

Open Nederlandse Masters Kampioenschappen 2009
Eindhoven, 8. - 10.5.2009

Programmanr. 3
08.05.2009 - 13:42

Dames, 1500m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT			
Masters 20+								
1.	Marion van den Berg	DWK	18:09.79	8600272	17:30.58 +0,97			
	<i>Nederlands Masters Record, tt 400 en 800 meter NMR</i>							
	50m: 30.09	30.09	450m: 5:08.91	35.80	850m: 9:52.47	35.86	1250m: 14:37.70	35.32
	100m: 1:04.12	34.03	500m: 5:44.09	35.18	900m: 10:28.00	35.53	1300m: 15:12.87	35.17
	150m: 1:38.71	34.59	550m: 6:19.98	35.89	950m: 11:04.01	36.01	1350m: 15:48.44	35.57
	200m: 2:13.13	34.42	600m: 6:55.28	35.30	1000m: 11:40.24	36.23	1400m: 16:22.34	33.90
	250m: 2:48.27	35.14	650m: 7:30.45	35.17	1050m: 12:16.74	36.50	1450m: 16:57.82	35.48
	300m: 3:22.97	34.70	700m: 8:05.62	35.17	1100m: 12:52.63	35.89	1500m: 17:30.58	32.76
	350m: 3:58.27	35.30	750m: 8:41.31	35.69	1150m: 13:27.40	34.77		
	400m: 4:33.11	34.84	800m: 9:16.61	35.30	1200m: 14:02.38	34.98		
2.	Karin van Dijk	HZ&PC Heerenveen	20:19.64	8600850	20:24.56 +0,95			
	50m: 34.36	34.36	450m: 5:54.64	40.92	850m: 11:25.12	41.78	1250m: 16:59.39	41.78
	100m: 1:12.81	38.45	500m: 6:35.30	40.66	900m: 12:06.74	41.62	1300m: 17:41.14	41.75
	150m: 1:52.02	39.21	550m: 7:16.61	41.31	950m: 12:48.32	41.58	1350m: 18:23.00	41.86
	200m: 2:31.67	39.65	600m: 7:57.59	40.98	1000m: 13:30.07	41.75	1400m: 19:04.05	41.05
	250m: 3:10.52	38.85	650m: 8:38.76	41.17	1050m: 14:11.90	41.83	1450m: 19:44.77	40.72
	300m: 3:52.25	41.73	700m: 9:20.30	41.54	1100m: 14:54.18	42.28	1500m: 20:24.56	39.79
	350m: 4:33.03	40.78	750m: 10:01.67	41.37	1150m: 15:35.70	41.52		
	400m: 5:13.72	40.69	800m: 10:43.34	41.67	1200m: 16:17.61	41.91		
3.	Marjolein Tissingsh	HZ&PC Heerenveen	20:05.75	8904130	20:31.06 +0,91			
	50m: 34.77	34.77	450m: 6:03.17	41.64	850m: 11:33.74	41.14	1250m: 17:06.50	41.43
	100m: 1:14.04	39.27	500m: 6:44.95	41.78	900m: 12:14.98	41.24	1300m: 17:48.30	41.80
	150m: 1:55.12	41.08	550m: 7:26.67	41.72	950m: 12:56.25	41.27	1350m: 18:29.24	40.94
	200m: 2:36.50	41.38	600m: 8:08.72	42.05	1000m: 13:37.84	41.59	1400m: 19:10.48	41.24
	250m: 3:17.67	41.17	650m: 8:50.11	41.39	1050m: 14:19.78	41.94	1450m: 19:51.04	40.56
	300m: 3:59.06	41.39	700m: 9:31.24	41.13	1100m: 15:01.44	41.66	1500m: 20:31.06	40.02
	350m: 4:40.25	41.19	750m: 10:11.99	40.75	1150m: 15:43.42	41.98		
	400m: 5:21.53	41.28	800m: 10:52.60	40.61	1200m: 16:25.07	41.65		
4.	Susanne Blom	De Inktvis	20:08.45	8500282	20:40.45 +1,00			
	50m: 34.30	34.30	450m: 5:57.36	41.20	850m: 11:31.31	42.11	1250m: 17:06.94	41.37
	100m: 1:12.86	38.56	500m: 6:38.59	41.23	900m: 12:13.68	42.37	1300m: 17:49.31	42.37
	150m: 1:52.68	39.82	550m: 7:19.83	41.24	950m: 12:55.81	42.13	1350m: 18:31.62	42.31
	200m: 2:33.07	40.39	600m: 8:01.32	41.49	1000m: 13:37.85	42.04	1400m: 19:14.89	43.27
	250m: 3:13.26	40.19	650m: 8:42.61	41.29	1050m: 14:19.70	41.85	1450m: 19:57.62	42.73
	300m: 3:54.03	40.77	700m: 9:24.46	41.85	1100m: 15:01.93	42.23	1500m: 20:40.45	42.83
	350m: 4:35.01	40.98	750m: 10:06.39	41.93	1150m: 15:43.61	41.68		
	400m: 5:16.16	41.15	800m: 10:49.20	42.81	1200m: 16:25.57	41.96		
5.	Bianca van Ringelstijn	PSV	20:35.12	8502466	20:42.08 +1,06			
	50m: 34.63	34.63	450m: 5:58.90	40.55	850m: 11:34.14	42.05	1250m: 17:12.09	40.85
	100m: 1:13.81	39.18	500m: 6:39.99	41.09	900m: 12:16.86	42.72	1300m: 17:55.09	43.00
	150m: 1:53.71	39.90	550m: 7:21.31	41.32	950m: 12:58.40	41.54	1350m: 18:36.43	41.34
	200m: 2:34.91	41.20	600m: 8:03.81	42.50	1000m: 13:41.95	43.55	1400m: 19:21.42	44.99
	250m: 3:15.28	40.37	650m: 8:45.02	41.21	1050m: 14:23.91	41.96	1450m: 20:02.53	41.11
	300m: 3:56.22	40.94	700m: 9:27.73	42.71	1100m: 15:05.75	41.84	1500m: 20:42.08	39.55
	350m: 4:37.14	40.92	750m: 10:10.00	42.27	1150m: 15:47.90	42.15		
	400m: 5:18.35	41.21	800m: 10:52.09	42.09	1200m: 16:31.24	43.34		
6.	Sandra Schellekens	Neptunus'58	21:54.99	8503416	21:57.56 +0,93			
	50m: 37.07	37.07	450m: 6:23.19	44.01	850m: 12:18.75	44.63	1250m: 18:17.90	45.55
	100m: 1:19.01	41.94	500m: 7:07.43	44.24	900m: 13:03.07	44.32	1300m: 19:02.98	45.08
	150m: 2:01.60	42.59	550m: 7:51.73	44.30	950m: 13:48.40	45.33	1350m: 19:48.00	45.02
	200m: 2:44.66	43.06	600m: 8:35.86	44.13	1000m: 14:32.90	44.50	1400m: 20:32.19	44.19
	250m: 3:28.30	43.64	650m: 9:20.44	44.58	1050m: 15:17.78	44.88	1450m: 21:16.57	44.38
	300m: 4:11.29	42.99	700m: 10:04.78	44.34	1100m: 16:02.37	44.59	1500m: 21:57.56	40.99
	350m: 4:54.97	43.68	750m: 10:49.61	44.83	1150m: 16:47.70	45.33		
	400m: 5:39.18	44.21	800m: 11:34.12	44.51	1200m: 17:32.35	44.65		
7.	Fenke Legerstee	SCOM	24:20.34	8501856	24:22.14 +0,98			
	50m: 40.51	40.51	450m: 7:07.00	49.01	850m: 13:35.98	49.10	1250m: 20:14.43	49.85
	100m: 1:26.73	46.22	500m: 7:55.73	48.73	900m: 14:25.72	49.74	1300m: 21:04.58	50.15
	150m: 2:14.62	47.89	550m: 8:44.80	49.07	950m: 15:16.28	50.56	1350m: 21:54.57	49.99
	200m: 3:02.51	47.89	600m: 9:32.78	47.98	1000m: 16:05.77	49.49	1400m: 22:44.22	49.65
	250m: 3:51.48	48.97	650m: 10:22.63	49.85	1050m: 16:55.38	49.61	1450m: 23:34.52	50.30
	300m: 4:40.09	48.61	700m: 11:09.75	47.12	1100m: 17:45.65	50.27	1500m: 24:22.14	47.62
	350m: 5:29.26	49.17	750m: 11:58.32	48.57	1150m: 18:35.28	49.63		
	400m: 6:17.99	48.73	800m: 12:46.88	48.56	1200m: 19:24.58	49.30		
8.	Hanne Keijzer	Zuiderzeezwimmers	25:08.63	8503932	24:59.98 +0,99			
	50m: 42.14	42.14	450m: 7:20.66	50.56	850m: 14:04.88	50.31	1250m: 20:48.79	50.55
	100m: 1:29.41	47.27	500m: 8:11.18	50.52	900m: 14:55.22	50.34	1300m: 21:40.04	51.25
	150m: 2:18.68	49.27	550m: 9:01.81	50.63	950m: 15:45.26	50.04	1350m: 22:30.77	50.73
	200m: 3:08.63	49.95	600m: 9:52.50	50.69	1000m: 16:36.24	50.98	1400m: 23:21.52	50.75
	250m: 3:58.51	49.88	650m: 10:42.84	50.34	1050m: 17:26.86	50.62	1450m: 24:11.52	50.00
	300m: 4:49.17	50.66	700m: 11:33.49	50.65	1100m: 18:17.36	50.50	1500m: 24:59.98	48.46
	350m: 5:39.66	50.49	750m: 12:23.78	50.29	1150m: 19:07.37	50.01		
	400m: 6:30.10	50.44	800m: 13:14.57	50.79	1200m: 19:58.24	50.87		

Open Nederlandse Masters Kampioenschappen 2009
Eindhoven, 8. - 10.5.2009

Programmanr. 3, Dames, 1500m vrije slag, Masters 20+

rang	naam	vereniging	inschrijftijd		tijd	RT
NG.ZA	Sunanda van Heteren	PCG	21:13.43	8901728		

Masters 25+

1.	Linda Hoogendam	D'Elft	21:19.57	8300892	20:58.54	+0,77
	50m:	33.92	33.92	450m:	6:04.78	42.10
	100m:	1:13.08	39.16	500m:	6:46.99	42.21
	150m:	1:53.64	40.56	550m:	7:29.60	42.61
	200m:	2:34.80	41.16	600m:	8:12.40	42.80
	250m:	3:16.64	41.84	650m:	8:55.74	43.34
	300m:	3:58.93	42.29	700m:	9:38.70	42.96
	350m:	4:40.26	41.33	750m:	10:21.77	43.07
	400m:	5:22.68	42.42	800m:	11:03.90	42.13
				850m:	11:46.72	42.82
				900m:	12:29.13	42.41
				950m:	13:12.64	43.51
				1000m:	13:55.60	42.96
				1050m:	14:38.99	43.39
				1100m:	15:22.41	43.42
				1150m:	16:06.36	43.95
				1200m:	16:49.33	42.97
				1250m:	17:32.54	43.21
				1300m:	18:15.53	42.99
				1350m:	18:58.35	42.82
				1400m:	19:39.36	41.01
				1450m:	20:20.13	40.77
				1500m:	20:58.54	38.41

Masters 30+

1.	Helma Koot	AZ&PC	22:27.70	7600336	21:59.20	+0,94
	50m:	39.02	39.02	450m:	6:30.04	44.05
	100m:	1:21.57	42.55	500m:	7:15.12	45.08
	150m:	2:04.83	43.26	550m:	7:58.69	43.57
	200m:	2:49.20	44.37	600m:	8:42.69	44.00
	250m:	3:33.05	43.85	650m:	9:27.20	44.51
	300m:	4:17.62	44.57	700m:	10:11.66	44.46
	350m:	5:01.36	43.74	750m:	10:56.07	44.41
	400m:	5:45.99	44.63	800m:	11:40.70	44.63
				850m:	12:25.39	44.69
				900m:	13:10.35	44.96
				950m:	13:55.06	44.71
				1000m:	14:40.17	45.11
				1050m:	15:24.35	44.18
				1100m:	16:08.64	44.29
				1150m:	16:52.30	43.66
				1200m:	17:36.81	44.51
				1250m:	18:20.52	43.71
				1300m:	19:04.63	44.11
				1350m:	19:48.79	44.16
				1400m:	20:32.60	43.81
				1450m:	21:16.81	44.21
				1500m:	21:59.20	42.39
2.	Clementine van Bruxvoort	ZPB H&L Productions	30:16.18	7700138	29:53.80	+0,93
	50m:	48.82	48.82	450m:	8:41.22	59.43
	100m:	1:43.96	55.14	500m:	9:41.18	59.96
	150m:	2:41.56	57.60	550m:	10:40.83	59.65
	200m:	3:41.10	59.54	600m:	11:41.06	1:00.23
	250m:	4:41.18	1:00.08	650m:	12:40.63	59.57
	300m:	5:41.24	1:00.06	700m:	13:41.88	1:01.25
	350m:	6:40.93	59.69	750m:	14:42.50	1:00.62
	400m:	7:41.79	1:00.86	800m:	15:42.45	59.95
				850m:	16:45.21	1:02.76
				900m:	17:46.87	1:01.66
				950m:	18:47.19	1:00.32
				1000m:	19:48.17	1:00.98
				1050m:	20:50.27	1:02.10
				1100m:	21:51.18	1:00.91
				1150m:	22:52.29	1:01.11
				1200m:	23:53.96	1:01.67
				1250m:	24:55.33	1:01.37
				1300m:	25:58.04	1:02.71
				1350m:	26:57.87	59.83
				1400m:	27:59.53	1:01.66
				1450m:	29:00.22	1:00.69
				1500m:	29:53.80	53.58

Masters 35+

1.	Grith Sigsgaard	Het Y	18:45.00	7200772	18:59.03	+0,95
	50m:	33.88	33.88	450m:	5:30.28	37.58
	100m:	1:10.42	36.54	500m:	6:07.87	37.59
	150m:	1:47.72	37.30	550m:	6:45.71	37.84
	200m:	2:24.40	36.68	600m:	7:23.39	37.68
	250m:	3:01.58	37.18	650m:	8:01.52	38.13
	300m:	3:38.33	36.75	700m:	8:39.14	37.62
	350m:	4:15.68	37.35	750m:	9:17.21	38.07
	400m:	4:52.70	37.02	800m:	9:55.15	37.94
				850m:	10:33.95	38.80
				900m:	11:12.50	38.55
				950m:	11:51.34	38.84
				1000m:	12:30.82	39.48
				1050m:	13:09.55	38.73
				1100m:	13:48.46	38.91
				1150m:	14:27.38	38.92
				1200m:	15:05.91	38.53
				1250m:	15:45.20	39.29
				1300m:	16:24.04	38.84
				1350m:	17:03.03	38.99
				1400m:	17:41.72	38.69
				1450m:	18:20.86	39.14
				1500m:	18:59.03	38.17
2.	Karin Stein	Vlaardingen	19:45.96	7100554	19:49.70	+1,00
	50m:	35.47	35.47	450m:	5:50.90	40.30
	100m:	1:13.41	37.94	500m:	6:31.02	40.12
	150m:	1:52.59	39.18	550m:	7:11.22	40.20
	200m:	2:32.06	39.47	600m:	7:51.21	39.99
	250m:	3:11.53	39.47	650m:	8:31.45	40.24
	300m:	3:51.04	39.51	700m:	9:11.55	40.10
	350m:	4:30.92	39.88	750m:	9:51.71	40.16
	400m:	5:10.60	39.68	800m:	10:31.69	39.98
				850m:	11:11.70	40.01
				900m:	11:51.62	39.92
				950m:	12:31.57	39.95
				1000m:	13:11.50	39.93
				1050m:	13:51.32	39.82
				1100m:	14:31.20	39.88
				1150m:	15:11.03	39.83
				1200m:	15:51.36	40.33
				1250m:	16:31.61	40.25
				1300m:	17:11.67	40.06
				1350m:	17:51.83	40.16
				1400m:	18:31.97	40.14
				1450m:	19:11.74	39.77
				1500m:	19:49.70	37.96
3.	Cynthia Noordermeer	Zaanstad (SG)	20:14.20	7000358	20:33.80	+0,84
	50m:	36.22	36.22	450m:	5:59.21	41.07
	100m:	1:15.04	38.82	500m:	6:40.70	41.49
	150m:	1:54.60	39.56	550m:	7:21.95	41.25
	200m:	2:34.90	40.30	600m:	8:03.98	42.03
	250m:	3:15.00	40.10	650m:	8:45.61	41.63
	300m:	3:55.86	40.86	700m:	9:27.32	41.71
	350m:	4:36.87	41.01	750m:	10:08.90	41.58
	400m:	5:18.14	41.27	800m:	10:50.69	41.79
				850m:	11:32.18	41.49
				900m:	12:14.05	41.87
				950m:	12:55.86	41.81
				1000m:	13:37.76	41.90
				1050m:	14:19.84	42.08
				1100m:	15:01.94	42.10
				1150m:	15:43.60	41.66
				1200m:	16:25.96	42.36
				1250m:	17:07.72	41.76
				1300m:	17:49.60	41.88
				1350m:	18:31.12	41.52
				1400m:	19:12.68	41.56
				1450m:	19:53.65	40.97
				1500m:	20:33.80	40.15
4.	Annet Kootstra	Swol 1894	22:59.37	7100344	23:22.92	+0,99
	50m:	40.51	40.51	450m:	6:51.44	47.00
	100m:	1:25.28	44.77	500m:	7:38.25	46.81
	150m:	2:11.57	46.29	550m:	8:25.79	47.54
	200m:	2:57.43	45.86	600m:	9:12.54	46.75
	250m:	3:44.33	46.90	650m:	10:00.46	47.92
	300m:	4:31.01	46.68	700m:	10:47.37	46.91
	350m:	5:18.04	47.03	750m:	11:34.47	47.10
	400m:	6:04.44	46.40	800m:	12:21.70	47.23
				850m:	13:09.50	47.80
				900m:	13:56.71	47.21
				950m:	14:43.97	47.26
				1000m:	15:31.58	47.61
				1050m:	16:18.77	47.19
				1100m:	17:06.23	47.46
				1150m:	17:53.89	47.66
				1200m:	18:41.13	47.24
				1250m:	19:28.84	47.71
				1300m:	20:16.72	47.88
				1350m:	21:04.30	47.58
				1400m:	21:50.92	46.62
				1450m:	22:37.96	47.04
				1500m:	23:22.92	44.96

Open Nederlandse Masters Kampioenschappen 2009
Eindhoven, 8. - 10.5.2009

Programmanr. 3, Dames, 1500m vrije slag, Masters 35+

rang	naam	vereniging	inschrijftijd	tijd	RT			
5.	Tony de Groot	De Futen	22:37.36	7300758	23:51.62 +0,99			
	50m: 39.75	39.75	450m: 6:57.20	47.96	850m: 13:25.89	48.03	1250m: 19:53.40	49.24
	100m: 1:23.98	44.23	500m: 7:45.91	48.71	900m: 14:14.89	49.00	1300m: 20:42.48	49.08
	150m: 2:10.41	46.43	550m: 8:34.04	48.13	950m: 15:03.20	48.31	1350m: 21:30.22	47.74
	200m: 2:57.74	47.33	600m: 9:22.97	48.93	1000m: 15:52.01	48.81	1400m: 22:19.25	49.03
	250m: 3:45.12	47.38	650m: 10:11.30	48.33	1050m: 16:39.22	47.21	1450m: 23:06.74	47.49
	300m: 4:32.96	47.84	700m: 11:00.34	49.04	1100m: 17:27.29	48.07	1500m: 23:51.62	44.88
	350m: 5:20.73	47.77	750m: 11:48.83	48.49	1150m: 18:15.56	48.27		
	400m: 6:09.24	48.51	800m: 12:37.86	49.03	1200m: 19:04.16	48.60		
6.	Meke Oomens	Old Dutch	24:16.04	7000370	25:20.54 +1,07			
	50m: 45.66	45.66	450m: 7:33.44	51.60	850m: 14:21.17	50.92	1250m: 21:08.07	50.69
	100m: 1:35.47	49.81	500m: 8:24.48	51.04	900m: 15:12.21	51.04	1300m: 21:58.82	50.75
	150m: 2:26.55	51.08	550m: 9:15.69	51.21	950m: 16:03.09	50.88	1350m: 22:49.54	50.72
	200m: 3:17.73	51.18	600m: 10:06.31	50.62	1000m: 16:53.82	50.73	1400m: 23:40.55	51.01
	250m: 4:08.91	51.18	650m: 10:57.19	50.88	1050m: 17:45.22	51.40	1450m: 24:31.02	50.47
	300m: 4:59.84	50.93	700m: 11:48.08	50.89	1100m: 18:36.16	50.94	1500m: 25:20.54	49.52
	350m: 5:50.96	51.12	750m: 12:39.49	51.41	1150m: 19:26.81	50.65		
	400m: 6:41.84	50.88	800m: 13:30.25	50.76	1200m: 20:17.38	50.57		
DIS	Natacha Van Hoof	ShaRK	23:15.95	ShaRK/260/73				
	<i>AA - Te vroeg weg of bewogen bij start.</i>							

Masters 40+

1.	Laura Staal	Oceanus	21:05.31	6700358	20:50.39 +0,92			
	50m: 36.55	36.55	450m: 6:13.76	42.34	850m: 11:49.98	42.05	1250m: 17:25.76	42.31
	100m: 1:17.45	40.90	500m: 6:55.42	41.66	900m: 12:31.71	41.73	1300m: 18:07.22	41.46
	150m: 1:59.42	41.97	550m: 7:37.83	42.41	950m: 13:13.91	42.20	1350m: 18:49.37	42.15
	200m: 2:41.50	42.08	600m: 8:19.81	41.98	1000m: 13:55.57	41.66	1400m: 19:30.75	41.38
	250m: 3:24.30	42.80	650m: 9:02.12	42.31	1050m: 14:37.48	41.91	1450m: 20:11.50	40.75
	300m: 4:06.64	42.34	700m: 9:43.58	41.46	1100m: 15:19.27	41.79	1500m: 20:50.39	38.89
	350m: 4:49.44	42.80	750m: 10:26.08	42.50	1150m: 16:01.46	42.19		
	400m: 5:31.42	41.98	800m: 11:07.93	41.85	1200m: 16:43.45	41.99		
2.	Jantine Braakman	ZV De Bron	22:31.84	6500036	22:10.41 +0,95			
	50m: 38.04	38.04	450m: 6:32.60	44.06	850m: 12:27.49	43.78	1250m: 18:28.04	45.51
	100m: 1:20.98	42.94	500m: 7:17.16	44.56	900m: 13:12.10	44.61	1300m: 19:14.41	46.37
	150m: 2:04.89	43.91	550m: 8:01.11	43.95	950m: 13:56.51	44.41	1350m: 19:59.25	44.84
	200m: 2:49.66	44.77	600m: 8:45.67	44.56	1000m: 14:41.51	45.00	1400m: 20:44.86	45.61
	250m: 3:34.53	44.87	650m: 9:30.02	44.35	1050m: 15:26.05	44.54	1450m: 21:28.87	44.01
	300m: 4:19.59	45.06	700m: 10:14.65	44.63	1100m: 16:11.68	45.63	1500m: 22:10.41	41.54
	350m: 5:03.96	44.37	750m: 10:58.88	44.23	1150m: 16:56.70	45.02		
	400m: 5:48.54	44.58	800m: 11:43.71	44.83	1200m: 17:42.53	45.83		
3.	Karin van den Heuvel	AquAmigos	21:54.86	6600188	22:48.99 +1,01			
	50m: 40.17	40.17	450m: 6:42.23	46.46	850m: 12:53.83	45.20	1250m: 19:01.68	44.86
	100m: 1:23.67	43.50	500m: 7:28.95	46.72	900m: 13:39.75	45.92	1300m: 19:46.71	45.03
	150m: 2:08.41	44.74	550m: 8:14.77	45.82	950m: 14:25.92	46.17	1350m: 20:31.67	44.96
	200m: 2:53.43	45.02	600m: 9:01.17	46.40	1000m: 15:12.44	46.52	1400m: 21:16.04	44.37
	250m: 3:39.07	45.64	650m: 9:48.06	46.89	1050m: 15:58.16	45.72	1450m: 22:03.10	47.06
	300m: 4:24.33	45.26	700m: 10:34.92	46.86	1100m: 16:44.45	46.29	1500m: 22:48.99	45.89
	350m: 5:10.27	45.94	750m: 11:22.60	47.68	1150m: 17:30.63	46.18		
	400m: 5:55.77	45.50	800m: 12:08.63	46.03	1200m: 18:16.82	46.19		
4.	Hetty Smalheer	SCOM	25:15.50	6700352	25:53.73 +1,22			
	50m: 44.75	44.75	450m: 7:34.94	51.08	850m: 14:30.67	52.22	1250m: 21:30.39	52.29
	100m: 1:34.40	49.65	500m: 8:26.97	52.03	900m: 15:22.75	52.08	1300m: 22:23.92	53.53
	150m: 2:24.25	49.85	550m: 9:18.58	51.61	950m: 16:14.48	51.73	1350m: 23:15.66	51.74
	200m: 3:17.50	53.25	600m: 10:10.39	51.81	1000m: 17:07.78	53.30	1400m: 24:10.98	55.32
	250m: 4:09.80	52.30	650m: 11:01.61	51.22	1050m: 18:00.92	53.14	1450m: 25:04.14	53.16
	300m: 5:01.17	51.37	700m: 11:54.90	53.29	1100m: 18:53.23	52.31	1500m: 25:53.73	49.59
	350m: 5:52.50	51.33	750m: 12:46.19	51.29	1150m: 19:45.00	51.77		
	400m: 6:43.86	51.36	800m: 13:38.45	52.26	1200m: 20:38.10	53.10		

Masters 45+

1.	Marlien Wijnhof	Nat Utrecht	23:23.01	6100300	23:39.79 +0,92			
	50m: 41.27	41.27	450m: 7:00.65	47.72	850m: 13:25.23	47.80	1250m: 19:46.59	47.83
	100m: 1:26.92	45.65	500m: 7:48.93	48.28	900m: 14:12.91	47.68	1300m: 20:33.85	47.26
	150m: 2:14.16	47.24	550m: 8:37.65	48.72	950m: 15:01.03	48.12	1350m: 21:21.00	47.15
	200m: 3:01.35	47.19	600m: 9:25.38	47.73	1000m: 15:49.09	48.06	1400m: 22:08.46	47.46
	250m: 3:49.02	47.67	650m: 10:13.37	47.99	1050m: 16:36.39	47.30	1450m: 22:55.81	47.35
	300m: 4:36.38	47.36	700m: 11:01.66	48.29	1100m: 17:23.61	47.22	1500m: 23:39.79	43.98
	350m: 5:24.96	48.58	750m: 11:50.08	48.42	1150m: 18:11.27	47.66		
	400m: 6:12.93	47.97	800m: 12:37.43	47.35	1200m: 18:58.76	47.49		
2.	Uschi Koster	WWV	26:43.23	6400372	26:09.29 +1,40			
	50m: 45.53	45.53	450m: 7:45.39	52.39	850m: 14:49.36	52.79	1250m: 21:56.95	52.38
	100m: 1:37.64	52.11	500m: 8:38.81	53.42	900m: 15:43.58	54.22	1300m: 22:50.30	53.35
	150m: 2:29.32	51.68	550m: 9:31.22	52.41	950m: 16:37.06	53.48	1350m: 23:42.05	51.75
	200m: 3:23.07	53.75	600m: 10:23.58	52.36	1000m: 17:30.88	53.82	1400m: 24:36.09	54.04
	250m: 4:14.93	51.86	650m: 11:16.22	52.64	1050m: 18:23.42	52.54	1450m: 25:25.35	49.26
	300m: 5:08.26	53.33	700m: 12:09.64	53.42	1100m: 19:18.07	54.65	1500m: 26:09.29	43.94
	350m: 5:59.76	51.50	750m: 13:02.81	53.17	1150m: 20:10.35	52.28		
	400m: 6:53.00	53.24	800m: 13:56.57	53.76	1200m: 21:04.57	54.22		

Open Nederlandse Masters Kampioenschappen 2009
Eindhoven, 8. - 10.5.2009

Programmanr. 3, Dames, 1500m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd	tijd	RT			
3.	Pia vd Molen	HZ&PC Heerenveen	27:14.81	6000116	26:52.83 +1,00			
	50m: 41.94	41.94	450m: 7:48.44	54.78	850m: 15:07.87	55.97	1250m: 22:21.56	55.03
	100m: 1:30.22	48.28	500m: 8:43.46	55.02	900m: 16:01.96	54.09	1300m: 23:16.83	55.27
	150m: 2:22.75	52.53	550m: 9:37.99	54.53	950m: 16:57.38	55.42	1350m: 24:11.94	55.11
	200m: 3:16.84	54.09	600m: 10:32.30	54.31	1000m: 17:50.47	53.09	1400m: 25:06.21	54.27
	250m: 4:11.01	54.17	650m: 11:27.67	55.37	1050m: 18:44.33	53.86	1450m: 26:01.20	54.99
	300m: 5:05.17	54.16	700m: 12:22.59	54.92	1100m: 19:37.67	53.34	1500m: 26:52.83	51.63
	350m: 6:00.06	54.89	750m: 13:18.18	55.59	1150m: 20:32.19	54.52		
	400m: 6:53.66	53.60	800m: 14:11.90	53.72	1200m: 21:26.53	54.34		
4.	Magda Wallaert	CNBA	27:42.15	CNBA/649/60	26:58.50 +1,20			
	50m: 45.49	45.49	450m: 7:51.27	53.17	850m: 15:04.33	54.16	1250m: 22:23.36	55.20
	100m: 1:35.80	50.31	500m: 8:45.10	53.83	900m: 15:58.99	54.66	1300m: 23:18.31	54.95
	150m: 2:29.03	53.23	550m: 9:39.56	54.46	950m: 16:53.38	54.39	1350m: 24:13.65	55.34
	200m: 3:22.32	53.29	600m: 10:33.13	53.57	1000m: 17:48.33	54.95	1400m: 25:09.41	55.76
	250m: 4:15.88	53.56	650m: 11:27.20	54.07	1050m: 18:42.08	53.75	1450m: 26:05.06	55.65
	300m: 5:09.49	53.61	700m: 12:21.22	54.02	1100m: 19:37.82	55.74	1500m: 26:58.50	53.44
	350m: 6:03.50	54.01	750m: 13:15.15	53.93	1150m: 20:32.53	54.71		
	400m: 6:58.10	54.60	800m: 14:10.17	55.02	1200m: 21:28.16	55.63		
5.	Jaqueline Brouwer	ZV De Bron	28:28.06	6100296	28:23.33 +1,05			
	50m: 47.43	47.43	450m: 8:09.98	56.90	850m: 15:50.68	58.13	1250m: 23:37.57	57.81
	100m: 1:39.67	52.24	500m: 9:07.28	57.30	900m: 16:48.78	58.10	1300m: 24:36.15	58.58
	150m: 2:33.88	54.21	550m: 10:04.43	57.15	950m: 17:46.32	57.54	1350m: 25:35.39	59.24
	200m: 3:28.71	54.83	600m: 11:01.19	56.76	1000m: 18:43.46	57.14	1400m: 26:32.09	56.70
	250m: 4:24.48	55.77	650m: 11:59.99	58.80	1050m: 19:42.99	59.53	27:29.26	57.17
	300m: 5:20.46	55.98	700m: 12:56.81	56.82	1100m: 20:42.42	59.43	1500m: 28:23.33	54.07
	350m: 6:16.56	56.10	750m: 13:54.87	58.06	1150m: 21:41.33	58.91		
	400m: 7:13.08	56.52	800m: 14:52.55	57.68	1200m: 22:39.76	58.43		
DIS	Susanna Rosén	Ystads Simsällskap	18:34.34	AA5563				
	<i>AF - Niet de aangegeven afstand gezwommen (geen tijd noteren).</i>							

Masters 50+

1.	Patty Verhagen	AquAmigos	21:11.98	5900146	21:19.24 +1,01			
	<i>Nederlands Masters Record</i>							
	50m: 38.53	38.53	450m: 6:18.02	42.84	850m: 11:59.64	42.99	1250m: 17:44.36	43.17
	100m: 1:19.49	40.96	500m: 7:00.82	42.80	900m: 12:42.67	43.03	1300m: 18:27.32	42.96
	150m: 2:01.13	41.64	550m: 7:43.39	42.57	950m: 13:25.66	42.99	1350m: 19:10.95	43.63
	200m: 2:43.22	42.09	600m: 8:26.10	42.71	1000m: 14:08.65	42.99	1400m: 19:54.39	43.44
	250m: 3:25.91	42.69	650m: 9:08.63	42.53	1050m: 14:51.88	43.23	1450m: 20:37.74	43.35
	300m: 4:09.03	43.12	700m: 9:51.33	42.70	1100m: 15:34.88	43.00	1500m: 21:19.24	41.50
	350m: 4:52.22	43.19	750m: 10:34.03	42.70	1150m: 16:18.26	43.38		
	400m: 5:35.18	42.96	800m: 11:16.65	42.62	1200m: 17:01.19	42.93		
2.	Mies Kuipers	Old Dutch	36:13.86	5800202	35:32.39 +1,11			
	50m: 1:00.36	1:00.36	450m: 10:28.79	1:10.66	850m: 20:06.64	1:11.64	1250m: 29:42.50	1:10.66
	100m: 2:10.83	1:10.47	500m: 11:40.27	1:11.48	900m: 21:20.46	1:13.82	1300m: 30:53.32	1:10.82
	150m: 3:21.56	1:10.73	550m: 12:51.21	1:10.94	950m: 22:31.49	1:11.03	1350m: 32:05.69	1:12.37
	200m: 4:33.45	1:11.89	600m: 14:04.33	1:13.12	1000m: 23:45.67	1:14.18	1400m: 33:18.25	1:12.56
	250m: 5:44.43	1:10.98	650m: 15:15.57	1:11.24	1050m: 24:54.29	1:08.62	1450m: 34:28.03	1:09.78
	300m: 6:56.18	1:11.75	700m: 16:28.63	1:13.06	1100m: 26:07.73	1:13.44	1500m: 35:32.39	1:04.36
	350m: 8:06.57	1:10.39	750m: 17:41.29	1:12.66	1150m: 27:18.66	1:10.93		
	400m: 9:18.13	1:11.56	800m: 18:55.00	1:13.71	1200m: 28:31.84	1:13.18		

Masters 55+

1.	Ineke Weekers	PSV	22:43.71	5300050	21:44.99 +0,83			
	<i>Europees Masters Record, tt 400 en 800 meter NMR</i>							
	50m: 38.80	38.80	450m: 6:23.36	42.95	850m: 12:13.21	43.46	1250m: 18:05.43	43.88
	100m: 1:21.14	42.34	500m: 7:07.56	44.20	900m: 12:57.61	44.40	1300m: 18:49.93	44.50
	150m: 2:03.44	42.30	550m: 7:50.80	43.24	950m: 13:41.18	43.57	1350m: 19:34.67	44.74
	200m: 2:46.81	43.37	600m: 8:35.04	44.24	1000m: 14:25.36	44.18	1400m: 20:18.99	44.32
	250m: 3:30.13	43.32	650m: 9:18.06	43.02	1050m: 15:08.81	43.45	1450m: 21:02.33	43.34
	300m: 4:13.72	43.59	700m: 10:01.97	43.91	1100m: 15:52.99	44.18	1500m: 21:44.99	42.66
	350m: 4:56.88	43.16	750m: 10:45.08	43.11	1150m: 16:36.99	44.00		
	400m: 5:40.41	43.53	800m: 11:29.75	44.67	1200m: 17:21.55	44.56		
2.	Corine Kalbfleisch	DWT	26:53.44	5200024	27:36.15 +1,33			
	50m: 47.11	47.11	450m: 8:18.39	57.28	850m: 15:43.44	55.35	1250m: 23:04.79	56.58
	100m: 1:41.62	54.51	500m: 9:13.93	55.54	900m: 16:37.85	54.41	1300m: 23:59.88	55.09
	150m: 2:37.71	56.09	550m: 10:10.83	56.90	950m: 17:32.78	54.93	1350m: 24:55.71	55.83
	200m: 3:34.53	56.82	600m: 11:05.18	54.35	1000m: 18:27.80	55.02	1400m: 25:50.51	54.80
	250m: 4:31.77	57.24	650m: 12:01.30	56.12	1050m: 19:23.38	55.58	1450m: 26:46.16	55.65
	300m: 5:27.70	55.93	700m: 12:57.18	55.88	1100m: 20:17.77	54.39	1500m: 27:36.15	49.99
	350m: 6:24.94	57.24	750m: 13:52.89	55.71	1150m: 21:13.34	55.57		
	400m: 7:21.11	56.17	800m: 14:48.09	55.20	1200m: 22:08.21	54.87		

Open Nederlandse Masters Kampioenschappen 2009
Eindhoven, 8. - 10.5.2009

Programmanr. 3, Dames, 1500m vrije slag, Masters 55+

rang	naam	vereniging	inschrijftijd		5100002		tijd	RT
3.	Gonnie Bak	PSV	31:09.97		5100002		29:37.69	+1,00
	50m: 47.81	47.81	450m: 8:36.65	59.42	850m: 16:36.13	59.87	1250m: 24:38.70	1:00.51
	100m: 1:44.55	56.74	500m: 9:36.26	59.61	900m: 17:36.21	1:00.08	1300m: 25:39.42	1:00.72
	150m: 2:41.89	57.34	550m: 10:35.64	59.38	950m: 18:36.75	1:00.54	1350m: 26:40.28	1:00.86
	200m: 3:40.86	58.97	600m: 11:35.46	59.82	1000m: 19:36.79	1:00.04	1400m: 27:40.09	59.81
	250m: 4:40.02	59.16	650m: 12:35.28	59.82	1050m: 20:37.89	1:01.10	1450m: 28:40.20	1:00.11
	300m: 5:39.29	59.27	700m: 13:35.02	59.74	1100m: 21:37.50	59.61	1500m: 29:37.69	57.49
	350m: 6:38.15	58.86	750m: 14:35.24	1:00.22	1150m: 22:37.33	59.83		
	400m: 7:37.23	59.08	800m: 15:36.26	1:01.02	1200m: 23:38.19	1:00.86		

Masters 60+

1.	Annie Smits	PSV	27:09.75		4600016		28:01.89	+1,21
	50m: 51.24	51.24	450m: 8:31.47	56.77	850m: 16:01.58	55.20	1250m: 23:28.49	55.82
	100m: 1:48.61	57.37	500m: 9:28.23	56.76	900m: 16:57.35	55.77	1300m: 24:24.22	55.73
	150m: 2:45.97	57.36	550m: 10:24.57	56.34	950m: 17:53.21	55.86	1350m: 25:19.63	55.41
	200m: 3:44.61	58.64	600m: 11:20.99	56.42	1000m: 18:48.87	55.66	1400m: 26:16.02	56.39
	250m: 4:42.37	57.76	650m: 12:17.75	56.76	1050m: 19:44.55	55.68	1450m: 27:09.79	53.77
	300m: 5:40.63	58.26	700m: 13:14.72	56.97	1100m: 20:40.83	56.28	1500m: 28:01.89	52.10
	350m: 6:37.89	57.26	750m: 14:09.90	55.18	1150m: 21:36.20	55.37		
	400m: 7:34.70	56.81	800m: 15:06.38	56.48	1200m: 22:32.67	56.47		

Masters 65+

1.	Greet Brehler-middag	Hatto Heim	30:49.39		4400004		31:02.04	+1,21
	50m: 54.72	54.72	450m: 9:03.30	1:02.05	850m: 17:20.74	1:02.56	1250m: 25:47.28	1:03.21
	100m: 1:54.22	59.50	500m: 10:05.16	1:01.86	900m: 18:22.88	1:02.14	1300m: 26:50.73	1:03.45
	150m: 2:53.98	59.76	550m: 11:07.22	1:02.06	950m: 19:25.99	1:03.11	1350m: 27:53.04	1:02.31
	200m: 3:54.69	1:00.71	600m: 12:09.38	1:02.16	1000m: 20:28.31	1:02.32	1400m: 28:56.97	1:03.93
	250m: 4:56.15	1:01.46	650m: 13:12.35	1:02.97	1050m: 21:31.69	1:03.38	1450m: 30:00.44	1:03.47
	300m: 5:57.70	1:01.55	700m: 14:14.53	1:02.18	1100m: 22:36.22	1:04.53	1500m: 31:02.04	1:01.60
	350m: 6:59.32	1:01.62	750m: 15:16.45	1:01.92	1150m: 23:40.27	1:04.05		
	400m: 8:01.25	1:01.93	800m: 16:18.18	1:01.73	1200m: 24:44.07	1:03.80		

Masters 75+

1.	Annie de Vos	Old Dutch	34:49.43		3400004		36:38.30	+0,64
	<i>Kampioenschaps Record</i>							
	50m: 59.40	59.40	450m: 10:33.91	1:13.07	850m: 20:23.30	1:13.92	1250m: 30:23.99	1:14.61
	100m: 2:08.36	1:08.96	500m: 11:47.87	1:13.96	900m: 21:39.06	1:15.76	1300m: 31:39.29	1:15.30
	150m: 3:20.53	1:12.17	550m: 13:01.27	1:13.40	950m: 22:53.53	1:14.47	1350m: 32:53.89	1:14.60
	200m: 4:32.81	1:12.28	600m: 14:14.77	1:13.50	1000m: 24:08.71	1:15.18	1400m: 34:09.71	1:15.82
	250m: 5:43.70	1:10.89	650m: 15:27.75	1:12.98	1050m: 25:22.94	1:14.23	1450m: 35:23.89	1:14.18
	300m: 6:56.41	1:12.71	700m: 16:41.56	1:13.81	1100m: 26:39.32	1:16.38	1500m: 36:38.30	1:14.41
	350m: 8:07.85	1:11.44	750m: 17:55.19	1:13.63	1150m: 27:53.41	1:14.09		
	400m: 9:20.84	1:12.99	800m: 19:09.38	1:14.19	1200m: 29:09.38	1:15.97		