



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



Programmanr. 2
02-05-2024 - 15:15

Dames, 1500m vrije slag
Pauze na serie 2 / Break after heat 2

Masters Open
Resultaten

rang	naam	vereniging				tijd				RT	PARA
Masters 20+											
1.	Roos Englebert	Hieronymus				NED	200200606	18:35.79		+0.73	
	50m: 32.98	32.98	450m: 5:30.14	37.54	850m: 10:28.76	37.36	1250m: 15:29.17	37.74			
	100m: 1:09.30	36.32	500m: 6:07.50	37.36	900m: 11:06.03	37.27	1300m: 16:07.13	37.96			
	150m: 1:46.18	36.88	550m: 6:44.86	37.36	950m: 11:43.30	37.27	1350m: 16:44.63	37.50			
	200m: 2:23.06	36.88	600m: 7:22.16	37.30	1000m: 12:20.85	37.55	1400m: 17:22.37	37.74			
	250m: 3:00.33	37.27	650m: 7:59.48	37.32	1050m: 12:58.54	37.69	1450m: 17:59.63	37.26			
	300m: 3:37.77	37.44	700m: 8:36.72	37.24	1100m: 13:36.14	37.60	1500m: 18:35.79	36.16			
	350m: 4:15.34	37.57	750m: 9:14.17	37.45	1150m: 14:13.83	37.69					
	400m: 4:52.60	37.26	800m: 9:51.40	37.23	1200m: 14:51.43	37.60					
2.	Cynthia Koolman	ZPC Hoogeveen				NED	200300232	19:59.01		+0.52	
	50m: 35.50	35.50	450m: 5:46.87	39.77	850m: 11:07.51	40.61	1250m: 16:34.23	40.84			
	100m: 1:13.15	37.65	500m: 6:26.40	39.53	900m: 11:47.74	40.23	1300m: 17:15.59	41.36			
	150m: 1:51.78	38.63	550m: 7:06.41	40.01	950m: 12:28.36	40.62	1350m: 17:56.78	41.19			
	200m: 2:30.37	38.59	600m: 7:46.13	39.72	1000m: 13:08.57	40.21	1400m: 18:38.09	41.31			
	250m: 3:09.36	38.99	650m: 8:26.33	40.20	1050m: 13:49.41	40.84	1450m: 19:19.10	41.01			
	300m: 3:48.37	39.01	700m: 9:06.42	40.09	1100m: 14:30.66	41.25	1500m: 19:59.01	39.91			
	350m: 4:27.86	39.49	750m: 9:46.43	40.01	1150m: 15:11.82	41.16					
	400m: 5:07.10	39.24	800m: 10:26.90	40.47	1200m: 15:53.39	41.57					
Masters 25+											
1.	Anne-Irene Ducheine	Zwemvereniging Hoogland				NED	199506824	19:42.87		+0.79	
	50m: 34.39	34.39	450m: 5:48.06	39.57	850m: 11:06.50	39.81	1250m: 16:25.67	40.22			
	100m: 1:12.56	38.17	500m: 6:28.09	40.03	900m: 11:46.22	39.72	1300m: 17:05.97	40.30			
	150m: 1:51.25	38.69	550m: 7:07.65	39.56	950m: 12:25.98	39.76	1350m: 17:45.69	39.72			
	200m: 2:30.33	39.08	600m: 7:47.33	39.68	1000m: 13:05.87	39.89	1400m: 18:25.91	40.22			
	250m: 3:09.84	39.51	650m: 8:27.02	39.69	1050m: 13:45.39	39.52	1450m: 19:04.80	38.89			
	300m: 3:49.29	39.45	700m: 9:07.17	40.15	1100m: 14:25.76	40.37	1500m: 19:42.87	38.07			
	350m: 4:28.71	39.42	750m: 9:46.94	39.77	1150m: 15:05.04	39.28					
	400m: 5:08.49	39.78	800m: 10:26.69	39.75	1200m: 15:45.45	40.41					
2.	Fiona Meuffels	PSV				NED	199504366	20:31.66			
	50m: 35.86	35.86	450m: 6:02.55	41.58	850m: 11:37.23	42.02	1250m: 17:09.99	42.13			
	100m: 1:15.64	39.78	500m: 6:44.36	41.81	900m: 12:18.73	41.50	1300m: 17:50.49	40.50			
	150m: 1:56.22	40.58	550m: 7:25.87	41.51	950m: 13:00.66	41.93	1350m: 18:31.11	40.62			
	200m: 2:36.67	40.45	600m: 8:07.44	41.57	1000m: 13:42.25	41.59	1400m: 19:12.12	41.01			
	250m: 3:17.61	40.94	650m: 8:49.83	42.39	1050m: 14:24.15	41.90	1450m: 19:52.92	40.80			
	300m: 3:58.21	40.60	700m: 9:31.25	41.42	1100m: 15:05.12	40.97	1500m: 20:31.66	38.74			
	350m: 4:39.59	41.38	750m: 10:13.25	42.00	1150m: 15:46.33	41.21					
	400m: 5:20.97	41.38	800m: 10:55.21	41.96	1200m: 16:27.86	41.53					
3.	Diane Schoenmaker	PSV				NED	199502920	20:58.38		+0.70	
	50m: 36.47	36.47	450m: 6:08.82	41.57	850m: 11:45.08	42.42	1250m: 17:25.59	42.04			
	100m: 1:16.71	40.24	500m: 6:50.57	41.75	900m: 12:27.06	41.98	1300m: 18:08.74	43.15			
	150m: 1:57.68	40.97	550m: 7:32.25	41.68	950m: 13:09.47	42.41	1350m: 18:51.76	43.02			
	200m: 2:38.98	41.30	600m: 8:14.34	42.09	1000m: 13:52.96	43.49	1400m: 19:34.50	42.74			
	250m: 3:20.67	41.69	650m: 8:56.42	42.08	1050m: 14:35.21	42.25	1450m: 20:16.87	42.37			
	300m: 4:02.97	42.30	700m: 9:38.43	42.01	1100m: 15:17.82	42.61	1500m: 20:58.38	41.51			
	350m: 4:44.81	41.84	750m: 10:20.57	42.14	1150m: 16:00.40	42.58					
	400m: 5:27.25	42.44	800m: 11:02.66	42.09	1200m: 16:43.55	43.15					
4.	Larissa Jansen	PSV				NED	199500660	21:15.68		+0.85	
	50m: 37.33	37.33	450m: 6:07.35	41.70	850m: 11:47.85	42.96	1250m: 17:38.64	44.98			
	100m: 1:18.26	40.93	500m: 6:49.39	42.04	900m: 12:30.77	42.92	1300m: 18:22.65	44.01			
	150m: 1:59.34	41.08	550m: 7:31.85	42.46	950m: 13:14.47	43.70	1350m: 19:07.32	44.67			
	200m: 2:40.53	41.19	600m: 8:14.22	42.37	1000m: 13:58.17	43.70	1400m: 19:50.81	43.49			
	250m: 3:21.85	41.32	650m: 8:57.05	42.83	1050m: 14:41.83	43.66	1450m: 20:34.37	43.56			
	300m: 4:03.08	41.23	700m: 9:39.20	42.15	1100m: 15:25.56	43.73	1500m: 21:15.68	41.31			
	350m: 4:44.40	41.32	750m: 10:22.10	42.90	1150m: 16:09.76	44.20					
	400m: 5:25.65	41.25	800m: 11:04.89	42.79	1200m: 16:53.66	43.90					
5.	Selina Janssen	Neptunus'58				NED	199905974	21:26.00		+0.63	
	50m: 35.68	35.68	450m: 6:09.28	42.38	850m: 11:56.28	43.23	1250m: 17:47.82	43.45			
	100m: 1:15.34	39.66	500m: 6:52.40	43.12	900m: 12:40.55	44.27	1300m: 18:32.48	44.66			
	150m: 1:55.94	40.60	550m: 7:34.96	42.56	950m: 13:23.89	43.34	1350m: 19:16.42	43.94			
	200m: 2:37.52	41.58	600m: 8:18.77	43.81	1000m: 14:08.31	44.42	1400m: 20:00.90	44.48			
	250m: 3:19.08	41.56	650m: 9:01.58	42.81	1050m: 14:51.75	43.44	1450m: 20:44.13	43.23			
	300m: 4:01.43	42.35	700m: 9:45.53	43.95	1100m: 15:36.30	44.55	1500m: 21:26.00	41.87			
	350m: 4:43.76	42.33	750m: 10:28.59	43.06	1150m: 16:19.76	43.46					
	400m: 5:26.90	43.14	800m: 11:13.05	44.46	1200m: 17:04.37	44.61					



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Programmanr. 2, Dames, 1500m vrije slag, Masters 25+

rang	naam	vereniging				tijd		RT	PARA
6.	Laura ter Stege	SG CWW Swim Team		NED	199602364	23:15.71		+0.74	
	50m: 36.48	36.48	450m: 6:35.51	45.86	850m: 12:52.50	47.13	1250m: 19:19.01	49.32	
	100m: 1:18.64	42.16	500m: 7:22.05	46.54	900m: 13:40.26	47.76	1300m: 20:08.34	49.33	
	150m: 2:02.01	43.37	550m: 8:08.85	46.80	950m: 14:27.62	47.36	1350m: 20:56.28	47.94	
	200m: 2:46.90	44.89	600m: 8:57.01	48.16	1000m: 15:15.56	47.94	1400m: 21:43.86	47.58	
	250m: 3:32.21	45.31	650m: 9:43.94	46.93	1050m: 16:04.32	48.76	1450m: 22:31.15	47.29	
	300m: 4:17.67	45.46	700m: 10:31.63	47.69	1100m: 16:53.48	49.16	1500m: 23:15.71	44.56	
	350m: 5:03.72	46.05	750m: 11:18.12	46.49	1150m: 17:41.21	47.73			
	400m: 5:49.65	45.93	800m: 12:05.37	47.25	1200m: 18:29.69	48.48			
7.	Marenne Huigh	Scheldestroom		NED	199900852	23:47.12		+0.78	
	50m: 37.71	37.71	450m: 6:49.59	48.35	850m: 13:16.43	48.59	1250m: 19:47.35	49.62	
	100m: 1:20.48	42.77	500m: 7:37.75	48.16	900m: 14:04.82	48.39	1300m: 20:37.73	50.38	
	150m: 2:06.38	45.90	550m: 8:26.32	48.57	950m: 14:53.82	49.00	1350m: 21:26.72	48.99	
	200m: 2:52.54	46.16	600m: 9:14.39	48.07	1000m: 15:42.05	48.23	1400m: 22:15.12	48.40	
	250m: 3:39.08	46.54	650m: 10:02.64	48.25	1050m: 16:30.96	48.91	1450m: 23:02.70	47.58	
	300m: 4:25.70	46.62	700m: 10:50.50	47.86	1100m: 17:19.54	48.58	1500m: 23:47.12	44.42	
	350m: 5:13.14	47.44	750m: 11:38.95	48.45	1150m: 18:08.87	49.33			
	400m: 6:01.24	48.10	800m: 12:27.84	48.89	1200m: 18:57.73	48.86			

Masters 30+

1.	Maaïke Vooren	DAW		NED	199103324	19:04.72		+0.82	
	50m: 34.51	34.51	450m: 5:40.58	38.48	850m: 10:47.09	38.45	1250m: 15:53.93	38.52	
	100m: 1:11.78	37.27	500m: 6:18.78	38.20	900m: 11:25.39	38.30	1300m: 16:32.38	38.45	
	150m: 1:50.00	38.22	550m: 6:57.09	38.31	950m: 12:03.71	38.32	1350m: 17:10.79	38.41	
	200m: 2:28.40	38.40	600m: 7:35.35	38.26	1000m: 12:42.02	38.31	1400m: 17:49.27	38.48	
	250m: 3:07.03	38.63	650m: 8:13.92	38.57	1050m: 13:20.24	38.22	1450m: 18:27.78	38.51	
	300m: 3:45.20	38.17	700m: 8:52.00	38.08	1100m: 13:58.51	38.27	1500m: 19:04.72	36.94	
	350m: 4:23.85	38.65	750m: 9:30.41	38.41	1150m: 14:36.90	38.39			
	400m: 5:02.10	38.25	800m: 10:08.64	38.23	1200m: 15:15.41	38.51			
2.	Nienke Smidt	WS Twente		NED	199407596	20:52.87		+1.05	
	50m: 36.20	36.20	450m: 6:11.81	42.19	850m: 11:51.60	42.86	1250m: 17:30.32	42.33	
	100m: 1:16.37	40.17	500m: 6:53.26	41.45	900m: 12:34.44	42.84	1300m: 18:11.97	41.65	
	150m: 1:58.01	41.64	550m: 7:35.10	41.84	950m: 13:17.03	42.59	1350m: 18:53.65	41.68	
	200m: 2:40.54	42.53	600m: 8:16.84	41.74	1000m: 13:59.20	42.17	1400m: 19:34.46	40.81	
	250m: 3:23.32	42.78	650m: 8:59.56	42.72	1050m: 14:41.54	42.34	1450m: 20:15.41	40.95	
	300m: 4:05.83	42.51	700m: 9:42.64	43.08	1100m: 15:23.25	41.71	1500m: 20:52.87	37.46	
	350m: 4:48.12	42.29	750m: 10:25.70	43.06	1150m: 16:05.52	42.27			
	400m: 5:29.62	41.50	800m: 11:08.74	43.04	1200m: 16:47.99	42.47			
3.	Elmi Roelofsen	Octopus-ZVV (SG)		NED	199008198	21:45.62		+0.90	
	50m: 35.40	35.40	450m: 6:11.80	42.35	850m: 12:02.29	44.31	1250m: 18:02.23	44.68	
	100m: 1:16.66	41.26	500m: 6:54.52	42.72	900m: 12:47.46	45.17	1300m: 18:47.60	45.37	
	150m: 1:58.45	41.79	550m: 7:37.80	43.28	950m: 13:32.59	45.13	1350m: 19:32.54	44.94	
	200m: 2:40.63	42.18	600m: 8:21.22	43.42	1000m: 14:17.75	45.16	1400m: 20:18.15	45.61	
	250m: 3:22.72	42.09	650m: 9:05.00	43.78	1050m: 15:02.29	44.54	1450m: 21:01.94	43.79	
	300m: 4:05.13	42.41	700m: 9:48.99	43.99	1100m: 15:47.40	45.11	1500m: 21:45.62	43.68	
	350m: 4:47.41	42.28	750m: 10:33.55	44.56	1150m: 16:32.02	44.62			
	400m: 5:29.45	42.04	800m: 11:17.98	44.43	1200m: 17:17.55	45.53			
4.	Irmgard van Weeghel	ESCA Zwemmen		NED	199204834	24:28.81		+0.86	
	50m: 39.74	39.74	450m: 7:03.59	49.06	850m: 13:40.19	49.82	1250m: 20:18.77	49.76	
	100m: 1:23.59	43.85	500m: 7:53.55	49.96	900m: 14:29.88	49.69	1300m: 21:09.13	50.36	
	150m: 2:09.97	46.38	550m: 8:42.43	48.88	950m: 15:19.07	49.19	1350m: 21:58.31	49.18	
	200m: 2:58.04	48.07	600m: 9:32.29	49.86	1000m: 16:09.24	50.17	1400m: 22:49.06	50.75	
	250m: 3:46.48	48.44	650m: 10:21.43	49.14	1050m: 16:58.85	49.61	1450m: 23:39.03	49.97	
	300m: 4:35.45	48.97	700m: 11:10.89	49.46	1100m: 17:49.16	50.31	1500m: 24:28.81	49.78	
	350m: 5:24.63	49.18	750m: 12:00.71	49.82	1150m: 18:38.45	49.29			
	400m: 6:14.53	49.90	800m: 12:50.37	49.66	1200m: 19:29.01	50.56			
5.	Marjan Rikken	Octopus-ZVV (SG)		NED	199206114	25:57.66			
	50m: 42.24	42.24	450m: 7:26.42	52.01	850m: 14:29.42	52.76	1250m: 21:39.97	55.66	
	100m: 1:29.27	47.03	500m: 8:18.61	52.32	900m: 15:22.24	52.82	1300m: 22:34.80	54.83	
	150m: 2:18.38	49.11	550m: 9:11.37	52.76	950m: 16:15.44	53.20	1350m: 23:25.89	51.09	
	200m: 3:07.97	49.59	600m: 10:03.91	52.54	1000m: 17:08.88	53.44	1400m: 24:16.42	50.53	
	250m: 3:58.99	51.02	650m: 10:58.02	54.11	1050m: 18:02.19	53.31	1450m: 25:07.98	51.56	
	300m: 4:50.04	51.05	700m: 11:50.91	52.89	1100m: 18:55.97	53.78	1500m: 25:57.66	49.68	
	350m: 5:42.00	51.96	750m: 12:43.74	52.83	1150m: 19:49.62	53.65			
	400m: 6:34.28	52.28	800m: 13:36.66	52.92	1200m: 20:44.31	54.69			



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



Programmanr. 2, Dames, 1500m vrije slag

Masters 35+

1. Sabine Zimmermann	Aachener SV 06	GER	101578	18:55.28	+0.74		
50m: 33.59	33.59	450m: 5:32.19	38.13	850m: 10:39.15	38.83	1250m: 15:47.34	38.85
100m: 1:09.75	36.16	500m: 6:10.07	37.88	900m: 11:17.12	37.97	1300m: 16:25.55	38.21
150m: 1:46.76	37.01	550m: 6:48.42	38.35	950m: 11:56.02	38.90	1350m: 17:04.29	38.74
200m: 2:23.79	37.03	600m: 7:26.64	38.22	1000m: 12:34.50	38.48	1400m: 17:41.79	37.50
250m: 3:01.35	37.56	650m: 8:04.96	38.32	1050m: 13:13.58	39.08	1450m: 18:19.32	37.53
300m: 3:38.64	37.29	700m: 8:43.63	38.67	1100m: 13:51.80	38.22	1500m: 18:55.28	35.96
350m: 4:16.79	38.15	750m: 9:22.66	39.03	1150m: 14:30.82	39.02		
400m: 4:54.06	37.27	800m: 10:00.32	37.66	1200m: 15:08.49	37.67		
2. Viktória Háden-Felföldi	Iron Swim	HUN		19:11.65	+0.74		
50m: 34.14	34.14	450m: 5:39.24	38.45	850m: 10:47.45	38.59	1250m: 15:58.25	39.01
100m: 1:11.91	37.77	500m: 6:17.71	38.47	900m: 11:26.33	38.88	1300m: 16:37.56	39.31
150m: 1:49.88	37.97	550m: 6:56.31	38.60	950m: 12:04.98	38.65	1350m: 17:16.36	38.80
200m: 2:28.08	38.20	600m: 7:34.65	38.34	1000m: 12:43.85	38.87	1400m: 17:55.49	39.13
250m: 3:06.04	37.96	650m: 8:13.37	38.72	1050m: 13:22.57	38.72	1450m: 18:34.29	38.80
300m: 3:44.18	38.14	700m: 8:51.85	38.48	1100m: 14:01.40	38.83	1500m: 19:11.65	37.36
350m: 4:22.59	38.41	750m: 9:30.30	38.45	1150m: 14:40.26	38.86		
400m: 5:00.79	38.20	800m: 10:08.86	38.56	1200m: 15:19.24	38.98		
3. Jenny Schouten	PSV	NED	198703674	19:33.28	+0.77		
50m: 33.39	33.39	450m: 5:42.93	39.59	850m: 10:58.02	39.12	1250m: 16:17.06	40.01
100m: 1:10.53	37.14	500m: 6:22.38	39.45	900m: 11:37.88	39.86	1300m: 16:57.47	40.41
150m: 1:49.26	38.73	550m: 7:01.11	38.73	950m: 12:17.89	40.01	1350m: 17:37.26	39.79
200m: 2:27.64	38.38	600m: 7:40.57	39.46	1000m: 12:57.32	39.43	1400m: 18:16.96	39.70
250m: 3:06.45	38.81	650m: 8:19.69	39.12	1050m: 13:37.27	39.95	1450m: 18:55.72	38.76
300m: 3:45.57	39.12	700m: 8:59.74	40.05	1100m: 14:16.85	39.58	1500m: 19:33.28	37.56
350m: 4:24.72	39.15	750m: 9:39.14	39.40	1150m: 14:57.36	40.51		
400m: 5:03.34	38.62	800m: 10:18.90	39.76	1200m: 15:37.05	39.69		
4. Gilda Marussich	ASD Life Academy - Hadria NuotITA		67277	20:29.93	+0.78		
50m: 35.60	35.60	450m: 6:00.32	40.70	850m: 11:29.76	41.08	1250m: 17:03.30	41.18
100m: 1:15.06	39.46	500m: 6:41.69	41.37	900m: 12:11.69	41.93	1300m: 17:45.27	41.97
150m: 1:55.42	40.36	550m: 7:22.38	40.69	950m: 12:52.90	41.21	1350m: 18:26.70	41.43
200m: 2:36.37	40.95	600m: 8:03.70	41.32	1000m: 13:34.74	41.84	1400m: 19:09.00	42.30
250m: 3:16.84	40.47	650m: 8:44.29	40.59	1050m: 14:16.02	41.28	1450m: 19:49.84	40.84
300m: 3:57.82	40.98	700m: 9:25.65	41.36	1100m: 14:58.44	42.42	1500m: 20:29.93	40.09
350m: 4:38.44	40.62	750m: 10:06.86	41.21	1150m: 15:40.11	41.67		
400m: 5:19.62	41.18	800m: 10:48.68	41.82	1200m: 16:22.12	42.01		
5. Relinda Baas	TriVia	NED	198900144	21:16.71	+0.83		
50m: 36.71	36.71	450m: 6:15.21	42.79	850m: 11:59.38	43.22	1250m: 17:43.65	43.24
100m: 1:17.61	40.90	500m: 6:58.63	43.42	900m: 12:42.27	42.89	1300m: 18:26.83	43.18
150m: 1:59.11	41.50	550m: 7:41.15	42.52	950m: 13:24.99	42.72	1350m: 19:09.89	43.06
200m: 2:41.38	42.27	600m: 8:24.27	43.12	1000m: 14:07.88	42.89	1400m: 19:52.92	43.03
250m: 3:23.73	42.35	650m: 9:06.91	42.64	1050m: 14:50.68	42.80	1450m: 20:35.27	42.35
300m: 4:06.80	43.07	700m: 9:50.27	43.36	1100m: 15:33.99	43.31	1500m: 21:16.71	41.44
350m: 4:49.71	42.91	750m: 10:33.23	42.96	1150m: 16:17.15	43.16		
400m: 5:32.42	42.71	800m: 11:16.16	42.93	1200m: 17:00.41	43.26		
6. Nanda van Heteren	PSV	NED	198901728	21:32.74			
50m: 37.35	37.35	450m: 6:22.29	43.41	850m: 12:09.27	43.53	1250m: 18:00.11	43.20
100m: 1:19.44	42.09	500m: 7:06.07	43.78	900m: 12:53.15	43.88	1300m: 18:44.61	44.50
150m: 2:02.02	42.58	550m: 7:49.23	43.16	950m: 13:36.89	43.74	1350m: 19:28.00	43.39
200m: 2:45.57	43.55	600m: 8:32.90	43.67	1000m: 14:20.47	43.58	1400m: 20:10.59	42.59
250m: 3:28.77	43.20	650m: 9:15.94	43.04	1050m: 15:04.00	43.53	1450m: 20:52.46	41.87
300m: 4:12.38	43.61	700m: 9:59.50	43.56	1100m: 15:48.05	44.05	1500m: 21:32.74	40.28
350m: 4:55.50	43.12	750m: 10:42.33	42.83	1150m: 16:32.62	44.57		
400m: 5:38.88	43.38	800m: 11:25.74	43.41	1200m: 17:16.91	44.29		
7. Liesbeth van Mill	Zwemlust- den Hommel	NED	198702786	22:39.65	+0.95		
50m: 38.94	38.94	450m: 6:33.80	45.03	850m: 12:38.49	45.40	1250m: 18:47.77	46.19
100m: 1:21.91	42.97	500m: 7:19.43	45.63	900m: 13:24.93	46.44	1300m: 19:34.38	46.61
150m: 2:05.66	43.75	550m: 8:05.05	45.62	950m: 14:10.67	45.74	1350m: 20:20.71	46.33
200m: 2:50.15	44.49	600m: 8:50.65	45.60	1000m: 14:56.99	46.32	1400m: 21:07.44	46.73
250m: 3:34.47	44.32	650m: 9:36.28	45.63	1050m: 15:43.04	46.05	1450m: 21:53.91	46.47
300m: 4:19.26	44.79	700m: 10:22.04	45.76	1100m: 16:29.60	46.56	1500m: 22:39.65	45.74
350m: 5:03.82	44.56	750m: 11:07.03	44.99	1150m: 17:15.19	45.59		
400m: 5:48.77	44.95	800m: 11:53.09	46.06	1200m: 18:01.58	46.39		
8. Sandra Schellekens	Neptunus'58	NED	198503416	23:34.73	+0.88		
50m: 38.59	38.59	450m: 6:50.33	47.63	850m: 13:13.76	47.44	1250m: 19:38.61	48.13
100m: 1:22.92	44.33	500m: 7:38.08	47.75	900m: 14:01.82	48.06	1300m: 20:27.13	48.52
150m: 2:08.29	45.37	550m: 8:25.94	47.86	950m: 14:49.64	47.82	1350m: 21:15.19	48.06
200m: 2:54.34	46.05	600m: 9:14.31	48.37	1000m: 15:37.85	48.21	1400m: 22:04.05	48.86
250m: 3:41.27	46.93	650m: 10:02.35	48.04	1050m: 16:25.88	48.03	1450m: 22:51.24	47.19
300m: 4:27.91	46.64	700m: 10:50.59	48.24	1100m: 17:14.05	48.17	1500m: 23:34.73	43.49
350m: 5:15.27	47.36	750m: 11:38.38	47.79	1150m: 18:01.97	47.92		
400m: 6:02.70	47.43	800m: 12:26.32	47.94	1200m: 18:50.48	48.51		



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



Programmanr. 2, Dames, 1500m vrije slag, Masters 35+

rang	naam	vereniging								tijd	RT	PARA
9.	Esther Boerdam-Delfos	AZC				NED 198705256				23:40.01	+0.79	
	50m: 39.11	39.11	450m: 6:51.76	47.55	850m: 13:15.87	48.22	1250m: 19:43.94	48.71				
	100m: 1:22.86	43.75	500m: 7:39.69	47.93	900m: 14:04.93	49.06	1300m: 20:32.33	48.39				
	150m: 2:08.45	45.59	550m: 8:27.48	47.79	950m: 14:52.84	47.91	1350m: 21:20.77	48.44				
	200m: 2:55.53	47.08	600m: 9:15.27	47.79	1000m: 15:41.11	48.27	1400m: 22:09.42	48.65				
	250m: 3:42.46	46.93	650m: 10:02.97	47.70	1050m: 16:29.76	48.65	1450m: 22:55.52	46.10				
	300m: 4:29.80	47.34	700m: 10:51.29	48.32	1100m: 17:18.46	48.70	1500m: 23:40.01	44.49				
	350m: 5:16.64	46.84	750m: 11:39.06	47.77	1150m: 18:06.85	48.39						
	400m: 6:04.21	47.57	800m: 12:27.65	48.59	1200m: 18:55.23	48.38						

Masters 40+

1.	Ann Wanter	Zwemclub Geel	BEL	ZGEEL/21082/82	19:19.08	+0.78						
	Belgisch Masters Record											
	50m:	33.90	33.90	450m:	5:42.40	38.85	850m:	10:53.41	39.06	1250m:	16:06.95	39.02
	100m:	1:10.90	37.00	500m:	6:21.05	38.65	900m:	11:32.75	39.34	1300m:	16:46.16	39.21
	150m:	1:49.58	38.68	550m:	6:59.59	38.54	950m:	12:11.99	39.24	1350m:	17:25.52	39.36
	200m:	2:28.46	38.88	600m:	7:38.59	39.00	1000m:	12:51.61	39.62	1400m:	18:04.64	39.12
	250m:	3:06.79	38.33	650m:	8:17.45	38.86	1050m:	13:30.84	39.23	1450m:	18:43.47	38.83
	300m:	3:45.93	39.14	700m:	8:56.50	39.05	1100m:	14:10.01	39.17	1500m:	19:19.08	35.61
	350m:	4:24.76	38.83	750m:	9:35.45	38.95	1150m:	14:48.89	38.88			
	400m:	5:03.55	38.79	800m:	10:14.35	38.90	1200m:	15:27.93	39.04			
2.	Maïke Zeterberg	Zehlendorfer TSV 1888	GER	066680	19:24.09							
	50m:	33.81	33.81	450m:	5:40.05	38.53	850m:	10:53.29	39.02	1250m:	16:08.15	39.07
	100m:	1:11.49	37.68	500m:	6:19.36	39.31	900m:	11:32.93	39.64	1300m:	16:47.91	39.76
	150m:	1:49.68	38.19	550m:	6:58.19	38.83	950m:	12:12.06	39.13	1350m:	17:27.14	39.23
	200m:	2:27.92	38.24	600m:	7:37.43	39.24	1000m:	12:51.86	39.80	1400m:	18:06.98	39.84
	250m:	3:06.09	38.17	650m:	8:16.35	38.92	1050m:	13:30.93	39.07	1450m:	18:45.55	38.57
	300m:	3:44.49	38.40	700m:	8:55.72	39.37	1100m:	14:10.45	39.52	1500m:	19:24.09	38.54
	350m:	4:22.72	38.23	750m:	9:34.77	39.05	1150m:	14:49.47	39.02			
	400m:	5:01.52	38.80	800m:	10:14.27	39.50	1200m:	15:29.08	39.61			
3.	Heather Frees	Lone Star Masters	USA		19:42.13	+0.67						
	50m:	34.39	34.39	450m:	5:46.19	39.84	850m:	11:05.23	40.33	1250m:	16:25.94	40.16
	100m:	1:11.92	37.53	500m:	6:25.94	39.75	900m:	11:45.44	40.21	1300m:	17:06.05	40.11
	150m:	1:50.34	38.42	550m:	7:05.76	39.82	950m:	12:25.29	39.85	1350m:	17:45.83	39.78
	200m:	2:29.10	38.76	600m:	7:45.41	39.65	1000m:	13:05.27	39.98	1400m:	18:25.45	39.62
	250m:	3:08.27	39.17	650m:	8:25.39	39.98	1050m:	13:45.39	40.12	1450m:	19:04.82	39.37
	300m:	3:47.58	39.31	700m:	9:05.14	39.75	1100m:	14:26.09	40.70	1500m:	19:42.13	37.31
	350m:	4:27.03	39.45	750m:	9:45.06	39.92	1150m:	15:05.85	39.76			
	400m:	5:06.35	39.32	800m:	10:24.90	39.84	1200m:	15:45.78	39.93			
4.	Steffi Krul- Meinhold	d'ELFT	NED	198001542	20:39.20	+0.84						
	50m:	36.05	36.05	450m:	6:07.05	41.41	850m:	11:40.65	41.76	1250m:	17:13.84	41.95
	100m:	1:16.46	40.41	500m:	6:48.62	41.57	900m:	12:22.05	41.40	1300m:	17:55.18	41.34
	150m:	1:57.36	40.90	550m:	7:30.67	42.05	950m:	13:03.55	41.50	1350m:	18:36.57	41.39
	200m:	2:38.85	41.49	600m:	8:12.48	41.81	1000m:	13:45.00	41.45	1400m:	19:17.86	41.29
	250m:	3:20.27	41.42	650m:	8:54.37	41.89	1050m:	14:26.71	41.71	1450m:	19:59.08	41.22
	300m:	4:01.92	41.65	700m:	9:35.85	41.48	1100m:	15:08.16	41.45	1500m:	20:39.20	40.12
	350m:	4:43.89	41.97	750m:	10:17.52	41.67	1150m:	15:50.12	41.96			
	400m:	5:25.64	41.75	800m:	10:58.89	41.37	1200m:	16:31.89	41.77			
5.	Ramona Linting	AZC	NED	198301274	22:08.00	+0.58						
	50m:	37.24	37.24	450m:	6:25.13	43.94	850m:	12:21.00	44.70	1250m:	18:21.41	45.14
	100m:	1:18.65	41.41	500m:	7:09.62	44.49	900m:	13:06.20	45.20	1300m:	19:07.40	45.99
	150m:	2:01.32	42.67	550m:	7:53.99	44.37	950m:	13:50.84	44.64	1350m:	19:52.32	44.92
	200m:	2:45.30	43.98	600m:	8:38.28	44.29	1000m:	14:36.09	45.25	1400m:	20:37.61	45.29
	250m:	3:29.18	43.88	650m:	9:22.29	44.01	1050m:	15:20.78	44.69	1450m:	21:22.42	44.81
	300m:	4:13.10	43.92	700m:	10:06.82	44.53	1100m:	16:06.10	45.32	1500m:	22:08.00	45.58
	350m:	4:56.98	43.88	750m:	10:51.29	44.47	1150m:	16:50.67	44.57			
	400m:	5:41.19	44.21	800m:	11:36.30	45.01	1200m:	17:36.27	45.60			
6.	Sabrina Boekhout	De Biesboschzwemmers	NED	198100120	22:31.52	+0.84						
	50m:	37.49	37.49	450m:	6:35.46	44.89	850m:	12:38.68	45.43	1250m:	18:46.02	46.26
	100m:	1:19.91	42.42	500m:	7:20.23	44.77	900m:	13:24.52	45.84	1300m:	19:31.83	45.81
	150m:	2:03.94	44.03	550m:	8:05.18	44.95	950m:	14:10.37	45.85	1350m:	20:16.91	45.08
	200m:	2:48.55	44.61	600m:	8:50.68	45.50	1000m:	14:56.42	46.05	1400m:	21:02.35	45.44
	250m:	3:33.53	44.98	650m:	9:35.98	45.30	1050m:	15:42.06	45.64	1450m:	21:47.11	44.76
	300m:	4:19.09	45.56	700m:	10:22.20	46.22	1100m:	16:28.03	45.97	1500m:	22:31.52	44.41
	350m:	5:04.86	45.77	750m:	11:07.52	45.32	1150m:	17:14.25	46.22			
	400m:	5:50.57	45.71	800m:	11:53.25	45.73	1200m:	17:59.76	45.51			



Open Nederlandse Masters
Kampioenschappen 2024 lange baan
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Programmanr. 2, Dames, 1500m vrije slag, Masters 40+

rang	naam	vereniging				tijd				RT	PARA	
7.	Linda Hoogendam	WVZ				NED	198300892	23:46.03		+0.91		
	50m:	39.56	39.56	450m:	6:57.69	47.76	850m:	13:25.30	48.45	1250m:	19:53.32	48.12
	100m:	1:25.37	45.81	500m:	7:46.46	48.77	900m:	14:13.72	48.42	1300m:	20:41.59	48.27
	150m:	2:11.51	46.14	550m:	8:33.91	47.45	950m:	15:02.45	48.73	1350m:	21:28.60	47.01
	200m:	2:58.60	47.09	600m:	9:22.22	48.31	1000m:	15:51.31	48.86	1400m:	22:16.05	47.45
	250m:	3:46.17	47.57	650m:	10:10.74	48.52	1050m:	16:39.02	47.71	1450m:	23:02.19	46.14
	300m:	4:33.52	47.35	700m:	10:59.38	48.64	1100m:	17:27.52	48.50	1500m:	23:46.03	43.84
	350m:	5:21.62	48.10	750m:	11:48.05	48.67	1150m:	18:16.57	49.05			
	400m:	6:09.93	48.31	800m:	12:36.85	48.80	1200m:	19:05.20	48.63			

Masters 45+

1.	Liselotte Joling	PSV	NED	197500268	19:51.73	+0.84		
	50m: 35.54	35.54	450m: 5:52.77	40.15	850m: 11:10.77	39.85	1250m: 16:32.29	40.43
	100m: 1:14.88	39.34	500m: 6:32.62	39.85	900m: 11:51.00	40.23	1300m: 17:12.53	40.24
	150m: 1:54.12	39.24	550m: 7:11.31	38.69	950m: 12:31.52	40.52	1350m: 17:53.08	40.55
	200m: 2:34.00	39.88	600m: 7:50.94	39.63	1000m: 13:11.26	39.74	1400m: 18:33.89	40.81
	250m: 3:13.79	39.79	650m: 8:31.39	40.45	1050m: 13:51.94	40.68	1450m: 19:13.66	39.77
	300m: 3:53.38	39.59	700m: 9:11.23	39.84	1100m: 14:31.89	39.95	1500m: 19:51.73	38.07
	350m: 4:33.26	39.88	750m: 9:51.15	39.92	1150m: 15:11.44	39.55		
	400m: 5:12.62	39.36	800m: 10:30.92	39.77	1200m: 15:51.86	40.42		
2.	Chantal Verhoeff	Old Dutch	NED	197900912	22:23.77	+0.79		
	50m: 37.48	37.48	450m: 6:34.43	45.06	850m: 12:33.88	45.31	1250m: 18:37.55	45.59
	100m: 1:20.19	42.71	500m: 7:19.06	44.63	900m: 13:19.01	45.13	1300m: 19:23.29	45.74
	150m: 2:04.55	44.36	550m: 8:03.82	44.76	950m: 14:04.20	45.19	1350m: 20:08.73	45.44
	200m: 2:49.12	44.57	600m: 8:48.70	44.88	1000m: 14:49.91	45.71	1400m: 20:54.16	45.43
	250m: 3:34.17	45.05	650m: 9:33.88	45.18	1050m: 15:35.37	45.46	1450m: 21:39.44	45.28
	300m: 4:18.96	44.79	700m: 10:18.63	44.75	1100m: 16:20.99	45.62	1500m: 22:23.77	44.33
	350m: 5:04.40	45.44	750m: 11:03.57	44.94	1150m: 17:06.41	45.42		
	400m: 5:49.37	44.97	800m: 11:48.57	45.00	1200m: 17:51.96	45.55		
3.	Jessica Venema	GZC DONK	NED	197901526	22:44.53	+0.80		
	50m: 36.43	36.43	450m: 6:31.94	45.54	850m: 12:42.17	47.39	1250m: 18:56.66	46.44
	100m: 1:18.58	42.15	500m: 7:17.13	45.19	900m: 13:28.85	46.68	1300m: 19:43.41	46.75
	150m: 2:02.06	43.48	550m: 8:03.31	46.18	950m: 14:15.83	46.98	1350m: 20:30.36	46.95
	200m: 2:46.42	44.36	600m: 8:48.62	45.31	1000m: 15:02.84	47.01	1400m: 21:16.96	46.60
	250m: 3:31.41	44.99	650m: 9:34.85	46.23	1050m: 15:50.03	47.19	1450m: 22:02.69	45.73
	300m: 4:16.34	44.93	700m: 10:21.27	46.42	1100m: 16:37.20	47.17	1500m: 22:44.53	41.84
	350m: 5:01.33	44.99	750m: 11:07.74	46.47	1150m: 17:23.85	46.65		
	400m: 5:46.40	45.07	800m: 11:54.78	47.04	1200m: 18:10.22	46.37		

Masters 50+

1.	Carla Geurts	PSV	NED	197100178	19:33.69	+0.72		
	50m: 34.27	34.27	450m: 5:45.97	39.10	850m: 10:59.59	38.74	1250m: 16:15.30	39.61
	100m: 1:12.11	37.84	500m: 6:25.36	39.39	900m: 11:39.15	39.56	1300m: 16:54.89	39.59
	150m: 1:50.65	38.54	550m: 7:04.48	39.12	950m: 12:18.41	39.26	1350m: 17:34.51	39.62
	200m: 2:29.81	39.16	600m: 7:43.81	39.33	1000m: 12:58.35	39.94	1400m: 18:14.68	40.17
	250m: 3:08.56	38.75	650m: 8:22.75	38.94	1050m: 13:37.73	39.38	1450m: 18:54.25	39.57
	300m: 3:48.15	39.59	700m: 9:02.30	39.55	1100m: 14:17.00	39.27	1500m: 19:33.69	39.44
	350m: 4:27.40	39.25	750m: 9:41.16	38.86	1150m: 14:56.47	39.47		
	400m: 5:06.87	39.47	800m: 10:20.85	39.69	1200m: 15:35.69	39.22		
2.	Bianca Groot	MSV-Zeemacht	NED	197000652	21:19.27	+0.87		
	50m: 36.77	36.77	450m: 6:11.84	42.44	850m: 11:53.05	43.20	1250m: 17:41.47	43.38
	100m: 1:18.03	41.26	500m: 6:54.34	42.50	900m: 12:36.40	43.35	1300m: 18:24.77	43.30
	150m: 1:59.81	41.78	550m: 7:36.65	42.31	950m: 13:19.94	43.54	1350m: 19:08.07	43.30
	200m: 2:41.57	41.76	600m: 8:19.16	42.51	1000m: 14:03.70	43.76	1400m: 19:51.62	43.55
	250m: 3:23.52	41.95	650m: 9:01.51	42.35	1050m: 14:46.59	42.89	1450m: 20:34.91	43.29
	300m: 4:05.32	41.80	700m: 9:44.31	42.80	1100m: 15:30.23	43.64	1500m: 21:19.27	44.36
	350m: 4:47.21	41.89	750m: 10:26.84	42.53	1150m: 16:13.92	43.69		
	400m: 5:29.40	42.19	800m: 11:09.85	43.01	1200m: 16:58.09	44.17		
3.	Karin Stein	ZVVS	NED	197100554	21:35.77	+0.85		
	50m: 38.20	38.20	450m: 6:22.67	43.26	850m: 12:10.60	43.25	1250m: 17:58.82	43.73
	100m: 1:19.82	41.62	500m: 7:06.03	43.36	900m: 12:54.21	43.61	1300m: 18:43.13	44.31
	150m: 2:02.71	42.89	550m: 7:49.40	43.37	950m: 13:37.76	43.55	1350m: 19:26.98	43.85
	200m: 2:45.88	43.17	600m: 8:32.72	43.32	1000m: 14:21.16	43.40	1400m: 20:10.73	43.75
	250m: 3:29.06	43.18	650m: 9:16.14	43.42	1050m: 15:04.64	43.48	1450m: 20:54.44	43.71
	300m: 4:12.25	43.19	700m: 9:59.97	43.83	1100m: 15:47.96	43.32	1500m: 21:35.77	41.33
	350m: 4:55.84	43.59	750m: 10:43.42	43.45	1150m: 16:31.37	43.41		
	400m: 5:39.41	43.57	800m: 11:27.35	43.93	1200m: 17:15.09	43.72		



Open Nederlandse Masters
Kampioenschappen 2024 lange baan
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Programmanr. 2, Dames, 1500m vrije slag, Masters 50+

rang	naam	vereniging				tijd		RT	PARA
4.	Marleen Vos	Batavia Swim		NED	197400598	21:38.42		+0.83	
	50m: 37.41	37.41	450m: 6:18.66	43.24	850m: 12:06.65	43.42	1250m: 17:58.98	44.30	
	100m: 1:19.02	41.61	500m: 7:01.75	43.09	900m: 12:50.53	43.88	1300m: 18:43.58	44.60	
	150m: 2:01.11	42.09	550m: 7:45.33	43.58	950m: 13:34.66	44.13	1350m: 19:28.01	44.43	
	200m: 2:43.71	42.60	600m: 8:28.82	43.49	1000m: 14:18.34	43.68	1400m: 20:11.97	43.96	
	250m: 3:26.53	42.82	650m: 9:12.13	43.31	1050m: 15:02.38	44.04	1450m: 20:56.03	44.06	
	300m: 4:09.48	42.95	700m: 9:55.64	43.51	1100m: 15:46.69	44.31	1500m: 21:38.42	42.39	
	350m: 4:52.20	42.72	750m: 10:39.27	43.63	1150m: 16:30.20	43.51			
	400m: 5:35.42	43.22	800m: 11:23.23	43.96	1200m: 17:14.68	44.48			
5.	Nicole Warnier	Zwemclub Eijssen		NED	197301042	21:58.16		+0.89	
	50m: 38.68	38.68	450m: 6:24.70	43.62	850m: 12:16.59	44.65	1250m: 18:15.26	45.08	
	100m: 1:20.61	41.93	500m: 7:08.25	43.55	900m: 13:01.17	44.58	1300m: 19:00.17	44.91	
	150m: 2:03.87	43.26	550m: 7:51.74	43.49	950m: 13:45.95	44.78	1350m: 19:45.16	44.99	
	200m: 2:47.15	43.28	600m: 8:35.30	43.56	1000m: 14:30.57	44.62	1400m: 20:29.99	44.83	
	250m: 3:30.54	43.39	650m: 9:19.04	43.74	1050m: 15:15.37	44.80	1450m: 21:14.57	44.58	
	300m: 4:13.87	43.33	700m: 10:02.73	43.69	1100m: 16:00.35	44.98	1500m: 21:58.16	43.59	
	350m: 4:57.54	43.67	750m: 10:47.48	44.75	1150m: 16:45.31	44.96			
	400m: 5:41.08	43.54	800m: 11:31.94	44.46	1200m: 17:30.18	44.87			
6.	Mariska van Doorn	Arethusa		NED	197200444	22:48.41		+0.94	
	50m: 38.13	38.13	450m: 6:35.80	45.53	850m: 12:44.55	45.50	1250m: 18:57.43	46.75	
	100m: 1:20.77	42.64	500m: 7:21.50	45.70	900m: 13:30.90	46.35	1300m: 19:44.30	46.87	
	150m: 2:05.02	44.25	550m: 8:07.10	45.60	950m: 14:17.32	46.42	1350m: 20:31.05	46.75	
	200m: 2:49.69	44.67	600m: 8:53.36	46.26	1000m: 15:04.12	46.80	1400m: 21:16.97	45.92	
	250m: 3:34.23	44.54	650m: 9:39.85	46.49	1050m: 15:50.87	46.75	1450m: 22:03.68	46.71	
	300m: 4:19.45	45.22	700m: 10:25.93	46.08	1100m: 16:37.61	46.74	1500m: 22:48.41	44.73	
	350m: 5:04.68	45.23	750m: 11:12.47	46.54	1150m: 17:23.83	46.22			
	400m: 5:50.27	45.59	800m: 11:59.05	46.58	1200m: 18:10.68	46.85			
7.	Inken Wemheuer	Team Noord Holland (SG)		NED	197101016	23:00.45		+0.79	
	50m: 38.66	38.66	450m: 6:48.00	46.59	850m: 13:01.72	46.68	1250m: 19:12.70	46.37	
	100m: 1:22.50	43.84	500m: 7:35.26	47.26	900m: 13:48.20	46.48	1300m: 19:59.22	46.52	
	150m: 2:08.34	45.84	550m: 8:21.94	46.68	950m: 14:33.95	45.75	1350m: 20:45.99	46.77	
	200m: 2:54.63	46.29	600m: 9:08.74	46.80	1000m: 15:20.07	46.12	1400m: 21:33.04	47.05	
	250m: 3:41.01	46.38	650m: 9:55.29	46.55	1050m: 16:06.37	46.30	1450m: 22:18.16	45.12	
	300m: 4:27.77	46.76	700m: 10:42.13	46.84	1100m: 16:53.17	46.80	1500m: 23:00.45	42.29	
	350m: 5:14.41	46.64	750m: 11:28.39	46.26	1150m: 17:39.52	46.35			
	400m: 6:01.41	47.00	800m: 12:15.04	46.65	1200m: 18:26.33	46.81			
8.	Pascalie Janssen	Patrick-De Roersoppers (SG)		NED	197300852	23:33.81		+0.98	
	50m: 39.09	39.09	450m: 6:52.18	47.53	850m: 13:14.07	48.03	1250m: 19:38.07	48.50	
	100m: 1:23.32	44.23	500m: 7:39.89	47.71	900m: 14:01.78	47.71	1300m: 20:26.10	48.03	
	150m: 2:09.40	46.08	550m: 8:27.45	47.56	950m: 14:49.95	48.17	1350m: 21:14.38	48.28	
	200m: 2:55.89	46.49	600m: 9:14.81	47.36	1000m: 15:37.61	47.66	1400m: 22:02.66	48.28	
	250m: 3:42.90	47.01	650m: 10:02.56	47.75	1050m: 16:25.48	47.87	1450m: 22:50.09	47.43	
	300m: 4:30.04	47.14	700m: 10:50.09	47.53	1100m: 17:13.29	47.81	1500m: 23:33.81	43.72	
	350m: 5:17.38	47.34	750m: 11:38.02	47.93	1150m: 18:01.53	48.24			
	400m: 6:04.65	47.27	800m: 12:26.04	48.02	1200m: 18:49.57	48.04			
9.	Annette Spies	Link		NED	197001110	25:36.06		+0.92	
	50m: 44.03	44.03	450m: 7:33.73	51.47	850m: 14:26.52	50.25	1250m: 21:19.59	50.58	
	100m: 1:33.06	49.03	500m: 8:25.20	51.47	900m: 15:19.10	52.58	1300m: 22:11.92	52.33	
	150m: 2:24.12	51.06	550m: 9:17.99	52.79	950m: 16:09.64	50.54	1350m: 23:03.03	51.11	
	200m: 3:15.19	51.07	600m: 10:09.92	51.93	1000m: 17:02.23	52.59	1400m: 23:54.97	51.94	
	250m: 4:06.45	51.26	650m: 11:01.27	51.35	1050m: 17:53.78	51.55	1450m: 24:46.35	51.38	
	300m: 4:58.71	52.26	700m: 11:52.88	51.61	1100m: 18:45.58	51.80	1500m: 25:36.06	49.71	
	350m: 5:50.59	51.88	750m: 12:44.36	51.48	1150m: 19:36.51	50.93			
	400m: 6:42.26	51.67	800m: 13:36.27	51.91	1200m: 20:29.01	52.50			
10.	Annet Kootstra	SWOL 1894		NED	197100344	26:25.16		+1.02	
	50m: 43.45	43.45	450m: 7:34.26	52.68	850m: 14:39.90	53.96	1250m: 21:53.27	54.51	
	100m: 1:32.59	49.14	500m: 8:26.40	52.14	900m: 15:33.48	53.58	1300m: 22:47.54	54.27	
	150m: 2:22.59	50.00	550m: 9:19.33	52.93	950m: 16:28.13	54.65	1350m: 23:42.75	55.21	
	200m: 3:13.71	51.12	600m: 10:12.34	53.01	1000m: 17:21.43	53.30	1400m: 24:37.04	54.29	
	250m: 4:05.08	51.37	650m: 11:05.56	53.22	1050m: 18:15.90	54.47	1450m: 25:32.04	55.00	
	300m: 4:56.63	51.55	700m: 11:58.57	53.01	1100m: 19:09.94	54.04	1500m: 26:25.16	53.12	
	350m: 5:48.68	52.05	750m: 12:52.78	54.21	1150m: 20:04.72	54.78			
	400m: 6:41.58	52.90	800m: 13:45.94	53.16	1200m: 20:58.76	54.04			
11.	Marita Pongers	ZPC De Hof		NED	197400416	27:15.23			
	50m: 45.17	45.17	450m: 8:00.38	55.84	850m: 15:19.67	55.73	1250m: 22:42.71	55.71	
	100m: 1:36.10	50.93	500m: 8:54.22	53.84	900m: 16:14.86	55.19	1300m: 23:38.22	55.51	
	150m: 2:29.04	52.94	550m: 9:48.61	54.39	950m: 17:11.19	56.33	1350m: 24:34.19	55.97	
	200m: 3:23.64	54.60	600m: 10:43.61	55.00	1000m: 18:05.06	53.87	1400m: 25:30.55	56.36	
	250m: 4:18.40	54.76	650m: 11:37.84	54.23	1050m: 18:59.50	54.44	1450m: 26:24.01	53.46	
	300m: 5:15.01	56.61	700m: 12:34.40	56.56	1100m: 19:56.06	56.56	1500m: 27:15.23	51.22	
	350m: 6:09.89	54.88	750m: 13:29.18	54.78	1150m: 20:51.79	55.73			
	400m: 7:04.54	54.65	800m: 14:23.94	54.76	1200m: 21:47.00	55.21			



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Programmanr. 2, Dames, 1500m vrije slag

Masters 55+

1.	Iris van Aurich	DWK	NED	196900866	22:56.01 *	+0.80		
	50m: 38.07	38.07	450m: 6:45.35	46.34	850m: 12:57.26	47.48	1250m: 19:10.11	46.22
	100m: 1:21.49	43.42	500m: 7:30.91	45.56	900m: 13:44.05	46.79	1300m: 19:56.34	46.23
	150m: 2:06.84	45.35	550m: 8:17.53	46.62	950m: 14:30.91	46.86	1350m: 20:43.08	46.74
	200m: 2:52.99	46.15	600m: 9:03.94	46.41	1000m: 15:17.40	46.49	1400m: 21:28.75	45.67
	250m: 3:39.88	46.89	650m: 9:49.54	45.60	1050m: 16:04.03	46.63	1450m: 22:14.12	45.37
	300m: 4:26.38	46.50	700m: 10:35.70	46.16	1100m: 16:50.94	46.91	1500m: 22:56.01	41.89
	350m: 5:13.20	46.82	750m: 11:23.15	47.45	1150m: 17:37.72	46.78		
	400m: 5:59.01	45.81	800m: 12:09.78	46.63	1200m: 18:23.89	46.17		
2.	Laura Staal	Oceanus	NED	196700358	23:03.53	+0.89		
	50m: 40.27	40.27	450m: 6:46.70	45.84	850m: 12:57.64	46.63	1250m: 19:11.12	46.86
	100m: 1:24.73	44.46	500m: 7:32.99	46.29	900m: 13:44.23	46.59	1300m: 19:58.10	46.98
	150m: 2:10.55	45.82	550m: 8:19.41	46.42	950m: 14:30.75	46.52	1350m: 20:44.58	46.48
	200m: 2:56.72	46.17	600m: 9:05.75	46.34	1000m: 15:17.11	46.36	1400m: 21:31.29	46.71
	250m: 3:42.54	45.82	650m: 9:51.92	46.17	1050m: 16:03.82	46.71	1450m: 22:17.84	46.55
	300m: 4:28.50	45.96	700m: 10:38.24	46.32	1100m: 16:50.47	46.65	1500m: 23:03.53	45.69
	350m: 5:14.79	46.29	750m: 11:24.26	46.02	1150m: 17:37.53	47.06		
	400m: 6:00.86	46.07	800m: 12:11.01	46.75	1200m: 18:24.26	46.73		
3.	K. van Nassau-van den Heuvel	Old Dutch	NED	196600188	25:01.02	+1.08		
	50m: 44.58	44.58	450m: 7:23.69	50.22	850m: 14:06.83	50.35	1250m: 20:51.41	50.01
	100m: 1:33.47	48.89	500m: 8:14.07	50.38	900m: 14:57.88	51.05	1300m: 21:42.25	50.84
	150m: 2:22.83	49.36	550m: 9:03.87	49.80	950m: 15:47.76	49.88	1350m: 22:31.97	49.72
	200m: 3:12.64	49.81	600m: 9:54.36	50.49	1000m: 16:38.69	50.93	1400m: 23:22.33	50.36
	250m: 4:02.66	50.02	650m: 10:44.64	50.28	1050m: 17:29.85	51.16	1450m: 24:12.41	50.08
	300m: 4:52.89	50.23	700m: 11:35.42	50.78	1100m: 18:20.84	50.99	1500m: 25:01.02	48.61
	350m: 5:42.93	50.04	750m: 12:25.65	50.23	1150m: 19:10.86	50.02		
	400m: 6:33.47	50.54	800m: 13:16.48	50.83	1200m: 20:01.40	50.54		
4.	Kristien Van de Moortel	ShaRK - Swimming Region KemBEL	SHARK/20315/69	26:43.38	+0.88			
	50m: 46.30	46.30	450m: 7:50.67	53.32	850m: 14:56.93	53.73	1250m: 22:12.96	54.74
	100m: 1:38.89	52.59	500m: 8:43.28	52.61	900m: 15:51.41	54.48	1300m: 23:08.42	55.46
	150m: 2:32.26	53.37	550m: 9:36.54	53.26	950m: 16:46.10	54.69	1350m: 24:03.37	54.95
	200m: 3:25.66	53.40	600m: 10:29.86	53.32	1000m: 17:40.45	54.35	1400m: 24:58.10	54.73
	250m: 4:18.61	52.95	650m: 11:23.24	53.38	1050m: 18:34.95	54.50	1450m: 25:52.62	54.52
	300m: 5:11.54	52.93	700m: 12:16.40	53.16	1100m: 19:28.99	54.04	1500m: 26:43.38	50.76
	350m: 6:04.69	53.15	750m: 13:09.98	53.58	1150m: 20:23.59	54.60		
	400m: 6:57.35	52.66	800m: 14:03.20	53.22	1200m: 21:18.22	54.63		

Masters 60+

1.	Katrin Pennings	PSV	NED	196400570	22:11.74	+0.78						
	Nederlands Masters Record											
	50m:	37.58	37.58	450m:	6:30.26	45.00	850m:	12:27.76	44.79	1250m:	18:27.08	45.51
	100m:	1:19.60	42.02	500m:	7:14.89	44.63	900m:	13:12.34	44.58	1300m:	19:12.14	45.06
	150m:	2:03.02	43.42	550m:	7:59.52	44.63	950m:	13:57.10	44.76	1350m:	19:57.62	45.48
	200m:	2:46.99	43.97	600m:	8:44.09	44.57	1000m:	14:41.95	44.85	1400m:	20:42.77	45.15
	250m:	3:31.40	44.41	650m:	9:28.76	44.67	1050m:	15:27.29	45.34	1450m:	21:28.22	45.45
	300m:	4:15.74	44.34	700m:	10:13.55	44.79	1100m:	16:11.84	44.55	1500m:	22:11.74	43.52
	350m:	5:00.47	44.73	750m:	10:58.15	44.60	1150m:	16:56.80	44.96			
	400m:	5:45.26	44.79	800m:	11:42.97	44.82	1200m:	17:41.57	44.77			
2.	Wilna Heijman	Steenwijk 1934	NED	196400506	22:37.78	+0.83						
	50m:	39.24	39.24	450m:	6:33.57	44.39	850m:	12:36.95	45.40	1250m:	18:45.00	46.24
	100m:	1:22.30	43.06	500m:	7:19.07	45.50	900m:	13:22.74	45.79	1300m:	19:31.41	46.41
	150m:	2:05.82	43.52	550m:	8:03.99	44.92	950m:	14:08.02	45.28	1350m:	20:17.71	46.30
	200m:	2:50.33	44.51	600m:	8:49.57	45.58	1000m:	14:53.88	45.86	1400m:	21:05.13	47.42
	250m:	3:34.58	44.25	650m:	9:34.94	45.37	1050m:	15:39.84	45.96	1450m:	21:51.41	46.28
	300m:	4:19.61	45.03	700m:	10:20.67	45.73	1100m:	16:26.16	46.32	1500m:	22:37.78	46.37
	350m:	5:03.74	44.13	750m:	11:05.98	45.31	1150m:	17:12.07	45.91			
	400m:	5:49.18	45.44	800m:	11:51.55	45.57	1200m:	17:58.76	46.69			
3.	Monique Kroeze	De Mors	NED	196400546	23:29.79	+0.95						
	50m:	39.32	39.32	450m:	6:50.87	47.21	850m:	13:10.97	47.58	1250m:	19:32.76	47.99
	100m:	1:23.05	43.73	500m:	7:38.22	47.35	900m:	13:58.66	47.69	1300m:	20:20.61	47.85
	150m:	2:08.84	45.79	550m:	8:25.26	47.04	950m:	14:46.43	47.77	1350m:	21:08.13	47.52
	200m:	2:55.57	46.73	600m:	9:13.09	47.83	1000m:	15:34.21	47.78	1400m:	21:57.19	49.06
	250m:	3:42.22	46.65	650m:	10:00.41	47.32	1050m:	16:21.76	47.55	1450m:	22:44.54	47.35
	300m:	4:29.19	46.97	700m:	10:47.55	47.14	1100m:	17:09.10	47.34	1500m:	23:29.79	45.25
	350m:	5:15.88	46.69	750m:	11:35.49	47.94	1150m:	17:57.13	48.03			
	400m:	6:03.66	47.78	800m:	12:23.39	47.90	1200m:	18:44.77	47.64			



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Kampioenschappen 2024 lange baan
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Programmanr. 2, Dames, 1500m vrije slag, Masters 60+

rang	naam	vereniging				tijd				RT	PARA
4.	P. Tossings-van de Hooven	GZC DONK				NED 196100376				23:38.38	+0.86
	50m: 40.80	40.80	450m: 6:56.66	47.56	850m: 13:18.00	47.65	1250m: 19:41.35		48.06		
	100m: 1:26.22	45.42	500m: 7:44.29	47.63	900m: 14:05.82	47.82	1300m: 20:29.49		48.14		
	150m: 2:12.48	46.26	550m: 8:31.66	47.37	950m: 14:53.62	47.80	1350m: 21:17.69		48.20		
	200m: 2:59.82	47.34	600m: 9:19.52	47.86	1000m: 15:41.58	47.96	1400m: 22:06.07		48.38		
	250m: 3:46.45	46.63	650m: 10:07.23	47.71	1050m: 16:29.27	47.69	1450m: 22:54.12		48.05		
	300m: 4:33.83	47.38	700m: 10:54.93	47.70	1100m: 17:17.51	48.24	1500m: 23:38.38		44.26		
	350m: 5:21.26	47.43	750m: 11:42.71	47.78	1150m: 18:05.34	47.83					
	400m: 6:09.10	47.84	800m: 12:30.35	47.64	1200m: 18:53.29	47.95					
5.	Riny Zeijpveld-Meuleman	De Berkelduikers				NED 196000204				25:24.31	+0.81
	50m: 42.72	42.72	450m: 7:26.57	51.32	850m: 14:17.29	50.42	1250m: 21:08.87		51.32		
	100m: 1:30.70	47.98	500m: 8:18.13	51.56	900m: 15:09.10	51.81	1300m: 22:00.90		52.03		
	150m: 2:20.02	49.32	550m: 9:08.90	50.77	950m: 16:00.31	51.21	1350m: 22:51.83		50.93		
	200m: 3:10.25	50.23	600m: 10:00.77	51.87	1000m: 16:52.10	51.79	1400m: 23:43.71		51.88		
	250m: 4:00.67	50.42	650m: 10:51.89	51.12	1050m: 17:42.92	50.82	1450m: 24:34.82		51.11		
	300m: 4:52.36	51.69	700m: 11:43.81	51.92	1100m: 18:34.32	51.40	1500m: 25:24.31		49.49		
	350m: 5:44.08	51.72	750m: 12:35.23	51.42	1150m: 19:25.78	51.46					
	400m: 6:35.25	51.17	800m: 13:26.87	51.64	1200m: 20:17.55	51.77					
6.	Jennie Resink-lindeboom	DWK				NED 196000142				26:47.78	+1.03
	50m: 45.23	45.23	450m: 7:47.09	53.65	850m: 15:00.58	54.93	1250m: 22:18.73		55.09		
	100m: 1:35.37	50.14	500m: 8:40.82	53.73	900m: 15:54.78	54.20	1300m: 23:14.01		55.28		
	150m: 2:27.54	52.17	550m: 9:35.30	54.48	950m: 16:49.44	54.66	1350m: 24:09.54		55.53		
	200m: 3:19.92	52.38	600m: 10:28.74	53.44	1000m: 17:43.94	54.50	1400m: 25:04.06		54.52		
	250m: 4:13.46	53.54	650m: 11:22.43	53.69	1050m: 18:39.02	55.08	1450m: 25:56.94		52.88		
	300m: 5:06.25	52.79	700m: 12:16.51	54.08	1100m: 19:33.22	54.20	1500m: 26:47.78		50.84		
	350m: 6:00.52	54.27	750m: 13:10.99	54.48	1150m: 20:28.47	55.25					
	400m: 6:53.44	52.92	800m: 14:05.65	54.66	1200m: 21:23.64	55.17					
7.	Kirsten Stamer	SC Janus Köln				GER 247144				27:56.97	+0.57
	50m: 48.54	48.54	450m: 8:09.94	55.31	850m: 15:39.97	56.25	1250m: 23:13.69		56.30		
	100m: 1:42.30	53.76	500m: 9:06.35	56.41	900m: 16:37.49	57.52	1300m: 24:10.69		57.00		
	150m: 2:36.43	54.13	550m: 10:02.06	55.71	950m: 17:33.84	56.35	1350m: 25:07.82		57.13		
	200m: 3:32.24	55.81	600m: 10:58.59	56.53	1000m: 18:31.26	57.42	1400m: 26:05.25		57.43		
	250m: 4:27.39	55.15	650m: 11:55.18	56.59	1050m: 19:28.10	56.84	1450m: 27:01.40		56.15		
	300m: 5:23.44	56.05	700m: 12:51.30	56.12	1100m: 20:24.00	55.90	1500m: 27:56.97		55.57		
	350m: 6:18.83	55.39	750m: 13:47.33	56.03	1150m: 21:20.75	56.75					
	400m: 7:14.63	55.80	800m: 14:43.72	56.39	1200m: 22:17.39	56.64					

Masters 65+

1.	Patty Verhagen	PSV				NED 195900146				23:37.67	+0.88
	50m: 43.35	43.35	450m: 6:57.90	47.05	850m: 13:18.79	47.45	1250m: 19:40.53		47.74		
	100m: 1:29.17	45.82	500m: 7:45.48	47.58	900m: 14:06.43	47.64	1300m: 20:28.53		48.00		
	150m: 2:15.18	46.01	550m: 8:32.78	47.30	950m: 14:53.70	47.27	1350m: 21:16.21		47.68		
	200m: 3:02.24	47.06	600m: 9:20.84	48.06	1000m: 15:41.52	47.82	1400m: 22:04.47		48.26		
	250m: 3:49.08	46.84	650m: 10:08.09	47.25	1050m: 16:29.33	47.81	1450m: 22:51.74		47.27		
	300m: 4:36.51	47.43	700m: 10:55.87	47.78	1100m: 17:17.25	47.92	1500m: 23:37.67		45.93		
	350m: 5:23.42	46.91	750m: 11:43.59	47.72	1150m: 18:05.00	47.75					
	400m: 6:10.85	47.43	800m: 12:31.34	47.75	1200m: 18:52.79	47.79					

Masters 70+

1.	Ineke Weekers		PSV			NED		195300050		23:31.09		+0.80
	Europees Masters Record, EMR 800m											
	50m:	43.51	43.51	450m:	6:57.35	46.07	850m:	13:13.88	47.08	1250m:	19:33.10	47.24
	100m:	1:30.49	46.98	500m:	7:44.94	47.59	900m:	14:01.15	47.27	1300m:	20:21.33	48.23
	150m:	2:17.60	47.11	550m:	8:31.34	46.40	950m:	14:48.06	46.91	1350m:	21:08.82	47.49
	200m:	3:04.74	47.14	600m:	9:18.63	47.29	1000m:	15:35.65	47.59	1400m:	21:57.09	48.27
	250m:	3:51.09	46.35	650m:	10:05.56	46.93	1050m:	16:22.95	47.30	1450m:	22:44.50	47.41
	300m:	4:38.07	46.98	700m:	10:53.04	47.48	1100m:	17:10.36	47.41	1500m:	23:31.09	46.59
	350m:	5:24.21	46.14	750m:	11:39.42	46.38	1150m:	17:57.79	47.43			
	400m:	6:11.28	47.07	800m:	12:26.80	47.38	1200m:	18:45.86	48.07			
2.	Carla Hensen		PSV			NED		195300062		28:14.51		+1.00
	50m:	48.50	48.50	450m:	8:22.34	56.62	850m:	15:55.90	57.06	1250m:	23:31.42	56.80
	100m:	1:44.08	55.58	500m:	9:19.05	56.71	900m:	16:52.86	56.96	1300m:	24:28.74	57.32
	150m:	2:40.95	56.87	550m:	10:15.25	56.20	950m:	17:50.04	57.18	1350m:	25:25.52	56.78
	200m:	3:38.10	57.15	600m:	11:12.10	56.85	1000m:	18:46.78	56.74	1400m:	26:23.03	57.51
	250m:	4:35.09	56.99	650m:	12:08.48	56.38	1050m:	19:43.69	56.91	1450m:	27:19.75	56.72
	300m:	5:32.29	57.20	700m:	13:05.27	56.79	1100m:	20:41.13	57.44	1500m:	28:14.51	54.76
	350m:	6:28.92	56.63	750m:	14:01.81	56.54	1150m:	21:37.58	56.45			
	400m:	7:25.72	56.80	800m:	14:58.84	57.03	1200m:	22:34.62	57.04			



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



Programmanr. 2, Dames, 1500m vrije slag, Masters 70+

rang	naam			vereniging						tijd	RT	PARA
3.	Gonnie Bak			PSV			NED 195100064			33:09.33	+1.05	
	50m:	55.36	55.36	450m:	9:35.63	1:06.23	850m:	18:29.65	1:07.07	1250m:	27:30.30	1:07.48
	100m:	1:59.46	1:04.10	500m:	10:42.19	1:06.56	900m:	19:37.30	1:07.65	1300m:	28:38.85	1:08.55
	150m:	3:03.32	1:03.86	550m:	11:47.58	1:05.39	950m:	20:43.77	1:06.47	1350m:	29:46.16	1:07.31
	200m:	4:08.62	1:05.30	600m:	12:54.84	1:07.26	1000m:	21:51.93	1:08.16	1400m:	30:54.37	1:08.21
	250m:	5:12.77	1:04.15	650m:	14:00.80	1:05.96	1050m:	22:58.90	1:06.97	1450m:	32:01.58	1:07.21
	300m:	6:19.01	1:06.24	700m:	15:08.58	1:07.78	1100m:	24:07.35	1:08.45	1500m:	33:09.33	1:07.75
	350m:	7:22.71	1:03.70	750m:	16:14.79	1:06.21	1150m:	25:14.71	1:07.36			
	400m:	8:29.40	1:06.69	800m:	17:22.58	1:07.79	1200m:	26:22.82	1:08.11			

Masters 85+

1.	Marie Smits	Old Dutch				NED		193800004	37:25.94		+1.17	
	50m:	1:00.13	1:00.13	450m:	10:50.10	1:15.09	850m:	20:52.92	1:15.89	1250m:	31:05.27	1:16.66
	100m:	2:10.91	1:10.78	500m:	12:04.59	1:14.49	900m:	22:10.03	1:17.11	1300m:	32:21.72	1:16.45
	150m:	3:24.20	1:13.29	550m:	13:19.39	1:14.80	950m:	23:25.67	1:15.64	1350m:	33:38.93	1:17.21
	200m:	4:37.32	1:13.12	600m:	14:34.64	1:15.25	1000m:	24:43.14	1:17.47	1400m:	34:55.17	1:16.24
	250m:	5:51.13	1:13.81	650m:	15:49.85	1:15.21	1050m:	25:59.36	1:16.22	1450m:	36:12.08	1:16.91
	300m:	7:05.26	1:14.13	700m:	17:05.58	1:15.73	1100m:	27:15.72	1:16.36	1500m:	37:25.94	1:13.86
	350m:	8:19.76	1:14.50	750m:	18:20.90	1:15.32	1150m:	28:32.25	1:16.53			
	400m:	9:35.01	1:15.25	800m:	19:37.03	1:16.13	1200m:	29:48.61	1:16.36			