

Open Nederlandse Masters Kampioenschappen 2009
Eindhoven, 8. - 10.5.2009

Programmanr. 1
08.05.2009 - 12:30

Dames, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT
Masters 20+					
1.	Larissa Brak <i>Kampioenschaps Record</i>	De Zijl/LGB	5:25.20	8800572	5:30.99 +0,89
	50m: 35.42 35.42 100m: 1:18.69 43.27	150m: 2:04.76 46.07 200m: 2:48.25 43.49	250m: 3:31.18 42.93 300m: 4:15.84 44.66	350m: 4:54.14 38.30 400m: 5:30.99 36.85	
2.	Suzanne Duijkers	ZON/S&S	5:45.99	8701024	5:41.96 +0,93
	50m: 35.13 35.13 100m: 1:16.03 40.90	150m: 2:01.85 45.82 200m: 2:46.43 44.58	250m: 3:35.85 49.42 300m: 4:25.09 49.24	350m: 5:04.36 39.27 400m: 5:41.96 37.60	
3.	Karin van Dijk	HZ&PC Heerenveen	5:46.16	8600850	5:50.72 +0,95
	50m: 35.35 35.35 100m: 1:18.19 42.84	150m: 2:07.53 49.34 200m: 2:55.91 48.38	250m: 3:41.58 45.67 300m: 4:29.48 47.90	350m: 5:09.50 40.02 400m: 5:50.72 41.22	
4.	Susanne Blom	De Inktvis	6:10.60	8500282	6:08.85 +1,00
	50m: 37.49 37.49 100m: 1:25.74 48.25	150m: 2:14.84 49.10 200m: 3:02.36 47.52	250m: 3:54.62 52.26 300m: 4:49.46 54.84	350m: 5:29.87 40.41 400m: 6:08.85 38.98	
Masters 25+					
1.	Nadya Putter <i>Kampioenschaps Record</i>	Vlaardingen	5:36.97	8301630	5:37.45 +0,88
	50m: 34.65 34.65 100m: 1:14.15 39.50	150m: 1:58.69 44.54 200m: 2:42.09 43.40	250m: 3:30.84 48.75 300m: 4:20.40 49.56	350m: 5:00.11 39.71 400m: 5:37.45 37.34	
2.	Roos van Esch	TRB-RES	5:34.58	8200468	5:40.52 +0,95
	50m: 35.16 35.16 100m: 1:15.67 40.51	150m: 2:00.50 44.83 200m: 2:43.29 42.79	250m: 3:34.23 50.94 300m: 4:25.00 50.77	350m: 5:02.99 37.99 400m: 5:40.52 37.53	
3.	Annette Vogelsang	ZV De Bron	7:20.51	8402632	7:05.75 +0,90
	50m: 41.42 41.42 100m: 1:33.52 52.10	150m: 2:27.52 54.00 200m: 3:21.61 54.09	250m: 4:22.41 1:00.80 300m: 5:25.66 1:03.25	350m: 6:15.21 49.55 400m: 7:05.75 50.54	
4.	Rianne van Vegchelen	Deltasteur	7:51.93	8101530	7:43.54 +1,07
	50m: 51.16 51.16 100m: 1:52.63 1:01.47	150m: 2:55.68 1:03.05 200m: 3:57.17 1:01.49	250m: 5:02.17 1:05.00 300m: 6:06.24 1:04.07	350m: 6:55.26 49.02 400m: 7:43.54 48.28	
Masters 30+					
1.	Elvira Jonkers	De Pinquin	5:35.64	7900420	6:03.14 +0,98
	50m: 34.10 34.10 100m: 1:16.30 42.20	150m: 2:07.28 50.98 200m: 2:56.44 49.16	250m: 3:41.09 50.65 300m: 4:39.42 52.33	350m: 5:21.67 42.25 400m: 6:03.14 41.47	
2.	Jolanda van Gendt	PSV	6:10.06	7800266	6:14.78 +0,90
	50m: 39.80 39.80 100m: 1:27.77 47.97	150m: 2:13.41 45.64 200m: 2:58.28 44.87	250m: 3:52.54 54.26 300m: 4:47.04 54.50	350m: 5:30.23 43.19 400m: 6:14.78 44.55	
3.	Margriet Leeffers	Deltasteur	7:30.90	7800448	7:25.19 +0,92
	50m: 49.45 49.45 100m: 1:46.28 56.83	150m: 2:44.55 58.27 200m: 3:42.46 57.91	250m: 4:42.63 1:00.17 300m: 5:43.53 1:00.90	350m: 6:34.06 50.53 400m: 7:25.19 51.13	
Masters 35+					
1.	Marleen Vos	Aquapoldro	5:39.65	7400598	5:49.87 +0,86
	50m: 36.99 36.99 100m: 1:21.72 44.73	150m: 2:07.63 45.91 200m: 2:53.20 45.57	250m: 3:41.50 48.30 300m: 4:30.50 49.00	350m: 5:10.68 40.18 400m: 5:49.87 39.19	
2.	Aida Ponce del Castillo	CNSW	5:37.15	CNSW/358/74	6:13.96 +0,92
	50m: 40.40 40.40 100m: 1:29.73 49.33	150m: 2:15.41 45.68 200m: 3:00.96 45.55	250m: 3:56.15 55.19 300m: 4:50.87 54.72	350m: 5:33.34 42.47 400m: 6:13.96 40.62	
3.	Annet Kootstra	Swol 1894	6:45.44	7100344	6:45.29 +0,95
	50m: 41.81 41.81 100m: 1:33.27 51.46	150m: 2:28.95 55.68 200m: 3:22.77 53.82	250m: 4:19.42 56.65 300m: 5:17.65 58.23	350m: 6:02.20 44.55 400m: 6:45.29 43.09	
4.	Tony de Groot	De Futen	7:06.26	7300758	6:56.32 +0,97
	50m: 44.67 44.67 100m: 1:38.27 53.60	150m: 2:33.30 55.03 200m: 3:26.22 52.92	250m: 4:26.64 1:00.42 300m: 5:27.69 1:01.05	350m: 6:13.49 45.80 400m: 6:56.32 42.83	
5.	Meke Oomens	Old Dutch	6:53.25	7000370	7:03.61 +1,07
	50m: 47.25 47.25 100m: 1:42.79 55.54	150m: 2:40.58 57.79 200m: 3:36.81 56.23	250m: 4:28.45 51.64 300m: 5:23.85 55.40	350m: 6:14.28 50.43 400m: 7:03.61 49.33	

Masters 40+

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Eindhoven, 8. - 10.5.2009

Programmanr. 1, Dames, 400m wisselslag, Masters 40+

rang	naam	vereniging	inschrijftijd		tijd		RT
1.	Anita Smits <i>Nederlands Masters Record</i>	DIO	5:45.34		6900522	5:46.84	+0,85
	50m: 35.40 35.40	150m: 2:03.14 47.18	250m: 3:40.46 49.97	350m: 5:09.58 38.13			
	100m: 1:15.96 40.56	200m: 2:50.49 47.35	300m: 4:31.45 50.99	400m: 5:46.84 37.26			
2.	Karin van den Heuvel	AquAmigos	6:32.10		6600188	6:39.89	+1,04
	50m: 41.88 41.88	150m: 2:27.77 56.39	250m: 4:13.15 52.39	350m: 5:54.52 46.28			
	100m: 1:31.38 49.50	200m: 3:20.76 52.99	300m: 5:08.24 55.09	400m: 6:39.89 45.37			
3.	Hetty Smalheer	SCOM	7:01.19		6700352	7:11.18	+1,11
	50m: 47.65 47.65	150m: 2:40.76 56.58	250m: 4:34.34 58.77	350m: 6:22.55 48.68			
	100m: 1:44.18 56.53	200m: 3:35.57 54.81	300m: 5:33.87 59.53	400m: 7:11.18 48.63			

Masters 50+

1.	Janny van Eijk	ZV De Bron	7:03.23		5800022	7:06.97	+1,05
	50m: 42.30 42.30	150m: 2:28.50 56.61	250m: 4:28.47 1:00.05	350m: 6:19.20 50.48			
	100m: 1:31.89 49.59	200m: 3:28.42 59.92	300m: 5:28.72 1:00.25	400m: 7:06.97 47.77			
2.	Monica Bakker	ZVZ	7:13.86		5600082	7:14.57	+1,09
	50m: 47.35 47.35	150m: 2:38.57 55.89	250m: 4:34.10 59.95	350m: 6:25.20 50.20			
	100m: 1:42.68 55.33	200m: 3:34.15 55.58	300m: 5:35.00 1:00.90	400m: 7:14.57 49.37			

Masters 60+

1.	Marja van der Meer	Neptunus	7:57.89		4700014	8:00.51	+0,99
	50m: 51.62 51.62	150m: 2:54.83 1:02.40	250m: 5:06.42 1:10.25	350m: 7:08.25 52.43			
	100m: 1:52.43 1:00.81	200m: 3:56.17 1:01.34	300m: 6:15.82 1:09.40	400m: 8:00.51 52.26			

Masters 65+

1.	Matty van der Veen <i>Nederlands Masters Record</i>	Old Dutch	8:18.72		4400020	8:16.24	+1,14
	50m: 57.59 57.59	150m: 3:11.87 1:08.29	250m: 5:21.09 1:02.98	350m: 7:21.11 55.89			
	100m: 2:03.58 1:05.99	200m: 4:18.11 1:06.24	300m: 6:25.22 1:04.13	400m: 8:16.24 55.13			