

Programmanr. 16
04-05-2013 - 9:00

Dames, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
Masters 20+						
1.	Maaïke Vooren	DAW	5:00.41	199103324	4:52.74	+0,87
	50m: 33.17	33.17	150m: 1:46.90	37.35	250m: 3:01.39	37.04
	100m: 1:09.55	36.38	200m: 2:24.35	37.45	300m: 3:38.67	37.28
					350m: 4:16.31	37.64
					400m: 4:52.74	36.43
2.	Désirée Emmen	De Warande	4:47.01	199204862	4:57.28	+0,71
	50m: 31.72	31.72	150m: 1:44.02	36.86	250m: 3:00.34	38.57
	100m: 1:07.16	35.44	200m: 2:21.77	37.75	300m: 3:39.47	39.13
					350m: 4:18.91	39.44
					400m: 4:57.28	38.37
3.	Rebecca Vroomen	Eurode KZC	4:52.31	199301772	5:02.30	+0,83
	50m: 33.42	33.42	150m: 1:50.61	39.21	250m: 3:08.45	38.73
	100m: 1:11.40	37.98	200m: 2:29.72	39.11	300m: 3:47.43	38.98
					350m: 4:25.79	38.36
					400m: 5:02.30	36.51
4.	Sigrit Aarten	Deltasteur	4:49.03	199302868	5:07.22	
	50m: 33.51	33.51	150m: 1:50.10	39.17	250m: 3:09.65	40.05
	100m: 1:10.93	37.42	200m: 2:29.60	39.50	300m: 3:49.72	40.07
					350m: 4:28.79	39.07
					400m: 5:07.22	38.43
5.	Anne Duijst	De Amer	5:05.75	198901030	5:11.77	+0,92
	50m: 34.21	34.21	150m: 1:51.13	39.30	250m: 3:12.06	40.64
	100m: 1:11.83	37.62	200m: 2:31.42	40.29	300m: 3:52.68	40.62
					350m: 4:32.87	40.19
					400m: 5:11.77	38.90
6.	Wendy de Bruin	ZOB'66	4:55.40	199206320	5:12.18	+0,68
	50m: 34.78	34.78	150m: 1:52.50	39.73	250m: 3:13.02	40.65
	100m: 1:12.77	37.99	200m: 2:32.37	39.87	300m: 3:53.35	40.33
					350m: 4:33.38	40.03
					400m: 5:12.18	38.80
7.	Lenja Witlox	Olympia	5:03.11	199202004	5:17.39	
	50m: 34.10	34.10	150m: 1:50.97	39.22	250m: 3:13.41	41.46
	100m: 1:11.75	37.65	200m: 2:31.95	40.98	300m: 3:54.75	41.34
					350m: 4:37.30	42.55
					400m: 5:17.39	40.09
8.	Melissa de Zeeuw	WVZ	4:54.71	199305674	5:21.29	+0,80
	50m: 36.40	36.40	150m: 1:56.20	39.48	250m: 3:18.09	40.79
	100m: 1:16.72	40.32	200m: 2:37.30	41.10	300m: 3:59.51	41.42
					350m: 4:41.13	41.62
					400m: 5:21.29	40.16
9.	Pascalie Rovers	ZV De Bron	5:27.31	199301064	5:22.68	+0,77
	50m: 33.52	33.52	150m: 1:52.73	40.80	250m: 3:15.79	41.42
	100m: 1:11.93	38.41	200m: 2:34.37	41.64	300m: 3:59.20	43.41
					350m: 4:41.50	42.30
					400m: 5:22.68	41.18
10.	Irmgard van Weeghel	Octopus	5:22.09	199204834	5:29.72	+0,74
	50m: 35.28	35.28	150m: 1:56.79	41.16	250m: 3:21.73	42.12
	100m: 1:15.63	40.35	200m: 2:39.61	42.82	300m: 4:05.44	43.71
					350m: 4:48.10	42.66
					400m: 5:29.72	41.62
11.	Jannie Janssen	HZPC	5:21.39	198902022	5:35.75	+0,84
	50m: 37.21	37.21	150m: 2:00.78	42.11	250m: 3:27.59	42.78
	100m: 1:18.67	41.46	200m: 2:44.81	44.03	300m: 4:11.71	44.12
					350m: 4:54.27	42.56
					400m: 5:35.75	41.48
12.	Pauline Magnée	De Warande	6:14.32	199205434	6:17.96	+0,73
	50m: 40.31	40.31	150m: 2:12.29	47.14	250m: 3:50.51	49.32
	100m: 1:25.15	44.84	200m: 3:01.19	48.90	300m: 4:40.50	49.99
					350m: 5:30.69	50.19
					400m: 6:17.96	47.27
13.	Claudia Creemers	De Roersoppers	6:16.73	199202864	6:41.58	+0,77
	50m: 41.80	41.80	150m: 2:20.75	51.10	250m: 4:06.35	53.45
	100m: 1:29.65	47.85	200m: 3:12.90	52.15	300m: 4:59.54	53.19
					350m: 5:52.78	53.24
					400m: 6:41.58	48.80
14.	Liesbeth Bruinekoel	Zuiderzeezwemmers	8:36.57	199007958	8:49.69	+0,84
	50m: 57.20	57.20	150m: 3:12.63	1:08.89	250m: 5:31.30	1:09.91
	100m: 2:03.74	1:06.54	200m: 4:21.39	1:08.76	300m: 6:39.57	1:08.27
					350m: 7:47.05	1:07.48
					400m: 8:49.69	1:02.64

Masters 25+

1.	Marlies Reinders	De Dinkel	4:32.00	198602976	4:41.81	+0,79
	50m: 31.47	31.47	150m: 1:43.04	36.19	250m: 2:55.23	35.73
	100m: 1:06.85	35.38	200m: 2:19.50	36.46	300m: 3:31.24	36.01
					350m: 4:06.73	35.49
					400m: 4:41.81	35.08
2.	Lisanne Andeweg	Zuiderzeezwemmers	4:48.26	198800092	4:45.07	+0,84
	50m: 32.27	32.27	150m: 1:44.00	36.22	250m: 2:57.38	36.56
	100m: 1:07.78	35.51	200m: 2:20.82	36.82	300m: 3:34.01	36.63
					350m: 4:10.15	36.14
					400m: 4:45.07	34.92
3.	Ann Van Beylen	RSCM	5:01.48	RSCM/264/84	5:00.41	+0,82
	50m: 33.87	33.87	150m: 1:49.22	37.96	250m: 3:05.48	38.46
	100m: 1:11.26	37.39	200m: 2:27.02	37.80	300m: 3:44.30	38.82
					350m: 4:23.04	38.74
					400m: 5:00.41	37.37
4.	Pauline Tieleman	De Geul	5:04.05	198403348	5:13.96	+0,81
	50m: 34.69	34.69	150m: 1:52.78	39.24	250m: 3:12.73	40.06
	100m: 1:13.54	38.85	200m: 2:32.67	39.89	300m: 3:53.38	40.65
					350m: 4:33.85	40.47
					400m: 5:13.96	40.11

Programmanr. 16, Dames, 400m vrije slag, Masters 25+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
5.	Tine Soetewey	MZVA	5:21.59	MZVA/293/86	5:27.71	+0,84
	50m: 35.49	150m: 1:58.02	250m: 3:22.92	350m: 4:47.85	42.38	
	100m: 1:15.80	200m: 2:40.54	300m: 4:05.47	400m: 5:27.71	39.86	
6.	Céline Saver	Club Nautique Croix	5:26.79	204299	5:28.01	+0,84
	50m: 36.98	150m: 1:58.23	250m: 3:22.89	350m: 4:48.68	42.99	
	100m: 1:16.47	200m: 2:40.14	300m: 4:05.69	400m: 5:28.01	39.33	
7.	Marjan van der Star	WS Twente	5:30.24	198403192	5:29.09	+0,83
	50m: 34.47	150m: 1:54.72	250m: 3:20.49	350m: 4:47.53	43.33	
	100m: 1:13.56	200m: 2:37.60	300m: 4:04.20	400m: 5:29.09	41.56	
8.	Sandra Schellekens	Neptunus'58	5:28.23	198503416	5:36.92	+0,83
	50m: 36.52	150m: 2:00.86	250m: 3:28.73	350m: 4:56.24	43.42	
	100m: 1:17.65	200m: 2:44.52	300m: 4:12.82	400m: 5:36.92	40.68	
9.	Yvette Nota - Peters	De Spatters	5:50.63	198703158	5:39.66	+0,88
	50m: 37.55	150m: 2:04.63	250m: 3:32.92	350m: 4:59.05	42.93	
	100m: 1:20.42	200m: 2:48.64	300m: 4:16.12	400m: 5:39.66	40.61	
10.	Channe Noort	DAW	5:21.39	198605032	5:41.05	+0,79
	50m: 35.96	150m: 1:59.04	250m: 3:27.57	350m: 4:57.61	45.13	
	100m: 1:16.23	200m: 2:42.90	300m: 4:12.48	400m: 5:41.05	43.44	
11.	Karin Hovenkamp	De Spatters	5:50.04	198701850	5:41.76	+0,79
	50m: 37.87	150m: 2:04.90	250m: 3:34.48	350m: 5:02.09	42.86	
	100m: 1:21.05	200m: 2:49.95	300m: 4:19.23	400m: 5:41.76	39.67	
12.	Liesbeth van Mill	DWK	5:38.73	198702786	5:56.61	+0,86
	50m: 39.05	150m: 2:08.02	250m: 3:39.41	350m: 5:11.89	45.56	
	100m: 1:23.38	200m: 2:54.21	300m: 4:26.33	400m: 5:56.61	44.72	
13.	Karin van Leersum	Piranha	5:44.66	198802658	6:02.54	+0,83
	50m: 40.26	150m: 2:11.65	250m: 3:45.59	350m: 5:18.48	46.14	
	100m: 1:25.10	200m: 2:58.57	300m: 4:32.34	400m: 6:02.54	44.06	
14.	Renske Eilers	De Amer	5:44.85	198806072	6:07.62	+0,80
	50m: 38.74	150m: 2:09.49	250m: 3:44.09	350m: 5:20.77	49.18	
	100m: 1:23.30	200m: 2:56.54	300m: 4:31.59	400m: 6:07.62	46.85	
15.	Angélique Rotteveel	Aquapoldro	6:22.92	198402090	6:29.76	+0,99
	50m: 42.54	150m: 2:21.07	250m: 4:01.96	350m: 5:41.25	50.25	
	100m: 1:30.46	200m: 3:10.51	300m: 4:51.00	400m: 6:29.76	48.51	
16.	Marloes Rebel	WS Twente	7:16.82	198403474	7:08.54	+0,98
	50m: 48.90	150m: 2:36.12	250m: 4:26.66	350m: 6:17.52	55.18	
	100m: 1:41.83	200m: 3:31.54	300m: 5:22.34	400m: 7:08.54	51.02	

Masters 30+

1.	Bianca Cox	PSV	5:06.93	198000214	5:09.01	+0,91
	50m: 34.50	150m: 1:52.31	250m: 3:11.62	350m: 4:30.99	39.54	
	100m: 1:13.12	200m: 2:32.03	300m: 3:51.45	400m: 5:09.01	38.02	
2.	Stephanie Vaernewyck	MEGA	5:10.58	MEGA/352/83	5:11.25	+0,90
	50m: 35.64	150m: 1:52.99	250m: 3:12.38	350m: 4:32.51	40.52	
	100m: 1:13.45	200m: 2:32.27	300m: 3:51.99	400m: 5:11.25	38.74	
3.	Roos van Esch	TRB-RES	5:16.31	198200468	5:16.41	+0,83
	50m: 37.47	150m: 1:57.46	250m: 3:17.40	350m: 4:37.56	40.29	
	100m: 1:17.28	200m: 2:37.43	300m: 3:57.27	400m: 5:16.41	38.85	
4.	Anke Lambooy	AZL	5:28.80	198001182	5:16.93	+0,86
	50m: 33.68	150m: 1:52.10	250m: 3:14.19	350m: 4:36.81	41.27	
	100m: 1:11.88	200m: 2:33.22	300m: 3:55.54	400m: 5:16.93	40.12	
5.	Linda Hoogendam	Zoetermeer	5:09.83	198300892	5:20.70	+0,76
	50m: 35.61	150m: 1:57.99	250m: 3:21.04	350m: 4:42.75	40.28	
	100m: 1:16.36	200m: 2:39.81	300m: 4:02.47	400m: 5:20.70	37.95	
6.	Yvonne Gerritsen	WVZ	5:21.18	198000342	5:38.90	+0,84
	50m: 37.31	150m: 2:01.47	250m: 3:28.09	350m: 4:56.66	44.21	
	100m: 1:19.15	200m: 2:44.65	300m: 4:12.45	400m: 5:38.90	42.24	
7.	Natascha Hartman	PSV	5:59.43	198101780	5:46.53	+0,99
	50m: 37.25	150m: 2:04.90	250m: 3:33.98	350m: 5:03.38	45.05	
	100m: 1:20.17	200m: 2:49.23	300m: 4:18.33	400m: 5:46.53	43.15	
8.	Carmen Haan	De Spatters	5:41.96	197901458	5:46.64	+1,06
	50m: 37.67	150m: 2:03.96	250m: 3:33.36	350m: 5:02.82	44.66	
	100m: 1:19.84	200m: 2:48.46	300m: 4:18.16	400m: 5:46.64	43.82	

Programmanr. 16, Dames, 400m vrije slag, Masters 30+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
9.	Yvette Roozen	DWT	5:55.44	198000926	5:53.14	+0,82
	50m: 37.90 37.90	150m: 2:06.31 45.00	250m: 3:37.24 45.51	350m: 5:08.60 45.41		
	100m: 1:21.31 43.41	200m: 2:51.73 45.42	300m: 4:23.19 45.95	400m: 5:53.14 44.54		
10.	Angela Giezen	Montferland	6:25.77	198302796	6:26.79	+1,01
	50m: 41.97 41.97	150m: 2:20.84 50.71	250m: 4:02.02 50.53	350m: 5:41.08 50.25		
	100m: 1:30.13 48.16	200m: 3:11.49 50.65	300m: 4:50.83 48.81	400m: 6:26.79 45.71		
11.	Marjolein Kiewiet	Aquapoldro	6:27.14	197901404	6:31.93	+1,03
	50m: 41.60 41.60	150m: 2:20.70 50.87	250m: 4:02.20 51.21	350m: 5:43.63 51.24		
	100m: 1:29.83 48.23	200m: 3:10.99 50.29	300m: 4:52.39 50.19	400m: 6:31.93 48.30		
12.	Rianne van Vegchelen	Deltasteur	6:45.63	198101530	6:38.70	+1,13
	50m: 43.53 43.53	150m: 2:22.72 50.23	250m: 4:06.30 51.76	350m: 5:51.33 52.77		
	100m: 1:32.49 48.96	200m: 3:14.54 51.82	300m: 4:58.56 52.26	400m: 6:38.70 47.37		

Masters 35+

1.	Liselotte Joling	PSV	5:03.09	197500268	5:00.00	+0,96
	50m: 34.11 34.11	150m: 1:50.77 38.57	250m: 3:06.86 37.09	350m: 4:22.73 37.72		
	100m: 1:12.20 38.09	200m: 2:29.77 39.00	300m: 3:45.01 38.15	400m: 5:00.00 37.27		
2.	Babette Rens	Dedemsvaart-AC	6:02.88	197801200	5:56.58	+0,90
	50m: 38.58 38.58	150m: 2:05.65 44.02	250m: 3:37.06 45.80	350m: 5:10.64 46.93		
	100m: 1:21.63 43.05	200m: 2:51.26 45.61	300m: 4:23.71 46.65	400m: 5:56.58 45.94		
3.	Jannie Vennik	HZ&PC Heerenveen	5:57.67	197601006	6:13.67	+0,90
	50m: 41.54 41.54	150m: 2:15.70 48.31	250m: 3:52.87 48.85	350m: 5:29.35 47.97		
	100m: 1:27.39 45.85	200m: 3:04.02 48.32	300m: 4:41.38 48.51	400m: 6:13.67 44.32		
4.	Anneke de Groot	De Fuut	6:07.55	197701140	6:24.15	+0,83
	50m: 41.48 41.48	150m: 2:16.41 48.36	250m: 3:56.25 50.26	350m: 5:36.26 49.90		
	100m: 1:28.05 46.57	200m: 3:05.99 49.58	300m: 4:46.36 50.11	400m: 6:24.15 47.89		
5.	Margriet Leefters	Deltasteur	6:17.93	197800448	6:27.54	+1,00
	50m: 40.66 40.66	150m: 2:15.99 49.31	250m: 3:56.63 50.77	350m: 5:38.01 50.43		
	100m: 1:26.68 46.02	200m: 3:05.86 49.87	300m: 4:47.58 50.95	400m: 6:27.54 49.53		
6.	Clementine van Bruxvoort	ZPB H&L Productions	6:47.04	197700138	6:59.72	+0,87
	50m: 45.42 45.42	150m: 2:31.68 53.98	250m: 4:20.46 55.10	350m: 6:10.20 54.78		
	100m: 1:37.70 52.28	200m: 3:25.36 53.68	300m: 5:15.42 54.96	400m: 6:59.72 49.52		
7.	Fabienne Verriet-Regensburg	Njord	7:15.93	197500428	7:34.08	+0,82
	50m: 49.94 49.94	150m: 2:44.68 58.15	250m: 4:42.17 58.36	350m: 6:38.74 58.03		
	100m: 1:46.53 56.59	200m: 3:43.81 59.13	300m: 5:40.71 58.54	400m: 7:34.08 55.34		

Masters 40+

1.	Karin Stein	ZVVS	4:56.66	197100554	5:01.92	+0,86
	50m: 34.40 34.40	150m: 1:50.41 38.57	250m: 3:07.85 38.92	350m: 4:24.82 38.61		
	100m: 1:11.84 37.44	200m: 2:28.93 38.52	300m: 3:46.21 38.36	400m: 5:01.92 37.10		
2.	Heidi van Stein	LZ 1886	4:59.03	196900864	5:05.58	+0,80
	50m: 32.48 32.48	150m: 1:47.64 38.59	250m: 3:06.11 39.58	350m: 4:26.16 40.32		
	100m: 1:09.05 36.57	200m: 2:26.53 38.89	300m: 3:45.84 39.73	400m: 5:05.58 39.42		
3.	Annette de Visser	Oceanus	5:21.12	197100602	5:23.70	+0,81
	50m: 35.81 35.81	150m: 1:56.35 41.29	250m: 3:20.47 42.15	350m: 4:43.87 41.53		
	100m: 1:15.06 39.25	200m: 2:38.32 41.97	300m: 4:02.34 41.87	400m: 5:23.70 39.83		
4.	Nicole Vrijhoeven	PSV	5:49.18	196900834	5:48.85	+0,57
	50m: 40.35 40.35	150m: 2:08.00 44.59	250m: 3:37.49 44.92	350m: 5:07.06 44.87		
	100m: 1:23.41 43.06	200m: 2:52.57 44.57	300m: 4:22.19 44.70	400m: 5:48.85 41.79		
5.	Renata van Essen	Zuiderzeewimmers	5:51.00	197300740	5:51.87	+0,74
	50m: 38.60 38.60	150m: 2:06.10 44.60	250m: 3:37.61 46.08	350m: 5:08.84 45.53		
	100m: 1:21.50 42.90	200m: 2:51.53 45.43	300m: 4:23.31 45.70	400m: 5:51.87 43.03		
6.	Natacha Van Hoof	ShaRK	5:44.20	SHARK/260/73	5:52.37	+0,93
	50m: 40.06 40.06	150m: 2:09.73 45.30	250m: 3:38.79 43.95	350m: 5:08.43 44.55		
	100m: 1:24.43 44.37	200m: 2:54.84 45.11	300m: 4:23.88 45.09	400m: 5:52.37 43.94		
7.	Dianne Nien	RZ	5:19.60	197100452	6:01.24	+0,83
	50m: 38.58 38.58	150m: 2:10.34 45.86	250m: 3:44.40 47.01	350m: 5:17.69 46.43		
	100m: 1:24.48 45.90	200m: 2:57.39 47.05	300m: 4:31.26 46.86	400m: 6:01.24 43.55		
8.	Annet Kootstra	Swol 1894	6:00.56	197100344	6:04.22	+0,94
	50m: 39.22 39.22	150m: 2:10.80 46.01	250m: 3:44.45 46.16	350m: 5:18.15 46.03		
	100m: 1:24.79 45.57	200m: 2:58.29 47.49	300m: 4:32.12 47.67	400m: 6:04.22 46.07		

Programmanr. 16, Dames, 400m vrije slag, Masters 40+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
9.	Pascale Neiss-Janssen	De Roersoppers	6:02.76	197300852	6:06.91	+1,00
	50m: 40.03 40.03	150m: 2:11.92 47.02	250m: 3:47.10 47.98	350m: 5:21.79 47.76		
	100m: 1:24.90 44.87	200m: 2:59.12 47.20	300m: 4:34.03 46.93	400m: 6:06.91 45.12		
10.	Natalie van den Broek	Nautilus	6:19.95	197300810	6:27.57	+0,98
	50m: 40.96 40.96	150m: 2:14.48 48.47	250m: 3:55.21 51.37	350m: 5:39.12 51.97		
	100m: 1:26.01 45.05	200m: 3:03.84 49.36	300m: 4:47.15 51.94	400m: 6:27.57 48.45		
11.	Kristien Van de Moortel	ShaRK	6:26.72	SHARK/315/69	6:46.42	+0,84
	50m: 44.45 44.45	150m: 2:28.50 52.30	250m: 4:11.77 51.18	350m: 5:56.27 51.87		
	100m: 1:36.20 51.75	200m: 3:20.59 52.09	300m: 5:04.40 52.63	400m: 6:46.42 50.15		
12.	Greta Wyma-Teitsma	DWK	6:58.31	197100696	6:52.87	+0,94
	50m: 43.63 43.63	150m: 2:28.36 53.23	250m: 4:15.17 52.27	350m: 6:00.26 51.69		
	100m: 1:35.13 51.50	200m: 3:22.90 54.54	300m: 5:08.57 53.40	400m: 6:52.87 52.61		
13.	Evelien Berman-Alers	Nautilus	6:58.35	197200878	7:29.76	+0,89
	50m: 44.88 44.88	150m: 2:31.55 55.36	250m: 4:28.77 59.05	350m: 6:30.00 1:01.21		
	100m: 1:36.19 51.31	200m: 3:29.72 58.17	300m: 5:28.79 1:00.02	400m: 7:29.76 59.76		
AFGEM	Grith Sigsgaard	Zwemlust-den Hommel	4:49.48	197200772		

Masters 45+

1.	Bridget Bewick	Maidenhead ASC	5:09.06	462298	5:18.52	+1,00
	50m: 35.77 35.77	150m: 1:55.27 40.82	250m: 3:17.67 41.21	350m: 4:39.38 41.31		
	100m: 1:14.45 38.68	200m: 2:36.46 41.19	300m: 3:58.07 40.40	400m: 5:18.52 39.14		
2.	Chita van der Goorbergh	Zoetermeer	5:12.88	196800762	5:28.88	+0,81
	50m: 36.02 36.02	150m: 1:58.72 41.89	250m: 3:23.57 42.18	350m: 4:48.09 41.93		
	100m: 1:16.83 40.81	200m: 2:41.39 42.67	300m: 4:06.16 42.59	400m: 5:28.88 40.79		
3.	Claudia Goldschmidt	Maidenhead Marlins ASC	5:32.40	954626	5:29.48	+0,92
	50m: 36.54 36.54	150m: 2:00.19 42.09	250m: 3:26.35 42.84	350m: 4:50.70 41.20		
	100m: 1:18.10 41.56	200m: 2:43.51 43.32	300m: 4:09.50 43.15	400m: 5:29.48 38.78		
4.	Petra Casteleijn	AZ&PC	5:30.85	196600098	5:29.56	+0,88
	50m: 36.32 36.32	150m: 1:57.07 41.31	250m: 3:22.48 43.43	350m: 4:48.97 43.25		
	100m: 1:15.76 39.44	200m: 2:39.05 41.98	300m: 4:05.72 43.24	400m: 5:29.56 40.59		
5.	Henriëtte v. Norden	AZ&PC	5:34.67	196800046	5:31.27	+0,94
	50m: 36.70 36.70	150m: 2:00.14 42.82	250m: 3:26.36 43.07	350m: 4:51.94 42.81		
	100m: 1:17.32 40.62	200m: 2:43.29 43.15	300m: 4:09.13 42.77	400m: 5:31.27 39.33		
6.	Susanne Prins - Molenwijk	SBC2000	5:41.29	196600284	5:41.17	+0,87
	50m: 38.80 38.80	150m: 2:04.70 43.39	250m: 3:31.30 43.42	350m: 4:58.18 43.72		
	100m: 1:21.31 42.51	200m: 2:47.88 43.18	300m: 4:14.46 43.16	400m: 5:41.17 42.99		
7.	Marion Broekhuis	WS Twente	5:54.85	196800060	5:48.83	+0,86
	50m: 38.93 38.93	150m: 2:07.04 44.96	250m: 3:37.12 44.91	350m: 5:05.83 44.10		
	100m: 1:22.08 43.15	200m: 2:52.21 45.17	300m: 4:21.73 44.61	400m: 5:48.83 43.00		
8.	Maud Peuten-Evers	Swimteam Helden-Mosa (SG)	6:37.14	196400584	6:40.79	+1,16
	50m: 44.88 44.88	150m: 2:25.92 51.96	250m: 4:08.41 51.99	350m: 5:50.99 51.60		
	100m: 1:33.96 49.08	200m: 3:16.42 50.50	300m: 4:59.39 50.98	400m: 6:40.79 49.80		
9.	Ingeborg Stokx	DAW	7:01.15	196700666	6:45.91	+0,64
	50m: 43.94 43.94	150m: 2:26.94 52.73	250m: 4:12.21 54.33	350m: 5:57.69 52.96		
	100m: 1:34.21 50.27	200m: 3:17.88 50.94	300m: 5:04.73 52.52	400m: 6:45.91 48.22		
10.	Ymke Snellen van Vollenhoven	PSV	6:49.83	196800836	6:47.69	
	50m: 43.81 43.81	150m: 2:27.45 53.72	250m: 4:14.71 53.42	350m: 5:59.59 51.75		
	100m: 1:33.73 49.92	200m: 3:21.29 53.84	300m: 5:07.84 53.13	400m: 6:47.69 48.10		
11.	Betty van Kemenade	PSV	7:00.06	196800832	6:52.93	+1,10
	50m: 45.46 45.46	150m: 2:28.11 51.87	250m: 4:15.66 53.79	350m: 6:01.43 52.68		
	100m: 1:36.24 50.78	200m: 3:21.87 53.76	300m: 5:08.75 53.09	400m: 6:52.93 51.50		
12.	Els De Keyzer	MZVA	7:00.64	MZVA/052/65	7:06.73	+0,95
	50m: 45.65 45.65	150m: 2:31.76 55.13	250m: 4:24.15 56.77	350m: 6:15.34 54.90		
	100m: 1:36.63 50.98	200m: 3:27.38 55.62	300m: 5:20.44 56.29	400m: 7:06.73 51.39		
13.	Ann Vandenbrouck	Royal Ostend SC	8:02.51	ROSC/321/65	8:00.88	+0,96
	50m: 46.65 46.65	150m: 2:43.43 59.96	250m: 4:51.15 1:04.16	350m: 6:58.65 1:03.10		
	100m: 1:43.47 56.82	200m: 3:46.99 1:03.56	300m: 5:55.55 1:04.40	400m: 8:00.88 1:02.23		

Programmanr. 16, Dames, 400m vrije slag

Masters 50+

1.	Francine Sommer		Triton			5:41.51	196200384			5:44.38	+0,83							
		50m:		37.43	37.43			150m:	2:03.37			44.42	250m:	3:33.68	45.65	350m:	5:01.80	43.45
		100m:		1:18.95	41.52			200m:	2:48.03			44.66	300m:	4:18.35	44.67	400m:	5:44.38	42.58
2.	Inge Wolfs		PLONS			5:48.77	196000304			5:45.19	+0,95							
		50m:		38.94	38.94			150m:	2:07.43			44.71	250m:	3:36.78	44.40	350m:	5:03.60	42.32
		100m:		1:22.72	43.78			200m:	2:52.38			44.95	300m:	4:21.28	44.50	400m:	5:45.19	41.59
3.	Patty Verhagen		PSV			5:29.75	195900146			5:49.55	+0,74							
		50m:		39.86	39.86			150m:	2:06.75			44.00	250m:	3:36.08	44.80	350m:	5:05.81	44.91
		100m:		1:22.75	42.89			200m:	2:51.28			44.53	300m:	4:20.90	44.82	400m:	5:49.55	43.74
4.	Petra Tossings		DAW			6:22.41	196100376			6:22.02	+0,78							
		50m:		41.23	41.23			150m:	2:16.54			48.56	250m:	3:54.54	49.12	350m:	5:34.64	50.08
		100m:		1:27.98	46.75			200m:	3:05.42			48.88	300m:	4:44.56	50.02	400m:	6:22.02	47.38
5.	Katinka Elders		Oceanus			6:25.46	196000292			6:25.67	+0,77							
		50m:		41.78	41.78			150m:	2:17.23			48.69	250m:	3:57.82	50.45	350m:	5:37.45	49.31
		100m:		1:28.54	46.76			200m:	3:07.37			50.14	300m:	4:48.14	50.32	400m:	6:25.67	48.22
6.	Els Laureys		MZVA			7:07.54	MZVA/039/63			7:06.54	+1,08							
		50m:		47.34	47.34			150m:	2:36.61			55.83	250m:	4:25.73	54.20	350m:	6:16.07	54.91
		100m:		1:40.78	53.44			200m:	3:31.53			54.92	300m:	5:21.16	55.43	400m:	7:06.54	50.47

Masters 55+

1.	Dorothy Ledwith <i>IMR</i>		Ennis Masters			5:48.02	10009706			5:46.55	+0,81	
	50m:	38.90	38.90	150m:	2:05.40	43.76	250m:	3:34.67	44.62	350m:	5:04.38	44.63
	100m:	1:21.64	42.74	200m:	2:50.05	44.65	300m:	4:19.75	45.08	400m:	5:46.55	42.17
2.	Margriet Pasma		De Pinquin			6:00.42	195500088			6:12.61	+0,99	
	50m:	42.58	42.58	150m:	2:18.13	48.11	250m:	3:54.71	47.88	350m:	5:29.19	46.10
	100m:	1:30.02	47.44	200m:	3:06.83	48.70	300m:	4:43.09	48.38	400m:	6:12.61	43.42
3.	Rona Eijkelhoff		Aqua-Novio'94			6:30.51	195600026			6:37.87	+0,94	
	50m:	44.98	44.98	150m:	2:25.37	50.86	250m:	4:07.60	51.62	350m:	5:49.95	51.13
	100m:	1:34.51	49.53	200m:	3:15.98	50.61	300m:	4:58.82	51.22	400m:	6:37.87	47.92
4.	Lies Hartman		VfR Übach-Palenberg			9:30.12	164684			9:46.32	+1,17	
	50m:	59.36	59.36	150m:	3:30.21	1:19.30	250m:	6:03.27	1:17.30	350m:	8:34.46	1:16.01
	100m:	2:10.91	1:11.55	200m:	4:45.97	1:15.76	300m:	7:18.45	1:15.18	400m:	9:46.32	1:11.86

Masters 60+

1.	Ineke Meijer			HZ&PC Heerenveen			6:51.83	195200034			6:58.99		+0,88
	50m:	46.54	46.54	150m:	2:33.27	54.08	250m:	4:23.60	54.81	350m:	6:10.97	53.19	
	100m:	1:39.19	52.65	200m:	3:28.79	55.52	300m:	5:17.78	54.18	400m:	6:58.99	48.02	
2.	Gonnie Bak			PSV			7:38.32	195100064			7:20.49		+0,86
	50m:	47.80	47.80	150m:	2:41.06	57.58	250m:	4:34.81	57.39	350m:	6:28.46	56.61	
	100m:	1:43.48	55.68	200m:	3:37.42	56.36	300m:	5:31.85	57.04	400m:	7:20.49	52.03	
3.	Corine Kalbfleisch			DWT			7:33.88	195200024			7:26.88		+1,16
	50m:	46.35	46.35	150m:	2:38.54	56.60	250m:	4:36.80	58.80	350m:	6:33.07	56.45	
	100m:	1:41.94	55.59	200m:	3:38.00	59.46	300m:	5:36.62	59.82	400m:	7:26.88	53.81	

Masters 65+

1.	Annie Smits		PSV			7:06.82	194600016			7:35.18	+1,31	
	50m:	51.27	51.27	150m:	2:43.69	56.93	250m:	4:40.91	59.08	350m:	6:39.61	59.15
	100m:	1:46.76	55.49	200m:	3:41.83	58.14	300m:	5:40.46	59.55	400m:	7:35.18	55.57
2.	Matty van der Veen		Old Dutch			7:09.20	194400020			7:43.91		
	50m:	50.09	50.09	150m:	2:42.11	58.28	250m:	4:41.63	1:00.81	350m:	6:43.99	1:02.47
	100m:	1:43.83	53.74	200m:	3:40.82	58.71	300m:	5:41.52	59.89	400m:	7:43.91	59.92
3.	Greet Brehler-Middag		Hatto Heim			8:19.37	194400004			8:44.70	+1,19	
	50m:	57.94	57.94	150m:	3:10.85	1:07.91	250m:	5:25.93	1:08.32	350m:	7:40.46	1:07.45
	100m:	2:02.94	1:05.00	200m:	4:17.61	1:06.76	300m:	6:33.01	1:07.08	400m:	8:44.70	1:04.24



Open Nederlandse Masters
Kampioenschappen 2013 lb
Eindhoven, 3 - 5 mei 2013

Programmanr. 16, Dames, 400m vrije slag

Masters 70+

1.	Gitti Wahl		VfR Übach-Palenberg	8:55.78	164688		9:03.93	+1,07				
	50m:	1:00.56	1:00.56	150m:	3:20.50	1:12.46	250m:	5:38.66	1:08.70	350m:	7:57.02	1:09.71
	100m:	2:08.04	1:07.48	200m:	4:29.96	1:09.46	300m:	6:47.31	1:08.65	400m:	9:03.93	1:06.91
2.	Liesbeth ter Laak		PSV	11:48.87	194200008		12:23.50	+1,37				
	50m:	1:19.31	1:19.31	150m:	4:28.83	1:38.26	250m:	7:39.48	1:37.17	350m:	10:51.05	1:35.96
	100m:	2:50.57	1:31.26	200m:	6:02.31	1:33.48	300m:	9:15.09	1:35.61	400m:	12:23.50	1:32.45