



Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Event 3
9-5-2025 - 9:30

Women, 400m Freestyle

Masters Open
Results

rang	naam	vereniging	tijd	RT	PARA			
Masters 20+								
1.	Ame Hulleman	DZ&PC	4:40.13	+0,84				
	50m: 31.94	31.94	150m: 1:42.25	35.70	250m: 2:53.07	35.48	350m: 4:04.85	36.33
	100m: 1:06.55	34.61	200m: 2:17.59	35.34	300m: 3:28.52	35.45	400m: 4:40.13	35.28
2.	Femke Backx	Orca Leeuwarden	4:51.70	+0,79				
	50m: 31.30	31.30	150m: 1:43.61	36.66	250m: 2:58.42	37.19	350m: 4:14.27	37.86
	100m: 1:06.95	35.65	200m: 2:21.23	37.62	300m: 3:36.41	37.99	400m: 4:51.70	37.43
3.	Cynthia Koolman	Steenwijk 1934	5:02.25	+0,72				
	50m: 34.61	34.61	150m: 1:49.79	38.08	250m: 3:06.93	39.03	350m: 4:25.06	39.21
	100m: 1:11.71	37.10	200m: 2:27.90	38.11	300m: 3:45.85	38.92	400m: 5:02.25	37.19
4.	Feline Slijkhuis	SG Octopus - ZVV	5:10.35	+0,97				
	50m: 33.86	33.86	150m: 1:51.26	39.45	250m: 3:11.97	40.57	350m: 4:32.88	39.94
	100m: 1:11.81	37.95	200m: 2:31.40	40.14	300m: 3:52.94	40.97	400m: 5:10.35	37.47
5.	Lieke Broere	De Otters Het Gooi	5:11.41	+0,89				
	50m: 33.45	33.45	150m: 1:51.16	38.46	250m: 3:11.94	40.39	350m: 4:32.53	39.29
	100m: 1:12.70	39.25	200m: 2:31.55	40.39	300m: 3:53.24	41.30	400m: 5:11.41	38.88
6.	Ilse Kramer	TriVia	5:29.11					
	50m: 37.62	37.62	150m: 2:01.70	42.23	250m: 3:25.75	41.87	350m: 4:48.90	41.54
	100m: 1:19.47	41.85	200m: 2:43.88	42.18	300m: 4:07.36	41.61	400m: 5:29.11	40.21
7.	Romee Beverdam	WS Twente	5:33.42					
	50m: 36.62	36.62	150m: 1:59.40	42.31	250m: 3:25.38	43.56	350m: 4:52.33	43.39
	100m: 1:17.09	40.47	200m: 2:41.82	42.42	300m: 4:08.94	43.56	400m: 5:33.42	41.09
8.	Esmeralda Elbers	Blue Marlins	7:05.32					
	50m: 42.35	42.35	150m: 2:22.67	51.62	250m: 4:15.28	56.92	350m: 6:10.42	57.40
	100m: 1:31.05	48.70	200m: 3:18.36	55.69	300m: 5:13.02	57.74	400m: 7:05.32	54.90
Masters 25+								
1.	Laura Setz	Bubble	4:32.89					
	<i>Nederlands Masters Record</i>							
	50m: 31.36	31.36	150m: 1:39.90	34.64	250m: 2:49.87	34.83	350m: 3:59.87	34.97
	100m: 1:05.26	33.90	200m: 2:15.04	35.14	300m: 3:24.90	35.03	400m: 4:32.89	33.02
2.	Tamara Grove	De Dolfijn	4:40.57	+0,75				
	50m: 31.42	31.42	150m: 1:41.15	35.38	250m: 2:52.26	35.72	350m: 4:04.92	36.87
	100m: 1:05.77	34.35	200m: 2:16.54	35.39	300m: 3:28.05	35.79	400m: 4:40.57	35.65
3.	Marijke Drent	Bubble	4:46.89	+0,84				
	50m: 32.65	32.65	150m: 1:44.62	36.35	250m: 2:58.51	36.71	350m: 4:11.13	36.14
	100m: 1:08.27	35.62	200m: 2:21.80	37.18	300m: 3:34.99	36.48	400m: 4:46.89	35.76
4.	Moniek van Langevelde	DWK	4:50.45	+0,81				
	50m: 33.27	33.27	150m: 1:45.90	36.30	250m: 2:59.88	36.73	350m: 4:14.32	36.76
	100m: 1:09.60	36.33	200m: 2:23.15	37.25	300m: 3:37.56	37.68	400m: 4:50.45	36.13
5.	Manon Kloosterman	Zwemlust- den Hommel	4:52.43	+0,79				
	50m: 32.95	32.95	150m: 1:45.22	37.07	250m: 3:00.80	38.27	350m: 4:16.08	37.81
	100m: 1:08.15	35.20	200m: 2:22.53	37.31	300m: 3:38.27	37.47	400m: 4:52.43	36.35
6.	Jamilla van Omme - van Veen	Zwemvereniging Hoogland	4:55.47					
	50m: 31.91	31.91	150m: 1:45.37	37.32	250m: 3:01.25	38.14	350m: 4:18.15	38.51
	100m: 1:08.05	36.14	200m: 2:23.11	37.74	300m: 3:39.64	38.39	400m: 4:55.47	37.32
7.	Jet Kleine	MSV-Zeemacht	5:18.86	+0,56				
	50m: 35.50	35.50	150m: 1:54.64	39.93	250m: 3:15.88	40.25	350m: 4:37.85	41.16
	100m: 1:14.71	39.21	200m: 2:35.63	40.99	300m: 3:56.69	40.81	400m: 5:18.86	41.01
8.	Selina Janssen	Neptunus'58	5:19.56					
	50m: 35.70	35.70	150m: 1:55.07	40.27	250m: 3:17.33	41.48	350m: 4:40.17	41.65
	100m: 1:14.80	39.10	200m: 2:35.85	40.78	300m: 3:58.52	41.19	400m: 5:19.56	39.39
9.	Evelien de Jong	Neptunia '24	5:37.52	+0,84				
	50m: 36.80	36.80	150m: 2:00.90	43.08	250m: 3:28.18	43.43	350m: 4:55.73	42.83
	100m: 1:17.82	41.02	200m: 2:44.75	43.85	300m: 4:12.90	44.72	400m: 5:37.52	41.79
10.	Esmee Rolloos	NieMo Barracuda	5:38.23					
	50m: 35.32	35.32	150m: 1:57.53	42.11	250m: 3:25.91	44.36	350m: 4:55.45	43.96
	100m: 1:15.42	40.10	200m: 2:41.55	44.02	300m: 4:11.49	45.58	400m: 5:38.23	42.78





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Event 3, Women, 400m Freestyle, Masters 25+

rang	naam	vereniging	tijd	RT	PARA
11.	Anouk van der Lans	Westland Swimming Stars	5:43.54		
	50m: 36.15	36.15 150m: 1:59.80	42.96 250m: 3:28.90	44.85 350m: 4:59.33	45.16
	100m: 1:16.84	40.69 200m: 2:44.05	44.25 300m: 4:14.17	45.27 400m: 5:43.54	44.21
12.	Ageeth de Haan	Steenwijk 1934	5:50.90	+0,86	
	50m: 37.70	37.70 150m: 2:07.46	45.66 250m: 3:39.81	46.92 350m: 5:08.05	44.14
	100m: 1:21.80	44.10 200m: 2:52.89	45.43 300m: 4:23.91	44.10 400m: 5:50.90	42.85
13.	Astrid Wibbelink	Steenwijk 1934	5:58.84	+0,78	
	50m: 36.65	36.65 150m: 2:04.89	44.95 250m: 3:38.82	46.93 350m: 5:13.63	46.50
	100m: 1:19.94	43.29 200m: 2:51.89	47.00 300m: 4:27.13	48.31 400m: 5:58.84	45.21
14.	Melanie Zondag	ZC Polaris	6:12.55	+0,92	
	50m: 39.08	39.08 150m: 2:10.91	47.73 250m: 3:47.81	48.96 350m: 5:25.06	48.54
	100m: 1:23.18	44.10 200m: 2:58.85	47.94 300m: 4:36.52	48.71 400m: 6:12.55	47.49
15.	Cynthia van Veen	ZVL-1886	6:15.51	+0,82	
	50m: 38.64	38.64 150m: 2:11.67	47.48 250m: 3:49.75	49.03 350m: 5:28.88	49.34
	100m: 1:24.19	45.55 200m: 3:00.72	49.05 300m: 4:39.54	49.79 400m: 6:15.51	46.63

Masters 30+

1.	Lotte Coenen	D.E.S.	4:57.09	+0,83	
	50m: 32.49	32.49 150m: 1:45.57	36.83 250m: 3:01.04	37.57 350m: 4:18.91	38.91
	100m: 1:08.74	36.25 200m: 2:23.47	37.90 300m: 3:40.00	38.96 400m: 4:57.09	38.18
2.	Fiona Meuffels	PSV	5:03.68	+0,71	
	50m: 32.95	32.95 150m: 1:48.97	38.59 250m: 3:07.80	39.41 350m: 4:26.98	39.26
	100m: 1:10.38	37.43 200m: 2:28.39	39.42 300m: 3:47.72	39.92 400m: 5:03.68	36.70
3.	Anne-Irene Ducheine	Zwemvereniging Hoogland	5:05.10	+0,65	
	50m: 33.51	33.51 150m: 1:49.66	38.64 250m: 3:07.78	38.97 350m: 4:26.71	39.20
	100m: 1:11.02	37.51 200m: 2:28.81	39.15 300m: 3:47.51	39.73 400m: 5:05.10	38.39
4.	Floor Weijmans	HZPC	5:12.17	+0,83	
	50m: 35.71	35.71 150m: 1:53.03	39.25 250m: 3:12.41	39.86 350m: 4:32.76	40.41
	100m: 1:13.78	38.07 200m: 2:32.55	39.52 300m: 3:52.35	39.94 400m: 5:12.17	39.41
5.	Larissa Jansen	PSV	5:15.89	+0,83	
	50m: 35.69	35.69 150m: 1:55.91	40.43 250m: 3:16.72	39.81 350m: 4:37.37	39.79
	100m: 1:15.48	39.79 200m: 2:36.91	41.00 300m: 3:57.58	40.86 400m: 5:15.89	38.52
6.	Wendan Poelstra	TriVia	5:18.59	+0,79	
	50m: 35.60	35.60 150m: 1:55.08	39.88 250m: 3:16.46	40.67 350m: 4:38.44	40.70
	100m: 1:15.20	39.60 200m: 2:35.79	40.71 300m: 3:57.74	41.28 400m: 5:18.59	40.15
7.	Nanda Wobben-de Vries	Steenwijk 1934	5:19.12	+0,83	
	50m: 35.09	35.09 150m: 1:54.80	40.67 250m: 3:17.16	41.58 350m: 4:39.66	41.43
	100m: 1:14.13	39.04 200m: 2:35.58	40.78 300m: 3:58.23	41.07 400m: 5:19.12	39.46
8.	Annemiek Meulenbeld	Orca Leeuwarden	5:26.32	+0,76	
	50m: 35.10	35.10 150m: 1:54.73	41.18 250m: 3:19.03	42.57 350m: 4:44.80	43.43
	100m: 1:13.55	38.45 200m: 2:36.46	41.73 300m: 4:01.37	42.34 400m: 5:26.32	41.52
9.	Esther Kwebeman	TriVia	5:35.36	+0,90	
	50m: 36.76	36.76 150m: 2:00.83	42.72 250m: 3:27.16	43.46 350m: 4:53.65	43.20
	100m: 1:18.11	41.35 200m: 2:43.70	42.87 300m: 4:10.45	43.29 400m: 5:35.36	41.71
10.	Nadine Blouw	TriVia	5:39.19		
	50m: 36.30	36.30 150m: 1:58.95	42.66 250m: 3:26.59	44.00 350m: 4:55.40	44.76
	100m: 1:16.29	39.99 200m: 2:42.59	43.64 300m: 4:10.64	44.05 400m: 5:39.19	43.79
11.	Irmgard van Weeghel	ENC Arnhem	5:44.67		
	50m: 37.07	37.07 150m: 2:02.87	43.29 250m: 3:31.23	43.77 350m: 5:00.91	44.35
	100m: 1:19.58	42.51 200m: 2:47.46	44.59 300m: 4:16.56	45.33 400m: 5:44.67	43.76

Masters 35+

1.	Marloes Manni	Zwemvereniging Hoogland	5:14.46	+0,62	
	50m: 33.15	33.15 150m: 1:51.90	40.22 250m: 3:13.96	41.00 350m: 4:36.26	40.62
	100m: 1:11.68	38.53 200m: 2:32.96	41.06 300m: 3:55.64	41.68 400m: 5:14.46	38.20
2.	Nanda van Heteren	PSV	5:32.43	+0,91	
	50m: 37.08	37.08 150m: 2:01.93	43.14 250m: 3:28.07	42.80 350m: 4:52.73	42.18
	100m: 1:18.79	41.71 200m: 2:45.27	43.34 300m: 4:10.55	42.48 400m: 5:32.43	39.70
3.	Monique van Huizen	AZC	5:41.69	+0,88	
	50m: 36.62	36.62 150m: 2:02.43	43.44 250m: 3:31.99	44.33 350m: 5:00.37	43.44
	100m: 1:18.99	42.37 200m: 2:47.66	45.23 300m: 4:16.93	44.94 400m: 5:41.69	41.32





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Event 3, Women, 400m Freestyle, Masters 35+

rang	naam	vereniging	tijd	RT	PARA			
4.	Liesbeth van Mill	Zwemlust- den Hommel	5:43.96	+0,98				
	50m: 39.03	39.03	150m: 2:06.16	43.77	250m: 3:33.82	43.68	350m: 5:01.39	43.53
	100m: 1:22.39	43.36	200m: 2:50.14	43.98	300m: 4:17.86	44.04	400m: 5:43.96	42.57
5.	Esther Boerdam-Delfos	AZC	6:01.54	+0,63				
	50m: 37.68	37.68	150m: 2:05.77	44.68	250m: 3:39.66	47.12	350m: 5:15.74	47.53
	100m: 1:21.09	43.41	200m: 2:52.54	46.77	300m: 4:28.21	48.55	400m: 6:01.54	45.80
6.	Monique Kok	SG Octopus - ZVV	7:02.32	+0,83				
	50m: 45.49	45.49	150m: 2:31.62	53.53	250m: 4:21.19	54.56	350m: 6:10.36	53.71
	100m: 1:38.09	52.60	200m: 3:26.63	55.01	300m: 5:16.65	55.46	400m: 7:02.32	51.96

Masters 40+

1.	Viktoria Haden-Felfoldi	Iron Swim	4:51.59					
	50m: 32.95	32.95	150m: 1:45.84	36.69	250m: 2:59.98	37.27	350m: 4:14.96	37.69
	100m: 1:09.15	36.20	200m: 2:22.71	36.87	300m: 3:37.27	37.29	400m: 4:51.59	36.63
2.	Ann Wanter	Zwemclub Geel	5:09.79					
	50m: 35.46	35.46	150m: 1:53.68	39.49	250m: 3:12.43	39.36	350m: 4:31.42	39.74
	100m: 1:14.19	38.73	200m: 2:33.07	39.39	300m: 3:51.68	39.25	400m: 5:09.79	38.37
3.	Debbie van Rooijen	IJZ&PC	5:13.43					
	50m: 35.44	35.44	150m: 1:54.96	39.98	250m: 3:15.05	39.36	350m: 4:34.61	39.58
	100m: 1:14.98	39.54	200m: 2:35.69	40.73	300m: 3:55.03	39.98	400m: 5:13.43	38.82
4.	Ramona Linting	AZC	5:35.04	+0,83				
	50m: 36.81	36.81	150m: 2:00.42	42.92	250m: 3:25.93	43.10	350m: 4:53.28	43.97
	100m: 1:17.50	40.69	200m: 2:42.83	42.41	300m: 4:09.31	43.38	400m: 5:35.04	41.76
5.	Sandra Schellekens	Neptunus'58	5:52.74	+0,84				
	50m: 38.48	38.48	150m: 2:06.60	44.86	250m: 3:38.12	45.85	350m: 5:09.56	45.44
	100m: 1:21.74	43.26	200m: 2:52.27	45.67	300m: 4:24.12	46.00	400m: 5:52.74	43.18
6.	Tessa Zwart-Piek	DZ&PC	6:35.11	+0,33				
	50m: 43.71	43.71	150m: 2:24.01	51.47	250m: 4:04.48	49.90	350m: 5:46.30	51.32
	100m: 1:32.54	48.83	200m: 3:14.58	50.57	300m: 4:54.98	50.50	400m: 6:35.11	48.81

Masters 45+

1.	Annett von Rekowski	Schwimmverein Gera	5:02.98	+0,77				
	50m: 34.24	34.24	150m: 1:49.76	38.23	250m: 3:07.12	38.82	350m: 4:25.40	39.17
	100m: 1:11.53	37.29	200m: 2:28.30	38.54	300m: 3:46.23	39.11	400m: 5:02.98	37.58
2.	Steffi Meinhold	D.E.S.	5:10.86	+0,91				
	50m: 34.59	34.59	150m: 1:53.68	39.78	250m: 3:13.85	39.89	350m: 4:33.12	39.14
	100m: 1:13.90	39.31	200m: 2:33.96	40.28	300m: 3:53.98	40.13	400m: 5:10.86	37.74
3.	Alina Spijkerman	DAW	5:31.20	+0,92				
	50m: 35.45	35.45	150m: 1:58.07	41.82	250m: 3:23.66	42.51	350m: 4:49.76	42.96
	100m: 1:16.25	40.80	200m: 2:41.15	43.08	300m: 4:06.80	43.14	400m: 5:31.20	41.44
4.	Chantal Verhoeff	Old Dutch	5:34.60					
	50m: 37.15	37.15	150m: 2:01.67	42.76	250m: 3:28.43	43.12	350m: 4:53.76	42.11
	100m: 1:18.91	41.76	200m: 2:45.31	43.64	300m: 4:11.65	43.22	400m: 5:34.60	40.84
5.	Patricia Brooijmans	Old Dutch	5:38.74	+0,73				
	50m: 38.46	38.46	150m: 2:04.34	43.48	250m: 3:31.47	43.88	350m: 4:57.46	43.07
	100m: 1:20.86	42.40	200m: 2:47.59	43.25	300m: 4:14.39	42.92	400m: 5:38.74	41.28
6.	Ruth Pataki	SC Hakoah	5:41.11					
	50m: 39.01	39.01	150m: 2:04.20	42.95	250m: 3:31.05	43.45	350m: 4:59.08	43.97
	100m: 1:21.25	42.24	200m: 2:47.60	43.40	300m: 4:15.11	44.06	400m: 5:41.11	42.03
7.	Jessica Venema	GZC Donk	5:42.59					
	50m: 37.30	37.30	150m: 2:03.62	44.09	250m: 3:32.26	44.10	350m: 5:00.96	44.16
	100m: 1:19.53	42.23	200m: 2:48.16	44.54	300m: 4:16.80	44.54	400m: 5:42.59	41.63
8.	Petra Guijt	Aqua-Novio '94	5:44.88	+0,85				
	50m: 38.45	38.45	150m: 2:06.35	44.99	250m: 3:35.15	44.44	350m: 5:02.63	43.32
	100m: 1:21.36	42.91	200m: 2:50.71	44.36	300m: 4:19.31	44.16	400m: 5:44.88	42.25
9.	Agnes van Brug	DAW	5:46.70	+0,89				
	50m: 37.93	37.93	150m: 2:04.62	43.95	250m: 3:34.26	44.77	350m: 5:03.85	44.17
	100m: 1:20.67	42.74	200m: 2:49.49	44.87	300m: 4:19.68	45.42	400m: 5:46.70	42.85
10.	Femke Hofkens	Aqua-Novio '94	6:21.38					
	50m: 41.90	41.90	150m: 2:19.05	49.43	250m: 3:59.20	49.58	350m: 5:37.16	48.32
	100m: 1:29.62	47.72	200m: 3:09.62	50.57	300m: 4:48.84	49.64	400m: 6:21.38	44.22





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Event 3, Women, 400m Freestyle, Masters 45+

rang	naam	vereniging	tijd	RT	PARA	
11.	Ilonka van der Meer	Link	6:23.66			
	50m: 43.20	43.20	150m: 2:19.96	49.51	250m: 3:59.81	49.76
	100m: 1:30.45	47.25	200m: 3:10.05	50.09	300m: 4:48.87	49.06
					350m: 5:37.91	49.04
					400m: 6:23.66	45.75
12.	Tanja Lenz	SG Bayer	6:23.74	+0,79		
	50m: 41.40	41.40	150m: 2:16.43	47.99	250m: 3:54.81	48.68
	100m: 1:28.44	47.04	200m: 3:06.13	49.70	300m: 4:44.64	49.83
					350m: 5:33.47	48.83
					400m: 6:23.74	50.27
13.	Katrin Glatzer	ZPC Amersfoort	6:30.20		355	
	50m: 43.50	43.50	150m: 2:22.51	49.55	250m: 4:01.58	49.49
	100m: 1:32.96	49.46	200m: 3:12.09	49.58	300m: 4:51.84	50.26
					350m: 5:41.45	49.61
					400m: 6:30.20	48.75
14.	Clementine van Bruxvoort	Albion	7:13.52	+0,96		
	50m: 47.23	47.23	150m: 2:34.73	54.55	250m: 4:26.04	55.48
	100m: 1:40.18	52.95	200m: 3:30.56	55.83	300m: 5:23.03	56.99
					350m: 6:19.18	56.18
					400m: 7:13.52	54.34
15.	Jessica van Velzen	Swol 1894	8:06.23	+0,85		
	50m: 53.29	53.29	150m: 2:52.99	1:00.39	250m: 4:58.29	1:03.49
	100m: 1:52.60	59.31	200m: 3:54.80	1:01.81	300m: 6:02.48	1:04.19
					350m: 7:06.67	1:04.19
					400m: 8:06.23	59.56

Masters 50+

1.	Liselotte Joling	PSV	4:58.41	+0,90		
	50m: 35.36	35.36	150m: 1:50.96	37.86	250m: 3:06.47	37.41
	100m: 1:13.10	37.74	200m: 2:29.06	38.10	300m: 3:44.15	37.68
					350m: 4:21.75	37.60
					400m: 4:58.41	36.66
2.	Marleen Vos	Batavia Swim	5:24.96	+0,89		
	50m: 36.83	36.83	150m: 1:59.29	41.54	250m: 3:22.10	41.29
	100m: 1:17.75	40.92	200m: 2:40.81	41.52	300m: 4:03.74	41.64
					350m: 4:44.87	41.13
					400m: 5:24.96	40.09
3.	Barbara Ratz	SC Hakoah	5:29.53	+0,82		
	50m: 38.13	38.13	150m: 2:01.02	42.21	250m: 3:25.09	42.36
	100m: 1:18.81	40.68	200m: 2:42.73	41.71	300m: 4:07.19	42.10
					350m: 4:49.54	42.35
					400m: 5:29.53	39.99
4.	Annette de Visser	Oceanus	5:31.05	+0,87		
	50m: 36.45	36.45	150m: 1:58.66	42.00	250m: 3:23.83	42.19
	100m: 1:16.66	40.21	200m: 2:41.64	42.98	300m: 4:06.94	43.11
					350m: 4:49.68	42.74
					400m: 5:31.05	41.37
5.	Rebecca Irvine-Pronk	De Otters Het Gooi	5:49.77			
	50m: 36.37	36.37	150m: 2:00.81	43.42	250m: 3:31.13	45.38
	100m: 1:17.39	41.02	200m: 2:45.75	44.94	300m: 4:17.91	46.78
					350m: 5:04.60	46.69
					400m: 5:49.77	45.17
6.	Wendy Nederkoorn	Arethusa	6:14.53	+0,73		
	50m: 41.06	41.06	150m: 2:13.35	47.75	250m: 3:50.83	49.17
	100m: 1:25.60	44.54	200m: 3:01.66	48.31	300m: 4:40.36	49.53
					350m: 5:28.48	48.12
					400m: 6:14.53	46.05
7.	Annet Kootstra	Swol 1894	6:32.97	+0,55		
	50m: 44.24	44.24	150m: 2:22.87	49.72	250m: 4:03.17	50.01
	100m: 1:33.15	48.91	200m: 3:13.16	50.29	300m: 4:53.60	50.43
					350m: 5:43.78	50.18
					400m: 6:32.97	49.19
8.	Nathasja Konijn	GZC Donk	6:48.50	+0,72		
	50m: 44.97	44.97	150m: 2:26.07	51.03	250m: 4:09.93	52.27
	100m: 1:35.04	50.07	200m: 3:17.66	51.59	300m: 5:02.53	52.60
					350m: 5:55.85	53.32
					400m: 6:48.50	52.65
9.	Britta Fritz	SC Janus Koeln	7:09.14			
	50m: 50.62	50.62	150m: 2:38.58	54.85	250m: 4:27.38	55.25
	100m: 1:43.73	53.11	200m: 3:32.13	53.55	300m: 5:22.89	55.51
					350m: 6:17.09	54.20
					400m: 7:09.14	52.05

Masters 55+

1.	Lidia v. Bon-Rosenbrand	ZPC Amersfoort	5:14.42	+0,94		
	<i>Nederlands Masters Record</i>					
	50m: 36.04	36.04	150m: 1:56.39	40.55	250m: 3:17.29	39.70
	100m: 1:15.84	39.80	200m: 2:37.59	41.20	300m: 3:57.05	39.76
					350m: 4:36.17	39.12
					400m: 5:14.42	38.25
2.	Bianca Groot	MSV-Zeemacht	5:18.97	+0,49		
	50m: 36.23	36.23	150m: 1:56.18	40.11	250m: 3:16.80	40.18
	100m: 1:16.07	39.84	200m: 2:36.62	40.44	300m: 3:58.21	41.41
					350m: 4:39.65	41.44
					400m: 5:18.97	39.32
3.	Carol Hollemans	ACZ	5:26.21	+0,77		
	50m: 34.76	34.76	150m: 1:55.71	41.52	250m: 3:20.70	42.37
	100m: 1:14.19	39.43	200m: 2:38.33	42.62	300m: 4:04.03	43.33
					350m: 4:45.85	41.82
					400m: 5:26.21	40.36
4.	Iris van Aurich	DWK	5:43.60	+0,77		
	50m: 38.51	38.51	150m: 2:04.39	44.12	250m: 3:32.61	44.24
	100m: 1:20.27	41.76	200m: 2:48.37	43.98	300m: 4:17.05	44.44
					350m: 5:01.38	44.33
					400m: 5:43.60	42.22
5.	Karin Sagonas-Koolen	V.Z.V. Njord	6:25.09	+0,96		
	50m: 40.36	40.36	150m: 2:15.31	48.81	250m: 3:55.68	49.99
	100m: 1:26.50	46.14	200m: 3:05.69	50.38	300m: 4:45.50	49.82
					350m: 5:35.99	50.49
					400m: 6:25.09	49.10





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Event 3, Women, 400m Freestyle, Masters 55+

rang	naam	vereniging	tijd	RT	PARA
6.	Annette Spies	Link	6:34.23	+0,89	
	50m: 42.81 42.81	150m: 2:19.98 49.90	250m: 4:00.37 50.97	350m: 5:43.66 52.10	
	100m: 1:30.08 47.27	200m: 3:09.40 49.42	300m: 4:51.56 51.19	400m: 6:34.23 50.57	
7.	Sandra Daamen-Posma	AZC	6:44.29	+0,93	
	50m: 41.93 41.93	150m: 2:19.39 49.49	250m: 4:03.46 51.97	350m: 5:50.73 53.04	
	100m: 1:29.90 47.97	200m: 3:11.49 52.10	300m: 4:57.69 54.23	400m: 6:44.29 53.56	
8.	Annette van Dok	MSV-Zeemacht	7:17.14	+0,93	
	50m: 47.90 47.90	150m: 2:35.11 54.50	250m: 4:27.19 56.92	350m: 6:21.78 57.63	
	100m: 1:40.61 52.71	200m: 3:30.27 55.16	300m: 5:24.15 56.96	400m: 7:17.14 55.36	
9.	Cora Smulders	ENC Arnhem	7:24.90	+0,61	
	50m: 47.15 47.15	150m: 2:38.72 56.85	250m: 4:33.95 57.28	350m: 6:29.46 57.26	
	100m: 1:41.87 54.72	200m: 3:36.67 57.95	300m: 5:32.20 58.25	400m: 7:24.90 55.44	

Masters 60+

1.	Anita Steijger	WVZ	6:04.63		
	50m: 42.16 42.16	150m: 2:13.32 46.14	250m: 3:45.11 46.27	350m: 5:18.76 46.99	
	100m: 1:27.18 45.02	200m: 2:58.84 45.52	300m: 4:31.77 46.66	400m: 6:04.63 45.87	
2.	Petra Tossings	GZC Donk	6:06.27	+0,90	
	50m: 40.83 40.83	150m: 2:12.53 46.81	250m: 3:46.82 47.70	350m: 5:21.14 47.60	
	100m: 1:25.72 44.89	200m: 2:59.12 46.59	300m: 4:33.54 46.72	400m: 6:06.27 45.13	
3.	Margriet Grove-Lingeman	Triton	6:13.90	+0,84	
	50m: 41.00 41.00	150m: 2:14.15 46.94	250m: 3:49.42 47.48	350m: 5:25.77 48.13	
	100m: 1:27.21 46.21	200m: 3:01.94 47.79	300m: 4:37.64 48.22	400m: 6:13.90 48.13	
4.	Maud Peuten-Evers	Mosa~Regio	6:18.66	+0,97	
	50m: 42.36 42.36	150m: 2:18.11 48.67	250m: 3:55.33 48.67	350m: 5:31.63 47.83	
	100m: 1:29.44 47.08	200m: 3:06.66 48.55	300m: 4:43.80 48.47	400m: 6:18.66 47.03	
5.	Kirsten Stamer	SC Janus Koeln	7:02.18		
	50m: 46.72 46.72	150m: 2:29.71 52.15	250m: 4:17.27 54.68	350m: 6:08.08 55.78	
	100m: 1:37.56 50.84	200m: 3:22.59 52.88	300m: 5:12.30 55.03	400m: 7:02.18 54.10	
6.	Yoka de Vegt-van Dijk	ENC Arnhem	7:15.93		
	50m: 47.01 47.01	150m: 2:34.73 55.13	250m: 4:27.38 56.50	350m: 6:22.31 57.33	
	100m: 1:39.60 52.59	200m: 3:30.88 56.15	300m: 5:24.98 57.60	400m: 7:15.93 53.62	
7.	Erica Muller	De Geul	7:19.86	+0,89	
	50m: 48.54 48.54	150m: 2:39.46 56.41	250m: 4:32.27 56.68	350m: 6:25.24 56.11	
	100m: 1:43.05 54.51	200m: 3:35.59 56.13	300m: 5:29.13 56.86	400m: 7:19.86 54.62	

Masters 65+

1.	Lia Bijkerk	GZC Donk	6:53.99		
	50m: 46.90 46.90	150m: 2:30.77 52.24	250m: 4:17.55 53.23	350m: 6:04.75 53.64	
	100m: 1:38.53 51.63	200m: 3:24.32 53.55	300m: 5:11.11 53.56	400m: 6:53.99 49.24	
2.	Marion Kolkman-Pluim	ENC Arnhem	6:56.80		
	50m: 46.98 46.98	150m: 2:31.51 52.81	250m: 4:19.06 53.76	350m: 6:06.37 53.38	
	100m: 1:38.70 51.72	200m: 3:25.30 53.79	300m: 5:12.99 53.93	400m: 6:56.80 50.43	
3.	Karien Musters	Old Dutch	8:57.63		
	50m: 58.36 58.36	150m: 3:10.35 1:08.58	250m: 5:29.08 1:09.82	350m: 7:49.41 1:10.67	
	100m: 2:01.77 1:03.41	200m: 4:19.26 1:08.91	300m: 6:38.74 1:09.66	400m: 8:57.63 1:08.22	

Masters 70+

1.	Ineke Weekers	PSV	6:09.69		
	50m: 42.95 42.95	150m: 2:15.98 47.32	250m: 3:50.39 46.90	350m: 5:24.00 47.00	
	100m: 1:28.66 45.71	200m: 3:03.49 47.51	300m: 4:37.00 46.61	400m: 6:09.69 45.69	
2.	Geerdien Meerwaldt	De Geul	9:20.64		
	50m: 1:03.09 1:03.09	150m: 3:26.19 1:12.80	250m: 5:50.34 1:12.02	350m: 8:10.75 1:10.69	
	100m: 2:13.39 1:10.30	200m: 4:38.32 1:12.13	300m: 7:00.06 1:09.72	400m: 9:20.64 1:09.89	

Masters 75+

1.	Conny Boer-Buys	ZV Vlaardingen-Schiedam	6:23.31		
	<i>Nederlands Masters Record, Nederlands Masters Record op 200 meter én 400 meter</i>				
	50m: 42.69 42.69	150m: 2:19.16 48.96	250m: 3:59.77 50.40	350m: 5:38.47 48.77	
	100m: 1:30.20 47.51	200m: 3:09.37 50.21	300m: 4:49.70 49.93	400m: 6:23.31 44.84	





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Event 3, Women, 400m Freestyle

Masters 80+

1. Loekie van Huissteden	ZPC Amersfoort	NED	194500002	9:47.13						
50m: 1:04.54	1:04.54	150m: 3:33.46	1:15.06	250m: 6:04.42	1:15.26	350m: 8:36.07	1:15.49			
100m: 2:18.40	1:13.86	200m: 4:49.16	1:15.70	300m: 7:20.58	1:16.16	400m: 9:47.13	1:11.06			

