

Event 14  
28-01-2012 - 9:00

Women, 400m Freestyle

Masters Open  
Results

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
<b>Masters 20+</b>						
1.	Yvon Versteeg	De Veene	4:33.51	199201864	<b>4:36.36</b>	+0,74
	50m: 31.13	150m: 1:40.41	250m: 2:51.56	350m: 4:02.30	35.07	
	100m: 1:05.40	200m: 2:15.69	300m: 3:27.23	35.67	4:36.36	34.06
2.	Lisanne Andeweg	Zuiderzeewimmers	4:47.00	198800092	<b>4:39.69</b>	+0,66
	50m: 31.70	150m: 1:41.80	250m: 2:53.82	35.92	350m: 4:05.62	35.45
	100m: 1:06.11	200m: 2:17.90	300m: 3:30.17	36.35	400m: 4:39.69	34.07
3.	Desiree Emmen	De Warande	4:39.13	199204862	<b>4:45.25</b>	+0,72
	50m: 31.14	150m: 1:41.13	250m: 2:53.66	36.70	350m: 4:08.49	37.65
	100m: 1:05.66	200m: 2:16.96	300m: 3:30.84	37.18	400m: 4:45.25	36.76
4.	Stephanie Rombout	De Zeeuwse Kust (SG)	4:43.46	198803696	<b>4:46.06</b>	+0,83
	50m: 31.38	150m: 1:41.81	250m: 2:55.52	37.16	350m: 4:09.57	36.91
	100m: 1:06.12	200m: 2:18.36	300m: 3:32.66	37.14	400m: 4:46.06	36.49
5.	Nanda de Vries	HZ&PC Heerenveen	4:48.11	199204328	<b>4:51.53</b>	+0,87
	50m: 31.70	150m: 1:45.53	250m: 3:01.10	37.76	350m: 4:16.74	37.65
	100m: 1:08.05	200m: 2:23.34	300m: 3:39.09	37.99	400m: 4:51.53	34.79
6.	Margot Stenveld	SBC2000	4:50.32	198804170	<b>4:51.93</b>	+0,82
	50m: 33.57	150m: 1:47.05	250m: 3:01.22	37.16	350m: 4:15.78	37.16
	100m: 1:10.21	200m: 2:24.06	300m: 3:38.62	37.40	400m: 4:51.93	36.15
7.	Maaïke Vooren	DAW	4:54.59	199103324	<b>4:54.00</b>	+0,53
	50m: 34.06	150m: 1:47.74	250m: 3:02.59	37.33	350m: 4:17.26	37.17
	100m: 1:10.58	200m: 2:25.26	300m: 3:40.09	37.50	400m: 4:54.00	36.74
8.	Merel Toussaint	D'Eift WAVE (SG)	5:01.50	199203788	<b>4:57.48</b>	+0,85
	50m: 32.91	150m: 1:47.47	250m: 3:03.94	38.49	350m: 4:20.48	38.20
	100m: 1:09.60	200m: 2:25.45	300m: 3:42.28	38.34	400m: 4:57.48	37.00
9.	Laura Oosterbroek	De Rijn	5:05.49	198803264	<b>4:57.60</b>	+0,78
	50m: 33.34	150m: 1:47.41	250m: 3:03.27	37.77	350m: 4:20.07	38.48
	100m: 1:09.99	200m: 2:25.50	300m: 3:41.59	38.32	400m: 4:57.60	37.53
10.	Wendy de Bruin	ZOB'66	5:02.21	199206320	<b>4:58.12</b>	+0,80
	50m: 33.79	150m: 1:48.61	250m: 3:05.43	38.62	350m: 4:22.37	37.87
	100m: 1:10.60	200m: 2:26.81	300m: 3:44.50	39.07	400m: 4:58.12	35.75
11.	Ilse van den Wijngaard	One Team Swimming	5:02.60	198904736	<b>5:00.81</b>	+0,71
	50m: 32.17	150m: 1:46.69	250m: 3:04.35	39.15	350m: 4:22.99	39.02
	100m: 1:08.75	200m: 2:25.20	300m: 3:43.97	39.62	400m: 5:00.81	37.82
12.	Cynthia Grooteboer	SBC2000	4:58.84	198901462	<b>5:02.85</b>	+0,90
	50m: 34.46	150m: 1:49.97	250m: 3:07.84	38.98	350m: 4:25.54	38.49
	100m: 1:11.85	200m: 2:28.86	300m: 3:47.05	39.21	400m: 5:02.85	37.31
13.	Elmi Roelofsen	ZVV	5:20.45	199008198	<b>5:04.16</b>	+1,05
	50m: 34.48	150m: 1:51.19	250m: 3:08.73	38.97	350m: 4:27.38	39.30
	100m: 1:12.72	200m: 2:29.76	300m: 3:48.08	39.35	400m: 5:04.16	36.78
14.	Sandra den Oudsten	GoSwim	5:37.71	198906664	<b>5:39.64</b>	+1,02
	50m: 37.04	150m: 1:59.97	250m: 3:27.86	44.28	350m: 4:56.81	44.62
	100m: 1:17.32	200m: 2:43.58	300m: 4:12.19	44.33	400m: 5:39.64	42.83
15.	Liesbeth Bruinekool	Zuiderzeewimmers	8:44.14	199007958	<b>8:24.59</b>	+0,90
	50m: 54.84	150m: 3:02.13	250m: 5:12.25	1:05.34	350m: 7:23.32	1:04.97
	100m: 1:57.67	200m: 4:06.91	300m: 6:18.35	1:06.10	400m: 8:24.59	1:01.27

**Masters 25+**

1.	Linda Hoogendam	D'Eift WAVE (SG)	4:54.56	198300892	<b>4:59.14</b>	+0,82
	50m: 33.14	150m: 1:48.84	250m: 3:05.36	38.28	350m: 4:23.31	39.28
	100m: 1:10.64	200m: 2:27.08	300m: 3:44.03	38.67	400m: 4:59.14	35.83
2.	Marina Belousova	Sprut	5:36.96	018047	<b>5:08.84</b>	* +1,01
	50m: 33.79	150m: 1:49.88	250m: 3:09.18	39.52	350m: 4:29.54	40.32
	100m: 1:11.06	200m: 2:29.66	300m: 3:49.22	40.04	400m: 5:08.84	39.30
3.	Emmy Soer	WS Twente	5:40.67	198503618	<b>5:22.18</b>	+0,98
	50m: 35.90	150m: 1:56.04	250m: 3:18.65	41.07	350m: 4:40.81	41.14
	100m: 1:15.04	200m: 2:37.58	300m: 3:59.67	41.02	400m: 5:22.18	41.37

Event 14, Women, 400m Freestyle, Masters 25+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
4.	Channe Noort	DAW	5:26.07	198605032	<b>5:24.10</b>	+0,53
	50m: 34.67 34.67	150m: 1:53.53 40.35	250m: 3:18.05 42.74	350m: 4:42.97 42.53		
	100m: 1:13.18 38.51	200m: 2:35.31 41.78	300m: 4:00.44 42.39	400m: 5:24.10 41.13		
5.	Annette Vogelsang	ZV De Bron	5:39.04	198402632	<b>5:37.00</b>	+0,88
	50m: 34.14 34.14	150m: 1:52.02 40.23	250m: 3:20.68 44.99	350m: 4:53.24 47.10		
	100m: 1:11.79 37.65	200m: 2:35.69 43.67	300m: 4:06.14 45.46	400m: 5:37.00 43.76		

Masters 30+

1.	Anneke Veenstra	't Tolhekke	5:34.01	197900882	<b>5:36.71</b>	+0,96
	50m: 35.85 35.85	150m: 1:59.22 43.41	250m: 3:27.26 44.05	350m: 4:55.03 44.12		
	100m: 1:15.81 39.96	200m: 2:43.21 43.99	300m: 4:10.91 43.65	400m: 5:36.71 41.68		
2.	Kristel Lips	ZV De Bron	5:45.82	197900562	<b>5:37.60</b>	+0,95
	50m: 36.91 36.91	150m: 1:59.82 42.28	250m: 3:26.63 43.48	350m: 4:54.16 43.31		
	100m: 1:17.54 40.63	200m: 2:43.15 43.33	300m: 4:10.85 44.22	400m: 5:37.60 43.44		
3.	Babette Rens	Dedemsvaart-AC	5:44.19	197801200	<b>5:52.22</b>	+0,82
	50m: 37.97 37.97	150m: 2:03.84 43.73	250m: 3:34.27 45.63	350m: 5:07.05 46.19		
	100m: 1:20.11 42.14	200m: 2:48.64 44.80	300m: 4:20.86 46.59	400m: 5:52.22 45.17		

Masters 35+

1.	Liselotte Joling	PSV	4:58.39	197500268	<b>4:57.78</b>	+0,98
	50m: 34.55 34.55	150m: 1:50.31 37.46	250m: 3:05.45 35.97	350m: 4:21.57 37.44		
	100m: 1:12.85 38.30	200m: 2:29.48 39.17	300m: 3:44.13 38.68	400m: 4:57.78 36.21		
2.	Melanie Kuiper	Zignea	5:08.83	197600350	<b>5:14.84</b>	+1,05
	50m: 34.97 34.97	150m: 1:52.20 39.08	250m: 3:12.41 40.50	350m: 4:34.87 41.37		
	100m: 1:13.12 38.15	200m: 2:31.91 39.71	300m: 3:53.50 41.09	400m: 5:14.84 39.97		
3.	Petra Guijt	Aqua-Novio'94	5:36.26	197600798	<b>5:27.24</b>	* +1,39
	50m: 34.69 34.69	150m: 1:53.93 40.90	250m: 3:18.03 42.39	350m: 4:44.70 43.88		
	100m: 1:13.03 38.34	200m: 2:35.64 41.71	300m: 4:00.82 42.79	400m: 5:27.24 42.54		
4.	Renata van Essen	Zuiderzeewimmers	5:56.01	197300740	<b>5:50.24</b>	+0,86
	50m: 39.51 39.51	150m: 2:07.16 44.42	250m: 3:37.32 45.14	350m: 5:07.24 44.64		
	100m: 1:22.74 43.23	200m: 2:52.18 45.02	300m: 4:22.60 45.28	400m: 5:50.24 43.00		
5.	Clementine van Bruxvoort	ZPB H&L Productions	6:34.78	197700138	<b>6:47.04</b>	+0,99
	50m: 43.97 43.97	150m: 2:26.68 51.90	250m: 4:10.84 52.29	350m: 5:57.04 53.25		
	100m: 1:34.78 50.81	200m: 3:18.55 51.87	300m: 5:03.79 52.95	400m: 6:47.04 50.00		

Masters 40+

1.	Karin Stein	ZVVS	4:49.71	197100554	<b>4:54.91</b>	+0,77
	50m: 33.77 33.77	150m: 1:47.26 37.13	250m: 3:02.51 37.79	350m: 4:18.27 37.82		
	100m: 1:10.13 36.36	200m: 2:24.72 37.46	300m: 3:40.45 37.94	400m: 4:54.91 36.64		
2.	Heidi van Stein	LZ 1886	5:09.67	196900864	<b>5:04.89</b>	+0,95
	50m: 33.88 33.88	150m: 1:50.31 38.96	250m: 3:09.42 39.61	350m: 4:27.73 38.79		
	100m: 1:11.35 37.47	200m: 2:29.81 39.50	300m: 3:48.94 39.52	400m: 5:04.89 37.16		
3.	Annette de Visser	Oceanus	5:06.95	197100602	<b>5:10.22</b>	+0,87
	50m: 34.72 34.72	150m: 1:51.60 39.12	250m: 3:11.47 40.34	350m: 4:31.62 40.07		
	100m: 1:12.48 37.76	200m: 2:31.13 39.53	300m: 3:51.55 40.08	400m: 5:10.22 38.60		
4.	Lisenka Kornet	One Team Swimming	5:09.85	196900914	<b>5:15.72</b>	+0,95
	50m: 35.05 35.05	150m: 1:53.63 40.10	250m: 3:14.75 40.64	350m: 4:36.57 40.76		
	100m: 1:13.53 38.48	200m: 2:34.11 40.48	300m: 3:55.81 41.06	400m: 5:15.72 39.15		
5.	Anja Reinhard	PLONS	5:32.66	197000818	<b>5:33.29</b>	+0,85
	50m: 37.32 37.32	150m: 2:00.48 42.36	250m: 3:26.43 43.00	350m: 4:52.09 42.82		
	100m: 1:18.12 40.80	200m: 2:43.43 42.95	300m: 4:09.27 42.84	400m: 5:33.29 41.20		

Masters 45+

1.	Jacqueline Rolloos-Bakker	De Lansingh	5:20.88	196300222	<b>5:26.90</b>	+1,04
	50m: 35.96 35.96	150m: 1:59.48 42.53	250m: 3:24.26 42.39	350m: 4:47.91 41.33		
	100m: 1:16.95 40.99	200m: 2:41.87 42.39	300m: 4:06.58 42.32	400m: 5:26.90 38.99		
2.	Hetty Smalheer	SCOM	5:56.69	196700352	<b>6:06.00</b>	+1,02
	50m: 40.45 40.45	150m: 2:11.25 45.70	250m: 3:45.67 47.66	350m: 5:20.45 47.40		
	100m: 1:25.55 45.10	200m: 2:58.01 46.76	300m: 4:33.05 47.38	400m: 6:06.00 45.55		

Event 14, Women, 400m Freestyle, Masters 45+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	
3.	Miranda Keijl	Zignea	6:40.04	196500588	<b>6:36.03</b>		
	50m: 44.20	150m: 2:24.67	51.35	250m: 4:06.96	50.61	350m: 5:49.35	50.27
	100m: 1:33.32	200m: 3:16.35	51.68	300m: 4:59.08	52.12	400m: 6:36.03	46.68

Masters 50+

1.	Marijke Kraak	WS Twente	5:50.99	196000240	<b>5:47.57</b>	+1,04	
	50m: 39.39	150m: 2:06.57	44.04	250m: 3:35.22	44.12	350m: 5:04.40	44.64
	100m: 1:22.53	200m: 2:51.10	44.53	300m: 4:19.76	44.54	400m: 5:47.57	43.17
2.	Marijke van Hoek	De Zeeuwse Kust (SG)	6:07.45	195800050	<b>6:03.06</b>	+0,88	
	50m: 39.98	150m: 2:11.47	46.37	250m: 3:45.50	47.48	350m: 5:19.77	46.95
	100m: 1:25.10	200m: 2:58.02	46.55	300m: 4:32.82	47.32	400m: 6:03.06	43.29
3.	Ellen Parma	Triton	6:47.20	196200366	<b>6:31.64</b>	+1,07	
	50m: 42.49	150m: 2:23.58	51.52	250m: 4:05.43	50.51	350m: 5:44.64	49.16
	100m: 1:32.06	200m: 3:14.92	51.34	300m: 4:55.48	50.05	400m: 6:31.64	47.00

Masters 55+

1.	Margriet Pasma	De Pinquin	6:02.25	195500088	<b>5:59.37</b>	+1,26	
	50m: 40.38	150m: 2:10.51	45.75	250m: 3:43.35	46.35	350m: 5:15.57	45.64
	100m: 1:24.76	200m: 2:57.00	46.49	300m: 4:29.93	46.58	400m: 5:59.37	43.80
2.	Elly Kiestra-Broertjes	Zignea	6:38.73	195600100	<b>6:36.99</b>	* +1,12	
	50m: 43.10	150m: 2:23.43	51.10	250m: 4:05.72	50.67	350m: 5:48.37	50.76
	100m: 1:32.33	200m: 3:15.05	51.62	300m: 4:57.61	51.89	400m: 6:36.99	48.62

Masters 60+

1.	Conny Boer-Buys	ZVVS	5:25.13	195000006	<b>5:41.37</b>	+1,01	
	50m: 37.61	150m: 2:03.47	44.04	250m: 3:31.65	44.13	350m: 4:59.43	43.95
	100m: 1:19.43	200m: 2:47.52	44.05	300m: 4:15.48	43.83	400m: 5:41.37	41.94
2.	Gonnie Bak	PSV	7:23.17	195100064	<b>7:35.45</b>	+1,05	
	50m: 50.68	150m: 2:45.98	58.45	250m: 4:43.49	59.17	350m: 6:40.05	57.29
	100m: 1:47.53	200m: 3:44.32	58.34	300m: 5:42.76	59.27	400m: 7:35.45	55.40

Masters 65+

1.	Annie Smits	PSV	7:28.77	194600016	<b>7:17.52</b>	+1,19	
	50m: 50.51	150m: 2:41.58	56.60	250m: 4:32.92	55.49	350m: 6:23.76	55.10
	100m: 1:44.98	200m: 3:37.43	55.85	300m: 5:28.66	55.74	400m: 7:17.52	53.76

Masters 75+

1.	Lottie Geurts	PSV	7:04.33	193500006	<b>7:22.74</b>	+1,34	
	50m: 50.36	150m: 2:41.46	56.46	250m: 4:34.47	56.74	350m: 6:28.38	57.33
	100m: 1:45.00	200m: 3:37.73	56.27	300m: 5:31.05	56.58	400m: 7:22.74	54.36
2.	Annie de Vos	Old Dutch	8:39.87	193400004	<b>8:43.40</b>	+1,13	
	50m: 56.70	150m: 3:07.40	1:06.14	250m: 5:23.32	1:08.69	350m: 7:37.32	1:07.38
	100m: 2:01.26	200m: 4:14.63	1:07.23	300m: 6:29.94	1:06.62	400m: 8:43.40	1:06.08