

Event 42
05-05-2013 - 15:56

Women, 400m Medley

Masters Open
Results

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
Masters 20+						
1.	Maaïke Vooren	DAW	5:48.25	199103324	5:37.45	+0,85
	50m: 34.87	34.87	150m: 2:04.65	46.76	250m: 3:36.26	46.14
	100m: 1:17.89	43.02	200m: 2:50.12	45.47	300m: 4:23.91	47.65
					350m: 5:00.56	36.65
					400m: 5:37.45	36.89
2.	Wendy de Bruin	ZOB'66	5:38.15	199206320	5:51.54	+0,68
	50m: 34.85	34.85	150m: 2:04.83	46.34	250m: 3:39.72	49.97
	100m: 1:18.49	43.64	200m: 2:49.75	44.92	300m: 4:30.69	50.97
					350m: 5:11.46	40.77
					400m: 5:51.54	40.08
3.	Cindy Hendriks	De Waalstroom	6:09.65	199207672	6:07.79	+0,75
	50m: 35.53	35.53	150m: 2:07.24	49.23	250m: 3:47.81	51.98
	100m: 1:18.01	42.48	200m: 2:55.83	48.59	300m: 4:41.71	53.90
					350m: 5:24.37	42.66
					400m: 6:07.79	43.42
4.	Esther Sprick	EZ&PC	6:15.16	199107930	6:31.31	+0,79
	50m: 38.95	38.95	150m: 2:18.55	50.00	250m: 4:06.42	59.92
	100m: 1:28.55	49.60	200m: 3:06.50	47.95	300m: 5:06.68	1:00.26
					350m: 5:49.75	43.07
					400m: 6:31.31	41.56
5.	Nicky Vanhijfte	Scheldestroom	6:15.21	199201806	6:33.11	+0,80
	50m: 40.10	40.10	150m: 2:22.18	52.26	250m: 4:05.27	53.20
	100m: 1:29.92	49.82	200m: 3:12.07	49.89	300m: 5:00.51	55.24
					350m: 5:46.58	46.07
					400m: 6:33.11	46.53
6.	Claudia Creemers	De Roersoppers	6:53.94	199202864	7:19.23	+0,72
	50m: 41.69	41.69	150m: 2:36.34	58.59	250m: 4:35.37	1:02.26
	100m: 1:37.75	56.06	200m: 3:33.11	56.77	300m: 5:37.38	1:02.01
					350m: 6:28.86	51.48
					400m: 7:19.23	50.37
Masters 25+						
1.	Stephanie Rombout	PSV	5:28.80	198803696	5:48.20	+0,79
	50m: 32.77	32.77	150m: 2:01.78	47.06	250m: 3:36.51	48.83
	100m: 1:14.72	41.95	200m: 2:47.68	45.90	300m: 4:26.32	49.81
					350m: 5:05.78	39.46
					400m: 5:48.20	42.42
2.	P. van der Wal-van Achteren	De Lansingh	5:40.28	198400020	5:51.95	+0,71
	50m: 35.43	35.43	150m: 2:04.59	46.58	250m: 3:39.60	49.73
	100m: 1:18.01	42.58	200m: 2:49.87	45.28	300m: 4:30.02	50.42
					350m: 5:11.29	41.27
					400m: 5:51.95	40.66
3.	Linda Janssen	ZPB H&L Productions	5:45.18	198802088	6:01.50	+0,90
	50m: 37.46	37.46	150m: 2:11.06	46.94	250m: 3:47.82	50.24
	100m: 1:24.12	46.66	200m: 2:57.58	46.52	300m: 4:39.94	52.12
					350m: 5:21.35	41.41
					400m: 6:01.50	40.15
4.	Milja Breed	Torpedo	5:58.07	198800594	6:09.40	+0,78
	50m: 37.75	37.75	150m: 2:09.39	47.38	250m: 3:50.12	52.47
	100m: 1:22.01	44.26	200m: 2:57.65	48.26	300m: 4:43.17	53.05
					350m: 5:26.16	42.99
					400m: 6:09.40	43.24
5.	Nele Van Campfort	CNBA	6:17.02	CNBA/915/86	6:12.96	+0,77
	50m: 40.76	40.76	150m: 2:15.34	47.50	250m: 3:53.58	52.52
	100m: 1:27.84	47.08	200m: 3:01.06	45.72	300m: 4:46.76	53.18
					350m: 5:30.60	43.84
					400m: 6:12.96	42.36
6.	Liset de Veer	Aqua-Novio'94	6:15.97	198704190	6:15.32	+0,85
	50m: 37.47	37.47	150m: 2:09.74	47.28	250m: 3:52.77	55.87
	100m: 1:22.46	44.99	200m: 2:56.90	47.16	300m: 4:49.86	57.09
					350m: 5:32.66	42.80
					400m: 6:15.32	42.66
7.	Tamara Peelen	De Vrije Slag	6:14.82	198701406	6:27.02	+0,77
	50m: 40.02	40.02	150m: 2:19.13	51.08	250m: 4:06.31	57.64
	100m: 1:28.05	48.03	200m: 3:08.67	49.54	300m: 5:03.48	57.17
					350m: 5:45.82	42.34
					400m: 6:27.02	41.20
8.	Annemarie Jakobs	EZ&PC	6:25.39	198601744	6:32.08	+0,93
	50m: 39.38	39.38	150m: 2:24.28	54.38	250m: 4:11.28	54.85
	100m: 1:29.90	50.52	200m: 3:16.43	52.15	300m: 5:07.88	56.60
					350m: 5:52.31	44.43
					400m: 6:32.08	39.77
Masters 30+						
1.	Nadya Putter	ZVVS	5:31.77	198301630	5:43.25	+0,72
	50m: 34.57	34.57	150m: 1:57.76	43.65	250m: 3:30.45	49.52
	100m: 1:14.11	39.54	200m: 2:40.93	43.17	300m: 4:21.61	51.16
					350m: 5:03.03	41.42
					400m: 5:43.25	40.22
2.	Stephanie Vaernewyck	MEGA	5:53.04	MEGA/352/83	5:44.11	+0,84
	50m: 35.92	35.92	150m: 2:03.02	44.81	250m: 3:36.09	49.22
	100m: 1:18.21	42.29	200m: 2:46.87	43.85	300m: 4:26.05	49.96
					350m: 5:05.87	39.82
					400m: 5:44.11	38.24
3.	Chiara Miglioli	CNSW	6:00.60	CNSW/524/82	6:02.19	+0,95
	50m: 36.05	36.05	150m: 2:06.02	48.67	250m: 3:44.50	52.71
	100m: 1:17.35	41.30	200m: 2:51.79	45.77	300m: 4:35.46	50.96
					350m: 5:20.16	44.70
					400m: 6:02.19	42.03

Event 42, Women, 400m Medley, Masters 30+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
4.	Linda Hoogendam	Zoetermeer	6:14.73	198300892	6:22.31	+0,75
	50m: 38.76 38.76	150m: 2:16.15 48.59	250m: 4:01.41 57.43	350m: 5:42.75 41.53		
	100m: 1:27.56 48.80	200m: 3:03.98 47.83	300m: 5:01.22 59.81	400m: 6:22.31 39.56		
5.	Rianne van Vegchelen	Deltasteur	7:37.94	198101530	7:43.35	+1,16
	50m: 53.03 53.03	150m: 3:00.40 1:03.67	250m: 5:02.08 1:02.46	350m: 6:53.83 48.30		
	100m: 1:56.73 1:03.70	200m: 3:59.62 59.22	300m: 6:05.53 1:03.45	400m: 7:43.35 49.52		
WDR	Roos van Esch	TRB-RES	5:40.52	198200468		

Masters 35+

1.	Liselotte Joling	PSV	5:53.61	197500268	5:43.83	+0,94
	50m: 36.96 36.96	150m: 2:05.75 45.85	250m: 3:38.87 49.15	350m: 5:07.35 39.39		
	100m: 1:19.90 42.94	200m: 2:49.72 43.97	300m: 4:27.96 49.09	400m: 5:43.83 36.48		
2.	Aida Ponce Del Castillo	CNSW	6:11.05	CNSW/358/74	5:48.08	+0,90
	50m: 36.74 36.74	150m: 2:03.60 44.68	250m: 3:38.92 51.12	350m: 5:10.55 39.15		
	100m: 1:18.92 42.18	200m: 2:47.80 44.20	300m: 4:31.40 52.48	400m: 5:48.08 37.53		
3.	Carole Kettenmeyer-Reuland	Cercle de Natation Diekirch	5:52.98	2017	6:02.94	+0,92
	50m: 37.46 37.46	150m: 2:12.69 47.49	250m: 3:50.48 52.01	350m: 5:23.26 41.67		
	100m: 1:25.20 47.74	200m: 2:58.47 45.78	300m: 4:41.59 51.11	400m: 6:02.94 39.68		
4.	Jolanda van Gendt	PSV	6:07.59	197800266	6:19.27	+0,83
	50m: 39.85 39.85	150m: 2:16.33 47.68	250m: 3:57.90 53.91	350m: 5:36.25 42.67		
	100m: 1:28.65 48.80	200m: 3:03.99 47.66	300m: 4:53.58 55.68	400m: 6:19.27 43.02		
5.	Nadege van Meeteren	De Meer	6:14.49	197400736	6:32.14	+0,81
	50m: 43.00 43.00	150m: 2:31.47 52.18	250m: 4:12.75 51.09	350m: 5:48.19 45.12		
	100m: 1:39.29 56.29	200m: 3:21.66 50.19	300m: 5:03.07 50.32	400m: 6:32.14 43.95		
6.	Jannie Vennik	HZ&PC Heerenveen	6:51.70	197601006	7:10.80	+0,97
	50m: 49.46 49.46	150m: 2:43.53 55.65	250m: 4:37.93 59.09	350m: 6:25.35 47.58		
	100m: 1:47.88 58.42	200m: 3:38.84 55.31	300m: 5:37.77 59.84	400m: 7:10.80 45.45		

Masters 45+

1.	Bridget Bewick	Maidenhead ASC	5:41.20	462298	6:01.58	+1,00
	50m: 37.14 37.14	150m: 2:10.22 47.85	250m: 3:47.12 50.76	350m: 5:21.36 42.39		
	100m: 1:22.37 45.23	200m: 2:56.36 46.14	300m: 4:38.97 51.85	400m: 6:01.58 40.22		
2.	Karin van den Heuvel	Old Dutch	6:38.07	196600188	6:53.83	+0,94
	50m: 44.78 44.78	150m: 2:35.85 56.68	250m: 4:27.49 53.53	350m: 6:09.50 46.53		
	100m: 1:39.17 54.39	200m: 3:33.96 58.11	300m: 5:22.97 55.48	400m: 6:53.83 44.33		
3.	Miranda Keijl	Zignea	7:26.92	196500588	7:19.42	+1,10
	50m: 47.28 47.28	150m: 2:41.95 58.10	250m: 4:43.18 1:05.88	350m: 6:37.12 50.03		
	100m: 1:43.85 56.57	200m: 3:37.30 55.35	300m: 5:47.09 1:03.91	400m: 7:19.42 42.30		

Masters 50+

1.	Pierrette Michel <i>Kampioenschaps Record</i>	CNSW	5:51.19	CNSW/500/62	5:51.42	+0,89
	50m: 35.67 35.67	150m: 2:04.31 44.98	250m: 3:38.22 50.30	350m: 5:11.47 41.28		
	100m: 1:19.33 43.66	200m: 2:47.92 43.61	300m: 4:30.19 51.97	400m: 5:51.42 39.95		
2.	Margriet Grove-Lingeman	Oceanus	6:35.55	196200080	6:35.67	+0,81
	50m: 39.22 39.22	150m: 2:17.50 51.67	250m: 4:05.24 57.69	350m: 5:49.71 46.42		
	100m: 1:25.83 46.61	200m: 3:07.55 50.05	300m: 5:03.29 58.05	400m: 6:35.67 45.96		
3.	Marie-Paule Waterval	Les Dauphins Visetois	7:36.94	B8817C142	7:52.95	+0,96
	50m: 1:03.10 1:03.10	150m: 3:13.84 1:00.04	250m: 5:10.82 1:00.46	350m: 7:03.89 52.23		
	100m: 2:13.80 1:10.70	200m: 4:10.36 56.52	300m: 6:11.66 1:00.84	400m: 7:52.95 49.06		

Masters 55+

1.	Mathilde Vink	Swol 1894	6:40.64	195800128	6:52.58	+0,98
	50m: 39.58 39.58	150m: 2:22.92 57.56	250m: 4:21.55 1:03.14	350m: 6:09.29 45.62		
	100m: 1:25.36 45.78	200m: 3:18.41 55.49	300m: 5:23.67 1:02.12	400m: 6:52.58 43.29		
2.	Mies Kuipers	Old Dutch	9:14.93	195800202	9:34.98	+0,88
	50m: 1:09.17 1:09.17	150m: 3:42.59 1:16.20	250m: 6:07.17 1:12.21	350m: 8:29.58 1:11.79		
	100m: 2:26.39 1:17.22	200m: 4:54.96 1:12.37	300m: 7:17.79 1:10.62	400m: 9:34.98 1:05.40		

Event 42, Women, 400m Medley

Masters 60+

1.	Christien Nieuwenhuis	Swol 1894	6:50.29	195100022	7:12.75	+0,88
	<i>Nederlands Masters Record</i>					
	50m: 38.47	38.47	150m: 2:30.73	59.99	250m: 4:32.82	1:02.98
	100m: 1:30.74	52.27	200m: 3:29.84	59.11	300m: 5:38.03	1:05.21
	350m: 6:25.14	47.11	400m: 7:12.75	47.61		
2.	Gonnie Bak	PSV	8:28.26	195100064	8:11.35	+1,01
	50m: 1:02.11	1:02.11	150m: 3:16.07	1:08.81	250m: 5:21.34	1:02.32
	100m: 2:07.26	1:05.15	200m: 4:19.02	1:02.95	300m: 6:23.57	1:02.23
	350m: 7:18.04	54.47	400m: 8:11.35	53.31		
3.	Antoinette Gilding-Tussaud	WS Twente	8:50.18	195000038	8:56.33	+1,03
	50m: 59.58	59.58	150m: 3:18.47	1:03.80	250m: 5:40.57	1:16.60
	100m: 2:14.67	1:15.09	200m: 4:23.97	1:05.50	300m: 6:56.96	1:16.39
	350m: 7:57.05	1:00.09	400m: 8:56.33	59.28		
sick	Ineke Weekers	PSV	7:00.00	195300050		