



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



1 - ONMK 2023 kb sessie 1

16-02-2023 - 12:30

Programmanr. 2
16-02-2023 - 12:30

Heren, 1500m vrije slag
Pauze na Serie 4 / Break after Heat 4 10 Min.

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
Masters 20+								
1.	Tenzin Tieman	Old Dutch	NED 200005549	17:57.10	+0.80			
	50m: 31.07	31.07	450m: 5:13.43	36.26	850m: 10:04.97	36.72	1250m: 14:57.28	36.88
	100m: 1:04.83	33.76	500m: 5:49.74	36.31	900m: 10:41.13	36.16	1300m: 15:33.66	36.38
	150m: 1:39.43	34.60	550m: 6:25.94	36.20	950m: 11:17.07	35.94	1350m: 16:09.98	36.32
	200m: 2:14.47	35.04	600m: 7:02.76	36.82	1000m: 11:53.71	36.64	1400m: 16:46.99	37.01
	250m: 2:50.04	35.57	650m: 7:39.49	36.73	1050m: 12:30.42	36.71	1450m: 17:22.82	35.83
	300m: 3:25.75	35.71	700m: 8:15.84	36.35	1100m: 13:07.17	36.75	1500m: 17:57.10	34.28
	350m: 4:01.43	35.68	750m: 8:51.99	36.15	1150m: 13:43.76	36.59		
	400m: 4:37.17	35.74	800m: 9:28.25	36.26	1200m: 14:20.40	36.64		
Masters 25+								
1.	Stijn Jansen	ZV 44	NED 199705727	17:29.25				
	50m: 32.41	32.41	450m: 5:12.98	35.50	850m: 9:55.26	35.14	1250m: 14:36.26	34.86
	100m: 1:06.63	34.22	500m: 5:48.21	35.23	900m: 10:30.27	35.01	1300m: 15:11.03	34.77
	150m: 1:41.27	34.64	550m: 6:23.48	35.27	950m: 11:05.32	35.05	1350m: 15:46.14	35.11
	200m: 2:16.26	34.99	600m: 6:58.83	35.35	1000m: 11:40.46	35.14	1400m: 16:20.92	34.78
	250m: 2:51.44	35.18	650m: 7:34.11	35.28	1050m: 12:15.60	35.14	1450m: 16:55.68	34.76
	300m: 3:26.68	35.24	700m: 8:09.31	35.20	1100m: 12:51.02	35.42	1500m: 17:29.25	33.57
	350m: 4:02.00	35.32	750m: 8:44.69	35.38	1150m: 13:26.06	35.04		
	400m: 4:37.48	35.48	800m: 9:20.12	35.43	1200m: 14:01.40	35.34		
2.	Jeffrey Camphens	DWT	NED 199503113	17:34.96				
	50m: 31.97	31.97	450m: 5:13.79	35.53	850m: 9:59.05	35.44	1250m: 14:42.47	35.77
	100m: 1:06.86	34.89	500m: 5:49.18	35.39	900m: 10:34.65	35.60	1300m: 15:17.76	35.29
	150m: 1:42.07	35.21	550m: 6:24.91	35.73	950m: 11:10.18	35.53	1350m: 15:52.41	34.65
	200m: 2:17.24	35.17	600m: 7:00.59	35.68	1000m: 11:45.51	35.33	1400m: 16:27.30	34.89
	250m: 2:52.39	35.15	650m: 7:36.43	35.84	1050m: 12:21.19	35.68	1450m: 17:01.59	34.29
	300m: 3:27.68	35.29	700m: 8:12.39	35.96	1100m: 12:56.61	35.42	1500m: 17:34.96	33.37
	350m: 4:02.87	35.19	750m: 8:48.06	35.67	1150m: 13:31.54	34.93		
	400m: 4:38.26	35.39	800m: 9:23.61	35.55	1200m: 14:06.70	35.16		
3.	Jordy van Oel	WVZ	NED 199802003	17:56.58	+0.75			
	50m: 29.41	29.41	450m: 5:13.33	36.20	850m: 10:05.75	36.74	1250m: 14:42.01	36.53
	100m: 1:02.86	33.45	500m: 5:49.93	36.60	900m: 10:41.94	36.19	1300m: 15:34.96	35.95
	150m: 1:37.87	35.01	550m: 6:26.48	36.55	950m: 11:18.32	36.38	1350m: 16:10.97	36.01
	200m: 2:13.57	35.70	600m: 7:02.76	36.28	1000m: 11:55.10	36.78	1400m: 16:47.23	36.26
	250m: 2:49.36	35.79	650m: 7:39.62	36.86	1050m: 12:32.00	36.90	1450m: 17:22.55	35.32
	300m: 3:25.46	36.10	700m: 8:16.24	36.62	1100m: 13:09.16	37.16	1500m: 17:56.58	34.03
	350m: 4:01.53	36.07	750m: 8:52.54	36.30	1150m: 13:45.69	36.53		
	400m: 4:37.13	35.60	800m: 9:29.01	36.47	1200m: 14:22.48	36.79		
4.	Lars Jacobsen	DWK	NED 199705453	19:07.97	+0.77	714		
	50m: 31.00	31.00	450m: 5:30.33	38.60	850m: 10:40.77	39.35	1250m: 15:55.82	39.79
	100m: 1:06.02	35.02	500m: 6:08.95	38.62	900m: 11:19.53	38.76	1300m: 16:35.54	39.72
	150m: 1:42.45	36.43	550m: 6:47.71	38.76	950m: 11:58.43	38.90	1350m: 17:14.81	39.27
	200m: 2:19.70	37.25	600m: 7:26.24	38.53	1000m: 12:37.87	39.44	1400m: 17:53.36	38.55
	250m: 2:57.38	37.68	650m: 8:04.51	38.27	1050m: 13:16.77	38.90	1450m: 18:32.37	39.01
	300m: 3:35.54	38.16	700m: 8:43.27	38.76	1100m: 13:57.75	40.98	1500m: 19:07.97	35.60
	350m: 4:13.18	37.64	750m: 9:22.30	39.03	1150m: 14:37.60	39.85		
	400m: 4:51.73	38.55	800m: 10:01.42	39.12	1200m: 15:16.03	38.43		
Masters 30+								
1.	Tim Bunnik	Triton	NED 199000505	18:06.95	+0.78			
	50m: 32.01	32.01	450m: 5:21.61	37.01	850m: 10:13.00	35.83	1250m: 15:04.68	36.67
	100m: 1:07.26	35.25	500m: 5:58.22	36.61	900m: 10:49.76	36.76	1300m: 15:41.57	36.89
	150m: 1:43.15	35.89	550m: 6:34.85	36.63	950m: 11:25.88	36.12	1350m: 16:18.34	36.77
	200m: 2:19.41	36.26	600m: 7:11.65	36.80	1000m: 12:02.10	36.22	1400m: 16:55.62	37.28
	250m: 2:55.27	35.86	650m: 7:48.44	36.79	1050m: 12:38.47	36.37	1450m: 17:32.66	37.04
	300m: 3:31.87	36.60	700m: 8:25.02	36.58	1100m: 13:14.93	36.46	1500m: 18:06.95	34.29
	350m: 4:08.31	36.44	750m: 9:01.36	36.34	1150m: 13:51.01	36.08		
	400m: 4:44.60	36.29	800m: 9:37.17	35.81	1200m: 14:28.01	37.00		



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

rang	naam	vereniging	tijd	RT	PARA			
2.	Wessel Everloo	WS Twente	18:24.82	+0.78	801			
	50m: 33.64	33.64	450m: 5:26.65	36.66	850m: 10:23.84	37.77	1250m: 15:21.87	37.71
	100m: 1:09.59	35.95	500m: 6:05.02	38.37	900m: 11:00.42	36.58	1300m: 15:59.21	37.34
	150m: 1:45.70	36.11	550m: 6:42.57	37.55	950m: 11:37.81	37.39	1350m: 16:35.79	36.58
	200m: 2:22.57	36.87	600m: 7:18.87	36.30	1000m: 12:15.43	37.62	1400m: 17:12.77	36.98
	250m: 2:59.24	36.67	650m: 7:55.86	36.99	1050m: 12:51.90	36.47	1450m: 17:50.53	37.76
	300m: 3:36.73	37.49	700m: 8:33.77	37.91	1100m: 13:29.51	37.61	1500m: 18:24.82	34.29
	350m: 4:13.09	36.36	750m: 9:10.02	36.25	1150m: 14:06.51	37.00		
	400m: 4:49.99	36.90	800m: 9:46.07	36.05	1200m: 14:44.16	37.65		
3.	Patrick Creemers	RZ	18:45.76					
	50m: 32.57	32.57	450m: 5:34.96	38.49	850m: 10:41.24	38.08	1250m: 15:40.83	37.18
	100m: 1:08.67	36.10	500m: 6:13.40	38.44	900m: 11:17.90	36.66	1300m: 16:18.13	37.30
	150m: 1:45.90	37.23	550m: 6:51.58	38.18	950m: 11:54.78	36.88	1350m: 16:55.61	37.48
	200m: 2:23.61	37.71	600m: 7:29.50	37.92	1000m: 12:32.62	37.84	1400m: 17:32.85	37.24
	250m: 3:02.07	38.46	650m: 8:07.55	38.05	1050m: 13:10.21	37.59	1450m: 18:10.43	37.58
	300m: 3:40.24	38.17	700m: 8:46.55	39.00	1100m: 13:47.88	37.67	1500m: 18:45.76	35.33
	350m: 4:18.14	37.90	750m: 9:25.03	38.48	1150m: 14:26.17	38.29		
	400m: 4:56.47	38.33	800m: 10:03.16	38.13	1200m: 15:03.65	37.48		
4.	Sybre Groenewegen	De Schoteijl	18:47.85 *					
	50m: 33.51	33.51	450m: 5:33.06	38.03	850m: 10:36.23	38.55	1250m: 15:39.80	38.06
	100m: 1:09.32	35.81	500m: 6:10.87	37.81	900m: 11:13.97	37.74	1300m: 16:17.84	38.04
	150m: 1:46.32	37.00	550m: 6:48.78	37.91	950m: 11:52.13	38.16	1350m: 16:56.30	38.46
	200m: 2:23.78	37.46	600m: 7:26.42	37.64	1000m: 12:30.18	38.05	1400m: 17:34.22	37.92
	250m: 3:01.82	38.04	650m: 8:04.22	37.80	1050m: 13:08.08	37.90	1450m: 18:12.27	38.05
	300m: 3:39.77	37.95	700m: 8:41.91	37.69	1100m: 13:45.93	37.85	1500m: 18:47.85	35.58
	350m: 4:17.54	37.77	750m: 9:19.62	37.71	1150m: 14:23.79	37.86		
	400m: 4:55.03	37.49	800m: 9:57.68	38.06	1200m: 15:01.74	37.95		
5.	Marc Hoogendam	Blue Marlins	20:30.23	+0.67				
	50m: 32.70	32.70	450m: 5:51.59	41.28	850m: 11:25.57	41.51	1250m: 17:04.82	42.47
	100m: 1:09.55	36.85	500m: 6:33.60	42.01	900m: 12:08.32	42.75	1300m: 17:47.21	42.39
	150m: 1:47.66	38.11	550m: 7:15.77	42.17	950m: 12:50.19	41.87	1350m: 18:29.77	42.56
	200m: 2:26.98	39.32	600m: 7:57.60	41.83	1000m: 13:32.21	42.02	1400m: 19:12.34	42.57
	250m: 3:06.85	39.87	650m: 8:39.54	41.94	1050m: 14:14.53	42.32	1450m: 19:53.97	41.63
	300m: 3:47.53	40.68	700m: 9:21.48	41.94	1100m: 14:56.96	42.43	1500m: 20:30.23	36.26
	350m: 4:28.80	41.27	750m: 10:03.01	41.53	1150m: 15:39.74	42.78		
	400m: 5:10.31	41.51	800m: 10:44.06	41.05	1200m: 16:22.35	42.61		

Masters 35+

1.	Romain Delepine	Lille UC Natation	17:53.04	+0.78				
	50m: 31.10	31.10	450m: 5:17.51	35.92	850m: 10:07.06	36.20	1250m: 14:54.52	35.65
	100m: 1:05.59	34.49	500m: 5:53.59	36.08	900m: 10:44.50	37.44	1300m: 15:30.74	36.22
	150m: 1:41.17	35.58	550m: 6:30.04	36.45	950m: 11:20.20	35.70	1350m: 16:06.99	36.25
	200m: 2:17.08	35.91	600m: 7:06.11	36.07	1000m: 11:55.77	35.57	1400m: 16:42.89	35.90
	250m: 2:53.21	36.13	650m: 7:42.31	36.20	1050m: 12:31.22	35.45	1450m: 17:19.33	36.44
	300m: 3:29.20	35.99	700m: 8:18.52	36.21	1100m: 13:06.82	35.60	1500m: 17:53.04	33.71
	350m: 4:05.44	36.24	750m: 8:54.87	36.35	1150m: 13:42.69	35.87		
	400m: 4:41.59	36.15	800m: 9:30.86	35.99	1200m: 14:18.87	36.18		
2.	Niels Albrechts	De Schoteijl	18:29.00	+0.73				
	50m: 34.04	34.04	450m: 5:28.50	36.56	850m: 10:24.40	36.96	1250m: 15:24.43	37.75
	100m: 1:10.11	36.07	500m: 6:05.13	36.63	900m: 11:01.74	37.34	1300m: 16:02.14	37.71
	150m: 1:46.78	36.67	550m: 6:41.91	36.78	950m: 11:39.08	37.34	1350m: 16:40.01	37.87
	200m: 2:23.71	36.93	600m: 7:18.83	36.92	1000m: 12:16.67	37.59	1400m: 17:17.34	37.33
	250m: 3:00.86	37.15	650m: 7:55.71	36.88	1050m: 12:53.93	37.26	1450m: 17:54.90	37.56
	300m: 3:37.74	36.88	700m: 8:32.97	37.26	1100m: 13:31.19	37.26	1500m: 18:29.00	34.10
	350m: 4:14.98	37.24	750m: 9:09.94	36.97	1150m: 14:08.84	37.65		
	400m: 4:51.94	36.96	800m: 9:47.44	37.50	1200m: 14:46.68	37.84		
3.	Sander van Elburg	TRB-RES	19:44.20 *	+0.85				
	50m: 34.29	34.29	450m: 5:47.80	39.96	850m: 11:05.63	40.10	1250m: 16:23.67	39.67
	100m: 1:11.59	37.30	500m: 6:26.56	38.76	900m: 11:45.90	40.27	1300m: 17:04.01	40.34
	150m: 1:49.70	38.11	550m: 7:05.49	38.93	950m: 12:26.09	40.19	1350m: 17:44.61	40.60
	200m: 2:29.00	39.30	600m: 7:44.94	39.45	1000m: 13:05.88	39.79	1400m: 18:24.89	40.28
	250m: 3:08.35	39.35	650m: 8:24.74	39.80	1050m: 13:45.27	39.39	1450m: 19:05.14	40.25
	300m: 3:47.85	39.50	700m: 9:05.14	40.40	1100m: 14:25.27	40.00	1500m: 19:44.20	39.06
	350m: 4:27.99	40.14	750m: 9:45.12	39.98	1150m: 15:04.34	39.07		
	400m: 5:07.84	39.85	800m: 10:25.53	40.41	1200m: 15:44.00	39.66		
4.	Edward van Dooijng	ZV 44	21:13.49	+0.97				
	50m: 35.18	35.18	450m: 6:11.71	43.44	850m: 11:56.92	43.14	1250m: 17:42.19	42.96
	100m: 1:14.30	39.12	500m: 6:54.60	42.89	900m: 12:40.26	43.34	1300m: 18:25.34	43.15
	150m: 1:54.87	40.57	550m: 7:37.69	43.09	950m: 13:23.72	43.46	1350m: 19:07.99	42.65
	200m: 2:36.81	41.94	600m: 8:20.74	43.05	1000m: 14:06.89	43.17	1400m: 19:50.77	42.78
	250m: 3:19.25	42.44	650m: 9:03.92	43.18	1050m: 14:50.08	43.19	1450m: 20:33.45	42.68
	300m: 4:02.09	42.84	700m: 9:47.15	43.23	1100m: 15:32.92	42.84	1500m: 21:13.49	40.04
	350m: 4:45.22	43.13	750m: 10:30.33	43.18	1150m: 16:16.01	43.09		
	400m: 5:28.27	43.05	800m: 11:13.78	43.45	1200m: 16:59.23	43.22		



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 2, Heren, 1500m vrije slag

Masters 40+

1. Gergely Molnár	Iron Swim	HUN	17:32.32	+0.80			
<i>Hungarian Masters Record</i>							
50m: 30.16	30.16	450m: 5:09.86	35.04	850m: 9:51.17	35.35	1250m: 14:34.84	35.72
100m: 1:04.37	34.21	500m: 5:45.28	35.42	900m: 10:26.38	35.21	1300m: 15:10.49	35.65
150m: 1:39.32	34.95	550m: 6:20.28	35.00	950m: 11:01.70	35.32	1350m: 15:46.02	35.53
200m: 2:14.28	34.96	600m: 6:55.37	35.09	1000m: 11:37.14	35.44	1400m: 16:21.75	35.73
250m: 2:49.19	34.91	650m: 7:30.36	34.99	1050m: 12:12.45	35.31	1450m: 16:57.71	35.96
300m: 3:24.27	35.08	700m: 8:05.58	35.22	1100m: 12:48.04	35.59	1500m: 17:32.32	34.61
350m: 3:59.14	34.87	750m: 8:40.46	34.88	1150m: 13:23.42	35.38		
400m: 4:34.82	35.68	800m: 9:15.82	35.36	1200m: 13:59.12	35.70		
2. Pieter Pickhardt	ZPC De Hof	NED	18:07.45	+0.80			
50m: 32.62	32.62	450m: 5:16.21	35.74	850m: 10:08.94	36.88	1250m: 15:04.44	37.12
100m: 1:07.58	34.96	500m: 5:52.14	35.93	900m: 10:45.82	36.88	1300m: 15:41.66	37.22
150m: 1:42.89	35.31	550m: 6:28.56	36.42	950m: 11:22.55	36.73	1350m: 16:18.63	36.97
200m: 2:18.30	35.41	600m: 7:05.17	36.61	1000m: 11:59.54	36.99	1400m: 16:55.71	37.08
250m: 2:53.49	35.19	650m: 7:41.90	36.73	1050m: 12:36.23	36.69	1450m: 17:32.24	36.53
300m: 3:29.09	35.60	700m: 8:18.51	36.61	1100m: 13:13.06	36.83	1500m: 18:07.45	35.21
350m: 4:04.84	35.75	750m: 8:55.43	36.92	1150m: 13:50.03	36.97		
400m: 4:40.47	35.63	800m: 9:32.06	36.63	1200m: 14:27.32	37.29		
3. Martijn Butter	OEZA	NED	18:25.81				
50m: 33.50	33.50	450m: 5:29.10	37.02	850m: 10:27.41	37.48	1250m: 15:25.14	37.34
100m: 1:09.60	36.10	500m: 6:06.23	37.13	900m: 11:04.09	36.68	1300m: 16:02.22	37.08
150m: 1:46.51	36.91	550m: 6:43.36	37.13	950m: 11:41.29	37.20	1350m: 16:38.98	36.76
200m: 2:23.54	37.03	600m: 7:20.83	37.47	1000m: 12:18.54	37.25	1400m: 17:15.79	36.81
250m: 3:00.38	36.84	650m: 7:58.23	37.40	1050m: 12:55.80	37.26	1450m: 17:51.38	35.59
300m: 3:37.73	37.35	700m: 8:35.61	37.38	1100m: 13:33.07	37.27	1500m: 18:25.81	34.43
350m: 4:14.91	37.18	750m: 9:12.99	37.38	1150m: 14:10.41	37.34		
400m: 4:52.08	37.17	800m: 9:49.93	36.94	1200m: 14:47.80	37.39		
4. Arjan Prins	Dedemsvaart-AC	NED	18:58.94	+0.90			
50m: 31.57	31.57	450m: 5:27.58	37.45	850m: 10:36.08	38.91	1250m: 15:47.50	39.28
100m: 1:07.06	35.49	500m: 6:05.55	37.97	900m: 11:15.11	39.03	1300m: 16:25.49	37.99
150m: 1:43.70	36.64	550m: 6:43.38	37.83	950m: 11:53.88	38.77	1350m: 17:04.40	38.91
200m: 2:20.59	36.89	600m: 7:21.90	38.52	1000m: 12:32.79	38.91	1400m: 17:43.21	38.81
250m: 2:57.45	36.86	650m: 8:00.00	38.10	1050m: 13:11.39	38.60	1450m: 18:22.51	39.30
300m: 3:34.65	37.20	700m: 8:39.01	39.01	1100m: 13:50.57	39.18	1500m: 18:58.94	36.43
350m: 4:12.04	37.39	750m: 9:18.03	39.02	1150m: 14:29.29	38.72		
400m: 4:50.13	38.09	800m: 9:57.17	39.14	1200m: 15:08.22	38.93		
5. Frank v.d. Voordt	De Schoteijl	NED	19:16.80	+0.79			
50m: 32.63	32.63	450m: 5:23.05	36.99	850m: 10:27.06	39.45	1250m: 15:52.33	41.15
100m: 1:07.98	35.35	500m: 5:59.88	36.83	900m: 11:06.92	39.86	1300m: 16:33.67	41.34
150m: 1:43.65	35.67	550m: 6:36.97	37.09	950m: 11:46.85	39.93	1350m: 17:14.31	40.64
200m: 2:19.49	35.84	600m: 7:14.23	37.26	1000m: 12:27.35	40.50	1400m: 17:55.33	41.02
250m: 2:55.93	36.44	650m: 7:51.96	37.73	1050m: 13:08.04	40.69	1450m: 18:36.66	41.33
300m: 3:32.53	36.60	700m: 8:30.10	38.14	1100m: 13:48.81	40.77	1500m: 19:16.80	40.14
350m: 4:09.09	36.56	750m: 9:08.40	38.30	1150m: 14:29.89	41.08		
400m: 4:46.06	36.97	800m: 9:47.61	39.21	1200m: 15:11.18	41.29		
6. Marcel Reefhuis	WS Twente	NED	19:18.55	+0.68			
50m: 33.03	33.03	450m: 5:36.32	38.45	850m: 10:45.27	39.09	1250m: 16:01.39	39.89
100m: 1:09.80	36.77	500m: 6:14.79	38.47	900m: 11:24.09	38.82	1300m: 16:41.16	39.77
150m: 1:47.11	37.31	550m: 6:53.01	38.22	950m: 12:03.39	39.30	1350m: 17:21.03	39.87
200m: 2:24.73	37.62	600m: 7:31.49	38.48	1000m: 12:42.83	39.44	1400m: 18:01.26	40.23
250m: 3:02.80	38.07	650m: 8:09.85	38.36	1050m: 13:22.46	39.63	1450m: 18:41.02	39.76
300m: 3:40.97	38.17	700m: 8:48.26	38.41	1100m: 14:02.07	39.61	1500m: 19:18.55	37.53
350m: 4:19.40	38.43	750m: 9:27.15	38.89	1150m: 14:41.67	39.60		
400m: 4:57.87	38.47	800m: 10:06.18	39.03	1200m: 15:21.50	39.83		
7. Freddie Geerlings	Zwemsport Parkstad	NED	19:41.41				
50m: 34.23	34.23	450m: 5:39.77	38.83	850m: 10:58.48	40.12	1250m: 16:21.45	40.42
100m: 1:11.38	37.15	500m: 6:18.96	39.19	900m: 11:38.85	40.37	1300m: 17:02.09	40.64
150m: 1:49.50	38.12	550m: 6:58.36	39.40	950m: 12:19.00	40.15	1350m: 17:41.81	39.72
200m: 2:27.55	38.05	600m: 7:38.18	39.82	1000m: 12:59.45	40.45	1400m: 18:22.76	40.95
250m: 3:05.85	38.30	650m: 8:17.81	39.63	1050m: 13:39.59	40.14	1450m: 19:02.63	39.87
300m: 3:44.03	38.18	700m: 8:57.88	40.07	1100m: 14:19.81	40.22	1500m: 19:41.41	38.78
350m: 4:22.41	38.38	750m: 9:38.17	40.29	1150m: 15:00.77	40.96		
400m: 5:00.94	38.53	800m: 10:18.36	40.19	1200m: 15:41.03	40.26		
8. Geert-Jan Vos	ZV 44	NED	21:05.32	+1.01			
50m: 34.54	34.54	450m: 6:05.07	43.10	850m: 11:49.19	42.71	1250m: 17:34.75	43.48
100m: 1:12.48	37.94	500m: 6:48.17	43.10	900m: 12:32.12	42.93	1300m: 18:17.60	42.85
150m: 1:51.96	39.48	550m: 7:31.22	43.05	950m: 13:14.88	42.76	1350m: 19:00.60	43.00
200m: 2:33.04	41.08	600m: 8:13.98	42.76	1000m: 13:58.08	43.20	1400m: 19:42.46	41.86
250m: 3:14.61	41.57	650m: 8:57.56	43.58	1050m: 14:41.60	43.52	1450m: 20:24.55	42.09
300m: 3:56.72	42.11	700m: 9:40.06	42.50	1100m: 15:24.75	43.15	1500m: 21:05.32	40.77
350m: 4:39.67	42.95	750m: 10:22.98	42.92	1150m: 16:08.47	43.72		
400m: 5:21.97	42.30	800m: 11:06.48	43.50	1200m: 16:51.27	42.80		



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



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

rang	naam	vereniging					tijd	RT	PARA			
9.	Oscar Monge	IJZPC	NED 198102599				21:06.12	+0.70				
	50m:	34.97	34.97	450m:	6:08.34	42.61	850m:	11:48.32	43.30	1250m:	17:32.47	43.44
	100m:	1:14.17	39.20	500m:	6:51.05	42.71	900m:	12:31.10	42.78	1300m:	18:15.24	42.77
	150m:	1:54.78	40.61	550m:	7:33.32	42.27	950m:	13:13.59	42.49	1350m:	18:58.46	43.22
	200m:	2:36.47	41.69	600m:	8:15.49	42.17	1000m:	13:56.63	43.04	1400m:	19:41.67	43.21
	250m:	3:18.69	42.22	650m:	8:57.71	42.22	1050m:	14:39.27	42.64	1450m:	20:25.05	43.38
	300m:	4:01.06	42.37	700m:	9:40.29	42.58	1100m:	15:22.42	43.15	1500m:	21:06.12	41.07
	350m:	4:43.47	42.41	750m:	10:22.39	42.10	1150m:	16:05.44	43.02			
	400m:	5:25.73	42.26	800m:	11:05.02	42.63	1200m:	16:49.03	43.59			

Masters 45+

1.	Eric Hoekman	WS Twente	NED 197401531				20:51.93	+1.03				
	50m:	33.87	33.87	450m:	5:53.51	41.53	850m:	11:33.17	43.06	1250m:	17:17.63	42.72
	100m:	1:10.50	36.63	500m:	6:35.68	42.17	900m:	12:16.02	42.85	1300m:	18:01.83	44.20
	150m:	1:49.01	38.51	550m:	7:17.46	41.78	950m:	12:58.91	42.89	1350m:	18:45.00	43.17
	200m:	2:28.09	39.08	600m:	7:59.66	42.20	1000m:	13:41.97	43.06	1400m:	19:27.87	42.87
	250m:	3:08.37	40.28	650m:	8:41.76	42.10	1050m:	14:24.90	42.93	1450m:	20:09.69	41.82
	300m:	3:49.27	40.90	700m:	9:25.32	43.56	1100m:	15:08.08	43.18	1500m:	20:51.93	42.24
	350m:	4:30.60	41.33	750m:	10:07.96	42.64	1150m:	15:51.82	43.74			
	400m:	5:11.98	41.38	800m:	10:50.11	42.15	1200m:	16:34.91	43.09			

2.	Erwin Zuidervelt	AZ&PC De Futen	NED 197501015				21:12.28					
	50m:	36.61	36.61	450m:	6:08.87	42.79	850m:	11:51.96	42.65	1250m:	17:40.06	44.21
	100m:	1:16.74	40.13	500m:	6:51.91	43.04	900m:	12:35.66	43.70	1300m:	18:23.96	43.90
	150m:	1:57.65	40.91	550m:	7:34.03	42.12	950m:	13:18.67	43.01	1350m:	19:07.52	43.56
	200m:	2:38.45	40.80	600m:	8:15.89	41.86	1000m:	14:02.00	43.33	1400m:	19:50.73	43.21
	250m:	3:19.94	41.49	650m:	8:58.67	42.78	1050m:	14:45.61	43.61	1450m:	20:32.76	42.03
	300m:	4:01.77	41.83	700m:	9:41.79	43.12	1100m:	15:29.53	43.92	1500m:	21:12.28	39.52
	350m:	4:43.64	41.87	750m:	10:25.18	43.39	1150m:	16:13.01	43.48			
	400m:	5:26.08	42.44	800m:	11:09.31	44.13	1200m:	16:55.85	42.84			

3.	Tom Bandsma	PSV	NED 197701625				23:35.31	+1.15				
	50m:	38.90	38.90	450m:	6:40.12	47.53	850m:	13:04.15	48.88	1250m:	19:35.86	48.80
	100m:	1:21.51	42.61	500m:	7:27.05	46.93	900m:	13:53.05	48.90	1300m:	20:25.25	49.39
	150m:	2:04.80	43.29	550m:	8:14.98	47.93	950m:	14:41.89	48.84	1350m:	21:13.63	48.38
	200m:	2:48.90	44.10	600m:	9:02.95	47.97	1000m:	15:30.65	48.76	1400m:	22:02.81	49.18
	250m:	3:33.74	44.84	650m:	9:51.15	48.20	1050m:	16:19.58	48.93	1450m:	22:51.57	48.76
	300m:	4:20.08	46.34	700m:	10:38.63	47.48	1100m:	17:08.28	48.70	1500m:	23:35.31	43.74
	350m:	5:06.41	46.33	750m:	11:26.94	48.31	1150m:	17:57.65	49.37			
	400m:	5:52.59	46.18	800m:	12:15.27	48.33	1200m:	18:47.06	49.41			

Masters 50+

1.	Ingmar de Gelder *400m	ZOB'66	NED 197000333				19:49.43					
	50m:	34.75	34.75	450m:	5:48.63	40.36	850m:	11:12.92	40.81	1250m:	16:34.42	39.53
	100m:	1:11.85	37.10	500m:	6:29.62	40.99	900m:	11:53.30	40.38	1300m:	17:14.66	40.24
	150m:	1:49.96	38.11	550m:	7:10.13	40.51	950m:	12:33.77	40.47	1350m:	17:54.17	39.51
	200m:	2:28.92	38.96	600m:	7:50.60	40.47	1000m:	13:13.80	40.03	1400m:	18:33.47	39.30
	250m:	3:08.20	39.28	650m:	8:31.13	40.53	1050m:	13:53.89	40.09	1450m:	19:13.01	39.54
	300m:	3:48.04	39.84	700m:	9:11.68	40.55	1100m:	14:34.55	40.66	1500m:	19:49.43	36.42
	350m:	4:27.89	39.85	750m:	9:51.81	40.13	1150m:	15:14.92	40.37			
	400m:	5:08.27	40.38	800m:	10:32.11	40.30	1200m:	15:54.89	39.97			

2.	Chris Kouwenhoven	De Grunte	NED 197101669				21:04.49					
	50m:	35.72	35.72	450m:	6:03.68	42.30	850m:	11:45.65	42.87	1250m:	17:30.22	43.31
	100m:	1:14.63	38.91	500m:	6:46.28	42.60	900m:	12:29.07	43.42	1300m:	18:13.32	43.10
	150m:	1:54.74	40.11	550m:	7:28.86	42.58	950m:	13:12.00	42.93	1350m:	18:56.59	43.27
	200m:	2:35.16	40.42	600m:	8:11.70	42.84	1000m:	13:54.85	42.85	1400m:	19:39.69	43.10
	250m:	3:16.30	41.14	650m:	8:54.45	42.75	1050m:	14:37.79	42.94	1450m:	20:22.73	43.04
	300m:	3:57.43	41.13	700m:	9:37.23	42.78	1100m:	15:20.93	43.14	1500m:	21:04.49	41.76
	350m:	4:38.99	41.56	750m:	10:20.30	43.07	1150m:	16:03.92	42.99			
	400m:	5:21.38	42.39	800m:	11:02.78	42.48	1200m:	16:46.91	42.99			

3.	Martijn de Jong	DWK	NED 197101659				22:31.93	+0.87				
	50m:	37.45	37.45	450m:	6:30.99	44.99	850m:	12:36.82	45.92	1250m:	18:44.90	45.81
	100m:	1:19.10	41.65	500m:	7:16.37	45.38	900m:	13:22.90	46.08	1300m:	19:31.39	46.49
	150m:	2:02.39	43.29	550m:	8:01.75	45.38	950m:	14:08.67	45.77	1350m:	20:17.81	46.42
	200m:	2:46.72	44.33	600m:	8:47.51	45.76	1000m:	14:55.02	46.35	1400m:	21:03.84	46.03
	250m:	3:31.43	44.71	650m:	9:33.24	45.73	1050m:	15:41.07	46.05	1450m:	21:48.38	44.54
	300m:	4:16.05	44.62	700m:	10:19.07	45.83	1100m:	16:27.16	46.09	1500m:	22:31.93	43.55
	350m:	5:00.82	44.77	750m:	11:04.55	45.48	1150m:	17:13.51	46.35			
	400m:	5:46.00	45.18	800m:	11:50.90	46.35	1200m:	17:59.09	45.58			



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Programmanr. 2, Heren, 1500m vrije slag, Masters 50+

rang	naam	vereniging					tijd	RT	PARA
4.	Eduard Leusink	De Mors	NED 196901573				22:40.82		
	50m: 35.60	35.60	450m: 6:10.46	43.27	850m: 12:17.60	46.98	1250m: 18:37.40	49.08	
	100m: 1:14.88	39.28	500m: 6:54.30	43.84	900m: 13:05.87	48.27	1300m: 19:27.50	50.10	
	150m: 1:55.81	40.93	550m: 7:40.02	45.72	950m: 13:52.79	46.92	1350m: 20:17.28	49.78	
	200m: 2:37.56	41.75	600m: 8:25.22	45.20	1000m: 14:39.97	47.18	1400m: 21:06.59	49.31	
	250m: 3:19.46	41.90	650m: 9:11.03	45.81	1050m: 15:27.60	47.63	1450m: 21:55.14	48.55	
	300m: 4:01.81	42.35	700m: 9:57.41	46.38	1100m: 16:14.68	47.08	1500m: 22:40.82	45.68	
	350m: 4:44.36	42.55	750m: 10:43.90	46.49	1150m: 17:01.51	46.83			
	400m: 5:27.19	42.83	800m: 11:30.62	46.72	1200m: 17:48.32	46.81			

Masters 55+

1.	Erlend Alstad	OI Svømming	NOR M210367ERL02				18:28.82	+0.90
	50m: 33.64	33.64	450m: 5:29.69	37.34	850m: 10:26.64	36.87	1250m: 15:25.33	37.40
	100m: 1:09.93	36.29	500m: 6:06.60	36.91	900m: 11:03.65	37.01	1300m: 16:02.65	37.32
	150m: 1:46.75	36.82	550m: 6:43.86	37.26	950m: 11:41.18	37.53	1350m: 16:39.15	36.50
	200m: 2:23.68	36.93	600m: 7:21.03	37.17	1000m: 12:18.53	37.35	1400m: 17:15.75	36.60
	250m: 3:01.01	37.33	650m: 7:58.32	37.29	1050m: 12:55.85	37.32	1450m: 17:52.51	36.76
	300m: 3:38.08	37.07	700m: 8:35.45	37.13	1100m: 13:33.10	37.25	1500m: 18:28.82	36.31
	350m: 4:15.45	37.37	750m: 9:12.95	37.50	1150m: 14:10.46	37.36		
	400m: 4:52.35	36.90	800m: 9:49.77	36.82	1200m: 14:47.93	37.47		
2.	Nico Paasse	De Schotejil	NED 196501463				19:52.26	+0.96
	50m: 34.60	34.60	450m: 5:53.43	40.16	850m: 11:14.05	40.00	1250m: 16:33.46	39.91
	100m: 1:13.17	38.57	500m: 6:33.66	40.23	900m: 11:54.12	40.07	1300m: 17:13.01	39.55
	150m: 1:52.81	39.64	550m: 7:13.55	39.89	950m: 12:34.07	39.95	1350m: 17:52.99	39.98
	200m: 2:33.22	40.41	600m: 7:53.71	40.16	1000m: 13:14.12	40.05	1400m: 18:33.27	40.28
	250m: 3:13.26	40.04	650m: 8:33.85	40.14	1050m: 13:53.88	39.76	1450m: 19:13.30	40.03
	300m: 3:53.06	39.80	700m: 9:13.79	39.94	1100m: 14:33.77	39.89	1500m: 19:52.26	38.96
	350m: 4:33.24	40.18	750m: 9:54.07	40.28	1150m: 15:13.70	39.93		
	400m: 5:13.27	40.03	800m: 10:34.05	39.98	1200m: 15:53.55	39.85		
3.	Jon Christensen	Luxembourg Sharks Swimming CLUX	10008				20:09.89	+0.66
	<i>Luxembourg Masters Record</i>							
	50m: 35.80	35.80	450m: 5:54.71	40.16	850m: 11:15.73	40.35	1250m: 16:43.29	41.15
	100m: 1:14.91	39.11	500m: 6:34.79	40.08	900m: 11:56.12	40.39	1300m: 17:24.91	41.62
	150m: 1:54.89	39.98	550m: 7:14.80	40.01	950m: 12:36.88	40.76	1350m: 18:06.52	41.61
	200m: 2:35.02	40.13	600m: 7:54.96	40.16	1000m: 13:17.76	40.88	1400m: 18:48.19	41.67
	250m: 3:14.99	39.97	650m: 8:35.03	40.07	1050m: 13:58.47	40.71	1450m: 19:29.71	41.52
	300m: 3:54.82	39.83	700m: 9:14.90	39.87	1100m: 14:39.67	41.20	1500m: 20:09.89	40.18
	350m: 4:34.86	40.04	750m: 9:55.11	40.21	1150m: 15:20.74	41.07		
	400m: 5:14.55	39.69	800m: 10:35.38	40.27	1200m: 16:02.14	41.40		
4.	Arno Schrauwen	Patrick-De Roersoppers (SG)	NED 196501355				20:53.07	
	50m: 35.31	35.31	450m: 6:11.34	42.46	850m: 11:47.31	41.94	1250m: 17:23.33	42.00
	100m: 1:16.02	40.71	500m: 6:53.32	41.98	900m: 12:29.28	41.97	1300m: 18:05.71	42.38
	150m: 1:57.98	41.96	550m: 7:35.46	42.14	950m: 13:11.07	41.79	1350m: 18:47.79	42.08
	200m: 2:40.31	42.33	600m: 8:17.48	42.02	1000m: 13:53.22	42.15	1400m: 19:30.11	42.32
	250m: 3:22.59	42.28	650m: 8:59.59	42.11	1050m: 14:35.37	42.15	1450m: 20:11.91	41.80
	300m: 4:04.83	42.24	700m: 9:41.79	42.20	1100m: 15:17.42	42.05	1500m: 20:53.07	41.16
	350m: 4:46.70	41.87	750m: 10:23.53	41.74	1150m: 15:59.19	41.77		
	400m: 5:28.88	42.18	800m: 11:05.37	41.84	1200m: 16:41.33	42.14		
5.	Andy Feyen	Zwemclub Iloka Kapellen	BEL ZIK/11034/67				21:19.76	+0.79
	50m: 34.96	34.96	450m: 6:03.57	41.39	850m: 11:50.80	44.18	1250m: 17:42.33	45.12
	100m: 1:14.41	39.45	500m: 6:46.11	42.54	900m: 12:34.53	43.73	1300m: 18:25.24	42.91
	150m: 1:55.36	40.95	550m: 7:29.91	43.80	950m: 13:18.26	43.73	1350m: 19:08.58	43.34
	200m: 2:36.92	41.56	600m: 8:12.68	42.77	1000m: 14:01.71	43.45	1400m: 19:52.55	43.97
	250m: 3:17.76	40.84	650m: 8:55.45	42.77	1050m: 14:46.49	44.78	1450m: 20:36.63	44.08
	300m: 3:59.02	41.26	700m: 9:38.85	43.40	1100m: 15:29.49	43.00	1500m: 21:19.76	43.13
	350m: 4:40.78	41.76	750m: 10:22.50	43.65	1150m: 16:13.20	43.71		
	400m: 5:22.18	41.40	800m: 11:06.62	44.12	1200m: 16:57.21	44.01		
6.	Pascal Tourton	ZOB'66	NED 196601343				21:41.58	+1.71
	50m: 40.29	40.29	450m: 6:36.51	44.57	850m: 12:28.36	43.37	1250m: 18:08.90	42.11
	100m: 1:23.51	43.22	500m: 7:20.71	44.20	900m: 13:10.91	42.55	1300m: 18:51.50	42.60
	150m: 2:08.63	45.12	550m: 8:04.95	44.24	950m: 13:53.86	42.95	1350m: 19:34.65	43.15
	200m: 2:53.52	44.89	600m: 8:49.31	44.36	1000m: 14:36.53	42.67	1400m: 20:17.54	42.89
	250m: 3:38.67	45.15	650m: 9:33.34	44.03	1050m: 15:19.17	42.64	1450m: 21:00.46	42.92
	300m: 4:23.18	44.51	700m: 10:17.62	44.28	1100m: 16:01.77	42.60	1500m: 21:41.58	41.12
	350m: 5:07.13	43.95	750m: 11:01.39	43.77	1150m: 16:44.46	42.69		
	400m: 5:51.94	44.81	800m: 11:44.99	43.60	1200m: 17:26.79	42.33		

Programmanr. 2, Heren, 1500m vrije slag

Masters 60+

1. Gustav van den Berg		TriVia	NED	196100991	19:40.12						
50m:	36.01	36.01	450m:	5:51.01	39.39	850m:	11:10.15	39.76	1250m:	16:27.87	39.61
100m:	1:14.59	38.58	500m:	6:30.38	39.37	900m:	11:50.06	39.91	1300m:	17:07.42	39.55
150m:	1:53.94	39.35	550m:	7:09.97	39.59	950m:	12:30.26	40.20	1350m:	17:46.36	38.94
200m:	2:33.74	39.80	600m:	7:50.05	40.08	1000m:	13:09.80	39.54	1400m:	18:25.43	39.07
250m:	3:13.21	39.47	650m:	8:29.71	39.66	1050m:	13:49.43	39.63	1450m:	19:03.86	38.43
300m:	3:52.69	39.48	700m:	9:10.18	40.47	1100m:	14:29.01	39.58	1500m:	19:40.12	36.26
350m:	4:32.28	39.59	750m:	9:50.20	40.02	1150m:	15:08.51	39.50			
400m:	5:11.62	39.34	800m:	10:30.39	40.19	1200m:	15:48.26	39.75			
2. Jan Brink		ZPC De Zeeuwse Kust	NED	196200091	19:45.82	+0.76					
50m:	33.45	33.45	450m:	5:44.32	39.69	850m:	11:02.30	40.56	1250m:	16:25.86	40.54
100m:	1:10.88	37.43	500m:	6:23.88	39.56	900m:	11:42.24	39.94	1300m:	17:07.01	41.15
150m:	1:49.15	38.27	550m:	7:03.63	39.75	950m:	12:22.54	40.30	1350m:	17:47.29	40.28
200m:	2:28.28	39.13	600m:	7:43.18	39.55	1000m:	13:02.97	40.43	1400m:	18:27.41	40.12
250m:	3:07.24	38.96	650m:	8:22.99	39.81	1050m:	13:43.24	40.27	1450m:	19:07.32	39.91
300m:	3:46.09	38.85	700m:	9:02.61	39.62	1100m:	14:23.93	40.69	1500m:	19:45.82	38.50
350m:	4:25.44	39.35	750m:	9:42.02	39.41	1150m:	15:04.37	40.44			
400m:	5:04.63	39.19	800m:	10:21.74	39.72	1200m:	15:45.32	40.95			
3. Casper Dollekamp		Steenwijk 1934	NED	196301341	23:10.03						
50m:	36.85	36.85	450m:	6:34.92	46.04	850m:	12:55.44	48.22	1250m:	19:18.36	47.97
100m:	1:18.74	41.89	500m:	7:21.71	46.79	900m:	13:42.77	47.33	1300m:	20:05.98	47.62
150m:	2:02.24	43.50	550m:	8:08.84	47.13	950m:	14:30.52	47.75	1350m:	20:52.61	46.63
200m:	2:46.39	44.15	600m:	8:56.87	48.03	1000m:	15:17.59	47.07	1400m:	21:40.10	47.49
250m:	3:31.35	44.96	650m:	9:45.37	48.50	1050m:	16:05.70	48.11	1450m:	22:26.36	46.26
300m:	4:16.99	45.64	700m:	10:32.43	47.06	1100m:	16:54.57	48.87	1500m:	23:10.03	43.67
350m:	5:02.67	45.68	750m:	11:19.83	47.40	1150m:	17:42.27	47.70			
400m:	5:48.88	46.21	800m:	12:07.22	47.39	1200m:	18:30.39	48.12			
4. John Dam		ZIGNEA	NED	196000915	23:32.73						
50m:	39.94	39.94	450m:	6:59.57	47.53	850m:	13:22.36	48.10	1250m:	19:42.37	46.96
100m:	1:25.13	45.19	500m:	7:47.54	47.97	900m:	14:09.90	47.54	1300m:	20:29.47	47.10
150m:	2:12.79	47.66	550m:	8:35.09	47.55	950m:	14:57.76	47.86	1350m:	21:16.81	47.34
200m:	3:00.44	47.65	600m:	9:22.87	47.78	1000m:	15:45.23	47.47	1400m:	22:03.00	46.19
250m:	3:48.33	47.89	650m:	10:10.84	47.97	1050m:	16:32.60	47.37	1450m:	22:49.37	46.37
300m:	4:36.13	47.80	700m:	10:58.87	48.03	1100m:	17:20.22	47.62	1500m:	23:32.73	43.36
350m:	5:23.98	47.85	750m:	11:46.72	47.85	1150m:	18:07.96	47.74			
400m:	6:12.04	48.06	800m:	12:34.26	47.54	1200m:	18:55.41	47.45			
5. Henk Gierveld * alle afstanden		Nat Utrecht	NED	196000869	25:28.89						
50m:	41.17	41.17	450m:	7:24.07	51.93	850m:	14:16.92	52.40	1250m:	21:11.10	52.00
100m:	1:28.56	47.39	500m:	8:15.69	51.62	900m:	15:09.22	52.30	1300m:	22:03.43	52.33
150m:	2:17.64	49.08	550m:	9:07.32	51.63	950m:	15:59.97	50.75	1350m:	22:54.60	51.17
200m:	3:08.03	50.39	600m:	9:59.66	52.34	1000m:	16:51.92	51.95	1400m:	23:48.27	53.67
250m:	3:58.87	50.84	650m:	10:50.64	50.98	1050m:	17:43.41	51.49	1450m:	24:42.00	53.73
300m:	4:49.94	51.07	700m:	11:41.92	51.28	1100m:	18:35.43	52.02	1500m:	25:28.89	46.89
350m:	5:41.04	51.10	750m:	12:33.63	51.71	1150m:	19:27.31	51.88			
400m:	6:32.14	51.10	800m:	13:24.52	50.89	1200m:	20:19.10	51.79			

Masters 65+

1. Henk Slomp		De Inktvis	NED	195500359	21:48.33	+0.92					
50m:	36.42	36.42	450m:	6:24.48	44.01	850m:	12:18.09	44.33	1250m:	18:13.22	44.11
100m:	1:17.50	41.08	500m:	7:08.90	44.42	900m:	13:02.04	43.95	1300m:	18:57.45	44.23
150m:	2:00.01	42.51	550m:	7:53.40	44.50	950m:	13:46.86	44.82	1350m:	19:41.84	44.39
200m:	2:43.90	43.89	600m:	8:37.97	44.57	1000m:	14:30.89	44.03	1400m:	20:24.89	43.05
250m:	3:27.82	43.92	650m:	9:22.27	44.30	1050m:	15:15.24	44.35	1450m:	21:08.06	43.17
300m:	4:12.13	44.31	700m:	10:06.47	44.20	1100m:	15:59.26	44.02	1500m:	21:48.33	40.27
350m:	4:56.94	44.81	750m:	10:50.89	44.42	1150m:	16:44.66	45.40			
400m:	5:40.47	43.53	800m:	11:33.76	42.87	1200m:	17:29.11	44.45			
2. Otto Zeijveld		De Berkelduikers	NED	195800497	22:07.60						
50m:	38.96	38.96	450m:	6:33.33	44.50	850m:	12:30.07	44.87	1250m:	18:29.72	44.58
100m:	1:21.83	42.87	500m:	7:17.91	44.58	900m:	13:15.59	45.52	1300m:	19:13.81	44.09
150m:	2:06.40	44.57	550m:	8:02.46	44.55	950m:	14:00.55	44.96	1350m:	19:58.26	44.45
200m:	2:50.74	44.34	600m:	8:46.45	43.99	1000m:	14:45.78	45.23	1400m:	20:42.60	44.34
250m:	3:34.95	44.21	650m:	9:31.06	44.61	1050m:	15:30.82	45.04	1450m:	21:26.09	43.49
300m:	4:19.70	44.75	700m:	10:15.71	44.65	1100m:	16:15.76	44.94	1500m:	22:07.60	41.51
350m:	5:04.17	44.47	750m:	11:00.40	44.69	1150m:	17:00.50	44.74			
400m:	5:48.83	44.66	800m:	11:45.20	44.80	1200m:	17:45.14	44.64			



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 2, Heren, 1500m vrije slag, Masters 65+

rang	naam	vereniging				tijd	RT	PARA
3.	Paul Bunnik	Triton	NED	195600413	22:42.16	+0.91		
	50m: 37.15	37.15	450m: 6:34.08	45.24	850m: 12:40.28	45.39	1250m: 18:51.89	46.92
	100m: 1:19.14	41.99	500m: 7:19.35	45.27	900m: 13:26.24	45.96	1300m: 19:38.56	46.67
	150m: 2:02.80	43.66	550m: 8:05.21	45.86	950m: 14:12.41	46.17	1350m: 20:24.69	46.13
	200m: 2:47.75	44.95	600m: 8:50.82	45.61	1000m: 14:59.51	47.10	1400m: 21:11.61	46.92
	250m: 3:32.88	45.13	650m: 9:36.42	45.60	1050m: 15:44.70	45.19	1450m: 21:58.00	46.39
	300m: 4:17.85	44.97	700m: 10:22.08	45.66	1100m: 16:31.64	46.94	1500m: 22:42.16	44.16
	350m: 5:03.06	45.21	750m: 11:08.40	46.32	1150m: 17:18.66	47.02		
	400m: 5:48.84	45.78	800m: 11:54.89	46.49	1200m: 18:04.97	46.31		
4.	Jaap Vis	TriVia	NED	195600515	23:22.88	+0.97		
	50m: 43.45	43.45	450m: 7:01.32	47.63	850m: 13:21.40	46.61	1250m: 19:35.79	46.67
	100m: 1:29.72	46.27	500m: 7:49.54	48.22	900m: 14:08.06	46.66	1300m: 20:21.74	45.95
	150m: 2:17.21	47.49	550m: 8:38.00	48.46	950m: 14:55.51	47.45	1350m: 21:07.85	46.11
	200m: 3:05.35	48.14	600m: 9:25.40	47.40	1000m: 15:42.36	46.85	1400m: 21:53.86	46.01
	250m: 3:52.86	47.51	650m: 10:12.78	47.38	1050m: 16:29.06	46.70	1450m: 22:39.85	45.99
	300m: 4:39.58	46.72	700m: 11:00.02	47.24	1100m: 17:15.99	46.93	1500m: 23:22.88	43.03
	350m: 5:26.66	47.08	750m: 11:47.74	47.72	1150m: 18:02.51	46.52		
	400m: 6:13.69	47.03	800m: 12:34.79	47.05	1200m: 18:49.12	46.61		
5.	Laurens Klein Breteler	WWV Winterswijk	NED	195400109	23:24.41	+0.84		
	50m: 40.33	40.33	450m: 6:51.28	47.85	850m: 13:08.26	47.17	1250m: 19:27.80	47.58
	100m: 1:25.01	44.68	500m: 7:38.36	47.08	900m: 13:55.71	47.45	1300m: 20:15.49	47.69
	150m: 2:10.82	45.81	550m: 8:25.89	47.53	950m: 14:42.89	47.18	1350m: 21:03.34	47.85
	200m: 2:56.93	46.11	600m: 9:12.51	46.62	1000m: 15:30.70	47.81	1400m: 21:51.53	48.19
	250m: 3:43.46	46.53	650m: 9:59.73	47.22	1050m: 16:18.27	47.57	1450m: 22:38.50	46.97
	300m: 4:30.41	46.95	700m: 10:47.11	47.38	1100m: 17:05.43	47.16	1500m: 23:24.41	45.91
	350m: 5:17.01	46.60	750m: 11:34.49	47.38	1150m: 17:53.18	47.75		
	400m: 6:03.43	46.42	800m: 12:21.09	46.60	1200m: 18:40.22	47.04		
6.	Wolfgang Rossa	TPSK 1925 e.V.	GER	396833	24:02.80	+1.33		
	50m: 42.87	42.87	450m: 7:03.64	48.16	850m: 13:30.76	48.06	1250m: 20:01.61	49.67
	100m: 1:29.15	46.28	500m: 7:52.44	48.80	900m: 14:19.62	48.86	1300m: 20:50.88	49.27
	150m: 2:16.57	47.42	550m: 8:41.24	48.80	950m: 15:08.14	48.52	1350m: 21:39.86	48.98
	200m: 3:04.23	47.66	600m: 9:29.40	48.16	1000m: 15:57.02	48.88	1400m: 22:27.90	48.04
	250m: 3:51.99	47.76	650m: 10:17.26	47.86	1050m: 16:45.45	48.43	1450m: 23:16.98	49.08
	300m: 4:40.10	48.11	700m: 11:06.31	49.05	1100m: 17:33.59	48.14	1500m: 24:02.80	45.82
	350m: 5:27.43	47.33	750m: 11:54.52	48.21	1150m: 18:22.43	48.84		
	400m: 6:15.48	48.05	800m: 12:42.70	48.18	1200m: 19:11.94	49.51		
7.	André Pantekoek	PSV	NED	195800321	27:57.36			
	50m: 46.39	46.39	450m: 8:16.61	57.33	850m: 15:46.05	56.00	1250m: 23:21.85	56.17
	100m: 1:40.43	54.04	500m: 9:14.57	57.96	900m: 16:43.15	57.10	1300m: 24:16.45	54.60
	150m: 2:36.33	55.90	550m: 10:11.17	56.60	950m: 17:38.73	55.58	1350m: 25:12.06	55.61
	200m: 3:33.26	56.93	600m: 11:07.15	55.98	1000m: 18:35.83	57.10	1400m: 26:05.72	53.66
	250m: 4:29.77	56.51	650m: 12:02.73	55.58	1050m: 19:31.46	55.63	1450m: 27:02.55	56.83
	300m: 5:26.15	56.38	700m: 12:58.61	55.88	1100m: 20:29.48	58.02	1500m: 27:57.36	54.81
	350m: 6:22.75	56.60	750m: 13:54.47	55.86	1150m: 21:27.62	58.14		
	400m: 7:19.28	56.53	800m: 14:50.05	55.58	1200m: 22:25.68	58.06		

Masters 70+

1.	Jean-Marie Cadiat	Cercle De Natation Sportcity WolBEL	CNSW/000243/53	21:32.04				
	<i>Kampioenschapsrecord, Belgisch Masters Record</i>							
	50m: 38.89	38.89	450m: 6:20.80	43.18	850m: 12:06.18	43.15	1250m: 17:56.30	43.82
	100m: 1:22.23	43.34	500m: 7:03.77	42.97	900m: 12:50.07	43.89	1300m: 18:40.25	43.95
	150m: 2:04.37	42.14	550m: 7:47.12	43.35	950m: 13:33.79	43.72	1350m: 19:23.92	43.67
	200m: 2:47.12	42.75	600m: 8:30.24	43.12	1000m: 14:17.85	44.06	1400m: 20:07.84	43.92
	250m: 3:29.81	42.69	650m: 9:13.58	43.34	1050m: 15:01.37	43.52	1450m: 20:51.19	43.35
	300m: 4:12.21	42.40	700m: 9:56.48	42.90	1100m: 15:44.95	43.58	1500m: 21:32.04	40.85
	350m: 4:54.62	42.41	750m: 10:39.76	43.28	1150m: 16:29.08	44.13		
	400m: 5:37.62	43.00	800m: 11:23.03	43.27	1200m: 17:12.48	43.40		
2.	Ruud Ruiter	WWV Winterswijk	NED	195300169	23:14.19			
	50m: 40.79	40.79	450m: 6:48.64	46.66	850m: 13:05.26	47.14	1250m: 19:24.03	47.61
	100m: 1:26.14	45.35	500m: 7:35.56	46.92	900m: 13:52.50	47.24	1300m: 20:11.48	47.45
	150m: 2:11.93	45.79	550m: 8:22.49	46.93	950m: 14:39.88	47.38	1350m: 20:58.49	47.01
	200m: 2:57.62	45.69	600m: 9:09.53	47.04	1000m: 15:27.47	47.59	1400m: 21:45.03	46.54
	250m: 3:43.88	46.26	650m: 9:56.28	46.75	1050m: 16:14.94	47.47	1450m: 22:30.79	45.76
	300m: 4:29.80	45.92	700m: 10:43.37	47.09	1100m: 17:02.02	47.08	1500m: 23:14.19	43.40
	350m: 5:15.92	46.12	750m: 11:30.63	47.26	1150m: 17:49.28	47.26		
	400m: 6:01.98	46.06	800m: 12:18.12	47.49	1200m: 18:36.42	47.14		



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
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Programmanr. 2, Heren, 1500m vrije slag, Masters 70+

rang	naam	vereniging		tijd				RT	PARA
3.	Frans Heus	UZSC		NED 195100067				26:59.21	
	50m: 50.39	50.39	450m: 7:56.07	54.20	850m: 15:06.22	54.64	1250m: 22:29.21	53.62	
	100m: 1:41.69	51.30	500m: 8:51.53	55.46	900m: 16:01.45	55.23	1300m: 23:22.96	53.75	
	150m: 2:35.28	53.59	550m: 9:43.19	51.66	950m: 16:54.30	52.85	1350m: 24:18.06	55.10	
	200m: 3:28.13	52.85	600m: 10:36.78	53.59	1000m: 17:48.78	54.48	1400m: 25:12.98	54.92	
	250m: 4:21.93	53.80	650m: 11:30.68	53.90	1050m: 18:44.52	55.74	1450m: 26:08.51	55.53	
	300m: 5:14.77	52.84	700m: 12:23.94	53.26	1100m: 19:41.74	57.22	1500m: 26:59.21	50.70	
	350m: 6:08.52	53.75	750m: 13:17.33	53.39	1150m: 20:39.04	57.30			
	400m: 7:01.87	53.35	800m: 14:11.58	54.25	1200m: 21:35.59	56.55			
4.	Jos Kamps *200	Zwemvereniging Hoogland		NED 195100085				27:08.05	+1.18
	50m: 42.75	42.75	450m: 7:43.73	53.33	850m: 15:06.61	54.53	1250m: 22:34.25	55.28	
	100m: 1:31.87	49.12	500m: 8:38.59	54.86	900m: 16:02.03	55.42	1300m: 23:29.18	54.93	
	150m: 2:23.94	52.07	550m: 9:33.29	54.70	950m: 16:57.91	55.88	1350m: 24:25.26	56.08	
	200m: 3:16.27	52.33	600m: 10:28.97	55.68	1000m: 17:54.68	56.77	1400m: 25:21.71	56.45	
	250m: 4:09.73	53.46	650m: 11:25.18	56.21	1050m: 18:51.70	57.02	1450m: 26:17.04	55.33	
	300m: 5:03.50	53.77	700m: 12:21.76	56.58	1100m: 19:47.86	56.16	1500m: 27:08.05	51.01	
	350m: 5:57.04	53.54	750m: 13:17.63	55.87	1150m: 20:43.56	55.70			
	400m: 6:50.40	53.36	800m: 14:12.08	54.45	1200m: 21:38.97	55.41			

Masters 80+

1.	Geza Kaltenecker *50, 100, 800m	AZC		NED 194200065				29:43.54	+0.94
	50m: 49.49	49.49	450m: 8:50.19	1:00.29	850m: 16:52.92	1:00.12	1250m: 24:53.29	59.54	
	100m: 1:47.04	57.55	500m: 9:50.59	1:00.40	900m: 17:53.31	1:00.39	1300m: 25:52.92	59.63	
	150m: 2:46.80	59.76	550m: 10:51.35	1:00.76	950m: 18:53.89	1:00.58	1350m: 26:52.27	59.35	
	200m: 3:46.43	59.63	600m: 11:51.34	59.99	1000m: 19:54.21	1:00.32	1400m: 27:51.80	59.53	
	250m: 4:47.04	1:00.61	650m: 12:51.54	1:00.20	1050m: 20:54.20	59.99	1450m: 28:50.22	58.42	
	300m: 5:47.39	1:00.35	700m: 13:51.69	1:00.15	1100m: 21:54.22	1:00.02	1500m: 29:43.54	53.32	
	350m: 6:48.62	1:01.23	750m: 14:52.46	1:00.77	1150m: 22:54.16	59.94			
	400m: 7:49.90	1:01.28	800m: 15:52.80	1:00.34	1200m: 23:53.75	59.59			
2.	Rob Hanou	PSV		NED 194300109				30:01.73	+1.05
	50m: 54.29	54.29	450m: 8:56.56	1:01.03	850m: 16:59.84	1:00.87	1250m: 25:02.52	1:00.12	
	100m: 1:52.36	58.07	500m: 9:57.53	1:00.97	900m: 17:58.92	59.08	1300m: 26:03.66	1:01.14	
	150m: 2:54.00	1:01.64	550m: 10:57.50	59.97	950m: 18:59.77	1:00.85	1350m: 27:03.90	1:00.24	
	200m: 3:53.39	59.39	600m: 11:58.59	1:01.09	1000m: 20:00.20	1:00.43	1400m: 28:03.05	59.15	
	250m: 4:55.41	1:02.02	650m: 12:58.17	59.58	1050m: 20:59.83	59.63	1450m: 29:04.03	1:00.98	
	300m: 5:55.97	1:00.56	700m: 13:58.46	1:00.29	1100m: 22:00.12	1:00.29	1500m: 30:01.73	57.70	
	350m: 6:55.92	59.95	750m: 14:56.57	58.11	1150m: 23:01.67	1:01.55			
	400m: 7:55.53	59.61	800m: 15:58.97	1:02.40	1200m: 24:02.40	1:00.73			

Masters 85+

1.	Nic Geers	PSV		NED 193800007				34:50.52	+1.00
	50m: 57.17	57.17	450m: 10:18.92	1:11.63	850m: 19:38.36	1:10.22	1250m: 29:07.79	1:11.60	
	100m: 2:02.70	1:05.53	500m: 11:29.43	1:10.51	900m: 20:47.96	1:09.60	1300m: 30:17.60	1:09.81	
	150m: 3:11.92	1:09.22	550m: 12:40.36	1:10.93	950m: 21:59.71	1:11.75	1350m: 31:27.37	1:09.77	
	200m: 4:22.09	1:10.17	600m: 13:49.17	1:08.81	1000m: 23:10.61	1:10.90	1400m: 32:40.72	1:13.35	
	250m: 5:33.16	1:11.07	650m: 14:59.39	1:10.22	1050m: 24:20.16	1:09.55	1450m: 33:47.50	1:06.78	
	300m: 6:45.36	1:12.20	700m: 16:09.44	1:10.05	1100m: 25:32.03	1:11.87	1500m: 34:50.52	1:03.02	
	350m: 7:56.42	1:11.06	750m: 17:18.97	1:09.53	1150m: 26:42.79	1:10.76			
	400m: 9:07.29	1:10.87	800m: 18:28.14	1:09.17	1200m: 27:56.19	1:13.40			
DIS	Frederik Hendrik de Bruijn VRA - Het keer- en/of eindpunt niet aangeraakt met enig lichaamsdeel.	CN Aquamasters		ESP					+1.31



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 3
16-02-2023 - 15:34

Dames, 1500m vrije slag
Pauze na Serie 2 / Break after Heat 2 10 Min.

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
Masters 20+								
1.	Michelle Zomerdijk	Dedemsvaart-AC	NED 200003196	18:20.21	+0.68			
	50m: 31.88	31.88	450m: 5:23.54	37.30	850m: 10:22.21	37.09	1250m: 15:17.13	37.08
	100m: 1:07.33	35.45	500m: 6:01.23	37.69	900m: 10:59.35	37.14	1300m: 15:54.10	36.97
	150m: 1:43.36	36.03	550m: 6:38.58	37.35	950m: 11:36.52	37.17	1350m: 16:31.24	37.14
	200m: 2:19.47	36.11	600m: 7:15.66	37.08	1000m: 12:13.70	37.18	1400m: 17:08.26	37.02
	250m: 2:55.67	36.20	650m: 7:53.17	37.51	1050m: 12:50.14	36.44	1450m: 17:45.07	36.81
	300m: 3:32.63	36.96	700m: 8:30.50	37.33	1100m: 13:26.60	36.46	1500m: 18:20.21	35.14
	350m: 4:09.30	36.67	750m: 9:07.78	37.28	1150m: 14:03.19	36.59		
	400m: 4:46.24	36.94	800m: 9:45.12	37.34	1200m: 14:40.05	36.86		
2.	Cynthia Koolman	Steenwijk 1934	NED 200300232	19:13.32	+0.73			
	50m: 33.41	33.41	450m: 5:33.98	38.45	850m: 10:45.83	39.05	1250m: 15:59.21	39.14
	100m: 1:09.49	36.08	500m: 6:12.86	38.88	900m: 11:24.88	39.05	1300m: 16:38.29	39.08
	150m: 1:46.14	36.65	550m: 6:52.30	39.44	950m: 12:03.88	39.00	1350m: 17:17.98	39.69
	200m: 2:23.16	37.02	600m: 7:31.30	39.00	1000m: 12:42.75	38.87	1400m: 17:57.36	39.38
	250m: 3:00.35	37.19	650m: 8:10.23	38.93	1050m: 13:22.05	39.30	1450m: 18:36.41	39.05
	300m: 3:38.42	38.07	700m: 8:49.16	38.93	1100m: 14:01.65	39.60	1500m: 19:13.32	36.91
	350m: 4:17.00	38.58	750m: 9:28.18	39.02	1150m: 14:40.88	39.23		
	400m: 4:55.53	38.53	800m: 10:06.78	38.60	1200m: 15:20.07	39.19		
3.	Ariane Krijt	TRB-RES	NED 199906646	19:45.34	+0.84			
	50m: 35.24	35.24	450m: 5:48.51	39.73	850m: 11:08.97	40.24	1250m: 16:29.55	40.36
	100m: 1:13.12	37.88	500m: 6:28.26	39.75	900m: 11:48.80	39.83	1300m: 17:09.72	40.17
	150m: 1:51.80	38.68	550m: 7:08.18	39.92	950m: 12:28.91	40.11	1350m: 17:49.02	40.30
	200m: 2:30.76	38.96	600m: 7:47.91	39.73	1000m: 13:08.81	39.90	1400m: 18:29.67	39.65
	250m: 3:10.26	39.50	650m: 8:28.20	40.29	1050m: 13:49.00	40.19	1450m: 19:09.39	39.72
	300m: 3:49.51	39.25	700m: 9:08.32	40.12	1100m: 14:29.27	40.27	1500m: 19:45.34	35.95
	350m: 4:29.25	39.74	750m: 9:48.62	40.30	1150m: 15:09.00	39.73		
	400m: 5:08.78	39.53	800m: 10:28.73	40.11	1200m: 15:49.19	40.19		
4.	Eline Hoekstra	OEZA	NED 200301280	20:01.16				
	50m: 33.08	33.08	450m: 5:48.49	40.61	850m: 11:14.21	40.84	1250m: 16:40.30	41.04
	100m: 1:10.15	37.07	500m: 6:28.95	40.46	900m: 11:54.68	40.47	1300m: 17:21.32	41.02
	150m: 1:48.21	38.06	550m: 7:09.82	40.87	950m: 12:35.54	40.86	1350m: 18:02.22	40.90
	200m: 2:27.66	39.45	600m: 7:50.48	40.66	1000m: 13:16.21	40.67	1400m: 18:43.22	41.00
	250m: 3:07.43	39.77	650m: 8:30.99	40.51	1050m: 13:57.14	40.93	1450m: 19:23.13	39.91
	300m: 3:46.97	39.54	700m: 9:11.96	40.97	1100m: 14:38.01	40.87	1500m: 20:01.16	38.03
	350m: 4:27.23	40.26	750m: 9:52.53	40.57	1150m: 15:18.40	40.39		
	400m: 5:07.88	40.65	800m: 10:33.37	40.84	1200m: 15:59.26	40.86		
5.	Myra Smulders	De Duinkickers	NED 199904308	20:03.55				
	50m: 34.37	34.37	450m: 5:49.22	39.90	850m: 11:12.85	40.47	1250m: 16:40.88	40.96
	100m: 1:11.66	37.29	500m: 6:29.91	40.69	900m: 11:53.90	41.05	1300m: 17:21.57	40.69
	150m: 1:50.78	39.12	550m: 7:10.11	40.20	950m: 12:34.82	40.92	1350m: 18:02.46	40.89
	200m: 2:30.23	39.45	600m: 7:50.43	40.32	1000m: 13:15.56	40.74	1400m: 18:43.31	40.85
	250m: 3:09.80	39.57	650m: 8:30.97	40.54	1050m: 13:56.65	41.09	1450m: 19:24.04	40.73
	300m: 3:49.63	39.83	700m: 9:11.46	40.49	1100m: 14:37.78	41.13	1500m: 20:03.55	39.51
	350m: 4:29.30	39.67	750m: 9:51.84	40.38	1150m: 15:18.72	40.94		
	400m: 5:09.32	40.02	800m: 10:32.38	40.54	1200m: 15:59.92	41.20		
6.	Selina Janssen	Neptunus'58	NED 199905974	20:39.88				
	50m: 35.56	35.56	450m: 5:59.09	41.23	850m: 11:33.22	41.85	1250m: 17:11.15	42.64
	100m: 1:14.24	38.68	500m: 6:40.64	41.55	900m: 12:15.28	42.06	1300m: 17:53.51	42.36
	150m: 1:53.99	39.75	550m: 7:22.12	41.48	950m: 12:57.26	41.98	1350m: 18:36.09	42.58
	200m: 2:34.35	40.36	600m: 8:03.68	41.56	1000m: 13:39.38	42.12	1400m: 19:18.43	42.34
	250m: 3:15.06	40.71	650m: 8:45.54	41.86	1050m: 14:21.41	42.03	1450m: 20:00.78	42.35
	300m: 3:55.93	40.87	700m: 9:27.62	42.08	1100m: 15:03.64	42.23	1500m: 20:39.88	39.10
	350m: 4:36.89	40.96	750m: 10:09.60	41.98	1150m: 15:46.04	42.40		
	400m: 5:17.86	40.97	800m: 10:51.37	41.77	1200m: 16:28.51	42.47		
7.	Isabelle Janssen	De Geul	NED 200006318	21:37.41				
	50m: 38.15	38.15	450m: 6:21.95	43.82	850m: 12:13.08	44.23	1250m: 18:05.01	43.41
	100m: 1:19.57	41.42	500m: 7:05.30	43.35	900m: 12:57.17	44.09	1300m: 18:48.19	43.18
	150m: 2:02.02	42.45	550m: 7:49.04	43.74	950m: 13:41.40	44.23	1350m: 19:31.36	43.17
	200m: 2:45.02	43.00	600m: 8:33.08	44.04	1000m: 14:26.06	44.66	1400m: 20:14.10	42.74
	250m: 3:28.08	43.06	650m: 9:16.71	43.63	1050m: 15:09.67	43.61	1450m: 20:56.68	42.58
	300m: 4:11.39	43.31	700m: 10:00.29	43.58	1100m: 15:53.77	44.10	1500m: 21:37.41	40.73
	350m: 4:54.80	43.41	750m: 10:44.71	44.42	1150m: 16:37.80	44.03		
	400m: 5:38.13	43.33	800m: 11:28.85	44.14	1200m: 17:21.60	43.80		

Masters 25+



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 3, Dames, 1500m vrije slag, Masters 25+

rang	naam	vereniging	tijd	RT	PARA			
1.	Karen Stolk	ZVL-1886 Center	20:17.54	+0.76				
	50m: 35.00	35.00	450m: 5:58.29	41.72	850m: 11:26.13	40.79	1250m: 16:54.21	41.10
	100m: 1:16.54	41.54	500m: 6:39.05	40.76	900m: 12:07.16	41.03	1300m: 17:35.45	41.24
	150m: 1:55.16	38.62	550m: 7:20.16	41.11	950m: 12:47.97	40.81	1350m: 18:16.90	41.45
	200m: 2:34.68	39.52	600m: 8:01.47	41.31	1000m: 13:29.05	41.08	1400m: 18:58.07	41.17
	250m: 3:14.77	40.09	650m: 8:42.46	40.99	1050m: 14:10.04	40.99	1450m: 19:38.37	40.30
	300m: 3:54.73	39.96	700m: 9:23.76	41.30	1100m: 14:50.95	40.91	1500m: 20:17.54	39.17
	350m: 4:35.09	40.36	750m: 10:04.51	40.75	1150m: 15:31.86	40.91		
	400m: 5:16.57	41.48	800m: 10:45.34	40.83	1200m: 16:13.11	41.25		
2.	Larissa Jansen	PSV	20:20.41					
	50m: 36.12	36.12	450m: 5:58.91	40.67	850m: 11:25.96	41.07	1250m: 16:55.93	41.86
	100m: 1:15.23	39.11	500m: 6:39.63	40.72	900m: 12:06.82	40.86	1300m: 17:37.05	41.12
	150m: 1:55.25	40.02	550m: 7:20.60	40.97	950m: 12:47.89	41.07	1350m: 18:18.38	41.33
	200m: 2:35.65	40.40	600m: 8:01.32	40.72	1000m: 13:29.18	41.29	1400m: 18:59.70	41.32
	250m: 3:16.41	40.76	650m: 8:41.98	40.66	1050m: 14:10.29	41.11	1450m: 19:40.80	41.10
	300m: 3:57.13	40.72	700m: 9:22.94	40.96	1100m: 14:51.51	41.22	1500m: 20:20.41	39.61
	350m: 4:37.74	40.61	750m: 10:03.90	40.96	1150m: 15:32.76	41.25		
	400m: 5:18.24	40.50	800m: 10:44.89	40.99	1200m: 16:14.07	41.31		
3.	Kirsten Opmeer	ZPC AMERSFOORT	20:31.33	+0.62				
	50m: 33.98	33.98	450m: 5:50.73	40.39	850m: 11:18.07	41.23	1250m: 17:01.71	41.88
	100m: 1:11.86	37.88	500m: 6:31.59	40.86	900m: 11:59.23	41.16	1300m: 17:44.37	42.66
	150m: 1:50.81	38.95	550m: 7:12.14	40.55	950m: 12:40.89	41.66	1350m: 18:26.73	42.36
	200m: 2:30.13	39.32	600m: 7:52.86	40.72	1000m: 13:29.18	41.29	1400m: 19:08.54	41.81
	250m: 3:09.91	39.78	650m: 8:33.99	41.13	1050m: 14:11.98		1450m: 19:50.59	42.05
	300m: 3:49.73	39.82	700m: 9:14.79	40.80	1100m: 14:54.87	42.89	1500m: 20:31.33	40.74
	350m: 4:29.98	40.25	750m: 9:55.74	40.95	1150m: 15:37.85	42.98		
	400m: 5:10.34	40.36	800m: 10:36.84	41.10	1200m: 16:19.83	41.98		
4.	Cynthia van Veen	ZVL-1886 Center	23:57.38					
	50m: 38.97	38.97	450m: 6:53.50	48.09	850m: 13:24.54	49.46	1250m: 19:58.41	50.12
	100m: 1:23.54	44.57	500m: 7:41.33	47.83	900m: 14:14.72	50.18	1300m: 20:48.12	49.71
	150m: 2:09.37	45.83	550m: 8:29.65	48.32	950m: 15:04.12	49.40	1350m: 21:37.52	49.40
	200m: 2:55.35	45.98	600m: 9:18.69	49.04	1000m: 15:53.40	49.28	1400m: 22:25.40	47.88
	250m: 3:42.21	46.86	650m: 10:07.38	48.69	1050m: 16:42.53	49.13	1450m: 23:12.84	47.44
	300m: 4:29.75	47.54	700m: 10:56.22	48.84	1100m: 17:30.88	48.35	1500m: 23:57.38	44.54
	350m: 5:17.39	47.64	750m: 11:45.51	49.29	1150m: 18:19.69	48.81		
	400m: 6:05.41	48.02	800m: 12:35.08	49.57	1200m: 19:08.29	48.60		

Masters 30+

1.	Maaïke Vooren	DAW	18:21.03					
	50m: 33.72	33.72	450m: 5:28.25	36.98	850m: 10:23.94	37.02	1250m: 15:18.04	36.79
	100m: 1:10.30	36.58	500m: 6:05.29	37.04	900m: 11:00.63	36.69	1300m: 15:55.11	37.07
	150m: 1:47.30	37.00	550m: 6:42.53	37.24	950m: 11:37.75	37.12	1350m: 16:31.94	36.83
	200m: 2:24.15	36.85	600m: 7:19.54	37.01	1000m: 12:14.36	36.61	1400m: 17:09.03	37.09
	250m: 3:00.90	36.75	650m: 7:56.41	36.87	1050m: 12:50.93	36.57	1450m: 17:46.16	37.13
	300m: 3:37.84	36.94	700m: 8:33.35	36.94	1100m: 13:27.65	36.72	1500m: 18:21.03	34.87
	350m: 4:14.56	36.72	750m: 9:10.06	36.71	1150m: 14:04.18	36.53		
	400m: 4:51.27	36.71	800m: 9:46.92	36.86	1200m: 14:41.25	37.07		
2.	Nanda Wobben - de Vries	Steenwijk 1934	19:48.84	+0.77				
	50m: 33.32	33.32	450m: 5:44.76	39.77	850m: 11:06.55	40.31	1250m: 16:29.33	40.37
	100m: 1:10.70	37.38	500m: 6:24.92	40.16	900m: 11:46.47	39.92	1300m: 17:09.37	40.04
	150m: 1:48.96	38.26	550m: 7:04.72	39.80	950m: 12:26.75	40.28	1350m: 17:49.95	40.58
	200m: 2:27.72	38.76	600m: 7:44.92	40.20	1000m: 13:07.33	40.58	1400m: 18:29.57	39.62
	250m: 3:06.77	39.05	650m: 8:25.21	40.29	1050m: 13:47.69	40.36	1450m: 19:10.22	40.65
	300m: 3:46.15	39.38	700m: 9:05.55	40.34	1100m: 14:28.03	40.34	1500m: 19:48.84	38.62
	350m: 4:25.44	39.29	750m: 9:45.77	40.22	1150m: 15:08.74	40.71		
	400m: 5:04.99	39.55	800m: 10:26.24	40.47	1200m: 15:48.96	40.22		
3.	Nanda van Heteren	PSV	20:31.98	+0.89				
	50m: 35.16	35.16	450m: 6:02.99	41.43	850m: 11:36.07	41.66	1250m: 17:10.41	42.16
	100m: 1:13.92	38.76	500m: 6:44.95	41.96	900m: 12:17.80	41.73	1300m: 17:51.92	41.51
	150m: 1:54.82	40.90	550m: 7:26.60	41.65	950m: 12:59.43	41.63	1350m: 18:33.23	41.31
	200m: 2:35.81	40.99	600m: 8:08.29	41.69	1000m: 13:40.81	41.38	1400m: 19:14.21	40.98
	250m: 3:16.93	41.12	650m: 8:49.69	41.40	1050m: 14:22.27	41.46	1450m: 19:54.73	40.52
	300m: 3:58.25	41.32	700m: 9:31.30	41.61	1100m: 15:04.05	41.78	1500m: 20:31.98	37.25
	350m: 4:39.76	41.51	750m: 10:12.89	41.59	1150m: 15:46.10	42.05		
	400m: 5:21.56	41.80	800m: 10:54.41	41.52	1200m: 16:28.25	42.15		
4.	Désirée Emmen	De Warande	20:54.29	+0.62				
	50m: 34.62	34.62	450m: 6:04.31	42.16	850m: 11:42.16	42.67	1250m: 17:23.38	43.19
	100m: 1:13.43	38.81	500m: 6:46.09	41.78	900m: 12:24.62	42.46	1300m: 18:06.36	42.98
	150m: 1:53.99	40.56	550m: 7:28.24	42.15	950m: 13:07.41	42.79	1350m: 18:49.33	42.97
	200m: 2:35.12	41.13	600m: 8:10.59	42.35	1000m: 13:50.21	42.80	1400m: 19:32.19	42.86
	250m: 3:16.84	41.72	650m: 8:53.10	42.51	1050m: 14:32.54	42.33	1450m: 20:13.78	41.59
	300m: 3:57.93	41.09	700m: 9:35.79	42.69	1100m: 15:15.03	42.49	1500m: 20:54.29	40.51
	350m: 4:40.15	42.22	750m: 10:17.69	41.90	1150m: 15:57.55	42.52		
	400m: 5:22.15	42.00	800m: 10:59.49	41.80	1200m: 16:40.19	42.64		



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
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Programmanr. 3, Dames, 1500m vrije slag, Masters 30+

rang	naam	vereniging				tijd	RT	PARA
5.	Suzan Blankestijn	ZVL-1886 Center	NED	198900350		21:06.73	+0.53	
	50m: 35.42	35.42	450m: 6:05.79	42.34	850m: 11:48.18	43.10	1250m: 17:31.12	42.65
	100m: 1:14.39	38.97	500m: 6:48.06	42.27	900m: 12:30.09	41.91	1300m: 18:14.33	43.21
	150m: 1:55.01	40.62	550m: 7:30.40	42.34	950m: 13:14.05	43.96	1350m: 18:57.76	43.43
	200m: 2:36.95	41.94	600m: 8:12.88	42.48	1000m: 13:56.86	42.81	1400m: 19:41.47	43.71
	250m: 3:18.55	41.60	650m: 8:55.68	42.80	1050m: 14:39.99	43.13	1450m: 20:24.65	43.18
	300m: 3:59.85	41.30	700m: 9:39.29	43.61	1100m: 15:22.79	42.80	1500m: 21:06.73	42.08
	350m: 4:41.42	41.57	750m: 10:22.20	42.91	1150m: 16:05.57	42.78		
	400m: 5:23.45	42.03	800m: 11:05.08	42.88	1200m: 16:48.47	42.90		
6.	Irmgard van Weeghel	ESCA Zwemmen	NED	199204834		21:43.61	+0.81	
	50m: 37.48	37.48	450m: 6:23.46	44.18	850m: 12:15.30	43.90	1250m: 18:07.08	43.67
	100m: 1:18.76	41.28	500m: 7:07.53	44.07	900m: 12:59.22	43.92	1300m: 18:50.79	43.71
	150m: 2:01.32	42.56	550m: 7:51.60	44.07	950m: 13:43.35	44.13	1350m: 19:34.07	43.28
	200m: 2:44.42	43.10	600m: 8:35.57	43.97	1000m: 14:27.47	44.12	1400m: 20:17.39	43.32
	250m: 3:27.81	43.39	650m: 9:19.83	44.26	1050m: 15:11.65	44.18	1450m: 21:00.82	43.43
	300m: 4:11.28	43.47	700m: 10:03.71	43.88	1100m: 15:55.67	44.02	1500m: 21:43.61	42.79
	350m: 4:55.09	43.81	750m: 10:47.82	44.11	1150m: 16:39.49	43.82		
	400m: 5:39.28	44.19	800m: 11:31.40	43.58	1200m: 17:23.41	43.92		
7.	Leontine Groeneveldt	De Duck	NED	199303526		22:30.69	+0.77	
	50m: 37.97	37.97	450m: 6:39.99	46.94	850m: 12:52.10	46.23	1250m: 18:51.40	45.35
	100m: 1:21.35	43.38	500m: 7:25.67	45.68	900m: 13:38.72	46.62	1300m: 19:35.99	44.59
	150m: 2:05.25	43.90	550m: 8:12.49	46.82	950m: 14:23.80	45.08	1350m: 20:20.84	44.85
	200m: 2:49.51	44.26	600m: 8:58.54	46.05	1000m: 15:08.08	44.28	1400m: 21:05.69	44.85
	250m: 3:34.28	44.77	650m: 9:44.70	46.16	1050m: 15:52.41	44.33	1450m: 21:49.20	43.51
	300m: 4:20.36	46.08	700m: 10:32.24	47.54	1100m: 16:36.80	44.39	1500m: 22:30.69	41.49
	350m: 5:06.37	46.01	750m: 11:19.51	47.27	1150m: 17:21.34	44.54		
	400m: 5:53.05	46.68	800m: 12:05.87	46.36	1200m: 18:06.05	44.71		
8.	Marjan Rikken	Octopus-ZVV (SG)	NED	199206114		23:36.28		
	50m: 38.95	38.95	450m: 6:47.20	47.26	850m: 13:10.10	47.87	1250m: 19:39.23	49.07
	100m: 1:22.37	43.42	500m: 7:34.67	47.47	900m: 13:58.43	48.33	1300m: 20:27.74	48.51
	150m: 2:07.55	45.18	550m: 8:22.53	47.86	950m: 14:47.38	48.95	1350m: 21:15.70	47.96
	200m: 2:53.43	45.88	600m: 9:10.36	47.83	1000m: 15:35.70	48.32	1400m: 22:03.73	48.03
	250m: 3:39.98	46.55	650m: 9:57.86	47.50	1050m: 16:24.06	48.36	1450m: 22:51.24	47.51
	300m: 4:26.22	46.24	700m: 10:46.62	48.76	1100m: 17:12.78	48.72	1500m: 23:36.28	45.04
	350m: 5:13.08	46.86	750m: 11:34.52	47.90	1150m: 18:01.76	48.98		
	400m: 5:59.94	46.86	800m: 12:22.23	47.71	1200m: 18:50.16	48.40		

Masters 35+

1.	Jenny Schouten	MZ&PC	NED	198703674		18:24.36	+0.81	
	50m: 32.52	32.52	450m: 5:25.90	36.98	850m: 10:23.06	37.25	1250m: 15:20.63	37.71
	100m: 1:08.21	35.69	500m: 6:03.17	37.27	900m: 11:00.07	37.01	1300m: 15:58.02	37.39
	150m: 1:44.33	36.12	550m: 6:40.00	36.83	950m: 11:37.12	37.05	1350m: 16:35.09	37.07
	200m: 2:21.05	36.72	600m: 7:17.25	37.25	1000m: 12:14.57	37.45	1400m: 17:11.98	36.89
	250m: 2:57.75	36.70	650m: 7:54.68	37.43	1050m: 12:51.48	36.91	1450m: 17:49.08	37.10
	300m: 3:34.70	36.95	700m: 8:31.81	37.13	1100m: 13:28.60	37.12	1500m: 18:24.36	35.28
	350m: 4:11.53	36.83	750m: 9:09.00	37.19	1150m: 14:05.69	37.09		
	400m: 4:48.92	37.39	800m: 9:45.81	36.81	1200m: 14:42.92	37.23		
2.	Viktória Hádén-Felföldi	Iron Swim	HUN			18:38.03	+0.91	
	50m: 33.23	33.23	450m: 5:27.68	37.07	850m: 10:27.64	37.61	1250m: 15:29.06	37.96
	100m: 1:10.25	37.02	500m: 6:04.96	37.28	900m: 11:05.24	37.60	1300m: 16:06.75	37.69
	150m: 1:46.93	36.68	550m: 6:42.24	37.28	950m: 11:42.94	37.70	1350m: 16:44.80	38.05
	200m: 2:23.52	36.59	600m: 7:20.22	37.98	1000m: 12:20.59	37.65	1400m: 17:22.97	38.17
	250m: 2:59.95	36.43	650m: 7:57.32	37.10	1050m: 12:58.49	37.90	1450m: 18:01.18	38.21
	300m: 3:36.87	36.92	700m: 8:34.77	37.45	1100m: 13:35.71	37.22	1500m: 18:38.03	36.85
	350m: 4:13.73	36.86	750m: 9:12.43	37.66	1150m: 14:13.26	37.55		
	400m: 4:50.61	36.88	800m: 9:50.03	37.60	1200m: 14:51.10	37.84		
3.	Nikki Roon	IJZPC	NED	198803712		21:47.14		
	50m: 40.17	40.17	450m: 6:24.54	43.83	850m: 12:14.05	43.73	1250m: 18:06.31	44.37
	100m: 1:22.32	42.15	500m: 7:08.33	43.79	900m: 12:57.66	43.61	1300m: 18:50.68	44.37
	150m: 2:04.56	42.24	550m: 7:52.37	44.04	950m: 13:41.39	43.73	1350m: 19:35.54	44.86
	200m: 2:47.24	42.68	600m: 8:35.77	43.40	1000m: 14:25.61	44.22	1400m: 20:19.88	44.34
	250m: 3:30.10	42.86	650m: 9:19.65	43.88	1050m: 15:09.78	44.17	1450m: 21:04.61	44.73
	300m: 4:13.25	43.15	700m: 10:03.34	43.69	1100m: 15:53.72	43.94	1500m: 21:47.14	42.53
	350m: 4:56.59	43.34	750m: 10:46.96	43.62	1150m: 16:37.72	44.00		
	400m: 5:40.71	44.12	800m: 11:30.32	43.36	1200m: 17:21.94	44.22		
4.	Sandra Schellekens	Neptunus'58	NED	198503416		23:17.85	+0.90	
	50m: 37.11	37.11	450m: 6:42.21	46.98	850m: 13:00.17	47.37	1250m: 19:21.78	47.88
	100m: 1:19.53	42.42	500m: 7:29.70	47.49	900m: 13:47.67	47.50	1300m: 20:09.86	48.08
	150m: 2:04.08	44.55	550m: 8:16.78	47.08	950m: 14:35.36	47.69	1350m: 20:57.74	47.88
	200m: 2:49.14	45.06	600m: 9:04.31	47.53	1000m: 15:23.02	47.66	1400m: 21:45.54	47.80
	250m: 3:35.05	45.91	650m: 9:51.47	47.16	1050m: 16:10.39	47.37	1450m: 22:32.90	47.36
	300m: 4:21.27	46.22	700m: 10:38.34	46.87	1100m: 16:57.91	47.52	1500m: 23:17.85	44.95
	350m: 5:08.26	46.99	750m: 11:25.52	47.18	1150m: 17:45.75	47.84		
	400m: 5:55.23	46.97	800m: 12:12.80	47.28	1200m: 18:33.90	48.15		



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Programmanr. 3, Dames, 1500m vrije slag

Masters 40+

1. Linda Hoogendam		WVZ		NED 198300892		22:30.57		+0.77			
50m:	37.78	37.78	450m:	6:34.91	45.54	850m:	12:41.93	45.58	1250m:	18:46.91	45.20
100m:	1:21.43	43.65	500m:	7:20.86	45.95	900m:	13:27.44	45.51	1300m:	19:32.72	45.81
150m:	2:05.02	43.59	550m:	8:06.64	45.78	950m:	14:13.49	46.05	1350m:	20:19.33	46.61
200m:	2:49.00	43.98	600m:	8:52.35	45.71	1000m:	14:59.17	45.68	1400m:	21:04.95	45.62
250m:	3:33.78	44.78	650m:	9:38.36	46.01	1050m:	15:44.35	45.18	1450m:	21:49.75	44.80
300m:	4:18.34	44.56	700m:	10:24.40	46.04	1100m:	16:30.28	45.93	1500m:	22:30.57	40.82
350m:	5:03.63	45.29	750m:	11:09.76	45.36	1150m:	17:15.54	45.26			
400m:	5:49.37	45.74	800m:	11:56.35	46.59	1200m:	18:01.71	46.17			

Masters 45+

1. Liselotte Joling		PSV		NED 197500268		18:57.59		+0.71			
50m:	33.44	33.44	450m:	5:34.14	38.57	850m:	10:42.17	38.66	1250m:	15:47.78	38.69
100m:	1:10.44	37.00	500m:	6:13.05	38.91	900m:	11:20.72	38.55	1300m:	16:26.11	38.33
150m:	1:47.55	37.11	550m:	6:51.41	38.36	950m:	11:59.23	38.51	1350m:	17:04.61	38.50
200m:	2:24.67	37.12	600m:	7:30.08	38.67	1000m:	12:37.56	38.33	1400m:	17:43.30	38.69
250m:	3:02.09	37.42	650m:	8:08.54	38.46	1050m:	13:15.11	37.55	1450m:	18:21.03	37.73
300m:	3:39.46	37.37	700m:	8:47.03	38.49	1100m:	13:53.52	38.41	1500m:	18:57.59	36.56
350m:	4:17.32	37.86	750m:	9:25.20	38.17	1150m:	14:31.08	37.56			
400m:	4:55.57	38.25	800m:	10:03.51	38.31	1200m:	15:09.09	38.01			

2. Melanie Kuiper		ZIGNEA		NED 197600350		19:42.33					
50m:	34.93	34.93	450m:	5:49.38	39.64	850m:	11:08.02	39.62	1250m:	16:27.01	39.72
100m:	1:12.77	37.84	500m:	6:29.36	39.98	900m:	11:47.94	39.92	1300m:	17:06.85	39.84
150m:	1:51.44	38.67	550m:	7:09.01	39.65	950m:	12:27.90	39.96	1350m:	17:46.28	39.43
200m:	2:30.16	38.72	600m:	7:49.12	40.11	1000m:	13:07.86	39.96	1400m:	18:25.53	39.25
250m:	3:09.85	39.69	650m:	8:29.06	39.94	1050m:	13:47.79	39.93	1450m:	19:04.58	39.05
300m:	3:49.75	39.90	700m:	9:08.95	39.89	1100m:	14:27.74	39.95	1500m:	19:42.33	37.75
350m:	4:29.95	40.20	750m:	9:48.62	39.67	1150m:	15:07.61	39.87			
400m:	5:09.74	39.79	800m:	10:28.40	39.78	1200m:	15:47.29	39.68			

3. Jannie Vennik		HZ&PC Heerenveen		NED 197601006		21:23.45					
50m:	37.40	37.40	450m:	6:17.51	42.98	850m:	12:00.17	42.92	1250m:	17:46.83	43.67
100m:	1:18.15	40.75	500m:	7:00.01	42.50	900m:	12:43.00	42.83	1300m:	18:30.53	43.70
150m:	2:00.18	42.03	550m:	7:42.83	42.82	950m:	13:26.11	43.11	1350m:	19:14.20	43.67
200m:	2:42.76	42.58	600m:	8:25.77	42.94	1000m:	14:09.15	43.04	1400m:	19:58.66	44.46
250m:	3:25.78	43.02	650m:	9:08.95	43.18	1050m:	14:52.82	43.67	1450m:	20:41.03	42.37
300m:	4:08.66	42.88	700m:	9:51.83	42.88	1100m:	15:35.68	42.86	1500m:	21:23.45	42.42
350m:	4:51.62	42.96	750m:	10:34.30	42.47	1150m:	16:19.36	43.68			
400m:	5:34.53	42.91	800m:	11:17.25	42.95	1200m:	17:03.16	43.80			

Masters 50+

1. Dianna Dr Szokol		Nyiregyhazi Sportcentrum		HUN		19:51.85					
<i>Hungarian Masters Record</i>											
50m:	36.82	36.82	450m:	5:53.24	39.76	850m:	11:14.12	40.10	1250m:	16:34.35	39.81
100m:	1:16.00	39.18	500m:	6:33.05	39.81	900m:	11:54.18	40.06	1300m:	17:14.11	39.76
150m:	1:55.73	39.73	550m:	7:13.24	40.19	950m:	12:34.31	40.13	1350m:	17:54.29	40.18
200m:	2:35.20	39.47	600m:	7:53.29	40.05	1000m:	13:14.05	39.74	1400m:	18:34.30	40.01
250m:	3:14.47	39.27	650m:	8:33.55	40.26	1050m:	13:54.27	40.22	1450m:	19:13.70	39.40
300m:	3:54.05	39.58	700m:	9:13.34	39.79	1100m:	14:34.23	39.96	1500m:	19:51.85	38.15
350m:	4:33.63	39.58	750m:	9:53.72	40.38	1150m:	15:14.44	40.21			
400m:	5:13.48	39.85	800m:	10:34.02	40.30	1200m:	15:54.54	40.10			

2. Karin Stein		ZVVS		NED 197100554		20:29.77					
50m:	36.62	36.62	450m:	6:02.60	40.54	850m:	11:31.89	41.41	1250m:	17:04.27	41.48
100m:	1:16.68	40.06	500m:	6:43.73	41.13	900m:	12:13.85	41.96	1300m:	17:45.84	41.57
150m:	1:56.91	40.23	550m:	7:24.58	40.85	950m:	12:55.46	41.61	1350m:	18:26.91	41.07
200m:	2:37.55	40.64	600m:	8:05.51	40.93	1000m:	13:37.52	42.06	1400m:	19:08.47	41.56
250m:	3:18.99	41.44	650m:	8:46.69	41.18	1050m:	14:18.67	41.15	1450m:	19:50.02	41.55
300m:	4:00.26	41.27	700m:	9:28.06	41.37	1100m:	15:00.40	41.73	1500m:	20:29.77	39.75
350m:	4:40.93	40.67	750m:	10:09.48	41.42	1150m:	15:41.35	40.95			
400m:	5:22.06	41.13	800m:	10:50.48	41.00	1200m:	16:22.79	41.44			

3. Bianca Groot		MSV-Zeemacht		NED 197000652		20:48.83 *		+0.89			
50m:	36.43	36.43	450m:	6:02.27	40.89	850m:	11:36.95	42.16	1250m:	17:16.12	42.16
100m:	1:16.66	40.23	500m:	6:43.56	41.29	900m:	12:19.57	42.62	1300m:	17:58.08	41.96
150m:	1:57.53	40.87	550m:	7:24.90	41.34	950m:	13:02.75	43.18	1350m:	18:40.11	42.03
200m:	2:38.36	40.83	600m:	8:06.36	41.46	1000m:	13:45.56	42.81	1400m:	19:22.71	42.60
250m:	3:18.72	40.36	650m:	8:48.08	41.72	1050m:	14:27.52	41.96	1450m:	20:05.95	43.24
300m:	3:59.59	40.87	700m:	9:30.01	41.93	1100m:	15:09.70	42.18	1500m:	20:48.83	42.88
350m:	4:40.31	40.72	750m:	10:12.27	42.26	1150m:	15:51.95	42.25			
400m:	5:21.38	41.07	800m:	10:54.79	42.52	1200m:	16:33.96	42.01			



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Programmanr. 3, Dames, 1500m vrije slag, Masters 50+

rang	naam	vereniging	tijd	RT	PARA			
4.	Annet Kootstra	SWOL 1894	25:15.48					
	50m: 44.62	44.62	450m: 7:21.81	51.06	850m: 14:06.95	50.41	1250m: 21:00.89	52.63
	100m: 1:32.15	47.53	500m: 8:12.36	50.55	900m: 14:58.64	51.69	1300m: 21:52.74	51.85
	150m: 2:20.78	48.63	550m: 9:03.02	50.66	950m: 15:50.18	51.54	1350m: 22:45.21	52.47
	200m: 3:10.55	49.77	600m: 9:54.32	51.30	1000m: 16:41.77	51.59	1400m: 23:37.11	51.90
	250m: 4:00.46	49.91	650m: 10:44.72	50.40	1050m: 17:33.19	51.42	1450m: 24:27.97	50.86
	300m: 4:50.25	49.79	700m: 11:35.63	50.91	1100m: 18:24.82	51.63	1500m: 25:15.48	47.51
	350m: 5:40.61	50.36	750m: 12:26.25	50.62	1150m: 19:16.61	51.79		
	400m: 6:30.75	50.14	800m: 13:16.54	50.29	1200m: 20:08.26	51.65		
5.	Kristien Van de Moortel	Shark	26:21.94					
	50m: 46.64	46.64	450m: 7:50.04	53.41	850m: 14:54.08	53.13	1250m: 21:57.18	53.23
	100m: 1:39.45	52.81	500m: 8:43.18	53.14	900m: 15:47.22	53.14	1300m: 22:50.89	53.71
	150m: 2:32.67	53.22	550m: 9:35.95	52.77	950m: 16:39.63	52.41	1350m: 23:44.36	53.47
	200m: 3:25.68	53.01	600m: 10:28.42	52.47	1000m: 17:32.36	52.73	1400m: 24:37.66	53.30
	250m: 4:18.08	52.40	650m: 11:21.29	52.87	1050m: 18:25.49	53.13	1450m: 25:31.37	53.71
	300m: 5:10.45	52.37	700m: 12:14.39	53.10	1100m: 19:17.80	52.31	1500m: 26:21.94	50.57
	350m: 6:03.48	53.03	750m: 13:07.67	53.28	1150m: 20:10.93	53.13		
	400m: 6:56.63	53.15	800m: 14:00.95	53.28	1200m: 21:03.95	53.02		
6.	Greta Wyma-Teitsma	DWK	27:07.58	+0.90				
	50m: 45.99	45.99	450m: 7:56.89	54.66	850m: 15:10.80	54.72	1250m: 22:32.25	55.60
	100m: 1:38.88	52.89	500m: 8:50.68	53.79	900m: 16:05.92	55.12	1300m: 23:28.48	56.23
	150m: 2:32.86	53.98	550m: 9:44.58	53.90	950m: 17:00.70	54.78	1350m: 24:24.03	55.55
	200m: 3:26.43	53.57	600m: 10:38.09	53.51	1000m: 17:55.41	54.71	1400m: 25:19.10	55.07
	250m: 4:20.59	54.16	650m: 11:32.11	54.02	1050m: 18:51.03	55.62	1450m: 26:13.71	54.61
	300m: 5:14.82	54.23	700m: 12:26.43	54.32	1100m: 19:45.81	54.78	1500m: 27:07.58	53.87
	350m: 6:08.35	53.53	750m: 13:21.55	55.12	1150m: 20:41.12	55.31		
	400m: 7:02.23	53.88	800m: 14:16.08	54.53	1200m: 21:36.65	55.53		

Masters 55+

1.	Wilna Heijman	Steenwijk 1934	21:42.08	+0.70				
	50m: 38.57	38.57	450m: 6:22.49	43.42	850m: 12:12.67	43.85	1250m: 18:02.69	43.80
	100m: 1:20.53	41.96	500m: 7:06.04	43.55	900m: 12:56.42	43.75	1300m: 18:46.61	43.92
	150m: 2:02.91	42.38	550m: 7:49.74	43.70	950m: 13:40.15	43.73	1350m: 19:30.79	44.18
	200m: 2:45.76	42.85	600m: 8:33.42	43.68	1000m: 14:23.87	43.72	1400m: 20:14.91	44.12
	250m: 3:29.02	43.26	650m: 9:17.27	43.85	1050m: 15:07.36	43.49	1450m: 20:58.87	43.96
	300m: 4:12.34	43.32	700m: 10:01.14	43.87	1100m: 15:51.09	43.73	1500m: 21:42.08	43.21
	350m: 4:55.86	43.52	750m: 10:45.19	44.05	1150m: 16:35.05	43.96		
	400m: 5:39.07	43.21	800m: 11:28.82	43.63	1200m: 17:18.89	43.84		
2.	K. van Nassau-van den Heuvel	Old Dutch	23:28.33	+0.92				
	50m: 41.03	41.03	450m: 6:54.88	47.40	850m: 13:13.42	47.34	1250m: 19:32.51	48.26
	100m: 1:25.97	44.94	500m: 7:42.36	47.48	900m: 14:00.60	47.18	1300m: 20:20.32	47.81
	150m: 2:12.08	46.11	550m: 8:29.67	47.31	950m: 14:47.79	47.19	1350m: 21:08.12	47.80
	200m: 2:58.69	46.61	600m: 9:16.83	47.16	1000m: 15:34.83	47.04	1400m: 21:55.60	47.48
	250m: 3:45.48	46.79	650m: 10:04.46	47.63	1050m: 16:22.02	47.19	1450m: 22:42.86	47.26
	300m: 4:32.81	47.33	700m: 10:51.98	47.52	1100m: 17:09.20	47.18	1500m: 23:28.33	45.47
	350m: 5:20.07	47.26	750m: 11:39.13	47.15	1150m: 17:56.60	47.40		
	400m: 6:07.48	47.41	800m: 12:26.08	46.95	1200m: 18:44.25	47.65		
3.	Miranda Keijl	ZIGNEA	26:57.89	+0.98				
	50m: 45.34	45.34	450m: 7:55.54	54.58	850m: 15:16.36	55.68	1250m: 22:40.61	55.05
	100m: 1:37.03	51.69	500m: 8:49.47	53.93	900m: 16:11.67	55.31	1300m: 23:34.69	54.08
	150m: 2:30.43	53.40	550m: 9:43.84	54.37	950m: 17:07.35	55.68	1350m: 24:27.34	52.65
	200m: 3:23.51	53.08	600m: 10:38.48	54.64	1000m: 18:02.90	55.55	1400m: 25:19.01	51.67
	250m: 4:17.26	53.75	650m: 11:33.64	55.16	1050m: 18:57.99	55.09	1450m: 26:10.63	51.62
	300m: 5:11.97	54.71	700m: 12:29.35	55.71	1100m: 19:53.88	55.89	1500m: 26:57.89	47.26
	350m: 6:06.23	54.26	750m: 13:24.60	55.25	1150m: 20:50.02	56.14		
	400m: 7:00.96	54.73	800m: 14:20.68	56.08	1200m: 21:45.56	55.54		

Masters 60+

1.	P. Tossings-van de Hooven	GZC DONK	22:32.22					
	50m: 38.74	38.74	450m: 6:36.02	44.91	850m: 12:40.30	45.58	1250m: 18:44.96	45.36
	100m: 1:21.78	43.04	500m: 7:21.28	45.26	900m: 13:25.99	45.69	1300m: 19:30.85	45.89
	150m: 2:06.09	44.31	550m: 8:06.74	45.46	950m: 14:11.70	45.71	1350m: 20:16.47	45.62
	200m: 2:50.78	44.69	600m: 8:52.36	45.62	1000m: 14:57.24	45.54	1400m: 21:02.42	45.95
	250m: 3:35.73	44.95	650m: 9:37.81	45.45	1050m: 15:42.95	45.71	1450m: 21:48.55	46.13
	300m: 4:20.81	45.08	700m: 10:23.36	45.55	1100m: 16:28.79	45.84	1500m: 22:32.22	43.67
	350m: 5:05.84	45.03	750m: 11:09.30	45.94	1150m: 17:14.34	45.55		
	400m: 5:51.11	45.27	800m: 11:54.72	45.42	1200m: 17:59.60	45.26		



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Programmanr. 3, Dames, 1500m vrije slag, Masters 60+

rang	naam	vereniging	tijd	RT	PARA			
2.	Linda Wibbelink	Steenwijk 1934	23:40.89					
	50m: 42.36	42.36	450m: 6:59.49	47.53	850m: 13:21.30	47.60	1250m: 19:42.89	47.94
	100m: 1:28.13	45.77	500m: 7:47.05	47.56	900m: 14:08.53	47.23	1300m: 20:31.36	48.47
	150m: 2:14.35	46.22	550m: 8:34.99	47.94	950m: 14:55.99	47.46	1350m: 21:19.38	48.02
	200m: 3:01.59	47.24	600m: 9:23.04	48.05	1000m: 15:43.97	47.98	1400m: 22:07.18	47.80
	250m: 3:48.88	47.29	650m: 10:10.78	47.74	1050m: 16:31.57	47.60	1450m: 22:54.99	47.81
	300m: 4:36.74	47.86	700m: 10:58.53	47.75	1100m: 17:19.30	47.73	1500m: 23:40.89	45.90
	350m: 5:24.22	47.48	750m: 11:46.00	47.47	1150m: 18:07.17	47.87		
	400m: 6:11.96	47.74	800m: 12:33.70	47.70	1200m: 18:54.95	47.78		
3.	Riny Zeijveld-Meuleman	De Berkelduikers	23:56.64 *					
	50m: 42.28	42.28	450m: 7:04.83	48.39	850m: 13:33.67	48.32	1250m: 20:00.05	48.36
	100m: 1:27.90	45.62	500m: 7:53.55	48.72	900m: 14:21.94	48.27	1300m: 20:48.24	48.19
	150m: 2:15.01	47.11	550m: 8:42.06	48.51	950m: 15:10.45	48.51	1350m: 21:36.82	48.58
	200m: 3:03.13	48.12	600m: 9:31.03	48.97	1000m: 15:58.70	48.25	1400m: 22:24.12	47.30
	250m: 3:51.34	48.21	650m: 10:19.44	48.41	1050m: 16:47.07	48.37	1450m: 23:11.72	47.60
	300m: 4:40.27	48.93	700m: 11:08.05	48.61	1100m: 17:34.97	47.90	1500m: 23:56.64	44.92
	350m: 5:28.36	48.09	750m: 11:56.89	48.84	1150m: 18:23.22	48.25		
	400m: 6:16.44	48.08	800m: 12:45.35	48.46	1200m: 19:11.69	48.47		
4.	Pia van der Molen	Avéna	30:01.64					
	50m: 50.10	50.10	450m: 8:40.64	58.47	850m: 16:47.70	1:01.48	1250m: 24:57.57	1:00.66
	100m: 1:44.62	54.52	500m: 9:40.93	1:00.29	900m: 17:50.10	1:02.40	1300m: 25:59.38	1:01.81
	150m: 2:44.52	59.90	550m: 10:41.30	1:00.37	950m: 18:50.33	1:00.23	1350m: 27:01.04	1:01.66
	200m: 3:43.61	59.09	600m: 11:42.82	1:01.52	1000m: 19:51.76	1:01.43	1400m: 28:02.73	1:01.69
	250m: 4:43.22	59.61	650m: 12:43.64	1:00.82	1050m: 20:51.09	59.33	1450m: 29:03.66	1:00.93
	300m: 5:41.35	58.13	700m: 13:43.39	59.75	1100m: 21:54.03	1:02.94	1500m: 30:01.64	57.98
	350m: 6:40.63	59.28	750m: 14:46.11	1:02.72	1150m: 22:53.85	59.82		
	400m: 7:42.17	1:01.54	800m: 15:46.22	1:00.11	1200m: 23:56.91	1:03.06		
5.	Betsie Klompmaker	Noord Veluwe	31:13.74					
	50m: 52.83	52.83	450m: 9:06.29	1:02.82	850m: 17:32.55	1:02.38	1250m: 25:56.18	1:04.21
	100m: 1:52.63	59.80	500m: 10:09.02	1:02.73	900m: 18:35.32	1:02.77	1300m: 26:59.86	1:03.68
	150m: 2:52.43	59.80	550m: 11:11.83	1:02.81	950m: 19:37.76	1:02.44	1350m: 28:01.95	1:02.09
	200m: 3:54.13	1:01.70	600m: 12:17.33	1:05.50	1000m: 20:40.90	1:03.14	1400m: 29:06.87	1:04.92
	250m: 4:56.29	1:02.16	650m: 13:22.55	1:05.22	1050m: 21:44.66	1:03.76	1450m: 30:12.12	1:05.25
	300m: 5:58.72	1:02.43	700m: 14:25.13	1:02.58	1100m: 22:48.09	1:03.43	1500m: 31:13.74	1:01.62
	350m: 7:00.81	1:02.09	750m: 15:27.52	1:02.39	1150m: 23:49.74	1:01.65		
	400m: 8:03.47	1:02.66	800m: 16:30.17	1:02.65	1200m: 24:51.97	1:02.23		

Masters 65+

1.	Monica Bakker	Steenwijk 1934	26:00.45					
	50m: 45.01	45.01	450m: 7:39.59	52.64	850m: 14:40.76	53.10	1250m: 21:41.57	52.69
	100m: 1:34.41	49.40	500m: 8:32.41	52.82	900m: 15:33.53	52.77	1300m: 22:34.09	52.52
	150m: 2:24.63	50.22	550m: 9:24.76	52.35	950m: 16:26.13	52.60	1350m: 23:26.68	52.59
	200m: 3:15.80	51.17	600m: 10:16.79	52.03	1000m: 17:19.17	53.04	1400m: 24:18.85	52.17
	250m: 4:08.57	52.77	650m: 11:09.16	52.37	1050m: 18:11.69	52.52	1450m: 25:10.38	51.53
	300m: 5:01.48	52.91	700m: 12:01.67	52.51	1100m: 19:04.20	52.51	1500m: 26:00.45	50.07
	350m: 5:54.39	52.91	750m: 12:54.86	53.19	1150m: 19:56.98	52.78		
	400m: 6:46.95	52.56	800m: 13:47.66	52.80	1200m: 20:48.88	51.90		
2.	Karien Musters	Old Dutch	32:19.99					
	50m: 52.89	52.89	450m: 9:17.96	1:05.09	850m: 17:59.50	1:05.01	1250m: 26:47.50	1:06.91
	100m: 1:51.02	58.13	500m: 10:23.47	1:05.51	900m: 19:04.50	1:05.00	1300m: 27:54.27	1:06.77
	150m: 2:52.47	1:01.45	550m: 11:29.00	1:05.53	950m: 20:10.59	1:06.09	1350m: 29:01.49	1:07.22
	200m: 3:55.51	1:03.04	600m: 12:33.82	1:04.82	1000m: 21:16.26	1:05.67	1400m: 30:07.63	1:06.14
	250m: 4:58.89	1:03.38	650m: 13:38.57	1:04.75	1050m: 22:21.46	1:05.20	1450m: 31:14.35	1:06.72
	300m: 6:03.34	1:04.45	700m: 14:44.04	1:05.47	1100m: 23:27.02	1:05.56	1500m: 32:19.99	1:05.64
	350m: 7:08.11	1:04.77	750m: 15:48.98	1:04.94	1150m: 24:33.50	1:06.48		
	400m: 8:12.87	1:04.76	800m: 16:54.49	1:05.51	1200m: 25:40.59	1:07.09		

Masters 70+

1.	Gonnie Bak	PSV	30:54.42					
	50m: 52.18	52.18	450m: 9:01.92	1:01.68	850m: 17:21.33	1:02.75	1250m: 25:44.71	1:03.47
	100m: 1:51.21	59.03	500m: 10:03.87	1:01.95	900m: 18:23.61	1:02.28	1300m: 26:47.91	1:03.20
	150m: 2:50.99	59.78	550m: 11:07.23	1:03.36	950m: 19:26.08	1:02.47	1350m: 27:49.39	1:01.48
	200m: 3:52.56	1:01.57	600m: 12:10.32	1:03.09	1000m: 20:29.09	1:03.01	1400m: 28:52.45	1:03.06
	250m: 4:54.45	1:01.89	650m: 13:11.94	1:01.62	1050m: 21:31.51	1:02.42	1450m: 29:54.47	1:02.02
	300m: 5:55.83	1:01.38	700m: 14:12.96	1:01.02	1100m: 22:34.65	1:03.14	1500m: 30:54.42	59.95
	350m: 6:57.89	1:02.06	750m: 15:16.16	1:03.20	1150m: 23:37.85	1:03.20		
	400m: 8:00.24	1:02.35	800m: 16:18.58	1:02.42	1200m: 24:41.24	1:03.39		



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Programmanr. 3, Dames, 1500m vrije slag, Masters 70+

rang	naam	vereniging	tijd	RT	PARA
2.	Ineke Meijer	HZ&PC Heerenveen	34:54.66	+0.80	
	50m: 52.82	450m: 9:43.31	1:10.36	850m: 19:08.81	1:11.15
	100m: 1:54.06	500m: 10:52.94	1:09.63	900m: 20:20.74	1:11.93
	150m: 2:57.72	550m: 12:04.79	1:11.85	950m: 21:32.37	1:11.63
	200m: 4:02.86	600m: 13:16.13	1:11.34	1000m: 22:43.62	1:11.25
	250m: 5:09.54	650m: 14:25.76	1:09.63	1050m: 23:54.67	1:11.05
	300m: 6:16.59	700m: 15:36.48	1:10.72	1100m: 25:06.50	1:11.83
	350m: 7:24.23	750m: 16:46.27	1:09.79	1150m: 26:18.67	1:12.17
	400m: 8:32.95	800m: 17:57.66	1:11.39	1200m: 27:32.59	1:13.92
				1250m: 28:46.41	1:13.82
				1300m: 30:01.46	1:15.05
				1350m: 31:15.33	1:13.87
				1400m: 32:29.67	1:14.34
				1450m: 33:43.76	1:14.09
				1500m: 34:54.66	1:10.90

Masters 85+

1.	Marie Smits	Old Dutch	NED	193800004	35:58.75
	<i>Nederlands Masters Record, NMR 400m en 800m</i>				
	50m: 58.63	450m: 10:29.13	1:12.36	850m: 20:08.83	1:11.63
	100m: 2:06.92	500m: 11:41.71	1:12.58	900m: 21:20.54	1:11.71
	150m: 3:18.49	550m: 12:54.86	1:13.15	950m: 22:34.63	1:14.09
	200m: 4:28.27	600m: 14:07.63	1:12.77	1000m: 23:47.67	1:13.04
	250m: 5:40.78	650m: 15:21.11	1:13.48	1050m: 25:01.99	1:14.32
	300m: 6:52.77	700m: 16:32.73	1:11.62	1100m: 26:15.61	1:13.62
	350m: 8:04.36	750m: 17:44.76	1:12.03	1150m: 27:27.11	1:11.50
	400m: 9:16.77	800m: 18:57.20	1:12.44	1200m: 28:40.91	1:13.80
				1250m: 29:54.64	1:13.73
				1300m: 31:07.38	1:12.74
				1350m: 32:22.15	1:14.77
				1400m: 33:36.26	1:14.11
				1450m: 34:48.97	1:12.71
				1500m: 35:58.75	1:09.78

2 - ONMK 2023 kb sessie 2

17-02-2023 - 9:00

Programmanr. 4
17-02-2023 - 9:00

Heren, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA
Masters 20+					
1.	Jacob Mackloet	De Schotejil	4:20.00	+0.61	
	50m: 28.97	150m: 1:34.86	33.43	250m: 2:42.48	33.76
	100m: 1:01.43	200m: 2:08.72	33.86	300m: 3:16.03	33.55
				350m: 3:48.00	31.97
				400m: 4:20.00	32.00
2.	Guus Hoogduin	ZVL-1886 Center	4:20.80	+0.69	
	50m: 29.23	150m: 1:34.57	33.15	250m: 2:42.36	34.04
	100m: 1:01.42	200m: 2:08.32	33.75	300m: 3:16.40	34.04
				350m: 3:49.66	33.26
				400m: 4:20.80	31.14
3.	Jasper Breugem	WVZ	4:23.07	+0.58	
	50m: 28.62	150m: 1:34.31	33.18	250m: 2:41.25	33.06
	100m: 1:01.13	200m: 2:08.19	33.88	300m: 3:15.35	34.10
				350m: 3:49.76	34.41
				400m: 4:23.07	33.31
4.	Kevin Roest	De Duinkickers	4:31.66	+0.76	
	50m: 30.81	150m: 1:38.25	34.06	250m: 2:47.39	34.50
	100m: 1:04.19	200m: 2:12.89	34.64	300m: 3:22.13	34.74
				350m: 3:57.31	35.18
				400m: 4:31.66	34.35
5.	Robin van Peenen	ZVL-1886 Center	4:55.64	+0.84	
	50m: 30.60	150m: 1:43.09	37.22	250m: 2:59.55	38.27
	100m: 1:05.87	200m: 2:21.28	38.19	300m: 3:39.08	39.53
				350m: 4:17.99	38.91
				400m: 4:55.64	37.65

Masters 25+

1.	Jeffrey Camphens	DWT	4:20.73	+0.69	
	50m: 29.65	150m: 1:35.49	33.53	250m: 2:42.62	33.43
	100m: 1:01.96	200m: 2:09.19	33.70	300m: 3:15.93	33.31
				350m: 3:48.86	32.93
				400m: 4:20.73	31.87
2.	Jelle Blankestijn	ZPC AMERSFOORT	4:23.19	+0.77	
	50m: 28.83	150m: 1:34.59	33.45	250m: 2:42.31	33.95
	100m: 1:01.14	200m: 2:08.36	33.77	300m: 3:16.36	34.05
				350m: 3:50.45	34.09
				400m: 4:23.19	32.74
3.	Mike Schel	ESCA Zwemmen	4:23.81	+0.82	
	50m: 29.65	150m: 1:36.25	33.59	250m: 2:44.33	34.07
	100m: 1:02.66	200m: 2:10.26	34.01	300m: 3:18.17	33.84
				350m: 3:51.47	33.30
				400m: 4:23.81	32.34
4.	Martijn Kornet	Zwemlust-den Hommel	4:29.40	+0.74	
	50m: 29.65	150m: 1:36.68	33.63	250m: 2:44.99	34.09
	100m: 1:03.05	200m: 2:10.90	34.22	300m: 3:19.88	34.89
				350m: 3:55.41	35.53
				400m: 4:29.40	33.99



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Programmanr. 4, Heren, 400m vrije slag, Masters 25+

rang	naam	vereniging	tijd	RT	PARA
5.	Bas Dries	Zwemvereniging Hoogland	4:30.68	+0.59	
	50m: 30.71	150m: 1:38.72	250m: 2:48.29	350m: 3:56.87	34.02
	100m: 1:04.28	200m: 2:13.21	300m: 3:22.85	400m: 4:30.68	33.81
6.	Jordy van Oel	WVZ	4:30.81	+0.76	
	50m: 28.73	150m: 1:34.06	250m: 2:43.46	350m: 3:55.01	36.03
	100m: 1:00.73	200m: 2:08.48	300m: 3:18.98	400m: 4:30.81	35.80
7.	Jeffrey Roest	De Duinkickers	4:39.80	+0.73	
	50m: 32.07	150m: 1:41.79	250m: 2:53.71	350m: 4:05.08	35.59
	100m: 1:06.78	200m: 2:17.39	300m: 3:29.49	400m: 4:39.80	34.72
8.	Wesley van der Luit	Sassenheim	4:45.42	+0.73	
	50m: 32.26	150m: 1:42.81	250m: 2:55.31	350m: 4:09.03	37.30
	100m: 1:06.71	200m: 2:19.36	300m: 3:31.73	400m: 4:45.42	36.39
9.	Lars Jacobsen	DWK	4:53.55	+0.87	635
	50m: 31.51	150m: 1:43.89	250m: 2:58.89	350m: 4:15.33	38.17
	100m: 1:07.06	200m: 2:20.95	300m: 3:37.16	400m: 4:53.55	38.22
10.	Erik Baalbergen	ZVL-1886 Center	4:57.39		
	50m: 31.28	150m: 1:43.30	250m: 3:00.11	350m: 4:18.43	39.42
	100m: 1:06.35	200m: 2:21.68	300m: 3:39.01	400m: 4:57.39	38.96
11.	Martijn Lageweg	Steenwijk 1934	5:07.83	+0.81	
	50m: 31.66	150m: 1:45.92	250m: 3:06.63	350m: 4:28.90	41.13
	100m: 1:07.70	200m: 2:25.63	300m: 3:47.77	400m: 5:07.83	38.93

Masters 30+

1.	Tim Bunnik	Triton	4:34.46	+0.80	
	50m: 29.86	150m: 1:37.70	250m: 2:48.42	350m: 3:59.76	35.61
	100m: 1:03.32	200m: 2:12.96	300m: 3:24.15	400m: 4:34.46	34.70
2.	Olaf Achterberg	VZC	4:42.60	+0.87	
	50m: 30.96	150m: 1:41.18	250m: 2:54.62	350m: 4:08.15	36.34
	100m: 1:05.58	200m: 2:17.67	300m: 3:31.81	400m: 4:42.60	34.45
3.	Sybren Groenewegen	De Schotejil	4:47.11	+0.88	
	50m: 32.81	150m: 1:45.64	250m: 3:00.34	350m: 4:14.47	37.47
	100m: 1:08.70	200m: 2:23.36	300m: 3:37.00	400m: 4:47.11	32.64
4.	Wessel Everloo	WS Twente	4:47.41	+0.81	676
	50m: 32.35	150m: 1:45.43	250m: 2:59.12	350m: 4:13.87	37.58
	100m: 1:08.16	200m: 2:22.54	300m: 3:36.29	400m: 4:47.41	33.54
5.	Patrick Brouwer	AZC	4:51.15	+0.80	
	50m: 30.62	150m: 1:43.00	250m: 2:59.28	350m: 4:14.87	37.18
	100m: 1:05.95	200m: 2:20.79	300m: 3:37.69	400m: 4:51.15	36.28
6.	Marc Hoogendam	Blue Marlines	4:57.82	+0.66	
	50m: 29.63	150m: 1:41.32	250m: 2:58.85	350m: 4:19.05	40.41
	100m: 1:04.41	200m: 2:19.78	300m: 3:38.64	400m: 4:57.82	38.77
7.	Jordy van der Drift	ZVL-1886 Center	5:08.64	+0.77	
	50m: 32.10	150m: 1:45.82	250m: 3:06.49	350m: 4:28.94	40.98
	100m: 1:07.80	200m: 2:25.48	300m: 3:47.96	400m: 5:08.64	39.70
8.	Ruben de Boer	De Duinkickers	5:20.97		
	50m: 36.27	150m: 1:57.14	250m: 3:18.41	350m: 4:40.59	41.19
	100m: 1:16.48	200m: 2:37.67	300m: 3:59.40	400m: 5:20.97	40.38

Masters 35+

1.	Romain Delepine	Lille UC Natation	4:30.63	+0.79	
	50m: 29.91	150m: 1:37.22	250m: 2:47.14	350m: 3:57.56	35.06
	100m: 1:02.87	200m: 2:11.96	300m: 3:22.50	400m: 4:30.63	33.07
2.	Klaas van Beek	ZV Haerlem	4:36.06	+0.63	
	50m: 30.50	150m: 1:38.47	250m: 2:48.93	350m: 4:00.47	36.12
	100m: 1:03.93	200m: 2:13.49	300m: 3:24.35	400m: 4:36.06	35.59
3.	Niels Albrechts	De Schotejil	4:41.03	+0.80	
	50m: 31.83	150m: 1:42.53	250m: 2:54.31	350m: 4:07.29	36.61
	100m: 1:06.59	200m: 2:18.67	300m: 3:30.68	400m: 4:41.03	33.74
4.	Sander van Elburg	TRB-RES	4:54.16	+0.71	
	50m: 32.26	150m: 1:43.33	250m: 2:57.53	350m: 4:15.66	39.39
	100m: 1:07.45	200m: 2:19.84	300m: 3:36.27	400m: 4:54.16	38.50



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Masters 40+

1.	Maxime Descatoire	Lille UC Natation	FRA	73751	4:24.36	+0.62		
	50m: 29.81	29.81	150m: 1:34.88	32.87	250m: 2:41.82	33.71	350m: 3:50.40	34.56
	100m: 1:02.01	32.20	200m: 2:08.11	33.23	300m: 3:15.84	34.02	400m: 4:24.36	33.96
2.	Gergely Molnár	Iron Swim	HUN		4:28.73	+0.87		
	50m: 30.14	30.14	150m: 1:38.19	34.49	250m: 2:47.22	34.34	350m: 3:55.69	34.11
	100m: 1:03.70	33.56	200m: 2:12.88	34.69	300m: 3:21.58	34.36	400m: 4:28.73	33.04
3.	Kristiaan Lenos	ZVL-1886 Center	NED	198301331	4:29.01	+0.75		
	50m: 29.03	29.03	150m: 1:35.18	33.52	250m: 2:44.62	34.86	350m: 3:55.32	35.46
	100m: 1:01.66	32.63	200m: 2:09.76	34.58	300m: 3:19.86	35.24	400m: 4:29.01	33.69
4.	Pieter Pickhardt	ZPC De Hof	NED	198301657	4:31.19	+0.82		
	50m: 30.50	30.50	150m: 1:37.76	34.06	250m: 2:46.80	34.60	350m: 3:56.69	35.13
	100m: 1:03.70	33.20	200m: 2:12.20	34.44	300m: 3:21.56	34.76	400m: 4:31.19	34.50
5.	Mark Hensen	NieMo Barracuda	NED	197900497	4:38.74	+0.79		
	50m: 30.70	30.70	150m: 1:40.53	35.23	250m: 2:51.21	35.48	350m: 4:03.14	36.20
	100m: 1:05.30	34.60	200m: 2:15.73	35.20	300m: 3:26.94	35.73	400m: 4:38.74	35.60
6.	Frank v.d. Voordt	De Schotejil	NED	198302259	4:41.00	+0.81		
	50m: 32.17	32.17	150m: 1:42.85	36.01	250m: 2:54.37	35.38	350m: 4:05.57	35.73
	100m: 1:06.84	34.67	200m: 2:18.99	36.14	300m: 3:29.84	35.47	400m: 4:41.00	35.43
7.	Arjan Prins	Dedemsvaart-AC	NED	198201383	4:46.99	+0.89		
	50m: 30.88	30.88	150m: 1:42.64	36.42	250m: 2:56.68	36.85	350m: 4:09.93	36.77
	100m: 1:06.22	35.34	200m: 2:19.83	37.19	300m: 3:33.16	36.48	400m: 4:46.99	37.06
8.	Marcel Reefhuis	WS Twente	NED	198101381	4:48.11	+0.70		
	50m: 32.21	32.21	150m: 1:44.57	36.57	250m: 2:58.45	36.95	350m: 4:12.32	36.85
	100m: 1:08.00	35.79	200m: 2:21.50	36.93	300m: 3:35.47	37.02	400m: 4:48.11	35.79
9.	Ivan van Omme	De Geul	NED	198201263	5:05.01	+0.71		
	50m: 31.40	31.40	150m: 1:45.36	37.71	250m: 3:05.04	40.27	350m: 4:26.21	40.71
	100m: 1:07.65	36.25	200m: 2:24.77	39.41	300m: 3:45.50	40.46	400m: 5:05.01	38.80
10.	Rubert Boer	Aqualero	NED	197902011	5:26.21	+1.08		
	50m: 33.52	33.52	150m: 1:52.36	40.69	250m: 3:17.74	43.19	350m: 4:44.33	42.54
	100m: 1:11.67	38.15	200m: 2:34.55	42.19	300m: 4:01.79	44.05	400m: 5:26.21	41.88
11.	Peter Lommert	SWOL 1894	NED	197900787	5:29.06	+0.97		
	50m: 35.68	35.68	150m: 1:58.63	41.90	250m: 3:24.77	43.12	350m: 4:49.81	42.03
	100m: 1:16.73	41.05	200m: 2:41.65	43.02	300m: 4:07.78	43.01	400m: 5:29.06	39.25
12.	Wilco Steenwijk	Octopus-ZVV (SG)	NED	198002465	5:31.35			
	50m: 34.10	34.10	150m: 1:54.56	41.40	250m: 3:19.61	42.84	350m: 4:48.22	44.74
	100m: 1:13.16	39.06	200m: 2:36.77	42.21	300m: 4:03.48	43.87	400m: 5:31.35	43.13

Masters 45+

1.	Ivo Roozeboom	WVZ	NED	197700801	4:29.54	+0.78		
	50m: 29.50	29.50	150m: 1:38.63	34.80	250m: 2:48.69	35.00	350m: 3:57.64	34.27
	100m: 1:03.83	34.33	200m: 2:13.69	35.06	300m: 3:23.37	34.68	400m: 4:29.54	31.90
2.	Markus van Rest	WVZ	NED	197701197	5:07.91	+0.83		
	50m: 33.67	33.67	150m: 1:51.06	39.53	250m: 3:10.87	39.92	350m: 4:30.56	39.34
	100m: 1:11.53	37.86	200m: 2:30.95	39.89	300m: 3:51.22	40.35	400m: 5:07.91	37.35
3.	Eric Hoekman	WS Twente	NED	197401531	5:11.63	+0.94		
	50m: 31.88	31.88	150m: 1:46.69	39.01	250m: 3:07.92	41.03	350m: 4:30.82	41.34
	100m: 1:07.68	35.80	200m: 2:26.89	40.20	300m: 3:49.48	41.56	400m: 5:11.63	40.81
4.	Tom Bandsma	PSV	NED	197701625	5:40.89	+0.94		
	50m: 35.37	35.37	150m: 1:56.45	41.43	250m: 3:25.18	44.70	350m: 4:56.18	45.94
	100m: 1:15.02	39.65	200m: 2:40.48	44.03	300m: 4:10.24	45.06	400m: 5:40.89	44.71
5.	Marcel van Walt van Praag *200m	Gay Swim Amsterdam	NED	197501425	5:49.01	+0.72		
	50m: 37.15	37.15	150m: 2:05.41	44.89	250m: 3:36.34	45.77	350m: 5:06.98	44.84
	100m: 1:20.52	43.37	200m: 2:50.57	45.16	300m: 4:22.14	45.80	400m: 5:49.01	42.03



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Masters 50+

1. Vedestas Seferlis	Kauno Takas	LTU	4:36.63	+0.67			
50m: 30.19	30.19	150m: 1:38.20	34.43	250m: 2:49.15	35.79	350m: 4:01.88	36.49
100m: 1:03.77	33.58	200m: 2:13.36	35.16	300m: 3:25.39	36.24	400m: 4:36.63	34.75
2. Casper van den Burgh	Sassenheim	NED 197201413	5:01.11	+0.98			
50m: 32.32	32.32	150m: 1:47.04	37.97	250m: 3:04.65	39.04	350m: 4:23.24	39.23
100m: 1:09.07	36.75	200m: 2:25.61	38.57	300m: 3:44.01	39.36	400m: 5:01.11	37.87
3. Bruno Nahon	Cercle De Natation Sportcity WolFRA	CNSW/000390/70	5:02.62				
50m: 34.35	34.35	150m: 1:49.14	37.74	250m: 3:06.75	39.13	350m: 4:24.65	39.02
100m: 1:11.40	37.05	200m: 2:27.62	38.48	300m: 3:45.63	38.88	400m: 5:02.62	37.97
4. Ingmar de Gelder	ZOB'66	NED 197000333	5:03.22	+0.90			
50m: 32.15	32.15	150m: 1:45.12	37.45	250m: 3:03.24	39.64	350m: 4:23.69	40.39
100m: 1:07.67	35.52	200m: 2:23.60	38.48	300m: 3:43.30	40.06	400m: 5:03.22	39.53
5. Chris Kouwenhoven	De Grunte	NED 197101669	5:24.76	+0.94			
50m: 34.46	34.46	150m: 1:55.81	41.77	250m: 3:19.77	42.13	350m: 4:44.02	42.22
100m: 1:14.04	39.58	200m: 2:37.64	41.83	300m: 4:01.80	42.03	400m: 5:24.76	40.74
6. Wouter van der Stelt	De Biesboschzwemmers	NED 197200889	5:28.72				
50m: 36.11	36.11	150m: 1:56.46	41.00	250m: 3:20.83	42.52	350m: 4:46.27	42.63
100m: 1:15.46	39.35	200m: 2:38.31	41.85	300m: 4:03.64	42.81	400m: 5:28.72	42.45
7. Eric Dumas	Patrick-De Roersoppers (SG)	NED 196901397	5:37.78	+0.92			
50m: 36.62	36.62	150m: 2:02.55	43.24	250m: 3:29.67	43.53	350m: 4:56.42	43.14
100m: 1:19.31	42.69	200m: 2:46.14	43.59	300m: 4:13.28	43.61	400m: 5:37.78	41.36
8. Ramon Alsina Munoz	Cercle De Natation Sportcity WolESP	CNSW/002552/69	5:46.85	+0.96			
50m: 38.89	38.89	150m: 2:05.31	43.32	250m: 3:32.43	43.58	350m: 5:02.05	44.99
100m: 1:21.99	43.10	200m: 2:48.85	43.54	300m: 4:17.06	44.63	400m: 5:46.85	44.80

Masters 55+

1. Erlend Alstad	OI Svømming	NOR M210367ERL02	4:43.87	+0.68			
50m: 31.94	31.94	150m: 1:42.92	36.13	250m: 2:55.27	36.13	350m: 4:08.05	36.50
100m: 1:06.79	34.85	200m: 2:19.14	36.22	300m: 3:31.55	36.28	400m: 4:43.87	35.82
2. Jo-an Mudde	Arethusa	NED 196701457	4:52.89				
50m: 33.03	33.03	150m: 1:46.61	37.03	250m: 3:01.12	37.25	350m: 4:15.52	37.25
100m: 1:09.58	36.55	200m: 2:23.87	37.26	300m: 3:38.27	37.15	400m: 4:52.89	37.37
3. Jan-Willem van den Berg	WVZ	NED 196801575	4:58.06	+0.71			
50m: 32.02	32.02	150m: 1:46.62	37.74	250m: 3:03.31	38.37	350m: 4:20.33	38.22
100m: 1:08.88	36.86	200m: 2:24.94	38.32	300m: 3:42.11	38.80	400m: 4:58.06	37.73
4. Jon Christensen <i>Luxembourg Masters Record</i>	Luxembourg Sharks Swimming CLUX	10008	5:05.11	+0.76			
50m: 35.28	35.28	150m: 1:52.41	38.88	250m: 3:10.09	38.74	350m: 4:27.52	38.39
100m: 1:13.53	38.25	200m: 2:31.35	38.94	300m: 3:49.13	39.04	400m: 5:05.11	37.59
5. Henri Michels	De Amstel	NED 196501587	5:11.59	*			
50m: 34.21	34.21	150m: 1:48.82	37.71	250m: 3:08.05	40.16	350m: 4:30.47	41.26
100m: 1:11.11	36.90	200m: 2:27.89	39.07	300m: 3:49.21	41.16	400m: 5:11.59	41.12
6. Arno Schrauwen	Patrick-De Roersoppers (SG)	NED 196501355	5:13.32				
50m: 33.82	33.82	150m: 1:53.48	40.58	250m: 3:14.17	40.38	350m: 4:34.36	39.77
100m: 1:12.90	39.08	200m: 2:33.79	40.31	300m: 3:54.59	40.42	400m: 5:13.32	38.96
7. Nico Paasse	De Schotejil	NED 196501463	5:15.96	+1.06			
50m: 34.40	34.40	150m: 1:54.26	40.49	250m: 3:15.18	40.78	350m: 4:36.91	41.01
100m: 1:13.77	39.37	200m: 2:34.40	40.14	300m: 3:55.90	40.72	400m: 5:15.96	39.05
8. Pascal Tourton	ZOB'66	NED 196601343	5:37.73				
50m: 35.06	35.06	150m: 1:57.61	42.19	250m: 3:24.32	43.59	350m: 4:53.54	44.75
100m: 1:15.42	40.36	200m: 2:40.73	43.12	300m: 4:08.79	44.47	400m: 5:37.73	44.19
9. Leon Slingerland	WVZ	NED 196801707	5:40.43	*			
50m: 37.51	37.51	150m: 2:04.95	44.54	250m: 3:33.32	44.25	350m: 5:00.03	43.11
100m: 1:20.41	42.90	200m: 2:49.07	44.12	300m: 4:16.92	43.60	400m: 5:40.43	40.40



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Masters 60+

1.	Johan Remmits	ZPC AMERSFOORT	NED	196201159	4:44.60	+0.86		
	50m: 31.66	31.66	150m: 1:42.34	35.65	250m: 2:55.65	36.60	350m: 4:09.14	36.72
	100m: 1:06.69	35.03	200m: 2:19.05	36.71	300m: 3:32.42	36.77	400m: 4:44.60	35.46
2.	Jan Brink	ZPC De Zeeuwse Kust	NED	196200091	4:55.77			
	50m: 32.31	32.31	150m: 1:47.84	38.36	250m: 3:04.06	37.89	350m: 4:20.26	37.95
	100m: 1:09.48	37.17	200m: 2:26.17	38.33	300m: 3:42.31	38.25	400m: 4:55.77	35.51
3.	Gustav van den Berg	TriVia	NED	196100991	4:56.35	+0.93		
	50m: 33.98	33.98	150m: 1:48.88	37.97	250m: 3:05.05	38.08	350m: 4:20.83	38.07
	100m: 1:10.91	36.93	200m: 2:26.97	38.09	300m: 3:42.76	37.71	400m: 4:56.35	35.52
4.	Gert Sikkema	Zwemclub Urk 1978	NED	196300687	5:11.61	+0.96		
	<i>* 100, 400m</i>							
	50m: 35.86	35.86	150m: 1:54.99	39.92	250m: 3:15.10	39.93	350m: 4:33.65	37.91
	100m: 1:15.07	39.21	200m: 2:35.17	40.18	300m: 3:55.74	40.64	400m: 5:11.61	37.96
5.	Salvo Andronico	Luxembourg Sharks Swimming CLUX	113		5:20.88			
	<i>Luxembourg Masters Record</i>							
	50m: 36.41	36.41	150m: 1:58.60	41.07	250m: 3:21.29	41.25	350m: 4:42.66	40.51
	100m: 1:17.53	41.12	200m: 2:40.04	41.44	300m: 4:02.15	40.86	400m: 5:20.88	38.22
6.	Casper Dollekamp	Steenwijk 1934	NED	196301341	5:49.07			
	50m: 36.92	36.92	150m: 2:01.94	43.06	250m: 3:33.16	45.96	350m: 5:05.26	46.09
	100m: 1:18.88	41.96	200m: 2:47.20	45.26	300m: 4:19.17	46.01	400m: 5:49.07	43.81

Masters 65+

1.	Marten de Groot	HZ&PC Heerenveen	NED	195800149	4:50.72	+0.72		
	<i>Nederlands Masters Record</i>							
	50m: 32.58	32.58	150m: 1:44.51	36.14	250m: 2:57.73	36.65	350m: 4:13.47	37.96
	100m: 1:08.37	35.79	200m: 2:21.08	36.57	300m: 3:35.51	37.78	400m: 4:50.72	37.25
2.	Henk Slomp	De Inktvis	NED	195500359	5:28.96			
	50m: 35.76	35.76	150m: 1:59.38	42.41	250m: 3:25.46	43.24	350m: 4:50.59	42.40
	100m: 1:16.97	41.21	200m: 2:42.22	42.84	300m: 4:08.19	42.73	400m: 5:28.96	38.37
3.	Wolfgang Rossa	TPSK 1925 e.V.	GER	396833	6:15.73	+1.28		
	50m: 41.66	41.66	150m: 2:13.77	47.19	250m: 3:50.34	47.86	350m: 5:28.04	48.95
	100m: 1:26.58	44.92	200m: 3:02.48	48.71	300m: 4:39.09	48.75	400m: 6:15.73	47.69
4.	Lex Hoogendam	ZZ&PC De Devel	NED	195700541	6:23.94			
	50m: 40.77	40.77	150m: 2:15.34	48.19	250m: 3:52.92	49.18	350m: 5:33.81	50.47
	100m: 1:27.15	46.38	200m: 3:03.74	48.40	300m: 4:43.34	50.42	400m: 6:23.94	50.13
5.	André Pantekoek	PSV	NED	195800321	7:01.93	+1.06		
	50m: 43.60	43.60	150m: 2:31.31	55.70	250m: 4:24.43	57.79	350m: 6:13.54	54.35
	100m: 1:35.61	52.01	200m: 3:26.64	55.33	300m: 5:19.19	54.76	400m: 7:01.93	48.39

Masters 70+

1.	Jean-Marie Cadiat	Cercle De Natation Sportcity WolBEL	CNSW/000243/53		5:21.00	+0.94		
	<i>Kampioenschapsrecord, Belgisch Masters Record</i>							
	50m: 36.72	36.72	150m: 1:57.97	40.71	250m: 3:21.12	41.45	350m: 4:43.20	41.09
	100m: 1:17.26	40.54	200m: 2:39.67	41.70	300m: 4:02.11	40.99	400m: 5:21.00	37.80
2.	Piet Schop	De Bevelanders	NED	195000109	7:27.10	+0.80		
	50m: 48.23	48.23	150m: 2:39.69	56.67	250m: 4:36.04	58.54	350m: 6:33.65	58.48
	100m: 1:43.02	54.79	200m: 3:37.50	57.81	300m: 5:35.17	59.13	400m: 7:27.10	53.45

Masters 75+

1.	Willem Putter	ZVVS	NED	194500135	7:05.10			
	50m: 46.12	46.12	150m: 2:34.42	54.84	250m: 4:23.70	54.41	350m: 6:12.43	54.08
	100m: 1:39.58	53.46	200m: 3:29.29	54.87	300m: 5:18.35	54.65	400m: 7:05.10	52.67



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Programmanr. 4, Heren, 400m vrije slag

Masters 80+

1. Geza Kaltenecker	AZC	NED	194200065	7:38.70			
50m: 49.69	49.69	150m: 2:45.38	59.78	250m: 4:43.72	58.77	350m: 6:43.72	59.79
100m: 1:45.60	55.91	200m: 3:44.95	59.57	300m: 5:43.93	1:00.21	400m: 7:38.70	54.98
2. Rob Hanou	PSV	NED	194300109	7:42.72 *			
50m: 52.22	52.22	150m: 2:50.95	1:00.48	250m: 4:49.99	59.37	350m: 6:48.09	59.26
100m: 1:50.47	58.25	200m: 3:50.62	59.67	300m: 5:48.83	58.84	400m: 7:42.72	54.63

Masters 85+

1. Frederik Hendrik de Bruijn	CN Aquamasters	ESP		7:07.27	+1.31		
<i>Kampioenschapsrecord</i>							
50m: 48.99	48.99	150m: 2:36.79	54.45	250m: 4:26.55	54.63	350m: 6:14.94	54.02
100m: 1:42.34	53.35	200m: 3:31.92	55.13	300m: 5:20.92	54.37	400m: 7:07.27	52.33
2. Nic Geers	PSV	NED	193800007	8:33.53			
50m: 56.36	56.36	150m: 3:08.43	1:07.60	250m: 5:21.71	1:05.50	350m: 7:35.70	1:04.90
100m: 2:00.83	1:04.47	200m: 4:16.21	1:07.78	300m: 6:30.80	1:09.09	400m: 8:33.53	57.83

Programmanr. 5
17-02-2023 - 9:59

Dames, 400m vrije slag
Pauze na serie 4 / Break after heat 4

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
1.	Laura Setz	Bubble	NED 200000130	4:26.40	+0.92			
	50m: 29.54	29.54	150m: 1:35.07	33.37	250m: 2:43.22	33.91	350m: 3:52.32	34.75
	100m: 1:01.70	32.16	200m: 2:09.31	34.24	300m: 3:17.57	34.35	400m: 4:26.40	34.08
2.	Amé Hulleman	DZ&PC	NED 200202794	4:31.67	+0.85			
	50m: 30.90	30.90	150m: 1:38.48	34.15	250m: 2:48.19	34.94	350m: 3:57.95	35.06
	100m: 1:04.33	33.43	200m: 2:13.25	34.77	300m: 3:22.89	34.70	400m: 4:31.67	33.72
3.	Silke Molendijk	ZVL-1886 Center	NED 200100178	4:31.88				
	50m: 31.87	31.87	150m: 1:40.79	34.21	250m: 2:50.04	34.58	350m: 3:59.12	34.20
	100m: 1:06.58	34.71	200m: 2:15.46	34.67	300m: 3:24.92	34.88	400m: 4:31.88	32.76
4.	Michelle Zomerdijs	Dedemvaart-AC	NED 200003196	4:38.34	+0.64			
	50m: 30.51	30.51	150m: 1:39.67	34.98	250m: 2:51.54	36.10	350m: 4:03.72	35.57
	100m: 1:04.69	34.18	200m: 2:15.44	35.77	300m: 3:28.15	36.61	400m: 4:38.34	34.62
5.	Kim Zwinkels	ZPCH	NED 200300422	4:38.45				
	50m: 31.28	31.28	150m: 1:40.61	35.14	250m: 2:52.46	35.94	350m: 4:04.74	36.00
	100m: 1:05.47	34.19	200m: 2:16.52	35.91	300m: 3:28.74	36.28	400m: 4:38.45	33.71
6.	Marijke Drent	Bubble	NED 199906232	4:44.09	+0.84			
	50m: 31.02	31.02	150m: 1:40.83	35.50	250m: 2:53.87	36.61	350m: 4:08.08	37.20
	100m: 1:05.33	34.31	200m: 2:17.26	36.43	300m: 3:30.88	37.01	400m: 4:44.09	36.01
7.	Michelle van den Hoofdakker	Steenwijk 1934	NED 200302708	4:53.01	+0.79			
	50m: 31.88	31.88	150m: 1:45.37	37.23	250m: 3:01.21	38.32	350m: 4:16.81	37.22
	100m: 1:08.14	36.26	200m: 2:22.89	37.52	300m: 3:39.59	38.38	400m: 4:53.01	36.20
8.	Cynthia Koolman	Steenwijk 1934	NED 200300232	4:54.82	+0.69			
	50m: 32.88	32.88	150m: 1:46.13	37.22	250m: 3:01.75	37.76	350m: 4:18.33	38.27
	100m: 1:08.91	36.03	200m: 2:23.99	37.86	300m: 3:40.06	38.31	400m: 4:54.82	36.49
9.	Myra Smulders	De Duinkickers	NED 199904308	4:57.73				
	50m: 32.40	32.40	150m: 1:45.86	37.50	250m: 3:01.92	38.15	350m: 4:19.62	39.02
	100m: 1:08.36	35.96	200m: 2:23.77	37.91	300m: 3:40.60	38.68	400m: 4:57.73	38.11
10.	Ariane Krijt	TRB-RES	NED 199906646	5:04.05				
	50m: 34.65	34.65	150m: 1:50.88	38.71	250m: 3:08.73	38.86	350m: 4:26.19	38.80
	100m: 1:12.17	37.52	200m: 2:29.87	38.99	300m: 3:47.39	38.66	400m: 5:04.05	37.86
11.	Lisanne Seising	VZC	NED 200002084	5:08.96	+0.77			
	50m: 33.21	33.21	150m: 1:50.50	39.56	250m: 3:10.18	40.04	350m: 4:30.11	39.08
	100m: 1:10.94	37.73	200m: 2:30.14	39.64	300m: 3:51.03	40.85	400m: 5:08.96	38.85
12.	Marouscha de Vries	DAW	NED 199906628	5:19.91	+0.71			
	50m: 35.11	35.11	150m: 1:54.25	40.00	250m: 3:16.60	41.46	350m: 4:39.72	41.61
	100m: 1:14.25	39.14	200m: 2:35.14	40.89	300m: 3:58.11	41.51	400m: 5:19.91	40.19



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Programmanr. 5, Dames, 400m vrije slag, Masters 20+

rang	naam	vereniging	tijd	RT	PARA			
13.	Ageeth de Haan	Steenwijk 1934	5:25.94	+0.65				
	50m: 35.51	35.51	150m: 1:59.01	42.37	250m: 3:24.70	42.75	350m: 4:47.54	40.33
	100m: 1:16.64	41.13	200m: 2:41.95	42.94	300m: 4:07.21	42.51	400m: 5:25.94	38.40

Masters 25+

1.	Tessa Vermeulen <i>Wereld Masters Record</i>	De Dolfijn	4:13.71	+0.79				
	50m: 29.15	29.15	150m: 1:32.68	32.00	250m: 2:36.93	32.25	350m: 3:41.98	32.41
	100m: 1:00.68	31.53	200m: 2:04.68	32.00	300m: 3:09.57	32.64	400m: 4:13.71	31.73
2.	Moniek van Langevelde	ESCA Zwemmen	4:43.74	+0.75				
	50m: 31.76	31.76	150m: 1:43.99	36.71	250m: 2:56.78	36.17	350m: 4:09.03	36.10
	100m: 1:07.28	35.52	200m: 2:20.61	36.62	300m: 3:32.93	36.15	400m: 4:43.74	34.71
3.	Anne-Irene Ducheine	Zwemvereniging Hoogland	4:48.84					
	50m: 32.42	32.42	150m: 1:44.39	36.39	250m: 2:57.95	36.82	350m: 4:12.11	36.97
	100m: 1:08.00	35.58	200m: 2:21.13	36.74	300m: 3:35.14	37.19	400m: 4:48.84	36.73
4.	Manon Kloosterman	Zwemlust-den Hommel	4:49.07	+0.74				
	50m: 32.65	32.65	150m: 1:45.19	36.69	250m: 2:59.35	37.06	350m: 4:13.26	36.75
	100m: 1:08.50	35.85	200m: 2:22.29	37.10	300m: 3:36.51	37.16	400m: 4:49.07	35.81
5.	Karen Stolk	ZVL-1886 Center	5:01.03	+0.47				
	50m: 31.74	31.74	150m: 1:45.12	37.57	250m: 3:02.18	38.50	350m: 4:12.10	39.76
	100m: 1:07.55	35.81	200m: 2:23.68	38.56	300m: 3:41.34	39.16	400m: 5:01.03	39.93
6.	Larissa Jansen	PSV	5:08.07	+0.81				
	50m: 32.87	32.87	150m: 1:47.26	37.99	250m: 3:06.49	40.01	350m: 4:28.15	41.01
	100m: 1:09.27	36.40	200m: 2:26.48	39.22	300m: 3:47.14	40.65	400m: 5:08.07	39.92
7.	Janine de Groot	NDD	5:12.87	+0.81				
	50m: 33.84	33.84	150m: 1:51.13	39.20	250m: 3:11.63	40.77	350m: 4:33.07	40.45
	100m: 1:11.93	38.09	200m: 2:30.86	39.73	300m: 3:52.62	40.99	400m: 5:12.87	39.80
8.	Jisca Majolee	ZPC AMERSFOORT	5:13.23					
	50m: 34.53	34.53	150m: 1:52.01	39.89	250m: 3:12.39	40.41	350m: 4:34.25	41.01
	100m: 1:12.12	37.59	200m: 2:31.98	39.97	300m: 3:53.24	40.85	400m: 5:13.23	38.98
9.	Mariska Gach	ZVL-1886 Center	5:18.31					
	50m: 35.43	35.43	150m: 1:54.24	40.22	250m: 3:15.71	40.89	350m: 4:37.89	41.04
	100m: 1:14.02	38.59	200m: 2:34.82	40.58	300m: 3:56.85	41.14	400m: 5:18.31	40.42
10.	Eline Hendriks	ZPC AMERSFOORT	5:32.97	+0.78				
	50m: 36.54	36.54	150m: 2:00.67	42.93	250m: 3:26.50	42.51	350m: 4:52.32	42.69
	100m: 1:17.74	41.20	200m: 2:43.99	43.32	300m: 4:09.63	43.13	400m: 5:32.97	40.65
11.	Cynthia van Veen	ZVL-1886 Center	6:10.34	+0.75				
	50m: 35.70	35.70	150m: 2:04.13	45.78	250m: 3:41.84	49.60	350m: 5:23.55	51.35
	100m: 1:18.35	42.65	200m: 2:52.24	48.11	300m: 4:32.20	50.36	400m: 6:10.34	46.79

Masters 30+

1.	Leonie van Noort <i>Nederlands Masters Record</i>	WVZ	4:28.31	+0.83				
	50m: 30.83	30.83	150m: 1:39.18	34.32	250m: 2:47.92	34.22	350m: 3:55.43	33.87
	100m: 1:04.86	34.03	200m: 2:13.70	34.52	300m: 3:21.56	33.64	400m: 4:28.31	32.88
2.	Maaïke Vooren	DAW	4:44.97	+0.87				
	50m: 31.98	31.98	150m: 1:42.52	35.66	250m: 2:54.66	36.19	350m: 4:08.61	37.13
	100m: 1:06.86	34.88	200m: 2:18.47	35.95	300m: 3:31.48	36.82	400m: 4:44.97	36.36
3.	Melissa Zwaan	DAW	4:55.65	+0.80				
	50m: 31.85	31.85	150m: 1:44.77	36.94	250m: 2:59.89	37.65	350m: 4:17.13	38.63
	100m: 1:07.83	35.98	200m: 2:22.24	37.47	300m: 3:38.50	38.61	400m: 4:55.65	38.52
4.	Danielle Vermeulen	Zwemlust-den Hommel	5:05.94	+0.70				
	50m: 34.68	34.68	150m: 1:51.66	39.05	250m: 3:09.67	39.07	350m: 4:27.68	38.91
	100m: 1:12.61	37.93	200m: 2:30.60	38.94	300m: 3:48.77	39.10	400m: 5:05.94	38.26
5.	Suzanne Lange	VZC	5:08.30					
	50m: 34.61	34.61	150m: 1:52.70	39.16	250m: 3:10.86	39.39	350m: 4:29.40	39.38
	100m: 1:13.54	38.93	200m: 2:31.47	38.77	300m: 3:50.02	39.16	400m: 5:08.30	38.90
6.	Nanda van Heteren	PSV	5:14.62					
	50m: 35.19	35.19	150m: 1:54.92	40.48	250m: 3:16.72	40.80	350m: 4:37.46	40.13
	100m: 1:14.44	39.25	200m: 2:35.92	41.00	300m: 3:57.33	40.61	400m: 5:14.62	37.16



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Programmanr. 5, Dames, 400m vrije slag, Masters 30+

rang	naam	vereniging	tijd	RT	PARA			
7.	Suzan Blankestijn	ZVL-1886 Center	5:19.91	+0.84				
	50m: 34.25	34.25	150m: 1:54.03	40.68	250m: 3:15.98	40.94	350m: 4:39.00	41.29
	100m: 1:13.35	39.10	200m: 2:35.04	41.01	300m: 3:57.71	41.73	400m: 5:19.91	40.91
8.	Leontine Groeneveldt	De Duck	5:28.35	+0.79				
	50m: 34.94	34.94	150m: 1:56.60	41.89	250m: 3:21.45	42.22	350m: 4:47.69	43.03
	100m: 1:14.71	39.77	200m: 2:39.23	42.63	300m: 4:04.66	43.21	400m: 5:28.35	40.66
9.	Irmgard van Weeghel	ESCA Zwemmen	5:31.25					
	50m: 36.78	36.78	150m: 1:58.26	41.56	250m: 3:23.13	42.53	350m: 4:48.37	42.43
	100m: 1:16.70	39.92	200m: 2:40.60	42.34	300m: 4:05.94	42.81	400m: 5:31.25	42.88
10.	Joëlle Vaes	DIO	5:41.05					
	50m: 37.78	37.78	150m: 2:04.00	44.26	250m: 3:32.49	44.16	350m: 4:59.35	42.76
	100m: 1:19.74	41.96	200m: 2:48.33	44.33	300m: 4:16.59	44.10	400m: 5:41.05	41.70
11.	Marjan Rikken	Octopus-ZVV (SG)	5:55.32	+0.90				
	50m: 38.23	38.23	150m: 2:06.69	45.22	250m: 3:38.17	45.96	350m: 5:11.03	46.53
	100m: 1:21.47	43.24	200m: 2:52.21	45.52	300m: 4:24.50	46.33	400m: 5:55.32	44.29
12.	Anouk Bloem	TRB-RES	7:11.50					
	50m: 46.96	46.96	150m: 2:33.98	54.74	250m: 4:23.72	54.78	350m: 6:16.58	56.81
	100m: 1:39.24	52.28	200m: 3:28.94	54.96	300m: 5:19.77	56.05	400m: 7:11.50	54.92
AFGEM	Lotte Coenen	DES	199301518					

Masters 35+

1.	Viktória Hádén-Felföldi	Iron Swim	4:39.62					
	50m: 31.52	31.52	150m: 1:41.03	35.23	250m: 2:52.89	35.99	350m: 4:04.52	35.90
	100m: 1:05.80	34.28	200m: 2:16.90	35.87	300m: 3:28.62	35.73	400m: 4:39.62	35.10
2.	Jenny Schouten	MZ&PC	4:43.00	+0.87				
	50m: 31.19	31.19	150m: 1:41.17	35.57	250m: 2:53.80	36.32	350m: 4:07.24	36.92
	100m: 1:05.60	34.41	200m: 2:17.48	36.31	300m: 3:30.32	36.52	400m: 4:43.00	35.76
3.	Liesbeth van Mill	Zwemlust-den Hommel	5:20.63	+0.78				
	50m: 35.09	35.09	150m: 1:52.73	39.39	250m: 3:13.98	41.05	350m: 4:38.55	42.68
	100m: 1:13.34	38.25	200m: 2:32.93	40.20	300m: 3:55.87	41.89	400m: 5:20.63	42.08
4.	Sandra Schellekens	Neptunus'58	5:42.46	+0.73				
	50m: 36.90	36.90	150m: 2:02.48	43.78	250m: 3:30.97	44.23	350m: 5:00.55	44.97
	100m: 1:18.70	41.80	200m: 2:46.74	44.26	300m: 4:15.58	44.61	400m: 5:42.46	41.91
5.	Angélique Wammes-Bouman	Zwemvereniging Hoogland	6:09.03	+0.80				
	50m: 41.01	41.01	150m: 2:14.06	47.43	250m: 3:48.70	47.49	350m: 5:24.02	47.76
	100m: 1:26.63	45.62	200m: 3:01.21	47.15	300m: 4:36.26	47.56	400m: 6:09.03	45.01
AFGEM	Hanne Keijzer	DWT	198503932					

Masters 40+

1.	Debbie van Rooijen	IJZPC	5:06.51	+0.72				
	50m: 34.62	34.62	150m: 1:52.55	39.21	250m: 3:11.54	39.07	350m: 4:29.49	38.74
	100m: 1:13.34	38.72	200m: 2:32.47	39.92	300m: 3:50.75	39.21	400m: 5:06.51	37.02
2.	Agnes van Brug	DAW	5:26.47					
	50m: 36.16	36.16	150m: 1:57.64	41.55	250m: 3:21.92	42.12	350m: 4:45.83	41.58
	100m: 1:16.09	39.93	200m: 2:39.80	42.16	300m: 4:04.25	42.33	400m: 5:26.47	40.64
3.	Martine de Haart	Patrick-De Roersoppers (SG)	5:31.42					
	50m: 35.93	35.93	150m: 1:57.08	41.29	250m: 3:22.39	42.85	350m: 4:49.13	43.51
	100m: 1:15.79	39.86	200m: 2:39.54	42.46	300m: 4:05.62	43.23	400m: 5:31.42	42.29
4.	Ramona Linting	AZC	5:34.63					
	50m: 37.02	37.02	150m: 1:59.99	42.00	250m: 3:25.52	43.04	350m: 4:52.04	43.30
	100m: 1:17.99	40.97	200m: 2:42.48	42.49	300m: 4:08.74	43.22	400m: 5:34.63	42.59
5.	Eveline Hacquebord	IJZPC	5:53.51	+0.85				
	50m: 38.59	38.59	150m: 2:05.78	44.29	250m: 3:36.19	45.12	350m: 5:08.93	46.29
	100m: 1:21.49	42.90	200m: 2:51.07	45.29	300m: 4:22.64	46.45	400m: 5:53.51	44.58
6.	Saskia op den Velde	De Duinkickers	6:18.76 *	+0.99				
	50m: 41.52	41.52	150m: 2:15.18	47.84	250m: 3:51.26	47.74	350m: 5:29.93	49.79
	100m: 1:27.34	45.82	200m: 3:03.52	48.34	300m: 4:40.14	48.88	400m: 6:18.76	48.83



Open Nederlandse Masters
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Programmanr. 5, Dames, 400m vrije slag

Masters 45+

1. Liselotte Joling	PSV	NED	197500268	4:48.92			
50m: 32.92	32.92	150m: 1:46.47	36.90	250m: 2:59.77	36.21	350m: 4:13.24	36.66
100m: 1:09.57	36.65	200m: 2:23.56	37.09	300m: 3:36.58	36.81	400m: 4:48.92	35.68
2. Melanie Kuiper	ZIGNEA	NED	197600350	5:05.12			
50m: 34.06	34.06	150m: 1:49.36	38.17	250m: 3:07.69	39.34	350m: 4:27.20	39.81
100m: 1:11.19	37.13	200m: 2:28.35	38.99	300m: 3:47.39	39.70	400m: 5:05.12	37.92
3. Petra Guijt	RZC	NED	197600978	5:29.40 *			
50m: 35.89	35.89	150m: 1:58.86	42.30	250m: 3:24.67	42.92	350m: 4:49.31	41.76
100m: 1:16.56	40.67	200m: 2:41.75	42.89	300m: 4:07.55	42.88	400m: 5:29.40	40.09
4. Alina Spijkerman	DAW	NED	197701220	5:31.16	+1.01		
50m: 34.14	34.14	150m: 1:54.20	41.92	250m: 3:19.44	42.81	350m: 4:47.48	44.26
100m: 1:12.28	38.14	200m: 2:36.63	42.43	300m: 4:03.22	43.78	400m: 5:31.16	43.68
5. Karin van Dijk	THOR	NED	197601066	5:41.17			
50m: 37.28	37.28	150m: 2:01.52	42.91	250m: 3:29.59	44.33	350m: 4:59.33	44.82
100m: 1:18.61	41.33	200m: 2:45.26	43.74	300m: 4:14.51	44.92	400m: 5:41.17	41.84
6. Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	NED	197700138	6:38.53			
50m: 43.92	43.92	150m: 2:23.56	50.39	250m: 4:05.41	50.95	350m: 5:48.82	52.03
100m: 1:33.17	49.25	200m: 3:14.46	50.90	300m: 4:56.79	51.38	400m: 6:38.53	49.71

Masters 50+

1. Bianca Groot	MSV-Zeemacht	NED	197000652	5:04.68	+0.85		
50m: 34.54	34.54	150m: 1:50.74	38.42	250m: 3:08.31	38.92	350m: 4:26.38	38.89
100m: 1:12.32	37.78	200m: 2:29.39	38.65	300m: 3:47.49	39.18	400m: 5:04.68	38.30
2. Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054	5:08.28			
50m: 34.70	34.70	150m: 1:52.27	39.08	250m: 3:11.13	38.94	350m: 4:30.16	39.46
100m: 1:13.19	38.49	200m: 2:32.19	39.92	300m: 3:50.70	39.57	400m: 5:08.28	38.12
3. Dianna Dr Szokol	Nyiregyhazi Sportcentrum	HUN		5:08.57			
50m: 35.84	35.84	150m: 1:52.95	38.77	250m: 3:11.15	39.37	350m: 4:29.95	39.50
100m: 1:14.18	38.34	200m: 2:31.78	38.83	300m: 3:50.45	39.30	400m: 5:08.57	38.62
4. Micky Grulms	Luxembourg Sharks Swimming CLUX 4029			5:11.70			
50m: 36.02	36.02	150m: 1:54.36	39.23	250m: 3:13.09	39.48	350m: 4:33.04	39.82
100m: 1:15.13	39.11	200m: 2:33.61	39.25	300m: 3:53.22	40.13	400m: 5:11.70	38.66
5. Annette de Visser	Oceanus	NED	197100602	5:14.03			
50m: 35.02	35.02	150m: 1:53.33	40.02	250m: 3:13.07	40.08	350m: 4:34.05	40.70
100m: 1:13.31	38.29	200m: 2:32.99	39.66	300m: 3:53.35	40.28	400m: 5:14.03	39.98
6. Inken Wemheuer	DWT	NED	197101016	5:32.06			
50m: 37.43	37.43	150m: 2:01.52	42.78	250m: 3:27.82	42.98	350m: 4:52.79	42.21
100m: 1:18.74	41.31	200m: 2:44.84	43.32	300m: 4:10.58	42.76	400m: 5:32.06	39.27
7. Cherry Bas-Ott	DAW	NED	197100464	6:08.84 *	+0.66		
50m: 40.16	40.16	150m: 2:12.36	47.01	250m: 3:46.70	47.31	350m: 5:22.60	48.63
100m: 1:25.35	45.19	200m: 2:59.39	47.03	300m: 4:33.97	47.27	400m: 6:08.84	46.24
8. Annet Kootstra	SWOL 1894	NED	197100344	6:19.14			
50m: 42.65	42.65	150m: 2:17.77	47.90	250m: 3:55.25	48.67	350m: 5:32.18	48.58
100m: 1:29.87	47.22	200m: 3:06.58	48.81	300m: 4:43.60	48.35	400m: 6:19.14	46.96
9. Nathasja Konijn	GZC DONK	NED	197100992	6:35.36	+0.81		
50m: 42.66	42.66	150m: 2:20.19	49.30	250m: 4:02.34	51.32	350m: 5:45.48	51.64
100m: 1:30.89	48.23	200m: 3:11.02	50.83	300m: 4:53.84	51.50	400m: 6:35.36	49.88
10. Kristien Van de Moortel	Shark	BEL	ShaRK/20315/69	6:43.08			
50m: 45.22	45.22	150m: 2:27.54	51.50	250m: 4:10.27	51.55	350m: 5:54.13	51.92
100m: 1:36.04	50.82	200m: 3:18.72	51.18	300m: 5:02.21	51.94	400m: 6:43.08	48.95
11. Greta Wyma-Teitsma	DWK	NED	197100696	6:55.59	+1.03		
50m: 45.38	45.38	150m: 2:28.24	52.41	250m: 4:14.79	53.81	350m: 6:02.89	54.42
100m: 1:35.83	50.45	200m: 3:20.98	52.74	300m: 5:08.47	53.68	400m: 6:55.59	52.70

Masters 55+

1. Wilna Heijman	Steenwijk 1934	NED	196400506	5:25.44	+0.66		
50m: 37.26	37.26	150m: 1:58.38	40.93	250m: 3:21.58	41.60	350m: 4:44.54	41.43
100m: 1:17.45	40.19	200m: 2:39.98	41.60	300m: 4:03.11	41.53	400m: 5:25.44	40.90
2. Anita Steijger	WVZ	NED	196500628	5:48.87 *	+0.75		
50m: 39.85	39.85	150m: 2:06.67	43.97	250m: 3:35.49	44.44	350m: 5:05.24	44.94
100m: 1:22.70	42.85	200m: 2:51.05	44.38	300m: 4:20.30	44.81	400m: 5:48.87	43.63



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Programmanr. 5, Dames, 400m vrije slag, Masters 55+

rang	naam	vereniging	tijd						RT	PARA
3.	K. van Nassau-van den Heuvel	Old Dutch	NED	196600188	6:10.43				+0.81	
	50m: 40.59	40.59	150m: 2:11.99	47.03	250m: 3:47.90	48.15	350m: 5:24.52	48.33		
	100m: 1:24.96	44.37	200m: 2:59.75	47.76	300m: 4:36.19	48.29	400m: 6:10.43	45.91		
4.	Erica Muller	De Geul	NED	196400412	6:47.23				+0.63	
	50m: 44.10	44.10	150m: 2:23.80	50.90	250m: 4:07.17	52.23	350m: 5:55.15	54.07		
	100m: 1:32.90	48.80	200m: 3:14.94	51.14	300m: 5:01.08	53.91	400m: 6:47.23	52.08		
5.	Baukje Ipema	HZ&PC Heerenveen	NED	196800964	7:32.22					
	50m: 49.44	49.44	150m: 2:41.06	56.87	250m: 4:37.53	58.50	350m: 6:35.31	58.53		
	100m: 1:44.19	54.75	200m: 3:39.03	57.97	300m: 5:36.78	59.25	400m: 7:32.22	56.91		

Masters 65+

1.	Margriet Pasma	TriVia	NED	195500088	6:02.72				+0.75	
	50m: 41.37	41.37	150m: 2:13.89	46.76	250m: 3:47.16	46.46	350m: 5:18.79	45.56		
	100m: 1:27.13	45.76	200m: 3:00.70	46.81	300m: 4:33.23	46.07	400m: 6:02.72	43.93		
2.	Monica Bakker	Steenwijk 1934	NED	195600082	6:45.48					
	50m: 45.27	45.27	150m: 2:25.09	50.44	250m: 4:07.99	51.60	350m: 5:52.85	52.76		
	100m: 1:34.65	49.38	200m: 3:16.39	51.30	300m: 5:00.09	52.10	400m: 6:45.48	52.63		
3.	Karien Musters	Old Dutch	NED	195800236	8:06.24					
	50m: 51.10	51.10	150m: 2:48.16	1:00.26	250m: 4:53.74	1:03.53	350m: 7:03.78	1:05.14		
	100m: 1:47.90	56.80	200m: 3:50.21	1:02.05	300m: 5:58.64	1:04.90	400m: 8:06.24	1:02.46		

Masters 70+

1.	Conny Boer-Buys	ZVVS	NED	195000006	6:21.22				+0.97	
	50m: 40.50	40.50	150m: 2:15.24	49.14	250m: 3:54.37	49.53	350m: 5:34.76	50.04		
	100m: 1:26.10	45.60	200m: 3:04.84	49.60	300m: 4:44.72	50.35	400m: 6:21.22	46.46		
2.	Geerdien Meerwaldt	De Geul	NED	195200058	8:56.44 *					
	50m: 58.95	58.95	150m: 3:12.66	1:06.24	250m: 5:29.42	1:07.30	350m: 7:50.07	1:11.54		
	100m: 2:06.42	1:07.47	200m: 4:22.12	1:09.46	300m: 6:38.53	1:09.11	400m: 8:56.44	1:06.37		

Masters 75+

1.	Loekie van Huissteden	ZPC AMERSFOORT	NED	194500002	8:56.15					
	50m: 1:00.25	1:00.25	150m: 3:14.06	1:07.66	250m: 5:32.06	1:10.23	350m: 7:49.56	1:07.90		
	100m: 2:06.40	1:06.15	200m: 4:21.83	1:07.77	300m: 6:41.66	1:09.60	400m: 8:56.15	1:06.59		

Masters 85+

1.	Marie Smits <i>Nederlands Masters Record</i>	Old Dutch	NED	193800004	8:50.10					
	50m: 57.12	57.12	150m: 3:13.55	1:08.39	250m: 5:31.67	1:10.13	350m: 7:47.29	1:08.58		
	100m: 2:05.16	1:08.04	200m: 4:21.54	1:07.99	300m: 6:38.71	1:07.04	400m: 8:50.10	1:02.81		

Programmanr. 6
17-02-2023 - 11:19

Heren, 100m rugslag

Masters Open
Resultaten

rang	naam	vereniging	tijd		RT	PARA	50m	100m
Masters 20+								
1.	Daan Hogerhuis	De Columbiaan	NED	200300317	1:00.45		29.14	1:00.45
2.	Aron Paasse	De Schotejil	NED	200000099	1:01.28		30.08	1:01.28
3.	Jasper Breugem	WVZ	NED	200000303	1:01.88		30.22	1:01.88
4.	Ian Terlouw	ZPC Woerden	NED	200002345	1:03.03		29.86	1:03.03
5.	Remco Dijkstra	HZ&PC Heerenveen	NED	200100789	1:04.14		29.78	1:04.14
6.	David Kievit	De Schotejil	NED	199900325	1:05.03		31.78	1:05.03
7.	Jacob Mackloet	De Schotejil	NED	200001171	1:06.26		31.84	1:06.26
8.	Jeroen Louwinger	De Rijn	NED	199900583	1:08.15		32.58	1:08.15
9.	Bartho Visser	Triton Putten	NED	200005595	1:14.27		34.93	1:14.27



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Programmanr. 6, Heren, 100m rugslag

Masters 25+

1. Felix Geenen	DAW	NED	199501085	1:01.68		29.15	1:01.68
2. Robin van Beek	ZVL-1886 Center	NED	199704023	1:01.75		29.72	1:01.75
3. Jordy van Oel	WVZ	NED	199802003	1:06.46		31.94	1:06.46
4. Hans Stoffers	Triton Putten	NED	199604027	1:07.03		32.09	1:07.03
5. Ian van Mullem	ZOB'66	NED	199602545	1:09.14		33.40	1:09.14
6. Martijn Lageweg	Steenwijk 1934	NED	199701323	1:09.15		33.30	1:09.15
7. Patrick Wyrdeman	Feijenoord Zwemmen (SG)	NED	199702475	1:11.12		34.31	1:11.12

Masters 30+

1. Jesper Oranje	De Duck	NED	199200997	58.29		28.49	58.29
<i>Nederlands Masters Record</i>							
2. Jelmer Meijer	HZ&PC Heerenveen	NED	199001961	1:01.99		30.15	1:01.99
3. Olaf Achterberg	VZC	NED	199000011	1:05.59		31.55	1:05.59
4. Patrick Brouwer	AZC	NED	199303715	1:10.67		33.94	1:10.67
5. Wessel Everloo	WS Twente	NED	198906597	1:12.53	S14	569	35.40 1:12.53
6. Maarten Steekelenburg	De Geul	NED	199300479	1:23.34		39.70	1:23.34
<i>* 50m</i>							

Masters 35+

1. Martijn Giezen	ZPC AMERSFOORT	NED	198500813	1:03.39		30.41	1:03.39
2. Robert Braad	Steenwijk 1934	NED	198600407	1:05.57		31.22	1:05.57
3. Pascal van Haren	NieMo Barracuda	NED	198704101	1:07.45		32.68	1:07.45
4. Arne-Willem Kroonen	MZ&PC	NED	198401297	1:15.81		35.58	1:15.81
5. Harmen Reemst	ZOB'66	NED	198702715	1:16.55		36.90	1:16.55

Masters 40+

1. Mark Hensen	NieMo Barracuda	NED	197900497	1:05.89		31.70	1:05.89
2. Ivan van Omme	De Geul	NED	198201263	1:06.83		32.39	1:06.83
3. Arjan Prins	Dedemsvaart-AC	NED	198201383	1:07.66		32.39	1:07.66
4. Dirk Smit	Tiamat	NED	198101559	1:08.63		33.41	1:08.63
5. Marcel Reefhuis	WS Twente	NED	198101381	1:09.05		33.97	1:09.05
6. F. Cascales Miñana	Lille UC Natation	FRA	3228717	1:12.88		34.93	1:12.88
7. Rogier van Gent	IJZPC	NED	198000405	1:17.22		36.28	1:17.22
<i>* 50 m</i>							
8. Peter Lommert	SWOL 1894	NED	197900787	1:18.07		37.82	1:18.07

Masters 45+

1. Ruud Holswilder	ZPCH	NED	197800435	1:03.46		30.81	1:03.46
2. Ivo Roozeboom	WVZ	NED	197700801	1:03.76		31.44	1:03.76
3. Jasper van Heijst	Het Y	NED	197601699	1:07.39		32.51	1:07.39
4. Alex Damen	DAW	NED	197501371	1:07.97		32.80	1:07.97
5. Kees Bakker	Gay Swim Amsterdam	NED	197501055	1:09.98		33.86	1:09.98
6. Markus van Rest	WVZ	NED	197701197	1:11.54		34.50	1:11.54
7. Pieter Broek	Feijenoord Zwemmen (SG)	NED	197701637	1:11.99		34.21	1:11.99
8. Eric Hoekman	WS Twente	NED	197401531	1:14.56		36.67	1:14.56
9. Jeroen Hoeksels	ZVVS	NED	197401533	1:31.80		42.59	1:31.80

Masters 50+

1. Chester Marsman	ZPC AMERSFOORT	NED	196900671	1:04.40		31.21	1:04.40
2. Linas Kersevicius	Kauno Takas	LTU		1:08.40		33.23	1:08.40
3. Markus Löber	SSF Bonn 1905 e.V.	GER	444684	1:09.66		33.67	1:09.66
4. Mindaugas Sakys	Kaisiadoriu Plaukiam	LTU		1:12.03		35.24	1:12.03
5. Ramon de Bondt	ZPB H&L Productions	NED	197300105	1:12.60		34.55	1:12.60
6. René Beetsma	HZ&PC Heerenveen	NED	196900069	1:12.79		34.91	1:12.79
7. Bruno Nahon	Cercle De Natation Sportcity	VFR	Ave CNSW/000390/70	1:17.37		37.57	1:17.37
8. Korstiaan de Boer	Steenwijk 1934	NED	197101629	1:18.37		38.75	1:18.37



Open Nederlandse Masters
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Programmanr. 6, Heren, 100m rugslag

Masters 55+

1. Jan-Willem van den Berg	WVZ	NED	196801575	1:07.41	33.13	1:07.41
2. Guido Keutgen	Steenwijk 1934	NED	196801551	1:10.10	33.36	1:10.10
3. Hugues Herman	Cercle De Natation Sportcity VBELwe CNSW/009743/66			1:11.08	34.12	1:11.08
4. Ron Korzelius	ZPC AMERSFOORT	NED	196500513	1:15.23	36.26	1:15.23
5. Nico Swart	De Biesboschzwemmers	NED	196801475	1:17.31	37.18	1:17.31
6. Henri Michels	De Amstel	NED	196501587	1:18.38	38.85	1:18.38
7. Pascal Tourton	ZOB'66	NED	196601343	1:19.77	39.95	1:19.77
8. Andy Feyen	Zwemclub Iloka Kapellen	BEL	ZIK/11034/67	1:20.43	38.42	1:20.43
9. Bert Jonker	HZ&PC Heerenveen	NED	196600355	1:22.17	39.88	1:22.17
10. Hans Bijleveld	HHZV PLONS	NED	196601649	1:29.14	44.27	1:29.14

Masters 60+

1. Peter Bernsen	De Rog	NED	196301119	1:08.48	32.53	1:08.48
<i>Nederlands Masters Record</i>						
2. Johan Remmits	ZPC AMERSFOORT	NED	196201159	1:09.35	33.56	1:09.35
3. Erik Kamphuis	De Rog	NED	196001035	1:14.60	37.01	1:14.60
4. Clemens de Waal	De Ward	NED	196001063	1:16.11	36.98	1:16.11
5. Casper Dollekamp	Steenwijk 1934	NED	196301341	1:23.86	40.49	1:23.86
6. Evert-Jan Verweij	SWOL 1894	NED	196301143	1:23.95 *	40.53	1:23.95
7. Jack Barends	WS Twente	NED	196201011	1:31.84	45.74	1:31.84

Masters 65+

1. Hugo Bregman	WVZ	NED	195800069	1:10.02	33.54	1:10.02
<i>Nederlands Masters Record, NMR 50 m</i>						
2. Hans Piederiet	ZPC Numansdorp	NED	195400177	1:22.81	39.03	1:22.81
3. Paul Bunnik	Triton	NED	195600413	1:24.06	40.27	1:24.06
4. André Pantekoek	PSV	NED	195800321	1:36.52	47.04	1:36.52
5. Klaas Landeweer	IJZPC	NED	195600163	1:46.84	51.10	1:46.84

Masters 70+

1. Jean-Marie Cadiat	Cercle De Natation Sportcity VBELwe CNSW/000243/53			1:19.76	39.32	1:19.76
<i>Kampioenschapsrecord</i>						
2. Brend Brevé	PSV	NED	195200265	1:19.92	39.51	1:19.92
<i>Nederlands Masters Record</i>						
3. Ruud Ruiters	WWV Winterswijk	NED	195300169	1:25.03	41.65	1:25.03
4. Pierre Monnet	Entente Sportive Nanterre	FRA	2609667	1:37.38	48.69	1:37.38
5. Jos Kamps	Zwemvereniging Hoogland	NED	195100085	1:40.74	47.82	1:40.74
6. Rob Berkhof	SWOL 1894	NED	195200245	1:45.91	51.10	1:45.91
7. Piet Schop	De Bevelanders	NED	195000109	1:48.27	50.91	1:48.27

Masters 75+

1. Mans Buis	SWOL 1894	NED	194700133	1:54.18 *	54.21	1:54.18
2. Nico van Dongen	ZZ&PC De Devel	NED	194800159	2:30.04 *	1:10.83	2:30.04

Masters 80+

1. Rob Hanou	PSV	NED	194300109	1:58.72	55.86	1:58.72
2. Nico Baay	Old Dutch	NED	194200053	2:01.22	57.49	2:01.22



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Programmanr. 7
17-02-2023 - 11:42

Dames, 100m rugslag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT	PARA	50m	100m
Masters 20+							
1. Arianne Kooijinga	TriVia	NED	200001544	1:03.82		31.16	1:03.82
2. Merel Phaff	Nuenen	NED	200100434	1:05.43		32.21	1:05.43
3. Julia Notenboom	De Columbiaan	NED	200302596	1:07.07		32.37	1:07.07
4. Inge Dekker	HZ&PC Heerenveen	NED	200200476	1:07.37		32.01	1:07.37
5. M. van den Hoofdakker	Steenwijk 1934	NED	200302708	1:08.17		32.85	1:08.17
6. Laura Setz	Bubble	NED	200000130	1:08.19		32.47	1:08.19
7. Alessia Sluis	Dedemsvaart-AC	NED	200300896	1:10.16		33.77	1:10.16
8. Lauren van IJll	WVZ	NED	200001064	1:10.17		33.45	1:10.17
9. Lianne van Wier	HZ&PC Heerenveen	NED	200200438	1:10.38		33.58	1:10.38
10. Leonie van Wier	HZ&PC Heerenveen	NED	200200436	1:12.48		34.87	1:12.48
11. Cynthia Koolman	Steenwijk 1934	NED	200300232	1:13.03		36.01	1:13.03
12. Lindi Bos	DWK	NED	200101256	1:14.07		35.02	1:14.07
13. Jet Kleine	MSV-Zeemacht	NED	199903384	1:16.48		37.14	1:16.48
14. Iris Bastiaansen	De Amstel	NED	199902006	1:17.74		38.14	1:17.74
15. Iris van der Moolen	De Amstel	NED	199902052	1:18.03		37.27	1:18.03
16. Ageeth de Haan	Steenwijk 1934	NED	199901022	1:19.52		38.31	1:19.52
17. Mandy Swart	De Biesboschzwemmers	NED	199904916	1:20.07 *		38.70	1:20.07
18. Daphne van Rees	Octopus-ZVV (SG)	NED	200301766	1:21.12		39.29	1:21.12
19. Valerie Bakker	ZVL-1886 Center	NED	200103672	1:21.39		39.35	1:21.39
20. Leonie Smit	EZCL (SG)	NED	200301978	1:22.90		40.02	1:22.90
* 50m							

Masters 25+

1. Celine Schoenmaker	DWK	NED	199801976	1:04.93		31.20	1:04.93
<i>Kampioenschapsrecord</i>							
2. Tamara Grove	De Dolfijn	NED	199601266	1:06.03		31.88	1:06.03
3. Maaïke van Veen	Dedemsvaart-AC	NED	199700292	1:07.34		32.77	1:07.34
4. J. van Omme - van Veen	Zwemvereniging Hoogland	NED	199603192	1:08.14		32.70	1:08.14
5. Anne-Irene Ducheine	Zwemvereniging Hoogland	NED	199506824	1:08.69		33.44	1:08.69
6. Laura Compagner	Dedemsvaart-AC	NED	199804602	1:09.36		33.00	1:09.36
7. Manon van Strien	WVZ	NED	199400770	1:11.51		34.29	1:11.51
8. Chantal Beijer	DWT	NED	199700884	1:12.26		35.41	1:12.26
9. Suzanne Mosch	MSV-Zeemacht	NED	199400548	1:12.86		34.96	1:12.86
10. Janine de Groot	NDD	NED	199500092	1:13.71		34.95	1:13.71
11. Lotte Eising	ZPC AMERSFOORT	NED	199502098	1:15.76		36.67	1:15.76
12. Hjordis Wagenaar	TRI-X-Kufstein	NED	49731	1:16.79		36.47	1:16.79
13. Mariska Gach	ZVL-1886 Center	NED	199501760	1:17.69		38.12	1:17.69
14. Diane Schoenmaker	PSV	NED	199502920	1:18.27		37.24	1:18.27
15. Eline Hendriks	ZPC AMERSFOORT	NED	199802794	1:18.57		38.29	1:18.57
16. Anouk van der Lans	Feijenoord Zwemmen (SG)	NED	199801614	1:19.23		38.42	1:19.23
17. Chantal Lokhorst	Aqualero	NED	199401362	1:21.66		38.65	1:21.66
18. Cynthia van Veen	ZVL-1886 Center	NED	199606736	1:28.63		41.76	1:28.63

Masters 30+

1. Danique Stoop	Zuiderzeezwemmers	NED	199106956	1:07.27		31.96	1:07.27
2. Denise Boereboom	NieMo Barracuda	NED	199202144	1:09.78		33.51	1:09.78
3. Jacyntha Plat	Steenwijk 1934	NED	199002956	1:10.57		33.89	1:10.57
4. Désirée Emmen	De Warande	NED	199204862	1:10.73		34.39	1:10.73
5. Elmi Roelofsen	Octopus-ZVV (SG)	NED	199008198	1:12.92 *		34.04	1:12.92
6. Getrude Corporaal	Steenwijk 1934	NED	199200380	1:16.24		36.29	1:16.24
7. Joëlle Vaes	DIO	NED	199007576	1:22.12		40.04	1:22.12
8. Marjan Rikken	Octopus-ZVV (SG)	NED	199206114	1:25.29		41.12	1:25.29
AFGEM Lotte Coenen	DES	NED	199301518				



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
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Programmanr. 7, Dames, 100m rugslag

Masters 35+

1. Jenny Schouten	MZ&PC	NED	198703674	1:10.16	34.34	1:10.16
2. Samantha van Eijk	De Geul	NED	198806826	1:12.40	35.40	1:12.40
3. Marije Jansen	ZPC AMERSFOORT	NED	198504088	1:14.51	34.82	1:14.51
4. Jolanda Kuiper-Crossen	Neptunia'24	NED	198600712	1:17.29	37.54	1:17.29
5. Hanneke Heymen	WS Twente	NED	198400968	1:18.85	37.71	1:18.85
6. Marieke van Dodeweerd	RZC	NED	198600896	1:23.80 *	40.50	1:23.80

Masters 40+

1. Ausra Razgune	Kaisiadoriu Plaukiam	LTU		1:09.16	32.79	1:09.16
<i>Kampioenschapsrecord, Lithuanian Masters Record</i>						
2. Roos van Esch	ACZ	NED	198200468	1:11.01	35.06	1:11.01
3. Elke Popma - Blox	Tiamat	NED	198200154	1:16.33	37.36	1:16.33
4. Angela Giezen	Zwemvereniging Hoogland	NED	198302796	1:18.32	39.38	1:18.32
5. Nadya Putter	ZVVS	NED	198301630	1:18.33	37.76	1:18.33
6. E. Poortvliet - Koedam	De Duinkickers	NED	198001824	1:20.88	39.96	1:20.88
7. Leonie Scholten	Steenwijk 1934	NED	197901560	1:24.41 *	40.39	1:24.41

Masters 45+

1. Melanie Kuiper	ZIGNEA	NED	197600350	1:17.05	37.69	1:17.05
2. Mirjan den Drijver	Feijenoord Zwemmen (SG)	NED	197500884	1:18.63	38.55	1:18.63
3. Karin van Dijk	THOR	NED	197601066	1:24.66	40.87	1:24.66
4. Petra Guijt	RZC	NED	197600978	1:30.13 *	44.81	1:30.13
5. Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	NED	197700138	1:38.78	48.00	1:38.78

Masters 50+

1. Edith Janssen-Koolen	TRB-RES	NED	197300898	1:16.09	36.51	1:16.09
2. Bianca Groot	MSV-Zeemacht	NED	197000652	1:22.42	40.24	1:22.42
3. Janine Franssen	Zwemsport Parkstad	NED	197101108	1:22.49	39.67	1:22.49
4. Marjolein Klunne	Hieronimus	NED	197101098	1:23.15	39.25	1:23.15
5. Peggi Hurenkamp	HZ&PC Heerenveen	NED	196900922	1:25.38	42.13	1:25.38
6. H. Manting-Holthuis	H2Oldambt	NED	197100246	1:30.95	43.95	1:30.95
DIS Nathasja Konijn	GZC DONK	NED	197100992			

RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.

Masters 55+

1. Henriëtte v. Norden	ZPC AMERSFOORT	NED	196800046	1:21.25	39.17	1:21.25
2. Annette Wijnja-Visser	De Biesboschzwemmers	NED	196700528	1:21.90	39.06	1:21.90
3. Marinka vd Zwet	Sassenheim	NED	196500346	1:22.24	39.63	1:22.24
4. Roselinda van der Vlugt	De Geul	NED	196700710	1:47.87 *	53.13	1:47.87

Masters 60+

1. Marjan Remmits-de Lange	ZPC AMERSFOORT	NED	196300518	1:21.03	39.78	1:21.03
<i>Nederlands Masters Record</i>						
2. Margriet Grove-Lingeman	Triton	NED	196200080	1:24.19	40.41	1:24.19
3. Patty Verhagen	PSV	NED	195900146	1:31.64	45.72	1:31.64
4. Annemarie Vuijs-Blum	SWOL 1894	NED	196300282	1:39.36	49.35	1:39.36
5. Jennie Resink-lindeboom	DWK	NED	196000142	1:39.77	48.82	1:39.77
6. Jenny Westervaarder	H2Oldambt	NED	196200424	1:49.71	53.16	1:49.71
NG.ZA Katinka Elders	HZ&PC Heerenveen	NED	196000292			



Open Nederlandse Masters
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Programmanr. 7, Dames, 100m rugslag

Masters 65+

1. Atie Pijtak-Radersma	ZPC AMERSFOORT	NED	195600048	1:20.80	39.54	1:20.80
<i>Nederlands Masters Record</i>						
2. Margriet Pasma	TriVia	NED	195500088	1:34.70	46.29	1:34.70

Masters 70+

1. Christine Nieuwenhuis	SWOL 1894	NED	195100022	1:37.24	47.60	1:37.24
<i>Nederlands Masters Record</i>						
2. A. Gilding-Tussaud	WS Twente	NED	195000038	1:51.81	54.35	1:51.81
3. Ineke Meijer	HZ&PC Heerenveen	NED	195200034	1:58.60	58.24	1:58.60



3 - ONMK 2023 kb sessie 3

17-02-2023 - 13:00

Programmanr. 8
17-02-2023 - 13:00

Heren, 50m vlinderslag

Masters Open
Resultaten

rang	naam	vereniging		tijd	RT	PARA
Masters 20+						
1.	Nikolas Spyrou	Piranha	NED 200105553	25.67	+0.76	
2.	Jorian Darwinkel	HZ&PC Heerenveen	NED 200300565	26.47	+0.69	
3.	Remco Dijkstra	HZ&PC Heerenveen	NED 200100789	26.53	+0.73	
4.	Jesse van Dijk	Zuiderzeezwemmers	NED 199903259	26.55	+0.67	
5.	Ilmar Stoop	Zuiderzeezwemmers	NED 200100871	26.88		
6.	Ian Terlouw	ZPC Woerden	NED 200002345	26.98	+0.56	
	Jort Vizee	Feijenoord Zwemmen (SG)	NED 200201779	26.98	+0.62	
8.	Arjan Dekker	De Golfbreker	NED 200000499	27.09	+0.67	
9.	Daan Hogerhuis	De Columbiaan	NED 200300317	27.11	+0.59	
10.	Stijn Boertien	Dedemsvaart-AC	NED 200100719	27.15	+0.72	
11.	Edwin Jager	De Golfbreker	NED 199901571	27.36	+0.78	
12.	Franklin Paassen	ZV 44	NED 200003881	27.37	+0.63	
13.	Saviël Armand	ACZ	NED 200204461	27.38	+0.64	
14.	Aron Paasse	De Schotejil	NED 200000099	27.54	+0.65	
15.	Milan de Roo	ZPC Woerden	NED 200102215	27.80	+0.65	
16.	Julian Mes	ZOB'66	NED 200103755	28.26	+0.70	
17.	Mees Minneboo	MSV-Zeemacht	NED 200203465	28.43	+0.67	
18.	Jacob Mackloet	De Schotejil	NED 200001171	28.47	+0.74	
19.	Kylian Kooijman	Steenwijk 1934	NED 199900763	29.05		
20.	Tom Blankestijn	ZPC AMERSFOORT	NED 200201185	29.17	+0.73	
21.	Robin van Peenen	ZVL-1886 Center	NED 200201059	29.22	+0.77	
22.	Marco van der Wulp	MSV-Zeemacht	NED 200302051	29.62	+0.71	
23.	Jelle Heijman	Steenwijk 1934	NED 200000635	30.66	+0.84	
24.	Rik Stahlie	TriVia	NED 200201915	30.97	+0.75	
25.	Jeroen Louwinger	De Rijn	NED 199900583	31.34	+0.72	
26.	Auke Sijperda	AZC	NED 199905115	31.67	+0.69	
27.	Jesper Luppés	De Golfbreker	NED 200005403	31.89	+0.92	

Masters 25+

1.	Felix Geenen	DAW	NED 199501085	25.43	+0.70	
2.	Dominique Sikkema	TriVia	NED 199500399	25.65 *	+0.65	
3.	Bert Duivenvoorde	Noordwijkerhout	NED 199701805	25.82	+0.69	
4.	Bas Dries	Zwemvereniging Hoogland	NED 199505177	26.27	+0.65	
5.	Jarick Stoop	Zuiderzeezwemmers	NED 199604181	26.30	+0.66	
6.	Robin van Beek	ZVL-1886 Center	NED 199704023	26.77	+0.67	
7.	Erik Nijholt	DZ&PC	NED 199401349	26.80	+0.70	
8.	Hans Stoffers	Triton Putten	NED 199604027	27.68	+0.67	
9.	Jordi de Nijs	MSV-Zeemacht	NED 199801851	28.10	+0.66	
10.	Jordy van Oel	WVZ	NED 199802003	28.25	+0.76	
11.	Jorrik Kerdijk	Bubble	NED 199602135	28.57	+0.68	
12.	Sam Beer	Poseidon'56	NED 199605521	28.88	+0.58	
13.	Paco de Voogt	De Duck	NED 199400859	29.16		
14.	Ian van Mullem	ZOB'66	NED 199602545	29.74	+0.73	
15.	Martijn Lageweg	Steenwijk 1934	NED 199701323	30.75	+0.81	
16.	Patrick Wyrdean	Feijenoord Zwemmen (SG)	NED 199702475	30.78	+0.72	
17.	Rutger Curfs	SWOL 1894	NED 199402893	33.48		

Masters 30+

1.	Jesper Oranje <i>Nederlands Masters Record</i>	De Duck	NED 199200997	25.18	+0.61	
2.	Aziz Nosairi	Zwemlust-den Hommel	NED 199104645	25.31	+0.71	
3.	Romero Hennep	De Kempvis	NED 199304929	26.69	+0.71	
4.	Marc Hoogendam	Blue Marlins	NED 199007713	28.57	+0.68	
5.	Tim de Vrugt	ESCA Zwemmen	NED 199306719	29.31	+0.71	
6.	Ruben Stolk	ZOB'66	NED 199005665	29.71	+0.75	



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
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Programmanr. 8, Heren, 50m vlinderslag, Masters 30+

rang	naam	vereniging		tijd	RT	PARA
7.	Eric Kalee	Zwemvereniging Hoogland	NED 199005307	30.34		
8.	Sybre Groenewegen	De Schotejil	NED 199306223	30.67	+0.83	
9.	Jordy van der Drift	ZVL-1886 Center	NED 199307345	31.31	+0.81	
10.	Patrick de Jonge	Deltasteur	NED 198906635	32.30	+0.77	
11.	Laurens de Nijn	SwimGym	NED 199107815	33.68		
12.	Mark van der Want	GLS Ketelbinkie	NED 199107511	34.88		

Masters 35+

1.	Joan Kentrop	Zwemlust-den Hommel	NED 198503575	26.54	+0.72	
2.	Robert Braad	Steenwijk 1934	NED 198600407	29.74	+0.70	
3.	Ricardo van Dam	AZC	NED 198503965	31.67	+0.75	
4.	Arne-Willem Kroonen	MZ&PC	NED 198401297	31.90	+0.80	
5.	Harmen Reemst	ZOB'66	NED 198702715	33.40	+0.74	
6.	Edward van Dootingh	ZV 44	NED 198403341	35.01		
NG	Steffen Hackbarth	SSF Bonn 1905 e.V.	GER 425979			

Masters 40+

1.	Lauren Vis	Steenwijk 1934	NED 198201883	27.11	+0.64	
2.	Christopher Cardenas	Upstream Amsterdam	NED 198002505	28.84	+0.68	
3.	Mark Hensen	NieMo Barracuda	NED 197900497	29.08		
4.	Pieter Pickhardt	ZPC De Hof	NED 198301657	30.15	+0.65	
5.	Dirk Smit	Tiamat	NED 198101559	30.48	+0.57	
6.	Wouter Zijlstra	DAW	NED 198202077	30.52	+0.72	
7.	Michael Buurmeijer	THOR	NED 197901977	31.29		
8.	Rogier van Gent	IJZPC	NED 198000405	31.55	+0.63	
9.	Arjan Mondria	Upstream Amsterdam	NED 198202699	31.64	+0.81	
10.	Rutger Stam	Zwemvereniging Hoogland	NED 198102463	32.04	+0.60	
11.	Wilco Steenwijk	Octopus-ZVV (SG)	NED 198002465	34.09	+0.75	
12.	Ingmar Kooman	ZVL-1886 Center	NED 197901517	34.47		
13.	Michel Wigbers	DWT	NED 198001743	34.85	+0.68	
14.	Peter Lommert	SWOL 1894	NED 197900787	36.34	+0.93	

Masters 45+

1.	Casper Hut <i>Nederlands Masters Record</i>	HZ&PC Heerenveen	NED 197800471	26.55	+0.67	
2.	Ruud Holswilder	ZPCH	NED 197800435	28.72		
3.	Jasper van Heijst	Het Y	NED 197601699	28.90	+0.77	
4.	Alex Damen	DAW	NED 197501371	28.95		
5.	Kees Bakker	Gay Swim Amsterdam	NED 197501055	29.16		
6.	Markus van Rest	WVZ	NED 197701197	29.67		
7.	Dennis Dortland	NieMo Barracuda	NED 197800261	29.90		
8.	Pieter Broek	Feijenoord Zwemmen (SG)	NED 197701637	30.02	+0.69	
9.	Eric Hoekman	WS Twente	NED 197401531	30.13	+0.77	
10.	Michael Go	AZC	NED 197501397	32.26	+0.67	
11.	Bogdan Androne	Sassenheim	NED 197701783	33.52	+0.89	
12.	Johan Wezenberg	SWOL 1894	NED 197601023	33.68		
13.	Marcel van Walt van Praag	Gay Swim Amsterdam	NED 197501425	35.35	+0.81	

Masters 50+

1.	Frederic Tonus <i>Europees Masters Record</i>	Luxembourg Sharks Swimming CLUX	10449	25.86	+0.72	
2.	Antwan van Engen	De Ward	NED 197101577	27.96		
3.	Chester Marsman	ZPC AMERSFOORT	NED 196900671	28.95	+0.75	
4.	Markus Löber	SSF Bonn 1905 e.V.	GER 444684	29.73	+0.66	
5.	Eelco van Gemert	ZPC De Zeeuwse Kust	NED 197200299	30.71	+0.65	
6.	Arjan Verheij	De Rog	NED 197101617	30.79	+0.77	
7.	René Beetsma	HZ&PC Heerenveen	NED 196900069	31.57	+0.68	
8.	Ramon de Bondt	ZPB H&L Productions	NED 197300105	31.91		
9.	Kees Akershoek	De Stelle	NED 196900009	32.03	+0.63	



Open Nederlandse Masters
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Programmanr. 8, Heren, 50m vlinderslag, Masters 50+

rang	naam	vereniging			tijd	RT	PARA
10.	Henri Verschoor	De Biesboschzweimmers	NED	197001041	33.00		
11.	Gerko Versluis	Zuiderzeezweimmers	NED	196901439	33.19	+0.88	
12.	Pieter Veenstra	DZ&PC	NED	197301345	34.19	+0.73	
13.	Wilbert Hietbrink	ZPC De Hof	NED	196901879	34.23	+0.77	
14.	Ramon Alsina Munoz	Cercle De Natation Sportcity WolESP	ESP	CNSW/002552/69	39.17	+0.93	

Masters 55+

1.	Darius Andrzejczak	SG Erkelenz-Hückelhoven	GER	326924	29.09	+0.68	
2.	Gijsbert van der Leden	PSV	NED	196700597	29.85	+0.95	
3.	Edo Boonstra	PSV	NED	196801713	31.58	+0.78	
4.	Erik Wetsteijn	SWOL 1894	NED	196501019	32.77	+0.69	
5.	Robert de Brauwer	De Duinkickers	NED	196401383	33.69	+0.71	
6.	Pascal Tourton	ZOB'66	NED	196601343	34.50		
7.	Bert Jonker	HZ&PC Heerenveen	NED	196600355	35.64	+0.83	
8.	Nico Swart	De Biesboschzweimmers	NED	196801475	35.68	+0.79	
9.	Pieter-Sjoerd de Wijn	DES	NED	196501027	35.96		
10.	Henri Michels	De Amstel	NED	196501587	36.06		

Masters 60+

1.	Peter Bernsen	De Rog	NED	196301119	30.09	+0.67	
2.	Fred Ketting	PSV	NED	196000289	31.14		
3.	Paul Wijnja	De Biesboschzweimmers	NED	196301403	32.93		
4.	Henk Kuipers	ZPC AMERSFOORT	NED	196201207	33.68		
5.	Peter van Vuuren	Upstream Amsterdam	NED	196000641	33.97		
6.	Evert-Jan Verweij	SWOL 1894	NED	196301143	34.47 *		
7.	Adrian Ortiz Buitrago	GZC DONK	NED	196000931	36.44	+0.83	
8.	Ronald Pijtak	ZPC AMERSFOORT	NED	196100475	42.62	+0.95	

Masters 65+

1.	Hugo Bregman <i>Wereld Masters Record</i>	WVZ	NED	195800069	28.42		
2.	Mark Eligh	ZPC AMERSFOORT	NED	195700497	33.75		
3.	Henk Slomp	De Inktvis	NED	195500359	34.48	+0.98	
4.	Paul Bunnik	Triton	NED	195600413	35.36		
5.	Fred Zanting	TriVia	NED	195400323	35.86		
6.	Jaap de Boer	De Duinkickers	NED	195800691	39.81		

Masters 70+

1.	Brend Brevé <i>Nederlands Masters Record</i>	PSV	NED	195200265	34.61		
2.	Ruud Ruiten	WWV Winterswijk	NED	195300169	36.38		
3.	Piet Schop	De Bevelanders	NED	195000109	41.90		
4.	Rob Berkhof	SWOL 1894	NED	195200245	48.12		
5.	Nello Spiteri	DAW	NED	195200295	58.07		

Programmanr. 9
17-02-2023 - 13:18

Dames, 50m vlinderslag

Masters Open
Resultaten

rang	naam	vereniging		tijd	RT	PARA
Masters 20+						
1.	Babette van der Kaaij	Blue Marlins	NED 199902234	28.51	+0.56	
2.	Silke Molendijk	ZVL-1886 Center	NED 200100178	28.64	+0.70	
3.	Linde Kolkman	Dedemsvaart-AC	NED 200001114	29.03	+0.68	
4.	Ariane Kooijnga	TriVia	NED 200001544	29.17	+0.52	
5.	Marije Sweering	De Golfbreker	NED 200101228	29.32	+0.62	
6.	Merel Phaff	Nuenen	NED 200100434	29.52		
7.	Inge Dekker	HZ&PC Heerenveen	NED 200200476	29.75		
8.	Lianne van Wier	HZ&PC Heerenveen	NED 200200438	30.10	+0.66	
9.	Alessia Sluis	Dedemsvaart-AC	NED 200300896	30.42	+0.74	
10.	Marije de Jager	De Columbiaan	NED 200301394	30.50	+0.60	
11.	Kiki Koopman	De Golfbreker	NED 200200232	30.57	+0.81	
12.	Femke-Romy Wiersma	Neptunia'24	NED 200103078	31.03	+0.60	
13.	Rozemarijn van Haaff	ZOB'66	NED 200201852	31.13	+0.73	
14.	Alisha Vieira	Blue Marlins	NED 199904554	31.30	+0.70	
15.	Leonie van Wier	HZ&PC Heerenveen	NED 200200436	31.35		
16.	Julia Notenboom	De Columbiaan	NED 200302596	31.37		
17.	Annabel Kuipers	DWK	NED 200001076	31.38	+0.62	
18.	Hanna Looi	Blue Marlins	NED 200006090	31.40		
19.	Jessica Braat	AZC	NED 200205684	31.43		
20.	Lauren van IJll	WVZ	NED 200001064	31.51	+0.63	
21.	Mirelle de Kort	Neptunus'58	NED 200005546	31.61	+0.64	
22.	Michelle van den Hoofdakker	Steenwijk 1934	NED 200302708	31.66	+0.82	
23.	Lisanne Seising	VZC	NED 200002084	32.08	+0.73	
24.	Marijke Drent	Bubble	NED 199906232	32.14		
25.	Amber Hesper	VZC	NED 200202188	32.36	+0.65	
26.	Sanne Kloezen	Bubble	NED 200204644	32.55	+0.65	
27.	Redine van Breugel	De Biesboschzwemmers	NED 200004404	32.74	+0.53	
28.	Lindi Bos	DWK	NED 200101256	32.99	+0.69	
29.	Sharon Wolfs	Patrick-De Roersoppers (SG)	NED 200004800	33.53	+0.76	
30.	Romy Jalving	HZ&PC Heerenveen	NED 200000616	33.73		
31.	Iris van der Moolen	De Amstel	NED 199902052	34.07		
32.	Selma Boertien	Aqua'68	NED 200203834	34.08	+0.70	
33.	Rosalie Baarda	Orca	NED 199903460	34.25	+0.76	
34.	Jet Kleine	MSV-Zeemacht	NED 199903384	34.39		
35.	Rosa Huntjens	EZCL (SG)	NED 200301402	34.56		
36.	Mandy Swart	De Biesboschzwemmers	NED 199904916	34.65		
37.	Sabine Lageweg	Steenwijk 1934	NED 199900926	34.80		
38.	Kayra Deger	Blue Marlins	NED 200003890	35.29		
39.	Marouscha de Vries	DAW	NED 199906628	35.82	+0.53	
40.	Tessa Schipper	Bubble	NED 200301578	36.72		
41.	Esmee Kloezen	Bubble	NED 200204646	36.74	+0.86	
42.	Alies Wagter	Steenwijk 1934	NED 199900840	37.66	+0.80	
43.	Daphne van Rees	Octopus-ZVV (SG)	NED 200301766	37.73	+0.66	
44.	Femke Dollekamp	De Golfbreker	NED 200103912	39.35	+0.82	
45.	Leonie Smit	EZCL (SG)	NED 200301978	39.71	+0.92	
46.	Tove Kienhuis	Aqua'68	NED 200203486	41.11	+0.60	
47.	Rebecca de Klein	DZ&PC	NED 200002812	44.54		

Masters 25+

1.	Karin Rijkelijhuizen	DZ&PC	NED 199403358	28.74	+0.72	
2.	Caroline Damen	De Golfbreker	NED 199703088	29.84	+0.71	
3.	Tamara Grove	De Dolfijn	NED 199601266	29.97	+0.71	
4.	Laura Compagner	Dedemsvaart-AC	NED 199804602	30.09	+0.69	
5.	Celine Schoenmaker	DWK	NED 199801976	30.17	+0.74	
6.	Karin Groen	Nova	NED 199502440	30.28		
7.	Marre Zandringa	Orca	NED 199701136	30.96	+0.70	
8.	Myrna Gorter	Neptunia'24	NED 199503158	31.24		
9.	Karen Stolk	ZVL-1886 Center	NED 199403950	31.38		
10.	Dagmar Kruik	Zuiderzeezwemmers	NED 199800008	31.41	+0.70	
11.	Manon Kloosterman	Zwemlust-den Hommel	NED 199702082	31.59	+0.79	



Open Nederlandse Masters
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Programmanr. 9, Dames, 50m vlinderslag, Masters 25+

rang	naam	vereniging			tijd	RT	PARA
12.	Linda Kamperman	Zwemlust-den Hommel	NED	199601238	31.82		
13.	Rianne van Rijssen	Noord Veluwe	NED	199702360	32.42		
14.	Arienne Jonkman	De Wellerobben	NED	199801590	32.45		
15.	Jisca Majolee	ZPC AMERSFOORT	NED	199403570	33.23		
16.	Sanne van de Pol	De Biesboschzwemmers	NED	199800722	33.29	+0.58	
17.	Lotte Eising	ZPC AMERSFOORT	NED	199502098	33.60		
18.	Annemiek Meulenbeld	Orca	NED	199506230	33.93	+0.71	
19.	Kirsten Opmeer	ZPC AMERSFOORT	NED	199800014	33.94	+0.62	
20.	Suzanne Mosch	MSV-Zeemacht	NED	199400548	34.01		
21.	Eline Hendriks	ZPC AMERSFOORT	NED	199802794	35.84	+0.89	
22.	Chantal Lokhorst	Aqualero	NED	199401362	37.03	+0.92	
23.	Margien Timmer	ZVL-1886 Center	NED	199506760	38.03	+0.72	
NG	Nina Tourton	ZOB'66	NED	199603612			

Masters 30+

1.	Daniëke Stoop	Zuiderzeezwemmers	NED	199106956	28.58		
2.	Denise Boereboom	NieMo Barracuda	NED	199202144	29.69	+0.72	
3.	Marcha Admiraal	De Geul	NED	199300012	30.29	+0.79	
4.	Elmi Roelofsen	Octopus-ZVV (SG)	NED	199008198	31.14	+0.55	
5.	Daphne Robijn-Jongedijk	EZCL (SG)	NED	198903520	31.41	+0.81	
6.	Saskia de Klerk	GoSwim	NED	199004612	31.74	+0.71	
	Joanne van Essen	ZPC AMERSFOORT	NED	199303506	31.74		
8.	Jolanda Post	DIO	NED	199004848	32.85	+0.69	
9.	Suzanne Lange	VZC	NED	199202998	32.94		
10.	Melissa Zwaan	DAW	NED	199103666	33.63	+0.76	
11.	Leontine Groeneveldt	De Duck	NED	199303526	33.99	+0.79	
12.	Marloes Wiekens	THOR	NED	199302970	35.15	+0.78	
13.	Daphne Kievit	ZPC AMERSFOORT	NED	199207058	36.06		
14.	Celine Bakker	DAW	NED	199302562	37.23		
15.	Elke Schellekens	Neptunus'58	NED	199301550	37.49	+0.87	
16.	Lidwine Tax	ZVL-1886 Center	NED	199306658	41.52 *	+0.84	
17.	Ingrid Johannes	De Kempvis	NED	198907370	42.13		

Masters 35+

1.	Daniëlle Reijnders	AquAmigos	NED	198504234	31.20	+0.74	
2.	Monique van Huizen	AZC	NED	198706236	32.95		
3.	Ramona Hulshof	THOR	NED	198503948	34.92		
4.	Marieke van Dodeweerd	RZC	NED	198600896	37.97	+0.86	
AFGEM	Hanne Keijzer	DWT	NED	198503932			

Masters 40+

1.	Delia Badoux <i>Nederlands Masters Record</i>	WVZ	NED	198000042	29.40		
2.	Ausra Razgune <i>Lithuanian Masters Record</i>	Kaisiadoriu Plaukiam	LTU		30.41	+0.85	
3.	Roos van Esch	ACZ	NED	198200468	31.86	+0.84	
4.	Elke Popma - Blox	Tiamat	NED	198200154	33.08	+0.70	
5.	Anne-Marie Verschoor-Vos	De Biesboschzwemmers	NED	198102300	33.54		
6.	Pauline van Gelder - Dieker	Steenwijk 1934	NED	198102346	34.43	+0.70	
7.	Tineke Kleve	THOR	NED	198001810	37.49		
8.	Christel Geneuglijk	TriVia	NED	198101894	41.52	+0.83	
9.	Irene Kasteel-Jaspersen	Zuiderzeezwemmers	NED	198102278	43.32		



Open Nederlandse Masters
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Programmanr. 9, Dames, 50m vlinderslag

Masters 45+

1.	Ilona Hogerheyde	DAW	NED	197400224	33.17	+0.62
2.	Mirjan den Drijver	Feijenoord Zwemmen (SG)	NED	197500884	33.44	
3.	Lina Bieliniene	Kaisiadoriu Plaukiam	LTU		33.82	
4.	Monique Boets	Stadskanaal	NED	197600230	34.17	
5.	Marian Nederlof	De Geul	NED	197600950	36.72	+0.79
6.	Inge Roskam	De Duinkickers	NED	197801296	37.96	+0.77
7.	Sandra Van der Helm	De Rog	NED	197801340	43.99	+0.79
8.	Nicolette Zuidema	ZV 44	NED	197500978	47.67	
9.	Jessica van Velzen	ZV 44	NED	197601122	49.73	*

Masters 50+

1.	Jeanne Petit	PSV	NED	197001020	31.81	
2.	Edith Janssen-Koolen	TRB-RES	NED	197300898	32.58	
3.	Marjo Goelema-Koek	De Biesboschzwemmers	NED	196900192	33.94	+0.79
4.	Yvette Ratering	De Ward	NED	197200990	34.38	+0.85
5.	Marjolein Klunne	Hieronymus	NED	197101098	35.59	
6.	Henriëtte Manting-Holthuis	H2Oldambt	NED	197100246	38.47	+0.97
7.	Marijke Campfens	De Geul	NED	196900960	39.70	

Masters 55+

1.	Marinka vd Zwet	Sassenheim	NED	196500346	36.25	
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Masters 60+

1.	Marjan Remmits-de Lange <i>Nederlands Masters Record</i>	ZPC AMERSFOORT	NED	196300518	33.64	
2.	Netty Burik-Geijsen	Feijenoord Zwemmen (SG)	NED	196300048	35.69	
3.	Marijke Kraak-Beckers	WS Twente	NED	196000240	40.16	
4.	Yoka de Vegt-van Dijk	ESCA Zwemmen	NED	196200420	41.69	
5.	Hannie Poletiek	TriVia	NED	195900278	46.59	+0.94

Masters 65+

1.	Karien Musters	Old Dutch	NED	195800236	1:13.67	
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Masters 70+

1.	Christine Nieuwenhuis	SWOL 1894	NED	195100022	39.64	
2.	Antoinette Gilding-Tussaud	WS Twente	NED	195000038	59.11	

Masters 75+

1.	Leny Kamp	Aquapoldro	NED	194400008	1:31.85	*
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Programmanr. 10
17-02-2023 - 13:36

Heren, 200m schoolslag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m	
Masters 20+									
1.	Derk Jan van Duijn	De Golfbreker	NED 200105575	2:22.33	+0.76	32.39	1:07.85	1:44.31	2:22.33
2.	Stefanos Eleftheriou	De Golfbreker	NED 200305095	2:24.43	+0.73	32.79	1:08.86	1:46.34	2:24.43
3.	D. van den Nieuwendijk	De Columbiaan	NED 200100475	2:27.37	+0.72	31.99	1:08.67	1:46.80	2:27.37
4.	Jelle Opmeer	ZPC AMERSFOORT	NED 200100269	2:31.19	+0.71	32.25	1:10.09	1:50.11	2:31.19
5.	Thomas Hesper	Blue Marlins	NED 200004181	2:31.46	+0.83	33.01	1:10.81	1:50.57	2:31.46
6.	Wim van Duuren	TRB-RES	NED 200102103	2:34.76	+0.73	33.36	1:11.53	1:51.95	2:34.76
7.	Guus Hoogduin	ZVL-1886 Center	NED 200201069	2:36.45	+0.77	34.33	1:14.06	1:56.10	2:36.45



Open Nederlandse Masters
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Programmanr. 10, Heren, 200m schoolslag, Masters 20+

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
8. Robin van Peenen	ZVL-1886 Center	NED 200201059	2:39.75	+0.70	34.19	1:14.89	1:57.29	2:39.75
9. Bart Spaans	ACZ	NED 199902559	2:44.42	+0.62	36.38	1:18.42	2:01.42	2:44.42
10. Tiemen Jonkman	DZ&PC	NED 200301193	2:48.73	+0.79	34.25	1:15.83	2:01.90	2:48.73
11. Boaz Troost	ZOB'66	NED 200100371	2:49.69	+0.75	36.21	1:18.51	2:03.80	2:49.69
12. David Kievit	De Schoteijl	NED 199900325	2:53.79	+0.80	38.76	1:22.80	2:08.11	2:53.79

Masters 25+

1. Kalle van Gemert	ZPC De Zeeuwse Kust	NED 199801259	2:23.37	+0.71	31.96	1:08.30	1:45.65	2:23.37
2. Jurre Stammes	ESCA Zwemmen	NED 199701843	2:27.45	+0.59	32.23	1:09.92	1:47.66	2:27.45
3. Jeffrey Camphens	DWT	NED 199503113	2:35.89	+0.70	35.84	1:16.04	1:56.06	2:35.89

Masters 30+

1. Gavin van der Werf	HZ&PC Heerenveen	NED 199302971	2:20.07	+0.70	31.24	1:07.21	1:43.92	2:20.07
<i>Nederlands Masters Record</i>								
2. Sander de Vrucht	ESCA Zwemmen	NED 198903499	2:31.25	+0.67	32.70	1:11.12	1:51.18	2:31.25
3. Patrick Creemers	RZ	NED 199000579	2:38.77	+0.70	34.53	1:14.26	1:56.79	2:38.77
4. Herman van Dijk	De Wellerobben	NED 198900691	2:49.96	+0.89	36.42	1:18.92	2:04.24	2:49.96
5. Marten Ettema	HZ&PC Heerenveen	NED 199007703	2:58.60	+0.76	40.03	1:26.24	2:13.37	2:58.60
6. Jordy van der Drift	ZVL-1886 Center	NED 199307345	3:01.39	+0.76	38.68	1:24.55	2:13.32	3:01.39

Masters 35+

1. Yuri van Omme	Zwemvereniging Hoogland	NED 198501887	2:32.16	+0.80	33.78	1:11.27	1:50.80	2:32.16
2. Rob van Vliet	ZPC AMERSFOORT	NED 198402459	2:43.31	+0.83	36.19	1:17.20	1:59.26	2:43.31
3. Dennis Kraakman	DAW	NED 198705325	2:49.94	+0.78	36.79	1:20.27	2:05.63	2:49.94
4. Thommy Nickel	ZPC Woerden	NED 198401627	2:53.12	+0.88	38.20	1:21.14	2:06.45	2:53.12
5. Sander van Elburg	TRB-RES	NED 198800937	2:57.27		38.50	1:22.02	2:07.94	2:57.27

Masters 40+

1. Kristiaan Lenos	ZVL-1886 Center	NED 198301331	2:36.23	+0.70	33.96	1:13.37	1:56.26	2:36.23
2. Gergely Molnár	Iron Swim	HUN	2:37.25		34.77	1:14.42	1:55.72	2:37.25
<i>Hungarian Masters Record</i>								
3. Freddie Geerlings	Zwemsport Parkstad	NED 197900379	2:49.33	+0.98	36.43	1:17.65	2:03.47	2:49.33
4. Marcel Reefhuis	WS Twente	NED 198101381	2:50.09	+0.52	37.34	1:20.20	2:04.51	2:50.09
5. Arjan Buijsse	Sassenheim	NED 197901767	2:56.28	+0.82	38.36	1:22.68	2:09.73	2:56.28

Masters 45+

1. Victor Barnar	GoSwim	NED 197801805	2:34.93	+0.76	34.08	1:13.51	1:53.57	2:34.93
2. Vincent Versteeg	Zwemlust-den Hommel	NED 197701003	2:36.47	+0.75	34.16	1:14.38	1:56.10	2:36.47
3. László Jüllich	ZPCH	NED 197801893	2:49.75	+0.89	37.70	1:21.77	2:05.57	2:49.75

Masters 50+

1. R. van Ombergen	ZPC De Zeeuwse Kust	NED 197201685	2:46.83		36.31	1:16.97	2:00.47	2:46.83
2. Paul van den Heuvel	Arethusa	NED 197000441	2:53.30		38.38	1:22.37	2:07.96	2:53.30
3. Michael van Bekkum	SWOL 1894	NED 197200051	2:54.59	* +0.79	38.77	1:22.61	2:07.77	2:54.59
4. Martijn de Jong	DWK	NED 197101659	3:02.12	+0.74	39.60	1:24.92	2:14.99	3:02.12
5. Hans Schoenmakers	DAW	NED 196900863	3:02.34	+0.77	39.64	1:26.29	2:14.44	3:02.34
6. Korstiaan de Boer	Steenwijk 1934	NED 197101629	3:12.47		43.97	1:32.41	2:22.47	3:12.47
7. Alberto Randazzo	DES	NED 197101757	3:13.21		43.00	1:32.46	2:23.27	3:13.21
8. Rob van de Ven	Neptunus'58	NED 197101695	3:17.92	+0.57	42.87	1:31.67	2:24.71	3:17.92
9. Marcel Brittijn	De Duinkickers	NED 196900159	3:31.43	+0.59	46.67	1:41.70	2:38.28	3:31.43



Open Nederlandse Masters
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Programmanr. 10, Heren, 200m schoolslag

Masters 55+

1. Jan Gert Notenbomer	Upstream Amsterdam	NED 196600557	2:40.25	+0.76	36.55	1:17.22	1:58.47	2:40.25
2. Erlend Alstad	OI Svømming	NOR M210367ERL02	2:44.10	+0.85	37.82	1:19.58	2:02.82	2:44.10
3. J. van den Berg	WVZ	NED 196801575	2:49.38		38.52	1:21.86	2:06.16	2:49.38
4. Arno Schrauwen	Patrick-De Roersoppers (SG)	NED 196501355	2:59.61		40.85	1:25.39	2:12.46	2:59.61
5. Theo Bakker	TriVia	NED 196401231	3:02.01		40.21	1:29.10	2:18.63	3:02.01
6. Joop Weenink	WS Twente	NED 196801535	3:05.13	+1.02	41.34	1:27.68	2:16.71	3:05.13
7. Andy Feyen	Zwemclub Iloka Kapellen	BEL ZIK/11034/67	3:26.35		46.29	1:38.78	2:32.84	3:26.35
8. Hans Bijleveld	HHZV PLONS	NED 196601649	3:33.13		48.31	1:44.89	2:40.50	3:33.13
9. Gertjan van der Vaart	ZVVS	NED 196801529	3:36.72	+0.81	46.30	1:41.74	2:40.66	3:36.72
10. Pierre de Groot	GZC DONK	NED 196401431	3:40.88	+0.78	47.53	1:42.53	2:41.73	3:40.88

Masters 60+

1. Gert Sikkema	Zwemclub Urk 1978	NED 196300687	3:02.83	*	41.00	1:26.60	2:13.41	3:02.83
2. Ronald Grove	Triton	NED 196100161	3:06.33	+0.83	40.90	1:29.73	2:18.97	3:06.33
3. Ron Phaff	PSV	NED 196200495	3:16.84		42.49	1:31.80	2:23.71	3:16.84
4. Casper Dollekamp	Steenwijk 1934	NED 196301341	3:26.86		42.83	1:31.86	2:26.36	3:26.86
5. Jack Barends	WS Twente	NED 196201011	3:34.66		47.59	1:42.31	2:39.08	3:34.66
6. Robert Schulein	H2Oldambt	NED 195900843	4:10.72	+0.78	51.28	1:53.36	3:01.77	4:10.72

Masters 65+

1. Sigitas Katkevicius	Dzukijos Vandenis	LTU	2:53.88	+0.85	37.78	1:19.77	2:04.42	2:53.88
<i>Kampioenschapsrecord</i>								
2. Wim de Lange	AZC	NED 195800533	3:19.61		42.87	1:32.80	2:25.75	3:19.61
3. V. Sobolevsky	Chubinsky Beavers	UKR	3:35.35		47.74	1:42.13	2:40.16	3:35.35
4. André Pantekoek	PSV	NED 195800321	4:14.11	+1.10	55.06	2:01.07	3:10.15	4:14.11
AFGEM Peter Coffeng	GZC DONK	NED 195700063						

Masters 70+

1. Jean-Marie Cadiat	Cercle De Natation Sportcity	BELuCNSW/000243/53	3:09.38	+0.95	43.97	1:32.76	2:21.84	3:09.38
<i>Kampioenschapsrecord, Belgisch Masters Record</i>								
2. Charles Bos	Patrick-De Roersoppers (SG)	NED 195300019	3:14.92		43.23	1:32.38	2:23.37	3:14.92
<i>Nederlands Masters Record</i>								
3. Piet Schop	De Bevelanders	NED 195000109	3:59.01	*	55.48	1:56.10	2:59.43	3:59.01

Masters 75+

1. Mans Buis	SWOL 1894	NED 194700133	4:26.79		1:00.57	2:08.53	3:17.90	4:26.79
2. Nico van Dongen	<td>NED 194800159</td> <td>5:20.00</td> <td></td> <td>1:09.66</td> <td>2:34.48</td> <td>3:57.34</td> <td>5:20.00</td>	NED 194800159	5:20.00		1:09.66	2:34.48	3:57.34	5:20.00

Masters 80+

1. Rob Hanou	PSV	NED 194300109	4:09.85	+1.04	54.53	2:00.14	3:06.04	4:09.85
2. Nico Baay	Old Dutch	NED 194200053	4:10.64	+0.81	55.22	1:59.63	3:05.20	4:10.64

Masters 85+

1. F. Hendrik de Bruijn	CN Aquamasters	ESP	4:11.58		58.73	2:03.28	3:09.25	4:11.58
<i>Kampioenschapsrecord</i>								



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
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Programmanr. 11
17-02-2023 - 14:09

Dames, 200m schoolslag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
Masters 20+								
1. Kim Vos	Triton Putten	NED 200000990	2:42.43	* +0.65	36.16	1:17.54	2:00.26	2:42.43
2. Alessia Sluis	Dedemsvaart-AC	NED 200300896	2:47.69	+0.76	37.26	1:19.95	2:03.56	2:47.69
3. Lonneke Graansma	ZVL-1886 Center	NED 199900936	2:50.49		38.20	1:21.40	2:05.61	2:50.49
4. Kim de Jong	De Columbiaan	NED 200301026	2:51.96		37.91	1:21.28	2:05.85	2:51.96
5. Veerle van Munster	ZPC Woerden	NED 200102632	2:53.45		38.76	1:22.59	2:07.33	2:53.45
6. Lisanne Seising	VZC	NED 200002084	2:53.67	+0.76	39.09	1:23.47	2:08.68	2:53.67
7. Elisah Velgersdijk	ZPC AMERSFOORT	NED 200102436	2:54.28	+0.66	37.25	1:20.82	2:07.35	2:54.28
8. Ageeth de Haan	Steenwijk 1934	NED 199901022	3:00.38	+0.65	40.52	1:26.88	2:13.76	3:00.38
9. Cynthia Koolman	Steenwijk 1934	NED 200300232	3:03.58		40.12	1:26.83	2:14.84	3:03.58
10. Marouscha de Vries	DAW	NED 199906628	3:06.71	+0.65	42.62	1:30.60	2:19.11	3:06.71
11. Sheila ten Voorde	Octopus-ZVV (SG)	NED 199904538	3:10.21	+0.82	40.94	1:28.95	2:19.30	3:10.21
12. Maartje Hids	ZVL-1886 Center	NED 199903042	3:15.03	+0.73	45.68	1:34.27	2:24.42	3:15.03
13. Valerie Bakker	ZVL-1886 Center	NED 200103672	3:23.19		45.76	1:37.11	2:31.41	3:23.19
14. Megan Vis	De Kempvis	NED 200303326	3:33.30	+0.77	44.80	1:38.60	2:37.91	3:33.30
NG Hannah Ledingham	SSF Bonn 1905 e.V,	GER 458077						
Masters 25+								
1. Chantal Beijer	DWT	NED 199700884	2:56.91		39.43	1:23.65	2:09.63	2:56.91
2. Yvette Meijer	Zwemvereniging Hoogland	NED 199706590	3:16.36		44.52	1:34.32	2:25.27	3:16.36
Masters 30+								
1. Jacyntha Plat	Steenwijk 1934	NED 199002956	2:49.77	+0.78	37.13	1:20.15	2:04.58	2:49.77
2. Suzan Blankestijn	ZVL-1886 Center	NED 198900350	2:55.23		38.92	1:22.82	2:08.60	2:55.23
3. Maaike de Boer	De Duinkickers	NED 199000362	2:59.84		41.49	1:27.74	2:13.16	2:59.84
4. Danielle Vermeulen	Zwemlust-den Hommel	NED 199108534	3:02.58		41.23	1:28.15	2:15.26	3:02.58
5. N. Wobben - de Vries	Steenwijk 1934	NED 199204328	3:04.26		41.35	1:28.55	2:16.50	3:04.26
Masters 35+								
1. S. van der Linden	DIO	NED 198802736	2:54.29	+0.69	39.59	1:23.46	2:09.56	2:54.29
2. Larissa Brak	ZPC AMERSFOORT	NED 198800572	3:00.79	+0.73	40.64	1:26.90	2:14.86	3:00.79
3. Liesbeth van Mill	Zwemlust-den Hommel	NED 198702786	3:05.05		41.94	1:29.02	2:16.95	3:05.05
4. A. Wammes-Bouman	Zwemvereniging Hoogland	NED 198403604	3:22.40	+0.74	46.71	1:37.74	2:29.91	3:22.40
Masters 40+								
1. Laura Badoux	DAW	NED 198200038	2:49.60		38.59	1:21.16	2:05.78	2:49.60
<i>Nederlands Masters Record</i>								
2. Nadya Putter	ZVVS	NED 198301630	3:07.41	+0.75	42.99	1:29.70	2:17.52	3:07.41
3. Angela Giezen	Zwemvereniging Hoogland	NED 198302796	3:16.02	+0.77	45.58	1:37.36	2:27.06	3:16.02
4. Eveline Hacquebord	IJZPC	NED 197901206	3:17.66	+0.74	44.82	1:35.38	2:27.47	3:17.66
5. Simone Weijland	ZV 44	NED 197901610	3:48.51		49.03	1:47.10	2:48.97	3:48.51
Masters 45+								
1. Liselotte Joling	PSV	NED 197500268	3:02.43	+0.83	40.94	1:27.62	2:15.67	3:02.43
2. Monica Korndewal	ZPC AMERSFOORT	NED 197701258	3:20.35	+0.87	44.80	1:33.88	2:26.52	3:20.35
Masters 50+								
1. Trudy Ketting	PSV	NED 197000268	2:59.86		39.98	1:24.80	2:11.69	2:59.86
2. L. v. Bon-Rosenbrand	ZPC AMERSFOORT	NED 197000054	3:05.26	+0.88	42.25	1:28.33	2:15.92	3:05.26
3. Katharina Schlipp	De Vliet (SG)	NED 197301004	3:11.01	+0.83	42.37	1:29.96	2:20.21	3:11.01
4. Trudie van Niejenhuis	TZC-Vahalis	NED 197100444	3:16.76	* +0.88	44.70	1:34.74	2:25.58	3:16.76
5. Pascalie Janssen	Patrick-De Roersoppers (SG)	NED 197300852	3:19.21		45.85	1:36.24	2:27.57	3:19.21
6. Greta Wyma-Teitsma	DWK	NED 197100696	3:51.50	+0.86	51.85	1:51.68	2:51.64	3:51.50



Open Nederlandse Masters
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Programmanr. 11, Dames, 200m schoolslag, Masters 50+

rang naam	vereniging		tijd	RT	PARA	50m	100m	150m	200m
DIS Bianca Groot	MSV-Zeemacht	NED 197000652							
<i>AF - De aangegeven afstand niet uitgezwommen.</i>									

Masters 55+

1. Annette Wijnja-Visser	De Biesboschzwemmers	NED 196700528	3:05.53			42.27	1:29.13	2:17.13	3:05.53
<i>Kampioenschapsrecord</i>									
2. A. Korving-Leijenaar	Aqualero	NED 196700662	3:20.66	+0.76		44.74	1:36.87	2:29.66	3:20.66
3. K. van Nassau-van den IJold	Dutch	NED 196600188	3:32.14	+0.90		47.23	1:40.34	2:35.91	3:32.14
4. Riekje Schra	Steenwijk 1934	NED 196400404	5:24.04	*		1:13.59	2:35.57	4:00.34	5:24.04

Masters 60+

1. P. Tossings-van de Hoo	GZC DONK	NED 196100376	3:27.00			48.23	1:41.32	2:34.98	3:27.00
2. Yoka de Vegt-van Dijk	ESCA Zwemmen	NED 196200420	3:32.84			47.76	1:40.97	2:36.75	3:32.84
3. A. Vuist-Blum	SWOL 1894	NED 196300282	3:34.17			49.59	1:43.99	2:39.41	3:34.17
4. Lia Bijkerk	GZC DONK	NED 196000014	3:57.90			51.67	1:51.99	2:56.16	3:57.90
5. W. Schoenmaker-ter Ver	DWK	NED 195900254	4:11.25			55.79	1:58.52	3:04.41	4:11.25

Masters 65+

1. Marijke van Hoek	ZPC De Zeeuwse Kust	NED 195800050	3:36.82	+0.75		48.48	1:43.39	2:39.80	3:36.82
2. Ria Peters-Veurman	ESCA Zwemmen	NED 195800242	4:29.90			58.84	2:07.78	3:20.85	4:29.90

Masters 70+

1. Tineke van Diggelen	ZPCH	NED 195200048	4:35.47			1:01.16	2:12.44	3:24.19	4:35.47
2. N. van Dongen-de Paep	ZZ&PC De Devel	NED 195100044	5:05.68	+1.36		1:08.97	2:25.70	3:45.45	5:05.68

Masters 75+

1. L. van Huissteden	ZPC AMERSFOORT	NED 194500002	4:46.23	*		1:05.69	2:17.89	3:32.78	4:46.23
2. A. Verhoeven - Stegger	De Duinkickers	NED 194600024	4:54.46	*		1:05.36	2:18.08	3:35.90	4:54.46

Programmanr. 12
17-02-2023 - 14:37

Heren, 50m vrije slag

Masters Open
Resultaten

rang	naam	vereniging		tijd	RT	PARA
Masters 20+						
1.	Nikolas Spyrou	Piranha	NED 200105553	23.86	+0.71	
2.	Daan Hogerhuis	De Columbiaan	NED 200300317	24.02	+0.73	
3.	Saviël Armand	ACZ	NED 200204461	24.25	+0.64	
4.	Jorian Darwinkel	HZ&PC Heerenveen	NED 200300565	24.63	+0.67	
5.	Wim van Duuren	TRB-RES	NED 200102103	24.78	+0.71	
6.	Stijn Boertien	Dedemsvaart-AC	NED 200100719	24.94	+0.69	
7.	Remco Dijkstra	HZ&PC Heerenveen	NED 200100789	24.99	+0.73	
8.	Aron Paasse	De Schotejil	NED 200000099	25.05	+0.65	
9.	Franklin Paassen	ZV 44	NED 200003881	25.09	+0.64	
10.	Edwin Jager	De Golfbreker	NED 199901571	25.22	+0.74	
11.	Ian Terlouw	ZPC Woerden	NED 200002345	25.33		
12.	Jort Vizee	Feijenoord Zwemmen (SG)	NED 200201779	25.42	+0.59	
13.	Arjan Dekker	De Golfbreker	NED 200000499	25.44	+0.46	
14.	Jesse van Dijk	Zuiderzeezwemmers	NED 199903259	25.76	+0.73	
15.	Ilmar Stoop	Zuiderzeezwemmers	NED 200100871	25.85	+0.55	
16.	Milan de Roo	ZPC Woerden	NED 200102215	26.02	+0.66	
17.	Mees Minneboo	MSV-Zeemacht	NED 200203465	26.05	+0.59	
18.	Jacob Mackloet	De Schotejil	NED 200001171	26.14	+0.73	
19.	Julian Mes	ZOB'66	NED 200103755	26.33	+0.71	
20.	Derk Jan van Duijn	De Golfbreker	NED 200105575	26.84	+0.76	
21.	Kylian Kooijman	Steenwijk 1934	NED 199900763	27.08	+0.76	



Open Nederlandse Masters
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Programmanr. 12, Heren, 50m vrije slag, Masters 20+

rang	naam	vereniging		tijd	RT	PARA
22.	Rob van Wier	HZ&PC Heerenveen	NED 199900697	27.41	+0.79	
23.	Rik Stahlie	TriVia	NED 200201915	27.61	+0.58	
24.	Bartho Visser	Triton Putten	NED 200005595	27.69	+0.74	
25.	Thomas van Scheepen	Steenwijk 1934	NED 200001387	27.75	+0.68	
26.	Auke Sijperda	AZC	NED 199905115	27.96	+0.72	
27.	Jelle Heijman	Steenwijk 1934	NED 200000635	28.02	+0.77	
28.	Boaz Troost	ZOB'66	NED 200100371	28.16	+0.68	
29.	Jesper Luppés	De Golfbreker	NED 200005403	29.40		
30.	Mathijs Krieger	EZCL (SG)	NED 199905361	32.72	+0.71	
31.	Christiaan Matser	EZCL (SG)	NED 200105573	35.40	+0.78	

Masters 25+

1.	Felix Geenen	DAW	NED 199501085	23.00	+0.70	
2.	Dominique Sikkema	TriVia	NED 199500399	23.50	+0.66	
3.	Bas Dries	Zwemvereniging Hoogland	NED 199505177	23.63	+0.65	
4.	Erik Nijholt	DZ&PC	NED 199401349	24.54	+0.70	
5.	Jarick Stoop	Zuiderzeezwimmers	NED 199604181	25.44	+0.66	
6.	Jurre Stammes	ESCA Zwemmen	NED 199701843	25.53	+0.58	
7.	Jorrik Kerdijk	Bubble	NED 199602135	25.85	+0.71	
8.	Sam Beer	Poseidon'56	NED 199605521	26.03	+0.69	
9.	Martijn Kornet	Zwemlust-den Hommel	NED 199700231	26.07	+0.74	
10.	Jelle Blankestijn	ZPC AMERSFOORT	NED 199803737	26.09	+0.74	
11.	Jordi de Nijs	MSV-Zeemacht	NED 199801851	26.48	+0.64	
12.	Hans Stoffers	Triton Putten	NED 199604027	26.63	+0.53	
13.	Paco de Voogt	De Duck	NED 199400859	26.64	+0.71	
14.	Ian van Mullem	ZOB'66	NED 199602545	26.79	+0.71	
15.	Erik Baalbergen	ZVL-1886 Center	NED 199805775	27.06		
16.	Martijn Lageweg	Steenwijk 1934	NED 199701323	27.22	+0.79	
17.	Patrick Wyrdeeman	Feijenoord Zwemmen (SG)	NED 199702475	27.76	+0.68	
18.	Jeroen van Dinther	Neptunus'58	NED 199701569	27.93		
19.	Rutger Curfs	SWOL 1894	NED 199402893	29.28		

Masters 30+

1.	Aziz Nosairi	Zwemlust-den Hommel	NED 199104645	22.96	+0.69	
2.	Romero Hennep	De Kempvis	NED 199304929	24.36	+0.66	
3.	Olaf Achterberg	VZC	NED 199000011	24.68	+0.72	
4.	Sander de Vrugt	ESCA Zwemmen	NED 198903499	25.79	+0.67	
5.	Bas Braun	ZPC AMERSFOORT	NED 199106545	25.95		
6.	Tim de Vrugt	ESCA Zwemmen	NED 199306719	26.21	+0.70	
7.	Marc Hoogendam	Blue Marlins	NED 199007713	26.52	+0.67	
8.	Sybren Groenewegen	De Schotejil	NED 199306223	26.76	+0.86	
9.	Ruben Stolk	ZOB'66	NED 199005665	27.18	+0.75	
10.	Patrick Brouwer	AZC	NED 199303715	27.73	+0.85	
11.	Laurens de Nijn	SwimGym	NED 199107815	28.15	+0.75	
12.	Patrick de Jonge	Deltasteur	NED 198906635	28.80	+0.78	
13.	Marten Ettema	HZ&PC Heerenveen	NED 199007703	28.85	+0.63	
14.	Eric Kalee	Zwemvereniging Hoogland	NED 199005307	29.54		
15.	Derek Valkenier	MSV-Zeemacht	NED 199207397	30.38		
16.	Patrick Wobben	Steenwijk 1934	NED 199300559	32.04	+0.84	

Masters 35+

1.	Joan Kentrop	Zwemlust-den Hommel	NED 198503575	23.76	+0.73	
2.	Pascal van Haren	NieMo Barracuda	NED 198704101	25.99	+0.70	
3.	Romain Delepine	Lille UC Natation	FRA 266204	26.96	+0.76	
4.	Arne-Willem Kroonen	MZ&PC	NED 198401297	28.08	+0.77	
5.	Dennis Kraakman	DAW	NED 198705325	28.93	+0.71	
6.	Ricardo van Dam	AZC	NED 198503965	29.24	+0.70	
7.	Edward van Dootingh	ZV 44	NED 198403341	29.33	+0.83	
8.	Jort Wildschut	SwimGym	NED 198806307	30.06	+0.72	
9.	Steffen Hackbarth	SSF Bonn 1905 e.V.	GER 425979	30.14		
10.	Remco van der Graaf	PSV	NED 198704007	30.20	+0.78	



Open Nederlandse Masters
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Programmanr. 12, Heren, 50m vrije slag, Masters 35+

rang	naam	vereniging		tijd	RT	PARA
DIS	Alexander Trubin	SwimGym	NED 198403381			
	<i>AM - Gebruik gemaakt van hulpmiddelen of tape gebruikt op het lichaam.</i>					

Masters 40+

1.	Lauren Vis	Steenwijk 1934	NED 198201883	25.23	+0.67	
2.	Ivan van Omme	De Geul	NED 198201263	25.81	+0.67	
3.	Rutger Stam	Zwemvereniging Hoogland	NED 198102463	27.48	+0.68	
4.	Wouter Zijlstra	DAW	NED 198202077	27.72	+0.73	
5.	F. Cascales Miñana	Lille UC Natation	FRA 3228717	27.95	+0.81	
6.	Arjan Mondria	Upstream Amsterdam	NED 198202699	28.15		
7.	Rubert Boer	Aqualero	NED 197902011	28.77		
8.	Peter Lommert	SWOL 1894	NED 197900787	29.63		
9.	Michel Wigbers	DWT	NED 198001743	30.86	+0.78	
10.	Ingmar Kooman	ZVL-1886 Center	NED 197901517	32.10		

Masters 45+

1.	Casper Hut	HZ&PC Heerenveen	NED 197800471	24.22	+0.68	
	<i>Nederlands Masters Record</i>					
2.	Jasper van Heijst	Het Y	NED 197601699	26.18	+0.74	
3.	Ruud Holswilder	ZPCH	NED 197800435	26.19		
4.	Alex Damen	DAW	NED 197501371	26.45	+0.76	
5.	Victor Barnar	GoSwim	NED 197801805	26.85	+0.70	
6.	Pieter Broek	Feijenoord Zwemmen (SG)	NED 197701637	27.06	+0.68	
7.	Dennis Dortland	NieMo Barracuda	NED 197800261	27.28		
8.	Eric Hoekman	WS Twente	NED 197401531	27.52	+0.77	
9.	Markus van Rest	WVZ	NED 197701197	28.42	+0.83	
10.	Johan Wezenberg	SWOL 1894	NED 197601023	29.18	+0.87	
11.	Michael Go	AZC	NED 197501397	30.11	+0.73	
12.	Bogdan Androne	Sassenheim	NED 197701783	30.13		
13.	Tom Bandsma	PSV	NED 197701625	30.62	+0.90	
14.	Jeroen Hoeksel	ZVVS	NED 197401533	34.08	+0.99	

Masters 50+

1.	Frederic Tonus	Luxembourg Sharks Swimming CLUX	10449	24.51	+0.71	
	<i>Kampioenschapsrecord, Luxembourg Masters Record</i>					
2.	Chester Marsman	ZPC AMERSFOORT	NED 196900671	26.14	+0.75	
3.	Markus Löber	SSF Bonn 1905 e.V.,	GER 444684	26.90	+0.61	
4.	Arjan Verheij	De Rog	NED 197101617	27.21	+0.72	
5.	Eelco van Gemert	ZPC De Zeeuwse Kust	NED 197200299	28.14	+0.75	
6.	Gerko Versluis	Zuiderzeewimmers	NED 196901439	28.34	+0.81	
7.	Kees Akershoek	De Stelle	NED 196900009	28.69	+0.70	
8.	Linas Kersevicius	Kauno Takas	LTU	28.77	+0.90	
9.	Michael van Bekkum	SWOL 1894	NED 197200051	28.89	+0.71	
10.	Ingmar de Gelder	ZOB'66	NED 197000333	28.93	+0.69	
11.	Pieter Veenstra	DZ&PC	NED 197301345	29.57		
12.	Chris Kouwenhoven	De Grunte	NED 197101669	29.75	+0.92	
13.	Henri Verschoor	De Biesboschwimmers	NED 197001041	29.76	+0.87	
14.	Wilbert Hietbrink	ZPC De Hof	NED 196901879	29.86		
15.	Marcus Köhler	SSF Bonn 1905 e.V.,	GER 444688	30.90	+0.88	
16.	Wouter van der Stelt	De Biesboschwimmers	NED 197200889	31.09		
17.	Hugo Jansen	Zwemvereniging Hoogland	NED 197101779	31.11	+0.84	
18.	Rob van de Ven	Neptunus'58	NED 197101695	31.51	+0.61	
19.	Erik Zoethout	Aqualero	NED 196901157	31.56		
20.	Eric Dumas	Patrick-De Roersoppers (SG)	NED 196901397	32.72	+0.77	
21.	Alberto Randazzo	DES	NED 197101757	33.49	+0.67	

Programmanr. 12, Heren, 50m vrije slag

Masters 55+

1.	Darius Andrzejczak	SG Erkelenz-Hückelhoven	GER	326924	26.16	+0.79
2.	Edo Boonstra	PSV	NED	196801713	28.62	
3.	Theo Bakker	TriVia	NED	196401231	28.67	+0.77
4.	Guido Keutgen	Steenwijk 1934	NED	196801551	28.70	+0.79
5.	Erik Saan	De Duck	NED	196500769	29.94	+0.99
6.	Erik Wetsteijn	SWOL 1894	NED	196501019	30.20	+0.55
7.	Wijnand Vergeest	De Rog	NED	196800949	30.62	
8.	Bert Jonker	HZ&PC Heerenveen	NED	196600355	30.85	+0.67
9.	Meindert Tuinstra	H2Oldambt	NED	196600853	31.11	
10.	Huyb Stegeman	Steenwijk 1934	NED	196701535	31.20	+0.93
11.	Leon Slingerland	WVZ	NED	196801707	31.39	+0.92
12.	Pieter-Sjoerd de Wijn	DES	NED	196501027	31.68	+0.85
13.	Roy Le Clercq	De Rog	NED	196401041	32.39	
14.	Pierre de Groot	GZC DONK	NED	196401431	33.42	
15.	Gertjan van der Vaart	ZVVS	NED	196801529	33.83	+0.60
16.	Hans Bijleveld	HHZV PLONS	NED	196601649	34.46 *	
17.	Wim Donkersloot	Hieronymus	NED	196801715	34.72	
18.	Bauke Posthumus	HZ&PC Heerenveen	NED	196401505	36.27	
19.	Maarten Koolman	Steenwijk 1934	NED	196801649	45.77	

Masters 60+

1.	Peter Bernsen	De Rog	NED	196301119	26.60	+0.66
	<i>Nederlands Masters Record</i>					
2.	Fred Ketting	PSV	NED	196000289	27.85	+0.83
3.	Gert Sikkema	Zwemclub Urk 1978	NED	196300687	28.46	+0.82
4.	Paul Wijnja	De Biesboschzwemmers	NED	196301403	29.50	+0.81
5.	Henk Kuipers	ZPC AMERSFOORT	NED	196201207	29.92	
6.	Peter van Vuuren	Upstream Amsterdam	NED	196000641	30.61	+0.95
7.	Adrian Ortiz Buitrago	GZC DONK	NED	196000931	31.34	+0.74
8.	Evert-Jan Verweij	SWOL 1894	NED	196301143	31.71	
9.	Clemens de Waal	De Ward	NED	196001063	32.27	
10.	Ronald Pijtak	ZPC AMERSFOORT	NED	196100475	34.51	+0.84
11.	Pier van der Sluis	De Vikings	NED	195900757	35.85	+1.04
12.	Robert Schulein	H2Oldambt	NED	195900843	38.28	+0.75

Masters 65+

1.	Marten de Groot	HZ&PC Heerenveen	NED	195800149	27.90	+0.76
	<i>Nederlands Masters Record</i>					
2.	Mark Eligh	ZPC AMERSFOORT	NED	195700497	31.23	+0.73
3.	Fred Zanting	TriVia	NED	195400323	33.83	+0.84
4.	Volodymyr Sobolevsky	Chubinsky Beavers	UKR		34.59	
5.	Wiebren Dijkstra	HZ&PC Heerenveen	NED	195800745	35.11	
6.	Klaas Landeweer	IJZPC	NED	195600163	38.06	
AFGEM	Peter Coffeng	GZC DONK	NED	195700063		

Masters 70+

1.	Harry Dokter	SWOL 1894	NED	195100037	30.74	+0.91
2.	Ruud Ruiten	WWV Winterswijk	NED	195300169	30.75	
3.	Brend Brevé	PSV	NED	195200265	31.31	
4.	Ferenc Erdelyi	Torokbalint Senior Uszo Club	HUN		31.97	
5.	Charles Bos	Patrick-De Roersoppers (SG)	NED	195300019	32.63	+0.66
6.	Jos Kamps	Zwemvereniging Hoogland	NED	195100085	35.42	

Masters 75+

1.	Willem Putter	ZVVS	NED	194500135	37.24	+1.03
2.	Mans Buis	SWOL 1894	NED	194700133	41.99	
3.	Nico van Dongen	<td>NED</td> <td>194800159</td> <td>50.40</td> <td>+1.27</td>	NED	194800159	50.40	+1.27



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
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Programmanr. 12, Heren, 50m vrije slag

Masters 80+

1. Geza Kaltenecker AZC NED 194200065 **39.15**

Masters 85+

1. Nic Geers PSV NED 193800007 **43.48**
Nederlands Masters Record

Programmanr. 13
17-02-2023 - 14:59

Dames, 50m vrije slag

Masters Open
Resultaten

rang	naam	vereniging		tijd	RT	PARA
Masters 20+						
1.	Babette van der Kaaij	Blue Marlins	NED 199902234	26.24		
2.	Ariane Kooijinga	TriVia	NED 200001544	26.71	+0.56	
3.	Linde Kolkman	Dedemsvaart-AC	NED 200001114	27.14	+0.66	
4.	Marije Sweering	De Golfbreker	NED 200101228	27.23	+0.68	
5.	Lianne van Wier	HZ&PC Heerenveen	NED 200200438	27.30	+0.65	
6.	Laura Setz	Bubble	NED 200000130	27.31		
7.	Leonie van Wier	HZ&PC Heerenveen	NED 200200436	27.38		
8.	Merel Phaff	Nueneen	NED 200100434	27.45		
9.	Michelle Zomerdijk	Dedemsvaart-AC	NED 200003196	27.57	+0.71	
10.	Sharon Wolfs	Patrick-De Roersoppers (SG)	NED 200004800	28.12		
11.	Amé Hulleman	DZ&PC	NED 200202794	28.24	+0.59	
12.	Amber Hesper	VZC	NED 200202188	28.29 *		
13.	Sanne Kloezen	Bubble	NED 200204644	28.31	+0.73	
	Alisha Vieira	Blue Marlins	NED 199904554	28.31		
15.	Inge Dekker	HZ&PC Heerenveen	NED 200200476	28.38	+0.74	
16.	Michelle van den Hoofdakker	Steenwijk 1934	NED 200302708	29.12	+0.74	
	Bibi Stokvis	ZV De Bron	NED 199900892	29.12	+0.70	
18.	Hannah Ledingham	SSF Bonn 1905 e.V.	GER 458077	29.36	+0.70	
19.	Annabel Kuipers	DWK	NED 200001076	29.52		
20.	Alies Wagter	Steenwijk 1934	NED 199900840	29.72	+0.79	
21.	Jessica Braat	AZC	NED 200205684	29.81	+0.56	
22.	Veerle van Munster	ZPC Woerden	NED 200102632	29.91		
23.	Ageeth de Haan	Steenwijk 1934	NED 199901022	30.00	+0.65	
24.	Esmee Kloezen	Bubble	NED 200204646	30.01	+0.83	
25.	Marije de Jager	De Columbian	NED 200301394	30.11	+0.72	
26.	Kyra Wesemann	MSV-Zeemacht	NED 200201440	30.15	+0.82	
27.	Sheila ten Voorde	Octopus-ZVV (SG)	NED 199904538	30.42		
28.	Redine van Breugel	De Biesboschzwemmers	NED 200004404	30.57	+0.54	
29.	Cynthia Koolman	Steenwijk 1934	NED 200300232	30.67		
30.	Mandy Swart	De Biesboschzwemmers	NED 199904916	30.85		
31.	Daphne van Rees	Octopus-ZVV (SG)	NED 200301766	31.03	+0.72	
	Iris van der Moolen	De Amstel	NED 199902052	31.03	+0.74	
33.	Romy Jalving	HZ&PC Heerenveen	NED 200000616	31.05		
34.	Rosalie Baarda	Orca	NED 199903460	31.28		
35.	Tessa Schipper	Bubble	NED 200301578	31.51		
36.	Iris Bastiaansen	De Amstel	NED 199902006	31.78		
37.	Rosa Huntjens	EZCL (SG)	NED 200301402	31.85		
38.	Kayra Deger	Blue Marlins	NED 200003890	32.15		
39.	Selma Boertien	Aqua'68	NED 200203834	32.26		
40.	Tove Kienhuis	Aqua'68	NED 200203486	32.75	+0.71	
41.	Maaïke van Houten	Zwemvereniging Hoogland	NED 200206266	32.82		
42.	Leonie Smit	EZCL (SG)	NED 200301978	33.05		
43.	Ineke Visser	De Wellerobben	NED 199902948	34.90	+0.74	
44.	Meike Numeijer	De Golfbreker	NED 200106400	38.47		
45.	Rebecca de Klein	DZ&PC	NED 200002812	39.30	+1.10	



Open Nederlandse Masters
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Programmanr. 13, Dames, 50m vrije slag

Masters 25+

1.	Tamara Grove	De Dolfijn	NED	199601266	26.91	+0.70
2.	Caroline Damen	De Golfbreker	NED	199703088	27.56	
3.	Marre Zandringa	Orca	NED	199701136	27.58	+0.72
4.	Laura Compagner	Dedemsvaart-AC	NED	199804602	27.71	+0.70
5.	Karin Groen	Nova	NED	199502440	27.77	+0.68
6.	Celine Schoenmaker	DWK	NED	199801976	27.96	+0.74
7.	Sietske Veldkamp	ZPC De Hof	NED	199501628	28.27	+0.64
8.	Sanne van de Pol	De Biesboschzwemmers	NED	199800722	28.40	+0.71
9.	Rixt Meijer	HZ&PC Heerenveen	NED	199700202	28.45	+0.73
10.	Dagmar Kruik	Zuiderzeezwemmers	NED	199800008	28.51	+0.69
11.	Myrna Gorter	Neptunia'24	NED	199503158	29.20	+0.74
12.	Evelien de Jong	Neptunia'24	NED	199805316	29.40	+0.75
13.	Lotte Eising	ZPC AMERSFOORT	NED	199502098	29.51	+0.74
14.	Arienne Jonkman	De Wellerobben	NED	199801590	29.54	
15.	Anoeska van de Kraats	DWK	NED	199701284	29.66	+0.66
16.	Hjordis Wagenaar	TRI-X-Kufstein	NED	49731	29.71	+0.77
17.	Rianne van Rijssen	Noord Veluwe	NED	199702360	30.01	
18.	Ana Ramirez de las Heras	SWOL 1894	NED	199806690	30.08	+0.51
19.	Diane Schoenmaker	PSV	NED	199502920	30.18	+0.79
20.	Annemiek Meulenbeld	Orca	NED	199506230	30.29	+0.70
21.	Margien Timmer	ZVL-1886 Center	NED	199506760	31.75	+0.71
22.	Eline Hendriks	ZPC AMERSFOORT	NED	199802794	32.23	+0.92
23.	Anouk van der Lans	Feijenoord Zwemmen (SG)	NED	199801614	32.89	+0.77
24.	Cynthia van Veen	ZVL-1886 Center	NED	199606736	33.37	+0.59
NG	Nina Tourton	ZOB'66	NED	199603612		

Masters 30+

1.	Danique Stoop	Zuiderzeezwemmers	NED	199106956	27.48	+0.68
2.	Marcha Admiraal	De Geul	NED	199300012	27.89	
3.	Elmi Roelofsen	Octopus-ZVV (SG)	NED	199008198	27.97	+0.79
4.	Denise Boereboom	NieMo Barracuda	NED	199202144	28.08	+0.73
5.	Saskia de Klerk	GoSwim	NED	199004612	28.37	+0.72
6.	Joanne van Essen	ZPC AMERSFOORT	NED	199303506	28.96	+0.81
7.	Jolanda Post	DIO	NED	199004848	29.50	+0.75
8.	Suzanne Lange	VZC	NED	199202998	29.86	+0.77
9.	Daphne Robijn-Jongedijk	EZCL (SG)	NED	198903520	29.90	+0.69
10.	Nanda Wobben - de Vries	Steenwijk 1934	NED	199204328	30.17	+0.82
11.	Leontine Groeneveldt	De Duck	NED	199303526	30.27	+0.65
12.	Melissa Zwaan	DAW	NED	199103666	30.45	+0.74
13.	Getrude Corporaal	Steenwijk 1934	NED	199200380	30.49	
14.	Celine Bakker	DAW	NED	199302562	32.48	
15.	Daphne Kievit	ZPC AMERSFOORT	NED	199207058	33.13	+0.87
16.	Ingrid Johannes	De Kempvis	NED	198907370	35.02	
17.	Lidwine Tax	ZVL-1886 Center	NED	199306658	37.55	

Masters 35+

1.	Daniëlle Reijnders	AquAmigos	NED	198504234	29.09	+0.75
2.	Marije Jansen	ZPC AMERSFOORT	NED	198504088	29.11	+0.63
3.	Monique van Huizen	AZC	NED	198706236	29.73	+0.79
4.	Sandra Schellekens	Neptunus'58	NED	198503416	31.41	+0.84
5.	Ramona Hulshof	THOR	NED	198503948	31.50	+0.74
6.	Mariska Zaal	AZC	NED	198806916	32.36	+0.77
7.	Marieke van Dodeweerd	RZC	NED	198600896	33.00	+0.87
8.	Kim Visser	H2Oldambt	NED	198704350	35.55	
9.	Angelique Wammes-Bouman	Zwemvereniging Hoogland	NED	198403604	39.15	

Programmanr. 13, Dames, 50m vrije slag

Masters 40+

1.	Ausra Razgune <i>Lithuanian Masters Record</i>	Kaisiadoriu Plaukiam	LTU		27.54	+0.82
2.	Anke Lambooj	De Vliet (SG)	NED	198001182	27.96	
3.	Anne-Marie Verschoor-Vos	De Biesboschzweimmers	NED	198102300	30.04	
4.	Pauline van Gelder - Dieker	Steenwijk 1934	NED	198102346	31.02	+0.84
5.	Esther Poortvliet - Koedam	De Duinkickers	NED	198001824	32.27	
6.	Agnes Vosselman	Octopus-ZVV (SG)	NED	198302184	33.28	
7.	Tineke Kleve	THOR	NED	198001810	33.64	
8.	Martine de Haart	Patrick-De Roersoppers (SG)	NED	197901492	34.00	
9.	Irene Kasteel-Jaspersen	Zuiderzeezweimmers	NED	198102278	34.17	+0.91
10.	Christel Geneuglijk	TriVia	NED	198101894	34.33	+0.70
11.	Tessa Piek	DZ&PC	NED	198102360	34.37	+0.82
12.	Saskia op den Velde	De Duinkickers	NED	197901530	35.25	+0.89
13.	Leonie Scholten	Steenwijk 1934	NED	197901560	35.47	+0.66
14.	Simone Weijland	ZV 44	NED	197901610	42.12	

Masters 45+

1.	Monique Boets	Stadskanaal	NED	197600230	29.64	
2.	Lina Bieliniene	Kaisiadoriu Plaukiam	LTU		30.60	+0.70
3.	Krista de Reus-Trompetter	DZ&PC	NED	197600520	31.05	+0.87
4.	Petra Guijt	RZC	NED	197600978	31.67	
5.	Marian Nederlof	De Geul	NED	197600950	33.14	+0.70
6.	Karin van Dijk	THOR	NED	197601066	34.04	
7.	Sandra Van der Helm	De Rog	NED	197801340	35.91	+0.89
8.	Nicolette Zuidema	ZV 44	NED	197500978	38.91	
9.	Martine Stahlie-Bos	TriVia	NED	197401054	41.64	+1.03

Masters 50+

1.	Edith Janssen-Koolen	TRB-RES	NED	197300898	29.57	+0.69
2.	Yvette Ratering	De Ward	NED	197200990	30.01	
3.	Marjo Goelema-Koek	De Biesboschzweimmers	NED	196900192	30.05	
4.	Annette de Visser	Oceanus	NED	197100602	30.66	+0.87
5.	Janine Franssen	Zwemsport Parkstad	NED	197101108	31.10	
6.	Marjolein Klunne	Hieronymus	NED	197101098	31.53	
7.	Inken Wemheuer	DWT	NED	197101016	31.78	
8.	Trudie van Niejenhuis	TZC-Vahalis	NED	197100444	32.46	
9.	Henriëtte Manting-Holthuis	H2Oldambt	NED	197100246	35.35	+0.95
10.	Hilly Brugmans	Hieronymus	NED	197001112	37.08	+0.81
11.	Irna van der Molen	WS Twente	NED	196900938	37.36	
12.	Kristien Van de Moortel	Shark	BEL	ShaRK/20315/69	38.08	
13.	Rinette van der Vliet	SWOL 1894	NED	197300518	38.58	+0.90

Masters 55+

1.	Saskia Phaff	PSV	NED	196600242	30.69	
2.	Ania Bultena-Rusek	TriVia	NED	196600764	35.98	
3.	Sandra Daamen-Posma	AZC	NED	196800854	36.40	
4.	Christine Buist	De Duinkickers	NED	196400608	37.83	
5.	Ageeth Westenbrink	De Rog	NED	196700712	38.45	+1.00
6.	Roselinda van der Vlugt	De Geul	NED	196700710	39.64	
7.	Riekie Schra	Steenwijk 1934	NED	196400404	1:01.44	

Masters 60+

1.	Marjan Remmits-de Lange	ZPC AMERSFOORT	NED	196300518	30.72	+0.64
2.	Netty Burik-Geijsen	Feijenoord Zwemmen (SG)	NED	196300048	31.52	
3.	Linda Wibbelink	Steenwijk 1934	NED	195900158	35.17	+0.69
4.	Marijke Kraak-Beckers	WS Twente	NED	196000240	35.21	+0.76
5.	Jennie Resink-lindeboom	DWK	NED	196000142	39.57	
6.	Lia Bijkerk	GZC DONK	NED	196000014	40.18	+0.93
7.	Jenny Westervaarder	H2Oldambt	NED	196200424	40.73	



Open Nederlandse Masters
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Programmanr. 13, Dames, 50m vrije slag, Masters 60+

rang	naam	vereniging			tijd	RT	PARA
8.	Katinka Elders	HZ&PC Heerenveen	NED	196000292	44.23		
9.	Gea Kuiper	ZCNF'34	NED	196100104	47.13	+0.86	

Masters 65+

1.	Atie Pijtak-Radersma <i>Kampioenschapsrecord</i>	ZPC AMERSFOORT	NED	195600048	31.19	+0.69	
2.	Marijke van Hoek	ZPC De Zeeuwse Kust	NED	195800050	34.44	+0.75	
3.	Karien Musters	Old Dutch	NED	195800236	50.52 *		
4.	Lies Hartman	PSV	NED	195600116	1:00.54		

Masters 70+

1.	Conny Boer-Buys	ZVVS	NED	195000006	34.54	+0.94	
2.	Tineke van Diggelen	ZPCH	NED	195200048	44.95		
3.	Geerdien Meerwaldt	De Geul	NED	195200058	52.09		
4.	Nini van Dongen-de Paepe	ZZ&PC De Devel	NED	195100044	1:07.14 *	+1.26	

Masters 85+

1.	Marie Smits	Old Dutch	NED	193800004	52.42		
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Programmanr. 14
17-02-2023 - 15:35

Heren, 200m wisselslag

Masters Open
Resultaten

rang	naam	vereniging			tijd	RT	PARA	50m	100m	150m	200m
Masters 20+											
1.	Jasper Breugem	WVZ	NED	200000303	2:14.87	+0.75		29.20	1:03.42	1:43.49	2:14.87
2.	Guus Hoogduin	ZVL-1886 Center	NED	200201069	2:16.31	+0.75		29.07	1:04.30	1:45.27	2:16.31
3.	Remco de Heij	ZPCH	NED	200200161	2:18.51			29.38	1:05.55	1:47.37	2:18.51
4.	David Kievit	De Schotejil	NED	199900325	2:21.39			30.43	1:06.85	1:47.42	2:21.39
5.	Tom Blankestijn	ZPC AMERSFOORT	NED	200201185	2:23.77	+0.75		29.93	1:07.00	1:51.41	2:23.77
6.	D. van den Nieuwendijk	De Columbiaan	NED	200100475	2:23.98	+0.78		29.62	1:06.98	1:47.48	2:23.98
7.	Jelle Opmeer	ZPC AMERSFOORT	NED	200100269	2:24.15	+0.72		30.62	1:07.91	1:49.31	2:24.15
8.	Thomas Hesper	Blue Marlins	NED	200004181	2:26.07	+0.84		29.82	1:09.92	1:50.05	2:26.07
9.	Bart Spaans	ACZ	NED	199902559	2:31.25	+0.50		31.77	1:12.97	1:56.46	2:31.25
10.	Jeroen Louwinger	De Rijn	NED	199900583	2:32.58	+0.70		31.91	1:09.05	1:56.71	2:32.58
11.	Marco van der Wulp	MSV-Zeemacht	NED	200302051	2:33.10	+0.70		30.90	1:11.31	1:56.47	2:33.10

Masters 25+

1.	Kalle van Gemert * 50, 200	ZPC De Zeeuwse Kust	NED	199801259	2:10.52	+0.66		26.73	1:00.54	1:38.95	2:10.52
2.	Bert Duivenvoorde	Noordwijkerhout	NED	199701805	2:12.65	+0.76		27.08	1:02.37	1:40.99	2:12.65
3.	Robin van Beek	ZVL-1886 Center	NED	199704023	2:16.39	+0.73		29.03	1:04.07	1:45.15	2:16.39
4.	Jelle Blankestijn	ZPC AMERSFOORT	NED	199803737	2:20.72	+0.67		30.10	1:06.45	1:49.09	2:20.72
5.	Wesley van der Luit	Sassenheim	NED	199701895	2:35.50			33.52	1:15.10	2:02.08	2:35.50
6.	Jeroen van Dinther	Neptunus'58	NED	199701569	2:37.24	+0.72		33.43	1:14.67	2:00.27	2:37.24
7.	Lars Jacobsen	DWK	NED	199705453	SM142:39.70	+0.80	528	32.91	1:13.55	2:05.76	2:39.70

Masters 30+

1.	Jesper Oranje	De Duck	NED	199200997	2:16.98	+0.62		27.71	1:02.35	1:43.19	2:16.98
2.	Tim Bunnik	Triton	NED	199000505	2:18.37	+0.77		29.82	1:04.49	1:45.99	2:18.37
3.	Olaf Achterberg	VZC	NED	199000011	2:20.81	+0.82		30.16	1:07.59	1:49.63	2:20.81
4.	Jelmer Meijer	HZ&PC Heerenveen	NED	199001961	2:21.93	+0.58		30.63	1:06.23	1:49.30	2:21.93
5.	Patrick Creemers	RZ	NED	199000579	2:25.69			32.37	1:12.55	1:52.96	2:25.69
6.	Bas Braun	ZPC AMERSFOORT	NED	199106545	2:25.77	+0.80		30.42	1:05.73	1:50.81	2:25.77
7.	M. Steekenburg	De Geul	NED	199300479	3:00.90	+0.79		37.42	1:23.68	2:18.42	3:00.90



Open Nederlandse Masters
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Programmanr. 14, Heren, 200m wisselslag, Masters 30+

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
8. Mark van der Want	GLS Ketelbinkie	NED 199107511	3:04.58		36.22	1:23.89	2:19.63	3:04.58

Masters 35+

1. Yuri van Omme	Zwemvereniging Hoogland	NED 198501887	2:23.14	+0.80	30.91	1:08.89	1:48.74	2:23.14
2. Rob van Vliet	ZPC AMERSFOORT	NED 198402459	2:26.04		31.24	1:09.31	1:50.92	2:26.04
3. Sander van Elburg	TRB-RES	NED 198800937	2:31.72	+0.77	33.15	1:13.78	1:58.63	2:31.72
4. Albert van Piekeren	SWOL 1894	NED 198401767	2:33.02		33.42	1:13.16	1:56.23	2:33.02
5. Harmen Reemst	ZOB'66	NED 198702715	2:42.40	+0.79	33.64	1:15.13	2:02.03	2:42.40

Masters 40+

1. Kristiaan Lenos	ZVL-1886 Center	NED 198301331	2:20.10	* +0.80	29.57	1:06.34	1:46.83	2:20.10
2. Maxime Descatoire	Lille UC Natation	FRA 73751	2:20.87	+0.71	29.20	1:05.40	1:47.34	2:20.87
3. Mark Hensen	NieMo Barracuda	NED 197900497	2:23.70	+0.74	30.67	1:08.34	1:51.04	2:23.70
4. Frank v.d. Voordt	De Schotejil	NED 198302259	2:30.22		31.48	1:10.19	1:54.55	2:30.22
5. Marcel Reefhuis	WS Twente	NED 198101381	2:33.97	+0.53	32.01	1:12.43	1:57.69	2:33.97
6. Dirk Smit	Tiamat	NED 198101559	2:34.32		32.22	1:12.21	1:57.70	2:34.32
7. Michael Buurmeijer	THOR	NED 197901977	2:41.44		33.28	1:15.78	2:03.92	2:41.44
8. Wilco Steenwijk	Octopus-ZVV (SG)	NED 198002465	2:48.45		36.13	1:19.61	2:09.23	2:48.45
9. Rogier van Gent	IJZPC	NED 198000405	2:50.02	+0.80	34.26	1:19.02	2:07.39	2:50.02

Masters 45+

1. Ivo Roozeboom	WVZ	NED 197700801	2:22.34	+0.78	31.18	1:08.62	1:51.91	2:22.34
2. Vincent Versteeg	Zwemlust-den Hommel	NED 197701003	2:25.55	+0.75	31.59	1:11.09	1:51.43	2:25.55
3. László Jüllich	ZPCH	NED 197801893	2:33.35	+0.86	30.63	1:12.01	1:57.23	2:33.35
4. Kees Bakker	Gay Swim Amsterdam	NED 197501055	2:35.04	+0.67	34.69	1:14.83	1:59.65	2:35.04
5. M. van Walt van Praag	Gay Swim Amsterdam	NED 197501425	3:14.68		41.45	1:36.45	2:32.09	3:14.68
6. Tom Bandsma	PSV	NED 197701625	3:17.25	+0.89	46.65	1:34.63	2:31.59	3:17.25

Masters 50+

1. A. Zamorskis	Kaisiadoriu Plaukiam	LTU	2:22.30	+0.62	30.67	1:07.97	1:48.66	2:22.30
2. Vedestas Seferis	Kauno Takas	LTU	2:24.27		29.75	1:06.66	1:51.34	2:24.27
3. Antwan van Engen	De Ward	NED 197101577	2:34.66		30.45	1:11.22	1:57.62	2:34.66
4. René Beetsma	HZ&PC Heerenveen	NED 196900069	2:42.37	+0.77	33.48	1:13.40	2:02.17	2:42.37
5. Bruno Nahon	Cercle De Natation Sportcity	FRAJCNWSW/000390/70	2:44.82		34.61	1:17.58	2:05.66	2:44.82
6. Korstiaan de Boer	Steenwijk 1934	NED 197101629	2:49.26	+0.90	36.50	1:19.08	2:09.59	2:49.26
7. Martijn de Jong	DWK	NED 197101659	2:53.73		34.73	1:23.07	2:12.70	2:53.73
8. Ramon Alsina Munoz	Cercle De Natation Sportcity	ESPUJCNWSW/002552/69	3:12.74		41.91	1:28.78	2:30.18	3:12.74

Masters 55+

1. Erlend Alstad	OI Svømming	NOR M210367ERL02	2:29.64	+0.91	33.02	1:12.68	1:55.46	2:29.64
2. G. van der Leden	PSV	NED 196700597	2:31.58	+1.06	32.09	1:12.02	1:57.97	2:31.58
3. J. van den Berg	WVZ	NED 196801575	2:32.87	+0.82	32.85	1:12.03	1:58.15	2:32.87
4. Hugues Herman	Cercle De Natation Sportcity	BELuJCNWSW/009743/66	2:33.23	+0.56	33.85	1:12.95	1:58.67	2:33.23
5. Ron Korzelius	ZPC AMERSFOORT	NED 196500513	2:44.63	+0.68	35.70	1:16.88	2:06.46	2:44.63
6. Henri Michels	De Amstel	NED 196501587	2:49.57		36.95	1:20.53	2:11.59	2:49.57
7. Pascal Tourton	ZOB'66	NED 196601343	2:56.57	+1.02	37.13	1:22.86	2:15.97	2:56.57
8. Robert de Brauwer	De Duinkickers	NED 196401383	3:00.57		39.27	1:24.78	2:19.27	3:00.57
DIS Arnold de Rover	AZ&PC De Futen	NED 196400645	3:39.00		35.24	1:16.35	2:02.64	2:39.00

VL - Het lichaam niet op de borstzijde gehouden (met uitzondering van het keerpunt).

Masters 60+

1. Ronald Grove	Triton	NED 196100161	2:51.64	+0.74	38.30	1:26.89	2:13.61	2:51.64
2. Ron Phaff	PSV	NED 196200495	3:02.67		38.14	1:25.97	2:19.81	3:02.67



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
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Programmanr. 14, Heren, 200m wisselslag

Masters 65+

1. Hugo Bregman	WVZ	NED 195800069	2:32.25	+0.75	31.50	1:11.10	1:57.55	2:32.25
<i>Europees Masters Record</i>								
2. Paul Bunnik	Triton	NED 195600413	3:07.95	+0.96	38.94	1:31.50	2:26.20	3:07.95

Masters 70+

1. Pierre Monnet	Entente Sportive Nanterre	FRA 2609667	3:27.77	+0.53	44.13	1:36.75	2:40.54	3:27.77
DIS Nello Spiteri	DAW	NED 195200295						
<i>RF - Nadat het contact met de wand is verbroken na het keerpunt de rugligging niet aangenomen.</i>								

Masters 80+

1. Geza Kaltenecker	AZC	NED 194200065	4:08.10		57.30	2:02.95	3:12.49	4:08.10
<i>Nederlands Masters Record</i>								
2. Rob Hanou	PSV	NED 194300109	4:18.58		1:07.28	2:13.21	3:22.18	4:18.58

Programmanr. 15
17-02-2023 - 16:05

Dames, 200m wisselslag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
Masters 20+								
1. Silke Molendijk	ZVL-1886 Center	NED 200100178	2:22.38		29.76	1:07.54	1:48.94	2:22.38
2. Michelle Zomerdijk	Dedemsvaart-AC	NED 200003196	2:26.85	+0.79	31.88	1:10.61	1:53.18	2:26.85
3. Julia Notenboom	De Columbiaan	NED 200302596	2:28.64	+0.79	31.28	1:09.62	1:54.68	2:28.64
4. Kim Vos	Triton Putten	NED 200000990	2:32.47	+0.66	31.72	1:12.33	1:55.98	2:32.47
5. Rozemarijn van Haaff	ZOB'66	NED 200201852	2:32.89	+0.76	31.91	1:11.65	1:55.83	2:32.89
6. Kim de Jong	De Columbiaan	NED 200301026	2:37.29		33.37	1:14.56	1:59.23	2:37.29
7. Merel Visser	De Duinkickers	NED 199904398	2:37.91	+0.67	33.14	1:14.22	2:01.69	2:37.91
8. Elisah Velgersdijk	ZPC AMERSFOORT	NED 200102436	2:38.97		34.41	1:16.50	2:01.06	2:38.97
9. Mirelle de Kort	Neptunus'58	NED 200005546	2:45.22	+0.65	34.91	1:19.36	2:06.53	2:45.22
10. Sabine Lageweg	Steenwijk 1934	NED 199900926	2:52.29	*	36.39	1:20.22	2:11.09	2:52.29
Masters 25+								
1. Linda Kamperman	Zwemlust-den Hommel	NED 199601238	2:29.16	+0.73	32.09	1:09.34	1:54.74	2:29.16
2. Maaïke van Veen	Dedemsvaart-AC	NED 199700292	2:30.39		32.23	1:09.36	1:53.43	2:30.39
3. Sietske Veldkamp	ZPC De Hof	NED 199501628	2:30.74	+0.59	32.10	1:10.63	1:55.02	2:30.74
4. Manon Kloosterman	Zwemlust-den Hommel	NED 199702082	2:33.66	+0.96	32.91	1:14.02	1:57.95	2:33.66
5. M. van Langevelde	ESCA Zwemmen	NED 199803160	2:36.57	+0.75	33.24	1:14.23	2:01.32	2:36.57
6. Rixt Meijer	HZ&PC Heerenveen	NED 199700202	2:37.87	+0.60	34.35	1:14.20	2:00.31	2:37.87
7. Larissa Jansen	PSV	NED 199500660	2:43.27	+0.88	35.21	1:18.80	2:06.85	2:43.27
8. Diane Schoenmaker	PSV	NED 199502920	2:45.65		35.55	1:16.96	2:06.63	2:45.65
9. Jisca Majolee	ZPC AMERSFOORT	NED 199403570	2:46.35		35.49	1:19.36	2:07.53	2:46.35
10. Janine de Groot	NDD	NED 199500092	2:46.39	+0.85	36.16	1:17.14	2:07.53	2:46.39
11. Chantal Lokhorst	Aqualero	NED 199401362	3:00.02	+0.91	38.03	1:22.00	2:18.33	3:00.02
12. Heleen ten Have	ZVVS	NED 199403000	3:13.50	+1.06	44.58	1:32.28	2:30.57	3:13.50
Masters 30+								
1. Jacyntha Plat	Steenwijk 1934	NED 199002956	2:39.32	+0.78	33.37	1:15.62	2:00.93	2:39.32
2. Wendy de Bruin	ZOB'66	NED 199206320	2:41.77	+0.70	34.78	1:16.49	2:03.38	2:41.77
3. Suzan Blankestijn	ZVL-1886 Center	NED 198900350	2:45.34		34.85	1:19.01	2:04.33	2:45.34
4. Irmgard van Weeghel	ESCA Zwemmen	NED 199204834	2:56.42	+0.81	38.80	1:24.10	2:15.17	2:56.42
5. Joëlle Vaes	DIO	NED 199007576	3:00.75		39.00	1:27.18	2:18.24	3:00.75
6. Marloes Wiekens	THOR	NED 199302970	3:04.57	+0.82	36.34	1:24.22	2:20.36	3:04.57
7. Elke Schellekens	Neptunus'58	NED 199301550	3:06.86	+0.73	39.88	1:28.99	2:23.48	3:06.86
8. Nada Lisa Hut	Aqualero	NED 199307280	3:07.53	+0.76	42.51	1:27.27	2:25.64	3:07.53



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
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Programmanr. 15, Dames, 200m wisselslag

Masters 35+

1. V. Háden-Felföldi	Iron Swim	HUN	2:28.82		32.18	1:10.61	1:54.97	2:28.82
2. S. van der Linden	DIO	NED 198802736	2:42.27	+0.69	35.51	1:19.14	2:04.69	2:42.27
3. Samantha van Eijk	De Geul	NED 198806826	2:44.37		38.02	1:19.25	2:07.90	2:44.37
4. Liesbeth van Mill	Zwemlust-den Hommel	NED 198702786	2:48.20		36.38	1:20.37	2:08.42	2:48.20
5. Larissa Brak	ZPC AMERSFOORT	NED 198800572	2:53.84		37.30	1:26.62	2:13.20	2:53.84

Masters 40+

1. Delia Badoux	WVZ	NED 198000042	2:31.96		31.02	1:11.91	1:56.31	2:31.96
<i>Kampioenschapsrecord</i>								
2. Laura Badoux	DAW	NED 198200038	2:40.66		33.89	1:17.59	2:02.29	2:40.66
3. Debbie van Rooijen	IJZPC	NED 198201402	2:44.03		35.26	1:17.32	2:07.26	2:44.03
4. Elke Popma - Blox	Tiamat	NED 198200154	2:48.61	* +0.68	36.06	1:18.47	2:09.55	2:48.61
5. Angela Giezen	Zwemvereniging Hoogland	NED 198302796	2:56.21	* +0.70	40.76	1:25.45	2:15.96	2:56.21
6. E. Poortvliet - Koedam	De Duinkickers	NED 198001824	2:58.60		39.53	1:24.12	2:17.95	2:58.60

Masters 45+

1. Liselotte Joling	PSV	NED 197500268	2:44.73		35.85	1:19.40	2:07.12	2:44.73
2. Ilona Hogerheyde	DAW	NED 197400224	2:46.37	+0.75	34.79	1:17.15	2:06.80	2:46.37
3. Melanie Kuiper	ZIGNEA	NED 197600350	2:52.74	+0.89	38.16	1:20.61	2:14.71	2:52.74
4. Mirjan den Drijver	Feijenoord Zwemmen (SG)	NED 197500884	2:53.86	+0.68	35.46	1:20.05	2:12.31	2:53.86
5. Alina Spijkerman	DAW	NED 197701220	2:58.11	+0.86	39.01	1:24.00	2:18.84	2:58.11
6. Leontine Loeber	SwimGym	NED 197701010	2:58.21		39.15	1:23.99	2:16.06	2:58.21
7. K. de Reus-Trompetter	DZ&PC	NED 197600520	2:59.07		39.26	1:26.07	2:19.10	2:59.07
8. Monica Korndewal	ZPC AMERSFOORT	NED 197701258	3:04.44		37.56	1:28.06	2:21.10	3:04.44
9. Inge Roskam	De Duinkickers	NED 197801296	3:24.49		43.98	1:38.92	2:36.29	3:24.49
10. Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	NED 197700138	3:34.43	+0.90	46.05	1:39.96	2:45.86	3:34.43

Masters 50+

1. L. v. Bon-Rosenbrand	ZPC AMERSFOORT	NED 197000054	2:43.55	+0.94	35.77	1:19.80	2:06.26	2:43.55
2. Jeanne Petit	PSV	NED 197001020	2:51.69		33.58	1:22.43	2:11.57	2:51.69
3. Bianca Groot	MSV-Zeemacht	NED 197000652	2:55.94		37.18	1:27.88	2:16.73	2:55.94
4. Peggi Hurenkamp	HZ&PC Heerenveen	NED 196900922	3:07.67	+0.69	41.48	1:29.28	2:23.89	3:07.67

Masters 55+

1. Anita Steijger	WVZ	NED 196500628	3:11.68	+0.75	42.43	1:33.99	2:27.97	3:11.68
2. K. van Nassau-van den Old Dutch		NED 196600188	3:20.24	+0.96	46.12	1:39.41	2:35.17	3:20.24

Masters 60+

1. Pierrette Michel	Cercle De Natation Sportcity	BELuCNSW/000835/62	2:50.36	*	35.27	1:16.90	2:10.77	2:50.36
<i>Kampioenschapsrecord</i>								
2. P. Tossings-van de Hoo	GZC DONK	NED 196100376	3:07.06		41.31	1:31.30	2:26.27	3:07.06
3. Patty Verhagen	PSV	NED 195900146	3:18.92	+0.81	42.77	1:34.55	2:33.91	3:18.92
4. Linda Wibbelink	Steenwijk 1934	NED 195900158	3:26.73		44.83	1:39.27	2:38.16	3:26.73
5. Hannie Poletiek	TriVia	NED 195900278	3:32.58		50.73	1:45.14	2:46.43	3:32.58

Masters 70+

1. C. Nieuwenhuis	SWOL 1894	NED 195100022	3:27.73		43.27	1:37.23	2:41.24	3:27.73
<i>Nederlands Masters Record</i>								
2. A. Gilding-Tussaud	WS Twente	NED 195000038	4:14.76		1:04.02	2:03.73	3:19.23	4:14.76



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
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Programmanr. 16
17-02-2023 - 16:38

4 x 200m vrije slag

Masters Open
Resultaten

rang	vereniging					tijd	RT	PARA
80+, Dames								
1.	Bubble 1	Bubble	NED			8:57.06		
	<i>Nederlands Masters Record</i>							
	Laura Setz	00	28.77	1:00.28	1:33.50	2:06.55	2:06.55	
	Esmee Kloezen	02	32.32	1:08.75	1:45.58	2:23.76	2:23.76	
	Marijke Drent	99	30.23	1:04.00	1:38.79	2:13.29	2:13.29	
	Sanne Kloezen	02	+0.44	29.51	1:01.95	1:37.12	2:13.46	2:13.46
2.	Dedemsvaart-AC 1	Dedemsvaart-AC	NED			9:01.76	+0.74	
	Alessia Sluis	03	+0.74	29.60	1:02.47	1:38.05	2:14.51	2:14.51
	Laura Compagner	98	+0.53	30.48	1:05.60	1:43.07	2:20.90	2:20.90
	Linde Kolkman	00	+0.20	29.21	1:03.32	1:39.23	2:15.39	2:15.39
	Michelle Zomerdijk	00	+0.34	28.78	1:01.82	1:36.27	2:10.96	2:10.96
80+, Heren								
1.	De Golfbreker 1	De Golfbreker	NED			8:11.75	+0.76	
	Derk Jan van Duijn	01	+0.76	29.14	1:00.61	1:32.57	2:04.16	2:04.16
	Coenraad Floris Stork	03	+0.07	27.76	58.65	1:30.09	2:01.70	2:01.70
	Edwin Jager	99	+0.31	26.81	57.62	1:30.45	2:04.56	2:04.56
	Vincent Visser	97	+0.43	27.15	58.14	1:29.65	2:01.33	2:01.33
2.	MSV-Zeemacht 2	MSV-Zeemacht	NED			9:11.06	+0.54	
	Jordi de Nijs	98	+0.54	28.07	1:00.48	1:35.87	2:12.43	2:12.43
	Derek Valkenier	92		33.21	1:10.74	1:50.47	2:28.79	2:28.79
	Mees Minneboo	02	+0.16	28.24	1:01.59	1:37.88	2:14.60	2:14.60
	Marco van der Wulp	03		29.22	1:03.39	1:40.21	2:15.24	2:15.24
3.	Steenwijk 1934 3	Steenwijk 1934	NED			9:27.96		
	Jelle Heijman	00		32.74	1:08.77	1:46.50	2:23.07	2:23.07
	Kylian Kooijman	99		29.42	1:02.79	1:37.86	2:13.85	2:13.85
	Martijn Lageweg	97		31.14	1:06.91	1:44.38	2:20.17	2:20.17
	Thomas van Scheepen	00		32.00	1:09.06	1:49.75	2:30.87	2:30.87
80+, Gemengd								
1.	ZVL-1886 Center 1	ZVL-1886 Center	NED			8:31.48	+0.65	
	<i>Nederlands Masters Record</i>							
	Robin van Beek	97	+0.65	28.38	59.28	1:30.35	2:00.54	2:00.54
	Guus Hoogduin	02		28.40	59.60	1:32.05	2:03.53	2:03.53
	Karen Stoik	94		30.67	1:06.26	1:43.75	2:20.49	2:20.49
	Silke Molendijk	01	+0.25	29.73	1:02.38	1:35.33	2:06.92	2:06.92
2.	De Columbiaan 1	De Columbiaan	NED			8:46.01		
	Dave van den Nieuwendijk	01		28.16	1:00.77	1:34.91	2:10.96	2:10.96
	Marje de Jager	03		30.00	1:05.13	1:43.72	2:23.61	2:23.61
	Julia Notenboom	03		29.75	1:03.49	1:38.54	2:13.84	2:13.84
	Daan Hogerhuis	03		26.13	55.39	1:26.15	1:57.60	1:57.60
100+, Dames								
1.	ZPC AMERSFOORT 4	ZPC AMERSFOORT	NED			10:09.43		
	Lotte Eising	95		34.38	1:13.72	1:55.19	2:36.08	2:36.08
	Eline Hendriks	98		35.10	1:13.98	1:54.51	2:33.63	2:33.63
	Larissa Brak	88		34.85	1:14.18	1:55.33	2:35.59	2:35.59
	Jisca Majolee	94		32.92	1:10.18	1:48.02	2:24.13	2:24.13
2.	ZVL-1886 Center 3	ZVL-1886 Center	NED			10:29.67	+0.59	
	Lonneke Graansma	99	+0.59	33.98	1:12.92	1:51.97	2:29.19	2:29.19
	Suzan Blankestijn	89	+0.67	33.80	1:13.44	1:54.03	2:34.06	2:34.06
	Cynthia van Veen	96	+0.45	36.81	1:20.35	2:07.28	2:52.00	2:52.00
	Mariska Gach	95		34.93	1:14.05	1:54.76	2:34.42	2:34.42
3.	De Kempvis 1	De Kempvis	NED			11:31.28		
	Megan Vis	03		38.94	1:24.20	2:12.02	2:57.71	2:57.71
	Elisabeth Slagboom	92		35.63	1:18.88	2:06.36	2:55.88	2:55.88
	Ingrid Johannes	89		40.04	1:26.90	2:16.25	3:05.05	3:05.05
	Rianne Kreft - vd Hoeven	92		33.45	1:11.79	1:52.27	2:32.64	2:32.64



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 16, 4 x 200m vrije slag

100+, Heren

1.	ESCA Zwemmen 1	ESCA Zwemmen	NED				8:30.53	+0.74
	Tim de Vrugt	93	+0.74	28.95	1:01.68	1:36.96	2:11.96	2:11.96
	Sander de Vrugt	89		28.02	1:00.07	1:33.59	2:06.51	2:06.51
	Jurre Stammes	97		28.06		59.81	1:32.47	2:04.75
	Mike Schel	94	+0.54	28.47	1:00.64	1:34.12	2:07.31	2:07.31
2.	ZVL-1886 Center 2	ZVL-1886 Center	NED				8:55.24	+0.67
	Kristiaan Lenos	83	+0.67	27.43	58.36	1:31.46	2:04.38	2:04.38
	Robin van Peenen	02		28.90	1:02.39	1:38.63	2:14.54	2:14.54
	Jordy van der Drift	93		30.37	1:05.79	1:44.55	2:23.68	2:23.68
	Erik Baalbergen	98		28.84	1:01.42	1:36.87	2:12.64	2:12.64
3.	ZOB'66 3	ZOB'66	NED				9:27.19	+0.72
	Ian van Mullem	96	+0.72	30.58	1:05.34	1:41.98	2:17.66	2:17.66
	Julian Mes	01		29.36	1:03.79	1:40.27	2:14.88	2:14.88
	Boaz Troost	01	+0.37	30.88	1:07.09	1:46.63	2:24.25	2:24.25
	Harmen Reemst	87	+0.29	32.15	1:09.70	1:49.60	2:30.40	2:30.40

100+, Gemengd

1.	DZ&PC 1	DZ&PC	NED				8:16.24	+0.69
	<i>Nederlands Masters Record</i>							
	Amé Hulleman	02	+0.69	29.85	1:02.24	1:35.29	2:08.43	2:08.43
	Erik Nijholt	94		26.92	57.17	1:27.98	1:58.47	1:58.47
	Karin Rijkelijhuizen	94		30.63	1:05.12	1:40.93	2:16.30	2:16.30
	Jelle Betten	00		24.60	52.38	1:22.01	1:53.04	1:53.04
2.	WVZ 1	WVZ	NED				8:47.26	+0.76
	Jordy van Oel	98	+0.76	28.65	1:01.55	1:35.60	2:09.57	2:09.57
	Lauren van IJll	00	+0.58	32.31	1:09.37	1:48.23	2:26.02	2:26.02
	Leonie van Noort	93	+0.27	29.23	1:02.08	1:35.97	2:10.25	2:10.25
	Jasper Breugem	00		27.43	58.39	1:30.16	2:01.42	2:01.42
3.	Steenwijk 1934 5	Steenwijk 1934	NED				9:55.69	
	Getrude Corporaal	92		32.99	1:10.90	1:52.38	2:32.89	2:32.89
	Cynthia Koolman	03		33.73	1:10.33	1:48.34	2:24.63	2:24.63
	Robert Braad	86		28.63	1:02.57	1:37.45	2:11.86	2:11.86
	Patrick Wobben	93	+0.50	36.25	1:17.80	2:02.56	2:46.31	2:46.31

120+, Dames

1.	MSV-Zeemacht 1	MSV-Zeemacht	NED				9:41.38	+0.81
	Kyra Wesemann	02	+0.81	31.90	1:07.19	1:45.89	2:24.52	2:24.52
	Jet Kleine	99		33.63	1:10.77	1:49.32	2:27.29	2:27.29
	Bianca Groot	70		33.45	1:09.81	1:47.42	2:25.21	2:25.21
	Suzanne Mosch	94		33.08	1:09.90	1:47.37	2:24.36	2:24.36
2.	PSV 2	PSV	NED				9:45.66	+0.83
	Diane Schoenmaker	95	+0.83	32.66	1:09.71	1:47.96	2:26.12	2:26.12
	Larissa Jansen	95		31.43	1:06.86	1:44.32	2:22.06	2:22.06
	Nanda van Heteren	89		34.05	1:12.46	1:52.44	2:31.29	2:31.29
	Liselotte Joling	75		33.45	1:11.09	1:49.28	2:26.19	2:26.19
3.	DAW 2	DAW	NED				9:52.72	*
	Laura Badoux	82		32.84	1:09.15	1:47.60	2:26.82	2:26.82
	Marouscha de Vries	99	+0.29	33.59	1:11.29	1:51.68	2:32.24	2:32.24
	Alina Spijkerman	77		33.95	1:12.65	1:52.93	2:33.54	2:33.54
	Melissa Zwaan	91	+0.47	30.74	1:05.84	1:42.93	2:20.12	2:20.12
4.	Steenwijk 1934 1	Steenwijk 1934	NED				10:29.49	+0.84
	Pauline van Gelder - Dieker	81	+0.84	34.50	1:14.06	1:55.80	2:36.22	2:36.22
	Leonie Scholten	79		38.42	1:23.62	2:11.24	2:58.23	2:58.23
	Ageeth de Haan	99		32.69	1:11.08	1:50.05	2:28.15	2:28.15
	Jacyntha Plat	90		32.39	1:10.27	1:49.76	2:26.89	2:26.89
5.	ZOB'66 1	ZOB'66	NED				10:31.56	*
	Nina Tourton	96	+0.87	35.52	1:14.43	1:56.03	2:37.65	2:37.65
	Rozemarijn van Haaff	02		31.51	1:06.34	1:42.63	2:18.55	2:18.55
	Wendy de Bruin	92		33.20	1:09.81	1:48.00	2:25.19	2:25.19
	Danielle Schipper	70		40.45	1:26.60	2:18.13	3:10.17	3:10.17
6.	ZV Hoogland 1	Zwemvereniging Hoogland	NED				10:41.24	+0.78
	Anne-Irene Duchaine	95	+0.78	31.57	1:07.10	1:44.02	2:20.61	2:20.61
	Yvette Meijer	97		36.68	1:18.23	2:02.10	2:44.11	2:44.11
	Angeliqve Wammes-Bouman	84		38.76	1:23.30	2:09.14	2:55.53	2:55.53
	Angela Giezen	83	+0.41	35.52	1:16.69	1:59.15	2:40.99	2:40.99



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
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Programmanr. 16, Dames, 4 x 200m vrije slag, 120+

rang	vereniging					tijd	RT	PARA
7.	De Duinkickers 1	De Duinkickers	NED			10:49.94		
	Merel Visser	99	31.42	1:05.92	1:41.83	2:17.99	2:17.99	
	Saskia op den Velde	79	39.17	1:23.86	2:10.91	2:59.90	2:59.90	
	Inge Roskam	78	40.08	1:27.01	2:16.05	3:04.19	3:04.19	
	Myra Smulders	99	34.54	1:11.78	1:50.11	2:27.86	2:27.86	

120+, Heren

1.	Zuiderzeewimmers 1	Zuiderzeewimmers	NED			8:50.25	+0.59	
	Ilmar Stoop	01	+0.59	28.52	1:00.60	1:33.64	2:06.57	2:06.57
	Gerko Versluis	69	+0.18	31.78	1:08.07	1:46.10	2:22.96	2:22.96
	Jarick Stoop	96	+0.44	28.89	1:02.88	1:38.15	2:12.47	2:12.47
	Jesse van Dijk	99	+0.34	28.72	1:01.51	1:34.86	2:08.25	2:08.25
2.	De Duinkickers 2	De Duinkickers	NED			9:51.60		
	Ruben de Boer	93		35.19	1:14.56	1:55.09	2:32.93	2:32.93
	Jeffrey Roest	97	+0.22	29.79	1:02.63	1:36.19	2:08.99	2:08.99
	Kevin Roest	00	+0.21	30.28	1:04.10	1:37.88	2:11.51	2:11.51
	Marcel Brittijn	69		38.08	1:23.03	2:10.13	2:58.17	2:58.17
3.	SWOL 1894 1	SWOL 1894	NED			10:04.18	+0.82	
	Albert van Piekeren	84	+0.82	32.80	1:08.66	1:45.45	2:22.23	2:22.23
	Peter Lommert	79		32.19	1:11.05	1:53.16	2:33.07	2:33.07
	Rutger Curfs	94		32.02	1:09.04	1:50.16	2:29.62	2:29.62
	Johan Wezenberg	76		32.74	1:12.55	1:56.36	2:39.26	2:39.26

120+, Gemengd

1.	Zwemlust-den Hommel 1	Zwemlust-den Hommel	NED			9:06.37	+0.72	
	Martijn Kornet	97	+0.72	28.60	1:00.14	1:32.97	2:05.34	2:05.34
	Liesbeth van Mill	87	+0.60	34.50	1:13.10	1:53.18	2:33.49	2:33.49
	Danielle Vermeulen	91		33.20	1:10.38	1:48.50	2:27.07	2:27.07
	Matteo Viani	90	+0.41	27.14	57.46	1:28.48	2:00.47	2:00.47
2.	TRB-RES 1	TRB-RES	NED			9:07.17	+0.63	
	Wim van Duuren	01	+0.63	27.53	58.95	1:31.62	2:04.85	2:04.85
	Sander van Elburg	88		29.89	1:03.19	1:37.30	2:11.59	2:11.59
	Edith Janssen-Koolen	73		32.87	1:09.99	1:47.85	2:25.34	2:25.34
	Ariane Krijt	99		32.83	1:09.77	1:48.09	2:25.39	2:25.39
3.	Feijenoord Zwemmen (SG) 1	Feijenoord Zwemmen (SG)	NED			9:57.05	+0.66	
	Patrick Wyrdeeman	97	+0.66	31.35	1:06.21	1:41.33	2:16.28	2:16.28
	Anouk van der Lans	98	+0.44	35.44	1:15.09	1:57.37	2:38.46	2:38.46
	Pieter Broek	77		30.61	1:06.31	1:45.83	2:23.36	2:23.36
	Mirjan den Drijver	75	+0.28	35.25	1:15.06	1:57.00	2:38.95	2:38.95
4.	De Biesboschzwemmers 1	De Biesboschzwemmers	NED			10:09.77	+0.87	
	Wouter van der Stelt	72	+0.87	34.61	1:12.90	1:52.48	2:31.66	2:31.66
	Nico Swart	68	+0.40	35.04	1:15.80	1:58.01	2:38.65	2:38.65
	Mandy Swart	99	+0.30	34.64	1:14.50	1:55.88	2:35.29	2:35.29
	Sanne van de Pol	98	+0.25	33.52	1:10.64	1:48.17	2:24.17	2:24.17

160+, Dames

1.	ZPC AMERSFOORT 2	ZPC AMERSFOORT	NED			10:04.08		
	Lidia v. Bon-Rosenbrand	70		33.23	1:10.00	1:47.67	2:25.03	2:25.03
	Kirsten Opmeer	98		32.46	1:08.48	1:45.54	2:22.80	2:22.80
	Henriëtte v. Norden	68		35.79	1:16.77	1:59.32	2:40.53	2:40.53
	Daphne Kievit	92		34.32	1:13.39	1:54.50	2:35.72	2:35.72

160+, Heren

1.	DAW 1	DAW	NED			9:04.69	+0.77	
	Hans Schoenmakers	69	+0.77	33.63	1:12.71	1:53.45	2:33.69	2:33.69
	Wouter Zijlstra	82	+0.22	31.49	1:07.55	1:44.87	2:22.38	2:22.38
	Alex Damen	75		29.98	1:02.99	1:36.91	2:10.91	2:10.91
	Felix Geenen	95	+0.24	24.69	54.31	1:26.16	1:57.71	1:57.71
2.	ZPC AMERSFOORT 3 * 200m	ZPC AMERSFOORT	NED			9:09.91	+0.76	
	Henk Kuipers	62	+0.76	34.42	1:12.94	1:52.45	2:32.23	2:32.23
	Tom Blankestijn	02		28.42	1:02.27	1:37.00	2:09.92	2:09.92
	Ron Korzelius	65		32.15	1:09.49	1:48.22	2:25.54	2:25.54
	Jelle Blankestijn	98	+0.65	27.27	58.05	1:30.11	2:02.22	2:02.22



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Programmanr. 16, Heren, 4 x 200m vrije slag, 160+

rang	vereniging						tijd	RT	PARA
3.	De Schotejil 1			NED			9:10.42	+0.79	
	Sybren Groenewegen	93	+0.79	30.09	1:03.87	1:38.45	2:12.13	2:12.13	
	Nico Paasse	65		33.68	1:11.41	1:51.01	2:29.67	2:29.67	
	Frank v.d. Voordt	83	+0.59	30.53	1:04.66	1:40.52	2:15.51	2:15.51	
	Niels Albrechts	88		30.20	1:04.90	1:40.23	2:13.11	2:13.11	

160+, Gemengd

1.	Kaisiadoriu Plaukiam 1 <i>Lithuanian Masters Record</i>	Kaisiadoriu Plaukiam		LTU			9:40.75	+0.63	
	Lina Bielinienė	74	+0.63	34.17	1:12.01	1:52.74	2:33.63	2:33.63	
	Ausra Razgunė	83		30.85	1:06.87	1:44.38	2:20.62	2:20.62	
	Mindaugas Sakys	73		33.50	1:10.22	1:48.07	2:24.90	2:24.90	
	Raimondas Gincas	74	+0.70	31.65	1:07.80	1:45.37	2:21.60	2:21.60	
2.	WVZ 2	WVZ		NED			9:42.07	+0.91	
	Anita Steijger	65	+0.91	39.31	1:22.09	2:05.28	2:47.95	2:47.95	
	Markus van Rest	77		31.71	1:07.25	1:44.37	2:20.97	2:20.97	
	Manon van Strien	94	+0.55	32.26	1:09.90	1:47.92	2:24.81	2:24.81	
	Ivo Roozeboom	77	+0.33	28.82	1:02.58	1:36.64	2:08.34	2:08.34	
3.	AZC 1	AZC		NED			10:28.11	+0.76	
	Wim de Lange	58	+0.76	37.82	1:19.62	2:03.32	2:46.30	2:46.30	
	Mariska Zaal	88		35.79	1:17.23	2:03.26	2:47.57	2:47.57	
	Monique van Huizen	87		33.77	1:11.99	1:53.57	2:34.89	2:34.89	
	Patrick Brouwer	93	+0.73	30.63	1:05.89	1:43.13	2:19.35	2:19.35	
4.	DWK 1	DWK		NED			11:32.38		
	Jennie Resink-lindeboom	60		43.25	1:30.12	2:19.29	3:06.66	3:06.66	
	Greta Wyma-Teitsma	71		43.97	1:36.92	2:32.70	3:24.83	3:24.83	
	Martijn de Jong	71		36.13	1:17.17	1:59.98	2:42.10	2:42.10	
	Lars Jacobsen	97	+0.45	30.25	1:06.35	1:44.00	2:18.79	2:18.79	

200+, Dames

1.	Steenwijk 1934 2	Steenwijk 1934		NED			11:07.86	+0.82	
	Nanda Wobben - de Vries	92	+0.82	32.53	1:09.51	1:47.52	2:24.38	2:24.38	
	Monica Bakker	56		42.97	1:31.74	2:21.01	3:08.19	3:08.19	
	Wilna Heijman	64		36.40	1:16.93	1:58.84	2:39.82	2:39.82	
	Linda Wibbelink	59		40.83	1:26.09	2:11.53	2:55.47	2:55.47	
2.	De Geul 1	De Geul		NED			12:57.50		
	Marijke Campfens	69		37.79	1:20.10	2:04.55	2:49.39	2:49.39	
	Geerdien Meerwaldt	52		57.55	2:02.73	3:11.32	4:19.53	4:19.53	
	Roselinda van der Vlugt	67		47.20	1:42.15	2:38.79	3:32.39	3:32.39	
	Marcha Admiraal	93		30.20	1:04.54	1:40.05	2:16.19	2:16.19	

200+, Heren

1.	Upstream Amsterdam 1	Upstream Amsterdam		NED			9:23.60	+0.85	
	Arjan Mondria	82	+0.85	31.95	1:07.05	1:43.36	2:20.22	2:20.22	
	Peter van Vuuren	60	+0.39	34.25	1:14.18	1:54.37	2:33.08	2:33.08	
	Christopher Cardenas	80	+0.54	31.53	1:05.19	1:39.28	2:14.39	2:14.39	
	Jan Gert Notenbomer	66		30.69	1:05.41	1:40.65	2:15.91	2:15.91	
2.	Sassenheim 1	Sassenheim		NED			9:32.63	+0.79	
	Arjan Buijsse	79	+0.79	31.58	1:07.14	1:44.00	2:20.41	2:20.41	
	Rene de Bruin	71		32.38	1:08.85	1:46.46	2:22.92	2:22.92	
	Robert Langeveld	71	+0.46	30.91	1:05.66	1:43.12	2:21.84	2:21.84	
	Frank van Nobelen	69		32.40	1:09.24	1:48.10	2:27.46	2:27.46	
3.	De Ward 1	De Ward		NED			9:38.09		
	Hans Roodzant	60		36.55	1:15.44	1:54.21	2:33.92	2:33.92	
	Daniel Prinse	74		33.31	1:09.88	1:46.96	2:24.02	2:24.02	
	Clemens de Waal	60		32.99	1:09.65	1:48.27	2:27.26	2:27.26	
	Antwan van Engen	71		30.35	1:03.78	1:38.50	2:12.89	2:12.89	
4.	Steenwijk 1934 4	Steenwijk 1934		NED			9:45.54	+0.64	
	Casper Dollekamp	63	+0.64	35.32	1:15.18	1:57.37	2:40.14	2:40.14	
	Guido Keutgen	68	+0.14	31.27	1:08.40	1:48.62	2:28.58	2:28.58	
	Huyb Stegeman	67	+0.48	33.11	1:10.33	1:50.52	2:31.36	2:31.36	
	Lauren Vis	82	+0.20	27.18	58.38	1:31.63	2:05.46	2:05.46	
5.	De Rog 1	De Rog		NED			10:07.52	+0.90	
	Erik Kamphuis	60	+0.90	35.28	1:14.02	1:53.41	2:31.40	2:31.40	
	Roy Le Clercq	64	+0.45	35.70	1:15.45	1:57.17	2:41.33	2:41.33	
	Wijnand Vergeest	68		32.00	1:11.69	1:54.16	2:34.85	2:34.85	
	Peter Bensen	63		32.29	1:08.27	1:43.95	2:19.94	2:19.94	



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Programmanr. 16, 4 x 200m vrije slag

200+, Gemengd

1.	De Biesboschzwemmers 2	De Biesboschzwemmers	NED				10:02.92	+0.96
	Henri Verschoor	70	+0.96	33.57	1:09.81	1:47.79	2:25.30	2:25.30
	Paul Wijnja	63	+0.30	32.41	1:10.19	1:49.08	2:26.96	2:26.96
	Annette Wijnja-Visser	67		35.18	1:14.65	1:55.83	2:36.11	2:36.11
	Anne-Marie Verschoor-Vos	81		34.31	1:13.54	1:53.75	2:34.55	2:34.55
2.	Patrick-De Roersoppers (SG) 1	Patrick-De Roersoppers (SG)	NED				10:29.87	
	Pascal Janssen	73		37.58	1:19.86	2:03.40	2:46.38	2:46.38
	Eric Dumas	69		33.07	1:12.73	1:55.19	2:37.20	2:37.20
	Martine de Haart	79		36.33	1:17.49	1:59.31	2:39.43	2:39.43
	Arno Schrauwen	65		32.94	1:10.56	1:48.90	2:26.86	2:26.86
3.	WS Twente 1	WS Twente	NED				11:27.90	
	Hanneke Heymen	84		39.40	1:23.92	2:10.01	2:54.31	2:54.31
	Jack Barends	62		39.97	1:24.74	2:11.36	2:57.76	2:57.76
	Ima van der Molen	69		42.44	1:31.95	2:22.89	3:12.67	3:12.67
	Eric Hoekman	74		32.23	1:07.81	1:45.99	2:23.16	2:23.16

240+, Gemengd

1.	ZPC AMERSFOORT 1	ZPC AMERSFOORT	NED				9:25.75	+0.90
	<i>Wereld Masters Record</i>							
	Chester Marsman	69	+0.90	28.97	1:01.75	1:35.44	2:09.36	2:09.36
	Atie Pijtak-Radersma	56		34.32	1:13.30	1:53.68	2:33.51	2:33.51
	Marjan Remmits-de Lange	63		33.16	1:10.22	1:49.05	2:28.66	2:28.66
	Johan Remmits	62		30.01	1:03.81	1:39.01	2:14.22	2:14.22
2.	SWOL 1894 2	SWOL 1894	NED				11:35.70	
	Evert-Jan Verweij	63		37.81	1:17.54	1:57.58	2:40.19	2:40.19
	Annet Kootstra	71		40.81	1:26.79	2:14.26	3:01.56	3:01.56
	Erik Wetsteijn	65	+0.55	36.99	1:18.92	2:03.73	2:47.18	2:47.18
	Christine Nieuwenhuis	51		40.61	1:28.77	2:18.12	3:06.77	3:06.77
3.	HZ&PC Heerenveen 1	HZ&PC Heerenveen	NED				12:45.13	+0.78
	Marten de Groot	58	+0.78	32.46	1:09.10	1:47.01	2:24.67	2:24.67
	Ineke Meijer	52		52.57	1:58.48	3:04.90	4:04.87	4:04.87
	Peggi Hurenkamp	69	+0.66	38.84	1:22.29	2:07.19	2:52.99	2:52.99
	Wiebren Dijkstra	58	+0.50	42.90	1:30.90	2:22.15	3:22.60	3:22.60

4 - ONMK 2023 kb sessie 4

18-02-2023 - 9:00

Programmanr. 17 Dames, 800m vrije slag Masters Open Resultaten
18-02-2023 - 9:00

rang	naam		vereniging			tijd	RT	PARA
Masters 20+								
1.	Laura Setz		Bubble		NED 20000130	9:15.04		
	50m: 30.47	30.47	250m: 2:47.65	34.28	450m: 5:08.49	35.67	650m: 7:31.01	35.96
	100m: 1:03.90	33.43	300m: 3:22.45	34.80	500m: 5:43.87	35.38	700m: 8:06.48	35.47
	150m: 1:38.64	34.74	350m: 3:57.68	35.23	550m: 6:19.27	35.40	750m: 8:41.64	35.16
	200m: 2:13.37	34.73	400m: 4:32.82	35.14	600m: 6:55.05	35.78	800m: 9:15.04	33.40
2.	Amé Hulleman		DZ&PC		NED 200202794	9:21.15		
	50m: 31.51	31.51	250m: 2:51.71	35.35	450m: 5:13.62	35.62	650m: 7:36.17	35.50
	100m: 1:05.96	34.45	300m: 3:27.07	35.36	500m: 5:49.43	35.81	700m: 8:10.90	34.73
	150m: 1:41.04	35.08	350m: 4:02.38	35.31	550m: 6:25.12	35.69	750m: 8:46.15	35.25
	200m: 2:16.36	35.32	400m: 4:38.00	35.62	600m: 7:00.67	35.55	800m: 9:21.15	35.00
3.	Kim Zwinkels		ZPCH		NED 200300422	9:32.08		
	50m: 32.01	32.01	250m: 2:53.89	36.02	450m: 5:19.92	36.75	650m: 7:46.05	36.31
	100m: 1:06.52	34.51	300m: 3:30.16	36.27	500m: 5:56.69	36.77	700m: 8:22.44	36.39
	150m: 1:41.97	35.45	350m: 4:06.47	36.31	550m: 6:33.37	36.68	750m: 8:58.24	35.80
	200m: 2:17.87	35.90	400m: 4:43.17	36.70	600m: 7:09.74	36.37	800m: 9:32.08	33.84
4.	Marijke Drent		Bubble		NED 199906232	9:41.62		
	50m: 32.50	32.50	250m: 2:59.75	37.52	450m: 5:28.73	37.08	650m: 7:55.53	36.46
	100m: 1:08.18	35.68	300m: 3:36.93	37.18	500m: 6:05.63	36.90	700m: 8:31.67	36.14
	150m: 1:44.82	36.64	350m: 4:14.39	37.46	550m: 6:42.61	36.98	750m: 9:07.42	35.75
	200m: 2:22.23	37.41	400m: 4:51.65	37.26	600m: 7:19.07	36.46	800m: 9:41.62	34.20
5.	Myra Smulders		De Duinkickers		NED 199904308	10:21.47		
	50m: 33.46	33.46	250m: 3:05.76	38.85	450m: 5:44.23	40.13	650m: 8:24.63	40.02
	100m: 1:09.82	36.36	300m: 3:45.16	39.40	500m: 6:24.50	40.27	700m: 9:04.62	39.99
	150m: 1:48.10	38.28	350m: 4:24.28	39.12	550m: 7:04.71	40.21	750m: 9:44.00	39.38
	200m: 2:26.91	38.81	400m: 5:04.10	39.82	600m: 7:44.61	39.90	800m: 10:21.47	37.47
Masters 25+								
1.	Sietske Veldkamp		ZPC De Hof		NED 199501628	9:45.60	+0.73	
	50m: 32.00	32.00	250m: 2:57.52	36.78	450m: 5:25.44	37.37	650m: 7:54.39	37.08
	100m: 1:07.89	35.89	300m: 3:34.18	36.66	500m: 6:02.75	37.31	700m: 8:31.67	37.28
	150m: 1:44.23	36.34	350m: 4:11.14	36.96	550m: 6:39.98	37.23	750m: 9:09.22	37.55
	200m: 2:20.74	36.51	400m: 4:48.07	36.93	600m: 7:17.31	37.33	800m: 9:45.60	36.38
2.	Anne-Irene Ducheine		Zwemvereniging Hoogland		NED 199506824	9:54.71	+0.66	
	50m: 32.93	32.93	250m: 3:01.46	37.47	450m: 5:31.31	37.63	650m: 8:02.09	37.90
	100m: 1:08.98	36.05	300m: 3:39.07	37.61	500m: 6:09.04	37.73	700m: 8:39.94	37.85
	150m: 1:46.26	37.28	350m: 4:16.56	37.49	550m: 6:46.56	37.52	750m: 9:17.97	38.03
	200m: 2:23.99	37.73	400m: 4:53.68	37.12	600m: 7:24.19	37.63	800m: 9:54.71	36.74
3.	Chantal Beijer		DWT		NED 199700884	10:24.65		
	50m: 34.57	34.57	250m: 3:10.53	40.00	450m: 5:50.92	40.47	650m: 8:30.57	39.18
	100m: 1:12.39	37.82	300m: 3:50.00	39.47	500m: 6:31.30	40.38	700m: 9:09.33	38.76
	150m: 1:51.07	38.68	350m: 4:30.01	40.01	550m: 7:11.53	40.23	750m: 9:48.52	39.19
	200m: 2:30.53	39.46	400m: 5:10.45	40.44	600m: 7:51.39	39.86	800m: 10:24.65	36.13
4.	Karen Stolk		ZVL-1886 Center		NED 199403950	10:29.55		
	50m: 33.99	33.99	250m: 3:10.39	39.96	450m: 5:50.59	40.35	650m: 8:31.35	39.79
	100m: 1:11.35	37.36	300m: 3:50.25	39.86	500m: 6:30.95	40.36	700m: 9:11.25	39.90
	150m: 1:50.68	39.33	350m: 4:30.13	39.88	550m: 7:11.68	40.73	750m: 9:51.47	40.22
	200m: 2:30.43	39.75	400m: 5:10.24	40.11	600m: 7:51.56	39.88	800m: 10:29.55	38.08
5.	Kirsten Opmeer		ZPC AMERSFOORT		NED 199800014	10:30.57		
	50m: 33.97	33.97	250m: 3:10.49	39.83	450m: 5:51.00	39.78	650m: 8:32.45	40.51
	100m: 1:11.78	37.81	300m: 3:50.77	40.28	500m: 6:31.23	40.23	700m: 9:12.58	40.13
	150m: 1:50.84	39.06	350m: 4:31.03	40.26	550m: 7:11.65	40.42	750m: 9:52.81	40.23
	200m: 2:30.66	39.82	400m: 5:11.22	40.19	600m: 7:51.94	40.29	800m: 10:30.57	37.76
6.	Deborah Wissink		ZPC De Hof		NED 199503484	10:30.76	+0.65	
	50m: 33.88	33.88	250m: 3:10.04	39.46	450m: 5:49.55	40.37	650m: 8:31.03	40.77
	100m: 1:12.05	38.17	300m: 3:49.65	39.61	500m: 6:29.71	40.16	700m: 9:11.00	39.97
	150m: 1:50.94	38.89	350m: 4:29.42	39.77	550m: 7:09.90	40.19	750m: 9:51.14	40.14
	200m: 2:30.58	39.64	400m: 5:09.18	39.76	600m: 7:50.26	40.36	800m: 10:30.76	39.62
7.	Larissa Jansen		PSV		NED 199500660	10:41.21		
	50m: 35.81	35.81	250m: 3:15.92	40.70	450m: 5:59.42	40.70	650m: 8:41.79	40.55
	100m: 1:14.98	39.17	300m: 3:56.92	41.00	500m: 6:40.19	40.77	700m: 9:22.22	40.43
	150m: 1:54.80	39.82	350m: 4:37.58	40.66	550m: 7:20.72	40.53	750m: 10:02.52	40.30
	200m: 2:35.22	40.42	400m: 5:18.72	41.14	600m: 8:01.24	40.52	800m: 10:41.21	38.69



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 17, Dames, 800m vrije slag

Masters 30+

1. Leonie van Noort <i>Nederlands Masters Record</i>	WVZ	NED	199301752	9:16.42	+0.81
50m: 31.24 31.24	250m: 2:50.56 34.84	450m: 5:11.80 35.20	650m: 7:33.26 35.42		
100m: 1:05.34 34.10	300m: 3:25.77 35.21	500m: 5:47.12 35.32	700m: 8:08.60 35.34		
150m: 1:40.66 35.32	350m: 4:01.33 35.56	550m: 6:22.21 35.09	750m: 8:43.44 34.84		
200m: 2:15.72 35.06	400m: 4:36.60 35.27	600m: 6:57.84 35.63	800m: 9:16.42 32.98		
2. Maaike Vooren	DAW	NED	199103324	9:40.05	
50m: 33.56 33.56	250m: 2:59.68 37.04	450m: 5:26.61 36.67	650m: 7:53.05 36.14		
100m: 1:09.90 36.34	300m: 3:36.66 36.98	500m: 6:03.32 36.71	700m: 8:29.37 36.32		
150m: 1:46.15 36.25	350m: 4:13.49 36.83	550m: 6:39.99 36.67	750m: 9:05.20 35.83		
200m: 2:22.64 36.49	400m: 4:49.94 36.45	600m: 7:16.91 36.92	800m: 9:40.05 34.85		
3. Nanda Wobben - de Vries	Steenwijk 1934	NED	199204328	10:27.82	+0.86
50m: 34.15 34.15	250m: 3:09.81 39.55	450m: 5:50.27 40.52	650m: 8:30.46 40.23		
100m: 1:12.37 38.22	300m: 3:49.38 39.57	500m: 6:30.19 39.92	700m: 9:10.41 39.95		
150m: 1:51.01 38.64	350m: 4:29.75 40.37	550m: 7:10.28 40.09	750m: 9:49.79 39.38		
200m: 2:30.26 39.25	400m: 5:09.75 40.00	600m: 7:50.23 39.95	800m: 10:27.82 38.03		
4. Melissa Zwaan	DAW	NED	199103666	10:36.52	
50m: 34.22 34.22	250m: 3:12.52 40.02	450m: 5:53.04 39.85	650m: 8:34.33 40.57		
100m: 1:12.77 38.55	300m: 3:52.81 40.29	500m: 6:33.51 40.47	700m: 9:15.02 40.69		
150m: 1:52.57 39.80	350m: 4:32.79 39.98	550m: 7:13.87 40.36	750m: 9:56.11 41.09		
200m: 2:32.50 39.93	400m: 5:13.19 40.40	600m: 7:53.76 39.89	800m: 10:36.52 40.41		
5. Suzanne Lange	VZC	NED	199202998	10:38.02	
50m: 34.63 34.63	250m: 3:13.46 39.68	450m: 5:53.80 40.13	650m: 8:36.74 40.76		
100m: 1:13.51 38.88	300m: 3:53.59 40.13	500m: 6:34.35 40.55	700m: 9:17.63 40.89		
150m: 1:53.48 39.97	350m: 4:33.45 39.86	550m: 7:15.08 40.73	750m: 9:58.92 41.29		
200m: 2:33.78 40.30	400m: 5:13.67 40.22	600m: 7:55.98 40.90	800m: 10:38.02 39.10		
6. Danielle Vermeulen	Zwemlust-den Hommel	NED	199108534	10:40.72	+0.78
50m: 35.93 35.93	250m: 3:17.68 40.52	450m: 6:01.63 40.77	650m: 8:43.08 39.79		
100m: 1:15.55 39.62	300m: 3:58.61 40.93	500m: 6:42.21 40.58	700m: 9:22.87 39.79		
150m: 1:56.09 40.54	350m: 4:39.71 41.10	550m: 7:22.75 40.54	750m: 10:02.28 39.41		
200m: 2:37.16 41.07	400m: 5:20.86 41.15	600m: 8:03.29 40.54	800m: 10:40.72 38.44		
7. Nanda van Heteren	PSV	NED	198901728	10:53.60	
50m: 35.79 35.79	250m: 3:20.74 41.88	450m: 6:08.09 41.30	650m: 8:53.87 41.74		
100m: 1:15.88 40.09	300m: 4:03.27 42.53	500m: 6:49.66 41.57	700m: 9:35.12 41.25		
150m: 1:57.12 41.24	350m: 4:44.78 41.51	550m: 7:30.74 41.08	750m: 10:15.66 40.54		
200m: 2:38.86 41.74	400m: 5:26.79 42.01	600m: 8:12.13 41.39	800m: 10:53.60 37.94		
8. Suzan Blankestijn	ZVL-1886 Center	NED	198900350	11:00.16	
50m: 35.31 35.31	250m: 3:21.84 42.22	450m: 6:08.65 41.59	650m: 8:56.15 42.15		
100m: 1:15.87 40.56	300m: 4:03.23 41.39	500m: 6:50.57 41.92	700m: 9:37.86 41.71		
150m: 1:57.52 41.65	350m: 4:45.11 41.88	550m: 7:32.46 41.89	750m: 10:19.89 42.03		
200m: 2:39.62 42.10	400m: 5:27.06 41.95	600m: 8:14.00 41.54	800m: 11:00.16 40.27		
9. Jacqueline van den Beukel	NieMo Barracuda	NED	199100238	11:34.50	
50m: 37.33 37.33	250m: 3:27.05 42.52	450m: 6:23.64 44.83	650m: 9:23.56 44.55		
100m: 1:19.05 41.72	300m: 4:10.66 43.61	500m: 7:08.50 44.86	700m: 10:08.36 44.80		
150m: 2:01.82 42.77	350m: 4:54.56 43.90	550m: 7:53.80 45.30	750m: 10:52.94 44.58		
200m: 2:44.53 42.71	400m: 5:38.81 44.25	600m: 8:39.01 45.21	800m: 11:34.50 41.56		

Masters 35+

1. Viktória Háden-Felföldi <i>Hungarian Masters Record</i>	Iron Swim	HUN		9:37.37	
50m: 32.61 32.61	250m: 2:55.73 36.29	450m: 5:22.01 36.71	650m: 7:49.12 36.64		
100m: 1:07.65 35.04	300m: 3:32.10 36.37	500m: 5:58.48 36.47	700m: 8:25.80 36.68		
150m: 1:43.33 35.68	350m: 4:08.75 36.65	550m: 6:35.56 37.08	750m: 9:02.34 36.54		
200m: 2:19.44 36.11	400m: 4:45.30 36.55	600m: 7:12.48 36.92	800m: 9:37.37 35.03		
2. Jenny Schouten	MZ&PC	NED	198703674	9:47.40	
50m: 32.08 32.08	250m: 2:57.96 37.29	450m: 5:28.76 38.13	650m: 7:58.04 36.88		
100m: 1:07.17 35.09	300m: 3:35.87 37.91	500m: 6:06.06 37.30	700m: 8:35.26 37.22		
150m: 1:43.68 36.51	350m: 4:13.48 37.61	550m: 6:43.58 37.52	750m: 9:12.46 37.20		
200m: 2:20.67 36.99	400m: 4:50.63 37.15	600m: 7:21.16 37.58	800m: 9:47.40 34.94		
3. Irene Snakenborg	De Inktvis	NED	198603334	10:48.96	
50m: 34.91 34.91	250m: 3:14.16 40.57	450m: 5:59.89 41.72	650m: 8:46.81 41.74		
100m: 1:13.44 38.53	300m: 3:55.49 41.33	500m: 6:41.62 41.73	700m: 9:28.40 41.59		
150m: 1:53.34 39.90	350m: 4:36.65 41.16	550m: 7:23.30 41.68	750m: 10:09.63 41.23		
200m: 2:33.59 40.25	400m: 5:18.17 41.52	600m: 8:05.07 41.77	800m: 10:48.96 39.33		



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 17, Dames, 800m vrije slag, Masters 35+

rang	naam	vereniging	tijd	RT	PARA			
4.	Linda van Klei	GZC DONK	10:50.22					
	50m: 36.22	36.22	250m: 3:18.45	41.21	450m: 6:04.42	41.70	650m: 8:50.18	41.10
	100m: 1:15.64	39.42	300m: 3:59.80	41.35	500m: 6:46.04	41.62	700m: 9:31.47	41.29
	150m: 1:56.21	40.57	350m: 4:41.04	41.24	550m: 7:27.58	41.54	750m: 10:12.03	40.56
	200m: 2:37.24	41.03	400m: 5:22.72	41.68	600m: 8:09.08	41.50	800m: 10:50.22	38.19
5.	Liesbeth van Mill	Zwemlust-den Hommel	11:08.84					
	50m: 37.67	37.67	250m: 3:25.50	42.19	450m: 6:12.84	41.83	650m: 9:02.07	42.35
	100m: 1:18.96	41.29	300m: 4:07.15	41.65	500m: 6:54.94	42.10	700m: 9:44.55	42.48
	150m: 2:01.04	42.08	350m: 4:49.10	41.95	550m: 7:37.46	42.52	750m: 10:27.49	42.94
	200m: 2:43.31	42.27	400m: 5:31.01	41.91	600m: 8:19.72	42.26	800m: 11:08.84	41.35
6.	Nikki Roon	IJZPC	11:26.97					
	50m: 37.40	37.40	250m: 3:24.45	42.89	450m: 6:18.45	44.06	650m: 9:16.66	44.72
	100m: 1:18.02	40.62	300m: 4:07.55	43.10	500m: 7:02.82	44.37	700m: 10:01.00	44.34
	150m: 1:59.58	41.56	350m: 4:50.82	43.27	550m: 7:47.35	44.53	750m: 10:45.48	44.48
	200m: 2:41.56	41.98	400m: 5:34.39	43.57	600m: 8:31.94	44.59	800m: 11:26.97	41.49

Masters 40+

1.	Anke Lambooij	De Vliet (SG)	10:30.73	+0.89				
	50m: 33.53	33.53	250m: 3:10.79	40.54	450m: 5:50.72	39.90	650m: 8:31.95	40.66
	100m: 1:10.85	37.32	300m: 3:50.62	39.83	500m: 6:31.09	40.37	700m: 9:12.72	40.77
	150m: 1:50.14	39.29	350m: 4:30.80	40.18	550m: 7:11.22	40.13	750m: 9:52.86	40.14
	200m: 2:30.25	40.11	400m: 5:10.82	40.02	600m: 7:51.29	40.07	800m: 10:30.73	37.87
2.	Agnes van Brug	DAW	11:08.39					
	50m: 37.76	37.76	250m: 3:25.58	42.56	450m: 6:14.33	41.94	650m: 9:03.33	42.27
	100m: 1:18.83	41.07	300m: 4:07.99	42.41	500m: 6:56.40	42.07	700m: 9:45.49	42.16
	150m: 2:00.73	41.90	350m: 4:50.13	42.14	550m: 7:38.72	42.32	750m: 10:27.93	42.44
	200m: 2:43.02	42.29	400m: 5:32.39	42.26	600m: 8:21.06	42.34	800m: 11:08.39	40.46
3.	Jessica Venema	GZC DONK	11:25.78					
	50m: 37.14	37.14	250m: 3:25.80	43.34	450m: 6:20.62	43.78	650m: 9:16.51	44.12
	100m: 1:17.92	40.78	300m: 4:09.42	43.62	500m: 7:04.40	43.78	700m: 10:00.94	44.43
	150m: 1:59.62	41.70	350m: 4:53.23	43.81	550m: 7:48.30	43.90	750m: 10:45.12	44.18
	200m: 2:42.46	42.84	400m: 5:36.84	43.61	600m: 8:32.39	44.09	800m: 11:25.78	40.66
4.	Linda Hoogendam	WVZ	11:47.89	+0.80				
	50m: 38.24	38.24	250m: 3:34.91	44.52	450m: 6:34.78	44.91	650m: 9:36.65	45.41
	100m: 1:21.67	43.43	300m: 4:19.51	44.60	500m: 7:20.25	45.47	700m: 10:22.03	45.38
	150m: 2:05.77	44.10	350m: 5:04.39	44.88	550m: 8:05.26	45.01	750m: 11:06.86	44.83
	200m: 2:50.39	44.62	400m: 5:49.87	45.48	600m: 8:51.24	45.98	800m: 11:47.89	41.03

Masters 45+

1.	Liselotte Joling	PSV	10:05.32					
	50m: 34.42	34.42	250m: 3:05.39	37.66	450m: 5:39.45	38.88	650m: 8:12.21	38.13
	100m: 1:11.55	37.13	300m: 3:43.41	38.02	500m: 6:17.68	38.23	700m: 8:50.37	38.16
	150m: 1:49.51	37.96	350m: 4:21.51	38.10	550m: 6:55.83	38.15	750m: 9:28.78	38.41
	200m: 2:27.73	38.22	400m: 5:00.57	39.06	600m: 7:34.08	38.25	800m: 10:05.32	36.54
2.	Melanie Kuiper	ZIGNEA	10:26.48					
	50m: 35.27	35.27	250m: 3:12.77	40.23	450m: 5:53.44	40.01	650m: 8:32.12	39.00
	100m: 1:13.54	38.27	300m: 3:52.70	39.93	500m: 6:33.60	40.16	700m: 9:11.25	39.13
	150m: 1:52.91	39.37	350m: 4:33.15	40.45	550m: 7:13.55	39.95	750m: 9:49.97	38.72
	200m: 2:32.54	39.63	400m: 5:13.43	40.28	600m: 7:53.12	39.57	800m: 10:26.48	36.51
3.	Alina Spijkerman	DAW	11:13.51					
	50m: 37.19	37.19	250m: 3:27.56	42.91	450m: 6:19.21	42.75	650m: 9:09.43	42.36
	100m: 1:18.90	41.71	300m: 4:11.00	43.44	500m: 7:01.39	42.18	700m: 9:52.91	43.48
	150m: 2:01.83	42.93	350m: 4:53.52	42.52	550m: 7:43.91	42.52	750m: 10:35.20	42.29
	200m: 2:44.65	42.82	400m: 5:36.46	42.94	600m: 8:27.07	43.16	800m: 11:13.51	38.31
4.	Petra Guijt	RZC	11:24.46					
	50m: 38.07	38.07	250m: 3:30.60	43.53	450m: 6:24.71	43.21	650m: 9:17.52	42.87
	100m: 1:20.36	42.29	300m: 4:14.47	43.87	500m: 7:07.88	43.17	700m: 10:00.79	43.27
	150m: 2:03.85	43.49	350m: 4:58.22	43.75	550m: 7:51.32	43.44	750m: 10:44.66	43.87
	200m: 2:47.07	43.22	400m: 5:41.50	43.28	600m: 8:34.65	43.33	800m: 11:24.46	39.80

Masters 50+

1.	Bianca Groot	MSV-Zeemacht	10:32.74					
	50m: 35.70	35.70	250m: 3:13.34	39.72	450m: 5:52.23	39.73	650m: 8:32.05	40.03
	100m: 1:14.61	38.91	300m: 3:53.02	39.68	500m: 6:32.00	39.77	700m: 9:12.36	40.31
	150m: 1:54.17	39.56	350m: 4:32.67	39.65	550m: 7:11.85	39.85	750m: 9:52.91	40.55
	200m: 2:33.62	39.45	400m: 5:12.50	39.83	600m: 7:52.02	40.17	800m: 10:32.74	39.83



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 17, Dames, 800m vrije slag, Masters 50+

rang	naam	vereniging	tijd	RT	PARA
2.	Micky Grulms <i>Luxembourg Masters Record</i>	Luxembourg Sharks Swimming CLUX 4029	10:38.48		
	50m: 36.57 36.57	250m: 3:17.03 39.76	450m: 5:58.25 40.60	650m: 8:38.77 39.75	
	100m: 1:16.00 39.43	300m: 3:56.92 39.89	500m: 6:38.37 40.12	700m: 9:19.17 40.40	
	150m: 1:56.44 40.44	350m: 4:37.14 40.22	550m: 7:18.72 40.35	750m: 9:59.51 40.34	
	200m: 2:37.27 40.83	400m: 5:17.65 40.51	600m: 7:59.02 40.30	800m: 10:38.48 38.97	
3.	Annette de Visser	Oceanus NED 197100602	10:55.39 *		
	50m: 35.92 35.92	250m: 3:19.95 41.48	450m: 6:06.51 41.36	650m: 8:52.22 41.21	
	100m: 1:15.68 39.76	300m: 4:01.56 41.61	500m: 6:47.78 41.27	700m: 9:33.73 41.51	
	150m: 1:57.09 41.41	350m: 4:43.23 41.67	550m: 7:29.46 41.68	750m: 10:15.63 41.90	
	200m: 2:38.47 41.38	400m: 5:25.15 41.92	600m: 8:11.01 41.55	800m: 10:55.39 39.76	
4.	Karin Stein	ZVVS NED 197100554	10:56.68		
	50m: 37.13 37.13	250m: 3:18.57 41.10	450m: 6:04.68 41.68	650m: 8:52.27 42.13	
	100m: 1:16.57 39.44	300m: 3:59.81 41.24	500m: 6:46.74 42.06	700m: 9:34.08 41.81	
	150m: 1:56.92 40.35	350m: 4:41.54 41.73	550m: 7:28.53 41.79	750m: 10:16.00 41.92	
	200m: 2:37.47 40.55	400m: 5:23.00 41.46	600m: 8:10.14 41.61	800m: 10:56.68 40.68	
5.	Inken Wemheuer	DWT NED 197101016	11:32.38		
	50m: 37.77 37.77	250m: 3:31.93 44.62	450m: 6:30.31 44.43	650m: 9:26.06 43.94	
	100m: 1:19.81 42.04	300m: 4:16.85 44.92	500m: 7:13.81 43.50	700m: 10:09.40 43.34	
	150m: 2:03.25 43.44	350m: 5:01.37 44.52	550m: 7:57.85 44.04	750m: 10:52.49 43.09	
	200m: 2:47.31 44.06	400m: 5:45.88 44.51	600m: 8:42.12 44.27	800m: 11:32.38 39.89	

Masters 55+

1.	Wilna Heijman	Steenwijk 1934 NED 196400506	11:11.89		
	50m: 38.39 38.39	250m: 3:26.08 42.31	450m: 6:16.72 42.82	650m: 9:07.40 42.75	
	100m: 1:19.74 41.35	300m: 4:08.61 42.53	500m: 6:59.41 42.69	700m: 9:49.84 42.44	
	150m: 2:01.75 42.01	350m: 4:51.45 42.84	550m: 7:41.92 42.51	750m: 10:31.55 41.71	
	200m: 2:43.77 42.02	400m: 5:33.90 42.45	600m: 8:24.65 42.73	800m: 11:11.89 40.34	
2.	Laura Staal	Oceanus NED 196700358	12:21.48		
	50m: 40.54 40.54	250m: 3:45.31 46.93	450m: 6:53.84 46.95	650m: 10:01.50 47.08	
	100m: 1:25.87 45.33	300m: 4:32.22 46.91	500m: 7:41.01 47.17	700m: 10:48.71 47.21	
	150m: 2:11.86 45.99	350m: 5:19.74 47.52	550m: 8:27.63 46.62	750m: 11:35.68 46.97	
	200m: 2:58.38 46.52	400m: 6:06.89 47.15	600m: 9:14.42 46.79	800m: 12:21.48 45.80	

Masters 60+

1.	Dr. Barbara Gellrich <i>Kampioenschapsrecord, German Masters Record</i>	Mainzer Schwimmverein 01 GER 61226	10:48.22		
	50m: 35.79 35.79	250m: 3:18.84 41.28	450m: 6:04.16 41.18	650m: 8:48.83 41.07	
	100m: 1:15.51 39.72	300m: 4:00.30 41.46	500m: 6:45.41 41.25	700m: 9:29.69 40.86	
	150m: 1:56.24 40.73	350m: 4:41.65 41.35	550m: 7:26.80 41.39	750m: 10:10.03 40.34	
	200m: 2:37.56 41.32	400m: 5:22.98 41.33	600m: 8:07.76 40.96	800m: 10:48.22 38.19	
2.	P. Tossings-van de Hooven	GZC DONK NED 196100376	11:54.81		
	50m: 40.32 40.32	250m: 3:40.39 45.37	450m: 6:40.70 45.38	650m: 9:41.97 45.41	
	100m: 1:24.63 44.31	300m: 4:25.02 44.63	500m: 7:25.84 45.14	700m: 10:27.24 45.27	
	150m: 2:09.77 45.14	350m: 5:10.13 45.11	550m: 8:11.14 45.30	750m: 11:12.33 45.09	
	200m: 2:55.02 45.25	400m: 5:55.32 45.19	600m: 8:56.56 45.42	800m: 11:54.81 42.48	
3.	Patty Verhagen	PSV NED 195900146	11:56.44		
	50m: 41.93 41.93	250m: 3:40.51 45.12	450m: 6:41.15 45.18	650m: 9:42.93 45.58	
	100m: 1:25.94 44.01	300m: 4:25.75 45.24	500m: 7:26.51 45.36	700m: 10:28.04 45.11	
	150m: 2:10.48 44.54	350m: 5:10.87 45.12	550m: 8:11.92 45.41	750m: 11:12.96 44.92	
	200m: 2:55.39 44.91	400m: 5:55.97 45.10	600m: 8:57.35 45.43	800m: 11:56.44 43.48	

Masters 65+

1.	Monica Bakker	Steenwijk 1934 NED 195600082	13:52.15 *		
	50m: 46.88 46.88	250m: 4:11.60 52.28	450m: 7:42.17 52.40	650m: 11:14.97 53.44	
	100m: 1:36.30 49.42	300m: 5:04.39 52.79	500m: 8:35.37 53.20	700m: 12:08.22 53.25	
	150m: 2:27.44 51.14	350m: 5:56.86 52.47	550m: 9:28.39 53.02	750m: 13:01.21 52.99	
	200m: 3:19.32 51.88	400m: 6:49.77 52.91	600m: 10:21.53 53.14	800m: 13:52.15 50.94	

Masters 70+



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
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Programmanr. 17, Dames, 800m vrije slag, Masters 70+

rang	naam	vereniging					tijd	RT	PARA
1.	Conny Boer-Buys	ZVVS	NED 195000006				12:55.33		
	50m: 41.63	41.63	250m: 3:59.48	49.78	450m: 7:15.97	49.17	650m: 10:32.29	49.72	
	100m: 1:28.51	46.88	300m: 4:48.94	49.46	500m: 8:05.20	49.23	700m: 11:21.19	48.90	
	150m: 2:19.63	51.12	350m: 5:38.44	49.50	550m: 8:53.82	48.62	750m: 12:09.77	48.58	
	200m: 3:09.70	50.07	400m: 6:26.80	48.36	600m: 9:42.57	48.75	800m: 12:55.33	45.56	
2.	Gonnie Bak	PSV	NED 195100064				16:06.33		
	50m: 50.83	50.83	250m: 4:55.25	1:00.88	450m: 9:03.29	1:03.53	650m: 13:07.27	1:01.27	
	100m: 1:49.68	58.85	300m: 5:55.87	1:00.62	500m: 10:04.55	1:01.26	700m: 14:09.56	1:02.29	
	150m: 2:52.92	1:03.24	350m: 6:57.63	1:01.76	550m: 11:05.43	1:00.88	750m: 15:09.29	59.73	
	200m: 3:54.37	1:01.45	400m: 7:59.76	1:02.13	600m: 12:06.00	1:00.57	800m: 16:06.33	57.04	

Programmanr. 18
18-02-2023 - 10:28

Heren, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging					tijd	RT	PARA
Masters 20+									
1.	Guus Hoogduin * 100 m	ZVL-1886 Center	NED 200201069				4:44.37 *		
	50m: 29.41	29.41	150m: 1:39.54	36.84	250m: 2:56.94	40.90	350m: 4:12.85	34.27	
	100m: 1:02.70	33.29	200m: 2:16.04	36.50	300m: 3:38.58	41.64	400m: 4:44.37	31.52	
2.	Daan Hogerhuis	De Columbiaan	NED 200300317				4:49.27	+0.78	
	50m: 28.99	28.99	150m: 1:40.66	36.80	250m: 2:58.48	41.62	350m: 4:15.50	34.29	
	100m: 1:03.86	34.87	200m: 2:16.86	36.20	300m: 3:41.21	42.73	400m: 4:49.27	33.77	
3.	Aron Paasse	De Schotejil	NED 200000099				4:59.02	+0.59	
	50m: 30.88	30.88	150m: 1:44.38	38.09	250m: 3:05.51	42.40	350m: 4:24.28	35.58	
	100m: 1:06.29	35.41	200m: 2:23.11	38.73	300m: 3:48.70	43.19	400m: 4:59.02	34.74	
4.	David Kievit	De Schotejil	NED 199900325				5:03.18		
	50m: 30.64	30.64	150m: 1:46.74	39.68	250m: 3:07.75	42.24	350m: 4:27.15	36.23	
	100m: 1:07.06	36.42	200m: 2:25.51	38.77	300m: 3:50.92	43.17	400m: 5:03.18	36.03	

Masters 25+

1.	Jeffrey Camphens	DWT	NED 199503113				4:51.45	+0.71	
	50m: 30.93	30.93	150m: 1:45.89	39.23	250m: 3:05.65	41.28	350m: 4:19.77	33.31	
	100m: 1:06.66	35.73	200m: 2:24.37	38.48	300m: 3:46.46	40.81	400m: 4:51.45	31.68	
2.	Bert Duivenvoorde	Noordwijkerhout	NED 199701805				4:55.38		
	50m: 28.97	28.97	150m: 1:41.65	38.90	250m: 3:03.36	43.29	350m: 4:22.83	34.77	
	100m: 1:02.75	33.78	200m: 2:20.07	38.42	300m: 3:48.06	44.70	400m: 4:55.38	32.55	
3.	Donny van den Bosch	Zwemlust-den Hommel	NED 199502001				5:00.67	+0.73	
	50m: 29.39	29.39	150m: 1:42.47	38.87	250m: 3:05.67	44.29	350m: 4:25.52	36.61	
	100m: 1:03.60	34.21	200m: 2:21.38	38.91	300m: 3:48.91	43.24	400m: 5:00.67	35.15	

Masters 30+

1.	Tim Bunnik	Triton	NED 199000505				4:58.71		
	50m: 31.82	31.82	150m: 1:46.94	37.36	250m: 3:06.02	41.84	350m: 4:24.07	34.33	
	100m: 1:09.58	37.76	200m: 2:24.18	37.24	300m: 3:49.74	43.72	400m: 4:58.71	34.64	
2.	Jelmer Meijer	HZ&PC Heerenveen	NED 199001961				5:01.93	+0.85	
	50m: 32.04	32.04	150m: 1:47.19	37.67	250m: 3:08.32	44.58	350m: 4:28.05	35.62	
	100m: 1:09.52	37.48	200m: 2:23.74	36.55	300m: 3:52.43	44.11	400m: 5:01.93	33.88	
3.	Patrick Creemers	RZ	NED 199000579				5:21.63	+0.82	
	50m: 34.55	34.55	150m: 1:59.51	40.24	250m: 3:24.24	43.31	350m: 4:44.91	37.27	
	100m: 1:19.27	44.72	200m: 2:40.93	41.42	300m: 4:07.64	43.40	400m: 5:21.63	36.72	

Masters 35+

1.	Rob van Vliet	ZPC AMERSFOORT	NED 198402459				5:16.33		
	50m: 32.67	32.67	150m: 1:53.54	41.71	250m: 3:16.37	43.07	350m: 4:39.31	38.69	
	100m: 1:11.83	39.16	200m: 2:33.30	39.76	300m: 4:00.62	44.25	400m: 5:16.33	37.02	



Open Nederlandse Masters
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Programmanr. 18, Heren, 400m wisselslag, Masters 35+

rang	naam	vereniging	tijd	RT	PARA			
2.	Peter van de Bor	DWT	5:46.61	+0.80				
	50m: 34.91	34.91	150m: 2:02.64	41.92	250m: 3:37.14	50.19	350m: 5:05.62	40.00
	100m: 1:20.72	45.81	200m: 2:46.95	44.31	300m: 4:25.62	48.48	400m: 5:46.61	40.99
3.	Sander van Elburg	TRB-RES	6:09.00	+1.13				
	50m: 42.37	42.37	150m: 2:19.12	48.06	250m: 3:55.78	50.20	350m: 5:28.50	42.12
	100m: 1:31.06	48.69	200m: 3:05.58	46.46	300m: 4:46.38	50.60	400m: 6:09.00	40.50

Masters 40+

1.	Maxime Descatoire	Lille UC Natation	5:00.91	+0.74				
	50m: 30.97	30.97	150m: 1:47.06	39.70	250m: 3:09.17	43.21	350m: 4:27.53	34.98
	100m: 1:07.36	36.39	200m: 2:25.96	38.90	300m: 3:52.55	43.38	400m: 5:00.91	33.38
2.	Kristiaan Lenos * 100 m	ZVL-1886 Center	5:05.48					
	50m: 31.05	31.05	150m: 1:47.48	39.67	250m: 3:10.89	42.81	350m: 4:30.64	35.34
	100m: 1:07.81	36.76	200m: 2:28.08	40.60	300m: 3:55.30	44.41	400m: 5:05.48	34.84
3.	Gergely Molnár	Iron Swim	5:07.46	+0.74				
	50m: 30.78	30.78	150m: 1:49.03	41.82	250m: 3:13.36	44.20	350m: 4:33.12	34.66
	100m: 1:07.21	36.43	200m: 2:29.16	40.13	300m: 3:58.46	45.10	400m: 5:07.46	34.34
4.	Mark Hensen	NieMo Barracuda	5:10.92	+0.84				
	50m: 31.54	31.54	150m: 1:48.79	40.52	250m: 3:14.32	45.39	350m: 4:35.76	35.72
	100m: 1:08.27	36.73	200m: 2:28.93	40.14	300m: 4:00.04	45.72	400m: 5:10.92	35.16
5.	Frank v.d. Voordt	De Schotejil	5:15.51	+0.81				
	50m: 32.47	32.47	150m: 1:51.67	41.78	250m: 3:17.92	45.59	350m: 4:40.21	36.85
	100m: 1:09.89	37.42	200m: 2:32.33	40.66	300m: 4:03.36	45.44	400m: 5:15.51	35.30
6.	Arjan Prins	Dedemvaart-AC	5:27.89					
	50m: 35.68	35.68	150m: 1:58.56	42.53	250m: 3:27.54	47.27	350m: 4:53.01	37.47
	100m: 1:16.03	40.35	200m: 2:40.27	41.71	300m: 4:15.54	48.00	400m: 5:27.89	34.88
7.	Rob van Wanrooy	Feijenoord Zwemmen (SG)	5:53.79	+0.70				
	50m: 35.33	35.33	150m: 2:03.20	45.48	250m: 3:39.42	50.78	350m: 5:13.18	42.71
	100m: 1:17.72	42.39	200m: 2:48.64	45.44	300m: 4:30.47	51.05	400m: 5:53.79	40.61

Masters 45+

1.	Vincent Versteeg	Zwemlust-den Hommel	5:09.67	+0.67				
	50m: 32.56	32.56	150m: 1:51.54	40.35	250m: 3:14.25	42.37	350m: 4:33.71	34.63
	100m: 1:11.19	38.63	200m: 2:31.88	40.34	300m: 3:59.08	44.83	400m: 5:09.67	35.96
2.	Kees Bakker	Gay Swim Amsterdam	5:41.81	+0.69				
	50m: 36.33	36.33	150m: 2:02.91	44.21	250m: 3:36.86	49.88	350m: 5:04.57	39.71
	100m: 1:18.70	42.37	200m: 2:46.98	44.07	300m: 4:24.86	48.00	400m: 5:41.81	37.24

Masters 50+

1.	Vedestas Seferlis <i>Lithuanian Masters Record</i>	Kauno Takas	5:11.77	+0.69				
	50m: 31.53	31.53	150m: 1:50.18	42.11	250m: 3:17.55	46.22	350m: 4:38.86	35.94
	100m: 1:08.07	36.54	200m: 2:31.33	41.15	300m: 4:02.92	45.37	400m: 5:11.77	32.91
2.	Bruno Nahon	Cercle De Natation Sportcity WolFRA	5:46.69					
	50m: 36.20	36.20	150m: 2:05.94	44.65	250m: 3:39.27	49.67	350m: 5:08.43	39.55
	100m: 1:21.29	45.09	200m: 2:49.60	43.66	300m: 4:28.88	49.61	400m: 5:46.69	38.26

Masters 55+

1.	Erlend Alstad	OI Svømming	5:15.56					
	50m: 32.73	32.73	150m: 1:53.10	41.46	250m: 3:19.31	43.23	350m: 4:41.05	36.82
	100m: 1:11.64	38.91	200m: 2:36.08	42.98	300m: 4:04.23	44.92	400m: 5:15.56	34.51
2.	Hugues Herman	Cercle De Natation Sportcity WolBEL	5:41.10					
	50m: 36.99	36.99	150m: 2:02.99	41.43	250m: 3:33.46	48.81	350m: 5:03.82	39.19
	100m: 1:21.56	44.57	200m: 2:44.65	41.66	300m: 4:24.63	51.17	400m: 5:41.10	37.28
3.	Jan-Willem van den Berg	WVZ	5:44.20					
	50m: 35.04	35.04	150m: 2:01.52	44.08	250m: 3:34.85	48.68	350m: 5:06.12	41.38
	100m: 1:17.44	42.40	200m: 2:46.17	44.65	300m: 4:24.74	49.89	400m: 5:44.20	38.08



Open Nederlandse Masters
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Programmanr. 18, Heren, 400m wisselslag, Masters 55+

rang	naam	vereniging	tijd	RT	PARA				
4.	Arnold de Rover	AZ&PC De Futen	5:44.61						
	50m: 39.01	39.01	150m: 2:05.95	44.60	250m: 3:38.18	48.49	350m: 5:06.73	38.67	
	100m: 1:21.35	42.34	200m: 2:49.69	43.74	300m: 4:28.06	49.88	400m: 5:44.61	37.88	

Masters 60+

1.	Jan Brink	ZPC De Zeeuwse Kust	5:39.97						
	50m: 37.49	37.49	150m: 2:06.00	43.27	250m: 3:36.42	47.94	350m: 5:04.05	39.12	
	100m: 1:22.73	45.24	200m: 2:48.48	42.48	300m: 4:24.93	48.51	400m: 5:39.97	35.92	
2.	Ronald Grove	Triton	6:17.20	+0.89					
	50m: 40.34	40.34	150m: 2:18.40	49.42	250m: 4:00.63	52.68	350m: 5:36.01	41.25	
	100m: 1:28.98	48.64	200m: 3:07.95	49.55	300m: 4:54.76	54.13	400m: 6:17.20	41.19	

Masters 65+

1.	Paul Bunnik	Triton	6:49.70						
	50m: 41.58	41.58	150m: 2:28.00	56.43	250m: 4:19.49	57.34	350m: 6:04.75	45.69	
	100m: 1:31.57	49.99	200m: 3:22.15	54.15	300m: 5:19.06	59.57	400m: 6:49.70	44.95	

Masters 80+

1.	Rob Hanou	PSV	9:28.62						
	<i>Nederlands Masters Record, *100 m</i>								
	50m: 1:10.35	1:10.35	150m: 3:54.24	1:15.58	250m: 6:18.91	1:11.63	350m: 8:31.28	1:00.50	
	100m: 2:38.66	1:28.31	200m: 5:07.28	1:13.04	300m: 7:30.78	1:11.87	400m: 9:28.62	57.34	

Programmanr. 19
18-02-2023 - 10:59

4 x 100m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA				
80+, Dames									
1.	Dedemvaart-AC 2 * 100m	Dedemvaart-AC	4:33.07						
	Maaïke van Veen	97	32.10	1:07.35	Michelle Zomerdijk	00	31.06	1:07.89	
	Alessia Sluis	03	35.40	1:16.28	Laura Compagner	98	28.02	1:01.55	
2.	HZ&PC Heerenveen 2	HZ&PC Heerenveen	4:37.67						
	Inge Dekker	02	32.29	1:07.73	Lianne van Wier	02	29.83	1:09.59	
	Rixt Meijer	97	38.28	1:21.63	Leonie van Wier	02	27.45	58.72	
3.	DWK 1	DWK	4:39.82						
	Celine Schoenmaker		31.61	1:05.76	Lindi Bos		33.84	1:13.41	
	Annabel Kuipers		35.87	1:17.11	Anoeska van de Kraats	+0.14	29.55	1:03.54	
4.	Bubble 1	Bubble	4:46.76						
	Laura Setz		32.86	1:09.17	Marijke Drent	+0.37	32.71	1:12.16	
	Sanne Kloezen	+0.44	37.04	1:18.49	Esmee Kloezen		31.39	1:06.94	
5.	ZPC De Hof 1	ZPC De Hof	4:48.90						
	Lianne Roescher	99	34.96	1:13.02	Linde Haverkate	99	31.98	1:09.78	
	Deborah Wissink	95	40.58	1:26.03	Elisa Haverkate	02	28.41	1:00.07	
6.	Octopus-ZVV (SG) 1	Octopus-ZVV (SG)	5:31.03						
	Daphne van Rees		39.25	1:20.68	Ilse Hallie	+0.37	39.60	1:27.67	
	Sheila ten Voorde	+0.62	41.19	1:28.77	Marjan Rikken		35.26	1:13.91	



Open Nederlandse Masters
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Programmanr. 19, 4 x 100m wisselslag

80+, Heren

1.	HZ&PC Heerenveen 1 <i>Nederlands Masters Record</i>	HZ&PC Heerenveen	NED	3:58.07	
	Richard Kuipers	97 28.83	1:00.74	Jorian Darwinkel	03 27.35 1:00.92
	Gavin van der Werf	93 28.48	1:01.80	Remco Dijkstra	01 25.28 54.61
2.	ZVL-1886 Center 2	ZVL-1886 Center	NED	4:06.76	
	Guus Hoogduin	29.20	1:00.88	Robin van Beek	+0.31 26.88 58.55
	Robin van Peenen	30.94	1:09.30	Erik Baalbergen	+0.31 27.58 58.03
3.	ZOB'66 1	ZOB'66	NED	4:21.56	
	Daan Siebenheller	30.66	1:04.59	Mart de Koning	+0.37 28.43 1:02.47
	Boaz Troost	+0.56 34.77	1:16.24	Julian Mes	+0.16 27.17 58.26
4.	MSV-Zeemacht 2	MSV-Zeemacht	NED	4:35.41	
	Marco van der Wulp	03 33.68	1:11.54	Jordi de Nijs	98 29.22 1:03.51
	Derek Valkenier	92 38.43	1:22.90	Mees Minneboo	02 26.12 57.46

80+, Gemengd

1.	De Columbiaan 1	De Columbiaan	NED	4:23.32	
	Julia Notenboom	32.59	1:07.15	Kim de Jong	+0.71 32.94 1:13.69
	Dave van den Nieuwendijk	+0.55 30.42	1:07.27	Bas van Wieringen	+0.31 26.56 55.21
2.	de Veene 1	De Veene	NED	4:36.50	
	Kayleigh Westenbergh	36.43	1:16.31	Diederick Schothans	+0.24 28.47 1:03.84
	Gideon Teeuw	33.35	1:11.65	Lindy Elkerbout	+0.33 30.76 1:04.70

100+, Dames

1.	Steenwijk 1934 1	Steenwijk 1934	NED	4:51.20	
	Michelle van den Hoofdakker	03 32.16	1:07.31	Nanda Wobben - de Vries	92 35.45 1:19.35
	Jacyntha Plat	90 36.23	1:18.29	Cynthia Koolman	03 31.93 1:06.25
2.	ZPC AMERSFOORT 4	ZPC AMERSFOORT	NED	5:01.11	
	Eline Hendriks	38.16	1:18.58	Kirsten Opmeer	+0.39 33.46 1:15.04
	Wendy van der Iest	37.40	1:21.31	Lotte Eising	+0.29 30.86 1:06.18
3.	ESCA Zwemmen 1	ESCA Zwemmen	NED	5:12.00	
	Moniek van Langevelde	34.07	1:10.84	Cheyenne Verburgt	34.74 1:19.09
	Ijla Janssen	+0.35 41.44	1:29.61	Rachel Verburgt	+0.10 34.18 1:12.46
4.	Neptunus'58 1	Neptunus'58	NED	5:13.50	
	Elke Schellekens	42.36	1:28.10	Selina Janssen	+0.41 33.11 1:12.78
	Mirelle de Kort	38.54	1:23.74	Sandra Schellekens	33.30 1:08.88
5.	De Duck 1	De Duck	NED	5:17.90	
	Judith Kleinjan	41.01	1:26.20	Noa de Bock	+0.41 34.59 1:15.13
	Kimberley van Buren	+0.41 40.09	1:25.89	Sandra Vermeulen	+0.56 34.01 1:10.68
6.	ZVL-1886 Center 3	ZVL-1886 Center	NED	5:37.47	
	Cynthia van Veen	40.77	1:27.20	Margien Timmer	39.77 1:27.27
	Maartje Hids	42.06	1:28.65	Valerie Bakker	+0.36 34.47 1:14.35
NG	ZVL-1886 Center 4	ZVL-1886 Center	NED		

100+, Heren

1.	De Kempvis 1	De Kempvis	NED	4:06.04	
	Joris Bezemer	28.91	1:01.59	Floyd van Duyvenbode	+0.48 27.71 1:01.26
	Romero Hennep	+0.24 30.04	1:06.28	Erik Wegman	26.80 56.91
2.	ESCA Zwemmen 2	ESCA Zwemmen	NED	4:07.21	
	Mike Schel	30.60	1:03.45	Peter Rothengatter	28.13 1:02.96
	Jurre Stammes	+0.29 30.21	1:05.87	Sander de Vrugt	26.13 54.93
3.	Poseidon'56 1	Poseidon'56	NED	4:10.89	
	Gerard Willighagen	01 28.38	1:00.91	Ryan van den Ouden	99 26.36 1:01.03
	John Smit	95 32.12	1:09.40	Sam Beer	96 27.99 59.55
4.	De Schotejil 1	De Schotejil	NED	4:14.97	
	Aron Paasse	29.14	1:00.59	Frank v.d. Voordt	+0.56 30.87 1:07.42
	David Kievit	+0.35 33.31	1:11.50	Jacob Mackloet	25.99 55.46
5.	Feijenoord Zwemmen (SG) 1	Feijenoord Zwemmen (SG)	NED	4:15.88	
	Pascal Nuijten	28.68	1:01.25	Jort Vizee	28.11 1:01.53
	Rob van Wanrooy	+0.42 34.28	1:15.17	Nick Boekestijn	+0.37 27.79 57.93



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Programmanr. 19, Heren, 4 x 100m wisselslag, 100+

rang	vereniging	tijd	RT	PARA
6.	Steenwijk 1934	4:45.23		
	Martijn Lageweg	+0.53 29.48	1:05.13	
	Thomas van Scheepen	+0.68 34.14	1:11.38	

100+, Gemengd

1.	VZC	4:30.06		
	Olaf Achterberg	30.44 1:03.25	1:05.30	
	Lisanne Seising	36.67 1:18.99	1:02.52	
2.	De Duinkickers	4:49.73		
	Jeffrey Roest	97 32.87 1:07.40	1:10.81	
	Maaïke de Boer	90 39.29 1:23.43	1:08.09	
3.	De Kempvis	5:03.22		
	Victor Poot	33.89 1:09.63	1:30.53	
	Daniel van der Sluijs	+0.38 33.28 1:14.96	1:08.10	
4.	Het Ravijn	5:08.56		
	Tico Wind	34.58 1:14.55	1:24.62	
	William Kruithof	+0.06 36.08 1:19.06	1:10.33	

120+, Dames

1.	WVZ	4:38.67		
	Manon van Strien	34.03 1:11.49	1:07.13	
	Lauren van IJl	+0.60 37.70 1:21.04	59.01	
2.	ZPC AMERSFOORT	4:52.39		
	Marjje Jansen	35.30 1:14.43	1:14.06	
	Larissa Brak	36.38 1:19.56	1:04.34	
3.	De Biesboschzwemmers	5:03.05		
	Mandy Swart	37.72 1:19.86	1:18.10	
	Marjo Goelerna-Koek	36.91 1:20.94	1:04.15	
4.	Steenwijk 1934	5:18.53		
	Leonie Scholten	40.69 1:25.04	1:23.88	
	Ageeth de Haan	+0.35 39.58 1:24.12	1:05.49	
5.	ZOB'66	5:19.24 *		
	Nina Tourton	96 39.25 1:20.51	1:15.88	
	Rozemarijn van Haaff	02 35.94 1:19.23	1:23.62	
6.	De Duinkickers	5:32.54 *		
	Rachel Trapman	96 39.32 1:22.79	1:19.03	
	Inge Roskam	78 43.49 1:31.91	1:18.81	

120+, Heren

1.	ZPCH	4:18.16		
	Ruud Holswilder	30.84 1:03.49	1:06.44	
	Thomas Vastenhou	+0.30 31.34 1:07.51	1:00.72	
2.	ZPC AMERSFOORT	4:26.71		
	Jelle Blankestijn	30.85 1:04.57	1:02.62	
	Ron Korzelius	+0.17 36.43 1:20.23	59.29	
3.	Dedemsvaart-AC	4:27.45		
	Jesper Kloek	32.74 1:08.23	1:04.87	
	Kelvin Bergsma	34.61 1:16.71	57.64	
4.	SWOL 1894	4:34.80		
	Albert van Piekeren	84 32.71 1:08.94	1:08.82	
	Stefan van de Grift	87 34.38 1:15.56	1:01.48	
5.	De Duck	4:39.46		
	Erik Saan	39.98 1:23.88	56.15	
	Paco de Voogt	+0.47 36.76 1:18.81	1:00.62	
6.	ESCA Zwemmen	4:43.22		
	Koen Bak	03 37.14 1:17.45	1:09.28	
	Mees Laar	96 33.85 1:13.39	1:03.10	
7.	AZC	4:55.39		
	Patrick Brouwer	34.81 1:12.37	1:14.38	
	Ricardo van Dam	+0.27 36.07 1:15.37	1:13.27	



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Programmanr. 19, 4 x 100m wisselslag

120+, Gemengd

1.	ZV Hoogland 1	Zwemvereniging Hoogland	NED	4:21.20				
	Anne-Irene Ducheine	32.84	1:08.99	Bas Dries	+0.30	27.25	1:01.54	
	Yuri van Omme	32.04	1:09.10	Jamilla van Omme - van Veen	+0.19	28.78	1:01.57	
2.	NieMo Barracuda 1	NieMo Barracuda	NED	4:28.70				
	Mark Hensen	31.95	1:05.87	Denise Boereboom	+0.34	31.10	1:06.62	
	Melissa van der Heijden	+0.24	37.01	1:19.12	Pascal van Haren	+0.08	26.57	57.09
3.	ZPC AMERSFOORT 3	ZPC AMERSFOORT	NED	4:30.23				
	Martijn Giezen	85	30.25	1:03.26	Lidia v. Bon-Rosenbrand	70	34.58	1:15.35
	Jelle Opmeer	01	30.52	1:07.26	Jisca Majolee	94	30.57	1:04.36
4.	Zuiderzeezwemmers 1	Zuiderzeezwemmers	NED	4:35.08				
	Annemarie ten Have	35.00	1:13.94	Danique Stoop		29.89	1:07.65	
	Ilmar Stoop	+0.48	31.73	1:10.03	Gerko Versluis	+0.32	29.31	1:03.46
5.	TRB-RES 1	TRB-RES	NED	4:44.02				
	Edith Janssen-Koolen	36.73	1:17.16	Wim van Duuren	+0.20	28.02	1:03.28	
	Robin Hermans	34.31	1:15.22	Ariane Krijt	+0.39	32.27	1:08.36	
6.	DWT 1	DWT	NED	4:48.81				
	Jeffrey Camphens	95	31.96	1:06.58	Peter van de Bor	84	30.87	1:10.74
	Chantal Beijer	97	38.26	1:21.22	Inken Wemheuer	71	33.38	1:10.27
7.	De Amstel 1	De Amstel	NED	4:49.32				
	Iris Bastiaansen	37.32	1:17.88	Nick Sijmons		27.15	59.84	
	Henri Michels	+0.37	40.07	1:26.64	Iris van der Moolen	+0.08	30.95	1:04.96
8.	Sassenheim 1	Sassenheim	NED	5:01.85				
	Maaïke Hofland	41.24	1:25.28	Rianne Hofland	+0.55	34.35	1:15.41	
	Bogdan Androne	+0.60	36.60	1:20.94	Wesley van der Luit	+0.45	29.31	1:00.22
9.	Deltasteur 1	Deltasteur	NED	5:11.45				
	* 50 m							
	Patrick de Jonge	34.93	1:14.78	Maud Heldoorn	+0.60	35.86	1:20.48	
	Marleen Welten	38.31	1:21.68	Alistair Critchell	+0.14	34.27	1:14.51	
10.	ZVL-1886 Center 5	ZVL-1886 Center	NED	5:15.65				
	Adela Vázquez García	93	39.19	1:22.52	Jordy van der Drift	93	32.40	1:10.88
	Mariska Gach	95	42.65	1:30.57	Ingmar Kooman	79	33.30	1:11.68
DIS	NieMo Barracuda 2	NieMo Barracuda	NED					
	<i>AA - De start ingezet voor het startsignaal (en wel gezwommen).</i>							
	Esmée Rolloos, Marijke Kommers, Emiel Ghali, Robin van Beusekom							

160+, Dames

1.	PSV 3	PSV	NED	5:00.47				
	Diane Schoemaker	95	36.54	1:16.57	Jeanne Petit	70	33.74	1:14.46
	Trudy Ketting	70	37.81	1:21.64	Liselotte Joling	75	32.95	1:07.80
2.	DAW 2	DAW	NED	5:07.80				
	Agnes van Brug	80	43.09	1:27.65	Ilona Hogerheyde	74	34.13	1:15.87
	Laura Badoux	82	37.12	1:20.01	Maaïke Vooren	91	31.08	1:04.27
3.	HZ&PC Heerenveen 3	HZ&PC Heerenveen	NED	5:42.99				
	Lisette Dooper	38.54	1:19.65	Peggi Hurenkamp		41.49	1:27.73	
	Michelle Frijlink	+0.53	47.79	1:40.93	Jannie Vennik	+0.24	35.32	1:14.68
4.	De Geul 1	De Geul	NED	6:08.79				
	Geerdien Meerwaldt	52	1:01.99	2:12.31	Marcha Admiraal	93	31.82	1:09.19
	Aafke Groot	83	42.16	1:31.09	Eline Molle	94	35.88	1:16.20



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Programmanr. 19, 4 x 100m wisselslag

160+, Heren

1. Steenwijk 1934 5	Steenwijk 1934	NED	4:24.24		
Robert Braad	31.27	1:05.32	Rick Driezen	28.55	1:01.55
Lauren Vis	+0.42 32.28	1:10.22	Huyb Stegeman	31.35	1:07.15
2. DAW 1	DAW	NED	4:38.85		
Alex Damen	33.16	1:08.62	Felix Geenen	+0.21 25.60	57.57
Dennis Kraakman	+0.43 34.08	1:14.84	Erik Schweitzer	36.36	1:17.82
3. ZVL-1886 Center 1	ZVL-1886 Center	NED	4:43.70		
Otto Jansen	37.16	1:16.90	Luc Steijvers	+0.26 31.78	1:15.59
Kristiaan Lenos	32.76	1:11.36	Gijs Ruijgrok	+0.20 27.81	59.85
4. ZOB'66 2	ZOB'66	NED	4:50.88		
Pascal Tourton	38.03	1:16.82	Ruben Stolk	+0.62 31.32	1:08.30
Harmen Reemst	36.95	1:20.73	Ingmar de Gelder	30.71	1:05.03

160+, Gemengd

1. Kaisiadoriu Plaukiam 1 <i>Lithuanian Masters Record</i>	Kaisiadoriu Plaukiam	LTU	4:39.44		
Ausra Razgune	83 33.41	1:09.58	Aleksandras Zamorskis	71 28.87	1:04.14
Raimondas Gincas	74 35.48	1:16.71	Lina Beliniene	74 31.93	1:09.01
2. ZVVS 1 * 100 m	ZVVS	NED	5:02.50		
Nadya Putter	38.65	1:19.78	Bram Piederiet	+0.36 31.76	1:10.84
Karin Stein	42.46	1:30.52	Bas van den Nouwelant	+0.30 29.23	1:01.36
3. DAW 3	DAW	NED	5:11.13		
Wouter Zijlstra	34.25	1:12.21	Alina Spijkerman	39.51	1:25.33
Hans Schoenmakers	+0.34 38.95	1:25.04	Sandra Zwaanswijk	32.86	1:08.55
4. DWK 2	DWK	NED	5:20.43		
Jennie Resink-lindeboom	48.75	1:40.34	Lars Jacobsen	+0.75 32.11	1:11.96
Iris van Aurich	41.74	1:27.66	Alex Resink	27.94	1:00.47
5. Patrick-De Roersoppers (SG) 1	Patrick-De Roersoppers (SG)	NED	5:47.92		
Eric Dumas	43.47	1:30.15	Sharon Wolfs	+0.56 35.63	1:28.87
Pascalie Janssen	+0.70 44.77	1:33.72	Charles Bos	+0.12 35.41	1:15.18

200+, Dames

DIS ESCA Zwemmen 4	ESCA Zwemmen	NED			
<i>SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.</i>					
Karin van der Star-Verhoeven	44.19	1:31.91	Danique de Vegt	+0.48	
Yoka de Vegt-van Dijk			Marion Kolkman-Pluim		

200+, Heren

1. WVZ 2	WVZ	NED	4:25.59		
<i>Nederlands Masters Record</i>					
Ivo Roozeboom	77 31.22	1:04.31	Hugo Bregman	58 29.23	1:03.17
Jan-Willem van den Berg	68 36.05	1:15.49	Markus van Rest	77 29.68	1:02.62
2. ZPC De Zeeuwse Kust 1	ZPC De Zeeuwse Kust	NED	4:37.84		
Eelco van Gemert	72 34.37	1:10.97	Sandy Pleyte	75 31.96	1:09.84
Ronald van Ombergen	72 34.93	1:14.79	Jan Brink	62 28.94	1:02.24
3. PSV 2	PSV	NED	4:39.52		
Fred Ketting	60 36.47	1:15.47	Gijsbert van der Leden	67 31.71	1:08.01
Harold Matfa	68 34.47	1:13.42	Edo Boonstra	68 30.11	1:02.62
4. De Rog 1	De Rog	NED	4:55.88		
Erik Kamphuis	38.18	1:17.43	Peter Bensen	+0.25 32.25	1:10.52
Arjan Verheij	37.48	1:19.15	Wijnand Vergeest	+0.40 32.60	1:08.78
5. HZ&PC Heerenveen 4	HZ&PC Heerenveen	NED	4:57.23		
Jelmer Meijer	30.27	1:01.44	René Beetsma	32.92	1:14.33
Wiebren Dijkstra	+0.36 45.24	1:37.99	Marten de Groot	29.37	1:03.47
6. De Biesboschzwemmers 2	De Biesboschzwemmers	NED	5:14.16		
Nico Swart	68 37.98	1:18.90	Paul Wijnja	63 34.41	1:16.50
Richard Tiemstra	63 42.52	1:31.30	Wouter van der Stelt	72 32.16	1:07.46



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Programmanr. 19, Heren, 4 x 100m wisselslag, 200+

rang	vereniging	tijd	RT	PARA
7.	Steenwijk 1934 6	5:26.69		
	Guido Keutgen	68 32.82 1:09.65	71 36.75 1:20.03	
	Hans van Scheepen	62 50.53 1:45.87	63 33.68 1:11.14	

200+, Gemengd

1.	Feijenoord Zwemmen (SG) 2	Feijenoord Zwemmen (SG)	NED	5:04.95	
	Mark Nuijten	37.95 1:17.04	Mirjan den Drijver	+0.61 35.42 1:17.04	
	Pieter Broek	+0.38 38.70 1:22.66	Netty Burik-Geijsen	32.55 1:08.21	
2.	ZPC AMERSFOORT 5	ZPC AMERSFOORT	NED	5:17.83	
	Henriëtte v. Norden	40.17 1:24.69	Rob van Vliet	30.84 1:08.10	
	Monica Kornedwal	41.07 1:29.35	Ronald Pijtak	+0.36 36.22 1:15.69	
3.	Sassenheim 2 * 100 m	Sassenheim	NED	5:28.81 *	
	Yvonne van Nobelen - Kampschreur	42.89 1:29.13	Marinka vd Zwet	40.36 1:27.74	
	Frank van Nobelen	+0.21 40.43 1:27.14	Casper van den Burgh	30.59 1:04.80	
4.	AZC 2	AZC	NED	5:41.60	
	Monique van Huizen	40.69 1:22.45	Jessica Braat	33.58 1:15.37	
	Wim de Lange	+0.44 43.45 1:32.68	Geza Kaltenecker	42.69 1:31.10	
5.	Hieronymus 1	Hieronymus	NED	6:03.59	
	Lené Wessels	46.37 1:38.46	Marjolein Klunne	+0.69 38.80 1:26.36	
	Hilly Brugmans	+0.75 47.01 1:39.67	Wim Donkersloot	+0.45 36.05 1:19.10	
6.	GZC DONK 2	GZC DONK	NED	6:19.50	
	Nathasja Konijn	71 46.62 1:35.81	Clara Groenhorst	82 42.76 1:36.59	
	Peter Coffeng	57 50.90 1:51.83	Pierre de Groot	64 35.49 1:15.27	

240+, Dames

1.	Steenwijk 1934 3	Steenwijk 1934	NED	6:55.81	
	Inge Soeters	73 57.97 1:56.64	Linda Wibbelink	59 48.21 1:44.44	
	Wilna Heijman	64 48.04 1:45.16	Monica Bakker	56 42.86 1:29.57	

240+, Gemengd

1.	ZPC AMERSFOORT 1 <i>Europees Masters Record</i>	ZPC AMERSFOORT	NED	4:48.46	
	Atie Pijtak-Radersma	39.84 1:21.61	Chester Marsman	+0.41 29.49 1:04.21	
	Edwin v. Norden	35.72 1:16.30	Marjan Remmits-de Lange	31.73 1:06.34	
2.	GZC DONK 1	GZC DONK	NED	6:11.34	
	Lia Bijkerk	51.47 1:48.29	Petra Tossings-van de Hooven	42.88 1:30.51	
	Willem Jan Ribberink	-0.12 45.70 1:36.80	Adrian Ortiz Buitrago	+0.79 36.20 1:15.74	
3.	De Duinkickers 3	De Duinkickers	NED	6:31.90	
	Marcel Brittijn	45.49 1:32.51	Robert de Brauwer	+0.61 38.75 1:21.74	
	Annet Verhoeven - Steggerda	1:02.64 2:11.92	Christine Buist	41.42 1:25.73	
4.	PSV 4	PSV	NED	7:34.18	
	Lies Hartman	56 1:07.38 2:21.13	Tom Bandsma	77 43.54 1:39.40	
	Gonnie Bak	51 59.13 2:05.13	André Pantekoek	58 42.20 1:28.52	



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18-02-2023 - 13:00

Programmanr. 21
18-02-2023 - 13:00

Dames, 50m rugslag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA
Masters 20+					
1.	Babette van der Kaaij	Blue Marlins	NED 199902234	29.90	
2.	Merel Phaff	Nuene	NED 200100434	30.54	
3.	Inge Dekker	HZ&PC Heerenveen	NED 200200476	30.70	
4.	Julia Notenboom	De Columbiaan	NED 200302596	31.22	
5.	Michelle van den Hoofdakker	Steenwijk 1934	NED 200302708	31.23	
6.	Marije Sweering	De Golfbreker	NED 200101228	31.98	
7.	Lauren van IJll	WVZ	NED 200001064	32.28	
8.	Hanna Looi	Blue Marlins	NED 200006090	32.41	
9.	Alisha Vieira	Blue Marlins	NED 199904554	32.57	
10.	Lianne van Wier	HZ&PC Heerenveen	NED 200200438	33.02	
11.	Veerle van Munster	ZPC Woerden	NED 200102632	33.11	
12.	Lianne Roescher	ZPC De Hof	NED 199900248	33.75 *	
13.	Romy Verhagen	De Dolfijn	NED 199906620	34.07	
14.	Cynthia Koolman	Steenwijk 1934	NED 200300232	34.27	
15.	Rozemarijn van Haaff	ZOB'66	NED 200201852	34.38	
16.	Rosalie Baarda	Orca	NED 199903460	34.53	
17.	Marije de Jager	De Columbiaan	NED 200301394	34.56	
18.	Redine van Breugel	De Biesboschzwemmers	NED 200004404	34.79	
19.	Iris van der Moolen	De Amstel	NED 199902052	35.12	
20.	Noa de Bock	De Duck	NED 200300318	35.41	
21.	Kayleigh Westenberg	De Veene	NED 200004064	35.43	
22.	Jet Kleine	MSV-Zeemacht	NED 199903384	35.83	
23.	Iris Bastiaansen	De Amstel	NED 199902006	36.08	
24.	Lianne Dekker	DAW	NED 200305438	36.14	
25.	Esmee Kloezen	Bubble	NED 200204646	36.22	
26.	Daphne van Rees	Octopus-ZVV (SG)	NED 200301766	36.69	
27.	Mandy Swart	De Biesboschzwemmers	NED 199904916	36.97	
28.	Alies Wagter	Steenwijk 1934	NED 199900840	37.12	
29.	Leonie Smit	EZCL (SG)	NED 200301978	37.19	
30.	Romy Jalving	HZ&PC Heerenveen	NED 200000616	37.20	
DIS	Lindi Bos	DWK	NED 200101256		

RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.

Masters 25+

1.	Celine Schoenmaker	DWK	NED 199801976	31.07	
2.	Jamilla van Omme - van Veen	Zwemvereniging Hoogland	NED 199603192	31.55	
3.	Tamara Grove	De Dolfijn	NED 199601266	31.71 *	
4.	Maaïke van Veen	Dedemsvaart-AC	NED 199700292	31.80	
5.	Laura Compagner	Dedemsvaart-AC	NED 199804602	31.89	
6.	Moniek van Langevelde	ESCA Zwemmen	NED 199803160	32.11	
7.	Anne-Irene Ducheine	Zwemvereniging Hoogland	NED 199506824	32.60	
8.	Manon van Strien	WVZ	NED 199400770	32.98	
9.	Suzanne Mosch	MSV-Zeemacht	NED 199400548	33.46	
10.	Annemarie ten Have	Zuiderzeezwemmers	NED 199802662	34.49	
11.	Lotte Eising	ZPC AMERSFOORT	NED 199502098	34.97	
12.	Hjordis Wagenaar	TRI-X-Kufstein	NED 49731	35.04	
13.	Myrthe Meenhorst	SWOL 1894	NED 199507062	35.74	
14.	Kirsten Opmeer	ZPC AMERSFOORT	NED 199800014	35.79	
15.	Diane Schoenmaker	PSV	NED 199502920	35.80 *	
16.	Eline Hendriks	ZPC AMERSFOORT	NED 199802794	36.42	
17.	Julia Koopman	SWOL 1894	NED 199606688	37.01	
18.	Anouk van der Lans	Feijenoord Zwemmen (SG)	NED 199801614	37.18	
19.	Chantal Lokhorst	Aqualero	NED 199401362	37.35	
20.	Tamara van den Brink	NieMo Barracuda	NED 199804182	37.87	
21.	Rachel Trapman	De Duinkickers	NED 199606760	38.32	
22.	Judith Kleinjan	De Duck	NED 199802710	39.05 *	



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
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Programmanr. 21, Dames, 50m rugslag, Masters 25+

rang	naam	vereniging			tijd	RT	PARA
23.	Cynthia van Veen	ZVL-1886 Center	NED	199606736	40.00		
24.	Eline Molle	De Geul	NED	199404276	40.16		

Masters 30+

1.	Danique Stoop	Zuiderzeezwemmers	NED	199106956	31.05		
2.	Denise Boereboom	NieMo Barracuda	NED	199202144	32.34		
3.	Elmi Roelofsen	Octopus-ZVV (SG)	NED	199008198	32.35		
4.	Désirée Emmen	De Warande	NED	199204862	32.86		
5.	Saskia de Klerk	GoSwim	NED	199004612	33.22		
6.	Daphne Robijn-Jongedijk	EZCL (SG)	NED	198903520	35.04		
7.	Getrude Corporaal	Steenwijk 1934	NED	199200380	35.23		
8.	Jacoline van den Beukel	NieMo Barracuda	NED	199100238	36.93		
9.	Adela Vázquez García	ZVL-1886 Center	NED	199307952	37.39		
10.	Joëlle Vaes	DIO	NED	199007576	38.25		
11.	Maaïke Hofland	Sassenheim	NED	199203754	40.35		
12.	Ingrid Johannes	De Kempvis	NED	198907370	43.13		

Masters 35+

1.	Jenny Schouten	MZ&PC	NED	198703674	32.48 *		
2.	Samantha van Eijk	De Geul	NED	198806826	33.57		
3.	Marije Jansen	ZPC AMERSFOORT	NED	198504088	33.58		
4.	Rianne Hofland	Sassenheim	NED	198801820	34.73 *		
5.	Hanneke Heymen	WS Twente	NED	198400968	36.50		
6.	Ramona Hulshof	THOR	NED	198503948	36.52		

Masters 40+

1.	Ausra Razgune	Kaisiadoriu Plaukiam	LTU		30.87		
		<i>Kampioenschapsrecord, Lithuanian Masters Record</i>					
2.	Pauline van Gelder - Dieker	Steenwijk 1934	NED	198102346	35.71		
3.	Angela Giezen	Zwemvereniging Hoogland	NED	198302796	36.30 *		
4.	Esther Poortvliet - Koedam	De Duinkickers	NED	198001824	37.49		
5.	Ilja Janssen	ESCA Zwemmen	NED	198102234	38.41 *		
6.	Leonie Scholten	Steenwijk 1934	NED	197901560	38.53		
7.	Jessica Venema	GZC DONK	NED	197901526	38.75		
8.	Clara Groenhorst	GZC DONK	NED	198202506	41.10 *		
9.	Tessa Piek	DZ&PC	NED	198102360	43.27		

Masters 45+

1.	Janneke Harmsen-Bakker	PSV	NED	197700938	33.83		
2.	Monique Boets	Stadskanaal	NED	197600230	34.18		
3.	Mirjan den Drijver	Feijenoord Zwemmen (SG)	NED	197500884	36.10		
4.	Melanie Kuiper	ZIGNEA	NED	197600350	36.27		
5.	Anuschka Glazema-Boelema	Stadskanaal	NED	197701166	38.66		
6.	Margriet Leeffers	Deltasteur	NED	197800448	43.58		
7.	Jessica van Velzen	ZV 44	NED	197601122	45.07		

Masters 50+

1.	Edith Janssen-Koolen	TRB-RES	NED	197300898	34.83		
2.	Janine Franssen	Zwemsport Parkstad	NED	197101108	36.94		
3.	Trudie van Niejenhuis	TZC-Vahalis	NED	197100444	37.57 *		
4.	Marjolein Klunne	Hieronymus	NED	197101098	38.19		
5.	Henriëtte Manting-Holthuis	H2Oldambt	NED	197100246	41.02		
6.	Cherry Bas-Ott	DAW	NED	197100464	44.55 *		
7.	Daniëlle Schipper	ZOB'66	NED	197001078	44.94		
8.	Kristien Van de Moortel	Shark	BEL	ShaRK/20315/69	51.59		



Open Nederlandse Masters
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Programmanr. 21, Dames, 50m rugslag

Masters 55+

1.	Marinka vd Zwet	Sassenheim	NED	196500346	38.11
2.	Annette Wijnja-Visser	De Biesboschzwemmers	NED	196700528	38.27
3.	Talje Dijkhuis	ZPC AMERSFOORT	NED	196600072	38.53 *
4.	Henriëtte v. Norden	ZPC AMERSFOORT	NED	196800046	38.84
5.	Annette Korving-Leijenaar	Aqualero	NED	196700662	42.29
6.	Roselinda van der Vlucht	De Geul	NED	196700710	46.59
DIS	Christine Buist	De Duinkickers	NED	196400608	

RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.

AFGEM Laura Staal Oceanus NED 196700358

Masters 60+

1.	Karin van der Star-Verhoeven	ESCA Zwemmen	NED	196100382	41.27 *
2.	Marijke Kraak-Beckers	WS Twente	NED	196000240	43.31
3.	Marleen Malais	ESCA Zwemmen	NED	196300542	44.04
4.	Jennie Resink-lindeboom	DWK	NED	196000142	46.82
5.	Katinka Elders	HZ&PC Heerenveen	NED	196000292	48.18

Masters 65+

1.	Atie Pijtak-Radersma	ZPC AMERSFOORT	NED	195600048	38.34
	<i>Nederlands Masters Record</i>				
2.	Ria Peters-Veurman	ESCA Zwemmen	NED	195800242	55.25
3.	Mies Kuipers	Old Dutch	NED	195800202	1:02.63
4.	Lies Hartman	PSV	NED	195600116	1:05.13

Masters 70+

1.	Antoinette Gilding-Tussaud	WS Twente	NED	195000038	51.24 *
2.	Ineke Brouwers	PSV	NED	195200070	58.08
3.	Geerdien Meerwaldt	De Geul	NED	195200058	1:01.44 *
4.	Nini van Dongen-de Paepe	ZZ&PC De Devel	NED	195100044	1:08.33 *

Masters 75+

1.	Leny Kamp	Aquapoldro	NED	194400008	1:02.41
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Masters 85+

1.	Marie Smits	Old Dutch	NED	193800004	1:06.89
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Programmanr. 22
18-02-2023 - 13:20

Heren, 50m rugslag

Masters Open
Resultaten

rang	naam	vereniging		tijd	RT	PARA
Masters 20+						
1.	Leon van den Hof	Dedemsvaart-AC	NED	200203269	26.70	
2.	Daan Hogerhuis	De Columbaan	NED	200300317	27.83	
3.	Arjan Dekker	De Golfbreker	NED	200000499	28.48	
4.	Aron Paasse	De Schotejil	NED	200000099	28.78	
	Ian Terlouw	ZPC Woerden	NED	200002345	28.78 *	
6.	Gerard Willighagen	Poseidon'56	NED	200103663	28.93	
7.	Remco Dijkstra	HZ&PC Heerenveen	NED	200100789	29.04	
8.	Jorian Darwinkel	HZ&PC Heerenveen	NED	200300565	29.16	
9.	Jasper Breugem	WVZ	NED	200000303	29.26	
10.	Mart de Koning	ZOB'66	NED	200203253	29.79	
11.	Franklin Paassen	ZV 44	NED	200003881	29.92	
12.	Marc Hoogeveen	DZ&PC	NED	200101585	29.93	
13.	Ilmar Stoop	Zuiderzeezwemmers	NED	200100871	30.37	



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
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Programmanr. 22, Heren, 50m rugslag, Masters 20+

rang	naam	vereniging			tijd	RT	PARA
14.	David Kievit	De Schotejil	NED	199900325	30.56		
15.	Daan Rienties	SWOL 1894	NED	200103369	31.03		
16.	Ian van der Pal	SWOL 1894	NED	200203645	31.42		
17.	Jacob Mackloet	De Schotejil	NED	200001171	31.71		
18.	Mees Minneboo	MSV-Zeemacht	NED	200203465	31.91		
19.	Marco van der Wulp	MSV-Zeemacht	NED	200302051	31.99		
20.	Jeroen Louwinger	De Rijn	NED	199900583	32.16		
21.	Rob van Wier	HZ&PC Heerenveen	NED	199900697	32.38		
22.	Kylian Kooijman	Steenwijk 1934	NED	199900763	32.54		
23.	Bartho Visser	Triton Putten	NED	200005595	33.66		
24.	Mick van den Houten	De Duck	NED	200302211	34.64		
25.	Nick Swinkels	De Veene	NED	200201619	34.77		
26.	Auke Sijperda	AZC	NED	199905115	35.18		

Masters 25+

1.	Dominique Sikkema	TriVia	NED	199500399	26.03		
2.	Richard Kuipers	HZ&PC Heerenveen	NED	199704171	28.46		
3.	Rob van Beek	ZVL-1886 Center	NED	199704023	28.87		
4.	Mike Schel	ESCA Zwemmen	NED	199403279	29.75		
5.	Jelle Blankestijn	ZPC AMERSFOORT	NED	199803737	30.24		
6.	Jeffrey Roest	De Duinkickers	NED	199703401	30.61		
7.	Hans Stoffers	Triton Putten	NED	199604027	30.62		
8.	Martijn Lageweg	Steenwijk 1934	NED	199701323	32.23		
9.	Tico Wind	Het Ravijn	NED	199502705	33.16		

Masters 30+

1.	Jeroen Baars <i>Nederlands Masters Record</i>	Blue Marlins	NED	199200031	26.23		
2.	Jesper Oranje	De Duck	NED	199200997	26.86		
3.	Olaf Achterberg	VZC	NED	199000011	29.16		
4.	Romero Hennep	De Kempvis	NED	199304929	29.74		
5.	Alex Vermeulen	Aquapoldro	NED	198905811	30.70		
6.	Jesper Kloek	Dedemsvaart-AC	NED	199001585	31.33		
7.	Ruben Stolk	ZOB'66	NED	199005665	32.49		
8.	Patrick de Jonge	Deltasteur	NED	198906635	33.57		
9.	Patrick Brouwer	AZC	NED	199303715	34.19		
10.	Jermaine Braumuller	ZPCH	NED	199007691	35.61		

Masters 35+

1.	Joan Kentrop	Zwemlust-den Hommel	NED	198503575	27.32		
2.	Martijn Giezen	ZPC AMERSFOORT	NED	198500813	29.14		
3.	Robert Braad	Steenwijk 1934	NED	198600407	30.73		
4.	Rick Driezen	Steenwijk 1934	NED	198600713	31.35		
5.	Albert van Piekeren	SWOL 1894	NED	198401767	31.46		
6.	Pascal van Haren	NieMo Barracuda	NED	198704101	32.00		
7.	Emiel Ghali	NieMo Barracuda	NED	198701019	32.23		
8.	Thommy Nickel	ZPC Woerden	NED	198401627	32.46		
9.	Peter van de Bor	DWT	NED	198402897	32.93		
10.	Arne-Willem Kroonen	MZ&PC	NED	198401297	34.41		
11.	Remco van der Graaf	PSV	NED	198704007	36.08		

Masters 40+

1.	Ivan van Omme	De Geul	NED	198201263	29.91		
2.	Mark Hensen	NieMo Barracuda	NED	197900497	31.03		
3.	Wouter Zijlstra	DAW	NED	198202077	33.30 *		
4.	Peter Lommert	SWOL 1894	NED	197900787	35.31		

Programmanr. 22, Heren, 50m rugslag

Masters 45+

1.	Ruud Holswilder	ZPCH	NED	197800435	29.54
	<i>Kampioenschapsrecord</i>				
2.	Ivo Roozeboom	WVZ	NED	197700801	29.85
3.	Jasper van Heijst	Het Y	NED	197601699	30.75
4.	Alex Damen	DAW	NED	197501371	31.93
5.	Pieter Broek	Feijenoord Zwemmen (SG)	NED	197701637	33.50
6.	Markus van Rest	WVZ	NED	197701197	33.58
7.	Arjan Aalbers	SWOL 1894	NED	197500001	35.66
8.	Daniel Prinse	De Ward	NED	197401385	36.13
9.	Jeroen Hoeksel	ZVVS	NED	197401533	41.69
DIS	Robert van der Kamp	Deltasteur	NED	197800537	

RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.

Masters 50+

1.	Chester Marsman	ZPC AMERSFOORT	NED	196900671	29.43
	<i>Nederlands Masters Record</i>				
2.	Markus Löber	SSF Bonn 1905 e.V.	GER	444684	31.25
3.	Linas Kersevicius	Kauno Takas	LTU		31.91
4.	René Beetsma	HZ&PC Heerenveen	NED	196900069	33.23
5.	Eelco van Gemert	ZPC De Zeeuwse Kust	NED	197200299	33.55
6.	Mindaugas Sakys	Kaisiadoriu Plaukiam	LTU		33.64
7.	Wilbert Hietbrink	ZPC De Hof	NED	196901879	36.43 *
8.	Bruno Nahon	Cercle De Natation Sportcity WolfRA	CNSW	000390/70	36.58
9.	Ingmar de Gelder	ZOB'66	NED	197000333	37.55

Masters 55+

1.	Guido Keutgen	Steenwijk 1934	NED	196801551	31.30
2.	Hugues Herman	Cercle De Natation Sportcity WolBEL	CNSW	009743/66	32.79 *
3.	Dariusz Andrzejczak	SG Erkelenz-Hückelhoven	GER	326924	33.18
4.	Bert Jonker	HZ&PC Heerenveen	NED	196600355	35.25 *
5.	Nico Swart	De Biesboschzwemmers	NED	196801475	35.81
6.	Erik Saan	De Duck	NED	196500769	37.01
7.	Hans Bijleveld	HHZV PLONS	NED	196601649	41.82

Masters 60+

1.	Peter Bernsen	De Rog	NED	196301119	31.38
2.	Erik Kamphuis	De Rog	NED	196001035	33.88
3.	Mark Nuijten	Feijenoord Zwemmen (SG)	NED	196000411	36.26 *
4.	Casper Dollekamp	Steenwijk 1934	NED	196301341	36.68
5.	Ron Phaff	PSV	NED	196200495	37.45
6.	Richard Tiemstra	De Biesboschzwemmers	NED	196301397	38.30
7.	Jack Barends	WS Twente	NED	196201011	40.69
8.	Adrian Ortiz Buitrago	GZC DONK	NED	196000931	42.56

Masters 65+

1.	Hans Piederiet	ZPC Numansdorp	NED	195400177	37.53
2.	André Pantekoek	PSV	NED	195800321	43.03
3.	Klaas Landeweer	IJZPC	NED	195600163	46.79



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Programmanr. 22, Heren, 50m rugslag

Masters 70+

1.	Brend Brevé	PSV	NED	195200265	36.47
	<i>Kampioenschapsrecord</i>				
2.	Jos Kamps	Zwemvereniging Hoogland	NED	195100085	46.68
3.	Rob Berkhof	SWOL 1894	NED	195200245	49.35
4.	Nello Spiteri	DAW	NED	195200295	58.10
NG	Ruud Ruiter	WWV Winterswijk	NED	195300169	

Masters 75+

1.	Mans Buis	SWOL 1894	NED	194700133	50.32
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Masters 80+

1.	Nico Baay	Old Dutch	NED	194200053	53.88
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Programmanr. 23
18-02-2023 - 13:36

Dames, 200m vlinderslag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m	
Masters 20+									
1.	Kim Zwinkels	ZPCH	NED 200300422	2:30.74	+0.84	33.27	1:10.97	1:51.61	2:30.74
2.	Michelle Zomerdijk	Dedemsvaart-AC	NED 200003196	2:33.71	+0.71	33.66	1:12.06	1:52.20	2:33.71
3.	Merel Visser	De Duinkickers	NED 199904398	2:37.81	+0.87	34.63	1:14.77	1:56.12	2:37.81
Masters 25+									
1.	Linda Kamperman	Zwemlust-den Hommel	NED 199601238	2:35.52	+0.71	32.37	1:09.78	1:50.43	2:35.52
2.	Rianne van Rijssen	Noord Veluwe	NED 199702360	2:48.72		35.72	1:18.59	2:03.15	2:48.72
Masters 30+									
1.	Marcha Admiraal	De Geul	NED 199300012	2:35.82		34.36	1:15.28	1:56.72	2:35.82
2.	Melissa Zwaan	DAW	NED 199103666	2:40.81	+0.80	35.28	1:15.51	1:56.92	2:40.81
3.	D. van den Hoogenband	Nuenen	NED 199001558	2:56.02	+0.80	37.01	1:21.54	2:08.38	2:56.02
4.	Inge Koopman	OEZA	NED 199303382	3:02.12	+0.73	35.43	1:19.00	2:08.59	3:02.12
5.	Irmgard van Weeghel	ESCA Zwemmen	NED 199204834	3:07.90		39.03	1:25.71	2:15.77	3:07.90
Masters 35+									
1.	V. Hádén-Felföldi	Iron Swim	HUN	2:23.20		32.01	1:08.10	1:46.42	2:23.20
2.	Marlijn Hendriksen	DIO	NED 198806828	2:34.28		34.78	1:14.18	1:53.87	2:34.28
Masters 40+									
1.	Roos van Esch	ACZ	NED 198200468	2:34.12	+0.70	34.76	1:13.87	1:54.68	2:34.12
2.	Linda Hoogendam	WVZ	NED 198300892	3:21.15	+0.93	43.91	1:35.89	2:29.38	3:21.15
Masters 45+									
1.	Liselotte Joling	PSV	NED 197500268	2:47.13		37.07	1:19.55	2:03.77	2:47.13
2.	Alina Spijkerman	DAW	NED 197701220	3:11.96		41.94	1:30.90	2:21.88	3:11.96
3.	Jannie Vennik	HZ&PC Heerenveen	NED 197601006	3:27.02		43.19	1:35.42	2:31.23	3:27.02
DIS	Sandra Van der Helm	De Rog	NED 197801340						

VE - Afwisselende bewegingen van de benen of voeten ten opzichte van elkaar gemaakt.



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Programmanr. 23, Dames, 200m vlinderslag

Masters 50+

1. L. v. Bon-Rosenbrand	ZPC AMERSFOORT	NED 197000054	2:46.39		36.96	1:18.69	2:01.87	2:46.39
2. Bianca Groot	MSV-Zeemacht	NED 197000652	3:16.90	+0.94	39.03	1:31.16	2:23.27	3:16.90

Masters 55+

1. Anita Steijger	WVZ	NED 196500628	3:33.60		43.63	1:36.04	2:34.37	3:33.60
2. K. van Nassau-van den IOld Dutch		NED 196600188	3:38.41	+0.91	45.87	1:40.83	2:39.37	3:38.41

Masters 60+

1. M. Grove-Lingeman	Triton	NED 196200080	3:08.51	*	40.19	1:27.40	2:16.85	3:08.51
<i>Nederlands Masters Record</i>								
2. P. Tossings-van de HooGZC DONK		NED 196100376	3:23.07		46.45	1:38.55	2:33.97	3:23.07

Programmanr. 24
18-02-2023 - 13:47

Heren, 200m vlinderslag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
Masters 20+								
1. Guus Hoogduin	ZVL-1886 Center	NED 200201069	2:11.61	+0.74	30.18	1:04.38	1:38.45	2:11.61
2. Freek Hollander	Blue Marlins	NED 200103815	2:16.84	+0.79	29.17	1:03.79	1:39.86	2:16.84
3. Tom Blankestijn	ZPC AMERSFOORT	NED 200201185	2:17.16	+0.79	31.14	1:06.14	1:41.25	2:17.16
4. Kevin Roest	De Duinkickers	NED 200001223	2:19.81	+0.79	31.20	1:06.42	1:43.50	2:19.81
5. Tenzin Tieman	Old Dutch	NED 200005549	2:27.44	+0.70	31.37	1:07.94	1:46.76	2:27.44
6. Niels Kragt	Dedemsvaart-AC	NED 200300155	2:31.76	+0.75	30.25	1:07.28	1:48.47	2:31.76
Masters 25+								
1. Kalle van Gemert	ZPC De Zeeuwse Kust	NED 199801259	2:11.03	+0.66	27.59	1:00.25	1:34.38	2:11.03
2. Nick Sijmons	De Amstel	NED 199500491	2:15.41	+0.88	30.49	1:06.14	1:40.90	2:15.41
3. Donny van den Bosch	Zwemlust-den Hommel	NED 199502001	2:19.58	+0.85	29.74	1:04.53	1:41.56	2:19.58
4. Daan Siebenheller	ZOB'66	NED 199804955	2:25.12	+0.68	31.03	1:07.30	1:45.52	2:25.12
Masters 30+								
1. Tim Bunnik	Triton	NED 199000505	2:25.84	+0.81	31.77	1:08.77	1:46.90	2:25.84
2. Huub Scholing	SWOL 1894	NED 199301179	2:41.47	+0.78	35.29	1:16.21	1:58.54	2:41.47
3. Marc Hoogendam	Blue Marlins	NED 199007713	2:43.14	+0.61	32.12	1:10.77	1:55.38	2:43.14
Masters 35+								
1. Sander van Elburg	TRB-RES	NED 198800937	3:12.79		43.43	1:33.93	2:25.51	3:12.79
Masters 40+								
1. Gergely Molnár	Iron Swim	HUN	2:20.20	+0.84	30.70	1:06.72	1:43.53	2:20.20
<i>Hungarian Masters Record</i>								
2. Pieter Pickhardt	ZPC De Hof	NED 198301657	2:26.65	+0.79	32.25	1:09.35	1:47.65	2:26.65
3. Heijmen van Vliet	Wiekslag	NED 198001637	2:31.69		32.65	1:09.10	1:47.78	2:31.69
4. Arjan Prins	Dedemsvaart-AC	NED 198201383	2:35.55		36.35	1:15.60	1:57.02	2:35.55
5. Freddie Geerlings	Zwemsport Parkstad	NED 197900379	2:52.09	+0.85	37.06	1:21.85	2:06.57	2:52.09
6. Wilco Steenwijk	Octopus-ZVV (SG)	NED 198002465	3:07.70	+0.92	37.49	1:23.26	2:12.72	3:07.70
DIS Rob van Wanrooy	Feijenoord Zwemmen (SG)	NED 198202627		+0.79				
<i>VH - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i>								



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Programmanr. 24, Heren, 200m vlinderslag

Masters 45+

1. László Jüllich	ZPCH	NED 197801893	2:36.77	+0.81	34.23	1:10.79	1:51.78	2:36.77
2. Dennis Dortland	NieMo Barracuda	NED 197800261	2:39.03		32.53	1:11.89	1:54.62	2:39.03

Masters 50+

1. Chester Marsman	ZPC AMERSFOORT	NED 196900671	2:27.49		31.99	1:09.37	1:48.59	2:27.49
2. Korstiaan de Boer	Steenwijk 1934	NED 197101629	3:04.12	+0.77	39.07	1:26.52	2:16.14	3:04.12
AFGEM Antwan van Engen	De Ward	NED 197101577						

Masters 55+

1. G. van der Leden	PSV	NED 196700597	2:37.69	+1.01	33.40	1:12.88	1:55.00	2:37.69
2. Huyb Stegeman	Steenwijk 1934	NED 196701535	3:15.19	+1.00	40.86	1:28.90	2:20.40	3:15.19

Masters 60+

1. Johan Remmits	ZPC AMERSFOORT	NED 196201159	2:43.25	* +0.91	36.07	1:17.02	1:58.80	2:43.25
2. Ronald Grove	Triton	NED 196100161	3:09.99		40.49	1:29.07	2:18.91	3:09.99

Masters 65+

1. Hugo Bregman	WVZ	NED 195800069	2:22.90		31.24	1:07.12	1:44.61	2:22.90
<i>Wereld Masters Record, NMR 100m</i>								

Masters 70+

1. Pierre Monnet	Entente Sportive Nanterre	FRA 2609667	3:33.01		46.92	1:42.50	2:39.07	3:33.01
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Programmanr. 25
18-02-2023 - 14:00

Dames, 100m wisselslag

Masters Open
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
Masters 20+								
1. Lotte Pieterman	SWOL 1894	NED 200301838		1:05.14	+0.68		29.47	1:05.14
<i>Nederlands Masters Record</i>								
2. Merel Phaff	Nueneen	NED 200100434		1:08.36	+0.64		30.62	1:08.36
3. Alessia Sluis	Dedemsvaart-AC	NED 200300896		1:08.59	+0.72		32.31	1:08.59
4. Kim Vos	Triton Putten	NED 200000990		1:08.70	+0.75		31.56	1:08.70
5. Julia Notenboom	De Columbiaan	NED 200302596		1:09.00	+0.76		30.97	1:09.00
6. Michelle Zomerdijk	Dedemsvaart-AC	NED 200003196		1:09.32	+0.73		32.57	1:09.32
7. Leonie van Wier	HZ&PC Heerenveen	NED 200200436		1:09.83	+0.68		31.92	1:09.83
8. Elisa Haverkate	ZPC De Hof	NED 200200266		1:10.45	+0.70		31.93	1:10.45
9. Lauren van IJll	WVZ	NED 200001064		1:10.70	+0.61		32.66	1:10.70
10. Sanne Kloezen	Bubble	NED 200204644		1:11.26	+0.77		34.48	1:11.26
11. Marije de Jager	De Columbiaan	NED 200301394		1:11.87			32.49	1:11.87
12. Hannah Ledingham	SSF Bonn 1905 e.V.	GER 458077		1:12.25	+0.67		33.81	1:12.25
13. Alisha Vieira	Blue Marlins	NED 199904554		1:12.54	+0.70		33.24	1:12.54
14. Elisah Velgersdijk	ZPC AMERSFOORT	NED 200102436		1:12.78			33.77	1:12.78
15. Kim de Jong	De Columbiaan	NED 200301026		1:12.98	+0.77		34.19	1:12.98
16. Lindy Elkerbout	De Veene	NED 200000604		1:13.05	+0.80		32.97	1:13.05
17. Amber Hesper	VZC	NED 200202188		1:13.46			34.40	1:13.46
18. Mirelle de Kort	Neptunus'58	NED 200005546		1:13.77	+0.62		34.45	1:13.77
19. Romy Verhagen	De Dolfijn	NED 199906620		1:14.37	+0.67		33.03	1:14.37
20. Lisanne Seising	VZC	NED 200002084		1:14.45	+0.78		34.82	1:14.45
21. Linde Haverkate	ZPC De Hof	NED 199900244		1:15.36	+0.70		34.07	1:15.36
22. Sheila ten Voorde	Octopus-ZVV (SG)	NED 199904538		1:15.37	+0.83		34.53	1:15.37
23. Meike Cleveringa	SWOL 1894	NED 200206096		1:15.43	+0.68		34.57	1:15.43
24. Noa de Bock	De Duck	NED 200300318		1:15.89	+0.70		34.17	1:15.89



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Programmanr. 25, Dames, 100m wisselslag, Masters 20+

rang naam	vereniging			tijd	RT	PARA	50m	100m
25. Ageeth de Haan	Steenwijk 1934	NED	199901022	1:15.99	+0.64		36.73	1:15.99
26. Kyra Wesemann	MSV-Zeemacht	NED	200201440	1:16.01	+0.81		35.36	1:16.01
27. Sharon Wolfs	Patrick-De Roersoppers (SG)	NED	200004800	1:16.53	+0.77		35.37	1:16.53
28. Redine van Breugel	De Biesboschzwemmers	NED	200004404	1:17.03	+0.46		33.28	1:17.03
29. Lonneke van Veen	De Duinkickers	NED	200104170	1:17.55			35.29	1:17.55
30. Jessica Braat	AZC	NED	200205684	1:17.66	+0.56		35.66	1:17.66
31. Sabine Lageweg	Steenwijk 1934	NED	199900926	1:17.68	+0.57		34.79	1:17.68
32. Romy Jalving	HZ&PC Heerenveen	NED	200000616	1:17.70			35.43	1:17.70
33. Iris van der Moolen	De Amstel	NED	199902052	1:17.78	+0.65		35.38	1:17.78
34. Rosalie Baarda	Orca	NED	199903460	1:17.89	+0.77		34.12	1:17.89
35. Maud Heldoorn	Deltasteur	NED	200000564	1:18.04	+0.64		35.57	1:18.04
36. Anneke van der Laan	Orca	NED	200201154	1:18.82	+0.76		37.50	1:18.82
37. Lianne Dekker	DAW	NED	200305438	1:18.85	+0.67		35.55	1:18.85
38. Luka Stoker	Nova	NED	200200558	1:19.37			38.33	1:19.37
39. Tessa Schipper	Bubble	NED	200301578	1:19.69			37.69	1:19.69
40. Noortje Wijnstekers	De Duinkickers	NED	200301010	1:20.32	+0.88		37.67	1:20.32
41. Daphne van Rees	Octopus-ZVV (SG)	NED	200301766	1:22.28	+0.78		38.06	1:22.28
42. Alies Wagter	Steenwijk 1934	NED	199900840	1:22.77	+0.81		38.00	1:22.77
DIS Annabel Kuipers	DWK	NED	200001076		+0.69			

SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.

NG Silke Molendijk ZVL-1886 Center NED 200100178

Masters 25+

1. Karin Rijkelijhuizen	DZ&PC	NED	199403358	1:07.16	+0.76		32.56	1:07.16
2. Sietske Veldkamp	ZPC De Hof	NED	199501628	1:08.81	+0.74		31.78	1:08.81
3. Celine Schoenmaker	DWK	NED	199801976	1:08.88			31.34	1:08.88
4. Maaïke van Veen	Dedemsvaart-AC	NED	199700292	1:09.62	+0.83		31.59	1:09.62
5. Melissa van der Heijden	NieMo Barracuda	NED	199605226	1:10.28			32.86	1:10.28
6. Marre Zandringa	Orca	NED	199701136	1:11.14	+0.61		31.64	1:11.14
7. Laura Compagner	Dedemsvaart-AC	NED	199804602	1:11.75	+0.69		31.77	1:11.75
8. Rixt Meijer	HZ&PC Heerenveen	NED	199700202	1:11.94			33.15	1:11.94
9. Willemeï Hoving	De Rijn	NED	199800106	1:12.10	+0.63		33.25	1:12.10
10. Karin Groen	Nova	NED	199502440	1:12.36	+0.68		34.35	1:12.36
11. Karen Stolk	ZVL-1886 Center	NED	199403950	1:13.07			32.64	1:13.07
12. Lieke van Essen	SWOL 1894	NED	199502814	1:13.83	+0.59		34.42	1:13.83
13. Janine de Groot	NDD	NED	199500092	1:14.04	*+0.82		34.12	1:14.04
14. Anoeska van de Kraats	DWK	NED	199701284	1:14.20			35.61	1:14.20
15. Larissa Jansen	PSV	NED	199500660	1:14.67	+0.82		34.97	1:14.67
16. Eef Hollander	Blue Marlins	NED	199602074	1:15.33			34.96	1:15.33
17. Ana Ramirez de las Heras	SWOL 1894	NED	199806690	1:15.87	+0.64		34.68	1:15.87
18. Annemarie ten Have	Zuiderzeezwemmers	NED	199802662	1:15.90			34.16	1:15.90
19. Kirsten Opmeer	ZPC AMERSFOORT	NED	199800014	1:16.60	+0.61		35.55	1:16.60
20. Lotte Eising	ZPC AMERSFOORT	NED	199502098	1:16.80	+0.72		34.50	1:16.80
21. Marleen Welten	Deltasteur	NED	199701526	1:16.82			36.09	1:16.82
22. Myrthe Meenhorst	SWOL 1894	NED	199507062	1:18.39			35.03	1:18.39
23. Mariska Gach	ZVL-1886 Center	NED	199501760	1:19.03	+0.70		36.65	1:19.03
24. Annemiek Meulenbeld	Orca	NED	199506230	1:19.86	+0.66		36.58	1:19.86
25. Yvette Meijer	Zwemvereniging Hoogland	NED	199706590	1:20.56	+0.72		38.90	1:20.56
26. Danique de Vegt	ESCA Zwemmen	NED	199802692	1:21.32	+0.70		36.60	1:21.32
27. Rachel Trapman	De Duinkickers	NED	199606760	1:22.55			37.62	1:22.55
28. Esmée Rolloos	NieMo Barracuda	NED	199800056	1:23.34	+0.89		38.96	1:23.34
29. Jolijn Walgjen	SWOL 1894	NED	199602284	1:23.51	+0.85		39.19	1:23.51
30. Benice Flietstra	De Veene	NED	199702264	1:24.94	+0.88		39.04	1:24.94
31. Emma van der Meer	De Ward	NED	199702524	1:26.05			39.38	1:26.05



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Programmanr. 25, Dames, 100m wisselslag

Masters 30+

1. Danique Stoop	Zuiderzeezwemmers	NED	199106956	1:08.34		30.90	1:08.34
2. Jacyntha Plat	Steenwijk 1934	NED	199002956	1:12.17	+0.65	33.91	1:12.17
3. Joanne van Essen	ZPC AMERSFOORT	NED	199303506	1:12.91	+0.79	32.80	1:12.91
4. Saskia de Klerk	GoSwim	NED	199004612	1:13.14	+0.74	33.98	1:13.14
5. Suzan Blankestijn	ZVL-1886 Center	NED	198900350	1:16.03	+0.67	35.84	1:16.03
6. Kimberley van Buren	De Duck	NED	199304136	1:16.19	+0.80	36.19	1:16.19
7. Getrude Corporaal	Steenwijk 1934	NED	199200380	1:16.62		35.07	1:16.62
8. Leontine Groeneveldt	De Duck	NED	199303526	1:17.69		37.66	1:17.69
9. Marijke Kommers	NieMo Barracuda	NED	199305334	1:20.04	+0.85	37.38	1:20.04
10. Relinda Baas	TriVia	NED	198900144	1:22.08	+0.83	38.75	1:22.08
11. Nadine Blouw	TriVia	NED	199302314	1:23.31		37.73	1:23.31
12. Adela Vázquez García	ZVL-1886 Center	NED	199307952	1:23.77		36.98	1:23.77
13. Marloes Wiekens	THOR	NED	199302970	1:24.06		37.15	1:24.06
14. Elke Schellekens	Neptunus'58	NED	199301550	1:24.43	+0.74	39.61	1:24.43
15. Marjan Rikken	Octopus-ZVV (SG)	NED	199206114	1:24.58	+0.87	38.03	1:24.58
16. Nada Lisa Hut	Aqualero	NED	199307280	1:28.63		40.91	1:28.63
17. Maaïke Hofland	Sassenheim	NED	199203754	1:29.61		40.86	1:29.61
18. Ingrid Johannes	De Kempvis	NED	198907370	1:35.07		42.80	1:35.07

Masters 35+

1. Viktória Háden-Felföldi	Iron Swim	HUN		1:09.97	+0.58	32.20	1:09.97
<i>Hungarian Masters Record</i>							
2. Daniëlle Reijnders	AquAmigos	NED	198504234	1:12.15		34.60	1:12.15
3. Samantha van Eijk	De Geul	NED	198806826	1:14.29		33.86	1:14.29
4. Wendy van der Iest	ZPC AMERSFOORT	NED	198701904	1:15.15	+0.74	34.70	1:15.15
5. Monique van Huizen	AZC	NED	198706236	1:16.22	+0.85	35.55	1:16.22
6. Linda van Klei	GZC DONK	NED	198802088	1:16.60		36.05	1:16.60
7. Larissa Brak	ZPC AMERSFOORT	NED	198800572	1:17.23	+0.79	36.53	1:17.23
8. Marije Jansen	ZPC AMERSFOORT	NED	198504088	1:17.63	+0.75	35.05	1:17.63
9. Nikki Roon	IJZPC	NED	198803712	1:19.22		36.03	1:19.22
10. Sandra Zwaanswijk	DAW	NED	198503934	1:19.59		36.09	1:19.59
11. Kim Visser	H2Oldambt	NED	198704350	1:28.67		40.87	1:28.67

Masters 40+

1. Delia Badoux	WVZ	NED	198000042	1:07.94	+0.82	31.43	1:07.94
<i>Nederlands Masters Record</i>							
2. Anke Lambooj	De Vliet (SG)	NED	198001182	1:14.65	+0.82	36.19	1:14.65
3. Debbie van Rooijen	IJZPC	NED	198201402	1:16.69		36.02	1:16.69
4. Nadya Putter	ZVVS	NED	198301630	1:16.91		35.23	1:16.91
5. Chantal Verhoeff	Old Dutch	NED	197900912	1:21.75		37.51	1:21.75
6. Jessica Venema	GZC DONK	NED	197901526	1:26.66		40.08	1:26.66
7. Roelien Stegeman	ZV 44	NED	198102350	1:26.92	+0.85	40.26	1:26.92
8. Clara Groenhorst	GZC DONK	NED	198202506	1:28.61		40.68	1:28.61

Masters 45+

1. Janneke Harmsen-Bakker	PSV	NED	197700938	1:14.62	+0.84	34.53	1:14.62
2. Monique Boets	Stadskanaal	NED	197600230	1:16.64	+0.76	35.50	1:16.64
3. Ilona Hogerheyde	DAW	NED	197400224	1:17.97	+0.75	35.57	1:17.97
4. Mirjan den Drijver	Feijenoord Zwemmen (SG)	NED	197500884	1:18.75	+0.81	36.19	1:18.75
5. Krista de Reus-Trompetter	DZ&PC	NED	197600520	1:18.95	+0.89	36.94	1:18.95
6. Monica Korndewal	ZPC AMERSFOORT	NED	197701258	1:23.35	+0.82	39.27	1:23.35
7. Esmeralda Stokman	ZPCH	NED	197600940	1:28.94		40.46	1:28.94
8. Margriet Leeffers	Deltasteur	NED	197800448	1:31.96	+1.00	45.62	1:31.96



Open Nederlandse Masters
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Programmanr. 25, Dames, 100m wisselslag

Masters 50+

1. Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054	1:15.49	+0.84	35.77	1:15.49
2. Edith Janssen-Koolen	TRB-RES	NED	197300898	1:16.53	+0.64	35.51	1:16.53
3. Yvette Ratering	De Ward	NED	197200990	1:18.65		36.71	1:18.65
4. Jeanne Petit	PSV	NED	197001020	1:19.09	+0.78	36.99	1:19.09
5. Trudy Ketting	PSV	NED	197000268	1:20.37	+0.89	39.62	1:20.37
6. Iris van Aurich	DWK	NED	196900866	1:22.40	*+0.80	39.46	1:22.40
7. Annette de Visser	Oceanus	NED	197100602	1:22.79	*	40.61	1:22.79
8. Katharina Schlipp	De Vliet (SG)	NED	197301004	1:23.86	+0.84	40.01	1:23.86
9. Marjolein Klunne	Hieronymus	NED	197101098	1:25.09	+0.84	38.00	1:25.09
10. Peggi Hurenkamp	HZ&PC Heerenveen	NED	196900922	1:25.14	+0.70	40.32	1:25.14
11. Nathasja Konijn	GZC DONK	NED	197100992	1:34.62	+0.87	43.72	1:34.62
12. Danielle Schipper	ZOB'66	NED	197001078	1:36.66		45.91	1:36.66

Masters 55+

1. Marinka vd Zwet	Sassenheim	NED	196500346	1:23.30		36.98	1:23.30
2. Sandra Daamen-Posma	AZC	NED	196800854	1:37.66	+0.86	48.82	1:37.66
AFGEM Laura Staal	Oceanus	NED	196700358				

Masters 60+

1. Marjan Remmits-de Lange	ZPC AMERSFOORT	NED	196300518	1:16.88	+0.67	35.95	1:16.88
<i>Nederlands Masters Record</i>							
2. Marijke Kraak-Beckers	WS Twente	NED	196000240	1:29.08	+0.74	42.26	1:29.08
3. J. Rolloos-Bakkers	NieMo Barracuda	NED	196300022	1:29.66		39.88	1:29.66
4. Patty Verhagen	PSV	NED	195900146	1:30.74		42.20	1:30.74
5. Linda Wibbelink	Steenwijk 1934	NED	195900158	1:32.28		44.90	1:32.28
6. Yoka de Vegt-van Dijk	ESCA Zwemmen	NED	196200420	1:34.03		43.10	1:34.03
7. Annemarie Vuist-Blum	SWOL 1894	NED	196300282	1:35.40		45.53	1:35.40
8. Hannie Poletiek	TriVia	NED	195900278	1:36.58		45.59	1:36.58
9. Jennie Resink-lindeboom	DWK	NED	196000142	1:44.61		51.21	1:44.61
10. Lia Bijkerk	GZC DONK	NED	196000014	1:45.45	+0.93	50.32	1:45.45
11. Jenny Westervaarder	H2Oldambt	NED	196200424	1:48.14		52.05	1:48.14
12. Katinka Elders	HZ&PC Heerenveen	NED	196000292	1:49.94		51.89	1:49.94

Masters 65+

DIS Ria Peters-Veurman	ESCA Zwemmen	NED	195800242		*		
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AA - De start ingezet voor het startsignaal (en wel gezwommen).

Masters 70+

1. Christine Nieuwenhuis	SWOL 1894	NED	195100022	1:31.73	+0.66	42.98	1:31.73
<i>Kampioenschapsrecord</i>							
2. Gonne Bak	PSV	NED	195100064	1:56.01		59.29	1:56.01
3. Tineke van Diggelen	ZPCH	NED	195200048	1:56.54		58.95	1:56.54

Masters 75+

1. A. Verhoeven - Steggerda	De Duinkickers	NED	194600024	2:17.18	*	1:10.48	2:17.18
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Open Nederlandse Masters
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Programmanr. 26
18-02-2023 - 14:35

Heren, 100m wisselslag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT	PARA	50m	100m
Masters 20+							
1. Leon van den Hof	Dedemsvaart-AC	NED 200203269	59.04	+0.66		26.71	59.04
2. Arjan Dekker	De Golfbreker	NED 200000499	1:01.47			28.03	1:01.47
3. Coenraad Floris Stork	De Golfbreker	NED 200305075	1:01.52	+0.59		28.56	1:01.52
4. Gerard Willighagen	Poseidon'56	NED 200103663	1:01.62	+0.73		28.31	1:01.62
5. Jorian Darwinkel	HZ&PC Heerenveen	NED 200300565	1:01.79	+0.72		28.36	1:01.79
6. Joris Bezemer	De Kempvis	NED 199900527	1:02.29	+0.77		28.91	1:02.29
7. Aron Paasse	De Schotelij	NED 200000099	1:02.75	+0.65		28.37	1:02.75
8. Ian Terlouw	ZPC Woerden	NED 200002345	1:02.80	+0.56		27.28	1:02.80
9. Ryan van den Ouden	Poseidon'56	NED 199900377	1:02.96	+0.84		28.46	1:02.96
10. Remco de Heij	ZPCH	NED 200200161	1:03.05	+0.58		29.90	1:03.05
11. Ilmar Stoop	Zuiderzeezwemmers	NED 200100871	1:03.59	+0.64		29.32	1:03.59
12. Franklin Paassen	ZV 44	NED 200003881	1:04.61	+0.65		29.04	1:04.61
13. Tim Speijer	Bubble	NED 200301661	1:04.67	+0.68		29.13	1:04.67
14. Marc Hoogeveen	DZ&PC	NED 200101585	1:04.80			28.51	1:04.80
15. David Kievit	De Schotelij	NED 199900325	1:05.10			29.86	1:05.10
16. Jelle Opmeer	ZPC AMERSFOORT	NED 200100269	1:05.14	+0.60		30.38	1:05.14
17. Dave van den Nieuwendijk	De Columbiaan	NED 200100475	1:05.21	+0.76		29.86	1:05.21
18. Jort Vizee	Feijenoord Zwemmen (SG)	NED 200201779	1:05.27	+0.60		30.59	1:05.27
19. Bas van Wieringen	De Columbiaan	NED 200200119	1:05.34	+0.45		30.27	1:05.34
20. Milan de Roo	ZPC Woerden	NED 200102215	1:05.56	+0.63		30.07	1:05.56
21. Ian van der Pal	SWOL 1894	NED 200203645	1:06.60			30.70	1:06.60
22. Derk Jan van Duijn	De Golfbreker	NED 200105575	1:06.64	+0.78		31.83	1:06.64
23. Mees Minneboo	MSV-Zeemacht	NED 200203465	1:06.89	+0.69		30.53	1:06.89
24. Daan Rienties	SWOL 1894	NED 200103369	1:07.15			29.77	1:07.15
25. Thomas Hesper	Blue Marlins	NED 200004181	1:07.84	+0.78		31.66	1:07.84
26. Julian Mes	ZOB'66	NED 200103755	1:08.37	+0.58		29.89	1:08.37
27. Lucas Muntinga	ZPCH	NED 200300123	1:08.76	+0.68		32.78	1:08.76
28. Nick Boekestijn	Feijenoord Zwemmen (SG)	NED 199900291	1:09.06	+0.55		30.69	1:09.06
29. Boaz Troost	ZOB'66	NED 200100371	1:10.37	+0.68		33.10	1:10.37
30. Marijn Heetkamp	Het Ravijn	NED 199903407	1:14.29	+0.66		36.45	1:14.29

Masters 25+

1. Dominique Sikkema	TriVia	NED 199500399	57.60	+0.66		26.26	57.60
2. Felix Geenen	DAW	NED 199501085	58.97	+0.75		26.87	58.97
3. Bas Dries	Zwemvereniging Hoogland	NED 199505177	59.08	+0.66		27.20	59.08
4. Bert Duivenvoorde	Noordwijkerhout	NED 199701805	59.87			27.86	59.87
5. Pascal Nuijten	Feijenoord Zwemmen (SG)	NED 199701353	1:00.34	+0.75		27.55	1:00.34
6. Sepp Kalter	Dedemsvaart-AC	NED 199704327	1:01.86	+0.72		28.10	1:01.86
7. Jelle Nap	VZC	NED 199502875	1:02.49	+0.78		29.37	1:02.49
8. Jurre Stammes	ESCA Zwemmen	NED 199701843	1:02.61			30.28	1:02.61
9. John Smit	Poseidon'56	NED 199500613	1:03.82	+0.72		29.47	1:03.82
10. Floyd van Duyvenbode	De Kempvis	NED 199600357	1:04.03	+0.57		28.39	1:04.03
11. Stefan Petersen	Blue Marlins	NED 199403067	1:04.55	+0.72		31.16	1:04.55
12. Mees Laar	ESCA Zwemmen	NED 199601719	1:05.76	+0.72		30.46	1:05.76
13. Robin Hermans	TRB-RES	NED 199400987	1:07.67	+0.59		31.88	1:07.67
14. Ian van Mullem	ZOB'66	NED 199602545	1:08.11	+0.75		31.78	1:08.11
15. Sam Beer	Poseidon'56	NED 199605521	1:08.37	+0.70		31.49	1:08.37
16. Gijs Ruijgrok	ZVL-1886 Center	NED 199600863	1:09.35	+0.73		31.78	1:09.35
17. Jeffrey van der Sluis	Orca	NED 199704593	1:09.82			31.49	1:09.82
18. Martijn Bartels	ZPC AMERSFOORT	NED 199603493	1:10.35	+0.79		32.11	1:10.35
19. Paco de Voogt	De Duck	NED 199400859	1:10.42	+0.75		31.63	1:10.42
20. Patrick Wyrdeman	Feijenoord Zwemmen (SG)	NED 199702475	1:11.04	+0.72		32.12	1:11.04
21. Hugo Herbers	SWOL 1894	NED 199500507	1:11.42	+0.78		33.12	1:11.42
22. Jeroen van Dinther	Neptunus'58	NED 199701569	1:11.74	+0.66		32.45	1:11.74
23. Tico Wind	Het Ravijn	NED 199502705	1:15.56	+0.66		33.80	1:15.56



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Programmanr. 26, Heren, 100m wisselslag

Masters 30+

1. Jeroen Baars	Blue Marlins	NED	199200031	57.46	+0.75	26.00	57.46
<i>Nederlands Masters Record</i>							
2. Jesper Oranje	De Duck	NED	199200997	58.35	+0.75	26.22	58.35
3. Bas Braun	ZPC AMERSFOORT	NED	199106545	1:05.20	+0.80	29.31	1:05.20
4. Erik Wegman	De Kempvis	NED	199201465	1:05.98	+0.69	30.35	1:05.98
5. Hans van Wijk	BZ&PC	NED	198903605	1:06.08	+0.73	31.52	1:06.08
6. Bart van der Zwaan	BZ&PC	NED	199005149	1:06.61		30.36	1:06.61
7. Alex Vermeulen	Aquapoldro	NED	198905811	1:06.77	+0.78	30.60	1:06.77
8. Patrick Creemers	RZ	NED	199000579	1:06.81	+0.69	30.89	1:06.81
9. Jesper Kloek	Dedemsvaart-AC	NED	199001585	1:07.94	+0.73	31.52	1:07.94
10. Dennis Doove	De Kempvis	NED	199202413	1:08.07	+0.78	30.35	1:08.07
11. Tim de Vrugt	ESCA Zwemmen	NED	199306719	1:08.92	+0.72	32.36	1:08.92
12. Robin van Beusekom	NieMo Barracuda	NED	199205841	1:10.13	+0.83	32.78	1:10.13
13. Bram Piederiet	ZVVS	NED	199007757	1:11.39	+0.77	33.15	1:11.39
14. Patrick de Jonge	Deltasteur	NED	198906635	1:15.36	+0.63	31.87	1:15.36
15. Gerald van de Riet	De Mors	NED	199307161	1:15.56	+0.82	35.22	1:15.56
DIS Sander de Vrugt	ESCA Zwemmen	NED	198903499				

SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.

Masters 35+

1. Joan Kentrop	Zwemlust-den Hommel	NED	198503575	1:00.09	+0.77	27.01	1:00.09
2. Yuri van Ommе	Zwemvereniging Hoogland	NED	198501887	1:04.08	+0.77	29.95	1:04.08
3. Romain Delepine	Lille UC Natation	FRA	266204	1:06.28	+0.76	31.13	1:06.28
4. Rob van Vliet	ZPC AMERSFOORT	NED	198402459	1:06.69	+0.82	31.44	1:06.69
5. Albert van Piekeren	SWOL 1894	NED	198401767	1:09.08	+0.83	31.53	1:09.08
6. Arjen van der Boom	ZIGNEA	NED	198604449	1:11.24		33.15	1:11.24
7. Arne-Willem Kroonen	MZ&PC	NED	198401297	1:11.81	+0.79	32.94	1:11.81
8. Dennis Kraakman	DAW	NED	198705325	1:12.81	+0.72	33.77	1:12.81
9. Peter van de Bor	DWT	NED	198402897	1:14.66	+0.79	31.05	1:14.66
10. Harmen Reemst	ZOB'66	NED	198702715	1:14.77	+0.76	33.74	1:14.77

Masters 40+

1. Lauren Vis	Steenwijk 1934	NED	198201883	1:03.19	+0.64	28.89	1:03.19
2. Maxime Descatoire	Lille UC Natation	FRA	73751	1:03.73	+0.59	29.11	1:03.73
3. Kristiaan Lenos	ZVL-1886 Center	NED	198301331	1:03.74	+0.74	29.35	1:03.74
4. Sander Zoer	Dedemsvaart-AC	NED	198302447	1:07.09	+0.80	30.30	1:07.09
5. Wouter Zijlstra	DAW	NED	198202077	1:10.16	+0.75	32.25	1:10.16
6. F. Cascales Miñana	Lille UC Natation	FRA	3228717	1:10.64		32.51	1:10.64
7. William Kruithof	Het Ravijn	NED	198000857	1:11.56		33.02	1:11.56
8. Luc Steijvers	ZVL-1886 Center	NED	198201661	1:12.58	+0.62	33.15	1:12.58
9. Michael Buurmeijer	THOR	NED	197901977	1:12.67	+0.78	33.41	1:12.67
10. Bas van den Nouwelant	ZVVS	NED	198001103	1:13.70	+0.87	35.50	1:13.70
11. Peter Lommert	SWOL 1894	NED	197900787	1:16.91		34.57	1:16.91
12. Mark Brinkhuis	TriVia	NED	198302609	1:23.34	+0.83	41.84	1:23.34

Masters 45+

1. Victor Barnar	GoSwim	NED	197801805	1:05.99	+0.73	31.20	1:05.99
2. Kees Bakker	Gay Swim Amsterdam	NED	197501055	1:06.72	+0.63	30.51	1:06.72
3. Alex Damen	DAW	NED	197501371	1:07.17	+0.73	31.87	1:07.17
4. Sandy Pleyte	ZPC De Zeeuwse Kust	NED	197501559	1:09.96	+0.84	32.56	1:09.96
5. Pieter Broek	Feijenoord Zwemmen (SG)	NED	197701637	1:12.02		32.85	1:12.02
6. Markus van Rest	WVZ	NED	197701197	1:12.67	+0.80	31.85	1:12.67
7. Johan Wezenberg	SWOL 1894	NED	197601023	1:17.83	+0.86	35.65	1:17.83
8. Arjan Aalbers	SWOL 1894	NED	197500001	1:19.06		35.72	1:19.06



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Masters 50+

1. Markus Löber	SSF Bonn 1905 e.V.	GER	444684	1:10.04	+0.69	32.43	1:10.04
2. Eelco van Gemert	ZPC De Zeeuwse Kust	NED	197200299	1:11.81	+0.78	33.21	1:11.81
3. René Beetsma	HZ&PC Heerenveen	NED	196900069	1:11.95	*+0.76	33.19	1:11.95
4. Pieter Veenstra	DZ&PC	NED	197301345	1:14.46	+0.83	34.93	1:14.46
5. Michael van Bekkum	SWOL 1894	NED	197200051	1:14.59	+0.77	35.51	1:14.59
6. Heiner Stevens	ZIGNEA	NED	197201299	1:14.77	+0.80	36.25	1:14.77
7. Berry Koning	Aqualero	NED	197300479	1:20.47		38.33	1:20.47
8. Hans Schoenmakers	DAW	NED	196900863	1:23.52	+0.81	41.16	1:23.52
DIS Linas Kersevicius	Kauno Takas	LTU					
<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>							
DIS Gerko Versluis	Zuiderzeewimmers	NED	196901439				
<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>							

Masters 55+

1. Darius Andrzejczak	SG Erkelenz-Hückelhoven	GER	326924	1:09.14	+0.67	31.66	1:09.14
2. Jan-Willem van den Berg	WVZ	NED	196801575	1:09.38	+0.83	32.08	1:09.38
3. Harold Matla	PSV	NED	196800591	1:11.76	+0.83	36.19	1:11.76
4. Ron Korzélius	ZPC AMERSFOORT	NED	196500513	1:14.59	+0.79	34.53	1:14.59
5. Henri Michels	De Amstel	NED	196501587	1:17.60		36.54	1:17.60
6. Robert de Brauwer	De Duinkickers	NED	196401383	1:18.58	+0.87	35.85	1:18.58
7. Bert Jonker	HZ&PC Heerenveen	NED	196600355	1:19.70	+0.78	35.35	1:19.70
8. Pieter-Sjoerd de Wijn	DES	NED	196501027	1:24.79	+0.72	40.44	1:24.79
9. Gertjan van der Vaart	ZVVS	NED	196801529	1:32.98	+0.78	47.71	1:32.98

Masters 60+

1. Edwin v. Norden	ZPC AMERSFOORT	NED	196300563	1:08.87		31.15	1:08.87
2. Jan Brink	ZPC De Zeeuwse Kust	NED	196200091	1:12.31	+0.78	33.62	1:12.31
3. Fred Ketting	PSV	NED	196000289	1:12.50	+0.83	34.32	1:12.50
4. Henk Kuipers	ZPC AMERSFOORT	NED	196201207	1:17.87	+0.66	35.89	1:17.87
5. Evert-Jan Verweij	SWOL 1894	NED	196301143	1:19.73		37.27	1:19.73
6. Richard Tiemstra	De Biesboschwimmers	NED	196301397	1:20.93	+0.91	37.45	1:20.93
7. Casper Dollekamp	Steenwijk 1934	NED	196301341	1:21.03	+0.79	38.20	1:21.03
8. Ronald Pijtak	ZPC AMERSFOORT	NED	196100475	1:36.22		45.46	1:36.22

Masters 65+

1. Paul Bunnik	Triton	NED	195600413	1:20.89		37.66	1:20.89
2. Wim de Lange	AZC	NED	195800533	1:23.97	+0.78	40.06	1:23.97
3. Wiebren Dijkstra	HZ&PC Heerenveen	NED	195800745	1:41.53	+0.90	54.47	1:41.53
AFGEM Wim Witjes	Aqua-Novio'94	NED	195800483				

Masters 70+

1. Charles Bos	Patrick-De Roersoppers (SG)	NED	195300019	1:22.40	*	38.97	1:22.40
<i>Nederlands Masters Record</i>							
2. Piet Schop	De Bevelanders	NED	195000109	1:37.29		44.94	1:37.29

Masters 75+

1. Willem Putter	ZVVS	NED	194500135	1:42.78	+1.11	48.41	1:42.78
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Masters 80+

1. Geza Kaltenecker	AZC	NED	194200065	1:48.98	+0.88	54.47	1:48.98
2. Rob Hanou	PSV	NED	194300109	1:55.80		57.19	1:55.80



Open Nederlandse Masters
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Programmanr. 26, Heren, 100m wisselslag

Masters 85+

1. Frederik Hendrik de Bruijn	CN Aquamasters	ESP	1:52.11	58.10	1:52.11
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Kampioenschapsrecord

Programmanr. 27
18-02-2023 - 15:19

Dames, 200m vrije slag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
Masters 20+								
1. Laura Setz	Bubble	NED 200000130	2:08.36		29.33	1:01.31	1:34.68	2:08.36
2. Amé Hulleman	DZ&PC	NED 200202794	2:10.43	+0.78	30.10	1:03.25	1:36.98	2:10.43
3. Lianne van Wier	HZ&PC Heerenveen	NED 200200438	2:12.54	+0.65	30.72	1:04.74	1:39.12	2:12.54
4. Marijke Drent	Bubble	NED 199906232	2:14.51	+0.71	30.95	1:05.41	1:40.44	2:14.51
5. Rozemarijn van Haaff	ZOB'66	NED 200201852	2:17.31	+0.71	30.97	1:04.89	1:40.66	2:17.31
6. Cynthia Koolman	Steenwijk 1934	NED 200300232	2:18.61	+0.55	32.01	1:07.92	1:43.60	2:18.61
7. M. van den Hoofdakker	Steenwijk 1934	NED 200302708	2:19.85	+0.79	31.55	1:07.75	1:45.07	2:19.85
8. Myra Smulders	De Duinkickers	NED 199904308	2:20.70		31.97	1:07.43	1:44.21	2:20.70
9. Inge Dekker	HZ&PC Heerenveen	NED 200200476	2:21.51		30.91	1:06.93	1:44.52	2:21.51
10. Ariane Krijt	TRB-RES	NED 199906646	2:24.05		32.96	1:09.28	1:47.07	2:24.05
11. Esmee Kloezen	Bubble	NED 200204646	2:24.33		33.68	1:11.01	1:48.27	2:24.33
12. Selina Janssen	Neptunus'58	NED 199905974	2:25.51	+0.63	33.28	1:09.67	1:47.80	2:25.51
13. Lonneke Graansma	ZVL-1886 Center	NED 199900936	2:25.69	+0.70	32.82	1:10.20	1:48.89	2:25.69
14. Lianne Roescher	ZPC De Hof	NED 199900248	2:25.92	+0.96	33.56	1:10.82	1:48.57	2:25.92
15. Kayleigh Westenberg	De Veene	NED 200004064	2:29.06	+0.82	33.50	1:10.74	1:49.54	2:29.06
16. Lonneke van Veen	De Duinkickers	NED 200104170	2:30.17		34.75	1:13.39	1:52.17	2:30.17
17. Ilse Hallie	Octopus-ZVV (SG)	NED 200200128	2:33.72	+0.73	35.26	1:14.55	1:54.59	2:33.72
18. Noortje Wijnstekers	De Duinkickers	NED 200301010	2:33.76	+0.85	35.40	1:14.75	1:54.94	2:33.76
19. Rosa Huntjens	EZCL (SG)	NED 200301402	2:38.09		34.86	1:14.09	1:55.92	2:38.09
20. Lotte de Vente	Het Ravijn	NED 199905814	2:44.98		35.93	1:17.31	2:01.17	2:44.98

Masters 25+

1. Tessa Vermeulen	De Dolfijn	NED 199800068	1:57.99	+0.59	27.28	56.86	1:27.21	1:57.99
<i>Wereld Masters Record</i>								
2. Tamara Grove	De Dolfijn	NED 199601266	2:05.90		29.09	1:01.05	1:33.55	2:05.90
3. M. van Langevelde	ESCA Zwemmen	NED 199803160	2:10.29	+0.72	30.76	1:04.07	1:37.84	2:10.29
4. Manon Kloosterman	Zwemlust-den Hommel	NED 199702082	2:13.56	+0.78	31.34	1:05.17	1:39.73	2:13.56
5. J. van Omme - van Veen	Zwemvereniging Hoogland	NED 199603192	2:16.19	+0.73	30.98	1:05.66	1:40.68	2:16.19
6. Sietske Veldkamp	ZPC De Hof	NED 199501628	2:17.71	+0.58	31.11	1:06.77	1:43.03	2:17.71
7. Anne-Irene Ducheine	Zwemvereniging Hoogland	NED 199506824	2:18.38		32.67	1:07.44	1:43.39	2:18.38
8. Larissa Jansen	PSV	NED 199500660	2:20.60	+0.89	31.39	1:05.78	1:42.51	2:20.60
9. Jisca Majolee	ZPC AMERSFOORT	NED 199403570	2:23.27		32.91	1:09.55	1:46.71	2:23.27
10. Deborah Wissink	ZPC De Hof	NED 199503484	2:23.61	+0.49	32.62	1:08.87	1:46.14	2:23.61
11. Diane Schoenmaker	PSV	NED 199502920	2:25.69		32.96	1:09.70	1:47.69	2:25.69
12. Janine de Groot	NDD	NED 199500092	2:26.21	+0.83	33.33	1:10.47	1:49.23	2:26.21
13. Meike Nauta	Nuenen	NED 199405180	2:26.90	+0.73	31.84	1:07.60	1:46.76	2:26.90
14. Suzanne Mosch	MSV-Zeemacht	NED 199400548	2:27.33		34.03	1:11.77	1:50.04	2:27.33
15. Mariska Gach	ZVL-1886 Center	NED 199501760	2:29.54		34.18	1:11.39	1:50.35	2:29.54
16. Esmée Rolloos	NieMo Barracuda	NED 199800056	2:32.15	+0.79	34.70	1:12.56	1:52.43	2:32.15
17. Eline Hendriks	ZPC AMERSFOORT	NED 199802794	2:33.92	+0.92	35.03	1:14.25	1:54.78	2:33.92
18. Judith Kleinjan	De Duck	NED 199802710	2:41.79	+0.71	36.05	1:16.94	1:58.78	2:41.79
19. Margien Timmer	ZVL-1886 Center	NED 199506760	2:42.61	+0.75	36.65	1:17.79	2:01.24	2:42.61
20. Eline Molle	De Geul	NED 199404276	2:44.46		36.20	1:17.97	2:01.72	2:44.46
21. Julia Koopman	SWOL 1894	NED 199606688	2:45.71		35.93	1:17.31	2:01.51	2:45.71
22. Cynthia van Veen	ZVL-1886 Center	NED 199606736	2:50.23	+0.72	36.91	1:20.24	2:06.06	2:50.23



Open Nederlandse Masters
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Programmanr. 27, Dames, 200m vrije slag

Masters 30+

1. Leonie van Noort	WVZ	NED 199301752	2:05.69	+0.66	29.75	1:02.05	1:34.51	2:05.69
<i>Nederlands Masters Record</i>								
2. Denise Boereboom	NieMo Barracuda	NED 199202144	2:12.93		30.71	1:04.40	1:39.07	2:12.93
3. Marcha Admiraal	De Geul	NED 199300012	2:14.55	+0.77	30.42	1:04.61	1:39.67	2:14.55
4. Melissa Zwaan	DAW	NED 199103666	2:20.71	+0.78	31.07	1:06.40	1:43.24	2:20.71
5. Elmi Roelofsen	Octopus-ZVV (SG)	NED 199008198	2:21.95	+0.80	30.91	1:06.24	1:44.11	2:21.95
6. N. Wobben - de Vries	Steenwijk 1934	NED 199204328	2:23.08	+0.72	32.84	1:09.89	1:47.48	2:23.08
7. D. Robijn-Jongedijk	EZCL (SG)	NED 198903520	2:24.65		33.11	1:09.91	1:47.85	2:24.65
8. Wendy de Bruin	ZOB'66	NED 199206320	2:25.46	+0.64	33.31	1:10.01	1:48.27	2:25.46
9. Kimberley van Buren	De Duck	NED 199304136	2:26.87	+0.83	33.47	1:10.32	1:48.90	2:26.87
10. Marijke Kommers	NieMo Barracuda	NED 199305334	2:27.14		34.23	1:12.13	1:50.47	2:27.14
11. Sandra Vermeulen	De Duck	NED 199303522	2:35.85	+0.76	35.28	1:14.99	1:56.24	2:35.85
12. Daphne Kievit	ZPC AMERSFOORT	NED 199207058	2:37.08		35.10	1:14.45	1:55.56	2:37.08
13. Relinda Baas	TriVia	NED 198900144	2:37.16	+0.68	35.18	1:13.70	1:54.83	2:37.16
14. J. van den Beukel	NieMo Barracuda	NED 199100238	2:37.33	+0.83	34.59	1:14.02	1:55.49	2:37.33
15. Nadine Blouw	TriVia	NED 199302314	2:37.35	+0.71	35.21	1:15.21	1:56.60	2:37.35
16. Joëlle Vaes	DIO	NED 199007576	2:40.87		36.71	1:18.33	2:00.16	2:40.87
17. Nada Lisa Hut	Aqualero	NED 199307280	2:48.82	+0.79	37.47	1:19.57	2:04.17	2:48.82

Masters 35+

1. Jenny Schouten	MZ&PC	NED 198703674	2:14.84	+0.83	31.03	1:05.30	1:40.29	2:14.84
2. Rianne Hofland	Sassenheim	NED 198801820	2:26.77		33.57	1:10.64	1:49.06	2:26.77
3. Irene Snakenborg	De Inktvis	NED 198603334	2:26.83	+0.92	32.53	1:09.23	1:48.27	2:26.83
4. Monique van Huizen	AZC	NED 198706236	2:27.60		33.31	1:11.32	1:50.49	2:27.60
5. Liesbeth van Mill	Zwemlust-den Hommel	NED 198702786	2:31.88	+0.82	35.11	1:13.26	1:52.64	2:31.88
6. Sandra Schellekens	Neptunus'58	NED 198503416	2:38.27	+0.64	35.45	1:15.75	1:57.88	2:38.27
7. A. Wammes-Bouman	Zwemvereniging Hoogland	NED 198403604	2:54.66	+0.60	39.45	1:23.18	2:09.12	2:54.66
AFGEM E. Boerdam-Delfos	AZC	NED 198705256						

Masters 40+

1. Anke Lambooj	De Vliet (SG)	NED 198001182	2:19.99	+0.83	31.27	1:06.44	1:43.63	2:19.99
2. Debbie van Rooijen	IJZPC	NED 198201402	2:25.53	+0.68	33.61	1:11.23	1:48.71	2:25.53
3. Chantal Verhoeff	Old Dutch	NED 197900912	2:33.17		35.10	1:13.62	1:53.30	2:33.17
4. P. van Gelder - Dieker	Steenwijk 1934	NED 198102346	2:35.73	+0.81	34.66	1:14.42	1:55.69	2:35.73
<i>* 50m</i>								
5. Agnes van Brug	DAW	NED 198001726	2:36.07		34.99	1:14.12	1:55.42	2:36.07
6. Ramona Linting	AZC	NED 198301274	2:38.06		35.82	1:15.78	1:57.13	2:38.06
7. E. Poortvliet - Koedam	De Duinkickers	NED 198001824	2:41.98		36.42	1:17.75	2:00.64	2:41.98
8. Aafke Groot	De Geul	NED 198302748	2:47.66		38.77	1:21.65	2:05.36	2:47.66
9. Tineke Kleve	THOR	NED 198001810	2:49.20		36.64	1:18.42	2:03.64	2:49.20
10. Linda Hoogendam	WVZ	NED 198300892	2:49.65	+0.89	39.17	1:23.38	2:07.25	2:49.65
11. Saskia op den Velde	De Duinkickers	NED 197901530	3:00.17		38.60	1:24.32	2:12.85	3:00.17
12. Leonie Scholten	Steenwijk 1934	NED 197901560	3:00.60		39.50	1:25.27	2:13.69	3:00.60
AFGEM Martine de Haart	Patrick-De Roersoppers (SG)	NED 197901492						

Masters 45+

1. Liselotte Joling	PSV	NED 197500268	2:23.02	+0.85	33.24	1:10.63	1:47.53	2:23.02
2. Melanie Kuiper	ZIGNEA	NED 197600350	2:25.27		33.48	1:10.58	1:48.25	2:25.27
3. Alina Spijkerman	DAW	NED 197701220	2:32.56		34.44	1:13.31	1:53.34	2:32.56
4. Petra Guijt	RZC	NED 197600978	2:34.10	+0.82	34.38	1:13.46	1:53.97	2:34.10
5. K. de Reus-Trompetter	DZ&PC	NED 197600520	2:36.74		35.02	1:14.16	1:55.35	2:36.74
6. Marleen Zantingh	Old Dutch	NED 197801378	2:40.04		36.76	1:17.60	2:00.15	2:40.04
7. Jannie Vennik	HZ&PC Heerenveen	NED 197601006	2:41.06		37.29	1:18.33	2:00.25	2:41.06
8. Karin van Dijk	THOR	NED 197601066	2:41.61		36.90	1:17.69	2:00.45	2:41.61
9. A. Glazema-Boelema	Stadskanaal	NED 197701166	2:44.43		36.94	1:18.46	2:02.20	2:44.43
10. Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	NED 197700138	3:08.80		42.71	1:30.65	2:20.86	3:08.80
11. Sandra Van der Helm	De Rog	NED 197801340	3:09.90	+0.86	42.14	1:29.71	2:20.39	3:09.90
NG Inge Roskam	De Duinkickers	NED 197801296						



Open Nederlandse Masters
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Programmanr. 27, Dames, 200m vrije slag

Masters 50+

1. Bianca Groot	MSV-Zeemacht	NED 197000652	2:25.41	+0.71	34.14	1:10.98	1:48.49	2:25.41
2. Annette de Visser	Oceanus	NED 197100602	2:29.70	* +0.91	33.95	1:11.81	1:50.98	2:29.70
3. Jeanne Petit	PSV	NED 197001020	2:32.99		35.03	1:14.37	1:53.79	2:32.99
4. Janine Franssen	Zwemsport Parkstad	NED 197101108	2:40.37		37.48	1:17.77	1:59.34	2:40.37
5. Marijke Campfens	De Geul	NED 196900960	2:48.15		37.58	1:19.07	2:02.79	2:48.15
6. Peggi Hurenkamp	HZ&PC Heerenveen	NED 196900922	2:49.42		38.10	1:20.63	2:05.02	2:49.42
7. K. Van de Moortel	Shark	BEL ShaRK/20315/69	3:10.83		42.64	1:31.71	2:21.89	3:10.83
DIS Nathasja Konijn	GZC DONK	NED 197100992						

AA - De start ingezet voor het startsignaal (en wel gezwommen).

Masters 55+

1. Wilna Heijman	Steenwijk 1934	NED 196400506	2:37.37		37.02	1:17.37	1:58.03	2:37.37
2. Henriëtte v. Norden	ZPC AMERSFOORT	NED 196800046	2:37.53		35.97	1:16.54	1:58.56	2:37.53
3. S. Daamen-Posma	AZC	NED 196800854	3:03.12	+0.89	40.62	1:26.90	2:16.10	3:03.12
4. Erica Muller	De Geul	NED 196400412	3:09.56	+0.75	42.53	1:30.35	2:20.03	3:09.56
NG Ageeth Westenbrink	De Rog	NED 196700712						

Masters 60+

1. Dr. Barbara Gellrich	Mainzer Schwimmverein 01	GER 61226	2:27.62		33.81	1:11.34	1:49.96	2:27.62
<i>Kampioenschapsrecord</i>								
2. M. Remmits-de Lange	ZPC AMERSFOORT	NED 196300518	2:29.67	+0.73	34.04	1:11.64	1:50.46	2:29.67
3. Netty Burik-Geijzen	Feijenoord Zwemmen (SG)	NED 196300048	2:31.85		34.53	1:13.31	1:53.16	2:31.85
4. M. Grove-Lingeman	Triton	NED 196200080	2:44.55	*	36.87	1:18.34	2:01.38	2:44.55
5. Linda Wibbelink	Steenwijk 1934	NED 195900158	2:54.50		39.62	1:24.16	2:09.79	2:54.50
6. K. van der Star-Verhoev	ESCA Zwemmen	NED 196100382	2:58.10	*	39.18	1:23.71	2:10.75	2:58.10
7. M. Kolkman-Pluim	ESCA Zwemmen	NED 196000330	3:09.55	+0.88	43.86	1:31.15	2:20.98	3:09.55
8. Marleen Malais	ESCA Zwemmen	NED 196300542	3:31.09	* +1.02	44.75	1:35.17	2:32.16	3:31.09

Masters 65+

1. Atie Pijtak-Radersma	ZPC AMERSFOORT	NED 195600048	2:34.17		35.36	1:14.56	1:54.65	2:34.17
<i>Nederlands Masters Record</i>								
2. Marijke van Hoek	ZPC De Zeeuwse Kust	NED 195800050	2:52.54	+0.64	39.40	1:23.81	2:09.40	2:52.54
3. Margriet Pasma	TriVia	NED 195500088	2:53.79	+0.76	39.34	1:23.09	2:08.61	2:53.79

Masters 70+

1. Conny Boer-Buys	ZVVS	NED 195000006	2:53.29	+1.00	39.24	1:23.88	2:09.98	2:53.29
2. C. Nieuwenhuis	SWOL 1894	NED 195100022	2:58.72		39.31	1:23.64	2:11.45	2:58.72

Masters 75+

1. L. van Huissteden	ZPC AMERSFOORT	NED 194500002	4:16.37		1:00.34	2:04.45	3:11.06	4:16.37
* 100m								

Masters 85+

1. Marie Smits	Old Dutch	NED 193800004	4:13.19		56.77	2:00.83	3:09.85	4:13.19
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Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 28
18-02-2023 - 16:07

Heren, 200m vrije slag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
Masters 20+								
1. Daan Hogerhuis	De Columbiaan	NED 200300317	1:59.81	+0.60	27.16	57.42	1:28.68	1:59.81
2. Jasper Breugem	WVZ	NED 20000303	2:00.75	+0.75	27.73	59.09	1:30.02	2:00.75
3. Jacob Mackloet	De Schotejil	NED 200001171	2:01.77	+0.59	27.42	58.24	1:29.87	2:01.77
4. Coenraad Floris Stork	De Golfbreker	NED 200305075	2:02.40	+0.55	28.28	59.15	1:31.05	2:02.40
5. Guus Hoogduin	ZVL-1886 Center	NED 200201069	2:02.75	+0.76	28.00	59.22	1:31.42	2:02.75
6. Ryan van den Ouden	Poseidon'56	NED 199900377	2:05.06	+0.83	27.99	59.68	1:32.82	2:05.06
7. Wim van Duuren	TRB-RES	NED 200102103	2:05.20	+0.71	28.22	1:00.72	1:33.04	2:05.20
8. Niels Kragt	Dedemsvaart-AC	NED 200300155	2:08.48	+0.74	28.83	1:01.53	1:35.30	2:08.48
9. Leon Kloots	ZPC De Hof	NED 200001363	2:09.33		29.01	1:01.54	1:36.42	2:09.33
10. Jeroen Louwinger	De Rijn	NED 199900583	2:10.35	+0.73	29.23	1:02.01	1:35.96	2:10.35
11. Tenzin Tieman	Old Dutch	NED 200005549	2:14.20	+0.81	29.84	1:03.04	1:38.38	2:14.20
12. Rik Stahlie	TriVia	NED 200201915	2:14.64		28.97	1:02.63	1:38.68	2:14.64
13. Nick Boekestijn	Feijenoord Zwemmen (SG)	NED 199900291	2:15.67	+0.55	30.53	1:04.36	1:40.25	2:15.67
14. Mick van den Houten	De Duck	NED 200302211	2:19.49	+0.73	28.83	1:02.22	1:39.64	2:19.49
15. Carsten Bruinink	Noord Veluwe	NED 200303861	2:29.28	+0.64	33.24	1:11.81	1:51.57	2:29.28
Masters 25+								
1. Erik Nijholt	DZ&PC	NED 199401349	1:57.32	+0.73	27.32	57.33	1:27.32	1:57.32
2. Pascal Nuijten	Feijenoord Zwemmen (SG)	NED 199701353	1:58.36	+0.73	26.54	56.46	1:26.82	1:58.36
3. Robin van Beek	ZVL-1886 Center	NED 199704023	1:58.66	+0.63	27.75	57.56	1:28.11	1:58.66
4. Jelle Blankestijn	ZPC AMERSFOORT	NED 199803737	2:00.56	+0.61	26.99	57.10	1:28.66	2:00.56
5. Richard Kuipers	HZ&PC Heerenveen	NED 199704171	2:01.96	+0.80	27.51	57.98	1:29.96	2:01.96
6. Nick Sijmons	De Amstel	NED 199500491	2:02.28	+0.72	28.22	59.40	1:31.08	2:02.28
7. Sepp Kalter	Dedemsvaart-AC	NED 199704327	2:04.10	+0.75	27.29	57.90	1:30.25	2:04.10
8. Diederick Schothans	De Veene	NED 199703185	2:04.20	+0.79	28.25	59.36	1:31.42	2:04.20
9. Jordy van Oel	WVZ	NED 199802003	2:04.68	+0.77	27.59	58.95	1:31.47	2:04.68
10. Jelle Nap	VZC	NED 199502875	2:05.36	+0.83	28.68	1:00.27	1:32.96	2:05.36
11. Martijn Kornet	Zwemlust-den Hommel	NED 199700231	2:05.80	+0.73	28.50	1:00.07	1:33.26	2:05.80
12. Hans Stoffers	Triton Putten	NED 199604027	2:07.67	+0.69	28.66	1:00.78	1:33.92	2:07.67
13. Leonid Mishevski	Orca	NED 199605895	2:11.06		30.51	1:03.70	1:37.51	2:11.06
14. Daan Siebenheller	ZOB'66	NED 199804955	2:11.16	+0.75	30.21	1:03.69	1:37.89	2:11.16
15. Jorrik Kerdijk	Bubble	NED 199602135	2:11.72	+0.67	29.24	1:02.39	1:37.24	2:11.72
16. Wesley van der Luit	Sassenheim	NED 199701895	2:12.23	+0.63	30.59	1:04.14	1:38.37	2:12.23
17. Paco de Voogt	De Duck	NED 199400859	2:13.32		29.67	1:03.25	1:38.61	2:13.32
18. Erik Baalbergen	ZVL-1886 Center	NED 199805775	2:14.70		30.08	1:03.92	1:39.60	2:14.70
19. Martijn Lageweg	Steenwijk 1934	NED 199701323	2:19.86	+0.83	31.30	1:07.06	1:44.45	2:19.86
Masters 30+								
1. Olaf Achterberg	VZC	NED 199000011	2:05.06	+0.80	28.77	1:00.89	1:33.23	2:05.06
2. Tim Bunnik	Triton	NED 199000505	2:05.56	+0.79	28.59	1:00.28	1:32.88	2:05.56
3. Steven Uijl	Aqua-Novio'94	NED 199304075	2:07.84	+0.72	27.57	58.39	1:31.87	2:07.84
4. Bas Braun	ZPC AMERSFOORT	NED 199106545	2:09.60	+0.83	28.62	1:01.21	1:35.66	2:09.60
5. Patrick Brouwer	AZC	NED 199303715	2:14.99	+0.64	30.03	1:04.02	1:39.68	2:14.99
6. Ruben Stolk	ZOB'66	NED 199005665	2:16.11	+0.75	30.21	1:04.63	1:40.92	2:16.11
7. Anne Terlouw	IJZPC	NED 199002877	2:19.22	+0.79	32.24	1:08.00	1:44.45	2:19.22
8. Gerald van de Riet	De Mors	NED 199307161	2:26.62	+0.88	32.93	1:09.88	1:49.12	2:26.62
9. Derek Valkenier	MSV-Zeemacht	NED 199207397	2:29.34	+0.63	33.65	1:09.91	1:46.16	2:29.34
Masters 35+								
1. Klaas van Beek	ZV Haerlem	NED 198805941	2:09.73	+0.76	28.94	1:01.59	1:35.84	2:09.73
2. Rick Driezen	Steenwijk 1934	NED 198600713	2:10.76	+0.70	30.46	1:03.17	1:37.11	2:10.76
3. Niels Albrechts	De Schotejil	NED 198800039	2:11.20	+0.79	31.13	1:04.58	1:38.60	2:11.20
4. Sander van Elburg	TRB-RES	NED 198800937	2:13.03	+0.64	30.05	1:03.40	1:38.09	2:13.03
5. Robert Braad	Steenwijk 1934	NED 198600407	2:14.20	+0.85	29.87	1:04.19	1:39.13	2:14.20
6. Steffen Hackbarth	SSF Bonn 1905 e.V.	GER 425979	2:24.88	+0.87	32.79	1:09.04	1:46.85	2:24.88
7. Edward van Dootingh	ZV 44	NED 198403341	2:26.83	+0.83	33.09	1:10.57	1:49.10	2:26.83



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Programmanr. 28, Heren, 200m vrije slag

Masters 40+

1. Kristiaan Lenos	ZVL-1886 Center	NED 198301331	2:04.85	+0.75	28.25	59.70	1:32.19	2:04.85
2. Pieter Pickhardt	ZPC De Hof	NED 198301657	2:07.62	+0.62	29.91	1:02.29	1:35.32	2:07.62
3. Mark Hensen	NieMo Barracuda	NED 197900497	2:07.74	+0.80	28.33	1:00.44	1:33.84	2:07.74
4. Arjan Prins	Dedemsvaart-AC	NED 198201383	2:10.94		29.57	1:02.97	1:37.13	2:10.94
5. Sander Zoer	Dedemsvaart-AC	NED 198302447	2:14.34		29.81	1:03.90	1:39.55	2:14.34
6. Luc Steijvers	ZVL-1886 Center	NED 198201661	2:20.47		31.60	1:07.29	1:44.31	2:20.47
7. Oscar Monge	IJZPC	NED 198102599	2:24.42		31.03	1:06.48	1:45.38	2:24.42
8. Rubert Boer	Aqualero	NED 197902011	2:25.14		32.84	1:09.54	1:48.25	2:25.14
9. Ingmar Kooman	ZVL-1886 Center	NED 197901517	2:40.20		35.16	1:16.13	1:58.78	2:40.20

Masters 45+

1. Ivo Roozeboom	WVZ	NED 197700801	2:05.28	+0.65	28.38	1:01.07	1:33.64	2:05.28
2. Ruud Holswilder	ZPCH	NED 197800435	2:08.58	+0.79	29.14	1:01.98	1:35.57	2:08.58
3. Daniel Prinse	De Ward	NED 197401385	2:22.89	+0.86	32.81	1:08.56	1:45.59	2:22.89
4. Tom Bandsma	PSV	NED 197701625	2:39.84	+0.95	33.76	1:12.77	1:55.68	2:39.84
5. Jeroen Hoeksel	ZVVS	NED 197401533	2:49.20		36.50	1:18.87	2:04.13	2:49.20

Masters 50+

1. Frederic Tonus	Luxembourg Sharks SwimmirLUXi10449		1:58.59	+0.74	27.58	57.45	1:28.46	1:58.59
<i>Kampioenschapsrecord, Luxembourg Masters Record</i>								
2. Vedestas Sefleris	Kauno Takas	LTU	2:09.01	+0.70	29.63	1:02.58	1:36.12	2:09.01
3. Ingmar de Gelder	ZOB'66	NED 197000333	2:20.73	+0.82	31.05	1:05.72	1:42.19	2:20.73
4. Casper van den Burgh	Sassenheim	NED 197201413	2:22.49	+0.74	31.69	1:07.84	1:45.22	2:22.49
5. Chris Kouwenhoven	De Grunte	NED 197101669	2:27.85		33.09	1:10.88	1:49.58	2:27.85
6. Eduard Leusink	De Mors	NED 196901573	2:30.12		36.53	1:14.58	1:52.48	2:30.12
7. Wouter van der Stelt	De Biesboschzwemmers	NED 197200889	2:32.20		34.75	1:12.86	1:52.61	2:32.20
8. Berry Koning	Aqualero	NED 197300479	2:35.91		35.58	1:14.49	1:54.93	2:35.91
9. Eric Dumas	Patrick-De Roersoppers (SG)	NED 196901397	2:42.49		34.99	1:16.64	1:59.79	2:42.49
10. Ramon Alsina Munoz	Cercle De Natation Sportcity	ESPuCNSW/002552/69	2:45.96		37.51	1:19.11	2:02.70	2:45.96

Masters 55+

1. Erlend Alstad	OI Svømming	NOR M210367ERL02	2:09.69	+0.77	30.13	1:03.23	1:36.71	2:09.69
<i>Norwegian Masters Record</i>								
2. G. van der Leden	PSV	NED 196700597	2:12.39	*	31.08	1:04.81	1:38.92	2:12.39
3. John Hardeman	Zwemlust-den Hommel	NED 196601615	2:14.18		30.90	1:04.54	1:39.55	2:14.18
4. Hugues Herman	Cercle De Natation Sportcity	BELuCNSW/009743/66	2:14.57		30.04	1:03.15	1:38.50	2:14.57
5. Edo Boonstra	PSV	NED 196801713	2:19.79	+0.50	32.56	1:08.53	1:44.01	2:19.79
6. Jon Christensen	Luxembourg Sharks SwimmirLUXi10008		2:23.70		32.11	1:07.90	1:45.42	2:23.70
<i>Luxembourg Masters Record</i>								
7. Ron Korzelijs	ZPC AMERSFOORT	NED 196500513	2:24.92	+0.81	32.90	1:10.47	1:48.16	2:24.92
8. Otto Jansen	ZVL-1886 Center	NED 196501403	2:28.15		32.43	1:09.93	1:48.79	2:28.15
9. Nico Paasse	De Schotejil	NED 196501463	2:30.28		33.82	1:12.31	1:51.78	2:30.28
10. Arno Schrauwen	Patrick-De Roersoppers (SG)	NED 196501355	2:30.42		32.78	1:10.05	1:49.87	2:30.42
11. Wijnand Vergeest	De Rog	NED 196800949	2:34.24	+0.80	35.15	1:14.22	1:54.68	2:34.24
12. Leon Slingerland	WVZ	NED 196801707	2:39.03	+0.85	34.14	1:15.45	1:59.03	2:39.03
13. Erik Saan	De Duck	NED 196500769	2:39.25		35.13	1:15.10	1:58.47	2:39.25
14. Roy Le Clercq	De Rog	NED 196401041	2:40.76	+0.91	34.81	1:15.75	1:58.98	2:40.76
15. Pieter-Sjoerd de Wijn	DES	NED 196501027	2:51.49	+0.86	37.92	1:20.39	2:05.68	2:51.49
16. Erik Schweitzer	DAW	NED 196701751	3:04.58	+0.92	39.01	1:24.65	2:14.75	3:04.58
17. Bauke Posthumus	HZ&PC Heerenveen	NED 196401505	3:09.58		39.02	1:24.07	2:15.30	3:09.58
NG.ZA Pascal Tourton	ZOB'66	NED 196601343						



Open Nederlandse Masters
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Programmanr. 28, Heren, 200m vrije slag

Masters 60+

1. Johan Remmits	ZPC AMERSFOORT	NED 196201159	2:14.14	+0.81	29.97	1:03.65	1:39.04	2:14.14
2. Gert Sikkema	Zwemclub Urk 1978	NED 196300687	2:21.71	+0.89	32.37	1:07.77	1:44.35	2:21.71
3. Paul Wijnja	De Biesboschzwemmers	NED 196301403	2:27.09		32.44	1:10.15	1:48.66	2:27.09
4. Henk Kuipers	ZPC AMERSFOORT	NED 196201207	2:31.29		35.41	1:13.77	1:53.35	2:31.29
5. Peter van Vuuren	Upstream Amsterdam	NED 196000641	2:32.49	+0.87	32.62	1:10.53	1:51.17	2:32.49
6. Pier van der Sluis	De Vikings	NED 195900757	2:56.39	+1.00	39.27	1:23.91	2:10.63	2:56.39

Masters 65+

1. Marten de Groot	HZ&PC Heerenveen <i>Nederlands Masters Record</i>	NED 195800149	2:16.33	+0.75	31.85	1:06.73	1:41.97	2:16.33
2. Sigitas Katkevicius	Dzukijos Vandenis <i>Lithuanian Masters Record</i>	LTU	2:19.35		33.16	1:08.53	1:44.22	2:19.35
3. Henk Slomp	De Inktvis	NED 195500359	2:37.82	+0.77	34.88	1:15.05	1:56.44	2:37.82
4. Lex Hoogendam	<td>NED 195700541</td> <td>3:01.77</td> <td></td> <td>39.31</td> <td>1:25.31</td> <td>2:13.42</td> <td>3:01.77</td>	NED 195700541	3:01.77		39.31	1:25.31	2:13.42	3:01.77
5. Wiebren Dijkstra	HZ&PC Heerenveen	NED 195800745	3:09.32		40.09	1:26.83	2:17.62	3:09.32
6. Peter Coffeng	GZC DONK	NED 195700063	3:16.97	+0.79	40.82	1:27.85	2:20.00	3:16.97
AFGEM Wim Witjes	Aqua-Novio'94	NED 195800483						

Masters 70+

1. Brend Brevé	PSV	NED 195200265	2:42.17		37.46	1:18.47	2:01.24	2:42.17
2. Jos Kamps	Zwemvereniging Hoogland	NED 195100085	3:05.73	+0.90	39.52	1:26.88	2:17.13	3:05.73

Masters 75+

1. Willem Putter	ZVVS	NED 194500135	3:14.77		42.60	1:32.37	2:25.01	3:14.77
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Masters 80+

1. Geza Kaltenecker	AZC	NED 194200065	3:40.76		47.80	1:45.11	2:44.39	3:40.76
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Masters 85+

1. Nic Geers	PSV <i>Nederlands Masters Record</i>	NED 193800007	3:46.15		51.26	1:50.74	2:52.14	3:46.15
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Programmanr. 29
18-02-2023 - 16:48

Dames, 100m schoolslag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT	PARA	50m	100m
Masters 20+							
1. Lotte Pieterman	SWOL 1894	NED 200301838	1:13.10	+0.66		33.97	1:13.10
2. Kim Vos	Triton Putten	NED 200000990	1:14.28	+0.72		34.64	1:14.28
3. Annabel Kuipers	DWK	NED 200001076	1:17.22	+0.80		35.91	1:17.22
4. Hannah Ledingham	SSF Bonn 1905 e.V.	GER 458077	1:17.45	+0.67		36.86	1:17.45
5. Alessia Sluis	Dedemsvaart-AC	NED 200300896	1:17.65	+0.72		36.11	1:17.65
6. Veerle van Munster	ZPC Woerden	NED 200102632	1:17.88			35.83	1:17.88
7. Lonneke Graansma	ZVL-1886 Center	NED 199900936	1:18.30			36.92	1:18.30
8. Lisanne Seising	VZC	NED 200002084	1:18.99	+0.75		38.18	1:18.99
9. Sanne Kloezen	Bubble	NED 200204644	1:19.59	+0.79		36.76	1:19.59
10. Leonie van Wier	HZ&PC Heerenveen	NED 200200436	1:20.52			37.15	1:20.52
11. Anneke van der Laan	Orca	NED 200201154	1:20.66			37.49	1:20.66
12. Kim de Jong	De Columbiaan	NED 200301026	1:20.72	+0.63		36.87	1:20.72
13. Elisah Velgersdijk	ZPC AMERSFOORT	NED 200102436	1:20.90	+0.77		38.16	1:20.90
14. Bibi Stokvis	ZV De Bron	NED 199900892	1:21.01	+0.58		37.00	1:21.01
15. Amber Hesper	VZC	NED 200202188	1:21.42	+0.70		38.13	1:21.42



Open Nederlandse Masters
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Programmanr. 29, Dames, 100m schoolslag, Masters 20+

rang naam	vereniging			tijd	RT	PARA	50m	100m
16. Lindy Elkerbout	De Veene	NED	200000604	1:22.21			38.48	1:22.21
17. Mandy Swart	De Biesboschzwemmers	NED	199904916	1:22.87			39.14	1:22.87
18. Meike Cleveringa	SWOL 1894	NED	200206096	1:23.01			38.76	1:23.01
19. Mirelle de Kort	Neptunus'58	NED	200005546	1:24.19			38.90	1:24.19
20. Sharon Wolfs	Patrick-De Roersoppers (SG)	NED	200004800	1:24.34	+0.70		39.31	1:24.34
21. Tessa Schipper	Bubble	NED	200301578	1:24.48			39.52	1:24.48
22. Luka Stoker	Nova	NED	200200558	1:25.61			40.11	1:25.61
23. Ageeth de Haan	Steenwijk 1934	NED	199901022	1:26.38	+0.80		40.61	1:26.38
24. Sheila ten Voorde	Octopus-ZVV (SG)	NED	199904538	1:27.25	+0.85		40.25	1:27.25
25. Kyra Wesemann	MSV-Zeemacht	NED	200201440	1:27.93	+0.80		41.65	1:27.93
NG Silke Molendijk	ZVL-1886 Center	NED	200100178					

Masters 25+

1. Manon Kloosterman	Zwemlust-den Hommel	NED	199702082	1:18.60			37.13	1:18.60
2. Melissa van der Heijden	NieMo Barracuda	NED	199605226	1:19.90			37.90	1:19.90
3. Willemeijn Hoving	De Rijn	NED	199800106	1:20.55	+0.77		37.79	1:20.55
4. Marleen Welten	Deltasteur	NED	199701526	1:20.98	+0.81		37.64	1:20.98
5. Anoeska van de Kraats	DWK	NED	199701284	1:21.36			38.40	1:21.36
6. Rixt Meijer	HZ&PC Heerenveen	NED	199700202	1:22.29			38.94	1:22.29
7. Sanne van de Pol	De Biesboschzwemmers	NED	199800722	1:22.31	+0.60		39.00	1:22.31
8. Manon van Strien	WVZ	NED	199400770	1:22.36	+0.89		38.54	1:22.36
9. Lieke van Essen	SWOL 1894	NED	199502814	1:24.54			39.98	1:24.54
10. Ana Ramirez de las Heras	SWOL 1894	NED	199806690	1:27.01	+0.63		39.66	1:27.01
11. Yvette Meijer	Zwemvereniging Hoogland	NED	199706590	1:27.96	+0.77		41.87	1:27.96
12. Jolijn Walgien	SWOL 1894	NED	199602284	1:28.40			41.50	1:28.40
13. Tamara van den Brink	NieMo Barracuda	NED	199804182	1:28.45	+0.72		41.25	1:28.45
14. Danique de Vegt	ESCA Zwemmen	NED	199802692	1:31.62			42.93	1:31.62

Masters 30+

1. Jacyntha Plat	Steenwijk 1934	NED	199002956	1:18.05	+0.63		36.99	1:18.05
2. Suzan Blankestijn	ZVL-1886 Center	NED	198900350	1:22.48			38.79	1:22.48
3. Wendy de Bruin	ZOB'66	NED	199206320	1:23.87	+0.69		39.38	1:23.87
4. Danielle Vermeulen	Zwemlust-den Hommel	NED	199108534	1:23.96			39.36	1:23.96
5. Suzanne Lange	VZC	NED	199202998	1:24.32	+0.67		39.39	1:24.32
6. Leontine Groeneveldt	De Duck	NED	199303526	1:27.18			40.94	1:27.18
7. Elke Schellekens	Neptunus'58	NED	199301550	1:34.37	+0.72		44.71	1:34.37

Masters 35+

1. Daniëlle Reijnders <i>Nederlands Masters Record</i>	AquAmigos	NED	198504234	1:16.45			36.41	1:16.45
2. Larissa Brak	ZPC AMERSFOORT	NED	198800572	1:20.25	+0.80		37.31	1:20.25
3. Wendy van der Iest	ZPC AMERSFOORT	NED	198701904	1:21.78	+0.80		38.31	1:21.78
4. Liesbeth van Mill	Zwemlust-den Hommel	NED	198702786	1:28.93			42.53	1:28.93
5. A. Wammes-Bouman	Zwemvereniging Hoogland	NED	198403604	1:37.49	*		46.86	1:37.49

Masters 40+

1. Delia Badoux <i>Nederlands Masters Record</i>	WVZ	NED	198000042	1:18.24	+0.81		36.82	1:18.24
2. Laura Badoux	DAW	NED	198200038	1:18.42			36.18	1:18.42
3. Roos van Esch	ACZ	NED	198200468	1:22.05			38.95	1:22.05
4. Nadya Putter	ZVVS	NED	198301630	1:28.55	+0.74		41.23	1:28.55
5. Ilja Janssen	ESCA Zwemmen	NED	198102234	1:28.71	+0.92		41.31	1:28.71
6. Angela Giezen	Zwemvereniging Hoogland	NED	198302796	1:31.21			43.39	1:31.21
7. Roelien Stegeman	ZV 44	NED	198102350	1:32.19			42.95	1:32.19
8. Tineke Kleve	THOR	NED	198001810	1:34.68	+0.87		44.55	1:34.68
DIS Aafke Groot	De Geul	NED	198302748					

SS - Met handen over elkaar keer- of eindpunt aangetikt.

Programmanr. 29, Dames, 100m schoolslag

Masters 45+

1. Lina Bielinienė	Kaisiadoriu Plaukiam	LTU		1:26.14	41.60	1:26.14
2. Monica Korndewal	ZPC AMERSFOORT	NED	197701258	1:29.80	42.41	1:29.80
3. Inge Roskam	De Duinkickers	NED	197801296	1:29.83 * +0.63	41.28	1:29.83
4. Marleen Zantingh	Old Dutch	NED	197801378	1:30.96	43.58	1:30.96
5. Marian Nederlof	De Geul	NED	197600950	1:37.36	46.16	1:37.36
6. Esmeralda Stokman	ZPCH	NED	197600940	1:39.42 * +0.79	46.09	1:39.42

Masters 50+

1. Marjo Goelema-Koek	De Biesboschzwemmers	NED	196900192	1:20.92	37.16	1:20.92
2. Trudy Ketting	PSV	NED	197000268	1:22.52 +0.85	39.06	1:22.52
3. Katharina Schlipp	De Vliet (SG)	NED	197301004	1:26.21	40.55	1:26.21
4. Karin Stein	ZVVS	NED	197100554	1:27.90 +0.68	42.25	1:27.90
5. Iris van Aurich	DWK	NED	196900866	1:28.91	42.55	1:28.91
6. Yvette Ratering	De Ward	NED	197200990	1:30.65	42.72	1:30.65
7. Pascalle Janssen	Patrick-De Roersoppers (SG)	NED	197300852	1:33.81	45.85	1:33.81
8. Hilly Brugmans	Hieronymus	NED	197001112	1:38.92 +0.70	46.03	1:38.92
9. Irna van der Molen	WS Twente	NED	196900938	1:42.29 +0.68	48.65	1:42.29
10. Greta Wyma-Teitsma	DWK	NED	197100696	1:49.37	51.59	1:49.37

Masters 55+

1. Annette Wijnja-Visser <i>Kampioenschapsrecord</i>	De Biesboschzwemmers	NED	196700528	1:25.78	41.08	1:25.78
2. Annette Korving-Leijenaar	Aqualero	NED	196700662	1:31.61 +0.65	43.44	1:31.61

Masters 60+

1. Linda van de Ree <i>Nederlands Masters Record</i>	De Ganze	NED	196300452	1:30.30	42.23	1:30.30
2. Yoka de Vegt-van Dijk	ESCA Zwemmen	NED	196200420	1:36.19	44.75	1:36.19
3. P. Tossings-van de Hooven	GZC DONK	NED	196100376	1:37.59 +0.89	46.85	1:37.59
4. Annemarie Vuisst-Blum	SWOL 1894	NED	196300282	1:40.61	47.95	1:40.61
5. Hannie Poletiek	TriVia	NED	195900278	1:49.31	52.34	1:49.31
6. Lia Bijkerk	GZC DONK	NED	196000014	1:51.14	53.15	1:51.14
7. Jacqueline Brouwer	EZV	NED	196100296	1:54.42	54.55	1:54.42
8. W. Schoenmaker-ter Veer	DWK	NED	195900254	1:56.67	55.57	1:56.67
9. Jenny Westervaarder	H2Oldambt	NED	196200424	1:57.10	55.31	1:57.10

Masters 65+

1. Marijke van Hoek	ZPC De Zeeuwse Kust	NED	195800050	1:41.37	47.69	1:41.37
2. Karien Musters	Old Dutch	NED	195800236	2:20.73	1:07.48	2:20.73
3. Mies Kuipers	Old Dutch	NED	195800202	2:28.05 *	1:12.30	2:28.05

Masters 70+

1. Gonnje Bak	PSV	NED	195100064	2:01.84	59.91	2:01.84
2. Tineke van Diggelen	ZPCH	NED	195200048	2:04.71	59.44	2:04.71
3. Ineke Brouwers	PSV	NED	195200070	2:14.71	1:02.23	2:14.71
4. N. van Dongen-de Paepe	ZZ&PC De Devel	NED	195100044	2:31.29	1:11.77	2:31.29

Masters 75+

1. A. Verhoeven - Steggerda	De Duinkickers	NED	194600024	2:15.30 *	1:04.04	2:15.30
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Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 30
18-02-2023 - 17:13

Heren, 100m schoolslag

Masters Open
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
Masters 20+								
1. Stefanos Eleftheriou	De Golfbreker	NED	200305095	1:05.73	+0.76		30.87	1:05.73
2. Dave van den Nieuwendijk	De Columbiaan	NED	200100475	1:06.51			31.37	1:06.51
3. Derk Jan van Duijn	De Golfbreker	NED	200105575	1:06.79	+0.76		31.87	1:06.79
4. Thomas Vastenhout	ZPCH	NED	200204545	1:07.95	+0.71		32.15	1:07.95
5. Arjan Dekker	De Golfbreker	NED	200000499	1:08.22	*+0.64		32.20	1:08.22
6. Jelle Opmeer	ZPC AMERSFOORT	NED	200100269	1:08.68	+0.58		31.31	1:08.68
7. Wim van Duuren	TRB-RES	NED	200102103	1:09.56	+0.69		32.12	1:09.56
8. Mart de Koning	ZOB'66	NED	200203253	1:09.88	+0.78		32.59	1:09.88
9. Robin van Peenen	ZVL-1886 Center	NED	200201059	1:10.23	+0.75		32.01	1:10.23
10. Remco de Heij	ZPCH	NED	200200161	1:10.60			33.99	1:10.60
11. Thomas Hesper	Blue Marlins	NED	200004181	1:11.00	+0.82		32.53	1:11.00
12. Tiemen Jonkman	DZ&PC	NED	200301193	1:11.76			32.47	1:11.76
13. Tim Speijer	Bubble	NED	200301661	1:11.86	+0.68		33.80	1:11.86
14. Bas van Wieringen	De Columbiaan	NED	200200119	1:12.66	+0.70		33.98	1:12.66
15. Kylian Kooijman	Steenwijk 1934	NED	199900763	1:12.73	+0.76		33.61	1:12.73
16. Milan de Roo	ZPC Woerden	NED	200102215	1:12.76	+0.66		33.86	1:12.76
17. Jort Vizee	Feijenoord Zwemmen (SG)	NED	200201779	1:13.29	+0.60		33.87	1:13.29
18. Julian Mes	ZOB'66	NED	200103755	1:15.86	+0.63		35.00	1:15.86
19. Tom Blankestijn	ZPC AMERSFOORT	NED	200201185	1:15.89	+0.68		35.62	1:15.89
20. Boaz Troost	ZOB'66	NED	200100371	1:16.05	+0.67		35.42	1:16.05
21. Lucas Muntinga	ZPCH	NED	200300123	1:16.68	+0.54		36.47	1:16.68
22. Thomas van Scheepen	Steenwijk 1934	NED	200001387	1:20.63	+0.65		37.95	1:20.63
23. Bartho Visser	Triton Putten	NED	200005595	1:20.64	+0.74		36.19	1:20.64
24. Marco van der Wulp	MSV-Zeemacht	NED	200302051	1:20.72	+0.68		37.87	1:20.72
25. Marijn Heetkamp	Het Ravijn	NED	199903407	1:23.04			38.38	1:23.04
26. Koen Bak	ESCA Zwemmen	NED	200300101	1:23.19	+0.76		38.46	1:23.19
27. Mathijs Krieger	EZCL (SG)	NED	199905361	1:24.16	+0.82		38.84	1:24.16

Masters 25+

1. Bert Duivenvoorde	Noordwijkerhout	NED	199701805	1:05.01	+0.66		30.60	1:05.01
2. Bas Dries	Zwemvereniging Hoogland	NED	199505177	1:05.35	+0.65		30.06	1:05.35
3. Felix Geenen	DAW	NED	199501085	1:06.33	+0.74		30.13	1:06.33
4. Jurre Stammes	ESCA Zwemmen	NED	199701843	1:06.35	+0.68		31.25	1:06.35
5. Stefan Petersen	Blue Marlins	NED	199403067	1:06.95	+0.68		31.18	1:06.95
6. Kalle van Gemert	ZPC De Zeeuwse Kust	NED	199801259	1:07.08	+0.67		31.20	1:07.08
7. Gideon Teeuw	De Veene	NED	199801237	1:12.26	+0.66		33.72	1:12.26
8. Robin Hermans	TRB-RES	NED	199400987	1:15.96			34.67	1:15.96
9. Martijn Bartels	ZPC AMERSFOORT	NED	199603493	1:16.51	+0.88		35.53	1:16.51
10. Sam Beer	Poseidon'56	NED	199605521	1:16.86	+0.72		35.55	1:16.86
11. Ian van Mullem	ZOB'66	NED	199602545	1:17.13	+0.70		36.04	1:17.13
12. Jeroen van Dinther	Neptunus'58	NED	199701569	1:20.37	+0.64		38.36	1:20.37
13. Patrick Wyrdean	Feijenoord Zwemmen (SG)	NED	199702475	1:21.30	+0.69		38.16	1:21.30

Masters 30+

1. Gavin van der Werf	HZ&PC Heerenveen	NED	199302971	1:03.62	+0.66		29.81	1:03.62
<i>Nederlands Masters Record</i>								
2. Romero Hennep	De Kempvis	NED	199304929	1:07.09	+0.71		30.19	1:07.09
3. Sander de Vrugt	ESCA Zwemmen	NED	198903499	1:07.86	+0.68		31.41	1:07.86
4. Patrick Creemers	RZ	NED	199000579	1:11.82	+0.71		33.08	1:11.82
5. Bart van der Zwaan	BZ&PC	NED	199005149	1:14.11	+0.65		34.23	1:14.11
6. Hans van Wijk	BZ&PC	NED	198903605	1:14.21			35.06	1:14.21
7. Robin van Beusekom	NieMo Barracuda	NED	199205841	1:15.91	+0.72		35.37	1:15.91
8. Herman van Dijk	De Wellerobben	NED	198900691	1:16.15	+0.85		35.25	1:16.15
9. Marten Ettema	HZ&PC Heerenveen	NED	199007703	1:17.75	+0.64		36.43	1:17.75
10. Anne Terlouw	IJZPC	NED	199002877	1:19.18	+0.80		37.12	1:19.18
11. Jordy van der Drift	ZVL-1886 Center	NED	199307345	1:24.51	+0.83		40.15	1:24.51
12. Patrick Wobben	Steenwijk 1934	NED	199300559	1:26.18	+0.82		40.13	1:26.18



Open Nederlandse Masters
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Programmanr. 30, Heren, 100m schoolslag

Masters 35+

1. Yuri van Omme	Zwemvereniging Hoogland	NED	198501887	1:09.73	*+0.77	33.07	1:09.73
2. Martijn Giezen	ZPC AMERSFOORT	NED	198500813	1:13.55	+0.79	34.32	1:13.55
3. Dennis Kraakman	DAW	NED	198705325	1:14.21	+0.72	34.29	1:14.21
4. Ricardo van Dam	AZC	NED	198503965	1:14.36	+0.66	34.89	1:14.36
5. Stefan van de Grift	SWOL 1894	NED	198701121	1:16.39	+0.52	35.01	1:16.39
6. Thommy Nickel	ZPC Woerden	NED	198401627	1:16.55	+0.84	35.53	1:16.55
7. Kelvin Bergsma	Dedemsvaart-AC	NED	198602133	1:17.10	+0.64	34.97	1:17.10
8. Harmen Reemst	ZOB'66	NED	198702715	1:20.82	+0.78	37.28	1:20.82

Masters 40+

1. Lauren Vis	Steenwijk 1934	NED	198201883	1:10.16	+0.67	32.27	1:10.16
2. Ivan van Omme	De Geul	NED	198201263	1:13.26	+0.70	34.53	1:13.26
3. Heijmen van Vliet	Wiekslag	NED	198001637	1:15.45	+0.56	35.24	1:15.45
4. Rob van Wanrooy	Feijenoord Zwemmen (SG)	NED	198202627	1:16.43		35.53	1:16.43
5. Freddie Geerlings	Zwemsport Parkstad	NED	197900379	1:16.55	+0.81	35.22	1:16.55
6. William Kruithof	Het Ravijn	NED	198000857	1:21.73	+0.94	37.55	1:21.73
7. Mark Brinkhuis	TriVia	NED	198302609	1:25.12	+0.67	39.86	1:25.12

Masters 45+

1. Victor Barnar	GoSwim	NED	197801805	1:09.87	+0.76	32.63	1:09.87
2. Vincent Versteeg	Zwemlust-den Hommel	NED	197701003	1:10.67	+0.77	32.72	1:10.67
3. Kees Bakker	Gay Swim Amsterdam	NED	197501055	1:14.40	+0.66	34.68	1:14.40
4. László Jüllich	ZPCH	NED	197801893	1:15.08		34.60	1:15.08
5. Dennis Dortland	NieMo Barracuda	NED	197800261	1:18.21	+0.84	36.48	1:18.21
6. Bogdan Androne	Sassenheim	NED	197701783	1:23.21		37.00	1:23.21
7. Marcel van Walt van Praag	Gay Swim Amsterdam	NED	197501425	1:27.56		41.52	1:27.56
8. Lené Wessels	Hieronymus	NED	197601707	1:38.68		47.64	1:38.68

Masters 50+

1. Aleksandras Zamorskis	Kaisiadoriu Plaukiam	LTU		1:09.80	+0.58	32.76	1:09.80
<i>Kampioenschapsrecord, Lithuanian Masters Record</i>							
2. Ronald van Ombergen	ZPC De Zeeuwse Kust	NED	197201685	1:15.47		35.06	1:15.47
3. Michael van Bekkum	SWOL 1894	NED	197200051	1:19.30	+0.80	36.64	1:19.30
4. Arjan Verheij	De Rog	NED	197101617	1:21.51	+0.79	38.25	1:21.51
5. Heiner Stevens	ZIGNEA	NED	197201299	1:22.17	+0.76	38.96	1:22.17
6. Hans Schoenmakers	DAW	NED	196900863	1:24.70	+0.86	39.00	1:24.70
7. Rob van de Ven	Neptunus'58	NED	197101695	1:25.06	+0.79	39.52	1:25.06
8. Alberto Randazzo	DES	NED	197101757	1:26.14	+0.60	40.73	1:26.14
9. Bruno Nahon	Cercle De Natation Sportcity VFR	AVE	CNSW/000390/70	1:27.09		40.23	1:27.09
10. Marcel Brittijn	De Duinkickers	NED	196900159	1:37.02	+0.60	46.21	1:37.02
NG Antwan van Engen	De Ward	NED	197101577				

Masters 55+

1. Harold Matla	PSV	NED	196800591	1:13.42	+0.81	34.55	1:13.42
2. Erlend Alstad	OI Svømming	NOR	M210367ERL02	1:15.72	+0.83	35.92	1:15.72
3. Jan-Willem van den Berg	WVZ	NED	196801575	1:16.54	+0.83	36.29	1:16.54
4. Theo Bakker	TriVia	NED	196401231	1:20.69	+0.79	36.94	1:20.69
5. Arno Schrauwen	Patrick-De Roersoppers (SG)	NED	196501355	1:21.27		38.84	1:21.27
6. Joop Weenink	WS Twente	NED	196801535	1:25.24	+0.99	40.84	1:25.24
7. Nico Swart	De Biesboschwimmers	NED	196801475	1:26.25	+0.82	40.08	1:26.25
8. Pascal Tourton	ZOB'66	NED	196601343	1:27.67	+1.02	41.92	1:27.67
9. Henri Michels	De Amstel	NED	196501587	1:27.76		41.91	1:27.76
10. Robert de Brauer	De Duinkickers	NED	196401383	1:28.31	+0.83	41.55	1:28.31
11. Gertjan van der Vaart	ZVVS	NED	196801529	1:32.38	+0.73	42.61	1:32.38
12. Willem Jan Ribberink	GZC DONK	NED	196501327	1:34.98	+0.61	44.43	1:34.98
13. Hans Bijleveld	HHZV PLONS	NED	196601649	1:37.68	+0.84	47.12	1:37.68
Pierre de Groot	GZC DONK	NED	196401431	1:37.68		46.06	1:37.68



Open Nederlandse Masters
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Programmanr. 30, Heren, 100m schoolslag

Masters 60+

1. Edwin v. Norden <i>Kampioenschapsrecord</i>	ZPC AMERSFOORT	NED	196300563	1:16.94	+0.61	36.07	1:16.94
2. Gert Sikkema	Zwemclub Urk 1978	NED	196300687	1:20.25		37.99	1:20.25
3. Fred Ketting	PSV	NED	196000289	1:21.44		38.28	1:21.44
4. Ronald Grove	Triton	NED	196100161	1:26.56	+0.62	39.98	1:26.56
5. Walter Rolloos	NieMo Barracuda	NED	195900387	1:28.78	+1.04	40.94	1:28.78
6. Jack Barends	WS Twente	NED	196201011	1:37.38		46.26	1:37.38
7. Robert Schulein	H2Oldambt	NED	195900843	1:43.45		48.86	1:43.45
8. Hans van Scheepen	Steenwijk 1934	NED	196201245	1:45.57		49.60	1:45.57
NG Ron Phaff	PSV	NED	196200495				

Masters 65+

1. Wim de Lange	AZC	NED	195800533	1:28.92	+0.75	41.32	1:28.92
2. Paul Bunnik	Triton	NED	195600413	1:34.15	+0.78	41.64	1:34.15
3. André Pantekoek	PSV	NED	195800321	1:46.83	+1.07	49.76	1:46.83
4. Peter Coffeng	GZC DONK	NED	195700063	1:50.63		53.03	1:50.63

Masters 70+

1. Charles Bos <i>Nederlands Masters Record</i>	Patrick-De Roersoppers (SG)	NED	195300019	1:29.77		42.59	1:29.77
2. Piet Schop	De Bevelanders	NED	195000109	1:45.26	*	49.69	1:45.26
3. Nello Spiteri	DAW	NED	195200295	2:04.15		58.25	2:04.15

Masters 75+

1. Mans Buis	SWOL 1894	NED	194700133	2:04.70		59.41	2:04.70
2. Nico van Dongen	ZZ&PC De Devel	NED	194800159	2:35.37		1:11.76	2:35.37

Masters 80+

1. Nico Baay	Old Dutch	NED	194200053	1:52.42	+0.83	52.36	1:52.42
2. Rob Hanou	PSV	NED	194300109	1:52.64		52.43	1:52.64

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4 x 50m vrije slag

Masters Open
Resultaten

rang	vereniging	tijd	RT	PARA		
1. De Dolfijn 1 <i>Nederlands Masters Record</i>	De Dolfijn	1:47.94	+0.71			
Tamara Grove	96	+0.71	26.79	Romy Verhagen	99	29.23
Alinda Dingshoff	00		26.54	Tessa Vermeulen	98	25.38
2. HZ&PC Heerenveen 3	HZ&PC Heerenveen	1:51.35				
Lianne van Wier	02	27.36		Rixt Meijer	97	28.54
Inge Dekker	02	28.33		Leonie van Wier	02	27.12
3. DWK 1	DWK	1:55.56	+0.78			
Annelabel Kuipers	00	+0.78	29.31	Anoeska van de Kraats	97	28.87
Lindi Bos	01		29.53	Celine Schoenmaker	98	27.85
4. Steenwijk 1934 1	Steenwijk 1934	1:57.82				
Sabine Lageweg	99	30.67		Ageeth de Haan	99	28.96
Alies Wagter	99	29.98		Michelle van den Hoofdakker	03	28.21
5. Orca 1	Orca	1:58.63	+0.66			
Anneke van der Laan	02	+0.66	31.40	Rosalie Baarda	99	30.47
Anniek Meulenbeld	95		29.63	Marre Zandringa	97	27.13



Open Nederlandse Masters
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Programmanr. 31, Dames, 4 x 50m vrije slag, 80+

rang	vereniging	tijd	RT	PARA
6.	Octopus-ZVV (SG) 1 Sheila ten Voorde Ilse Hallie	Octopus-ZVV (SG) 99 +0.83 30.50 02 33.34	NED Daphne van Rees Elmi Roelofsen	2:02.84 +0.83 03 31.08 90 +0.41 27.92
7.	De Duinkickers 1 Maaïke de Boer Lonneke van Veen	De Duinkickers 90 31.73 01 31.00	NED Noortje Wijnstekers Merel Visser	2:03.36 03 31.27 99 29.36
8.	de Veene 1 Benice Flietstra Naomi Slamp	De Veene 97 34.13 00 34.36	NED Laura Verwoerd Jalie Visschedijk	2:15.22 03 34.52 01 32.21

80+, Heren

1.	ZOB'66 1 Julian Mes Daan Siebenheller	ZOB'66 01 +0.71 26.41 98 +0.15 26.68	NED Mart de Koning Ian van Mullem	1:45.50 +0.71 02 +0.59 26.21 96 26.20
2.	de Veene 2 Gideon Teeuw Nick Swinkels	De Veene 98 +0.72 26.00 02 +0.51 28.76	NED Roy Swinkels Diederick Schothans	1:48.67 +0.72 02 +0.51 28.96 97 24.95
3.	MSV-Zeemacht 2 Mees Minneboo Marco van der Wulp	MSV-Zeemacht 02 +0.70 25.70 03 27.01	NED Derek Valkenier Jordi de Nijs	1:48.82 +0.70 92 30.69 98 25.42

80+, Gemengd

1.	Dedemsvaart-AC 2 Leon van den Hof Sepp Kalter	Dedemsvaart-AC 02 +0.67 23.71 97 +0.15 24.23	NED Michelle Zomerdijk Laura Compagner	1:42.18 +0.67 00 +0.36 26.89 98 +0.57 27.35
2.	DZ&PC 1 Erik Nijholt Tiemen Jonkman	DZ&PC 94 +0.71 24.29 03 +0.30 26.07	NED Karin Rijkelijhuizen Arné Hulleman	1:44.54 +0.71 94 +0.27 26.42 02 27.76
3.	Bubble 1 Jorrik Kerdijk Laura Setz	Bubble 96 +0.72 25.78 00 +0.54 27.28	NED Sanne Kloezen Tim Speijer	1:46.36 +0.72 02 +0.19 27.91 03 +0.33 25.39
4.	SWOL 1894 3 Ian van der Pal Lieke van Essen	SWOL 1894 02 25.86 95 28.80	NED Lotte Pieterman Daan Rienties	1:46.73 03 26.55 01 25.52
5.	De Columbiaan 1 Bas van Wieringen Daan Hogerhuis	De Columbiaan 02 +0.62 24.89 03 23.61	NED Marije de Jager Kim de Jong	1:47.18 +0.62 03 28.94 03 29.74
6.	ZPC AMERSFOORT 3 Elisah Velgersdijk Martijn Bartels	ZPC AMERSFOORT 01 +0.79 29.80 96 +0.13 26.22	NED Eline Hendriks Jelle Blankestijn	1:52.92 +0.79 98 +0.57 31.79 98 +0.16 25.11
NG	ZVL-1886 Center 1	ZVL-1886 Center	NED	

100+, Dames

1.	ZPC De Hof 1 Elisa Haverkate Deborah Wissink	ZPC De Hof 02 +0.77 27.49 95 29.82	NED Linde Haverkate Sietske Veldkamp	1:54.61 +0.77 99 29.48 95 27.82
2.	ZPC AMERSFOORT 4 Daphne Kievit Lotte Eising	ZPC AMERSFOORT 92 32.34 95 29.16	NED Jisca Majolee Joanne van Essen	1:59.40 94 28.93 93 28.97
3.	NieMo Barracuda 2 Melissa van der Heijden Tamara van den Brink	NieMo Barracuda 96 29.22 98 +0.35 31.10	NED Esmée Rolloos Denise Boereboom	1:59.94 98 31.72 92 27.90
4.	De Duck 1 Kimberley van Buren Leontine Groeneveldt	De Duck 93 +0.82 30.11 93 +0.17 30.14	NED Sandra Vermeulen Noa de Bock	2:00.03 +0.82 93 30.89 03 28.89
5.	ZVL-1886 Center 3 Lonneke Graansma Karen Stolk	ZVL-1886 Center 99 +0.58 30.01 94 28.45	NED Adela Vázquez García Mariska Gach	2:02.98 +0.58 93 32.34 95 32.18
6.	ESCA Zwemmen 1 Irmgard van Weeghel Cheyenne Verburgt	ESCA Zwemmen 92 32.81 99 30.32	NED Rachel Verburgt Moniek van Langevelde	2:03.66 02 +0.43 32.39 98 28.14



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 31, Dames, 4 x 50m vrije slag, 100+

rang	vereniging	tijd	RT	PARA
7.	ZVL-1886 Center 4	2:11.08	+0.66	
	Valerie Bakker	99	35.40	
	Suzan Blankestijn	89	31.16	

100+, Heren

1.	HZ&PC Heerenveen 2	HZ&PC Heerenveen	NED	1:38.86	+0.81		
	Richard Kuipers	97	+0.81	25.22	90	+0.32	24.52
	Gavin van der Werf	93	+0.40	24.74	01	+0.24	24.38
2.	Poseidon'56 1	Poseidon'56	NED	1:40.13	+0.69		
	Gerard Willighagen	01	+0.69	24.82	99	+0.36	24.24
	Sam Beer	96		26.18	95		24.89
3.	De Kempvis 1	De Kempvis	NED	1:40.27	+0.69		
	Romero Hennep	93	+0.69	24.55	92	+0.26	25.87
	Joris Bezemer	99	+0.26	24.61	92	+0.35	25.24
4.	ESCA Zwemmen 2	ESCA Zwemmen	NED	1:40.31	+0.63		
	Jurre Stammes	97	+0.63	25.29	97	+0.22	24.31
	Sander de Vrugt	89		24.93	96		25.78
5.	Feijenoord Zwemmen (SG) 1	Feijenoord Zwemmen (SG)	NED	1:43.19	+0.80		
	Pascal Nuijten	97	+0.80	23.92	99		25.95
	Rob van Wanrooy	82	+0.16	28.04	02		25.28
6.	De Schotejil 1	De Schotejil	NED	1:43.89			
	Aron Paasse	00		24.77	88	+0.27	27.11
	David Kievit	99		26.65	00		25.36
7.	Blue Marlins 1	Blue Marlins	NED	1:43.99	+0.67		
	Marc Hoogendam	90	+0.67	26.73	00	+0.52	26.92
	Freek Hollander	01	+0.28	25.17	94	+0.33	25.17
8.	Steenwijk 1934 3	Steenwijk 1934	NED	1:46.70	+0.78		
	Kylian Kooijman	99	+0.78	26.82	00	+0.21	27.97
	Martijn Lageweg	97	+0.35	27.25	82	+0.20	24.66
9.	Orca 2	Orca	NED	1:48.30	+0.65		
	Jeffrey van der Sluis	97	+0.65	26.29	96	+0.45	27.43
	Michiel Punter	84	+0.23	25.13	98	+0.54	29.45

100+, Gemengd

1.	VZC 1	VZC	NED	1:47.24	+0.81		
	Jelle Nap	95	+0.81	25.43	02	+0.45	28.17
	Olaf Achterberg	90	+0.40	23.91	92	+0.32	29.73
2.	Zuiderzeezwemmers 1	Zuiderzeezwemmers	NED	1:47.36	+0.69		
	Annemarie ten Have	98	+0.69	29.79	99	+0.35	25.11
	Daniëque Stoop	91		27.14	01	+0.26	25.32
3.	De Kempvis 2	De Kempvis	NED	1:58.52			
	Rianne Krefit - vd Hoeven	92		30.71	92	+0.35	34.38
	Victor Poot	92		27.20	00	+0.26	26.23
4.	SWOL 1894 5	SWOL 1894	NED	2:00.67			
	Ana Ramirez de las Heras	98		29.73	95		27.81
	Jolijn Walgjen	96	+0.40	33.07	87		30.06

120+, Dames

1.	WVZ 1	WVZ	NED	1:53.49	+0.70		
	Delia Badoux	80	+0.70	28.15	94		28.85
	Lauren van IJl	00	+0.45	29.22	93		27.27
2.	De Biesboschzwemmers 1	De Biesboschzwemmers	NED	1:58.59			
	Mandy Swart	99		30.30	00	+0.26	30.32
	Marjo Goelma-Koek	69		29.69	98		28.28
3.	MSV-Zeemacht 1	MSV-Zeemacht	NED	2:01.01			
	Jet Kleine	99		30.95	02		29.69
	Bianca Groot	70	+0.32	31.05	94		29.32
4.	DAW 2	DAW	NED	2:01.30	+0.78		
	Lianne Dekker	03	+0.78	31.77	85	+0.41	30.53
	Melissa Zwaan	91	+0.37	29.54	82		29.46



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Programmanr. 31, Dames, 4 x 50m vrije slag, 120+

rang	vereniging			tijd	RT	PARA
5.	ZOB'66 2	ZOB'66	NED	2:06.91		
	Wendy de Bruin	92	30.26	70	36.51	
	Nina Tourton	96	32.15	02	27.99	
6.	THOR 1	THOR	NED	2:11.15	+0.69	
	Ramona Hulshof	85	+0.69 31.59	76	+0.42 33.59	
	Tineke Kleve	80	33.88	93	32.09	
DIS	ZV Hoogland 2	Zwemvereniging Hoogland	NED			
	<i>AA - De start ingezet voor het startsignaal (en wel gezwommen).</i>					
	Maaik van Houten, Angélique Wammes-Bouman, Tiffany Tsui, Yvette Meijer					
DIS	De Duinkickers 2	De Duinkickers	NED			
	<i>EA - Te vroeg overgenomen., 4de zwemmer</i>					
	Saskia op den Velde	79	34.99	80	+0.43 31.97	
	Inge Roskam	78	+0.06 35.43	96	-0.13	

120+, Heren

1.	Zwemlust-den Hommel 1	Zwemlust-den Hommel	NED	1:41.04	+0.71	
	Matteo Viani	90	+0.71 25.09	97	+0.51 26.11	
	Vincent Versteeg	77	+0.27 26.41	85	+0.47 23.43	
2.	WVZ 2	WVZ	NED	1:44.38	+0.76	
	Jordy van Oel	98	+0.76 26.66	58	+0.23 27.57	
	Jasper Breugem	00	24.99	77	+0.25 25.16	
3.	Dedemvaart-AC 1	Dedemvaart-AC	NED	1:45.23		
	Sander Zoer	83	26.37	82	26.19	
	Kelvin Bergsma	86	27.33	90	+0.27 25.34	
4.	ZPCH 1	ZPCH	NED	1:46.44	+0.83	
	Ruud Holswilder	78	+0.83 25.85	90	+0.73 30.30	
	Thomas Vastenhou	02	24.82	02	+0.39 25.47	
5.	De Duck 2	De Duck	NED	1:46.52		
	Erik Saan	65	29.44	03	+0.38 26.18	
	Paco de Voogt	94	27.02	92	+0.39 23.88	
6.	ESCA Zwemmen 3	ESCA Zwemmen	NED	1:47.90	+0.75	
	Tim de Vrugt	93	+0.75 26.59	94	+0.46 25.72	
	Koen Bak	03	+0.17 28.37	79	+0.53 27.22	
7.	ZVL-1886 Center 5	ZVL-1886 Center	NED	1:54.26	+0.74	
	Robin van Peenen	02	+0.74 27.35	93	29.37	
	Erik Baalbergen	98	26.47	79	31.07	

120+, Gemengd

1.	ZV Hoogland 1	Zwemvereniging Hoogland	NED	1:50.61	+0.80	
	Yuri van Omme	85	+0.80 26.95	83	+0.37 31.69	
	Anne-Irene Ducheine	95	-0.06 28.99	95	+0.18 22.98	
2.	TRB-RES 1	TRB-RES	NED	1:52.46		
	Sander van Elburg	88	27.43	99	31.59	
	Edith Janssen-Koolen	73	+0.42 29.49	01	+0.09 23.95	
3.	De Geul 2	De Geul	NED	1:56.36	+0.79	
	Marcha Admiraal	93	+0.79 27.94	76	+0.39 33.09	
	Maarten Steekelenburg	93	+0.31 29.75	82	+0.34 25.58	
4.	De Amstel 1	De Amstel	NED	1:56.61	+0.78	
	Iris Bastiaansen	99	+0.78 31.38	99	+0.20 30.28	
	Henri Michels	65	30.27	95	+0.25 24.68	
5.	SWOL 1894 4	SWOL 1894	NED	1:57.66		
	Julia Koopman	96	31.84	93	27.78	
	Myrthe Meenhorst	95	+0.14 29.59	84	+0.44 28.45	
6.	HZ&PC Heerenveen 1	HZ&PC Heerenveen	NED	1:57.74	+0.72	
	Liesette Bruinsma	00	+0.72 30.07	00	30.29	
	Rob van Wier	99	+0.62 27.30	66	+0.30 30.08	
7.	IJZPC 1	IJZPC	NED	1:57.81	+0.60	
	Oscar Monge	81	+0.60 29.07	82	30.35	
	Nikki Roon	88	30.48	90	27.91	



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Programmanr. 31, Gemengd, 4 x 50m vrije slag, 120+

rang	vereniging			tijd	RT	PARA
8.	ZPCH 2	ZPCH	NED	2:00.18		
	Lucas Muntinga	03	28.01	Esmeralda Stokman	76	35.08
	Kim Zwinkels	03	28.48	László Jüllich	78	28.61
9.	TriVia 2	TriVia	NED	2:02.98		
	Nadine Blouw	93	32.29	Mark Brinkhuis	83	31.78
	Relinda Baas	89	31.72	Rik Stahlie	02	27.19
10.	Neptunus'58 1	Neptunus'58	NED	2:06.15	+0.79	
	Sandra Schellekens	85	+0.79	Elke Schellekens	93	34.52
	Rob van de Ven	71	+0.29	Jeroen van Dinther	97	27.73
11.	DZ&PC 2	DZ&PC	NED	2:12.73		
	Tessa Piek	81	33.97	Rebecca de Klein	00	38.17
	Arnold Hofman	94	31.49	Pieter Veenstra	73	29.10

160+, Dames

1.	ZPC AMERSFOORT 5	ZPC AMERSFOORT	NED	2:06.04	+1.03		
	Henriette v. Norden	68	+1.03	Monica Kornewal	77	+0.47	33.14
	Larissa Brak	88	+0.41	Lidia v. Bon-Rosenbrand	70	+0.29	29.86
2.	Sassenheim 2	Sassenheim	NED	2:10.81			
	Marinka vd Zwet	65	32.10	Maaïke Hofland	92	35.65	
	Yvonne van Nobelen - Kampschreur	72	33.67	Rianne Hofland	88	29.39	
3.	AZC 2	AZC	NED	2:14.01	+0.69		
	Jessica Braat	02	+0.69	Sandra Daamen-Posma	68	36.89	
	Monique Munnik	62	35.28	Mariska Zaal	88	32.08	
4.	GZC DONK 2	GZC DONK	NED	2:20.52	+0.84		
	Nathasja Konijn	71	+0.84	Jessica Venema	79	+0.42	33.05
	Clara Groenhorst	82	+0.63	Linda van Klei	88	+0.68	30.80
5.	De Geul 1	De Geul	NED	2:29.94	+0.83		
	Eline Molle	94	+0.83	Aafke Groot	83	34.59	
	Roselinda van der Vlugt	67	41.74	Erica Muller	64	+0.34	40.04

160+, Heren

1.	DAW 1	DAW	NED	1:42.72	+0.67		
	Wouter Zijlstra	82	+0.67	Alex Damen	75	26.43	
	Joost Hoetjes	78	+0.34	Felix Geenen	95	+0.11	22.41
2.	NieMo Barracuda 1	NieMo Barracuda	NED	1:44.99			
	Emiel Ghali	87	26.87	Pascal van Haren	87	+0.25	25.54
	Dennis Dortland	78	26.83	Mark Hensen	79	25.75	
3.	ZVL-1886 Center 2	ZVL-1886 Center	NED	1:48.52	+0.67		
	Luc Steijvers	82	+0.67	Otto Jansen	65	28.56	
	Kristiaan Lenos	83	+0.17	Gijs Ruijgrok	96	+0.47	26.97
4.	ZPC AMERSFOORT 6	ZPC AMERSFOORT	NED	1:51.20	+0.83		
	Bas Braun	91	+0.83	Ron Korzelius	65	28.88	
	Henk Kuipers	62	+0.09	Rob van Vliet	84	26.65	
5.	ZOB'66 3	ZOB'66	NED	1:54.71	+0.46		
	Boaz Troost	01	+0.46	Pascal Tourton	66	29.41	
	Ingmar de Gelder	70	+0.13	Ruben Stolk	90	+0.53	27.09
6.	Sassenheim 1	Sassenheim	NED	1:58.76	+0.77		
	Bogdan Androne	77	+0.77	Frank van Nobelen	69	+0.09	30.61
	Casper van den Burgh	72	+0.42	Wesley van der Luit	97	+0.33	28.31
7.	Steenwijk 1934 4	Steenwijk 1934	NED	2:03.66	+0.79		
	Casper Dollekamp	63	+0.79	Korstiaan de Boer	71	32.21	
	Patrick Wobben	93	+0.48	Guido Keutgen	68	+0.12	28.29



Open Nederlandse Masters
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Programmanr. 31, 4 x 50m vrije slag

160+, Gemengd

1. Kaisiadoriu Plaukiam 1	Kaisiadoriu Plaukiam	LTU	1:50.93	+0.57
Aleksandras Zamorskis	71 +0.57	26.44	Ausra Razgune	83 +0.21
Lina Bielinienė	74	30.62	Raimondas Gincas	74
2. ZPC AMERSFOORT 2	ZPC AMERSFOORT	NED	1:54.75	+0.63
Edwin v. Norden	63 +0.63	28.13	Marije Jansen	85 +0.14
Talje Dijkhuis	66	32.65	Jelle Opmeer	01 +0.04
3. Steenwijk 1934 5	Steenwijk 1934	NED	1:58.94	+0.62
Robert Braad	86 +0.62	26.92	Rick Driezen	86
Leonie Scholten	79	35.55	Pauline van Gelder - Dieker	81 +0.49
4. De Ward 1	De Ward	NED	1:59.17	+0.79
Daniel Prinse	74 +0.79	29.33	Yvette Ratering	72 +0.42
Emma van der Meer	97 +0.63	33.00	Antwan van Engen	71 +0.33
5. ZVVS 1	ZVVS	NED	1:59.83	
Nadya Putter	83	31.66	Bram Piederiet	90 +0.37
Karin Stein	71 +0.51	34.02	Bas van den Nouwelant	80
6. Aqualero 1	Aqualero	NED	2:06.79	+0.83
Rubert Boer	79 +0.83	28.37	Berry Koning	73
Chantal Lokhorst	94 +0.43	31.32	Annette Korving-Leijenaar	67
7. Deltasteur 1	Deltasteur	NED	2:07.73	
Robert van der Kamp	78	31.02	Margriet Leeffers	78
Alistair Critchell	71	32.08	Maud Heldoorn	00
8. NieMo Barracuda 3	NieMo Barracuda	NED	2:08.06	
Jacoline van den Beukel	91	31.68	Walter Rolloos	59
Jacqueline Rolloos-Bakkers	63 +0.03	34.19	Robin van Beusekom	92
9. DWK 2	DWK	NED	2:10.11	+0.79
Lars Jacobsen	97 +0.79	28.79	Iris van Aurich	69
Greta Wyma-Teitsma	71	41.08	Alex Resink	88 +0.23

200+, Dames

1. HZ&PC Heerenveen 5	HZ&PC Heerenveen	NED	2:37.93	+0.65
Peggi Hurenkamp	69 +0.65	34.72	Katinka Elders	60
Ineke Meijer	52	43.53	Jannie Vennik	76

200+, Heren

1. De Rog 1	De Rog	NED	1:52.98	+0.85
Erik Kamphuis	60 +0.85	29.14	Peter Bensen	63 +0.15
Wijnand Vergeest	68 +0.41	31.04	Arjan Verheij	71
2. ZPC De Zeeuwse Kust 1	ZPC De Zeeuwse Kust	NED	1:53.36	
Eelco van Gemert	72	28.83	Sandy Pleyte	75
Ronald van Ombergen	72	28.73	Jan Brink	62
3. SWOL 1894 1	SWOL 1894	NED	1:57.27	
Peter Lommert	79	29.14	Michael van Bekkum	72
Evert-Jan Verweij	63	31.15	Johan Wezenberg	76 +0.32
4. De Biesboschzwemmers 2	De Biesboschzwemmers	NED	2:01.93	+0.89
Richard Tiemstra	63 +0.89	31.11	Wouter van der Stelt	72 +0.22
Nico Swart	68 +0.35	30.69	Paul Wijnja	63 +0.30

200+, Gemengd

1. PSV 2	PSV	NED	1:54.19	
Janneke Hamsen-Bakker	77	29.44	Fred Ketting	60
Jeanne Petit	70	30.70	Gijsbert van der Leden	67
2. Feijenoord Zwemmen (SG) 2	Feijenoord Zwemmen (SG)	NED	2:00.24	+0.99
Mark Nuijten	60 +0.99	30.55	Mirjan den Drijver	75 +0.42
Netty Burik-Geijssen	63	31.19	Pieter Broek	77 +0.39
3. PSV 5	PSV	NED	2:01.83	
Liselotte Joling	75	31.15	Edo Boonstra	68
Trudy Ketting	70 +0.34	31.96	Tom Bandsma	77
4. Patrick-De Roersoppers (SG) 1	Patrick-De Roersoppers (SG)	NED	2:05.65	+0.80
Charles Bos	53 +0.80	33.86	Pascalle Janssen	73 +0.66
Arno Schrauwen	65	30.21	Sharon Wolfs	00 +0.19



Open Nederlandse Masters
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Programmanr. 31, Gemengd, 4 x 50m vrije slag, 200+

rang	vereniging				tijd	RT	PARA	
5.	DAW			NED	2:08.07	+0.68		
	Ilona Hogerheyde	74	+0.68	30.41	Erik Schweitzer	67	+0.39	34.23
	Hans Schoenmakers	69		31.83	Alina Spijkerman	77		31.60
6.	Hieronymus 1			NED	2:18.89			
	Marjolein Klunne	71		31.56	Hilly Brugmans	70		37.30
	Lené Wessels	76	+0.30	36.01	Wim Donkersloot	68		34.02
7.	Steenwijk 1934 6			NED	2:49.41	+0.87		
	Huyb Stegeman	67	+0.87	31.54	Riekie Schra	64		1:07.31
	Hans van Scheepen	62		41.29	Jacyntha Plat	90		29.27

240+, Dames

1.	Steenwijk 1934 2	Steenwijk 1934		NED	2:29.40			
	Linda Wibbelink	59		35.14	Wilna Heijman	64		34.51
	Monica Bakker	56		40.30	Inge Soeters	73	+0.40	39.45
2.	ESCA Zwemmen 4	ESCA Zwemmen		NED	2:36.47			
	Karin van der Star-Verhoeven	61		34.49	Marion Kolkman-Pluim	60		40.57
	Ria Peters-Veurman	58		43.03	Marleen Malais	63		38.38

240+, Heren

1.	GZC DONK 1	GZC DONK		NED	2:15.58	+0.92		
	Pierre de Groot	64	+0.92	33.76	Willem Jan Ribberink	65	+0.65	33.48
	Peter Coffeng	57		37.46	Adrian Ortiz Buitrago	60	+0.66	30.88
2.	HZ&PC Heerenveen 4	HZ&PC Heerenveen		NED	2:21.11	+0.64		
	René Beetsma	69	+0.64	28.60	Bauke Posthumus	64		35.64
	Jan van der Heide	51	+0.58	42.34	Wiebren Dijkstra	58	+0.20	34.53

240+, Gemengd

1.	ZPC AMERSFOORT 1 <i>Europees Masters Record</i>	ZPC AMERSFOORT		NED	1:53.75	+0.63		
	Atie Pijtak-Radersma	56	+0.63	30.91	Johan Remmits	62	+0.23	27.15
	Marjan Remmits-de Lange	63		30.23	Chester Marsman	69	+0.37	25.46
2.	TriVia 1	TriVia		NED	2:16.89			
	Margriet Pasma	55		35.76	Amoud van Royen	72	+0.41	34.95
	Hannie Poletiek	59		37.66	Theo Bakker	64	+0.28	28.52
3.	AZC 1	AZC		NED	2:26.71	+0.65		
	Wim de Lange	58	+0.65	33.67	Wil Ponsioen-van Mil	61		43.60
	Geza Kaltenecker	42		39.75	Monique van Huizen	87		29.69
4.	De Duinkickers 3 * 50m	De Duinkickers		NED	2:31.57			
	Annet Verhoeven - Steggerda	46		52.07	Marcel Brittijn	69	+0.21	31.96
	Christine Buist	64		37.81	Robert de Brauwer	64		29.73
5.	WS Twente 1	WS Twente		NED	2:33.27	+0.96		
	Joop Weenink	68	+0.96	33.62	Jack Barends	62		34.21
	Ima van der Molen	69	+0.53	36.94	Antoinette Gilding-Tussaud	50		48.50

280+, Heren

1.	SWOL 1894 2 <i>Nederlands Masters Record</i>	SWOL 1894		NED	2:25.42			
	Jappie Kuiper	55		33.72	Rob Berkhof	52		39.68
	Mans Buis	47		40.58	Harry Dokter	51		31.44

280+, Gemengd

1.	PSV 4	PSV		NED	2:56.26			
	Ineke Brouwers	52		48.68	André Pantekoek	58		37.17
	Gonnie Bak	51		45.04	Rob Hanou	43		45.37



Open Nederlandse Masters
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6 - ONMK 2023 kb sessie 6

19-02-2023 - 9:00

Programmanr. 32
19-02-2023 - 9:00

Heren, 800m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
Masters 20+								
1.	Ronis van Everdingen	DWK	NED 200300043	8:50.93	+0.89			
	50m: 28.57	28.57	250m: 2:39.09	32.76	450m: 4:50.93	33.14	650m: 7:07.15	34.28
	100m: 1:00.72	32.15	300m: 3:11.87	32.78	500m: 5:24.79	33.86	700m: 7:42.32	35.17
	150m: 1:34.08	33.36	350m: 3:45.51	33.64	550m: 5:58.56	33.77	750m: 8:17.15	34.83
	200m: 2:06.33	32.25	400m: 4:17.79	32.28	600m: 6:32.87	34.31	800m: 8:50.93	33.78
2.	Guus Hoogduin	ZVL-1886 Center	NED 200201069	8:57.97	+0.60			
	50m: 30.06	30.06	250m: 2:43.41	33.54	450m: 4:59.65	34.21	650m: 7:17.31	34.57
	100m: 1:02.83	32.77	300m: 3:17.55	34.14	500m: 5:34.05	34.40	700m: 7:51.57	34.26
	150m: 1:36.05	33.22	350m: 3:51.42	33.87	550m: 6:08.44	34.39	750m: 8:25.33	33.76
	200m: 2:09.87	33.82	400m: 4:25.44	34.02	600m: 6:42.74	34.30	800m: 8:57.97	32.64
3.	Tom Blankestijn	ZPC AMERSFOORT	NED 200201185	9:22.09	+0.67			
	50m: 30.35	30.35	250m: 2:50.50	35.55	450m: 5:13.23	35.85	650m: 7:37.36	35.83
	100m: 1:04.42	34.07	300m: 3:26.17	35.67	500m: 5:49.37	36.14	700m: 8:13.53	36.17
	150m: 1:39.54	35.12	350m: 4:02.07	35.90	550m: 6:25.51	36.14	750m: 8:48.96	35.43
	200m: 2:14.95	35.41	400m: 4:37.38	35.31	600m: 7:01.53	36.02	800m: 9:22.09	33.13
Masters 25+								
1.	Jeffrey Camphens	DWT	NED 199503113	8:55.59	+0.59			
	50m: 30.51	30.51	250m: 2:45.16	33.64	450m: 5:00.17	33.60	650m: 7:15.98	33.73
	100m: 1:03.90	33.39	300m: 3:18.59	33.43	500m: 5:34.14	33.97	700m: 7:49.90	33.92
	150m: 1:37.82	33.92	350m: 3:52.61	34.02	550m: 6:08.47	34.33	750m: 8:23.36	33.46
	200m: 2:11.52	33.70	400m: 4:26.57	33.96	600m: 6:42.25	33.78	800m: 8:55.59	32.23
2.	Mike Schel	ESCA Zwemmen	NED 199403279	9:11.74	+0.80			
	50m: 30.79	30.79	250m: 2:48.68	34.93	450m: 5:08.59	34.64	650m: 7:28.62	35.41
	100m: 1:04.63	33.84	300m: 3:23.77	35.09	500m: 5:43.06	34.47	700m: 8:03.85	35.23
	150m: 1:39.09	34.46	350m: 3:58.88	35.11	550m: 6:17.95	34.89	750m: 8:38.90	35.05
	200m: 2:13.75	34.66	400m: 4:33.95	35.07	600m: 6:53.21	35.26	800m: 9:11.74	32.84
3.	Donny van den Bosch	Zwemlust-den Hommel	NED 199502001	9:15.23	+0.78			
	50m: 31.24	31.24	250m: 2:51.44	35.43	450m: 5:13.93	35.22	650m: 7:33.98	34.42
	100m: 1:05.58	34.34	300m: 3:27.40	35.96	500m: 5:49.15	35.22	700m: 8:08.45	34.47
	150m: 1:40.62	35.04	350m: 4:03.18	35.78	550m: 6:24.43	35.28	750m: 8:42.63	34.18
	200m: 2:16.01	35.39	400m: 4:38.71	35.53	600m: 6:59.56	35.13	800m: 9:15.23	32.60
4.	Jordy van Oel	WVZ	NED 199802003	9:23.41	+0.63			
	50m: 29.87	29.87	250m: 2:52.06	36.24	450m: 5:15.52	35.80	650m: 7:39.24	35.83
	100m: 1:03.69	33.82	300m: 3:28.14	36.08	500m: 5:51.78	36.26	700m: 8:14.46	35.22
	150m: 1:39.26	35.57	350m: 4:04.11	35.97	550m: 6:27.77	35.99	750m: 8:49.67	35.21
	200m: 2:15.82	36.56	400m: 4:39.72	35.61	600m: 7:03.41	35.64	800m: 9:23.41	33.74
5.	Lars Jacobsen	DWK	NED 199705453	S14 10:06.27	+0.84	782		
	50m: 31.66	31.66	250m: 3:01.10	38.23	450m: 5:36.96	38.87	650m: 8:12.54	38.12
	100m: 1:08.00	36.34	300m: 3:39.94	38.84	500m: 6:16.26	39.30	700m: 8:52.13	39.59
	150m: 1:45.33	37.33	350m: 4:18.97	39.03	550m: 6:55.06	38.80	750m: 9:31.36	39.23
	200m: 2:22.87	37.54	400m: 4:58.09	39.12	600m: 7:34.42	39.36	800m: 10:06.27	34.91
Masters 30+								
1.	Tim Bunnik	Triton	NED 199000505	9:38.83	+0.81			
	50m: 31.71	31.71	250m: 2:55.38	36.34	450m: 5:21.52	37.36	650m: 7:49.01	36.93
	100m: 1:06.93	35.22	300m: 3:31.42	36.04	500m: 5:58.61	37.09	700m: 8:26.17	37.16
	150m: 1:43.02	36.09	350m: 4:07.93	36.51	550m: 6:35.56	36.95	750m: 9:03.44	37.27
	200m: 2:19.04	36.02	400m: 4:44.16	36.23	600m: 7:12.08	36.52	800m: 9:38.83	35.39
2.	Wessel Everloo	WS Twente	NED 198906597	S14 9:40.28	+0.68	892		
	50m: 32.19	32.19	250m: 2:57.45	36.08	450m: 5:24.57	36.90	650m: 7:53.31	36.95
	100m: 1:08.65	36.46	300m: 3:34.63	37.18	500m: 6:01.99	37.42	700m: 8:29.72	36.41
	150m: 1:45.45	36.80	350m: 4:10.66	36.03	550m: 6:40.03	38.04	750m: 9:06.97	37.25
	200m: 2:21.37	35.92	400m: 4:47.67	37.01	600m: 7:16.36	36.33	800m: 9:40.28	33.31



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Masters 35+

1. Niels Albrechts	De Schotejil	NED	198800039	9:40.78		
50m: 33.09	250m: 3:00.13	36.71	450m: 5:27.83	36.50	650m: 7:54.98	36.95
100m: 1:09.21	300m: 3:37.14	37.01	500m: 6:04.16	36.33	700m: 8:31.41	36.43
150m: 1:46.18	350m: 4:14.25	37.11	550m: 6:41.00	36.84	750m: 9:08.04	36.63
200m: 2:23.42	400m: 4:51.33	37.08	600m: 7:18.03	37.03	800m: 9:40.78	32.74
2. Rob van Vliet	ZPC AMERSFOORT	NED	198402459	10:00.85	+0.84	
50m: 30.83	250m: 3:00.21	38.06	450m: 5:34.47	38.44	650m: 8:08.36	38.33
100m: 1:06.77	300m: 3:38.87	38.66	500m: 6:13.01	38.54	700m: 8:46.22	37.86
150m: 1:44.19	350m: 4:17.28	38.41	550m: 6:51.54	38.53	750m: 9:24.14	37.92
200m: 2:22.15	400m: 4:56.03	38.75	600m: 7:30.03	38.49	800m: 10:00.85	36.71
3. Sander van Elburg	TRB-RES	NED	198800937	10:51.89	+0.90	
50m: 32.37	250m: 3:03.72	40.82	450m: 5:55.70	43.47	650m: 8:46.50	42.76
100m: 1:08.24	300m: 3:46.00	42.28	500m: 6:38.32	42.62	700m: 9:28.86	42.36
150m: 1:45.18	350m: 4:29.28	43.28	550m: 7:20.82	42.50	750m: 10:10.43	41.57
200m: 2:22.90	400m: 5:12.23	42.95	600m: 8:03.74	42.92	800m: 10:51.89	41.46

Masters 40+

1. Gergely Molnár	Iron Swim	HUN		9:21.83	+0.81	
50m: 31.52	250m: 2:54.15	35.60	450m: 5:16.21	34.96	650m: 7:38.02	35.23
100m: 1:06.82	300m: 3:29.99	35.84	500m: 5:51.76	35.55	700m: 8:13.19	35.17
150m: 1:42.60	350m: 4:05.62	35.63	550m: 6:27.36	35.60	750m: 8:48.40	35.21
200m: 2:18.55	400m: 4:41.25	35.63	600m: 7:02.79	35.43	800m: 9:21.83	33.43
2. Martijn Butter	OEZA	NED	197900231	9:37.77		
50m: 32.41	250m: 2:58.41	36.98	450m: 5:25.82	36.71	650m: 7:51.97	36.60
100m: 1:07.93	300m: 3:35.05	36.64	500m: 6:02.59	36.77	700m: 8:28.25	36.28
150m: 1:44.40	350m: 4:12.04	36.99	550m: 6:39.20	36.61	750m: 9:03.33	35.08
200m: 2:21.43	400m: 4:49.11	37.07	600m: 7:15.37	36.17	800m: 9:37.77	34.44
3. Frank v.d. Voordt	De Schotejil	NED	198302259	9:41.22	+0.80	
50m: 32.86	250m: 2:59.76	37.20	450m: 5:28.50	37.22	650m: 7:55.59	35.52
100m: 1:08.50	300m: 3:36.97	37.21	500m: 6:05.79	37.29	700m: 8:31.34	35.75
150m: 1:45.29	350m: 4:14.31	37.34	550m: 6:43.04	37.25	750m: 9:06.97	35.63
200m: 2:22.56	400m: 4:51.28	36.97	600m: 7:20.07	37.03	800m: 9:41.22	34.25
4. Mark Hensen	NieMo Barracuda	NED	197900497	9:52.52		
50m: 33.69	250m: 3:04.94	38.04	450m: 5:36.52	37.67	650m: 8:06.10	37.24
100m: 1:11.39	300m: 3:43.11	38.17	500m: 6:13.86	37.34	700m: 8:43.27	37.17
150m: 1:49.30	350m: 4:21.05	37.94	550m: 6:51.55	37.69	750m: 9:19.21	35.94
200m: 2:26.90	400m: 4:58.85	37.80	600m: 7:28.86	37.31	800m: 9:52.52	33.31
5. Marcel Reefhuis	WS Twente	NED	198101381	10:03.85	+0.56	
50m: 33.39	250m: 3:04.40	37.97	450m: 5:37.05	38.00	650m: 8:11.19	38.67
100m: 1:10.31	300m: 3:42.65	38.25	500m: 6:15.21	38.16	700m: 8:49.82	38.63
150m: 1:48.22	350m: 4:20.85	38.20	550m: 6:53.69	38.48	750m: 9:28.19	38.37
200m: 2:26.43	400m: 4:59.05	38.20	600m: 7:32.52	38.83	800m: 10:03.85	35.66
DIS Rob van Wanrooy	Feijenoord Zwemmen (SG)	NED	198202627			
<i>AF - De aangegeven afstand niet uitgezwommen.</i>						

Masters 45+

1. Ivo Roozeboom	WVZ	NED	197700801	9:33.32	+0.66	
50m: 30.95	250m: 2:57.38	37.13	450m: 5:25.15	36.51	650m: 7:50.22	35.89
100m: 1:06.79	300m: 3:34.43	37.05	500m: 6:01.83	36.68	700m: 8:25.91	35.69
150m: 1:43.59	350m: 4:11.50	37.07	550m: 6:37.97	36.14	750m: 9:01.10	35.19
200m: 2:20.25	400m: 4:48.64	37.14	600m: 7:14.33	36.36	800m: 9:33.32	32.22
2. Dennis Dortland	NieMo Barracuda	NED	197800261	10:12.35	+0.90	
50m: 32.93	250m: 3:08.66	39.43	450m: 5:45.87	39.00	650m: 8:21.34	38.43
100m: 1:10.42	300m: 3:47.95	39.29	500m: 6:24.78	38.91	700m: 8:59.38	38.04
150m: 1:49.64	350m: 4:27.47	39.52	550m: 7:03.96	39.18	750m: 9:36.68	37.30
200m: 2:29.23	400m: 5:06.87	39.40	600m: 7:42.91	38.95	800m: 10:12.35	35.67

Masters 50+

1. Vedestas Seferlis	Kauno Takas	LTU		9:33.12	+0.67	
<i>Lithuanian Masters Record</i>						
50m: 30.61	250m: 2:51.79	36.10	450m: 5:16.03	36.29	650m: 7:43.58	37.09
100m: 1:04.74	300m: 3:27.60	35.81	500m: 5:52.87	36.84	700m: 8:21.00	37.42
150m: 1:40.10	350m: 4:03.76	36.16	550m: 6:29.54	36.67	750m: 8:57.73	36.73
200m: 2:15.69	400m: 4:39.74	35.98	600m: 7:06.49	36.95	800m: 9:33.12	35.39



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rang	naam	vereniging	NED	197000333	tijd	RT	PARA	
2.	Ingmar de Gelder <i>* 200, 800</i>	ZOB'66	NED	197000333	10:30.42			
	50m: 34.17	34.17	250m: 3:10.86	40.05	450m: 5:52.35	40.37	650m: 8:34.78	40.85
	100m: 1:11.80	37.63	300m: 3:51.27	40.41	500m: 6:32.62	40.27	700m: 9:15.28	40.50
	150m: 1:50.97	39.17	350m: 4:31.49	40.22	550m: 7:13.37	40.75	750m: 9:54.20	38.92
	200m: 2:30.81	39.84	400m: 5:11.98	40.49	600m: 7:53.93	40.56	800m: 10:30.42	36.22
3.	Casper van den Burgh	Sassenheim	NED	197201413	10:36.24	+0.83		
	50m: 34.59	34.59	250m: 3:12.15	39.81	450m: 5:52.59	40.29	650m: 8:35.03	40.82
	100m: 1:13.23	38.64	300m: 3:51.84	39.69	500m: 6:32.86	40.27	700m: 9:16.00	40.97
	150m: 1:52.41	39.18	350m: 4:32.13	40.29	550m: 7:13.57	40.71	750m: 9:56.47	40.47
	200m: 2:32.34	39.93	400m: 5:12.30	40.17	600m: 7:54.21	40.64	800m: 10:36.24	39.77
4.	Chris Kouwenhoven <i>* alle afstanden</i>	De Grunte	NED	197101669	11:06.00			
	50m: 35.56	35.56	250m: 3:21.68	42.01	450m: 6:11.29	42.46	650m: 9:00.89	42.29
	100m: 1:16.16	40.60	300m: 4:04.11	42.43	500m: 6:53.90	42.61	700m: 9:43.09	42.20
	150m: 1:57.66	41.50	350m: 4:46.50	42.39	550m: 7:35.96	42.06	750m: 10:25.48	42.39
	200m: 2:39.67	42.01	400m: 5:28.83	42.33	600m: 8:18.60	42.64	800m: 11:06.00	40.52

Masters 55+

1.	Jo-an Mudde	Arethusa	NED	196701457	10:14.10			
	50m: 35.01	35.01	250m: 3:10.54	39.19	450m: 5:47.18	38.97	650m: 8:21.96	38.65
	100m: 1:13.14	38.13	300m: 3:49.80	39.26	500m: 6:25.92	38.74	700m: 9:00.15	38.19
	150m: 1:51.99	38.85	350m: 4:29.11	39.31	550m: 7:04.65	38.73	750m: 9:38.22	38.07
	200m: 2:31.35	39.36	400m: 5:08.21	39.10	600m: 7:43.31	38.66	800m: 10:14.10	35.88
2.	Jon Christensen <i>Luxembourg Masters Record</i>	Luxembourg Sharks Swimming CLUX		10008	10:23.98	+0.66		
	50m: 35.40	35.40	250m: 3:13.65	39.44	450m: 5:50.91	39.18	650m: 8:28.76	39.29
	100m: 1:14.40	39.00	300m: 3:53.08	39.43	500m: 6:30.18	39.27	700m: 9:07.74	38.98
	150m: 1:54.27	39.87	350m: 4:32.52	39.44	550m: 7:09.81	39.63	750m: 9:46.48	38.74
	200m: 2:34.21	39.94	400m: 5:11.73	39.21	600m: 7:49.47	39.66	800m: 10:23.98	37.50
3.	Henri Michels	De Amstel	NED	196501587	10:33.69			
	50m: 35.08	35.08	250m: 3:12.62	40.34	450m: 5:52.71	40.12	650m: 8:34.60	40.70
	100m: 1:13.10	38.02	300m: 3:52.23	39.61	500m: 6:33.18	40.47	700m: 9:14.91	40.31
	150m: 1:52.70	39.60	350m: 4:32.28	40.05	550m: 7:13.53	40.35	750m: 9:55.83	40.92
	200m: 2:32.28	39.58	400m: 5:12.59	40.31	600m: 7:53.90	40.37	800m: 10:33.69	37.86
4.	Huyb Stegeman	Steenwijk 1934	NED	196701535	11:26.65			
	50m: 36.42	36.42	250m: 3:24.82	43.53	450m: 6:20.65	43.86	650m: 9:17.32	44.21
	100m: 1:16.55	40.13	300m: 4:08.54	43.72	500m: 7:04.89	44.24	700m: 10:01.41	44.09
	150m: 1:58.16	41.61	350m: 4:52.68	44.14	550m: 7:49.05	44.16	750m: 10:45.24	43.83
	200m: 2:41.29	43.13	400m: 5:36.79	44.11	600m: 8:33.11	44.06	800m: 11:26.65	41.41
5.	Pascal Tourton	ZOB'66	NED	196601343	11:39.90	+1.03		
	50m: 39.36	39.36	250m: 3:37.42	45.20	450m: 6:37.07	44.52	650m: 9:33.01	43.82
	100m: 1:22.13	42.77	300m: 4:22.54	45.12	500m: 7:21.32	44.25	700m: 10:16.34	43.33
	150m: 2:06.75	44.62	350m: 5:07.62	45.08	550m: 8:05.39	44.07	750m: 10:59.68	43.34
	200m: 2:52.22	45.47	400m: 5:52.55	44.93	600m: 8:49.19	43.80	800m: 11:39.90	40.22
6.	Leon Slingerland	WVZ	NED	196801707	11:40.43			
	50m: 37.54	37.54	250m: 3:32.95	44.94	450m: 6:33.52	44.41	650m: 9:32.78	44.33
	100m: 1:20.44	42.90	300m: 4:17.94	44.99	500m: 7:18.70	45.18	700m: 10:17.38	44.60
	150m: 2:03.91	43.47	350m: 5:03.57	45.63	550m: 8:03.26	44.56	750m: 11:00.32	42.94
	200m: 2:48.01	44.10	400m: 5:49.11	45.54	600m: 8:48.45	45.19	800m: 11:40.43	40.11
7.	Erik Saan <i>* 400</i>	De Duck	NED	196500769	12:44.70			
	50m: 42.09	42.09	250m: 3:55.84	48.44	450m: 7:15.17	49.56	650m: 10:30.53	49.33
	100m: 1:28.99	46.90	300m: 4:47.15	51.31	500m: 8:05.41	50.24	700m: 11:18.63	48.10
	150m: 2:17.94	48.95	350m: 5:36.14	48.99	550m: 8:52.86	47.45	750m: 12:04.26	45.63
	200m: 3:07.40	49.46	400m: 6:25.61	49.47	600m: 9:41.20	48.34	800m: 12:44.70	40.44

Masters 60+

1.	Johan Remmits	ZPC AMERSFOORT	NED	196201159	10:03.87			
	50m: 32.95	32.95	250m: 3:04.28	38.24	450m: 5:38.37	38.74	650m: 8:12.13	37.96
	100m: 1:09.69	36.74	300m: 3:42.97	38.69	500m: 6:16.59	38.22	700m: 8:50.61	38.48
	150m: 1:47.37	37.68	350m: 4:21.13	38.16	550m: 6:55.15	38.56	750m: 9:28.80	38.19
	200m: 2:26.04	38.67	400m: 4:59.63	38.50	600m: 7:34.17	39.02	800m: 10:03.87	35.07



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rang	naam	vereniging		NED		tijd		RT	PARA
2.	Jan Brink	ZPC De Zeeuwse Kust		NED 196200091		10:10.46		+0.56	
	50m: 34.41	34.41	250m: 3:09.98	38.81	450m: 5:45.29	38.70	650m: 8:19.43	38.60	
	100m: 1:13.11	38.70	300m: 3:49.10	39.12	500m: 6:23.98	38.69	700m: 8:57.93	38.50	
	150m: 1:51.98	38.87	350m: 4:27.79	38.69	550m: 7:02.48	38.50	750m: 9:35.66	37.73	
	200m: 2:31.17	39.19	400m: 5:06.59	38.80	600m: 7:40.83	38.35	800m: 10:10.46	34.80	
3.	Gustav van den Berg	TriVia		NED 196100991		10:26.90			
	50m: 37.30	37.30	250m: 3:18.96	40.45	450m: 5:59.76	40.04	650m: 8:35.29	38.36	
	100m: 1:17.31	40.01	300m: 3:59.23	40.27	500m: 6:39.00	39.24	700m: 9:13.40	38.11	
	150m: 1:57.64	40.33	350m: 4:39.46	40.23	550m: 7:18.19	39.19	750m: 9:51.07	37.67	
	200m: 2:38.51	40.87	400m: 5:19.72	40.26	600m: 7:56.93	38.74	800m: 10:26.90	35.83	
4.	Menno Lomans	d'ELFT		NED 196101071		11:36.83		+0.81	
	50m: 38.01	38.01	250m: 3:32.04	44.52	450m: 6:30.26	44.29	650m: 9:27.94	45.11	
	100m: 1:20.23	42.22	300m: 4:16.98	44.94	500m: 7:14.84	44.58	700m: 10:12.59	44.65	
	150m: 2:03.51	43.28	350m: 5:01.87	44.89	550m: 7:59.08	44.24	750m: 10:56.39	43.80	
	200m: 2:47.52	44.01	400m: 5:45.97	44.10	600m: 8:42.83	43.75	800m: 11:36.83	40.44	
5.	Marius Ros	ZCNF'34		NED 195900779		12:19.41			
	50m: 40.43	40.43	250m: 3:44.50	46.93	450m: 6:52.77	46.16	650m: 10:00.85	46.85	
	100m: 1:24.54	44.11	300m: 4:31.83	47.33	500m: 7:39.97	47.20	700m: 10:47.01	46.16	
	150m: 2:10.78	46.24	350m: 5:19.01	47.18	550m: 8:26.96	46.99	750m: 11:34.24	47.23	
	200m: 2:57.57	46.79	400m: 6:06.61	47.60	600m: 9:14.00	47.04	800m: 12:19.41	45.17	
6.	John Dam * alle tijden	ZIGNEA		NED 196000915		12:44.46			
	50m: 40.47	40.47	250m: 3:53.34	49.17	450m: 7:10.49	49.34	650m: 10:26.10	49.23	
	100m: 1:26.96	46.49	300m: 4:43.21	49.87	500m: 7:59.39	48.90	700m: 11:14.40	48.30	
	150m: 2:15.72	48.76	350m: 5:31.70	48.49	550m: 8:48.49	49.10	750m: 12:01.64	47.24	
	200m: 3:04.17	48.45	400m: 6:21.15	49.45	600m: 9:36.87	48.38	800m: 12:44.46	42.82	

Masters 65+

1.	Marten de Groot <i>Europees Masters Record</i>	HZ&PC Heerenveen		NED 195800149		9:58.48		+0.80	
	50m: 34.17	34.17	250m: 3:06.76	38.37	450m: 5:38.89	37.47	650m: 8:08.47	37.34	
	100m: 1:11.70	37.53	300m: 3:44.98	38.22	500m: 6:16.30	37.41	700m: 8:45.93	37.46	
	150m: 1:50.06	38.36	350m: 4:23.42	38.44	550m: 6:53.72	37.42	750m: 9:22.70	36.77	
	200m: 2:28.39	38.33	400m: 5:01.42	38.00	600m: 7:31.13	37.41	800m: 9:58.48	35.78	
2.	Henk Slomp	De Inktvis		NED 195500359		11:24.73		+0.81	
	50m: 37.90	37.90	250m: 3:30.69	44.00	450m: 6:26.41	43.94	650m: 9:19.92	43.86	
	100m: 1:20.32	42.42	300m: 4:14.45	43.76	500m: 7:10.34	43.93	700m: 10:02.86	42.94	
	150m: 2:03.53	43.21	350m: 4:58.92	44.47	550m: 7:53.52	43.18	750m: 10:44.83	41.97	
	200m: 2:46.69	43.16	400m: 5:42.47	43.55	600m: 8:36.06	42.54	800m: 11:24.73	39.90	
3.	Jaap Vis	TriVia		NED 195600515		12:17.82			
	50m: 42.15	42.15	250m: 3:48.71	46.87	450m: 6:55.40	47.40	650m: 10:00.31	47.00	
	100m: 1:28.17	46.02	300m: 4:35.54	46.83	500m: 7:41.48	46.08	700m: 10:46.86	46.55	
	150m: 2:14.80	46.63	350m: 5:21.86	46.32	550m: 8:27.33	45.85	750m: 11:33.69	46.83	
	200m: 3:01.84	47.04	400m: 6:08.00	46.14	600m: 9:13.31	45.98	800m: 12:17.82	44.13	
4.	Wolfgang Rossa	TPSK 1925 e.V.		GER 396833		12:39.41			
	50m: 42.78	42.78	250m: 3:53.61	47.96	450m: 7:02.05	46.98	650m: 10:14.74	48.53	
	100m: 1:29.71	46.93	300m: 4:40.39	46.78	500m: 7:49.81	47.76	700m: 11:03.55	48.81	
	150m: 2:17.64	47.93	350m: 5:27.69	47.30	550m: 8:37.87	48.06	750m: 12:23.43		
	200m: 3:05.65	48.01	400m: 6:15.07	47.38	600m: 9:26.21	48.34	800m: 12:39.41		
5.	Lex Hoogendam	ZZ&PC De Devel		NED 195700541		13:13.93			
	50m: 41.31	41.31	250m: 3:54.47	49.52	450m: 7:18.51	51.31	650m: 10:41.86	50.62	
	100m: 1:27.74	46.43	300m: 4:45.03	50.56	500m: 8:09.70	51.19	700m: 11:32.46	50.60	
	150m: 2:16.12	48.38	350m: 5:36.18	51.15	550m: 9:00.81	51.11	750m: 12:23.43	50.97	
	200m: 3:04.95	48.83	400m: 6:27.20	51.02	600m: 9:51.24	50.43	800m: 13:13.93	50.50	

Masters 75+

1.	Willem Putter	ZVVS		NED 194500135		14:24.43			
	50m: 45.70	45.70	250m: 4:23.55	55.05	450m: 8:05.21	56.53	650m: 11:45.45	54.34	
	100m: 1:38.26	52.56	300m: 5:19.65	56.10	500m: 8:59.08	53.87	700m: 12:41.59	56.14	
	150m: 2:32.94	54.68	350m: 6:13.81	54.16	550m: 9:54.70	55.62	750m: 13:35.24	53.65	
	200m: 3:28.50	55.56	400m: 7:08.68	54.87	600m: 10:51.11	56.41	800m: 14:24.43	49.19	



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
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Programmanr. 32, Heren, 800m vrije slag

Masters 80+

1. Geza Kaltenecker	AZC	NED	194200065	16:11.03
50m: 49.65	49.65	250m: 4:57.49	1:03.54	450m: 9:11.23
100m: 1:48.88	59.23	300m: 6:01.93	1:04.44	500m: 10:14.00
150m: 2:49.96	1:01.08	350m: 7:05.23	1:03.30	550m: 11:15.33
200m: 3:53.95	1:03.99	400m: 8:08.80	1:03.57	600m: 12:16.41
				1:02.43
				650m: 13:18.60
				700m: 14:19.78
				750m: 15:19.35
				800m: 16:11.03
				1:02.19
				1:01.18
				59.57
				51.68

2. Rob Hanou	PSV	NED	194300109	16:13.52
50m: 54.86	54.86	250m: 5:03.07	1:02.67	450m: 9:07.06
100m: 1:56.54	1:01.68	300m: 6:05.08	1:02.01	500m: 10:07.84
150m: 2:59.32	1:02.78	350m: 7:06.33	1:01.25	550m: 11:11.72
200m: 4:00.40	1:01.08	400m: 8:06.24	59.91	600m: 12:14.25
				1:00.82
				1:00.78
				650m: 13:16.13
				700m: 14:16.36
				750m: 15:17.06
				800m: 16:13.52
				1:01.88
				1:00.23
				1:00.70
				56.46

Masters 85+

1. Frederik Hendrik de Bruijn	CN Aquamasters	ESP		14:25.82
<i>Europees Masters Record, * 200m</i>				
50m: 50.43	50.43	250m: 4:27.04	54.75	450m: 8:03.35
100m: 1:43.54	53.11	300m: 5:21.02	53.98	500m: 8:57.86
150m: 2:38.58	55.04	350m: 6:14.75	53.73	550m: 9:53.55
200m: 3:32.29	53.71	400m: 7:08.41	53.66	600m: 10:48.91
				54.94
				650m: 11:45.00
				700m: 12:38.57
				750m: 13:33.44
				800m: 14:25.82
				56.09
				53.57
				54.87
				52.38

2. Nic Geers	PSV	NED	193800007	18:19.86
<i>* 50, 100, 200, 800m</i>				
50m: 57.81	57.81	250m: 5:32.83	1:10.39	450m: 10:21.17
100m: 2:04.54	1:06.73	300m: 6:43.08	1:10.25	500m: 11:34.43
150m: 3:13.69	1:09.15	350m: 7:55.33	1:12.25	550m: 12:46.10
200m: 4:22.44	1:08.75	400m: 9:08.49	1:13.16	600m: 13:56.32
				1:12.68
				1:13.26
				650m: 15:05.83
				700m: 16:17.63
				750m: 17:22.81
				800m: 18:19.86
				1:09.51
				1:11.80
				1:05.18
				57.05

Programmanr. 33
19-02-2023 - 10:29

Dames, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging		tijd	RT	PARA
Masters 20+						
1.	Kim Zwinkels	ZPCH	NED	200300422	5:13.27	
	50m: 33.55	33.55	150m: 1:50.37	39.24	250m: 3:16.27	44.52
	100m: 1:11.13	37.58	200m: 2:31.75	41.38	300m: 4:02.01	45.74
					350m: 4:38.99	36.98
					400m: 5:13.27	34.28
2.	Kim Vos	Triton Putten	NED	200000990	5:25.60	
	50m: 32.16	32.16	150m: 1:55.08	43.91	250m: 3:24.08	44.86
	100m: 1:11.17	39.01	200m: 2:39.22	44.14	300m: 4:10.52	46.44
					350m: 4:49.48	38.96
					400m: 5:25.60	36.12
3.	Romy Verhagen	De Dolfijn	NED	199906620	5:40.84	+0.73
	50m: 36.27	36.27	150m: 2:03.72	43.18	250m: 3:33.99	48.68
	100m: 1:20.54	44.27	200m: 2:45.31	41.59	300m: 4:24.47	50.48
					350m: 5:03.20	38.73
					400m: 5:40.84	37.64
4.	Cynthia Koolman	Steenwijk 1934	NED	200300232	5:49.61	+0.69
	50m: 39.82	39.82	150m: 2:10.57	41.97	250m: 3:41.91	50.54
	100m: 1:28.60	48.78	200m: 2:51.37	40.80	300m: 4:31.87	49.96
					350m: 5:11.29	39.42
					400m: 5:49.61	38.32
5.	Noa de Bock	De Duck	NED	200300318	6:02.37	
	50m: 37.08	37.08	150m: 2:09.34	48.35	250m: 3:49.47	52.76
	100m: 1:20.99	43.91	200m: 2:56.71	47.37	300m: 4:42.46	52.99
					350m: 5:24.15	41.69
					400m: 6:02.37	38.22
DIS	Merel Visser	De Duinkickers	NED	199904398		
	<i>SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.</i>					

Masters 25+

1.	Manon Kloosterman	Zwemlust-den Hommel	NED	199702082	5:31.59	+0.91
	50m: 34.64	34.64	150m: 2:00.19	44.59	250m: 3:31.32	47.64
	100m: 1:15.60	40.96	200m: 2:43.68	43.49	300m: 4:18.27	46.95
					350m: 4:55.90	37.63
					400m: 5:31.59	35.69
2.	Chantal Beijer	DWT	NED	199700884	5:39.26	
	50m: 35.89	35.89	150m: 2:01.89	42.82	250m: 3:32.52	47.09
	100m: 1:19.07	43.18	200m: 2:45.43	43.54	300m: 4:22.00	49.48
					350m: 5:01.52	39.52
					400m: 5:39.26	37.74

Programmanr. 33, Dames, 400m wisselslag

Masters 30+

1.	Maaike Vooren	DAW	NED	199103324	5:25.39	+0.83
	50m: 34.34	34.34	150m: 2:00.86	45.52	250m: 3:30.21	44.14
	100m: 1:15.34	41.00	200m: 2:46.07	45.21	300m: 4:15.58	45.37
					350m: 4:51.44	35.86
					400m: 5:25.39	33.95
2.	Jacyntha Plat	Steenwijk 1934	NED	199002956	5:42.60	
	50m: 35.85	35.85	150m: 2:06.03	45.12	250m: 3:36.32	45.99
	100m: 1:20.91	45.06	200m: 2:50.33	44.30	300m: 4:23.52	47.20
					350m: 5:03.84	40.32
					400m: 5:42.60	38.76
3.	Elmi Roelofsen	Octopus-ZVV (SG)	NED	199008198	5:50.63	+0.92
	50m: 35.84	35.84	150m: 2:04.30	43.46	250m: 3:39.02	52.34
	100m: 1:20.84	45.00	200m: 2:46.68	42.38	300m: 4:31.60	52.58
					350m: 5:12.63	41.03
					400m: 5:50.63	38.00
4.	Melissa Zwaan	DAW	NED	199103666	5:57.21	+0.57
	50m: 36.37	36.37	150m: 2:04.79	45.73	250m: 3:42.51	52.43
	100m: 1:19.06	42.69	200m: 2:50.08	45.29	300m: 4:36.00	53.49
					350m: 5:16.76	40.76
					400m: 5:57.21	40.45
5.	Irmgard van Weeghel	ESCA Zwemmen	NED	199204834	6:07.76	
	50m: 39.07	39.07	150m: 2:13.56	47.28	250m: 3:51.11	51.79
	100m: 1:26.28	47.21	200m: 2:59.32	45.76	300m: 4:43.39	52.28
					350m: 5:25.89	42.50
					400m: 6:07.76	41.87
6.	Marjan Rikken	Octopus-ZVV (SG)	NED	199206114	6:35.64	
	50m: 42.90	42.90	150m: 2:25.26	46.71	250m: 4:07.54	54.27
	100m: 1:38.55	55.65	200m: 3:13.27	48.01	300m: 5:03.48	55.94
					350m: 5:50.36	46.88
					400m: 6:35.64	45.28
DIS	Suzan Blankestijn	ZVL-1886 Center	NED	198900350		+0.66
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>					

Masters 35+

1.	Viktória Hádén-Felföldi	Iron Swim	HUN		5:13.67	+0.77
	<i>Kampioenschapsrecord, Hungarian Masters Record</i>					
	50m: 33.04	33.04	150m: 1:51.76	40.35	250m: 3:16.56	45.21
	100m: 1:11.41	38.37	200m: 2:31.35	39.59	300m: 4:02.36	45.80
					350m: 4:38.72	36.36
					400m: 5:13.67	34.95
2.	Marlijn Hendriksen	DIO	NED	198806828	5:29.27	
	50m: 34.67	34.67	150m: 1:57.42	43.40	250m: 3:27.36	47.13
	100m: 1:14.02	39.35	200m: 2:40.23	42.81	300m: 4:14.39	47.03
					350m: 4:52.68	38.29
					400m: 5:29.27	36.59
3.	Rianne Hofland	Sassenheim	NED	198801820	5:48.31	
	50m: 36.14	36.14	150m: 2:03.39	43.41	250m: 3:35.99	50.55
	100m: 1:19.98	43.84	200m: 2:45.44	42.05	300m: 4:26.78	50.79
					350m: 5:08.34	41.56
					400m: 5:48.31	39.97
4.	Samantha van Eijk	De Geul	NED	198806826	5:49.42	+0.61
	50m: 38.46	38.46	150m: 2:06.73	43.45	250m: 3:40.16	48.90
	100m: 1:23.28	44.82	200m: 2:51.26	44.53	300m: 4:32.00	51.84
					350m: 5:12.30	40.30
					400m: 5:49.42	37.12
5.	Linda van Klei	GZC DONK	NED	198802088	5:55.02	
	50m: 37.11	37.11	150m: 2:08.23	46.74	250m: 3:43.42	50.18
	100m: 1:21.49	44.38	200m: 2:53.24	45.01	300m: 4:33.40	49.98
					350m: 5:15.23	41.83
					400m: 5:55.02	39.79
6.	Liesbeth van Mill	Zwemlust-den Hommel	NED	198702786	6:03.39	
	50m: 38.53	38.53	150m: 2:12.23	47.38	250m: 3:49.40	49.06
	100m: 1:24.85	46.32	200m: 3:00.34	48.11	300m: 4:39.74	50.34
					350m: 5:21.89	42.15
					400m: 6:03.39	41.50
7.	Renske Eilers	Zwemvereniging Hoogland	NED	198806072	6:16.65	+0.85
	50m: 41.30	41.30	150m: 2:18.37	46.52	250m: 3:56.31	51.76
	100m: 1:31.85	50.55	200m: 3:04.55	46.18	300m: 4:50.02	53.71
					350m: 5:34.29	44.27
					400m: 6:16.65	42.36

Masters 40+

1.	Roos van Esch	ACZ	NED	198200468	5:40.06	+0.85
	50m: 35.20	35.20	150m: 2:01.07	44.35	250m: 3:34.42	48.61
	100m: 1:16.72	41.52	200m: 2:45.81	44.74	300m: 4:23.49	49.07
					350m: 5:02.85	39.36
					400m: 5:40.06	37.21
2.	Linda Hoogendam	WVZ	NED	198300892	6:44.32	+0.70
	50m: 43.40	43.40	150m: 2:26.99	51.11	250m: 4:17.47	1:00.19
	100m: 1:35.88	52.48	200m: 3:17.28	50.29	300m: 5:18.39	1:00.92
					350m: 6:02.66	44.27
					400m: 6:44.32	41.66

Masters 45+

1.	Liselotte Joling	PSV	NED	197500268	5:48.59	
	50m: 36.52	36.52	150m: 2:04.97	46.42	250m: 3:41.58	51.07
	100m: 1:18.55	42.03	200m: 2:50.51	45.54	300m: 4:31.76	50.18
					350m: 5:11.60	39.84
					400m: 5:48.59	36.99
2.	Melanie Kuiper	ZIGNEA	NED	197600350	6:02.36	
	50m: 38.90	38.90	150m: 2:13.49	46.39	250m: 3:52.17	51.90
	100m: 1:27.10	48.20	200m: 3:00.27	46.78	300m: 4:45.41	53.24
					350m: 5:25.66	40.25
					400m: 6:02.36	36.70



Open Nederlandse Masters
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Programmanr. 33, Dames, 400m wisselslag, Masters 45+

rang	naam	vereniging	tijd	RT	PARA			
3.	Leontine Loeber	SwimGym	6:21.66					
	50m: 41.08	41.08	150m: 2:18.47	49.13	250m: 3:59.48	52.67	350m: 5:37.69	44.35
	100m: 1:29.34	48.26	200m: 3:06.81	48.34	300m: 4:53.34	53.86	400m: 6:21.66	43.97
4.	Jannie Vennik	HZ&PC Heerenveen	6:40.10					
	50m: 44.94	44.94	150m: 2:31.78	51.65	250m: 4:20.17	55.14	350m: 5:58.38	41.87
	100m: 1:40.13	55.19	200m: 3:25.03	53.25	300m: 5:16.51	56.34	400m: 6:40.10	41.72

Masters 50+

1.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	5:55.96					
	50m: 37.04	37.04	150m: 2:07.16	47.05	250m: 3:45.64	47.78	350m: 5:15.86	38.92
	100m: 1:20.11	43.07	200m: 2:57.86	50.70	300m: 4:36.94	51.30	400m: 5:55.96	40.10
2.	Bianca Groot	MSV-Zeemacht	6:07.49	+0.90				
	50m: 37.19	37.19	150m: 2:14.96	50.99	250m: 3:55.66	50.02	350m: 5:27.14	40.68
	100m: 1:23.97	46.78	200m: 3:05.64	50.68	300m: 4:46.46	50.80	400m: 6:07.49	40.35
3.	Jeanne Petit	PSV	6:17.28					
	50m: 35.49	35.49	150m: 2:10.37	51.12	250m: 3:54.33	52.42	350m: 5:33.35	44.16
	100m: 1:19.25	43.76	200m: 3:01.91	51.54	300m: 4:49.19	54.86	400m: 6:17.28	43.93
4.	Peggi Hurenkamp	HZ&PC Heerenveen	6:37.45	+0.71				
	50m: 40.06	40.06	150m: 2:18.83	51.32	250m: 4:05.29	56.49	350m: 5:50.47	47.43
	100m: 1:27.51	47.45	200m: 3:08.80	49.97	300m: 5:03.04	57.75	400m: 6:37.45	46.98
5.	Annet Kootstra	SWOL 1894	7:15.91					
	50m: 50.51	50.51	150m: 2:43.01	56.16	250m: 4:39.42	1:01.03	350m: 6:28.80	48.39
	100m: 1:46.85	56.34	200m: 3:38.39	55.38	300m: 5:40.41	1:00.99	400m: 7:15.91	47.11

Masters 55+

1.	Anita Steijger	WVZ	6:42.21	+0.77				
	50m: 43.15	43.15	150m: 2:27.56	53.18	250m: 4:15.13	55.90	350m: 5:58.75	46.08
	100m: 1:34.38	51.23	200m: 3:19.23	51.67	300m: 5:12.67	57.54	400m: 6:42.21	43.46
2.	K. van Nassau-van den Heuvel	Old Dutch	6:59.27	+0.93				
	50m: 47.41	47.41	150m: 2:38.82	55.76	250m: 4:28.43	55.45	350m: 6:13.59	47.94
	100m: 1:43.06	55.65	200m: 3:32.98	54.16	300m: 5:25.65	57.22	400m: 6:59.27	45.68

Masters 60+

1.	Pierrette Michel <i>Kampioenschapsrecord</i>	Cercle De Natation Sportcity WolBEL	5:57.96					
	50m: 36.85	36.85	150m: 2:05.67	43.54	250m: 3:43.27	54.19	350m: 5:17.40	42.12
	100m: 1:22.13	45.28	200m: 2:49.08	43.41	300m: 4:35.28	52.01	400m: 5:57.96	40.56
2.	P. Tossings-van de Hooven	GZC DONK	6:38.62					
	50m: 43.11	43.11	150m: 2:24.12	51.52	250m: 4:13.83	57.52	350m: 5:55.58	44.79
	100m: 1:32.60	49.49	200m: 3:16.31	52.19	300m: 5:10.79	56.96	400m: 6:38.62	43.04
3.	Patty Verhagen	PSV	6:56.23					
	50m: 51.90	51.90	150m: 2:38.55	50.48	250m: 4:28.67	58.73	350m: 6:12.95	44.51
	100m: 1:48.07	56.17	200m: 3:29.94	51.39	300m: 5:28.44	59.77	400m: 6:56.23	43.28
4.	Hannie Poletiek <i>* 100</i>	TriVia	7:30.53					
	50m: 53.76	53.76	150m: 2:53.48	57.69	250m: 4:51.33	1:01.01	350m: 6:41.61	48.15
	100m: 1:55.79	1:02.03	200m: 3:50.32	56.84	300m: 5:53.46	1:02.13	400m: 7:30.53	48.92

Masters 70+

1.	Antoinette Gilding-Tussaud	WS Twente	9:09.27	*				
	50m: 1:07.90	1:07.90	150m: 3:35.78	1:05.40	250m: 5:57.75	1:19.35	350m: 8:11.10	57.37
	100m: 2:30.38	1:22.48	200m: 4:38.40	1:02.62	300m: 7:13.73	1:15.98	400m: 9:09.27	58.17



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 34
19-02-2023 - 11:10

4 x 100m vrije slag

Masters Open
Resultaten

rang	vereniging	tijd	RT	PARA
80+, Dames				
1.	HZ&PC Heerenveen 2	4:04.98	+0.68	
	Lianne van Wier	29.81	1:02.85	
	Inge Dekker	28.36	1:00.09	
	HZ&PC Heerenveen	+0.68 28.48 59.82		
		+0.53 29.38 1:02.22		
	NED			
	Rixt Meijer			
	Leonie van Wier			
80+, Heren				
1.	HZ&PC Heerenveen 1	3:42.45	+0.65	
	Jorian Darwinkel	+0.59 27.69	59.46	
	Richard Kuipers	+0.26 25.37	54.35	
	HZ&PC Heerenveen	+0.65 25.96 54.32		
		+0.08 25.53 54.32		
	NED			
	Rob van Wier			
	Remco Dijkstra			
2.	Feijenoord Zwemmen (SG) 1	3:47.26	+0.75	
	Pascal Nuijten	+0.46 27.50	57.99	
	Patrick Wyrdean	+0.49 25.30	55.82	
	Feijenoord Zwemmen (SG)	+0.75 24.51 51.82		
		+0.46 29.37 1:01.63		
	NED			
	Nick Boekestijn			
	Luuk van Holstein			
80+, Gemengd				
1.	DWK 1	3:54.36	+0.82	
	Ronis van Everdingen	+0.09 25.27	53.91	
	Anoeska van de Kraats		1:02.97	
	DWK	+0.82 25.16 53.34		
		+0.33 30.36 1:04.14		
	NED			
	Max Voortman			
	Celine Schoenmaker			
2.	ZOB'66 1	4:01.83	+0.81	
	Mart de Koning		1:02.06	
	Wendy de Bruin	+0.32 27.27	57.63	
	ZOB'66	+0.81 27.08 57.46		
		+0.23 30.10 1:04.68		
	NED			
	Rozemarijn van Haaff			
	Daan Siebenheller			
3.	Zuiderzeezwemmers 1	4:02.56	+0.68	
	Jarick Stoop	+0.36 29.37	1:03.77	
	Annemarie ten Have	+0.19 26.43	55.94	
	Zuiderzeezwemmers	+0.68 27.00 56.55		
		+0.16 30.37 1:06.30		
	NED			
	Dagmar Kruik			
	Ilmar Stoop			
4.	Steenwijk 1934 5	4:11.30	+0.78	
	Michelle van den Hoofdakker	+0.27 28.03	59.49	
	Sabine Lageweg		59.93	
	Steenwijk 1934	+0.78 29.89 1:03.33		
		+0.30 31.66 1:08.55		
	NED			
	Martijn Lageweg			
	Kylian Kooijman			
DIS	ZPC AMERSFOORT 3		+0.63	
	<i>EA - Te vroeg overgenomen., 2de zwemmer</i>			
	Kirsten Opmeer	+0.63 31.24	1:04.58	
	Jelle Opmeer			
	NED			
	Eline Hendriks			
	Jelle Blankestijn			
100+, Dames				
1.	Steenwijk 1934 1	4:23.77	+0.81	
	Getrude Corporaal		1:07.99	
	Nanda Wobben - de Vries	+0.37 31.63	1:06.15	
	Steenwijk 1934	+0.81 31.12 1:05.33		
		30.84 1:04.30		
	NED			
	Jacyntha Plat			
	Cynthia Koolman			
2.	ZVL-1886 Center 1	4:28.29		
	Karen Stolk	95 34.01	1:09.49	
	Lonneke Graansma	89 32.33	1:07.97	
	ZVL-1886 Center	94 30.26 1:04.43		
		99 31.86 1:06.40		
	NED			
	Mariska Gach			
	Suzan Blankestijn			
3.	ESCA Zwemmen 1	4:31.73	+0.74	
	Moniek van Langevelde	+0.21 34.50	1:12.28	
	Cheyenne Verburgt		1:10.59	
	ESCA Zwemmen	+0.74 29.01 1:00.09		
		+0.27 32.44 1:08.77		
	NED			
	Rachel Verburgt			
	Imgard van Weeghel			
4.	NieMo Barracuda 2	4:34.48		
	Esmée Rolloos	93 32.65	1:07.41	
	Jacoline van den Beukel	98 32.74	1:08.59	
	NieMo Barracuda	98 33.14 1:09.36		
		91 32.07 1:09.12		
	NED			
	Marijke Kommers			
	Tamara van den Brink			
5.	ZVL-1886 Center 4	4:56.01		
	Adela Vázquez García	95 33.42	1:10.01	
	Valerie Bakker	99 37.93	1:18.68	
	ZVL-1886 Center	93 33.07 1:12.08		
		01 34.68 1:15.24		
	NED			
	Margien Timmer			
	Maartje Hids			
DIS	De Kempvis 2			
	<i>EA - Te vroeg overgenomen., 2de zwemmer, * 50m</i>			
	Megan Vis	03 37.20	1:18.44	
	Ingrid Johannes	89		
	NED			
	Elisabeth Slagboom	92		
	Rianne Kreft - vd Hoeven	92		



Open Nederlandse Masters
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Programmanr. 34, 4 x 100m vrije slag

100+, Heren

1. ESCA Zwemmen 2	ESCA Zwemmen	NED	3:41.90	+0.81
Peter Rothengatter	+0.81 26.59 55.25	Mees Laar	+0.38 27.57 57.26	
Sander de Vrugt	+0.13 26.36 55.47	Jurre Stammes	+0.34 25.88 53.92	
2. ZVL-1886 Center 2	ZVL-1886 Center	NED	3:43.69	+0.61
Guus Hoogduin	+0.61 26.95 56.05	Robin van Peenen	27.94 58.62	
Robin van Beek	+0.22 25.79 54.23	Kristiaan Lenos	+0.32 25.80 54.79	
3. De Kempvis 1	De Kempvis	NED	3:55.00	+0.72
Ayrton Mooldijk	+0.72 28.51 1:01.55	Victor Poot	28.59 1:01.00	
Romero Hennep	+0.42 25.13 55.09	Erik Wegman	57.36	
4. Steenwijk 1934 3	Steenwijk 1934	NED	4:00.64	+0.74
Mike Koelewijn	+0.74 27.46 58.37	Rick Driezen	+0.20 26.39 56.90	
Thomas van Scheepen	+0.55 30.02 1:03.40	Jelle Heijman	+0.59 28.64 1:01.97	

100+, Gemengd

1. Blue Marlins 1	Blue Marlins	NED	3:57.97	+0.68
Marc Hoogendam	+0.68 28.06 58.99	Hanna Looi	30.57 1:04.25	
Jeroen Baars	24.03 50.56	Alisha Vieira	29.71 1:04.17	
2. De Duck 1	De Duck	NED	4:00.23	+0.64
Mick van den Houten	+0.64 28.00 58.53	Noa de Bock	30.31 1:03.43	
Kimberley van Buren	+0.28 30.55 1:05.01	Jesper Oranje	+0.30 25.36 53.26	
3. De Duinkickers 1	De Duinkickers	NED	4:17.42	+0.64
Ruben de Boer	+0.64 32.87 1:08.72	Myra Smulders	31.86 1:05.24	
Jeffrey Roest	+0.30 28.11 58.36	Merel Visser	31.52 1:05.10	

120+, Dames

1. WVZ 1	WVZ	NED	4:06.40	+0.77
<i>Nederlands Masters Record, NMR startzwemster</i>				
Delia Badoux	+0.77 29.14 1:00.68	Manon van Strien	+0.54 30.43 1:04.36	
Lauren van IJl	+0.51 29.87 1:03.13	Leonie van Noort	+0.50 27.97 58.23	
2. MSV-Zeemacht 1	MSV-Zeemacht	NED	4:25.61	+0.82
Bianca Groot	+0.82 32.81 1:08.15	Suzanne Mosch	+0.38 30.78 1:06.28	
Jet Kleine	+0.35 32.25 1:06.54	Kyra Wesemann	30.99 1:04.64	
DIS ZPC AMERSFOORT 2	ZPC AMERSFOORT	NED		+0.78
<i>EA - Te vroeg overgenomen., 2de zwemmer</i>				
Elisah Velgersdijk	+0.78 30.48 1:04.26	Lidia v. Bon-Rosenbrand		
Jisca Majolee	-0.23	Marije Jansen		

120+, Heren

1. ZPCH 1	ZPCH	NED	3:46.43	+0.67
Remco de Heij	+0.67 27.16 56.38	Ruud Holswilder	26.25 55.53	
László Jülich	+0.44 28.60 1:00.00	Thomas Vastenhout	25.76 54.52	
2. ZPC AMERSFOORT 5	ZPC AMERSFOORT	NED	3:52.82	+0.85
Bas Braun	+0.85 27.44 57.18	Martijn Bartels	27.55 58.18	
Rob van Vliet	27.49 58.95	Jeroen Zelsmann	27.25 58.51	
3. ZOB'66 2	ZOB'66	NED	4:04.73	+0.87
Ingmar de Gelder	+0.87 30.52 1:04.11	Boaz Troost	+0.20 29.24 1:02.24	
Ian van Mullem	+0.41 28.22 1:00.25	Julian Mes	+0.25 27.38 58.13	
4. ZVL-1886 Center 3	ZVL-1886 Center	NED	4:17.53	
Erik Baalbergen	98 28.27 58.80	Andre Schaap	75 35.18 1:14.92	
Gijs Ruijgrok	96 28.02 59.81	Jordy van der Drift	93 30.13 1:04.00	



Open Nederlandse Masters
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Programmanr. 34, 4 x 100m vrije slag

120+, Gemengd

1. NieMo Barracuda 1	NieMo Barracuda	NED	3:58.20	
Denise Boereboom	29.39	1:01.87	Pascal van Haren	+0.09 26.62 56.51
Melissa van der Heijden	30.13	1:02.55	Mark Hensen	27.26 57.27
2. DAW 2	DAW	NED	4:04.86	+0.81
Felix Geenen	+0.81 24.51	52.16	Alex Damen	+0.47 27.76 58.00
Sandra Zwaanswijk	+0.40 32.03	1:08.85	Melissa Zwaan	+0.30 30.52 1:05.85
3. TRB-RES 1	TRB-RES	NED	4:09.13	+0.70
Wim van Duuren	+0.70 25.87	55.77	Ariane Krijt	+0.53 33.03 1:09.14
Sander van Elburg	28.06	1:00.21	Edith Janssen-Koolen	30.09 1:04.01
4. ZV Hoogland 1	Zwemvereniging Hoogland	NED	4:13.41	+0.60
Jamilla van Omme - van Veen	+0.60 29.43	1:02.03	Yvette Meijer	32.71 1:11.50
Rutger Stam	+0.17 28.49	1:01.51	Yuri van Omme	27.48 58.37
5. Neptunus'58 1	Neptunus'58	NED	4:23.49	+0.72
Jeroen van Dinther	+0.72 30.08	1:01.52	Selina Janssen	+0.42 31.44 1:05.42
Rob van de Ven	+0.44 32.87	1:11.27	Mirelle de Kort	+0.14 31.11 1:05.28
6. AZC 1	AZC	NED	4:30.76	+0.57
Wim de Lange	+0.57 35.27	1:13.96	Monique van Huizen	31.00 1:04.76
Jessica Braat	+0.34 31.48	1:07.50	Patrick Brouwer	+0.65 30.80 1:04.54
7. De Duinkickers 2	De Duinkickers	NED	4:58.10	+0.96
Robin Roskam	+0.96 36.72	1:18.11	Inge Roskam	39.57 1:23.55
Saskia op den Velde	36.48	1:18.24	Kevin Roest	+0.20 28.09 58.20

160+, Dames

1. PSV 3	PSV	NED	4:37.47	+0.90
Larissa Jansen	+0.90 30.44	1:03.99	Liselotte Joling	+0.56 34.22 1:11.13
Nanda van Heteren	+0.55 33.72	1:10.29	Jeanne Petit	+0.27 33.88 1:12.06
2. DWK 2	DWK	NED	4:48.50	
Jennie Resink-lindeboom	42.02	1:26.62	Iris van Aurich	34.05 1:12.35
Lindi Bos	30.87	1:05.82	Annabel Kuipers	+0.33 30.30 1:03.71
3. Sassenheim 1	Sassenheim	NED	4:54.86	+0.58
Marinka vd Zwet	+0.58 33.08	1:12.14	Maaïke Hofland	36.36 1:19.46
Yvonne van Nobelen - Kampschreur	36.20	1:16.32	Rianne Hofland	+0.08 32.73 1:06.94
4. Old Dutch 1	Old Dutch	NED	4:56.40	+0.98
Chantal Verhoeff	+0.98 32.84	1:10.65	Karin van Nassau-van den Heuvel	+0.51 38.86 1:21.24
Johanna van Wijnen	+0.16 34.84	1:12.73	Marleen Zantingh	+0.44 34.00 1:11.78
5. De Geul 1	De Geul	NED	5:02.19	+0.79
Marcha Admiraal	+0.79 28.84	1:00.64	Erica Muller	41.98 1:31.38
Eline Molle	35.62	1:15.70	Marijke Campfens	35.68 1:14.47

160+, Heren

1. Steenwijk 1934 4	Steenwijk 1934	NED	4:13.45	
Korstiaan de Boer	33.74	1:10.27	Patrick Wobben	33.14 1:10.59
Robert Braad	27.42	58.02	Lauren Vis	+0.26 25.83 54.57

160+, Gemengd

1. Kaisiadoriu Plaukiam 1	Kaisiadoriu Plaukiam	LTU	4:08.21	+0.67
<i>Lithuanian Masters Record</i>				
Aleksandras Zamorskis	+0.67 27.86	58.43	Ausra Razgune	+0.19 28.53 1:01.26
Lina Bielinienė	33.16	1:08.12	Raimondas Gincas	+0.45 28.47 1:00.40
2. ZPC AMERSFOORT 6	ZPC AMERSFOORT	NED	4:34.44	+0.66
Lotte Eising	+0.66 31.07	1:06.43	Monica Korndewal	+0.43 34.61 1:13.56
Ronald Pijtak	+0.35 35.88	1:15.53	Martijn Giezen	27.85 58.92
3. ZOB'66 3	ZOB'66	NED	4:49.43	
Danielle Schipper	39.70	1:23.77	Nina Tourton	+0.59 34.21 1:10.85
Ruben Stolk	+0.52 29.89	1:05.30	Pascal Tourton	+0.44 33.82 1:09.51



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Programmanr. 34, 4 x 100m vrije slag

200+, Dames

1.	HZ&PC Heerenveen 3	HZ&PC Heerenveen	NED	5:45.90			
	Peggi Hurenkamp	37.60	1:17.88	Katinka Elders	43.03	1:30.59	
	Ineke Meijer	47.52	1:42.27	Jannie Vennik	+0.48	35.98	1:15.16

200+, Heren

1.	De Rog 1	De Rog	NED	4:31.55			
	Erik Kamphuis	33.45	1:07.15	Wijnand Vergeest	+0.45	33.01	1:09.66
	Roy Le Clercq	33.45	1:12.00	Peter Bensen		29.61	1:02.74
2.	ZVVS 1	ZVVS	NED	4:48.05	+0.72		
	Bas van den Nouwelant	+0.72	28.83	1:00.64	Willem Putter	40.57	1:24.32
	Jeroen Hoeksel	35.45	1:17.70	Bram Piederiet		30.21	1:05.39

200+, Gemengd

1.	Feijenoord Zwemmen (SG) 2	Feijenoord Zwemmen (SG)	NED	4:27.02	+0.73			
	Pieter Broek	+0.73	28.84	1:01.14	Netty Burik-Geijsen	+0.34	32.71	1:08.76
	Mirjan den Drijver	+0.45	33.75	1:10.29	Mark Nuijten	+0.24	31.93	1:06.83
2.	ZPC AMERSFOORT 4	ZPC AMERSFOORT	NED	4:33.59	+0.68			
	Henk Kuipers	+0.68	32.13	1:07.43	Larissa Brak		32.35	1:08.51
	Henriëtte v. Norden		35.34	1:14.15	Ron Korzelius	+0.13	29.98	1:03.50
3.	Patrick-De Roersoppers (SG) 1	Patrick-De Roersoppers (SG)	NED	4:35.18				
	Pascalie Janssen		35.88	1:14.72	Arno Schrauwen		31.64	1:06.37
	Charles Bos		34.06	1:11.85	Sharon Wolfs	+0.37	29.25	1:02.24
4.	Steenwijk 1934 6	Steenwijk 1934	NED	4:47.39	+0.73			
	Pauline van Gelder - Dieker	+0.73	32.77	1:09.66	Casper Dollekamp		33.78	1:10.50
	Leonie Scholten		36.47	1:19.94	Huyb Stegeman		31.78	1:07.29
5.	GZC DONK 2	GZC DONK	NED	4:47.45				
	Pierre de Groot		35.27	1:15.05	Jessica Venema		33.65	1:12.42
	Adrian Ortiz Buitrago	+0.69	33.42	1:13.66	Linda van Klei	+0.54	32.15	1:06.32
6.	DAW 1	DAW	NED	4:47.67	+0.87			
	Steven Kliffen	+0.87	35.66	1:14.03	Alina Spijkerman	+0.73	33.36	1:09.55
	Erik Schweitzer	+0.71	37.56	1:18.00	Ilona Hogerheyde	+0.37	31.29	1:06.09
7.	SWOL 1894 1	SWOL 1894	NED	4:55.83				
	Annemarie Vuisst-Blum		41.78	1:26.70	Albert van Piekeren	+0.18	30.06	1:03.91
	Christine Nieuwenhuis		38.54	1:19.98	Johan Wezenberg		30.30	1:05.24
8.	De Duinkickers 3	De Duinkickers	NED	5:03.39	+0.70			
	Robert de Brauwer	+0.70	31.95	1:08.39	Esther Poortvliet - Koedam		33.14	1:10.05
	Christine Buist		39.92	1:25.50	Marcel Brittin	+0.39	36.60	1:19.45
9.	AZC 2	AZC	NED	5:14.82	+0.66			
	Ramona Linting	+0.66	35.11	1:13.27	Sandra Daamen-Posma	+0.42	37.96	1:22.30
	Geza Kaltenecker		43.74	1:34.80	Bas Onderstal	+0.29	30.41	1:04.45
10.	Hieronymus 1	Hieronymus	NED	5:20.90	+0.94			
	Wim Donkersloot	+0.94	36.03	1:21.04	Lené Wessels	+0.40	36.69	1:21.01
	Hilly Brugmans		41.51	1:25.85	Marjolein Klunne		35.74	1:13.00

240+, Dames

1.	Steenwijk 1934 2 * 100m	Steenwijk 1934	NED	5:56.47				
	Inge Soeters	73	46.07	1:47.89	Linda Wibbelink	59	40.38	1:24.56
	Wilna Heijman	64	36.32	1:15.90	Monica Bakker	56	41.10	1:28.12

240+, Heren

1.	HZ&PC Heerenveen 4	HZ&PC Heerenveen	NED	4:59.93	+0.79			
	Marten de Groot	+0.79	31.01	1:05.23	Bauke Posthumus		37.86	1:22.20
	Bert Jonker	+0.29	33.56	1:10.47	Wiebren Dijkstra	+0.21	38.78	1:22.03



Open Nederlandse Masters
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Programmanr. 34, 4 x 100m vrije slag

240+, Gemengd

1.	ZPC AMERSFOORT 1 <i>Wereld Masters Record</i>	ZPC AMERSFOORT		NED	4:13.40	+0.70		
	Marjan Remmits-de Lange	+0.70	32.46	1:07.63	Edwin v. Norden	29.56	1:00.62	
	Atie Pijtak-Radersma		32.95	1:08.41	Chester Marsman	+0.21	26.78	56.74
2.	PSV 2	PSV		NED	4:36.41			
	Saskia Phaff	66	33.14	1:10.29	Gijsbert van der Leden	67	30.02	1:02.85
	Patty Verhagen	59	38.20	1:19.37	Fred Ketting	60	30.20	1:03.90
3.	TriVia 1	TriVia		NED	5:14.09			
	Jaap Vis		38.89	1:20.30	Margriet Pasma		37.62	1:19.26
	Hannie Poletiek		41.91	1:26.93	Theo Bakker	+0.47	31.92	1:07.60
4.	GZC DONK 1	GZC DONK		NED	5:25.76			
	Peter Coffeng	57	40.37	1:25.18	Petra Tossings-van de Hooven	61	37.05	1:17.20
	Lia Bijkerk	60	43.58	1:31.17	Willem Jan Ribberink	65	34.49	1:12.21

280+, Gemengd

1.	PSV 4	PSV		NED	7:33.63			
	Lies Hartman	56	1:01.47	2:13.18	André Pantekoek	58	43.71	1:31.50
	Ineke Brouwers	52	53.86	1:59.43	Rob Hanou	43	51.87	1:49.52



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7 - ONMK 2023 kb sessie 7

19-02-2023 - 13:00

Programmanr. 36
19-02-2023 - 13:00

Heren, 100m vrije slag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT	PARA	50m	100m
Masters 20+							
1. Coenraad Floris Stork	De Golfbreker	NED 200305075	53.73	+0.69		26.26	53.73
2. Max Voortman	DWK	NED 199902923	53.85	+0.68		25.85	53.85
3. Ronis van Everdingen	DWK	NED 200300043	53.95	+0.84		25.80	53.95
4. Jorian Darwinkel	HZ&PC Heerenveen	NED 200300565	54.31	+0.67		26.00	54.31
5. Thomas Vastenhout	ZPCH	NED 200204545	55.00	+0.61		26.17	55.00
6. Franklin Paassen	ZV 44	NED 200003881	55.33	+0.65		26.46	55.33
7. Wim van Duuren	TRB-RES	NED 200102103	55.53	+0.69		25.76	55.53
8. Marc Hoogeveen	DZ&PC	NED 200101585	55.86	+0.76		26.53	55.86
Remco Dijkstra	HZ&PC Heerenveen	NED 200100789	55.86	+0.77		26.29	55.86
10. Luuk van Holstein	Feijenoord Zwemmen (SG)	NED 200203841	55.90	+0.73		26.97	55.90
11. Auke Jan Ytsma	Orca	NED 199900905	56.06	+0.74		26.53	56.06
12. Jort Vizee	Feijenoord Zwemmen (SG)	NED 200201779	56.50	+0.62		27.32	56.50
13. Fayssal Lanterna	Zwemlust-den Hommel	NED 200101379	56.67	+0.80		27.24	56.67
14. Freek Hollander	Blue Marlins	NED 200103815	56.88			27.39	56.88
15. Milan de Roo	ZPC Woerden	NED 200102215	56.92	+0.61		27.15	56.92
16. Tom Blankestijn	ZPC AMERSFOORT	NED 200201185	57.21	+0.76		27.35	57.21
17. Mees Minneboo	MSV-Zeemacht	NED 200203465	57.52	+0.69		27.08	57.52
18. Jelle Opmeer	ZPC AMERSFOORT	NED 200100269	57.69	+0.73		27.11	57.69
19. Derk Jan van Duijn	De Golfbreker	NED 200105575	58.02	+0.63		27.84	58.02
20. Mick van den Houten	De Duck	NED 200302211	58.03	+0.61		27.36	58.03
21. Thomas Hesper	Blue Marlins	NED 200004181	58.82	+0.82		28.35	58.82
22. Nick Boekestijn	Feijenoord Zwemmen (SG)	NED 199900291	59.14	+0.65		28.22	59.14
23. Marco van der Wulp	MSV-Zeemacht	NED 200302051	59.45	+0.70		27.90	59.45
24. Robin van Peenen	ZVL-1886 Center	NED 200201059	59.48	+0.74		28.36	59.48
25. Julian Mes	ZOB'66	NED 200103755	59.49	+0.72		28.00	59.49
26. Tenzin Tieman	Old Dutch	NED 200005549	59.66	+0.76		28.60	59.66
27. Kylian Kooijman	Steenwijk 1934	NED 199900763	59.69	+0.79		28.19	59.69
28. Leon Kloots	ZPC De Hof	NED 200001363	59.95			28.54	59.95
29. Rik Stahlie	TriVia	NED 200201915	1:00.39	+0.51		28.52	1:00.39
30. Rob van Wier	HZ&PC Heerenveen	NED 199900697	1:00.71	+0.76		28.26	1:00.71
31. Boaz Troost	ZOB'66	NED 200100371	1:01.47	+0.72		28.75	1:01.47
32. Jelle Heijman	Steenwijk 1934	NED 200000635	1:01.80	+0.86		30.20	1:01.80
33. Auke Sijperda	AZC	NED 199905115	1:02.18	+0.51		29.10	1:02.18
34. Ayrton Mooldijk	De Kempvis	NED 199901449	1:02.32	+0.70		29.25	1:02.32
35. Bartho Visser	Triton Putten	NED 200005595	1:02.67	+0.79		29.48	1:02.67
36. Marijn Heetkamp	Het Ravijn	NED 199903407	1:03.12			30.19	1:03.12
37. Koen Bak	ESCA Zwemmen	NED 200300101	1:03.97	+0.75		29.88	1:03.97
38. Thomas van Scheepen	Steenwijk 1934	NED 200001387	1:06.21	+0.75		30.84	1:06.21
39. Mathijs Krieger	EZCL (SG)	NED 199905361	1:12.42	+0.71		33.95	1:12.42
40. Christiaan Matser	EZCL (SG)	NED 200105573	1:26.82	+0.46		39.80	1:26.82

Masters 25+

1. Pascal Nuijten	Feijenoord Zwemmen (SG)	NED 199701353	51.55	+0.79		24.96	51.55
2. Felix Geenen	DAW	NED 199501085	51.88	+0.77		24.23	51.88
3. Dominique Sikkema	TriVia	NED 199500399	52.88	+0.65		24.95	52.88
4. Erik Nijholt	DZ&PC	NED 199401349	53.48	+0.72		25.69	53.48
5. Jurre Stammes	ESCA Zwemmen	NED 199701843	54.68	+0.78		26.34	54.68
6. Richard Kuipers	HZ&PC Heerenveen	NED 199704171	55.37	+0.80		26.66	55.37
7. Stefan Petersen	Blue Marlins	NED 199403067	56.12	+0.57		26.65	56.12
8. Jelle Blankestijn	ZPC AMERSFOORT	NED 199803737	56.39	+0.77		26.88	56.39
9. Donny van den Bosch	Zwemlust-den Hommel	NED 199502001	57.35	+0.76		27.37	57.35
10. Martijn Kornet	Zwemlust-den Hommel	NED 199700231	57.78	+0.71		27.61	57.78
11. Mees Laar	ESCA Zwemmen	NED 199601719	57.88	+0.67		27.62	57.88
12. Martijn Bartels	ZPC AMERSFOORT	NED 199603493	58.10	+0.72		27.88	58.10
13. Jeffrey van der Sluis	Orca	NED 199704593	58.43	+0.78		28.01	58.43



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Programmanr. 36, Heren, 100m vrije slag, Masters 25+

rang naam	vereniging			tijd	RT	PARA	50m	100m
14. Daan Siebentheller	ZOB'66	NED	199804955	58.81	+0.66		27.61	58.81
15. Erik Baalbergen	ZVL-1886 Center	NED	199805775	59.13			28.19	59.13
16. Tim van IJl	WVZ	NED	199802297	59.18	+0.70		28.11	59.18
17. Gijs Ruijgrok	ZVL-1886 Center	NED	199600863	59.34	+0.71		28.18	59.34
18. Ian van Mullem	ZOB'66	NED	199602545	59.52	+0.73		28.42	59.52
19. Jeroen van Dinther	Neptunus'58	NED	199701569	1:00.45	+0.73		29.00	1:00.45
20. Sam Beer	Poseidon'56	NED	199605521	1:01.09	+0.75		28.57	1:01.09
21. Patrick Wyrdeeman	Feijenoord Zwemmen (SG)	NED	199702475	1:02.05	+0.70		29.45	1:02.05
22. Kien Vuong	De Kempvis	NED	199506173	1:13.04			33.18	1:13.04

Masters 30+

1. Jeroen Baars	Blue Marlins	NED	199200031	50.78	+0.75		24.50	50.78
2. Jesper Oranje	De Duck	NED	199200997	52.82	+0.73		25.65	52.82
3. Joost Groeneveld	PSV	NED	199200409	54.16	+0.73		25.28	54.16
4. Steven Uijl	Aqua-Novio'94	NED	199304075	55.26	+0.42		26.22	55.26
5. Sander de Vrugt	ESCA Zwemmen	NED	198903499	55.70	+0.67		26.47	55.70
6. Erik Wegman	De Kempvis	NED	199201465	57.64	+0.56		27.88	57.64
7. Bas Braun	ZPC AMERSFOORT	NED	199106545	57.83	+0.85		27.70	57.83
8. Tim de Vrugt	ESCA Zwemmen	NED	199306719	58.14	+0.57		27.62	58.14
9. Marc Hoogendam	Blue Marlins	NED	199007713	59.85	+0.71		28.51	59.85
10. Ruben Stolk	ZOB'66	NED	199005665	1:00.55	+0.76		28.17	1:00.55
11. Patrick Brouwer	AZC	NED	199303715	1:00.64	+0.79		28.79	1:00.64
12. Robin van Beusekom	NieMo Barracuda	NED	199205841	1:01.72	+0.75		29.09	1:01.72
13. Bram Piederiet	ZVVS	NED	199007757	1:04.04			30.42	1:04.04
14. Jordy van der Drift	ZVL-1886 Center	NED	199307345	1:04.36			30.76	1:04.36
15. Bas Onderstal	AZC	NED	199205967	1:05.09	+0.75		30.93	1:05.09
16. Marten Ettema	HZ&PC Heerenveen	NED	199007703	1:05.12	+0.72		30.29	1:05.12
17. Derek Valkenier	MSV-Zeemacht	NED	199207397	1:07.38	+0.78		32.31	1:07.38
18. Maarten Steekelenburg	De Geul	NED	199300479	1:08.87	+0.75		31.91	1:08.87
19. Patrick Wobben	Steenwijk 1934	NED	199300559	1:10.68	+0.73		33.32	1:10.68
20. Mark van der Want	GLS Ketelbinkie	NED	199107511	1:12.28	+0.71		34.27	1:12.28

Masters 35+

1. Pascal van Haren	NieMo Barracuda	NED	198704101	57.97	+0.71		27.47	57.97
2. Klaas van Beek	ZV Haerlem	NED	198805941	59.42	+0.68		28.49	59.42
3. Arne-Willem Kroonen	MZ&PC	NED	198401297	1:01.63			28.52	1:01.63
4. Peter van de Bor	DWT	NED	198402897	1:04.95	+0.77		28.66	1:04.95
5. Steffen Hackbarth	SSF Bonn 1905 e.V.	GER	425979	1:05.40			31.46	1:05.40
6. Edward van Dotingh	ZV 44	NED	198403341	1:06.28	*+0.82		31.87	1:06.28
7. Remco van der Graaf	PSV	NED	198704007	1:06.32	+0.78		30.81	1:06.32
8. Alexander Trubin	SwimGym	NED	198403381	1:08.40	+0.91		33.01	1:08.40
9. Jort Wildschut	SwimGym	NED	198806307	1:12.13			32.68	1:12.13

Masters 40+

1. Lauren Vis	Steenwijk 1934	NED	198201883	54.70	+0.66		25.85	54.70
2. Kristiaan Lenos	ZVL-1886 Center	NED	198301331	55.93	+0.74		26.69	55.93
3. Ivan van Ommen	De Geul	NED	198201263	58.19	+0.72		27.92	58.19
4. Christopher Cardenas	Upstream Amsterdam	NED	198002505	59.02	+0.75		28.46	59.02
5. Dirk Smit	Tiamat	NED	198101559	1:00.70	+0.59		28.93	1:00.70
6. Mark Zwart	Zwemlust-den Hommel	NED	197901461	1:01.20			29.32	1:01.20
7. F. Cascales Miñana	Lille UC Natation	FRA	3228717	1:01.97	+0.67		29.15	1:01.97
Rob van Wanrooy	Feijenoord Zwemmen (SG)	NED	198202627	1:01.97	+0.74		29.58	1:01.97
9. Wouter Zijlstra	DAW	NED	198202077	1:02.46	+0.80		29.63	1:02.46
10. Rubert Boer	Aqualero	NED	197902011	1:02.81	+0.86		30.24	1:02.81
11. Michael Buurmeijer	THOR	NED	197901977	1:02.88	+0.83		29.31	1:02.88
12. Peter Lommert	SWOL 1894	NED	197900787	1:05.69	+0.87		31.44	1:05.69
13. Mark Brinkhuis	TriVia	NED	198302609	1:12.52	+0.67		34.98	1:12.52



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Programmanr. 36, Heren, 100m vrije slag

Masters 45+

1. Casper Hut	HZ&PC Heerenveen	NED	197800471	52.71	+0.67	24.87	52.71
<i>Nederlands Masters Record</i>							
2. Ruud Holswilder	ZPCH	NED	197800435	57.13		27.06	57.13
3. Jasper van Heijst	Het Y	NED	197601699	57.98	+0.73	27.27	57.98
4. Victor Barnar	GoSwim	NED	197801805	58.02	+0.70	27.56	58.02
5. Vincent Versteeg	Zwemlust-den Hommel	NED	197701003	58.11	+0.73	27.69	58.11
6. Alex Damen	DAW	NED	197501371	58.72	+0.77	28.22	58.72
7. Dennis Dortland	NieMo Barracuda	NED	197800261	1:00.63	+0.81	28.72	1:00.63
8. Jeroen Zelsmann	ZPC AMERSFOORT	NED	197701551	1:01.17	+0.73	28.88	1:01.17
9. Johan Wezenberg	SWOL 1894	NED	197601023	1:06.50	+0.99	30.96	1:06.50
10. Bogdan Androne	Sassenheim	NED	197701783	1:07.22		31.68	1:07.22
11. Tom Bandsma	PSV	NED	197701625	1:08.68	+0.85	32.35	1:08.68
12. Marcel van Walt van Praag	Gay Swim Amsterdam	NED	197501425	1:11.38	+0.80	34.16	1:11.38
13. Andre Schaap	ZVL-1886 Center	NED	197501357	1:15.56	+1.04	35.72	1:15.56
14. Jeroen Hoeksel	ZVVS	NED	197401533	1:16.65	+0.95	35.13	1:16.65
15. Robin Roskam	De Duinkickers	NED	197801831	1:19.02	+0.69	36.57	1:19.02
16. Lené Wessels	Hieronymus	NED	197601707	1:20.19	+0.80	37.46	1:20.19

Masters 50+

1. Chester Marsman	ZPC AMERSFOORT	NED	196900671	57.87	+0.75	27.23	57.87
2. Aleksandras Zamorskis	Kaisiadoriu Plaukiam	LTU		58.44		27.69	58.44
3. Markus Löber	SSF Bonn 1905 e.V.	GER	444684	1:01.17	+0.69	28.95	1:01.17
4. Arjan Verheij	De Rog	NED	197101617	1:01.57	+0.71	29.18	1:01.57
5. Gerko Versluis	Zuiderzeezwemmers	NED	196901439	1:03.13	+0.85	30.00	1:03.13
6. Ingmar de Gelder	ZOB'66	NED	197000333	1:03.34	+0.83	30.42	1:03.34
7. Kees Akershoek	De Stelle	NED	196900009	1:04.60	+0.62	30.49	1:04.60
8. Michael van Bekkum	SWOL 1894	NED	197200051	1:05.17	+0.72	30.61	1:05.17
9. Martin Berkhout	ZVL-1886 Center	NED	197101123	1:06.23	+0.73	31.06	1:06.23
10. Chris Kouwenhoven	De Grunte	NED	197101669	1:07.12		31.71	1:07.12
11. Berry Koning	Aqualero	NED	197300479	1:07.76		32.25	1:07.76
12. Wilbert Hietbrink	ZPC De Hof	NED	196901879	1:10.79		33.00	1:10.79
13. Rob van de Ven	Neptunus'58	NED	197101695	1:12.84	+0.63	33.39	1:12.84
14. Eric Dumas	Patrick-De Roersoppers (SG)	NED	196901397	1:13.11		33.96	1:13.11
15. Marcel Brittijn	De Duinkickers	NED	196900159	1:13.29	+0.64	34.07	1:13.29
16. Steven Kliffen	DAW	NED	197001683	1:13.51	+0.84	35.27	1:13.51
17. Alberto Randazzo	DES	NED	197101757	1:15.03	*+0.86	35.72	1:15.03

Masters 55+

1. Gijsbert van der Leden	PSV	NED	196700597	58.82	+0.94	28.41	58.82
2. Darius Andrzejczak	SG Erkelenz-Hückelhoven	GER	326924	59.15	+0.79	28.40	59.15
3. Hugues Herman	Cercle De Natation Sportcity VBELwe CNSW/009743/66			59.43	+0.69	28.30	59.43
4. John Hardeman	Zwemlust-den Hommel	NED	196601615	1:02.29	+0.71	30.41	1:02.29
5. Arno Schrauwen	Patrick-De Roersoppers (SG)	NED	196501355	1:07.69	+0.85	32.45	1:07.69
6. Pascal Tourton	ZOB'66	NED	196601343	1:08.48		33.60	1:08.48
7. Wijnand Vergeest	De Rog	NED	196800949	1:09.49	+0.73	32.99	1:09.49
8. Bert Jonker	HZ&PC Heerenveen	NED	196600355	1:09.60	+0.69	32.71	1:09.60
<i>* 50m</i>							
9. Erik Saan	De Duck	NED	196500769	1:09.78		32.85	1:09.78
10. Willem Jan Ribberink	GZC DONK	NED	196501327	1:11.41	+0.83	33.84	1:11.41
11. Roy Le Clercq	De Rog	NED	196401041	1:11.79		33.92	1:11.79
12. Pieter-Sjoerd de Wijn	DES	NED	196501027	1:12.79	+0.89	34.18	1:12.79
13. Leon Slingerland	WVZ	NED	196801707	1:12.89		35.08	1:12.89
14. Joop Weenink	WS Twente	NED	196801535	1:14.11		35.12	1:14.11
15. Gertjan van der Vaart	ZVVS	NED	196801529	1:17.50		36.72	1:17.50
16. Erik Schweitzer	DAW	NED	196701751	1:18.94		37.92	1:18.94
17. Hans Bijleveld	HHZV PLONS	NED	196601649	1:19.07	+0.79	38.63	1:19.07
18. Wim Donkersloot	Hieronymus	NED	196801715	1:20.30	+0.88	38.10	1:20.30
19. Adri Pasman	Zuiderzeezwemmers	NED	196400573	1:23.53		39.56	1:23.53
20. Bauke Posthumus	HZ&PC Heerenveen	NED	196401505	1:24.17		39.16	1:24.17
21. Maarten Koolman	Steenwijk 1934	NED	196801649	1:48.27	+0.92	48.30	1:48.27



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Masters 60+

1. Peter Bernsen	De Rog	NED	196301119	59.77	+0.67	28.24	59.77
2. Fred Ketting	PSV	NED	196000289	1:01.77	+0.72	29.54	1:01.77
3. Gert Sikkema	Zwemclub Urk 1978	NED	196300687	1:03.13	+0.86	30.13	1:03.13
4. Paul Wijnja	De Biesboschzwemmers	NED	196301403	1:05.87	+0.67	31.41	1:05.87
5. Henk Kuipers	ZPC AMERSFOORT	NED	196201207	1:07.54	+0.51	32.68	1:07.54
6. Ronald Grove	Triton	NED	196100161	1:08.20	+0.77	31.82	1:08.20
7. Mark Nuijten	Feijenoord Zwemmen (SG)	NED	196000411	1:08.21	+0.97	32.39	1:08.21
8. Ronald Pijtak	ZPC AMERSFOORT	NED	196100475	1:16.41	+0.83	36.56	1:16.41
9. Hans van Scheepen	Steenwijk 1934	NED	196201245	1:35.14	+0.90	43.65	1:35.14

Masters 65+

1. Hugo Bregman	WVZ	NED	195800069	1:00.88	+0.86	29.56	1:00.88
<i>Nederlands Masters Record</i>							
2. Marten de Groot	HZ&PC Heerenveen	NED	195800149	1:02.26	+0.71	29.58	1:02.26
3. Fred Zanting	TriVia	NED	195400323	1:13.88	+0.90	35.24	1:13.88
4. Wiebren Dijkstra	HZ&PC Heerenveen	NED	195800745	1:22.25	+0.78	38.62	1:22.25
5. Lex Hoogendam	ZZ&PC De Devel	NED	195700541	1:23.36		38.41	1:23.36
6. Klaas Landeweer	IJZPC	NED	195600163	1:32.26		44.14	1:32.26

Masters 70+

1. Brend Brevé	PSV	NED	195200265	1:09.29	+0.85	33.81	1:09.29
<i>Nederlands Masters Record</i>							
2. Harry Dokter	SWOL 1894	NED	195100037	1:11.06		32.61	1:11.06
3. Charles Bos	Patrick-De Roersoppers (SG)	NED	195300019	1:13.03	*+0.79	35.08	1:13.03
4. Piet Schop	De Bevelanders	NED	195000109	1:19.39		37.38	1:19.39
5. Jos Kamps	Zwemvereniging Hoogland	NED	195100085	1:21.37		38.78	1:21.37
6. Nello Spiteri	DAW	NED	195200295	1:37.82		47.07	1:37.82
7. Hans van Vastenhoven	Old Dutch	NED	194900141	1:43.00		49.32	1:43.00

Masters 75+

1. Willem Putter	ZVVS	NED	194500135	1:24.72		39.66	1:24.72
2. Nico van Dongen	ZZ&PC De Devel	NED	194800159	1:56.79	+1.32	52.95	1:56.79

Masters 80+

1. Geza Kaltenecker	AZC	NED	194200065	1:33.17		43.66	1:33.17
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Masters 85+

1. Frederik Hendrik de Bruijn	CN Aquamasters	ESP		1:31.84	*	44.31	1:31.84
<i>Kampioenschapsrecord</i>							
2. Nic Geers	PSV	NED	193800007	1:42.03		50.51	1:42.03
<i>Nederlands Masters Record</i>							

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19-02-2023 - 13:41

Dames, 100m vrije slag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT	PARA	50m	100m
Masters 20+							
1. Babette van der Kaaij	Blue Marlins	NED 199902234	57.82			27.55	57.82
2. Arianne Kooijinga	TriVia	NED 200001544	58.36	+0.65		28.23	58.36
3. Marije Sweering	De Golfbreker	NED 200101228	58.81	+0.70		27.99	58.81
4. Lianne van Wier	HZ&PC Heerenveen	NED 200200438	59.47	+0.69		28.58	59.47
5. Leonie van Wier	HZ&PC Heerenveen	NED 200200436	59.60	+0.73		28.30	59.60
6. Merel Phaff	Nuenen	NED 200100434	1:00.26			28.70	1:00.26
7. Kiki Koopman	De Golfbreker	NED 200200232	1:00.76	+0.64		28.75	1:00.76
8. M. van den Hoofdakker	Steenwijk 1934	NED 200302708	1:01.84			29.66	1:01.84
9. Amber Hesper	VZC	NED 200202188	1:02.46	+0.77		29.78	1:02.46
10. Inge Dekker	HZ&PC Heerenveen	NED 200200476	1:02.48	+0.61		29.52	1:02.48
11. Sharon Wolfs	Patrick-De Roersoppers (SG)	NED 200004800	1:03.18	+0.74		30.12	1:03.18
12. Alisha Vieira	Blue Marlins	NED 199904554	1:03.39	+0.71		29.36	1:03.39
13. Bibi Stokvis	ZV De Bron	NED 199900892	1:03.73	+0.57		29.95	1:03.73
14. Elisah Velgersdijk	ZPC AMERSFOORT	NED 200102436	1:04.04	+0.78		30.45	1:04.04
15. Annabel Kuipers	DWK	NED 200001076	1:04.08	+0.58		30.55	1:04.08
16. Hanna Looi	Blue Marlins	NED 200006090	1:04.47	+0.71		30.87	1:04.47
17. Noa de Bock	De Duck	NED 200300318	1:05.02			31.24	1:05.02
18. Hannah Ledingham	SSF Bonn 1905 e.V.	GER 458077	1:05.09	+0.67		30.78	1:05.09
19. Selina Janssen	Neptunus'58	NED 199905974	1:05.23			31.37	1:05.23
20. Femke-Romy Wiersma	Neptunia'24	NED 200103078	1:05.32	+0.75		31.63	1:05.32
21. Lonneke Graansma	ZVL-1886 Center	NED 199900936	1:05.69			31.61	1:05.69
22. Kyra Wesemann	MSV-Zeemacht	NED 200201440	1:05.87	+0.81		31.53	1:05.87
23. Mirelle de Kort	Neptunus'58	NED 200005546	1:05.90	+0.82		31.22	1:05.90
24. Romy Verhagen	De Dolfijn	NED 199906620	1:06.08	+0.56		31.20	1:06.08
25. Jessica Braat	AZC	NED 200205684	1:07.10	+0.74		30.98	1:07.10
26. Veerle van Munster	ZPC Woerden	NED 200102632	1:07.22	+0.56		31.23	1:07.22
27. Romy Jalving	HZ&PC Heerenveen	NED 200000616	1:07.37	+0.72		31.97	1:07.37
28. Cheyenne Verburgt	ESCA Zwemmen	NED 199901496	1:08.79			32.45	1:08.79
29. Sabine Lageweg	Steenwijk 1934	NED 199900926	1:09.26	+0.60		32.28	1:09.26
30. Lianne Roescher	ZPC De Hof	NED 199900248	1:09.55	+0.75		32.57	1:09.55
31. Daphne van Rees	Octopus-ZVV (SG)	NED 200301766	1:09.66	+0.80		32.67	1:09.66
32. Anneke van der Laan	Orca	NED 200201154	1:09.97	+0.67		32.86	1:09.97
33. Lotte de Vente	Het Ravijn	NED 199905814	1:10.26			33.25	1:10.26
34. Rosa Huntjens	EZCL (SG)	NED 200301402	1:10.63			34.04	1:10.63
35. Ilse Valk	Het Ravijn	NED 200000172	1:10.85			32.84	1:10.85
36. Tove Kienhuis	Aqua'68	NED 200203486	1:11.14	+0.74		33.50	1:11.14
37. Maaïke van Houten	Zwemvereniging Hoogland	NED 200206266	1:12.48			34.70	1:12.48
38. Selma Boertien	Aqua'68	NED 200203834	1:12.58	+0.80		33.90	1:12.58
39. Leonie Smit	EZCL (SG)	NED 200301978	1:12.83	+0.97		35.11	1:12.83
40. Valerie Bakker	ZVL-1886 Center	NED 200103672	1:13.57	+0.78		34.37	1:13.57
41. Noa Boerma	Het Ravijn	NED 200202736	1:13.73	+0.74		34.18	1:13.73
42. Megan Vis	De Kempvis	NED 200303326	1:18.35	+0.94		37.29	1:18.35
43. Ineke Visser	De Wellerobben	NED 199902948	1:19.24			36.68	1:19.24

Masters 25+

1. Tamara Grove	De Dolfijn	NED 199601266	57.46	+0.70		27.81	57.46
2. Karin Rijkelijkhuijzen	DZ&PC	NED 199403358	59.33	+0.72		28.39	59.33
3. Celine Schoenmaker	DWK	NED 199801976	1:00.50			28.89	1:00.50
4. Marre Zandringa	Orca	NED 199701136	1:00.58	+0.75		28.59	1:00.58
5. Moniek van Langevelde	ESCA Zwemmen	NED 199803160	1:00.69	+0.72		29.19	1:00.69
6. Karin Groen	Nova	NED 199502440	1:01.17	+0.68		28.94	1:01.17
7. Linda Kamperman	Zwemlust-den Hommel	NED 199601238	1:02.27	+0.72		29.71	1:02.27
8. J. van Omme - van Veen	Zwemvereniging Hoogland	NED 199603192	1:02.78	+0.77		29.79	1:02.78
Melissa van der Heijden	NieMo Barracuda	NED 199605226	1:02.78			30.52	1:02.78
10. Manon Kloosterman	Zwemlust-den Hommel	NED 199702082	1:02.93	+0.87		30.03	1:02.93
11. Larissa Jansen	PSV	NED 199500660	1:03.77	+0.87		30.55	1:03.77
12. Rixt Meijer	HZ&PC Heerenveen	NED 199700202	1:03.93	+0.62		30.05	1:03.93
13. Anne-Irene Duchaine	Zwemvereniging Hoogland	NED 199506824	1:04.48			30.93	1:04.48
14. Myrna Gorter	Neptunia'24	NED 199503158	1:04.52	+0.75		30.32	1:04.52



Open Nederlandse Masters
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Programmanr. 37, Dames, 100m vrije slag, Masters 25+

rang naam	vereniging		tijd	RT	PARA	50m	100m
15. Dagmar Kruijk	Zuiderzeezwemmers	NED 199800008	1:04.63	+0.75		30.19	1:04.63
16. Rianne van Rijssen	Noord Veluwe	NED 199702360	1:05.27	+0.80		31.09	1:05.27
17. Annemiek Meulenbeld	Orca	NED 199506230	1:05.33			31.35	1:05.33
18. Jisca Majolee	ZPC AMERSFOORT	NED 199403570	1:05.57	+0.67		31.53	1:05.57
19. Meike Nauta	Nuenen	NED 199405180	1:05.62	+0.63		31.33	1:05.62
20. Hjordis Wagenaar	TRI-X-Kufstein	NED 49731	1:06.20	+0.58		31.05	1:06.20
21. Evelien de Jong	Neptunia'24	NED 199805316	1:06.29	+0.81		31.71	1:06.29
22. Lotte Eising	ZPC AMERSFOORT	NED 199502098	1:06.91	+0.77		31.02	1:06.91
23. Annemarie ten Have	Zuiderzeezwemmers	NED 199802662	1:07.09			30.76	1:07.09
24. Mariska Gach	ZVL-1886 Center	NED 199501760	1:09.65			33.96	1:09.65
25. Margien Timmer	ZVL-1886 Center	NED 199506760	1:09.76	+0.72		33.64	1:09.76
26. Chantal Lokhorst	Aqualero	NED 199401362	1:10.25	+0.87		33.16	1:10.25
27. Tamara van den Brink	NieMo Barracuda	NED 199804182	1:10.43			33.44	1:10.43
28. Nina Tourton	ZOB'66	NED 199603612	1:10.68	+0.66		33.92	1:10.68
29. Judith Kleinjan	De Duck	NED 199802710	1:11.05	*		33.63	1:11.05
30. Anouk van der Lans	Feijenoord Zwemmen (SG)	NED 199801614	1:11.32	+0.68		34.16	1:11.32
31. Eline Molle	De Geul	NED 199404276	1:14.40			34.88	1:14.40
32. Winnie de Vries	De Wellerobben	NED 199606766	1:16.20	+0.94		36.33	1:16.20

Masters 30+

1. Marcha Admiraal	De Geul	NED 199300012	1:00.57	+0.75		29.31	1:00.57
2. Danique Stoop	Zuiderzeezwemmers	NED 199106956	1:00.89	+0.56		28.82	1:00.89
3. Denise Boereboom	NieMo Barracuda	NED 199202144	1:01.13			29.45	1:01.13
4. Elmi Roelofsen	Octopus-ZVV (SG)	NED 199008198	1:03.73	+0.81		29.61	1:03.73
5. Joanne van Essen	ZPC AMERSFOORT	NED 199303506	1:04.17	+0.63		30.09	1:04.17
6. Saskia de Klerk	GoSwim	NED 199004612	1:04.97	+0.76		29.84	1:04.97
7. Nanda Wobben - de Vries	Steenwijk 1934	NED 199204328	1:05.27	+0.83		31.09	1:05.27
8. Melissa Zwaan	DAW	NED 199103666	1:05.87	+0.76		30.99	1:05.87
9. Wendy de Bruin	ZOB'66	NED 199206320	1:06.24	+0.59		31.77	1:06.24
10. Kimberley van Buren	De Duck	NED 199304136	1:06.50	+0.69		31.63	1:06.50
11. Daphne Robijn-Jongedijk	EZCL (SG)	NED 198903520	1:08.34	+0.71		31.79	1:08.34
12. Leontine Groeneveldt	De Duck	NED 199303526	1:08.36	+0.77		32.47	1:08.36
13. Marijke Kommers	NieMo Barracuda	NED 199305334	1:08.44	+0.84		33.28	1:08.44
14. D. van den Hoogenband	Nuenen	NED 199001558	1:09.34	+0.77		33.62	1:09.34
15. Sandra Vermeulen	De Duck	NED 199303522	1:09.47			33.26	1:09.47
16. Jacqueline van den Beukel	NieMo Barracuda	NED 199100238	1:10.48	+0.69		32.54	1:10.48
17. Daphne Kievit	ZPC AMERSFOORT	NED 199207058	1:11.77	+0.86		33.91	1:11.77
18. Adela Vázquez García	ZVL-1886 Center	NED 199307952	1:12.57	+0.83		33.03	1:12.57
19. Marloes Wiekens	THOR	NED 199302970	1:12.58	+0.72		33.94	1:12.58
20. Elke Schellekens	Neptunus'58	NED 199301550	1:15.44			36.01	1:15.44
21. Ingrid Johannes	De Kempvis	NED 198907370	1:22.91			39.19	1:22.91

Masters 35+

1. Marije Jansen	ZPC AMERSFOORT	NED 198504088	1:04.35	+0.82		31.02	1:04.35
2. Monique van Huizen	AZC	NED 198706236	1:04.42	+0.73		30.71	1:04.42
3. Linda van Klei	GZC DONK	NED 198802088	1:06.49			31.82	1:06.49
4. Liesbeth van Mill	Zwemlust-den Hommel	NED 198702786	1:10.00	+0.79		33.31	1:10.00
5. Sandra Zwaanswijk	DAW	NED 198503934	1:10.78	+0.73		33.45	1:10.78

Masters 40+

1. Laura Badoux	DAW	NED 198200038	1:05.58			31.02	1:05.58
2. P. van Gelder - Dieker	Steenwijk 1934	NED 198102346	1:09.02	+0.88		32.77	1:09.02
3. E. Poortvliet - Koedam	De Duinkickers	NED 198001824	1:09.53			32.82	1:09.53
4. Chantal Verhoeff	Old Dutch	NED 197900912	1:09.75			32.99	1:09.75
5. Tineke Kleve	THOR	NED 198001810	1:15.34	*+0.84		35.27	1:15.34
6. Aafke Groot	De Geul	NED 198302748	1:15.98			35.85	1:15.98
7. Greetje Vos	Aqualero	NED 197901594	1:17.13			36.33	1:17.13
8. Irene Kasteel-Jaspersen	Zuiderzeezwemmers	NED 198102278	1:17.54			34.86	1:17.54
9. Roelien Stegeman	ZV 44	NED 198102350	1:17.98			36.45	1:17.98
10. Saskia op den Velde	De Duinkickers	NED 197901530	1:18.34			35.48	1:18.34
11. Clara Groenhorst	GZC DONK	NED 198202506	1:19.72	+1.00		37.40	1:19.72



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Programmanr. 37, Dames, 100m vrije slag, Masters 40+

rang naam	vereniging			tijd	RT	PARA	50m	100m
12. Leonie Scholten	Steenwijk 1934	NED	197901560	1:20.54	+0.70		37.08	1:20.54
NG Christel Geneuglijk	TriVia	NED	198101894					

Masters 45+

1. Monique Boets	Stadskanaal	NED	197600230	1:06.01	+0.77		31.59	1:06.01
2. Ilona Hogerheyde	DAW	NED	197400224	1:06.05	+0.74		31.64	1:06.05
3. Krista de Reus-Trompetter	DZ&PC	NED	197600520	1:08.60	+0.90		32.85	1:08.60
4. Lina Bieliniene	Kaisiadoriu Plaukiam	LTU		1:08.70	+0.79		33.35	1:08.70
5. Marleen Zantingh	Old Dutch	NED	197801378	1:11.00			34.00	1:11.00
6. Marian Nederlof	De Geul	NED	197600950	1:13.13	+0.82		34.38	1:13.13
7. Monica Korndewal	ZPC AMERSFOORT	NED	197701258	1:14.48	+0.94		35.02	1:14.48
8. A. Glazema-Boeema	Stadskanaal	NED	197701166	1:14.65			36.22	1:14.65
9. Sandra Van der Helm	De Rog	NED	197801340	1:20.55	+0.82		37.88	1:20.55
10. Esmeralda Stokman	ZPCH	NED	197600940	1:20.72			38.06	1:20.72
11. Inge Roskam	De Duinkickers	NED	197801296	1:21.58	+0.71		38.40	1:21.58
12. Tiffany Tsui	Zwemvereniging Hoogland	NED	197401110	1:29.11			42.24	1:29.11
13. Jessica van Velzen	ZV 44	NED	197601122	1:30.12			43.47	1:30.12
14. Nicolette Zuidema	ZV 44	NED	197500978	1:35.14			44.28	1:35.14

Masters 50+

1. Edith Janssen-Koolen	TRB-RES	NED	197300898	1:05.08	+0.66		30.59	1:05.08
2. Marjo Goelema-Koek	De Biesboschzwemmers	NED	196900192	1:06.53	+0.60		30.99	1:06.53
3. Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054	1:07.55	+0.75		31.75	1:07.55
4. Annette de Visser	Oceanus	NED	197100602	1:07.94			32.62	1:07.94
5. Trudy Ketting	PSV	NED	197000268	1:09.64	+0.76		32.77	1:09.64
6. Janine Franssen	Zwemsport Parkstad	NED	197101108	1:09.87			32.40	1:09.87
7. Katharina Schlipp	De Vliet (SG)	NED	197301004	1:12.85	+0.81		35.04	1:12.85
8. H. Manting-Holthuis	H2Oldambt	NED	197100246	1:16.95			36.10	1:16.95
9. Hilly Brugmans	Hieronymus	NED	197001112	1:26.47			40.80	1:26.47

Masters 55+

1. Saskia Phaff	PSV	NED	196600242	1:07.88	+0.58		32.48	1:07.88
2. Sandra Daamen-Posma	AZC	NED	196800854	1:21.06	+0.92		38.24	1:21.06
3. Christine Buist	De Duinkickers	NED	196400608	1:27.04	+1.12		41.67	1:27.04
4. Ageeth Westenbrink	De Rog	NED	196700712	1:27.24	+0.89		41.26	1:27.24
5. Erica Muller	De Geul	NED	196400412	1:31.59	+0.64		42.25	1:31.59
6. Riekje Schra	Steenwijk 1934	NED	196400404	2:13.88	+1.30		1:00.88	2:13.88

Masters 60+

1. Marjan Remmits-de Lange <i>Nederlands Masters Record</i>	ZPC AMERSFOORT	NED	196300518	1:07.13			32.33	1:07.13
2. Dr. Barbara Gellrich	Mainzer Schwimmverein 01	GER	61226	1:08.98	+0.95		33.24	1:08.98
3. Netty Burik-Geijzen	Feijenoord Zwemmen (SG)	NED	196300048	1:08.99			33.48	1:08.99
4. Linda van de Ree	De Ganze	NED	196300452	1:15.11	+0.83		35.90	1:15.11
5. Marijke Kraak-Beckers	WS Twente	NED	196000240	1:17.03	+0.69		36.18	1:17.03
6. Linda Wibbelink	Steenwijk 1934	NED	195900158	1:18.37			37.45	1:18.37
7. Yoka de Vegt-van Dijk	ESCA Zwemmen	NED	196200420	1:26.68			41.95	1:26.68
8. Jenny Westervaarder	H2Oldambt	NED	196200424	1:28.53			43.13	1:28.53
9. Katinka Elders	HZ&PC Heerenveen	NED	196000292	1:31.81			42.99	1:31.81
10. Jacqueline Brouwer	EZV	NED	196100296	1:33.57	+0.93		44.59	1:33.57

Masters 65+

1. Marijke van Hoek	ZPC De Zeeuwse Kust	NED	195800050	1:16.75	+0.78		36.87	1:16.75
2. Ria Peters-Veurman	ESCA Zwemmen	NED	195800242	1:40.55			47.21	1:40.55
3. Karien Musters	Old Dutch	NED	195800236	1:48.27			50.73	1:48.27



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Programmanr. 37, Dames, 100m vrije slag

Masters 70+

1. Christine Nieuwenhuis	SWOL 1894	NED	195100022	1:16.37	35.81	1:16.37
2. Conny Boer-Buys	ZVVS	NED	195000006	1:17.05	36.70	1:17.05
3. Ineke Brouwers	PSV	NED	195200070	1:58.42 *	53.81	1:58.42

Masters 85+

1. Marie Smits	Old Dutch	NED	193800004	1:56.26	56.23	1:56.26
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Kampioenschapsrecord

Programmanr. 38
19-02-2023 - 14:18

Heren, 200m rugslag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
Masters 20+								
1. Jasper Breugem	WVZ	NED	200000303	2:11.23	30.62	1:04.09	1:37.54	2:11.23
2. David Kievit	De Schotejil	NED	199900325	2:19.04	32.63	1:07.63	1:43.48	2:19.04
3. Jeroen Louwinger	De Rijn	NED	199900583	2:25.01	33.76	1:10.76	1:47.85	2:25.01
NG Ian Terlouw	ZPC Woerden	NED	200002345					
Masters 25+								
1. Robin van Beek	ZVL-1886 Center	NED	199704023	2:15.54	32.60	1:07.15	1:41.58	2:15.54
2. Mike Schel	ESCA Zwemmen	NED	199403279	2:18.08	32.05	1:07.33	1:42.84	2:18.08
3. Jordy van Oel	WVZ	NED	199802003	2:21.84	32.58	1:08.18	1:45.30	2:21.84
4. Hans Stoffers	Triton Putten	NED	199604027	2:26.47	32.68	1:08.53	1:46.85	2:26.47
5. Martijn Lageweg	Steenwijk 1934	NED	199701323	2:35.65	35.59	1:14.87	1:55.68	2:35.65
Masters 30+								
1. Jelmer Meijer	HZ&PC Heerenveen	NED	199001961	2:12.68	30.57	1:03.79	1:37.98	2:12.68
<i>Kampioenschapsrecord</i>								
2. Patrick Creemers	RZ	NED	199000579	2:25.71	33.01	1:10.60	1:48.59	2:25.71
3. Patrick Brouwer	AZC	NED	199303715	2:31.60	34.74	1:12.92	1:52.43	2:31.60
4. Wessel Everloo	WS Twente	NED	198906597	2:32.46	36.04	1:14.67	1:54.28	2:32.46
Masters 35+								
1. Martijn Giezen	ZPC AMERSFOORT	NED	198500813	2:20.90	32.46	1:08.31	1:44.84	2:20.90
2. Robert Braad	Steenwijk 1934	NED	198600407	2:23.68	33.28	1:09.78	1:46.62	2:23.68
3. Rick Driezen	Steenwijk 1934	NED	198600713	2:25.87	34.76	1:11.02	1:49.04	2:25.87
4. Yuri van Omme	Zwemvereniging Hoogland	NED	198501887	2:26.32	34.05	1:10.62	1:48.39	2:26.32
5. Rob van Vliet	ZPC AMERSFOORT	NED	198402459	2:29.03	34.88	1:12.66	1:51.49	2:29.03
6. Niels Albrechts	De Schotejil	NED	198800039	2:34.48	37.01	1:16.39	1:55.98	2:34.48
7. Thommy Nickel	ZPC Woerden	NED	198401627	2:37.26	36.06	1:15.18	1:55.91	2:37.26
8. Sander van Elburg	TRB-RES	NED	198800937	3:00.55	40.04	1:24.98	2:12.60	3:00.55
Masters 40+								
1. Mark Hensen	NieMo Barracuda	NED	197900497	2:23.05	33.38	1:09.66	1:46.45	2:23.05
2. Heijmen van Vliet	Wiekslag	NED	198001637	2:24.43	33.84	1:10.00	1:47.39	2:24.43
3. Marcel Reefhuis	WS Twente	NED	198101381	2:30.96	35.19	1:13.50	1:52.68	2:30.96
4. Dirk Smit	Tiamat	NED	198101559	2:31.64	35.89	1:14.69	1:53.51	2:31.64
5. Frank v.d. Voordt	De Schotejil	NED	198302259	2:32.46	35.60	1:13.53	1:52.98	2:32.46



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 38, Heren, 200m rugslag

Masters 45+

1. Ivo Roozeboom	WVZ	NED 197700801	2:17.48	32.30	1:07.43	1:42.80	2:17.48
2. Kees Bakker	Gay Swim Amsterdam	NED 197501055	2:36.09	37.40	1:17.73	1:57.39	2:36.09
3. Pieter Broek	Feijenoord Zwemmen (SG)	NED 197701637	2:40.47	37.46	1:18.17	1:59.93	2:40.47
4. Jeroen Hoeksel	ZVVS	NED 197401533	3:15.42	45.47	1:35.99	2:26.43	3:15.42

Masters 50+

1. Linas Kersevicius	Kauno Takas	LTU	2:30.80 *	34.88	1:12.60	1:51.30	2:30.80
2. René Beetsma	HZ&PC Heerenveen	NED 196900069	2:39.77	36.94	1:16.95	1:58.96	2:39.77
3. Mindaugas Sakys	Kaisiadoriu Plaukiam	LTU	2:40.75	36.25	1:16.34	1:58.46	2:40.75
4. Bruno Nahon	Cercle De Natation Sportcity	FRA/CNSW/000390/70	2:43.47	38.28	1:19.10	2:01.39	2:43.47
5. Korstiaan de Boer	Steenwijk 1934	NED 197101629	2:52.14	40.32	1:23.43	2:07.50	2:52.14

Masters 55+

1. Jan Gert Notenbomer	Upstream Amsterdam	NED 196600557	2:22.87	33.73	1:09.88	1:45.77	2:22.87
2. J. van den Berg	WVZ	NED 196801575	2:32.56	35.10	1:13.70	1:53.11	2:32.56
3. Ron Korzelius	ZPC AMERSFOORT	NED 196500513	2:41.21	37.69	1:17.73	1:59.56	2:41.21
4. Nico Swart	De Biesboschzwemmers	NED 196801475	2:50.86	38.44	1:21.44	2:06.90	2:50.86
5. Hans Bijleveld	HHZV PLONS	NED 196601649	3:13.52	46.75	1:36.08	2:26.53	3:13.52

*100m

Masters 60+

1. Edwin v. Norden	ZPC AMERSFOORT	NED 196300563	2:31.69	35.70	1:14.15	1:53.23	2:31.69
2. Johan Remmits	ZPC AMERSFOORT	NED 196201159	2:39.29	34.73	1:12.15	1:50.27	2:39.29
3. Erik Kamphuis	De Rog	NED 196001035	2:49.26	40.58	1:24.01	2:07.09	2:49.26
4. Casper Dollekamp	Steenwijk 1934	NED 196301341	3:01.28	42.27	1:28.18	2:16.18	3:01.28
5. Jack Barends	WS Twente	NED 196201011	3:25.11	47.18	1:38.80	2:31.18	3:25.11

DIS Menno Lomans

AF - De aangegeven afstand niet uitgezwommen.

Masters 65+

1. Hans Piederiet	ZPC Numansdorp	NED 195400177	3:05.86	43.19	1:30.84	2:19.04	3:05.86
2. Paul Bunnik	Triton	NED 195600413	3:11.89 *	44.48	1:33.85	2:23.92	3:11.89
3. Wim de Lange	AZC	NED 195800533	3:14.31	45.66	1:35.25	2:26.34	3:14.31
4. André Pantekoek	PSV	NED 195800321	3:53.19	51.51	1:51.40	2:53.57	3:53.19

NG.ZA Sigitas Katkevicius

Dzukijos Vandenis

LTU

Masters 70+

1. Brend Brevé	PSV	NED 195200265	2:57.05	41.18	1:25.69	2:11.60	2:57.05
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Nederlands Masters Record

2. Rob Berkhof	SWOL 1894	NED 195200245	3:49.11	53.94	1:52.95	2:53.12	3:49.11
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* 100m

3. Jos Kamps	Zwemvereniging Hoogland	NED 195100085	3:49.21	52.02	1:50.97	2:49.98	3:49.21
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Masters 75+

1. Mans Buis	SWOL 1894	NED 194700133	4:14.71	1:01.98	2:06.26	3:12.28	4:14.71
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Masters 80+

1. Nico Baay	Old Dutch	NED 194200053	4:23.20	58.91	2:02.90	3:12.80	4:23.20
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Programmanr. 39
19-02-2023 - 14:45

Dames, 200m rugslag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
Masters 20+								
1. Arianne Kooijinga	TriVia	NED 200001544	2:23.86		33.71	1:10.66	1:47.90	2:23.86
2. Rozemarijn van Haaff	ZOB'66	NED 200201852	2:32.82		35.97	1:14.25	1:53.82	2:32.82
3. M. van den Hoofdakker	Steenwijk 1934	NED 200302708	2:33.29		34.25	1:13.78	1:54.57	2:33.29
4. Lauren van IJll	WVZ	NED 200001064	2:35.71		34.93	1:14.24	1:55.38	2:35.71
5. Cynthia Koolman	Steenwijk 1934	NED 200300232	2:35.89		36.70	1:15.76	1:55.67	2:35.89
6. Ariane Krijt	TRB-RES	NED 199906646	2:40.95		38.09	1:18.63	2:00.67	2:40.95
7. Lianne Dekker	DAW	NED 200305438	2:41.10		37.34	1:17.68	1:59.54	2:41.10
8. Jet Kleine	MSV-Zeemacht	NED 199903384	2:45.42		38.77	1:20.92	2:03.77	2:45.42
9. Lianne Roescher	ZPC De Hof	NED 199900248	2:48.06		38.38	1:21.10	2:04.78	2:48.06
10. Luka Stoker	Nova	NED 200200558	2:49.38		39.29	1:21.67	2:04.96	2:49.38
11. Ilse Hallie	Octopus-ZVV (SG)	NED 200200128	2:49.73		39.94	1:22.38	2:06.25	2:49.73
12. Mandy Swart	De Biesboschwemmers	NED 199904916	2:55.67		40.12	1:24.24	2:10.52	2:55.67
Masters 25+								
1. Tessa Vermeulen	De Dolfijn	NED 199800068	2:10.37		30.61	1:03.84	1:37.27	2:10.37
<i>Wereld Masters Record, NMR 100m</i>								
2. J. van Omme - van Veen	Zwemvereniging Hoogland	NED 199603192	2:26.14		33.51	1:10.34	1:48.21	2:26.14
3. Anne-Irene Ducheine	Zwemvereniging Hoogland	NED 199506824	2:28.56		34.58	1:11.76	1:50.61	2:28.56
4. Eef Hollander	Blue Marlins	NED 199602074	2:39.37		36.46	1:16.64	1:58.20	2:39.37
5. Manon van Strien	WVZ	NED 199400770	2:39.43		35.98	1:16.05	1:57.82	2:39.43
6. Suzanne Mosch	MSV-Zeemacht	NED 199400548	2:42.39		38.54	1:18.69	2:00.58	2:42.39
7. Mariska Gach	ZVL-1886 Center	NED 199501760	2:43.92		39.47	1:21.22	2:03.15	2:43.92
8. Eline Hendriks	ZPC AMERSFOORT	NED 199802794	2:49.52		40.11	1:23.87	2:08.63	2:49.52
9. Anouk van der Lans	Feijenoord Zwemmen (SG)	NED 199801614	2:51.18		39.79	1:22.82	2:07.93	2:51.18
10. Esmée Rolloos	NieMo Barracuda	NED 199800056	2:54.85		40.07	1:24.09	2:09.76	2:54.85
11. Judith Kleinjan	De Duck	NED 199802710	3:00.90		43.14	1:29.79	2:15.53	3:00.90
12. Cynthia van Veen	ZVL-1886 Center	NED 199606736	3:09.74 *		42.74	1:31.17	2:21.28	3:09.74
Masters 30+								
1. Leonie van Noort	WVZ	NED 199301752	2:20.26		33.74	1:09.04	1:45.18	2:20.26
<i>Nederlands Masters Record</i>								
2. Désirée Emmen	De Warande	NED 199204862	2:36.62		35.48	1:14.27	1:55.48	2:36.62
3. Jacyntha Plat	Steenwijk 1934	NED 199002956	2:39.56		36.16	1:16.95	1:59.01	2:39.56
4. Getrude Corporaal	Steenwijk 1934	NED 199200380	2:44.98		36.81	1:16.88	2:00.43	2:44.98
5. Irmgard van Weeghel	ESCA Zwemmen	NED 199204834	2:54.13		41.65	1:25.61	2:10.31	2:54.13
6. Marjan Rikken	Octopus-ZVV (SG)	NED 199206114	2:58.52		42.42	1:27.38	2:13.39	2:58.52
7. Nada Lisa Hut	Aqualero	NED 199307280	3:00.14 *		42.17	1:26.98	2:13.33	3:00.14
8. J. van den Beukel	NieMo Barracuda	NED 199100238	3:00.30		40.64	1:26.08	2:13.35	3:00.30
9. Maaïke Hofland	Sassenheim	NED 199203754	3:02.85		42.58	1:28.39	2:15.75	3:02.85
10. Anouk Bloem	TRB-RES	NED 199000320	3:49.31		51.42	1:48.42	2:48.30	3:49.31
Masters 35+								
1. V. Hádén-Felföldi	Iron Swim	HUN	2:27.58		34.54	1:11.61	1:50.02	2:27.58
<i>Kampioenschapsrecord, Hungarian Masters Record</i>								
2. Jenny Schouten	MZ&PC	NED 198703674	2:32.18		33.72	1:11.65	1:52.38	2:32.18
<i>Nederlands Masters Record</i>								
3. Rianne Hofland	Sassenheim	NED 198801820	2:36.91		36.62	1:16.06	1:56.36	2:36.91
4. Samantha van Eijk	De Geul	NED 198806826	2:38.39		37.53	1:17.93	1:58.76	2:38.39
5. J. Kuiper-Crossen	Neptunia'24	NED 198600712	2:43.82		38.25	1:19.34	2:01.35	2:43.82
6. Renske Eilers	Zwemvereniging Hoogland	NED 198806072	2:45.28		38.90	1:19.97	2:02.64	2:45.28
7. Sandra Schellekens	Neptunus'58	NED 198503416	2:57.67		42.18	1:26.58	2:12.80	2:57.67



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
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Programmanr. 39, Dames, 200m rugslag

Masters 40+

1. Roos van Esch	ACZ	NED 198200468	2:41.12	37.48	1:18.35	2:00.63	2:41.12
2. Ilja Janssen	ESCA Zwemmen	NED 198102234	2:58.37	40.37	1:26.11	2:12.86	2:58.37
3. Clara Groenhorst	GZC DONK	NED 198202506	3:02.70	43.17	1:28.86	2:16.21	3:02.70
4. Jessica Venema	GZC DONK	NED 197901526	3:03.30	40.96	1:26.76	2:15.36	3:03.30
5. Leonie Scholten	Steenwijk 1934	NED 197901560	3:08.46	43.64	1:32.00	2:21.08	3:08.46
6. Linda Hoogendam	WVZ	NED 198300892	3:11.17	44.64	1:34.11	2:23.60	3:11.17

Masters 45+

1. Melanie Kuiper	ZIGNEA	NED 197600350	2:46.50	38.67	1:21.11	2:03.89	2:46.50
2. Liselotte Joling	PSV	NED 197500268	2:47.05	38.85	1:21.23	2:04.80	2:47.05
3. Mirjan den Drijver	Feijenoord Zwemmen (SG)	NED 197500884	2:52.06	40.17	1:23.76	2:08.56	2:52.06
4. Alina Spijkerman	DAW	NED 197701220	2:55.00	40.62	1:24.59	2:10.93	2:55.00
5. A. Glazema-Boelema	Stadskanaal	NED 197701166	2:58.92	42.03	1:27.85	2:15.08	2:58.92
6. Karin van Dijk	THOR	NED 197601066	3:10.54	41.39	1:28.26	2:20.54	3:10.54
7. Fabiola Bosman	Deltasteur	NED 197701148	3:10.75	44.61	1:32.50	2:22.46	3:10.75
8. Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	NED 197700138	3:34.99	48.44	1:42.10	2:38.78	3:34.99
9. Jessica van Velzen	ZV 44	NED 197601122	3:39.41	51.14	1:47.60	2:44.23	3:39.41

Masters 50+

1. Johanna van Wijnen	Old Dutch	NED 197201072	2:43.88	38.71	1:19.62	2:01.82	2:43.88
2. Trudie van Niejenhuis	TZC-Vahalis	NED 197100444	2:55.41	40.70	1:25.83	2:11.35	2:55.41
3. Bianca Groot	MSV-Zeemacht	NED 197000652	2:59.66	43.12	1:29.91	2:16.36	2:59.66
4. Peggi Hurenkamp	HZ&PC Heerenveen	NED 196900922	3:03.73 *	42.74	1:28.31	2:15.88	3:03.73
5. Marjolein Klunne	Hieronymus	NED 197101098	3:05.14	41.84	1:27.68	2:16.36	3:05.14
6. Nathasja Konijn	GZC DONK	NED 197100992	3:20.32	46.79	1:37.26	2:29.03	3:20.32
7. Danielle Schipper	ZOB'66	NED 197001078	3:37.81	50.02	1:44.12	2:41.17	3:37.81

Masters 55+

1. Annette Wijnja-Visser	De Biesboschzwemmers	NED 196700528	2:56.94	40.44	1:24.85	2:10.96	2:56.94
2. Marinka vd Zwet	Sassenheim	NED 196500346	3:01.10	42.50	1:28.56	2:15.69	3:01.10
3. Henriëtte v. Norden	ZPC AMERSFOORT	NED 196800046	3:01.12	42.10	1:28.17	2:15.51	3:01.12
4. Wilna Heijman	Steenwijk 1934	NED 196400506	3:09.57	46.31	1:33.94	2:23.03	3:09.57
5. Anita Steijger	WVZ	NED 196500628	3:12.24	46.17	1:34.27	2:23.86	3:12.24

Masters 60+

1. M. Grove-Lingeman	Triton	NED 196200080	3:06.28	42.93	1:29.54	2:17.72	3:06.28
2. Patty Verhagen	PSV	NED 195900146	3:14.59	47.45	1:36.88	2:26.46	3:14.59
3. A. Vuist-Blum	SWOL 1894	NED 196300282	3:23.23	48.54	1:40.10	2:32.79	3:23.23
4. J. Resink-lindeboom	DWK	NED 196000142	3:35.59	50.96	1:45.27	2:40.76	3:35.59

DIS Gea Kuiper ZCNF'34 NED 196100104
RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.

Masters 65+

1. Atie Pijtak-Radersma	ZPC AMERSFOORT	NED 195600048	2:56.62	41.66	1:26.28	2:12.10	2:56.62
<i>Nederlands Masters Record</i>							
2. Margriet Pasma	TriVia	NED 195500088	3:19.28	46.69	1:36.81	2:27.98	3:19.28
3. Mies Kuipers	Old Dutch	NED 195800202	4:48.74 *	1:06.18	2:20.64	3:38.37	4:48.74
4. Lies Hartman	PSV	NED 195600116	5:04.37	1:08.27	2:27.80	3:45.40	5:04.37

Masters 70+

1. A. Gilding-Tussaud	WS Twente	NED 195000038	4:01.42	55.35	1:55.56	3:00.32	4:01.42
2. Tineke van Diggelen	ZPCH	NED 195200048	4:07.30 *	57.49	1:59.65	3:04.17	4:07.30
3. Geerdien Meerwaldt	De Geul	NED 195200058	4:38.03	1:04.37	2:13.76	3:24.84	4:38.03
4. N. van Dongen-de Paep	eZZ&PC De Devel	NED 195100044	4:51.86 *	1:11.40	2:23.35	3:38.78	4:51.86



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
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Programmanr. 39, Dames, 200m rugslag

Masters 75+

DIS L. van Huissteden ZPC AMERSFOORT NED 194500002
AM - Gebruik gemaakt van hulpmiddelen of tape gebruikt op het lichaam.

Programmanr. 40
19-02-2023 - 15:48

Heren, 50m schoolslag

Masters Open
Resultaten

rang	naam	vereniging			tijd	RT	PARA
Masters 20+							
1.	Max Voortman	DWK	NED	199902923	29.77	+0.65	
2.	Stefanos Eleftheriou	De Golfbreker	NED	200305095	30.39	+0.69	
3.	Derk Jan van Duijn	De Golfbreker	NED	200105575	30.75	+0.76	
4.	Thomas Vastenhout	ZPCH	NED	200204545	31.22	+0.56	
5.	Ilmar Stoop	Zuiderzeezwemmers	NED	200100871	31.29	+0.64	
6.	Mart de Koning	ZOB'66	NED	200203253	31.33	+0.78	
7.	Jelle Opmeer	ZPC AMERSFOORT	NED	200100269	31.44	+0.70	
8.	Robin van Peenen	ZVL-1886 Center	NED	200201059	31.54	+0.75	
9.	Tiemen Jonkman	DZ&PC	NED	200301193	31.60	+0.77	
10.	Wim van Duuren	TRB-RES	NED	200102103	31.62	+0.69	
11.	Thomas Hesper	Blue Marlins	NED	200004181	32.24	+0.75	
12.	Jort Vizee	Feijenoord Zwemmen (SG)	NED	200201779	32.37	+0.61	
13.	Mees Minneboo	MSV-Zeemacht	NED	200203465	33.00	+0.70	
14.	Kylian Kooijman	Steenwijk 1934	NED	199900763	33.04	+0.80	
15.	Daniel van der Sluijs	De Kempvis	NED	200001045	33.65		
16.	Auke Jan Ytsma	Orca	NED	199900905	33.82	+0.59	
17.	Boaz Troost	ZOB'66	NED	200100371	33.98	+0.66	
18.	Marc Hoogeveen	DZ&PC	NED	200101585	34.54	+0.74	
19.	Bartho Visser	Triton Putten	NED	200005595	35.18	+0.84	
20.	Marco van der Wulp	MSV-Zeemacht	NED	200302051	36.40	+0.73	
21.	Thomas van Scheepen	Steenwijk 1934	NED	200001387	36.43	+0.66	
22.	Koen Bak	ESCA Zwemmen	NED	200300101	37.44	+0.75	
23.	Mathijs Krieger	EZCL (SG)	NED	199905361	38.34	+0.77	
24.	Christiaan Matser	EZCL (SG)	NED	200105573	46.11	+0.61	

Masters 25+

1.	Dominique Sikkema <i>Nederlands Masters Record</i>	TriVia	NED	199500399	28.52	+0.64	
2.	Bert Duivenvoorde	Noordwijkerhout	NED	199701805	29.48	+0.68	
3.	Bas Dries	Zwemvereniging Hoogland	NED	199505177	29.83	+0.54	
4.	Jurre Stammes	ESCA Zwemmen	NED	199701843	30.39	+0.74	
5.	Nick Sijmons	De Amstel	NED	199500491	30.57	+0.69	
6.	Stefan Petersen	Blue Marlins	NED	199403067	30.59	+0.69	
7.	Jarick Stoop	Zuiderzeezwemmers	NED	199604181	31.59	+0.67	
8.	Mees Laar	ESCA Zwemmen	NED	199601719	32.52	+0.73	
9.	Sam Beer	Poseidon'56	NED	199605521	33.47	+0.73	
10.	Martijn Bartels	ZPC AMERSFOORT	NED	199603493	34.77	+0.63	
11.	Tim van IJl	WVZ	NED	199802297	34.86	+0.68	
12.	Jeroen van Dinther	Neptunus'58	NED	199701569	37.82	+0.67	
13.	Tico Wind	Het Ravijn	NED	199502705	38.06	+0.77	
14.	Arnold Hofman	DZ&PC	NED	199406759	43.71		



Open Nederlandse Masters
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Programmanr. 40, Heren, 50m schoolslag

Masters 30+

1.	Gavin van der Werf <i>Nederlands Masters Record</i>	HZ&PC Heerenveen	NED	199302971	28.69	+0.56
2.	Romero Hennep	De Kempvis	NED	199304929	30.16	+0.68
3.	Sander de Vrugt	ESCA Zwemmen	NED	198903499	30.40	+0.63
4.	Patrick Creemers	RZ	NED	199000579	32.70	+0.72
5.	Herman van Dijk	De Wellerobben	NED	198900691	33.88	+0.81
6.	Erik Wegman	De Kempvis	NED	199201465	34.18	+0.70
7.	Mike Koelewijn	Steenwijk 1934	NED	199303597	34.49	
8.	Marten Ettema	HZ&PC Heerenveen	NED	199007703	35.54	+0.79
9.	Ruben Stolk	ZOB'66	NED	199005665	35.73	+0.76
10.	Derek Valkenier	MSV-Zeemacht	NED	199207397	38.15	+0.61
11.	Patrick Wobben	Steenwijk 1934	NED	199300559	38.16	+0.76
12.	Bas Onderstal	AZC	NED	199205967	38.55	+0.77

Masters 35+

1.	Yuri van Omme	Zwemvereniging Hoogland	NED	198501887	31.95	+0.75
2.	Ricardo van Dam	AZC	NED	198503965	33.38	+0.76
3.	Martijn Giezen	ZPC AMERSFOORT	NED	198500813	33.72	
4.	Albert van Piekeren	SWOL 1894	NED	198401767	33.83	+0.83
5.	Thommy Nickel	ZPC Woerden	NED	198401627	34.86	+0.72
6.	Emiel Ghali	NieMo Barracuda	NED	198701019	36.57	+0.87
7.	Harmen Reemst	ZOB'66	NED	198702715	36.77	
8.	Arne-Willem Kroonen	MZ&PC	NED	198401297	36.91	

Masters 40+

1.	Ivan van Omme	De Geul	NED	198201263	31.83	+0.71
2.	Kristiaan Lenos	ZVL-1886 Center	NED	198301331	32.58	+0.80
3.	Jim Fanggiday	ZPC Woerden	NED	197902071	32.91	+0.85
4.	Rob van Wanrooy	Feijenoord Zwemmen (SG)	NED	198202627	33.55	+0.73
5.	Pieter Pickhardt	ZPC De Hof	NED	198301657	33.90	+0.65
6.	Wouter Zijlstra	DAW	NED	198202077	34.18	+0.63
7.	Mark Zwart	Zwemlust-den Hommel	NED	197901461	34.20	+0.85
8.	Bas van den Nouwelant	ZVVS	NED	198001103	35.74	
9.	Peter Lommert	SWOL 1894	NED	197900787	39.20	+0.91
10.	Mark Brinkhuis	TriVia	NED	198302609	39.60	+0.66

Masters 45+

1.	Vincent Versteeg	Zwemlust-den Hommel	NED	197701003	32.06	+0.71
2.	Victor Barnar	GoSwim	NED	197801805	32.07	+0.70
3.	Ruud Holswilder	ZPCH	NED	197800435	32.29	+0.74
4.	Kees Bakker	Gay Swim Amsterdam	NED	197501055	32.89	+0.55
5.	László Jüllich	ZPCH	NED	197801893	34.02	+0.77
6.	Jeroen Zelsmann	ZPC AMERSFOORT	NED	197701551	35.92	+0.65
7.	Bogdan Androne	Sassenheim	NED	197701783	36.43	
8.	Robin Roskam	De Duinkickers	NED	197801831	38.46	+1.06
	Tom Bandsma	PSV	NED	197701625	38.46	+0.97
10.	Lené Wessels	Hieronymus	NED	197601707	42.94	+0.90
11.	Andre Schaap	ZVL-1886 Center	NED	197501357	43.50	+1.29

Masters 50+

1.	Michael van Bekkum	SWOL 1894	NED	197200051	36.71	+0.71
2.	Hans Schoenmakers	DAW	NED	196900863	37.12	+0.74
3.	Rob van de Ven	Neptunus'58	NED	197101695	37.17	+0.84
4.	Kees Akershoek	De Stelle	NED	196900009	37.33	
5.	Pieter Veenstra	DZ&PC	NED	197301345	37.43	+0.88
6.	Ingmar de Gelder	ZOB'66	NED	197000333	37.56	+0.68
7.	Wilbert Hietbrink	ZPC De Hof	NED	196901879	38.74	+0.79
8.	Berry Koning	Aqualero	NED	197300479	39.25	
9.	Martin Berkhout	ZVL-1886 Center	NED	197101123	39.31	



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Programmanr. 40, Heren, 50m schoolslag, Masters 50+

rang	naam	vereniging		tijd	RT	PARA
10.	Alberto Randazzo	DES	NED 197101757	39.71	+0.78	
11.	Erik Zoethout	Aqualero	NED 196901157	40.30	+1.01	
12.	Hugo Jansen	Zwemvereniging Hoogland	NED 197101779	41.32	+0.67	
13.	Eric Dumas	Patrick-De Roersoppers (SG)	NED 196901397	41.47	+0.88	
AFGEM	Ronald van Ombergen	ZPC De Zeeuwse Kust	NED 197201685			
AFGEM	Arjan Verheij	De Rog	NED 197101617			

Masters 55+

1.	Harold Matla	PSV	NED 196800591	32.23	+0.70	
	<i>Nederlands Masters Record</i>					
2.	Theo Bakker	TriVia	NED 196401231	35.36	+0.80	
3.	Marcel Jonkman	Aqualero	NED 196801389	35.96	+0.77	
4.	Arno Schrauwen	Patrick-De Roersoppers (SG)	NED 196501355	36.56	+0.83	
5.	Nico Swart	De Biesboschzwemmers	NED 196801475	36.99	+0.66	
6.	Huyb Stegeman	Steenwijk 1934	NED 196701535	38.79	+0.88	
7.	Joop Weenink	WS Twente	NED 196801535	38.96	+0.80	
8.	Robert de Brauwer	De Duinkickers	NED 196401383	39.67	+0.85	
9.	Erik Wetsteijn	SWOL 1894	NED 196501019	41.00	+0.67	
10.	Gertjan van der Vaart	ZVVS	NED 196801529	41.03		
11.	Willem Jan Ribberink	GZC DONK	NED 196501327	42.86	+0.77	
12.	Pierre de Groot	GZC DONK	NED 196401431	43.14	+0.91	
13.	Erik Schweitzer	DAW	NED 196701751	43.35	+0.92	
14.	Adri Pasman	Zuiderzeezwemmers	NED 196400573	49.14		
15.	Maarten Koolman	Steenwijk 1934	NED 196801649	49.36	+1.02	

Masters 60+

1.	Gert Sikkema	Zwemclub Urk 1978	NED 196300687	36.18	+0.86	
2.	Fred Ketting	PSV	NED 196000289	36.99	+0.84	
3.	Rob Hemesath	PSV	NED 196100189	39.84	+0.79	
4.	Adrian Ortiz Buitrago	GZC DONK	NED 196000931	40.35		
5.	Henk Kuipers	ZPC AMERSFOORT	NED 196201207	40.49	+0.75	
6.	Walter Rolloos	NieMo Barracuda	NED 195900387	40.54	+1.00	
7.	Robert Schulein	H2Oldambt	NED 195900843	43.53	+0.66	
8.	Jack Barends	WS Twente	NED 196201011	44.00		
9.	Hans van Scheepen	Steenwijk 1934	NED 196201245	47.00		

Masters 65+

1.	Marten de Groot	HZ&PC Heerenveen	NED 195800149	38.32	+0.70	
2.	Wim de Lange	AZC	NED 195800533	40.20	+0.69	
3.	Wiebren Dijkstra	HZ&PC Heerenveen	NED 195800745	43.45	+0.93	
4.	Peter Coffeng	GZC DONK	NED 195700063	45.88		
5.	André Pantekoek	PSV	NED 195800321	46.48		
6.	Klaas Landeweer	IJZPC	NED 195600163	48.74		

Masters 70+

1.	Charles Bos	Patrick-De Roersoppers (SG)	NED 195300019	38.80	+0.80	
	<i>Nederlands Masters Record</i>					
2.	Harry Dokter	SWOL 1894	NED 195100037	40.65	+0.90	
3.	Piet Schop	De Bevelanders	NED 195000109	45.40		

Masters 75+

1.	Mans Buis	SWOL 1894	NED 194700133	54.21	+0.98	
2.	Nico van Dongen	ZZ&PC De Devel	NED 194800159	1:01.61	+1.38	



Open Nederlandse Masters
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Programmanr. 40, Heren, 50m schoolslag

Masters 80+

1.	Rob Hanou	PSV	NED	194300109	48.28
	<i>Kampioenschapsrecord</i>				
2.	Nico Baay	Old Dutch	NED	194200053	50.03

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Dames, 50m schoolslag

Masters Open
Resultaten

rang	naam	vereniging			tijd	RT	PARA
Masters 20+							
1.	Kim Vos	Triton Putten	NED	200000990	34.34	+0.75	
2.	Veerle van Munster	ZPC Woerden	NED	200102632	34.73	+0.68	
3.	Annabel Kuipers	DWK	NED	200001076	35.06 *	+0.60	
4.	Lonneke Graansma	ZVL-1886 Center	NED	199900936	35.34	+0.60	
5.	Bibi Stokvis	ZV De Bron	NED	199900892	36.15	+0.73	
6.	Anneke van der Laan	Orca	NED	200201154	36.65	+0.79	
7.	Leonie van Wier	HZ&PC Heerenveen	NED	200200436	36.85	+0.71	
8.	Elisah Velgersdijk	ZPC AMERSFOORT	NED	200102436	37.16	+0.80	
9.	Sharon Wolfs	Patrick-De Roersoppers (SG)	NED	200004800	37.72	+0.64	
10.	Alisha Vieira	Blue Marlins	NED	199904554	37.84	+0.68	
11.	Mandy Swart	De Biesboschzwemmers	NED	199904916	37.86	+0.82	
12.	Mirelle de Kort	Neptunus'58	NED	200005546	38.58	+0.68	
13.	Ilse Valk	Het Ravijn	NED	200000172	39.46	+0.68	
14.	Luka Stoker	Nova	NED	200200558	39.52	+0.73	
15.	Cynthia Koolman	Steenwijk 1934	NED	200300232	39.92		
16.	Kyra Wesemann	MSV-Zeemacht	NED	200201440	41.03	+0.83	
17.	Selma Boertien	Aqua'68	NED	200203834	41.56	+0.66	
18.	Maartje Hids	ZVL-1886 Center	NED	199903042	41.82	+0.89	
19.	Alies Wagter	Steenwijk 1934	NED	199900840	41.92	+0.86	
20.	Lotte de Vente	Het Ravijn	NED	199905814	42.30		
21.	Leonie Smit	EZCL (SG)	NED	200301978	42.55	+0.87	
22.	Tove Kienhuis	Aqua'68	NED	200203486	42.75	+0.71	
23.	Megan Vis	De Kempvis	NED	200303326	43.20	+0.97	
	Valerie Bakker	ZVL-1886 Center	NED	200103672	43.20	+0.82	
25.	Rebecca de Klein	DZ&PC	NED	200002812	47.78		
26.	Ineke Visser	De Wellerobben	NED	199902948	49.63	+0.87	
NG	Noa Sanders	De Golfbreker	NED	200002542			

Masters 25+

1.	Tamara Grove	De Dolfijn	NED	199601266	35.47	+0.57	
2.	Manon Kloosterman	Zwemlust-den Hommel	NED	199702082	35.73	+0.76	
3.	Karin Groen	Nova	NED	199502440	36.03	+0.69	
4.	Celine Schoenmaker	DWK	NED	199801976	36.47		
5.	Dagmar Kruik	Zuiderzeezwemmers	NED	199800008	36.80	+0.70	
6.	Anoeska van de Kraats	DWK	NED	199701284	36.86	+0.56	
7.	Rianne van Rijssen	Noord Veluwe	NED	199702360	37.11	+0.79	
8.	Gaby Zittersteijn	Zuiderzeezwemmers	NED	199700104	38.16	+0.75	
9.	Ana Ramirez de las Heras	SWOL 1894	NED	199806690	38.80	+0.50	
10.	Yvette Meijer	Zwemvereniging Hoogland	NED	199706590	39.13	+0.84	
11.	Meike Nauta	Nuenen	NED	199405180	39.41	+0.65	
12.	Jisca Majolee	ZPC AMERSFOORT	NED	199403570	39.50		
13.	Tamara van den Brink	NieMo Barracuda	NED	199804182	39.63		
14.	Annemarie ten Have	Zuiderzeezwemmers	NED	199802662	39.74	+0.60	
15.	Nina Tourton	ZOB'66	NED	199603612	41.25	+0.85	
16.	Winnie de Vries	De Wellerobben	NED	199606766	44.25		
17.	Sylvia Hidding	H2Oldambt	NED	199603886	52.67	+0.97	

Programmanr. 41, Dames, 50m schoolslag

Masters 30+

1.	Elmi Roelofsen	Octopus-ZVV (SG)	NED	199008198	35.94	+0.71
2.	Saskia de Klerk	GoSwim	NED	199004612	35.95	+0.60
	Jacyntha Plat	Steenwijk 1934	NED	199002956	35.95	+0.78
4.	Chantal Meyerink	De Grunte	NED	199105212	36.04	+0.74
5.	Leontine Groeneveldt	De Duck	NED	199303526	38.01	+0.77
6.	Joanne van Essen	ZPC AMERSFOORT	NED	199303506	38.45	
7.	Suzan Blankestijn	ZVL-1886 Center	NED	198900350	38.54	+0.62
8.	Kimberley van Buren	De Duck	NED	199304136	39.08	+0.84
9.	Marijke Kommers	NieMo Barracuda	NED	199305334	40.62	+0.84
10.	Elke Schellekens	Neptunus'58	NED	199301550	41.86	+0.88

Masters 35+

1.	Daniëlle Reijnders	AquAmigos	NED	198504234	35.10	+0.74
2.	Larissa Brak	ZPC AMERSFOORT	NED	198800572	35.18	+0.65
3.	Wendy van der Iest	ZPC AMERSFOORT	NED	198701904	37.53	+0.80

Masters 40+

1.	Laura Badoux	DAW	NED	198200038	35.57	
	<i>Kampioenschapsrecord</i>					
2.	Ilja Janssen	ESCA Zwemmen	NED	198102234	40.06	+0.92
3.	Aafke Groot	De Geul	NED	198302748	41.47	+0.67
4.	Pauline van Gelder - Dieker	Steenwijk 1934	NED	198102346	41.49	+0.78
5.	Roelien Stegeman	ZV 44	NED	198102350	41.79	
6.	Tineke Kleve	THOR	NED	198001810	42.24	+0.88
7.	Irene Kasteel-Jaspersen	Zuiderzeewimmers	NED	198102278	44.08	+0.90
8.	Greetje Vos	Aqualero	NED	197901594	46.19	

Masters 45+

1.	Inge Roskam	De Duinkickers	NED	197801296	39.64	+0.83
2.	Monique Boets	Stadskanaal	NED	197600230	39.75	+0.52
3.	Lina Bieliniene	Kaisiadoriu Plaukiam	LTU		39.95	
4.	Monica Korndewal	ZPC AMERSFOORT	NED	197701258	41.58 *	+0.87
5.	Marleen Zantingh	Old Dutch	NED	197801378	41.79	
6.	Marian Nederlof	De Geul	NED	197600950	43.51	+0.83
7.	Martine Stahlie-Bos	TriVia	NED	197401054	48.62	
8.	Nicolette Zuidema	ZV 44	NED	197500978	51.52	
DIS	Esmeralda Stokman	ZPCH	NED	197600940		
	<i>SL - Het keer- en/of eindpunt met één hand aangetikt.</i>					

Masters 50+

1.	Marjo Goelema-Koek	De Biesboschzimmers	NED	196900192	36.00	+0.75
2.	Trudy Ketting	PSV	NED	197000268	37.85	+0.83
3.	Edith Janssen-Koolen	TRB-RES	NED	197300898	38.95	+0.76
4.	Katharina Schlipp	De Vliet (SG)	NED	197301004	39.02	+0.81
5.	Janine Franssen	Zwemsport Parkstad	NED	197101108	40.14	
6.	Iris van Aurich	DWK	NED	196900866	41.13	+0.67
7.	Trudie van Niejenhuis	TZC-Vahalis	NED	197100444	41.41	
8.	Pascalie Janssen	Patrick-De Roersoppers (SG)	NED	197300852	43.05	+0.92
9.	Hilly Brugmans	Hieronymus	NED	197001112	43.90	
10.	Greta Wyma-Teitsma	DWK	NED	197100696	50.75	+0.93
11.	Daniëlle Schipper	ZOB'66	NED	197001078	51.15	

Masters 55+

1.	Annette Wijnja-Visser	De Biesboschzimmers	NED	196700528	39.88	
2.	Annette Korving-Leijenaar	Aqualero	NED	196700662	41.84	+0.78
3.	K. van Nassau-van den Heuvel	Old Dutch	NED	196600188	46.08	+0.94
4.	Riekje Schra	Steenwijk 1934	NED	196400404	1:07.23	



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Masters 60+

1.	Linda van de Ree	De Ganze	NED	196300452	41.34	+0.70
	<i>Nederlands Masters Record</i>					
2.	Yoka de Vegt-van Dijk	ESCA Zwemmen	NED	196200420	42.98	+0.81
3.	Jacqueline Rolloos-Bakkers	NieMo Barracuda	NED	196300022	45.04	
4.	Linda Wibbelink	Steenwijk 1934	NED	195900158	45.12	
5.	Marijke Kraak-Beckers	WS Twente	NED	196000240	45.84	
6.	Annemarie Vuist-Blum	SWOL 1894	NED	196300282	46.67	
7.	Hannie Poletiek	TriVia	NED	195900278	50.32	
8.	Jacqueline Brouwer	EZV	NED	196100296	50.42	+0.91
9.	Lia Bijkerk	GZC DONK	NED	196000014	50.48	
10.	Jenny Westervaarder	H2Oldambt	NED	196200424	52.26	

Masters 65+

1.	Marijke van Hoek	ZPC De Zeeuwse Kust	NED	195800050	44.95	+0.61
2.	Ria Peters-Veurman	ESCA Zwemmen	NED	195800242	54.55	
3.	Karien Musters	Old Dutch	NED	195800236	1:03.92	
4.	Mies Kuipers	Old Dutch	NED	195800202	1:04.18	
5.	Lies Hartman	PSV	NED	195600116	1:13.00	

Masters 70+

1.	Tineke van Diggelen	ZPCH	NED	195200048	54.13	
2.	Ineke Brouwers	PSV	NED	195200070	57.87	
3.	Geerdien Meerwaldt	De Geul	NED	195200058	1:00.47	
4.	Nini van Dongen-de Paepe	ZZ&PC De Devel	NED	195100044	1:06.05	+1.26

Masters 75+

1.	Annet Verhoeven - Steggerda	De Duinkickers	NED	194600024	58.27 *	
	<i>Kampioenschapsrecord</i>					

Programmanr. 42
19-02-2023 - 16:27

Heren, 100m vlinderslag

Masters Open
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
Masters 20+								
1.	Marten Zomers	Borger	NED	200003907	59.63		27.64	59.63
2.	Jorian Darwinkel	HZ&PC Heerenveen	NED	200300565	59.99	+0.67	27.86	59.99
3.	Freek Hollander	Blue Marlins	NED	200103815	1:00.34	+0.83	27.80	1:00.34
4.	Guus Hoogduin	ZVL-1886 Center	NED	200201069	1:00.66	+0.70	28.54	1:00.66
5.	Coenraad Floris Stork	De Golfbreker	NED	200305075	1:01.85	+0.68	28.89	1:01.85
6.	Remco de Heij	ZPCH	NED	200200161	1:02.19	+0.74	29.17	1:02.19
7.	Jasper Breugem	WVZ	NED	200000303	1:02.48	+0.60	28.64	1:02.48
8.	Mart de Koning	ZOB'66	NED	200203253	1:02.56	+0.80	28.87	1:02.56
9.	Milan de Roo	ZPC Woerden	NED	200102215	1:02.73	+0.62	28.14	1:02.73
10.	Tom Blankestijn	ZPC AMERSFOORT	NED	200201185	1:03.03	+0.68	30.14	1:03.03
11.	Franklin Paassen	ZV 44	NED	200003881	1:03.58	+0.67	28.50	1:03.58
12.	Luuk van Holstein	Feijenoord Zwemmen (SG)	NED	200203841	1:03.77	+0.78	29.65	1:03.77
13.	Mick van den Houten	De Duck	NED	200302211	1:04.29	+0.66	29.46	1:04.29
14.	Fayssal Lantema	Zwemlust-den Hommel	NED	200101379	1:07.70		31.40	1:07.70
15.	Julian Mes	ZOB'66	NED	200103755	1:07.92	+0.76	31.41	1:07.92
16.	Nick Boekestijn	Feijenoord Zwemmen (SG)	NED	199900291	1:10.17	+0.58	31.27	1:10.17
17.	Rik Stahlie	TriVia	NED	200201915	1:10.88	+0.54	31.36	1:10.88
18.	Jeroen Louwinger	De Rijn	NED	199900583	1:11.02	+0.43	32.88	1:11.02
19.	Marijn Heetkamp	Het Ravijn	NED	199903407	1:12.99	+0.78	33.32	1:12.99
20.	Auke Sijperda	AZC	NED	199905115	1:13.91		32.15	1:13.91
21.	Mick de Jong	De Wellerobben	NED	200303035	1:23.61		36.45	1:23.61



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Programmanr. 42, Heren, 100m vlinderslag, Masters 20+

rang naam	vereniging			tijd	RT	PARA	50m	100m
NG Ian Terlouw	ZPC Woerden	NED	200002345					

Masters 25+

1. Felix Geenen	DAW	NED	199501085	58.02	+0.73		26.21	58.02
2. Bert Duivenvoorde	Noordwijkerhout	NED	199701805	58.50	+0.66		26.64	58.50
3. Nick Sijmons	De Amstel	NED	199500491	58.85	+0.72		27.19	58.85
4. Pascal Nuijten	Feijenoord Zwemmen (SG)	NED	199701353	59.07	+0.65		27.20	59.07
5. Robin van Beek	ZVL-1886 Center	NED	199704023	59.60	+0.72		27.40	59.60
6. Richard Kuipers	HZ&PC Heerenveen	NED	199704171	1:01.37	+0.77		28.29	1:01.37
7. Donny van den Bosch	Zwemlust-den Hommel	NED	199502001	1:01.81	+0.77		28.77	1:01.81
8. Daan Siebenheller	ZOB'66	NED	199804955	1:03.57	+0.77		29.41	1:03.57
9. Hans Stoffers	Triton Putten	NED	199604027	1:03.70	+0.65		28.86	1:03.70
10. Jordy van Oel	WVZ	NED	199802003	1:03.80	+0.77		28.99	1:03.80
11. Ian van Mullem	ZOB'66	NED	199602545	1:08.56	+0.75		31.58	1:08.56
12. Gijs Ruijgrok	ZVL-1886 Center	NED	199600863	1:09.82	+0.77		31.29	1:09.82
13. Patrick Wyrdean	Feijenoord Zwemmen (SG)	NED	199702475	1:11.31	+0.69		32.77	1:11.31
14. Martijn Lageweg	Steenwijk 1934	NED	199701323	1:11.82	+0.80		33.40	1:11.82
15. Rick Vaarkamp	Triton Putten	NED	199404979	1:40.37	+0.88		42.47	1:40.37

Masters 30+

1. Jeroen Baars	Blue Marlins	NED	199200031	56.10	+0.74		26.08	56.10
<i>Nederlands Masters Record</i>								
2. Jesper Oranje	De Duck	NED	199200997	57.40	+0.73		26.40	57.40
3. Matteo Viani	Zwemlust-den Hommel	NED	199007717	59.40	+0.72		27.63	59.40
4. Joost Groeneveld	PSV	NED	199200409	59.99	+0.73		27.75	59.99
5. Tim Bunnik	Triton	NED	199000505	1:04.88	+0.79		29.71	1:04.88
6. Steven Uijl	Aqua-Novio'94	NED	199304075	1:05.02	+0.72		29.26	1:05.02
7. Marc Hoogendam	Blue Marlins	NED	199007713	1:06.99	+0.56		30.53	1:06.99
8. Jordy van der Drift	ZVL-1886 Center	NED	199307345	1:10.70			32.42	1:10.70
9. Bram Piederiet	ZVVS	NED	199007757	1:11.99	+0.79		32.58	1:11.99
10. Robin van Beusekom	NieMo Barracuda	NED	199205841	1:13.31			33.44	1:13.31
11. Mark van der Want	GLS Ketelbinkie	NED	199107511	1:18.95			35.36	1:18.95

Masters 35+

1. Rick Driezen	Steenwijk 1934	NED	198600713	1:02.67			29.10	1:02.67
2. Emiel Ghali	NieMo Barracuda	NED	198701019	1:07.34	+0.86		30.67	1:07.34
3. Peter van de Bor	DWT	NED	198402897	1:14.47	+0.76		31.81	1:14.47

Masters 40+

1. Lauren Vis	Steenwijk 1934	NED	198201883	1:02.12	+0.72		28.28	1:02.12
2. Christopher Cardenas	Upstream Amsterdam	NED	198002505	1:05.64	+0.82		31.65	1:05.64
3. Pieter Pickhardt	ZPC De Hof	NED	198301657	1:06.02	+0.66		30.82	1:06.02
4. Heijmen van Vliet	Wiekslag	NED	198001637	1:06.51	+0.69		30.75	1:06.51
5. Michael Buurmeijer	THOR	NED	197901977	1:10.61	+0.72		32.25	1:10.61
6. Mark Hensen	NieMo Barracuda	NED	197900497	1:12.74			32.44	1:12.74

Masters 45+

1. Casper Hut	HZ&PC Heerenveen	NED	197800471	59.03	+0.72		28.14	59.03
<i>Nederlands Masters Record</i>								
2. László Jüllich	ZPCH	NED	197801893	1:06.61	+0.90		30.97	1:06.61
3. Jasper van Heijst	Het Y	NED	197601699	1:07.42			30.93	1:07.42
4. Alex Damen	DAW	NED	197501371	1:07.59	+0.74		31.43	1:07.59
5. Dennis Dortland	NieMo Barracuda	NED	197800261	1:09.85	+0.80		31.69	1:09.85
6. Marcel van Walt van Praag	Gay Swim Amsterdam	NED	197501425	1:28.23	+0.83		41.69	1:28.23



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Programmanr. 42, Heren, 100m vlinderslag

Masters 50+

1. Frederic Tonus	Luxembourg Sharks Swimming	LUX	10449	57.36	+0.75	26.86	57.36
<i>Kampioenschapsrecord, Luxembourg Masters Record</i>							
2. Vedestas Seferlis	Kauno Takas	LTU		1:03.32	+0.66	29.26	1:03.32
3. Chester Marsman	ZPC AMERSFOORT	NED	196900671	1:06.27	+0.76	29.48	1:06.27
4. René Beetsma	HZ&PC Heerenveen	NED	196900069	1:12.21	+0.75	32.65	1:12.21
5. Robin Postma	Orca	NED	196901641	1:12.25	+0.59	32.54	1:12.25
6. Bruno Nahon	Cercle De Natation Sportcity	VFR	Ave CNSW/000390/70	1:15.36		34.05	1:15.36
7. Korstiaan de Boer	Steenwijk 1934	NED	197101629	1:19.63	+0.88	36.48	1:19.63
8. Hans Schoenmakers	DAW	NED	196900863	1:20.31	+0.96	37.20	1:20.31

Masters 55+

1. Gijsbert van der Leden	PSV	NED	196700597	1:06.62	+0.98	31.17	1:06.62
2. John Hardeman	Zwemlust-den Hommel	NED	196601615	1:08.72	+0.71	32.36	1:08.72
3. Pascal Tourton	ZOB'66	NED	196601343	1:21.07	+1.01	35.00	1:21.07

Masters 60+

1. Johan Remmits	ZPC AMERSFOORT	NED	196201159	1:10.82		32.88	1:10.82
2. Evert-Jan Verweij	SWOL 1894	NED	196301143	1:17.97		36.82	1:17.97
3. Paul Wijnja	De Biesboschzwemmers	NED	196301403	1:18.37	+0.82	34.94	1:18.37
4. Ronald Grove	Triton	NED	196100161	1:21.88	+0.80	36.75	1:21.88

Masters 65+

1. Hugo Bregman	WVZ	NED	195800069	1:03.85	+0.90	29.60	1:03.85
<i>Wereld Masters Record</i>							
2. Paul Bunnik	Triton	NED	195600413	1:25.31	+0.99	38.88	1:25.31

Masters 80+

1. Rob Hanou	PSV	NED	194300109	2:41.88	*+1.19	1:11.44	2:41.88
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Programmanr. 43
19-02-2023 - 16:47

Dames, 100m vlinderslag

Masters Open
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
Masters 20+								
1. Merel Phaff	Nuenen	NED	200100434	1:06.71			31.46	1:06.71
2. Marije Sweering	De Golfbreker	NED	200101228	1:07.01	+0.66		30.68	1:07.01
3. Kim Vos	Triton Putten	NED	200000990	1:08.68			31.18	1:08.68
4. Lianne van Wier	HZ&PC Heerenveen	NED	200200438	1:09.33	+0.66		31.81	1:09.33
5. Merel Visser	De Duinkickers	NED	199904398	1:10.71	+0.77		32.82	1:10.71
6. Jessica Braat	AZC	NED	200205684	1:13.54	+0.71		33.18	1:13.54
7. Selina Janssen	Neptunus'58	NED	199905974	1:13.82	+0.67		32.82	1:13.82
8. Romy Jalving	HZ&PC Heerenveen	NED	200000616	1:14.43			33.32	1:14.43
9. Romy Verhagen	De Dolfijn	NED	199906620	1:14.55	+0.68		34.09	1:14.55
10. Noa de Bock	De Duck	NED	200300318	1:17.30			35.72	1:17.30
11. Rosalie Baarda	Orca	NED	199903460	1:18.86	+0.77		35.19	1:18.86
12. Cheyenne Verburgt	ESCA Zwemmen	NED	199901496	1:20.11	+0.69		35.83	1:20.11
13. Amber Hesper	VZC	NED	200202188	1:20.22			35.23	1:20.22
14. Sabine Lageweg	Steenwijk 1934	NED	199900926	1:21.82			35.45	1:21.82
15. Lianne Dekker	DAW	NED	200305438	1:22.40	+0.66		37.33	1:22.40
16. Noa Boerma	Het Ravijn	NED	200202736	1:25.00			38.07	1:25.00
17. Rosa Huntjens	EZCL (SG)	NED	200301402	1:26.91	+0.67		40.93	1:26.91
NG Inge Dekker	HZ&PC Heerenveen	NED	200200476					



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Programmanr. 43, Dames, 100m vlinderslag

Masters 25+

1. Karin Rijkelijkhuijzen	DZ&PC	NED	199403358	1:06.81	+0.59	31.13	1:06.81
2. Linda Kamperman	Zwemlust-den Hommel	NED	199601238	1:08.44		32.10	1:08.44
3. Melissa van der Heijden	NieMo Barracuda	NED	199605226	1:08.93		32.26	1:08.93
4. Karen Stolk	ZVL-1886 Center	NED	199403950	1:10.35		31.77	1:10.35
5. Eef Hollander	Blue Marlins	NED	199602074	1:15.07		34.79	1:15.07
6. Kirsten Opmeer	ZPC AMERSFOORT	NED	199800014	1:17.95	+0.57	34.87	1:17.95
7. Annemiek Meulenbeld	Orca	NED	199506230	1:22.24	+0.66	36.72	1:22.24
8. Eline Molle	De Geul	NED	199404276	1:24.15		38.77	1:24.15
9. Margien Timmer	ZVL-1886 Center	NED	199506760	1:28.03	+0.74	41.74	1:28.03
10. Cynthia van Veen	ZVL-1886 Center	NED	199606736	1:33.56	+0.73	39.43	1:33.56

Masters 30+

1. Danique Stoop	Zuiderzeezwemmers	NED	199106956	1:06.10		29.99	1:06.10
2. Denise Boereboom	NieMo Barracuda	NED	199202144	1:06.32	+0.74	31.16	1:06.32
3. Marcha Admiraal	De Geul	NED	199300012	1:08.63	+0.78	32.00	1:08.63
4. Chantal Meyerink	De Grunte	NED	199105212	1:14.64	+0.77	35.39	1:14.64
5. Melissa Zwaan	DAW	NED	199103666	1:15.97	+0.79	35.12	1:15.97
6. Daphne Robijn-Jongedijk	EZCL (SG)	NED	198903520	1:16.96	+0.67	35.44	1:16.96
7. D. van den Hoogenband	Nuenen	NED	199001558	1:16.97	+0.80	35.62	1:16.97
8. Marloes Wiekens	THOR	NED	199302970	1:22.46	+0.81	36.71	1:22.46
9. Daphne Kievit	ZPC AMERSFOORT	NED	199207058	1:26.62	+0.89	37.42	1:26.62
10. Lidwine Tax	ZVL-1886 Center	NED	199306658	1:39.77	*	44.98	1:39.77

Masters 35+

1. Viktória Háden-Felföldi	Iron Swim	HUN		1:06.90	+0.79	31.47	1:06.90
2. Daniëlle Reijnders	AquAmigos	NED	198504234	1:10.43	+0.84	32.65	1:10.43
3. Jenny Schouten	MZ&PC	NED	198703674	1:14.24		33.64	1:14.24
4. Monique van Huizen	AZC	NED	198706236	1:22.86		37.85	1:22.86
5. Liesbeth van Mill	Zwemlust-den Hommel	NED	198702786	1:23.13		37.86	1:23.13

Masters 40+

1. Delia Badoux <i>Kampioenschapsrecord</i>	WVZ	NED	198000042	1:06.95	+0.77	30.36	1:06.95
2. Ausra Razgune <i>Lithuanian Masters Record</i>	Kaisiadoriu Plaukiam	LTU		1:08.54		33.22	1:08.54
3. Roos van Esch	ACZ	NED	198200468	1:12.50		34.28	1:12.50
4. Chantal Verhoeff	Old Dutch	NED	197900912	1:23.45		37.04	1:23.45
5. Ramona Linting	AZC	NED	198301274	1:25.56		39.47	1:25.56
6. Saskia op den Velde	De Duinkickers	NED	197901530	1:38.79	+0.92	42.72	1:38.79

Masters 45+

1. Ilona Hogerheyde	DAW	NED	197400224	1:17.78	+0.79	34.56	1:17.78
2. Mirjan den Drijver	Feijenoord Zwemmen (SG)	NED	197500884	1:19.48	*	37.11	1:19.48
3. Krista de Reus-Trompetter	DZ&PC	NED	197600520	1:24.95	+0.94	38.67	1:24.95
4. Sandra Van der Helm	De Rog	NED	197801340	1:42.17	+0.75	45.72	1:42.17

Masters 50+

1. Jeanne Petit	PSV	NED	197001020	1:13.31		34.39	1:13.31
2. Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054	1:14.41	+0.90	34.50	1:14.41
3. Bianca Groot	MSV-Zeemacht	NED	197000652	1:21.62	+0.82	37.02	1:21.62
4. Peggi Hurenkamp	HZ&PC Heerenveen	NED	196900922	1:27.24		40.29	1:27.24
5. Marjolein Klunne	Hieronymus	NED	197101098	1:29.68		40.64	1:29.68



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Programmanr. 43, Dames, 100m vlinderslag

Masters 55+

1. Anita Steijger	WVZ	NED	196500628	1:30.70	+0.70	42.05	1:30.70
2. K. van Nassau-van den Heuv	Old Dutch	NED	196600188	1:39.53	+0.91	46.23	1:39.53

Masters 60+

1. Marjan Remmits-de Lange	ZPC AMERSFOORT	NED	196300518	1:19.03		36.92	1:19.03
<i>Nederlands Masters Record</i>							
2. Margriet Grove-Lingeman	Triton	NED	196200080	1:31.37	*	41.40	1:31.37
3. Lia Bijkerk	GZC DONK	NED	196000014	1:54.80		54.40	1:54.80

Masters 70+

1. Christine Nieuwenhuis	SWOL 1894	NED	195100022	1:40.04		45.38	1:40.04
<i>Nederlands Masters Record</i>							

Programmanr. 44
19-02-2023 - 17:07

4 x 50m wisselslag

Masters Open
Resultaten

rang	vereniging	tijd	RT	PARA
80+, Dames				
1.	HZ&PC Heerenveen 2	2:05.15		
	Inge Dekker	02	29.78	
	Leonie van Wier	02	27.91	+0.18
2.	Orca 1	2:11.35		
	Rosalie Baarda	99	34.18	
	Anneke van der Laan	02	26.80	+0.07
				+0.34
80+, Heren				
1.	HZ&PC Heerenveen 1	1:47.81		
	Richard Kuipers	97	26.37	
	Gavin van der Werf	93	24.34	+0.25
2.	Feijenoord Zwemmen (SG) 1	1:57.80		
	Nick Boekestijn	99	28.00	+0.41
	Pascal Nuijten	97	27.64	+0.23
80+, Gemengd				
1.	Blue Marlins 1	1:54.63		
	Babette van der Kaaij	99	26.65	
	Stefan Petersen	94	28.27	+0.54
2.	DWK 1	1:56.85		
	Lindi Bos	01	31.05	+0.47
	Max Voortman	99	23.74	+0.36
3.	ZVL-1886 Center 1	2:02.28		
	Guus Hoogduin	02	31.01	+0.35
	Lonneke Graansma	99	26.39	+0.42
4.	Steenwijk 1934 7	2:05.30		
	Michelle van den Hoofdakker	03	31.09	+0.45
	Kylian Kooijman	99	30.38	+0.21
5.	ZOB'66 2	2:06.00		
	Rozemarijn van Haaff	02	27.81	+0.46
	Mart de Koning	02	31.94	+0.42
6.	Het Ravijn 1	2:16.80		
	Tico Wind	95	34.75	
	Marijn Heetkamp	99	32.88	
				+0.62



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Programmanr. 44, 4 x 50m wisselslag

100+, Dames

1. Neptunia'24 1	Neptunia'24	NED	2:13.47			
Jolanda Kuiper-Crossen	86	35.60	Femke-Romy Wiersma	01	30.82	
Myrna Gorter	95	38.13	Evelien de Jong	98	+0.57	28.92
2. NieMo Barracuda 2	NieMo Barracuda	NED	2:13.87			
Denise Boereboom	92	32.83	Melissa van der Heijden	96	30.35	
Tamara van den Brink	98	39.38	Esmée Rolloos	98	+0.48	31.31
3. ESCA Zwemmen 1	ESCA Zwemmen	NED	2:16.21			
Moniek van Langevelde	98	31.80	Cheyenne Verburgt	99	33.94	
Ilja Janssen	81	+0.27	38.99	Rachel Verburgt	02	31.48
4. Steenwijk 1934 1	Steenwijk 1934	NED	2:16.71			
Getrude Corporaal	92	35.00	Nanda Wobben - de Vries	92	+0.32	32.56
Cynthia Koolman	03	39.86	Alies Wagter	99	+0.16	29.29
5. ZPC AMERSFOORT 7	ZPC AMERSFOORT	NED	2:17.11			
Eline Hendriks	98	35.64	Daphne Kievit	92	35.44	
Elisah Velgersdijk	01	37.07	Jisca Majolee	94	28.96	
6. De Duck 1	De Duck	NED	2:23.34			
Judith Kleinjan	98	39.79	Sandra Vermeulen	93	35.74	
Leontine Groeneveldt	93	38.56	Noa de Bock	03	29.25	
7. Octopus-ZVV (SG) 1	Octopus-ZVV (SG)	NED	2:26.15			
Ilse Hallie	02	39.08	Daphne van Rees	03	37.56	
Elmi Roelofsen	90	+0.57	36.33	Marjan Rikken	92	33.18
8. ZVL-1886 Center 3	ZVL-1886 Center	NED	2:36.97			
Cynthia van Veen	96	39.05	Lidwine Tax	93	43.32	
Maartje Hids	99	41.51	Valerie Bakker	01	33.09	

100+, Heren

1. ESCA Zwemmen 2	ESCA Zwemmen	NED	1:50.77				
Mike Schel	94	29.51	Peter Rothengatter	97	27.14		
Jurre Stammes	97	+0.11	29.41	Sander de Vrught	89	+0.15	24.71
2. ZPC AMERSFOORT 3	ZPC AMERSFOORT	NED	1:55.42				
Bas Braun	91	30.54	Tom Blankestijn	02	+0.37	28.55	
Jelle Opmeer	01	+0.16	30.81	Jelle Blankestijn	98	+0.35	25.52
3. De Kempvis 1	De Kempvis	NED	2:01.39				
Erik Wegman	92	31.59	Ayrton Mooldijk	99	29.96		
Romero Hennep	93	+0.37	29.87	Kien Vuong	95	+0.09	29.97
4. ZOB'66 3	ZOB'66	NED	2:02.15				
Ian van Mullem	96	32.36	Daan Siebenheller	98	+0.42	28.31	
Boaz Troost	01	+0.64	34.27	Ruben Stolk	90	+0.43	27.21

100+, Gemengd

1. Zuiderzeezwemmers 1	Zuiderzeezwemmers	NED	1:57.79				
Gaby Zittersteijn	97	32.73	Jarick Stoop	96	+0.36	26.31	
Ilmar Stoop	01	31.61	Danique Stoop	91	+0.24	27.14	
2. Blue Marlins 2	Blue Marlins	NED	2:03.34				
Hanna Looi	00	31.95	Eef Hollander	96	32.62		
Thomas Hesper	00	+0.42	31.78	Marc Hoogendam	90	+0.33	26.99
3. De Kempvis 2	De Kempvis	NED	2:12.74				
Victor Poot	92	31.55	Rianne Kreft - vd Hoeven	92	33.24		
Daniel van der Sluijs	00	33.10	Elisabeth Slagboom	92	+0.57	34.85	
4. De Wellerobben 1	De Wellerobben	NED	2:22.36				
Winnie de Vries	96	39.74	Mick de Jong	03	+0.26	34.54	
Herman van Dijk	89	+0.38	33.88	Ineke Visser	99	+0.26	34.20



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Programmanr. 44, 4 x 50m wisselslag

120+, Dames

1. WVZ 1 <i>Nederlands Masters Record</i>	WVZ		NED	2:05.30		
Lauren van IJl	00		31.84	80	29.37	
Manon van Strien	94	+0.53	37.30	93	26.79	
2. ZVL-1886 Center 2	ZVL-1886 Center		NED	2:23.40		
Adela Vázquez García	93		37.11	95	36.48	
Suzan Blankestijn	89		38.63	95	+0.11	31.18
3. DWK 2	DWK		NED	2:23.74		
Celine Schoenmaker	98		30.82	97	+0.28	32.86
Iris van Aurich	69		40.01	71	+0.03	40.05
4. AZC 2	AZC		NED	2:25.19		
Monique van Huizen	87		38.61	02	+0.47	31.12
Mariska Zaal	88	+0.55	39.68	68	+0.50	35.78
5. THOR 1	THOR		NED	2:26.72		
Ramona Hulshof	85		35.88	93		35.24
Tineke Kleve	80	+0.54	42.04	76	+0.38	33.56

120+, Heren

1. ZPCH 1	ZPCH		NED	1:55.21		
Ruud Holswilder	78		29.64	78	+0.64	29.47
Thomas Vastenhou	02	+0.42	30.76	02		25.34
2. Steenwijk 1934 4	Steenwijk 1934		NED	1:55.68		
Robert Braad	86		30.64	86	+0.47	27.86
Lauren Vis	82	+0.44	31.68	93	+0.32	25.50
3. ZPC Woerden 1	ZPC Woerden		NED	1:58.51		
Thommy Nickel	84		32.43	01	+0.29	27.30
Jim Faggiday	79	+0.64	32.47	00		26.31
4. Orca 2	Orca		NED	1:59.52		
Auke Jan Ytsma	99		30.33	69	+0.06	30.69
Jelmer Postma	97	+0.21	32.67	97	+0.40	25.83
5. ZVL-1886 Center 4	ZVL-1886 Center		NED	1:59.66		
Robin van Beek	97		28.26	96	+0.32	30.21
Robin van Peenen	02	+0.56	31.70	71	+0.27	29.49
6. AZC 1	AZC		NED	2:08.13		
Patrick Brouwer	93		33.75	99	+0.36	32.20
Ricardo van Dam	85	+0.44	32.63	92		29.55

120+, Gemengd

1. DZ&PC 1	DZ&PC		NED	1:59.06		
Erik Nijholt	94		28.72	94	+0.46	29.03
Tiemen Jonkman	03	+0.31	31.34	76	+0.55	29.97
2. DAW 2	DAW		NED	2:05.30		
Lianne Dekker	03		35.27	91	+0.47	33.49
Felix Geenen	95	+0.11	28.95	82	+0.15	27.59
3. MSV-Zeemacht 1	MSV-Zeemacht		NED	2:06.31		
Suzanne Mosch	94		33.27	03	+0.62	29.92
Mees Minneboo	02	+0.24	32.12	70	+0.45	31.00
4. TRB-RES 1	TRB-RES		NED	2:08.32		
Edith Janssen-Koolen	73		35.23	88		30.52
Wim van Duuren	01	+0.18	31.07	99	+0.48	31.50
5. De Geul 2	De Geul		NED	2:14.08		
Maarten Steekelenburg	93		37.42	94	+0.60	36.67
Ivan van Omme	82	+0.30	31.96	93	+0.36	28.03
6. HZ&PC Heerenveen 3	HZ&PC Heerenveen		NED	2:18.24		
Lisette Dooper	02		36.55	00		33.05
Rob van Wier	99	+0.58	37.98	66	+0.40	30.66
7. Aqualero 2	Aqualero		NED	2:22.45		
Nada Lisa Hut	93		39.35	94		36.44
Berry Koning	73	+0.38	38.92	79	+0.34	27.74
8. ZV 44 1	ZV 44		NED	2:23.66		
Jessica van Velzen	76		45.41	00	+0.45	27.10
Roellen Stegeman	81	+0.45	41.45	84	+0.69	29.70

Programmanr. 44, Gemengd, 4 x 50m wisselslag, 120+

rang	vereniging			tijd	RT	PARA
DIS	DZ&PC 2	DZ&PC	NED			
	<i>EB - De wisselslag niet gezwommen in de juiste volgorde. (rug, school, vlinder, vrij)**</i>					
	Tessa Piek	81	43.65	Rebecca de Klein	00	
	Arnold Hofman	94		Pieter Veenstra	73	
NG	TriVia 2	TriVia	NED			
NG	PSV 5	PSV	NED			

160+, Dames

1.	Old Dutch 1	Old Dutch	NED	2:26.74		
	Johanna van Wijnen	72	35.72	Chantal Verhoeff	79	33.87
	Karin van Nassau-van den Heuvel	66	+0.24 45.50	Marleen Zantingh	78	31.65
2.	Steenwijk 1934 2	Steenwijk 1934	NED	2:30.14		
	Leonie Scholten	79	38.41	Pauline van Gelder - Dieker	81	+0.41 34.71
	Jacyntha Plat	90	36.07	Inge Soeters	73	40.95

160+, Heren

1.	NieMo Barracuda 1	NieMo Barracuda	NED	1:59.89		
	Mark Hensen	79	30.77	Emiel Ghali	87	+0.46 29.14
	Dennis Dortland	78	+0.48 34.57	Pascal van Haren	87	+0.28 25.41
2.	WVZ 2	WVZ	NED	2:03.06		
	Jasper Breugem	00	29.12	Hugo Bregman	58	+0.29 28.17
	Tim van IJll	98	+0.52 34.58	Leon Slingerland	68	+0.58 31.19
3.	Steenwijk 1934 6	Steenwijk 1934	NED	2:21.80		
	Casper Dollekamp	63	37.61	Korstiaan de Boer	71	34.89
	Huyb Stegeman	67	38.17	Patrick Wobben	93	31.13
4.	Steenwijk 1934 5	Steenwijk 1934	NED	2:43.68		
	Hans van Scheepen	62	52.98	Jelle Heijman	00	+0.53 31.08
	Maarten Koolman	68	51.60	Thomas van Scheepen	00	+0.30 28.02

160+, Gemengd

1.	ZPC AMERSFOORT 2	ZPC AMERSFOORT	NED	2:02.91		
	Martijn Giezen	85	29.63	Lidia v. Bon-Rosenbrand	70	33.55
	Larissa Brak	88	+0.37 34.79	Jeroen Zelsmann	77	24.94
2.	Kaisiadoriu Plaukiam 1	Kaisiadoriu Plaukiam	LTU	2:05.82		
	Ausra Razgune	83	31.76	Lina Bielinieni	74	34.03
	Aleksandras Zamorskis	71	+0.49 32.34	Raimondas Gincas	74	+0.51 27.69
3.	ZPC AMERSFOORT 6	ZPC AMERSFOORT	NED	2:11.10		
	Ron Korzelius	65	35.66	Rob van Vliet	84	28.87
	Wendy van der Iest	87	37.21	Lotte Eising	95	29.36
4.	DAW 3	DAW	NED	2:16.25		
	Alex Damen	75	32.59	Sandra Zwaanswijk	85	35.35
	Laura Badoux	82	+0.55 36.10	Steven Kliffen	70	+0.29 32.21
5.	De Duinkickers 2	De Duinkickers	NED	2:19.58		
	Esther Poortvliet - Koedam	80	36.86	Merel Visser	99	32.43
	Robin Roskam	78	+0.03 38.66	Marcel Brittijn	69	+0.27 31.63
6.	Zuiderzeezwemmers 2	Zuiderzeezwemmers	NED	2:21.55		
	Annemarie ten Have	98	34.87	Dagmar Kruik	98	+0.48 32.01
	Gerko Versluis	69	+0.34 37.60	Adri Pasman	64	37.07
7.	HZ&PC Heerenveen 5	HZ&PC Heerenveen	NED	2:22.11		
	Jelmer Meijer	90	28.90	Casper Hut	78	25.77
	Jannie Vennik	76	+0.51 45.65	Katinka Elders	60	41.79
8.	ZOB'66 1	ZOB'66	NED	2:22.30		
	Ingmar de Gelder	70	36.46	Wendy de Bruin	92	+0.38 33.15
	Harmen Reemst	87	+0.23 36.09	Danielle Schipper	70	36.60
9.	NieMo Barracuda 3	NieMo Barracuda	NED	2:24.22		
	Marijke Kommers	93	37.95	Robin van Beusekom	92	30.86
	Walter Rolloos	59	+0.31 40.24	Jacqueline Rolloos-Bakkers	63	35.17
10.	Patrick-De Roersoppers (SG) 1	Patrick-De Roersoppers (SG)	NED	2:31.75		
	Eric Dumas	69	43.15	Sharon Wolfs	00	+0.31 34.56
	Pascalie Janssen	73	+0.63 43.55	Arno Schrauwen	65	+0.26 30.49



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 44, 4 x 50m wisselslag

200+, Dames

1. PSV 2	PSV	NED	2:18.59			
Liselotte Joling	75	Jeanne Petit	70	+0.50	33.03	
Trudy Ketting	70	+0.49	37.76	Saskia Phaff	66	30.73
2. De Geul 1	De Geul	NED	2:41.11			
Erica Muller	64	Marian Nederlof	76	+0.11	36.28	
Aafke Groot	83	41.77	Marijke Campfens	69	34.03	
3. De Duinkickers 1	De Duinkickers	NED	3:01.68			
Christine Buist	64	Inge Roskam	78		38.58	
Annet Verhoeven - Steggerda	46	59.43	Saskia op den Velde	79	+0.87	39.21

200+, Heren

1. PSV 3	PSV	NED	1:56.95				
<i>Nederlands Masters Record</i>							
Joost Groeneveld	92	28.61	Gijsbert van der Leden	67	29.34		
Harold Matla	68	31.53	Fred Ketting	60	27.47		
2. De Rog 1	De Rog	NED	2:12.96				
Erik Kamphuis	60	35.28	Peter Bensen	63	30.30		
Wijnand Vergeest	68	+0.62	40.11	Arjan Verheij	71	27.27	
3. ZVVS 1	ZVVS	NED	2:26.63				
Jeroen Hoeksel	74	42.95	Bram Piederiet	90	+0.54	30.79	
Bas van den Nouwelant	80	+0.68	36.12	Willem Putter	45	+0.62	36.77

200+, Gemengd

1. Feijenoord Zwemmen (SG) 2	Feijenoord Zwemmen (SG)	NED	2:16.27				
Mark Nuijten	60	35.84	Pieter Broek	77	+0.41	29.28	
Mirjan den Drijver	75	40.24	Netty Burik-Geijsen	63	+0.05	30.91	
2. De Biesboschzwemmers 1	De Biesboschzwemmers	NED	2:17.42				
Nico Swart	68	36.08	Paul Wijnja	63	+0.39	33.69	
Marjo Goelma-Koek	69	35.81	Annette Wijnja-Visser	67		31.84	
3. Sassenheim 1	Sassenheim	NED	2:22.27				
Marinka vd Zwet	65	38.06	Frank van Nobelen	69	+0.41	33.34	
Bogdan Androne	77	+0.48	36.88	Yvonne van Nobelen - Kampschreur	72	+0.21	33.99
4. DAW 1	DAW	NED	2:23.21				
Alina Spijkerman	77	37.03	Ilona Hogerheyde	74		33.83	
Hans Schoenmakers	69	37.93	Erik Schweitzer	67	+0.71	34.42	
5. Aqualero 1	Aqualero	NED	2:27.97				
Annette Korving-Leijenaar	67	41.61	Erik Zoethout	69	+0.42	35.73	
Marcel Jonkman	68	+0.55	35.95	Greetje Vos	79	+0.74	34.68
6. SWOL 1894 3	SWOL 1894	NED	2:28.33				
Peter Lommert	79	35.03	Albert van Piekeren	84	+0.39	31.54	
Annemarie Vuist-Blum	63	47.42	Christine Nieuwenhuis	51		34.34	
7. GZC DONK 2	GZC DONK	NED	2:31.79				
Clara Groenhorst	82	40.82	Adrian Ortiz Buitrago	60		35.69	
Willem Jan Ribberink	65	42.89	Jessica Venema	79		32.39	
8. Hieronymus 1	Hieronymus	NED	2:43.54				
* 50m							
Lené Wessels	76	47.29	Marjolein Klunne	71	+0.55	36.06	
Hilly Brugmans	70	45.42	Wim Donkersloot	68	+0.32	34.77	

240+, Dames

1. Steenwijk 1934 3	Steenwijk 1934	NED	3:13.59			
Wilna Heijman	64	42.85	Linda Wibbelink	59		42.43
Riekie Schra	64	1:08.94	Monica Bakker	56	+0.84	39.37



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 44, 4 x 50m wisselslag

240+, Heren

1.	SWOL 1894 1	SWOL 1894	NED	2:16.02		
	Erik Wetsteijn	65	35.59	Evert-Jan Verweij	63	+0.31 33.82
	Michael van Bekkum	72 +0.39	35.28	Harry Dokter	51	+0.41 31.33

240+, Gemengd

1.	ZPC AMERSFOORT 1	ZPC AMERSFOORT	NED	2:10.06		
	<i>Europees Masters Record</i>					
	Chester Marsman	69	29.58	Johan Remmits	62	+0.37 30.14
	Marjan Remmits-de Lange	63	40.07	Atie Pijtak-Radersma	56	+0.23 30.27
2.	TriVia 1	TriVia	NED	2:32.99		
	Margriet Pasma	55	44.16	Fred Zanting	54	35.45
	Theo Bakker	64 +0.49	35.79	Hannie Poletiek	59	37.59
3.	WS Twente 1	WS Twente	NED	2:42.10		
	Antoinette Gilding-Tussaud	50	51.35	Marijke Kraak-Beckers	60	38.56
	Joop Veenink	68	38.81	Jack Barends	62	33.38
4.	ZPC AMERSFOORT 4	ZPC AMERSFOORT	NED	2:48.85		
	Loekie van Huissteden	45	1:00.28	Henk Kuipers	62	34.24
	Monica Korndewal	77	40.89	Ronald Pijtak	61	+0.13 33.44
5.	HZ&PC Heerenveen 4	HZ&PC Heerenveen	NED	2:50.99		
	Ineke Meijer	52	52.47	Peggi Hurenkamp	69	38.44
	Jan van der Heide	51	51.81	René Beetsma	69	28.27
6.	GZC DONK 1	GZC DONK	NED	2:53.76		
	Nathasja Konijn	71	45.67	Lia Bijkerk	60	48.34
	Peter Coffeng	57	46.42	Pierre de Groot	64	+0.47 33.33
7.	AZC 3	AZC	NED	2:59.70		
	Monique Munnik	62	44.53	Wim de Lange	58	+0.56 40.03
	Wil Ponsioen-van Mil	61 +0.69	54.99	Geza Kaltenecker	42	+0.55 40.15

280+, Gemengd

1.	PSV 4	PSV	NED	3:53.17		
	Ineke Brouwers	52	1:00.36	Rob Hanou	43	1:09.59
	Rob Hemesath	61	40.56	Lies Hartman	56	1:02.66