



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



Programmanr. 4
03-05-2024 - 9:51

Dames, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging				tijd				RT	PARA
Masters 20+											
1.	Laura Setz	Bubble				NED	200000130	4:34.58		+0.94	
	50m: 30.47	30.47	150m: 1:38.19	34.59	250m: 2:48.68	35.36	350m: 4:00.12	35.78			
	100m: 1:03.60	33.13	200m: 2:13.32	35.13	300m: 3:24.34	35.66	400m: 4:34.58	34.46			
2.	Amber van der Kruk	MSV-Zeemacht				NED	200102730	S14	4:43.44	+0.85	939
	50m: 30.96	30.96	150m: 1:40.11	35.43	250m: 2:52.92	35.94	350m: 4:06.76	37.02			
	100m: 1:04.68	33.72	200m: 2:16.98	36.87	300m: 3:29.74	36.82	400m: 4:43.44	36.68			
3.	Michelle van Wijk	WWV Winterswijk				NED	200204746	4:44.52		+0.70	
	50m: 31.86	31.86	150m: 1:43.68	36.18	250m: 2:56.84	36.49	350m: 4:10.01	36.39			
	100m: 1:07.50	35.64	200m: 2:20.35	36.67	300m: 3:33.62	36.78	400m: 4:44.52	34.51			
4.	Kirsten Walraven	ZPC De Zeeuwse Kust				NED	200001358	4:51.05		+0.80	
	50m: 31.79	31.79	150m: 1:44.15	36.83	250m: 2:58.58	37.14	350m: 4:14.05	37.53			
	100m: 1:07.32	35.53	200m: 2:21.44	37.29	300m: 3:36.52	37.94	400m: 4:51.05	37.00			
5.	Marte Vlieg	Aqua-Novio '94				NED	200304996	5:05.51		+0.75	
	50m: 33.07	33.07	150m: 1:48.45	38.17	250m: 3:07.31	39.82	350m: 4:27.18	39.86			
	100m: 1:10.28	37.21	200m: 2:27.49	39.04	300m: 3:47.32	40.01	400m: 5:05.51	38.33			
6.	Cynthia Koolman	ZPC Hoogeveen				NED	200300232	5:11.86		+0.69	
	50m: 34.30	34.30	150m: 1:51.02	38.82	250m: 3:11.38	40.70	350m: 4:32.49	40.28			
	100m: 1:12.20	37.90	200m: 2:30.68	39.66	300m: 3:52.21	40.83	400m: 5:11.86	39.37			
7.	Romée Jabben	Dedemsvaart-AC				NED	200404426	5:33.85		+0.90	
	50m: 36.06	36.06	150m: 1:59.66	42.46	250m: 3:25.73	43.12	350m: 4:52.23	42.81			
	100m: 1:17.20	41.14	200m: 2:42.61	42.95	300m: 4:09.42	43.69	400m: 5:33.85	41.62			
8.	Nasca van Dijk	De Marlijn (SG)				NED	200300816	5:44.68		+0.81	
	50m: 36.22	36.22	150m: 2:01.29	44.41	250m: 3:31.41	45.33	350m: 5:00.93	45.01			
	100m: 1:16.88	40.66	200m: 2:46.08	44.79	300m: 4:15.92	44.51	400m: 5:44.68	43.75			
9.	Esther de Laat	De Biesboschzwemmers				NED	200000174	5:46.51		+0.76	
	50m: 34.70	34.70	150m: 1:57.41	42.88	250m: 3:28.23	46.13	350m: 5:02.06	47.17			
	100m: 1:14.53	39.83	200m: 2:42.10	44.69	300m: 4:14.89	46.66	400m: 5:46.51	44.45			
10.	Marieke Speijer	Bubble				NED	200401154	5:50.98		+0.83	
	50m: 37.12	37.12	150m: 2:03.05	44.32	250m: 3:33.66	45.77	350m: 5:05.40	45.67			
	100m: 1:18.73	41.61	200m: 2:47.89	44.84	300m: 4:19.73	46.07	400m: 5:50.98	45.58			
11.	Esmeralda Elbers	Blue Marlins				NED	200404888	6:40.24		+0.80	
	50m: 41.14	41.14	150m: 2:18.36	50.38	250m: 4:02.75	52.80	350m: 5:48.75	51.98			
	100m: 1:27.98	46.84	200m: 3:09.95	51.59	300m: 4:56.77	54.02	400m: 6:40.24	51.49			

Masters 25+

1.	Tamara Grove		De Dolfijn	NED	199601266			4:42.61	+0.74			
	50m:	31.67	31.67	150m:	1:42.39	35.84	250m:	2:55.17	36.36	350m:	4:07.10	35.76
	100m:	1:06.55	34.88	200m:	2:18.81	36.42	300m:	3:31.34	36.17	400m:	4:42.61	35.51
2.	Marijke Drent		Bubble	NED	199906232			4:48.57	+0.76			
	50m:	32.29	32.29	150m:	1:44.47	36.47	250m:	2:58.13	36.73	350m:	4:12.85	37.33
	100m:	1:08.00	35.71	200m:	2:21.40	36.93	300m:	3:35.52	37.39	400m:	4:48.57	35.72
3.	Moniek van Langevelde		ESCA Zwemmen	NED	199803160			4:52.04	+0.76			
	50m:	32.72	32.72	150m:	1:46.47	36.73	250m:	3:00.36	36.77	350m:	4:15.17	37.31
	100m:	1:09.74	37.02	200m:	2:23.59	37.12	300m:	3:37.86	37.50	400m:	4:52.04	36.87
4.	Bénédicte Yax		Club Nautique Val de Fensch	FRA	997232			4:54.71	+0.66			
	50m:	31.95	31.95	150m:	1:44.92	36.96	250m:	3:00.41	37.81	350m:	4:18.26	38.73
	100m:	1:07.96	36.01	200m:	2:22.60	37.68	300m:	3:39.53	39.12	400m:	4:54.71	36.45
5.	Manon Kloosterman		Zwemlust- den Hommel	NED	199702082			5:00.39	+0.72			
	50m:	32.76	32.76	150m:	1:46.79	37.46	250m:	3:03.90	38.74	350m:	4:22.12	39.13
	100m:	1:09.33	36.57	200m:	2:25.16	38.37	300m:	3:42.99	39.09	400m:	5:00.39	38.27
6.	Anne-Irene Ducheine		Zwemvereniging Hoogland	NED	199506824			5:04.59	+0.60			
	50m:	33.80	33.80	150m:	1:49.92	38.41	250m:	3:07.67	39.03	350m:	4:26.29	38.89
	100m:	1:11.51	37.71	200m:	2:28.64	38.72	300m:	3:47.40	39.73	400m:	5:04.59	38.30
7.	Fiona Meuffels		PSV	NED	199504366			5:04.87	+0.71			
	50m:	33.92	33.92	150m:	1:50.07	38.38	250m:	3:09.05	39.50	350m:	4:28.77	39.86
	100m:	1:11.69	37.77	200m:	2:29.55	39.48	300m:	3:48.91	39.86	400m:	5:04.87	36.10
8.	Larissa Jansen		PSV	NED	199500660			5:14.94	+0.75			
	50m:	35.40	35.40	150m:	1:55.11	40.18	250m:	3:15.30	39.94	350m:	4:35.59	40.29
	100m:	1:14.93	39.53	200m:	2:35.36	40.25	300m:	3:55.30	40.00	400m:	5:14.94	39.35



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Programmanr. 4, Dames, 400m vrije slag, Masters 25+

rang	naam		vereniging					tijd	RT	PARA
9.	Floor Weijmans		HZPC			NED	199502522	5:17.41	+0.79	
	50m:	34.80	34.80	150m:	1:52.13	38.79	250m:	3:13.51	40.89	41.30
	100m:	1:13.34	38.54	200m:	2:32.62	40.49	300m:	3:54.99	41.48	41.12
10.	Anouk van der Lans		Westland Swimming Stars			NED	199801614	5:34.09	+0.84	
	50m:	36.62	36.62	150m:	1:59.75	42.01	250m:	3:26.03	43.03	42.72
	100m:	1:17.74	41.12	200m:	2:43.00	43.25	300m:	4:09.35	43.32	42.02
11.	Ageeth de Haan		Steenwijk 1934			NED	199901022	5:40.89	+0.82	
	50m:	36.41	36.41	150m:	2:01.56	43.59	250m:	3:30.42	44.60	43.14
	100m:	1:17.97	41.56	200m:	2:45.82	44.26	300m:	4:15.18	44.76	42.57
12.	Marenne Huigh		Scheldeestroom			NED	199900852	5:51.65	+0.60	
	50m:	38.80	38.80	150m:	2:07.05	44.74	250m:	3:36.53	45.03	45.43
	100m:	1:22.31	43.51	200m:	2:51.50	44.45	300m:	4:22.39	45.86	43.83
13.	Cynthia van Veen		ZVL-1886 Center			NED	199606736	6:31.25	+0.76	
	50m:	40.30	40.30	150m:	2:17.60	49.88	250m:	4:00.65	52.00	50.84
	100m:	1:27.72	47.42	200m:	3:08.65	51.05	300m:	4:52.03	51.38	48.38
14.	Franziska Wierig		SSF Bonn			GER	410575	6:47.05	+0.68	
	50m:	43.94	43.94	150m:	2:26.57	52.12	250m:	4:12.17	53.64	53.22
	100m:	1:34.45	50.51	200m:	3:18.53	51.96	300m:	5:05.07	52.90	48.76

Masters 30+

1.	Leonie van Noort	WVZ	NED	199301752	4:36.45	+0.82		
	50m: 32.34	32.34	150m: 1:40.79	34.55	250m: 2:51.14	35.09	350m: 4:01.56	35.05
	100m: 1:06.24	33.90	200m: 2:16.05	35.26	300m: 3:26.51	35.37	400m: 4:36.45	34.89
2.	Lotte Coenen	DES	NED	199301518	5:01.23	+0.81		
	50m: 33.42	33.42	150m: 1:48.82	37.91	250m: 3:06.04	38.47	350m: 4:23.91	38.88
	100m: 1:10.91	37.49	200m: 2:27.57	38.75	300m: 3:45.03	38.99	400m: 5:01.23	37.32
3.	Lucie Terver *300m	Club Nautique Val de Fensch	FRA	412372	5:12.75	+0.83		
	50m: 35.36	35.36	150m: 1:52.37	38.94	250m: 3:11.19	39.35	350m: 4:32.75	42.00
	100m: 1:13.43	38.07	200m: 2:31.84	39.47	300m: 3:50.75	39.56	400m: 5:12.75	40.00
4.	Marijke Kommers	Niemo Barracuda	NED	199305334	5:15.47	+0.84		
	50m: 35.23	35.23	150m: 1:55.03	40.66	250m: 3:16.55	40.50	350m: 4:37.26	40.07
	100m: 1:14.37	39.14	200m: 2:36.05	41.02	300m: 3:57.19	40.64	400m: 5:15.47	38.21
5.	Getrude Corporaal	Steenwijk 1934	NED	199200380	5:29.22	+0.82		
	50m: 34.77	34.77	150m: 1:56.15	41.50	250m: 3:21.21	42.64	350m: 4:47.73	43.01
	100m: 1:14.65	39.88	200m: 2:38.57	42.42	300m: 4:04.72	43.51	400m: 5:29.22	41.49
6.	Daphne Kievit	ZPC AMERSFOORT	NED	199207058	5:37.30	+0.82		
	50m: 36.41	36.41	150m: 1:59.87	42.25	250m: 3:25.60	43.12	350m: 4:53.15	43.67
	100m: 1:17.62	41.21	200m: 2:42.48	42.61	300m: 4:09.48	43.88	400m: 5:37.30	44.15
7.	Marloes Manni	Zwemvereniging Hoogland	NED	199003078	5:39.04	+0.73		
	50m: 35.60	35.60	150m: 2:00.18	43.12	250m: 3:27.43	43.97	350m: 4:56.33	44.57
	100m: 1:17.06	41.46	200m: 2:43.46	43.28	300m: 4:11.76	44.33	400m: 5:39.04	42.71
8.	Joëlle Vaes	DIO	NED	199007576	5:47.53	+0.68		
	50m: 37.79	37.79	150m: 2:05.06	44.74	250m: 3:35.49	45.55	350m: 5:05.74	44.13
	100m: 1:20.32	42.53	200m: 2:49.94	44.88	300m: 4:21.61	46.12	400m: 5:47.53	41.79
9.	Esther Kwebeman	TriVia	NED	199106374	6:00.26	+0.82		
	50m: 38.40	38.40	150m: 2:08.16	46.08	250m: 3:41.43	46.90	350m: 5:14.48	46.36
	100m: 1:22.08	43.68	200m: 2:54.53	46.37	300m: 4:28.12	46.69	400m: 6:00.26	45.78
10.	Irmgard van Weeghel	ESCA Zwemmen	NED	199204834	6:12.26	+0.83		
	50m: 39.22	39.22	150m: 2:10.00	46.80	250m: 3:46.47	48.77	350m: 5:24.71	49.10
	100m: 1:23.20	43.98	200m: 2:57.70	47.70	300m: 4:35.61	49.14	400m: 6:12.26	47.55
11.	Marjan Rikken	Octopus-ZVV (SG)	NED	199206114	6:22.88	+0.87		
	50m: 40.29	40.29	150m: 2:15.22	48.61	250m: 3:54.36	49.75	350m: 5:34.56	50.21
	100m: 1:26.61	46.32	200m: 3:04.61	49.39	300m: 4:44.35	49.99	400m: 6:22.88	48.32
12.	Jacoline van den Beukel	Niemo Barracuda	NED	199100238	6:32.67	+0.80		
	50m: 39.42	39.42	150m: 2:11.80	47.48	250m: 3:52.21	50.90	350m: 5:39.16	53.53
	100m: 1:24.32	44.90	200m: 3:01.31	49.51	300m: 4:45.63	53.42	400m: 6:32.67	53.53



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Programmanr. 4, Dames, 400m vrije slag

Masters 35+

1.	Viktória Háden-Felföldi	Iron Swim	HUN	4:53.76	+0.71			
	50m: 33.11	33.11	150m: 1:46.76	37.01	250m: 3:01.47	37.23	350m: 4:16.51	37.40
	100m: 1:09.75	36.64	200m: 2:24.24	37.48	300m: 3:39.11	37.64	400m: 4:53.76	37.25
2.	Jenny Schouten	PSV	NED 198703674	4:59.29	+0.63			
	50m: 32.51	32.51	150m: 1:47.65	38.35	250m: 3:04.85	38.70	350m: 4:22.18	38.71
	100m: 1:09.30	36.79	200m: 2:26.15	38.50	300m: 3:43.47	38.62	400m: 4:59.29	37.11
3.	Lisanne Andeweg	Zuiderzeewimmers	NED 198800092	5:09.30	+0.86			
	50m: 34.63	34.63	150m: 1:52.44	39.23	250m: 3:11.96	39.61	350m: 4:31.37	39.08
	100m: 1:13.21	38.58	200m: 2:32.35	39.91	300m: 3:52.29	40.33	400m: 5:09.30	37.93
4.	Jana Vanden Broeck	Cercle Royal De Natation De BruBEL:s ACNBA/012311/89		5:16.65	+0.80			
	50m: 33.88	33.88	150m: 1:52.13	39.88	250m: 3:14.15	41.23	350m: 4:36.43	40.85
	100m: 1:12.25	38.37	200m: 2:32.92	40.79	300m: 3:55.58	41.43	400m: 5:16.65	40.22
5.	Relinda Baas	TriVia	NED 198900144	5:18.59	+0.79			
	50m: 34.42	34.42	150m: 1:52.43	39.84	250m: 3:13.90	40.82	350m: 4:37.12	41.69
	100m: 1:12.59	38.17	200m: 2:33.08	40.65	300m: 3:55.43	41.53	400m: 5:18.59	41.47
6.	Nanda van Heteren	PSV	NED 198901728	5:30.51	+0.89			
	50m: 36.74	36.74	150m: 2:00.19	42.22	250m: 3:26.18	42.78	350m: 4:51.07	42.17
	100m: 1:17.97	41.23	200m: 2:43.40	43.21	300m: 4:08.90	42.72	400m: 5:30.51	39.44
7.	Liesbeth van Mill	Zwemlust- den Hommel	NED 198702786	5:47.66	+0.76			
	50m: 37.41	37.41	150m: 2:03.74	43.67	250m: 3:32.41	44.84	350m: 5:03.11	45.97
	100m: 1:20.07	42.66	200m: 2:47.57	43.83	300m: 4:17.14	44.73	400m: 5:47.66	44.55
8.	Esther Boerdam-Delfos	AZC	NED 198705256	5:51.59	+0.77			
	50m: 37.57	37.57	150m: 2:03.51	43.63	250m: 3:34.05	45.17	350m: 5:07.10	46.20
	100m: 1:19.88	42.31	200m: 2:48.88	45.37	300m: 4:20.90	46.85	400m: 5:51.59	44.49
9.	Sandra Schellekens	Neptunus'58	NED 198503416	5:56.61	+0.85			
	50m: 38.27	38.27	150m: 2:07.55	45.65	250m: 3:39.39	46.10	350m: 5:12.19	46.63
	100m: 1:21.90	43.63	200m: 2:53.29	45.74	300m: 4:25.56	46.17	400m: 5:56.61	44.42
10.	Ingrid Johannes	De Kempvis	NED 198907370	6:47.72	+0.85			
	50m: 42.95	42.95	150m: 2:25.61	52.13	250m: 4:11.35	52.45	350m: 5:56.52	52.84
	100m: 1:33.48	50.53	200m: 3:18.90	53.29	300m: 5:03.68	52.33	400m: 6:47.72	51.20

Masters 40+

1.	Maike Zeterberg		Zehlendorfer TSV 1888			GER 066680				4:56.95	+0.64	
	50m:	33.41	33.41	150m:	1:47.79	37.62	250m:	3:03.02	37.47	350m:	4:19.49	38.22
	100m:	1:10.17	36.76	200m:	2:25.55	37.76	300m:	3:41.27	38.25	400m:	4:56.95	37.46
2.	Ann Wanter		Zwemclub Geel			BEL ZGEEL/21082/82				4:59.42	+0.78	
	50m:	33.41	33.41	150m:	1:48.74	38.16	250m:	3:05.32	37.92	350m:	4:22.23	38.15
	100m:	1:10.58	37.17	200m:	2:27.40	38.66	300m:	3:44.08	38.76	400m:	4:59.42	37.19
3.	Heather Frees		Lone Star Masters			USA				5:01.43	+0.63	
	50m:	33.75	33.75	150m:	1:47.75	37.45	250m:	3:04.89	38.75	350m:	4:23.24	39.30
	100m:	1:10.30	36.55	200m:	2:26.14	38.39	300m:	3:43.94	39.05	400m:	5:01.43	38.19
4.	Debbie van Rooijen		IJZPC			NED 198201402				5:04.99	+0.77	
	50m:	34.00	34.00	150m:	1:50.32	38.64	250m:	3:08.18	38.74	350m:	4:27.50	39.30
	100m:	1:11.68	37.68	200m:	2:29.44	39.12	300m:	3:48.20	40.02	400m:	5:04.99	37.49
5.	Ramona Linting		AZC			NED 198301274				5:46.99	+0.72	
	50m:	37.28	37.28	150m:	2:02.98	43.80	250m:	3:32.84	44.92	350m:	5:03.05	44.97
	100m:	1:19.18	41.90	200m:	2:47.92	44.94	300m:	4:18.08	45.24	400m:	5:46.99	43.94
6.	Linda Hoogendam		WVZ			NED 198300892				5:58.53	+0.81	
	50m:	38.66	38.66	150m:	2:09.84	46.04	250m:	3:41.52	45.39	350m:	5:14.85	45.94
	100m:	1:23.80	45.14	200m:	2:56.13	46.29	300m:	4:28.91	47.39	400m:	5:58.53	43.68
7.	Charmaine Cutajar		San Giljan ASC			MLT 144984M				7:33.43	+0.89	
	50m:	47.00	47.00	150m:	2:43.17	56.91	250m:	4:40.65	58.31	350m:	6:41.29	59.61
	100m:	1:46.26	59.26	200m:	3:42.34	59.17	300m:	5:41.68	1:01.03	400m:	7:33.43	52.14

Masters 45+

1.	Liselotte Joling	PSV	NED	197500268				5:01.80	+0.84
	50m: 35.89	35.89	150m: 1:53.26	38.15	250m: 3:09.83	37.23	350m: 4:25.46	37.20	
	100m: 1:15.11	39.22	200m: 2:32.60	39.34	300m: 3:48.26	38.43	400m: 5:01.80	36.34	
2.	Chantal Verhoeff	Old Dutch	NED	197900912				5:38.36	+0.78
	50m: 36.69	36.69	150m: 2:02.63	44.07	250m: 3:30.33	43.49	350m: 4:56.58	42.99	
	100m: 1:18.56	41.87	200m: 2:46.84	44.21	300m: 4:13.59	43.26	400m: 5:38.36	41.78	



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Programmanr. 4, Dames, 400m vrije slag, Masters 45+

rang	naam	vereniging	tijd	RT	PARA
3.	Petra Guijt	Aqua-Novio '94	5:45.03	+0.70	
	50m: 37.55	150m: 2:04.15	250m: 3:33.10	350m: 5:02.27	44.53
	100m: 1:20.26	200m: 2:48.48	300m: 4:17.74	400m: 5:45.03	42.76
4.	Jessica Venema	GZC DONK	5:45.19	+0.82	
	50m: 36.11	150m: 2:03.20	250m: 3:34.83	350m: 5:04.30	44.24
	100m: 1:18.14	200m: 2:48.87	300m: 4:20.06	400m: 5:45.19	40.89
5.	Ilonka van der Meer	Link	6:27.34	+0.95	
	50m: 43.34	150m: 2:19.21	250m: 4:00.14	350m: 5:40.48	49.71
	100m: 1:30.63	200m: 3:09.87	300m: 4:50.77	400m: 6:27.34	46.86
6.	Clementine van Bruxvoort	Feijenoord Albion Zwemclub	7:06.11	+0.91	
	50m: 44.97	150m: 2:29.80	250m: 4:19.58	350m: 6:11.76	56.46
	100m: 1:36.76	200m: 3:23.85	300m: 5:15.30	400m: 7:06.11	54.35
7.	Jessica van Velzen	SWOL 1894	7:39.57	+1.06	
	50m: 50.46	150m: 2:42.87	250m: 4:42.30	350m: 6:43.23	1:00.30
	100m: 1:45.83	200m: 3:42.68	300m: 5:42.93	400m: 7:39.57	56.34

Masters 50+

1.	Carla Geurts	PSV	4:58.83	+0.75	
	50m: 33.01	150m: 1:48.22	250m: 3:04.43	350m: 4:21.46	38.44
	100m: 1:10.05	200m: 2:26.22	300m: 3:43.02	400m: 4:58.83	37.37
2.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	5:10.80	+0.80	
	50m: 35.45	150m: 1:54.54	250m: 3:14.66	350m: 4:33.41	39.43
	100m: 1:14.69	200m: 2:35.19	300m: 3:53.98	400m: 5:10.80	37.39
3.	Bianca Groot	MSV-Zeemacht	5:21.06	+0.80	
	50m: 35.54	150m: 1:55.28	250m: 3:16.89	350m: 4:39.91	41.23
	100m: 1:15.26	200m: 2:36.37	300m: 3:58.68	400m: 5:21.06	41.15
4.	Annette de Visser	Oceanus	5:26.19	+0.82	
	50m: 35.30	150m: 1:55.65	250m: 3:19.78	350m: 4:44.62	42.21
	100m: 1:14.65	200m: 2:37.81	300m: 4:02.41	400m: 5:26.19	41.57
5.	Inken Wemheuer	Team Noord Holland (SG)	5:45.24	+0.80	
	50m: 37.17	150m: 2:02.83	250m: 3:33.24	350m: 5:03.18	45.05
	100m: 1:18.71	200m: 2:47.81	300m: 4:18.13	400m: 5:45.24	42.06
6.	Cherry Bas-Ott	DAW	6:13.26	+0.74	
	50m: 38.14	150m: 2:10.16	250m: 3:47.16	350m: 5:25.59	48.89
	100m: 1:22.75	200m: 2:59.04	300m: 4:36.70	400m: 6:13.26	47.67
7.	Karin Sagonas-Koolen	VZV Njord	6:29.09	+0.91	
	50m: 40.21	150m: 2:15.28	250m: 3:57.34	350m: 5:40.69	51.80
	100m: 1:25.40	200m: 3:05.81	300m: 4:48.89	400m: 6:29.09	48.40
8.	Annet Kootstra	SWOL 1894	6:34.54	+1.10	
	50m: 42.95	150m: 2:21.48	250m: 4:03.03	350m: 5:45.11	50.34
	100m: 1:31.37	200m: 3:12.48	300m: 4:54.77	400m: 6:34.54	49.43
9.	Annette Spies	Link	6:36.18	+0.90	
	50m: 43.73	150m: 2:22.62	250m: 4:05.26	350m: 5:48.13	51.25
	100m: 1:32.40	200m: 3:13.55	300m: 4:56.88	400m: 6:36.18	48.05
10.	Elise Kenworthy	Link	6:50.50	+0.85	
	50m: 43.46	150m: 2:24.38	250m: 4:11.57	350m: 5:59.30	54.16
	100m: 1:32.79	200m: 3:17.45	300m: 5:05.14	400m: 6:50.50	51.20

Masters 55+

1.	Claudia Thielemann	SG Bayer	5:05.03	+0.76	
	50m: 34.54	150m: 1:50.71	250m: 3:08.04	350m: 4:26.32	39.16
	100m: 1:12.10	200m: 2:29.33	300m: 3:47.16	400m: 5:05.03	38.71
2.	Carol Hollemans	ACZ	5:28.90	+0.72	
	50m: 34.77	150m: 1:54.86	250m: 3:20.15	350m: 4:47.47	43.52
	100m: 1:13.96	200m: 2:37.31	300m: 4:03.95	400m: 5:28.90	41.43
3.	Iris van Aurich	DWK	5:46.56	+0.70	
	50m: 36.86	150m: 2:03.31	250m: 3:31.98	350m: 5:02.93	45.43
	100m: 1:19.73	200m: 2:47.68	300m: 4:17.50	400m: 5:46.56	43.63
4.	Laura Staal	Oceanus	5:58.15	+0.85	
	50m: 39.70	150m: 2:08.54	250m: 3:39.99	350m: 5:12.95	46.59
	100m: 1:23.26	200m: 2:54.31	300m: 4:26.36	400m: 5:58.15	45.20



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Programmanr. 4, Dames, 400m vrije slag, Masters 55+

rang	naam	vereniging						tijd		RT	PARA
5.	Anita Steijger	WVZ						6:08.66		+0.87	
	50m: 42.08	42.08	150m: 2:13.38	46.04	250m: 3:46.73	46.76	350m: 5:21.92	47.54			
	100m: 1:27.34	45.26	200m: 2:59.97	46.59	300m: 4:34.38	47.65	400m: 6:08.66	46.74			
6.	Sandra Daamen-Posma	AZC						6:37.27		+0.85	
	50m: 40.93	40.93	150m: 2:15.11	48.70	250m: 3:57.18	51.67	350m: 5:44.44	54.40			
	100m: 1:26.41	45.48	200m: 3:05.51	50.40	300m: 4:50.04	52.86	400m: 6:37.27	52.83			
7.	José Bodde	Link						6:45.82 *			
	50m: 44.02	44.02	150m: 2:25.64	52.16	250m: 4:11.06	52.58	350m: 5:55.62	52.03			
	100m: 1:33.48	49.46	200m: 3:18.48	52.84	300m: 5:03.59	52.53	400m: 6:45.82	50.20			
8.	Kristien Van de Moortel	ShaRK - Swimming Region Kempen						6:47.40		+0.87	
	50m: 44.78	44.78	150m: 2:28.31	52.24	250m: 4:12.54	52.26	350m: 5:58.21	53.28			
	100m: 1:36.07	51.29	200m: 3:20.28	51.97	300m: 5:04.93	52.39	400m: 6:47.40	49.19			
9.	Fulya Gumusburun-De Moor	Istanbul Yuzme Ihtisas Kulubu						7:16.18		+1.25	
	50m: 50.71	50.71	150m: 2:40.12	55.09	250m: 4:31.24	55.42	350m: 6:22.44	55.43			
	100m: 1:45.03	54.32	200m: 3:35.82	55.70	300m: 5:27.01	55.77	400m: 7:16.18	53.74			
10.	Annette van Dok	MSV-Zeemacht						7:23.73		+1.17	
	50m: 47.72	47.72	150m: 2:39.01	56.18	250m: 4:32.11	56.63	350m: 6:27.28	57.49			
	100m: 1:42.83	55.11	200m: 3:35.48	56.47	300m: 5:29.79	57.68	400m: 7:23.73	56.45			
11.	Cora Smulders	ESCA Zwemmen						7:31.51		+0.81	
	50m: 47.37	47.37	150m: 2:41.33	58.04	250m: 4:38.52	58.50	350m: 6:36.06	58.33			
	100m: 1:43.29	55.92	200m: 3:40.02	58.69	300m: 5:37.73	59.21	400m: 7:31.51	55.45			
12.	Ann Vandembrouck	ROSC						9:00.89		+1.13	
	50m: 57.56	57.56	150m: 3:14.12	1:09.20	250m: 5:33.46	1:08.72	350m: 7:52.59	1:09.92			
	100m: 2:04.92	1:07.36	200m: 4:24.74	1:10.62	300m: 6:42.67	1:09.21	400m: 9:00.89	1:08.30			

Masters 60+

1.	Jacqueline Rolloos-Bakkers	Niemo Barracuda						6:14.96		+0.83	
	50m: 40.31	40.31	150m: 2:16.28	48.72	250m: 3:54.30	48.74	350m: 5:30.89	47.66			
	100m: 1:27.56	47.25	200m: 3:05.56	49.28	300m: 4:43.23	48.93	400m: 6:14.96	44.07			
2.	Maud Peuten-Evers	Mosa-Regio						6:17.84		+1.03	
	50m: 41.32	41.32	150m: 2:15.65	47.92	250m: 3:52.04	48.03	350m: 5:29.19	48.54			
	100m: 1:27.73	46.41	200m: 3:04.01	48.36	300m: 4:40.65	48.61	400m: 6:17.84	48.65			
3.	Lia Bijkerk	GZC DONK						6:47.70		+0.84	
	50m: 45.38	45.38	150m: 2:29.66	52.26	250m: 4:14.79	52.35	350m: 5:59.60	52.05			
	100m: 1:37.40	52.02	200m: 3:22.44	52.78	300m: 5:07.55	52.76	400m: 6:47.70	48.10			
4.	Erica Muller	De Geul						7:00.58		+0.80	
	50m: 46.56	46.56	150m: 2:32.79	53.64	250m: 4:20.24	53.97	350m: 6:08.56	54.11			
	100m: 1:39.15	52.59	200m: 3:26.27	53.48	300m: 5:14.45	54.21	400m: 7:00.58	52.02			
5.	Kirsten Stamer	SC Janus Köln						7:24.48			
	50m: 45.34	45.34	150m: 2:31.77	54.42	250m: 4:26.98	58.47	350m: 6:26.11	1:00.15			
	100m: 1:37.35	52.01	200m: 3:28.51	56.74	300m: 5:25.96	58.98	400m: 7:24.48	58.37			
6.	Marie-Jeanne Vandormael	Genker Zwemvereniging Neptun						8:10.25		+0.62	
	50m: 51.73	51.73	150m: 2:53.32	1:02.98	250m: 4:59.99	1:03.49	350m: 7:07.09	1:03.85			
	100m: 1:50.34	58.61	200m: 3:56.50	1:03.18	300m: 6:03.24	1:03.25	400m: 8:10.25	1:03.16			

Masters 65+

1.	Esther van Lohuizen	PSV						5:41.46		+0.77	
	<i>Kampioenschapsrecord</i>										
	50m: 38.27	38.27	150m: 2:05.78	44.61	250m: 3:34.42	44.68	350m: 5:01.94	43.72			
	100m: 1:21.17	42.90	200m: 2:49.74	43.96	300m: 4:18.22	43.80	400m: 5:41.46	39.52			
2.	Lies Hartman	PSV						10:41.52		+1.15	
	50m: 1:04.74	1:04.74	150m: 3:47.52	1:22.80	250m: 6:37.29	1:27.00	350m: 9:22.05	1:21.91			
	100m: 2:24.72	1:19.98	200m: 5:10.29	1:22.77	300m: 8:00.14	1:22.85	400m: 10:41.52	1:19.47			

Masters 70+

1.	Ineke Weekers	PSV						6:02.42		+0.83	
	<i>Europees Masters Record</i>										
	50m: 42.07	42.07	150m: 2:13.91	46.02	250m: 3:45.92	46.02	350m: 5:17.60	45.84			
	100m: 1:27.89	45.82	200m: 2:59.90	45.99	300m: 4:31.76	45.84	400m: 6:02.42	44.82			



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Programmanr. 4, Dames, 400m vrije slag, Masters 70+

rang	naam	vereniging								tijd	RT	PARA
2.	Carla Hensen	PSV		NED 195300062						7:23.07 *	+1.09	
	50m:	48.08	48.08	150m:	2:39.57	56.72	250m:	4:33.25	56.67	350m:	6:27.35	56.90
	100m:	1:42.85	54.77	200m:	3:36.58	57.01	300m:	5:30.45	57.20	400m:	7:23.07	55.72
3.	Gonnie Bak	PSV		NED 195100064						8:20.98	+0.94	
	50m:	54.97	54.97	150m:	3:02.32	1:04.37	250m:	5:11.28	1:04.83	350m:	7:19.25	1:04.22
	100m:	1:57.95	1:02.98	200m:	4:06.45	1:04.13	300m:	6:15.03	1:03.75	400m:	8:20.98	1:01.73
4.	Geerdien Meerwaldt	De Geul		NED 195200058						9:10.66		
	50m:	1:01.44	1:01.44	150m:	3:18.96	1:09.30	250m:	5:40.10	1:10.31	350m:	8:04.38	1:12.48
	100m:	2:09.66	1:08.22	200m:	4:29.79	1:10.83	300m:	6:51.90	1:11.80	400m:	9:10.66	1:06.28

Masters 75+

1.	Corrie Verhoeven			PSV			NED			194600026			7:01.70			+0.71	
	Nederlands Masters Record																
	50m:	45.66	45.66	150m:	2:33.61	55.62	250m:	4:23.41	54.97	350m:	6:11.12	54.70					
	100m:	1:37.99	52.33	200m:	3:28.44	54.83	300m:	5:16.42	53.01	400m:	7:01.70	50.58					
2.	Loekie van Huissteden			ZPC AMERSFOORT			NED			194500002			9:20.66			+1.08	
	50m:	1:02.87	1:02.87	150m:	3:25.99	1:12.98	250m:	5:47.74	1:10.94	350m:	8:12.04	1:11.71					
	100m:	2:13.01	1:10.14	200m:	4:36.80	1:10.81	300m:	7:00.33	1:12.59	400m:	9:20.66	1:08.62					
RES	Denise Cortis			San Giljan ASC			MLT			14886M			8:13.61			+0.77	
	50m:	48.29	48.29	150m:	2:51.04	1:02.79	250m:	4:59.84	1:04.51	350m:	7:11.90	1:05.88					
	100m:	1:48.25	59.96	200m:	3:55.33	1:04.29	300m:	6:06.02	1:06.18	400m:	8:13.61	1:01.71					