

Programmanr. 18
23-01-2016 - 11:07

Dames, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging			inschrijftijd			startnr.			tijd			RT
Masters 20+														
1.	Moniek Heemskerk	LZ 1886			5:18.29			199601964			5:21.32			+0,72
	50m: 34.02	34.02	150m: 1:56.90	43.82	250m: 3:23.01	44.49	350m: 4:45.48	37.76						
	100m: 1:13.08	39.06	200m: 2:38.52	41.62	300m: 4:07.72	44.71	400m: 5:21.32	35.84						
2.	Janine de Groot	Nova			5:38.97			199500092			5:25.62			+0,87
	50m: 34.59	34.59	150m: 1:58.60	41.86	250m: 3:26.05	46.27	350m: 4:50.29	37.61						
	100m: 1:16.74	42.15	200m: 2:39.78	41.18	300m: 4:12.68	46.63	400m: 5:25.62	35.33						
3.	Beau Rijpers	Swol 1894			5:41.62			199402638			5:30.72			+0,77
	50m: 35.19	35.19	150m: 1:59.97	42.99	250m: 3:28.04	46.09	350m: 4:53.35	38.82						
	100m: 1:16.98	41.79	200m: 2:41.95	41.98	300m: 4:14.53	46.49	400m: 5:30.72	37.37						
4.	Wendy de Bruin	ZOB'66			5:32.40			199206320			5:31.80			+0,62
	50m: 33.91	33.91	150m: 1:58.92	43.68	250m: 3:28.02	46.90	350m: 4:54.09	38.22						
	100m: 1:15.24	41.33	200m: 2:41.12	42.20	300m: 4:15.87	47.85	400m: 5:31.80	37.71						
5.	Aniek Resink	DIO			5:43.13			199500738			5:36.54			+0,74
	50m: 35.19	35.19	150m: 1:59.55	42.79	250m: 3:29.19	48.01	350m: 4:58.19	39.25						
	100m: 1:16.76	41.57	200m: 2:41.18	41.63	300m: 4:18.94	49.75	400m: 5:36.54	38.35						
6.	Maike Korthout	TRB-RES			5:47.99			199406034			5:41.86			+0,63
	50m: 34.71	34.71	150m: 1:57.80	42.71	250m: 3:31.81	51.76	350m: 5:04.19	38.74						
	100m: 1:15.09	40.38	200m: 2:40.05	42.25	300m: 4:25.45	53.64	400m: 5:41.86	37.67						
7.	Denise van Zetten	Octopus			5:44.13			199600932			5:57.74			+0,88
	50m: 35.93	35.93	150m: 2:05.70	43.77	250m: 3:41.76	52.69	350m: 5:16.60	40.97						
	100m: 1:21.93	46.00	200m: 2:49.07	43.37	300m: 4:35.63	53.87	400m: 5:57.74	41.14						
8.	Lieke Janssen	NIMO			6:21.62			199305954			6:12.11			+0,96
	50m: 39.47	39.47	150m: 2:17.40	47.92	250m: 3:55.88	51.77	350m: 5:31.09	43.70						
	100m: 1:29.48	50.01	200m: 3:04.11	46.71	300m: 4:47.39	51.51	400m: 6:12.11	41.02						
9.	Nieske Janssen	NIMO			6:04.29			199601328			6:16.65			+0,86
	50m: 41.34	41.34	150m: 2:19.05	48.52	250m: 3:58.22	51.84	350m: 5:34.39	43.90						
	100m: 1:30.53	49.19	200m: 3:06.38	47.33	300m: 4:50.49	52.27	400m: 6:16.65	42.26						

Masters 25+

1.	Wendan Poelstra	TriVia	5:04.85	199102496	5:14.06	+0,74		
	<i>Kampioenschaps Record</i>							
	50m: 33.02	33.02	150m: 1:54.09	40.65	250m: 3:18.76	45.04	350m: 4:39.38	35.57
	100m: 1:13.44	40.42	200m: 2:33.72	39.63	300m: 4:03.81	45.05	400m: 5:14.06	34.68
2.	Maaïke Vooren	DAW	5:18.43	199103324	5:21.83	+0,82		
	50m: 33.50	33.50	150m: 1:57.92	43.78	250m: 3:24.91	43.69	350m: 4:47.06	36.85
	100m: 1:14.14	40.64	200m: 2:41.22	43.30	300m: 4:10.21	45.30	400m: 5:21.83	34.77
3.	Jacyntha Plat	De Golfbreker	5:31.10	199002956	5:47.85	+0,74		
	50m: 35.03	35.03	150m: 2:01.64	44.35	250m: 3:32.97	46.07	350m: 5:04.98	43.96
	100m: 1:17.29	42.26	200m: 2:46.90	45.26	300m: 4:21.02	48.05	400m: 5:47.85	42.87
4.	Maaïke van Diggele	ZPB H&L Productions	5:54.32	198700868	5:52.05	+0,87		
	50m: 35.25	35.25	150m: 2:02.46	45.95	250m: 3:36.85	50.16	350m: 5:10.63	42.71
	100m: 1:16.51	41.26	200m: 2:46.69	44.23	300m: 4:27.92	51.07	400m: 5:52.05	41.42
5.	Liset de Veer	Aqua-Novio'94	5:53.07	198704190	6:02.21	+0,78		
	50m: 36.57	36.57	150m: 2:06.61	45.70	250m: 3:45.34	53.31	350m: 5:20.91	41.77
	100m: 1:20.91	44.34	200m: 2:52.03	45.42	300m: 4:39.14	53.80	400m: 6:02.21	41.30
6.	Liesbeth van Mill	DWK	6:05.56	198702786	6:03.15	+0,97		
	50m: 38.46	38.46	150m: 2:11.77	47.49	250m: 3:48.21	50.31	350m: 5:20.98	42.51
	100m: 1:24.28	45.82	200m: 2:57.90	46.13	300m: 4:38.47	50.26	400m: 6:03.15	42.17
7.	Karin Hovenkamp	De Spatters	5:53.49	198701850	6:03.28	+0,74		
	50m: 35.58	35.58	150m: 2:09.17	50.19	250m: 3:49.94	53.09	350m: 5:24.83	42.80
	100m: 1:18.98	43.40	200m: 2:56.85	47.68	300m: 4:42.03	52.09	400m: 6:03.28	38.45
8.	Janneke Wynia	WS Twente	6:53.31	199005500	7:00.99	+0,99		
	50m: 48.61	48.61	150m: 2:39.23	54.15	250m: 4:30.37	56.79	350m: 6:15.59	47.31
	100m: 1:45.08	56.47	200m: 3:33.58	54.35	300m: 5:28.28	57.91	400m: 7:00.99	45.40

Programmanr. 18, Dames, 400m wisselslag

Masters 30+

1.	Roos van Esch	d'ELFT WAVE (SG)			5:25.28	198200468	5:24.52			+0,82		
	50m:	34.56	34.56	150m:	1:55.59	41.82	250m:	3:23.57	46.83	350m:	4:48.25	37.68
	100m:	1:13.77	39.21	200m:	2:36.74	41.15	300m:	4:10.57	47.00	400m:	5:24.52	36.27
2.	Linda Hoogendam	WVZ			6:22.70	198300892	6:11.36			+0,77		
	50m:	39.82	39.82	150m:	2:14.61	47.69	250m:	3:56.69	55.80	350m:	5:32.85	39.71
	100m:	1:26.92	47.10	200m:	3:00.89	46.28	300m:	4:53.14	56.45	400m:	6:11.36	38.51
3.	Margriet Aan het Rot	Octopus			6:32.30	198603088	6:33.71			+0,86		
	50m:	41.27	41.27	150m:	2:20.12	50.30	250m:	4:04.18	54.65	350m:	5:46.41	46.99
	100m:	1:29.82	48.55	200m:	3:09.53	49.41	300m:	4:59.42	55.24	400m:	6:33.71	47.30
4.	Angélique Rotteveel	Aquapoldro			7:03.73	198402090	7:29.37			+1,03		
	50m:	48.79	48.79	150m:	2:41.21	55.41	250m:	4:41.15	1:01.87	350m:	6:38.64	52.68
	100m:	1:45.80	57.01	200m:	3:39.28	58.07	300m:	5:45.96	1:04.81	400m:	7:29.37	50.73

Masters 35+

1.	Yvonne Gerritsen	WVZ			6:09.24		198000342		5:59.41			+0,87		
		50m:	36.61	36.61	150m:	2:10.81	48.92	250m:	3:48.78	48.34	350m:		5:19.87	41.76
		100m:	1:21.89	45.28	200m:	3:00.44	49.63	300m:	4:38.11	49.33	400m:		5:59.41	39.54
2.	Jolanda van Gendt	PSV			6:12.12		197800266		6:15.01			+0,78		
		50m:	40.77	40.77	150m:	2:18.26	46.98	250m:	3:56.94	52.55	350m:		5:33.03	42.11
		100m:	1:31.28	50.51	200m:	3:04.39	46.13	300m:	4:50.92	53.98	400m:		6:15.01	41.98
3.	Carmen Haan	ZZG De Boskikkers			6:47.04		197901458		6:35.92			+0,96		
		50m:	45.59	45.59	150m:	2:28.26	49.98	250m:	4:10.92	54.99	350m:		5:53.11	46.62
		100m:	1:38.28	52.69	200m:	3:15.93	47.67	300m:	5:06.49	55.57	400m:		6:35.92	42.81
4.	Rianne van Vegchelen	Deltasteur			7:26.50		198101530		7:53.82			+1,16		
		50m:	54.66	54.66	150m:	3:05.17	1:04.87	250m:	5:13.01	1:05.23	350m:		7:05.16	48.64
		100m:	2:00.30	1:05.64	200m:	4:07.78	1:02.61	300m:	6:16.52	1:03.51	400m:		7:53.82	48.66

Masters 40+

1.	Liselotte Joling	PSV			5:30.11	197500268	5:40.66			+0,84						
		50m:	36.81	36.81			150m:	2:03.56	44.36		250m:	3:34.75	47.76	350m:	5:02.77	38.97
		100m:	1:19.20	42.39			200m:	2:46.99	43.43		300m:	4:23.80	49.05	400m:	5:40.66	37.89
2.	Evelien van Klaarbergen	HZ&PC Heerenveen			5:49.67	197200964	5:50.11			+0,84						
		50m:	37.53	37.53			150m:	2:07.57	45.30		250m:	3:40.49	49.61	350m:	5:11.28	40.40
		100m:	1:22.27	44.74			200m:	2:50.88	43.31		300m:	4:30.88	50.39	400m:	5:50.11	38.83
3.	Nadège van Meeteren	De Meer			6:04.60	197400736	6:13.73			+0,91						
		50m:	40.15	40.15			150m:	2:20.29	49.34		250m:	3:56.74	49.06	350m:	5:31.15	44.71
		100m:	1:30.95	50.80			200m:	3:07.68	47.39		300m:	4:46.44	49.70	400m:	6:13.73	42.58
4.	Claudia Broeke	De Fuut			6:44.14	197300058	7:07.36			+0,96						
		50m:	48.32	48.32			150m:	2:39.68	54.83		250m:	4:33.39	58.85	350m:	6:20.35	47.65
		100m:	1:44.85	56.53			200m:	3:34.54	54.86		300m:	5:32.70	59.31	400m:	7:07.36	47.01

AFGEM Chantal Gerritsen-Driesen Old Dutch 6:49.24 197601074

Masters 45+

1.	Jeanne Petit	De Dinkel			6:02.01		197001020		5:48.39		+0,76		
	Kampioenschaps Record												
	50m:	35.20	35.20	150m:	2:04.14	48.53	250m:	3:38.56	48.29	350m:		5:09.48	39.82
	100m:	1:15.61	40.41	200m:	2:50.27	46.13	300m:	4:29.66	51.10	400m:	5:48.39	38.91	
2.	Heidi van Stein	LZ 1886			6:00.47		196900864		5:59.17		+0,75		
	50m:	36.21	36.21	150m:	2:09.02	48.44	250m:	3:46.15	50.47	350m:		5:19.70	40.28
	100m:	1:20.58	44.37	200m:	2:55.68	46.66	300m:	4:39.42	53.27	400m:		5:59.17	39.47
3.	Annet Kootstra	Swol 1894			6:44.16		197100344		6:46.42		+0,93		
	50m:	44.50	44.50	150m:	2:30.65	53.91	250m:	4:19.46	55.85	350m:		6:02.56	46.08
	100m:	1:36.74	52.24	200m:	3:23.61	52.96	300m:	5:16.48	57.02	400m:		6:46.42	43.86
4.	Peggi Hurenkamp	HZ&PC Heerenveen			6:43.45		196900922		6:51.14		+0,83		
	50m:	42.14	42.14	150m:	2:25.30	53.41	250m:	4:17.95	59.69	350m:		6:06.04	47.91
	100m:	1:31.89	49.75	200m:	3:18.26	52.96	300m:	5:18.13	1:00.18	400m:		6:51.14	45.10
5.	Annette van Dok	MSV-Zeemacht			7:07.18		196800742		7:05.08		+0,87		
	50m:	48.34	48.34	150m:	2:34.92	51.72	250m:	4:25.95	1:00.61	350m:		6:17.92	49.43
	100m:	1:43.20	54.86	200m:	3:25.34	50.42	300m:	5:28.49	1:02.54	400m:		7:05.08	47.16

Programmanr. 18, Dames, 400m wisselslag, Masters 45+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
6.	Hetty Smalheer	SCOM	6:57.22	196700352	7:05.12	+1,02
	50m: 48.50 48.50 150m: 2:39.29 55.01 250m: 4:31.81 59.24 350m: 6:19.00 47.61					
	100m: 1:44.28 55.78 200m: 3:32.57 53.28 300m: 5:31.39 59.58 400m: 7:05.12 46.12					
7.	Suze Roodenburg	De Geul	7:17.98	196800682	7:08.93	+1,00
	50m: 45.46 45.46 150m: 2:39.88 56.76 250m: 4:33.51 56.48 350m: 6:20.52 50.04					
	100m: 1:43.12 57.66 200m: 3:37.03 57.15 300m: 5:30.48 56.97 400m: 7:08.93 48.41					
AFGEM	Tanya Lyvbarskaya	SCOM	6:17.03	197101000		

Masters 50+

1.	Pierrette Michel	CNSW	5:45.88	000835/62	5:44.06	+0,92
	<i>Kampioenschaps Record</i>					
	50m: 35.47 35.47 150m: 2:01.39 43.22 250m: 3:33.56 50.41 350m: 5:04.74 40.14					
	100m: 1:18.17 42.70 200m: 2:43.15 41.76 300m: 4:24.60 51.04 400m: 5:44.06 39.32					
2.	Allie Price	Cardiff Masters	5:46.67	547582	5:46.30	+0,75
	50m: 36.30 36.30 150m: 2:02.21 44.05 250m: 3:35.30 49.02 350m: 5:06.85 41.00					
	100m: 1:18.16 41.86 200m: 2:46.28 44.07 300m: 4:25.85 50.55 400m: 5:46.30 39.45					
3.	Marjan Remmits-De Lange	ZPC Woerden	5:59.10	196300518	5:53.86	+0,78
	<i>Nederlands Masters Record</i>					
	50m: 35.68 35.68 150m: 2:06.17 48.09 250m: 3:42.37 50.77 350m: 5:14.05 40.90					
	100m: 1:18.08 42.40 200m: 2:51.60 45.43 300m: 4:33.15 50.78 400m: 5:53.86 39.81					
AFGEM	K. van Nassau van den Heuvel	Old Dutch	6:33.64	196600188		

Masters 55+

1.	Olga Kedrova	Poseidon	6:49.36	037010	6:28.50	+0,89
	50m: 43.68 43.68 150m: 2:25.90 49.91 250m: 4:08.63 52.51 350m: 5:46.94 44.46					
	100m: 1:35.99 52.31 200m: 3:16.12 50.22 300m: 5:02.48 53.85 400m: 6:28.50 41.56					
2.	Patty Verhagen	PSV	6:21.51	195900146	6:30.28	+0,98
	50m: 41.59 41.59 150m: 2:25.20 49.52 250m: 4:09.60 56.61 350m: 5:49.26 42.88					
	100m: 1:35.68 54.09 200m: 3:12.99 47.79 300m: 5:06.38 56.78 400m: 6:30.28 41.02					
3.	Petra Tossings	DAW	6:34.27	196100376	6:31.83	+0,88
	50m: 40.37 40.37 150m: 2:23.03 52.86 250m: 4:09.27 53.92 350m: 5:49.24 45.06					
	100m: 1:30.17 49.80 200m: 3:15.35 52.32 300m: 5:04.18 54.91 400m: 6:31.83 42.59					
4.	Mathilde Vink	Swol 1894	6:31.33	195800128	6:51.88	+1,00
	50m: 40.40 40.40 150m: 2:23.16 55.65 250m: 4:17.47 59.75 350m: 6:06.73 47.45					
	100m: 1:27.51 47.11 200m: 3:17.72 54.56 300m: 5:19.28 1:01.81 400m: 6:51.88 45.15					
5.	Marjan Spoelstra	Swol 1894	7:21.95	196000236	7:33.12	+0,91
	50m: 53.01 53.01 150m: 2:53.34 59.82 250m: 4:52.28 1:01.40 350m: 6:45.31 52.47					
	100m: 1:53.52 1:00.51 200m: 3:50.88 57.54 300m: 5:52.84 1:00.56 400m: 7:33.12 47.81					

Masters 60+

1.	Carla Hensen	PSV	7:27.52	195300062	7:30.75	+0,95
	50m: 46.33 46.33 150m: 2:40.66 57.85 250m: 4:43.32 1:05.73 350m: 6:41.67 50.74					
	100m: 1:42.81 56.48 200m: 3:37.59 56.93 300m: 5:50.93 1:07.61 400m: 7:30.75 49.08					

Masters 65+

1.	Gonnie Bak	PSV	8:11.29	195100064	8:24.27	+1,05
	50m: 59.80 59.80 150m: 3:20.60 1:13.43 250m: 5:30.73 1:04.06 350m: 7:29.65 54.76					
	100m: 2:07.17 1:07.37 200m: 4:26.67 1:06.07 300m: 6:34.89 1:04.16 400m: 8:24.27 54.62					
2.	Antoinette Gilding-Tussaud	WS Twente	8:22.70	195000038	8:36.26	+1,19
	<i>100m*</i>					
	50m: 58.68 58.68 150m: 3:12.83 1:02.32 250m: 5:26.25 1:11.85 350m: 7:37.28 59.33					
	100m: 2:10.51 1:11.83 200m: 4:14.40 1:01.57 300m: 6:37.95 1:11.70 400m: 8:36.26 58.98					