46.04	700m: 10:34.24	46.21	1100m: 16:43.37	46.21
	350m: 5:10.25	46.04	750m: 11:20.90	46.66	1150m: 17:30.07	46.70
	400m: 5:56.25	46.00	800m: 12:06.53	45.63	1200m: 18:16.06	45.99
6.	Welmoed Doornbos	De IJsselmeeuwen	NED 200203352	23:34.97	+0.76	
	50m: 38.53	38.53	450m: 6:52.72	47.85	850m: 13:18.92	47.95
	100m: 1:23.22	44.69	500m: 7:40.57	47.85	900m: 14:04.80	45.88
	150m: 2:10.31	47.09	550m: 8:27.37	46.80	950m: 14:53.96	49.16
	200m: 2:56.47	46.16	600m: 9:15.81	48.44	1000m: 15:42.80	48.84
	250m: 3:42.95	46.48	650m: 10:04.72	48.91	1050m: 16:30.68	47.88
	300m: 4:30.17	47.22	700m: 10:53.60	48.88	1100m: 17:19.59	48.91
	350m: 5:16.86	46.69	750m: 11:42.50	48.90	1150m: 18:09.38	49.79
	400m: 6:04.87	48.01	800m: 12:30.97	48.47	1200m: 18:55.71	46.33
Masters 25+						
1.	Anne Noom	Het Y	NED 199800062	19:01.90		
	50m: 32.60	32.60	450m: 5:33.41	38.11	850m: 10:41.62	38.56
	100m: 1:09.15	36.55	500m: 6:11.78	38.37	900m: 11:20.18	38.56
	150m: 1:46.62	37.47	550m: 6:50.06	38.28	950m: 11:59.03	38.85
	200m: 2:24.12	37.50	600m: 7:28.53	38.47	1000m: 12:37.79	38.76
	250m: 3:01.96	37.84	650m: 8:07.26	38.73	1050m: 13:16.05	38.26
	300m: 3:39.45	37.49	700m: 8:45.87	38.61	1100m: 13:54.51	38.46
	350m: 4:17.48	38.03	750m: 9:24.32	38.45	1150m: 14:32.87	38.36
	400m: 4:55.30	37.82	800m: 10:03.06	38.74	1200m: 15:11.40	38.53

Programmanr. 1, Dames, 1500m vrije slag, Masters 25+

rang	naam	vereniging	tijd	RT	PARA
2.	Manon Kloosterman	Zwemlust-den Hommel	20:07.90	+0.94	
	50m: 35.10	35.10 450m: 5:55.26	40.44 850m: 11:17.22	40.22 1250m: 16:45.21	41.32
	100m: 1:13.78	38.68 500m: 6:35.71	40.45 900m: 11:57.65	40.43 1300m: 17:26.69	41.48
	150m: 1:53.40	39.62 550m: 7:15.76	40.05 950m: 12:38.34	40.69 1350m: 18:07.44	40.75
	200m: 2:33.44	40.04 600m: 7:56.10	40.34 1000m: 13:19.04	40.70 1400m: 18:48.22	40.78
	250m: 3:13.47	40.03 650m: 8:36.53	40.43 1050m: 14:00.11	41.07 1450m: 19:28.72	40.50
	300m: 3:53.84	40.37 700m: 9:16.50	39.97 1100m: 14:41.34	41.23 1500m: 20:07.90	39.18
	350m: 4:34.41	40.57 750m: 9:56.60	40.10 1150m: 15:22.50	41.16	
	400m: 5:14.82	40.41 800m: 10:37.00	40.40 1200m: 16:03.89	41.39	
3.	Anouk Kuijlaars	PSV	20:47.31	+0.81	
	50m: 36.19	36.19 450m: 6:01.43	41.06 850m: 11:40.50	42.61 1250m: 17:20.40	42.29
	100m: 1:15.49	39.30 500m: 6:43.42	41.99 900m: 12:23.46	42.96 1300m: 18:02.56	42.16
	150m: 1:56.08	40.59 550m: 7:25.43	42.01 950m: 13:05.78	42.32 1350m: 18:44.45	41.89
	200m: 2:36.93	40.85 600m: 8:07.70	42.27 1000m: 13:48.24	42.46 1400m: 19:26.35	41.90
	250m: 3:17.50	40.57 650m: 8:50.26	42.56 1050m: 14:30.92	42.68 1450m: 20:07.48	41.13
	300m: 3:58.03	40.53 700m: 9:32.79	42.53 1100m: 15:13.39	42.47 1500m: 20:47.31	39.83
	350m: 4:39.04	41.01 750m: 10:15.11	42.32 1150m: 15:55.57	42.18	
	400m: 5:20.37	41.33 800m: 10:57.89	42.78 1200m: 16:38.11	42.54	
4.	Fiona Meuffels	PSV	20:51.62	+0.59	
	50m: 34.80	34.80 450m: 6:04.96	42.86 850m: 11:44.99	42.23 1250m: 17:24.18	42.50
	100m: 1:13.41	38.61 500m: 6:47.91	42.95 900m: 12:27.00	42.01 1300m: 18:06.12	41.94
	150m: 1:53.55	40.14 550m: 7:30.60	42.69 950m: 13:09.16	42.16 1350m: 18:48.71	42.59
	200m: 2:34.41	40.86 600m: 8:12.72	42.12 1000m: 13:52.22	43.06 1400m: 19:30.36	41.65
	250m: 3:15.65	41.24 650m: 8:54.99	42.27 1050m: 14:34.85	42.63 1450m: 20:12.28	41.92
	300m: 3:57.24	41.59 700m: 9:37.54	42.55 1100m: 15:17.30	42.45 1500m: 20:51.62	39.34
	350m: 4:39.58	42.34 750m: 10:20.51	42.97 1150m: 15:59.21	41.91	
	400m: 5:22.10	42.52 800m: 11:02.76	42.25 1200m: 16:41.68	42.47	
5.	Kirsten Opmeer	ZPC AMERSFOORT	21:06.57	+0.54	
	50m: 35.08	35.08 450m: 6:09.93	42.21 850m: 11:52.38	42.67 1250m: 17:34.13	42.62
	100m: 1:14.96	39.88 500m: 6:52.65	42.72 900m: 12:35.45	43.07 1300m: 18:17.38	43.25
	150m: 1:56.43	41.47 550m: 7:35.38	42.73 950m: 13:18.14	42.69 1350m: 19:00.00	42.62
	200m: 2:38.10	41.67 600m: 8:18.34	42.96 1000m: 14:00.88	42.74 1400m: 19:42.61	42.61
	250m: 3:20.07	41.97 650m: 9:00.84	42.50 1050m: 14:43.38	42.50 1450m: 20:24.74	42.13
	300m: 4:02.41	42.34 700m: 9:43.90	43.06 1100m: 15:25.96	42.58 1500m: 21:06.57	41.83
	350m: 4:44.77	42.36 750m: 10:26.78	42.88 1150m: 16:08.43	42.47	
	400m: 5:27.72	42.95 800m: 11:09.71	42.93 1200m: 16:51.51	43.08	
6.	Larissa Jansen	PSV	21:23.01	+0.81	
	50m: 36.84	36.84 450m: 6:10.81	42.28 850m: 11:54.33	43.26 1250m: 17:43.46	44.24
	100m: 1:17.31	40.47 500m: 6:53.35	42.54 900m: 12:37.70	43.37 1300m: 18:28.05	44.59
	150m: 1:58.69	41.38 550m: 7:35.74	42.39 950m: 13:21.05	43.35 1350m: 19:11.69	43.64
	200m: 2:40.79	42.10 600m: 8:19.02	43.28 1000m: 14:04.53	43.48 1400m: 19:56.26	44.57
	250m: 3:22.59	41.80 650m: 9:01.69	42.67 1050m: 14:47.47	42.94 1450m: 20:40.28	44.02
	300m: 4:04.51	41.92 700m: 9:44.90	43.21 1100m: 15:31.08	43.61 1500m: 21:23.01	42.73
	350m: 4:46.64	42.13 750m: 10:27.80	42.90 1150m: 16:14.86	43.78	
	400m: 5:28.53	41.89 800m: 11:11.07	43.27 1200m: 16:59.22	44.36	
7.	Karen Stolk	ZVL-1886 Center	21:26.15	+0.76	
	50m: 35.11	35.11 450m: 6:09.52	43.19 850m: 12:07.70	42.97 1250m: 17:52.41	43.18
	100m: 1:14.75	39.64 500m: 6:51.66	42.14 900m: 12:50.31	42.61 1300m: 18:35.66	43.25
	150m: 1:55.57	40.82 550m: 7:36.39	44.73 950m: 13:33.12	42.81 1350m: 19:18.49	42.83
	200m: 2:38.25	42.68 600m: 8:18.71	42.32 1000m: 14:16.64	43.52 1400m: 20:02.35	43.86
	250m: 3:20.07	41.82 650m: 9:01.77	43.06 1050m: 15:00.36	43.72 1450m: 20:44.91	42.56
	300m: 4:02.05	41.98 700m: 9:50.27	48.50 1100m: 15:42.93	42.57 1500m: 21:26.15	41.24
	350m: 4:44.33	42.28 750m: 10:37.06	46.79 1150m: 16:25.70	42.77	
	400m: 5:26.33	42.00 800m: 11:24.73	47.67 1200m: 17:09.23	43.53	
8.	Cynthia van Veen	ZVL-1886 Center	24:58.88	+0.73	
	50m: 41.94	41.94 450m: 7:15.54	49.77 850m: 13:59.49	50.82 1250m: 20:49.72	51.23
	100m: 1:29.28	47.34 500m: 8:06.32	50.78 900m: 14:49.88	50.39 1300m: 21:41.24	51.52
	150m: 2:18.17	48.89 550m: 8:56.29	49.97 950m: 15:40.80	50.92 1350m: 22:31.91	50.67
	200m: 3:07.41	49.24 600m: 9:47.20	50.91 1000m: 16:32.65	51.85 1400m: 23:23.17	51.26
	250m: 3:55.93	48.52 650m: 10:37.42	50.22 1050m: 17:24.09	51.44 1450m: 24:13.15	49.98
	300m: 4:45.88	49.95 700m: 11:28.12	50.70 1100m: 18:15.84	51.75 1500m: 24:58.88	45.73
	350m: 5:35.58	49.70 750m: 12:18.38	50.26 1150m: 19:07.22	51.38	
	400m: 6:25.77	50.19 800m: 13:08.67	50.29 1200m: 19:58.49	51.27	
9.	Djamari Oetringer	Aqua-Novio'94	25:27.51	+0.83	
	50m: 41.53	41.53 450m: 7:21.83	51.71 850m: 14:18.67	52.97 1250m: 21:21.67	51.95
	100m: 1:28.48	46.95 500m: 8:14.15	52.32 900m: 15:11.82	53.15 1300m: 22:14.19	52.52
	150m: 2:17.10	48.62 550m: 9:05.54	51.39 950m: 16:04.02	52.20 1350m: 23:04.92	50.73
	200m: 3:07.09	49.99 600m: 9:57.38	51.84 1000m: 16:57.01	52.99 1400m: 23:53.67	48.75
	250m: 3:57.01	49.92 650m: 10:48.69	51.31 1050m: 17:49.27	52.26 1450m: 24:40.74	47.07
	300m: 4:47.61	50.60 700m: 11:40.58	51.89 1100m: 18:42.81	53.54 1500m: 25:27.51	46.77
	350m: 5:38.29	50.68 750m: 12:32.58	52.00 1150m: 19:35.88	53.07	
	400m: 6:30.12	51.83 800m: 13:25.70	53.12 1200m: 20:29.72	53.84	

Programmanr. 1, Dames, 1500m vrije slag, Masters 50+

Table with columns: rang, naam, vereniging, tijd, RT, PARA. It lists seven swimmers: Kathy Van Lindt, Iris van Aurich, Annet Kootstra, Kristien Van de Moortel, and Greta Wyma-Teitsma, along with their respective club names, nationalities, and race times for various distances from 50m to 1500m.

Masters 55+

Table with columns: rang, naam, vereniging, tijd, RT, PARA. It lists three swimmers: Wilna Heijman, Maud Peuten-Evers, and K. van Nassau-van den Heuvel, along with their respective club names, nationalities, and race times for various distances from 50m to 1500m.



Programmanr. 1, Dames, 1500m vrije slag, Masters 55+

rang	naam	vereniging	tijd	RT	PARA	
4.	Erica Muller	De Geul	26:22.38	+0.79		
	50m: 45.46	45.46	450m: 7:44.55	53.08	850m: 14:48.84	53.19
	100m: 1:36.30	50.84	500m: 8:37.31	52.76	900m: 15:41.59	52.75
	150m: 2:28.48	52.18	550m: 9:30.29	52.98	950m: 16:34.86	53.27
	200m: 3:20.91	52.43	600m: 10:23.22	52.93	1000m: 17:27.98	53.12
	250m: 4:13.42	52.51	650m: 11:16.68	53.46	1050m: 18:21.37	53.39
	300m: 5:05.95	52.53	700m: 12:09.47	52.79	1100m: 19:14.48	53.11
	350m: 5:58.86	52.91	750m: 13:02.78	53.31	1150m: 20:08.17	53.69
	400m: 6:51.47	52.61	800m: 13:55.65	52.87	1200m: 21:01.54	53.37
5.	Roselinda van der Vlugt	De Geul	29:20.68	+0.92		
	50m: 50.60	50.60	450m: 8:38.31	59.25	850m: 16:30.55	59.69
	100m: 1:46.95	56.35	500m: 9:37.51	59.20	900m: 17:29.71	59.16
	150m: 2:44.96	58.01	550m: 10:36.56	59.05	950m: 18:29.45	59.74
	200m: 3:42.80	57.84	600m: 11:35.21	58.65	1000m: 19:29.78	100.33
	250m: 4:41.13	58.33	650m: 12:34.44	59.23	1050m: 20:29.42	59.64
	300m: 5:41.17	1:00.04	700m: 13:33.30	58.86	1100m: 21:29.18	59.76
	350m: 6:39.00	57.83	750m: 14:32.04	58.74	1150m: 22:29.57	100.39
	400m: 7:39.06	1:00.06	800m: 15:30.86	58.82	1200m: 23:28.72	59.15

Masters 60+

1.	P. Tossings-van de Hooven	GZC Donk	23:17.18	+0.86		
	50m: 40.30	40.30	450m: 6:51.08	47.08	850m: 13:06.95	47.24
	100m: 1:24.73	44.43	500m: 7:37.77	46.69	900m: 13:53.54	46.59
	150m: 2:10.61	45.88	550m: 8:24.48	46.71	950m: 14:40.19	46.65
	200m: 2:56.90	46.29	600m: 9:11.75	47.27	1000m: 15:27.51	47.32
	250m: 3:43.57	46.67	650m: 9:58.79	47.04	1050m: 16:14.76	47.25
	300m: 4:30.13	46.56	700m: 10:45.75	46.96	1100m: 17:01.94	47.18
	350m: 5:16.87	46.74	750m: 11:33.21	47.46	1150m: 17:49.09	47.15
	400m: 6:04.00	47.13	800m: 12:19.71	46.50	1200m: 18:36.49	47.40
2.	Irene van der Laan	ZVVS	23:17.35	+0.69		
	50m: 42.57	42.57	450m: 6:55.73	46.68	850m: 13:09.88	46.45
	100m: 1:28.77	46.20	500m: 7:42.91	47.18	900m: 13:56.93	47.05
	150m: 2:15.23	46.46	550m: 8:29.62	46.71	950m: 14:43.79	46.86
	200m: 3:01.64	46.41	600m: 9:16.76	47.14	1000m: 15:30.59	46.80
	250m: 3:48.02	46.38	650m: 10:03.28	46.52	1050m: 16:17.48	46.89
	300m: 4:35.13	47.11	700m: 10:50.23	46.95	1100m: 17:04.32	46.84
	350m: 5:21.80	46.67	750m: 11:36.74	46.51	1150m: 17:51.19	46.87
	400m: 6:09.05	47.25	800m: 12:23.43	46.69	1200m: 18:37.97	46.78
3.	Patty Verhagen	PSV	23:33.73	+0.96		
	50m: 42.51	42.51	450m: 6:52.43	46.98	850m: 13:11.30	47.88
	100m: 1:27.35	44.84	500m: 7:39.53	47.10	900m: 13:58.79	47.49
	150m: 2:12.98	45.63	550m: 8:26.63	47.10	950m: 14:46.63	47.84
	200m: 2:59.13	46.15	600m: 9:13.90	47.27	1000m: 15:34.10	47.47
	250m: 3:45.47	46.34	650m: 10:01.39	47.49	1050m: 16:22.09	47.99
	300m: 4:32.03	46.56	700m: 10:48.35	46.96	1100m: 17:10.13	48.04
	350m: 5:18.70	46.67	750m: 11:36.12	47.77	1150m: 17:58.23	48.10
	400m: 6:05.45	46.75	800m: 12:23.42	47.30	1200m: 18:46.11	47.88
4.	Linda Wibbelink	Steenwijk 1934	24:39.83	+0.85		
	50m: 44.60	44.60	450m: 7:22.04	49.80	850m: 13:59.14	49.33
	100m: 1:33.68	49.08	500m: 8:11.61	49.57	900m: 14:48.60	49.46
	150m: 2:23.28	49.60	550m: 9:01.14	49.53	950m: 15:38.39	49.79
	200m: 3:13.64	50.36	600m: 9:51.17	50.03	1000m: 16:27.73	49.34
	250m: 4:03.57	49.93	650m: 10:40.88	49.71	1050m: 17:17.61	49.88
	300m: 4:53.28	49.71	700m: 11:30.56	49.68	1100m: 18:07.07	49.46
	350m: 5:42.87	49.59	750m: 12:20.27	49.71	1150m: 18:56.84	49.77
	400m: 6:32.24	49.37	800m: 13:09.81	49.54	1200m: 19:46.57	49.73

NG.ZA Nicole Feitler Cercle de Natation Dudelange LUX 4235

Masters 65+

1.	Margriet Pasma	TriVia	24:30.56			
	50m: 43.51	43.51	450m: 7:18.24	49.52	850m: 13:51.40	49.23
	100m: 1:31.31	47.80	500m: 8:07.65	49.41	900m: 14:40.89	49.49
	150m: 2:20.78	49.47	550m: 8:56.92	49.27	950m: 15:30.20	49.31
	200m: 3:10.16	49.38	600m: 9:45.81	48.89	1000m: 16:19.24	49.04
	250m: 3:59.60	49.44	650m: 10:34.87	49.06	1050m: 17:08.92	49.68
	300m: 4:49.34	49.74	700m: 11:23.71	48.84	1100m: 17:58.17	49.25
	350m: 5:39.31	49.97	750m: 12:13.03	49.32	1150m: 18:47.62	49.45
	400m: 6:28.72	49.41	800m: 13:02.17	49.14	1200m: 19:36.28	48.66

Programmanr. 1, Dames, 1500m vrije slag, Masters 65+

rang	naam	vereniging				tijd	RT	PARA
2.	Monica Bakker	Steenwijk 1934	NED	195600082		27:10.97		
	50m: 47.75	47.75	450m: 7:59.44	53.92	850m: 15:13.27	54.54	1250m: 22:37.02	55.72
	100m: 1:40.93	53.18	500m: 8:53.36	53.92	900m: 16:08.99	55.72	1300m: 23:33.07	56.05
	150m: 2:35.02	54.09	550m: 9:47.69	54.33	950m: 17:03.63	54.64	1350m: 24:27.88	54.81
	200m: 3:29.30	54.28	600m: 10:41.62	53.93	1000m: 17:59.29	55.66	1400m: 25:23.11	55.23
	250m: 4:22.62	53.32	650m: 11:35.89	54.27	1050m: 18:54.56	55.27	1450m: 26:17.92	54.81
	300m: 5:16.74	54.12	700m: 12:29.83	53.94	1100m: 19:50.06	55.50	1500m: 27:10.97	53.05
	350m: 6:10.95	54.21	750m: 13:24.62	54.79	1150m: 20:45.60	55.54		
	400m: 7:05.52	54.57	800m: 14:18.73	54.11	1200m: 21:41.30	55.70		
3.	Karien Musters	Old Dutch	NED	195800236		33:15.87		
	50m: 55.57	55.57	450m: 9:35.84	1:07.08	850m: 18:34.62	1:07.51	1250m: 27:33.91	1:08.38
	100m: 1:56.25	1:00.68	500m: 10:42.87	1:07.03	900m: 19:41.43	1:06.81	1300m: 28:42.05	1:08.14
	150m: 2:59.02	1:02.77	550m: 11:50.36	1:07.49	950m: 20:49.32	1:07.89	1350m: 29:50.96	1:08.91
	200m: 4:02.85	1:03.83	600m: 12:57.75	1:07.39	1000m: 21:56.69	1:07.37	1400m: 30:59.54	1:08.58
	250m: 5:08.35	1:05.50	650m: 14:05.90	1:08.15	1050m: 23:04.20	1:07.51	1450m: 32:09.06	1:09.52
	300m: 6:14.46	1:06.11	700m: 15:12.92	1:07.02	1100m: 24:10.62	1:06.42	1500m: 33:15.87	1:06.81
	350m: 7:21.56	1:07.10	750m: 16:20.47	1:07.55	1150m: 25:18.35	1:07.73		
	400m: 8:28.76	1:07.20	800m: 17:27.11	1:06.64	1200m: 26:25.53	1:07.18		

Masters 70+

1.	Carla Hensen	PSV	NED	195300062		27:23.29		
	50m: 47.62	47.62	450m: 8:10.56	55.12	850m: 15:29.32	54.82	1250m: 22:50.02	55.14
	100m: 1:43.05	55.43	500m: 9:05.61	55.05	900m: 16:24.53	55.21	1300m: 23:45.31	55.29
	150m: 2:38.49	55.44	550m: 10:00.56	54.95	950m: 17:19.77	55.24	1350m: 24:40.72	55.41
	200m: 3:33.76	55.27	600m: 10:55.08	54.52	1000m: 18:15.39	55.62	1400m: 25:35.98	55.26
	250m: 4:29.52	55.76	650m: 11:50.12	55.04	1050m: 19:10.12	54.73	1450m: 26:30.17	54.19
	300m: 5:25.05	55.53	700m: 12:45.06	54.94	1100m: 20:05.06	54.94	1500m: 27:23.29	53.12
	350m: 6:20.36	55.31	750m: 13:39.69	54.63	1150m: 21:00.13	55.07		
	400m: 7:15.44	55.08	800m: 14:34.50	54.81	1200m: 21:54.88	54.75		

Masters 75+

1.	Loekie van Huissteden	ZPC AMERSFOORT	NED	194500002		36:52.95		
	50m: 1:03.02	1:03.02	450m: 10:47.08	1:14.96	850m: 20:43.97	1:15.89	1250m: 30:45.24	1:17.57
	100m: 2:13.48	1:10.46	500m: 11:59.64	1:12.56	900m: 21:57.58	1:13.61	1300m: 31:59.90	1:14.66
	150m: 3:27.69	1:14.21	550m: 13:15.03	1:15.39	950m: 23:12.85	1:15.27	1350m: 33:16.38	1:16.48
	200m: 4:39.14	1:11.45	600m: 14:29.97	1:14.94	1000m: 24:25.16	1:12.31	1400m: 34:30.48	1:14.10
	250m: 5:53.49	1:14.35	650m: 15:46.09	1:16.12	1050m: 25:40.78	1:15.62	1450m: 35:44.53	1:14.05
	300m: 7:05.77	1:12.28	700m: 17:00.50	1:14.41	1100m: 26:54.50	1:13.72	1500m: 36:52.95	1:08.42
	350m: 8:20.05	1:14.28	750m: 18:15.93	1:15.43	1150m: 28:10.88	1:16.38		
	400m: 9:32.12	1:12.07	800m: 19:28.08	1:12.15	1200m: 29:27.67	1:16.79		

Masters 85+

1.	Marie Smits	Old Dutch	NED	193800004		35:55.94		
	<i>Kampioenschapsrecord</i>							
	50m: 57.71	57.71	450m: 10:26.45	1:11.92	850m: 20:09.93	1:12.38	1250m: 29:57.24	1:12.46
	100m: 2:06.89	1:09.18	500m: 11:38.64	1:12.19	900m: 21:22.52	1:12.59	1300m: 31:10.77	1:13.53
	150m: 3:17.72	1:10.83	550m: 12:51.69	1:13.05	950m: 22:36.65	1:14.13	1350m: 32:22.68	1:11.91
	200m: 4:29.62	1:11.90	600m: 14:03.90	1:12.21	1000m: 23:50.79	1:14.14	1400m: 33:36.02	1:13.34
	250m: 5:41.06	1:11.44	650m: 15:16.89	1:12.99	1050m: 25:05.29	1:14.50	1450m: 34:48.87	1:12.85
	300m: 6:51.58	1:10.52	700m: 16:29.84	1:12.95	1100m: 26:18.38	1:13.09	1500m: 35:55.94	1:07.07
	350m: 8:03.01	1:11.43	750m: 17:43.56	1:13.72	1150m: 27:31.81	1:13.43		
	400m: 9:14.53	1:11.52	800m: 18:57.55	1:13.99	1200m: 28:44.78	1:12.97		