

Programmanr. 2
03-05-2013 - 10:34

Dames, 1500m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
Masters 20+						
1.	Iris Pijtak	AZ&PC	18:21.44	199300602	18:20.85	+0,69
	50m: 31.96	31.96	450m: 5:24.17	37.23	850m: 10:20.35	37.11
	100m: 1:07.04	35.08	500m: 6:01.27	37.10	900m: 10:57.46	37.11
	150m: 1:42.91	35.87	550m: 6:38.07	36.80	950m: 11:34.55	37.09
	200m: 2:19.72	36.81	600m: 7:15.55	37.48	1000m: 12:11.50	36.95
	250m: 2:56.34	36.62	650m: 7:52.56	37.01	1050m: 12:48.80	37.30
	300m: 3:33.46	37.12	700m: 8:29.33	36.77	1100m: 13:26.08	37.28
	350m: 4:10.25	36.79	750m: 9:06.24	36.91	1150m: 14:03.45	37.37
	400m: 4:46.94	36.69	800m: 9:43.24	37.00	1200m: 14:40.87	37.42
2.	Sigrit Aarten	Deltasteur	19:53.88	199302868	20:03.88	+1,02
	50m: 33.33	33.33	450m: 5:52.86	40.54	850m: 11:18.86	40.67
	100m: 1:11.13	37.80	500m: 6:33.72	40.86	900m: 11:59.69	40.83
	150m: 1:50.27	39.14	550m: 7:14.47	40.75	950m: 12:40.13	40.44
	200m: 2:30.49	40.22	600m: 7:55.42	40.95	1000m: 13:21.20	41.07
	250m: 3:10.81	40.32	650m: 8:34.88	39.46	1050m: 14:02.09	40.89
	300m: 3:51.40	40.59	700m: 9:17.10	42.22	1100m: 14:43.11	41.02
	350m: 4:31.95	40.55	750m: 9:57.53	40.43	1150m: 15:23.62	40.51
	400m: 5:12.32	40.37	800m: 10:38.19	40.66	1200m: 16:04.37	40.75
3.	Sunanda van Heteren	De Geul	20:52.76	198901728	21:07.72	+0,87
	50m: 35.90	35.90	450m: 6:12.73	44.06	850m: 11:58.52	42.99
	100m: 1:15.55	39.65	500m: 6:55.76	43.03	900m: 12:41.55	43.03
	150m: 1:56.22	40.67	550m: 7:38.70	42.94	950m: 13:24.69	43.14
	200m: 2:38.89	42.67	600m: 8:21.25	42.55	1000m: 14:08.13	43.44
	250m: 3:21.32	42.43	650m: 9:05.04	43.79	1050m: 14:51.34	43.21
	300m: 4:04.24	42.92	700m: 9:48.58	43.54	1100m: 15:34.65	43.31
	350m: 4:46.58	42.34	750m: 10:32.37	43.79	1150m: 16:17.50	42.85
	400m: 5:28.67	42.09	800m: 11:15.53	43.16	1200m: 16:59.73	42.23
4.	Jen-Ai van Soelen	Zuiderzeeswimmers	20:51.24	199003510	21:18.15	+0,72
	50m: 34.66	34.66	450m: 6:14.96	43.02	850m: 12:00.09	42.65
	100m: 1:15.43	40.77	500m: 6:57.98	43.02	900m: 12:42.85	42.76
	150m: 1:57.51	42.08	550m: 7:41.64	43.66	950m: 13:25.52	42.67
	200m: 2:40.27	42.76	600m: 8:25.10	43.46	1000m: 14:08.14	42.62
	250m: 3:23.19	42.92	650m: 9:08.74	43.64	1050m: 14:51.20	43.06
	300m: 4:05.51	42.32	700m: 9:51.47	42.73	1100m: 15:34.16	42.96
	350m: 4:48.55	43.04	750m: 10:34.61	43.14	1150m: 16:17.89	43.73
	400m: 5:31.94	43.39	800m: 11:17.44	42.83	1200m: 17:00.99	43.10
5.	Lenja Witlox	Olympia	19:47.89	199202004	21:22.02	+0,75
	50m: 34.68	34.68	450m: 6:02.86	42.32	850m: 11:51.86	43.87
	100m: 1:14.22	39.54	500m: 6:45.72	42.86	900m: 12:34.83	42.97
	150m: 1:53.93	39.71	550m: 7:28.58	42.86	950m: 13:17.10	42.27
	200m: 2:34.57	40.64	600m: 8:12.82	44.24	1000m: 14:01.53	44.43
	250m: 3:15.38	40.81	650m: 8:56.22	43.40	1050m: 14:46.43	44.90
	300m: 3:56.49	41.11	700m: 9:40.99	44.77	1100m: 15:30.48	44.05
	350m: 4:38.65	42.16	750m: 10:24.00	43.01	1150m: 16:14.82	44.34
	400m: 5:20.54	41.89	800m: 11:07.99	43.99	1200m: 16:59.41	44.59
6.	Pascalie Rovers	ZV De Bron	21:24.09	199301064	21:26.66	+0,75
	50m: 35.56	35.56	450m: 6:15.76	43.23	850m: 12:04.11	43.38
	100m: 1:16.02	40.46	500m: 6:59.10	43.34	900m: 12:47.63	43.52
	150m: 1:57.94	41.92	550m: 7:42.15	43.05	950m: 13:31.47	43.84
	200m: 2:40.53	42.59	600m: 8:25.97	43.82	1000m: 14:15.23	43.76
	250m: 3:23.08	42.55	650m: 9:09.80	43.83	1050m: 14:58.66	43.43
	300m: 4:05.83	42.75	700m: 9:53.36	43.56	1100m: 15:42.31	43.65
	350m: 4:49.22	43.39	750m: 10:36.93	43.57	1150m: 16:25.96	43.65
	400m: 5:32.53	43.31	800m: 11:20.73	43.80	1200m: 17:09.82	43.86
7.	Danielle Scheepers	Njord	20:37.87	199005428	21:32.82	+0,77
	50m: 34.68	34.68	450m: 6:12.06	43.40	850m: 12:01.16	43.39
	100m: 1:13.86	39.18	500m: 6:56.13	44.07	900m: 12:45.45	44.29
	150m: 1:54.98	41.12	550m: 7:39.00	42.87	950m: 13:29.28	43.83
	200m: 2:37.41	42.43	600m: 8:23.25	44.25	1000m: 14:13.55	44.27
	250m: 3:19.40	41.99	650m: 9:06.79	43.54	1050m: 14:57.58	44.03
	300m: 4:02.76	43.36	700m: 9:50.72	43.93	1100m: 15:42.30	44.72
	350m: 4:45.33	42.57	750m: 10:34.12	43.40	1150m: 16:26.40	44.10
	400m: 5:28.66	43.33	800m: 11:17.77	43.65	1200m: 17:10.83	44.43

Programmanr. 2, Dames, 1500m vrije slag, Masters 20+

rang	naam	vereniging		inschrijftijd		startnr.		tijd		RT		
8.	Irmgard van Weeghel	Octopus		21:13.33		199204834		21:36.14		+0,77		
	50m:	37.04	37.04	450m:	6:14.98	43.16	850m:	12:05.44	44.46	1250m:	17:58.61	43.80
	100m:	1:17.70	40.66	500m:	6:58.28	43.30	900m:	12:50.03	44.59	1300m:	18:42.52	43.91
	150m:	1:58.82	41.12	550m:	7:41.67	43.39	950m:	13:33.78	43.75	1350m:	19:26.51	43.99
	200m:	2:41.15	42.33	600m:	8:25.15	43.48	1000m:	14:18.38	44.60	1400m:	20:11.16	44.65
	250m:	3:23.14	41.99	650m:	9:08.63	43.48	1050m:	15:02.41	44.03	1450m:	20:54.36	43.20
	300m:	4:05.98	42.84	700m:	9:52.76	44.13	1100m:	15:46.54	44.13	1500m:	21:36.14	41.78
	350m:	4:48.92	42.94	750m:	10:36.52	43.76	1150m:	16:30.49	43.95			
	400m:	5:31.82	42.90	800m:	11:20.98	44.46	1200m:	17:14.81	44.32			
9.	Claudia Creemers	De Roersoppers		25:26.19		199202864		27:13.11		+0,68		
	50m:	42.06	42.06	450m:	7:44.65	54.94	850m:	15:10.14	56.97	1250m:	22:36.82	57.01
	100m:	1:28.82	46.76	500m:	8:39.50	54.85	900m:	16:06.12	55.98	1300m:	23:34.08	57.26
	150m:	2:19.92	51.10	550m:	9:34.23	54.73	950m:	17:01.44	55.32	1350m:	24:30.56	56.48
	200m:	3:12.33	52.41	600m:	10:28.94	54.71	1000m:	17:55.72	54.28	1400m:	25:26.51	55.95
	250m:	4:06.23	53.90	650m:	11:24.88	55.94	1050m:	18:51.37	55.65	1450m:	26:23.21	56.70
	300m:	5:00.60	54.37	700m:	12:20.34	55.46	1100m:	19:47.03	55.66	1500m:	27:13.11	49.90
	350m:	5:54.74	54.14	750m:	13:16.45	56.11	1150m:	20:43.11	56.08			
	400m:	6:49.71	54.97	800m:	14:13.17	56.72	1200m:	21:39.81	56.70			
10.	Liesbeth Bruinekoel	Zuiderzeewimmers		31:32.66		199007958		33:27.72 *		+0,93		
	50m:	55.64	55.64	450m:	9:49.89	1:06.86	850m:	18:48.29	1:07.99	1250m:	27:51.12	1:08.98
	100m:	1:59.68	1:04.04	500m:	10:56.85	1:06.96	900m:	19:55.66	1:07.37	1300m:	28:59.43	1:08.31
	150m:	3:06.55	1:06.87	550m:	12:03.88	1:07.03	950m:	21:04.45	1:08.79	1350m:	30:08.21	1:08.78
	200m:	4:14.22	1:07.67	600m:	13:10.60	1:06.72	1000m:	22:10.98	1:06.53	1400m:	31:16.89	1:08.68
	250m:	5:21.38	1:07.16	650m:	14:17.99	1:07.39	1050m:	23:18.72	1:07.74	1450m:	32:24.58	1:07.69
	300m:	6:29.18	1:07.80	700m:	15:24.78	1:06.79	1100m:	24:27.17	1:08.45	1500m:	33:27.72	1:03.14
	350m:	7:36.32	1:07.14	750m:	16:33.09	1:08.31	1150m:	25:34.85	1:07.68			
	400m:	8:43.03	1:06.71	800m:	17:40.30	1:07.21	1200m:	26:42.14	1:07.29			

Masters 25+

1.	Lisanne Andeweg	Zuiderzeewimmers	19:06.27	198800092	18:53.53	+0,80		
	50m: 33.63	33.63	450m: 5:37.59	37.94	850m: 10:42.78	38.05	1250m: 15:47.77	37.72
	100m: 1:10.78	37.15	500m: 6:15.84	38.25	900m: 11:21.23	38.45	1300m: 16:26.03	38.26
	150m: 1:48.84	38.06	550m: 6:53.94	38.10	950m: 11:59.22	37.99	1350m: 17:03.59	37.56
	200m: 2:26.78	37.94	600m: 7:32.15	38.21	1000m: 12:37.76	38.54	1400m: 17:41.16	37.57
	250m: 3:05.00	38.22	650m: 8:09.85	37.70	1050m: 13:15.80	38.04	1450m: 18:18.33	37.17
	300m: 3:43.20	38.20	700m: 8:48.03	38.18	1100m: 13:54.03	38.23	1500m: 18:53.53	35.20
	350m: 4:21.13	37.93	750m: 9:26.27	38.24	1150m: 14:31.77	37.74		
	400m: 4:59.65	38.52	800m: 10:04.73	38.46	1200m: 15:10.05	38.28		
2.	Laura Oosterbroek	Swol 1894	19:23.54	198803264	20:19.68	+0,75		
	50m: 34.77	34.77	450m: 5:57.50	41.15	850m: 11:26.81	41.72	1250m: 16:57.18	40.62
	100m: 1:13.52	38.75	500m: 6:38.74	41.24	900m: 12:08.02	41.21	1300m: 17:38.97	41.79
	150m: 1:53.44	39.92	550m: 7:20.01	41.27	950m: 12:50.26	42.24	1350m: 18:19.64	40.67
	200m: 2:33.59	40.15	600m: 8:00.98	40.97	1000m: 13:31.88	41.62	1400m: 19:00.01	40.37
	250m: 3:14.45	40.86	650m: 8:42.05	41.07	1050m: 14:14.29	42.41	1450m: 19:40.36	40.35
	300m: 3:54.71	40.26	700m: 9:23.06	41.01	1100m: 14:55.79	41.50	1500m: 20:19.68	39.32
	350m: 4:35.60	40.89	750m: 10:04.22	41.16	1150m: 15:36.41	40.62		
	400m: 5:16.35	40.75	800m: 10:45.09	40.87	1200m: 16:16.56	40.15		
3.	Karin van Dijk	HZ&PC Heerenveen	21:42.42	198600850	22:11.61	+0,78		
	50m: 35.47	35.47	450m: 6:23.31	45.44	850m: 12:26.71	45.76	1250m: 18:29.62	43.51
	100m: 1:15.70	40.23	500m: 7:09.32	46.01	900m: 13:12.68	45.97	1300m: 19:14.49	44.87
	150m: 1:57.35	41.65	550m: 7:54.43	45.11	950m: 13:57.47	44.79	1350m: 19:58.65	44.16
	200m: 2:40.39	43.04	600m: 8:40.06	45.63	1000m: 14:43.50	46.03	1400m: 20:44.31	45.66
	250m: 3:23.62	43.23	650m: 9:24.47	44.41	1050m: 15:29.03	45.53	1450m: 21:28.20	43.89
	300m: 4:07.99	44.37	700m: 10:09.86	45.39	1100m: 16:15.59	46.56	1500m: 22:11.61	43.41
	350m: 4:52.31	44.32	750m: 10:54.78	44.92	1150m: 17:01.03	45.44		
	400m: 5:37.87	45.56	800m: 11:40.95	46.17	1200m: 17:46.11	45.08		
4.	Sandra Schellekens	Neptunus'58	21:50.18	198503416	22:32.19	+0,80		
	50m: 37.26	37.26	450m: 6:33.79	45.34	850m: 12:36.67	45.86	1250m: 18:44.40	46.36
	100m: 1:19.55	42.29	500m: 7:18.84	45.05	900m: 13:22.50	45.83	1300m: 19:30.78	46.38
	150m: 2:03.40	43.85	550m: 8:04.27	45.43	950m: 14:08.79	46.29	1350m: 20:17.06	46.28
	200m: 2:48.03	44.63	600m: 8:49.16	44.89	1000m: 14:54.58	45.79	1400m: 21:03.07	46.01
	250m: 3:33.16	45.13	650m: 9:34.50	45.34	1050m: 15:40.98	46.40	1450m: 21:48.78	45.71
	300m: 4:17.89	44.73	700m: 10:19.99	45.49	1100m: 16:25.83	44.85	1500m: 22:32.19	43.41
	350m: 5:03.38	45.49	750m: 11:05.69	45.70	1150m: 17:12.09	46.26		
	400m: 5:48.45	45.07	800m: 11:50.81	45.12	1200m: 17:58.04	45.95		

Programmanr. 2, Dames, 1500m vrije slag, Masters 25+

rang	naam	vereniging				inschrijftijd		startnr.		tijd		RT
5.	Liset de Veer	Aqua-Novio'94				23:56.64		198704190		23:03.24		+0,88
	50m:	41.02	41.02	450m:	6:47.40	45.39	850m:	12:58.18	46.08	1250m:	19:12.26	46.52
	100m:	1:25.78	44.76	500m:	7:34.22	46.82	900m:	13:45.11	46.93	1300m:	19:59.59	47.33
	150m:	2:10.78	45.00	550m:	8:20.03	45.81	950m:	14:31.84	46.73	1350m:	20:45.52	45.93
	200m:	2:56.62	45.84	600m:	9:06.81	46.78	1000m:	15:19.05	47.21	1400m:	21:32.24	46.72
	250m:	3:42.06	45.44	650m:	9:52.78	45.97	1050m:	16:05.35	46.30	1450m:	22:17.46	45.22
	300m:	4:29.10	47.04	700m:	10:38.92	46.14	1100m:	16:52.62	47.27	1500m:	23:03.24	45.78
	350m:	5:14.97	45.87	750m:	11:25.83	46.91	1150m:	17:38.83	46.21			
	400m:	6:02.01	47.04	800m:	12:12.10	46.27	1200m:	18:25.74	46.91			
6.	Annette Vogelsang	ZV De Bron				21:58.11		198402632		24:31.69		+0,87
	50m:	36.05	36.05	450m:	6:43.47	48.58	850m:	13:27.40	50.51	1250m:	20:17.08	50.62
	100m:	1:17.39	41.34	500m:	7:33.01	49.54	900m:	14:19.61	52.21	1300m:	21:09.27	52.19
	150m:	2:01.04	43.65	550m:	8:22.22	49.21	950m:	15:10.50	50.89	1350m:	22:00.77	51.50
	200m:	2:46.33	45.29	600m:	9:13.70	51.48	1000m:	16:02.13	51.63	1400m:	22:51.88	51.11
	250m:	3:32.22	45.89	650m:	10:04.72	51.02	1050m:	16:53.80	51.67	1450m:	23:43.15	51.27
	300m:	4:19.87	47.65	700m:	10:54.61	49.89	1100m:	17:45.36	51.56	1500m:	24:31.69	48.54
	350m:	5:07.34	47.47	750m:	11:45.25	50.64	1150m:	18:35.67	50.31			
	400m:	5:54.89	47.55	800m:	12:36.89	51.64	1200m:	19:26.46	50.79			

Masters 30+

1.	Bianca Cox	PSV	19:48.51	198000214	20:07.81	+0,91		
	50m: 35.16	35.16	450m: 5:55.30	40.36	850m: 11:18.80	40.52	1250m: 16:44.27	40.77
	100m: 1:14.13	38.97	500m: 6:35.37	40.07	900m: 11:59.58	40.78	1300m: 17:25.39	41.12
	150m: 1:53.60	39.47	550m: 7:15.55	40.18	950m: 12:40.04	40.46	1350m: 18:05.85	40.46
	200m: 2:33.88	40.28	600m: 7:55.84	40.29	1000m: 13:20.84	40.80	1400m: 18:46.62	40.77
	250m: 3:14.08	40.20	650m: 8:36.06	40.22	1050m: 14:01.46	40.62	1450m: 19:27.43	40.81
	300m: 3:54.50	40.42	700m: 9:16.88	40.82	1100m: 14:42.37	40.91	1500m: 20:07.81	40.38
	350m: 4:34.64	40.14	750m: 9:57.39	40.51	1150m: 15:22.85	40.48		
	400m: 5:14.94	40.30	800m: 10:38.28	40.89	1200m: 16:03.50	40.65		
2.	Linda Hoogendam	Zoetermeer	20:35.53	198300892	21:10.31	+0,71		
	50m: 35.30	35.30	450m: 6:15.48	43.48	850m: 11:59.76	43.49	1250m: 17:42.28	43.65
	100m: 1:15.98	40.68	500m: 6:58.12	42.64	900m: 12:42.37	42.61	1300m: 18:24.57	42.29
	150m: 1:58.01	42.03	550m: 7:41.35	43.23	950m: 13:25.09	42.72	1350m: 19:07.19	42.62
	200m: 2:40.26	42.25	600m: 8:24.38	43.03	1000m: 14:07.47	42.38	1400m: 19:49.26	42.07
	250m: 3:22.76	42.50	650m: 9:07.29	42.91	1050m: 14:50.42	42.95	1450m: 20:31.08	41.82
	300m: 4:05.67	42.91	700m: 9:50.20	42.91	1100m: 15:32.77	42.35	1500m: 21:10.31	39.23
	350m: 4:49.17	43.50	750m: 10:33.63	43.43	1150m: 16:15.51	42.74		
	400m: 5:32.00	42.83	800m: 11:16.27	42.64	1200m: 16:58.63	43.12		
3.	Yvonne Gerritsen	WVZ	21:15.81	198000342	21:58.09	+0,87		
	50m: 36.99	36.99	450m: 6:26.95	43.78	850m: 12:21.06	44.33	1250m: 18:17.38	45.07
	100m: 1:18.63	41.64	500m: 7:11.42	44.47	900m: 13:05.30	44.24	1300m: 19:01.88	44.50
	150m: 2:01.69	43.06	550m: 7:55.34	43.92	950m: 13:49.83	44.53	1350m: 19:45.96	44.08
	200m: 2:45.68	43.99	600m: 8:39.27	43.93	1000m: 14:34.12	44.29	1400m: 20:30.47	44.51
	250m: 3:29.75	44.07	650m: 9:23.50	44.23	1050m: 15:18.53	44.41	1450m: 21:15.13	44.66
	300m: 4:14.40	44.65	700m: 10:07.60	44.10	1100m: 16:03.26	44.73	1500m: 21:58.09	42.96
	350m: 4:58.73	44.33	750m: 10:52.06	44.46	1150m: 16:47.93	44.67		
	400m: 5:43.17	44.44	800m: 11:36.73	44.67	1200m: 17:32.31	44.38		
4.	Natascha Hartman	PSV	23:52.69	198101780	23:13.93	+0,93		
	50m: 37.61	37.61	450m: 6:40.36	46.69	850m: 12:55.12	46.79	1250m: 19:17.06	48.62
	100m: 1:20.38	42.77	500m: 7:27.17	46.81	900m: 13:42.97	47.85	1300m: 20:04.29	47.23
	150m: 2:04.92	44.54	550m: 8:13.54	46.37	950m: 14:30.09	47.12	1350m: 20:52.17	47.88
	200m: 2:49.76	44.84	600m: 9:00.03	46.49	1000m: 15:17.41	47.32	1400m: 21:40.19	48.02
	250m: 3:35.56	45.80	650m: 9:46.74	46.71	1050m: 16:04.46	47.05	1450m: 22:27.55	47.36
	300m: 4:21.07	45.51	700m: 10:33.73	46.99	1100m: 16:52.69	48.23	1500m: 23:13.93	46.38
	350m: 5:07.11	46.04	750m: 11:20.40	46.67	1150m: 17:40.12	47.43		
	400m: 5:53.67	46.56	800m: 12:08.33	47.93	1200m: 18:28.44	48.32		
5.	Rianne van Vegchelen	Deltasteur	26:50.83	198101530	26:43.46	+1,12		
	100/200/400m*							
	50m: 43.85	43.85	450m: 7:46.43	53.93	850m: 14:57.57	53.34	1250m: 22:16.06	55.07
	100m: 1:33.77	49.92	500m: 8:41.46	55.03	900m: 15:52.46	54.89	1300m: 23:11.39	55.33
	150m: 2:24.57	50.80	550m: 9:34.46	53.00	950m: 16:46.45	53.99	1350m: 24:06.44	55.05
	200m: 3:17.66	53.09	600m: 10:28.36	53.90	1000m: 17:41.72	55.27	1400m: 25:01.01	54.57
	250m: 4:10.30	52.64	650m: 11:22.93	54.57	1050m: 18:36.20	54.48	1450m: 25:53.05	52.04
	300m: 5:04.37	54.07	700m: 12:16.71	53.78	1100m: 19:30.91	54.71	1500m: 26:43.46	50.41
	350m: 5:58.41	54.04	750m: 13:10.46	53.75	1150m: 20:25.80	54.89		
	400m: 6:52.50	54.09	800m: 14:04.23	53.77	1200m: 21:20.99	55.19		

Programmanr. 2, Dames, 1500m vrije slag

Masters 35+

1.	Liselotte Joling	PSV	20:39.93	197500268	19:49.32							
	50m:	33.31	33.31	450m:	5:46.88	39.47	850m:	11:06.31	40.33	1250m:	16:29.82	40.87
	100m:	1:11.41	38.10	500m:	6:26.30	39.42	900m:	11:46.93	40.62	1300m:	17:10.19	40.37
	150m:	1:50.60	39.19	550m:	7:05.73	39.43	950m:	12:27.10	40.17	1350m:	17:50.47	40.28
	200m:	2:29.82	39.22	600m:	7:45.77	40.04	1000m:	13:06.98	39.88	1400m:	18:31.15	40.68
	250m:	3:09.12	39.30	650m:	8:25.68	39.91	1050m:	13:47.22	40.24	1450m:	19:11.56	40.41
	300m:	3:48.55	39.43	700m:	9:05.80	40.12	1100m:	14:27.86	40.64	1500m:	19:49.32	37.76
	350m:	4:27.81	39.26	750m:	9:45.74	39.94	1150m:	15:08.33	40.47			
	400m:	5:07.41	39.60	800m:	10:25.98	40.24	1200m:	15:48.95	40.62			
2.	Jolanda van Gendt	PSV	23:24.07	197800266	23:30.57	+0,75						
	50m:	40.55	40.55	450m:	6:49.77	47.04	850m:	13:13.02	48.27	1250m:	19:32.83	47.25
	100m:	1:24.56	44.01	500m:	7:37.12	47.35	900m:	14:00.97	47.95	1300m:	20:19.98	47.15
	150m:	2:09.72	45.16	550m:	8:25.28	48.16	950m:	14:48.79	47.82	1350m:	21:07.77	47.79
	200m:	2:55.44	45.72	600m:	9:13.37	48.09	1000m:	15:35.99	47.20	1400m:	21:55.22	47.45
	250m:	3:41.71	46.27	650m:	10:01.13	47.76	1050m:	16:24.09	48.10	1450m:	22:43.24	48.02
	300m:	4:27.83	46.12	700m:	10:48.98	47.85	1100m:	17:11.06	46.97	1500m:	23:30.57	47.33
	350m:	5:15.18	47.35	750m:	11:36.66	47.68	1150m:	17:58.18	47.12			
	400m:	6:02.73	47.55	800m:	12:24.75	48.09	1200m:	18:45.58	47.40			

Masters 40+

1.	Grith Sigsgaard		Zwemlust-den Hommel	18:47.76	197200772	19:22.68	+0,90					
	50m:	33.91	33.91	450m:	5:39.03	38.50	850m:	10:48.66	39.06	1250m:	16:04.98	39.62
	100m:	1:11.84	37.93	500m:	6:17.52	38.49	900m:	11:27.87	39.21	1300m:	16:44.90	39.92
	150m:	1:49.89	38.05	550m:	6:56.11	38.59	950m:	12:07.44	39.57	1350m:	17:24.36	39.46
	200m:	2:27.81	37.92	600m:	7:34.61	38.50	1000m:	12:46.67	39.23	1400m:	18:04.10	39.74
	250m:	3:05.95	38.14	650m:	8:13.33	38.72	1050m:	13:26.19	39.52	1450m:	18:43.86	39.76
	300m:	3:44.04	38.09	700m:	8:51.71	38.38	1100m:	14:05.65	39.46	1500m:	19:22.68	38.82
	350m:	4:22.24	38.20	750m:	9:30.44	38.73	1150m:	14:45.30	39.65			
	400m:	5:00.53	38.29	800m:	10:09.60	39.16	1200m:	15:25.36	40.06			
2.	Annette de Visser		Oceanus	21:18.86	197100602	20:59.85	+0,86					
	50m:	36.15	36.15	450m:	6:14.69	42.09	850m:	11:53.28	42.36	1250m:	17:31.51	42.51
	100m:	1:17.12	40.97	500m:	6:57.18	42.49	900m:	12:35.59	42.31	1300m:	18:13.98	42.47
	150m:	1:59.25	42.13	550m:	7:39.30	42.12	950m:	13:17.91	42.32	1350m:	18:55.82	41.84
	200m:	2:42.25	43.00	600m:	8:21.74	42.44	1000m:	14:00.26	42.35	1400m:	19:38.28	42.46
	250m:	3:24.44	42.19	650m:	9:03.85	42.11	1050m:	14:42.36	42.10	1450m:	20:19.55	41.27
	300m:	4:07.40	42.96	700m:	9:46.43	42.58	1100m:	15:24.69	42.33	1500m:	20:59.85	40.30
	350m:	4:49.88	42.48	750m:	10:28.68	42.25	1150m:	16:06.69	42.00			
	400m:	5:32.60	42.72	800m:	11:10.92	42.24	1200m:	16:49.00	42.31			
3.	Natacha Van Hoof		ShaRK	22:59.29	SHARK/260/73	23:15.17	+0,95					
	50m:	42.12	42.12	450m:	6:50.82	46.63	850m:	13:02.84	47.22	1250m:	19:21.24	47.04
	100m:	1:27.38	45.26	500m:	7:37.98	47.16	900m:	13:50.02	47.18	1300m:	20:09.00	47.76
	150m:	2:12.84	45.46	550m:	8:23.65	45.67	950m:	14:37.39	47.37	1350m:	20:56.80	47.80
	200m:	2:59.01	46.17	600m:	9:09.40	45.75	1000m:	15:24.55	47.16	1400m:	21:44.10	47.30
	250m:	3:44.96	45.95	650m:	9:55.66	46.26	1050m:	16:12.25	47.70	1450m:	22:30.53	46.43
	300m:	4:31.31	46.35	700m:	10:41.85	46.19	1100m:	16:59.22	46.97	1500m:	23:15.17	44.64
	350m:	5:17.77	46.46	750m:	11:28.68	46.83	1150m:	17:46.59	47.37			
	400m:	6:04.19	46.42	800m:	12:15.62	46.94	1200m:	18:34.20	47.61			
4.	Claudia Broeke		De Fuut	24:17.87	197300058	24:00.70	+0,88					
	50m:	41.96	41.96	450m:	7:08.81	48.00	850m:	13:33.83	47.63	1250m:	20:00.81	48.10
	100m:	1:30.02	48.06	500m:	7:56.82	48.01	900m:	14:22.34	48.51	1300m:	20:49.75	48.94
	150m:	2:18.12	48.10	550m:	8:44.00	47.18	950m:	15:10.35	48.01	1350m:	21:37.71	47.96
	200m:	3:07.89	49.77	600m:	9:33.26	49.26	1000m:	15:58.70	48.35	1400m:	22:26.25	48.54
	250m:	3:55.90	48.01	650m:	10:20.71	47.45	1050m:	16:46.45	47.75	1450m:	23:13.72	47.47
	300m:	4:44.90	49.00	700m:	11:09.70	48.99	1100m:	17:35.18	48.73	1500m:	24:00.70	46.98
	350m:	5:32.49	47.59	750m:	11:57.36	47.66	1150m:	18:23.56	48.38			
	400m:	6:20.81	48.32	800m:	12:46.20	48.84	1200m:	19:12.71	49.15			
5.	Annet Kootstra		Swol 1894	24:02.26	197100344	24:08.72	+1,02					
	50m:	40.59	40.59	450m:	7:02.91	48.74	850m:	13:32.37	48.40	1250m:	20:05.28	50.07
	100m:	1:25.82	45.23	500m:	7:51.25	48.34	900m:	14:21.07	48.70	1300m:	20:53.73	48.45
	150m:	2:12.83	47.01	550m:	8:40.18	48.93	950m:	15:10.06	48.99	1350m:	21:43.10	49.37
	200m:	3:00.39	47.56	600m:	9:28.59	48.41	1000m:	15:59.08	49.02	1400m:	22:31.95	48.85
	250m:	3:48.71	48.32	650m:	10:17.30	48.71	1050m:	16:48.74	49.66	1450m:	23:20.92	48.97
	300m:	4:36.65	47.94	700m:	11:06.13	48.83	1100m:	17:37.23	48.49	1500m:	24:08.72	47.80
	350m:	5:25.55	48.90	750m:	11:55.18	49.05	1150m:	18:26.43	49.20			
	400m:	6:14.17	48.62	800m:	12:43.97	48.79	1200m:	19:15.21	48.78			

Programmanr. 2, Dames, 1500m vrije slag, Masters 40+

rang	naam	vereniging		inschrijftijd		startnr.		tijd		RT		
6.	Ingrid Versteegen	DBD		25:24.29		197300770		24:50.36		+0,71		
	50m:	42.56	42.56	450m:	7:17.52	49.90	850m:	13:59.14	49.94	1250m:	20:41.36	50.64
	100m:	1:30.19	47.63	500m:	8:06.71	49.19	900m:	14:49.29	50.15	1300m:	21:31.09	49.73
	150m:	2:18.86	48.67	550m:	8:57.44	50.73	950m:	15:38.87	49.58	1350m:	22:21.89	50.80
	200m:	3:08.13	49.27	600m:	9:47.63	50.19	1000m:	16:29.21	50.34	1400m:	23:12.43	50.54
	250m:	3:57.59	49.46	650m:	10:38.72	51.09	1050m:	17:20.09	50.88	1450m:	24:02.64	50.21
	300m:	4:47.88	50.29	700m:	11:28.87	50.15	1100m:	18:09.70	49.61	1500m:	24:50.36	47.72
	350m:	5:37.74	49.86	750m:	12:19.41	50.54	1150m:	19:00.55	50.85			
	400m:	6:27.62	49.88	800m:	13:09.20	49.79	1200m:	19:50.72	50.17			
7.	Kathy De Meyere	LZV		28:52.92		LZV/224/73		28:24.94		+0,90		
	50m:	46.76	46.76	450m:	8:18.55	58.11	850m:	15:58.87	57.43	1250m:	23:40.94	57.88
	100m:	1:39.07	52.31	500m:	9:16.22	57.67	900m:	16:56.03	57.16	1300m:	24:38.59	57.65
	150m:	2:34.45	55.38	550m:	10:14.07	57.85	950m:	17:53.55	57.52	1350m:	25:36.94	58.35
	200m:	3:30.71	56.26	600m:	11:11.21	57.14	1000m:	18:51.45	57.90	1400m:	26:35.07	58.13
	250m:	4:27.71	57.00	650m:	12:08.89	57.68	1050m:	19:48.96	57.51	1450m:	27:32.53	57.46
	300m:	5:24.59	56.88	700m:	13:06.69	57.80	1100m:	20:47.00	58.04	1500m:	28:24.94	52.41
	350m:	6:22.52	57.93	750m:	14:04.07	57.38	1150m:	21:45.31	58.31			
	400m:	7:20.44	57.92	800m:	15:01.44	57.37	1200m:	22:43.06	57.75			

Masters 45+

1.	Margreet van der Pol	Oceanus	23:31.57	196600276	23:11.35	+0,94		
	50m: 40.24	40.24	450m: 6:49.19	46.21	850m: 13:00.94	46.13	1250m: 19:18.21	46.46
	100m: 1:25.43	45.19	500m: 7:35.57	46.38	900m: 13:48.33	47.39	1300m: 20:05.88	47.67
	150m: 2:11.07	45.64	550m: 8:21.95	46.38	950m: 14:35.82	47.49	1350m: 20:52.57	46.69
	200m: 2:57.79	46.72	600m: 9:08.40	46.45	1000m: 15:23.42	47.60	1400m: 21:39.91	47.34
	250m: 3:43.81	46.02	650m: 9:54.79	46.39	1050m: 16:10.84	47.42	1450m: 22:27.15	47.24
	300m: 4:30.40	46.59	700m: 10:41.80	47.01	1100m: 16:58.02	47.18	1500m: 23:11.35	44.20
	350m: 5:16.53	46.13	750m: 11:28.04	46.24	1150m: 17:44.76	46.74		
	400m: 6:02.98	46.45	800m: 12:14.81	46.77	1200m: 18:31.75	46.99		
2.	Karin van den Heuvel	Old Dutch	23:23.53	196600188	23:43.28	+1,03		
	50m: 40.73	40.73	450m: 6:51.34	46.56	850m: 13:12.41	47.62	1250m: 19:35.48	48.27
	100m: 1:26.04	45.31	500m: 7:38.84	47.50	900m: 14:00.86	48.45	1300m: 20:25.47	49.99
	150m: 2:11.70	45.66	550m: 8:25.15	46.31	950m: 14:48.75	47.89	1350m: 21:14.28	48.81
	200m: 2:58.47	46.77	600m: 9:13.29	48.14	1000m: 15:37.65	48.90	1400m: 22:04.76	50.48
	250m: 3:44.95	46.48	650m: 10:00.58	47.29	1050m: 16:23.88	46.23	1450m: 22:53.61	48.85
	300m: 4:31.67	46.72	700m: 10:48.91	48.33	1100m: 17:11.75	47.87	1500m: 23:43.28	49.67
	350m: 5:17.90	46.23	750m: 11:36.43	47.52	1150m: 17:58.46	46.71		
	400m: 6:04.78	46.88	800m: 12:24.79	48.36	1200m: 18:47.21	48.75		
3.	Betty van Kemenade	PSV	27:10.69	196800832	26:35.74	+1,61		
	50m: 47.28	47.28	450m: 7:50.86	52.66	850m: 14:57.12	52.99	1250m: 22:06.82	54.26
	100m: 1:38.73	51.45	500m: 8:43.68	52.82	900m: 15:50.06	52.94	1300m: 23:00.62	53.80
	150m: 2:31.50	52.77	550m: 9:37.20	53.52	950m: 16:43.72	53.66	1350m: 23:54.84	54.22
	200m: 3:25.18	53.68	600m: 10:30.94	53.74	1000m: 17:37.54	53.82	1400m: 24:48.93	54.09
	250m: 4:18.87	53.69	650m: 11:24.42	53.48	1050m: 18:31.66	54.12	1450m: 25:44.29	55.36
	300m: 5:12.21	53.34	700m: 12:17.43	53.01	1100m: 19:25.10	53.44	1500m: 26:35.74	51.45
	350m: 6:05.27	53.06	750m: 13:10.73	53.30	1150m: 20:19.14	54.04		
	400m: 6:58.20	52.93	800m: 14:04.13	53.40	1200m: 21:12.56	53.42		
4.	Frances van der Moolen	Aqua-Novio'94	26:41.45	196400454	26:56.31			
	50m: 50.94	50.94	450m: 8:00.51	53.97	850m: 15:13.75	54.53	1250m: 22:25.99	54.09
	100m: 1:44.85	53.91	500m: 8:54.52	54.01	900m: 16:07.94	54.19	1300m: 23:20.38	54.39
	150m: 2:37.29	52.44	550m: 9:48.32	53.80	950m: 17:01.88	53.94	1350m: 24:14.51	54.13
	200m: 3:31.45	54.16	600m: 10:42.47	54.15	1000m: 17:55.78	53.90	1400m: 25:10.29	55.78
	250m: 4:24.74	53.29	650m: 11:36.82	54.35	1050m: 18:49.93	54.15	1450m: 26:04.56	54.27
	300m: 5:18.26	53.52	700m: 12:30.48	53.66	1100m: 19:44.02	54.09	1500m: 26:56.31	51.75
	350m: 6:12.30	54.04	750m: 13:24.86	54.38	1150m: 20:37.99	53.97		
	400m: 7:06.54	54.24	800m: 14:19.22	54.36	1200m: 21:31.90	53.91		
5.	Ymke Snellen van Vollenhoven	PSV	27:15.56	196800836	27:10.99	+1,36		
	50m: 44.26	44.26	450m: 8:03.43	55.59	850m: 15:21.34	53.79	1250m: 22:42.35	54.74
	100m: 1:35.30	51.04	500m: 8:59.58	56.15	900m: 16:17.01	55.67	1300m: 23:38.56	56.21
	150m: 2:29.11	53.81	550m: 9:54.57	54.99	950m: 17:11.87	54.86	1350m: 24:32.69	54.13
	200m: 3:24.65	55.54	600m: 10:49.08	54.51	1000m: 18:06.61	54.74	1400m: 25:29.20	56.51
	250m: 4:20.56	55.91	650m: 11:43.76	54.68	1050m: 19:02.20	55.59	1450m: 26:21.86	52.66
	300m: 5:16.18	55.62	700m: 12:39.53	55.77	1100m: 19:57.62	55.42	1500m: 27:10.99	49.13
	350m: 6:11.69	55.51	750m: 13:33.79	54.26	1150m: 20:51.82	54.20		
	400m: 7:07.84	56.15	800m: 14:27.55	53.76	1200m: 21:47.61	55.79		

Masters 50+

Programmanr. 2, Dames, 1500m vrije slag, Masters 50+

rang	naam	vereniging		inschrijftijd		startnr.		tijd		RT		
1.	Katinka Elders	Oceanus		24:58.65		196000292		25:12.66				
	50m:	42.31	42.31	450m:	7:20.14	50.54	850m:	14:06.73	51.58	1250m:	20:59.41	51.60
	100m:	1:28.90	46.59	500m:	8:10.42	50.28	900m:	14:58.38	51.65	1300m:	21:51.53	52.12
	150m:	2:17.81	48.91	550m:	9:01.37	50.95	950m:	15:50.08	51.70	1350m:	22:43.52	51.99
	200m:	3:07.55	49.74	600m:	9:51.69	50.32	1000m:	16:41.20	51.12	1400m:	23:35.15	51.63
	250m:	3:57.53	49.98	650m:	10:42.92	51.23	1050m:	17:33.42	52.22	1450m:	24:26.31	51.16
	300m:	4:47.06	49.53	700m:	11:33.78	50.86	1100m:	18:24.99	51.57	1500m:	25:12.66	46.35
	350m:	5:39.29	52.23	750m:	12:24.82	51.04	1150m:	19:17.12	52.13			
	400m:	6:29.60	50.31	800m:	13:15.15	50.33	1200m:	20:07.81	50.69			
2.	Pia van der Molen	HZ&PC Heerenveen		25:24.59		196000116		25:50.67		+1,03		
	50m:	41.88	41.88	450m:	7:30.41	52.12	850m:	14:29.01	52.67	1250m:	21:28.84	52.89
	100m:	1:29.30	47.42	500m:	8:22.63	52.22	900m:	15:21.31	52.30	1300m:	22:22.15	53.31
	150m:	2:19.12	49.82	550m:	9:14.63	52.00	950m:	16:13.87	52.56	1350m:	23:15.38	53.23
	200m:	3:11.28	52.16	600m:	10:07.04	52.41	1000m:	17:05.88	52.01	1400m:	24:08.54	53.16
	250m:	4:03.27	51.99	650m:	10:59.42	52.38	1050m:	17:58.68	52.80	1450m:	25:00.15	51.61
	300m:	4:54.77	51.50	700m:	11:51.48	52.06	1100m:	18:50.67	51.99	1500m:	25:50.67	50.52
	350m:	5:46.46	51.69	750m:	12:43.53	52.05	1150m:	19:43.94	53.27			
	400m:	6:38.29	51.83	800m:	13:36.34	52.81	1200m:	20:35.95	52.01			
3.	Jennie Resink-lindeboom	DWK		28:09.40		196000142		26:04.96		+1,03		
	50m:	46.13	46.13	450m:	7:46.79	53.14	850m:	14:49.07	52.39	1250m:	21:49.33	52.29
	100m:	1:37.35	51.22	500m:	8:39.33	52.54	900m:	15:41.90	52.83	1300m:	22:41.96	52.63
	150m:	2:29.55	52.20	550m:	9:32.07	52.74	950m:	16:34.73	52.83	1350m:	23:34.87	52.91
	200m:	3:22.13	52.58	600m:	10:25.12	53.05	1000m:	17:27.86	53.13	1400m:	24:26.73	51.86
	250m:	4:15.31	53.18	650m:	11:17.78	52.66	1050m:	18:20.38	52.52	1450m:	25:17.33	50.60
	300m:	5:08.71	53.40	700m:	12:10.87	53.09	1100m:	19:12.31	51.93	1500m:	26:04.96	47.63
	350m:	6:01.27	52.56	750m:	13:03.91	53.04	1150m:	20:04.49	52.18			
	400m:	6:53.65	52.38	800m:	13:56.68	52.77	1200m:	20:57.04	52.55			

Masters 55+

1.	Dorothy Ledwith	Ennis Masters	22:35.29	10009706	22:27.96			
	IRM							
	50m: 39.28	39.28	450m: 6:36.37	45.42	850m: 12:39.26	45.63	1250m: 18:41.91	45.82
	100m: 1:21.72	42.44	500m: 7:21.30	44.93	900m: 13:24.45	45.19	1300m: 19:27.16	45.25
	150m: 2:06.10	44.38	550m: 8:06.84	45.54	950m: 14:09.86	45.41	1350m: 20:13.28	46.12
	200m: 2:50.59	44.49	600m: 8:51.90	45.06	1000m: 14:54.81	44.95	1400m: 20:58.51	45.23
	250m: 3:35.75	45.16	650m: 9:37.67	45.77	1050m: 15:40.37	45.56	1450m: 21:44.78	46.27
	300m: 4:20.97	45.22	700m: 10:22.91	45.24	1100m: 16:24.83	44.46	1500m: 22:27.96	43.18
	350m: 5:06.26	45.29	750m: 11:08.42	45.51	1150m: 17:10.82	45.99		
	400m: 5:50.95	44.69	800m: 11:53.63	45.21	1200m: 17:56.09	45.27		
2.	Monica Bakker	ZVZ	25:02.03	195600082	25:05.57	+1,18		
	50m: 43.71	43.71	450m: 7:22.45	49.92	850m: 14:04.82	50.34	1250m: 20:51.41	51.13
	100m: 1:31.93	48.22	500m: 8:12.83	50.38	900m: 14:55.42	50.60	1300m: 21:42.48	51.07
	150m: 2:21.27	49.34	550m: 9:03.33	50.50	950m: 15:46.47	51.05	1350m: 22:33.78	51.30
	200m: 3:11.43	50.16	600m: 9:53.00	49.67	1000m: 16:36.72	50.25	1400m: 23:24.78	51.00
	250m: 4:01.36	49.93	650m: 10:43.35	50.35	1050m: 17:28.25	51.53	1450m: 24:16.38	51.60
	300m: 4:51.67	50.31	700m: 11:34.06	50.71	1100m: 18:18.70	50.45	1500m: 25:05.57	49.19
	350m: 5:42.28	50.61	750m: 12:24.65	50.59	1150m: 19:10.08	51.38		
	400m: 6:32.53	50.25	800m: 13:14.48	49.83	1200m: 20:00.28	50.20		
3.	Mies Kuipers	Old Dutch	35:42.72	195800202	35:44.88	+1,01		
	50m: 1:03.79	1:03.79	450m: 10:36.52	1:10.96	850m: 20:17.57	1:12.83	1250m: 29:52.97	1:10.90
	100m: 2:15.57	1:11.78	500m: 11:47.82	1:11.30	900m: 21:30.95	1:13.38	1300m: 31:06.75	1:13.78
	150m: 3:28.36	1:12.79	550m: 13:00.10	1:12.28	950m: 22:44.37	1:13.42	1350m: 32:19.76	1:13.01
	200m: 4:40.89	1:12.53	600m: 14:12.20	1:12.10	1000m: 23:58.04	1:13.67	1400m: 33:29.78	1:10.02
	250m: 5:51.69	1:10.80	650m: 15:24.23	1:12.03	1050m: 25:07.51	1:09.47	1450m: 34:39.65	1:09.87
	300m: 7:03.05	1:11.36	700m: 16:37.73	1:13.50	1100m: 26:18.36	1:10.85	1500m: 35:44.88	1:05.23
	350m: 8:13.32	1:10.27	750m: 17:50.46	1:12.73	1150m: 27:29.74	1:11.38		
	400m: 9:25.56	1:12.24	800m: 19:04.74	1:14.28	1200m: 28:42.07	1:12.33		
4.	Lies Hartman	VfR Übach-Palenberg	37:03.61	164684	37:49.96	+1,21		
	50m: 58.63	58.63	450m: 10:51.41	1:14.04	850m: 20:55.93	1:17.51	1250m: 31:20.38	1:19.28
	100m: 2:08.52	1:09.89	500m: 12:06.00	1:14.59	900m: 22:13.76	1:17.83	1300m: 32:37.14	1:16.76
	150m: 3:23.98	1:15.46	550m: 13:22.94	1:16.94	950m: 23:32.02	1:18.26	1350m: 33:58.40	1:21.26
	200m: 4:37.95	1:13.97	600m: 14:36.59	1:13.65	1000m: 24:49.72	1:17.70	1400m: 35:15.04	1:16.64
	250m: 5:52.57	1:14.62	650m: 15:50.97	1:14.38	1050m: 26:08.21	1:18.49	1450m: 36:33.81	1:18.77
	300m: 7:08.24	1:15.67	700m: 17:05.72	1:14.75	1100m: 27:26.66	1:18.45	1500m: 37:49.96	1:16.15
	350m: 8:22.91	1:14.67	750m: 18:22.40	1:16.68	1150m: 28:43.76	1:17.10		
	400m: 9:37.37	1:14.46	800m: 19:38.42	1:16.02	1200m: 30:01.10	1:17.34		

Programmanr. 2, Dames, 1500m vrije slag

Masters 60+

1.	Ineke Weekers	PSV	23:10.21	195300050	22:40.35	+0,86						
	50m:	41.54	41.54	450m:	6:42.62	45.37	850m:	12:46.52	45.84	1250m:	18:53.96	46.23
	100m:	1:25.46	43.92	500m:	7:27.78	45.16	900m:	13:32.00	45.48	1300m:	19:39.58	45.62
	150m:	2:10.87	45.41	550m:	8:13.23	45.45	950m:	14:17.62	45.62	1350m:	20:25.72	46.14
	200m:	2:55.83	44.96	600m:	8:58.56	45.33	1000m:	15:03.46	45.84	1400m:	21:11.34	45.62
	250m:	3:41.08	45.25	650m:	9:43.62	45.06	1050m:	15:49.47	46.01	1450m:	21:57.35	46.01
	300m:	4:26.59	45.51	700m:	10:29.06	45.44	1100m:	16:35.52	46.05	1500m:	22:40.35	43.00
	350m:	5:11.98	45.39	750m:	11:14.83	45.77	1150m:	17:21.97	46.45			
	400m:	5:57.25	45.27	800m:	12:00.68	45.85	1200m:	18:07.73	45.76			
2.	Ineke Meijer	HZ&PC Heerenveen	26:15.58	195200034	27:02.08	+0,98						
	50m:	46.13	46.13	450m:	7:58.03	54.63	850m:	15:15.75	54.67	1250m:	22:33.49	54.12
	100m:	1:38.95	52.82	500m:	8:53.78	55.75	900m:	16:10.99	55.24	1300m:	23:28.78	55.29
	150m:	2:32.15	53.20	550m:	9:47.97	54.19	950m:	17:05.43	54.44	1350m:	24:23.35	54.57
	200m:	3:25.58	53.43	600m:	10:42.71	54.74	1000m:	18:00.01	54.58	1400m:	25:18.50	55.15
	250m:	4:19.69	54.11	650m:	11:37.36	54.65	1050m:	18:54.13	54.12	1450m:	26:11.70	53.20
	300m:	5:14.45	54.76	700m:	12:31.70	54.34	1100m:	19:49.77	55.64	1500m:	27:02.08	50.38
	350m:	6:08.51	54.06	750m:	13:26.04	54.34	1150m:	20:44.42	54.65			
	400m:	7:03.40	54.89	800m:	14:21.08	55.04	1200m:	21:39.37	54.95			
3.	Gonnie Bak	PSV	30:07.77	195100064	28:42.35	+0,92						
	50m:	47.43	47.43	450m:	8:26.01	58.00	850m:	16:07.98	57.13	1250m:	23:52.04	58.07
	100m:	1:42.74	55.31	500m:	9:24.88	58.87	900m:	17:05.81	57.83	1300m:	24:51.85	59.81
	150m:	2:39.56	56.82	550m:	10:22.17	57.29	950m:	18:02.86	57.05	1350m:	25:49.45	57.60
	200m:	3:37.53	57.97	600m:	11:19.47	57.30	1000m:	19:01.75	58.89	1400m:	26:48.27	58.82
	250m:	4:34.91	57.38	650m:	12:16.75	57.28	1050m:	19:59.46	57.71	1450m:	27:45.47	57.20
	300m:	5:32.77	57.86	700m:	13:14.55	57.80	1100m:	20:57.80	58.34	1500m:	28:42.35	56.88
	350m:	6:29.97	57.20	750m:	14:11.74	57.19	1150m:	21:54.57	56.77			
	400m:	7:28.01	58.04	800m:	15:10.85	59.11	1200m:	22:53.97	59.40			

Masters 65+

1.	Matty van der Veen	Old Dutch	27:49.26	194400020	31:21.14			
	50m: 50.22	50.22	450m: 8:48.25	1:02.26	850m: 17:10.80	1:03.36	1250m: 25:45.50	1:05.93
	100m: 1:45.75	55.53	500m: 9:50.28	1:02.03	900m: 18:13.51	1:02.71	1300m: 26:51.86	1:06.36
	150m: 2:43.51	57.76	550m: 10:53.08	1:02.80	950m: 19:18.02	1:04.51	1350m: 27:58.73	1:06.87
	200m: 3:43.34	59.83	600m: 11:55.44	1:02.36	1000m: 20:21.90	1:03.88	1400m: 29:04.76	1:06.03
	250m: 4:42.78	59.44	650m: 12:59.10	1:03.66	1050m: 21:27.19	1:05.29	1450m: 30:12.80	1:08.04
	300m: 5:44.61	1:01.83	700m: 14:01.73	1:02.63	1100m: 22:31.20	1:04.01	1500m: 31:21.14	1:08.34
	350m: 6:44.96	1:00.35	750m: 15:04.46	1:02.73	1150m: 23:35.71	1:04.51		
	400m: 7:45.99	1:01.03	800m: 16:07.44	1:02.98	1200m: 24:39.57	1:03.86		
2.	Greet Brehler-Middag	Hatto Heim	33:05.01	194400004	33:57.25	+1,23		
	50m: 56.80	56.80	450m: 9:49.46	1:07.01	850m: 18:54.12	1:07.93	1250m: 28:12.09	1:08.34
	100m: 2:01.89	1:05.09	500m: 10:58.43	1:08.97	900m: 20:03.63	1:09.51	1300m: 29:23.83	1:11.74
	150m: 3:07.03	1:05.14	550m: 12:05.21	1:06.78	950m: 21:13.97	1:10.34	1350m: 30:33.59	1:09.76
	200m: 4:13.70	1:06.67	600m: 13:12.97	1:07.76	1000m: 22:24.03	1:10.06	1400m: 31:44.06	1:10.47
	250m: 5:20.16	1:06.46	650m: 14:20.33	1:07.36	1050m: 23:33.56	1:09.53	1450m: 32:52.87	1:08.81
	300m: 6:27.35	1:07.19	700m: 15:29.62	1:09.29	1100m: 24:43.89	1:10.33	1500m: 33:57.25	1:04.38
	350m: 7:34.53	1:07.18	750m: 16:38.13	1:08.51	1150m: 25:53.58	1:09.69		
	400m: 8:42.45	1:07.92	800m: 17:46.19	1:08.06	1200m: 27:03.75	1:10.17		

Masters 70+

1. Gitti Wahl	VfR Übach-Palenberg				35:53.98	164688				34:59.66		+1,08
50m:	58.69	58.69	450m:	10:12.29	1:08.37	850m:	19:27.49	1:01.20	1250m:	29:03.36	1:10.77	
100m:	2:08.38	1:09.69	500m:	11:23.95	1:11.66	900m:	20:47.08	1:19.59	1300m:	30:16.50	1:13.14	
150m:	3:16.35	1:07.97	550m:	12:31.72	1:07.77	950m:	21:57.46	1:10.38	1350m:	31:27.27	1:10.77	
200m:	4:28.61	1:12.26	600m:	13:42.69	1:10.97	1000m:	23:09.79	1:12.33	1400m:	32:39.95	1:12.68	
250m:	5:35.68	1:07.07	650m:	14:53.10	1:10.41	1050m:	24:18.24	1:08.45	1450m:	33:50.30	1:10.35	
300m:	6:45.86	1:10.18	700m:	16:04.41	1:11.31	1100m:	25:30.26	1:12.02	1500m:	34:59.66	1:09.36	
350m:	7:53.55	1:07.69	750m:	17:14.34	1:09.93	1150m:	26:40.26	1:10.00				
400m:	9:03.92	1:10.37	800m:	18:26.29	1:11.95	1200m:	27:52.59	1:12.33				