



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



Event 30
05-05-2024 - 11:00

Women, 400m Medley

Masters Open
Results

rang	naam	vereniging	tijd	RT	PARA
Masters 20+					
1.	Roos Englebert	Hieronymus	NED 200200606	5:15.83	+0.74
	50m: 32.88 32.88	150m: 1:53.72 42.76	250m: 3:19.74 44.62	350m: 4:41.37 36.73	
	100m: 1:10.96 38.08	200m: 2:35.12 41.40	300m: 4:04.64 44.90	400m: 5:15.83 34.46	
2.	Valesca van den Bogert	Hieronymus	NED 200102138	5:24.80	+0.73
	50m: 34.27 34.27	150m: 1:54.52 42.43	250m: 3:22.17 45.38	350m: 4:45.42 39.19	
	100m: 1:12.09 37.82	200m: 2:36.79 42.27	300m: 4:06.23 44.06	400m: 5:24.80 39.38	
3.	Eline Hoekstra	OEZA	NED 200301280	5:51.04	+0.81
	50m: 34.70 34.70	150m: 2:03.05 44.23	250m: 3:38.30 50.88	350m: 5:10.48 40.39	
	100m: 1:18.82 44.12	200m: 2:47.42 44.37	300m: 4:30.09 51.79	400m: 5:51.04 40.56	
4.	Ilse Valk	Het Ravijn	NED 200000172	6:05.16	+0.69
	50m: 37.30 37.30	150m: 2:12.19 49.74	250m: 3:52.53 51.35	350m: 5:25.62 40.70	
	100m: 1:22.45 45.15	200m: 3:01.18 48.99	300m: 4:44.92 52.39	400m: 6:05.16 39.54	
5.	Cynthia Koolman	ZPC Hoogetveen	NED 200300232	6:06.97	+0.66
	50m: 40.88 40.88	150m: 2:16.18 45.75	250m: 3:54.59 53.44	350m: 5:28.19 40.64	
	100m: 1:30.43 49.55	200m: 3:01.15 44.97	300m: 4:47.55 52.96	400m: 6:06.97 38.78	
6.	Senna Bongartz	Patrick-De Roersoppers (SG)	NED 200301826	6:23.30	+0.72
	50m: 41.16 41.16	150m: 2:23.08 53.21	250m: 4:07.21 55.33	350m: 5:43.69 41.69	
	100m: 1:29.87 48.71	200m: 3:11.88 48.80	300m: 5:02.00 54.79	400m: 6:23.30 39.61	
7.	Isabelle Janssen	De Geul	NED 200006318	6:39.84	+0.77
	50m: 42.19 42.19	150m: 2:23.33 50.47	250m: 4:12.72 57.68	350m: 5:56.42 43.99	
	100m: 1:32.86 50.67	200m: 3:15.04 51.71	300m: 5:12.43 59.71	400m: 6:39.84 43.42	
8.	Nasca van Dijk	De Marlijn (SG)	NED 200300816	6:40.56	+0.68
	50m: 38.49 38.49	150m: 2:23.39 53.57	250m: 4:12.28 58.12	350m: 5:56.40 45.24	
	100m: 1:29.82 51.33	200m: 3:14.16 50.77	300m: 5:11.16 58.88	400m: 6:40.56 44.16	
Masters 25+					
1.	Tamara Grove	De Dolfijn	NED 199601266	5:29.36	+0.72
	50m: 33.66 33.66	150m: 1:58.04 44.18	250m: 3:28.03 47.13	350m: 4:53.06 36.27	
	100m: 1:13.86 40.20	200m: 2:40.90 42.86	300m: 4:16.79 48.76	400m: 5:29.36 36.30	
2.	Moniek van Langevelde	ESCA Zwemmen	NED 199803160	5:48.49	+0.74
	50m: 37.64 37.64	150m: 2:10.49 46.12	250m: 3:43.64 48.75	350m: 5:12.28 38.89	
	100m: 1:24.37 46.73	200m: 2:54.89 44.40	300m: 4:33.39 49.75	400m: 5:48.49 36.21	
3.	Fiona Meuffels	PSV	NED 199504366	5:51.68	+0.71
	50m: 38.65 38.65	150m: 2:10.45 46.14	250m: 3:44.65 48.87	350m: 5:13.14 38.71	
	100m: 1:24.31 45.66	200m: 2:55.78 45.33	300m: 4:34.43 49.78	400m: 5:51.68 38.54	
4.	Floor Weijmans	HZPC	NED 199502522	5:58.04	+0.78
	50m: 38.66 38.66	150m: 2:07.04 44.67	250m: 3:44.33 52.84	350m: 5:19.11 39.86	
	100m: 1:22.37 43.71	200m: 2:51.49 44.45	300m: 4:39.25 54.92	400m: 5:58.04 38.93	
5.	Larissa Jansen	PSV	NED 199500660	6:00.83	+0.77
	50m: 38.09 38.09	150m: 2:11.38 47.94	250m: 3:48.37 50.94	350m: 5:20.91 41.20	
	100m: 1:23.44 45.35	200m: 2:57.43 46.05	300m: 4:39.71 51.34	400m: 6:00.83 39.92	
6.	Diane Schoenmaker	PSV	NED 199502920	6:07.92	+0.82
	50m: 36.94 36.94	150m: 2:10.24 47.25	250m: 3:48.76 52.55	350m: 5:26.80 43.70	
	100m: 1:22.99 46.05	200m: 2:56.21 45.97	300m: 4:43.10 54.34	400m: 6:07.92 41.12	
7.	Selina Janssen	Neptunus'58	NED 199905974	6:10.47	+0.76
	50m: 34.99 34.99	150m: 2:03.42 47.32	250m: 3:48.21 57.60	350m: 5:29.78 42.30	
	100m: 1:16.10 41.11	200m: 2:50.61 47.19	300m: 4:47.48 59.27	400m: 6:10.47 40.69	
8.	Anouk van der Lans	Westland Swimming Stars	NED 199801614	6:27.46	+0.77
	50m: 41.12 41.12	150m: 2:22.26 48.25	250m: 4:04.63 55.54	350m: 5:46.43 45.36	
	100m: 1:34.01 52.89	200m: 3:09.09 46.83	300m: 5:01.07 56.44	400m: 6:27.46 41.03	
9.	Djamari Oetringer	Aqua-Novio '94	NED 199600546	6:36.76	+0.77
	50m: 44.26 44.26	150m: 2:27.26 50.28	250m: 4:09.33 52.70	350m: 5:49.96 48.14	
	100m: 1:36.98 52.72	200m: 3:16.63 49.37	300m: 5:01.82 52.49	400m: 6:36.76 46.80	



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Masters 30+

1.	Lisa Dreesens	Blue Marlins	NED	199105798				5:15.63	+0.82
	<i>Nederlands Masters Record</i>								
	50m: 30.98	30.98	150m: 1:50.97	42.80	250m: 3:17.75	45.09	350m: 4:40.30	36.46	
	100m: 1:08.17	37.19	200m: 2:32.66	41.69	300m: 4:03.84	46.09	400m: 5:15.63	35.33	
2.	Lucie Terver	Club Nautique Val de Fensch	FRA	412372				6:06.09	+0.81
	50m: 37.09	37.09	150m: 2:10.39	49.82	250m: 3:49.82	51.65	350m: 5:25.79	42.52	
	100m: 1:20.57	43.48	200m: 2:58.17	47.78	300m: 4:43.27	53.45	400m: 6:06.09	40.30	
3.	Nienke Smidt	WS Twente	NED	199407596				6:09.08	+0.95
	50m: 38.13	38.13	150m: 2:11.62	49.21	250m: 3:53.02	55.35	350m: 5:32.01	40.98	
	100m: 1:22.41	44.28	200m: 2:57.67	46.05	300m: 4:51.03	58.01	400m: 6:09.08	37.07	
4.	Alma Janssen	zegenwerp	NED	199401078				6:31.19	+0.67
	50m: 38.67	38.67	150m: 2:15.37	50.52	250m: 4:03.62	58.22	350m: 5:47.86	45.75	
	100m: 1:24.85	46.18	200m: 3:05.40	50.03	300m: 5:02.11	58.49	400m: 6:31.19	43.33	

Masters 35+

1.	Viktoria Haden-Felfoldi	Iron Swim	HUN					5:28.42	+0.66
	50m: 33.32	33.32	150m: 1:54.98	42.56	250m: 3:25.79	49.01	350m: 4:52.40	37.26	
	100m: 1:12.42	39.10	200m: 2:36.78	41.80	300m: 4:15.14	49.35	400m: 5:28.42	36.02	
2.	Sabine Zimmermann	Aachener SV 06	GER	101578				5:33.37	+0.75
	50m: 37.21	37.21	150m: 2:03.99	44.71	250m: 3:33.32	47.49	350m: 4:57.39	37.28	
	100m: 1:19.28	42.07	200m: 2:45.83	41.84	300m: 4:20.11	46.79	400m: 5:33.37	35.98	
3.	Jenny Schouten	PSV	NED	198703674				5:37.91	+0.79
	<i>Nederlands Masters Record</i>								
	50m: 35.20	35.20	150m: 2:01.26	44.24	250m: 3:32.87	49.18	350m: 5:01.80	39.33	
	100m: 1:17.02	41.82	200m: 2:43.69	42.43	300m: 4:22.47	49.60	400m: 5:37.91	36.11	
4.	Marlijn Hendriksen	DIO	NED	198806828				5:44.59	+0.73
	50m: 35.70	35.70	150m: 2:02.47	45.30	250m: 3:36.11	48.51	350m: 5:05.72	40.70	
	100m: 1:17.17	41.47	200m: 2:47.60	45.13	300m: 4:25.02	48.91	400m: 5:44.59	38.87	

Masters 40+

1.	Heather Frees	Lone Star Masters	USA					5:54.02	+0.65
	50m: 35.21	35.21	150m: 2:03.39	47.96	250m: 3:42.79	51.69	350m: 5:14.91	40.12	
	100m: 1:15.43	40.22	200m: 2:51.10	47.71	300m: 4:34.79	52.00	400m: 5:54.02	39.11	
2.	Michelle de de Villiers	Hellas-Glana	NED	198302944				6:41.31	+0.80
	50m: 37.96	37.96	150m: 2:19.27	53.95	250m: 4:10.07	57.78	350m: 5:55.66	47.76	
	100m: 1:25.32	47.36	200m: 3:12.29	53.02	300m: 5:07.90	57.83	400m: 6:41.31	45.65	
3.	Angela Giezen	Zwemvereniging Hoogland	NED	198302796				6:45.05	+0.73
	50m: 44.41	44.41	150m: 2:29.24	50.30	250m: 4:15.80	58.38	350m: 6:00.97	46.95	
	100m: 1:38.94	54.53	200m: 3:17.42	48.18	300m: 5:14.02	58.22	400m: 6:45.05	44.08	
4.	Linda Hoogendam	WVZ	NED	198300892				7:06.10	+0.86
	50m: 45.56	45.56	150m: 2:36.34	55.46	250m: 4:34.41	1:03.64	350m: 6:24.13	45.90	
	100m: 1:40.88	55.32	200m: 3:30.77	54.43	300m: 5:38.23	1:03.82	400m: 7:06.10	41.97	

Masters 45+

1.	Carole Kettenmeyer-Reuland	Swimming Club Le Dauphin EttelLUX	2017					5:47.66	+0.75
	50m: 37.02	37.02	150m: 2:05.42	45.32	250m: 3:38.63	49.87	350m: 5:07.78	39.88	
	100m: 1:20.10	43.08	200m: 2:48.76	43.34	300m: 4:27.90	49.27	400m: 5:47.66	39.88	
2.	Liselotte Joling	PSV	NED	197500268				6:05.75	+0.80
	50m: 37.27	37.27	150m: 2:11.58	49.78	250m: 3:51.28	51.82	350m: 5:26.73	41.17	
	100m: 1:21.80	44.53	200m: 2:59.46	47.88	300m: 4:45.56	54.28	400m: 6:05.75	39.02	
3.	Jolanda van Gendt	PSV	NED	197800266				6:29.16	+0.74
	50m: 41.49	41.49	150m: 2:20.07	48.63	250m: 4:03.43	55.95	350m: 5:44.13	45.03	
	100m: 1:31.44	49.95	200m: 3:07.48	47.41	300m: 4:59.10	55.67	400m: 6:29.16	45.03	
4.	Leontine Loeber	SwimGym	NED	197701010				6:42.72	+0.83
	50m: 43.03	43.03	150m: 2:27.73	52.27	250m: 4:14.29	53.92	350m: 5:58.41	47.11	
	100m: 1:35.46	52.43	200m: 3:20.37	52.64	300m: 5:11.30	57.01	400m: 6:42.72	44.31	

Event 30, Women, 400m Medley

Masters 50+

1.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054					6:07.34	+0.79
	50m: 36.36	36.36	150m: 2:10.00	51.55	250m: 3:52.62	50.61	350m: 5:26.18			41.72
	100m: 1:18.45	42.09	200m: 3:02.01	52.01	300m: 4:44.46	51.84	400m: 6:07.34			41.16
2.	Bianca Groot	MSV-Zeemacht	NED	197000652					6:35.73	+0.86
	50m: 43.50	43.50	150m: 2:30.10	53.15	250m: 4:15.90	53.82	350m: 5:53.67			43.07
	100m: 1:36.95	53.45	200m: 3:22.08	51.98	300m: 5:10.60	54.70	400m: 6:35.73			42.06
3.	Annet Kootstra	SWOL 1894	NED	197100344					7:37.03	+0.90
	50m: 51.16	51.16	150m: 2:49.64	1:00.72	250m: 4:50.12	1:02.23	350m: 6:46.35			51.07
	100m: 1:48.92	57.76	200m: 3:47.89	58.25	300m: 5:55.28	1:05.16	400m: 7:37.03			50.68

Masters 55+

1.	Claudia Thielemann	SG Bayer	GER	333958			5:49.93	+0.61
	50m: 36.56	36.56	150m: 2:04.08	45.87	250m: 3:40.26	51.19	350m: 5:11.73	39.94
	100m: 1:18.21	41.65	200m: 2:49.07	44.99	300m: 4:31.79	51.53	400m: 5:49.93	38.20
2.	Iris van Aurich	DWK	NED	196900866			6:32.70	+0.71
	50m: 44.76	44.76	150m: 2:30.08	50.58	250m: 4:13.54	54.47	350m: 5:50.90	44.00
	100m: 1:39.50	54.74	200m: 3:19.07	48.99	300m: 5:06.90	53.36	400m: 6:32.70	41.80
3.	Laura Staal	Oceanus	NED	196700358			6:45.22	+0.79
	50m: 44.94	44.94	150m: 2:29.42	52.57	250m: 4:17.46	56.92	350m: 6:01.20	45.86
	100m: 1:36.85	51.91	200m: 3:20.54	51.12	300m: 5:15.34	57.88	400m: 6:45.22	44.02
4.	Peggi Hurenkamp	HZ&PC Heerenveen	NED	196900922			6:58.23	+0.82
	50m: 42.05	42.05	150m: 2:27.35	54.30	250m: 4:21.21	59.03	350m: 6:11.03	49.38
	100m: 1:33.05	51.00	200m: 3:22.18	54.83	300m: 5:21.65	1:00.44	400m: 6:58.23	47.20
5.	Anita Steijger	WVZ	NED	196500628			7:05.82	+0.88
	50m: 45.76	45.76	150m: 2:38.02	56.41	250m: 4:31.69	59.73	350m: 6:19.53	47.79
	100m: 1:41.61	55.85	200m: 3:31.96	53.94	300m: 5:31.74	1:00.05	400m: 7:05.82	46.29
6.	K. van Nassau-van den Heuvel	Old Dutch	NED	196600188			7:20.52	+0.95
	50m: 52.73	52.73	150m: 2:48.99	59.79	250m: 4:43.84	57.26	350m: 6:30.53	49.64
	100m: 1:49.20	56.47	200m: 3:46.58	57.59	300m: 5:40.89	57.05	400m: 7:20.52	49.99

Masters 60+

1.	Pierrette Michel			Cercle De Natation Sportcity WolBEL			CNSW/000835/62			6:13.19	+0.93		
	50m:	38.32	38.32	150m:	2:09.23	45.65	250m:	3:50.54	54.52	350m:		5:29.87	43.35
	100m:	1:23.58	45.26	200m:	2:56.02	46.79	300m:	4:46.52	55.98	400m:		6:13.19	43.32
2.	P. Tossings-van de Hooven			GZC DONK			NED	196100376	6:53.44			+0.89	
	50m:	43.87	43.87	150m:	2:32.36	54.73	250m:	4:23.69	58.10	350m:	6:08.78		45.55
	100m:	1:37.63	53.76	200m:	3:25.59	53.23	300m:	5:23.23	59.54	400m:	6:53.44		44.66
3.	Margriet Grove-Lingeman			Triton			NED	196200080	7:04.23 *			+0.81	
	50m:	42.82	42.82	150m:	2:28.84	55.29	250m:	4:23.80	1:01.38	350m:	6:15.24		49.90
	100m:	1:33.55	50.73	200m:	3:22.42	53.58	300m:	5:25.34	1:01.54	400m:	7:04.23		48.99
4.	Lia Bijkerk			GZC DONK			NED	196000014	7:56.86			+0.99	
	50m:	51.61	51.61	150m:	3:01.58	1:04.74	250m:	5:05.85	1:04.00	350m:	7:05.65		52.62
	100m:	1:56.84	1:05.23	200m:	4:01.85	1:00.27	300m:	6:13.03	1:07.18	400m:	7:56.86		51.21

Masters 65+

1.	Patty Verhagen	PSV	NED	195900146	7:07.60	+0.87		
	50m: 51.80	51.80	150m: 2:43.91	53.63	250m: 4:36.81	1:00.83	350m: 6:23.70	46.06
	100m: 1:50.28	58.48	200m: 3:35.98	52.07	300m: 5:37.64	1:00.83	400m: 7:07.60	43.90
2.	Margriet Pasma	TriVia	NED	195500088	7:32.95	+1.02		
	50m: 55.20	55.20	150m: 2:53.57	56.72	250m: 4:51.81	1:02.20	350m: 6:44.99	48.56
	100m: 1:56.85	1:01.65	200m: 3:49.61	56.04	300m: 5:56.43	1:04.62	400m: 7:32.95	47.96
3.	Hannie Poletiek	TriVia	NED	195900278	7:58.88	+0.93		
	50m: 54.36	54.36	150m: 3:03.42	1:02.43	250m: 5:10.46	1:04.27	350m: 7:07.32	52.09
	100m: 2:00.99	1:06.63	200m: 4:06.19	1:02.77	300m: 6:15.23	1:04.77	400m: 7:58.88	51.56

Masters 70+

1.	Antoinette Gilding-Tussaud	WS Twente	NED	195000038	9:49.32							
	50m:	1:13.25	1:13.25	150m:	3:51.76	1:08.51	250m:	6:19.48	1:19.94	350m:	8:43.89	1:05.25
	100m:	2:43.25	1:30.00	200m:	4:59.54	1:07.78	300m:	7:38.64	1:19.16	400m:	9:49.32	1:05.43