



Programmanr. 31
3-5-2026 - 11:01

Dames, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA
20+					
1.	Maaïke Issard	DZ&PC	5:24.75	+0.79	
	50m: 33.50	33.50	150m: 1:54.11	41.30	250m: 3:21.30
	100m: 1:12.81	39.31	200m: 2:35.76	41.65	300m: 4:08.19
					45.54
					46.89
					350m: 4:46.73
					38.54
					400m: 5:24.75
					38.02
2.	Roos de Jong	ZCNF'34	5:27.66	+0.79	
	50m: 35.30	35.30	150m: 1:58.96	43.23	250m: 3:26.43
	100m: 1:15.73	40.43	200m: 2:41.96	43.00	300m: 4:11.39
					44.47
					44.96
					350m: 4:50.54
					39.15
					400m: 5:27.66
					37.12
3.	Esther Tiemersma	PSV	5:54.30	+0.71	
	50m: 37.03	37.03	150m: 2:10.26	50.36	250m: 3:45.12
	100m: 1:19.90	42.87	200m: 2:57.84	47.58	300m: 4:32.55
					47.28
					47.43
					350m: 5:14.72
					42.17
					400m: 5:54.30
					39.58
4.	Anoeska Romein	Team Noord Holland (SG)	6:06.70	+0.93	
	50m: 40.04	40.04	150m: 2:17.00	49.20	250m: 3:53.34
	100m: 1:27.80	47.76	200m: 3:03.66	46.66	300m: 4:45.59
					49.68
					52.25
					350m: 5:26.67
					41.08
					400m: 6:06.70
					40.03
25+					
1.	Anne Noom	Het Y	5:26.19	+0.74	
	50m: 32.54	32.54	150m: 1:55.13	43.37	250m: 3:23.86
	100m: 1:11.76	39.22	200m: 2:37.15	42.02	300m: 4:10.89
					46.71
					47.03
					350m: 4:49.23
					38.34
					400m: 5:26.19
					36.96
2.	Amber van der Kruk	MSV-Zeemacht	5:44.03	+0.84	
	50m: 38.63	38.63	150m: 2:09.33	42.81	250m: 3:42.91
	100m: 1:26.52	47.89	200m: 2:51.61	42.28	300m: 4:32.46
					51.30
					49.55
					350m: 5:08.11
					35.65
					400m: 5:44.03
					35.92
3.	Noa Oldenhof	ZPCH	5:59.74	+0.67	
	50m: 37.58	37.58	150m: 2:08.23	45.18	250m: 3:46.08
	100m: 1:23.05	45.47	200m: 2:52.41	44.18	300m: 4:40.41
					53.67
					54.33
					350m: 5:20.62
					40.21
					400m: 5:59.74
					39.12
4.	Anouk van der Lans	Westland Swimming Stars	6:44.02	+0.77	
	50m: 42.60	42.60	150m: 2:27.41	48.65	250m: 4:14.36
	100m: 1:38.76	56.16	200m: 3:16.75	49.34	300m: 5:13.23
					57.61
					58.87
					350m: 5:59.14
					45.91
					400m: 6:44.02
					44.88
30+					
1.	Tamara Grove	De Dolfijn	5:35.16	+0.71	
	50m: 33.28	33.28	150m: 1:56.97	44.26	250m: 3:28.66
	100m: 1:12.71	39.43	200m: 2:40.37	43.40	300m: 4:18.50
					48.29
					49.84
					350m: 4:56.84
					38.34
					400m: 5:35.16
					38.32
2.	Fiona Meuffels	PSV	5:49.14	+0.66	
	50m: 35.50	35.50	150m: 2:08.20	48.24	250m: 3:41.58
	100m: 1:19.96	44.46	200m: 2:53.94	45.74	300m: 4:30.05
					47.64
					48.47
					350m: 5:09.90
					39.85
					400m: 5:49.14
					39.24
3.	Nienke Smidt	WS Twente	6:06.63	+0.86	
	50m: 36.43	36.43	150m: 2:10.59	49.29	250m: 3:50.95
	100m: 1:21.30	44.87	200m: 2:56.04	45.45	300m: 4:46.56
					54.91
					55.61
					350m: 5:28.11
					41.55
					400m: 6:06.63
					38.52
4.	Aniek Garritsen	De IJsselmeeuwen	6:10.50	+0.71	
	50m: 34.97	34.97	150m: 2:06.28	48.64	250m: 3:46.61
	100m: 1:17.64	42.67	200m: 2:52.75	46.47	300m: 4:41.44
					53.86
					54.83
					350m: 5:27.07
					45.63
					400m: 6:10.50
					43.43
5.	Larissa Jansen	PSV	6:12.44	+0.81	
	50m: 37.97	37.97	150m: 2:17.21	51.41	250m: 3:57.52
	100m: 1:25.80	47.83	200m: 3:06.70	49.49	300m: 4:48.73
					50.82
					51.21
					350m: 5:31.77
					43.04
					400m: 6:12.44
					40.67
6.	Irmgard van Weeghel	ENC Arnhem	6:26.68	+0.83	
	50m: 41.49	41.49	150m: 2:22.58	50.54	250m: 4:05.61
	100m: 1:32.04	50.55	200m: 3:11.33	48.75	300m: 5:00.81
					54.28
					55.20
					350m: 5:44.85
					44.04
					400m: 6:26.68
					41.83
35+					
1.	Wendan Poelstra	TriVia	5:46.40	+0.73	
	50m: 35.33	35.33	150m: 2:04.14	45.98	250m: 3:36.93
	100m: 1:18.16	42.83	200m: 2:49.07	44.93	300m: 4:25.90
					47.86
					48.97
					350m: 5:06.72
					40.82
					400m: 5:46.40
					39.68
2.	Linda van Klei	ACZ	6:10.48	+0.91	
	50m: 39.53	39.53	150m: 2:17.01	49.85	250m: 3:55.47
	100m: 1:27.16	47.63	200m: 3:05.33	48.32	300m: 4:48.21
					50.14
					52.74
					350m: 5:30.64
					42.43
					400m: 6:10.48
					39.84
3.	Gerbranda Beijgaard	De Granaet	6:24.88	+0.72	
	50m: 38.60	38.60	150m: 2:18.03	48.79	250m: 3:57.38
	100m: 1:29.24	50.64	200m: 3:04.66	46.63	300m: 4:52.24
					52.72
					54.86
					350m: 5:39.72
					47.48
					400m: 6:24.88
					45.16



ONMK 2026 lange baan
Drachten, 30-4- - 3-5-2026



Programmanr. 31, Dames, 400m wisselslag, 35+

rang	naam	vereniging	tijd	RT	PARA
4.	Monique van Huizen	AZC	6:26.48	+0.87	
	50m: 39.16	39.16 150m: 2:21.69 50.84	250m: 4:05.66 53.44	350m: 5:46.68 44.77	
	100m: 1:30.85	51.69 200m: 3:12.22 50.53	300m: 5:01.91 56.25	400m: 6:26.48 39.80	
40+					
1.	Viktória Háden-Felföldi	Iron Swim	5:32.76	+0.77	
	50m: 34.60	34.60 150m: 1:58.97 44.56	250m: 3:30.13 49.08	350m: 4:56.12 37.32	
	100m: 1:14.41	39.81 200m: 2:41.05 42.08	300m: 4:18.80 48.67	400m: 5:32.76 36.64	
2.	Sabine Zimmermann	Aachener SV 06	5:38.57	+0.76	
	50m: 38.23	38.23 150m: 2:07.41 45.03	250m: 3:36.87 47.46	350m: 5:02.06 37.62	
	100m: 1:22.38	44.15 200m: 2:49.41 42.00	300m: 4:24.44 47.57	400m: 5:38.57 36.51	
3.	Ann Wanter	Zwemclub Geel	5:51.93	+0.82	
	50m: 36.22	36.22 150m: 2:05.48 46.28	250m: 3:42.67 52.59	350m: 5:14.36 39.56	
	100m: 1:19.20	42.98 200m: 2:50.08 44.60	300m: 4:34.80 52.13	400m: 5:51.93 37.57	
4.	Nadya Putter	ZV Vlaardingen-Schiedam	6:18.76	+0.79	
	50m: 37.76	37.76 150m: 2:13.27 49.68	250m: 3:54.26 51.61	350m: 5:33.94 45.05	
	100m: 1:23.59	45.83 200m: 3:02.65 49.38	300m: 4:48.89 54.63	400m: 6:18.76 44.82	
5.	Angela Giezen	ZPC Amersfoort	6:30.60	+0.76	
	50m: 41.10	41.10 150m: 2:20.61 49.84	250m: 4:05.40 56.09	350m: 5:47.94 45.36	
	100m: 1:30.77	49.67 200m: 3:09.31 48.70	300m: 5:02.58 57.18	400m: 6:30.60 42.66	
6.	Suzanne Mol	Aqualero	6:59.86	+0.94	
	50m: 46.86	46.86 150m: 2:35.69 53.56	250m: 4:26.59 1:00.39	350m: 6:13.57 47.99	
	100m: 1:42.13	55.27 200m: 3:26.20 50.51	300m: 5:25.58 58.99	400m: 6:59.86 46.29	
7.	Linda Hoogendam	WVZ	7:31.99	+0.85	
	50m: 47.54	47.54 150m: 2:45.63 59.19	250m: 4:49.75 1:06.99	350m: 6:45.91 47.66	
	100m: 1:46.44	58.90 200m: 3:42.76 57.13	300m: 5:58.25 1:08.50	400m: 7:31.99 46.08	
45+					
1.	Leontine Loeber	AZ&PC De Futen	7:16.22	+0.96	
	50m: 46.61	46.61 150m: 2:39.99 55.42	250m: 4:36.31 59.68	350m: 6:27.75 49.80	
	100m: 1:44.57	57.96 200m: 3:36.63 56.64	300m: 5:37.95 1:01.64	400m: 7:16.22 48.47	
2.	Ute Kremer	SG Erkelenz-Hückelhoven	7:25.43	+0.95	
	50m: 45.63	45.63 150m: 2:41.58 1:00.92	250m: 4:41.47 59.96	350m: 6:33.90 52.76	
	100m: 1:40.66	55.03 200m: 3:41.51 59.93	300m: 5:41.14 59.67	400m: 7:25.43 51.53	
50+					
1.	Annett von Rekowski	Schwimmverein Gera	5:58.38	+0.77	
	50m: 37.85	37.85 150m: 2:09.69 47.28	250m: 3:48.64 53.25	350m: 5:21.22 39.05	
	100m: 1:22.41	44.56 200m: 2:55.39 45.70	300m: 4:42.17 53.53	400m: 5:58.38 37.16	
2.	Liselotte Joling	PSV	6:02.06	+0.87	
	50m: 37.24	37.24 150m: 2:10.44 50.03	250m: 3:49.60 51.78	350m: 5:24.17 40.35	
	100m: 1:20.41	43.17 200m: 2:57.82 47.38	300m: 4:43.82 54.22	400m: 6:02.06 37.89	
3.	Marleen Gerringa-Vos	Batavia Swim	6:12.72	+0.86	
	50m: 39.78	39.78 150m: 2:19.11 49.65	250m: 3:57.65 51.16	350m: 5:32.12 42.75	
	100m: 1:29.46	49.68 200m: 3:06.49 47.38	300m: 4:49.37 51.72	400m: 6:12.72 40.60	
4.	Mirjan den Drijver	Westland Swimming Stars	6:36.83	+0.78	
	50m: 37.01	37.01 150m: 2:18.77 53.54	250m: 4:06.85 58.36	350m: 5:51.66 45.99	
	100m: 1:25.23	48.22 200m: 3:08.49 49.72	300m: 5:05.67 58.82	400m: 6:36.83 45.17	
5.	Jannie Vennik	HZ&PC Heerenveen	7:07.26	+0.96	
	50m: 45.21	45.21 150m: 2:39.94 56.61	250m: 4:38.85 1:00.66	350m: 6:23.65 43.05	
	100m: 1:43.33	58.12 200m: 3:38.19 58.25	300m: 5:40.60 1:01.75	400m: 7:07.26 43.61	
55+					
1.	Bianca Groot	MSV-Zeemacht	7:01.18	+0.91	
	50m: 43.06	43.06 150m: 2:33.99 56.18	250m: 4:26.99 55.35	350m: 6:14.21 46.47	
	100m: 1:37.81	54.75 200m: 3:31.64 57.65	300m: 5:27.74 1:00.75	400m: 7:01.18 46.97	
2.	Nathasja Konijn	GZC Donk	7:39.08	+0.93	
	50m: 48.19	48.19 150m: 2:42.95 56.26	250m: 4:43.29 1:04.74	350m: 6:45.33 54.14	
	100m: 1:46.69	58.50 200m: 3:38.55 55.60	300m: 5:51.19 1:07.90	400m: 7:39.08 53.75	





Programmanr. 31, Dames, 400m wisselslag

60+

1.	Anita Steijger	WVZ	NED	196500628	7:07.01	+0.72
	50m: 45.07	45.07	150m: 2:38.63	57.93	250m: 4:33.10	1:00.30
	100m: 1:40.70	55.63	200m: 3:32.80	54.17	300m: 5:33.68	1:00.58
					350m: 6:21.29	47.61
					400m: 7:07.01	45.72
2.	Margriet Grove-Lingeman	Triton	NED	196200080	7:08.22	+0.84
	50m: 43.28	43.28	150m: 2:30.07	55.61	250m: 4:25.97	1:00.97
	100m: 1:34.46	51.18	200m: 3:25.00	54.93	300m: 5:27.42	1:01.45
					350m: 6:17.75	50.33
					400m: 7:08.22	50.47
3.	K. van Nassau-van den Heuvel	Old Dutch	NED	196600188	7:41.93	+1.01
	50m: 52.90	52.90	150m: 2:58.23	1:04.92	250m: 5:00.81	59.94
	100m: 1:53.31	1:00.41	200m: 4:00.87	1:02.64	300m: 6:00.80	59.99
					350m: 6:53.14	52.34
					400m: 7:41.93	48.79

65+

1.	Petra Tossings	GZC Donk	NED	196100376	6:54.32	+0.84
	<i>Nederlands Masters Record</i>					
	50m: 42.69	42.69	150m: 2:30.42	55.35	250m: 4:23.88	59.57
	100m: 1:35.07	52.38	200m: 3:24.31	53.89	300m: 5:23.62	59.74
					350m: 6:10.61	46.99
					400m: 6:54.32	43.71
2.	Hannie Poletiek	TriVia	NED	195900278	8:17.16	+0.98
	50m: 55.04	55.04	150m: 3:10.16	1:06.30	250m: 5:20.93	1:06.37
	100m: 2:03.86	1:08.82	200m: 4:14.56	1:04.40	300m: 6:28.58	1:07.65
					350m: 7:22.54	53.96
					400m: 8:17.16	54.62

75+

1.	Antoinette Gilding-Tussaud	WS Twente	NED	195000038	9:49.28	+0.93
	50m: 1:10.23	1:10.23	150m: 3:46.56	1:08.26	250m: 6:16.21	1:22.87
	100m: 2:38.30	1:28.07	200m: 4:53.34	1:06.78	300m: 7:38.36	1:22.15
					350m: 8:45.57	1:07.21
					400m: 9:49.28	1:03.71