

Programmanr. 42
29-01-2012 - 15:29

Dames, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
Masters 20+						
1.	Stephanie Rombout <i>Nederlands Masters Record</i>	De Zeeuwse Kust (SG)	5:08.52	198803696	5:12.16	+0,82
	50m: 31.25 31.25 100m: 1:07.43 36.18	150m: 1:47.95 40.52 200m: 2:28.50 40.55	250m: 3:12.14 300m: 3:57.63	43.64 350m: 4:34.25 45.49 400m: 5:12.16	36.62 37.91	
2.	Yvon Versteeg	De Veene	5:10.50	199201864	5:17.20	+0,65
	50m: 33.04 33.04 100m: 1:13.05 40.01	150m: 1:54.84 41.79 200m: 2:36.94 42.10	250m: 3:20.40 300m: 4:04.60	43.46 350m: 4:41.75 44.20 400m: 5:17.20	37.15 35.45	
3.	Josje van Houwelingen	De Schelde	5:27.25	199001606	5:21.57	+0,91
	50m: 32.82 32.82 100m: 1:11.56 38.74	150m: 1:51.62 40.06 200m: 2:32.52 40.90	250m: 3:19.80 300m: 4:07.15	47.28 350m: 4:44.58 47.35 400m: 5:21.57	37.43 36.99	
4.	Maaïke Vooren	DAW	5:43.22	199103324	5:36.02 *	+0,54
	50m: 35.41 35.41 100m: 1:17.55 42.14	150m: 2:02.01 44.46 200m: 2:46.07 44.06	250m: 3:33.47 300m: 4:21.38	47.40 350m: 4:59.51 47.91 400m: 5:36.02	38.13 36.51	
5.	Sunanda van Heteren	De Geul	5:59.82	198901728	5:58.42	+0,85
	50m: 37.95 37.95 100m: 1:27.16 49.21	150m: 2:14.37 47.21 200m: 2:58.50 44.13	250m: 3:49.08 300m: 4:38.74	50.58 350m: 5:20.05 49.66 400m: 5:58.42	41.31 38.37	
6.	Eline Nijskens	Koewacht	5:54.05	198803194	6:15.65	+0,94
	50m: 39.83 39.83 100m: 1:26.81 46.98	150m: 2:16.81 50.00 200m: 3:06.60 49.79	250m: 3:56.06 300m: 4:46.73	49.46 350m: 5:31.51 50.67 400m: 6:15.65	44.78 44.14	
7.	Whitley Rens	De Schotejil	6:06.84	199007520	6:27.09	+0,86
	50m: 39.59 39.59 100m: 1:29.49 49.90	150m: 2:18.91 49.42 200m: 3:06.58 47.67	250m: 4:02.51 300m: 4:59.97	55.93 350m: 5:43.99 57.46 400m: 6:27.09	44.02 43.10	
Masters 25+						
1.	Nadya Putter	ZVVS	5:20.20	198301630	5:29.63	+0,88
	50m: 34.28 34.28 100m: 1:12.03 37.75	150m: 1:54.47 42.44 200m: 2:36.53 42.06	250m: 3:24.54 300m: 4:14.69	48.01 350m: 4:52.55 50.15 400m: 5:29.63	37.86 37.08	
2.	Esther Versteeg	Van Vliet-Barracuda	5:48.26	198302112	5:42.94	+0,93
	50m: 34.92 34.92 100m: 1:15.85 40.93	150m: 2:01.55 45.70 200m: 2:46.11 44.56	250m: 3:34.91 300m: 4:24.30	48.80 350m: 5:04.66 49.39 400m: 5:42.94	40.36 38.28	
3.	Linda Hoogendam	D'Eift WAVE (SG)	5:55.73	198300892	6:02.39	+0,79
	50m: 37.48 37.48 100m: 1:24.67 47.19	150m: 2:10.22 45.55 200m: 2:54.02 43.80	250m: 3:49.94 300m: 4:46.26	55.92 350m: 5:25.18 56.32 400m: 6:02.39	38.92 37.21	
4.	Liset de Veer	Aqua-Novio 94	6:32.27	198704190	6:04.08	+0,66
	50m: 38.14 38.14 100m: 1:24.04 45.90	150m: 2:09.75 45.71 200m: 2:55.30 45.55	250m: 3:48.02 300m: 4:41.23	52.72 350m: 5:23.13 53.21 400m: 6:04.08	41.90 40.95	
5.	Maaïke van Diggele	ZPB H&L Productions	6:07.28	198700868	6:28.29	+0,49
	50m: 36.80 36.80 100m: 1:24.25 47.45	150m: 2:13.16 48.91 200m: 3:00.94 47.78	250m: 3:56.18 300m: 4:53.16	55.24 350m: 5:40.64 56.98 400m: 6:28.29	47.48 47.65	
6.	Margriet Aan het Rot	Octopus	6:32.04	198603088	6:34.86	+0,98
	50m: 41.37 41.37 100m: 1:31.79 50.42	150m: 2:21.42 49.63 200m: 3:13.69 52.27	250m: 4:06.65 300m: 5:01.15	52.96 350m: 5:48.29 54.50 400m: 6:34.86	47.14 46.57	
Masters 30+						
1.	Roos van Esch	TRB-RES	5:38.02	198200468	5:38.94	+0,89
	50m: 35.58 35.58 100m: 1:15.75 40.17	150m: 1:58.38 42.63 200m: 2:40.19 41.81	250m: 3:32.05 300m: 4:21.82	51.86 350m: 5:00.69 49.77 400m: 5:38.94	38.87 38.25	
2.	Yvonne Gerritsen	WVZ	5:49.61	198000342	6:09.42 *	+0,52
	50m: 38.68 38.68 100m: 1:27.38 48.70	150m: 2:16.27 48.89 200m: 3:07.24 50.97	250m: 3:56.54 300m: 4:47.49	49.30 350m: 5:28.64 50.95 400m: 6:09.42	41.15 40.78	
3.	Kristel Lips	ZV De Bron	6:15.85	197900562	6:12.07	+0,95
	50m: 39.37 39.37 100m: 1:26.06 46.69	150m: 2:15.20 49.14 200m: 3:03.00 47.80	250m: 3:55.00 300m: 4:47.04	52.00 350m: 5:29.92 52.04 400m: 6:12.07	42.88 42.15	
DIS	Joana Carneiro	D'Eift WAVE (SG)	5:44.11	198202256	5:48.38 RG-0,88	
	50m: 35.21 35.21 100m: 1:14.73 39.52	150m: 2:00.67 45.94 200m: 2:47.04 46.37	250m: 3:36.96 300m: 4:26.43	49.92 350m: 5:07.83 49.47 400m: 5:48.38	41.40 40.55	

Programmanr. 42, Dames, 400m wisselslag

Masters 35+

1. Liselotte Joling	PSV	5:46.74	197500268	5:49.62	+0,67
50m: 39.27 39.27	150m: 2:08.91 44.43	250m: 3:40.71 46.94	350m: 5:11.10 41.47		
100m: 1:24.48 45.21	200m: 2:53.77 44.86	300m: 4:29.63 48.92	400m: 5:49.62 38.52		
2. Clementine van Bruxvoort	ZPB H&L Productions	7:29.28	197700138	7:43.37	+0,99
50m: 47.81 47.81	150m: 2:45.40 56.97	250m: 4:52.40 1:10.39	350m: 6:54.31 51.35		
100m: 1:48.43 1:00.62	200m: 3:42.01 56.61	300m: 6:02.96 1:10.56	400m: 7:43.37 49.06		

Masters 45+

1. Karin van den Heuvel	Old Dutch	6:29.04	196600188	6:26.85	+1,01
<i>Kampioenschaps Record</i>	150m: 2:23.89 54.02	250m: 4:07.03 50.36	350m: 5:43.84 44.88		
50m: 42.23 42.23	200m: 3:16.67 52.78	300m: 4:58.96 51.93	400m: 6:26.85 43.01		
100m: 1:29.87 47.64					
2. Hetty Smalheer	SCOM	6:44.32	196700352	6:52.24	+1,06
50m: 45.26 45.26	150m: 2:31.58 52.64	250m: 4:22.32 58.47	350m: 6:08.32 46.18		
100m: 1:38.94 53.68	200m: 3:23.85 52.27	300m: 5:22.14 59.82	400m: 6:52.24 43.92		

Masters 50+

1. Patty Verhagen	AquAmigos	6:21.21	195900146	6:24.50	+0,96
50m: 41.37 41.37	150m: 2:20.03 49.40	250m: 4:06.60 57.49	350m: 5:43.36 41.15		
100m: 1:30.63 49.26	200m: 3:09.11 49.08	300m: 5:02.21 55.61	400m: 6:24.50 41.14		
2. Nadine Vicenzi	CNSW	6:39.02	CNSW/451/61	6:54.14	+0,96
<i>BEL Masters Record</i>	150m: 2:31.70 51.62	250m: 4:22.94 57.30	350m: 6:07.79 48.80		
50m: 46.45 46.45	200m: 3:25.64 53.94	300m: 5:18.99 56.05	400m: 6:54.14 46.35		
100m: 1:40.08 53.63					
DIS Mathilde Vink	Swol 1894	6:24.25	195800128		AF
50m:	150m:	250m:	350m:		
100m:	200m:	300m:	400m:		

Masters 60+

1. Gonnje Bak	PSV	8:17.81	195100064	8:10.49	+0,98
50m: 1:00.03 1:00.03	150m: 3:14.35 1:09.23	250m: 5:18.69 1:01.76	350m: 7:16.41 56.83		
100m: 2:05.12 1:05.09	200m: 4:16.93 1:02.58	300m: 6:19.58 1:00.89	400m: 8:10.49 54.08		
2. Antoinette Gilding-Tussaud	WS Twente	8:10.47	195000038	8:21.82	+1,11
50m: 59.07 59.07	150m: 3:07.18 57.14	250m: 5:19.63 1:15.06	350m: 7:27.60 56.40		
100m: 2:10.04 1:10.97	200m: 4:04.57 57.39	300m: 6:31.20 1:11.57	400m: 8:21.82 54.22		

Masters 65+

1. Matty van der Veen	Old Dutch	8:13.74	194400020	8:34.28	+1,16
50m: 1:00.37 1:00.37	150m: 3:22.00 1:11.70	250m: 5:35.98 1:04.99	350m: 7:38.59 55.58		
100m: 2:10.30 1:09.93	200m: 4:30.99 1:08.99	300m: 6:43.01 1:07.03	400m: 8:34.28 55.69		

Masters 75+

1. Annie de Vos	Old Dutch	10:46.66	193400004	10:54.34	
50m: 1:32.54 1:32.54	150m: 4:37.80 1:12.74	250m: 7:14.86 1:26.40	350m: 9:48.74 1:06.43		
100m: 3:25.06 1:52.52	200m: 5:48.46 1:10.66	300m: 8:42.31 1:27.45	400m: 10:54.34 1:05.60		