

Programmanr. 3
22-11-2024 - 9:30

Dames, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA
Masters 20+					
1.	Laura Setz	Bubble	4:27.74	+0.84	
	50m: 31.10 100m: 1:05.01	31.10 33.91	150m: 1:39.33 200m: 2:13.54	34.32 34.21	250m: 2:47.84 300m: 3:22.33
			34.30 34.49	350m: 3:55.88 400m: 4:27.74	33.55 31.86
2.	Caroline Boxman	ZPCH	5:05.25	+0.75	
	50m: 33.61 100m: 1:11.93	33.61 38.32	150m: 1:51.00 200m: 2:30.36	39.07 39.36	250m: 3:09.50 300m: 3:48.46
			39.14 38.96	350m: 4:27.51 400m: 5:05.25	39.05 37.74
3.	Cynthia Koolman	Steenwijk 1934	5:10.03	+0.70	
	50m: 34.23 100m: 1:11.62	34.23 37.39	150m: 1:50.32 200m: 2:29.83	38.70 39.51	250m: 3:09.70 300m: 3:50.27
			39.87 40.57	350m: 4:30.77 400m: 5:10.03	40.50 39.26
4.	Ilse Hallie	Octopus - ZVV (SG)	5:21.22	+0.76	
	50m: 34.95 100m: 1:13.72	34.95 38.77	150m: 1:54.22 200m: 2:35.64	40.50 41.42	250m: 3:17.17 300m: 3:58.95
			41.53 41.78	350m: 4:40.78 400m: 5:21.22	41.83 40.44
Masters 25+					
1.	Tamara Grove	De Dolfijn	4:31.90	+0.69	
	50m: 30.89 100m: 1:04.79	30.89 33.90	150m: 1:39.46 200m: 2:14.15	34.67 34.69	250m: 2:48.55 300m: 3:23.22
			34.40 34.67	350m: 3:57.87 400m: 4:31.90	34.65 34.03
2.	Marijke Drent	Bubble	4:38.10	+0.83	
	50m: 31.47 100m: 1:05.78	31.47 34.31	150m: 1:40.88 200m: 2:16.52	35.10 35.64	250m: 2:51.93 300m: 3:27.39
			35.41 35.46	350m: 4:02.86 400m: 4:38.10	35.47 35.24
3.	Moniek van Langevelde	DWK	4:50.18		
	50m: 32.14 100m: 1:07.64	32.14 35.50	150m: 1:43.34 200m: 2:20.22	35.70 36.88	250m: 2:57.73 300m: 3:35.86
			37.51 38.13	350m: 4:13.57 400m: 4:50.18	37.71 36.61
4.	Fiona Meuffels	PSV	4:51.06	+0.67	
	50m: 31.81 100m: 1:07.59	31.81 35.78	150m: 1:44.61 200m: 2:22.03	37.02 37.42	250m: 2:59.60 300m: 3:37.66
			37.57 38.06	350m: 4:15.44 400m: 4:51.06	37.78 35.62
5.	Jet Kleine	MSV-Zeemacht	5:03.58	+0.67	
	50m: 33.94 100m: 1:10.75	33.94 36.81	150m: 1:48.84 200m: 2:27.08	38.09 38.24	250m: 3:05.87 300m: 3:45.27
			38.79 39.40	350m: 4:24.85 400m: 5:03.58	39.58 38.73
6.	Kirsten Opmeer	ZPC AMERSFOORT	5:04.83	+0.73	
	50m: 33.42 100m: 1:10.56	33.42 37.14	150m: 1:48.85 200m: 2:27.84	38.29 38.99	250m: 3:07.31 300m: 3:46.71
			39.47 39.40	350m: 4:26.41 400m: 5:04.83	39.70 38.42
7.	Esmée Rolloos	Niemo Barracuda	5:18.39	+0.91	
	50m: 34.89 100m: 1:13.79	34.89 38.90	150m: 1:53.91 200m: 2:34.48	40.12 40.57	250m: 3:15.55 300m: 3:57.61
			41.07 42.06	350m: 4:38.57 400m: 5:18.39	40.96 39.82
8.	Cynthia van Veen	ZVL-1886	6:06.69	+0.72	
	50m: 36.45 100m: 1:19.62	36.45 43.17	150m: 2:05.88 200m: 2:53.84	46.26 47.96	250m: 3:42.65 300m: 4:31.66
			48.81 49.01	350m: 5:20.40 400m: 6:06.69	48.74 46.29
Masters 30+					
1.	Leonie van Noort	WVZ	4:29.33	+0.82	
	50m: 30.73 100m: 1:04.66	30.73 33.93	150m: 1:39.15 200m: 2:13.70	34.49 34.55	250m: 2:48.01 300m: 3:22.12
			34.31 34.11	350m: 3:55.97 400m: 4:29.33	33.85 33.36
2.	Lotte Coenen	DES	4:54.16	+0.85	
	50m: 31.87 100m: 1:07.21	31.87 35.34	150m: 1:44.03 200m: 2:21.93	36.82 37.90	250m: 3:00.35 300m: 3:38.63
			38.42 38.28	350m: 4:16.78 400m: 4:54.16	38.15 37.38
3.	Marijke Kommers	Niemo Barracuda	5:00.54	+0.77	
	50m: 33.67 100m: 1:10.60	33.67 36.93	150m: 1:48.52 200m: 2:26.88	37.92 38.36	250m: 3:05.96 300m: 3:44.71
			39.08 38.75	350m: 4:23.17 400m: 5:00.54	38.46 37.37
4.	Anouk Kuijlaars	PSV	5:03.35		
	50m: 34.73 100m: 1:12.42	34.73 37.69	150m: 1:50.66 200m: 2:29.63	38.24 38.97	250m: 3:08.27 300m: 3:47.42
			38.64 39.15	350m: 4:25.99 400m: 5:03.35	38.57 37.36
5.	Melissa Zwaan	DAW	5:08.62	+0.82	
	50m: 33.78 100m: 1:11.78	33.78 38.00	150m: 1:50.87 200m: 2:30.68	39.09 39.81	250m: 3:10.24 300m: 3:49.67
			39.56 39.43	350m: 4:29.45 400m: 5:08.62	39.78 39.17
6.	Jisca Majolée	ZPC AMERSFOORT	5:19.91	+0.83	
	50m: 34.93 100m: 1:14.32	34.93 39.39	150m: 1:54.94 200m: 2:35.90	40.62 40.96	250m: 3:17.19 300m: 3:58.58
			41.29 41.39	350m: 4:40.47 400m: 5:19.91	41.89 39.44

Programmanr. 3, Dames, 400m vrije slag, Masters 30+

rang	naam	vereniging	tijd	RT	PARA			
7.	Daphne Kievit	ZPC AMERSFOORT	5:27.56	+0.80				
	50m: 35.46	35.46	150m: 1:56.01	41.12	250m: 3:19.95	42.10	350m: 4:45.33	42.93
	100m: 1:14.89	39.43	200m: 2:37.85	41.84	300m: 4:02.40	42.45	400m: 5:27.56	42.23
8.	Irmgard van Weeghel	ENC Arnhem	5:30.58	+0.82				
	50m: 36.84	36.84	150m: 1:59.02	41.77	250m: 3:24.35	42.88	350m: 4:49.90	42.62
	100m: 1:17.25	40.41	200m: 2:41.47	42.45	300m: 4:07.28	42.93	400m: 5:30.58	40.68
9.	Leontine Groeneveldt	De Duck	5:31.53	+0.71				
	50m: 35.34	35.34	150m: 1:57.09	41.93	250m: 3:22.79	42.88	350m: 4:49.32	43.02
	100m: 1:15.16	39.82	200m: 2:39.91	42.82	300m: 4:06.30	43.51	400m: 5:31.53	42.21
10.	Joëlle Vaes	DIO	5:38.07	+0.65				
	50m: 36.93	36.93	150m: 2:00.64	42.51	250m: 3:28.31	44.09	350m: 4:56.08	43.29
	100m: 1:18.13	41.20	200m: 2:44.22	43.58	300m: 4:12.79	44.48	400m: 5:38.07	41.99
11.	Esther Kwebeman	TriVia	5:38.40	+0.86				
	50m: 37.67	37.67	150m: 2:02.63	43.75	250m: 3:28.41	43.25	350m: 4:55.37	43.79
	100m: 1:18.88	41.21	200m: 2:45.16	42.53	300m: 4:11.58	43.17	400m: 5:38.40	43.03
12.	Britt Kraaijevanger	HHZV Plons	5:57.71	+0.91				
	50m: 40.69	40.69	150m: 2:11.93	46.28	250m: 3:43.88	45.88	350m: 5:14.71	45.35
	100m: 1:25.65	44.96	200m: 2:58.00	46.07	300m: 4:29.36	45.48	400m: 5:57.71	43.00

Masters 35+

1.	Relinda Baas	TriVia	5:11.61	+0.81				
	50m: 34.66	34.66	150m: 1:51.00	38.82	250m: 3:09.70	39.50	350m: 4:30.84	40.87
	100m: 1:12.18	37.52	200m: 2:30.20	39.20	300m: 3:49.97	40.27	400m: 5:11.61	40.77
2.	Nanda van Heteren	PSV	5:19.03					
	50m: 36.01	36.01	150m: 1:56.08	40.53	250m: 3:18.29	41.25	350m: 4:40.92	40.96
	100m: 1:15.55	39.54	200m: 2:37.04	40.96	300m: 3:59.96	41.67	400m: 5:19.03	38.11
3.	Liesbeth van Mill	Zwemlust- den Hommel	5:33.99	+0.78				
	50m: 36.91	36.91	150m: 1:59.51	41.98	250m: 3:25.08	43.02	350m: 4:51.28	43.25
	100m: 1:17.53	40.62	200m: 2:42.06	42.55	300m: 4:08.03	42.95	400m: 5:33.99	42.71
4.	Julia Fitzmaier	DES	5:37.48	+0.78				
	50m: 35.31	35.31	150m: 1:57.05	42.20	250m: 3:24.48	44.39	350m: 4:53.72	44.57
	100m: 1:14.85	39.54	200m: 2:40.09	43.04	300m: 4:09.15	44.67	400m: 5:37.48	43.76
5.	Sandra Schellekens	Neptunus'58	5:44.34					
	50m: 37.42	37.42	150m: 2:03.82	43.99	250m: 3:33.46	44.91	350m: 5:02.49	44.22
	100m: 1:19.83	42.41	200m: 2:48.55	44.73	300m: 4:18.27	44.81	400m: 5:44.34	41.85

Masters 40+

1.	Debbie van Rooijen	IJZPC	5:03.61	+0.73				
	50m: 33.86	33.86	150m: 1:50.51	38.80	250m: 3:08.34	38.46	350m: 4:25.53	38.81
	100m: 1:11.71	37.85	200m: 2:29.88	39.37	300m: 3:46.72	38.38	400m: 5:03.61	38.08
2.	Anke Lambooj	AZL	5:06.83					
	50m: 34.08	34.08	150m: 1:49.48	38.34	250m: 3:08.01	39.43	350m: 4:27.76	39.82
	100m: 1:11.14	37.06	200m: 2:28.58	39.10	300m: 3:47.94	39.93	400m: 5:06.83	39.07
3.	Ramona Linting *50, 200m	AZC	5:14.50	+0.77				
	50m: 34.32	34.32	150m: 1:52.61	39.08	250m: 3:13.24	40.32	350m: 4:35.28	40.80
	100m: 1:13.53	39.21	200m: 2:32.92	40.31	300m: 3:54.48	41.24	400m: 5:14.50	39.22
4.	Sylvia Reijers	De Gelenberg	5:21.94					
	50m: 36.17	36.17	150m: 1:56.83	40.79	250m: 3:19.91	41.58	350m: 4:41.78	40.65
	100m: 1:16.04	39.87	200m: 2:38.33	41.50	300m: 4:01.13	41.22	400m: 5:21.94	40.16
5.	Clara Groenhorst	Link	6:31.87					
	50m: 43.40	43.40	150m: 2:19.85	49.14	250m: 4:00.13	50.59	350m: 5:40.60	50.12
	100m: 1:30.71	47.31	200m: 3:09.54	49.69	300m: 4:50.48	50.35	400m: 6:31.87	51.27

Programmanr. 3, Dames, 400m vrije slag

Masters 45+

1.	Liselotte Joling	PSV	NED	197500268		4:53.42	+0.88	
	50m: 33.83	33.83	150m: 1:47.33	36.82	250m: 3:01.69	36.85	350m: 4:16.93	37.74
	100m: 1:10.51	36.68	200m: 2:24.84	37.51	300m: 3:39.19	37.50	400m: 4:53.42	36.49
2.	Katarina Hanusova	VSK Univerzita Brno	CZE			5:05.79	+0.76	
	50m: 34.71	34.71	150m: 1:51.54	38.57	250m: 3:09.31	38.69	350m: 4:27.06	39.06
	100m: 1:12.97	38.26	200m: 2:30.62	39.08	300m: 3:48.00	38.69	400m: 5:05.79	38.73
3.	Melanie Kuiper	ZIGNEA	NED	197600350		5:07.64	+0.82	
	50m: 34.72	34.72	150m: 1:50.74	38.54	250m: 3:09.82	39.68	350m: 4:29.46	40.07
	100m: 1:12.20	37.48	200m: 2:30.14	39.40	300m: 3:49.39	39.57	400m: 5:07.64	38.18
4.	Cindy Gootzen-Bulthuis	RZ	NED	197500990		5:10.96	+0.78	
	50m: 34.57	34.57	150m: 1:49.55	38.12	250m: 3:09.21	40.25	350m: 4:30.39	40.70
	100m: 1:11.43	36.86	200m: 2:28.96	39.41	300m: 3:49.69	40.48	400m: 5:10.96	40.57
5.	Alina Spijkerman	DAW	NED	197701220		5:21.93		
	50m: 35.24	35.24	150m: 1:55.36	40.88	250m: 3:18.56	41.56	350m: 4:42.22	41.59
	100m: 1:14.48	39.24	200m: 2:37.00	41.64	300m: 4:00.63	42.07	400m: 5:21.93	39.71
6.	Chantal Verhoeff	Old Dutch	NED	197900912		5:27.37	+0.81	
	50m: 36.28	36.28	150m: 1:58.23	41.35	250m: 3:21.07	41.47	350m: 4:44.17	41.23
	100m: 1:16.88	40.60	200m: 2:39.60	41.37	300m: 4:02.94	41.87	400m: 5:27.37	43.20
7.	Jannie Vennik	HZ&PC Heerenveen	NED	197601006		5:33.05	+0.91	
	<i>*100m</i>							
	50m: 37.89	37.89	150m: 2:01.35	42.10	250m: 3:26.01	41.78	350m: 4:50.99	42.12
	100m: 1:19.25	41.36	200m: 2:44.23	42.88	300m: 4:08.87	42.86	400m: 5:33.05	42.06
8.	Petra Guijt	Aqua-Novio '94	NED	197600978		5:36.04	+0.91	
	50m: 37.35	37.35	150m: 2:01.96	42.56	250m: 3:27.83	42.83	350m: 4:54.22	43.10
	100m: 1:19.40	42.05	200m: 2:45.00	43.04	300m: 4:11.12	43.29	400m: 5:36.04	41.82
9.	Martine de Haart	Patrick - De Roersoppers (SG)	NED	197901492		5:41.20	+0.97	
	50m: 37.64	37.64	150m: 2:02.54	43.22	250m: 3:30.49	44.28	350m: 4:58.70	44.07
	100m: 1:19.32	41.68	200m: 2:46.21	43.67	300m: 4:14.63	44.14	400m: 5:41.20	42.50
10.	Ilonka van der Meer	LinK	NED	197601168		6:21.36	+0.90	
	50m: 41.87	41.87	150m: 2:16.23	47.65	250m: 3:55.01	49.69	350m: 5:33.82	49.69
	100m: 1:28.58	46.71	200m: 3:05.32	49.09	300m: 4:44.13	49.12	400m: 6:21.36	47.54
11.	Katrin Glatzer	ZPC AMERSFOORT	NED	197601200	S9	6:35.16		
	50m: 45.42	45.42	150m: 2:25.12	49.52	250m: 4:05.87	50.64	350m: 5:45.30	49.33
	100m: 1:35.60	50.18	200m: 3:15.23	50.11	300m: 4:55.97	50.10	400m: 6:35.16	49.86

Masters 50+

1.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054		5:09.73	+0.84	
	50m: 34.67	34.67	150m: 1:52.57	39.61	250m: 3:11.38	39.23	350m: 4:30.80	39.89
	100m: 1:12.96	38.29	200m: 2:32.15	39.58	300m: 3:50.91	39.53	400m: 5:09.73	38.93
2.	Bianca Groot	MSV-Zeemacht	NED	197000652		5:13.43	+0.81	
	50m: 34.89	34.89	150m: 1:51.79	39.13	250m: 3:11.30	40.08	350m: 4:32.11	40.65
	100m: 1:12.66	37.77	200m: 2:31.22	39.43	300m: 3:51.46	40.16	400m: 5:13.43	41.32
3.	Micky Grulms	Luxembourg Sharks Swimming CLUX	4029			5:20.40	+0.90	
	<i>Luxembourg Masters Record, voor 50, 100, 200 m</i>							
	50m: 34.68	34.68	150m: 1:54.06	40.03	250m: 3:16.46	41.42	350m: 4:39.76	41.34
	100m: 1:14.03	39.35	200m: 2:35.04	40.98	300m: 3:58.42	41.96	400m: 5:20.40	40.64
4.	Annette de Visser	Oceanus	NED	197100602		5:20.57	+0.86	
	50m: 35.18	35.18	150m: 1:55.03	40.75	250m: 3:17.44	41.11	350m: 4:40.26	41.19
	100m: 1:14.28	39.10	200m: 2:36.33	41.30	300m: 3:59.07	41.63	400m: 5:20.57	40.31
5.	Annet Kootstra	Swol 1894	NED	197100344		6:15.82		
	50m: 42.71	42.71	150m: 2:18.00	47.86	250m: 3:54.56	48.01	350m: 5:30.08	47.98
	100m: 1:30.14	47.43	200m: 3:06.55	48.55	300m: 4:42.10	47.54	400m: 6:15.82	45.74
6.	Annette Spies	LinK	NED	197001110		6:25.24	+0.86	
	<i>*100m</i>							
	50m: 42.15	42.15	150m: 2:16.69	48.48	250m: 3:55.59	50.05	350m: 5:35.92	50.30
	100m: 1:28.21	46.06	200m: 3:05.54	48.85	300m: 4:45.62	50.03	400m: 6:25.24	49.32
7.	Nathasja Konijn	GZC Donk	NED	197100992		6:29.93	+0.87	
	50m: 41.84	41.84	150m: 2:16.64	48.18	250m: 3:56.76	50.20	350m: 5:39.47	51.91
	100m: 1:28.46	46.62	200m: 3:06.56	49.92	300m: 4:47.56	50.80	400m: 6:29.93	50.46

Programmanr. 3, Dames, 400m vrije slag

Masters 55+

1.	Carol Hollemans	ACZ	NED	196900252	5:22.85	+0.72		
	50m: 35.72	35.72	150m: 1:55.72	41.11	250m: 3:17.87	41.11	350m: 4:42.60	42.61
	100m: 1:14.61	38.89	200m: 2:36.76	41.04	300m: 3:59.99	42.12	400m: 5:22.85	40.25
2.	Marijke Campfens	De Geul	NED	196900960	5:57.14	+0.60		
	50m: 38.52	38.52	150m: 2:05.94	44.74	250m: 3:38.25	46.13	350m: 5:11.62	46.82
	100m: 1:21.20	42.68	200m: 2:52.12	46.18	300m: 4:24.80	46.55	400m: 5:57.14	45.52
3.	Anita Steijger	WVZ	NED	196500628	6:01.95	+0.93		
	50m: 40.45	40.45	150m: 2:09.25	45.19	250m: 3:41.67	46.49	350m: 5:16.40	47.33
	100m: 1:24.06	43.61	200m: 2:55.18	45.93	300m: 4:29.07	47.40	400m: 6:01.95	45.55
4.	Peggi Hurenkamp *200m	HZ&PC Heerenveen	NED	196900922	6:02.51	+0.86		
	50m: 39.65	39.65	150m: 2:10.41	46.42	250m: 3:42.90	46.27	350m: 5:16.32	46.78
	100m: 1:23.99	44.34	200m: 2:56.63	46.22	300m: 4:29.54	46.64	400m: 6:02.51	46.19
5.	Kristien Van de Moortel	Shark	BEL	ShaRK/20315/69	6:25.38	+0.88		
	50m: 44.67	44.67	150m: 2:23.84	49.55	250m: 4:03.08	49.43	350m: 5:40.05	48.54
	100m: 1:34.29	49.62	200m: 3:13.65	49.81	300m: 4:51.51	48.43	400m: 6:25.38	45.33

Masters 60+

1.	Wilna Heijman	Steenwijk 1934	NED	196400506	5:36.66	+0.83		
	50m: 38.42	38.42	150m: 2:03.10	42.70	250m: 3:28.53	42.89	350m: 4:54.18	42.95
	100m: 1:20.40	41.98	200m: 2:45.64	42.54	300m: 4:11.23	42.70	400m: 5:36.66	42.48
2.	Petra Tossings	GZC Donk	NED	196100376	5:54.14	+0.85		
	50m: 39.24	39.24	150m: 2:07.99	45.04	250m: 3:39.01	45.59	350m: 5:10.25	45.61
	100m: 1:22.95	43.71	200m: 2:53.42	45.43	300m: 4:24.64	45.63	400m: 5:54.14	43.89
3.	Lia Bijkerk	GZC Donk	NED	196000014	6:35.64			
	50m: 43.42	43.42	150m: 2:22.65	50.26	250m: 4:05.78	51.25	350m: 5:48.38	51.38
	100m: 1:32.39	48.97	200m: 3:14.53	51.88	300m: 4:57.00	51.22	400m: 6:35.64	47.26
4.	Jennie Resink-lindeboom	DWK	NED	196000142	6:47.21	+0.98		
	50m: 45.82	45.82	150m: 2:28.15	51.53	250m: 4:13.31	52.61	350m: 5:57.80	52.12
	100m: 1:36.62	50.80	200m: 3:20.70	52.55	300m: 5:05.68	52.37	400m: 6:47.21	49.41

Masters 65+

1.	Margriet Pasma	TriVia	NED	195500088	6:15.22	+0.98		
	50m: 43.05	43.05	150m: 2:18.69	48.49	250m: 3:55.25	48.46	350m: 5:30.44	47.75
	100m: 1:30.20	47.15	200m: 3:06.79	48.10	300m: 4:42.69	47.44	400m: 6:15.22	44.78
2.	Monica Bakker *100m, 200m	Steenwijk 1934	NED	195600082	7:22.79			
	50m: 47.35	47.35	150m: 2:35.33	55.07	250m: 4:28.68	57.18	350m: 6:25.53	58.52
	100m: 1:40.26	52.91	200m: 3:31.50	56.17	300m: 5:27.01	58.33	400m: 7:22.79	57.26

Masters 75+

1.	Loekie van Huissteden *50m	ZPC AMERSFOORT	NED	194500002	9:23.75			
	50m: 1:02.08	1:02.08	150m: 3:24.30	1:11.34	250m: 5:48.75	1:12.24	350m: 8:15.31	1:13.82
	100m: 2:12.96	1:10.88	200m: 4:36.51	1:12.21	300m: 7:01.49	1:12.74	400m: 9:23.75	1:08.44