



Open Nederlandse Masters
Kampioenschappen 2024 lange baan
Eindhoven 2-5 mei 2024



Programmanr. 16
04-05-2024 - 9:30

Dames, 800m vrije slag

Masters Open
Resultaten

rang	naam	vereniging				tijd				RT	PARA
Masters 20+											
1.	Laura Setz	Bubble	NED	200000130	9:25.93	+0.89					
	50m: 30.46	30.46	250m: 2:49.48	35.16	450m: 5:12.78	35.88	650m: 7:38.05	36.34			
	100m: 1:04.28	33.82	300m: 3:24.92	35.44	500m: 5:48.88	36.10	700m: 8:14.61	36.56			
	150m: 1:38.99	34.71	350m: 4:00.65	35.73	550m: 6:24.90	36.02	750m: 8:50.39	35.78			
	200m: 2:14.32	35.33	400m: 4:36.90	36.25	600m: 7:01.71	36.81	800m: 9:25.93	35.54			
2.	Roos Englebert	Hieronymus	NED	200200606	9:47.83	+0.74					
	50m: 32.64	32.64	250m: 2:59.80	36.85	450m: 5:28.84	37.08	650m: 7:58.25	37.22			
	100m: 1:08.79	36.15	300m: 3:37.10	37.30	500m: 6:06.41	37.57	700m: 8:35.71	37.46			
	150m: 1:45.65	36.86	350m: 4:14.20	37.10	550m: 6:43.37	36.96	750m: 9:12.26	36.55			
	200m: 2:22.95	37.30	400m: 4:51.76	37.56	600m: 7:21.03	37.66	800m: 9:47.83	35.57			
3.	Amber van der Kruk PARA record (NED)	MSV-Zeemacht	NED	200102730	S14	9:51.50	+0.87	936			
	50m: 32.00	32.00	250m: 3:02.27	38.06	450m: 5:33.90	38.14	650m: 8:04.98	37.82			
	100m: 1:08.02	36.02	300m: 3:40.17	37.90	500m: 6:11.61	37.71	700m: 8:42.40	37.42			
	150m: 1:46.00	37.98	350m: 4:18.37	38.20	550m: 6:49.41	37.80	750m: 9:16.69	34.29			
	200m: 2:24.21	38.21	400m: 4:55.76	37.39	600m: 7:27.16	37.75	800m: 9:51.50	34.81			
4.	Kirsten Walraven	ZPC De Zeeuwse Kust	NED	200001358	10:10.32	+0.78					
	50m: 32.74	32.74	250m: 3:04.16	38.14	450m: 5:37.52	38.65	650m: 8:13.51	39.01			
	100m: 1:09.85	37.11	300m: 3:42.30	38.14	500m: 6:16.33	38.81	700m: 8:53.11	39.60			
	150m: 1:47.64	37.79	350m: 4:20.45	38.15	550m: 6:55.32	38.99	750m: 9:31.97	38.86			
	200m: 2:26.02	38.38	400m: 4:58.87	38.42	600m: 7:34.50	39.18	800m: 10:10.32	38.35			
5.	Marte Vlieg	Aqua-Novio '94	NED	200304996	10:29.42	+0.78					
	50m: 34.80	34.80	250m: 3:14.15	40.37	450m: 5:54.74	40.00	650m: 8:34.40	39.73			
	100m: 1:13.56	38.76	300m: 3:54.42	40.27	500m: 6:34.59	39.85	700m: 9:14.07	39.67			
	150m: 1:53.61	40.05	350m: 4:34.83	40.41	550m: 7:14.65	40.06	750m: 9:52.94	38.87			
	200m: 2:33.78	40.17	400m: 5:14.74	39.91	600m: 7:54.67	40.02	800m: 10:29.42	36.48			
6.	Cynthia Koolman	ZPC Hoogeveen	NED	200300232	10:38.82	+0.68					
	50m: 35.03	35.03	250m: 3:11.62	39.67	450m: 5:55.12	41.19	650m: 8:39.45	40.81			
	100m: 1:13.56	38.53	300m: 3:51.84	40.22	500m: 6:36.23	41.11	700m: 9:19.92	40.47			
	150m: 1:52.26	38.70	350m: 4:32.54	40.70	550m: 7:17.80	41.57	750m: 10:00.26	40.34			
	200m: 2:31.95	39.69	400m: 5:13.93	41.39	600m: 7:58.64	40.84	800m: 10:38.82	38.56			
7.	Manou Blokhorst	WWV Winterswijk	NED	200402554	10:56.01 *	+0.74					
	50m: 35.38	35.38	250m: 3:16.29	40.90	450m: 6:02.93	41.78	650m: 8:52.44	41.92			
	100m: 1:14.92	39.54	300m: 3:57.93	41.64	500m: 6:45.29	42.36	700m: 9:34.74	42.30			
	150m: 1:54.30	39.38	350m: 4:39.41	41.48	550m: 7:27.43	42.14	750m: 10:16.11	41.37			
	200m: 2:35.39	41.09	400m: 5:21.15	41.74	600m: 8:10.52	43.09	800m: 10:56.01	39.90			
8.	Eline Hoekstra	OEZA	NED	200301280	11:03.14	+0.90					
	50m: 33.84	33.84	250m: 3:16.39	41.57	450m: 6:06.45	42.62	650m: 8:57.72	42.38			
	100m: 1:12.48	38.64	300m: 3:58.86	42.47	500m: 6:49.14	42.69	700m: 9:40.62	42.90			
	150m: 1:53.24	40.76	350m: 4:40.93	42.07	550m: 7:32.11	42.97	750m: 10:22.22	41.60			
	200m: 2:34.82	41.58	400m: 5:23.83	42.90	600m: 8:15.34	43.23	800m: 11:03.14	40.92			
9.	Jet van Oudheusden	ZOB'66	NED	200401012	11:13.72	+0.79					
	50m: 34.95	34.95	250m: 3:19.42	42.37	450m: 6:11.09	43.26	650m: 9:04.41	43.72			
	100m: 1:14.02	39.07	300m: 4:02.23	42.81	500m: 6:54.12	43.03	700m: 9:48.37	43.96			
	150m: 1:55.13	41.11	350m: 4:45.07	42.84	550m: 7:37.33	43.21	750m: 10:31.31	42.94			
	200m: 2:37.05	41.92	400m: 5:27.83	42.76	600m: 8:20.69	43.36	800m: 11:13.72	42.41			
10.	Vivian Gravemaker	De Rijn	NED	200400058	11:29.34	+0.72					
	50m: 37.96	37.96	250m: 3:32.75	44.15	450m: 6:29.44	43.92	650m: 9:25.73	44.41			
	100m: 1:20.50	42.54	300m: 4:16.63	43.88	500m: 7:13.81	44.37	700m: 10:08.05	42.32			
	150m: 2:04.46	43.96	350m: 5:00.85	44.22	550m: 7:57.50	43.69	750m: 10:50.37	42.32			
	200m: 2:48.60	44.14	400m: 5:45.52	44.67	600m: 8:41.32	43.82	800m: 11:29.34	38.97			

Masters 25+

1.	Marijke Drent	Bubble	NED	199906232	9:55.64	+0.78	
	50m: 32.80	32.80	250m: 3:03.22	38.07	450m: 5:34.71	37.53	650m: 8:05.45 37.48
	100m: 1:09.31	36.51	300m: 3:41.38	38.16	500m: 6:12.54	37.83	700m: 8:42.97 37.52
	150m: 1:47.06	37.75	350m: 4:19.11	37.73	550m: 6:50.20	37.66	750m: 9:19.76 36.79
	200m: 2:25.15	38.09	400m: 4:57.18	38.07	600m: 7:27.97	37.77	800m: 9:55.64 35.88
2.	Sarah Strack	SG Aumund - Vegesack	GER	195679	10:16.96	+0.77	
	50m: 33.45	33.45	250m: 3:04.77	38.38	450m: 5:40.56	39.38	650m: 8:20.23 39.79
	100m: 1:10.51	37.06	300m: 3:43.20	38.43	500m: 6:20.61	40.05	700m: 9:00.30 40.07
	150m: 1:48.46	37.95	350m: 4:22.08	38.88	550m: 7:00.33	39.72	750m: 9:39.41 39.11
	200m: 2:26.39	37.93	400m: 5:01.18	39.10	600m: 7:40.44	40.11	800m: 10:16.96 37.55



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Programmanr. 16, Dames, 800m vrije slag, Masters 25+

rang	naam	vereniging	tijd	RT	PARA
3.	Fiona Meuffels	PSV	NED 199504366	10:31.48	+0.74
	50m: 34.71 34.71	250m: 3:10.58 39.40	450m: 5:53.53 41.15	650m: 8:35.31 40.32	
	100m: 1:12.65 37.94	300m: 3:50.81 40.23	500m: 6:33.73 40.20	700m: 9:14.95 39.64	
	150m: 1:51.61 38.96	350m: 4:31.84 41.03	550m: 7:14.76 41.03	750m: 9:54.05 39.10	
	200m: 2:31.18 39.57	400m: 5:12.38 40.54	600m: 7:54.99 40.23	800m: 10:31.48 37.43	
4.	Floor Weijmans	HZPC	NED 199502522	10:52.83	+0.81
	50m: 35.79 35.79	250m: 3:15.91 40.94	450m: 6:02.84 41.49	650m: 8:50.72 41.05	
	100m: 1:14.69 38.90	300m: 3:57.72 41.81	500m: 6:45.33 42.49	700m: 9:31.90 41.18	
	150m: 1:54.42 39.73	350m: 4:39.47 41.75	550m: 7:27.30 41.97	750m: 10:12.56 40.66	
	200m: 2:34.97 40.55	400m: 5:21.35 41.88	600m: 8:09.67 42.37	800m: 10:52.83 40.27	
5.	Ageeth de Haan	Steenwijk 1934	NED 199901022	11:44.95	+0.79
	50m: 36.48 36.48	250m: 3:34.18 45.39	450m: 6:36.12 45.94	650m: 9:36.70 44.31	
	100m: 1:18.98 42.50	300m: 4:19.42 45.24	500m: 7:21.61 45.49	700m: 10:20.50 43.80	
	150m: 2:03.17 44.19	350m: 5:04.96 45.54	550m: 8:07.79 46.18	750m: 11:03.61 43.11	
	200m: 2:48.79 45.62	400m: 5:50.18 45.22	600m: 8:52.39 44.60	800m: 11:44.95 41.34	
6.	Aniek Garritsen	De IJsselmeeuwen	NED 199504290	12:04.27	+0.76
	50m: 39.07 39.07	250m: 3:37.40 45.64	450m: 6:44.39 47.02	650m: 9:50.74 46.04	
	100m: 1:22.19 43.12	300m: 4:24.06 46.66	500m: 7:30.90 46.51	700m: 10:36.16 45.42	
	150m: 2:06.65 44.46	350m: 5:10.24 46.18	550m: 8:17.78 46.88	750m: 11:21.09 44.93	
	200m: 2:51.76 45.11	400m: 5:57.37 47.13	600m: 9:04.70 46.92	800m: 12:04.27 43.18	
7.	Marenne Huigh	Scheldestroom	NED 199900852	12:17.12	+0.79
	50m: 38.67 38.67	250m: 3:40.10 46.22	450m: 6:49.26 47.88	650m: 9:59.59 47.18	
	100m: 1:22.99 44.32	300m: 4:26.60 46.50	500m: 7:36.98 47.72	700m: 10:46.39 46.80	
	150m: 2:08.41 45.42	350m: 5:13.62 47.02	550m: 8:25.09 48.11	750m: 11:32.62 46.23	
	200m: 2:53.88 45.47	400m: 6:01.38 47.76	600m: 9:12.41 47.32	800m: 12:17.12 44.50	

Masters 30+

1.	Leonie van Noort	WVZ	NED 199301752	9:28.74	+0.82
	<i>Nederlands Masters Record</i>				
	50m: 31.38 31.38	250m: 2:52.98 35.98	450m: 5:17.36 36.06	650m: 7:42.80 36.11	
	100m: 1:05.84 34.46	300m: 3:28.84 35.86	500m: 5:53.85 36.49	700m: 8:18.98 36.18	
	150m: 1:41.35 35.51	350m: 4:05.13 36.29	550m: 6:30.20 36.35	750m: 8:54.90 35.92	
	200m: 2:17.00 35.65	400m: 4:41.30 36.17	600m: 7:06.69 36.49	800m: 9:28.74 33.84	
2.	Nienke Smidt	WS Twente	NED 199407596	10:48.80	+0.88
	50m: 35.98 35.98	250m: 3:20.07 42.27	450m: 6:06.55 41.18	650m: 8:52.58 41.14	
	100m: 1:15.32 39.34	300m: 4:02.10 42.03	500m: 6:48.84 42.29	700m: 9:33.14 40.56	
	150m: 1:56.16 40.84	350m: 4:43.63 41.53	550m: 7:30.21 41.37	750m: 10:13.10 39.96	
	200m: 2:37.80 41.64	400m: 5:25.37 41.74	600m: 8:11.44 41.23	800m: 10:48.80 35.70	
3.	Lucie Terver	Club Nautique Val de Fensch	FRA 412372	10:48.90	+0.80
	50m: 35.86 35.86	250m: 3:14.51 39.72	450m: 5:56.77 40.30	650m: 8:43.74 42.14	
	100m: 1:14.82 38.96	300m: 3:55.33 40.82	500m: 6:38.24 41.47	700m: 9:26.32 42.58	
	150m: 1:54.19 39.37	350m: 4:35.29 39.96	550m: 7:19.59 41.35	750m: 10:08.52 42.20	
	200m: 2:34.79 40.60	400m: 5:16.47 41.18	600m: 8:01.60 42.01	800m: 10:48.90 40.38	
4.	Marijke Kommers	Niemo Barracuda	NED 199305334	10:49.00	+0.85
	50m: 35.26 35.26	250m: 3:18.76 42.03	450m: 6:05.55 41.56	650m: 8:51.14 40.89	
	100m: 1:14.82 39.56	300m: 4:00.75 41.99	500m: 6:47.33 41.78	700m: 9:31.41 40.27	
	150m: 1:55.50 40.68	350m: 4:42.25 41.50	550m: 7:29.03 41.70	750m: 10:11.61 40.20	
	200m: 2:36.73 41.23	400m: 5:23.99 41.74	600m: 8:10.25 41.22	800m: 10:49.00 37.39	
5.	Anouk Kuijlaars	PSV	NED 199401700	10:55.65	+0.75
	50m: 36.65 36.65	250m: 3:18.35 41.24	450m: 6:03.88 41.64	650m: 8:51.99 42.09	
	100m: 1:16.06 39.41	300m: 3:59.71 41.36	500m: 6:45.93 42.05	700m: 9:33.71 41.72	
	150m: 1:56.58 40.52	350m: 4:40.76 41.05	550m: 7:27.77 41.84	750m: 10:15.22 41.51	
	200m: 2:37.11 40.53	400m: 5:22.24 41.48	600m: 8:09.90 42.13	800m: 10:55.65 40.43	
6.	Elmi Roelofsen	Octopus-ZVV (SG)	NED 199008198	11:10.90	+0.87
	50m: 33.82 33.82	250m: 3:15.88 41.35	450m: 6:06.24 43.20	650m: 9:01.49 44.28	
	100m: 1:12.54 38.72	300m: 3:57.56 41.68	500m: 6:49.40 43.16	700m: 9:45.50 44.01	
	150m: 1:53.39 40.85	350m: 4:40.21 42.65	550m: 7:33.40 44.00	750m: 10:29.21 43.71	
	200m: 2:34.53 41.14	400m: 5:23.04 42.83	600m: 8:17.21 43.81	800m: 11:10.90 41.69	
7.	Jisca Majolée	ZPC AMERSFOORT	NED 199403570	11:22.46	+0.88
	50m: 37.04 37.04	250m: 3:29.26 43.44	450m: 6:23.16 43.45	650m: 9:17.73 43.22	
	100m: 1:19.13 42.09	300m: 4:12.54 43.28	500m: 7:06.83 43.67	700m: 10:01.44 43.71	
	150m: 2:02.23 43.10	350m: 4:56.01 43.47	550m: 7:50.47 43.64	750m: 10:43.78 42.34	
	200m: 2:45.82 43.59	400m: 5:39.71 43.70	600m: 8:34.51 44.04	800m: 11:22.46 38.68	
8.	Leontine Groeneveldt	De Duck	NED 199303526	11:55.74	+0.75
	50m: 38.01 38.01	250m: 3:37.17 45.83	450m: 6:41.83 46.53	650m: 9:45.34 45.86	
	100m: 1:21.13 43.12	300m: 4:22.57 45.40	500m: 7:28.00 46.17	700m: 10:30.68 45.34	
	150m: 2:06.19 45.06	350m: 5:09.14 46.57	550m: 8:14.46 46.46	750m: 11:15.33 44.65	
	200m: 2:51.34 45.15	400m: 5:55.30 46.16	600m: 8:59.48 45.02	800m: 11:55.74 40.41	



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Eindhoven 2-5 mei 2024



Programmanr. 16, Dames, 800m vrije slag, Masters 30+

rang	naam	vereniging						tijd	RT	PARA
9.	Irmgard van Weeghel	ESCA Zwemmen						NED 199204834	12:40.39	+0.84
	50m: 40.68	40.68	250m: 3:48.38	48.15	450m: 7:02.27	49.05	650m: 10:17.33	48.87		
	100m: 1:25.29	44.61	300m: 4:36.29	47.91	500m: 7:50.85	48.58	700m: 11:05.55	48.22		
	150m: 2:12.10	46.81	350m: 5:25.00	48.71	550m: 8:39.86	49.01	750m: 11:53.75	48.20		
	200m: 3:00.23	48.13	400m: 6:13.22	48.22	600m: 9:28.46	48.60	800m: 12:40.39	46.64		
10.	Marjan Rikken	Octopus-ZVV (SG)						NED 199206114	13:17.86	+0.86
	50m: 42.13	42.13	250m: 3:58.25	50.48	450m: 7:24.06	51.29	650m: 10:49.84	51.40		
	100m: 1:29.34	47.21	300m: 4:49.38	51.13	500m: 8:15.23	51.17	700m: 11:40.86	51.02		
	150m: 2:18.33	48.99	350m: 5:41.06	51.68	550m: 9:06.83	51.60	750m: 12:31.19	50.33		
	200m: 3:07.77	49.44	400m: 6:32.77	51.71	600m: 9:58.44	51.61	800m: 13:17.86	46.67		

Masters 35+

1.	Sabine Zimmermann	Aachener SV 06	GER 101578	9:54.62	+0.76			
	50m: 33.21	33.21	250m: 3:02.50	37.77	450m: 5:34.33	38.32	650m: 8:06.01	37.73
	100m: 1:09.44	36.23	300m: 3:40.35	37.85	500m: 6:12.36	38.03	700m: 8:42.93	36.92
	150m: 1:47.03	37.59	350m: 4:18.41	38.06	550m: 6:50.51	38.15	750m: 9:19.85	36.92
	200m: 2:24.73	37.70	400m: 4:56.01	37.60	600m: 7:28.28	37.77	800m: 9:54.62	34.77
2.	Jenny Schouten	PSV	NED 198703674	10:04.37	+0.80			
	50m: 33.10	33.10	250m: 3:03.38	37.71	450m: 5:37.27	38.72	650m: 8:12.73	38.91
	100m: 1:10.34	37.24	300m: 3:41.72	38.34	500m: 6:15.77	38.50	700m: 8:50.76	38.03
	150m: 1:47.93	37.59	350m: 4:20.05	38.33	550m: 6:54.47	38.70	750m: 9:28.39	37.63
	200m: 2:25.67	37.74	400m: 4:58.55	38.50	600m: 7:33.82	39.35	800m: 10:04.37	35.98
3.	Viktória Háden-Felföldi	Iron Swim	HUN	10:04.64	+0.72			
	50m: 33.42	33.42	250m: 3:02.58	37.40	450m: 5:35.21	38.01	650m: 8:10.01	38.72
	100m: 1:10.48	37.06	300m: 3:40.84	38.26	500m: 6:13.69	38.48	700m: 8:49.06	39.05
	150m: 1:47.46	36.98	350m: 4:18.61	37.77	550m: 6:52.38	38.69	750m: 9:27.48	38.42
	200m: 2:25.18	37.72	400m: 4:57.20	38.59	600m: 7:31.29	38.91	800m: 10:04.64	37.16
4.	Lisanne Andeweg	Zuiderzeewimmers	NED 198800092	10:33.32	+0.84			
	50m: 35.04	35.04	250m: 3:14.89	40.17	450m: 5:56.45	40.39	650m: 8:36.79	39.98
	100m: 1:14.30	39.26	300m: 3:55.36	40.47	500m: 6:36.40	39.95	700m: 9:16.48	39.69
	150m: 1:54.49	40.19	350m: 4:35.72	40.36	550m: 7:16.62	40.22	750m: 9:55.66	39.18
	200m: 2:34.72	40.23	400m: 5:16.06	40.34	600m: 7:56.81	40.19	800m: 10:33.32	37.66
5.	Relinda Baas	TriVia	NED 198900144	10:56.30	+0.83			
	50m: 35.44	35.44	250m: 3:17.68	41.74	450m: 6:04.54	41.89	650m: 8:51.71	41.46
	100m: 1:14.26	38.82	300m: 3:59.46	41.78	500m: 6:46.64	42.10	700m: 9:33.72	42.01
	150m: 1:54.50	40.24	350m: 4:41.04	41.58	550m: 7:28.37	41.73	750m: 10:15.35	41.63
	200m: 2:35.94	41.44	400m: 5:22.65	41.61	600m: 8:10.25	41.88	800m: 10:56.30	40.95
6.	Nanda van Heteren	PSV	NED 198901728	11:22.86	+0.85			
	50m: 38.07	38.07	250m: 3:32.21	43.72	450m: 6:27.73	43.67	650m: 9:20.94	42.85
	100m: 1:20.71	42.64	300m: 4:16.53	44.32	500m: 7:11.56	43.83	700m: 10:02.93	41.99
	150m: 2:04.59	43.88	350m: 4:59.80	43.27	550m: 7:54.92	43.36	750m: 10:44.02	41.09
	200m: 2:48.49	43.90	400m: 5:44.06	44.26	600m: 8:38.09	43.17	800m: 11:22.86	38.84
7.	Liesbeth van Mill	Zwemlust- den Hommel	NED 198702786	11:56.55	+0.94			
	50m: 39.03	39.03	250m: 3:37.40	45.04	450m: 6:37.83	44.95	650m: 9:39.93	45.31
	100m: 1:22.73	43.70	300m: 4:22.86	45.46	500m: 7:23.56	45.73	700m: 10:26.21	46.28
	150m: 2:07.07	44.34	350m: 5:07.48	44.62	550m: 8:08.85	45.29	750m: 11:11.89	45.68
	200m: 2:52.36	45.29	400m: 5:52.88	45.40	600m: 8:54.62	45.77	800m: 11:56.55	44.66
8.	Sandra Schellekens	Neptunus'58	NED 198503416	12:12.92	+0.82			
	50m: 39.07	39.07	250m: 3:41.69	47.13	450m: 6:49.56	47.17	650m: 9:56.67	47.09
	100m: 1:22.90	43.83	300m: 4:28.60	46.91	500m: 7:36.39	46.83	700m: 10:43.02	46.35
	150m: 2:08.72	45.82	350m: 5:15.79	47.19	550m: 8:23.05	46.66	750m: 11:29.46	46.44
	200m: 2:54.56	45.84	400m: 6:02.39	46.60	600m: 9:09.58	46.53	800m: 12:12.92	43.46

Masters 40+

1.	Ann Wanter	Zwemclub Geel			BEL	ZGEEL/21082/82		10:23.94		+0.77		
	50m:	34.00	34.00	250m:	3:08.76	39.22	450m:	5:48.08	39.93	650m:	8:26.81	39.34
	100m:	1:11.80	37.80	300m:	3:48.66	39.90	500m:	6:27.87	39.79	700m:	9:06.65	39.84
	150m:	1:50.17	38.37	350m:	4:28.29	39.63	550m:	7:07.72	39.85	750m:	9:46.15	39.50
	200m:	2:29.54	39.37	400m:	5:08.15	39.86	600m:	7:47.47	39.75	800m:	10:23.94	37.79
2.	Heather Frees	Lone Star Masters			USA			10:27.86		+0.67		
	50m:	34.96	34.96	250m:	3:10.41	39.25	450m:	5:49.05	39.78	650m:	8:28.78	40.05
	100m:	1:12.86	37.90	300m:	3:49.98	39.57	500m:	6:28.89	39.84	700m:	9:08.66	39.88
	150m:	1:51.82	38.96	350m:	4:29.80	39.82	550m:	7:08.76	39.87	750m:	9:48.93	40.27
	200m:	2:31.16	39.34	400m:	5:09.27	39.47	600m:	7:48.73	39.97	800m:	10:27.86	38.93
3.	Steffi Krul- Meinhold	d'ELFT			NED	198001542		10:57.34		+0.84		
	50m:	36.05	36.05	250m:	3:22.81	42.57	450m:	6:10.97	42.12	650m:	8:57.50	41.34
	100m:	1:16.26	40.21	300m:	4:04.84	42.03	500m:	6:53.05	42.08	700m:	9:38.35	40.85
	150m:	1:58.36	42.10	350m:	4:46.91	42.07	550m:	7:34.83	41.78	750m:	10:18.67	40.32
	200m:	2:40.24	41.88	400m:	5:28.85	41.94	600m:	8:16.16	41.33	800m:	10:57.34	38.67



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Programmanr. 16, Dames, 800m vrije slag, Masters 40+

rang	naam	vereniging				tijd				RT	PARA	
4.	Ramona Linting	AZC				NED	198301274	12:09.47				+0.77
	50m: 38.16	38.16	250m: 3:36.84	45.99	450m: 6:43.03	46.86	650m: 9:50.53	46.80				
	100m: 1:21.23	43.07	300m: 4:22.89	46.05	500m: 7:29.48	46.45	700m: 10:36.99	46.46				
	150m: 2:05.40	44.17	350m: 5:09.49	46.60	550m: 8:16.85	47.37	750m: 11:24.01	47.02				
	200m: 2:50.85	45.45	400m: 5:56.17	46.68	600m: 9:03.73	46.88	800m: 12:09.47	45.46				
5.	Linda Hoogendam	WVZ				NED	198300892	12:25.07				+0.84
	50m: 39.93	39.93	250m: 3:44.31	46.50	450m: 6:52.74	47.22	650m: 10:05.74	47.85				
	100m: 1:25.45	45.52	300m: 4:31.00	46.69	500m: 7:41.01	48.27	700m: 10:54.19	48.45				
	150m: 2:11.60	46.15	350m: 5:17.94	46.94	550m: 8:29.57	48.56	750m: 11:40.73	46.54				
	200m: 2:57.81	46.21	400m: 6:05.52	47.58	600m: 9:17.89	48.32	800m: 12:25.07	44.34				

Masters 45+

1.	Liselotte Joling	PSV	NED	197500268	10:18.66	+0.82		
	50m: 35.87	35.87	250m: 3:12.89	38.59	450m: 5:49.40	37.77	650m: 8:25.41	39.10
	100m: 1:15.38	39.51	300m: 3:52.68	39.79	500m: 6:28.47	39.07	700m: 9:04.66	39.25
	150m: 1:54.34	38.96	350m: 4:31.57	38.89	550m: 7:06.93	38.46	750m: 9:42.74	38.08
	200m: 2:34.30	39.96	400m: 5:11.63	40.06	600m: 7:46.31	39.38	800m: 10:18.66	35.92
2.	Petra Guijt	Aqua-Novio '94	NED	197600978	11:36.89	+0.86		
	50m: 37.95	37.95	250m: 3:35.68	44.85	450m: 6:33.57	44.36	650m: 9:29.75	44.16
	100m: 1:21.12	43.17	300m: 4:20.24	44.56	500m: 7:17.81	44.24	700m: 10:13.68	43.93
	150m: 2:05.81	44.69	350m: 5:04.90	44.66	550m: 8:02.11	44.30	750m: 10:56.27	42.59
	200m: 2:50.83	45.02	400m: 5:49.21	44.31	600m: 8:45.59	43.48	800m: 11:36.89	40.62
3.	Chantal Verhoeff	Old Dutch	NED	197900912	11:41.29	+0.79		
	50m: 37.32	37.32	250m: 3:35.07	45.01	450m: 6:33.86	44.98	650m: 9:31.33	44.34
	100m: 1:19.98	42.66	300m: 4:19.45	44.38	500m: 7:18.17	44.31	700m: 10:15.27	43.94
	150m: 2:05.17	45.19	350m: 5:04.89	45.44	550m: 8:02.90	44.73	750m: 10:59.16	43.89
	200m: 2:50.06	44.89	400m: 5:48.88	43.99	600m: 8:46.99	44.09	800m: 11:41.29	42.13
4.	Jessica Venema	GZC DONK	NED	197901526	11:52.77	+0.86		
	50m: 37.24	37.24	250m: 3:33.35	44.82	450m: 6:36.02	45.29	650m: 9:39.11	45.04
	100m: 1:19.50	42.26	300m: 4:18.94	45.59	500m: 7:22.16	46.14	700m: 10:25.68	46.57
	150m: 2:03.27	43.77	350m: 5:04.27	45.33	550m: 8:08.44	46.28	750m: 11:10.81	45.13
	200m: 2:48.53	45.26	400m: 5:50.73	46.46	600m: 8:54.07	45.63	800m: 11:52.77	41.96

Masters 50+

1.	Carla Geurts	PSV	NED	197100178	10:14.51	+0.73		
	50m: 33.27	33.27	250m: 3:06.88	38.31	450m: 5:42.62	38.65	650m: 8:18.88	39.11
	100m: 1:10.94	37.67	300m: 3:45.80	38.92	500m: 6:21.82	39.20	700m: 8:57.26	38.38
	150m: 1:49.54	38.60	350m: 4:25.14	39.34	550m: 7:00.83	39.01	750m: 9:36.76	39.50
	200m: 2:28.57	39.03	400m: 5:03.97	38.83	600m: 7:39.77	38.94	800m: 10:14.51	37.75
2.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054	10:52.90	+0.89		
	50m: 36.32	36.32	250m: 3:22.04	42.06	450m: 6:08.71	40.31	650m: 8:52.66	40.85
	100m: 1:16.51	40.19	300m: 4:04.08	42.04	500m: 6:49.80	41.09	700m: 9:33.63	40.97
	150m: 1:58.08	41.57	350m: 4:46.53	42.45	550m: 7:30.91	41.11	750m: 10:14.37	40.74
	200m: 2:39.98	41.90	400m: 5:28.40	41.87	600m: 8:11.81	40.90	800m: 10:52.90	38.53
3.	Bianca Groot	MSV-Zeemacht	NED	197000652	11:05.77	+0.84		
	50m: 37.25	37.25	250m: 3:25.82	42.52	450m: 6:15.21	42.20	650m: 9:01.46	41.18
	100m: 1:18.37	41.12	300m: 4:08.48	42.66	500m: 6:56.75	41.54	700m: 9:43.16	41.70
	150m: 2:01.23	42.86	350m: 4:50.99	42.51	550m: 7:38.71	41.96	750m: 10:24.70	41.54
	200m: 2:43.30	42.07	400m: 5:33.01	42.02	600m: 8:20.28	41.57	800m: 11:05.77	41.07
4.	Karin Stein	ZVVS	NED	197100554	11:19.52	+0.79		
	50m: 38.01	38.01	250m: 3:25.57	42.46	450m: 6:16.11	42.77	650m: 9:09.91	43.92
	100m: 1:19.11	41.10	300m: 4:07.98	42.41	500m: 6:58.89	42.78	700m: 9:53.66	43.75
	150m: 2:01.00	41.89	350m: 4:50.79	42.81	550m: 7:42.31	43.42	750m: 10:37.46	43.80
	200m: 2:43.11	42.11	400m: 5:33.34	42.55	600m: 8:25.99	43.68	800m: 11:19.52	42.06
5.	Annette de Visser	Oceanus	NED	197100602	11:20.06	+0.82		
	50m: 36.53	36.53	250m: 3:26.95	43.48	450m: 6:20.99	43.48	650m: 9:13.15	43.17
	100m: 1:17.26	40.73	300m: 4:10.24	43.29	500m: 7:04.29	43.30	700m: 9:56.18	43.03
	150m: 2:00.09	42.83	350m: 4:54.06	43.82	550m: 7:47.28	42.99	750m: 10:38.73	42.55
	200m: 2:43.47	43.38	400m: 5:37.51	43.45	600m: 8:29.98	42.70	800m: 11:20.06	41.33
6.	Mariska van Doorn	Arethusa	NED	197200444	11:56.53	+0.95		
	50m: 37.86	37.86	250m: 3:34.14	44.86	450m: 6:36.51	45.50	650m: 9:40.01	45.77
	100m: 1:20.34	42.48	300m: 4:19.97	45.83	500m: 7:22.22	45.71	700m: 10:26.47	46.46
	150m: 2:04.29	43.95	350m: 5:05.38	45.41	550m: 8:08.19	45.97	750m: 11:12.30	45.83
	200m: 2:49.28	44.99	400m: 5:51.01	45.63	600m: 8:54.24	46.05	800m: 11:56.53	44.23
7.	Cherry Bas-Ott	DAW	NED	197100464	12:38.30	+0.76		
	50m: 42.23	42.23	250m: 3:53.64	48.37	450m: 7:05.57	47.83	650m: 10:18.85	48.21
	100m: 1:28.65	46.42	300m: 4:41.75	48.11	500m: 7:53.97	48.40	700m: 11:06.51	47.66
	150m: 2:17.08	48.43	350m: 5:29.59	47.84	550m: 8:42.53	48.56	750m: 11:54.27	47.76
	200m: 3:05.27	48.19	400m: 6:17.74	48.15	600m: 9:30.64	48.11	800m: 12:38.30	44.03



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Programmanr. 16, Dames, 800m vrije slag, Masters 50+

rang	naam	vereniging				tijd				RT	PARA
8.	Kathy Van Lindt	Cercle De Natation Sportcity WolBEL				CNSW/007949/71				13:25.27	+0.98
	50m: 46.32	46.32	250m: 4:12.69	50.94	450m: 7:35.56	49.77	650m: 10:58.48	50.17			
	100m: 1:37.81	51.49	300m: 5:04.47	51.78	500m: 8:26.21	50.65	700m: 11:48.58	50.10			
	150m: 2:29.26	51.45	350m: 5:54.67	50.20	550m: 9:16.91	50.70	750m: 12:37.37	48.79			
	200m: 3:21.75	52.49	400m: 6:45.79	51.12	600m: 10:08.31	51.40	800m: 13:25.27	47.90			
9.	Annet Kootstra	SWOL 1894				NED 197100344				13:32.67	+0.87
	50m: 43.89	43.89	250m: 4:06.11	51.29	450m: 7:33.50	52.20	650m: 11:00.53	51.60			
	100m: 1:32.94	49.05	300m: 4:57.78	51.67	500m: 8:25.64	52.14	700m: 11:52.21	51.68			
	150m: 2:23.85	50.91	350m: 5:49.72	51.94	550m: 9:17.72	52.08	750m: 12:43.35	51.14			
	200m: 3:14.82	50.97	400m: 6:41.30	51.58	600m: 10:08.93	51.21	800m: 13:32.67	49.32			
10.	Annette Spies	LinK				NED 197001110				13:42.74	+0.74
	*200m, 800m										
	50m: 44.92	44.92	250m: 4:07.35	50.79	450m: 7:38.06	52.79	650m: 11:08.02	52.28			
	100m: 1:34.44	49.52	300m: 4:59.70	52.35	500m: 8:30.94	52.88	700m: 12:00.45	52.43			
	150m: 2:25.46	51.02	350m: 5:51.96	52.26	550m: 9:23.15	52.21	750m: 12:53.23	52.78			
	200m: 3:16.56	51.10	400m: 6:45.27	53.31	600m: 10:15.74	52.59	800m: 13:42.74	49.51			
11.	Britta Fritz	SC Janus Köln				GER 262038				13:53.78	+0.92
	50m: 47.16	47.16	250m: 4:12.37	51.90	450m: 7:42.19	52.80	650m: 11:17.03	53.32			
	100m: 1:38.12	50.96	300m: 5:04.35	51.98	500m: 8:35.93	53.74	700m: 12:10.54	53.51			
	150m: 2:28.65	50.53	350m: 5:56.71	52.36	550m: 9:28.92	52.99	750m: 13:02.86	52.32			
	200m: 3:20.47	51.82	400m: 6:49.39	52.68	600m: 10:23.71	54.79	800m: 13:53.78	50.92			

Masters 55+

1.	Claudia Thielemann	SG Bayer	GER	333958	10:24.44	+0.76		
	50m: 35.91	35.91	250m: 3:13.59	39.62	450m: 5:51.44	39.36	650m: 8:28.03	39.27
	100m: 1:14.92	39.01	300m: 3:52.91	39.32	500m: 6:30.56	39.12	700m: 9:07.12	39.09
	150m: 1:54.51	39.59	350m: 4:32.39	39.48	550m: 7:09.64	39.08	750m: 9:46.39	39.27
	200m: 2:33.97	39.46	400m: 5:12.08	39.69	600m: 7:48.76	39.12	800m: 10:24.44	38.05
2.	Iris van Aurich	DWK	NED	196900866	11:54.53	+0.68		
	50m: 39.68	39.68	250m: 3:38.27	44.93	450m: 6:41.24	46.08	650m: 9:43.72	45.23
	100m: 1:24.23	44.55	300m: 4:23.41	45.14	500m: 7:27.26	46.02	700m: 10:28.48	44.76
	150m: 2:09.40	45.17	350m: 5:09.62	46.21	550m: 8:13.88	46.62	750m: 11:13.68	45.20
	200m: 2:53.34	43.94	400m: 5:55.16	45.54	600m: 8:58.49	44.61	800m: 11:54.53	40.85
3.	Laura Staal	Oceanus	NED	196700358	12:13.16	+0.73		
	50m: 41.17	41.17	250m: 3:44.72	46.54	450m: 6:51.23	46.48	650m: 9:56.57	46.31
	100m: 1:26.03	44.86	300m: 4:31.47	46.75	500m: 7:37.82	46.59	700m: 10:43.15	46.58
	150m: 2:11.31	45.28	350m: 5:17.84	46.37	550m: 8:23.77	45.95	750m: 11:28.95	45.80
	200m: 2:58.18	46.87	400m: 6:04.75	46.91	600m: 9:10.26	46.49	800m: 12:13.16	44.21
4.	Anita Steijger	WVZ	NED	196500628	12:54.55	+0.91		
	50m: 43.04	43.04	250m: 3:54.49	48.63	450m: 7:11.53	48.86	650m: 10:28.84	49.15
	100m: 1:30.05	47.01	300m: 4:43.63	49.14	500m: 8:01.18	49.65	700m: 11:18.09	49.25
	150m: 2:17.54	47.49	350m: 5:33.11	49.48	550m: 8:50.42	49.24	750m: 12:06.98	48.89
	200m: 3:05.86	48.32	400m: 6:22.67	49.56	600m: 9:39.69	49.27	800m: 12:54.55	47.57

Masters 60+

1.	Wilna Heijman	Steenwijk 1934	NED	196400506	11:44.37	+0.73		
	50m: 39.34	39.34	250m: 3:35.20	44.10	450m: 6:33.57	44.59	650m: 9:32.73	44.37
	100m: 1:22.79	43.45	300m: 4:20.15	44.95	500m: 7:18.38	44.81	700m: 10:17.64	44.91
	150m: 2:06.64	43.85	350m: 5:04.35	44.20	550m: 8:03.02	44.64	750m: 11:01.74	44.10
	200m: 2:51.10	44.46	400m: 5:48.98	44.63	600m: 8:48.36	45.34	800m: 11:44.37	42.63
2.	Katrin Pennings	PSV	NED	196400570	11:48.03	+0.73		
	50m: 37.51	37.51	250m: 3:35.06	45.01	450m: 6:35.00	45.16	650m: 9:36.04	45.13
	100m: 1:20.43	42.92	300m: 4:20.14	45.08	500m: 7:20.31	45.31	700m: 10:21.07	45.03
	150m: 2:05.03	44.60	350m: 5:04.92	44.78	550m: 8:05.65	45.34	750m: 11:05.21	44.14
	200m: 2:50.05	45.02	400m: 5:49.84	44.92	600m: 8:50.91	45.26	800m: 11:48.03	42.82
3.	P. Tossings-van de Hooven	GZC DONK	NED	196100376	12:22.29	+0.92		
	50m: 41.97	41.97	250m: 3:47.73	47.00	450m: 6:56.58	46.94	650m: 10:04.65	47.18
	100m: 1:27.97	46.00	300m: 4:35.33	47.60	500m: 7:43.68	47.10	700m: 10:51.86	47.21
	150m: 2:13.89	45.92	350m: 5:22.19	46.86	550m: 8:30.49	46.81	750m: 11:38.34	46.48
	200m: 3:00.73	46.84	400m: 6:09.64	47.45	600m: 9:17.47	46.98	800m: 12:22.29	43.95
4.	Erica Muller	De Geul	NED	196400412	14:20.34	+0.77		
	50m: 48.68	48.68	250m: 4:24.63	54.17	450m: 8:02.41	54.28	650m: 11:40.43	54.86
	100m: 1:42.25	53.57	300m: 5:18.95	54.32	500m: 8:56.71	54.30	700m: 12:34.58	54.15
	150m: 2:36.34	54.09	350m: 6:13.52	54.57	550m: 9:51.38	54.67	750m: 13:29.30	54.72
	200m: 3:30.46	54.12	400m: 7:08.13	54.61	600m: 10:45.57	54.19	800m: 14:20.34	51.04



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Programmanr. 16, Dames, 800m vrije slag, Masters 60+

rang	naam	vereniging				tijd		RT	PARA
5.	Kirsten Stamer	SC Janus Köln		GER	247144	14:27.01			
	50m: 46.68	46.68	250m: 4:19.66	54.76	450m: 7:59.04	55.15	650m: 11:40.71	55.12	
	100m: 1:38.25	51.57	300m: 5:14.80	55.14	500m: 8:54.67	55.63	700m: 12:36.83	56.12	
	150m: 2:30.48	52.23	350m: 6:08.92	54.12	550m: 9:49.70	55.03	750m: 13:32.70	55.87	
	200m: 3:24.90	54.42	400m: 7:03.89	54.97	600m: 10:45.59	55.89	800m: 14:27.01	54.31	

Masters 65+

1.	Esther van Lohuizen		PSV		NED		195900300		11:36.25		+0.79	
	Nederlands Masters Record											
	50m:	38.97	38.97	250m:	3:36.85	45.33	450m:	6:34.76	44.89	650m:	9:31.04	44.19
	100m:	1:22.10	43.13	300m:	4:20.90	44.05	500m:	7:18.70	43.94	700m:	10:14.58	43.54
	150m:	2:07.42	45.32	350m:	5:05.94	45.04	550m:	8:03.12	44.42	750m:	10:57.55	42.97
	200m:	2:51.52	44.10	400m:	5:49.87	43.93	600m:	8:46.85	43.73	800m:	11:36.25	38.70
2.	Patty Verhagen		PSV		NED		195900146		12:23.60		+0.89	
	50m:	43.77	43.77	250m:	3:49.69	46.62	450m:	6:58.11	47.18	650m:	10:05.50	46.64
	100m:	1:29.48	45.71	300m:	4:36.87	47.18	500m:	7:45.06	46.95	700m:	10:52.23	46.73
	150m:	2:16.02	46.54	350m:	5:23.73	46.86	550m:	8:31.86	46.80	750m:	11:38.82	46.59
	200m:	3:03.07	47.05	400m:	6:10.93	47.20	600m:	9:18.86	47.00	800m:	12:23.60	44.78
	3.	Linda Wibbelink		Steenwijk 1934		NED		195900158		13:21.25		+0.87
50m:		44.33	44.33	250m:	4:04.89	50.64	450m:	7:30.58	51.85	650m:	10:52.85	50.54
100m:		1:33.62	49.29	300m:	4:56.29	51.40	500m:	8:20.39	49.81	700m:	11:43.13	50.28
150m:		2:23.78	50.16	350m:	5:47.51	51.22	550m:	9:11.23	50.84	750m:	12:33.45	50.32
200m:		3:14.25	50.47	400m:	6:38.73	51.22	600m:	10:02.31	51.08	800m:	13:21.25	47.80
4.		Hannie Poletiek		TriVia		NED		195900278		14:20.16		+1.04
	50m:	47.11	47.11	250m:	4:21.45	54.19	450m:	8:01.11	54.68	650m:	11:40.95	54.36
	100m:	1:38.96	51.85	300m:	5:17.16	55.71	500m:	8:56.18	55.07	700m:	12:35.29	54.34
	150m:	2:32.64	53.68	350m:	6:11.28	54.12	550m:	9:51.36	55.18	750m:	13:28.89	53.60
	200m:	3:27.26	54.62	400m:	7:06.43	55.15	600m:	10:46.59	55.23	800m:	14:20.16	51.27

Masters 70+

1.	Ineke Weekers			PSV			NED			195300050			12:26.48			+0.79																				
	Europees Masters Record																																			
	50m:			43.37			43.37			250m:			3:52.72			47.99			450m:			7:00.86			47.65			650m:			10:08.26			47.14		
	100m:			1:30.39			47.02			300m:			4:39.40			46.68			500m:			7:47.03			46.17			700m:			10:55.04			46.78		
	150m:			2:17.77			47.38			350m:			5:26.37			46.97			550m:			8:34.47			47.44			750m:			11:42.22			47.18		
	200m:			3:04.73			46.96			400m:			6:13.21			46.84			600m:			9:21.12			46.65			800m:			12:26.48			44.26		
2.	Gonnie Bak			PSV			NED			195100064			17:22.27			+0.95																				
	50m:			56.47			56.47			250m:			5:17.65			1:05.51			450m:			9:40.31			1:06.18			650m:			14:07.67			1:07.16		
	100m:			2:00.70			1:04.23			300m:			6:23.07			1:05.42			500m:			10:46.37			1:06.06			700m:			15:13.24			1:05.57		
	150m:			3:06.80			1:06.10			350m:			7:29.26			1:06.19			550m:			11:54.48			1:08.11			750m:			16:18.59			1:05.35		
	200m:			4:12.14			1:05.34			400m:			8:34.13			1:04.87			600m:			13:00.51			1:06.03			800m:			17:22.27			1:03.68		