

Open Nederlandse Masters Kampioenschappen 2009
Eindhoven, 8. - 10.5.2009

Programmanr. 9
09.05.2009 - 9:19

Dames, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT		
Masters 20+							
1.	Bianca van Ringelestijn	PSV	5:08.25	8502466	5:12.35 +0,97		
	50m: 33.17	150m: 1:50.80	39.46	250m: 3:10.49	39.74	350m: 4:33.71	40.92
	100m: 1:11.34	200m: 2:30.75	39.95	300m: 3:52.79	42.30	400m: 5:12.35	38.64
2.	Siska Post	DIO	5:12.54	8805562	5:18.66 +0,86		
	50m: 36.29	150m: 1:56.43	40.83	250m: 3:18.13	41.07	350m: 4:39.98	41.28
	100m: 1:15.60	200m: 2:37.06	40.63	300m: 3:58.70	40.57	400m: 5:18.66	38.68
3.	Marjolein Tissingh	HZ&PC Heerenveen	5:28.92	8904130	5:20.42 +0,90		
	50m: 34.38	150m: 1:54.66	41.20	250m: 3:17.89	41.79	350m: 4:41.12	41.39
	100m: 1:13.46	200m: 2:36.10	41.44	300m: 3:59.73	41.84	400m: 5:20.42	39.30
4.	Sandra Schellekens	Neptunus'58	5:24.95	8503416	5:25.68 +0,98		
	50m: 36.59	150m: 1:59.26	42.19	250m: 3:23.02	42.23	350m: 4:47.01	42.09
	100m: 1:17.07	200m: 2:40.79	41.53	300m: 4:04.92	41.90	400m: 5:25.68	38.67
5.	Annelette de Vries	De Veene	5:23.19	8603908	5:26.56 +0,87		
	50m: 35.32	150m: 1:57.75	42.29	250m: 3:23.34	43.35	350m: 4:47.56	41.68
	100m: 1:15.46	200m: 2:39.99	42.24	300m: 4:05.88	42.54	400m: 5:26.56	39.00
6.	Nikki Roon	Triton	5:32.91	8803712	5:42.47 +0,96		
	50m: 37.09	150m: 2:00.75	42.89	250m: 3:29.60	45.01	350m: 4:59.13	45.34
	100m: 1:17.86	200m: 2:44.59	43.84	300m: 4:13.79	44.19	400m: 5:42.47	43.34
7.	Henrike de Vries	De Veene	5:50.76	8904490	5:48.35 +1,10		
	50m: 38.86	150m: 2:04.49	43.84	250m: 3:34.36	45.56	350m: 5:05.00	46.02
	100m: 1:20.65	200m: 2:48.80	44.31	300m: 4:18.98	44.62	400m: 5:48.35	43.35
8.	Miriam Visserman	Octopus	5:47.84	8704364	5:49.31 +0,79		
	50m: 38.62	150m: 2:05.94	44.45	250m: 3:36.50	45.76	350m: 5:06.85	44.84
	100m: 1:21.49	200m: 2:50.74	44.80	300m: 4:22.01	45.51	400m: 5:49.31	42.46
9.	Liesbeth van Mill	DWK	6:08.51	8702786	5:55.52 +0,87		
	50m: 39.74	150m: 2:11.20	46.28	250m: 3:43.45	46.25	350m: 5:13.17	45.14
	100m: 1:24.92	200m: 2:57.20	46.00	300m: 4:28.03	44.58	400m: 5:55.52	42.35
10.	Annebeth van Ark	Octopus	6:14.84	8805588	5:55.56 +0,84		
	50m: 38.76	150m: 2:10.43	46.93	250m: 3:43.21	46.77	350m: 5:14.04	44.54
	100m: 1:23.50	200m: 2:56.44	46.01	300m: 4:29.50	46.29	400m: 5:55.56	41.52
11.	Gosina van Stralen	HZ&PC Heerenveen	5:49.32	8603450	6:05.03 +0,84		
	50m: 36.57	150m: 2:03.84	45.35	250m: 3:38.75	48.23	350m: 5:16.30	49.34
	100m: 1:18.49	200m: 2:50.52	46.68	300m: 4:26.96	48.21	400m: 6:05.03	48.73
12.	Kitty van Gendt	PSV	5:49.40	8701288	6:05.15 +0,87		
	50m: 39.02	150m: 2:09.02	46.16	250m: 3:43.74	47.38	350m: 5:20.63	48.48
	100m: 1:22.86	200m: 2:56.36	47.34	300m: 4:32.15	48.41	400m: 6:05.15	44.52
13.	Sabina Caruso	RSW (SG)	7:03.88	8500542	7:18.19 +1,07		
	50m: 47.59	150m: 2:37.02	56.35	250m: 4:31.16	56.70	350m: 6:26.21	57.63
	100m: 1:40.67	200m: 3:34.46	57.44	300m: 5:28.58	57.42	400m: 7:18.19	51.98
Masters 25+							
1.	Jette Mundt	Hanse SV Rostock	4:56.81	108728	4:58.51 +0,85		
	50m: 33.65	150m: 1:48.74	37.63	250m: 3:05.22	38.39	350m: 4:21.72	37.88
	100m: 1:11.11	200m: 2:26.83	38.09	300m: 3:43.84	38.62	400m: 4:58.51	36.79
2.	Roos van Esch	TRB-RES	4:46.42	8200468	5:00.83 +0,93		
	50m: 33.47	150m: 1:47.60	37.82	250m: 3:05.06	39.19	350m: 4:22.74	38.79
	100m: 1:09.78	200m: 2:25.87	38.27	300m: 3:43.95	38.89	400m: 5:00.83	38.09
3.	Anke Lambooj	AZL	4:51.28	8001182	5:09.73 +0,89		
	50m: 33.95	150m: 1:50.97	39.32	250m: 3:11.42	40.09	350m: 4:30.90	39.59
	100m: 1:11.65	200m: 2:31.33	40.36	300m: 3:51.31	39.89	400m: 5:09.73	38.83
4.	Linda Hoogendam	D'Elft	5:13.24	8300892	5:13.70 +0,74		
	50m: 33.88	150m: 1:53.25	40.58	250m: 3:14.92	41.17	350m: 4:35.97	39.31
	100m: 1:12.67	200m: 2:33.75	40.50	300m: 3:56.66	41.74	400m: 5:13.70	37.73
5.	Yvonne Gerritsen	DES	5:10.46	8000342	5:24.40 +0,85		
	50m: 36.11	150m: 1:57.39	41.47	250m: 3:20.90	41.50	350m: 4:44.07	41.43
	100m: 1:15.92	200m: 2:39.40	42.01	300m: 4:02.64	41.74	400m: 5:24.40	40.33
6.	Andrea van Leeuwen	De Zijl/LGB	5:17.83	8100904	5:33.66 +0,95		
	50m: 36.86	150m: 2:02.22	42.42	250m: 3:27.83	42.24	350m: 4:52.28	41.95
	100m: 1:19.80	200m: 2:45.59	43.37	300m: 4:10.33	42.50	400m: 5:33.66	41.38
7.	Annette Vogelsang	ZV De Bron	6:08.44	8402632	6:03.30 * +0,93		
	50m: 38.46	150m: 2:06.19	44.56	250m: 3:39.14	47.97	350m: 5:15.25	49.19
	100m: 1:21.63	200m: 2:51.17	44.98	300m: 4:26.06	46.92	400m: 6:03.30	48.05
8.	Rianne van Vegchelen	Deltasteur	6:38.12	8101530	6:39.51 +1,02		
	50m: 41.76	150m: 2:22.18	51.02	250m: 4:05.81	52.33	350m: 5:49.84	50.92
	100m: 1:31.16	200m: 3:13.48	51.30	300m: 4:58.92	53.11	400m: 6:39.51	49.67

Open Nederlandse Masters Kampioenschappen 2009
Eindhoven, 8. - 10.5.2009

Programmanr. 9, Dames, 400m vrije slag, Masters 25+

rang	naam	vereniging	inschrijftijd	tijd	RT
DIS	Maria van Schagen	ZV De Bron	7:59.13	8202142	
	<i>AF - Niet de aangegeven afstand gezwommen (geen tijd noteren).</i>				

Masters 30+

1.	Elvira Jonkers	De Pinquin	5:15.34	7900420	5:23.71	+0,88		
	50m: 34.48	34.48	150m: 1:54.69	41.35	250m: 3:19.73	42.14	350m: 4:45.74	42.56
	100m: 1:13.34	38.86	200m: 2:37.59	42.90	300m: 4:03.18	43.45	400m: 5:23.71	37.97
2.	Inez Heideman	WS Twente	5:37.90	7500198	5:31.27	+0,86		
	50m: 35.65	35.65	150m: 1:57.02	41.68	250m: 3:21.98	42.75	350m: 4:48.68	43.49
	100m: 1:15.34	39.69	200m: 2:39.23	42.21	300m: 4:05.19	43.21	400m: 5:31.27	42.59
3.	Eveline Hacquebord	IJZPC	5:56.89	7901206	5:39.36	+0,97		
	50m: 38.09	38.09	150m: 2:02.16	42.87	250m: 3:29.32	43.69	350m: 4:57.54	44.57
	100m: 1:19.29	41.20	200m: 2:45.63	43.47	300m: 4:12.97	43.65	400m: 5:39.36	41.82
4.	Jolanda van Gendt	PSV	5:37.44	7800266	5:43.64	+0,85		
	50m: 36.96	36.96	150m: 2:02.32	43.84	250m: 3:32.21	45.06	350m: 5:00.60	44.22
	100m: 1:18.48	41.52	200m: 2:47.15	44.83	300m: 4:16.38	44.17	400m: 5:43.64	43.04
5.	Liselotte Joling	PSV	5:40.55	7500268	5:43.88	* +1,05		
	50m: 39.99	39.99	150m: 2:07.69	44.77	250m: 3:35.73	43.08	350m: 5:03.30	43.21
	100m: 1:22.92	42.93	200m: 2:52.65	44.96	300m: 4:20.09	44.36	400m: 5:43.88	40.58
6.	Clementine van Bruxvoort	ZPB H&L Productions	7:32.34	7700138	7:33.78	+0,94		
	50m: 48.38	48.38	150m: 2:42.85	58.30	250m: 4:40.62	59.56	350m: 6:39.00	59.34
	100m: 1:44.55	56.17	200m: 3:41.06	58.21	300m: 5:39.66	59.04	400m: 7:33.78	54.78

Masters 35+

1.	Grith Sigsgaard	Het Y	4:49.20	7200772	4:50.30	+0,93		
	50m: 33.02	33.02	150m: 1:45.24	36.61	250m: 2:59.15	37.00	350m: 4:13.29	37.46
	100m: 1:08.63	35.61	200m: 2:22.15	36.91	300m: 3:35.83	36.68	400m: 4:50.30	37.01
2.	Marleen Vos	Aquapoldro	5:05.03	7400598	5:09.81	+0,85		
	50m: 35.82	35.82	150m: 1:53.03	38.83	250m: 3:12.14	39.52	350m: 4:31.41	39.69
	100m: 1:14.20	38.38	200m: 2:32.62	39.59	300m: 3:51.72	39.58	400m: 5:09.81	38.40
3.	Annette de Visser	Oceanus	5:10.80	7100602	5:15.13	+0,84		
	50m: 34.35	34.35	150m: 1:53.21	40.31	250m: 3:14.42	40.67	350m: 4:35.85	40.74
	100m: 1:12.90	38.55	200m: 2:33.75	40.54	300m: 3:55.11	40.69	400m: 5:15.13	39.28
4.	Dianne Nien	RZ	5:30.95	7100452	5:29.07	+0,92		
	50m: 36.17	36.17	150m: 1:58.11	41.71	250m: 3:23.04	42.92	350m: 4:48.09	42.59
	100m: 1:16.40	40.23	200m: 2:40.12	42.01	300m: 4:05.50	42.46	400m: 5:29.07	40.98
5.	Aida Ponce del Castillo	CNSW	4:54.08	CNSW/358/74	5:38.16	+0,99		
	50m: 37.23	37.23	150m: 2:02.46	42.87	250m: 3:29.84	43.56	350m: 4:56.21	42.42
	100m: 1:19.59	42.36	200m: 2:46.28	43.82	300m: 4:13.79	43.95	400m: 5:38.16	41.95
6.	Tony de Groot	De Futen	5:47.48	7300758	5:49.79	+0,99		
	50m: 36.25	36.25	150m: 2:01.79	44.24	250m: 3:34.22	46.84	350m: 5:07.58	46.47
	100m: 1:17.55	41.30	200m: 2:47.38	45.59	300m: 4:21.11	46.89	400m: 5:49.79	42.21
7.	Zita Pozsonyi	Sprint Fortuna SC	5:24.00	73pozsonyi	5:54.07	+1,03		
	50m: 38.58	38.58	150m: 2:06.99	44.72	250m: 3:38.35	45.35	350m: 5:09.74	45.12
	100m: 1:22.27	43.69	200m: 2:53.00	46.01	300m: 4:24.62	46.27	400m: 5:54.07	44.33
8.	Annet Kootstra	Swol 1894	5:58.61	7100344	5:57.95	+1,02		
	50m: 39.33	39.33	150m: 2:07.80	44.39	250m: 3:39.86	45.11	350m: 5:12.67	45.36
	100m: 1:23.41	44.08	200m: 2:54.75	46.95	300m: 4:27.31	47.45	400m: 5:57.95	45.28
9.	Natacha Van Hoof	ShaRK	6:07.51	ShaRK/260/73	6:00.90	+1,40		
	50m: 39.77	39.77	150m: 2:08.57	45.58	250m: 3:41.89	47.05	350m: 5:16.22	47.23
	100m: 1:22.99	43.22	200m: 2:54.84	46.27	300m: 4:28.99	47.10	400m: 6:00.90	44.68
10.	Meke Oomens	Old Dutch	6:33.74	7000370	6:23.94	+1,05		
	50m: 42.66	42.66	150m: 2:19.54	49.11	250m: 3:58.63	49.95	350m: 5:37.34	49.49
	100m: 1:30.43	47.77	200m: 3:08.68	49.14	300m: 4:47.85	49.22	400m: 6:23.94	46.60
11.	Ingrid Versteegen	DBD	6:36.81	7300770	6:25.84	+0,93		
	50m: 43.39	43.39	150m: 2:20.86	49.43	250m: 4:00.51	49.82	350m: 5:39.77	49.23
	100m: 1:31.43	48.04	200m: 3:10.69	49.83	300m: 4:50.54	50.03	400m: 6:25.84	46.07

Masters 40+

1.	Anita Smits	DIO	5:00.66	6900522	5:01.97	+0,80		
	<i>Nederlands Masters Record</i>							
	50m: 33.83	33.83	150m: 1:49.62	38.13	250m: 3:07.27	38.53	350m: 4:24.59	38.02
	100m: 1:11.49	37.66	200m: 2:28.74	39.12	300m: 3:46.57	39.30	400m: 5:01.97	37.38
2.	Laura Staal	Oceanus	5:14.19	6700358	5:15.63	+0,96		
	50m: 35.35	35.35	150m: 1:54.99	40.34	250m: 3:16.08	40.56	350m: 4:37.73	40.47
	100m: 1:14.65	39.30	200m: 2:35.52	40.53	300m: 3:57.26	41.18	400m: 5:15.63	37.90

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Programmanr. 9, Dames, 400m vrije slag, Masters 40+

rang	naam	vereniging	inschrijftijd	tijd	RT
3.	Jantine Braakman	ZV De Bron	5:29.41	6500036	5:35.27 +0,93
	50m: 37.00 37.00	150m: 2:03.28 44.10	250m: 3:30.96 43.91	350m: 4:55.77 42.18	
	100m: 1:19.18 42.18	200m: 2:47.05 43.77	300m: 4:13.59 42.63	400m: 5:35.27 39.50	
4.	Nicole Vrijhoeven	PSV	5:30.89	6900834	5:36.70 +0,90
	50m: 37.85 37.85	150m: 2:01.43 42.73	250m: 3:28.15 43.46	350m: 4:55.09 43.26	
	100m: 1:18.70 40.85	200m: 2:44.69 43.26	300m: 4:11.83 43.68	400m: 5:36.70 41.61	
5.	Kristien Van De Moortel	ShaRK	5:56.65	ShaRK/315/69	6:18.52 +0,87
	50m: 40.46 40.46	150m: 2:14.11 47.17	250m: 3:52.04 48.42	350m: 5:30.80 49.13	
	100m: 1:26.94 46.48	200m: 3:03.62 49.51	300m: 4:41.67 49.63	400m: 6:18.52 47.72	
6.	Emmy Radelaar	De Fuut	6:24.30	6600572	6:23.65 +1,00
	50m: 43.23 43.23	150m: 2:19.15 48.89	250m: 3:58.26 49.69	350m: 5:37.19 49.32	
	100m: 1:30.26 47.03	200m: 3:08.57 49.42	300m: 4:47.87 49.61	400m: 6:23.65 46.46	
7.	Conny v. Velden	AZ&PC	7:08.47	6500446	6:58.57 +1,15
	50m: 44.37 44.37	150m: 2:29.36 53.37	250m: 4:18.54 55.12	350m: 6:08.80 55.44	
	100m: 1:35.99 51.62	200m: 3:23.42 54.06	300m: 5:13.36 54.82	400m: 6:58.57 49.77	

Masters 45+

1.	Susanna Rosén	Ystads Simsällskap	4:38.83	AA5563	4:46.38 +0,78
	<i>Kampioenschaps Record, Zweeds Masters Record</i>				
	50m: 32.67 32.67	150m: 1:43.61 35.93	250m: 2:56.56 36.62	350m: 4:09.98 36.77	
	100m: 1:07.68 35.01	200m: 2:19.94 36.33	300m: 3:33.21 36.65	400m: 4:46.38 36.40	
2.	Jacqueline Rolloos	De Lansingh	5:41.31	6300222	5:44.55 +0,97
	50m: 38.32 38.32	150m: 2:05.27 43.41	250m: 3:34.51 44.27	350m: 5:03.15 43.98	
	100m: 1:21.86 43.54	200m: 2:50.24 44.97	300m: 4:19.17 44.66	400m: 5:44.55 41.40	
3.	Marlien Wijnhof	Nat Utrecht	5:53.36	6100300	5:53.41 +0,95
	50m: 38.81 38.81	150m: 2:08.25 45.45	250m: 3:40.18 45.72	350m: 5:10.97 45.06	
	100m: 1:22.80 43.99	200m: 2:54.46 46.21	300m: 4:25.91 45.73	400m: 5:53.41 42.44	
4.	Uschi Koster	WWV	6:32.11	6400372	6:38.21 +1,06
	50m: 43.85 43.85	150m: 2:25.21 52.02	250m: 4:09.45 52.01	350m: 5:52.22 51.47	
	100m: 1:33.19 49.34	200m: 3:17.44 52.23	300m: 5:00.75 51.30	400m: 6:38.21 45.99	
5.	Pia vd Molen	HZ&PC Heerenveen	6:34.08	6000116	6:38.27 +0,94
	50m: 40.29 40.29	150m: 2:18.39 50.86	250m: 4:02.90 52.17	350m: 5:48.40 51.59	
	100m: 1:27.53 47.24	200m: 3:10.73 52.34	300m: 4:56.81 53.91	400m: 6:38.27 49.87	

Masters 50+

1.	Patty Verhagen	AquAmigos	5:13.70	5900146	5:24.26 +0,98
	<i>Kampioenschaps Record</i>				
	50m: 36.74 36.74	150m: 1:57.09 40.79	250m: 3:20.04 41.20	350m: 4:43.56 41.85	
	100m: 1:16.30 39.56	200m: 2:38.84 41.75	300m: 4:01.71 41.67	400m: 5:24.26 40.70	
2.	Mies Kuipers	Old Dutch	9:11.60	5800202	9:06.16 +1,06
	50m: 58.90 58.90	150m: 3:22.60 1:13.36	250m: 5:45.97 1:10.97	350m: 8:07.74 1:10.13	
	100m: 2:09.24 1:10.34	200m: 4:35.00 1:12.40	300m: 6:57.61 1:11.64	400m: 9:06.16 58.42	

Masters 55+

1.	Conny Boer-Buys	Vlaardingen	5:44.70	5000006	5:33.86 +0,94
	<i>Nederlands Masters Record</i>				
	50m: 36.62 36.62	150m: 2:01.07 43.61	250m: 3:28.13 43.61	350m: 4:54.49 42.55	
	100m: 1:17.46 40.84	200m: 2:44.52 43.45	300m: 4:11.94 43.81	400m: 5:33.86 39.37	

Masters 60+

1.	Marja van der Meer	Neptunus	6:59.03	4700014	6:45.09 +0,96
	50m: 43.77 43.77	150m: 2:25.03 51.65	250m: 4:09.04 52.37	350m: 5:53.88 52.81	
	100m: 1:33.38 49.61	200m: 3:16.67 51.64	300m: 5:01.07 52.03	400m: 6:45.09 51.21	
2.	Barbro Grufman	Hellas Masters	7:10.70	AA0248	7:09.13 +1,14
	50m: 47.09 47.09	150m: 2:37.59 55.90	250m: 4:28.73 55.71	350m: 6:18.12 54.84	
	100m: 1:41.69 54.60	200m: 3:33.02 55.43	300m: 5:23.28 54.55	400m: 7:09.13 51.01	
3.	Annie Smits	PSV	6:41.39	4600016	7:09.23 +1,19
	50m: 47.87 47.87	150m: 2:38.63 55.91	250m: 4:29.40 55.22	350m: 6:18.46 54.62	
	100m: 1:42.72 54.85	200m: 3:34.18 55.55	300m: 5:23.84 54.44	400m: 7:09.23 50.77	

Masters 65+

1.	Greet Brehler-middag	Hatto Heim	7:59.97	4400004	7:47.59 +1,13
	50m: 51.39 51.39	150m: 2:50.16 1:00.95	250m: 4:50.76 1:01.44	350m: 6:51.03 1:00.07	
	100m: 1:49.21 57.82	200m: 3:49.32 59.16	300m: 5:50.96 1:00.20	400m: 7:47.59 56.56	

Open Nederlandse Masters Kampioenschappen 2009
Eindhoven, 8. - 10.5.2009

Programmanr. 9, Dames, 400m vrije slag, Masters 65+

rang	naam		vereniging		inschrijftijd				tijd	RT		
2.	Pálma Csepeli		Békéscsaba Senior Swimmclub		10:31.04		44csepeli		9:37.35	+1,09		
	50m:	1:04.08	1:04.08	150m:	3:30.74	1:15.46	250m:	6:00.16	1:17.74	350m:	8:28.55	1:17.58
	100m:	2:15.28	1:11.20	200m:	4:42.42	1:11.68	300m:	7:10.97	1:10.81	400m:	9:37.35	1:08.80
3.	Liesbeth ter Laak		Katwijk		11:18.99		4200008		10:54.68	+1,18		
	50m:	1:10.53	1:10.53	150m:	3:52.41	1:22.27	250m:	6:40.68	1:23.27	350m:	9:32.64	1:25.93
	100m:	2:30.14	1:19.61	200m:	5:17.41	1:25.00	300m:	8:06.71	1:26.03	400m:	10:54.68	1:22.04

Masters 70+

1.	Lottie Geurts		PSV		6:50.22		3500008		7:20.54	+1,19		
	50m:	50.52	50.52	150m:	2:42.84	56.78	250m:	4:38.22	58.07	350m:	6:31.82	56.90
	100m:	1:46.06	55.54	200m:	3:40.15	57.31	300m:	5:34.92	56.70	400m:	7:20.54	48.72

Masters 75+

1.	Annie de Vos		Old Dutch		8:44.83		3400004		9:11.63			
	50m:	1:00.94	1:00.94	150m:	3:20.18	1:09.63	250m:	5:40.86	1:09.94	350m:	8:02.20	1:10.63
	100m:	2:10.55	1:09.61	200m:	4:30.92	1:10.74	300m:	6:51.57	1:10.71	400m:	9:11.63	1:09.43