

5 - ONMK 2014 kb sessie 5

26-01-2014 - 9:00

Programmanr. 39
26-01-2014 - 9:00

Heren, 800m vrije slag

Masters Open
Resultaten

rang	naam	vereniging				inschrijftijd		startnr.		tijd		RT
Masters 20+												
1.	Dennis Wijbenga	Stadskanaal				9:04.66		199003283		9:12.80		+0,88
	50m: 30.67	30.67	250m: 2:51.71	35.25	450m: 5:12.38	34.83	650m: 7:32.16	34.34				
	100m: 1:05.17	34.50	300m: 3:27.17	35.46	500m: 5:47.71	35.33	700m: 8:06.89	34.73				
	150m: 1:40.87	35.70	350m: 4:02.53	35.36	550m: 6:22.83	35.12	750m: 8:41.55	34.66				
	200m: 2:16.46	35.59	400m: 4:37.55	35.02	600m: 6:57.82	34.99	800m: 9:12.80	31.25				
2.	Joost Rijntjes	LZ 1886				9:04.65		199101899		9:16.73		+0,79
	50m: 29.26	29.26	250m: 2:45.12	34.84	450m: 5:06.66	35.82	650m: 7:30.10	35.92				
	100m: 1:01.86	32.60	300m: 3:20.32	35.20	500m: 5:42.29	35.63	700m: 8:06.37	36.27				
	150m: 1:35.71	33.85	350m: 3:55.51	35.19	550m: 6:18.29	36.00	750m: 8:42.07	35.70				
	200m: 2:10.28	34.57	400m: 4:30.84	35.33	600m: 6:54.18	35.89	800m: 9:16.73	34.66				
3.	Tim Bunnik	Triton				9:20.38		199000505		9:23.23		+0,86
	50m: 31.03	31.03	250m: 2:54.19	36.14	450m: 5:16.63	35.10	650m: 7:39.53	36.14				
	100m: 1:06.07	35.04	300m: 3:30.56	36.37	500m: 5:52.28	35.65	700m: 8:14.93	35.40				
	150m: 1:41.67	35.60	350m: 4:06.17	35.61	550m: 6:27.91	35.63	750m: 8:50.18	35.25				
	200m: 2:18.05	36.38	400m: 4:41.53	35.36	600m: 7:03.39	35.48	800m: 9:23.23	33.05				
4.	Maik Steenkamp	Montferland				9:26.85		199103847		9:38.07		+0,73
	50m: 31.33	31.33	250m: 2:54.81	36.61	450m: 5:22.48	36.76	650m: 7:51.39	36.97				
	100m: 1:06.16	34.83	300m: 3:31.41	36.60	500m: 5:59.94	37.46	700m: 8:28.10	36.71				
	150m: 1:41.81	35.65	350m: 4:08.45	37.04	550m: 6:37.28	37.34	750m: 9:03.74	35.64				
	200m: 2:18.20	36.39	400m: 4:45.72	37.27	600m: 7:14.42	37.14	800m: 9:38.07	34.33				
5.	Dennis Bosma	Montferland				10:28.70		199403851		10:17.44		+0,74
	50m: 32.09	32.09	250m: 3:05.11	39.21	450m: 5:43.23	39.56	650m: 8:22.49	39.84				
	100m: 1:08.87	36.78	300m: 3:44.41	39.30	500m: 6:22.90	39.67	700m: 9:01.95	39.46				
	150m: 1:47.12	38.25	350m: 4:23.94	39.53	550m: 7:03.06	40.16	750m: 9:40.31	38.36				
	200m: 2:25.90	38.78	400m: 5:03.67	39.73	600m: 7:42.65	39.59	800m: 10:17.44	37.13				
Masters 25+												
1.	Richard Huiskens	ZPC De Hof				9:06.00		198501141		9:07.30		+0,75
	50m: 28.74	28.74	250m: 2:41.57	33.76	450m: 5:01.40	35.72	650m: 7:23.56	35.32				
	100m: 1:01.09	32.35	300m: 3:15.95	34.38	500m: 5:37.18	35.78	700m: 7:58.86	35.30				
	150m: 1:34.26	33.17	350m: 3:50.52	34.57	550m: 6:12.80	35.62	750m: 8:33.40	34.54				
	200m: 2:07.81	33.55	400m: 4:25.68	35.16	600m: 6:48.24	35.44	800m: 9:07.30	33.90				
2.	Emiel Huiskens	ZPC De Hof				9:11.25		198501139		9:11.15		+0,85
	50m: 28.84	28.84	250m: 2:41.45	33.92	450m: 5:01.23	35.92	650m: 7:25.32	36.31				
	100m: 1:01.13	32.29	300m: 3:15.69	34.24	500m: 5:37.39	36.16	700m: 8:00.55	35.23				
	150m: 1:33.97	32.84	350m: 3:50.32	34.63	550m: 6:13.31	35.92	750m: 8:36.20	35.65				
	200m: 2:07.53	33.56	400m: 4:25.31	34.99	600m: 6:49.01	35.70	800m: 9:11.15	34.95				
3.	Wessel Everloo <i>NR gehandicapten</i>	De Veene				9:14.84		198906597 S14		9:19.72		+0,90
	50m: 30.54	30.54	250m: 2:50.73	35.90	450m: 5:12.11	33.98	650m: 7:35.00	35.84				
	100m: 1:04.59	34.05	300m: 3:26.41	35.68	500m: 5:48.20	36.09	700m: 8:10.94	35.94				
	150m: 1:39.45	34.86	350m: 4:02.57	36.16	550m: 6:24.40	36.20	750m: 8:46.18	35.24				
	200m: 2:14.83	35.38	400m: 4:38.13	35.56	600m: 6:59.16	34.76	800m: 9:19.72	33.54				
4.	Roel van Beek	Montferland				10:46.50		198905861		10:51.35		+0,82
	50m: 36.87	36.87	250m: 3:22.53	41.72	450m: 6:08.78	39.77	650m: 8:51.13	40.47				
	100m: 1:17.44	40.57	300m: 4:04.81	42.28	500m: 6:48.76	39.98	700m: 9:32.37	41.24				
	150m: 1:58.81	41.37	350m: 4:47.27	42.46	550m: 7:29.36	40.60	750m: 10:13.42	41.05				
	200m: 2:40.81	42.00	400m: 5:29.01	41.74	600m: 8:10.66	41.30	800m: 10:51.35	37.93				
Masters 30+												
1.	Erik Schröder	TriVia				8:45.36		198402025		8:47.52		+0,84
	50m: 29.07	29.07	250m: 2:40.85	33.25	450m: 4:54.42	33.26	650m: 7:08.83	33.45				
	100m: 1:01.34	32.27	300m: 3:14.47	33.62	500m: 5:27.76	33.34	700m: 7:42.52	33.69				
	150m: 1:34.44	33.10	350m: 3:47.89	33.42	550m: 6:01.36	33.60	750m: 8:15.45	32.93				
	200m: 2:07.60	33.16	400m: 4:21.16	33.27	600m: 6:35.38	34.02	800m: 8:47.52	32.07				
2.	Kristiaan Lenos	LZ 1886				9:07.80		198301331		9:00.87		+0,78
	50m: 29.23	29.23	250m: 2:42.71	33.95	450m: 5:00.66	34.62	650m: 7:18.79	34.62				
	100m: 1:01.64	32.41	300m: 3:16.81	34.10	500m: 5:35.28	34.62	700m: 7:53.37	34.58				
	150m: 1:35.25	33.61	350m: 3:51.09	34.28	550m: 6:09.78	34.50	750m: 8:27.88	34.51				
	200m: 2:08.76	33.51	400m: 4:26.04	34.95	600m: 6:44.17	34.39	800m: 9:00.87	32.99				

Programmanr. 39, Heren, 800m vrije slag, Masters 30+

rang	naam	vereniging			inschrijftijd		startnr.		tijd			RT
3.	Ralf van der Poel	Zuiderzeeswimmers			9:17.49		198401783		9:03.92			+0,84
	50m:	29.41	29.41	250m:	2:43.91	34.21	450m:	5:02.13	34.95	650m:	7:22.00	34.94
	100m:	1:01.81	32.40	300m:	3:18.14	34.23	500m:	5:37.27	35.14	700m:	7:57.23	35.23
	150m:	1:35.58	33.77	350m:	3:52.41	34.27	550m:	6:12.10	34.83	750m:	8:31.56	34.33
	200m:	2:09.70	34.12	400m:	4:27.18	34.77	600m:	6:47.06	34.96	800m:	9:03.92	32.36
4.	Marcel Reefhuis	WS Twente			9:32.23		198101381		9:36.97			+0,50
	50m:	31.75	31.75	250m:	2:54.71	35.86	450m:	5:19.86	36.59	650m:	7:48.06	36.94
	100m:	1:06.98	35.23	300m:	3:30.79	36.08	500m:	5:56.83	36.97	700m:	8:25.24	37.18
	150m:	1:42.90	35.92	350m:	4:06.90	36.11	550m:	6:33.94	37.11	750m:	9:02.16	36.92
	200m:	2:18.85	35.95	400m:	4:43.27	36.37	600m:	7:11.12	37.18	800m:	9:36.97	34.81

Masters 35+

1.	Ivo Roozeboom	WVZ	9:39.25	197700801	9:20.54	+0,86		
	50m: 31.48	31.48	250m: 2:53.84	35.43	450m: 5:16.32	35.59	650m: 7:37.33	35.19
	100m: 1:06.77	35.29	300m: 3:29.57	35.73	500m: 5:51.52	35.20	700m: 8:12.70	35.37
	150m: 1:42.65	35.88	350m: 4:05.16	35.59	550m: 6:26.75	35.23	750m: 8:47.60	34.90
	200m: 2:18.41	35.76	400m: 4:40.73	35.57	600m: 7:02.14	35.39	800m: 9:20.54	32.94
2.	Roland de Jong	Eurode KZC	9:34.07	197601513	9:35.09	+0,71		
	50m: 30.63	30.63	250m: 2:50.44	35.82	450m: 5:15.26	36.54	650m: 7:43.62	37.61
	100m: 1:04.62	33.99	300m: 3:26.40	35.96	500m: 5:52.03	36.77	700m: 8:21.30	37.68
	150m: 1:39.35	34.73	350m: 4:02.56	36.16	550m: 6:29.13	37.10	750m: 8:59.40	38.10
	200m: 2:14.62	35.27	400m: 4:38.72	36.16	600m: 7:06.01	36.88	800m: 9:35.09	35.69
3.	Markus van Rest	Zoetermeer	10:25.91	197701197	10:21.18	+0,87		
	50m: 34.29	34.29	250m: 3:11.65	40.20	450m: 5:51.14	39.86	650m: 8:28.71	39.46
	100m: 1:12.39	38.10	300m: 3:51.70	40.05	500m: 6:31.10	39.96	700m: 9:06.98	38.27
	150m: 1:51.86	39.47	350m: 4:31.15	39.45	550m: 7:10.20	39.10	750m: 9:44.91	37.93
	200m: 2:31.45	39.59	400m: 5:11.28	40.13	600m: 7:49.25	39.05	800m: 10:21.18	36.27

Masters 40+

1.	Gerald Hösl	SC Schaffhausen			10:57.42	27749	10:37.26			+0,94		
	50m:	36.04	36.04	250m:	3:14.56	40.49	450m:	5:56.87	40.61	650m:	8:37.83	40.16
	100m:	1:14.72	38.68	300m:	3:55.10	40.54	500m:	6:37.12	40.25	700m:	9:17.90	40.07
	150m:	1:54.15	39.43	350m:	4:35.60	40.50	550m:	7:17.42	40.30	750m:	9:58.29	40.39
	200m:	2:34.07	39.92	400m:	5:16.26	40.66	600m:	7:57.67	40.25	800m:	10:37.26	38.97
2.	Kasper van den Berghe	Swol 1894			10:54.74	197301125	11:12.41			+0,81		
	50m:	36.33	36.33	250m:	3:17.26	40.31	450m:	6:04.53	42.13	650m:	8:59.05	43.85
	100m:	1:15.36	39.03	300m:	3:58.14	40.88	500m:	6:47.95	43.42	700m:	9:43.66	44.61
	150m:	1:55.76	40.40	350m:	4:40.01	41.87	550m:	7:31.53	43.58	750m:	10:28.31	44.65
	200m:	2:36.95	41.19	400m:	5:22.40	42.39	600m:	8:15.20	43.67	800m:	11:12.41	44.10

Masters 45+

1.	Arjan Bellaart		Oceanus		9:53.24	196900079		9:45.55	+0,86			
	50m:	33.11	33.11	250m:	2:59.57	36.38	450m:	5:26.87	37.08	650m:	7:55.99	37.24
	100m:	1:09.85	36.74	300m:	3:36.26	36.69	500m:	6:03.97	37.10	700m:	8:33.06	37.07
	150m:	1:46.39	36.54	350m:	4:13.25	36.99	550m:	6:41.25	37.28	750m:	9:10.00	36.94
	200m:	2:23.19	36.80	400m:	4:49.79	36.54	600m:	7:18.75	37.50	800m:	9:45.55	35.55
2.	Johan Neevel		Deltasteur		9:48.69	196501475		10:08.90	+0,77			
	50m:	33.58	33.58	250m:	3:03.81	38.25	450m:	5:37.44	38.21	650m:	8:13.08	39.02
	100m:	1:10.57	36.99	300m:	3:41.99	38.18	500m:	6:16.31	38.87	700m:	8:52.13	39.05
	150m:	1:47.59	37.02	350m:	4:20.44	38.45	550m:	6:55.31	39.00	750m:	9:31.06	38.93
	200m:	2:25.56	37.97	400m:	4:59.23	38.79	600m:	7:34.06	38.75	800m:	10:08.90	37.84
3.	Harold Matla		PSV		10:51.18	196800591		10:39.34	+0,93			
	50m:	35.11	35.11	250m:	3:14.24	40.47	450m:	5:57.28	40.63	650m:	8:41.84	41.31
	100m:	1:13.62	38.51	300m:	3:54.93	40.69	500m:	6:38.36	41.08	700m:	9:23.10	41.26
	150m:	1:53.31	39.69	350m:	4:35.89	40.96	550m:	7:19.38	41.02	750m:	10:03.26	40.16
	200m:	2:33.77	40.46	400m:	5:16.65	40.76	600m:	8:00.53	41.15	800m:	10:39.34	36.08
4.	Philippe van der Beke		PSV		11:24.16	196801541		10:49.98	+1,10			
	50m:	36.40	36.40	250m:	3:22.11	42.19	450m:	6:08.78	41.55	650m:	8:52.86	41.06
	100m:	1:17.12	40.72	300m:	4:03.85	41.74	500m:	6:49.67	40.89	700m:	9:34.33	41.47
	150m:	1:59.01	41.89	350m:	4:45.32	41.47	550m:	7:30.79	41.12	750m:	10:13.62	39.29
	200m:	2:39.92	40.91	400m:	5:27.23	41.91	600m:	8:11.80	41.01	800m:	10:49.98	36.36
5.	Sander Nieuwenhuys		De Fuut		11:11.26	196801423		10:56.10	+0,84			
	50m:	36.51	36.51	250m:	3:18.67	41.00	450m:	6:04.67	41.83	650m:	8:52.72	41.96
	100m:	1:16.30	39.79	300m:	3:59.83	41.16	500m:	6:46.61	41.94	700m:	9:35.03	42.31
	150m:	1:56.64	40.34	350m:	4:41.15	41.32	550m:	7:28.61	42.00	750m:	10:17.15	42.12
	200m:	2:37.67	41.03	400m:	5:22.84	41.69	600m:	8:10.76	42.15	800m:	10:56.10	38.95

Programmanr. 39, Heren, 800m vrije slag, Masters 45+

rang	naam	vereniging			inschrijftijd		startnr.	tijd		RT
6.	Ramon Alsina Munoz	CNSW			12:43.08		CNSW/608/69		11:56.59	+0,94
	50m: 38.73	38.73	250m: 3:34.18	44.72	450m: 6:36.18	45.89	650m: 9:40.41	46.27		
	100m: 1:21.48	42.75	300m: 4:19.54	45.36	500m: 7:21.78	45.60	700m: 10:26.45	46.04		
	150m: 2:05.25	43.77	350m: 5:04.85	45.31	550m: 8:08.05	46.27	750m: 11:12.31	45.86		
	200m: 2:49.46	44.21	400m: 5:50.29	45.44	600m: 8:54.14	46.09	800m: 11:56.59	44.28		

Masters 50+

1.	Jan Brink	ZPC De Zeeuwse Kust			9:48.16	196200091		9:31.11	+0,83			
	Nederlands Masters Record											
	50m:	31.30	31.30	250m:	2:54.48	36.02	450m:	5:18.76	36.13	650m:	7:44.01	36.74
	100m:	1:06.94	35.64	300m:	3:30.40	35.92	500m:	5:54.96	36.20	700m:	8:20.56	36.55
	150m:	1:42.72	35.78	350m:	4:06.50	36.10	550m:	6:31.32	36.36	750m:	8:56.84	36.28
	200m:	2:18.46	35.74	400m:	4:42.63	36.13	600m:	7:07.27	35.95	800m:	9:31.11	34.27
2.	Johan Remmits	ZPC Woerden			9:48.05	196201159		9:39.75	+0,87			
	50m:	32.29	32.29	250m:	2:59.68	37.00	450m:	5:26.54	36.70	650m:	7:54.14	36.66
	100m:	1:08.43	36.14	300m:	3:36.52	36.84	500m:	6:03.69	37.15	700m:	8:30.68	36.54
	150m:	1:45.57	37.14	350m:	4:13.14	36.62	550m:	6:40.69	37.00	750m:	9:06.47	35.79
	200m:	2:22.68	37.11	400m:	4:49.84	36.70	600m:	7:17.48	36.79	800m:	9:39.75	33.28
3.	Gustav van den Berg	TriVia			10:12.00	196100991		9:54.37	+1,00			
	50m:	34.12	34.12	250m:	3:03.39	38.01	450m:	5:33.95	37.49	650m:	8:05.11	37.44
	100m:	1:10.99	36.87	300m:	3:40.79	37.40	500m:	6:11.63	37.68	700m:	8:42.98	37.87
	150m:	1:47.88	36.89	350m:	4:18.66	37.87	550m:	6:49.71	38.08	750m:	9:19.69	36.71
	200m:	2:25.38	37.50	400m:	4:56.46	37.80	600m:	7:27.67	37.96	800m:	9:54.37	34.68
4.	Menno Lomans	d'ELFT WAVE (SG)			10:26.74	196101071		10:25.49	+0,80			
	50m:	34.50	34.50	250m:	3:11.67	39.90	450m:	5:51.43	39.86	650m:	8:29.69	39.57
	100m:	1:12.61	38.11	300m:	3:51.82	40.15	500m:	6:31.05	39.62	700m:	9:09.21	39.52
	150m:	1:51.95	39.34	350m:	4:31.51	39.69	550m:	7:10.85	39.80	750m:	9:48.25	39.04
	200m:	2:31.77	39.82	400m:	5:11.57	40.06	600m:	7:50.12	39.27	800m:	10:25.49	37.24
5.	Joost de Kroon	AquAmigos			10:59.97	196400999		11:12.39	+1,12			
	50m:	38.24	38.24	250m:	3:27.29	42.66	450m:	6:18.87	42.94	650m:	9:11.40	43.23
	100m:	1:19.65	41.41	300m:	4:10.27	42.98	500m:	7:02.03	43.16	700m:	9:54.25	42.85
	150m:	2:01.98	42.33	350m:	4:53.02	42.75	550m:	7:45.23	43.20	750m:	10:35.28	41.03
	200m:	2:44.63	42.65	400m:	5:35.93	42.91	600m:	8:28.17	42.94	800m:	11:12.39	37.11
6.	Jan Smalheer	SCOM			11:56.55	196400701		11:47.33	+1,19			
	50m:	36.61	36.61	250m:	3:32.67	44.29	450m:	6:34.14	45.75	650m:	9:37.59	45.88
	100m:	1:18.70	42.09	300m:	4:16.86	44.19	500m:	7:19.90	45.76	700m:	10:22.03	44.44
	150m:	2:03.16	44.46	350m:	5:02.57	45.71	550m:	8:05.63	45.73	750m:	11:05.32	43.29
	200m:	2:48.38	45.22	400m:	5:48.39	45.82	600m:	8:51.71	46.08	800m:	11:47.33	42.01
7.	Marco Schoenmakers	ZVVS			13:27.86	196401375		13:52.97	+0,97			
	50m:	43.69	43.69	250m:	4:11.44	52.82	450m:	7:46.54	53.65	650m:	11:20.65	53.08
	100m:	1:32.25	48.56	300m:	5:05.12	53.68	500m:	8:42.12	55.58	700m:	12:12.60	51.95
	150m:	2:25.58	53.33	350m:	5:58.86	53.74	550m:	9:34.09	51.97	750m:	13:04.57	51.97
	200m:	3:18.62	53.04	400m:	6:52.89	54.03	600m:	10:27.57	53.48	800m:	13:52.97	48.40

Masters 55+

1.	Marten de Groot	HZ&PC Heerenveen			9:32.21	195800149			9:23.27	+0,80		
	<i>Europees Masters Record</i>											
	50m:	32.22	32.22	250m:	2:55.99	36.06	450m:	5:17.76	35.13	650m:	7:39.26	35.23
	100m:	1:07.59	35.37	300m:	3:31.52	35.53	500m:	5:52.66	34.90	700m:	8:14.75	35.49
	150m:	1:44.13	36.54	350m:	4:07.07	35.55	550m:	6:28.38	35.72	750m:	8:50.17	35.42
	200m:	2:19.93	35.80	400m:	4:42.63	35.56	600m:	7:04.03	35.65	800m:	9:23.27	33.10
2.	Marius Ros	ZCNF'34			10:27.13	195900779			10:38.36	+0,85		
	50m:	37.24	37.24	250m:	3:16.43	40.11	450m:	5:55.92	39.96	650m:	8:38.11	40.66
	100m:	1:16.71	39.47	300m:	3:56.31	39.88	500m:	6:36.35	40.43	700m:	9:18.86	40.75
	150m:	1:56.17	39.46	350m:	4:36.20	39.89	550m:	7:16.91	40.56	750m:	9:59.39	40.53
	200m:	2:36.32	40.15	400m:	5:15.96	39.76	600m:	7:57.45	40.54	800m:	10:38.36	38.97
3.	Wim Witjes	Aqua-Novio'94			10:57.45	195800483			10:57.99	+0,81		
	50m:	36.40	36.40	250m:	3:20.12	41.63	450m:	6:07.22	42.15	650m:	8:55.36	41.75
	100m:	1:16.18	39.78	300m:	4:01.66	41.54	500m:	6:49.32	42.10	700m:	9:37.46	42.10
	150m:	1:57.31	41.13	350m:	4:43.27	41.61	550m:	7:31.48	42.16	750m:	10:18.66	41.20
	200m:	2:38.49	41.18	400m:	5:25.07	41.80	600m:	8:13.61	42.13	800m:	10:57.99	39.33
4.	Henk Slomp	De Pinquin			11:13.62	195500359			11:11.91	+0,91		
	50m:	37.59	37.59	250m:	3:29.84	43.14	450m:	6:20.35	42.27	650m:	9:11.92	42.43
	100m:	1:20.08	42.49	300m:	4:11.90	42.06	500m:	7:03.57	43.22	700m:	9:53.51	41.59
	150m:	2:03.04	42.96	350m:	4:54.52	42.62	550m:	7:46.50	42.93	750m:	10:34.30	40.79
	200m:	2:46.70	43.66	400m:	5:38.08	43.56	600m:	8:29.49	42.99	800m:	11:11.91	37.61

Programmanr. 39, Heren, 800m vrije slag, Masters 55+

rang	naam	vereniging				inschrijftijd		startnr.		tijd		RT
5.	Paul Bunnik	Triton				11:43.75		195600413		11:47.17		+1,14
	50m:	36.93	36.93	250m:	3:30.45	44.68	450m:	6:29.80	45.37	650m:	9:35.21	46.07
	100m:	1:18.04	41.11	300m:	4:14.67	44.22	500m:	7:15.68	45.88	700m:	10:21.37	46.16
	150m:	2:01.63	43.59	350m:	4:59.40	44.73	550m:	8:01.22	45.54	750m:	11:07.17	45.80
	200m:	2:45.77	44.14	400m:	5:44.43	45.03	600m:	8:49.14	47.92	800m:	11:47.17	40.00
6.	Aaldert Mellema	Nat Utrecht				12:02.08		195700233		12:03.16		+1,06
	50m:	38.22	38.22	250m:	3:36.89	45.81	450m:	6:41.91	46.04	650m:	9:48.06	46.31
	100m:	1:20.64	42.42	300m:	4:22.88	45.99	500m:	7:29.04	47.13	700m:	10:34.56	46.50
	150m:	2:05.24	44.60	350m:	5:09.50	46.62	550m:	8:15.46	46.42	750m:	11:20.65	46.09
	200m:	2:51.08	45.84	400m:	5:55.87	46.37	600m:	9:01.75	46.29	800m:	12:03.16	42.51
7.	Lex Hoogendam	MNC Dordrecht				11:58.79		195700541		12:04.90		+0,97
	50m:	37.62	37.62	250m:	3:35.26	45.38	450m:	6:40.71	46.70	650m:	9:47.98	46.44
	100m:	1:20.14	42.52	300m:	4:21.20	45.94	500m:	7:27.78	47.07	700m:	10:34.28	46.30
	150m:	2:04.89	44.75	350m:	5:07.88	46.68	550m:	8:14.72	46.94	750m:	11:20.18	45.90
	200m:	2:49.88	44.99	400m:	5:54.01	46.13	600m:	9:01.54	46.82	800m:	12:04.90	44.72

Masters 60+

1.	Brend Brevé			PSV			11:33.09			195200265			11:12.50			+0,98
	50m:	36.95	36.95	250m:	3:25.46	42.14	450m:	6:16.92	42.91	650m:	9:07.50	43.46				
	100m:	1:17.98	41.03	300m:	4:08.69	43.23	500m:	6:59.26	42.34	700m:	9:50.65	43.15				
	150m:	2:00.60	42.62	350m:	4:51.67	42.98	550m:	7:41.97	42.71	750m:	10:33.28	42.63				
	200m:	2:43.32	42.72	400m:	5:34.01	42.34	600m:	8:24.04	42.07	800m:	11:12.50	39.22				
2.	Bé Grave			H2Oldambt			12:27.37			195300231			12:29.31			+0,95
	50m:	39.61	39.61	250m:	3:42.84	47.38	450m:	6:54.70	48.33	650m:	10:07.18	47.65				
	100m:	1:23.15	43.54	300m:	4:30.06	47.22	500m:	7:43.19	48.49	700m:	10:55.37	48.19				
	150m:	2:08.75	45.60	350m:	5:17.90	47.84	550m:	8:31.83	48.64	750m:	11:43.02	47.65				
	200m:	2:55.46	46.71	400m:	6:06.37	48.47	600m:	9:19.53	47.70	800m:	12:29.31	46.29				

Masters 65+

1.	Donald Uijtenbogaart	Het Y			10:45.41	194700107		10:59.97	+0,89			
	50m:	37.46	37.46	250m:	3:24.81	42.23	450m:	6:13.24	42.00	650m:	9:00.42	41.70
	100m:	1:18.43	40.97	300m:	4:07.07	42.26	500m:	6:55.06	41.82	700m:	9:41.91	41.49
	150m:	2:00.46	42.03	350m:	4:49.19	42.12	550m:	7:36.89	41.83	750m:	10:22.42	40.51
	200m:	2:42.58	42.12	400m:	5:31.24	42.05	600m:	8:18.72	41.83	800m:	10:59.97	37.55
2.	Willem Putter	ZVVS			14:00.19	194500135		13:44.48	+1,17			
	50m:	41.93	41.93	250m:	4:05.56	50.91	450m:	7:38.26	53.50	650m:	11:13.92	53.63
	100m:	1:30.78	48.85	300m:	4:58.10	52.54	500m:	8:31.82	53.56	700m:	12:06.46	52.54
	150m:	2:21.02	50.24	350m:	5:52.04	53.94	550m:	9:26.65	54.83	750m:	12:57.44	50.98
	200m:	3:14.65	53.63	400m:	6:44.76	52.72	600m:	10:20.29	53.64	800m:	13:44.48	47.04
3.	Mar van Geel	Old Dutch			14:59.41	194700135		15:35.46	+1,24			
	50m:	48.38	48.38	250m:	4:39.80	1:00.04	450m:	8:42.09	1:00.83	650m:	12:41.62	59.93
	100m:	1:42.50	54.12	300m:	5:40.70	1:00.90	500m:	9:42.19	1:00.10	700m:	13:41.45	59.83
	150m:	2:40.32	57.82	350m:	6:40.00	59.30	550m:	10:42.19	1:00.00	750m:	14:39.92	58.47
	200m:	3:39.76	59.44	400m:	7:41.26	1:01.26	600m:	11:41.69	59.50	800m:	15:35.46	55.54

Masters 70+

1.	Rob Hanou	PSV	12:34.07	194300109	13:14.86	+1,12		
	50m: 42.09	42.09	250m: 4:01.14	49.92	450m: 7:24.11	50.77	650m: 10:47.47	51.13
	100m: 1:30.71	48.62	300m: 4:51.62	50.48	500m: 8:14.56	50.45	700m: 11:37.98	50.51
	150m: 2:21.08	50.37	350m: 5:42.76	51.14	550m: 9:05.40	50.84	750m: 12:28.08	50.10
	200m: 3:11.22	50.14	400m: 6:33.34	50.58	600m: 9:56.34	50.94	800m: 13:14.86	46.78
2.	Frans van Enst	WS Twente	13:07.00	194000011	13:22.64	+1,07		
	50m: 42.89	42.89	250m: 4:05.35	51.72	450m: 7:32.65	51.17	650m: 10:56.83	50.89
	100m: 1:31.26	48.37	300m: 4:56.97	51.62	500m: 8:24.05	51.40	700m: 11:47.57	50.74
	150m: 2:21.60	50.34	350m: 5:48.85	51.88	550m: 9:14.85	50.80	750m: 12:37.73	50.16
	200m: 3:13.63	52.03	400m: 6:41.48	52.63	600m: 10:05.94	51.09	800m: 13:22.64	44.91
3.	Geza Kaltenecker	AZC	14:36.95	194200065	14:29.17	+1,20		
	50m: 43.13	43.13	250m: 4:15.43	54.94	450m: 7:55.63	55.46	650m: 11:40.13	56.53
	100m: 1:33.59	50.46	300m: 5:10.35	54.92	500m: 8:50.85	55.22	700m: 12:37.40	57.27
	150m: 2:26.97	53.38	350m: 6:04.72	54.37	550m: 9:47.32	56.47	750m: 13:34.16	56.76
	200m: 3:20.49	53.52	400m: 7:00.17	55.45	600m: 10:43.60	56.28	800m: 14:29.17	55.01

Programmanr. 39, Heren, 800m vrije slag

Masters 75+

1. Nico Geers	Z&PC De Gouwe			12:14.50	193800007	13:26.73	+1,02				
50m:	45.58	45.58	250m:	4:12.03	51.55	450m:	7:39.93	51.27	650m:	11:04.13	50.39
100m:	1:36.64	51.06	300m:	5:04.48	52.45	500m:	8:31.78	51.85	700m:	11:54.35	50.22
150m:	2:28.28	51.64	350m:	5:57.01	52.53	550m:	9:22.33	50.55	750m:	12:43.01	48.66
200m:	3:20.48	52.20	400m:	6:48.66	51.65	600m:	10:13.74	51.41	800m:	13:26.73	43.72

Programmanr. 40
26-01-2014 - 10:28

Dames, 1500m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
Masters 20+								
1.	Iris Pijtak	AZ&PC	18:02.36	199300602	18:16.33	+0,77		
	50m: 32.68	32.68	450m: 5:27.06	37.03	850m: 10:22.79	37.05	1250m: 15:16.45	36.88
	100m: 1:08.73	36.05	500m: 6:03.96	36.90	900m: 10:59.72	36.93	1300m: 15:53.51	37.06
	150m: 1:45.38	36.65	550m: 6:40.99	37.03	950m: 11:36.44	36.72	1350m: 16:30.26	36.75
	200m: 2:22.11	36.73	600m: 7:17.85	36.86	1000m: 12:12.97	36.53	1400m: 17:06.61	36.35
	250m: 2:58.96	36.85	650m: 7:54.93	37.08	1050m: 12:49.41	36.44	1450m: 17:42.89	36.28
	300m: 3:36.15	37.19	700m: 8:32.06	37.13	1100m: 13:26.15	36.74	1500m: 18:16.33	33.44
	350m: 4:12.95	36.80	750m: 9:09.04	36.98	1150m: 14:02.94	36.79		
	400m: 4:50.03	37.08	800m: 9:45.74	36.70	1200m: 14:39.57	36.63		
2.	Rebecca Vroomen	Eurode KZC	18:36.38	199301772	18:26.90	+0,88		
	50m: 33.22	33.22	450m: 5:28.23	36.87	850m: 10:24.59	37.08	1250m: 15:23.59	37.68
	100m: 1:09.46	36.24	500m: 6:05.47	37.24	900m: 11:01.60	37.01	1300m: 16:00.97	37.38
	150m: 1:46.49	37.03	550m: 6:42.07	36.60	950m: 11:38.55	36.95	1350m: 16:38.26	37.29
	200m: 2:22.97	36.48	600m: 7:19.26	37.19	1000m: 12:15.97	37.42	1400m: 17:15.42	37.16
	250m: 3:00.28	37.31	650m: 7:56.43	37.17	1050m: 12:53.12	37.15	1450m: 17:52.14	36.72
	300m: 3:37.57	37.29	700m: 8:33.49	37.06	1100m: 13:30.56	37.44	1500m: 18:26.90	34.76
	350m: 4:14.59	37.02	750m: 9:10.65	37.16	1150m: 14:08.22	37.66		
	400m: 4:51.36	36.77	800m: 9:47.51	36.86	1200m: 14:45.91	37.69		
3.	Sigrid Dogger	De Zwoer	20:08.12	199200452	19:51.97	+0,81		
	50m: 33.84	33.84	450m: 5:48.55	40.23	850m: 11:11.72	40.46	1250m: 16:35.96	40.40
	100m: 1:11.38	37.54	500m: 6:28.72	40.17	900m: 11:52.05	40.33	1300m: 17:16.02	40.06
	150m: 1:50.25	38.87	550m: 7:08.85	40.13	950m: 12:32.49	40.44	1350m: 17:55.89	39.87
	200m: 2:29.39	39.14	600m: 7:49.18	40.33	1000m: 13:13.07	40.58	1400m: 18:35.98	40.09
	250m: 3:08.90	39.51	650m: 8:29.66	40.48	1050m: 13:53.52	40.45	1450m: 19:15.11	39.13
	300m: 3:48.40	39.50	700m: 9:10.35	40.69	1100m: 14:34.52	41.00	1500m: 19:51.97	36.86
	350m: 4:28.20	39.80	750m: 9:50.67	40.32	1150m: 15:14.98	40.46		
	400m: 5:08.32	40.12	800m: 10:31.26	40.59	1200m: 15:55.56	40.58		
4.	Johanna de Boer	ZPD	20:10.56	199403944	19:52.53	+0,75		
	50m: 34.61	34.61	450m: 5:48.27	40.02	850m: 11:11.06	40.04	1250m: 16:36.37	40.77
	100m: 1:12.51	37.90	500m: 6:28.34	40.07	900m: 11:51.39	40.33	1300m: 17:16.78	40.41
	150m: 1:50.84	38.33	550m: 7:08.38	40.04	950m: 12:31.97	40.58	1350m: 17:57.06	40.28
	200m: 2:29.83	38.99	600m: 7:48.73	40.35	1000m: 13:12.39	40.42	1400m: 18:37.24	40.18
	250m: 3:09.37	39.54	650m: 8:29.42	40.69	1050m: 13:53.05	40.66	1450m: 19:16.53	39.29
	300m: 3:48.58	39.21	700m: 9:10.14	40.72	1100m: 14:34.14	41.09	1500m: 19:52.53	36.00
	350m: 4:28.19	39.61	750m: 9:50.63	40.49	1150m: 15:14.82	40.68		
	400m: 5:08.25	40.06	800m: 10:31.02	40.39	1200m: 15:55.60	40.78		
5.	Martje Godschalk	De IJsel	20:33.83	199001186	20:08.87	+0,89		
	50m: 34.57	34.57	450m: 5:53.26	40.30	850m: 11:19.33	40.77	1250m: 16:45.94	40.67
	100m: 1:12.32	37.75	500m: 6:34.07	40.81	900m: 12:00.20	40.87	1300m: 17:26.90	40.96
	150m: 1:51.22	38.90	550m: 7:14.87	40.80	950m: 12:40.79	40.59	1350m: 18:07.87	40.97
	200m: 2:30.95	39.73	600m: 7:55.69	40.82	1000m: 13:21.61	40.82	1400m: 18:48.88	41.01
	250m: 3:11.13	40.18	650m: 8:36.35	40.66	1050m: 14:02.44	40.83	1450m: 19:29.52	40.64
	300m: 3:51.75	40.62	700m: 9:17.04	40.69	1100m: 14:43.49	41.05	1500m: 20:08.87	39.35
	350m: 4:32.69	40.94	750m: 9:58.10	41.06	1150m: 15:24.42	40.93		
	400m: 5:12.96	40.27	800m: 10:38.56	40.46	1200m: 16:05.27	40.85		
6.	Irmgard van Weeghel	Octopus	20:26.89	199204834	20:55.69	+0,71		
	50m: 36.57	36.57	450m: 6:06.02	42.02	850m: 11:45.11	42.81	1250m: 17:27.06	42.54
	100m: 1:16.21	39.64	500m: 6:48.73	42.71	900m: 12:27.96	42.85	1300m: 18:09.43	42.37
	150m: 1:56.88	40.67	550m: 7:30.84	42.11	950m: 13:10.95	42.99	1350m: 18:51.63	42.20
	200m: 2:38.18	41.30	600m: 8:12.90	42.06	1000m: 13:53.50	42.55	1400m: 19:33.94	42.31
	250m: 3:19.32	41.14	650m: 8:55.31	42.41	1050m: 14:36.32	42.82	1450m: 20:15.92	41.98
	300m: 4:00.61	41.29	700m: 9:37.77	42.46	1100m: 15:18.88	42.56	1500m: 20:55.69	39.77
	350m: 4:42.37	41.76	750m: 10:19.50	41.73	1150m: 16:01.64	42.76		
	400m: 5:24.00	41.63	800m: 11:02.30	42.80	1200m: 16:44.52	42.88		

Programmanr. 40, Dames, 1500m vrije slag, Masters 20+

rang	naam	vereniging				inschrijftijd		startnr.		tijd		RT
7.	Claudia Creemers	De Roersoppers				25:16.11		199202864		25:25.71		+0,77
	50m:	41.40	41.40	450m:	7:22.46	51.93	850m:	14:15.73	52.95	1250m:	21:14.74	53.39
	100m:	1:28.54	47.14	500m:	8:12.17	49.71	900m:	15:09.81	54.08	1300m:	22:06.64	51.90
	150m:	2:17.80	49.26	550m:	9:04.49	52.32	950m:	16:02.27	52.46	1350m:	22:58.91	52.27
	200m:	3:07.69	49.89	600m:	9:55.40	50.91	1000m:	16:55.52	53.25	1400m:	23:49.70	50.79
	250m:	3:57.25	49.56	650m:	10:47.31	51.91	1050m:	17:47.47	51.95	1450m:	24:39.93	50.23
	300m:	4:47.64	50.39	700m:	11:38.85	51.54	1100m:	18:38.46	50.99	1500m:	25:25.71	45.78
	350m:	5:38.55	50.91	750m:	12:30.90	52.05	1150m:	19:29.71	51.25			
	400m:	6:30.53	51.98	800m:	13:22.78	51.88	1200m:	20:21.35	51.64			
8.	Liesbeth Bruinekeol	Zuiderzeewimmers				31:32.66		199007958		33:26.91		+1,00
	50m:	54.33	54.33	450m:	9:47.49	1:07.51	850m:	18:43.63	1:06.89	1250m:	27:46.74	1:07.49
	100m:	1:57.51	1:03.18	500m:	10:56.04	1:08.55	900m:	19:50.87	1:07.24	1300m:	28:55.80	1:09.06
	150m:	3:03.70	1:06.19	550m:	12:03.61	1:07.57	950m:	20:59.43	1:08.56	1350m:	30:04.80	1:09.00
	200m:	4:10.73	1:07.03	600m:	13:09.69	1:06.08	1000m:	22:06.62	1:07.19	1400m:	31:13.25	1:08.45
	250m:	5:17.92	1:07.19	650m:	14:15.62	1:05.93	1050m:	23:14.16	1:07.54	1450m:	32:20.58	1:07.33
	300m:	6:24.57	1:06.65	700m:	15:23.50	1:07.88	1100m:	24:22.07	1:07.91	1500m:	33:26.91	1:06.33
	350m:	7:32.17	1:07.60	750m:	16:30.53	1:07.03	1150m:	25:30.11	1:08.04			
	400m:	8:39.98	1:07.81	800m:	17:36.74	1:06.21	1200m:	26:39.25	1:09.14			

Masters 25+

1.	Lisanne Andeweg	Zuiderzeewimmers	18:23.46	198800092	18:34.99	+0,91		
	50m: 33.07	33.07	450m: 5:30.34	37.53	850m: 10:31.02	37.41	1250m: 15:30.07	37.35
	100m: 1:09.33	36.26	500m: 6:07.67	37.33	900m: 11:08.70	37.68	1300m: 16:07.63	37.56
	150m: 1:46.64	37.31	550m: 6:45.13	37.46	950m: 11:46.26	37.56	1350m: 16:45.00	37.37
	200m: 2:24.04	37.40	600m: 7:22.90	37.77	1000m: 12:23.59	37.33	1400m: 17:22.38	37.38
	250m: 3:01.04	37.00	650m: 8:00.77	37.87	1050m: 13:00.81	37.22	1450m: 17:59.27	36.89
	300m: 3:38.23	37.19	700m: 8:38.56	37.79	1100m: 13:38.00	37.19	1500m: 18:34.99	35.72
	350m: 4:15.66	37.43	750m: 9:16.09	37.53	1150m: 14:15.18	37.18		
	400m: 4:52.81	37.15	800m: 9:53.61	37.52	1200m: 14:52.72	37.54		
2.	Margot Stenveld	De Warande	19:03.46	198804170	19:49.04			
	50m: 36.13	36.13	450m: 5:45.26	39.08	850m: 11:01.46	40.60	1250m: 16:27.33	40.75
	100m: 1:14.47	38.34	500m: 6:24.56	39.30	900m: 11:41.44	39.98	1300m: 17:08.64	41.31
	150m: 1:52.66	38.19	550m: 7:04.05	39.49	950m: 12:22.03	40.59	1350m: 17:49.65	41.01
	200m: 2:31.49	38.83	600m: 7:43.84	39.79	1000m: 13:02.40	40.37	1400m: 18:30.05	40.40
	250m: 3:09.92	38.43	650m: 8:22.85	39.01	1050m: 13:43.67	41.27	1450m: 19:10.53	40.48
	300m: 3:48.67	38.75	700m: 9:02.09	39.24	1100m: 14:24.68	41.01	1500m: 19:49.04	38.51
	350m: 4:27.29	38.62	750m: 9:41.55	39.46	1150m: 15:05.53	40.85		
	400m: 5:06.18	38.89	800m: 10:20.86	39.31	1200m: 15:46.58	41.05		

Masters 30+

1.	Petra Benani-Wolsing	De Futen	21:33.22	198402796	20:18.30	+0,84		
	50m: 36.17	36.17	450m: 6:03.12	41.06	850m: 11:30.70	40.75	1250m: 16:58.09	41.08
	100m: 1:16.33	40.16	500m: 6:43.93	40.81	900m: 12:11.60	40.90	1300m: 17:39.15	41.06
	150m: 1:56.94	40.61	550m: 7:24.79	40.86	950m: 12:52.42	40.82	1350m: 18:20.13	40.98
	200m: 2:37.85	40.91	600m: 8:06.02	41.23	1000m: 13:33.26	40.84	1400m: 19:00.43	40.30
	250m: 3:18.79	40.94	650m: 8:47.08	41.06	1050m: 14:14.08	40.82	1450m: 19:40.67	40.24
	300m: 3:59.75	40.96	700m: 9:27.93	40.85	1100m: 14:54.75	40.67	1500m: 20:18.30	37.63
	350m: 4:40.78	41.03	750m: 10:09.04	41.11	1150m: 15:36.08	41.33		
	400m: 5:22.06	41.28	800m: 10:49.95	40.91	1200m: 16:17.01	40.93		
2.	Pauline Tieleman	De Geul	20:11.51	198403348	20:35.74			
	50m: 35.40	35.40	450m: 6:02.01	41.12	850m: 11:33.19	41.58	1250m: 17:09.68	42.11
	100m: 1:14.77	39.37	500m: 6:43.37	41.36	900m: 12:14.87	41.68	1300m: 17:51.20	41.52
	150m: 1:55.17	40.40	550m: 7:24.68	41.31	950m: 12:56.94	42.07	1350m: 18:33.11	41.91
	200m: 2:36.44	41.27	600m: 8:06.29	41.61	1000m: 13:39.19	42.25	1400m: 19:15.36	42.25
	250m: 3:17.55	41.11	650m: 8:47.71	41.42	1050m: 14:21.06	41.87	1450m: 19:56.66	41.30
	300m: 3:58.67	41.12	700m: 9:28.84	41.13	1100m: 15:03.24	42.18	1500m: 20:35.74	39.08
	350m: 4:39.73	41.06	750m: 10:10.37	41.53	1150m: 15:45.26	42.02		
	400m: 5:20.89	41.16	800m: 10:51.61	41.24	1200m: 16:27.57	42.31		
3.	Linda Hoogendam	Zoetermeer	19:47.29	198300892	21:26.48	+0,87		
	50m: 35.82	35.82	450m: 6:18.82	43.40	850m: 12:05.41	42.85	1250m: 17:54.89	43.79
	100m: 1:17.26	41.44	500m: 7:01.71	42.89	900m: 12:48.68	43.27	1300m: 18:38.87	43.98
	150m: 1:59.49	42.23	550m: 7:45.23	43.52	950m: 13:32.21	43.53	1350m: 19:22.02	43.15
	200m: 2:42.10	42.61	600m: 8:28.75	43.52	1000m: 14:16.07	43.86	1400m: 20:04.49	42.47
	250m: 3:25.04	42.94	650m: 9:12.30	43.55	1050m: 14:59.47	43.40	1450m: 20:46.24	41.75
	300m: 4:08.24	43.20	700m: 9:55.59	43.29	1100m: 15:43.45	43.98	1500m: 21:26.48	40.24
	350m: 4:51.77	43.53	750m: 10:38.79	43.20	1150m: 16:27.04	43.59		
	400m: 5:35.42	43.65	800m: 11:22.56	43.77	1200m: 17:11.10	44.06		

Programmanr. 40, Dames, 1500m vrije slag, Masters 30+

rang	naam	vereniging			inschrijftijd	startnr.	tijd			RT		
4.	Denise de Riet	De Devel			21:58.24	198402040	21:41.73			+0,97		
	50m:	37.10	37.10	450m:	6:16.48	43.73	850m:	12:08.65	43.66	1250m:	18:00.95	44.36
	100m:	1:17.44	40.34	500m:	7:00.65	44.17	900m:	12:52.50	43.85	1300m:	18:45.47	44.52
	150m:	1:59.14	41.70	550m:	7:44.22	43.57	950m:	13:37.07	44.57	1350m:	19:30.76	45.29
	200m:	2:41.37	42.23	600m:	8:28.51	44.29	1000m:	14:20.55	43.48	1400m:	20:15.56	44.80
	250m:	3:23.62	42.25	650m:	9:12.74	44.23	1050m:	15:04.00	43.45	1450m:	20:59.78	44.22
	300m:	4:06.60	42.98	700m:	9:57.55	44.81	1100m:	15:48.50	44.50	1500m:	21:41.73	41.95
	350m:	4:49.87	43.27	750m:	10:40.60	43.05	1150m:	16:32.73	44.23			
	400m:	5:32.75	42.88	800m:	11:24.99	44.39	1200m:	17:16.59	43.86			
5.	Rianne van Vegchelen	Deltasteur			26:43.46	198101530	26:56.88			+1,16		
	50m:	46.96	46.96	450m:	7:54.35	54.75	850m:	15:08.39	54.92	1250m:	22:26.06	54.97
	100m:	1:37.76	50.80	500m:	8:48.58	54.23	900m:	16:02.92	54.53	1300m:	23:20.39	54.33
	150m:	2:29.56	51.80	550m:	9:42.98	54.40	950m:	16:58.00	55.08	1350m:	24:15.54	55.15
	200m:	3:22.41	52.85	600m:	10:37.07	54.09	1000m:	17:52.01	54.01	1400m:	25:10.56	55.02
	250m:	4:16.25	53.84	650m:	11:32.09	55.02	1050m:	18:47.25	55.24	1450m:	26:04.35	53.79
	300m:	5:10.37	54.12	700m:	12:26.34	54.25	1100m:	19:41.98	54.73	1500m:	26:56.88	52.53
	350m:	6:05.47	55.10	750m:	13:19.96	53.62	1150m:	20:36.60	54.62			
	400m:	6:59.60	54.13	800m:	14:13.47	53.51	1200m:	21:31.09	54.49			

Masters 35+

1.	Liselotte Joling	PSV	19:20.52	197500268	18:59.64	+0,97		
	50m: 33.54	33.54	450m: 5:34.36	37.81	850m: 10:39.35	38.50	1250m: 15:48.27	39.07
	100m: 1:10.69	37.15	500m: 6:12.50	38.14	900m: 11:17.65	38.30	1300m: 16:27.26	38.99
	150m: 1:48.63	37.94	550m: 6:50.39	37.89	950m: 11:56.00	38.35	1350m: 17:05.80	38.54
	200m: 2:26.20	37.57	600m: 7:28.28	37.89	1000m: 12:35.02	39.02	1400m: 17:44.71	38.91
	250m: 3:03.45	37.25	650m: 8:06.43	38.15	1050m: 13:13.85	38.83	1450m: 18:23.44	38.73
	300m: 3:41.01	37.56	700m: 8:44.56	38.13	1100m: 13:52.31	38.46	1500m: 18:59.64	36.20
	350m: 4:18.68	37.67	750m: 9:22.66	38.10	1150m: 14:30.83	38.52		
	400m: 4:56.55	37.87	800m: 10:00.85	38.19	1200m: 15:09.20	38.37		
2.	Carmen Haan	De Spatters	23:20.54	197901458	22:48.14	+1,18		
	50m: 39.71	39.71	450m: 6:43.90	46.41	850m: 12:57.25	46.42	1250m: 19:02.78	45.96
	100m: 1:23.75	44.04	500m: 7:30.40	46.50	900m: 13:42.99	45.74	1300m: 19:49.05	46.27
	150m: 2:08.82	45.07	550m: 8:17.41	47.01	950m: 14:29.59	46.60	1350m: 20:34.84	45.79
	200m: 2:54.15	45.33	600m: 9:04.51	47.10	1000m: 15:15.32	45.73	1400m: 21:20.79	45.95
	250m: 3:39.34	45.19	650m: 9:51.41	46.90	1050m: 16:00.64	45.32	1450m: 22:06.48	45.69
	300m: 4:25.03	45.69	700m: 10:38.55	47.14	1100m: 16:45.58	44.94	1500m: 22:48.14	41.66
	350m: 5:11.28	46.25	750m: 11:24.64	46.09	1150m: 17:30.95	45.37		
	400m: 5:57.49	46.21	800m: 12:10.83	46.19	1200m: 18:16.82	45.87		
3.	Babette Rens	Dedemsvaart-AC	23:14.82	197801200	22:53.87	+0,75		
	50m: 39.32	39.32	450m: 6:44.06	46.28	850m: 12:56.44	46.43	1250m: 19:06.06	46.13
	100m: 1:22.78	43.46	500m: 7:30.76	46.70	900m: 13:42.85	46.41	1300m: 19:51.93	45.87
	150m: 2:07.38	44.60	550m: 8:17.63	46.87	950m: 14:29.36	46.51	1350m: 20:37.81	45.88
	200m: 2:52.70	45.32	600m: 9:04.16	46.53	1000m: 15:15.50	46.14	1400m: 21:23.84	46.03
	250m: 3:38.28	45.58	650m: 9:50.93	46.77	1050m: 16:01.71	46.21	1450m: 22:09.55	45.71
	300m: 4:24.68	46.40	700m: 10:37.21	46.28	1100m: 16:47.53	45.82	1500m: 22:53.87	44.32
	350m: 5:11.09	46.41	750m: 11:23.61	46.40	1150m: 17:33.53	46.00		
	400m: 5:57.78	46.69	800m: 12:10.01	46.40	1200m: 18:19.93	46.40		

Masters 40+

1.	Grith Sigsgaard <i>Nederlands Masters Record</i>	Zwemlust-den Hommel	18:18.34	197200772	18:11.24	+0,93		
	50m: 32.54	32.54	450m: 5:20.25	36.19	850m: 10:11.75	36.64	1250m: 15:07.94	37.18
	100m: 1:08.39	35.85	500m: 5:56.29	36.04	900m: 10:48.85	37.10	1300m: 15:45.02	37.08
	150m: 1:44.25	35.86	550m: 6:32.56	36.27	950m: 11:25.43	36.58	1350m: 16:21.67	36.65
	200m: 2:20.12	35.87	600m: 7:09.11	36.55	1000m: 12:02.63	37.20	1400m: 16:58.35	36.68
	250m: 2:55.98	35.86	650m: 7:45.25	36.14	1050m: 12:39.77	37.14	1450m: 17:35.77	37.42
	300m: 3:32.08	36.10	700m: 8:21.93	36.68	1100m: 13:16.51	36.74	1500m: 18:11.24	35.47
	350m: 4:08.27	36.19	750m: 8:58.70	36.77	1150m: 13:53.91	37.40		
	400m: 4:44.06	35.79	800m: 9:35.11	36.41	1200m: 14:30.76	36.85		
2.	Karin Stein	ZVVS	19:03.85	197100554	19:12.49	+0,83		
	50m: 34.95	34.95	450m: 5:39.15	38.24	850m: 10:49.42	38.75	1250m: 16:00.11	38.57
	100m: 1:12.69	37.74	500m: 6:17.49	38.34	900m: 11:27.84	38.42	1300m: 16:38.88	38.77
	150m: 1:50.68	37.99	550m: 6:56.09	38.60	950m: 12:06.99	39.15	1350m: 17:17.29	38.41
	200m: 2:28.41	37.73	600m: 7:35.27	39.18	1000m: 12:45.91	38.92	1400m: 17:56.35	39.06
	250m: 3:06.58	38.17	650m: 8:14.15	38.88	1050m: 13:24.79	38.88	1450m: 18:35.02	38.67
	300m: 3:44.54	37.96	700m: 8:53.01	38.86	1100m: 14:03.72	38.93	1500m: 19:12.49	37.47
	350m: 4:22.66	38.12	750m: 9:32.02	39.01	1150m: 14:42.75	39.03		
	400m: 5:00.91	38.25	800m: 10:10.67	38.65	1200m: 15:21.54	38.79		

Programmanr. 40, Dames, 1500m vrije slag, Masters 40+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
3.	Annette de Visser	Oceanus	20:21.01	197100602	19:53.60	+0,87		
	50m: 34.85	34.85	450m: 5:55.44	40.59	850m: 11:18.37	40.08	1250m: 16:38.72	40.11
	100m: 1:13.05	38.20	500m: 6:35.92	40.48	900m: 11:58.61	40.24	1300m: 17:18.86	40.14
	150m: 1:52.32	39.27	550m: 7:16.58	40.66	950m: 12:38.79	40.18	1350m: 17:58.66	39.80
	200m: 2:32.58	40.26	600m: 7:56.72	40.14	1000m: 13:18.68	39.89	1400m: 18:38.15	39.49
	250m: 3:13.30	40.72	650m: 8:37.42	40.70	1050m: 13:58.88	40.20	1450m: 19:17.33	39.18
	300m: 3:53.78	40.48	700m: 9:17.77	40.35	1100m: 14:38.57	39.69	1500m: 19:53.60	36.27
	350m: 4:34.35	40.57	750m: 9:58.08	40.31	1150m: 15:18.63	40.06		
	400m: 5:14.85	40.50	800m: 10:38.29	40.21	1200m: 15:58.61	39.98		
4.	Pascalie Neiss-Janssen	De Roersoppers	24:12.82	197300852	22:58.48	+0,98		
	50m: 38.86	38.86	450m: 6:46.80	46.71	850m: 13:00.41	46.40	1250m: 19:12.30	46.74
	100m: 1:22.91	44.05	500m: 7:33.70	46.90	900m: 13:47.02	46.61	1300m: 19:58.96	46.66
	150m: 2:07.93	45.02	550m: 8:20.56	46.86	950m: 14:33.52	46.50	1350m: 20:45.62	46.66
	200m: 2:53.67	45.74	600m: 9:06.73	46.17	1000m: 15:19.49	45.97	1400m: 21:32.20	46.58
	250m: 3:39.94	46.27	650m: 9:53.59	46.86	1050m: 16:05.61	46.12	1450m: 22:17.46	45.26
	300m: 4:26.57	46.63	700m: 10:40.11	46.52	1100m: 16:52.38	46.77	1500m: 22:58.48	41.02
	350m: 5:13.18	46.61	750m: 11:27.04	46.93	1150m: 17:39.03	46.65		
	400m: 6:00.09	46.91	800m: 12:14.01	46.97	1200m: 18:25.56	46.53		

Masters 45+

1.	Lisenka Kornet-van den Akker	ZPC Woerden	20:56.14	196900914	20:18.66	+0,75						
	50m:	36.24	36.24	450m:	6:02.87	41.16	850m:	11:30.56	40.93	1250m:	16:57.80	40.98
	100m:	1:16.16	39.92	500m:	6:43.49	40.62	900m:	12:11.29	40.73	1300m:	17:39.19	41.39
	150m:	1:56.97	40.81	550m:	7:24.44	40.95	950m:	12:52.04	40.75	1350m:	18:20.50	41.31
	200m:	2:37.73	40.76	600m:	8:05.47	41.03	1000m:	13:33.03	40.99	1400m:	19:01.24	40.74
	250m:	3:18.52	40.79	650m:	8:46.58	41.11	1050m:	14:13.95	40.92	1450m:	19:41.38	40.14
	300m:	3:59.48	40.96	700m:	9:27.71	41.13	1100m:	14:54.76	40.81	1500m:	20:18.66	37.28
	350m:	4:40.49	41.01	750m:	10:08.79	41.08	1150m:	15:35.83	41.07			
	400m:	5:21.71	41.22	800m:	10:49.63	40.84	1200m:	16:16.82	40.99			
2.	Laura Staal	Oceanus	20:49.81	196700358	21:01.87	+0,74						
	50m:	36.86	36.86	450m:	6:15.02	42.80	850m:	11:54.73	42.21	1250m:	17:32.72	42.26
	100m:	1:17.78	40.92	500m:	6:57.42	42.40	900m:	12:37.43	42.70	1300m:	18:14.95	42.23
	150m:	1:59.69	41.91	550m:	7:40.02	42.60	950m:	13:19.69	42.26	1350m:	18:57.40	42.45
	200m:	2:41.81	42.12	600m:	8:22.66	42.64	1000m:	14:02.30	42.61	1400m:	19:39.58	42.18
	250m:	3:24.10	42.29	650m:	9:05.11	42.45	1050m:	14:44.28	41.98	1450m:	20:21.09	41.51
	300m:	4:06.63	42.53	700m:	9:47.73	42.62	1100m:	15:25.95	41.67	1500m:	21:01.87	40.78
	350m:	4:49.44	42.81	750m:	10:29.94	42.21	1150m:	16:08.15	42.20			
	400m:	5:32.22	42.78	800m:	11:12.52	42.58	1200m:	16:50.46	42.31			
3.	Margreet van der Pol	Oceanus	22:28.94	196600276	22:23.90	+1,19						
	50m:	39.84	39.84	450m:	6:41.03	45.77	850m:	12:41.87	44.42	1250m:	18:43.21	44.96
	100m:	1:23.13	43.29	500m:	7:26.05	45.02	900m:	13:26.99	45.12	1300m:	19:28.62	45.41
	150m:	2:08.03	44.90	550m:	8:10.54	44.49	950m:	14:12.19	45.20	1350m:	20:13.66	45.04
	200m:	2:53.35	45.32	600m:	8:55.72	45.18	1000m:	14:57.55	45.36	1400m:	20:58.25	44.59
	250m:	3:39.09	45.74	650m:	9:41.10	45.38	1050m:	15:42.56	45.01	1450m:	21:42.92	44.67
	300m:	4:23.78	44.69	700m:	10:26.35	45.25	1100m:	16:28.13	45.57	1500m:	22:23.90	40.98
	350m:	5:09.40	45.62	750m:	11:12.06	45.71	1150m:	17:12.99	44.86			
	400m:	5:55.26	45.86	800m:	11:57.45	45.39	1200m:	17:58.25	45.26			
4.	Hetty Smalheer	SCOM	24:30.59	196700352	24:32.20	+1,09						
	50m:	43.54	43.54	450m:	7:17.88	50.50	850m:	13:54.70	49.58	1250m:	20:27.82	49.86
	100m:	1:30.84	47.30	500m:	8:08.12	50.24	900m:	14:43.92	49.22	1300m:	21:16.86	49.04
	150m:	2:19.11	48.27	550m:	8:56.74	48.62	950m:	15:32.76	48.84	1350m:	22:06.40	49.54
	200m:	3:08.94	49.83	600m:	9:46.39	49.65	1000m:	16:21.45	48.69	1400m:	22:56.48	50.08
	250m:	3:58.01	49.07	650m:	10:35.74	49.35	1050m:	17:09.69	48.24	1450m:	23:45.76	49.28
	300m:	4:47.78	49.77	700m:	11:25.57	49.83	1100m:	17:58.88	49.19	1500m:	24:32.20	46.44
	350m:	5:37.69	49.91	750m:	12:15.32	49.75	1150m:	18:47.68	48.80			
	400m:	6:27.38	49.69	800m:	13:05.12	49.80	1200m:	19:37.96	50.28			

Masters 50+

1.	Irene van der Laan		ZV De Bron		20:48.86		196000096		21:35.41	+0,91		
	50m:	41.00	41.00	450m:	6:31.64	43.81	850m:	12:20.39	43.59	1250m:	18:02.56	43.73
	100m:	1:24.49	43.49	500m:	7:15.51	43.87	900m:	13:03.89	43.50	1300m:	18:45.41	42.85
	150m:	2:08.42	43.93	550m:	7:59.11	43.60	950m:	13:45.64	41.75	1350m:	19:28.41	43.00
	200m:	2:52.58	44.16	600m:	8:43.01	43.90	1000m:	14:28.41	42.77	1400m:	20:11.20	42.79
	250m:	3:36.34	43.76	650m:	9:26.38	43.37	1050m:	15:10.27	41.86	1450m:	20:53.77	42.57
	300m:	4:20.17	43.83	700m:	10:09.88	43.50	1100m:	15:52.91	42.64	1500m:	21:35.41	41.64
	350m:	5:04.08	43.91	750m:	10:53.55	43.67	1150m:	16:35.57	42.66			
	400m:	5:47.83	43.75	800m:	11:36.80	43.25	1200m:	17:18.83	43.26			

Programmanr. 40, Dames, 1500m vrije slag, Masters 50+

rang	naam	vereniging			inschrijftijd		startnr.		tijd		RT	
2.	Katinka Elders	Oceanus			24:31.95		196000292		24:33.62		+0,81	
	50m:	42.98	42.98	450m:	7:14.30	50.14	850m:	13:51.49	49.91	1250m:	20:30.10	49.89
	100m:	1:29.55	46.57	500m:	8:03.64	49.34	900m:	14:41.08	49.59	1300m:	21:20.32	50.22
	150m:	2:18.43	48.88	550m:	8:53.46	49.82	950m:	15:30.95	49.87	1350m:	22:09.71	49.39
	200m:	3:07.07	48.64	600m:	9:43.89	50.43	1000m:	16:21.45	50.50	1400m:	22:57.97	48.26
	250m:	3:55.69	48.62	650m:	10:32.97	49.08	1050m:	17:11.25	49.80	1450m:	23:46.85	48.88
	300m:	4:45.07	49.38	700m:	11:21.99	49.02	1100m:	18:01.19	49.94	1500m:	24:33.62	46.77
	350m:	5:34.56	49.49	750m:	12:11.60	49.61	1150m:	18:50.79	49.60			
	400m:	6:24.16	49.60	800m:	13:01.58	49.98	1200m:	19:40.21	49.42			
3.	Marjan Spoelstra	Swol 1894			26:00.70		196000236		25:16.27		+0,93	
	50m:	46.23	46.23	450m:	7:31.57	50.91	850m:	14:26.27	51.49	1250m:	21:11.29	50.99
	100m:	1:36.08	49.85	500m:	8:23.11	51.54	900m:	15:17.45	51.18	1300m:	22:01.41	50.12
	150m:	2:26.76	50.68	550m:	9:15.34	52.23	950m:	16:08.96	51.51	1350m:	22:51.31	49.90
	200m:	3:17.39	50.63	600m:	10:07.65	52.31	1000m:	16:59.74	50.78	1400m:	23:40.75	49.44
	250m:	4:08.27	50.88	650m:	10:59.56	51.91	1050m:	17:49.49	49.75	1450m:	24:29.56	48.81
	300m:	4:58.92	50.65	700m:	11:51.23	51.67	1100m:	18:39.57	50.08	1500m:	25:16.27	46.71
	350m:	5:49.66	50.74	750m:	12:42.99	51.76	1150m:	19:29.61	50.04			
	400m:	6:40.66	51.00	800m:	13:34.78	51.79	1200m:	20:20.30	50.69			
4.	Uschi Koster	WWV			25:27.36		196400372		25:26.07		+1,29	
	50m:	44.83	44.83	450m:	7:33.26	50.98	850m:	14:26.58	52.03	1250m:	21:18.75	50.87
	100m:	1:34.95	50.12	500m:	8:24.20	50.94	900m:	15:18.48	51.90	1300m:	22:10.42	51.67
	150m:	2:25.47	50.52	550m:	9:15.94	51.74	950m:	16:10.02	51.54	1350m:	23:02.00	51.58
	200m:	3:16.92	51.45	600m:	10:07.23	51.29	1000m:	17:01.90	51.88	1400m:	23:51.11	49.11
	250m:	4:09.72	52.80	650m:	10:59.26	52.03	1050m:	17:53.93	52.03	1450m:	24:40.38	49.27
	300m:	5:01.08	51.36	700m:	11:50.49	51.23	1100m:	18:46.29	52.36	1500m:	25:26.07	45.69
	350m:	5:51.82	50.74	750m:	12:42.29	51.80	1150m:	19:36.91	50.62			
	400m:	6:42.28	50.46	800m:	13:34.55	52.26	1200m:	20:27.88	50.97			

Masters 55+

1.	Patty Verhagen	PSV	21:32.24	195900146	21:34.82	+0,69		
	Nederlands Masters Record							
	50m: 39.08	39.08	450m: 6:22.77	43.51	850m: 12:10.18	43.24	1250m: 17:58.39	44.00
	100m: 1:20.79	41.71	500m: 7:06.16	43.39	900m: 12:53.49	43.31	1300m: 18:42.06	43.67
	150m: 2:03.34	42.55	550m: 7:49.43	43.27	950m: 13:37.02	43.53	1350m: 19:26.06	44.00
	200m: 2:46.18	42.84	600m: 8:32.81	43.38	1000m: 14:20.27	43.25	1400m: 20:09.79	43.73
	250m: 3:29.29	43.11	650m: 9:16.25	43.44	1050m: 15:03.82	43.55	1450m: 20:53.16	43.37
	300m: 4:12.40	43.11	700m: 9:59.54	43.29	1100m: 15:47.52	43.70	1500m: 21:34.82	41.66
	350m: 4:55.82	43.42	750m: 10:42.99	43.45	1150m: 16:31.01	43.49		
	400m: 5:39.26	43.44	800m: 11:26.94	43.95	1200m: 17:14.39	43.38		
2.	Elisabeth Gabriel	Düsseldorfer SC 1898	22:53.29	251945	22:23.44	+1,06		
	50m: 40.46	40.46	450m: 6:35.82	44.79	850m: 12:32.32	44.74	1250m: 18:36.47	46.03
	100m: 1:24.20	43.74	500m: 7:19.97	44.15	900m: 13:16.42	44.10	1300m: 19:21.86	45.39
	150m: 2:08.32	44.12	550m: 8:04.57	44.60	950m: 14:01.64	45.22	1350m: 20:08.06	46.20
	200m: 2:52.57	44.25	600m: 8:49.13	44.56	1000m: 14:47.43	45.79	1400m: 20:54.39	46.33
	250m: 3:37.17	44.60	650m: 9:33.63	44.50	1050m: 15:33.38	45.95	1450m: 21:39.96	45.57
	300m: 4:21.77	44.60	700m: 10:18.12	44.49	1100m: 16:19.15	45.77	1500m: 22:23.44	43.48
	350m: 5:06.32	44.55	750m: 11:02.77	44.65	1150m: 17:04.73	45.58		
	400m: 5:51.03	44.71	800m: 11:47.58	44.81	1200m: 17:50.44	45.71		
3.	Monica Bakker	ZVZ	22:56.64	195600082	23:06.81	+1,17		
	50m: 40.53	40.53	450m: 6:45.87	46.16	850m: 12:58.18	46.36	1250m: 19:14.77	47.36
	100m: 1:24.08	43.55	500m: 7:32.33	46.46	900m: 13:45.54	47.36	1300m: 20:01.67	46.90
	150m: 2:09.65	45.57	550m: 8:18.44	46.11	950m: 14:32.10	46.56	1350m: 20:49.12	47.45
	200m: 2:54.91	45.26	600m: 9:04.90	46.46	1000m: 15:18.73	46.63	1400m: 21:35.49	46.37
	250m: 3:40.67	45.76	650m: 9:51.58	46.68	1050m: 16:05.49	46.76	1450m: 22:22.54	47.05
	300m: 4:26.75	46.08	700m: 10:37.91	46.33	1100m: 16:52.77	47.28	1500m: 23:06.81	44.27
	350m: 5:13.13	46.38	750m: 11:25.16	47.25	1150m: 17:40.03	47.26		
	400m: 5:59.71	46.58	800m: 12:11.82	46.66	1200m: 18:27.41	47.38		
4.	Margriet Pasma	De Pinquin	23:31.59	195500088	23:18.15	+0,76		
	50m: 41.25	41.25	450m: 6:59.93	47.35	850m: 13:14.31	46.67	1250m: 19:26.67	46.62
	100m: 1:27.13	45.88	500m: 7:47.70	47.77	900m: 14:00.88	46.57	1300m: 20:13.41	46.74
	150m: 2:14.24	47.11	550m: 8:34.38	46.68	950m: 14:47.36	46.48	1350m: 21:00.21	46.80
	200m: 3:02.10	47.86	600m: 9:20.99	46.61	1000m: 15:33.87	46.51	1400m: 21:47.16	46.95
	250m: 3:49.60	47.50	650m: 10:07.36	46.37	1050m: 16:20.21	46.34	1450m: 22:33.48	46.32
	300m: 4:37.35	47.75	700m: 10:54.30	46.94	1100m: 17:06.61	46.40	1500m: 23:18.15	44.67
	350m: 5:25.12	47.77	750m: 11:40.92	46.62	1150m: 17:53.42	46.81		
	400m: 6:12.58	47.46	800m: 12:27.64	46.72	1200m: 18:40.05	46.63		

Programmanr. 40, Dames, 1500m vrije slag, Masters 55+

rang	naam	vereniging			inschrijftijd		startnr.		tijd		RT	
5.	Mathilde Vink	Swol 1894			24:09.54		195800128		23:22.49		+0,99	
	50m:	43.54	43.54	450m:	7:01.22	48.06	850m:	13:20.59	47.10	1250m:	19:36.10	46.65
	100m:	1:29.89	46.35	500m:	7:48.84	47.62	900m:	14:07.93	47.34	1300m:	20:22.99	46.89
	150m:	2:16.90	47.01	550m:	8:36.53	47.69	950m:	14:55.40	47.47	1350m:	21:09.42	46.43
	200m:	3:04.10	47.20	600m:	9:24.20	47.67	1000m:	15:42.34	46.94	1400m:	21:55.16	45.74
	250m:	3:51.31	47.21	650m:	10:11.53	47.33	1050m:	16:28.89	46.55	1450m:	22:40.47	45.31
	300m:	4:38.46	47.15	700m:	10:59.34	47.81	1100m:	17:15.87	46.98	1500m:	23:22.49	42.02
	350m:	5:25.95	47.49	750m:	11:46.52	47.18	1150m:	18:03.00	47.13			
	400m:	6:13.16	47.21	800m:	12:33.49	46.97	1200m:	18:49.45	46.45			

Masters 60+

1.	Ineke Weekers	PSV			22:20.49			195300050			21:51.85 *		+0,85
	50m:	39.65	39.65	450m:	6:22.34	43.23	850m:	12:12.48	43.93	1250m:	18:07.49	45.50	
	100m:	1:21.97	42.32	500m:	7:05.48	43.14	900m:	12:56.47	43.99	1300m:	18:52.80	45.31	
	150m:	2:04.55	42.58	550m:	7:48.93	43.45	950m:	13:40.10	43.63	1350m:	19:37.79	44.99	
	200m:	2:47.04	42.49	600m:	8:32.36	43.43	1000m:	14:24.85	44.75	1400m:	20:22.98	45.19	
	250m:	3:29.93	42.89	650m:	9:15.83	43.47	1050m:	15:08.88	44.03	1450m:	21:07.99	45.01	
	300m:	4:12.92	42.99	700m:	10:00.38	44.55	1100m:	15:53.35	44.47	1500m:	21:51.85	43.86	
	350m:	4:56.13	43.21	750m:	10:44.73	44.35	1150m:	16:37.82	44.47				
	400m:	5:39.11	42.98	800m:	11:28.55	43.82	1200m:	17:21.99	44.17				
2.	Ineke Meijer	HZ&PC Heerenveen			26:24.63			195200034			26:37.83		+1,00
	50m:	46.86	46.86	450m:	7:57.42	53.66	850m:	15:07.32	54.23	1250m:	22:16.06	53.69	
	100m:	1:39.30	52.44	500m:	8:51.46	54.04	900m:	16:01.14	53.82	1300m:	23:09.44	53.38	
	150m:	2:33.79	54.49	550m:	9:45.33	53.87	950m:	16:54.93	53.79	1350m:	24:02.53	53.09	
	200m:	3:27.54	53.75	600m:	10:38.85	53.52	1000m:	17:48.75	53.82	1400m:	24:55.96	53.43	
	250m:	4:21.70	54.16	650m:	11:32.52	53.67	1050m:	18:42.30	53.55	1450m:	25:48.42	52.46	
	300m:	5:15.50	53.80	700m:	12:26.26	53.74	1100m:	19:35.99	53.69	1500m:	26:37.83	49.41	
	350m:	6:09.53	54.03	750m:	13:19.85	53.59	1150m:	20:29.07	53.08				
	400m:	7:03.76	54.23	800m:	14:13.09	53.24	1200m:	21:22.37	53.30				

Masters 80+

1.	Annie de Vos	Old Dutch	33:21.28	193400004	38:07.43	*					
	50,400+800m*										
	50m:	1:07.09	450m:	11:13.50	1:17.06	850m:	21:29.22	1:16.89	1250m:	31:42.96	1:17.30
	100m:	2:22.00	500m:	12:31.34	1:17.84	900m:	22:46.20	1:16.98	1300m:	32:59.23	1:16.27
	150m:	3:35.38	550m:	13:48.42	1:17.08	950m:	24:02.14	1:15.94	1350m:	34:18.10	1:18.87
	200m:	4:51.07	600m:	15:04.78	1:16.36	1000m:	25:19.15	1:17.01	1400m:	35:35.50	1:17.40
	250m:	6:07.04	650m:	16:21.76	1:16.98	1050m:	26:35.52	1:16.37	1450m:	36:52.59	1:17.09
	300m:	7:22.93	700m:	17:38.90	1:17.14	1100m:	27:52.14	1:16.62	1500m:	38:07.43	1:14.84
	350m:	8:39.59	750m:	18:55.21	1:16.31	1150m:	29:09.54	1:17.40			
	400m:	9:56.44	800m:	20:12.33	1:17.12	1200m:	30:25.66	1:16.12			