

1 - ONMK 2013 lb sessie 1

03-05-2013 - 9:00

Programmanr. 1  
03-05-2013 - 9:00

Heren, 800m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
<b>Masters 20+</b>								
1.	Jan-Willem v.d. Graaff	Het Y	9:19.99	198901023	<b>9:08.75</b>	+0,71		
	100m: 1:06.20 1:06.20	300m: 3:24.31 1:08.41	500m: 5:42.16 1:08.69	700m: 8:01.29 1:09.45	200m: 2:15.90 1:09.70	400m: 4:33.47 1:09.16	600m: 6:51.84 1:09.68	800m: 9:08.75 1:07.46
2.	Joost Rijntjes	LZ 1886	9:04.10	199101899	<b>9:37.58</b>	+0,74		
	100m: 1:05.51 1:05.51	300m: 3:30.62 1:12.60	500m: 5:57.35 1:13.73	700m: 8:25.18 1:13.85	200m: 2:18.02 1:12.51	400m: 4:43.62 1:13.00	600m: 7:11.33 1:13.98	800m: 9:37.58 1:12.40
3.	Tim Bunnik	Triton	9:20.38	199000505	<b>9:47.72</b>	+0,80		
	100m: 1:07.14 1:07.14	300m: 3:34.60 1:15.14	500m: 6:04.51 1:14.93	700m: 8:35.46 1:15.13	200m: 2:19.46 1:12.32	400m: 4:49.58 1:14.98	600m: 7:20.33 1:15.82	800m: 9:47.72 1:12.26
4.	Roderick van Doeselaar	De Rijn	9:20.26	199200261	<b>9:49.26</b>	+0,64		
	100m: 1:05.51 1:05.51	300m: 3:33.37 1:14.44	500m: 6:04.83 1:15.86	700m: 8:37.38 1:15.99	200m: 2:18.93 1:13.42	400m: 4:48.97 1:15.60	600m: 7:21.39 1:16.56	800m: 9:49.26 1:11.88
5.	Maik Steenkamp	Montferland	10:14.20	199103847	<b>10:05.51</b>			
	100m: 1:10.00 1:10.00	300m: 3:42.57 1:17.01	500m: 6:17.40 1:17.46	700m: 8:52.46 1:17.38	200m: 2:25.56 1:15.56	400m: 4:59.94 1:17.37	600m: 7:35.08 1:17.68	800m: 10:05.51 1:13.05
6.	Roel van Beek	Montferland	10:46.50	198905861	<b>10:50.00</b>	+0,84		
	100m: 1:14.17 1:14.17	300m: 3:56.61 1:22.90	500m: 6:44.27 1:23.95	700m: 9:30.08 1:22.22	200m: 2:33.71 1:19.54	400m: 5:20.32 1:23.71	600m: 8:07.86 1:23.59	800m: 10:50.00 1:19.92
7.	Stefan Grudelbach	ZVVS	10:38.06	199202073	<b>11:10.69</b>	+0,75		
	100m: 1:11.68 1:11.68	300m: 3:58.05 1:24.51	500m: 6:51.26 1:27.41	700m: 9:45.02 1:26.65	200m: 2:33.54 1:21.86	400m: 5:23.85 1:25.80	600m: 8:18.37 1:27.11	800m: 11:10.69 1:25.67
8.	John van Heteren	DWF	11:18.23	199305017	<b>11:30.82</b>	+0,90		
	100m: 1:17.95 1:17.95	300m: 4:13.91 1:28.03	500m: 7:09.43 1:28.08	700m: 10:06.18 1:27.97	200m: 2:45.88 1:27.93	400m: 5:41.35 1:27.44	600m: 8:38.21 1:28.78	800m: 11:30.82 1:24.64
<b>Masters 25+</b>								
1.	Erik Schröder	TriVia	8:45.36	198402025	<b>9:12.30</b>	+0,93		
	100m: 1:03.23 1:03.23	300m: 3:21.43 1:09.59	500m: 5:41.64 1:10.38	700m: 8:03.62 1:10.93	200m: 2:11.84 1:08.61	400m: 4:31.26 1:09.83	600m: 6:52.69 1:11.05	800m: 9:12.30 1:08.68
2.	Ralf van der Poel	Zuiderzeewimmers	9:17.49	198401783	<b>9:57.84</b>	+0,78		
	100m: 1:06.43 1:06.43	300m: 3:36.53 1:15.84	500m: 6:10.03 1:17.07	700m: 8:43.81 1:16.85	200m: 2:20.69 1:14.26	400m: 4:52.96 1:16.43	600m: 7:26.96 1:16.93	800m: 9:57.84 1:14.03
3.	Niels Albrechts	De Schoteijl	9:57.54	198800039	<b>10:08.60</b>	+0,86		
	100m: 1:11.78 1:11.78	300m: 3:45.41 1:17.13	500m: 6:20.91 1:17.22	700m: 8:55.22 1:17.46	200m: 2:28.28 1:16.50	400m: 5:03.69 1:18.28	600m: 7:37.76 1:16.85	800m: 10:08.60 1:13.38
<b>Masters 30+</b>								
1.	Alexander Hulleman <i>Nederlands Masters Record</i>	Steenwijk 1934	8:59.36	198300989	<b>9:16.99</b>	+0,76		
	100m: 1:04.08 1:04.08	300m: 3:22.33 1:09.89	500m: 5:43.52 1:10.76	700m: 8:07.57 1:12.37	200m: 2:12.44 1:08.36	400m: 4:32.76 1:10.43	600m: 6:55.20 1:11.68	800m: 9:16.99 1:09.42
2.	Marcel Reefhuis	WS Twente	9:52.42	198101381	<b>9:57.40</b>	+0,81		
	100m: 1:09.07 1:09.07	300m: 3:37.56 1:14.46	500m: 6:08.61 1:16.01	700m: 8:43.46 1:17.81	200m: 2:23.10 1:14.03	400m: 4:52.60 1:15.04	600m: 7:25.65 1:17.04	800m: 9:57.40 1:13.94
3.	Freddie Geerlings	HGN (SG)	10:12.46	197900379	<b>10:14.36</b>	+0,97		
	100m: 1:11.68 1:11.68	300m: 3:43.25 1:15.79	500m: 6:18.28 1:17.63	700m: 8:56.28 1:19.09	200m: 2:27.46 1:15.78	400m: 5:00.65 1:17.40	600m: 7:37.19 1:18.91	800m: 10:14.36 1:18.08
4.	Jeroen Vogelsang	DAW	9:53.75	198001645	<b>10:36.44</b>	+0,84		
	100m: 1:09.93 1:09.93	300m: 3:45.19 1:19.11	500m: 6:26.39 1:21.17	700m: 9:13.71 1:24.25	200m: 2:26.08 1:16.15	400m: 5:05.22 1:20.03	600m: 7:49.46 1:23.07	800m: 10:36.44 1:22.73
5.	Peter Eshuis	DBD	11:33.68	198000375	<b>11:06.01</b>	+0,92		
	100m: 1:15.04 1:15.04	300m: 4:08.17 1:27.33	500m: 7:00.30 1:25.87	700m: 9:47.57 1:22.11	200m: 2:40.84 1:25.80	400m: 5:34.43 1:26.26	600m: 8:25.46 1:25.16	800m: 11:06.01 1:18.44

Programmanr. 1, Heren, 800m vrije slag, Masters 30+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
6.	Bart Liekens	ShaRK	11:55.23	SHARK/374/79	<b>11:26.07</b>	+0,78		
	100m: 1:19.79	1:19.79	300m: 4:15.24	1:27.59	500m: 7:11.04	1:27.70	700m: 10:03.37	1:25.61
	200m: 2:47.65	1:27.86	400m: 5:43.34	1:28.10	600m: 8:37.76	1:26.72	800m: 11:26.07	1:22.70

Masters 35+

1.	Egbert Stolk	D'Eift WAVE (SG)	9:06.95	197600889	<b>9:44.30</b>	+0,76		
	100m: 1:05.88	1:05.88	300m: 3:29.45	1:12.13	500m: 5:57.92	1:14.74	700m: 8:28.89	1:15.86
	200m: 2:17.32	1:11.44	400m: 4:43.18	1:13.73	600m: 7:13.03	1:15.11	800m: 9:44.30	1:15.41
2.	Ivo Roozeboom	WVZ	9:39.25	197700801	<b>9:52.06</b>	+0,87		
	100m: 1:08.05	1:08.05	300m: 3:38.32	1:15.35	500m: 6:08.64	1:14.83	700m: 8:39.87	1:15.97
	200m: 2:22.97	1:14.92	400m: 4:53.81	1:15.49	600m: 7:23.90	1:15.26	800m: 9:52.06	1:12.19
3.	Robin Sprinkhuizen	De Zijl/LGB	9:52.79	197400767	<b>9:54.60</b>	+0,88		
	100m: 1:06.65	1:06.65	300m: 3:35.48	1:14.54	500m: 6:06.90	1:16.11	700m: 8:41.09	1:16.99
	200m: 2:20.94	1:14.29	400m: 4:50.79	1:15.31	600m: 7:24.10	1:17.20	800m: 9:54.60	1:13.51
4.	Michel Bogaerts	SCZ-Zaventem	10:27.00	SCZ/008/75	<b>10:15.76</b>	+0,75		
	100m: 1:08.13	1:08.13	300m: 3:42.45	1:18.78	500m: 6:20.92	1:19.00	700m: 8:59.16	1:19.03
	200m: 2:23.67	1:15.54	400m: 5:01.92	1:19.47	600m: 7:40.13	1:19.21	800m: 10:15.76	1:16.60
5.	Erwin Zuidervelt	De Futen	11:08.96	197501015	<b>11:48.83</b>	+0,94		
	100m: 1:17.98	1:17.98	300m: 4:11.99	1:28.01	500m: 7:14.35	1:31.77	700m: 10:20.17	1:32.51
	200m: 2:43.98	1:26.00	400m: 5:42.58	1:30.59	600m: 8:47.66	1:33.31	800m: 11:48.83	1:28.66
6.	Geert Vanhooft	LZV	12:48.15	LZV/225/76	<b>13:46.22</b>	+0,80		
	100m: 1:30.67	1:30.67	300m: 5:00.25	1:45.07	500m: 8:36.01	1:48.08	700m: 12:08.85	1:47.23
	200m: 3:15.18	1:44.51	400m: 6:47.93	1:47.68	600m: 10:21.62	1:45.61	800m: 13:46.22	1:37.37

Masters 40+

1.	Maurice van der Berge	HZ Zian	9:45.50	196900087	<b>9:37.96</b>			
	100m: 1:07.43	1:07.43	300m: 3:34.81	1:13.85	500m: 6:00.26	1:12.17	700m: 8:26.27	1:13.11
	200m: 2:20.96	1:13.53	400m: 4:48.09	1:13.28	600m: 7:13.16	1:12.90	800m: 9:37.96	1:11.69
2.	Agnus Gerringa	Zuiderzeezwimmers	10:42.47	197100285	<b>10:41.64</b>	+0,92		
	100m: 1:09.00	1:09.00	300m: 3:47.91	1:20.73	500m: 6:32.69	1:22.23	700m: 9:19.41	1:23.57
	200m: 2:27.18	1:18.18	400m: 5:10.46	1:22.55	600m: 7:55.84	1:23.15	800m: 10:41.64	1:22.23
3.	Gerald Hösl	SC Winterthur	11:29.64	0007586-1	<b>11:02.27</b>	+0,88		
	100m: 1:16.64	1:16.64	300m: 4:06.74	1:25.04	500m: 6:53.93	1:23.42	700m: 9:40.59	1:23.51
	200m: 2:41.70	1:25.06	400m: 5:30.51	1:23.77	600m: 8:17.08	1:23.15	800m: 11:02.27	1:21.68
4.	Roy Danckaerts	De Fuut	10:39.45	197000231	<b>11:08.20</b>	+0,88		
	100m: 1:16.17	1:16.17	300m: 4:04.01	1:24.95	500m: 6:54.92	1:25.54	700m: 9:45.25	1:25.69
	200m: 2:39.06	1:22.89	400m: 5:29.38	1:25.37	600m: 8:19.56	1:24.64	800m: 11:08.20	1:22.95
5.	Marcel Brittijn	De Duinkickers	12:37.61	196900159	<b>13:24.29</b>	+0,82		
	100m: 1:22.99	1:22.99	300m: 4:45.06	1:43.84	500m: 8:14.61	1:44.70	700m: 11:47.47	1:46.10
	200m: 3:01.22	1:38.23	400m: 6:29.91	1:44.85	600m: 10:01.37	1:46.76	800m: 13:24.29	1:36.82

Masters 45+

1.	Jo-an Mudde	Zeester-Meerval	10:06.36	196701457	<b>10:01.57</b>	+0,85		
	100m: 1:11.04	1:11.04	300m: 3:40.86	1:15.08	500m: 6:13.55	1:16.53	700m: 8:46.54	1:16.40
	200m: 2:25.78	1:14.74	400m: 4:57.02	1:16.16	600m: 7:30.14	1:16.59	800m: 10:01.57	1:15.03
2.	Sander Nieuwenhuys	De Fuut	11:11.26	196801423	<b>11:19.68</b>	+0,79		
	100m: 1:17.38	1:17.38	300m: 4:07.09	1:26.01	500m: 7:01.65	1:27.40	700m: 9:56.13	1:27.32
	200m: 2:41.08	1:23.70	400m: 5:34.25	1:27.16	600m: 8:28.81	1:27.16	800m: 11:19.68	1:23.55
3.	Darlin Valcke	DZV	11:36.66	DZV/104/66	<b>11:20.88</b>	+1,09		
	100m: 1:18.27	1:18.27	300m: 4:09.73	1:26.24	500m: 7:02.29	1:26.03	700m: 9:55.82	1:26.75
	200m: 2:43.49	1:25.22	400m: 5:36.26	1:26.53	600m: 8:29.07	1:26.78	800m: 11:20.88	1:25.06
4.	André Zandberg	TRB-RES	11:12.24	196601369	<b>11:30.58</b>			
	100m: 1:17.04	1:17.04	300m: 4:09.93	1:26.77	500m: 7:05.84	1:28.35	700m: 10:02.73	1:28.28
	200m: 2:43.16	1:26.12	400m: 5:37.49	1:27.56	600m: 8:34.45	1:28.61	800m: 11:30.58	1:27.85

Programmanr. 1, Heren, 800m vrije slag

Masters 50+

1.	Frank Gomoll	SV Gladbeck 13	9:56.03	112232	<b>9:49.40</b>	+0,88
	<i>Kampioenschaps Record</i>					
	100m: 1:10.48	1:10.48	300m: 3:37.96	1:13.82	500m: 6:06.68	1:14.60
	200m: 2:24.14	1:13.66	400m: 4:52.08	1:14.12	600m: 7:21.58	1:14.90
					700m: 8:36.63	1:15.05
					800m: 9:49.40	1:12.77
2.	Gustav van den Berg	TriVia	10:12.00	196100991	<b>10:17.19</b>	+0,88
	100m: 1:10.95	1:10.95	300m: 3:46.17	1:18.24	500m: 6:22.34	1:18.26
	200m: 2:27.93	1:16.98	400m: 5:04.08	1:17.91	600m: 7:40.85	1:18.51
					700m: 9:01.78	1:20.93
					800m: 10:17.19	1:15.41
3.	Menno Lomans	D'Eift WAVE (SG)	10:26.74	196101071	<b>10:50.58</b>	+0,79
	100m: 1:15.69	1:15.69	300m: 4:01.96	1:23.68	500m: 6:48.79	1:23.33
	200m: 2:38.28	1:22.59	400m: 5:25.46	1:23.50	600m: 8:11.12	1:22.33
					700m: 9:32.82	1:21.70
					800m: 10:50.58	1:17.76
4.	Marius Ros	ZCNF'34	10:27.13	195900779	<b>10:51.72</b>	+0,81
	100m: 1:17.19	1:17.19	300m: 4:00.74	1:21.89	500m: 6:45.94	1:22.58
	200m: 2:38.85	1:21.66	400m: 5:23.36	1:22.62	600m: 8:09.37	1:23.43
					700m: 9:32.71	1:23.34
					800m: 10:51.72	1:19.01
5.	Paul van der Voort	De Zwoer	11:36.45	196200715	<b>11:26.62</b>	+1,03
	100m: 1:17.53	1:17.53	300m: 4:14.02	1:28.43	500m: 7:10.29	1:28.32
	200m: 2:45.59	1:28.06	400m: 5:41.97	1:27.95	600m: 8:37.86	1:27.57
					700m: 10:05.21	1:27.35
					800m: 11:26.62	1:21.41
6.	Philip Verhelle	MZVA	12:43.16	MZVA/105/59	<b>12:36.28</b>	+0,99
	100m: 1:25.53	1:25.53	300m: 4:36.07	1:35.74	500m: 7:50.90	1:37.45
	200m: 3:00.33	1:34.80	400m: 6:13.45	1:37.38	600m: 9:27.22	1:36.32
					700m: 11:03.59	1:36.37
					800m: 12:36.28	1:32.69
7.	Jan Willem Heuten	WS Twente	12:25.62	196000883	<b>12:36.71</b>	+1,02
	100m: 1:24.47	1:24.47	300m: 4:36.80	1:37.01	500m: 7:51.83	1:37.53
	200m: 2:59.79	1:35.32	400m: 6:14.30	1:37.50	600m: 9:29.43	1:37.60
					700m: 11:05.14	1:35.71
					800m: 12:36.71	1:31.57
8.	Filip Timmermans	ShaRK	13:23.03	SHARK/163/60	<b>14:18.24</b>	+0,91
	100m: 1:31.82	1:31.82	300m: 5:00.06	1:44.30	500m: 8:37.09	1:51.54
	200m: 3:15.76	1:43.94	400m: 6:45.55	1:45.49	600m: 10:32.08	1:54.99
					700m: 12:28.74	1:56.66
					800m: 14:18.24	1:49.50

Masters 55+

1.	Marten de Groot	HZ&PC Heerenveen	9:52.32	195800149	<b>9:53.95</b>	+0,83
	<i>Nederlands Masters Record</i>					
	100m: 1:10.14	1:10.14	300m: 3:37.46	1:13.67	500m: 6:07.41	1:15.45
	200m: 2:23.79	1:13.65	400m: 4:51.96	1:14.50	600m: 7:23.44	1:16.03
					700m: 8:39.77	1:16.33
					800m: 9:53.95	1:14.18
2.	Henk Slomp	De Pinquin	11:27.55	195500359	<b>11:44.64</b>	+0,88
	100m: 1:19.95	1:19.95	300m: 4:19.86	1:30.34	500m: 7:20.03	1:30.41
	200m: 2:49.52	1:29.57	400m: 5:49.62	1:29.76	600m: 8:50.50	1:30.47
					700m: 10:19.84	1:29.34
					800m: 11:44.64	1:24.80
3.	Hans Groothelm	DBD	11:55.51	195800151	<b>11:52.65</b>	+0,71
	100m: 1:19.30	1:19.30	300m: 4:17.45	1:29.42	500m: 7:20.75	1:31.57
	200m: 2:48.03	1:28.73	400m: 5:49.18	1:31.73	600m: 8:53.02	1:32.27
					700m: 10:25.04	1:32.02
					800m: 11:52.65	1:27.61
4.	Paul Bunnik	Triton	11:43.75	195600413	<b>12:09.55</b>	+1,02
	100m: 1:18.60	1:18.60	300m: 4:24.24	1:33.87	500m: 7:30.88	1:34.17
	200m: 2:50.37	1:31.77	400m: 5:56.71	1:32.47	600m: 9:05.17	1:34.29
					700m: 10:39.79	1:34.62
					800m: 12:09.55	1:29.76

Masters 60+

1.	Georg Dombrowski	SV Gladbeck 13	11:33.39	217978	<b>11:25.99</b>	+0,92
	100m: 1:20.54	1:20.54	300m: 4:15.01	1:27.89	500m: 7:11.10	1:28.23
	200m: 2:47.12	1:26.58	400m: 5:42.87	1:27.86	600m: 8:39.41	1:28.31
					700m: 10:05.60	1:26.19
					800m: 11:25.99	1:20.39
2.	Günter Uhlich	SV Gladbeck 13	12:18.16	206688	<b>11:59.25</b>	+1,08
	100m: 1:24.18	1:24.18	300m: 4:27.02	1:31.88	500m: 7:31.40	1:32.37
	200m: 2:55.14	1:30.96	400m: 5:59.03	1:32.01	600m: 9:02.43	1:31.03
					700m: 10:32.63	1:30.20
					800m: 11:59.25	1:26.62
3.	Jan Tinholt	PSV	12:11.65	195000185	<b>12:07.50</b>	+1,03
	100m: 1:26.93	1:26.93	300m: 4:33.39	1:33.17	500m: 7:36.74	1:32.49
	200m: 3:00.22	1:33.29	400m: 6:04.25	1:30.86	600m: 9:10.51	1:33.77
					700m: 10:40.96	1:30.45
					800m: 12:07.50	1:26.54
4.	Hugo Staudt	WS Twente	11:56.42	195300253	<b>12:18.37</b>	+0,90
	100m: 1:24.96	1:24.96	300m: 4:32.35	1:34.21	500m: 7:40.26	1:34.52
	200m: 2:58.14	1:33.18	400m: 6:05.74	1:33.39	600m: 9:14.37	1:34.11
					700m: 10:47.51	1:33.14
					800m: 12:18.37	1:30.86
5.	Hilbert Prins	OEZA	12:33.79	195100223	<b>13:10.05</b>	+1,18
	100m: 1:29.97	1:29.97	300m: 4:46.51	1:38.58	500m: 8:06.87	1:40.99
	200m: 3:07.93	1:37.96	400m: 6:25.88	1:39.37	600m: 9:48.45	1:41.58
					700m: 11:29.69	1:41.24
					800m: 13:10.05	1:40.36
6.	Jos Kamps	De Amer	13:57.99	195100085	<b>13:52.76</b>	+1,18
	100m: 1:30.76	1:30.76	300m: 5:00.12	1:45.06	500m: 8:31.26	1:46.40
	200m: 3:15.06	1:44.30	400m: 6:44.86	1:44.74	600m: 10:20.76	1:49.50
					700m: 12:08.48	1:47.72
					800m: 13:52.76	1:44.28

Programmanr. 1, Heren, 800m vrije slag

Masters 70+

1.	Rob Hanou	PSV	12:57.37	194300109	<b>13:27.71</b>			
	100m: 1:32.63	1:32.63	300m: 5:00.70	1:44.99	500m: 8:26.44	1:43.42	700m: 11:52.49	1:42.67
	200m: 3:15.71	1:43.08	400m: 6:43.02	1:42.32	600m: 10:09.82	1:43.38	800m: 13:27.71	1:35.22
2.	Frans van Enst	WS Twente	13:06.78	194000011	<b>13:31.26</b>	+1,07		
	100m: 1:31.27	1:31.27	300m: 4:58.85	1:43.64	500m: 8:27.69	1:44.02	700m: 11:53.62	1:42.72
	200m: 3:15.21	1:43.94	400m: 6:43.67	1:44.82	600m: 10:10.90	1:43.21	800m: 13:31.26	1:37.64
3.	Manfred Bottin	SV Langenfeld	14:44.34	57993	<b>15:28.85</b>	+1,08		
	100m: 1:44.49	1:44.49	300m: 5:42.25	1:59.03	500m: 9:39.68	1:58.91	700m: 13:33.70	1:57.00
	200m: 3:43.22	1:58.73	400m: 7:40.77	1:58.52	600m: 11:36.70	1:57.02	800m: 15:28.85	1:55.15
4.	Wim ter Laak	PSV	19:04.53	194000027	<b>19:02.97</b>			
	100m: 2:09.85	2:09.85	300m: 7:07.72	2:28.78	500m: 12:04.19	2:28.81	700m: 16:50.28	2:21.01
	200m: 4:38.94	2:29.09	400m: 9:35.38	2:27.66	600m: 14:29.27	2:25.08	800m: 19:02.97	2:12.69

Masters 75+

1.	Nic Geers	Z&PC De Gouwe	12:14.50	193800007	<b>15:38.33</b>	+1,14		
	100m: 1:56.55	1:56.55	300m: 5:53.66	1:57.67	500m: 9:47.35	1:56.27	700m: 13:41.80	1:57.41
	200m: 3:55.99	1:59.44	400m: 7:51.08	1:57.42	600m: 11:44.39	1:57.04	800m: 15:38.33	1:56.53

Masters 80+

1.	Bob Berg	PSV	16:07.18	193300011	<b>16:46.81</b>	+1,58		
	<i>Nederlands Masters Record, 400m NMR</i>							
	100m: 1:50.31	1:50.31	300m: 6:05.36	2:06.99	500m: 10:21.60	2:09.26	700m: 14:36.78	2:06.40
	200m: 3:58.37	2:08.06	400m: 8:12.34	2:06.98	600m: 12:30.38	2:08.78	800m: 16:46.81	2:10.03

BM	Walter Ludwig	SSF Sieglar 1960 e.V.	NT	133686	<b>11:33.02</b>	+0,85		
	<i>400m*</i>							
	100m: 1:17.68	1:17.68	300m: 4:13.91	1:28.20	500m: 7:12.18	1:29.35	700m: 10:09.84	1:28.77
	200m: 2:45.71	1:28.03	400m: 5:42.83	1:28.92	600m: 8:41.07	1:28.89	800m: 11:33.02	1:23.18

Programmanr. 2  
03-05-2013 - 10:34

Dames, 1500m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
<b>Masters 20+</b>								
1.	Iris Pijtak	AZ&PC	18:21.44	199300602	<b>18:20.85</b>	+0,69		
	100m: 1:07.04	1:07.04	500m: 6:01.27	1:14.33	900m: 10:57.46	1:14.22	1300m: 15:55.76	1:14.89
	200m: 2:19.72	1:12.68	600m: 7:15.55	1:14.28	1000m: 12:11.50	1:14.04	1400m: 17:10.27	1:14.51
	300m: 3:33.46	1:13.74	700m: 8:29.33	1:13.78	1100m: 13:26.08	1:14.58	1500m: 18:20.85	1:10.58
	400m: 4:46.94	1:13.48	800m: 9:43.24	1:13.91	1200m: 14:40.87	1:14.79		
2.	Sigrit Aarten	Deltasteur	19:53.88	199302868	<b>20:03.88</b>	+1,02		
	100m: 1:11.13	1:11.13	500m: 6:33.72	1:21.40	900m: 11:59.69	1:21.50	1300m: 17:25.57	1:21.20
	200m: 2:30.49	1:19.36	600m: 7:55.42	1:21.70	1000m: 13:21.20	1:21.51	1400m: 18:46.31	1:20.74
	300m: 3:51.40	1:20.91	700m: 9:17.10	1:21.68	1100m: 14:43.11	1:21.91	1500m: 20:03.88	1:17.57
	400m: 5:12.32	1:20.92	800m: 10:38.19	1:21.09	1200m: 16:04.37	1:21.26		
3.	Sunanda van Heteren	De Geul	20:52.76	198901728	<b>21:07.72</b>	+0,87		
	100m: 1:15.55	1:15.55	500m: 6:55.76	1:27.09	900m: 12:41.55	1:26.02	1300m: 18:25.58	1:25.85
	200m: 2:38.89	1:23.34	600m: 8:21.25	1:25.49	1000m: 14:08.13	1:26.58	1400m: 19:48.57	1:22.99
	300m: 4:04.24	1:25.35	700m: 9:48.58	1:27.33	1100m: 15:34.65	1:26.52	1500m: 21:07.72	1:19.15
	400m: 5:28.67	1:24.43	800m: 11:15.53	1:26.95	1200m: 16:59.73	1:25.08		
4.	Jen-Ai van Soelen	Zuiderzeewimmers	20:51.24	199003510	<b>21:18.15</b>	+0,72		
	100m: 1:15.43	1:15.43	500m: 6:57.98	1:26.04	900m: 12:42.85	1:25.41	1300m: 18:27.97	1:26.98
	200m: 2:40.27	1:24.84	600m: 8:25.10	1:27.12	1000m: 14:08.14	1:25.29	1400m: 19:54.15	1:26.18
	300m: 4:05.51	1:25.24	700m: 9:51.47	1:26.37	1100m: 15:34.16	1:26.02	1500m: 21:18.15	1:24.00
	400m: 5:31.94	1:26.43	800m: 11:17.44	1:25.97	1200m: 17:00.99	1:26.83		
5.	Lenja Witlox	Olympia	19:47.89	199202004	<b>21:22.02</b>	+0,75		
	100m: 1:14.22	1:14.22	500m: 6:45.72	1:25.18	900m: 12:34.83	1:26.84	1300m: 18:28.84	1:29.43
	200m: 2:34.57	1:20.35	600m: 8:12.82	1:27.10	1000m: 14:01.53	1:26.70	1400m: 19:57.43	1:28.59
	300m: 3:56.49	1:21.92	700m: 9:40.99	1:28.17	1100m: 15:30.48	1:28.95	1500m: 21:22.02	1:24.59
	400m: 5:20.54	1:24.05	800m: 11:07.99	1:27.00	1200m: 16:59.41	1:28.93		

Programmanr. 2, Dames, 1500m vrije slag, Masters 20+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
6.	Pascalie Rovers	ZV De Bron	21:24.09	199301064	<b>21:26.66</b>	+0,75
	100m: 1:16.02	1:16.02	500m: 6:59.10	1:26.57	900m: 12:47.63	1:26.90
	200m: 2:40.53	1:24.51	600m: 8:25.97	1:26.87	1000m: 14:15.23	1:27.60
	300m: 4:05.83	1:25.30	700m: 9:53.36	1:27.39	1100m: 15:42.31	1:27.08
	400m: 5:32.53	1:26.70	800m: 11:20.73	1:27.37	1200m: 17:09.82	1:27.51
1300m:	18:37.06				1300m: 18:37.06	1:27.24
1400m:	20:03.45				1400m: 20:03.45	1:26.39
1500m:	21:26.66				1500m: 21:26.66	1:23.21
7.	Danielle Scheepers	Njord	20:37.87	199005428	<b>21:32.82</b>	+0,77
	100m: 1:13.86	1:13.86	500m: 6:56.13	1:27.47	900m: 12:45.45	1:27.68
	200m: 2:37.41	1:23.55	600m: 8:23.25	1:27.12	1000m: 14:13.55	1:28.10
	300m: 4:02.76	1:25.35	700m: 9:50.72	1:27.47	1100m: 15:42.30	1:28.75
	400m: 5:28.66	1:25.90	800m: 11:17.77	1:27.05	1200m: 17:10.83	1:28.53
1300m:	18:38.82				1300m: 18:38.82	1:27.99
1400m:	20:06.51				1400m: 20:06.51	1:27.69
1500m:	21:32.82				1500m: 21:32.82	1:26.31
8.	Irmgard van Weeghel	Octopus	21:13.33	199204834	<b>21:36.14</b>	+0,77
	100m: 1:17.70	1:17.70	500m: 6:58.28	1:26.46	900m: 12:50.03	1:29.05
	200m: 2:41.15	1:23.45	600m: 8:25.15	1:26.87	1000m: 14:18.38	1:28.35
	300m: 4:05.98	1:24.83	700m: 9:52.76	1:27.61	1100m: 15:46.54	1:28.16
	400m: 5:31.82	1:25.84	800m: 11:20.98	1:28.22	1200m: 17:14.81	1:28.27
1300m:	18:42.52				1300m: 18:42.52	1:27.71
1400m:	20:11.16				1400m: 20:11.16	1:28.64
1500m:	21:36.14				1500m: 21:36.14	1:24.98
9.	Claudia Creemers	De Roersoppers	25:26.19	199202864	<b>27:13.11</b>	+0,68
	100m: 1:28.82	1:28.82	500m: 8:39.50	1:49.79	900m: 16:06.12	1:52.95
	200m: 3:12.33	1:43.51	600m: 10:28.94	1:49.44	1000m: 17:55.72	1:49.60
	300m: 5:00.60	1:48.27	700m: 12:20.34	1:51.40	1100m: 19:47.03	1:51.31
	400m: 6:49.71	1:49.11	800m: 14:13.17	1:52.83	1200m: 21:39.81	1:52.78
1300m:	23:34.08				1300m: 23:34.08	1:54.27
1400m:	25:26.51				1400m: 25:26.51	1:52.43
1500m:	27:13.11				1500m: 27:13.11	1:46.60
10.	Liesbeth Bruinekoel	Zuiderzeewimmers	31:32.66	199007958	<b>33:27.72</b> *	+0,93
	100m: 1:59.68	1:59.68	500m: 10:56.85	2:13.82	900m: 19:55.66	2:15.36
	200m: 4:14.22	2:14.54	600m: 13:10.60	2:13.75	1000m: 22:10.98	2:15.32
	300m: 6:29.18	2:14.96	700m: 15:24.78	2:14.18	1100m: 24:27.17	2:16.19
	400m: 8:43.03	2:13.85	800m: 17:40.30	2:15.52	1200m: 26:42.14	2:14.97
1300m:	28:59.43				1300m: 28:59.43	2:17.29
1400m:	31:16.89				1400m: 31:16.89	2:17.46
1500m:	33:27.72				1500m: 33:27.72	2:10.83

Masters 25+

1.	Lisanne Andeweg	Zuiderzeewimmers	19:06.27	198800092	<b>18:53.53</b>	+0,80
	100m: 1:10.78	1:10.78	500m: 6:15.84	1:16.19	900m: 11:21.23	1:16.50
	200m: 2:26.78	1:16.00	600m: 7:32.15	1:16.31	1000m: 12:37.76	1:16.53
	300m: 3:43.20	1:16.42	700m: 8:48.03	1:15.88	1100m: 13:54.03	1:16.27
	400m: 4:59.65	1:16.45	800m: 10:04.73	1:16.70	1200m: 15:10.05	1:16.02
1300m:	16:26.03				1300m: 16:26.03	1:15.98
1400m:	17:41.16				1400m: 17:41.16	1:15.13
1500m:	18:53.53				1500m: 18:53.53	1:12.37
2.	Laura Oosterbroek	Swol 1894	19:23.54	198803264	<b>20:19.68</b>	+0,75
	100m: 1:13.52	1:13.52	500m: 6:38.74	1:22.39	900m: 12:08.02	1:22.93
	200m: 2:33.59	1:20.07	600m: 8:00.98	1:22.24	1000m: 13:31.88	1:23.86
	300m: 3:54.71	1:21.12	700m: 9:23.06	1:22.08	1100m: 14:55.79	1:23.91
	400m: 5:16.35	1:21.64	800m: 10:45.09	1:22.03	1200m: 16:16.56	1:20.77
1300m:	17:38.97				1300m: 17:38.97	1:22.41
1400m:	19:00.01				1400m: 19:00.01	1:21.04
1500m:	20:19.68				1500m: 20:19.68	1:19.67
3.	Karin van Dijk	HZ&PC Heerenveen	21:42.42	198600850	<b>22:11.61</b>	+0,78
	100m: 1:15.70	1:15.70	500m: 7:09.32	1:31.45	900m: 13:12.68	1:31.73
	200m: 2:40.39	1:24.69	600m: 8:40.06	1:30.74	1000m: 14:43.50	1:30.82
	300m: 4:07.99	1:27.60	700m: 10:09.86	1:29.80	1100m: 16:15.59	1:32.09
	400m: 5:37.87	1:29.88	800m: 11:40.95	1:31.09	1200m: 17:46.11	1:30.52
1300m:	19:14.49				1300m: 19:14.49	1:28.38
1400m:	20:44.31				1400m: 20:44.31	1:29.82
1500m:	22:11.61				1500m: 22:11.61	1:27.30
4.	Sandra Schellekens	Neptunus'58	21:50.18	198503416	<b>22:32.19</b>	+0,80
	100m: 1:19.55	1:19.55	500m: 7:18.84	1:30.39	900m: 13:22.50	1:31.69
	200m: 2:48.03	1:28.48	600m: 8:49.16	1:30.32	1000m: 14:54.58	1:32.08
	300m: 4:17.89	1:29.86	700m: 10:19.99	1:30.83	1100m: 16:25.83	1:31.25
	400m: 5:48.45	1:30.56	800m: 11:50.81	1:30.82	1200m: 17:58.04	1:32.21
1300m:	19:30.78				1300m: 19:30.78	1:32.74
1400m:	21:03.07				1400m: 21:03.07	1:32.29
1500m:	22:32.19				1500m: 22:32.19	1:29.12
5.	Liset de Veer	Aqua-Novio'94	23:56.64	198704190	<b>23:03.24</b>	+0,88
	100m: 1:25.78	1:25.78	500m: 7:34.22	1:32.21	900m: 13:45.11	1:33.01
	200m: 2:56.62	1:30.84	600m: 9:06.81	1:32.59	1000m: 15:19.05	1:33.94
	300m: 4:29.10	1:32.48	700m: 10:38.92	1:32.11	1100m: 16:52.62	1:33.57
	400m: 6:02.01	1:32.91	800m: 12:12.10	1:33.18	1200m: 18:25.74	1:33.12
1300m:	19:59.59				1300m: 19:59.59	1:33.85
1400m:	21:32.24				1400m: 21:32.24	1:32.65
1500m:	23:03.24				1500m: 23:03.24	1:31.00
6.	Annette Vogelsang	ZV De Bron	21:58.11	198402632	<b>24:31.69</b>	+0,87
	100m: 1:17.39	1:17.39	500m: 7:33.01	1:38.12	900m: 14:19.61	1:42.72
	200m: 2:46.33	1:28.94	600m: 9:13.70	1:40.69	1000m: 16:02.13	1:42.52
	300m: 4:19.87	1:33.54	700m: 10:54.61	1:40.91	1100m: 17:45.36	1:43.23
	400m: 5:54.89	1:35.02	800m: 12:36.89	1:42.28	1200m: 19:26.46	1:41.10
1300m:	21:09.27				1300m: 21:09.27	1:42.81
1400m:	22:51.88				1400m: 22:51.88	1:42.61
1500m:	24:31.69				1500m: 24:31.69	1:39.81

Masters 30+

1.	Bianca Cox	PSV	19:48.51	198000214	<b>20:07.81</b>	+0,91
	100m: 1:14.13	1:14.13	500m: 6:35.37	1:20.43	900m: 11:59.58	1:21.30
	200m: 2:33.88	1:19.75	600m: 7:55.84	1:20.47	1000m: 13:20.84	1:21.26
	300m: 3:54.50	1:20.62	700m: 9:16.88	1:21.04	1100m: 14:42.37	1:21.53
	400m: 5:14.94	1:20.44	800m: 10:38.28	1:21.40	1200m: 16:03.50	1:21.13
1300m:	17:25.39				1300m: 17:25.39	1:21.89
1400m:	18:46.62				1400m: 18:46.62	1:21.23
1500m:	20:07.81				1500m: 20:07.81	1:21.19

Programmanr. 2, Dames, 1500m vrije slag, Masters 30+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
2.	Linda Hoogendam	Zoetermeer	20:35.53	198300892	<b>21:10.31</b>	+0,71		
	100m: 1:15.98	1:15.98	500m: 6:58.12	1:26.12	900m: 12:42.37	1:26.10	1300m: 18:24.57	1:25.94
	200m: 2:40.26	1:24.28	600m: 8:24.38	1:26.26	1000m: 14:07.47	1:25.10	1400m: 19:49.26	1:24.69
	300m: 4:05.67	1:25.41	700m: 9:50.20	1:25.82	1100m: 15:32.77	1:25.30	1500m: 21:10.31	1:21.05
	400m: 5:32.00	1:26.33	800m: 11:16.27	1:26.07	1200m: 16:58.63	1:25.86		
3.	Yvonne Gerritsen	WVZ	21:15.81	198000342	<b>21:58.09</b>	+0,87		
	100m: 1:18.63	1:18.63	500m: 7:11.42	1:28.25	900m: 13:05.30	1:28.57	1300m: 19:01.88	1:29.57
	200m: 2:45.68	1:27.05	600m: 8:39.27	1:27.85	1000m: 14:34.12	1:28.82	1400m: 20:30.47	1:28.59
	300m: 4:14.40	1:28.72	700m: 10:07.60	1:28.33	1100m: 16:03.26	1:29.14	1500m: 21:58.09	1:27.62
	400m: 5:43.17	1:28.77	800m: 11:36.73	1:29.13	1200m: 17:32.31	1:29.05		
4.	Natascha Hartman	PSV	23:52.69	198101780	<b>23:13.93</b>	+0,93		
	100m: 1:20.38	1:20.38	500m: 7:27.17	1:33.50	900m: 13:42.97	1:34.64	1300m: 20:04.29	1:35.85
	200m: 2:49.76	1:29.38	600m: 9:00.03	1:32.86	1000m: 15:17.41	1:34.44	1400m: 21:40.19	1:35.90
	300m: 4:21.07	1:31.31	700m: 10:33.73	1:33.70	1100m: 16:52.69	1:35.28	1500m: 23:13.93	1:33.74
	400m: 5:53.67	1:32.60	800m: 12:08.33	1:34.60	1200m: 18:28.44	1:35.75		
5.	Rianne van Vegchelen	Deltasteur	26:50.83	198101530	<b>26:43.46</b>	+1,12		
	100/200/400m*		500m: 8:41.46	1:48.96	900m: 15:52.46	1:48.23	1300m: 23:11.39	1:50.40
	100m: 1:33.77	1:33.77	600m: 10:28.36	1:46.90	1000m: 17:41.72	1:49.26	1400m: 25:01.01	1:49.62
	200m: 3:17.66	1:43.89	700m: 12:16.71	1:48.35	1100m: 19:30.91	1:49.19	1500m: 26:43.46	1:42.45
	300m: 5:04.37	1:46.71	800m: 14:04.23	1:47.52	1200m: 21:20.99	1:50.08		
	400m: 6:52.50	1:48.13						

Masters 35+

1.	Liselotte Joling	PSV	20:39.93	197500268	<b>19:49.32</b>			
	100m: 1:11.41	1:11.41	500m: 6:26.30	1:18.89	900m: 11:46.93	1:20.95	1300m: 17:10.19	1:21.24
	200m: 2:29.82	1:18.41	600m: 7:45.77	1:19.47	1000m: 13:06.98	1:20.05	1400m: 18:31.15	1:20.96
	300m: 3:48.55	1:18.73	700m: 9:05.80	1:20.03	1100m: 14:27.86	1:20.88	1500m: 19:49.32	1:18.17
	400m: 5:07.41	1:18.86	800m: 10:25.98	1:20.18	1200m: 15:48.95	1:21.09		
2.	Jolanda van Gendt	PSV	23:24.07	197800266	<b>23:30.57</b>	+0,75		
	100m: 1:24.56	1:24.56	500m: 7:37.12	1:34.39	900m: 14:00.97	1:36.22	1300m: 20:19.98	1:34.40
	200m: 2:55.44	1:30.88	600m: 9:13.37	1:36.25	1000m: 15:35.99	1:35.02	1400m: 21:55.22	1:35.24
	300m: 4:27.83	1:32.39	700m: 10:48.98	1:35.61	1100m: 17:11.06	1:35.07	1500m: 23:30.57	1:35.35
	400m: 6:02.73	1:34.90	800m: 12:24.75	1:35.77	1200m: 18:45.58	1:34.52		

Masters 40+

1.	Grith Sigsgaard	Zwemlust-den Hommel	18:47.76	197200772	<b>19:22.68</b>	+0,90		
	100m: 1:11.84	1:11.84	500m: 6:17.52	1:16.99	900m: 11:27.87	1:18.27	1300m: 16:44.90	1:19.54
	200m: 2:27.81	1:15.97	600m: 7:34.61	1:17.09	1000m: 12:46.67	1:18.80	1400m: 18:04.10	1:19.20
	300m: 3:44.04	1:16.23	700m: 8:51.71	1:17.10	1100m: 14:05.65	1:18.98	1500m: 19:22.68	1:18.58
	400m: 5:00.53	1:16.49	800m: 10:09.60	1:17.89	1200m: 15:25.36	1:19.71		
2.	Annette de Visser	Oceanus	21:18.86	197100602	<b>20:59.85</b>	+0,86		
	100m: 1:17.12	1:17.12	500m: 6:57.18	1:24.58	900m: 12:35.59	1:24.67	1300m: 18:13.98	1:24.98
	200m: 2:42.25	1:25.13	600m: 8:21.74	1:24.56	1000m: 14:00.26	1:24.67	1400m: 19:38.28	1:24.30
	300m: 4:07.40	1:25.15	700m: 9:46.43	1:24.69	1100m: 15:24.69	1:24.43	1500m: 20:59.85	1:21.57
	400m: 5:32.60	1:25.20	800m: 11:10.92	1:24.49	1200m: 16:49.00	1:24.31		
3.	Natacha Van Hoof	ShaRK	22:59.29	SHARK/260/73	<b>23:15.17</b>	+0,95		
	100m: 1:27.38	1:27.38	500m: 7:37.98	1:33.79	900m: 13:50.02	1:34.40	1300m: 20:09.00	1:34.80
	200m: 2:59.01	1:31.63	600m: 9:09.40	1:31.42	1000m: 15:24.55	1:34.53	1400m: 21:44.10	1:35.10
	300m: 4:31.31	1:32.30	700m: 10:41.85	1:32.45	1100m: 16:59.22	1:34.67	1500m: 23:15.17	1:31.07
	400m: 6:04.19	1:32.88	800m: 12:15.62	1:33.77	1200m: 18:34.20	1:34.98		
4.	Claudia Broeke	De Fuut	24:17.87	197300058	<b>24:00.70</b>	+0,88		
	100m: 1:30.02	1:30.02	500m: 7:56.82	1:36.01	900m: 14:22.34	1:36.14	1300m: 20:49.75	1:37.04
	200m: 3:07.89	1:37.87	600m: 9:33.26	1:36.44	1000m: 15:58.70	1:36.36	1400m: 22:26.25	1:36.50
	300m: 4:44.90	1:37.01	700m: 11:09.70	1:36.44	1100m: 17:35.18	1:36.48	1500m: 24:00.70	1:34.45
	400m: 6:20.81	1:35.91	800m: 12:46.20	1:36.50	1200m: 19:12.71	1:37.53		
5.	Annet Kootstra	Swol 1894	24:02.26	197100344	<b>24:08.72</b>	+1,02		
	100m: 1:25.82	1:25.82	500m: 7:51.25	1:37.08	900m: 14:21.07	1:37.10	1300m: 20:53.73	1:38.52
	200m: 3:00.39	1:34.57	600m: 9:28.59	1:37.34	1000m: 15:59.08	1:38.01	1400m: 22:31.95	1:38.22
	300m: 4:36.65	1:36.26	700m: 11:06.13	1:37.54	1100m: 17:37.23	1:38.15	1500m: 24:08.72	1:36.77
	400m: 6:14.17	1:37.52	800m: 12:43.97	1:37.84	1200m: 19:15.21	1:37.98		
6.	Ingrid Versteegen	DBD	25:24.29	197300770	<b>24:50.36</b>	+0,71		
	100m: 1:30.19	1:30.19	500m: 8:06.71	1:39.09	900m: 14:49.29	1:40.09	1300m: 21:31.09	1:40.37
	200m: 3:08.13	1:37.94	600m: 9:47.63	1:40.92	1000m: 16:29.21	1:39.92	1400m: 23:12.43	1:41.34
	300m: 4:47.88	1:39.75	700m: 11:28.87	1:41.24	1100m: 18:09.70	1:40.49	1500m: 24:50.36	1:37.93
	400m: 6:27.62	1:39.74	800m: 13:09.20	1:40.33	1200m: 19:50.72	1:41.02		

Programmanr. 2, Dames, 1500m vrije slag, Masters 40+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
7.	Kathy De Meyere	LZV	28:52.92	LZV/224/73	<b>28:24.94</b>	+0,90
	100m: 1:39.07	1:39.07	500m: 9:16.22	1:55.78	900m: 16:56.03	1:54.59
	200m: 3:30.71	1:51.64	600m: 11:11.21	1:54.99	1000m: 18:51.45	1:55.42
	300m: 5:24.59	1:53.88	700m: 13:06.69	1:55.48	1100m: 20:47.00	1:55.55
	400m: 7:20.44	1:55.85	800m: 15:01.44	1:54.75	1200m: 22:43.06	1:56.06
					1300m: 24:38.59	1:55.53
					1400m: 21:39.91	1:56.48
					1500m: 28:24.94	1:49.87

Masters 45+

1.	Margreet van der Pol	Oceanus	23:31.57	196600276	<b>23:11.35</b>	+0,94
	100m: 1:25.43	1:25.43	500m: 7:35.57	1:32.59	900m: 13:48.33	1:33.52
	200m: 2:57.79	1:32.36	600m: 9:08.40	1:32.83	1000m: 15:23.42	1:35.09
	300m: 4:30.40	1:32.61	700m: 10:41.80	1:33.40	1100m: 16:58.02	1:34.60
	400m: 6:02.98	1:32.58	800m: 12:14.81	1:33.01	1200m: 18:31.75	1:33.73
					1300m: 20:05.88	1:34.13
					1400m: 21:39.91	1:34.03
					1500m: 23:11.35	1:31.44
2.	Karin van den Heuvel	Old Dutch	23:23.53	196600188	<b>23:43.28</b>	+1,03
	100m: 1:26.04	1:26.04	500m: 7:38.84	1:34.06	900m: 14:00.86	1:36.07
	200m: 2:58.47	1:32.43	600m: 9:13.29	1:34.45	1000m: 15:37.65	1:36.79
	300m: 4:31.67	1:33.20	700m: 10:48.91	1:35.62	1100m: 17:11.75	1:34.10
	400m: 6:04.78	1:33.11	800m: 12:24.79	1:35.88	1200m: 18:47.21	1:35.46
					1300m: 20:25.47	1:38.26
					1400m: 22:04.76	1:39.29
					1500m: 23:43.28	1:38.52
3.	Betty van Kemenade	PSV	27:10.69	196800832	<b>26:35.74</b>	+1,61
	100m: 1:38.73	1:38.73	500m: 8:43.68	1:45.48	900m: 15:50.06	1:45.93
	200m: 3:25.18	1:46.45	600m: 10:30.94	1:47.26	1000m: 17:37.54	1:47.48
	300m: 5:12.21	1:47.03	700m: 12:17.43	1:46.49	1100m: 19:25.10	1:47.56
	400m: 6:58.20	1:45.99	800m: 14:04.13	1:46.70	1200m: 21:12.56	1:47.46
					1300m: 23:00.62	1:48.06
					1400m: 24:48.93	1:48.31
					1500m: 26:35.74	1:46.81
4.	Frances van der Moolen	Aqua-Novio'94	26:41.45	196400454	<b>26:56.31</b>	
	100m: 1:44.85	1:44.85	500m: 8:54.52	1:47.98	900m: 16:07.94	1:48.72
	200m: 3:31.45	1:46.60	600m: 10:42.47	1:47.95	1000m: 17:55.78	1:47.84
	300m: 5:18.26	1:46.81	700m: 12:30.48	1:48.01	1100m: 19:44.02	1:48.24
	400m: 7:06.54	1:48.28	800m: 14:19.22	1:48.74	1200m: 21:31.90	1:47.88
					1300m: 23:20.38	1:48.48
					1400m: 25:10.29	1:49.91
					1500m: 26:56.31	1:46.02
5.	Ymke Snellen van Vollenhoven	PSV	27:15.56	196800836	<b>27:10.99</b>	+1,36
	100m: 1:35.30	1:35.30	500m: 8:59.58	1:51.74	900m: 16:17.01	1:49.46
	200m: 3:24.65	1:49.35	600m: 10:49.08	1:49.50	1000m: 18:06.61	1:49.60
	300m: 5:16.18	1:51.53	700m: 12:39.53	1:50.45	1100m: 19:57.62	1:51.01
	400m: 7:07.84	1:51.66	800m: 14:27.55	1:48.02	1200m: 21:47.61	1:49.99
					1300m: 23:38.56	1:50.95
					1400m: 25:29.20	1:50.64
					1500m: 27:10.99	1:41.79

Masters 50+

1.	Katinka Elders	Oceanus	24:58.65	196000292	<b>25:12.66</b>	
	100m: 1:28.90	1:28.90	500m: 8:10.42	1:40.82	900m: 14:58.38	1:43.23
	200m: 3:07.55	1:38.65	600m: 9:51.69	1:41.27	1000m: 16:41.20	1:42.82
	300m: 4:47.06	1:39.51	700m: 11:33.78	1:42.09	1100m: 18:24.99	1:43.79
	400m: 6:29.60	1:42.54	800m: 13:15.15	1:41.37	1200m: 20:07.81	1:42.82
					1300m: 21:51.53	1:43.72
					1400m: 23:35.15	1:43.62
					1500m: 25:12.66	1:37.51
2.	Pia van der Molen	HZ&PC Heerenveen	25:24.59	196000116	<b>25:50.67</b>	+1,03
	100m: 1:29.30	1:29.30	500m: 8:22.63	1:44.34	900m: 15:21.31	1:44.97
	200m: 3:11.28	1:41.98	600m: 10:07.04	1:44.41	1000m: 17:05.88	1:44.57
	300m: 4:54.77	1:43.49	700m: 11:51.48	1:44.44	1100m: 18:50.67	1:44.79
	400m: 6:38.29	1:43.52	800m: 13:36.34	1:44.86	1200m: 20:35.95	1:45.28
					1300m: 22:22.15	1:46.20
					1400m: 24:08.54	1:46.39
					1500m: 25:50.67	1:42.13
3.	Jennie Resink-lindeboom	DWK	28:09.40	196000142	<b>26:04.96</b>	+1,03
	100m: 1:37.35	1:37.35	500m: 8:39.33	1:45.68	900m: 15:41.90	1:45.22
	200m: 3:22.13	1:44.78	600m: 10:25.12	1:45.79	1000m: 17:27.86	1:45.96
	300m: 5:08.71	1:46.58	700m: 12:10.87	1:45.75	1100m: 19:12.31	1:44.45
	400m: 6:53.65	1:44.94	800m: 13:56.68	1:45.81	1200m: 20:57.04	1:44.73
					1300m: 22:41.96	1:44.92
					1400m: 24:26.73	1:44.77
					1500m: 26:04.96	1:38.23

Masters 55+

1.	Dorothy Ledwith	Ennis Masters	22:35.29	10009706	<b>22:27.96</b>	
	100m: 1:21.72	1:21.72	500m: 7:21.30	1:30.35	900m: 13:24.45	1:30.82
	200m: 2:50.59	1:28.87	600m: 8:51.90	1:30.60	1000m: 14:54.81	1:30.36
	300m: 4:20.97	1:30.38	700m: 10:22.91	1:31.01	1100m: 16:24.83	1:30.02
	400m: 5:50.95	1:29.98	800m: 11:53.63	1:30.72	1200m: 17:56.09	1:31.26
					1300m: 19:27.16	1:31.07
					1400m: 20:58.51	1:31.35
					1500m: 22:27.96	1:29.45
2.	Monica Bakker	ZVZ	25:02.03	195600082	<b>25:05.57</b>	+1,18
	100m: 1:31.93	1:31.93	500m: 8:12.83	1:40.30	900m: 14:55.42	1:40.94
	200m: 3:11.43	1:39.50	600m: 9:53.00	1:40.17	1000m: 16:36.72	1:41.30
	300m: 4:51.67	1:40.24	700m: 11:34.06	1:41.06	1100m: 18:18.70	1:41.98
	400m: 6:32.53	1:40.86	800m: 13:14.48	1:40.42	1200m: 20:00.28	1:41.58
					1300m: 21:42.48	1:42.20
					1400m: 23:24.78	1:42.30
					1500m: 25:05.57	1:40.79
3.	Mies Kuipers	Old Dutch	35:42.72	195800202	<b>35:44.88</b>	+1,01
	100m: 2:15.57	2:15.57	500m: 11:47.82	2:22.26	900m: 21:30.95	2:26.21
	200m: 4:40.89	2:25.32	600m: 14:12.20	2:24.38	1000m: 23:58.04	2:27.09
	300m: 7:03.05	2:22.16	700m: 16:37.73	2:25.53	1100m: 26:18.36	2:20.32
	400m: 9:25.56	2:22.51	800m: 19:04.74	2:27.01	1200m: 28:42.07	2:23.71
					1300m: 31:06.75	2:24.68
					1400m: 33:29.78	2:23.03
					1500m: 35:44.88	2:15.10

Programmanr. 2, Dames, 1500m vrije slag, Masters 55+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
4.	Lies Hartman	VfR Übach-Palenberg	37:03.61	164684	<b>37:49.96</b>	+1,21
	100m: 2:08.52	2:08.52	500m: 12:06.00	2:28.63	900m: 22:13.76	2:35.34
	200m: 4:37.95	2:29.43	600m: 14:36.59	2:30.59	1000m: 24:49.72	2:35.96
	300m: 7:08.24	2:30.29	700m: 17:05.72	2:29.13	1100m: 27:26.66	2:36.94
	400m: 9:37.37	2:29.13	800m: 19:38.42	2:32.70	1200m: 30:01.10	2:34.44
					1300m: 32:37.14	2:36.04
					1400m: 35:15.04	2:37.90
					1500m: 37:49.96	2:34.92

Masters 60+

1.	Ineke Weekers	PSV	23:10.21	195300050	<b>22:40.35</b>	+0,86
	100m: 1:25.46	1:25.46	500m: 7:27.78	1:30.53	900m: 13:32.00	1:31.32
	200m: 2:55.83	1:30.37	600m: 8:58.56	1:30.78	1000m: 15:03.46	1:31.46
	300m: 4:26.59	1:30.76	700m: 10:29.06	1:30.50	1100m: 16:35.52	1:32.06
	400m: 5:57.25	1:30.66	800m: 12:00.68	1:31.62	1200m: 18:07.73	1:32.21
					1300m: 19:39.58	1:31.85
					1400m: 21:11.34	1:31.76
					1500m: 22:40.35	1:29.01
2.	Ineke Meijer	HZ&PC Heerenveen	26:15.58	195200034	<b>27:02.08</b>	+0,98
	100m: 1:38.95	1:38.95	500m: 8:53.78	1:50.38	900m: 16:10.99	1:49.91
	200m: 3:25.58	1:46.63	600m: 10:42.71	1:48.93	1000m: 18:00.01	1:49.02
	300m: 5:14.45	1:48.87	700m: 12:31.70	1:48.99	1100m: 19:49.77	1:49.76
	400m: 7:03.40	1:48.95	800m: 14:21.08	1:49.38	1200m: 21:39.37	1:49.60
					1300m: 23:28.78	1:49.41
					1400m: 25:18.50	1:49.72
					1500m: 27:02.08	1:43.58
3.	Gonnie Bak	PSV	30:07.77	195100064	<b>28:42.35</b>	+0,92
	100m: 1:42.74	1:42.74	500m: 9:24.88	1:56.87	900m: 17:05.81	1:54.96
	200m: 3:37.53	1:54.79	600m: 11:19.47	1:54.59	1000m: 19:01.75	1:55.94
	300m: 5:32.77	1:55.24	700m: 13:14.55	1:55.08	1100m: 20:57.80	1:56.05
	400m: 7:28.01	1:55.24	800m: 15:10.85	1:56.30	1200m: 22:53.97	1:56.17
					1300m: 24:51.85	1:57.88
					1400m: 26:48.27	1:56.42
					1500m: 28:42.35	1:54.08

Masters 65+

1.	Matty van der Veen	Old Dutch	27:49.26	194400020	<b>31:21.14</b>	
	100m: 1:45.75	1:45.75	500m: 9:50.28	2:04.29	900m: 18:13.51	2:06.07
	200m: 3:43.34	1:57.59	600m: 11:55.44	2:05.16	1000m: 20:21.90	2:08.39
	300m: 5:44.61	2:01.27	700m: 14:01.73	2:06.29	1100m: 22:31.20	2:09.30
	400m: 7:45.99	2:01.38	800m: 16:07.44	2:05.71	1200m: 24:39.57	2:08.37
					1300m: 26:51.86	2:12.29
					1400m: 29:04.76	2:12.90
					1500m: 31:21.14	2:16.38
2.	Greet Brehler-Middag	Hatto Heim	33:05.01	194400004	<b>33:57.25</b>	+1,23
	100m: 2:01.89	2:01.89	500m: 10:58.43	2:15.98	900m: 20:03.63	2:17.44
	200m: 4:13.70	2:11.81	600m: 13:12.97	2:14.54	1000m: 22:24.03	2:20.40
	300m: 6:27.35	2:13.65	700m: 15:29.62	2:16.65	1100m: 24:43.89	2:19.86
	400m: 8:42.45	2:15.10	800m: 17:46.19	2:16.57	1200m: 27:03.75	2:19.86
					1300m: 29:23.83	2:20.08
					1400m: 31:44.06	2:20.23
					1500m: 33:57.25	2:13.19

Masters 70+

1.	Gitti Wahl	VfR Übach-Palenberg	35:53.98	164688	<b>34:59.66</b>	+1,08
	100m: 2:08.38	2:08.38	500m: 11:23.95	2:20.03	900m: 20:47.08	2:20.79
	200m: 4:28.61	2:20.23	600m: 13:42.69	2:18.74	1000m: 23:09.79	2:22.71
	300m: 6:45.86	2:17.25	700m: 16:04.41	2:21.72	1100m: 25:30.26	2:20.47
	400m: 9:03.92	2:18.06	800m: 18:26.29	2:21.88	1200m: 27:52.59	2:22.33
					1300m: 30:16.50	2:23.91
					1400m: 32:39.95	2:23.45
					1500m: 34:59.66	2:19.71