

Programmanr. 14
28-01-2012 - 9:00

Dames, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
Masters 20+						
1.	Yvon Versteeg	De Veene	4:33.51	199201864	4:36.36	+0,74
	50m: 31.13 31.13	150m: 1:40.41 35.01	250m: 2:51.56	35.87 350m: 4:02.30 35.07		
	100m: 1:05.40 34.27	200m: 2:15.69 35.28	300m: 3:27.23	35.67 400m: 4:36.36 34.06		
2.	Lisanne Andeweg	Zuiderzeewimmers	4:47.00	198800092	4:39.69	+0,66
	50m: 31.70 31.70	150m: 1:41.80 35.69	250m: 2:53.82	35.92 350m: 4:05.62 35.45		
	100m: 1:06.11 34.41	200m: 2:17.90 36.10	300m: 3:30.17	36.35 400m: 4:39.69 34.07		
3.	Desirée Emmen	De Warande	4:39.13	199204862	4:45.25	+0,72
	50m: 31.14 31.14	150m: 1:41.13 35.47	250m: 2:53.66	36.70 350m: 4:08.49 37.65		
	100m: 1:05.66 34.52	200m: 2:16.96 35.83	300m: 3:30.84	37.18 400m: 4:45.25 36.76		
4.	Stephanie Rombout	De Zeeuwse Kust (SG)	4:43.46	198803696	4:46.06	+0,83
	50m: 31.38 31.38	150m: 1:41.81 35.69	250m: 2:55.52	37.16 350m: 4:09.57 36.91		
	100m: 1:06.12 34.74	200m: 2:18.36 36.55	300m: 3:32.66	37.14 400m: 4:46.06 36.49		
5.	Nanda de Vries	HZ&PC Heerenveen	4:48.11	199204328	4:51.53	+0,87
	50m: 31.70 31.70	150m: 1:45.53 37.48	250m: 3:01.10	37.76 350m: 4:16.74 37.65		
	100m: 1:08.05 36.35	200m: 2:23.34 37.81	300m: 3:39.09	37.99 400m: 4:51.53 34.79		
6.	Margot Stenveld	SBC2000	4:50.32	198804170	4:51.93	+0,82
	50m: 33.57 33.57	150m: 1:47.05 36.84	250m: 3:01.22	37.16 350m: 4:15.78 37.16		
	100m: 1:10.21 36.64	200m: 2:24.06 37.01	300m: 3:38.62	37.40 400m: 4:51.93 36.15		
7.	Maaïke Vooren	DAW	4:54.59	199103324	4:54.00	+0,53
	50m: 34.06 34.06	150m: 1:47.74 37.16	250m: 3:02.59	37.33 350m: 4:17.26 37.17		
	100m: 1:10.58 36.52	200m: 2:25.26 37.52	300m: 3:40.09	37.50 400m: 4:54.00 36.74		
8.	Merel Toussaint	D'Eft WAVE (SG)	5:01.50	199203788	4:57.48	+0,85
	50m: 32.91 32.91	150m: 1:47.47 37.87	250m: 3:03.94	38.49 350m: 4:20.48 38.20		
	100m: 1:09.60 36.69	200m: 2:25.45 37.98	300m: 3:42.28	38.34 400m: 4:57.48 37.00		
9.	Laura Oosterbroek	De Rijn	5:05.49	198803264	4:57.60	+0,78
	50m: 33.34 33.34	150m: 1:47.41 37.42	250m: 3:03.27	37.77 350m: 4:20.07 38.48		
	100m: 1:09.99 36.65	200m: 2:25.50 38.09	300m: 3:41.59	38.32 400m: 4:57.60 37.53		
10.	Wendy de Bruin	ZOB'66	5:02.21	199206320	4:58.12	+0,80
	50m: 33.79 33.79	150m: 1:48.61 38.01	250m: 3:05.43	38.62 350m: 4:22.37 37.87		
	100m: 1:10.60 36.81	200m: 2:26.81 38.20	300m: 3:44.50	39.07 400m: 4:58.12 35.75		
11.	Ilse van den Wijngaard	One Team Swimming	5:02.60	198904736	5:00.81	+0,71
	50m: 32.17 32.17	150m: 1:46.69 37.94	250m: 3:04.35	39.15 350m: 4:22.99 39.02		
	100m: 1:08.75 36.58	200m: 2:25.20 38.51	300m: 3:43.97	39.62 400m: 5:00.81 37.82		
12.	Cynthia Grooteboer	SBC2000	4:58.84	198901462	5:02.85	+0,90
	50m: 34.46 34.46	150m: 1:49.97 38.12	250m: 3:07.84	38.98 350m: 4:25.54 38.49		
	100m: 1:11.85 37.39	200m: 2:28.86 38.89	300m: 3:47.05	39.21 400m: 5:02.85 37.31		
13.	Elmi Roelofsen	ZVV	5:20.45	199008198	5:04.16	+1,05
	50m: 34.48 34.48	150m: 1:51.19 38.47	250m: 3:08.73	38.97 350m: 4:27.38 39.30		
	100m: 1:12.72 38.24	200m: 2:29.76 38.57	300m: 3:48.08	39.35 400m: 5:04.16 36.78		
14.	Sandra den Oudsten	GoSwim	5:37.71	198906664	5:39.64	+1,02
	50m: 37.04 37.04	150m: 1:59.97 42.65	250m: 3:27.86	44.28 350m: 4:56.81 44.62		
	100m: 1:17.32 40.28	200m: 2:43.58 43.61	300m: 4:12.19	44.33 400m: 5:39.64 42.83		
15.	Liesbeth Bruinekool	Zuiderzeewimmers	8:44.14	199007958	8:24.59	+0,90
	50m: 54.84 54.84	150m: 3:02.13 1:04.46	250m: 5:12.25	1:05.34 350m: 7:23.32 1:04.97		
	100m: 1:57.67 1:02.83	200m: 4:06.91 1:04.78	300m: 6:18.35	1:06.10 400m: 8:24.59 1:01.27		

Masters 25+

1.	Linda Hoogendam	D'Eft WAVE (SG)	4:54.56	198300892	4:59.14	+0,82
	50m: 33.14 33.14	150m: 1:48.84 38.20	250m: 3:05.36	38.28 350m: 4:23.31 39.28		
	100m: 1:10.64 37.50	200m: 2:27.08 38.24	300m: 3:44.03	38.67 400m: 4:59.14 35.83		
2.	Marina Belousova	Sprut	5:36.96	018047	5:08.84 *	+1,01
	50m: 33.79 33.79	150m: 1:49.88 38.82	250m: 3:09.18	39.52 350m: 4:29.54 40.32		
	100m: 1:11.06 37.27	200m: 2:29.66 39.78	300m: 3:49.22	40.04 400m: 5:08.84 39.30		
3.	Emmy Soer	WS Twente	5:40.67	198503618	5:22.18	+0,98
	50m: 35.90 35.90	150m: 1:56.04 41.00	250m: 3:18.65	41.07 350m: 4:40.81 41.14		
	100m: 1:15.04 39.14	200m: 2:37.58 41.54	300m: 3:59.67	41.02 400m: 5:22.18 41.37		

Programmanr. 14, Dames, 400m vrije slag, Masters 25+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
4.	Channe Noort	DAW	5:26.07	198605032	5:24.10	+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	5:37.00	+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	5:36.71	+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	5:37.60	+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	5:52.22	+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	4:57.78	+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	5:14.84	+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	5:27.24 *	+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	5:50.24	+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	6:47.04	+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	4:54.91	+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	5:04.89	+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	5:10.22	+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	5:15.72	+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	5:33.29	+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	5:26.90	+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	6:06.00	+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		

Programmanr. 14, Dames, 400m vrije slag, Masters 45+

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

Masters 50+

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

Masters 55+

1.	Margriet Pasma	De Pinquin	6:02.25	195500088	5:59.37	+1,26
	50m: 40.38	150m: 2:10.51	250m: 3:43.35	46.35	350m: 5:15.57	45.64
	100m: 1:19.43	200m: 2:57.00	300m: 4:29.93	46.58	400m: 5:59.37	43.80
2.	Elly Kiestra-Broertjes	Zignea	6:38.73	195600100	6:36.99	* +1,12
	50m: 43.10	150m: 2:23.43	250m: 4:05.72	50.67	350m: 5:48.37	50.76
	100m: 1:32.33	200m: 3:15.05	300m: 4:57.61	51.89	400m: 6:36.99	48.62

Masters 60+

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

Masters 65+

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

Masters 75+

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