

Open Nederlandse Masters Kampioenschappen 2009 korte baan
Vlissingen, 23. - 25.1.2009

Programmanr. 2
23.01.2009 - 11:06

Dames, 800m vrije slag

Masters 20+
Resultaten

| rang | naam | vereniging | inschrijftijd | tijd | RT | | | |
|------|--------------------|-------------|---------------|---------|----------------|-------|----------------|-------|
| 1. | Carmen de Ridder | De Bruinvis | 9:39.26 | 8803634 | 9:41.52 +0,90 | | | |
| | 50m: 31.21 | 31.21 | 250m: 2:55.22 | 36.61 | 450m: 5:22.90 | 37.13 | 650m: 7:51.46 | 37.14 |
| | 100m: 1:06.13 | 34.92 | 300m: 3:31.92 | 36.70 | 500m: 5:59.91 | 37.01 | 700m: 8:28.91 | 37.45 |
| | 150m: 1:42.30 | 36.17 | 350m: 4:08.59 | 36.67 | 550m: 6:37.06 | 37.15 | 750m: 9:06.23 | 37.32 |
| | 200m: 2:18.61 | 36.31 | 400m: 4:45.77 | 37.18 | 600m: 7:14.32 | 37.26 | 800m: 9:41.52 | 35.29 |
| 2. | Larissa Brak | De Zijl/LGB | 9:56.44 | 8800572 | 10:26.91 +0,96 | | | |
| | 50m: 34.26 | 34.26 | 250m: 3:11.00 | 39.51 | 450m: 5:49.04 | 39.39 | 650m: 8:29.31 | 39.74 |
| | 100m: 1:12.49 | 38.23 | 300m: 3:50.02 | 39.02 | 500m: 6:29.06 | 40.02 | 700m: 9:09.07 | 39.76 |
| | 150m: 1:51.91 | 39.42 | 350m: 4:29.68 | 39.66 | 550m: 7:09.15 | 40.09 | 750m: 9:48.42 | 39.35 |
| | 200m: 2:31.49 | 39.58 | 400m: 5:09.65 | 39.97 | 600m: 7:49.57 | 40.42 | 800m: 10:26.91 | 38.49 |
| 3. | Sandra Schellekens | Neptunus'58 | 11:22.54 | 8503416 | 11:13.73 +1,01 | | | |
| | 50m: 35.80 | 35.80 | 250m: 3:22.05 | 42.27 | 450m: 6:14.76 | 43.61 | 650m: 9:07.75 | 42.88 |
| | 100m: 1:15.96 | 40.16 | 300m: 4:04.77 | 42.72 | 500m: 6:58.41 | 43.65 | 700m: 9:51.07 | 43.32 |
| | 150m: 1:57.40 | 41.44 | 350m: 4:47.94 | 43.17 | 550m: 7:41.69 | 43.28 | 750m: 10:34.01 | 42.94 |
| | 200m: 2:39.78 | 42.38 | 400m: 5:31.15 | 43.21 | 600m: 8:24.87 | 43.18 | 800m: 11:13.73 | 39.72 |
| 4. | Liesbeth van Mill | DWK | 12:23.94 | 8702786 | 12:04.36 +1,07 | | | |
| | 50m: 40.05 | 40.05 | 250m: 3:42.61 | 45.79 | 450m: 6:45.18 | 45.87 | 650m: 9:48.93 | 46.24 |
| | 100m: 1:24.77 | 44.72 | 300m: 4:27.97 | 45.36 | 500m: 7:30.90 | 45.72 | 700m: 10:35.44 | 46.51 |
| | 150m: 2:10.73 | 45.96 | 350m: 5:13.62 | 45.65 | 550m: 8:16.15 | 45.25 | 750m: 11:22.05 | 46.61 |
| | 200m: 2:56.82 | 46.09 | 400m: 5:59.31 | 45.69 | 600m: 9:02.69 | 46.54 | 800m: 12:04.36 | 42.31 |

Programmanr. 2
23.01.2009 - 11:06

Dames, 800m vrije slag

Masters 25+
Resultaten

| rang | naam | vereniging | inschrijftijd | tijd | RT | | | |
|------|---------------|------------|---------------|---------|----------------|-------|----------------|-------|
| 1. | Roos van Esch | TRB-RES | 9:48.16 | 8200468 | 10:05.64 +0,95 | | | |
| | 50m: 33.13 | 33.13 | 250m: 3:01.89 | 37.89 | 450m: 5:35.15 | 38.53 | 650m: 8:11.31 | 39.13 |
| | 100m: 1:09.14 | 36.01 | 300m: 3:40.07 | 38.18 | 500m: 6:14.29 | 39.14 | 700m: 8:50.16 | 38.85 |
| | 150m: 1:46.20 | 37.06 | 350m: 4:18.19 | 38.12 | 550m: 6:53.41 | 39.12 | 750m: 9:28.27 | 38.11 |
| | 200m: 2:24.00 | 37.80 | 400m: 4:56.62 | 38.43 | 600m: 7:32.18 | 38.77 | 800m: 10:05.64 | 37.37 |
| 2. | Anke Lambooj | AZL | 10:13.32 | 8001182 | 10:14.90 +0,90 | | | |
| | 50m: 32.75 | 32.75 | 250m: 3:02.71 | 38.22 | 450m: 5:39.28 | 39.21 | 650m: 8:17.89 | 39.48 |
| | 100m: 1:08.81 | 36.06 | 300m: 3:41.34 | 38.63 | 500m: 6:18.83 | 39.55 | 700m: 8:57.50 | 39.61 |
| | 150m: 1:46.37 | 37.56 | 350m: 4:21.00 | 39.66 | 550m: 6:58.66 | 39.83 | 750m: 9:36.71 | 39.21 |
| | 200m: 2:24.49 | 38.12 | 400m: 5:00.07 | 39.07 | 600m: 7:38.41 | 39.75 | 800m: 10:14.90 | 38.19 |

Programmanr. 2
23.01.2009 - 11:06

Dames, 800m vrije slag

Masters 30+
Resultaten

| rang | naam | vereniging | inschrijftijd | tijd | RT | | | |
|------|-------------------|-------------|---------------|---------|------------------|-------|----------------|-------|
| 1. | Janneke Harmsen | De Spatters | 10:36.24 | 7700938 | 10:35.08 +0,93 | | | |
| | 50m: 34.78 | 34.78 | 250m: 3:12.68 | 40.15 | 450m: 5:55.86 | 40.82 | 650m: 8:37.04 | 40.16 |
| | 100m: 1:13.23 | 38.45 | 300m: 3:53.14 | 40.46 | 500m: 6:36.34 | 40.48 | 700m: 9:16.58 | 39.54 |
| | 150m: 1:52.58 | 39.35 | 350m: 4:33.91 | 40.77 | 550m: 7:16.63 | 40.29 | 750m: 9:55.99 | 39.41 |
| | 200m: 2:32.53 | 39.95 | 400m: 5:15.04 | 41.13 | 600m: 7:56.88 | 40.25 | 800m: 10:35.08 | 39.09 |
| 2. | Liselotte Joling | PSV | 10:35.98 | 7500268 | 11:03.45 +0,99 | | | |
| | 50m: 36.11 | 36.11 | 250m: 3:21.33 | 41.82 | 450m: 6:09.51 | 41.83 | 650m: 9:00.46 | 42.68 |
| | 100m: 1:16.13 | 40.02 | 300m: 4:03.12 | 41.79 | 500m: 6:52.44 | 42.93 | 700m: 9:42.39 | 41.93 |
| | 150m: 1:57.45 | 41.32 | 350m: 4:45.40 | 42.28 | 550m: 7:35.61 | 43.17 | 750m: 10:24.49 | 42.10 |
| | 200m: 2:39.51 | 42.06 | 400m: 5:27.68 | 42.28 | 600m: 8:17.78 | 42.17 | 800m: 11:03.45 | 38.96 |
| 3. | Jolanda van Gendt | PSV | 11:14.19 | 7800266 | 11:39.44 * +0,90 | | | |
| | 50m: 35.89 | 35.89 | 250m: 3:26.18 | 43.81 | 450m: 6:25.38 | 44.99 | 650m: 9:25.45 | 44.76 |
| | 100m: 1:16.45 | 40.56 | 300m: 4:10.86 | 44.68 | 500m: 7:10.36 | 44.98 | 700m: 10:11.09 | 45.64 |
| | 150m: 1:58.89 | 42.44 | 350m: 4:55.45 | 44.59 | 550m: 7:55.23 | 44.87 | 750m: 10:56.16 | 45.07 |
| | 200m: 2:42.37 | 43.48 | 400m: 5:40.39 | 44.94 | 600m: 8:40.69 | 45.46 | 800m: 11:39.44 | 43.28 |

Open Nederlandse Masters Kampioenschappen 2009 korte baan
Vlissingen, 23. - 25.1.2009

Programmanr. 2, Dames, 800m vrije slag

Programmanr. 2 Dames, 800m vrije slag Masters 35+
23.01.2009 - 11:06 Resultaten

| rang | naam | vereniging | inschrijftijd | tijd | RT |
|------|---------------------|---------------------|---------------------|----------------------|----------------|
| 1. | Marleen Vos | Aquapoldro | 10:42.93 | 7400598 | 10:27.03 +0,86 |
| | 50m: 35.45 35.45 | 250m: 3:09.76 39.11 | 450m: 5:48.51 39.77 | 650m: 8:28.85 39.78 | |
| | 100m: 1:13.11 37.66 | 300m: 3:49.24 39.48 | 500m: 6:28.81 40.30 | 700m: 9:08.74 39.89 | |
| | 150m: 1:51.67 38.56 | 350m: 4:29.06 39.82 | 550m: 7:08.84 40.03 | 750m: 9:48.36 39.62 | |
| | 200m: 2:30.65 38.98 | 400m: 5:08.74 39.68 | 600m: 7:49.07 40.23 | 800m: 10:27.03 38.67 | |
| 2. | Annette de Visser | Oceanus | 10:32.44 | 7100602 | 10:30.66 +0,89 |
| | 50m: 34.13 34.13 | 250m: 3:09.84 39.50 | 450m: 5:51.60 40.69 | 650m: 8:33.82 40.56 | |
| | 100m: 1:11.90 37.77 | 300m: 3:49.66 39.82 | 500m: 6:32.29 40.69 | 700m: 9:13.73 39.91 | |
| | 150m: 1:50.69 38.79 | 350m: 4:30.09 40.43 | 550m: 7:12.49 40.20 | 750m: 9:53.15 39.42 | |
| | 200m: 2:30.34 39.65 | 400m: 5:10.91 40.82 | 600m: 7:53.26 40.77 | 800m: 10:30.66 37.51 | |
| 3. | Cynthia Noordermeer | Zaanstad (SG) | 10:20.98 | 7000358 | 10:39.90 +0,89 |
| | 50m: 36.41 36.41 | 250m: 3:13.46 39.77 | 450m: 5:55.01 40.98 | 650m: 8:39.28 40.82 | |
| | 100m: 1:14.84 38.43 | 300m: 3:53.22 39.76 | 500m: 6:36.10 41.09 | 700m: 9:20.20 40.92 | |
| | 150m: 1:54.13 39.29 | 350m: 4:33.40 40.18 | 550m: 7:17.18 41.08 | 750m: 10:00.50 40.30 | |
| | 200m: 2:33.69 39.56 | 400m: 5:14.03 40.63 | 600m: 7:58.46 41.28 | 800m: 10:39.90 39.40 | |
| 4. | Natacha Van Hoof | ShaRK | 11:56.09 | ShaRK/260/73 | 11:59.28 +1,09 |
| | 50m: 38.82 38.82 | 250m: 3:32.44 44.94 | 450m: 6:35.80 46.38 | 650m: 9:42.92 46.73 | |
| | 100m: 1:20.48 41.66 | 300m: 4:17.60 45.16 | 500m: 7:22.03 46.23 | 700m: 10:29.99 47.07 | |
| | 150m: 2:03.43 42.95 | 350m: 5:03.64 46.04 | 550m: 8:09.32 47.29 | 750m: 11:16.37 46.38 | |
| | 200m: 2:47.50 44.07 | 400m: 5:49.42 45.78 | 600m: 8:56.19 46.87 | 800m: 11:59.28 42.91 | |

Programmanr. 2 Dames, 800m vrije slag Masters 40+
23.01.2009 - 11:06 Resultaten

| rang | naam | vereniging | inschrijftijd | tijd | RT |
|------|-------------------------|---------------------|---------------------|----------------------|------------------|
| 1. | Laura Staal | Oceanus | 10:54.85 | 6700358 | 10:40.87 +0,94 |
| | 50m: 35.88 35.88 | 250m: 3:14.49 40.03 | 450m: 5:56.94 40.77 | 650m: 8:40.68 40.47 | |
| | 100m: 1:14.99 39.11 | 300m: 3:55.04 40.55 | 500m: 6:38.02 41.08 | 700m: 9:21.74 41.06 | |
| | 150m: 1:54.59 39.60 | 350m: 4:35.34 40.30 | 550m: 7:18.97 40.95 | 750m: 10:02.38 40.64 | |
| | 200m: 2:34.46 39.87 | 400m: 5:16.17 40.83 | 600m: 8:00.21 41.24 | 800m: 10:40.87 38.49 | |
| 2. | Karin van den Heuvel | AquAmigos | 11:12.65 | 6600188 | 11:19.96 +1,06 |
| | 50m: 38.47 38.47 | 250m: 3:27.45 42.61 | 450m: 6:18.33 41.88 | 650m: 9:10.23 43.33 | |
| | 100m: 1:20.13 41.66 | 300m: 4:10.26 42.81 | 500m: 7:00.95 42.62 | 700m: 9:53.98 43.75 | |
| | 150m: 2:02.45 42.32 | 350m: 4:53.33 43.07 | 550m: 7:43.89 42.94 | 750m: 10:37.41 43.43 | |
| | 200m: 2:44.84 42.39 | 400m: 5:36.45 43.12 | 600m: 8:26.90 43.01 | 800m: 11:19.96 42.55 | |
| 3. | Kristien van de Moortel | ShaRK | 12:02.18 | ShaRK/315/69 | 12:17.80 * +0,87 |
| | 50m: 39.49 39.49 | 250m: 3:42.12 46.20 | 450m: 6:49.78 47.11 | 650m: 9:59.98 47.24 | |
| | 100m: 1:24.54 45.05 | 300m: 4:28.64 46.52 | 500m: 7:37.35 47.57 | 700m: 10:47.12 47.14 | |
| | 150m: 2:10.06 45.52 | 350m: 5:15.83 47.19 | 550m: 8:24.71 47.36 | 750m: 11:33.43 46.31 | |
| | 200m: 2:55.92 45.86 | 400m: 6:02.67 46.84 | 600m: 9:12.74 48.03 | 800m: 12:17.80 44.37 | |
| 4. | Hetty Smalheer | SCOM | 12:29.18 | 6700352 | 12:20.05 +1,14 |
| | 50m: 40.80 40.80 | 250m: 3:42.97 45.80 | 450m: 6:53.87 48.24 | 650m: 10:02.47 46.42 | |
| | 100m: 1:24.93 44.13 | 300m: 4:29.50 46.53 | 500m: 7:41.21 47.34 | 700m: 10:49.08 46.61 | |
| | 150m: 2:10.64 45.71 | 350m: 5:17.38 47.88 | 550m: 8:28.83 47.62 | 750m: 11:35.49 46.41 | |
| | 200m: 2:57.17 46.53 | 400m: 6:05.63 48.25 | 600m: 9:16.05 47.22 | 800m: 12:20.05 44.56 | |

Programmanr. 2 Dames, 800m vrije slag Masters 45+
23.01.2009 - 11:06 Resultaten

| rang | naam | vereniging | inschrijftijd | tijd | RT |
|------|----------------------|---------------------|---------------------|----------------------|----------------|
| 1. | Jacqueline Rolloos | De Lansingh | 11:17.85 | 6300222 | 11:12.24 |
| | 50m: 36.11 36.11 | 250m: 3:23.37 42.42 | 450m: 6:14.34 42.85 | 650m: 9:06.01 42.49 | |
| | 100m: 1:16.96 40.85 | 300m: 4:06.09 42.72 | 500m: 6:57.38 43.04 | 700m: 9:48.58 42.57 | |
| | 150m: 1:58.82 41.86 | 350m: 4:48.82 42.73 | 550m: 7:40.38 43.00 | 750m: 10:31.17 42.59 | |
| | 200m: 2:40.95 42.13 | 400m: 5:31.49 42.67 | 600m: 8:23.52 43.14 | 800m: 11:12.24 41.07 | |
| 2. | Yvonne van de Guchte | Luctor et Emergo | 12:44.49 | 6000046 | 12:51.70 +0,90 |
| | 50m: 41.89 41.89 | 250m: 3:54.14 48.76 | 450m: 7:09.97 48.83 | 650m: 10:26.03 49.01 | |
| | 100m: 1:28.66 46.77 | 300m: 4:43.03 48.89 | 500m: 7:58.91 48.94 | 700m: 11:15.41 49.38 | |
| | 150m: 2:16.81 48.15 | 350m: 5:32.32 49.29 | 550m: 8:48.04 49.13 | 750m: 12:04.36 48.95 | |
| | 200m: 3:05.38 48.57 | 400m: 6:21.14 48.82 | 600m: 9:37.02 48.98 | 800m: 12:51.70 47.34 | |

Open Nederlandse Masters Kampioenschappen 2009 korte baan
Vlissingen, 23. - 25.1.2009

Programmanr. 2, Dames, 800m vrije slag, Masters 45+

| rang | naam | vereniging | inschrijftijd | | tijd | | RT | |
|------|--------------------|------------|---------------|-------|----------------|-------|----------------|-------|
| 3. | Jacqueline Brouwer | ZV De Bron | 14:51.36 | | 6100296 | | 14:28.50 +1,03 | |
| | 50m: 46.27 | 46.27 | 250m: 4:17.54 | 53.36 | 450m: 7:59.02 | 55.57 | 650m: 11:44.17 | 56.59 |
| | 100m: 1:37.18 | 50.91 | 300m: 5:12.35 | 54.81 | 500m: 8:54.98 | 55.96 | 700m: 12:40.49 | 56.32 |
| | 150m: 2:30.48 | 53.30 | 350m: 6:07.88 | 55.53 | 550m: 9:51.00 | 56.02 | 750m: 13:37.06 | 56.57 |
| | 200m: 3:24.18 | 53.70 | 400m: 7:03.45 | 55.57 | 600m: 10:47.58 | 56.58 | 800m: 14:28.50 | 51.44 |

Programmanr. 2 Dames, 800m vrije slag Masters 50+
23.01.2009 - 11:06 Resultaten

| rang | naam | vereniging | inschrijftijd | | tijd | | RT | |
|------|----------------------------------|------------|---------------|-------|---------------|-------|----------------|-------|
| 1. | Patty Verhagen | AquAmigos | 10:39.19 | | 5900146 | | 10:44.86 +0,94 | |
| | <i>Nederlands Masters Record</i> | | | | | | | |
| | 50m: 36.00 | 36.00 | 250m: 3:14.46 | 40.12 | 450m: 5:56.87 | 40.73 | 650m: 8:42.10 | 41.65 |
| | 100m: 1:15.02 | 39.02 | 300m: 3:55.04 | 40.58 | 500m: 6:38.27 | 41.40 | 700m: 9:23.95 | 41.85 |
| | 150m: 1:54.23 | 39.21 | 350m: 4:35.68 | 40.64 | 550m: 7:19.14 | 40.87 | 750m: 10:05.39 | 41.44 |
| | 200m: 2:34.34 | 40.11 | 400m: 5:16.14 | 40.46 | 600m: 8:00.45 | 41.31 | 800m: 10:44.86 | 39.47 |

Programmanr. 2 Dames, 800m vrije slag Masters 55+
23.01.2009 - 11:06 Resultaten

| rang | naam | vereniging | inschrijftijd | | tijd | | RT | |
|------|-----------------|-------------|---------------|-------|----------------|-------|----------------|-------|
| 1. | Ineke Weekers | PSV | 11:24.75 | | 5300050 | | 11:25.98 +0,92 | |
| | 50m: 39.12 | 39.12 | 250m: 3:28.53 | 42.41 | 450m: 6:20.72 | 43.25 | 650m: 9:15.13 | 43.94 |
| | 100m: 1:21.03 | 41.91 | 300m: 4:11.33 | 42.80 | 500m: 7:03.61 | 42.89 | 700m: 9:59.12 | 43.99 |
| | 150m: 2:03.56 | 42.53 | 350m: 4:54.40 | 43.07 | 550m: 7:47.53 | 43.92 | 750m: 10:43.54 | 44.42 |
| | 200m: 2:46.12 | 42.56 | 400m: 5:37.47 | 43.07 | 600m: 8:31.19 | 43.66 | 800m: 11:25.98 | 42.44 |
| 2. | Conny Boer-Buys | Vlaardingen | 11:45.41 | | 5000006 | | 11:36.93 +0,98 | |
| | 50m: 37.16 | 37.16 | 250m: 3:32.44 | 44.45 | 450m: 6:29.58 | 44.10 | 650m: 9:29.07 | 44.97 |
| | 100m: 1:19.57 | 42.41 | 300m: 4:17.15 | 44.71 | 500m: 7:13.97 | 44.39 | 700m: 10:13.77 | 44.70 |
| | 150m: 2:03.77 | 44.20 | 350m: 5:01.37 | 44.22 | 550m: 7:58.17 | 44.20 | 750m: 10:57.98 | 44.21 |
| | 200m: 2:47.99 | 44.22 | 400m: 5:45.48 | 44.11 | 600m: 8:44.10 | 45.93 | 800m: 11:36.93 | 38.95 |
| 3. | Gonnie Bak | PSV | 15:08.54 | | 5100002 | | 14:49.76 +1,03 | |
| | 50m: 48.52 | 48.52 | 250m: 4:28.55 | 55.76 | 450m: 8:17.31 | 56.42 | 650m: 12:06.70 | 57.75 |
| | 100m: 1:41.16 | 52.64 | 300m: 5:26.27 | 57.72 | 500m: 9:15.17 | 57.86 | 700m: 13:03.01 | 56.31 |
| | 150m: 2:36.45 | 55.29 | 350m: 6:23.69 | 57.42 | 550m: 10:13.94 | 58.77 | 750m: 13:58.49 | 55.48 |
| | 200m: 3:32.79 | 56.34 | 400m: 7:20.89 | 57.20 | 600m: 11:08.95 | 55.01 | 800m: 14:49.76 | 51.27 |

Programmanr. 2 Dames, 800m vrije slag Masters 60+
23.01.2009 - 11:06 Resultaten

| rang | naam | vereniging | inschrijftijd | | tijd | | RT | |
|------|--------------------|------------|---------------|-------|----------------|-------|----------------|-------|
| 1. | Marja van der Meer | Neptunus | 13:27.56 | | 4700014 | | 13:46.37 +1,04 | |
| | 50m: 43.70 | 43.70 | 250m: 4:09.29 | 52.04 | 450m: 7:41.46 | 52.82 | 650m: 11:12.67 | 52.98 |
| | 100m: 1:34.33 | 50.63 | 300m: 5:01.69 | 52.40 | 500m: 8:32.50 | 51.04 | 700m: 12:05.34 | 52.67 |
| | 150m: 2:25.36 | 51.03 | 350m: 5:55.28 | 53.59 | 550m: 9:26.74 | 54.24 | 750m: 12:55.99 | 50.65 |
| | 200m: 3:17.25 | 51.89 | 400m: 6:48.64 | 53.36 | 600m: 10:19.69 | 52.95 | 800m: 13:46.37 | 50.38 |

Programmanr. 2 Dames, 800m vrije slag Masters 65+
23.01.2009 - 11:06 Resultaten

| rang | naam | vereniging | inschrijftijd | | tijd | | RT | |
|------|---------------|------------|---------------|---------|----------------|---------|----------------|---------|
| 1. | Greet Brehler | Hatto Heim | 16:25.63 | | 4400004 | | 15:49.58 +1,14 | |
| | 50m: 51.90 | 51.90 | 250m: 4:52.71 | 1:01.63 | 450m: 8:54.00 | 59.33 | 650m: 12:53.31 | 59.94 |
| | 100m: 1:50.94 | 59.04 | 300m: 5:52.82 | 1:00.11 | 500m: 9:54.99 | 1:00.99 | 700m: 13:54.22 | 1:00.91 |
| | 150m: 2:51.83 | 1:00.89 | 350m: 6:53.21 | 1:00.39 | 550m: 10:52.99 | 58.00 | 750m: 14:53.19 | 58.97 |
| | 200m: 3:51.08 | 59.25 | 400m: 7:54.67 | 1:01.46 | 600m: 11:53.37 | 1:00.38 | 800m: 15:49.58 | 56.39 |