

Programmanr. 34
29-01-2012 - 10:31

Dames, 1500m vrije slag

Masters Open
Resultaten

rang	naam		vereniging		inschrijftijd		startnr.		tijd	RT
Masters 20+										
1.	Lisanne Andeweg		Zuiderzeewimmers		19:24.23		198800092		19:01.51	+0,73
	50m: 34.41	34.41	450m: 5:44.06	38.50	850m: 10:51.59	38.57	1250m: 15:56.25		38.00	
	100m: 1:12.48	38.07	500m: 6:22.69	38.63	900m: 11:29.96	38.37	1300m: 16:34.44		38.19	
	150m: 1:51.13	38.65	550m: 7:01.24	38.55	950m: 12:08.14	38.18	1350m: 17:12.39		37.95	
	200m: 2:29.92	38.79	600m: 7:39.80	38.56	1000m: 12:46.20	38.06	1400m: 17:49.78		37.39	
	250m: 3:09.05	39.13	650m: 8:18.18	38.38	1050m: 13:24.41	38.21	1450m: 18:26.21		36.43	
	300m: 3:47.92	38.87	700m: 8:56.48	38.30	1100m: 14:02.17	37.76	1500m: 19:01.51		35.30	
	350m: 4:26.89	38.97	750m: 9:34.77	38.29	1150m: 14:40.13	37.96				
	400m: 5:05.56	38.67	800m: 10:13.02	38.25	1200m: 15:18.25	38.12				
2.	Danielle Scheepers		Njord		19:34.18		199005428		19:19.99	+0,76
	50m: 34.76	34.76	450m: 5:44.07	38.68	850m: 10:56.23	38.97	1250m: 16:08.11		38.52	
	100m: 1:12.93	38.17	500m: 6:22.87	38.80	900m: 11:35.01	38.78	1300m: 16:46.96		38.85	
	150m: 1:51.38	38.45	550m: 7:01.93	39.06	950m: 12:13.72	38.71	1350m: 17:25.63		38.67	
	200m: 2:30.21	38.83	600m: 7:40.88	38.95	1000m: 12:53.29	39.57	1400m: 18:04.36		38.73	
	250m: 3:09.14	38.93	650m: 8:20.39	39.51	1050m: 13:32.25	38.96	1450m: 18:42.82		38.46	
	300m: 3:47.93	38.79	700m: 8:59.21	38.82	1100m: 14:11.42	39.17	1500m: 19:19.99		37.17	
	350m: 4:26.66	38.73	750m: 9:38.31	39.10	1150m: 14:50.45	39.03				
	400m: 5:05.39	38.73	800m: 10:17.26	38.95	1200m: 15:29.59	39.14				
3.	Margot Stenveld		SBC2000		19:06.22		198804170		19:27.28	+0,83
	50m: 35.62	35.62	450m: 5:47.84	39.16	850m: 11:00.83	38.78	1250m: 16:14.91		39.31	
	100m: 1:14.10	38.48	500m: 6:27.02	39.18	900m: 11:39.70	38.87	1300m: 16:53.86		38.95	
	150m: 1:53.00	38.90	550m: 7:06.01	38.99	950m: 12:19.42	39.72	1350m: 17:32.75		38.89	
	200m: 2:32.20	39.20	600m: 7:45.20	39.19	1000m: 12:58.90	39.48	1400m: 18:11.58		38.83	
	250m: 3:11.25	39.05	650m: 8:24.52	39.32	1050m: 13:38.27	39.37	1450m: 18:49.99		38.41	
	300m: 3:50.22	38.97	700m: 9:03.67	39.15	1100m: 14:17.47	39.20	1500m: 19:27.28		37.29	
	350m: 4:29.37	39.15	750m: 9:42.96	39.29	1150m: 14:56.92	39.45				
	400m: 5:08.68	39.31	800m: 10:22.05	39.09	1200m: 15:35.60	38.68				
4.	Carmen de Ridder		De Bruinvis		18:54.08		198803634		19:41.20	+0,92
	50m: 34.36	34.36	450m: 5:39.92	38.56	850m: 10:55.37	39.53	1250m: 16:18.11		40.98	
	100m: 1:11.60	37.24	500m: 6:19.00	39.08	900m: 11:34.46	39.09	1300m: 16:58.82		40.71	
	150m: 1:49.57	37.97	550m: 6:57.86	38.86	950m: 12:14.82	40.36	1350m: 17:39.81		40.99	
	200m: 2:28.03	38.46	600m: 7:37.18	39.32	1000m: 12:55.19	40.37	1400m: 18:20.29		40.48	
	250m: 3:06.20	38.17	650m: 8:16.87	39.69	1050m: 13:35.77	40.58	1450m: 19:01.09		40.80	
	300m: 3:44.15	37.95	700m: 8:56.32	39.45	1100m: 14:16.23	40.46	1500m: 19:41.20		40.11	
	350m: 4:22.51	38.36	750m: 9:36.02	39.70	1150m: 14:56.65	40.42				
	400m: 5:01.36	38.85	800m: 10:15.84	39.82	1200m: 15:37.13	40.48				
5.	Sunanda van Heteren		De Geul		20:50.41		198901728		20:52.76	+0,87
	50m: 35.25	35.25	450m: 6:06.04	42.29	850m: 11:48.46	42.26	1250m: 17:27.25		43.05	
	100m: 1:14.15	38.90	500m: 6:48.40	42.36	900m: 12:29.62	41.16	1300m: 18:09.65		42.40	
	150m: 1:54.93	40.78	550m: 7:31.52	43.12	950m: 13:12.18	42.56	1350m: 18:51.99		42.34	
	200m: 2:36.13	41.20	600m: 8:14.39	42.87	1000m: 13:54.26	42.08	1400m: 19:34.09		42.10	
	250m: 3:17.37	41.24	650m: 8:57.06	42.67	1050m: 14:36.55	42.29	1450m: 20:15.33		41.24	
	300m: 3:58.79	41.42	700m: 9:39.79	42.73	1100m: 15:19.12	42.57	1500m: 20:52.76		37.43	
	350m: 4:40.98	42.19	750m: 10:23.05	43.26	1150m: 16:01.49	42.37				
	400m: 5:23.75	42.77	800m: 11:06.20	43.15	1200m: 16:44.20	42.71				
6.	Relinda Baas		GZVW		21:17.36		198900144		22:13.26	+1,03
	50m: 39.05	39.05	450m: 6:29.61	44.39	850m: 12:24.62	45.09	1250m: 18:27.45		45.42	
	100m: 1:21.28	42.23	500m: 7:13.56	43.95	900m: 13:09.99	45.37	1300m: 19:12.71		45.26	
	150m: 2:04.69	43.41	550m: 7:57.70	44.14	950m: 13:55.46	45.47	1350m: 19:58.28		45.57	
	200m: 2:48.52	43.83	600m: 8:42.02	44.32	1000m: 14:40.86	45.40	1400m: 20:43.89		45.61	
	250m: 3:32.23	43.71	650m: 9:26.02	44.00	1050m: 15:26.40	45.54	1450m: 21:29.33		45.44	
	300m: 4:16.03	43.80	700m: 10:10.07	44.05	1100m: 16:11.81	45.41	1500m: 22:13.26		43.93	
	350m: 5:00.82	44.79	750m: 10:55.01	44.94	1150m: 16:56.88	45.07				
	400m: 5:45.22	44.40	800m: 11:39.53	44.52	1200m: 17:42.03	45.15				
7.	Esther van Maastrigt		Montferland		22:17.82		198802836		22:20.10	+0,52
	50m: 39.60	39.60	450m: 6:36.53	45.41	850m: 12:40.55	45.18	1250m: 18:42.41		45.06	
	100m: 1:22.41	42.81	500m: 7:21.67	45.14	900m: 13:25.72	45.17	1300m: 19:27.17		44.76	
	150m: 2:06.58	44.17	550m: 8:07.11	45.44	950m: 14:10.72	45.00	1350m: 20:11.71		44.54	
	200m: 2:51.17	44.59	600m: 8:52.81	45.70	1000m: 14:55.78	45.06	1400m: 20:55.91		44.20	
	250m: 3:36.13	44.96	650m: 9:38.55	45.74	1050m: 15:41.13	45.35	1450m: 21:39.09		43.18	
	300m: 4:20.87	44.74	700m: 10:24.05	45.50	1100m: 16:26.76	45.63	1500m: 22:20.10		41.01	
	350m: 5:05.94	45.07	750m: 11:09.48	45.43	1150m: 17:11.99	45.23				
	400m: 5:51.12	45.18	800m: 11:55.37	45.89	1200m: 17:57.35	45.36				

Programmanr. 34, Dames, 1500m vrije slag, Masters 20+

rang	naam		vereniging			inschrijftijd		startnr.			tijd	RT
8.	Marijke Pras		GZVW			22:09.59		199203700			22:44.58	+1,12
	50m:	39.41	39.41	450m:	6:45.13	46.30	850m:	12:56.19	46.22	1250m:	19:02.04	45.61
	100m:	1:22.84	43.43	500m:	7:31.46	46.33	900m:	13:42.57	46.38	1300m:	19:47.51	45.47
	150m:	2:07.74	44.90	550m:	8:17.96	46.50	950m:	14:28.43	45.86	1350m:	20:32.58	45.07
	200m:	2:53.49	45.75	600m:	9:04.78	46.82	1000m:	15:14.73	46.30	1400m:	21:17.97	45.39
	250m:	3:39.71	46.22	650m:	9:51.31	46.53	1050m:	16:00.45	45.72	1450m:	22:02.55	44.58
	300m:	4:26.28	46.57	700m:	10:37.55	46.24	1100m:	16:45.71	45.26	1500m:	22:44.58	42.03
	350m:	5:12.73	46.45	750m:	11:24.06	46.51	1150m:	17:30.78	45.07			
	400m:	5:58.83	46.10	800m:	12:09.97	45.91	1200m:	18:16.43	45.65			

Masters 25+

1.	Linda Hoogendam	D'Eltf WAVE (SG)			19:46.23		198300892		19:47.29		+0,80	
	50m:	34.20	34.20	450m:	5:50.43	39.93	850m:	11:12.30	40.55	1250m:	16:33.30	40.01
	100m:	1:12.75	38.55	500m:	6:30.02	39.59	900m:	11:52.16	39.86	1300m:	17:13.10	39.80
	150m:	1:52.23	39.48	550m:	7:10.17	40.15	950m:	12:32.02	39.86	1350m:	17:52.63	39.53
	200m:	2:31.71	39.48	600m:	7:50.39	40.22	1000m:	13:12.50	40.48	1400m:	18:32.12	39.49
	250m:	3:10.96	39.25	650m:	8:30.76	40.37	1050m:	13:52.79	40.29	1450m:	19:11.75	39.63
	300m:	3:50.75	39.79	700m:	9:10.89	40.13	1100m:	14:33.25	40.46	1500m:	19:47.29	35.54
	350m:	4:30.42	39.67	750m:	9:51.25	40.36	1150m:	15:13.42	40.17			
	400m:	5:10.50	40.08	800m:	10:31.75	40.50	1200m:	15:53.29	39.87			
2.	Annette Vogelsang	ZV De Bron			23:54.28		198402632		21:58.11		+0,93	
	50m:	35.70	35.70	450m:	6:18.19	43.67	850m:	12:17.32	45.29	1250m:	18:15.34	44.44
	100m:	1:15.62	39.92	500m:	7:02.41	44.22	900m:	13:02.78	45.46	1300m:	19:00.06	44.72
	150m:	1:57.64	42.02	550m:	7:46.83	44.42	950m:	13:46.78	44.00	1350m:	19:44.83	44.77
	200m:	2:40.12	42.48	600m:	8:31.36	44.53	1000m:	14:31.57	44.79	1400m:	20:29.32	44.49
	250m:	3:23.23	43.11	650m:	9:17.00	45.64	1050m:	15:17.12	45.55	1450m:	21:13.40	44.08
	300m:	4:06.94	43.71	700m:	10:01.33	44.33	1100m:	16:02.26	45.14	1500m:	21:58.11	44.71
	350m:	4:50.91	43.97	750m:	10:46.81	45.48	1150m:	16:46.62	44.36			
	400m:	5:34.52	43.61	800m:	11:32.03	45.22	1200m:	17:30.90	44.28			
3.	Daphne Wiskerke	De Bruinvis			24:12.03		198704704		23:55.00		+0,89	
	50m:	37.77	37.77	450m:	6:52.84	48.53	850m:	13:21.09	48.61	1250m:	19:51.64	49.18
	100m:	1:21.37	43.60	500m:	7:41.13	48.29	900m:	14:09.49	48.40	1300m:	20:40.59	48.95
	150m:	2:07.06	45.69	550m:	8:29.50	48.37	950m:	14:58.24	48.75	1350m:	21:29.27	48.68
	200m:	2:53.86	46.80	600m:	9:18.27	48.77	1000m:	15:46.81	48.57	1400m:	22:18.73	49.46
	250m:	3:40.67	46.81	650m:	10:06.65	48.38	1050m:	16:35.67	48.86	1450m:	23:08.11	49.38
	300m:	4:28.42	47.75	700m:	10:55.12	48.47	1100m:	17:25.21	49.54	1500m:	23:55.00	46.89
	350m:	5:16.00	47.58	750m:	11:43.53	48.41	1150m:	18:13.99	48.78			
	400m:	6:04.31	48.31	800m:	12:32.48	48.95	1200m:	19:02.46	48.47			

AFGEM Julie Vander Auwera

CNBA

21:24.09

CNBA/764/83

Masters 30+

1.	Yvonne Gerritsen		WVZ			20:25.19		198000342			21:15.81	+0,66
	50m:	36.67	36.67	450m:	6:17.27	42.90	850m:	11:59.94	42.44	1250m:	17:42.67	42.76
	100m:	1:18.10	41.43	500m:	6:59.75	42.48	900m:	12:42.43	42.49	1300m:	18:25.79	43.12
	150m:	2:00.30	42.20	550m:	7:42.57	42.82	950m:	13:25.23	42.80	1350m:	19:08.34	42.55
	200m:	2:43.23	42.93	600m:	8:25.47	42.90	1000m:	14:08.12	42.89	1400m:	19:51.22	42.88
	250m:	3:25.70	42.47	650m:	9:08.83	43.36	1050m:	14:50.98	42.86	1450m:	20:33.59	42.37
	300m:	4:08.50	42.80	700m:	9:51.73	42.90	1100m:	15:33.53	42.55	1500m:	21:15.81	42.22
	350m:	4:51.58	43.08	750m:	10:34.63	42.90	1150m:	16:16.76	43.23			
	400m:	5:34.37	42.79	800m:	11:17.50	42.87	1200m:	16:59.91	43.15			

Masters 35+

1.	Liselotte Joling		PSV			20:25.25		197500268		19:47.05	+1,00	
	50m:	35.42	35.42	450m:	5:51.95	40.55	850m:	11:13.35	40.87	1250m:	16:32.34	39.20
	100m:	1:14.79	39.37	500m:	6:32.18	40.23	900m:	11:53.43	40.08	1300m:	17:11.78	39.44
	150m:	1:53.21	38.42	550m:	7:10.42	38.24	950m:	12:33.97	40.54	1350m:	17:51.46	39.68
	200m:	2:32.61	39.40	600m:	7:50.95	40.53	1000m:	13:14.17	40.20	1400m:	18:31.78	40.32
	250m:	3:12.35	39.74	650m:	8:31.55	40.60	1050m:	13:53.73	39.56	1450m:	19:11.33	39.55
	300m:	3:52.50	40.15	700m:	9:12.01	40.46	1100m:	14:33.90	40.17	1500m:	19:47.05	35.72
	350m:	4:31.46	38.96	750m:	9:52.74	40.73	1150m:	15:13.61	39.71			
	400m:	5:11.40	39.94	800m:	10:32.48	39.74	1200m:	15:53.14	39.53			

Masters 40+

Programmanr. 34, Dames, 1500m vrije slag, Masters 40+

rang	naam		vereniging		inschrijftijd		startnr.		tijd	RT		
1.	Karin Stein		ZVVS		18:52.30		197100554		19:03.85	+0,86		
	50m:	34.79	34.79	450m:	5:38.05	37.89	850m:	10:44.41	38.17	1250m:	15:53.85	38.32
	100m:	1:11.89	37.10	500m:	6:16.13	38.08	900m:	11:22.90	38.49	1300m:	16:32.70	38.85
	150m:	1:49.68	37.79	550m:	6:54.30	38.17	950m:	12:01.73	38.83	1350m:	17:11.00	38.30
	200m:	2:27.87	38.19	600m:	7:32.67	38.37	1000m:	12:40.39	38.66	1400m:	17:49.58	38.58
	250m:	3:05.86	37.99	650m:	8:11.16	38.49	1050m:	13:19.04	38.65	1450m:	18:27.47	37.89
	300m:	3:43.90	38.04	700m:	8:49.36	38.20	1100m:	13:58.02	38.98	1500m:	19:03.85	36.38
	350m:	4:22.04	38.14	750m:	9:27.74	38.38	1150m:	14:36.68	38.66			
	400m:	5:00.16	38.12	800m:	10:06.24	38.50	1200m:	15:15.53	38.85			
2.	Annette de Visser		Oceanus		20:49.59		197100602		20:21.01	+0,92		
	50m:	35.90	35.90	450m:	6:04.35	41.43	850m:	11:32.91	40.86	1250m:	16:59.22	40.62
	100m:	1:15.16	39.26	500m:	6:45.50	41.15	900m:	12:13.67	40.76	1300m:	17:39.95	40.73
	150m:	1:55.75	40.59	550m:	7:26.79	41.29	950m:	12:54.49	40.82	1350m:	18:20.83	40.88
	200m:	2:36.95	41.20	600m:	8:07.69	40.90	1000m:	13:35.44	40.95	1400m:	19:01.61	40.78
	250m:	3:18.38	41.43	650m:	8:49.00	41.31	1050m:	14:16.36	40.92	1450m:	19:42.02	40.41
	300m:	4:00.14	41.76	700m:	9:30.01	41.01	1100m:	14:57.07	40.71	1500m:	20:21.01	38.99
	350m:	4:41.66	41.52	750m:	10:11.01	41.00	1150m:	15:37.93	40.86			
	400m:	5:22.92	41.26	800m:	10:52.05	41.04	1200m:	16:18.60	40.67			
3.	Anja Reinhard		PLONS		22:01.35		197000818		21:44.66	+0,89		
	50m:	37.05	37.05	450m:	6:21.95	44.13	850m:	12:14.66	43.96	1250m:	18:06.72	43.26
	100m:	1:18.10	41.05	500m:	7:06.18	44.23	900m:	12:59.07	44.41	1300m:	18:50.56	43.84
	150m:	2:00.45	42.35	550m:	7:50.40	44.22	950m:	13:42.77	43.70	1350m:	19:34.52	43.96
	200m:	2:43.21	42.76	600m:	8:34.47	44.07	1000m:	14:26.80	44.03	1400m:	20:19.11	44.59
	250m:	3:26.70	43.49	650m:	9:18.36	43.89	1050m:	15:10.84	44.04	1450m:	21:03.29	44.18
	300m:	4:10.20	43.50	700m:	10:02.46	44.10	1100m:	15:55.20	44.36	1500m:	21:44.66	41.37
	350m:	4:54.14	43.94	750m:	10:46.44	43.98	1150m:	16:39.48	44.28			
	400m:	5:37.82	43.68	800m:	11:30.70	44.26	1200m:	17:23.46	43.98			
4.	Kristien Van De Moortel		ShaRK		23:30.48		ShaRK/315/69		24:25.49	+0,86		
	50m:	43.72	43.72	450m:	7:18.74	49.30	850m:	13:53.42	49.23	1250m:	20:24.78	48.79
	100m:	1:32.86	49.14	500m:	8:08.20	49.46	900m:	14:42.54	49.12	1300m:	21:13.61	48.83
	150m:	2:22.97	50.11	550m:	8:57.29	49.09	950m:	15:31.99	49.45	1350m:	22:02.46	48.85
	200m:	3:12.65	49.68	600m:	9:46.65	49.36	1000m:	16:20.88	48.89	1400m:	22:50.84	48.38
	250m:	4:02.15	49.50	650m:	10:35.53	48.88	1050m:	17:09.30	48.42	1450m:	23:39.01	48.17
	300m:	4:51.40	49.25	700m:	11:25.09	49.56	1100m:	17:58.22	48.92	1500m:	24:25.49	46.48
	350m:	5:40.52	49.12	750m:	12:14.40	49.31	1150m:	18:47.21	48.99			
	400m:	6:29.44	48.92	800m:	13:04.19	49.79	1200m:	19:35.99	48.78			

Masters 45+

1.	Laura Staal		Oceanus		20:44.95	196700358		20:49.81	+0,91			
	50m:	36.80	36.80	450m:	6:10.74	42.25	850m:	11:47.57	41.79	1250m:	17:23.76	41.49
	100m:	1:17.03	40.23	500m:	6:53.12	42.38	900m:	12:29.55	41.98	1300m:	18:05.35	41.59
	150m:	1:58.77	41.74	550m:	7:35.21	42.09	950m:	13:11.49	41.94	1350m:	18:47.19	41.84
	200m:	2:40.88	42.11	600m:	8:17.73	42.52	1000m:	13:53.83	42.34	1400m:	19:29.25	42.06
	250m:	3:22.46	41.58	650m:	8:59.60	41.87	1050m:	14:36.24	42.41	1450m:	20:10.53	41.28
	300m:	4:04.08	41.62	700m:	9:41.68	42.08	1100m:	15:18.67	42.43	1500m:	20:49.81	39.28
	350m:	4:46.23	42.15	750m:	10:23.61	41.93	1150m:	16:00.45	41.78			
	400m:	5:28.49	42.26	800m:	11:05.78	42.17	1200m:	16:42.27	41.82			
2.	Jeannette Ruesink		WS Twente		21:32.82	196300212		21:50.07	* +0,90			
	50m:	40.34	40.34	450m:	6:29.73	43.76	850m:	12:20.77	43.79	1250m:	18:12.11	44.20
	100m:	1:23.21	42.87	500m:	7:13.44	43.71	900m:	13:04.32	43.55	1300m:	18:56.17	44.06
	150m:	2:06.92	43.71	550m:	7:57.43	43.99	950m:	13:48.50	44.18	1350m:	19:40.33	44.16
	200m:	2:50.38	43.46	600m:	8:41.68	44.25	1000m:	14:32.17	43.67	1400m:	20:24.20	43.87
	250m:	3:33.90	43.52	650m:	9:25.71	44.03	1050m:	15:15.94	43.77	1450m:	21:08.18	43.98
	300m:	4:17.98	44.08	700m:	10:09.41	43.70	1100m:	15:59.79	43.85	1500m:	21:50.07	41.89
	350m:	5:02.05	44.07	750m:	10:53.17	43.76	1150m:	16:43.85	44.06			
	400m:	5:45.97	43.92	800m:	11:36.98	43.81	1200m:	17:27.91	44.06			
3.	Margreet van der Pol		Oceanus		23:02.27	196600276		22:28.94	+1,03			
	50m:	39.21	39.21	450m:	6:43.86	45.39	850m:	12:47.36	45.68	1250m:	18:48.68	45.32
	100m:	1:23.16	43.95	500m:	7:29.65	45.79	900m:	13:32.24	44.88	1300m:	19:33.56	44.88
	150m:	2:08.42	45.26	550m:	8:15.41	45.76	950m:	14:17.62	45.38	1350m:	20:18.05	44.49
	200m:	2:54.90	46.48	600m:	9:00.34	44.93	1000m:	15:02.91	45.29	1400m:	21:02.89	44.84
	250m:	3:41.25	46.35	650m:	9:46.25	45.91	1050m:	15:48.42	45.51	1450m:	21:47.52	44.63
	300m:	4:27.04	45.79	700m:	10:31.26	45.01	1100m:	16:33.80	45.38	1500m:	22:28.94	41.42
	350m:	5:12.59	45.55	750m:	11:16.93	45.67	1150m:	17:18.37	44.57			
	400m:	5:58.47	45.88	800m:	12:01.68	44.75	1200m:	18:03.36	44.99			

Programmanr. 34, Dames, 1500m vrije slag, Masters 45+

rang	naam		vereniging		inschrijftijd		startnr.		tijd	RT		
4.	Hetty Smalheer		SCOM		23:50.85		196700352		24:39.47	+1,01		
	50m:	42.38	42.38	450m:	7:13.75	49.92	850m:	13:52.90	50.38	1250m:	20:34.49	50.20
	100m:	1:29.15	46.77	500m:	8:04.02	50.27	900m:	14:43.77	50.87	1300m:	21:24.15	49.66
	150m:	2:17.20	48.05	550m:	8:52.95	48.93	950m:	15:33.94	50.17	1350m:	22:13.74	49.59
	200m:	3:06.28	49.08	600m:	9:42.83	49.88	1000m:	16:24.03	50.09	1400m:	23:03.70	49.96
	250m:	3:56.37	50.09	650m:	10:32.70	49.87	1050m:	17:13.40	49.37	1450m:	23:52.37	48.67
	300m:	4:45.13	48.76	700m:	11:22.50	49.80	1100m:	18:03.36	49.96	1500m:	24:39.47	47.10
	350m:	5:33.91	48.78	750m:	12:12.98	50.48	1150m:	18:54.42	51.06			
	400m:	6:23.83	49.92	800m:	13:02.52	49.54	1200m:	19:44.29	49.87			

Masters 50+

1.	Patty Verhagen	AquAmigos	21:01.17	195900146	21:32.24	+0,90		
	50m: 39.75	39.75	450m: 6:24.99	43.52	850m: 12:10.52	43.11	1250m: 17:57.81	43.38
	100m: 1:22.19	42.44	500m: 7:08.05	43.06	900m: 12:53.76	43.24	1300m: 18:41.07	43.26
	150m: 2:05.05	42.86	550m: 7:51.24	43.19	950m: 13:37.06	43.30	1350m: 19:24.56	43.49
	200m: 2:48.22	43.17	600m: 8:34.48	43.24	1000m: 14:20.52	43.46	1400m: 20:07.56	43.00
	250m: 3:31.58	43.36	650m: 9:17.79	43.31	1050m: 15:04.23	43.71	1450m: 20:50.44	42.88
	300m: 4:14.69	43.11	700m: 10:00.89	43.10	1100m: 15:47.47	43.24	1500m: 21:32.24	41.80
	350m: 4:58.14	43.45	750m: 10:44.06	43.17	1150m: 16:30.99	43.52		
	400m: 5:41.47	43.33	800m: 11:27.41	43.35	1200m: 17:14.43	43.44		
2.	Katinka Elders	Oceanus	25:19.19	196000292	24:31.95	+0,81		
	50m: 42.03	42.03	450m: 7:09.49	49.41	850m: 13:43.36	48.81	1250m: 20:24.98	49.75
	100m: 1:28.54	46.51	500m: 7:58.68	49.19	900m: 14:33.36	50.00	1300m: 21:16.03	51.05
	150m: 2:16.59	48.05	550m: 8:47.95	49.27	950m: 15:25.30	51.94	1350m: 22:06.57	50.54
	200m: 3:04.98	48.39	600m: 9:36.90	48.95	1000m: 16:15.39	50.09	1400m: 22:57.06	50.49
	250m: 3:53.47	48.49	650m: 10:26.45	49.55	1050m: 17:04.91	49.52	1450m: 23:46.82	49.76
	300m: 4:41.94	48.47	700m: 11:15.23	48.78	1100m: 17:54.79	49.88	1500m: 24:31.95	45.13
	350m: 5:30.27	48.33	750m: 12:04.41	49.18	1150m: 18:44.46	49.67		
	400m: 6:20.08	49.81	800m: 12:54.55	50.14	1200m: 19:35.23	50.77		
3.	Pia van der Molen	HZ&PC Heerenveen	24:54.32	196000116	25:45.98	+0,95		
	50m: 42.40	42.40	450m: 7:33.42	52.70	850m: 14:29.80	52.69	1250m: 21:27.30	52.07
	100m: 1:29.38	46.98	500m: 8:24.48	51.06	900m: 15:22.03	52.23	1300m: 22:19.43	52.13
	150m: 2:19.34	49.96	550m: 9:16.35	51.87	950m: 16:13.88	51.85	1350m: 23:11.90	52.47
	200m: 3:11.06	51.72	600m: 10:08.49	52.14	1000m: 17:05.94	52.06	1400m: 24:03.85	51.95
	250m: 4:02.91	51.85	650m: 11:00.60	52.11	1050m: 17:58.22	52.28	1450m: 24:55.86	52.01
	300m: 4:54.42	51.51	700m: 11:53.06	52.46	1100m: 18:50.79	52.57	1500m: 25:45.98	50.12
	350m: 5:47.40	52.98	750m: 12:45.26	52.20	1150m: 19:43.15	52.36		
	400m: 6:40.72	53.32	800m: 13:37.11	51.85	1200m: 20:35.23	52.08		

Masters 55+

1.	Margriet Pasma		De Pinquin		23:16.72		195500088		23:31.59	+1,00		
	50m:	40.69	40.69	450m:	6:57.25	47.61	850m:	13:16.73	47.48	1250m:	19:35.29	47.48
	100m:	1:25.73	45.04	500m:	7:44.51	47.26	900m:	14:04.05	47.32	1300m:	20:22.82	47.53
	150m:	2:12.85	47.12	550m:	8:31.61	47.10	950m:	14:51.44	47.39	1350m:	21:10.28	47.46
	200m:	3:00.24	47.39	600m:	9:19.12	47.51	1000m:	15:38.42	46.98	1400m:	21:58.00	47.72
	250m:	3:47.60	47.36	650m:	10:06.40	47.28	1050m:	16:25.71	47.29	1450m:	22:45.58	47.58
	300m:	4:34.90	47.30	700m:	10:54.16	47.76	1100m:	17:13.20	47.49	1500m:	23:31.59	46.01
	350m:	5:22.12	47.22	750m:	11:41.59	47.43	1150m:	18:00.51	47.31			
	400m:	6:09.64	47.52	800m:	12:29.25	47.66	1200m:	18:47.81	47.30			

Masters 60+

1.	Gonnie Bak		PSV		29:05.72	195100064	29:11.58	+1,01				
	50m:	52.52	52.52	450m:	8:39.54	58.53	850m:	16:30.98	58.55	1250m:	24:22.16	58.84
	100m:	1:49.21	56.69	500m:	9:39.65	1:00.11	900m:	17:29.46	58.48	1300m:	25:21.45	59.29
	150m:	2:46.94	57.73	550m:	10:39.51	59.86	950m:	18:28.61	59.15	1350m:	26:19.73	58.28
	200m:	3:45.62	58.68	600m:	11:38.15	58.64	1000m:	19:27.30	58.69	1400m:	27:17.43	57.70
	250m:	4:43.97	58.35	650m:	12:36.28	58.13	1050m:	20:26.43	59.13	1450m:	28:16.98	59.55
	300m:	5:43.31	59.34	700m:	13:34.59	58.31	1100m:	21:26.27	59.84	1500m:	29:11.58	54.60
	350m:	6:41.87	58.56	750m:	14:33.60	59.01	1150m:	22:25.00	58.73			
	400m:	7:41.01	59.14	800m:	15:32.43	58.83	1200m:	23:23.32	58.32			

Masters 65+

Programmanr. 34, Dames, 1500m vrije slag, Masters 65+

rang	naam		vereniging		inschrijftijd		startnr.		tijd	RT		
1.	Matty van der Veen		Old Dutch		27:32.59		194400020		27:56.57	+1,22		
	50m:	49.81	49.81	450m:	8:08.11	56.09	850m:	15:39.11	55.06	1250m:	23:08.09	57.05
	100m:	1:41.66	51.85	500m:	9:03.86	55.75	900m:	16:36.54	57.43	1300m:	24:05.63	57.54
	150m:	2:35.81	54.15	550m:	10:00.00	56.14	950m:	17:32.18	55.64	1350m:	25:03.77	58.14
	200m:	3:30.25	54.44	600m:	10:56.61	56.61	1000m:	18:27.84	55.66	1400m:	26:02.30	58.53
	250m:	4:26.01	55.76	650m:	11:54.33	57.72	1050m:	19:24.41	56.57	1450m:	26:59.54	57.24
	300m:	5:20.45	54.44	700m:	12:49.61	55.28	1100m:	20:19.06	54.65	1500m:	27:56.57	57.03
	350m:	6:16.18	55.73	750m:	13:46.88	57.27	1150m:	21:14.56	55.50			
	400m:	7:12.02	55.84	800m:	14:44.05	57.17	1200m:	22:11.04	56.48			
2.	Annie Smits		PSV		28:59.15		194600016		29:06.46	+1,22		
	50m:	52.69	52.69	450m:	8:44.25	58.95	850m:	16:35.87	58.98	1250m:	24:20.55	57.97
	100m:	1:51.43	58.74	500m:	9:44.08	59.83	900m:	17:34.18	58.31	1300m:	25:18.23	57.68
	150m:	2:50.71	59.28	550m:	10:42.90	58.82	950m:	18:32.12	57.94	1350m:	26:16.15	57.92
	200m:	3:49.90	59.19	600m:	11:41.47	58.57	1000m:	19:30.33	58.21	1400m:	27:14.44	58.29
	250m:	4:48.07	58.17	650m:	12:40.34	58.87	1050m:	20:28.86	58.53	1450m:	28:12.32	57.88
	300m:	5:47.61	59.54	700m:	13:39.85	59.51	1100m:	21:27.19	58.33	1500m:	29:06.46	54.14
	350m:	6:46.81	59.20	750m:	14:38.40	58.55	1150m:	22:24.73	57.54			
	400m:	7:45.30	58.49	800m:	15:36.89	58.49	1200m:	23:22.58	57.85			

Masters 75+

1.	Annie de Vos		Old Dutch		34:42.22		193400004		33:21.28			
	<i>Nederlands Masters Record</i>											
	50m:	57.67	57.67	450m:	9:43.24	1:06.41	850m:	18:41.91	1:07.57	1250m:	27:42.36	1:07.33
	100m:	2:02.09	1:04.42	500m:	10:50.21	1:06.97	900m:	19:49.19	1:07.28	1300m:	28:49.38	1:07.02
	150m:	3:07.23	1:05.14	550m:	11:56.78	1:06.57	950m:	20:56.04	1:06.85	1350m:	29:57.28	1:07.90
	200m:	4:12.77	1:05.54	600m:	13:05.45	1:08.67	1000m:	22:03.15	1:07.11	1400m:	31:05.85	1:08.57
	250m:	5:18.67	1:05.90	650m:	14:12.99	1:07.54	1050m:	23:10.76	1:07.61	1450m:	32:13.85	1:08.00
	300m:	6:24.74	1:06.07	700m:	15:20.27	1:07.28	1100m:	24:18.97	1:08.21	1500m:	33:21.28	1:07.43
	350m:	7:30.91	1:06.17	750m:	16:27.61	1:07.34	1150m:	25:26.76	1:07.79			
	400m:	8:36.83	1:05.92	800m:	17:34.34	1:06.73	1200m:	26:35.03	1:08.27			