

Programmanr. 15
05-05-2012 - 10:06

Dames, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
Masters 20+						
1.	Wendan Poelstra	HZ&PC Heerenveen	4:37.46	199102496	4:40.09	+0,71
	50m: 31.84	150m: 1:42.52	250m: 2:53.07	350m: 4:04.64	36.15	
	100m: 1:06.51	200m: 2:17.77	300m: 3:28.49	400m: 4:40.09	35.45	
2.	Malissa van der Horst	Zwemlust-den Hommel	4:31.80	199200810	4:41.42	+0,70
	50m: 30.76	150m: 1:41.06	250m: 2:53.01	350m: 4:05.64	36.33	
	100m: 1:05.33	200m: 2:16.68	300m: 3:29.31	400m: 4:41.42	35.78	
3.	Lisanne Andeweg	Zuiderzeewimmers	4:52.93	198800092	4:48.26	
	50m: 32.99	150m: 1:45.79	250m: 2:59.92	350m: 4:13.58	36.77	
	100m: 1:08.84	200m: 2:22.83	300m: 3:36.81	400m: 4:48.26	34.68	
4.	Desirée Emmen	De Warande	4:47.01	199204862	4:53.04	+0,68
	50m: 32.01	150m: 1:44.35	250m: 2:59.23	350m: 4:15.50	38.20	
	100m: 1:07.62	200m: 2:21.78	300m: 3:37.30	400m: 4:53.04	37.54	
5.	Nynke van der Steur	TriVia	4:35.37	199201690	4:57.07	+0,84
	50m: 32.32	150m: 1:45.68	250m: 3:00.94	350m: 4:18.43	38.91	
	100m: 1:08.62	200m: 2:23.64	300m: 3:39.52	400m: 4:57.07	38.64	
6.	Maike Vooren	DAW	4:58.00	199103324	5:03.33	+0,89
	50m: 34.70	150m: 1:50.40	250m: 3:07.55	350m: 4:25.34	38.75	
	100m: 1:11.94	200m: 2:28.85	300m: 3:46.59	400m: 5:03.33	37.99	
7.	Cynthia Grooteboer	SBC2000	5:17.25	198901462	5:09.42	+0,82
	50m: 35.43	150m: 1:54.23	250m: 3:13.90	350m: 4:32.29	39.29	
	100m: 1:14.36	200m: 2:33.73	300m: 3:53.00	400m: 5:09.42	37.13	
8.	Rosanne de Boer	LZ 1886	4:39.88	199104060	5:11.09	+0,77
	50m: 33.14	150m: 1:50.53	250m: 3:10.62	350m: 4:31.03	40.07	
	100m: 1:11.25	200m: 2:30.64	300m: 3:50.96	400m: 5:11.09	40.06	
9.	Wendy de Bruin	ZOB'66	4:58.12	199206320	5:12.12	+0,71
	50m: 34.94	150m: 1:53.03	250m: 3:14.24	350m: 4:34.07	39.63	
	100m: 1:13.23	200m: 2:33.32	300m: 3:54.44	400m: 5:12.12	38.05	
10.	Anita Scheper	TriVia	5:10.86	198803862	5:12.64	
	50m: 34.53	150m: 1:52.12	250m: 3:11.83	350m: 4:34.81	42.33	
	100m: 1:12.95	200m: 2:31.44	300m: 3:52.48	400m: 5:12.64	37.83	
11.	Irmgard van Weeghel	Noord Veluwe	5:02.71	199204834	5:22.09	+0,94
	50m: 36.32	150m: 1:56.56	250m: 3:19.00	350m: 4:42.07	41.26	
	100m: 1:15.78	200m: 2:38.00	300m: 4:00.81	400m: 5:22.09	40.02	
12.	Marloes Resink	Octopus	5:36.37	199003078	5:31.99	+1,06
	50m: 36.46	150m: 1:57.53	250m: 3:23.57	350m: 4:50.90	43.58	
	100m: 1:16.11	200m: 2:40.35	300m: 4:07.32	400m: 5:31.99	41.09	
13.	Jannie Janssen	HZPC	5:51.33	198902022	5:37.53	+0,87
	50m: 38.31	150m: 2:03.94	250m: 3:30.21	350m: 4:55.28	42.37	
	100m: 1:20.65	200m: 2:47.55	300m: 4:12.91	400m: 5:37.53	42.25	
14.	Tamara Hoogenboom	WZK Zwemmen	5:23.28	199001560	5:48.50	+0,93
	50m: 37.50	150m: 2:02.14	250m: 3:30.73	350m: 5:02.68	46.08	
	100m: 1:19.20	200m: 2:47.15	300m: 4:16.60	400m: 5:48.50	45.82	
15.	René Kleinveld	One Team Swimming	5:42.49	199001966	5:50.10	+0,64
	50m: 38.39	150m: 2:05.49	250m: 3:36.23	350m: 5:07.06	45.20	
	100m: 1:21.09	200m: 2:50.73	300m: 4:21.86	400m: 5:50.10	43.04	
16.	Liesbeth Bruinekoel	Zuiderzeewimmers	8:36.57	199007958	8:40.64	+0,92
	50m: 56.40	150m: 3:05.74	250m: 5:20.90	350m: 7:36.79	1:07.40	
	100m: 1:59.60	200m: 4:13.20	300m: 6:29.39	400m: 8:40.64	1:03.85	

Masters 25+

1.	Marlies Reinders <i>Nederlands Masters Record</i>	De Dinkel	4:32.00	198602976	4:33.97	+0,81
	50m: 30.88	150m: 1:40.77	250m: 2:49.89	350m: 3:59.50	34.80	
	100m: 1:05.49	200m: 2:15.46	300m: 3:24.70	400m: 4:33.97	34.47	
2.	Linda Hoogendam	D'Elft WAVE (SG)	5:07.04	198300892	5:13.64	+0,71
	50m: 34.79	150m: 1:56.06	250m: 3:18.21	350m: 4:37.40	39.57	
	100m: 1:14.71	200m: 2:37.40	300m: 3:57.83	400m: 5:13.64	36.24	

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

Splash Meet Manager 11, Build 18665

Registered to KNZB

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Programmanr. 15, Dames, 400m vrije slag, Masters 25+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
3.	Pauline Tieleman	De Geul	5:11.22	198403348	5:24.74	+0,85
	50m: 35.72 35.72	150m: 1:56.40 40.82	250m: 3:19.68 41.76	350m: 4:43.85 42.12		
	100m: 1:15.58 39.86	200m: 2:37.92 41.52	300m: 4:01.73 42.05	400m: 5:24.74 40.89		
4.	Marieke van der Vegt	ANKER TEAM GRONINGEN	5:03.12	198504026	5:26.80	+0,85
	50m: 34.63 34.63	150m: 1:55.22 40.94	250m: 3:19.96 42.44	350m: 4:45.18 42.41		
	100m: 1:14.28 39.65	200m: 2:37.52 42.30	300m: 4:02.77 42.81	400m: 5:26.80 41.62		
5.	Chantal Enkoroma Coffie	DES	5:15.49	198701142	5:29.31	+0,82
	50m: 35.70 35.70	150m: 1:57.73 41.62	250m: 3:22.12 42.43	350m: 4:48.05 43.15		
	100m: 1:16.11 40.41	200m: 2:39.69 41.96	300m: 4:04.90 42.78	400m: 5:29.31 41.26		
6.	Sandra Schellekens	Neptunus'58	5:17.29	198503416	5:32.73	+0,82
	50m: 36.54 36.54	150m: 2:00.97 42.46	250m: 3:26.26 42.34	350m: 4:51.97 42.71		
	100m: 1:18.51 41.97	200m: 2:43.92 42.95	300m: 4:09.26 43.00	400m: 5:32.73 40.76		
7.	Rebecca Gentek	Upstream Amsterdam	5:28.73	198504034	5:35.29	+0,85
	50m: 36.63 36.63	150m: 2:00.84 41.91	250m: 3:25.68 42.16	350m: 4:52.42 43.01		
	100m: 1:18.93 42.30	200m: 2:43.52 42.68	300m: 4:09.41 43.73	400m: 5:35.29 42.87		
8.	Ramona Linting	HoogenboomTours/BZ&PC	5:11.57	198301274	5:39.52	+0,83
	50m: 36.83 36.83	150m: 2:00.86 42.65	250m: 3:26.13 42.58	350m: 4:57.19 45.64		
	100m: 1:18.21 41.38	200m: 2:43.55 42.69	300m: 4:11.55 45.42	400m: 5:39.52 42.33		
9.	Channe Noort	DAW	5:35.10	198605032	5:40.99	+0,81
	50m: 35.88 35.88	150m: 1:59.31 42.36	250m: 3:28.24 44.69	350m: 4:56.61 43.97		
	100m: 1:16.95 41.07	200m: 2:43.55 44.24	300m: 4:12.64 44.40	400m: 5:40.99 44.38		
10.	Petra Wolsing	De Futen	5:18.02	198402796	5:51.02	+0,87
	50m: 36.79 36.79	150m: 2:03.41 44.39	250m: 3:33.99 45.33	350m: 5:06.40 46.28		
	100m: 1:19.02 42.23	200m: 2:48.66 45.25	300m: 4:20.12 46.13	400m: 5:51.02 44.62		
11.	Miriam Geuskens	NDD	5:32.39	198300660	5:51.76	+0,79
	50m: 38.23 38.23	150m: 2:04.89 44.16	250m: 3:35.33 45.27	350m: 5:07.44 46.06		
	100m: 1:20.73 42.50	200m: 2:50.06 45.17	300m: 4:21.38 46.05	400m: 5:51.76 44.32		
12.	Fenke Legerstee	SCOM	6:15.54	198501856	6:01.28	
	50m: 36.92 36.92	150m: 2:05.76 45.83	250m: 3:39.25 47.12	350m: 5:13.91 47.57		
	100m: 1:19.93 43.01	200m: 2:52.13 46.37	300m: 4:26.34 47.09	400m: 6:01.28 47.37		
13.	Liesbeth van Mill	DWK	5:54.64	198702786	6:09.46	+0,93
	50m: 39.69 39.69	150m: 2:10.38 46.19	250m: 3:44.96 47.40	350m: 5:22.54 48.83		
	100m: 1:24.19 44.50	200m: 2:57.56 47.18	300m: 4:33.71 48.75	400m: 6:09.46 46.92		

Masters 30+

1.	Ann Wanter	Orca	4:45.43	198202386	4:46.31	+0,79
	<i>Kampioenschaps Record</i>					
	50m: 32.97 32.97	150m: 1:44.60 36.23	250m: 2:57.14 36.13	350m: 4:10.54 36.43		
	100m: 1:08.37 35.40	200m: 2:21.01 36.41	300m: 3:34.11 36.97	400m: 4:46.31 35.77		
2.	Josée Robert	SF Olympique Courbevoie	5:23.37	1507801	5:21.51	+0,84
	50m: 36.28 36.28	150m: 1:56.90 41.02	250m: 3:19.14 41.05	350m: 4:41.22 40.82		
	100m: 1:15.88 39.60	200m: 2:38.09 41.19	300m: 4:00.40 41.26	400m: 5:21.51 40.29		
3.	Anke Lambooy	AZL	4:51.73	198001182	5:28.80	+0,82
	50m: 34.25 34.25	150m: 1:54.98 41.51	250m: 3:20.28 42.47	350m: 4:46.86 42.95		
	100m: 1:13.47 39.22	200m: 2:37.81 42.83	300m: 4:03.91 43.63	400m: 5:28.80 41.94		
4.	Yvonne Gerritsen	WVZ	5:11.60	198000342	5:32.30	+0,89
	50m: 36.32 36.32	150m: 1:59.75 42.06	250m: 3:25.61 43.36	350m: 4:51.41 42.62		
	100m: 1:17.69 41.37	200m: 2:42.25 42.50	300m: 4:08.79 43.18	400m: 5:32.30 40.89		
5.	Andrea van Leeuwen	De Zijl/LGB	5:19.48	198100904	5:41.04	+0,92
	50m: 38.19 38.19	150m: 2:04.40 43.33	250m: 3:31.63 43.36	350m: 4:58.72 42.93		
	100m: 1:21.07 42.88	200m: 2:48.27 43.87	300m: 4:15.79 44.16	400m: 5:41.04 42.32		
6.	Lizette van der Vegt	ANKER TEAM GRONINGEN	5:35.43	197901440	5:43.28	+0,99
	50m: 36.91 36.91	150m: 2:02.18 43.90	250m: 3:32.05 45.18	350m: 5:00.40 44.55		
	100m: 1:18.28 41.37	200m: 2:46.87 44.69	300m: 4:15.85 43.80	400m: 5:43.28 42.88		
7.	Rianne van Vegchelen	Deltasteur	6:33.79	198101530	6:45.63	+1,12
	50m: 41.97 41.97	150m: 2:21.10 50.53	250m: 4:06.28 52.75	350m: 5:53.45 52.36		
	100m: 1:30.57 48.60	200m: 3:13.53 52.43	300m: 5:01.09 54.81	400m: 6:45.63 52.18		

Programmanr. 15, Dames, 400m vrije slag

Masters 35+

1.	Liselotte Joling	PSV	5:10.56	197500268	5:05.77	+0,90
	50m: 33.98 33.98	150m: 1:52.51 39.62	250m: 3:11.38 38.54	350m: 4:29.62 38.68		
	100m: 1:12.89 38.91	200m: 2:32.84 40.33	300m: 3:50.94 39.56	400m: 5:05.77 36.15		
2.	Melanie Kuiper	Zignea	5:21.07	197600350	5:19.67	+0,83
	50m: 35.74 35.74	150m: 1:55.29 40.37	250m: 3:17.21 41.12	350m: 4:40.28 41.38		
	100m: 1:14.92 39.18	200m: 2:36.09 40.80	300m: 3:58.90 41.69	400m: 5:19.67 39.39		
3.	Aida Ponce del Castillo	CNSW	5:16.43	CNSW/358/74	5:19.82	+1,01
	50m: 36.09 36.09	150m: 1:56.02 39.95	250m: 3:17.68 40.29	350m: 4:39.37 40.40		
	100m: 1:16.07 39.98	200m: 2:37.39 41.37	300m: 3:58.97 41.29	400m: 5:19.82 40.45		
4.	Petra Guijt	Aqua-Novio'94	5:36.26	197600978	5:28.36	+0,93
	50m: 35.42 35.42	150m: 1:55.93 41.32	250m: 3:20.52 42.14	350m: 4:46.72 42.70		
	100m: 1:14.61 39.19	200m: 2:38.38 42.45	300m: 4:04.02 43.50	400m: 5:28.36 41.64		
5.	Eva Monika Kezsmarki	Sprint Fortuna SC	5:28.50	77Kez	5:36.14	+0,81
	50m: 38.21 38.21	150m: 2:02.15 42.86	250m: 3:28.32 43.25	350m: 4:55.60 43.39		
	100m: 1:19.29 41.08	200m: 2:45.07 42.92	300m: 4:12.21 43.89	400m: 5:36.14 40.54		
6.	Jacqueline de Ruiter-Wijnolst	WIDEX GZC DONK	5:29.88	197400446	5:36.59	
	50m: 35.58 35.58	150m: 2:00.25 43.50	250m: 3:27.92 44.09	350m: 4:55.88 43.77		
	100m: 1:16.75 41.17	200m: 2:43.83 43.58	300m: 4:12.11 44.19	400m: 5:36.59 40.71		
7.	Marian Nederlof	DWF	5:48.07	197600950	6:01.16	+0,75
	50m: 39.77 39.77	150m: 2:10.08 45.73	250m: 3:42.71 46.17	350m: 5:15.53 45.96		
	100m: 1:24.35 44.58	200m: 2:56.54 46.46	300m: 4:29.57 46.86	400m: 6:01.16 45.63		
8.	Ingrid Versteegen	DBD	6:26.29	197300770	6:27.45	+0,89
	50m: 42.64 42.64	150m: 2:19.60 49.17	250m: 3:59.33 50.48	350m: 5:40.54 50.58		
	100m: 1:30.43 47.79	200m: 3:08.85 49.25	300m: 4:49.96 50.63	400m: 6:27.45 46.91		
9.	Clementine van Bruxvoort	ZPB H&L Productions	6:34.78	197700138	7:06.15	+0,92
	50m: 45.58 45.58	150m: 2:33.46 55.11	250m: 4:23.73 55.17	350m: 6:14.64 55.40		
	100m: 1:38.35 52.77	200m: 3:28.56 55.10	300m: 5:19.24 55.51	400m: 7:06.15 51.51		
AFGEM	Gerda Eling	AZ&PC	7:33.15	197300820		

Masters 40+

1.	Grith Sigsgaard <i>Nederlands Masters Record</i>	Zwemlust-den Hommel	4:51.51	197200772	4:49.48	+0,87
	50m: 33.06 33.06	150m: 1:45.59 36.57	250m: 2:58.56 36.49	350m: 4:13.56 37.62		
	100m: 1:09.02 35.96	200m: 2:22.07 36.48	300m: 3:35.94 37.38	400m: 4:49.48 35.92		
2.	Karin Stein	ZVVS	4:56.66	197100554	4:59.92	+0,82
	50m: 35.30 35.30	150m: 1:50.63 37.96	250m: 3:06.63 37.81	350m: 4:23.06 38.49		
	100m: 1:12.67 37.37	200m: 2:28.82 38.19	300m: 3:44.57 37.94	400m: 4:59.92 36.86		
3.	Heidi van Stein	LZ 1886	5:04.89	196900864	5:06.25	+0,87
	50m: 33.30 33.30	150m: 1:50.21 39.01	250m: 3:09.31 39.49	350m: 4:28.45 39.19		
	100m: 1:11.20 37.90	200m: 2:29.82 39.61	300m: 3:49.26 39.95	400m: 5:06.25 37.80		
4.	Annette de Visser	Oceanus	5:15.24	197100602	5:23.27	+0,87
	50m: 35.83 35.83	150m: 1:56.85 41.17	250m: 3:20.16 41.26	350m: 4:43.14 41.09		
	100m: 1:15.68 39.85	200m: 2:38.90 42.05	300m: 4:02.05 41.89	400m: 5:23.27 40.13		
5.	Anita Smits	DIO	5:01.40	196900522	5:27.48	+0,80
	50m: 35.57 35.57	150m: 1:57.43 41.86	250m: 3:22.27 42.53	350m: 4:46.87 42.09		
	100m: 1:15.57 40.00	200m: 2:39.74 42.31	300m: 4:04.78 42.51	400m: 5:27.48 40.61		
6.	Anja Reinhard	PLONS	5:49.46	197000818	5:45.60	+0,70
	50m: 38.62 38.62	150m: 2:04.92 43.53	250m: 3:34.07 45.04	350m: 5:03.42 44.37		
	100m: 1:21.39 42.77	200m: 2:49.03 44.11	300m: 4:19.05 44.98	400m: 5:45.60 42.18		
7.	Nathalie Rousselle	Embourg	6:00.24	EMBOU/431/68	5:52.28	+0,90
	50m: 38.34 38.34	150m: 2:05.92 44.72	250m: 3:37.55 46.01	350m: 5:08.96 45.77		
	100m: 1:21.20 42.86	200m: 2:51.54 45.62	300m: 4:23.19 45.64	400m: 5:52.28 43.32		
8.	Nicole Vrijhoeven	PSV	5:49.18	196900834	5:55.71	
	50m: 40.59 40.59	150m: 2:09.88 45.50	250m: 3:41.02 45.83	350m: 5:11.91 45.55		
	100m: 1:24.38 43.79	200m: 2:55.19 45.31	300m: 4:26.36 45.34	400m: 5:55.71 43.80		
9.	Esther Mijnen	WZ&PC Purmerend	6:02.54	196900846	6:02.56	+0,89
	50m: 38.07 38.07	150m: 2:09.05 46.18	250m: 3:43.73 46.94	350m: 5:17.58 46.30		
	100m: 1:22.87 44.80	200m: 2:56.79 47.74	300m: 4:31.28 47.55	400m: 6:02.56 44.98		
10.	Sabine Delaere	Royal DM	5:58.98	DM/554/69	6:03.17	+0,96
	50m: 39.40 39.40	150m: 2:09.90 45.75	250m: 3:43.13 46.51	350m: 5:16.90 46.55		
	100m: 1:24.15 44.75	200m: 2:56.62 46.72	300m: 4:30.35 47.22	400m: 6:03.17 46.27		

Programmanr. 15, Dames, 400m vrije slag, Masters 40+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
11.	Béatrice Pirotte	Embourg	6:58.31	EMBOU/458/72	6:43.49	+0,95
	50m: 42.36 42.36	150m: 2:25.42 52.82	250m: 4:11.44 52.34	350m: 5:55.56 51.07		
	100m: 1:32.60 50.24	200m: 3:19.10 53.68	300m: 5:04.49 53.05	400m: 6:43.49 47.93		
12.	Ymke Snellen van Vollenhoven	PSV	7:02.57	196800836	6:49.83	+1,21
	50m: 43.84 43.84	150m: 2:27.56 54.00	250m: 4:15.41 54.06	350m: 6:02.18 53.70		
	100m: 1:33.56 49.72	200m: 3:21.35 53.79	300m: 5:08.48 53.07	400m: 6:49.83 47.65		
13.	Nelly Sion	CHTHN	7:28.60	CHTHN/404/69	7:16.91	+1,12
	50m: 46.44 46.44	150m: 2:33.38 56.28	250m: 4:26.97 56.76	350m: 6:21.26 57.19		
	100m: 1:37.10 50.66	200m: 3:30.21 56.83	300m: 5:24.07 57.10	400m: 7:16.91 55.65		

Masters 45+

1.	Kristin Van Cauteren	LZV	5:12.52	LZV/009/64	5:21.60	+0,88
	50m: 36.48 36.48	150m: 1:58.49 41.30	250m: 3:21.01 41.21	350m: 4:42.47 40.74		
	100m: 1:17.19 40.71	200m: 2:39.80 41.31	300m: 4:01.73 40.72	400m: 5:21.60 39.13		
2.	Laura Staal	Oceanus	5:22.98	196700358	5:22.50	+0,90
	50m: 35.50 35.50	150m: 1:56.80 41.48	250m: 3:19.92 41.37	350m: 4:43.05 41.46		
	100m: 1:15.32 39.82	200m: 2:38.55 41.75	300m: 4:01.59 41.67	400m: 5:22.50 39.45		
3.	Jacqueline Rolloos-Bakker	De Lansingh	5:20.88	196300222	5:34.77	+1,00
	50m: 37.52 37.52	150m: 2:02.88 42.97	250m: 3:28.76 43.20	350m: 4:54.52 42.49		
	100m: 1:19.91 42.39	200m: 2:45.56 42.68	300m: 4:12.03 43.27	400m: 5:34.77 40.25		
4.	Ramune Ivanauskaitė	Takas	5:55.79	64lva	6:08.55	+0,92
	50m: 40.52 40.52	150m: 2:11.45 46.11	250m: 3:45.84 47.33	350m: 5:22.18 48.62		
	100m: 1:25.34 44.82	200m: 2:58.51 47.06	300m: 4:33.56 47.72	400m: 6:08.55 46.37		
5.	Olivia Guardino	ASL Janville Lardy	8:24.08	1178371	8:23.71	+1,04
	50m: 55.78 55.78	150m: 3:03.21 1:04.57	250m: 5:15.37 1:05.55	350m: 7:25.63 1:03.27		
	100m: 1:58.64 1:02.86	200m: 4:09.82 1:06.61	300m: 6:22.36 1:06.99	400m: 8:23.71 58.08		

Masters 50+

1.	Patty Verhagen	PSV	5:23.72	195900146	5:29.75	+0,92
	50m: 38.25 38.25	150m: 2:00.56 41.51	250m: 3:24.58 41.88	350m: 4:48.76 41.94		
	100m: 1:19.05 40.80	200m: 2:42.70 42.14	300m: 4:06.82 42.24	400m: 5:29.75 40.99		
2.	Margriet Grove-Lingeman	Oceanus	5:37.55	196200080	5:45.87	+0,85
	50m: 37.90 37.90	150m: 2:04.35 43.55	250m: 3:32.84 44.00	350m: 5:02.21 44.60		
	100m: 1:20.80 42.90	200m: 2:48.84 44.49	300m: 4:17.61 44.77	400m: 5:45.87 43.66		
3.	Francine Sommer	Triton	5:57.75	196200384	5:49.59	+0,84
	50m: 37.81 37.81	150m: 2:04.78 45.15	250m: 3:35.45 45.76	350m: 5:06.55 45.82		
	100m: 1:19.63 41.82	200m: 2:49.69 44.91	300m: 4:20.73 45.28	400m: 5:49.59 43.04		
4.	Jennie Resink-Lindeboom	DWK	6:52.00	196000142	6:49.17	+1,07
	50m: 44.54 44.54	150m: 2:27.68 53.03	250m: 4:15.00 53.58	350m: 6:01.18 52.90		
	100m: 1:34.65 50.11	200m: 3:21.42 53.74	300m: 5:08.28 53.28	400m: 6:49.17 47.99		
5.	Pia van der Molen	HZ&PC Heerenveen	6:26.01	196000116	6:50.79	+0,99
	50m: 42.78 42.78	150m: 2:23.73 51.90	250m: 4:10.42 53.49	350m: 5:57.88 53.70		
	100m: 1:31.83 49.05	200m: 3:16.93 53.20	300m: 5:04.18 53.76	400m: 6:50.79 52.91		
6.	Fabienne Demoor	ASL Janville Lardy	7:12.81	542895	6:54.76	+0,93
	50m: 44.93 44.93	150m: 2:28.13 52.77	250m: 4:15.05 53.18	350m: 6:02.60 53.23		
	100m: 1:35.36 50.43	200m: 3:21.87 53.74	300m: 5:09.37 54.32	400m: 6:54.76 52.16		
7.	Jacqueline Brouwer	ZV De Bron	7:22.61	196100296	7:26.04	+0,91
	50m: 47.03 47.03	150m: 2:35.07 56.45	250m: 4:30.98 57.15	350m: 6:30.49 59.83		
	100m: 1:38.62 51.59	200m: 3:33.83 58.76	300m: 5:30.66 59.68	400m: 7:26.04 55.55		

Masters 55+

1.	Margriet Pasma	De Pinquin	5:59.37	195500088	6:05.59	+0,91
	50m: 40.35 40.35	150m: 2:11.92 46.10	250m: 3:46.57 47.24	350m: 5:20.76 46.40		
	100m: 1:25.82 45.47	200m: 2:59.33 47.41	300m: 4:34.36 47.79	400m: 6:05.59 44.83		

Programmanr. 15, Dames, 400m vrije slag

Masters 60+

1.	Conny Boer-Buys	ZVVS	5:35.35	195000006	5:50.46	+0,89
	50m: 38.44	38.44	150m: 2:07.43	45.66	350m: 5:09.68	43.99
	100m: 1:22.01	43.57	200m: 2:53.57	46.14	400m: 5:50.46	40.78
2.	Ineke Meijer	HZ&PC Heerenveen	6:49.06	195200034	7:04.38	+0,92
	50m: 47.77	47.77	150m: 2:35.19	53.81	350m: 6:13.08	53.74
	100m: 1:41.38	53.61	200m: 3:30.20	55.01	400m: 7:04.38	51.30
3.	Tineke van Diggelen	Oceanus	7:41.12	195200048	7:36.09	+0,95
	50m: 49.64	49.64	150m: 2:42.37	57.52	350m: 6:38.45	59.07
	100m: 1:44.85	55.21	200m: 3:41.25	58.88	400m: 7:36.09	57.64
4.	Gonnie Bak	PSV	7:40.81	195100064	7:38.32	+0,91
	50m: 50.39	50.39	150m: 2:48.02	58.95	350m: 6:44.98	58.88
	100m: 1:49.07	58.68	200m: 3:47.62	59.60	400m: 7:38.32	53.34

Masters 65+

1.	Annie Smits	PSV	7:28.77	194600016	7:06.82	+1,32
	50m: 48.18	48.18	150m: 2:37.63	55.12	350m: 6:15.35	54.27
	100m: 1:42.51	54.33	200m: 3:32.66	55.03	400m: 7:06.82	51.47
2.	Matty van der Veen	Old Dutch	7:17.07	194400020	7:15.78	
	50m: 48.73	48.73	150m: 2:36.53	55.31	350m: 6:20.09	55.91
	100m: 1:41.22	52.49	200m: 3:31.59	55.06	400m: 7:15.78	55.69

Masters 70+

1.	Liesbeth ter Laak	PSV	11:26.87	194200008	11:49.24	+1,39
	50m: 1:14.16	1:14.16	150m: 4:13.66	1:29.27	350m: 10:21.77	1:31.84
	100m: 2:44.39	1:30.23	200m: 5:46.89	1:33.23	400m: 11:49.24	1:27.47

Masters 75+

1.	Annie de Vos	Old Dutch	8:50.17	193400004	9:19.26	
	50m: 1:00.44	1:00.44	150m: 3:21.20	1:11.07	350m: 8:09.30	1:11.77
	100m: 2:10.13	1:09.69	200m: 4:33.24	1:12.04	400m: 9:19.26	1:09.96
2.	Bep van Riessen	Aquapoldro	9:11.13	193700006	9:31.97	+1,37
	50m: 1:00.75	1:00.75	150m: 3:26.32	1:13.77	350m: 8:23.55	1:14.32
	100m: 2:12.55	1:11.80	200m: 4:41.54	1:15.22	400m: 9:31.97	1:08.42

Masters 80+

1.	Ati Derkse - den Boer	Aquapoldro	11:08.96	192900002	11:12.13	
	50m: 1:19.65	1:19.65	150m: 4:12.52	1:25.61	350m: 9:49.64	1:22.56
	100m: 2:46.91	1:27.26	200m: 5:38.47	1:25.95	400m: 11:12.13	1:22.49