

1 - ONMK 2023 lb Sessie 1

04-05-2023 - 12:30

Programmanr. 1  
04-05-2023 - 12:30

Dames, 1500m vrije slag  
Pauze na Serie 4 / Break after Heat 4 (10 min.)

Masters Open  
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
<b>Masters 20+</b>								
1.	Carolien Beckers	Zwemsport Parkstad	NED 200200078	<b>18:34.34</b>	+0.69			
	50m: 32.60	32.60	450m: 5:31.89	37.36	850m: 10:30.06	37.45	1250m: 15:27.54	37.40
	100m: 1:09.28	36.68	500m: 6:09.14	37.25	900m: 11:07.36	37.30	1300m: 16:04.76	37.22
	150m: 1:46.78	37.50	550m: 6:46.34	37.20	950m: 11:44.59	37.23	1350m: 16:41.99	37.23
	200m: 2:24.17	37.39	600m: 7:23.53	37.19	1000m: 12:22.05	37.46	1400m: 17:19.41	37.42
	250m: 3:01.71	37.54	650m: 8:00.98	37.45	1050m: 12:59.24	37.19	1450m: 17:57.18	37.77
	300m: 3:39.34	37.63	700m: 8:37.97	36.99	1100m: 13:36.14	36.90	1500m: 18:34.34	37.16
	350m: 4:16.79	37.45	750m: 9:15.27	37.30	1150m: 14:13.03	36.89		
	400m: 4:54.53	37.74	800m: 9:52.61	37.34	1200m: 14:50.14	37.11		
2.	Roos Englebort	Hieronymus	NED 200200606	<b>19:17.77</b>	+0.70			
	50m: 32.95	32.95	450m: 5:33.58	38.16	850m: 10:42.90	39.20	1250m: 16:00.28	39.85
	100m: 1:09.27	36.32	500m: 6:11.69	38.11	900m: 11:22.21	39.31	1300m: 16:39.94	39.66
	150m: 1:46.57	37.30	550m: 6:50.10	38.41	950m: 12:01.72	39.51	1350m: 17:19.20	39.26
	200m: 2:24.08	37.51	600m: 7:28.55	38.45	1000m: 12:41.48	39.76	1400m: 17:58.97	39.77
	250m: 3:01.83	37.75	650m: 8:07.44	38.89	1050m: 13:21.10	39.62	1450m: 18:38.66	39.69
	300m: 3:39.69	37.86	700m: 8:46.16	38.72	1100m: 14:00.48	39.38	1500m: 19:17.77	39.11
	350m: 4:17.47	37.78	750m: 9:25.04	38.88	1150m: 14:40.38	39.90		
	400m: 4:55.42	37.95	800m: 10:03.70	38.66	1200m: 15:20.43	40.05		
3.	Cynthia Koolman	Steenwijk 1934	NED 200300232	<b>20:08.52</b>	+0.71			
	50m: 34.92	34.92	450m: 5:54.46	40.33	850m: 11:20.12	40.96	1250m: 16:46.53	40.57
	100m: 1:13.53	38.61	500m: 6:34.88	40.42	900m: 12:00.66	40.54	1300m: 17:26.70	40.17
	150m: 1:53.42	39.89	550m: 7:15.38	40.50	950m: 12:41.55	40.89	1350m: 18:07.34	40.64
	200m: 2:33.02	39.60	600m: 7:55.77	40.39	1000m: 13:22.48	40.93	1400m: 18:48.84	41.50
	250m: 3:13.06	40.04	650m: 8:36.35	40.58	1050m: 14:03.23	40.75	1450m: 19:29.62	40.78
	300m: 3:53.21	40.15	700m: 9:16.93	40.58	1100m: 14:44.03	40.80	1500m: 20:08.52	38.90
	350m: 4:33.75	40.54	750m: 9:57.94	41.01	1150m: 15:24.88	40.85		
	400m: 5:14.13	40.38	800m: 10:39.16	41.22	1200m: 16:05.96	41.08		
4.	Selina Janssen	Neptunus'58	NED 199905974	<b>21:27.81</b>	+0.77			
	50m: 36.38	36.38	450m: 6:16.95	43.34	850m: 12:03.18	43.38	1250m: 17:51.65	44.03
	100m: 1:16.43	40.05	500m: 7:00.20	43.25	900m: 12:46.33	43.15	1300m: 18:35.24	43.59
	150m: 1:58.03	41.60	550m: 7:43.71	43.51	950m: 13:29.91	43.58	1350m: 19:19.30	44.06
	200m: 2:40.37	42.34	600m: 8:26.81	43.10	1000m: 14:13.07	43.16	1400m: 20:02.81	43.51
	250m: 3:23.66	43.29	650m: 9:10.28	43.47	1050m: 14:56.75	43.68	1450m: 20:46.91	44.10
	300m: 4:07.03	43.37	700m: 9:53.33	43.05	1100m: 15:40.13	43.38	1500m: 21:27.81	40.90
	350m: 4:50.28	43.25	750m: 10:36.88	43.55	1150m: 16:23.99	43.86		
	400m: 5:33.61	43.33	800m: 11:19.80	42.92	1200m: 17:07.62	43.63		
5.	Isabelle Janssen	De Geul	NED 200006318	<b>22:47.48</b>	+0.91			
	50m: 39.80	39.80	450m: 6:42.88	46.63	850m: 12:52.71	46.18	1250m: 19:02.63	46.57
	100m: 1:22.67	42.87	500m: 7:29.02	46.14	900m: 13:38.81	46.10	1300m: 19:48.75	46.12
	150m: 2:07.29	44.62	550m: 8:14.97	45.95	950m: 14:24.92	46.11	1350m: 20:35.08	46.33
	200m: 2:52.14	44.85	600m: 9:01.57	46.60	1000m: 15:10.61	45.69	1400m: 21:19.89	44.81
	250m: 3:38.17	46.03	650m: 9:48.03	46.46	1050m: 15:57.16	46.55	1450m: 22:05.27	45.38
	300m: 4:24.21	46.04	700m: 10:34.24	46.21	1100m: 16:43.37	46.21	1500m: 22:47.48	42.21
	350m: 5:10.25	46.04	750m: 11:20.90	46.66	1150m: 17:30.07	46.70		
	400m: 5:56.25	46.00	800m: 12:06.53	45.63	1200m: 18:16.06	45.99		
6.	Welmoed Doornbos	De IJsselmeeuwen	NED 200203352	<b>23:34.97</b>	+0.76			
	50m: 38.53	38.53	450m: 6:52.72	47.85	850m: 13:18.92	47.95	1250m: 19:45.22	49.51
	100m: 1:23.22	44.69	500m: 7:40.57	47.85	900m: 14:04.80	45.88	1300m: 20:34.62	49.40
	150m: 2:10.31	47.09	550m: 8:27.37	46.80	950m: 14:53.96	49.16	1350m: 21:22.45	47.83
	200m: 2:56.47	46.16	600m: 9:15.81	48.44	1000m: 15:42.80	48.84	1400m: 22:09.76	47.31
	250m: 3:42.95	46.48	650m: 10:04.72	48.91	1050m: 16:30.68	47.88	1450m: 22:55.59	45.83
	300m: 4:30.17	47.22	700m: 10:53.60	48.88	1100m: 17:19.59	48.91	1500m: 23:34.97	39.38
	350m: 5:16.86	46.69	750m: 11:42.50	48.90	1150m: 18:09.38	49.79		
	400m: 6:04.87	48.01	800m: 12:30.97	48.47	1200m: 18:55.71	46.33		

Masters 25+

1.	Anne Noom	Het Y	NED 199800062	<b>19:01.90</b>				
	50m: 32.60	32.60	450m: 5:33.41	38.11	850m: 10:41.62	38.56	1250m: 15:50.16	38.76
	100m: 1:09.15	36.55	500m: 6:11.78	38.37	900m: 11:20.18	38.56	1300m: 16:29.17	39.01
	150m: 1:46.62	37.47	550m: 6:50.06	38.28	950m: 11:59.03	38.85	1350m: 17:07.80	38.63
	200m: 2:24.12	37.50	600m: 7:28.53	38.47	1000m: 12:37.79	38.76	1400m: 17:46.51	38.71
	250m: 3:01.96	37.84	650m: 8:07.26	38.73	1050m: 13:16.05	38.26	1450m: 18:24.73	38.22
	300m: 3:39.45	37.49	700m: 8:45.87	38.61	1100m: 13:54.51	38.46	1500m: 19:01.90	37.17
	350m: 4:17.48	38.03	750m: 9:24.32	38.45	1150m: 14:32.87	38.36		
	400m: 4:55.30	37.82	800m: 10:03.06	38.74	1200m: 15:11.40	38.53		

Programmanr. 1, Dames, 1500m vrije slag, Masters 25+

rang	naam	vereniging	tijd	RT	PARA
2.	Manon Kloosterman	Zwemlust-den Hommel	<b>20:07.90</b>	<b>+0.94</b>	
	50m: 35.10	35.10 450m: 5:55.26	40.44 850m: 11:17.22	40.22 1250m: 16:45.21	41.32
	100m: 1:13.78	38.68 500m: 6:35.71	40.45 900m: 11:57.65	40.43 1300m: 17:26.69	41.48
	150m: 1:53.40	39.62 550m: 7:15.76	40.05 950m: 12:38.34	40.69 1350m: 18:07.44	40.75
	200m: 2:33.44	40.04 600m: 7:56.10	40.34 1000m: 13:19.04	40.70 1400m: 18:48.22	40.78
	250m: 3:13.47	40.03 650m: 8:36.53	40.43 1050m: 14:00.11	41.07 1450m: 19:28.72	40.50
	300m: 3:53.84	40.37 700m: 9:16.50	39.97 1100m: 14:41.34	41.23 1500m: 20:07.90	39.18
	350m: 4:34.41	40.57 750m: 9:56.60	40.10 1150m: 15:22.50	41.16	
	400m: 5:14.82	40.41 800m: 10:37.00	40.40 1200m: 16:03.89	41.39	
3.	Anouk Kuijlaars	PSV	<b>20:47.31</b>	<b>+0.81</b>	
	50m: 36.19	36.19 450m: 6:01.43	41.06 850m: 11:40.50	42.61 1250m: 17:20.40	42.29
	100m: 1:15.49	39.30 500m: 6:43.42	41.99 900m: 12:23.46	42.96 1300m: 18:02.56	42.16
	150m: 1:56.08	40.59 550m: 7:25.43	42.01 950m: 13:05.78	42.32 1350m: 18:44.45	41.89
	200m: 2:36.93	40.85 600m: 8:07.70	42.27 1000m: 13:48.24	42.46 1400m: 19:24.35	41.90
	250m: 3:17.50	40.57 650m: 8:50.26	42.56 1050m: 14:30.92	42.68 1450m: 20:07.48	41.13
	300m: 3:58.03	40.53 700m: 9:32.79	42.53 1100m: 15:13.39	42.47 1500m: 20:47.31	39.83
	350m: 4:39.04	41.01 750m: 10:15.11	42.32 1150m: 15:55.57	42.18	
	400m: 5:20.37	41.33 800m: 10:57.89	42.78 1200m: 16:38.11	42.54	
4.	Fiona Meuffels	PSV	<b>20:51.62</b>	<b>+0.59</b>	
	50m: 34.80	34.80 450m: 6:04.96	42.86 850m: 11:44.99	42.23 1250m: 17:24.18	42.50
	100m: 1:13.41	38.61 500m: 6:47.91	42.95 900m: 12:27.00	42.01 1300m: 18:06.12	41.94
	150m: 1:53.55	40.14 550m: 7:30.60	42.69 950m: 13:09.16	42.16 1350m: 18:48.71	42.59
	200m: 2:34.41	40.86 600m: 8:12.72	42.12 1000m: 13:52.22	43.06 1400m: 19:30.36	41.65
	250m: 3:15.65	41.24 650m: 8:54.99	42.27 1050m: 14:34.85	42.63 1450m: 20:12.28	41.92
	300m: 3:57.24	41.59 700m: 9:37.54	42.55 1100m: 15:17.30	42.45 1500m: 20:51.62	39.34
	350m: 4:39.58	42.34 750m: 10:20.51	42.97 1150m: 15:59.21	41.91	
	400m: 5:22.10	42.52 800m: 11:02.76	42.25 1200m: 16:41.68	42.47	
5.	Kirsten Opmeer	ZPC AMERSFOORT	<b>21:06.57</b>	<b>+0.54</b>	
	50m: 35.08	35.08 450m: 6:09.93	42.21 850m: 11:52.38	42.67 1250m: 17:34.13	42.62
	100m: 1:14.96	39.88 500m: 6:52.65	42.72 900m: 12:35.45	43.07 1300m: 18:17.38	43.25
	150m: 1:56.43	41.47 550m: 7:35.38	42.73 950m: 13:18.14	42.69 1350m: 19:00.00	42.62
	200m: 2:38.10	41.67 600m: 8:18.34	42.96 1000m: 14:00.88	42.74 1400m: 19:42.61	42.61
	250m: 3:20.07	41.97 650m: 9:00.84	42.50 1050m: 14:43.38	42.50 1450m: 20:24.74	42.13
	300m: 4:02.41	42.34 700m: 9:43.90	43.06 1100m: 15:25.96	42.58 1500m: 21:06.57	41.83
	350m: 4:44.77	42.36 750m: 10:26.78	42.88 1150m: 16:08.43	42.47	
	400m: 5:27.72	42.95 800m: 11:09.71	42.93 1200m: 16:51.51	43.08	
6.	Larissa Jansen	PSV	<b>21:23.01</b>	<b>+0.81</b>	
	50m: 36.84	36.84 450m: 6:10.81	42.28 850m: 11:54.33	43.26 1250m: 17:43.46	44.24
	100m: 1:17.31	40.47 500m: 6:53.35	42.54 900m: 12:37.70	43.37 1300m: 18:28.05	44.59
	150m: 1:58.69	41.38 550m: 7:35.74	42.39 950m: 13:21.05	43.35 1350m: 19:11.69	43.64
	200m: 2:40.79	42.10 600m: 8:19.02	43.28 1000m: 14:04.53	43.48 1400m: 19:56.26	44.57
	250m: 3:22.59	41.80 650m: 9:01.69	42.67 1050m: 14:47.47	42.94 1450m: 20:40.28	44.02
	300m: 4:04.51	41.92 700m: 9:44.90	43.21 1100m: 15:31.08	43.61 1500m: 21:23.01	42.73
	350m: 4:46.64	42.13 750m: 10:27.80	42.90 1150m: 16:14.86	43.78	
	400m: 5:28.53	41.89 800m: 11:11.07	43.27 1200m: 16:59.22	44.36	
7.	Karen Stolk	ZVL-1886 Center	<b>21:26.15</b>	<b>+0.76</b>	
	50m: 35.11	35.11 450m: 6:09.52	43.19 850m: 12:07.70	42.97 1250m: 17:52.41	43.18
	100m: 1:14.75	39.64 500m: 6:51.66	42.14 900m: 12:50.31	42.61 1300m: 18:35.66	43.25
	150m: 1:55.57	40.82 550m: 7:36.39	44.73 950m: 13:33.12	42.81 1350m: 19:18.49	42.83
	200m: 2:38.25	42.68 600m: 8:18.71	42.32 1000m: 14:16.64	43.52 1400m: 20:02.35	43.86
	250m: 3:20.07	41.82 650m: 9:01.77	43.06 1050m: 15:00.36	43.72 1450m: 20:44.91	42.56
	300m: 4:02.05	41.98 700m: 9:50.27	48.50 1100m: 15:42.93	42.57 1500m: 21:26.15	41.24
	350m: 4:44.33	42.28 750m: 10:37.06	46.79 1150m: 16:25.70	42.77	
	400m: 5:26.33	42.00 800m: 11:24.73	47.67 1200m: 17:09.23	43.53	
8.	Cynthia van Veen	ZVL-1886 Center	<b>24:58.88</b>	<b>+0.73</b>	
	50m: 41.94	41.94 450m: 7:15.54	49.77 850m: 13:59.49	50.82 1250m: 20:49.72	51.23
	100m: 1:29.28	47.34 500m: 8:06.32	50.78 900m: 14:49.88	50.39 1300m: 21:41.24	51.52
	150m: 2:18.17	48.89 550m: 8:56.29	49.97 950m: 15:40.80	50.92 1350m: 22:31.91	50.67
	200m: 3:07.41	49.24 600m: 9:47.20	50.91 1000m: 16:32.65	51.85 1400m: 23:23.17	51.26
	250m: 3:55.93	48.52 650m: 10:37.42	50.22 1050m: 17:24.09	51.44 1450m: 24:13.15	49.98
	300m: 4:45.88	49.95 700m: 11:28.12	50.70 1100m: 18:15.84	51.75 1500m: 24:58.88	45.73
	350m: 5:35.58	49.70 750m: 12:18.38	50.26 1150m: 19:07.22	51.38	
	400m: 6:25.77	50.19 800m: 13:08.67	50.29 1200m: 19:58.49	51.27	
9.	Djamari Oetringer	Aqua-Novio'94	<b>25:27.51</b>	<b>+0.83</b>	
	50m: 41.53	41.53 450m: 7:21.83	51.71 850m: 14:18.67	52.97 1250m: 21:21.67	51.95
	100m: 1:28.48	46.95 500m: 8:14.15	52.32 900m: 15:11.82	53.15 1300m: 22:14.19	52.52
	150m: 2:17.10	48.62 550m: 9:05.54	51.39 950m: 16:04.02	52.20 1350m: 23:04.92	50.73
	200m: 3:07.09	49.99 600m: 9:57.38	51.84 1000m: 16:57.01	52.99 1400m: 23:53.67	48.75
	250m: 3:57.01	49.92 650m: 10:48.69	51.31 1050m: 17:49.27	52.26 1450m: 24:40.74	47.07
	300m: 4:47.61	50.60 700m: 11:40.58	51.89 1100m: 18:42.81	53.54 1500m: 25:27.51	46.77
	350m: 5:38.29	50.68 750m: 12:32.58	52.00 1150m: 19:35.88	53.07	
	400m: 6:30.12	51.83 800m: 13:25.70	53.12 1200m: 20:29.72	53.84	

**Programmanr. 1, Dames, 1500m vrije slag, Masters 25+**

rang	naam	vereniging	tijd	RT	PARA			
10.	Nadine Scheeve	De Biesboschzwemmers	<b>25:28.75</b>	<b>+0.78</b>				
	50m: 39.96	39.96	450m: 7:24.03	51.29	850m: 14:19.84	52.23	1250m: 21:16.12	51.81
	100m: 1:27.23	47.27	500m: 8:16.07	52.04	900m: 15:10.91	51.07	1300m: 22:07.88	51.76
	150m: 2:16.47	49.24	550m: 9:07.85	51.78	950m: 16:02.44	51.53	1350m: 22:58.71	50.83
	200m: 3:07.33	50.86	600m: 9:59.65	51.80	1000m: 16:56.07	53.63	1400m: 23:49.61	50.90
	250m: 3:58.05	50.72	650m: 10:51.82	52.17	1050m: 17:48.33	52.26	1450m: 24:39.01	49.40
	300m: 4:49.36	51.31	700m: 11:43.39	51.57	1100m: 18:40.19	51.86	1500m: 25:28.75	49.74
	350m: 5:41.46	52.10	750m: 12:35.29	51.90	1150m: 19:31.82	51.63		
	400m: 6:32.74	51.28	800m: 13:27.61	52.32	1200m: 20:24.31	52.49		

**Masters 30+**

1.	Nanda Wobben - de Vries	Steenwijk 1934	<b>20:22.17</b>	<b>+0.86</b>				
	50m: 35.10	35.10	450m: 5:58.30	40.82	850m: 11:28.43	41.31	1250m: 16:58.29	41.12
	100m: 1:14.46	39.36	500m: 6:39.39	41.09	900m: 12:09.48	41.05	1300m: 17:39.83	41.54
	150m: 1:54.24	39.78	550m: 7:20.59	41.20	950m: 12:50.66	41.18	1350m: 18:21.02	41.19
	200m: 2:34.59	40.35	600m: 8:01.87	41.28	1000m: 13:31.91	41.25	1400m: 19:02.09	41.07
	250m: 3:14.98	40.39	650m: 8:43.35	41.48	1050m: 14:13.15	41.24	1450m: 19:42.92	40.83
	300m: 3:55.64	40.66	700m: 9:24.65	41.30	1100m: 14:54.31	41.16	1500m: 20:22.17	39.25
	350m: 4:36.37	40.73	750m: 10:05.84	41.19	1150m: 15:35.84	41.53		
	400m: 5:17.48	41.11	800m: 10:47.12	41.28	1200m: 16:17.17	41.33		
2.	Nanda van Heteren	PSV	<b>21:42.17</b>	<b>+0.92</b>				
	50m: 38.60	38.60	450m: 6:29.14	44.41	850m: 12:20.74	43.88	1250m: 18:10.01	43.84
	100m: 1:21.24	42.64	500m: 7:13.48	44.34	900m: 13:04.50	43.76	1300m: 18:53.60	43.59
	150m: 2:04.36	43.12	550m: 7:57.65	44.17	950m: 13:47.47	42.97	1350m: 19:37.41	43.81
	200m: 2:47.95	43.59	600m: 8:41.96	44.31	1000m: 14:31.10	43.63	1400m: 20:21.07	43.66
	250m: 3:32.28	44.33	650m: 9:25.62	43.66	1050m: 15:15.10	44.00	1450m: 21:03.04	41.97
	300m: 4:16.70	44.42	700m: 10:09.28	43.66	1100m: 15:58.31	43.21	1500m: 21:42.17	39.13
	350m: 5:00.73	44.03	750m: 10:52.93	43.65	1150m: 16:42.12	43.81		
	400m: 5:44.73	44.00	800m: 11:36.86	43.93	1200m: 17:26.17	44.05		
3.	Irmgard van Weeghel	ESCA Zwemmen	<b>22:44.10</b>	<b>+0.76</b>				
	50m: 36.86	36.86	450m: 6:34.57	46.04	850m: 12:45.77	46.48	1250m: 18:55.47	46.19
	100m: 1:18.13	41.27	500m: 7:20.88	46.31	900m: 13:31.77	46.00	1300m: 19:41.54	46.07
	150m: 2:01.39	43.26	550m: 8:07.32	46.44	950m: 14:18.59	46.82	1350m: 20:27.68	46.14
	200m: 2:45.93	44.54	600m: 8:53.57	46.25	1000m: 15:04.96	46.37	1400m: 21:13.45	45.77
	250m: 3:31.05	45.12	650m: 9:40.36	46.79	1050m: 15:51.24	46.28	1450m: 21:59.66	46.21
	300m: 4:16.82	45.77	700m: 10:26.75	46.39	1100m: 16:37.32	46.08	1500m: 22:44.10	44.44
	350m: 5:02.69	45.87	750m: 11:12.90	46.15	1150m: 17:23.29	45.97		
	400m: 5:48.53	45.84	800m: 11:59.29	46.39	1200m: 18:09.28	45.99		
4.	Marjan Rikken	Octopus-ZVV (SG)	<b>24:50.90</b>	<b>+0.90</b>				
	50m: 41.36	41.36	450m: 7:10.00	49.55	850m: 13:53.81	51.23	1250m: 20:40.05	51.38
	100m: 1:27.54	46.18	500m: 7:59.79	49.79	900m: 14:44.08	50.27	1300m: 21:31.26	51.21
	150m: 2:14.81	47.27	550m: 8:50.19	50.40	950m: 15:35.30	51.22	1350m: 22:21.55	50.29
	200m: 3:02.99	48.18	600m: 9:40.34	50.15	1000m: 16:26.13	50.83	1400m: 23:12.63	51.08
	250m: 3:51.60	48.61	650m: 10:31.27	50.93	1050m: 17:16.34	50.21	1450m: 24:03.40	50.77
	300m: 4:40.95	49.35	700m: 11:21.38	50.11	1100m: 18:07.15	50.81	1500m: 24:50.90	47.50
	350m: 5:30.51	49.56	750m: 12:12.65	51.27	1150m: 18:57.83	50.68		
	400m: 6:20.45	49.94	800m: 13:02.58	49.93	1200m: 19:48.67	50.84		

**Masters 35+**

1.	Sabine Zimmermann	Aachener SV 06	<b>18:23.39</b>	<b>+0.82</b>				
	<i>Kampioenschapsrecord, German Masters Record</i>							
	50m: 33.11	33.11	450m: 5:28.08	38.15	850m: 10:24.60	37.77	1250m: 15:22.10	37.68
	100m: 1:08.98	35.87	500m: 6:05.00	36.92	900m: 11:01.41	36.81	1300m: 15:59.00	36.90
	150m: 1:45.55	36.57	550m: 6:41.69	36.69	950m: 11:38.86	37.45	1350m: 16:35.39	36.39
	200m: 2:22.09	36.54	600m: 7:18.48	36.79	1000m: 12:15.63	36.77	1400m: 17:12.30	36.91
	250m: 2:59.33	37.24	650m: 7:55.62	37.14	1050m: 12:53.50	37.87	1450m: 17:48.36	36.06
	300m: 3:36.45	37.12	700m: 8:32.19	36.57	1100m: 13:29.70	36.20	1500m: 18:23.39	35.03
	350m: 4:13.08	36.63	750m: 9:09.41	37.22	1150m: 14:07.66	37.96		
	400m: 4:49.93	36.85	800m: 9:46.83	37.42	1200m: 14:44.42	36.76		
2.	Viktória Háden-Felföldi	Iron Swim	<b>18:52.92</b>	<b>+0.73</b>				
	<i>Hungarian Masters Record</i>							
	50m: 34.29	34.29	450m: 5:34.92	37.65	850m: 10:37.87	38.01	1250m: 15:43.81	38.01
	100m: 1:11.69	37.40	500m: 6:12.48	37.56	900m: 11:16.34	38.47	1300m: 16:22.06	38.25
	150m: 1:49.28	37.59	550m: 6:50.22	37.74	950m: 11:54.51	38.17	1350m: 16:59.99	37.93
	200m: 2:26.60	37.32	600m: 7:27.79	37.57	1000m: 12:32.85	38.34	1400m: 17:38.66	38.67
	250m: 3:04.10	37.50	650m: 8:05.36	37.57	1050m: 13:11.07	38.22	1450m: 18:17.09	38.43
	300m: 3:41.79	37.69	700m: 8:43.60	38.24	1100m: 13:49.44	38.37	1500m: 18:52.92	35.83
	350m: 4:19.21	37.42	750m: 9:21.64	38.04	1150m: 14:27.59	38.15		
	400m: 4:57.27	38.06	800m: 9:59.86	38.22	1200m: 15:05.80	38.21		

Programmanr. 1, Dames, 1500m vrije slag, Masters 35+

rang	naam	vereniging	GER	444463	tijd	RT	PARA	
3.	Sara Holman	Kaiserslauterer SK	GER	444463	<b>19:44.84</b>	+0.87		
	50m: 34.92	34.92	450m: 5:48.94	39.42	850m: 11:06.62	39.83	1250m: 16:27.20	40.20
	100m: 1:13.53	38.61	500m: 6:28.48	39.54	900m: 11:46.82	40.20	1300m: 17:07.96	40.76
	150m: 1:52.88	39.35	550m: 7:07.86	39.38	950m: 12:26.74	39.92	1350m: 17:47.53	39.57
	200m: 2:32.29	39.41	600m: 7:47.44	39.58	1000m: 13:06.66	39.92	1400m: 18:28.04	40.51
	250m: 3:11.56	39.27	650m: 8:26.94	39.50	1050m: 13:46.58	39.92	1450m: 19:07.14	39.10
	300m: 3:50.94	39.38	700m: 9:06.84	39.90	1100m: 14:27.04	40.46	1500m: 19:44.84	37.70
	350m: 4:30.13	39.19	750m: 9:46.59	39.75	1150m: 15:07.04	40.00		
	400m: 5:09.52	39.39	800m: 10:26.79	40.20	1200m: 15:47.00	39.96		
4.	Liesbeth van Mill	Zwemlust-den Hommel	NED	198702786	<b>22:32.69</b>	+0.81		
	50m: 38.66	38.66	450m: 6:29.01	44.35	850m: 12:32.34	45.55	1250m: 18:40.85	46.29
	100m: 1:21.58	42.92	500m: 7:13.76	44.75	900m: 13:18.42	46.08	1300m: 19:27.74	46.89
	150m: 2:05.16	43.58	550m: 7:58.39	44.63	950m: 14:04.32	45.90	1350m: 20:14.09	46.35
	200m: 2:49.05	43.89	600m: 8:43.86	45.47	1000m: 14:49.96	45.64	1400m: 21:00.82	46.21
	250m: 3:32.78	43.73	650m: 9:29.00	45.14	1050m: 15:35.58	45.62	1450m: 21:47.13	46.31
	300m: 4:16.60	43.82	700m: 10:14.99	45.99	1100m: 16:21.89	46.31	1500m: 22:32.69	45.56
	350m: 5:00.34	43.74	750m: 11:00.87	45.88	1150m: 17:08.00	46.11		
	400m: 5:44.66	44.32	800m: 11:46.79	45.92	1200m: 17:54.56	46.56		
5.	Nikki Roon	IJZPC	NED	198803712	<b>22:53.28</b>			
	50m: 39.32	39.32	450m: 6:39.43	46.32	850m: 12:50.60	46.45	1250m: 19:01.89	46.81
	100m: 1:22.01	42.69	500m: 7:25.67	46.24	900m: 13:37.07	46.47	1300m: 19:47.90	46.01
	150m: 2:06.08	44.07	550m: 8:12.04	46.37	950m: 14:23.35	46.28	1350m: 20:34.70	46.80
	200m: 2:50.54	44.46	600m: 8:58.32	46.28	1000m: 15:09.52	46.17	1400m: 21:20.91	46.21
	250m: 3:35.58	45.04	650m: 9:44.76	46.44	1050m: 15:55.85	46.33	1450m: 22:07.67	46.76
	300m: 4:21.21	45.63	700m: 10:31.13	46.37	1100m: 16:42.36	46.51	1500m: 22:53.28	45.61
	350m: 5:07.21	46.00	750m: 11:17.78	46.65	1150m: 17:29.01	46.65		
	400m: 5:53.11	45.90	800m: 12:04.15	46.37	1200m: 18:15.08	46.07		
6.	Sandra Schellekens	Neptunus'58	NED	198503416	<b>23:13.46</b>	+0.86		
	50m: 37.99	37.99	450m: 6:45.29	47.15	850m: 13:00.01	46.71	1250m: 19:19.63	47.63
	100m: 1:21.08	43.09	500m: 7:32.23	46.94	900m: 13:46.74	46.73	1300m: 20:07.28	47.65
	150m: 2:06.28	45.20	550m: 8:19.68	47.45	950m: 14:33.80	47.06	1350m: 20:54.99	47.71
	200m: 2:52.15	45.87	600m: 9:06.37	46.69	1000m: 15:21.67	47.87	1400m: 21:42.40	47.41
	250m: 3:38.32	46.17	650m: 9:52.99	46.62	1050m: 16:09.09	47.42	1450m: 22:29.71	47.31
	300m: 4:25.04	46.72	700m: 10:40.00	47.01	1100m: 16:56.47	47.38	1500m: 23:13.46	43.75
	350m: 5:11.18	46.14	750m: 11:26.82	46.82	1150m: 17:44.14	47.67		
	400m: 5:58.14	46.96	800m: 12:13.30	46.48	1200m: 18:32.00	47.86		
7.	Lisette van den Bos	De Geul	NED	198700468	<b>25:31.82</b>			
	50m: 42.70	42.70	450m: 7:23.35	52.21	850m: 14:22.05	52.07	1250m: 21:16.32	52.54
	100m: 1:30.96	48.26	500m: 8:15.35	52.00	900m: 15:14.13	52.08	1300m: 22:09.21	52.89
	150m: 2:20.38	49.42	550m: 9:08.09	52.74	950m: 16:05.57	51.44	1350m: 23:02.34	53.13
	200m: 3:09.29	48.91	600m: 10:00.58	52.49	1000m: 16:57.29	51.72	1400m: 23:54.22	51.88
	250m: 3:59.16	49.87	650m: 10:52.64	52.06	1050m: 17:48.27	50.98	1450m: 24:44.92	50.70
	300m: 4:49.14	49.98	700m: 11:45.41	52.77	1100m: 18:40.40	52.13	1500m: 25:31.82	46.90
	350m: 5:39.68	50.54	750m: 12:37.46	52.05	1150m: 19:31.32	50.92		
	400m: 6:31.14	51.46	800m: 13:29.98	52.52	1200m: 20:23.78	52.46		

Masters 40+

1.	Ramona Linting	AZC	NED	198301274	<b>21:41.87</b>	+0.69		
	50m: 36.03	36.03	450m: 6:20.37	43.62	850m: 12:10.02	44.09	1250m: 18:02.68	44.48
	100m: 1:17.32	41.29	500m: 7:03.76	43.39	900m: 12:54.06	44.04	1300m: 18:46.36	43.68
	150m: 1:59.77	42.45	550m: 7:47.33	43.57	950m: 13:38.44	44.38	1350m: 19:30.32	43.96
	200m: 2:42.66	42.89	600m: 8:31.12	43.79	1000m: 14:22.29	43.85	1400m: 20:14.30	43.98
	250m: 3:25.56	42.90	650m: 9:15.03	43.91	1050m: 15:06.49	44.20	1450m: 20:58.77	44.47
	300m: 4:08.69	43.13	700m: 9:58.44	43.41	1100m: 15:49.97	43.48	1500m: 21:41.87	43.10
	350m: 4:52.97	44.28	750m: 10:42.35	43.91	1150m: 16:34.15	44.18		
	400m: 5:36.75	43.78	800m: 11:25.93	43.58	1200m: 17:18.20	44.05		
2.	Jessica Venema	GZC Donk	NED	197901526	<b>22:34.60</b>	+0.85		
	50m: 37.13	37.13	450m: 6:33.18	45.09	850m: 12:39.44	45.77	1250m: 18:47.28	45.97
	100m: 1:19.44	42.31	500m: 7:18.59	45.41	900m: 13:24.96	45.52	1300m: 19:33.42	46.14
	150m: 2:03.35	43.91	550m: 8:03.67	45.08	950m: 14:10.63	45.67	1350m: 20:19.09	45.67
	200m: 2:48.04	44.69	600m: 8:49.44	45.77	1000m: 14:56.81	46.18	1400m: 21:05.83	46.74
	250m: 3:32.62	44.58	650m: 9:35.22	45.78	1050m: 15:42.82	46.01	1450m: 21:51.49	45.66
	300m: 4:17.71	45.09	700m: 10:21.11	45.89	1100m: 16:29.00	46.18	1500m: 22:34.60	43.11
	350m: 5:02.68	44.97	750m: 11:06.97	45.86	1150m: 17:15.18	46.18		
	400m: 5:48.09	45.41	800m: 11:53.67	46.70	1200m: 18:01.31	46.13		
3.	Chantal Verhoeff	Old Dutch	NED	197900912	<b>22:38.38</b>	+0.95		
	50m: 39.18	39.18	450m: 6:41.39	45.67	850m: 12:45.29	45.63	1250m: 18:50.78	46.28
	100m: 1:23.32	44.14	500m: 7:26.76	45.37	900m: 13:30.98	45.69	1300m: 19:36.67	45.89
	150m: 2:08.46	45.14	550m: 8:12.75	45.99	950m: 14:16.73	45.75	1350m: 20:22.91	46.24
	200m: 2:53.28	44.82	600m: 8:58.11	45.36	1000m: 15:01.99	45.26	1400m: 21:08.66	45.75
	250m: 3:38.34	45.06	650m: 9:43.44	45.33	1050m: 15:47.72	45.73	1450m: 21:54.44	45.78
	300m: 4:24.33	45.99	700m: 10:28.73	45.29	1100m: 16:33.42	45.70	1500m: 22:38.38	43.94
	350m: 5:09.86	45.53	750m: 11:14.23	45.50	1150m: 17:18.81	45.39		
	400m: 5:55.72	45.86	800m: 11:59.66	45.43	1200m: 18:04.50	45.69		

**Programmanr. 1, Dames, 1500m vrije slag, Masters 40+**

rang	naam	vereniging	tijd	RT	PARA			
4.	Linda Hoogendam	WVZ	<b>24:04.74</b>	<b>+0.85</b>				
	50m: 39.42	39.42	450m: 7:00.48	48.10	850m: 13:32.91	48.49	1250m: 22:06.02	49.38
	100m: 1:25.43	46.01	500m: 7:49.25	48.77	900m: 14:22.19	49.28	1300m: 20:54.84	48.82
	150m: 2:12.20	46.77	550m: 8:37.28	48.03	950m: 15:10.72	48.53	1350m: 21:43.15	48.31
	200m: 2:59.72	47.52	600m: 9:26.59	49.31	1000m: 16:00.54	49.82	1400m: 22:31.35	48.20
	250m: 3:47.57	47.85	650m: 10:15.51	48.92	1050m: 16:49.02	48.48	1450m: 23:18.55	47.20
	300m: 4:35.53	47.96	700m: 11:05.46	49.95	1100m: 17:38.21	49.19	1500m: 24:04.74	46.19
	350m: 5:23.85	48.32	750m: 11:54.61	49.15	1150m: 18:27.42	49.21		
	400m: 6:12.38	48.53	800m: 12:44.42	49.81	1200m: 19:16.64	49.22		
5.	Saskia op den Velde	De Duinkickers	<b>26:37.48</b>	<b>+0.96</b>				
	50m: 43.55	43.55	450m: 7:44.83	53.95	850m: 14:55.27	53.78	1250m: 22:06.68	55.18
	100m: 1:32.18	48.63	500m: 8:38.89	54.06	900m: 15:48.94	53.67	1300m: 23:01.40	54.72
	150m: 2:24.01	51.83	550m: 9:32.63	53.74	950m: 16:42.19	53.25	1350m: 23:56.37	54.97
	200m: 3:16.12	52.11	600m: 10:26.42	53.79	1000m: 17:35.89	53.70	1400m: 24:50.46	54.09
	250m: 4:09.79	53.67	650m: 11:20.23	53.81	1050m: 18:29.95	54.06	1450m: 25:44.79	54.33
	300m: 5:02.68	52.89	700m: 12:14.75	54.52	1100m: 19:23.00	53.05	1500m: 26:37.48	52.69
	350m: 5:57.04	54.36	750m: 13:08.34	53.59	1150m: 20:17.32	54.32		
	400m: 6:50.88	53.84	800m: 14:01.49	53.15	1200m: 21:11.50	54.18		
6.	Mascha Schijvenaars	De Zilvermeeuw	<b>32:52.44</b>					
	50m: 57.04	57.04	450m: 9:40.45	1:06.54	850m: 18:30.73	1:07.73	1250m: 27:25.07	1:07.66
	100m: 1:59.11	1:02.07	500m: 10:46.05	1:05.60	900m: 19:36.60	1:05.87	1300m: 28:31.09	1:06.02
	150m: 3:04.76	1:05.65	550m: 11:52.50	1:06.45	950m: 20:42.89	1:06.29	1350m: 29:37.10	1:06.01
	200m: 4:10.28	1:05.52	600m: 12:58.52	1:06.02	1000m: 21:49.79	1:06.90	1400m: 30:43.58	1:06.48
	250m: 5:16.32	1:06.04	650m: 14:05.08	1:06.56	1050m: 22:56.81	1:07.02	1450m: 31:49.74	1:06.16
	300m: 6:22.00	1:05.68	700m: 15:11.12	1:06.04	1100m: 24:03.17	1:06.36	1500m: 32:52.44	1:02.70
	350m: 7:27.72	1:05.72	750m: 16:17.10	1:05.98	1150m: 25:10.96	1:07.79		
	400m: 8:33.91	1:06.19	800m: 17:23.00	1:05.90	1200m: 26:17.41	1:06.45		

**Masters 45+**

1.	Liselotte Joling	PSV	<b>19:30.74</b>	<b>+0.88</b>				
	50m: 35.22	35.22	450m: 5:45.22	38.80	850m: 10:59.42	39.46	1250m: 16:15.63	39.65
	100m: 1:13.73	38.51	500m: 6:24.33	39.11	900m: 11:38.67	39.25	1300m: 16:55.20	39.57
	150m: 1:52.40	38.67	550m: 7:03.58	39.25	950m: 12:18.29	39.62	1350m: 17:34.64	39.44
	200m: 2:30.99	38.59	600m: 7:42.79	39.21	1000m: 12:57.77	39.48	1400m: 18:14.43	39.79
	250m: 3:09.74	38.75	650m: 8:22.31	39.52	1050m: 13:37.00	39.23	1450m: 18:53.38	38.95
	300m: 3:48.47	38.73	700m: 9:01.33	39.02	1100m: 14:16.57	39.57	1500m: 19:30.74	37.36
	350m: 4:27.50	39.03	750m: 9:40.78	39.45	1150m: 14:56.30	39.73		
	400m: 5:06.42	38.92	800m: 10:19.96	39.18	1200m: 15:35.98	39.68		
2.	Nataliia Boryshkevych <i>Ukrainian Masters Record</i>	Ukraine Swim	<b>22:19.95</b>	<b>+0.69</b>				
	50m: 38.96	38.96	450m: 6:40.18	45.75	850m: 12:45.24	45.14	1250m: 18:49.24	44.26
	100m: 1:22.83	43.87	500m: 7:26.44	46.26	900m: 13:31.04	45.80	1300m: 19:34.60	45.36
	150m: 2:07.69	44.86	550m: 8:11.70	45.26	950m: 14:16.85	45.81	1350m: 20:17.47	42.87
	200m: 2:51.98	44.29	600m: 8:57.44	45.74	1000m: 15:02.89	46.04	1400m: 21:00.00	42.53
	250m: 3:37.18	45.20	650m: 9:43.20	45.76	1050m: 15:48.54	45.65	1450m: 21:40.62	40.62
	300m: 4:22.95	45.77	700m: 10:29.03	45.83	1100m: 16:34.09	45.55	1500m: 22:19.95	39.33
	350m: 5:08.68	45.73	750m: 11:14.41	45.38	1150m: 17:18.92	44.83		
	400m: 5:54.43	45.75	800m: 12:00.10	45.69	1200m: 18:04.98	46.06		

**Masters 50+**

1.	Carla Geurts <i>Nederlands Masters Record</i>	PSV	<b>19:22.87</b>	<b>+0.79</b>				
	50m: 33.69	33.69	450m: 5:42.00	39.12	850m: 10:53.96	38.74	1250m: 16:07.18	39.24
	100m: 1:11.22	37.53	500m: 6:20.74	38.74	900m: 11:33.73	39.77	1300m: 16:46.72	39.54
	150m: 1:49.28	38.06	550m: 6:59.88	39.14	950m: 12:12.39	38.66	1350m: 17:26.33	39.61
	200m: 2:27.69	38.41	600m: 7:39.04	39.16	1000m: 12:51.39	39.00	1400m: 18:05.70	39.37
	250m: 3:06.37	38.68	650m: 8:18.34	39.30	1050m: 13:30.13	38.74	1450m: 18:44.62	38.92
	300m: 3:45.12	38.75	700m: 8:57.46	39.12	1100m: 14:09.24	39.11	1500m: 19:22.87	38.25
	350m: 4:23.68	38.56	750m: 9:36.40	38.94	1150m: 14:48.54	39.30		
	400m: 5:02.88	39.20	800m: 10:15.22	38.82	1200m: 15:27.94	39.40		
2.	Bianca Groot	MSV-Zeemacht	<b>20:54.25</b>	<b>+0.83</b>				
	50m: 36.09	36.09	450m: 6:04.14	41.07	850m: 11:38.21	42.35	1250m: 17:20.24	43.10
	100m: 1:16.54	40.45	500m: 6:45.24	41.10	900m: 12:20.57	42.36	1300m: 18:02.99	42.75
	150m: 1:57.56	41.02	550m: 7:26.32	41.08	950m: 13:02.79	42.22	1350m: 18:45.77	42.78
	200m: 2:38.62	41.06	600m: 8:07.66	41.34	1000m: 13:45.92	43.13	1400m: 19:29.48	43.71
	250m: 3:19.58	40.96	650m: 8:49.01	41.35	1050m: 14:27.98	42.06	1450m: 20:12.28	42.80
	300m: 4:00.56	40.98	700m: 9:31.25	42.24	1100m: 15:11.23	43.25	1500m: 20:54.25	41.97
	350m: 4:41.89	41.33	750m: 10:13.70	42.45	1150m: 15:53.98	42.75		
	400m: 5:23.07	41.18	800m: 10:55.86	42.16	1200m: 16:37.14	43.16		



## Programmanr. 1, Dames, 1500m vrije slag, Masters 50+

rang	naam	vereniging	tijd	RT	PARA			
3.	Kathy Van Lindt	Cercle De Natation Sportcity WoilBEL	CNSW/007949/71	<b>21:03.06</b>	+0.98			
	50m: 37.56	37.56	450m: 6:14.22	42.58	850m: 11:53.73	42.29	1250m: 17:34.02	42.59
	100m: 1:18.66	41.10	500m: 6:56.33	42.11	900m: 12:36.29	42.56	1300m: 18:16.68	42.66
	150m: 2:00.56	41.90	550m: 7:38.82	42.49	950m: 13:18.52	42.23	1350m: 18:58.62	41.94
	200m: 2:42.45	41.89	600m: 8:21.23	42.41	1000m: 14:01.01	42.49	1400m: 19:40.76	42.14
	250m: 3:24.84	42.39	650m: 9:04.04	42.81	1050m: 14:43.32	42.31	1450m: 20:23.03	42.27
	300m: 4:06.58	41.74	700m: 9:46.27	42.23	1100m: 15:26.10	42.78	1500m: 21:03.06	40.03
	350m: 4:49.36	42.78	750m: 10:28.80	42.53	1150m: 16:09.24	43.14		
	400m: 5:31.64	42.28	800m: 11:11.44	42.64	1200m: 16:51.43	42.19		
4.	Iris van Aurich	DWK	NED 196900866	<b>22:44.25</b>	+0.67			
	50m: 38.40	38.40	450m: 6:43.03	46.17	850m: 12:51.70	46.70	1250m: 18:58.19	45.53
	100m: 1:21.85	43.45	500m: 7:28.99	45.96	900m: 13:36.98	45.28	1300m: 19:43.88	45.69
	150m: 2:07.00	45.15	550m: 8:15.23	46.24	950m: 14:23.24	46.26	1350m: 20:29.95	46.07
	200m: 2:52.52	45.52	600m: 9:00.99	45.76	1000m: 15:09.24	46.00	1400m: 21:15.59	45.64
	250m: 3:38.19	45.67	650m: 9:47.41	46.42	1050m: 15:55.33	46.09	1450m: 22:01.24	45.65
	300m: 4:24.40	46.21	700m: 10:33.62	46.21	1100m: 16:41.44	46.11	1500m: 22:44.25	43.01
	350m: 5:11.14	46.74	750m: 11:19.96	46.34	1150m: 17:26.72	45.28		
	400m: 5:56.86	45.72	800m: 12:05.00	45.04	1200m: 18:12.66	45.94		
5.	Annet Kootstra	SWOL 1894	NED 197100344	<b>26:31.16</b>				
	50m: 45.97	45.97	450m: 7:41.18	53.17	850m: 14:49.29	54.83	1250m: 22:03.61	55.87
	100m: 1:35.68	49.71	500m: 8:33.47	52.29	900m: 15:42.19	52.90	1300m: 22:57.26	53.65
	150m: 2:26.63	50.95	550m: 9:27.09	53.62	950m: 16:37.11	54.92	1350m: 23:51.61	54.35
	200m: 3:18.40	51.77	600m: 10:20.00	52.91	1000m: 17:30.48	53.37	1400m: 24:45.06	53.45
	250m: 4:10.87	52.47	650m: 11:13.75	53.75	1050m: 18:24.77	54.29	1450m: 25:39.48	54.42
	300m: 5:03.42	52.55	700m: 12:06.81	53.06	1100m: 19:18.77	54.00	1500m: 26:31.16	51.68
	350m: 5:55.82	52.40	750m: 13:01.59	54.78	1150m: 20:13.65	54.88		
	400m: 6:48.01	52.19	800m: 13:54.46	52.87	1200m: 21:07.74	54.09		
6.	Kristien Van de Moortel	Shark	BEL ShaRK/20315/69	<b>27:14.71</b>	+0.89			
	50m: 47.90	47.90	450m: 8:04.07	54.56	850m: 15:20.98	54.86	1250m: 22:43.56	55.31
	100m: 1:41.94	54.04	500m: 8:58.48	54.41	900m: 16:15.75	54.77	1300m: 23:39.12	55.56
	150m: 2:36.52	54.58	550m: 9:52.57	54.09	950m: 17:10.98	55.23	1350m: 24:34.62	55.50
	200m: 3:31.05	54.53	600m: 10:47.19	54.62	1000m: 18:06.26	55.28	1400m: 25:30.07	55.45
	250m: 4:26.34	55.29	650m: 11:41.70	54.51	1050m: 19:02.20	55.94	1450m: 26:24.12	54.05
	300m: 5:20.79	54.45	700m: 12:36.18	54.48	1100m: 19:57.62	55.42	1500m: 27:14.71	50.59
	350m: 6:15.20	54.41	750m: 13:31.30	55.12	1150m: 20:53.12	55.50		
	400m: 7:09.51	54.31	800m: 14:26.12	54.82	1200m: 21:48.25	55.13		
7.	Greta Wyma-Teitsma	DWK	NED 197100696	<b>28:19.49</b>	+0.97			
	50m: 46.41	46.41	450m: 8:09.84	56.74	850m: 15:43.40	56.63	1250m: 23:28.29	58.77
	100m: 1:39.80	53.39	500m: 9:05.65	55.81	900m: 16:41.39	57.99	1300m: 24:25.93	57.64
	150m: 2:34.87	55.07	550m: 10:01.70	56.05	950m: 17:39.38	57.99	1350m: 25:24.59	58.66
	200m: 3:30.66	55.79	600m: 10:57.57	55.87	1000m: 18:37.61	58.23	1400m: 26:23.20	58.61
	250m: 4:26.29	55.63	650m: 11:53.88	56.31	1050m: 19:34.90	57.29	1450m: 27:21.02	57.82
	300m: 5:21.76	55.47	700m: 12:51.24	57.36	1100m: 20:33.05	58.15	1500m: 28:19.49	58.47
	350m: 6:17.28	55.52	750m: 13:49.07	57.83	1150m: 21:31.28	58.23		
	400m: 7:13.10	55.82	800m: 14:46.77	57.70	1200m: 22:29.52	58.24		

## Masters 55+

1.	Wilna Heijman	Steenwijk 1934	NED 196400506	<b>22:17.93</b>	+0.90			
	50m: 39.49	39.49	450m: 6:32.54	44.46	850m: 12:32.29	45.36	1250m: 18:34.32	45.35
	100m: 1:22.62	43.13	500m: 7:17.22	44.68	900m: 13:17.50	45.21	1300m: 19:19.61	45.29
	150m: 2:06.19	43.57	550m: 8:01.92	44.70	950m: 14:02.86	45.36	1350m: 20:04.75	45.14
	200m: 2:50.14	43.95	600m: 8:47.12	45.20	1000m: 14:48.02	45.16	1400m: 20:49.63	44.88
	250m: 3:34.21	44.07	650m: 9:31.81	44.69	1050m: 15:33.20	45.18	1450m: 21:34.15	44.52
	300m: 4:18.75	44.54	700m: 10:16.79	44.98	1100m: 16:18.41	45.21	1500m: 22:17.93	43.78
	350m: 5:03.20	44.45	750m: 11:02.00	45.21	1150m: 17:03.49	45.08		
	400m: 5:48.08	44.88	800m: 11:46.93	44.93	1200m: 17:48.97	45.48		
2.	Maud Peuten-Evers	Mosa-Regio	NED 196400584	<b>24:13.50</b>				
	50m: 42.88	42.88	450m: 7:13.54	49.51	850m: 13:42.40	48.23	1250m: 20:08.76	48.36
	100m: 1:30.26	47.38	500m: 8:02.84	49.30	900m: 14:30.74	48.34	1300m: 20:57.22	48.46
	150m: 2:18.42	48.16	550m: 8:51.91	49.07	950m: 15:18.82	48.08	1350m: 21:46.87	49.65
	200m: 3:07.23	48.81	600m: 9:40.70	48.79	1000m: 16:07.17	48.35	1400m: 22:36.20	49.33
	250m: 3:56.35	49.12	650m: 10:28.89	48.19	1050m: 16:55.44	48.27	1450m: 23:24.93	48.73
	300m: 4:45.59	49.24	700m: 11:17.45	48.56	1100m: 17:43.82	48.38	1500m: 24:13.50	48.57
	350m: 5:34.69	49.10	750m: 12:05.83	48.38	1150m: 18:32.05	48.23		
	400m: 6:24.03	49.34	800m: 12:54.17	48.34	1200m: 19:20.40	48.35		
3.	K. van Nassau-van den Heuvel	Old Dutch	NED 196600188	<b>24:35.99</b>				
	50m: 42.94	42.94	450m: 7:13.69	49.51	850m: 13:51.45	49.94	1250m: 20:29.98	49.45
	100m: 1:30.31	47.37	500m: 8:03.60	49.91	900m: 14:41.76	50.31	1300m: 21:19.60	49.62
	150m: 2:18.02	47.71	550m: 8:52.54	48.94	950m: 15:31.80	50.04	1350m: 22:09.20	49.60
	200m: 3:07.10	49.08	600m: 9:42.27	49.73	1000m: 16:21.72	49.92	1400m: 22:58.81	49.61
	250m: 3:55.99	48.89	650m: 10:31.33	49.06	1050m: 17:10.81	49.09	1450m: 23:47.46	48.65
	300m: 4:45.53	49.54	700m: 11:21.51	50.18	1100m: 18:00.48	49.67	1500m: 24:35.99	48.53
	350m: 5:34.34	48.81	750m: 12:11.30	49.79	1150m: 18:50.15	49.67		
	400m: 6:24.18	49.84	800m: 13:01.51	50.21	1200m: 19:40.53	50.38		

## Programmanr. 1, Dames, 1500m vrije slag, Masters 55+

rang	naam	vereniging	tijd	RT	PARA	
4.	Erica Muller	De Geul	<b>26:22.38</b>	<b>+0.79</b>		
	50m: 45.46	45.46	450m: 7:44.55	53.08	850m: 14:48.84	53.19
	100m: 1:36.30	50.84	500m: 8:37.31	52.76	900m: 15:41.59	52.75
	150m: 2:28.48	52.18	550m: 9:30.29	52.98	950m: 16:34.86	53.27
	200m: 3:20.91	52.43	600m: 10:23.22	52.93	1000m: 17:27.98	53.12
	250m: 4:13.42	52.51	650m: 11:16.68	53.46	1050m: 18:21.37	53.39
	300m: 5:05.95	52.53	700m: 12:09.47	52.79	1100m: 19:14.48	53.11
	350m: 5:58.86	52.91	750m: 13:02.78	53.31	1150m: 20:08.17	53.69
	400m: 6:51.47	52.61	800m: 13:55.65	52.87	1200m: 21:01.54	53.37
5.	Roselinda van der Vlugt	De Geul	<b>29:20.68</b>	<b>+0.92</b>		
	50m: 50.60	50.60	450m: 8:38.31	59.25	850m: 16:30.55	59.69
	100m: 1:46.95	56.35	500m: 9:37.51	59.20	900m: 17:29.71	59.16
	150m: 2:44.96	58.01	550m: 10:36.56	59.05	950m: 18:29.45	59.74
	200m: 3:42.80	57.84	600m: 11:35.21	58.65	1000m: 19:29.78	100.33
	250m: 4:41.13	58.33	650m: 12:34.44	59.23	1050m: 20:29.42	59.64
	300m: 5:41.17	1:00.04	700m: 13:33.30	58.86	1100m: 21:29.18	59.76
	350m: 6:39.00	57.83	750m: 14:32.04	58.74	1150m: 22:29.57	100.39
	400m: 7:39.06	1:00.06	800m: 15:30.86	58.82	1200m: 23:28.72	59.15

## Masters 60+

1.	P. Tossings-van de Hooven	GZC Donk	<b>23:17.18</b>	<b>+0.86</b>		
	50m: 40.30	40.30	450m: 6:51.08	47.08	850m: 13:06.95	47.24
	100m: 1:24.73	44.43	500m: 7:37.77	46.69	900m: 13:53.54	46.59
	150m: 2:10.61	45.88	550m: 8:24.48	46.71	950m: 14:40.19	46.65
	200m: 2:56.90	46.29	600m: 9:11.75	47.27	1000m: 15:27.51	47.32
	250m: 3:43.57	46.67	650m: 9:58.79	47.04	1050m: 16:14.76	47.25
	300m: 4:30.13	46.56	700m: 10:45.75	46.96	1100m: 17:01.94	47.18
	350m: 5:16.87	46.74	750m: 11:33.21	47.46	1150m: 17:49.09	47.15
	400m: 6:04.00	47.13	800m: 12:19.71	46.50	1200m: 18:36.49	47.40
2.	Irene van der Laan	ZVVS	<b>23:17.35</b>	<b>+0.69</b>		
	50m: 42.57	42.57	450m: 6:55.73	46.68	850m: 13:09.88	46.45
	100m: 1:28.77	46.20	500m: 7:42.91	47.18	900m: 13:56.93	47.05
	150m: 2:15.23	46.46	550m: 8:29.62	46.71	950m: 14:43.79	46.86
	200m: 3:01.64	46.41	600m: 9:16.76	47.14	1000m: 15:30.59	46.80
	250m: 3:48.02	46.38	650m: 10:03.28	46.52	1050m: 16:17.48	46.89
	300m: 4:35.13	47.11	700m: 10:50.23	46.95	1100m: 17:04.32	46.84
	350m: 5:21.80	46.67	750m: 11:36.74	46.51	1150m: 17:51.19	46.87
	400m: 6:09.05	47.25	800m: 12:23.43	46.69	1200m: 18:37.97	46.78
3.	Patty Verhagen	PSV	<b>23:33.73</b>	<b>+0.96</b>		
	50m: 42.51	42.51	450m: 6:52.43	46.98	850m: 13:11.30	47.88
	100m: 1:27.35	44.84	500m: 7:39.53	47.10	900m: 13:58.79	47.49
	150m: 2:12.98	45.63	550m: 8:26.63	47.10	950m: 14:46.63	47.84
	200m: 2:59.13	46.15	600m: 9:13.90	47.27	1000m: 15:34.10	47.47
	250m: 3:45.47	46.34	650m: 10:01.39	47.49	1050m: 16:22.09	47.99
	300m: 4:32.03	46.56	700m: 10:48.35	46.96	1100m: 17:10.13	48.04
	350m: 5:18.70	46.67	750m: 11:36.12	47.77	1150m: 17:58.23	48.10
	400m: 6:05.45	46.75	800m: 12:23.42	47.30	1200m: 18:46.11	47.88
4.	Linda Wibbelink	Steenwijk 1934	<b>24:39.83</b>	<b>+0.85</b>		
	50m: 44.60	44.60	450m: 7:22.04	49.80	850m: 13:59.14	49.33
	100m: 1:33.68	49.08	500m: 8:11.61	49.57	900m: 14:48.60	49.46
	150m: 2:23.28	49.60	550m: 9:01.14	49.53	950m: 15:38.39	49.79
	200m: 3:13.64	50.36	600m: 9:51.17	50.03	1000m: 16:27.73	49.34
	250m: 4:03.57	49.93	650m: 10:40.88	49.71	1050m: 17:17.61	49.88
	300m: 4:53.28	49.71	700m: 11:30.56	49.68	1100m: 18:07.07	49.46
	350m: 5:42.87	49.59	750m: 12:20.27	49.71	1150m: 18:56.84	49.77
	400m: 6:32.24	49.37	800m: 13:09.81	49.54	1200m: 19:46.57	49.73

NG.ZA Nicole Feitler Cercle de Natation Dudelange LUX 4235

## Masters 65+

1.	Margriet Pasma	TriVia	<b>24:30.56</b>			
	50m: 43.51	43.51	450m: 7:18.24	49.52	850m: 13:51.40	49.23
	100m: 1:31.31	47.80	500m: 8:07.65	49.41	900m: 14:40.89	49.49
	150m: 2:20.78	49.47	550m: 8:56.92	49.27	950m: 15:30.20	49.31
	200m: 3:10.16	49.38	600m: 9:45.81	48.89	1000m: 16:19.24	49.04
	250m: 3:59.60	49.44	650m: 10:34.87	49.06	1050m: 17:08.92	49.68
	300m: 4:49.34	49.74	700m: 11:23.71	48.84	1100m: 17:58.17	49.25
	350m: 5:39.31	49.97	750m: 12:13.03	49.32	1150m: 18:47.62	49.45
	400m: 6:28.72	49.41	800m: 13:02.17	49.14	1200m: 19:36.28	48.66

Programmanr. 1, Dames, 1500m vrije slag, Masters 65+

rang	naam	vereniging				tijd	RT	PARA
2.	Monica Bakker	Steenwijk 1934	NED	195600082		<b>27:10.97</b>		
	50m: 47.75	47.75	450m: 7:59.44	53.92	850m: 15:13.27	54.54	1250m: 22:37.02	55.72
	100m: 1:40.93	53.18	500m: 8:53.36	53.92	900m: 16:08.99	55.72	1300m: 23:33.07	56.05
	150m: 2:35.02	54.09	550m: 9:47.69	54.33	950m: 17:03.63	54.64	1350m: 24:27.88	54.81
	200m: 3:29.30	54.28	600m: 10:41.62	53.93	1000m: 17:59.29	55.66	1400m: 25:23.11	55.23
	250m: 4:22.62	53.32	650m: 11:35.89	54.27	1050m: 18:54.56	55.27	1450m: 26:17.92	54.81
	300m: 5:16.74	54.12	700m: 12:29.83	53.94	1100m: 19:50.06	55.50	1500m: 27:10.97	53.05
	350m: 6:10.95	54.21	750m: 13:24.62	54.79	1150m: 20:45.60	55.54		
	400m: 7:05.52	54.57	800m: 14:18.73	54.11	1200m: 21:41.30	55.70		
3.	Karien Musters	Old Dutch	NED	195800236		<b>33:15.87</b>		
	50m: 55.57	55.57	450m: 9:35.84	1:07.08	850m: 18:34.62	1:07.51	1250m: 27:33.91	1:08.38
	100m: 1:56.25	1:00.68	500m: 10:42.87	1:07.03	900m: 19:41.43	1:06.81	1300m: 28:42.05	1:08.14
	150m: 2:59.02	1:02.77	550m: 11:50.36	1:07.49	950m: 20:49.32	1:07.89	1350m: 29:50.96	1:08.91
	200m: 4:02.85	1:03.83	600m: 12:57.75	1:07.39	1000m: 21:56.69	1:07.37	1400m: 30:59.54	1:08.58
	250m: 5:08.35	1:05.50	650m: 14:05.90	1:08.15	1050m: 23:04.20	1:07.51	1450m: 32:09.06	1:09.52
	300m: 6:14.46	1:06.11	700m: 15:12.92	1:07.02	1100m: 24:10.62	1:06.42	1500m: 33:15.87	1:06.81
	350m: 7:21.56	1:07.10	750m: 16:20.47	1:07.55	1150m: 25:18.35	1:07.73		
	400m: 8:28.76	1:07.20	800m: 17:27.11	1:06.64	1200m: 26:25.53	1:07.18		

Masters 70+

1.	Carla Hensen	PSV	NED	195300062		<b>27:23.29</b>		
	50m: 47.62	47.62	450m: 8:10.56	55.12	850m: 15:29.32	54.82	1250m: 22:50.02	55.14
	100m: 1:43.05	55.43	500m: 9:05.61	55.05	900m: 16:24.53	55.21	1300m: 23:45.31	55.29
	150m: 2:38.49	55.44	550m: 10:00.56	54.95	950m: 17:19.77	55.24	1350m: 24:40.72	55.41
	200m: 3:33.76	55.27	600m: 10:55.08	54.52	1000m: 18:15.39	55.62	1400m: 25:35.98	55.26
	250m: 4:29.52	55.76	650m: 11:50.12	55.04	1050m: 19:10.12	54.73	1450m: 26:30.17	54.19
	300m: 5:25.05	55.53	700m: 12:45.06	54.94	1100m: 20:05.06	54.94	1500m: 27:23.29	53.12
	350m: 6:20.36	55.31	750m: 13:39.69	54.63	1150m: 21:00.13	55.07		
	400m: 7:15.44	55.08	800m: 14:34.50	54.81	1200m: 21:54.88	54.75		

Masters 75+

1.	Loekie van Huissteden	ZPC AMERSFOORT	NED	194500002		<b>36:52.95</b>		
	50m: 1:03.02	1:03.02	450m: 10:47.08	1:14.96	850m: 20:43.97	1:15.89	1250m: 30:45.24	1:17.57
	100m: 2:13.48	1:10.46	500m: 11:59.64	1:12.56	900m: 21:57.58	1:13.61	1300m: 31:59.90	1:14.66
	150m: 3:27.69	1:14.21	550m: 13:15.03	1:15.39	950m: 23:12.85	1:15.27	1350m: 33:16.38	1:16.48
	200m: 4:39.14	1:11.45	600m: 14:29.97	1:14.94	1000m: 24:25.16	1:12.31	1400m: 34:30.48	1:14.10
	250m: 5:53.49	1:14.35	650m: 15:46.09	1:16.12	1050m: 25:40.78	1:15.62	1450m: 35:44.53	1:14.05
	300m: 7:05.77	1:12.28	700m: 17:00.50	1:14.41	1100m: 26:54.50	1:13.72	1500m: 36:52.95	1:08.42
	350m: 8:20.05	1:14.28	750m: 18:15.93	1:15.43	1150m: 28:10.88	1:16.38		
	400m: 9:32.12	1:12.07	800m: 19:28.08	1:12.15	1200m: 29:27.67	1:16.79		

Masters 85+

1.	Marie Smits	Old Dutch	NED	193800004		<b>35:55.94</b>		
	<i>Kampioenschapsrecord</i>							
	50m: 57.71	57.71	450m: 10:26.45	1:11.92	850m: 20:09.93	1:12.38	1250m: 29:57.24	1:12.46
	100m: 2:06.89	1:09.18	500m: 11:38.64	1:12.19	900m: 21:22.52	1:12.59	1300m: 31:10.77	1:13.53
	150m: 3:17.72	1:10.83	550m: 12:51.69	1:13.05	950m: 22:36.65	1:14.13	1350m: 32:22.68	1:11.91
	200m: 4:29.62	1:11.90	600m: 14:03.90	1:12.21	1000m: 23:50.79	1:14.14	1400m: 33:36.02	1:13.34
	250m: 5:41.06	1:11.44	650m: 15:16.89	1:12.99	1050m: 25:05.29	1:14.50	1450m: 34:48.87	1:12.85
	300m: 6:51.58	1:10.52	700m: 16:29.84	1:12.95	1100m: 26:18.38	1:13.09	1500m: 35:55.94	1:07.07
	350m: 8:03.01	1:11.43	750m: 17:43.56	1:13.72	1150m: 27:31.81	1:13.43		
	400m: 9:14.53	1:11.52	800m: 18:57.55	1:13.99	1200m: 28:44.78	1:12.97		



Programmanr. 2  
 04-05-2023 - 15:13

 Heren, 1500m vrije slag  
 Pauze na Serie 2 / Break after Heat 2 (10 min.)

 Masters Open  
 Resultaten

rang	naam	vereniging						tijd	RT	PARA		
<b>Masters 20+</b>												
1.	Janne Englebret	Hieronymus	NED	200101561				<b>17:10.99</b>	+0.66			
	<i>Nederlands Masters Record</i>											
	50m:	30.29	30.29	450m:	5:04.94	34.37	850m:	9:43.70	35.14	1250m:	14:20.68	34.31
	100m:	1:03.75	33.46	500m:	5:39.47	34.53	900m:	10:18.53	34.83	1300m:	14:55.46	34.78
	150m:	1:37.65	33.90	550m:	6:14.52	35.05	950m:	10:53.17	34.64	1350m:	15:29.70	34.24
	200m:	2:12.29	34.64	600m:	6:49.65	35.13	1000m:	11:27.88	34.71	1400m:	16:04.25	34.55
	250m:	2:46.81	34.52	650m:	7:24.23	34.58	1050m:	12:02.32	34.44	1450m:	16:37.98	33.73
	300m:	3:21.29	34.48	700m:	7:58.94	34.71	1100m:	12:37.05	34.73	1500m:	17:10.99	33.01
	350m:	3:55.62	34.33	750m:	8:33.49	34.55	1150m:	13:11.38	34.33			
	400m:	4:30.57	34.95	800m:	9:08.56	35.07	1200m:	13:46.37	34.99			
2.	Tom Balsen Versteeg	De Warande	NED	200005673				<b>18:21.14</b>	+0.62			
	50m:	30.29	30.29	450m:	5:22.14	36.86	850m:	10:20.31	37.39	1250m:	15:20.34	36.90
	100m:	1:05.18	34.89	500m:	5:59.54	37.40	900m:	10:58.01	37.70	1300m:	15:57.76	37.42
	150m:	1:41.35	36.17	550m:	6:36.29	36.75	950m:	11:35.84	37.83	1350m:	16:34.48	36.72
	200m:	2:18.37	37.02	600m:	7:13.39	37.10	1000m:	12:13.34	37.50	1400m:	17:10.77	36.29
	250m:	2:54.64	36.27	650m:	7:50.75	37.36	1050m:	12:51.29	37.95	1450m:	17:48.10	37.33
	300m:	3:31.22	36.58	700m:	8:28.21	37.46	1100m:	13:28.29	37.00	1500m:	18:21.14	33.04
	350m:	4:08.05	36.83	750m:	9:05.42	37.21	1150m:	14:06.07	37.78			
	400m:	4:45.28	37.23	800m:	9:42.92	37.50	1200m:	14:43.44	37.37			
3.	Tenzin Tieman	Old Dutch	NED	200005549				<b>19:17.29</b>	+0.72			
	50m:	31.78	31.78	450m:	5:29.03	38.45	850m:	10:43.17	39.45	1250m:	16:01.74	39.86
	100m:	1:06.62	34.84	500m:	6:07.73	38.70	900m:	11:23.08	39.91	1300m:	16:41.52	39.78
	150m:	1:42.76	36.14	550m:	6:46.63	38.90	950m:	12:02.79	39.71	1350m:	17:20.87	39.35
	200m:	2:19.78	37.02	600m:	7:25.88	39.25	1000m:	12:43.09	40.30	1400m:	18:00.32	39.45
	250m:	2:56.96	37.18	650m:	8:05.19	39.31	1050m:	13:22.65	39.56	1450m:	18:39.37	39.05
	300m:	3:34.56	37.60	700m:	8:44.74	39.55	1100m:	14:02.66	40.01	1500m:	19:17.29	37.92
	350m:	4:12.38	37.82	750m:	9:24.05	39.31	1150m:	14:42.44	39.78			
	400m:	4:50.58	38.20	800m:	10:03.72	39.67	1200m:	15:21.88	39.44			
4.	Jeroen Louwinger	De Rijn	NED	199900583				<b>19:45.68</b>	+0.75			
	50m:	33.80	33.80	450m:	5:43.37	39.04	850m:	11:04.15	40.26	1250m:	16:26.58	40.19
	100m:	1:10.76	36.96	500m:	6:22.99	39.62	900m:	11:44.43	40.28	1300m:	17:06.88	40.30
	150m:	1:48.79	38.03	550m:	7:02.72	39.73	950m:	12:24.72	40.29	1350m:	17:47.37	40.49
	200m:	2:27.51	38.72	600m:	7:42.82	40.10	1000m:	13:05.15	40.43	1400m:	18:27.68	40.31
	250m:	3:06.43	38.92	650m:	8:22.55	39.73	1050m:	13:45.22	40.07	1450m:	19:07.19	39.51
	300m:	3:45.64	39.21	700m:	9:03.28	40.73	1100m:	14:25.59	40.37	1500m:	19:45.68	38.49
	350m:	4:24.90	39.26	750m:	9:43.07	39.79	1150m:	15:05.93	40.34			
	400m:	5:04.33	39.43	800m:	10:23.89	40.82	1200m:	15:46.39	40.46			
<b>Masters 25+</b>												
1.	Donny van den Bosch	Zwemlust-den Hommel	NED	199502001				<b>18:30.09</b>	+0.79			
	50m:	31.84	31.84	450m:	5:30.55	37.98	850m:	10:31.87	37.67	1250m:	15:29.83	37.15
	100m:	1:07.50	35.66	500m:	6:08.23	37.68	900m:	11:08.99	37.12	1300m:	16:06.45	36.62
	150m:	1:44.29	36.79	550m:	6:45.76	37.53	950m:	11:46.45	37.46	1350m:	16:43.07	36.62
	200m:	2:21.49	37.20	600m:	7:23.49	37.73	1000m:	12:23.67	37.22	1400m:	17:19.54	36.47
	250m:	2:59.13	37.64	650m:	8:01.26	37.77	1050m:	13:00.21	36.54	1450m:	17:55.57	36.03
	300m:	3:36.71	37.58	700m:	8:39.16	37.90	1100m:	13:37.79	37.58	1500m:	18:30.09	34.52
	350m:	4:14.73	38.02	750m:	9:16.75	37.59	1150m:	14:15.15	37.36			
	400m:	4:52.57	37.84	800m:	9:54.20	37.45	1200m:	14:52.68	37.53			
2.	Jordy van Oel	WVZ	NED	199802003				<b>18:55.39</b>	+0.75			
	50m:	32.65	32.65	450m:	5:34.36	37.78	850m:	10:40.03	38.60	1250m:	15:46.46	38.28
	100m:	1:09.40	36.75	500m:	6:12.36	38.00	900m:	11:18.13	38.10	1300m:	16:24.77	38.31
	150m:	1:46.76	37.36	550m:	6:50.28	37.92	950m:	11:56.42	38.29	1350m:	17:03.23	38.46
	200m:	2:24.83	38.07	600m:	7:28.08	37.80	1000m:	12:35.13	38.71	1400m:	17:41.34	38.11
	250m:	3:02.70	37.87	650m:	8:06.47	38.39	1050m:	13:12.91	37.78	1450m:	18:19.23	37.89
	300m:	3:40.51	37.81	700m:	8:44.95	38.48	1100m:	13:51.46	38.55	1500m:	18:55.39	36.16
	350m:	4:18.42	37.91	750m:	9:22.90	37.95	1150m:	14:29.84	38.38			
	400m:	4:56.58	38.16	800m:	10:01.43	38.53	1200m:	15:08.18	38.34			
3.	Lars Jacobsen	DWK	NED	199705453	S14			<b>19:25.17</b>	+0.80	683		
	50m:	31.90	31.90	450m:	5:43.17	39.50	850m:	10:56.80	40.05	1250m:	16:13.73	39.61
	100m:	1:08.13	36.23	500m:	6:22.14	38.97	900m:	11:36.20	39.40	1300m:	16:53.57	39.84
	150m:	1:46.27	38.14	550m:	7:01.57	39.43	950m:	12:15.36	39.16	1350m:	17:32.94	39.37
	200m:	2:25.09	38.82	600m:	7:40.27	38.70	1000m:	12:55.04	39.68	1400m:	18:11.47	38.53
	250m:	3:04.28	39.19	650m:	8:19.58	39.31	1050m:	13:35.25	40.21	1450m:	18:49.15	37.68
	300m:	3:43.64	39.36	700m:	8:58.93	39.35	1100m:	14:15.51	40.26	1500m:	19:25.17	36.02
	350m:	4:24.15	40.51	750m:	9:37.43	38.50	1150m:	14:54.82	39.31			
	400m:	5:03.67	39.52	800m:	10:16.75	39.32	1200m:	15:34.12	39.30			

Programmanr. 2, Heren, 1500m vrije slag, Masters 25+

rang	naam	vereniging						tijd	RT	PARA
4.	Colin Degenars	ZPCH		NED	199505951	S14		<b>20:36.92</b>	+0.76	571
	50m: 34.25	34.25	450m: 6:03.60	42.08	850m: 11:41.73	41.92	1250m: 17:15.50	40.37		
	100m: 1:12.47	38.22	500m: 6:46.53	42.93	900m: 12:23.48	41.75	1300m: 17:57.21	41.71		
	150m: 1:52.72	40.25	550m: 7:28.28	41.75	950m: 13:05.24	41.76	1350m: 18:38.38	41.17		
	200m: 2:33.92	41.20	600m: 8:10.55	42.27	1000m: 13:47.34	42.10	1400m: 19:19.38	41.00		
	250m: 3:15.48	41.56	650m: 8:52.53	41.98	1050m: 14:28.93	41.59	1450m: 20:00.73	41.35		
	300m: 3:57.52	42.04	700m: 9:35.78	43.25	1100m: 15:11.94	43.01	1500m: 20:36.92	36.19		
	350m: 4:39.09	41.57	750m: 10:17.60	41.82	1150m: 15:53.95	42.01				
	400m: 5:21.52	42.43	800m: 10:59.81	42.21	1200m: 16:35.13	41.18				
5.	Thijs van Hofweegen	ZPC AMERSFOORT		NED	199605253	S6		<b>21:59.02</b>	+0.87	1271
	50m: 33.92	33.92	450m: 6:16.39	44.41	850m: 12:17.59	45.53	1250m: 18:17.80	44.50		
	100m: 1:13.78	39.86	500m: 7:01.35	44.96	900m: 13:02.89	45.30	1300m: 19:03.89	46.09		
	150m: 1:54.98	41.20	550m: 7:46.28	44.93	950m: 13:48.15	45.26	1350m: 19:48.98	45.09		
	200m: 2:37.17	42.19	600m: 8:31.96	45.68	1000m: 14:33.82	45.67	1400m: 20:33.68	44.70		
	250m: 3:19.97	42.80	650m: 9:16.84	44.88	1050m: 15:18.58	44.76	1450m: 21:17.54	43.86		
	300m: 4:03.76	43.79	700m: 10:02.19	45.35	1100m: 16:03.57	44.99	1500m: 21:59.02	41.48		
	350m: 4:46.89	43.13	750m: 10:47.41	45.22	1150m: 16:48.12	44.55				
	400m: 5:31.98	45.09	800m: 11:32.06	44.65	1200m: 17:33.30	45.18				

Masters 30+

1.	Tim Bunnik	Triton		NED	199000505			<b>19:06.88</b>	+0.82	
	50m: 33.76	33.76	450m: 5:43.52	38.97	850m: 10:50.87	38.45	1250m: 16:04.08	37.99		
	100m: 1:10.44	36.68	500m: 6:22.63	39.11	900m: 11:29.44	38.57	1300m: 16:35.29	38.28		
	150m: 1:48.80	38.36	550m: 7:01.64	39.01	950m: 12:07.71	38.27	1350m: 17:13.99	38.70		
	200m: 2:27.61	38.81	600m: 7:39.82	38.18	1000m: 12:46.30	38.59	1400m: 17:52.64	38.65		
	250m: 3:07.06	39.45	650m: 8:18.48	38.66	1050m: 13:24.27	37.97	1450m: 18:30.45	37.81		
	300m: 3:46.02	38.96	700m: 8:56.76	38.28	1100m: 14:02.94	38.67	1500m: 19:06.88	36.43		
	350m: 4:25.23	39.21	750m: 9:34.83	38.07	1150m: 14:40.76	37.82				
	400m: 5:04.55	39.32	800m: 10:12.42	37.59	1200m: 15:18.60	37.84				
2.	Sybre Groenewegen	De Schotejil		NED	199306223			<b>19:13.13</b>	+0.86	
	50m: 34.33	34.33	450m: 5:44.64	38.78	850m: 10:56.66	38.23	1250m: 16:04.08	37.99		
	100m: 1:12.09	37.76	500m: 6:23.77	39.13	900m: 11:34.98	38.32	1300m: 16:42.30	38.22		
	150m: 1:50.66	38.57	550m: 7:03.36	39.59	950m: 12:13.26	38.28	1350m: 17:20.73	38.43		
	200m: 2:29.46	38.80	600m: 7:42.52	39.16	1000m: 12:52.01	38.75	1400m: 17:59.33	38.60		
	250m: 3:08.81	39.35	650m: 8:20.84	38.32	1050m: 13:30.15	38.14	1450m: 18:38.74	39.41		
	300m: 3:48.31	39.50	700m: 8:59.87	39.03	1100m: 14:08.62	38.47	1500m: 19:13.13	34.39		
	350m: 4:27.23	38.92	750m: 9:38.95	39.08	1150m: 14:47.28	38.66				
	400m: 5:05.86	38.63	800m: 10:18.43	39.48	1200m: 15:26.09	38.81				
3.	Wessel Everloo	WS Twente		NED	198906597	S14		<b>19:36.45</b>	+0.88	664
	50m: 33.30	33.30	450m: 5:43.33	39.34	850m: 11:00.23	39.89	1250m: 16:21.85	40.25		
	100m: 1:11.36	38.06	500m: 6:22.78	39.45	900m: 11:41.06	40.83	1300m: 17:02.17	40.32		
	150m: 1:50.00	38.64	550m: 7:01.38	38.60	950m: 12:21.14	40.08	1350m: 17:41.10	38.93		
	200m: 2:29.70	39.70	600m: 7:40.76	39.38	1000m: 13:01.34	40.20	1400m: 18:21.62	40.52		
	250m: 3:07.95	38.25	650m: 8:20.53	39.77	1050m: 13:41.28	39.94	1450m: 18:59.88	38.26		
	300m: 3:46.26	38.31	700m: 9:00.54	40.01	1100m: 14:21.60	40.32	1500m: 19:36.45	36.57		
	350m: 4:25.30	39.04	750m: 9:40.93	40.39	1150m: 15:01.59	39.99				
	400m: 5:03.99	38.69	800m: 10:20.34	39.41	1200m: 15:41.60	40.01				
4.	Patrick Creemers	RZ		NED	199000579			<b>20:01.33</b>	+0.80	
	50m: 33.01	33.01	450m: 5:50.14	39.26	850m: 11:12.48	40.68	1250m: 16:33.77	40.50		
	100m: 1:11.22	38.21	500m: 6:30.40	40.26	900m: 11:53.36	40.88	1300m: 17:15.26	41.49		
	150m: 1:49.77	38.55	550m: 7:10.11	39.71	950m: 12:33.40	40.04	1350m: 17:56.29	41.03		
	200m: 2:29.58	39.81	600m: 7:50.14	40.03	1000m: 13:14.62	41.22	1400m: 18:38.47	42.18		
	250m: 3:09.34	39.76	650m: 8:30.50	40.36	1050m: 13:54.00	39.38	1450m: 19:20.17	41.70		
	300m: 3:49.49	40.15	700m: 9:11.59	41.09	1100m: 14:34.59	40.59	1500m: 20:01.33	41.16		
	350m: 4:29.31	39.82	750m: 9:51.21	39.62	1150m: 15:13.41	38.82				
	400m: 5:10.88	41.57	800m: 10:31.80	40.59	1200m: 15:53.27	39.86				
5.	Marc Hoogendam	Blue Marlins		NED	199007713			<b>20:49.55</b>	+0.68	
	50m: 33.05	33.05	450m: 5:58.98	42.40	850m: 11:38.74	42.67	1250m: 17:22.96	42.73		
	100m: 1:10.81	37.76	500m: 6:40.23	41.25	900m: 12:22.06	43.32	1300m: 18:05.10	42.14		
	150m: 1:50.22	39.41	550m: 7:21.61	41.38	950m: 13:05.76	43.70	1350m: 18:48.07	42.97		
	200m: 2:30.32	40.10	600m: 8:03.99	42.38	1000m: 13:48.73	42.97	1400m: 19:29.53	41.46		
	250m: 3:11.47	41.15	650m: 8:47.30	43.31	1050m: 14:31.88	43.15	1450m: 20:10.64	41.11		
	300m: 3:52.81	41.34	700m: 9:29.93	42.63	1100m: 15:14.94	43.06	1500m: 20:49.55	38.91		
	350m: 4:35.17	42.36	750m: 10:13.26	43.33	1150m: 15:57.93	42.99				
	400m: 5:16.58	41.41	800m: 10:56.07	42.81	1200m: 16:40.23	42.30				

Programmanr. 2, Heren, 1500m vrije slag

Masters 35+

1. Youri Vaes		PSV	NED	198402307	<b>18:42.65</b>	+0.69					
50m:	32.23	32.23	450m:	5:29.68	37.91	850m:	10:31.44	37.95	1250m:	15:32.74	37.22
100m:	1:07.88	35.65	500m:	6:07.09	37.41	900m:	11:09.09	37.65	1300m:	16:11.13	38.39
150m:	1:44.50	36.62	550m:	6:44.84	37.75	950m:	11:46.82	37.73	1350m:	16:49.33	38.20
200m:	2:21.65	37.15	600m:	7:22.57	37.73	1000m:	12:24.22	37.40	1400m:	17:27.77	38.44
250m:	2:59.05	37.40	650m:	8:00.37	37.80	1050m:	13:01.77	37.55	1450m:	18:05.66	37.89
300m:	3:36.44	37.39	700m:	8:37.86	37.49	1100m:	13:39.98	38.21	1500m:	18:42.65	36.99
350m:	4:14.04	37.60	750m:	9:15.82	37.96	1150m:	14:18.06	38.08			
400m:	4:51.77	37.73	800m:	9:53.49	37.67	1200m:	14:55.52	37.46			
2. Niels Albrechts		De Schotelijl	NED	198800039	<b>19:38.06</b>	+0.82					
50m:	34.93	34.93	450m:	5:54.75	41.13	850m:	11:11.65	38.59	1250m:	16:26.16	40.01
100m:	1:12.97	38.04	500m:	6:35.38	40.63	900m:	11:50.69	39.04	1300m:	17:04.68	38.52
150m:	1:52.88	39.91	550m:	7:15.95	40.57	950m:	12:30.86	40.17	1350m:	17:44.72	40.04
200m:	2:32.52	39.64	600m:	7:55.07	39.12	1000m:	13:09.51	38.65	1400m:	18:23.74	39.02
250m:	3:13.11	40.59	650m:	8:33.98	38.91	1050m:	13:48.83	39.32	1450m:	19:02.67	38.93
300m:	3:53.24	40.13	700m:	9:13.75	39.77	1100m:	14:27.63	38.80	1500m:	19:38.06	35.39
350m:	4:33.99	40.75	750m:	9:54.24	40.49	1150m:	15:07.66	40.03			
400m:	5:13.62	39.63	800m:	10:33.06	38.82	1200m:	15:46.15	38.49			
3. Mark Godwaldt		PSV	NED	198701039	<b>21:09.07</b>	+0.95					
50m:	34.11	34.11	450m:	6:05.14	42.56	850m:	11:47.67	42.22	1250m:	17:33.46	43.44
100m:	1:14.43	40.32	500m:	6:47.92	42.78	900m:	12:31.69	44.02	1300m:	18:17.32	43.86
150m:	1:54.68	40.25	550m:	7:31.25	43.33	950m:	13:14.90	43.21	1350m:	19:01.16	43.84
200m:	2:36.04	41.36	600m:	8:13.80	42.55	1000m:	13:58.27	43.37	1400m:	19:44.68	43.52
250m:	3:17.12	41.08	650m:	8:56.54	42.74	1050m:	14:41.40	43.13	1450m:	20:29.45	44.77
300m:	3:58.08	40.96	700m:	9:39.55	43.01	1100m:	15:23.69	42.29	1500m:	21:09.07	39.62
350m:	4:40.25	42.17	750m:	10:22.51	42.96	1150m:	16:06.34	42.65			
400m:	5:22.58	42.33	800m:	11:05.45	42.94	1200m:	16:50.02	43.68			
4. Sander van Tilburg		De Biesboschwimmers	NED	198604609	<b>22:33.75</b>	+0.90					
50m:	40.48	40.48	450m:	6:43.82	45.58	850m:	12:47.17	45.67	1250m:	18:50.72	44.99
100m:	1:24.65	44.17	500m:	7:29.19	45.37	900m:	13:32.22	45.05	1300m:	19:36.73	46.01
150m:	2:09.33	44.68	550m:	8:14.52	45.33	950m:	14:18.08	45.86	1350m:	20:22.38	45.65
200m:	2:55.19	45.86	600m:	8:59.54	45.02	1000m:	15:03.35	45.27	1400m:	21:06.93	44.55
250m:	3:40.77	45.58	650m:	9:44.92	45.38	1050m:	15:48.92	45.57	1450m:	21:51.76	44.83
300m:	4:26.55	45.78	700m:	10:30.56	45.84	1100m:	16:34.48	45.56	1500m:	22:33.75	41.99
350m:	5:12.47	45.92	750m:	11:16.27	45.71	1150m:	17:20.69	46.21			
400m:	5:58.24	45.77	800m:	12:01.50	45.23	1200m:	18:05.73	45.04			
5. Edward van Dootingh		ZV 44	NED	198403341	<b>22:41.95</b>	+0.89					
50m:	39.59	39.59	450m:	6:42.12	46.34	850m:	12:51.50	45.94	1250m:	18:59.55	46.00
100m:	1:21.51	41.92	500m:	7:28.21	46.09	900m:	13:37.41	45.91	1300m:	19:44.74	45.19
150m:	2:06.66	45.15	550m:	8:15.15	46.94	950m:	14:23.76	46.35	1350m:	20:30.38	45.64
200m:	2:52.27	45.61	600m:	9:01.48	46.33	1000m:	15:09.55	45.79	1400m:	21:15.26	44.88
250m:	3:37.66	45.39	650m:	9:48.01	46.53	1050m:	15:56.17	46.62	1450m:	21:59.78	44.52
300m:	4:23.52	45.86	700m:	10:33.39	45.38	1100m:	16:42.04	45.87	1500m:	22:41.95	42.17
350m:	5:09.71	46.19	750m:	11:19.49	46.10	1150m:	17:28.05	46.01			
400m:	5:55.78	46.07	800m:	12:05.56	46.07	1200m:	18:13.55	45.50			
6. Rudi Butselaar		GoSwim	NED	198700577	<b>24:13.12</b>	+0.78					
50m:	37.79	37.79	450m:	6:56.30	48.68	850m:	13:33.77	49.86	1250m:	20:10.95	49.97
100m:	1:21.11	43.32	500m:	7:46.07	49.77	900m:	14:22.63	48.86	1300m:	21:00.87	49.92
150m:	2:06.23	45.12	550m:	8:35.39	49.32	950m:	15:11.52	48.89	1350m:	21:50.51	49.64
200m:	2:53.07	46.84	600m:	9:25.40	50.01	1000m:	16:00.81	49.29	1400m:	22:40.86	50.35
250m:	3:40.09	47.02	650m:	10:15.64	50.24	1050m:	16:49.44	48.63	1450m:	23:29.18	48.32
300m:	4:29.23	49.14	700m:	11:05.07	49.43	1100m:	17:39.87	50.43	1500m:	24:13.12	43.94
350m:	5:17.90	48.67	750m:	11:54.42	49.35	1150m:	18:30.54	50.67			
400m:	6:07.62	49.72	800m:	12:43.91	49.49	1200m:	19:20.98	50.44			

Masters 40+

1. Frank v.d. Voordt		De Schotelijl	NED	198302259	<b>19:40.38</b>	+0.75					
50m:	33.75	33.75	450m:	5:48.80	39.74	850m:	11:08.11	39.53	1250m:	16:22.51	38.86
100m:	1:11.73	37.98	500m:	6:29.20	40.40	900m:	11:48.17	40.06	1300m:	17:01.98	39.47
150m:	1:49.88	38.15	550m:	7:08.82	39.62	950m:	12:27.55	39.38	1350m:	17:41.35	39.37
200m:	2:29.40	39.52	600m:	7:49.16	40.34	1000m:	13:07.07	39.52	1400m:	18:21.29	39.94
250m:	3:08.73	39.33	650m:	8:29.05	39.89	1050m:	13:45.99	38.92	1450m:	19:01.41	40.12
300m:	3:48.91	40.18	700m:	9:09.01	39.96	1100m:	14:25.28	39.29	1500m:	19:40.38	38.97
350m:	4:28.76	39.85	750m:	9:48.72	39.71	1150m:	15:04.14	38.86			
400m:	5:09.06	40.30	800m:	10:28.58	39.86	1200m:	15:43.65	39.51			
2. Marcel Reefhuis		WS Twente	NED	198101381	<b>20:11.45</b>	+0.70					
50m:	34.35	34.35	450m:	5:52.74	40.06	850m:	11:15.61	40.48	1250m:	16:45.10	42.01
100m:	1:13.20	38.85	500m:	6:32.89	40.15	900m:	11:56.37	40.76	1300m:	17:26.58	41.48
150m:	1:52.52	39.32	550m:	7:13.33	40.44	950m:	12:37.21	40.84	1350m:	18:08.41	41.83
200m:	2:32.09	39.57	600m:	7:53.66	40.33	1000m:	13:17.88	40.67	1400m:	18:50.41	42.00
250m:	3:12.04	39.95	650m:	8:33.91	40.25	1050m:	13:59.06	41.18	1450m:	19:31.78	41.37
300m:	3:52.13	40.09	700m:	9:14.45	40.54	1100m:	14:40.32	41.26	1500m:	20:11.45	39.67
350m:	4:32.31	40.18	750m:	9:54.71	40.26	1150m:	15:21.67	41.35			
400m:	5:12.68	40.37	800m:	10:35.13	40.42	1200m:	16:03.09	41.42			

## Programmanr. 2, Heren, 1500m vrije slag

**Masters 45+**

<b>1. Aart Kruis</b>	<b>MZ&amp;PC</b>	<b>NED 197501383</b>	<b>20:16.46</b>	<b>+0.92</b>			
50m: 35.85	35.85	450m: 5:55.89	40.43	850m: 11:21.79	41.34	1250m: 16:51.10	41.15
100m: 1:14.38	38.53	500m: 6:36.09	40.20	900m: 12:02.72	40.93	1300m: 17:32.34	41.24
150m: 1:54.38	40.00	550m: 7:16.38	40.29	950m: 12:44.50	41.78	1350m: 18:13.68	41.34
200m: 2:34.36	39.98	600m: 7:56.62	40.24	1000m: 13:25.48	40.98	1400m: 18:55.13	41.45
250m: 3:14.66	40.30	650m: 8:37.81	41.19	1050m: 14:07.16	41.68	1450m: 19:36.29	41.16
300m: 3:54.40	39.74	700m: 9:18.18	40.37	1100m: 14:47.90	40.74	1500m: 20:16.46	40.17
350m: 4:35.27	40.87	750m: 9:59.16	40.98	1150m: 15:29.00	41.10		
400m: 5:15.46	40.19	800m: 10:40.45	41.29	1200m: 16:09.95	40.95		
<b>2. Eric Hoekman</b>	<b>WS Twente</b>	<b>NED 197401531</b>	<b>22:03.82</b>	<b>+0.98</b>			
50m: 34.85	34.85	450m: 6:19.36	44.51	850m: 12:20.19	45.60	1250m: 18:23.25	45.72
100m: 1:13.28	38.43	500m: 7:04.36	45.00	900m: 13:05.18	44.99	1300m: 19:07.85	44.60
150m: 1:54.85	41.57	550m: 7:49.41	45.05	950m: 13:50.61	45.43	1350m: 19:53.20	45.35
200m: 2:37.90	43.05	600m: 8:35.11	45.70	1000m: 14:35.84	45.23	1400m: 20:37.51	44.31
250m: 3:21.67	43.77	650m: 9:20.06	44.95	1050m: 15:22.13	46.29	1450m: 21:22.25	44.74
300m: 4:05.88	44.21	700m: 10:04.82	44.76	1100m: 16:07.77	45.64	1500m: 22:03.82	41.57
350m: 4:49.53	43.65	750m: 10:49.88	45.06	1150m: 16:52.52	44.75		
400m: 5:34.85	45.32	800m: 11:34.59	44.71	1200m: 17:37.53	45.01		
<b>3. Erwin Zuijdervelt</b>	<b>AZ&amp;PC De Futen</b>	<b>NED 197501015</b>	<b>22:24.04</b>	<b>+0.84</b>			
50m: 38.61	38.61	450m: 6:33.31	44.89	850m: 12:37.84	46.21	1250m: 18:44.64	45.30
100m: 1:21.41	42.80	500m: 7:18.04	44.73	900m: 13:24.90	47.06	1300m: 19:30.63	45.99
150m: 2:05.48	44.07	550m: 8:04.01	45.97	950m: 14:10.75	45.85	1350m: 20:15.77	45.14
200m: 2:48.88	43.40	600m: 8:48.92	44.91	1000m: 14:56.16	45.41	1400m: 21:01.31	45.54
250m: 3:33.57	44.69	650m: 9:34.09	45.17	1050m: 15:42.90	46.74	1450m: 21:46.33	45.02
300m: 4:18.10	44.53	700m: 10:20.19	46.10	1100m: 16:28.20	45.30	1500m: 22:24.04	37.71
350m: 5:03.05	44.95	750m: 11:06.31	46.12	1150m: 17:13.65	45.45		
400m: 5:48.42	45.37	800m: 11:51.63	45.32	1200m: 17:59.34	45.69		
<b>4. Tom Bandsma</b>	<b>PSV</b>	<b>NED 197701625</b>	<b>25:06.03</b>				
50m: 40.51	40.51	450m: 7:10.57	50.27	850m: 13:59.01	51.70	1250m: 20:53.39	51.37
100m: 1:25.08	44.57	500m: 8:00.65	50.08	900m: 14:50.37	51.36	1300m: 21:44.71	51.32
150m: 2:12.90	47.82	550m: 8:51.34	50.69	950m: 15:42.16	51.79	1350m: 22:35.22	50.51
200m: 3:01.71	48.81	600m: 9:42.42	51.08	1000m: 16:34.22	52.06	1400m: 23:27.34	52.12
250m: 3:50.24	48.53	650m: 10:33.44	51.02	1050m: 17:26.64	52.42	1450m: 24:18.17	50.83
300m: 4:39.32	49.08	700m: 11:24.79	51.35	1100m: 18:17.70	51.06	1500m: 25:06.03	47.86
350m: 5:29.85	50.53	750m: 12:16.07	51.28	1150m: 19:09.47	51.77		
400m: 6:20.30	50.45	800m: 13:07.31	51.24	1200m: 20:02.02	52.55		

**Masters 50+**

<b>1. Chris Kouwenhoven</b>	<b>De Grunte</b>	<b>NED 197101669</b>	<b>21:19.93</b>	<b>+0.96</b>			
50m: 36.88	36.88	450m: 6:13.43	43.15	850m: 11:58.27	42.94	1250m: 17:42.76	43.55
100m: 1:17.72	40.84	500m: 6:56.45	43.02	900m: 12:41.01	42.74	1300m: 18:26.19	43.43
150m: 1:59.59	41.87	550m: 7:39.70	43.25	950m: 13:23.93	42.92	1350m: 19:09.91	43.72
200m: 2:41.73	42.14	600m: 8:22.71	43.01	1000m: 14:06.83	42.90	1400m: 19:53.83	43.92
250m: 3:23.57	41.84	650m: 9:06.11	43.40	1050m: 14:49.66	42.83	1450m: 20:37.57	43.74
300m: 4:05.59	42.02	700m: 9:49.65	43.54	1100m: 15:32.62	42.96	1500m: 21:19.93	42.36
350m: 4:47.40	41.81	750m: 10:32.58	42.93	1150m: 16:15.91	43.29		
400m: 5:30.28	42.88	800m: 11:15.33	42.75	1200m: 16:59.21	43.30		
<b>2. Wouter van der Stelt</b>	<b>De Biesboschwimmers</b>	<b>NED 197200889</b>	<b>22:55.82</b>	<b>+0.89</b>			
50m: 39.28	39.28	450m: 6:41.28	45.32	850m: 12:49.48	46.37	1250m: 19:03.56	46.78
100m: 1:22.67	43.39	500m: 7:27.13	45.85	900m: 13:36.43	46.95	1300m: 19:50.60	47.04
150m: 2:07.40	44.73	550m: 8:12.85	45.72	950m: 14:22.83	46.40	1350m: 20:37.37	46.77
200m: 2:52.51	45.11	600m: 8:58.29	45.44	1000m: 15:09.15	46.32	1400m: 21:23.80	46.43
250m: 3:38.41	45.90	650m: 9:44.59	46.30	1050m: 15:55.89	46.74	1450m: 22:09.96	46.16
300m: 4:24.15	45.74	700m: 10:30.73	46.14	1100m: 16:42.72	46.83	1500m: 22:55.82	45.86
350m: 5:10.14	45.99	750m: 11:16.88	46.15	1150m: 17:29.95	47.23		
400m: 5:55.96	45.82	800m: 12:03.11	46.23	1200m: 18:16.78	46.83		
<b>3. Eduard Leusink</b>	<b>De Mors</b>	<b>NED 196901573</b>	<b>23:03.30</b>				
50m: 41.90	41.90	450m: 6:55.24	46.61	850m: 13:07.32	45.88	1250m: 19:15.45	46.03
100m: 1:27.60	45.70	500m: 7:42.12	46.88	900m: 13:53.20	45.88	1300m: 20:01.88	46.43
150m: 2:13.37	45.77	550m: 8:28.85	46.73	950m: 14:39.12	45.92	1350m: 20:47.70	45.82
200m: 3:00.43	47.06	600m: 9:15.35	46.50	1000m: 15:25.26	46.14	1400m: 21:33.60	45.90
250m: 3:47.42	46.99	650m: 10:01.76	46.41	1050m: 16:11.43	46.17	1450m: 22:19.53	45.93
300m: 4:34.75	47.33	700m: 10:48.81	47.05	1100m: 16:57.49	46.06	1500m: 23:03.30	43.77
350m: 5:21.81	47.06	750m: 11:35.07	46.26	1150m: 17:43.42	45.93		
400m: 6:08.63	46.82	800m: 12:21.44	46.37	1200m: 18:29.42	46.00		

## Programmanr. 2, Heren, 1500m vrije slag

## Masters 55+

<b>1. John Hardeman</b>		<b>Zwemlust-den Hommel</b>		<b>NED 196601615</b>		<b>19:48.87</b>		<b>+0.69</b>			
50m:	34.62	34.62	450m:	5:55.05	40.28	850m:	11:15.69	39.64	1250m:	16:34.50	39.81
100m:	1:13.34	38.72	500m:	6:35.34	40.29	900m:	11:55.62	39.93	1300m:	17:14.12	39.62
150m:	1:52.94	39.60	550m:	7:15.28	39.94	950m:	12:35.32	39.70	1350m:	17:53.85	39.73
200m:	2:32.90	39.96	600m:	7:55.79	40.51	1000m:	13:15.09	39.77	1400m:	18:33.64	39.79
250m:	3:13.33	40.43	650m:	8:35.80	40.01	1050m:	13:54.74	39.65	1450m:	19:12.32	38.68
300m:	3:53.60	40.27	700m:	9:15.69	39.89	1100m:	14:34.83	40.09	1500m:	19:48.87	36.55
350m:	4:34.20	40.60	750m:	9:55.91	40.22	1150m:	15:14.70	39.87			
400m:	5:14.77	40.57	800m:	10:36.05	40.14	1200m:	15:54.69	39.99			
<b>2. Arno Schrauwen</b>		<b>Patrick-De Roersoppers (SG)</b>		<b>NED 196501355</b>		<b>21:53.08</b>		<b>+0.84</b>			
50m:	36.09	36.09	450m:	6:30.95	44.09	850m:	12:24.62	44.23	1250m:	18:17.05	44.25
100m:	1:19.66	43.57	500m:	7:15.48	44.53	900m:	13:08.58	43.96	1300m:	19:01.12	44.07
150m:	2:03.84	44.18	550m:	7:59.52	44.04	950m:	13:52.66	44.08	1350m:	19:44.90	43.78
200m:	2:48.49	44.65	600m:	8:43.87	44.35	1000m:	14:36.50	43.84	1400m:	20:28.36	43.46
250m:	3:32.79	44.30	650m:	9:28.30	44.43	1050m:	15:20.48	43.98	1450m:	21:11.48	43.12
300m:	4:17.46	44.67	700m:	10:12.32	44.02	1100m:	16:04.65	44.17	1500m:	21:53.08	41.60
350m:	5:02.19	44.73	750m:	10:56.21	43.89	1150m:	16:48.39	43.74			
400m:	5:46.86	44.67	800m:	11:40.39	44.18	1200m:	17:32.80	44.41			
<b>3. Pascal Tourton</b>		<b>ZOB'66</b>		<b>NED 196601343</b>		<b>22:18.07</b>					
50m:	39.99	39.99	450m:	6:41.13	45.45	850m:	12:40.93	44.75	1250m:	18:38.33	44.67
100m:	1:23.44	43.45	500m:	7:26.09	44.96	900m:	13:25.48	44.55	1300m:	19:22.93	44.60
150m:	2:08.16	44.72	550m:	8:11.22	45.13	950m:	14:10.44	44.96	1350m:	20:07.31	44.38
200m:	2:53.69	45.53	600m:	8:56.18	44.96	1000m:	14:54.99	44.55	1400m:	20:51.68	44.37
250m:	3:39.48	45.79	650m:	9:41.15	44.97	1050m:	15:40.05	45.06	1450m:	21:35.90	44.22
300m:	4:24.87	45.39	700m:	10:26.20	45.05	1100m:	16:24.53	44.48	1500m:	22:18.07	42.17
350m:	5:10.51	45.64	750m:	11:10.84	44.64	1150m:	17:09.01	44.48			
400m:	5:55.68	45.17	800m:	11:56.18	45.34	1200m:	17:53.66	44.65			
<b>4. Leon Slingerland</b>		<b>WVZ</b>		<b>NED 196801707</b>		<b>22:35.06</b>		<b>+0.88</b>			
50m:	37.28	37.28	450m:	6:41.53	46.01	850m:	12:48.86	46.01	1250m:	18:53.20	45.60
100m:	1:20.78	43.50	500m:	7:28.28	46.75	900m:	13:34.88	46.02	1300m:	19:38.48	45.28
150m:	2:05.79	45.01	550m:	8:13.95	45.67	950m:	14:20.16	45.28	1350m:	20:22.98	44.50
200m:	2:51.90	46.11	600m:	9:00.27	46.32	1000m:	15:06.15	45.99	1400m:	21:08.75	45.77
250m:	3:37.63	45.73	650m:	9:45.78	45.51	1050m:	15:51.51	45.36	1450m:	21:54.06	45.31
300m:	4:23.60	45.97	700m:	10:31.69	45.91	1100m:	16:37.02	45.51	1500m:	22:35.06	41.00
350m:	5:09.16	45.56	750m:	11:17.09	45.40	1150m:	17:22.36	45.34			
400m:	5:55.52	46.36	800m:	12:02.85	45.76	1200m:	18:07.60	45.24			
<b>5. Marcel Hoff</b>		<b>Aqua-Novio'94</b>		<b>NED 196400317</b>		<b>23:19.97</b>		<b>+0.86</b>			
50m:	40.44	40.44	450m:	6:58.94	48.19	850m:	13:13.52	47.01	1250m:	19:31.01	46.95
100m:	1:24.76	44.32	500m:	7:45.51	46.57	900m:	14:00.85	47.33	1300m:	20:17.53	46.52
150m:	2:11.98	47.22	550m:	8:32.32	46.81	950m:	14:48.30	47.45	1350m:	21:04.60	47.07
200m:	2:58.93	46.95	600m:	9:19.16	46.84	1000m:	15:35.04	46.74	1400m:	21:51.72	47.12
250m:	3:47.49	48.56	650m:	10:05.93	46.77	1050m:	16:22.04	47.00	1450m:	22:36.72	45.00
300m:	4:34.94	47.45	700m:	10:52.46	46.53	1100m:	17:09.17	47.13	1500m:	23:19.97	43.25
350m:	5:23.18	48.24	750m:	11:39.94	47.48	1150m:	17:56.57	47.40			
400m:	6:10.75	47.57	800m:	12:26.51	46.57	1200m:	18:44.06	47.49			
<b>6. Huyb Stegeman</b>		<b>Steenwijk 1934</b>		<b>NED 196701535</b>		<b>23:35.73</b>		<b>+0.94</b>			
50m:	38.39	38.39	450m:	6:48.82	47.98	850m:	13:13.76	48.07	1250m:	19:38.95	47.38
100m:	1:20.44	42.05	500m:	7:36.30	47.48	900m:	14:01.96	48.20	1300m:	20:27.31	48.36
150m:	2:05.58	45.14	550m:	8:24.53	48.23	950m:	14:49.88	47.92	1350m:	21:14.87	47.56
200m:	2:51.27	45.69	600m:	9:12.92	48.39	1000m:	15:38.66	48.78	1400m:	22:03.14	48.27
250m:	3:38.67	47.40	650m:	10:01.13	48.21	1050m:	16:27.01	48.35	1450m:	22:50.49	47.35
300m:	4:25.66	46.99	700m:	10:49.55	48.42	1100m:	17:15.87	48.86	1500m:	23:35.73	45.24
350m:	5:13.19	47.53	750m:	11:37.73	48.18	1150m:	18:03.57	47.70			
400m:	6:00.84	47.65	800m:	12:25.69	47.96	1200m:	18:51.57	48.00			
<b>7. Joost de Kroon</b>		<b>AquaAmigos</b>		<b>NED 196400999</b>		<b>23:38.25</b>					
50m:	44.27	44.27	450m:	7:05.09	48.48	850m:	13:26.02	47.95	1250m:	19:45.81	47.64
100m:	1:30.25	45.98	500m:	7:52.63	47.54	900m:	14:13.10	47.08	1300m:	20:33.00	47.19
150m:	2:17.78	47.53	550m:	8:40.18	47.55	950m:	15:00.66	47.56	1350m:	21:20.61	47.61
200m:	3:05.97	48.19	600m:	9:27.61	47.43	1000m:	15:47.94	47.28	1400m:	22:07.20	46.59
250m:	3:53.52	47.55	650m:	10:15.15	47.54	1050m:	16:35.35	47.41	1450m:	22:54.01	46.81
300m:	4:40.97	47.45	700m:	11:02.74	47.59	1100m:	17:23.21	47.86	1500m:	23:38.25	44.24
350m:	5:29.10	48.13	750m:	11:50.48	47.74	1150m:	18:10.63	47.42			
400m:	6:16.61	47.51	800m:	12:38.07	47.59	1200m:	18:58.17	47.54			
<b>8. Hans Bijveld</b>		<b>HHZV PLONS</b>		<b>NED 196601649</b>		<b>26:34.15</b>		<b>+0.85</b>			
50m:	42.96	42.96	450m:	7:45.13	52.93	850m:	15:00.70	54.10	1250m:	22:15.38	54.33
100m:	1:31.81	48.85	500m:	8:40.71	55.58	900m:	15:54.37	53.67	1300m:	23:10.76	55.38
150m:	2:22.87	51.06	550m:	9:34.94	54.23	950m:	16:48.11	53.74	1350m:	24:04.64	53.88
200m:	3:15.15	52.28	600m:	10:28.50	53.56	1000m:	17:42.35	54.24	1400m:	24:59.28	54.64
250m:	4:08.08	52.93	650m:	11:23.55	55.05	1050m:	18:36.65	54.30	1450m:	25:50.41	51.13
300m:	5:02.71	54.63	700m:	12:18.56	55.01	1100m:	19:30.68	54.03	1500m:	26:34.15	43.74
350m:	5:57.29	54.58	750m:	13:12.54	53.98	1150m:	20:25.88	55.20			
400m:	6:52.20	54.91	800m:	14:06.60	54.06	1200m:	21:21.05	55.17			



## Programmanr. 2, Heren, 1500m vrije slag, Masters 55+

rang	naam	vereniging					tijd	RT	PARA
9.	Marcel Nelissen	MZ&PC	NED		196501611		<b>29:58.69</b>	<b>+0.91</b>	
	50m: 52.11	52.11	450m: 8:50.12	1:00.07	850m: 16:44.76	1:00.57	1250m: 24:54.05	1:03.64	
	100m: 1:50.96	58.85	500m: 9:48.68	58.56	900m: 17:44.12	59.36	1300m: 25:55.21	1:01.16	
	150m: 2:51.60	1:00.64	550m: 10:49.04	1:00.36	950m: 18:45.00	1:00.88	1350m: 26:58.16	1:02.95	
	200m: 3:51.78	1:00.18	600m: 11:48.01	58.97	1000m: 19:45.86	1:00.86	1400m: 27:58.75	1:00.59	
	250m: 4:51.43	59.65	650m: 12:47.53	59.52	1050m: 20:47.49	1:01.63	1450m: 29:00.85	1:02.10	
	300m: 5:51.23	59.80	700m: 13:46.05	58.52	1100m: 21:48.26	1:00.77	1500m: 29:58.69	57.84	
	350m: 6:50.80	59.57	750m: 14:45.28	59.23	1150m: 22:49.89	1:01.63			
	400m: 7:50.05	59.25	800m: 15:44.19	58.91	1200m: 23:50.41	1:00.52			
10.	Adri Pasman	Zuiderzeezwimmers	NED		196400573		<b>32:40.43</b>		
	50m: 51.96	51.96	450m: 9:14.86	1:04.99	850m: 18:07.09	1:06.50	1250m: 27:05.12	1:08.52	
	100m: 1:50.68	58.72	500m: 10:20.96	1:06.10	900m: 19:15.69	1:08.60	1300m: 28:13.12	1:08.00	
	150m: 2:51.36	1:00.68	550m: 11:27.40	1:06.44	950m: 20:21.40	1:05.71	1350m: 29:19.79	1:06.67	
	200m: 3:52.81	1:01.45	600m: 12:33.57	1:06.17	1000m: 21:27.03	1:05.63	1400m: 30:28.27	1:08.48	
	250m: 4:56.44	1:03.63	650m: 13:40.06	1:06.49	1050m: 22:34.39	1:07.36	1450m: 31:35.31	1:07.04	
	300m: 5:59.93	1:03.49	700m: 14:46.75	1:06.69	1100m: 23:41.97	1:07.58	1500m: 32:40.43	1:05.12	
	350m: 7:04.92	1:04.99	750m: 15:53.29	1:06.54	1150m: 24:48.79	1:06.82			
	400m: 8:09.87	1:04.95	800m: 17:00.59	1:07.30	1200m: 25:56.60	1:07.81			
DIS	Nico Paasse	De Schotejil	NED		196501463				
	AA - De start ingezet voor het startsignaal (en wel gezwommen).								

## Masters 60+

1.	David Witteboon	Merksemse Zwemvereniging	BEL		MZVA/10331/63		<b>21:15.34</b>	<b>+0.93</b>	
	50m: 33.94	33.94	450m: 6:04.33	43.02	850m: 11:50.86	43.75	1250m: 17:41.69	43.08	
	100m: 1:12.27	38.33	500m: 6:47.36	43.03	900m: 12:34.65	43.79	1300m: 18:24.87	43.18	
	150m: 1:52.46	40.19	550m: 7:30.73	43.37	950m: 13:18.80	44.15	1350m: 19:08.84	43.97	
	200m: 2:33.18	40.72	600m: 8:13.63	42.90	1000m: 14:02.42	43.62	1400m: 19:52.47	43.63	
	250m: 3:14.34	41.16	650m: 8:56.84	43.21	1050m: 14:46.51	44.09	1450m: 20:35.16	42.69	
	300m: 3:56.16	41.82	700m: 9:39.96	43.12	1100m: 15:30.30	43.79	1500m: 21:15.34	40.18	
	350m: 4:38.53	42.37	750m: 10:23.41	43.45	1150m: 16:14.59	44.29			
	400m: 5:21.31	42.78	800m: 11:07.11	43.70	1200m: 16:58.61	44.02			
2.	Menno Lomans	d'ELFT	NED		196101071		<b>23:04.35</b>	<b>+0.66</b>	
	50m: 39.64	39.64	450m: 6:47.59	46.48	850m: 12:59.25	46.62	1250m: 19:12.46	47.21	
	100m: 1:23.74	44.10	500m: 7:33.80	46.21	900m: 13:45.93	46.68	1300m: 19:59.39	46.93	
	150m: 2:09.30	45.56	550m: 8:20.16	46.36	950m: 14:32.17	46.24	1350m: 20:47.01	47.62	
	200m: 2:55.17	45.87	600m: 9:06.19	46.03	1000m: 15:19.04	46.87	1400m: 21:33.62	46.61	
	250m: 3:41.39	46.22	650m: 9:53.23	47.04	1050m: 16:05.73	46.69	1450m: 22:20.49	46.87	
	300m: 4:27.64	46.25	700m: 10:39.68	46.45	1100m: 16:52.29	46.56	1500m: 23:04.35	43.86	
	350m: 5:14.51	46.87	750m: 11:26.29	46.61	1150m: 17:38.88	46.59			
	400m: 6:01.11	46.60	800m: 12:12.63	46.34	1200m: 18:25.25	46.37			
3.	Casper Dollekamp	Steenwijk 1934	NED		196301341		<b>24:15.44</b>	<b>+0.77</b>	
	50m: 39.36	39.36	450m: 7:00.34	48.13	850m: 13:36.46	49.70	1250m: 19:12.98	50.00	
	100m: 1:24.58	45.22	500m: 7:49.19	48.85	900m: 14:27.15	50.69	1300m: 21:04.84	49.86	
	150m: 2:11.12	46.54	550m: 8:37.99	48.80	950m: 15:16.82	49.67	1350m: 21:53.90	49.06	
	200m: 2:58.63	47.51	600m: 9:27.57	49.58	1000m: 16:06.61	49.79	1400m: 22:43.11	49.21	
	250m: 3:46.30	47.67	650m: 10:16.85	49.28	1050m: 16:56.48	49.87	1450m: 23:31.43	48.32	
	300m: 4:34.80	48.50	700m: 11:06.98	50.13	1100m: 17:46.42	49.94	1500m: 24:15.44	44.01	
	350m: 5:23.61	48.81	750m: 11:56.52	49.54	1150m: 18:35.89	49.47			
	400m: 6:12.21	48.60	800m: 12:46.76	50.24	1200m: 19:24.98	49.09			
4.	Richard Tiemstra	De Biesboschzwimmers	NED		196301397		<b>24:47.85</b>		
	50m: 41.60	41.60	450m: 7:16.13	50.12	850m: 13:59.95	50.01	1250m: 20:44.09	50.61	
	100m: 1:28.89	47.29	500m: 8:07.03	50.90	900m: 14:50.20	50.25	1300m: 21:34.48	50.39	
	150m: 2:17.35	48.46	550m: 8:57.71	50.68	950m: 15:40.08	49.88	1350m: 22:24.12	49.64	
	200m: 3:06.71	49.36	600m: 9:48.58	50.87	1000m: 16:30.82	50.74	1400m: 23:14.64	50.52	
	250m: 3:55.60	48.89	650m: 10:38.55	49.97	1050m: 17:21.19	50.37	1450m: 24:03.80	49.16	
	300m: 4:45.88	50.28	700m: 11:28.68	50.13	1100m: 18:11.86	50.67	1500m: 24:47.85	44.05	
	350m: 5:35.81	49.93	750m: 12:19.17	50.49	1150m: 19:01.99	50.13			
	400m: 6:26.01	50.20	800m: 13:09.94	50.77	1200m: 19:53.48	51.49			

## Masters 65+

1.	Otto Zeijveld	De Berkelduikers	NED		195800497		<b>22:26.69</b>	<b>+0.99</b>	
	50m: 40.18	40.18	450m: 6:46.26	45.87	850m: 12:48.95	45.04	1250m: 18:48.06	45.49	
	100m: 1:25.33	45.15	500m: 7:31.58	45.32	900m: 13:33.85	44.90	1300m: 19:32.90	44.84	
	150m: 2:11.94	46.61	550m: 8:17.25	45.67	950m: 14:18.55	44.70	1350m: 20:18.25	45.35	
	200m: 2:57.91	45.97	600m: 9:02.31	45.06	1000m: 15:03.21	44.66	1400m: 21:02.59	44.34	
	250m: 3:43.57	45.66	650m: 9:48.09	45.78	1050m: 15:47.99	44.78	1450m: 21:46.36	43.77	
	300m: 4:29.38	45.81	700m: 10:33.42	45.33	1100m: 16:32.81	44.82	1500m: 22:26.69	40.33	
	350m: 5:15.13	45.75	750m: 11:18.94	45.52	1150m: 17:17.76	44.95			
	400m: 6:00.39	45.26	800m: 12:03.91	44.97	1200m: 18:02.57	44.81			

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

rang	naam	vereniging	tijd	RT	PARA			
2.	Henk Slomp	De Inktvis	<b>22:45.06</b>	<b>+0.97</b>				
	50m: 38.93	38.93	450m: 6:39.86	45.27	850m: 12:44.50	45.84	1250m: 18:57.61	47.30
	100m: 1:22.16	43.23	500m: 7:25.26	45.40	900m: 13:31.17	46.67	1300m: 19:44.72	47.11
	150m: 2:07.15	44.99	550m: 8:10.44	45.18	950m: 14:17.57	46.40	1350m: 20:31.16	46.44
	200m: 2:52.12	44.97	600m: 8:56.12	45.68	1000m: 15:03.80	46.23	1400m: 21:16.74	45.58
	250m: 3:38.06	45.94	650m: 9:41.44	45.32	1050m: 15:49.54	45.74	1450m: 22:03.63	46.89
	300m: 4:23.61	45.55	700m: 10:26.77	45.33	1100m: 16:35.61	46.07	1500m: 22:45.06	41.43
	350m: 5:08.98	45.37	750m: 11:12.57	45.80	1150m: 17:22.85	47.24		
	400m: 5:54.59	45.61	800m: 11:58.66	46.09	1200m: 18:10.31	47.46		
3.	Jaap Vis	TriVia	<b>24:13.04</b>					
	50m: 43.95	43.95	450m: 7:16.67	48.92	850m: 13:45.84	49.15	1250m: 20:15.68	48.59
	100m: 1:32.10	48.15	500m: 8:05.92	49.25	900m: 14:34.49	48.65	1300m: 21:05.28	49.60
	150m: 2:20.68	48.58	550m: 8:54.75	48.83	950m: 15:23.80	49.31	1350m: 21:53.55	48.27
	200m: 3:10.56	49.88	600m: 9:42.26	47.51	1000m: 16:12.23	48.43	1400m: 22:41.08	47.53
	250m: 3:59.81	49.25	650m: 10:31.00	48.74	1050m: 17:01.07	48.84	1450m: 23:28.15	47.07
	300m: 4:49.07	49.26	700m: 11:20.15	49.15	1100m: 17:49.32	48.25	1500m: 24:13.04	44.89
	350m: 5:38.36	49.29	750m: 12:08.90	48.75	1150m: 18:38.58	49.26		
	400m: 6:27.75	49.39	800m: 12:56.69	47.79	1200m: 19:27.09	48.51		
DIS	André Pantekoek	PSV			NED 195800321			
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>							

## Masters 70+

1.	Frans Heus	UZSC	<b>26:35.63</b>					
	50m: 46.37	46.37	450m: 7:46.43	53.36	850m: 14:54.47	54.80	1250m: 22:08.08	55.76
	100m: 1:37.43	51.06	500m: 8:39.61	53.18	900m: 15:47.56	53.09	1300m: 23:02.71	54.63
	150m: 2:30.11	52.68	550m: 9:32.51	52.90	950m: 16:42.32	54.76	1350m: 23:57.51	54.80
	200m: 3:22.28	52.17	600m: 10:24.81	52.30	1000m: 17:34.98	52.66	1400m: 24:51.61	54.10
	250m: 4:15.75	53.47	650m: 11:17.90	53.09	1050m: 18:28.51	53.53	1450m: 25:47.37	55.76
	300m: 5:08.02	52.27	700m: 12:11.46	53.56	1100m: 19:22.13	53.62	1500m: 26:35.63	48.26
	350m: 6:00.87	52.85	750m: 13:06.21	54.75	1150m: 20:17.35	55.22		
	400m: 6:53.07	52.20	800m: 13:59.67	53.46	1200m: 21:12.32	54.97		
2.	Jos Kamps	Zwemvereniging Hoogland	<b>27:56.69</b>					
	50m: 42.81	42.81	450m: 7:59.69	56.17	850m: 15:34.93	56.17	1250m: 23:13.07	57.71
	100m: 1:32.68	49.87	500m: 8:56.24	56.55	900m: 16:30.82	55.89	1300m: 24:11.15	58.08
	150m: 2:24.87	52.19	550m: 9:52.67	56.43	950m: 17:28.93	58.11	1350m: 25:08.98	57.83
	200m: 3:19.83	54.96	600m: 10:49.85	57.18	1000m: 18:27.29	58.36	1400m: 26:07.40	58.42
	250m: 4:15.57	55.74	650m: 11:46.95	57.10	1050m: 19:23.61	56.32	1450m: 27:04.46	57.06
	300m: 5:12.00	56.43	700m: 12:43.85	56.90	1100m: 20:20.67	57.06	1500m: 27:56.69	52.23
	350m: 6:07.89	55.89	750m: 13:41.51	57.66	1150m: 21:18.27	57.60		
	400m: 7:03.52	55.63	800m: 14:38.76	57.25	1200m: 22:15.36	57.09		
3.	Piet Schop	De Bevelanders	<b>30:17.29</b>	<b>+0.73</b>				
	50m: 49.90	49.90	450m: 8:47.88	1:01.10	850m: 16:55.60	1:02.03	1250m: 25:15.23	1:03.36
	100m: 1:46.47	56.57	500m: 9:47.07	59.19	900m: 17:57.46	1:01.86	1300m: 26:17.54	1:02.31
	150m: 2:45.22	58.75	550m: 10:46.38	59.31	950m: 19:00.40	1:02.94	1350m: 27:18.96	1:01.42
	200m: 3:45.30	1:00.08	600m: 11:46.28	59.90	1000m: 20:02.35	1:01.95	1400m: 28:21.86	1:02.90
	250m: 4:46.63	1:01.33	650m: 12:47.67	1:01.39	1050m: 21:04.80	1:02.45	1450m: 29:24.35	1:02.49
	300m: 5:46.55	59.92	700m: 13:49.79	1:02.12	1100m: 22:08.84	1:04.04	1500m: 30:17.29	52.94
	350m: 6:46.96	1:00.41	750m: 14:51.80	1:02.01	1150m: 23:10.18	1:01.34		
	400m: 7:46.78	59.82	800m: 15:53.57	1:01.77	1200m: 24:11.87	1:01.69		

## Masters 75+

1.	Wout Hemmes	De Plons	<b>25:43.17</b>	<b>+0.89</b>				
	<i>Nederlands Masters Record</i>							
	50m: 45.12	45.12	450m: 7:44.30	52.38	850m: 14:41.12	52.08	1250m: 21:34.52	52.56
	100m: 1:36.68	51.56	500m: 8:36.72	52.42	900m: 15:33.24	52.12	1300m: 22:25.55	51.03
	150m: 2:29.40	52.72	550m: 9:29.07	52.35	950m: 16:24.60	51.36	1350m: 23:15.20	49.65
	200m: 3:22.45	53.05	600m: 10:21.25	52.18	1000m: 17:14.91	50.31	1400m: 24:05.92	50.72
	250m: 4:15.07	52.62	650m: 11:13.01	51.76	1050m: 18:07.56	52.65	1450m: 24:56.25	50.33
	300m: 5:06.85	51.78	700m: 12:04.80	51.79	1100m: 18:59.40	51.84	1500m: 25:43.17	46.92
	350m: 5:59.20	52.35	750m: 12:56.98	52.18	1150m: 19:51.04	51.64		
	400m: 6:51.92	52.72	800m: 13:49.04	52.06	1200m: 20:41.96	50.92		

## Masters 80+

## Programmanr. 2, Heren, 1500m vrije slag, Masters 80+

rang	naam	vereniging	tijd						RT	PARA
1.	Rob Hanou	PSV	<b>30:25.05</b>							
	50m: 53.02	53.02	450m: 9:05.75	1:01.48	850m: 17:17.85	1:01.97	1250m: 25:26.51	1:01.11		
	100m: 1:53.98	1:00.96	500m: 10:06.90	1:01.15	900m: 18:18.00	1:00.15	1300m: 26:27.28	1:00.77		
	150m: 2:56.57	1:02.59	550m: 11:08.14	1:01.24	950m: 19:20.41	1:02.41	1350m: 27:29.18	1:01.90		
	200m: 3:58.14	1:01.57	600m: 12:09.01	1:00.87	1000m: 20:20.95	1:00.54	1400m: 28:29.46	1:00.28		
	250m: 5:00.55	1:02.41	650m: 13:10.54	1:01.53	1050m: 21:22.61	1:01.66	1450m: 29:30.54	1:01.08		
	300m: 6:00.72	1:00.17	700m: 14:12.25	1:01.71	1100m: 22:23.65	1:01.04	1500m: 30:25.05	54.51		
	350m: 7:03.15	1:02.43	750m: 15:14.30	1:02.05	1150m: 23:25.06	1:01.41				
	400m: 8:04.27	1:01.12	800m: 16:15.88	1:01.58	1200m: 24:25.40	1:00.34				
2.	Geza Kaltenecker	AZC	<b>30:58.10</b>						<b>+0.89</b>	
	50m: 52.37	52.37	450m: 9:02.51	1:01.60	850m: 17:20.24	1:03.09	1250m: 25:46.31	1:03.40		
	100m: 1:52.01	59.64	500m: 10:04.74	1:02.23	900m: 18:23.76	1:03.52	1300m: 26:49.74	1:03.43		
	150m: 2:53.24	1:01.23	550m: 11:06.29	1:01.55	950m: 19:26.79	1:03.03	1350m: 27:53.26	1:03.52		
	200m: 3:55.04	1:01.80	600m: 12:07.78	1:01.49	1000m: 20:29.88	1:03.09	1400m: 28:56.41	1:03.15		
	250m: 4:56.01	1:00.97	650m: 13:09.77	1:01.99	1050m: 21:32.75	1:02.87	1450m: 29:59.54	1:03.13		
	300m: 5:57.79	1:01.78	700m: 14:12.28	1:02.51	1100m: 22:36.36	1:03.61	1500m: 30:58.10	58.56		
	350m: 6:58.85	1:01.06	750m: 15:14.59	1:02.31	1150m: 23:39.31	1:02.95				
	400m: 8:00.91	1:02.06	800m: 16:17.15	1:02.56	1200m: 24:42.91	1:03.60				

## Masters 85+

1.	Nic Geers	PSV	<b>34:59.83</b>							
	<i>Nederlands Masters Record, *200m</i>									
	50m: 59.61	59.61	450m: 10:30.22	1:11.97	850m: 20:00.11	1:10.73	1250m: 29:26.85	1:09.69		
	100m: 2:08.09	1:08.48	500m: 11:40.99	1:10.77	900m: 21:11.86	1:11.75	1300m: 30:37.81	1:10.96		
	150m: 3:19.92	1:11.83	550m: 12:53.74	1:12.75	950m: 22:22.68	1:10.82	1350m: 31:49.46	1:11.65		
	200m: 4:32.28	1:12.36	600m: 14:05.99	1:12.25	1000m: 23:33.56	1:10.88	1400m: 32:56.19	1:06.73		
	250m: 5:44.21	1:11.93	650m: 15:16.93	1:10.94	1050m: 24:45.66	1:12.10	1450m: 34:03.02	1:06.83		
	300m: 6:55.64	1:11.43	700m: 16:27.32	1:10.39	1100m: 25:55.69	1:10.03	1500m: 34:59.83	56.81		
	350m: 8:06.47	1:10.83	750m: 17:38.01	1:10.69	1150m: 27:05.93	1:10.24				
	400m: 9:18.25	1:11.78	800m: 18:49.38	1:11.37	1200m: 28:17.16	1:11.23				

## 2 - ONMK 2023 lb Sessie 2

05-05-2023 - 9:00

 Programmanr. 3  
 05-05-2023 - 9:00

## Dames, 400m vrije slag

 Masters Open  
 Resultaten

rang	naam	vereniging	tijd						RT	PARA
<b>Masters 20+</b>										
1.	Laura Setz	Bubble	<b>4:33.20</b>						<b>+0.86</b>	
	50m: 31.23	31.23	150m: 1:39.81	34.41	250m: 2:49.53	34.68	350m: 3:59.50	34.60		
	100m: 1:05.40	34.17	200m: 2:14.85	35.04	300m: 3:24.90	35.37	400m: 4:33.20	33.70		
2.	Marijke Drent	Bubble	<b>4:50.49</b>						<b>+0.80</b>	
	50m: 32.62	32.62	150m: 1:46.18	37.06	250m: 3:00.06	36.97	350m: 4:14.44	37.14		
	100m: 1:09.12	36.50	200m: 2:23.09	36.91	300m: 3:37.30	37.24	400m: 4:50.49	36.05		
3.	Kim Vos	Triton Putten	<b>5:00.05</b>						<b>+0.72</b>	
	50m: 30.81	30.81	150m: 1:43.14	37.48	250m: 3:00.64	38.94	350m: 4:20.83	40.46		
	100m: 1:05.66	34.85	200m: 2:21.70	38.56	300m: 3:40.37	39.73	400m: 5:00.05	39.22		
4.	Cynthia Koolman	Steenwijk 1934	<b>5:09.34</b>						<b>+0.67</b>	
	50m: 33.75	33.75	150m: 1:51.50	39.55	250m: 3:10.97	40.01	350m: 4:31.22	40.06		
	100m: 1:11.95	38.20	200m: 2:30.96	39.46	300m: 3:51.16	40.19	400m: 5:09.34	38.12		
5.	Amber Hopman	De Aalscholver	<b>5:54.41</b>							
	50m: 38.04	38.04	150m: 2:07.38	45.44	250m: 3:38.68	45.29	350m: 5:09.79	45.37		
	100m: 1:21.94	43.90	200m: 2:53.39	46.01	300m: 4:24.42	45.74	400m: 5:54.41	44.62		
6.	Welmoed Doornbos	De IJsselmeeuwen	<b>5:55.99</b>						<b>+0.75</b>	
	50m: 36.39	36.39	150m: 2:05.36	45.92	250m: 3:37.19	46.09	350m: 5:10.67	46.29		
	100m: 1:19.44	43.05	200m: 2:51.10	45.74	300m: 4:24.38	47.19	400m: 5:55.99	45.32		
7.	Nana Dekkers	Neptunus'58	<b>5:58.39</b>						<b>+0.81</b>	
	50m: 40.20	40.20	150m: 2:09.26	45.61	250m: 3:41.72	46.35	350m: 5:14.22	45.34		
	100m: 1:23.65	43.45	200m: 2:55.37	46.11	300m: 4:28.88	47.16	400m: 5:58.39	44.17		

Programmanr. 3, Dames, 400m vrije slag

Masters 25+

1.	Tamara Grove	De Dolfijn	NED	199601266				<b>4:32.99</b>	+0.71			
	<i>Nederlands Masters Record</i>											
	50m:	31.27	31.27	150m:	1:40.33	34.88	250m:	2:50.02	34.77	350m:	3:59.71	34.86
	100m:	1:05.45	34.18	200m:	2:15.25	34.92	300m:	3:24.85	34.83	400m:	4:32.99	33.28
2.	Moniek van Langevelde	ESCA Zwemmen	NED	199803160				<b>4:58.72</b>	+0.76			
	50m:	34.24	34.24	150m:	1:50.72	38.69	250m:	3:06.80	37.77	350m:	4:22.74	37.86
	100m:	1:12.03	37.79	200m:	2:29.03	38.31	300m:	3:44.88	38.08	400m:	4:58.72	35.98
3.	Anne-Irene Ducheine	Zwemvereniging Hoogland	NED	199506824				<b>5:02.50</b>	+0.63			
	50m:	33.84	33.84	150m:	1:50.11	38.21	250m:	3:06.82	38.25	350m:	4:24.18	38.62
	100m:	1:11.90	38.06	200m:	2:28.57	38.46	300m:	3:45.56	38.74	400m:	5:02.50	38.32
4.	Karen Stolk	ZVL-1886 Center	NED	199403950				<b>5:14.36</b>	+0.74			
	50m:	33.61	33.61	150m:	1:51.22	39.28	250m:	3:12.95	40.87	350m:	4:35.31	41.18
	100m:	1:11.94	38.33	200m:	2:32.08	40.86	300m:	3:54.13	41.18	400m:	5:14.36	39.05
5.	Fiona Meuffels	PSV	NED	199504366				<b>5:18.99</b>	+0.70			
	50m:	33.97	33.97	150m:	1:52.21	40.22	250m:	3:14.99	41.91	350m:	4:38.67	41.21
	100m:	1:11.99	38.02	200m:	2:33.08	40.87	300m:	3:57.46	42.47	400m:	5:18.99	40.32
6.	Janine de Groot	NDD	NED	199500092				<b>5:31.43</b>	+0.80			
	50m:	34.96	34.96	150m:	1:55.99	41.71	250m:	3:21.62	43.19	350m:	4:49.16	43.86
	100m:	1:14.28	39.32	200m:	2:38.43	42.44	300m:	4:05.30	43.68	400m:	5:31.43	42.27
7.	Laura Scheffer	GoSwim	NED	199407222				<b>5:40.60</b>	+0.73			
	50m:	35.87	35.87	150m:	1:59.43	42.35	250m:	3:27.79	44.41	350m:	4:57.06	44.31
	100m:	1:17.08	41.21	200m:	2:43.38	43.95	300m:	4:12.75	44.96	400m:	5:40.60	43.54
8.	Eline Hendriks	ZPC AMERSFOORT	NED	199802794				<b>5:41.25</b>	+0.90			
	50m:	37.32	37.32	150m:	2:02.15	42.86	250m:	3:30.19	44.09	350m:	4:58.68	44.37
	100m:	1:19.29	41.97	200m:	2:46.10	43.95	300m:	4:14.31	44.12	400m:	5:41.25	42.57
9.	Nadine Scheeve	De Biesboschzwemmers	NED	199700684				<b>6:26.85</b>	+0.81			
	50m:	39.69	39.69	150m:	2:14.91	49.21	250m:	3:55.20	50.53	350m:	5:37.13	51.00
	100m:	1:25.70	46.01	200m:	3:04.67	49.76	300m:	4:46.13	50.93	400m:	6:26.85	49.72

Masters 30+

1.	Leonie van Noort	WVZ	NED	199301752				<b>4:36.20</b>	+0.84			
	<i>Nederlands Masters Record</i>											
	50m:	31.76	31.76	150m:	1:41.45	35.06	250m:	2:51.96	35.36	350m:	4:02.28	35.33
	100m:	1:06.39	34.63	200m:	2:16.60	35.15	300m:	3:26.95	34.99	400m:	4:36.20	33.92
2.	Nanda Wobben - de Vries	Steenwijk 1934	NED	199204328				<b>5:09.00</b>	+0.84			
	50m:	34.48	34.48	150m:	1:51.92	39.52	250m:	3:11.45	40.01	350m:	4:31.52	39.81
	100m:	1:12.40	37.92	200m:	2:31.44	39.52	300m:	3:51.71	40.26	400m:	5:09.00	37.48
3.	Phedra Van Daele	Mega	BEL	MEGA/21311/93				<b>5:22.32</b>	+0.73			
	50m:	34.88	34.88	150m:	1:54.33	40.57	250m:	3:17.42	41.72	350m:	4:41.63	42.38
	100m:	1:13.76	38.88	200m:	2:35.70	41.37	300m:	3:59.25	41.83	400m:	5:22.32	40.69
4.	Getrude Corporaal	Steenwijk 1934	NED	199200380				<b>5:25.91</b>	+0.64			
	50m:	34.48	34.48	150m:	1:54.96	41.29	250m:	3:18.39	41.53	350m:	4:43.52	43.10
	100m:	1:13.67	39.19	200m:	2:36.86	41.90	300m:	4:00.42	42.03	400m:	5:25.91	42.39
5.	Nanda van Heteren	PSV	NED	198901728				<b>5:30.33</b>	+0.73			
	50m:	36.45	36.45	150m:	2:00.33	42.74	250m:	3:26.51	42.90	350m:	4:51.02	41.79
	100m:	1:17.59	41.14	200m:	2:43.61	43.28	300m:	4:09.23	42.72	400m:	5:30.33	39.31
6.	Relinda Baas	TriVia	NED	198900144				<b>5:33.05</b>	+0.84			
	50m:	36.44	36.44	150m:	1:58.20	41.63	250m:	3:23.42	43.35	350m:	4:50.13	43.46
	100m:	1:16.57	40.13	200m:	2:40.07	41.87	300m:	4:06.67	43.25	400m:	5:33.05	42.92
7.	Daphne Kievit	ZPC AMERSFOORT	NED	199207058				<b>5:44.97</b>	+0.86			
	50m:	36.45	36.45	150m:	2:00.63	42.72	250m:	3:29.10	44.65	350m:	5:00.31	45.62
	100m:	1:17.91	41.46	200m:	2:44.45	43.82	300m:	4:14.69	45.59	400m:	5:44.97	44.66
8.	Irmgard van Weeghel	ESCA Zwemmen	NED	199204834				<b>5:45.48</b>	+0.77			
	50m:	37.46	37.46	150m:	2:02.99	43.54	250m:	3:32.02	44.73	350m:	5:01.55	44.82
	100m:	1:19.45	41.99	200m:	2:47.29	44.30	300m:	4:16.73	44.71	400m:	5:45.48	43.93
9.	Joëlle Vaes	DIO	NED	199007576				<b>5:51.18</b>				
	50m:	38.45	38.45	150m:	2:05.87	44.37	250m:	3:36.88	45.38	350m:	5:08.02	44.93
	100m:	1:21.50	43.05	200m:	2:51.50	45.63	300m:	4:23.09	46.21	400m:	5:51.18	43.16
10.	Marjan Rikken	Octopus-ZVV (SG)	NED	199206114				<b>6:08.16</b>	+0.86			
	50m:	39.09	39.09	150m:	2:10.51	46.99	250m:	3:46.01	47.29	350m:	5:22.36	47.56
	100m:	1:23.52	44.43	200m:	2:58.72	48.21	300m:	4:34.80	48.79	400m:	6:08.16	45.80

## Programmanr. 3, Dames, 400m vrije slag, Masters 30+

rang	naam	vereniging						tijd	RT	PARA
11.	Anouk Bloem	TRB-RES						<b>7:33.64</b>	+0.97	
	50m: 49.12	49.12	150m: 2:40.50	56.70	250m: 4:37.95	58.77	350m: 6:36.05	58.47		
	100m: 1:43.80	54.68	200m: 3:39.18	58.68	300m: 5:37.58	59.63	400m: 7:33.64	57.59		

## Masters 35+

1.	Sabine Zimmermann <i>Kampioenschapsrecord</i>	Aachener SV 06						<b>4:42.14</b>	+0.80	
	50m: 32.61	32.61	150m: 1:43.10	36.24	250m: 2:55.80	37.12	350m: 4:07.86	36.28		
	100m: 1:06.86	34.25	200m: 2:18.68	35.58	300m: 3:31.58	35.78	400m: 4:42.14	34.28		
2.	Viktória Háden-Felföldi	Iron Swim						<b>4:50.87</b>	+0.71	
	50m: 33.26	33.26	150m: 1:46.44	36.72	250m: 3:00.60	37.19	350m: 4:14.57	36.72		
	100m: 1:09.72	36.46	200m: 2:23.41	36.97	300m: 3:37.85	37.25	400m: 4:50.87	36.30		
3.	Jenny Schouten	MZ&PC						<b>4:52.32</b>	+0.80	
	50m: 33.07	33.07	150m: 1:45.85	36.52	250m: 3:00.97	37.50	350m: 4:15.98	37.56		
	100m: 1:09.33	36.26	200m: 2:23.47	37.62	300m: 3:38.42	37.45	400m: 4:52.32	36.34		
4.	Sara Holman	Kaiserslauterer SK						<b>5:06.12</b>	+0.83	
	50m: 34.58	34.58	150m: 1:52.39	39.18	250m: 3:10.64	38.92	350m: 4:28.83	38.85		
	100m: 1:13.21	38.63	200m: 2:31.72	39.33	300m: 3:49.98	39.34	400m: 5:06.12	37.29		
5.	Liesbeth van Mill	Zwemlust-den Hommel						<b>5:40.09</b>	+0.75	
	50m: 37.69	37.69	150m: 2:01.85	42.75	250m: 3:27.84	43.13	350m: 4:56.12	44.44		
	100m: 1:19.10	41.41	200m: 2:44.71	42.86	300m: 4:11.68	43.84	400m: 5:40.09	43.97		
6.	Isaline Manchel	Cercle De Natation Sportcity WolBEL						<b>5:43.70</b>	+0.75	
	50m: 40.01	40.01	150m: 2:07.78	44.01	250m: 3:34.53	42.69	350m: 5:00.88	43.42		
	100m: 1:23.77	43.76	200m: 2:51.84	44.06	300m: 4:17.46	42.93	400m: 5:43.70	42.82		
7.	Sandra Schellekens	Neptunus'58						<b>5:47.24</b>	+0.80	
	50m: 37.29	37.29	150m: 2:04.20	44.15	250m: 3:34.37	45.43	350m: 5:04.54	45.01		
	100m: 1:20.05	42.76	200m: 2:48.94	44.74	300m: 4:19.53	45.16	400m: 5:47.24	42.70		
8.	Sanne de Ridder	ZVL-1886 Center						<b>5:48.94</b>	+0.79	
	50m: 36.27	36.27	150m: 2:02.81	44.41	250m: 3:33.37	45.60	350m: 5:04.20	45.37		
	100m: 1:18.40	42.13	200m: 2:47.77	44.96	300m: 4:18.83	45.46	400m: 5:48.94	44.74		
9.	Angelique Wammes-Bouman	Zwemvereniging Hoogland						<b>6:16.65</b>	+0.78	
	50m: 40.65	40.65	150m: 2:13.58	47.68	250m: 3:51.96	49.32	350m: 5:30.99	49.33		
	100m: 1:25.90	45.25	200m: 3:02.64	49.06	300m: 4:41.66	49.70	400m: 6:16.65	45.66		

## Masters 40+

1.	Anke Lambooj	De Vliet (SG)						<b>5:13.98</b>	+0.81	
	50m: 33.77	33.77	150m: 1:51.59	39.56	250m: 3:12.77	40.55	350m: 4:34.61	40.94		
	100m: 1:12.03	38.26	200m: 2:32.22	40.63	300m: 3:53.67	40.90	400m: 5:13.98	39.37		
2.	Debbie van Rooijen	IJZPC						<b>5:18.61</b>	+0.79	
	50m: 35.94	35.94	150m: 1:56.86	41.20	250m: 3:19.57	41.02	350m: 4:40.00	39.79		
	100m: 1:15.66	39.72	200m: 2:38.55	41.69	300m: 4:00.21	40.64	400m: 5:18.61	38.61		
3.	Ramona Linting	AZC						<b>5:30.75</b>	+0.67	
	50m: 35.53	35.53	150m: 1:56.74	41.23	250m: 3:21.94	42.70	350m: 4:48.06	42.96		
	100m: 1:15.51	39.98	200m: 2:39.24	42.50	300m: 4:05.10	43.16	400m: 5:30.75	42.69		
4.	Chantal Verhoeff	Old Dutch						<b>5:39.11</b>	+0.94	
	50m: 36.10	36.10	150m: 2:01.78	44.01	250m: 3:29.87	43.71	350m: 4:56.60	42.66		
	100m: 1:17.77	41.67	200m: 2:46.16	44.38	300m: 4:13.94	44.07	400m: 5:39.11	42.51		
5.	Linda Hoogendam	WVZ						<b>5:59.53</b>	+0.83	
	50m: 39.01	39.01	150m: 2:11.34	46.35	250m: 3:44.49	46.11	350m: 5:16.44	45.49		
	100m: 1:24.99	45.98	200m: 2:58.38	47.04	300m: 4:30.95	46.46	400m: 5:59.53	43.09		
6.	Aafke Groot	De Geul						<b>6:22.38</b> *	+0.90	
	50m: 40.50	40.50	150m: 2:12.90	47.53	250m: 3:51.62	49.41	350m: 5:32.10	50.50		
	100m: 1:25.37	44.87	200m: 3:02.21	49.31	300m: 4:41.60	49.98	400m: 6:22.38	50.28		
7.	Simone Weijland	ZV 44						<b>8:14.42</b>		
	50m: 46.60	46.60	150m: 2:43.52	1:01.85	250m: 4:55.62	1:06.24	350m: 7:11.07	1:08.20		
	100m: 1:41.67	55.07	200m: 3:49.38	1:05.86	300m: 6:02.87	1:07.25	400m: 8:14.42	1:03.35		



Programmanr. 3, Dames, 400m vrije slag

Masters 45+

1.	Annett von Rekowski	SG Bayer	GER	97868			<b>4:55.84</b>	+0.77
	50m: 34.11 34.11	150m: 1:48.89 37.68	250m: 3:04.37 37.77	350m: 4:19.89 37.99				
	100m: 1:11.21 37.10	200m: 2:26.60 37.71	300m: 3:41.90 37.53	400m: 4:55.84 35.95				
2.	Liselotte Joling <i>Nederlands Masters Record</i>	PSV	NED	197500268			<b>4:56.23</b>	+0.87
	50m: 34.49 34.49	150m: 1:49.97 37.97	250m: 3:05.14 37.27	350m: 4:20.54 37.91				
	100m: 1:12.00 37.51	200m: 2:27.87 37.90	300m: 3:42.63 37.49	400m: 4:56.23 35.69				
3.	Nataliia Boryshkevych <i>Ukrainian Masters Record</i>	Ukraine Swim	UKR				<b>5:28.83</b>	+0.74
	50m: 37.17 37.17	150m: 2:01.59 42.97	250m: 3:26.75 42.16	350m: 4:50.01 40.74				
	100m: 1:18.62 41.45	200m: 2:44.59 43.00	300m: 4:09.27 42.52	400m: 5:28.83 38.82				
4.	Alina Spijkerman	DAW	NED	197701220			<b>5:32.17</b>	+0.80
	50m: 35.15 35.15	150m: 1:56.77 41.94	250m: 3:23.15 43.58	350m: 4:50.58 43.95				
	100m: 1:14.83 39.68	200m: 2:39.57 42.80	300m: 4:06.63 43.48	400m: 5:32.17 41.59				
5.	Petra Guijt	Aqua-Novio'94	NED	197600978			<b>5:42.47</b>	+0.84
	50m: 37.21 37.21	150m: 2:04.23 44.44	250m: 3:32.46 44.00	350m: 5:00.15 43.52				
	100m: 1:19.79 42.58	200m: 2:48.46 44.23	300m: 4:16.63 44.17	400m: 5:42.47 42.32				
6.	Anuschka Glazema-Boelema	Stadskanaal	NED	197701166			<b>6:06.27</b>	
	50m: 39.29 39.29	150m: 2:10.71 46.97	250m: 3:47.19 48.23	350m: 5:23.64 47.93				
	100m: 1:23.74 44.45	200m: 2:58.96 48.25	300m: 4:35.71 48.52	400m: 6:06.27 42.63				
7.	Ilonka van der Meer	GZC Donk	NED	197601168			<b>6:45.12</b>	
	50m: 44.88 44.88	150m: 2:25.85 51.34	250m: 4:09.69 52.28	350m: 5:55.71 53.06				
	100m: 1:34.51 49.63	200m: 3:17.41 51.56	300m: 5:02.65 52.96	400m: 6:45.12 49.41				
8.	Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	NED	197700138			<b>6:55.81</b>	+0.89
	50m: 44.45 44.45	150m: 2:27.90 52.19	250m: 4:14.81 54.05	350m: 6:04.08 54.99				
	100m: 1:35.71 51.26	200m: 3:20.76 52.86	300m: 5:09.09 54.28	400m: 6:55.81 51.73				
9.	Ria Voerman	De Duinkickers	NED	197401120			<b>7:34.70</b>	+0.90
	50m: 49.85 49.85	150m: 2:44.27 58.31	250m: 4:42.43 59.26	350m: 6:40.55 58.64				
	100m: 1:45.96 56.11	200m: 3:43.17 58.90	300m: 5:41.91 59.48	400m: 7:34.70 54.15				

Masters 50+

1.	Carla Geurts <i>Kampioenschapsrecord</i>	PSV	NED	197100178			<b>4:55.91</b>	+0.73
	50m: 33.26 33.26	150m: 1:47.20 37.08	250m: 3:02.48 37.94	350m: 4:18.71 38.35				
	100m: 1:10.12 36.86	200m: 2:24.54 37.34	300m: 3:40.36 37.88	400m: 4:55.91 37.20				
2.	Bianca Groot	MSV-Zeemacht	NED	197000652			<b>5:14.19</b>	+0.80
	50m: 35.36 35.36	150m: 1:53.36 39.26	250m: 3:12.94 39.75	350m: 4:33.88 40.26				
	100m: 1:14.10 38.74	200m: 2:33.19 39.83	300m: 3:53.62 40.68	400m: 5:14.19 40.31				
3.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054			<b>5:17.29</b>	
	50m: 35.79 35.79	150m: 1:55.94 40.60	250m: 3:17.38 40.90	350m: 4:38.50 40.22				
	100m: 1:15.34 39.55	200m: 2:36.48 40.54	300m: 3:58.28 40.90	400m: 5:17.29 38.79				
4.	Kathy Van Lindt	Cercle De Natation Sportcity WolBEL	CNSW/007949/71				<b>5:25.43</b>	+0.92
	50m: 37.39 37.39	150m: 2:00.12 41.41	250m: 3:23.09 40.91	350m: 4:45.52 40.98				
	100m: 1:18.71 41.32	200m: 2:42.18 42.06	300m: 4:04.54 41.45	400m: 5:25.43 39.91				
5.	Annette de Visser	Oceanus	NED	197100602			<b>5:27.96</b>	+0.85
	50m: 35.49 35.49	150m: 1:57.25 41.91	250m: 3:21.84 42.41	350m: 4:46.78 42.39				
	100m: 1:15.34 39.85	200m: 2:39.43 42.18	300m: 4:04.39 42.55	400m: 5:27.96 41.18				
6.	Mariska van Doorn	Arethusa	NED	197200444			<b>5:44.05</b>	+0.88
	50m: 36.62 36.62	150m: 2:01.76 43.95	250m: 3:29.91 44.54	350m: 5:00.01 45.20				
	100m: 1:17.81 41.19	200m: 2:45.37 43.61	300m: 4:14.81 44.90	400m: 5:44.05 44.04				
7.	Cherry Bas-Ott	DAW	NED	197100464			<b>6:08.54</b>	+0.69
	50m: 39.55 39.55	150m: 2:10.51 46.71	250m: 3:46.04 47.85	350m: 5:22.34 47.32				
	100m: 1:23.80 44.25	200m: 2:58.19 47.68	300m: 4:35.02 48.98	400m: 6:08.54 46.20				
8.	Marijke Campfens	De Geul	NED	196900960			<b>6:09.92</b>	
	50m: 40.74 40.74	150m: 2:12.50 47.22	250m: 3:48.92 48.13	350m: 5:24.24 46.86				
	100m: 1:25.28 44.54	200m: 3:00.79 48.29	300m: 4:37.38 48.46	400m: 6:09.92 45.68				
9.	Annet Kootstra	SWOL 1894	NED	197100344			<b>6:30.93</b>	
	50m: 44.96 44.96	150m: 2:23.30 49.84	250m: 4:03.06 49.41	350m: 5:42.61 49.22				
	100m: 1:33.46 48.50	200m: 3:13.65 50.35	300m: 4:53.39 50.33	400m: 6:30.93 48.32				

Programmanr. 3, Dames, 400m vrije slag, Masters 50+

rang	naam	vereniging						tijd	RT	PARA
10.	Nathasja Konijn	GZC Donk	NED	197100992				<b>6:39.12</b>	+0.90	
	50m: 43.89	43.89	150m: 2:23.63	50.44	250m: 4:05.16	51.01	350m: 5:48.65	51.87		
	100m: 1:33.19	49.30	200m: 3:14.15	50.52	300m: 4:56.78	51.62	400m: 6:39.12	50.47		
11.	Annette Spies	LinK	NED	197001110				<b>6:42.24</b>	+0.93	
	50m: 44.06	44.06	150m: 2:24.07	50.94	250m: 4:07.86	52.09	350m: 5:52.48	52.46		
	100m: 1:33.13	49.07	200m: 3:15.77	51.70	300m: 5:00.02	52.16	400m: 6:42.24	49.76		
12.	Kristien Van de Moortel	Shark	BEL	ShaRK/20315/69				<b>6:52.41</b>	+0.86	
	50m: 46.13	46.13	150m: 2:31.06	53.33	250m: 4:17.05	52.80	350m: 6:02.89	53.21		
	100m: 1:37.73	51.60	200m: 3:24.25	53.19	300m: 5:09.68	52.63	400m: 6:52.41	49.52		

Masters 55+

1.	Claudia Thielemann <i>Kampioenschapsrecord</i>	SG Bayer	GER	333958				<b>5:00.09</b>	+0.76	
	50m: 34.42	34.42	150m: 1:49.84	38.29	250m: 3:05.69	37.97	350m: 4:22.27	38.37		
	100m: 1:11.55	37.13	200m: 2:27.72	37.88	300m: 3:43.90	38.21	400m: 5:00.09	37.82		
2.	Henriëtte v. Norden	ZPC AMERSFOORT	NED	196800046				<b>5:38.59</b>		
	50m: 37.15	37.15	150m: 2:02.99	44.21	250m: 3:30.60	43.87	350m: 4:56.54	42.75		
	100m: 1:18.78	41.63	200m: 2:46.73	43.74	300m: 4:13.79	43.19	400m: 5:38.59	42.05		
3.	Wilna Heijman	Steenwijk 1934	NED	196400506				<b>5:40.53</b>	+0.85	
	50m: 38.44	38.44	150m: 2:03.96	42.98	250m: 3:31.37	43.47	350m: 4:58.57	43.07		
	100m: 1:20.98	42.54	200m: 2:47.90	43.94	300m: 4:15.50	44.13	400m: 5:40.53	41.96		
4.	Anita Steijger	WVZ	NED	196500628				<b>6:07.31</b>	+0.92	
	50m: 40.35	40.35	150m: 2:10.49	45.25	250m: 3:44.51	47.12	350m: 5:19.75	47.70		
	100m: 1:25.24	44.89	200m: 2:57.39	46.90	300m: 4:32.05	47.54	400m: 6:07.31	47.56		
5.	Sandra Daamen-Posma	AZC	NED	196800854				<b>6:41.54</b>	+0.88	
	50m: 43.55	43.55	150m: 2:22.28	50.18	250m: 4:05.89	52.16	350m: 5:50.64	51.85		
	100m: 1:32.10	48.55	200m: 3:13.73	51.45	300m: 4:58.79	52.90	400m: 6:41.54	50.90		
6.	Nicky Slinger	HPC	NED	196600316				<b>6:46.65</b>		
	50m: 44.41	44.41	150m: 2:23.77	50.95	250m: 4:08.55	52.62	350m: 5:54.64	53.00		
	100m: 1:32.82	48.41	200m: 3:15.93	52.16	300m: 5:01.64	53.09	400m: 6:46.65	52.01		
7.	Machteld Stiling	ZPC AMERSFOORT	NED	196600716				<b>6:54.97</b>	+0.76	
	50m: 44.54	44.54	150m: 2:25.72	51.65	250m: 4:12.14	53.63	350m: 6:02.75	56.00		
	100m: 1:34.07	49.53	200m: 3:18.51	52.79	300m: 5:06.75	54.61	400m: 6:54.97	52.22		
8.	Cora Smulders	ESCA Zwemmen	NED	196600668				<b>7:40.94</b>	+0.79	
	50m: 49.31	49.31	150m: 2:46.91	59.38	250m: 4:45.87	59.37	350m: 6:45.91	59.66		
	100m: 1:47.53	58.22	200m: 3:46.50	59.59	300m: 5:46.25	1:00.38	400m: 7:40.94	55.03		

Masters 60+

1.	Jacqueline Rolloos-Bakkers	NieMo Barracuda	NED	196300022				<b>6:14.28</b>	+0.86	
	50m: 40.49	40.49	150m: 2:15.60	48.44	250m: 3:52.62	48.58	350m: 5:29.50	48.65		
	100m: 1:27.16	46.67	200m: 3:04.04	48.44	300m: 4:40.85	48.23	400m: 6:14.28	44.78		
2.	Marion Kolkman-Pluim	ESCA Zwemmen	NED	196000330				<b>6:51.72</b>	+0.99	
	50m: 45.83	45.83	150m: 2:28.69	52.37	250m: 4:14.14	53.42	350m: 5:59.82	52.95		
	100m: 1:36.32	50.49	200m: 3:20.72	52.03	300m: 5:06.87	52.73	400m: 6:51.72	51.90		
3.	Lia Bijkerk	GZC Donk	NED	196000014				<b>7:10.53</b>	+0.96	
	50m: 47.46	47.46	150m: 2:36.96	55.21	250m: 4:27.81	54.73	350m: 6:18.91	54.93		
	100m: 1:41.75	54.29	200m: 3:33.08	56.12	300m: 5:23.98	56.17	400m: 7:10.53	51.62		
4.	Yoka de Vegt-van Dijk	ESCA Zwemmen	NED	196200420				<b>7:27.14</b>	+0.76	
	50m: 48.12	48.12	150m: 2:35.52	54.60	250m: 4:31.04	58.47	350m: 6:29.61	59.44		
	100m: 1:40.92	52.80	200m: 3:32.57	57.05	300m: 5:30.17	59.13	400m: 7:27.14	57.53		

Masters 65+

1.	Margriet Pasma	TriVia	NED	195500088				<b>6:16.58</b>		
	50m: 42.51	42.51	150m: 2:18.72	49.05	250m: 3:56.42	48.57	350m: 5:32.00	46.95		
	100m: 1:29.67	47.16	200m: 3:07.85	49.13	300m: 4:45.05	48.63	400m: 6:16.58	44.58		
2.	Monica Bakker	Steenwijk 1934	NED	195600082				<b>7:03.32</b>	+0.55	
	50m: 45.48	45.48	150m: 2:30.69	53.67	250m: 4:19.27	54.52	350m: 6:08.76	54.79		
	100m: 1:37.02	51.54	200m: 3:24.75	54.06	300m: 5:13.97	54.70	400m: 7:03.32	54.56		
3.	Karien Musters	Old Dutch	NED	195800236				<b>8:38.65</b>		
	50m: 55.31	55.31	150m: 3:01.02	1:04.30	250m: 5:15.13	1:07.21	350m: 7:32.51	1:08.22		
	100m: 1:56.72	1:01.41	200m: 4:07.92	1:06.90	300m: 6:24.29	1:09.16	400m: 8:38.65	1:06.14		

## Programmanr. 3, Dames, 400m vrije slag, Masters 65+

rang	naam	vereniging	tijd	RT	PARA			
4.	Lies Hartman	PSV	<b>10:38.27</b>					
	50m: 1:02.57	1:02.57	150m: 3:42.01	1:22.39	250m: 6:29.87	1:24.21	350m: 9:16.19	1:21.66
	100m: 2:19.62	1:17.05	200m: 5:05.66	1:23.65	300m: 7:54.53	1:24.66	400m: 10:38.27	1:22.08

## Masters 70+

1.	Carla Hensen	PSV	<b>7:07.40</b>					
	50m: 47.22	47.22	150m: 2:36.28	54.81	250m: 4:26.07	55.00	350m: 6:14.92	54.43
	100m: 1:41.47	54.25	200m: 3:31.07	54.79	300m: 5:20.49	54.42	400m: 7:07.40	52.48
2.	Geerdien Meerwaldt	De Geul	<b>9:12.73</b>	<b>+0.86</b>				
	50m: 1:01.32	1:01.32	150m: 3:20.23	1:11.08	250m: 5:43.96	1:12.11	350m: 8:06.43	1:11.55
	100m: 2:09.15	1:07.83	200m: 4:31.85	1:11.62	300m: 6:54.88	1:10.92	400m: 9:12.73	1:06.30

## Masters 75+

1.	Loekie van Huissteden	ZPC AMERSFOORT	<b>9:10.98</b>	*				
	50m: 1:02.07	1:02.07	150m: 3:20.96	1:09.29	250m: 5:43.80	1:11.58	350m: 8:04.92	1:09.67
	100m: 2:11.67	1:09.60	200m: 4:32.22	1:11.26	300m: 6:55.25	1:11.45	400m: 9:10.98	1:06.06

 Programmanr. 4  
 05-05-2023 - 10:20

## Heren, 400m vrije slag

 Masters Open  
 Resultaten

rang	naam	vereniging	tijd	RT	PARA			
<b>Masters 20+</b>								
1.	Guus Hoogduin	ZVL-1886 Center	<b>4:32.18</b>	<b>+0.60</b>				
	50m: 29.68	29.68	150m: 1:36.70	34.49	250m: 2:47.24	35.46	350m: 3:58.62	35.48
	100m: 1:02.21	32.53	200m: 2:11.78	35.08	300m: 3:23.14	35.90	400m: 4:32.18	33.56
2.	Jacob Mackloet	De Schoteijl	<b>4:33.54</b>	<b>+0.69</b>				
	50m: 30.11	30.11	150m: 1:40.34	35.56	250m: 2:51.41	35.20	350m: 4:00.55	33.76
	100m: 1:04.78	34.67	200m: 2:16.21	35.87	300m: 3:26.79	35.38	400m: 4:33.54	32.99
3.	Niels Kragt	Dedemsvaart-AC	<b>4:46.73</b>	<b>+0.74</b>				
	50m: 30.64	30.64	150m: 1:42.05	36.50	250m: 2:55.83	37.02	350m: 4:10.52	37.23
	100m: 1:05.55	34.91	200m: 2:18.81	36.76	300m: 3:33.29	37.46	400m: 4:46.73	36.21
4.	Robin van Peenen	ZVL-1886 Center	<b>5:05.76</b>	<b>+0.73</b>				
	50m: 30.11	30.11	150m: 1:43.45	37.94	250m: 3:03.25	40.48	350m: 4:25.67	41.04
	100m: 1:05.51	35.40	200m: 2:22.77	39.32	300m: 3:44.63	41.38	400m: 5:05.76	40.09

## Masters 25+

1.	Donny van den Bosch	Zwemlust-den Hommel	<b>4:36.23</b>	<b>+0.76</b>				
	50m: 30.36	30.36	150m: 1:37.58	34.40	250m: 2:48.48	35.82	350m: 4:00.74	36.25
	100m: 1:03.18	32.82	200m: 2:12.66	35.08	300m: 3:24.49	36.01	400m: 4:36.23	35.49
2.	Jelle Blankestijn	ZPC AMERSFOORT	<b>4:37.81</b>	<b>+0.76</b>				
	50m: 29.89	29.89	150m: 1:38.65	35.18	250m: 2:50.27	35.85	350m: 4:02.80	35.94
	100m: 1:03.47	33.58	200m: 2:14.42	35.77	300m: 3:26.86	36.59	400m: 4:37.81	35.01
3.	Bas Dries	Zwemvereniging Hoogland	<b>4:46.22</b>	<b>+0.67</b>				
	50m: 30.73	30.73	150m: 1:40.85	35.80	250m: 2:53.86	36.86	350m: 4:09.20	38.25
	100m: 1:05.05	34.32	200m: 2:17.00	36.15	300m: 3:30.95	37.09	400m: 4:46.22	37.02
4.	Jordy van Oel	WVZ	<b>4:47.38</b>	<b>+0.73</b>				
	50m: 30.85	30.85	150m: 1:43.15	36.85	250m: 2:58.03	37.16	350m: 4:13.31	37.60
	100m: 1:06.30	35.45	200m: 2:20.87	37.72	300m: 3:35.71	37.68	400m: 4:47.38	34.07
5.	Wesley van der Luit	Sassenheim	<b>4:53.44</b>	<b>+0.75</b>				
	50m: 33.03	33.03	150m: 1:46.72	37.09	250m: 3:02.94	38.31	350m: 4:17.69	36.88
	100m: 1:09.63	36.60	200m: 2:24.63	37.91	300m: 3:40.81	37.87	400m: 4:53.44	35.75
6.	Lars Jacobsen	DWK	<b>4:56.47</b>	<b>+0.80</b>	616			
	50m: 31.83	31.83	150m: 1:46.16	38.26	250m: 3:03.01	38.70	350m: 4:21.19	39.41
	100m: 1:07.90	36.07	200m: 2:24.31	38.15	300m: 3:41.78	38.77	400m: 4:56.47	35.28
7.	Erik Baalbergen	ZVL-1886 Center	<b>5:07.06</b>	<b>+0.82</b>				
	50m: 31.61	31.61	150m: 1:47.39	39.00	250m: 3:08.36	40.86	350m: 4:29.17	40.62
	100m: 1:08.39	36.78	200m: 2:27.50	40.11	300m: 3:48.55	40.19	400m: 5:07.06	37.89

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

rang	naam	vereniging	tijd	RT	PARA			
8.	Colin Degenars	ZPCH	<b>5:10.23</b>	+0.76	538			
	50m: 33.32	33.32	150m: 1:50.88	39.44	250m: 3:11.57	40.15	350m: 4:32.54	40.97
	100m: 1:11.44	38.12	200m: 2:31.42	40.54	300m: 3:51.57	40.00	400m: 5:10.23	37.69
9.	Thijs van Hofweegen	ZPC AMERSFOORT	<b>5:27.57</b>	+0.92	818			
	50m: 33.76	33.76	150m: 1:53.99	41.23	250m: 3:19.40	42.81	350m: 4:46.15	43.29
	100m: 1:12.76	39.00	200m: 2:36.59	42.60	300m: 4:02.86	43.46	400m: 5:27.57	41.42
10.	Rick Vaarkamp	Triton Putten	<b>6:58.31</b>					
	50m: 42.42	42.42	150m: 2:25.22	53.20	250m: 4:14.52	55.33	350m: 6:07.45	56.24
	100m: 1:32.02	49.60	200m: 3:19.19	53.97	300m: 5:11.21	56.69	400m: 6:58.31	50.86

Masters 30+

1.	Tim Bunnik	Triton	<b>4:45.48</b>	+0.83				
	50m: 31.52	31.52	150m: 1:42.61	36.00	250m: 2:55.35	36.23	350m: 4:08.84	37.02
	100m: 1:06.61	35.09	200m: 2:19.12	36.51	300m: 3:31.82	36.47	400m: 4:45.48	36.64
2.	Patrick Creemers	RZ	<b>4:46.15</b>	+0.71				
	50m: 30.78	30.78	150m: 1:42.11	36.06	250m: 2:55.41	36.79	350m: 4:09.57	37.81
	100m: 1:06.05	35.27	200m: 2:18.62	36.51	300m: 3:31.76	36.35	400m: 4:46.15	36.58
3.	Wessel Everloo	WS Twente	<b>4:59.54</b>	+0.85	597			
	50m: 33.27	33.27	150m: 1:49.64	38.75	250m: 3:06.77	38.17	350m: 4:22.78	38.43
	100m: 1:10.89	37.62	200m: 2:28.60	38.96	300m: 3:44.35	37.58	400m: 4:59.54	36.76
4.	Marc Hoogendam	Blue Marlins	<b>5:04.99</b>	+0.64				
	50m: 29.78	29.78	150m: 1:41.89	37.31	250m: 3:02.59	41.10	350m: 4:25.75	40.81
	100m: 1:04.58	34.80	200m: 2:21.49	39.60	300m: 3:44.94	42.35	400m: 5:04.99	39.24
5.	Ruben de Boer	De Duinkkickers	<b>5:33.95</b>	+0.71				
	50m: 37.47	37.47	150m: 2:02.91	43.09	250m: 3:28.96	42.71	350m: 4:52.73	41.49
	100m: 1:19.82	42.35	200m: 2:46.25	43.34	300m: 4:11.24	42.28	400m: 5:33.95	41.22
6.	Romke van Dijk	Zwemvereniging Hoogland	<b>6:03.22</b>	+0.66				
	50m: 40.33	40.33	150m: 2:08.97	45.60	250m: 3:42.58	46.98	350m: 5:17.59	48.25
	100m: 1:23.37	43.04	200m: 2:55.60	46.63	300m: 4:29.34	46.76	400m: 6:03.22	45.63

Masters 35+

1.	Youri Vaes	PSV	<b>4:37.81</b>	+0.71				
	50m: 30.53	30.53	150m: 1:39.09	35.13	250m: 2:50.91	36.00	350m: 4:03.17	35.90
	100m: 1:03.96	33.43	200m: 2:14.91	35.82	300m: 3:27.27	36.36	400m: 4:37.81	34.64
2.	Federico Cappello	Luxembourg Sharks Swimming CLUX	<b>4:43.78</b>	+0.72				
	50m: 30.88	30.88	150m: 1:41.85	36.63	250m: 2:54.96	36.95	350m: 4:08.33	36.40
	100m: 1:05.22	34.34	200m: 2:18.01	36.16	300m: 3:31.93	36.97	400m: 4:43.78	35.45
3.	Niels Albrechts	De Schotejil	<b>4:55.94</b>	+0.81				
	50m: 33.30	33.30	150m: 1:47.24	37.05	250m: 3:04.00	38.77	350m: 4:20.61	37.82
	100m: 1:10.19	36.89	200m: 2:25.23	37.99	300m: 3:42.79	38.79	400m: 4:55.94	35.33
4.	Robert Braad	Steenwijk 1934	<b>4:56.61</b>	+0.87				
	50m: 33.13	33.13	150m: 1:49.18	38.66	250m: 3:05.76	37.62	350m: 4:21.18	37.81
	100m: 1:10.52	37.39	200m: 2:28.14	38.96	300m: 3:43.37	37.61	400m: 4:56.61	35.43
5.	Rudi Butselaar	GoSwim	<b>6:06.17</b>	+0.77				
	50m: 35.80	35.80	150m: 2:03.57	45.74	250m: 3:40.32	48.76	350m: 5:20.74	50.56
	100m: 1:17.83	42.03	200m: 2:51.56	47.99	300m: 4:30.18	49.86	400m: 6:06.17	45.43

Masters 40+

1.	Kristiaan Lenos	ZVL-1886 Center	<b>4:47.00</b>	+0.76				
	50m: 30.41	30.41	150m: 1:39.68	35.01	250m: 2:53.73	37.41	350m: 4:10.50	38.43
	100m: 1:04.67	34.26	200m: 2:16.32	36.64	300m: 3:32.07	38.34	400m: 4:47.00	36.50
2.	Frank v.d. Voordt	De Schotejil	<b>4:57.30</b>	+0.68				
	50m: 33.72	33.72	150m: 1:49.08	38.16	250m: 3:05.19	37.97	350m: 4:20.85	37.91
	100m: 1:10.92	37.20	200m: 2:27.22	38.14	300m: 3:42.94	37.75	400m: 4:57.30	36.45
3.	Marcel Reefhuis	WS Twente	<b>4:57.83</b>	+0.72				
	50m: 32.75	32.75	150m: 1:47.19	37.71	250m: 3:03.37	38.02	350m: 4:20.67	38.88
	100m: 1:09.48	36.73	200m: 2:25.35	38.16	300m: 3:41.79	38.42	400m: 4:57.83	37.16
4.	Cetin Cetiner	Göztepe	<b>5:53.07</b>	+0.87				
	50m: 37.70	37.70	150m: 2:03.60	44.28	250m: 3:35.94	46.55	350m: 5:08.36	46.24
	100m: 1:19.32	41.62	200m: 2:49.39	45.79	300m: 4:22.12	46.18	400m: 5:53.07	44.71

## Programmanr. 4, Heren, 400m vrije slag

**Masters 45+**

1.	Ivo Roozeboom	WVZ	NED	197700801	<b>4:38.10</b>	+0.77
	50m: 31.07	31.07	150m: 1:42.35	36.09	250m: 2:53.63	35.80
	100m: 1:06.26	35.19	200m: 2:17.83	35.48	300m: 3:28.86	35.23
					350m: 4:03.73	34.87
					400m: 4:38.10	34.37
2.	Dennis Brouwers	HZPC	NED	197800167	<b>4:42.47</b>	+0.65
	50m: 32.11	32.11	150m: 1:43.47	36.34	250m: 2:55.89	35.53
	100m: 1:07.13	35.02	200m: 2:20.36	36.89	300m: 3:31.59	35.70
					350m: 4:06.95	35.36
					400m: 4:42.47	35.52
3.	Aart Kruis	MZ&PC	NED	197501383	<b>5:01.84</b>	+0.97
	50m: 34.53	34.53	150m: 1:48.97	37.51	250m: 3:05.97	38.36
	100m: 1:12.46	36.93	200m: 2:27.61	38.64	300m: 3:45.00	39.03
					350m: 4:24.20	39.20
					400m: 5:01.84	37.64
4.	Eric Hoekman	WS Twente	NED	197401531	<b>5:25.01</b>	+0.87
	50m: 34.13	34.13	150m: 1:52.85	40.59	250m: 3:17.80	42.68
	100m: 1:12.26	38.13	200m: 2:35.12	42.27	300m: 4:00.13	42.33
					350m: 4:43.49	43.36
					400m: 5:25.01	41.52
5.	Dymitr Bielski	Warsaw Masters Team	POL		<b>5:32.26</b>	+0.92
	50m: 36.36	36.36	150m: 1:58.62	41.51	250m: 3:25.50	43.24
	100m: 1:17.11	40.75	200m: 2:42.26	43.64	300m: 4:09.02	43.52
					350m: 4:51.61	42.59
					400m: 5:32.26	40.65
6.	Andre Schaap	ZVL-1886 Center	NED	197501357	<b>6:10.81</b>	
	50m: 37.94	37.94	150m: 2:09.29	47.65	250m: 3:47.57	49.46
	100m: 1:21.64	43.70	200m: 2:58.11	48.82	300m: 4:36.46	48.89
					350m: 5:25.55	49.09
					400m: 6:10.81	45.26
7.	Tom Bandsma	PSV	NED	197701625	<b>6:11.97</b>	+0.87
	50m: 37.94	37.94	150m: 2:07.45	46.32	250m: 3:45.55	49.60
	100m: 1:21.13	43.19	200m: 2:55.95	48.50	300m: 4:34.93	49.38
					350m: 5:25.46	50.53
					400m: 6:11.97	46.51
8.	Jeroen Hoeksels	ZVVS	NED	197401533	<b>6:20.18</b>	
	50m: 40.40	40.40	150m: 2:12.55	47.07	250m: 3:49.22	48.46
	100m: 1:25.48	45.08	200m: 3:00.76	48.21	300m: 4:39.04	49.82
					350m: 5:30.25	51.21
					400m: 6:20.18	49.93

**Masters 50+**

1.	Matthias Millers	SG Wuppertal	GER	113799	<b>4:38.34</b>	+0.89
	50m: 31.06	31.06	150m: 1:40.72	35.32	250m: 2:52.79	36.17
	100m: 1:05.40	34.34	200m: 2:16.62	35.90	300m: 3:28.85	36.06
					350m: 4:04.98	36.13
					400m: 4:38.34	33.36
2.	Vedestas Seferlis	Kauno Takas	LTU		<b>4:40.35</b>	+0.60
	50m: 31.19	31.19	150m: 1:41.41	35.66	250m: 2:54.55	36.82
	100m: 1:05.75	34.56	200m: 2:17.73	36.32	300m: 3:30.75	36.20
					350m: 4:07.04	36.29
					400m: 4:40.35	33.31
3.	Richard Ricksen	PSV	NED	197000841	<b>5:10.54</b>	+0.89
	50m: 34.01	34.01	150m: 1:51.06	39.32	250m: 3:10.92	39.73
	100m: 1:11.74	37.73	200m: 2:31.19	40.13	300m: 3:50.76	39.84
					350m: 4:30.85	40.09
					400m: 5:10.54	39.69
4.	Bruno Nahon	Cercle De Natation Sportcity WolBEL	CNSW/000390/70		<b>5:11.15</b>	
	50m: 34.79	34.79	150m: 1:51.56	39.23	250m: 3:11.31	40.27
	100m: 1:12.33	37.54	200m: 2:31.04	39.48	300m: 3:51.50	40.19
					350m: 4:31.75	40.25
					400m: 5:11.15	39.40
5.	Frank van Nobelen	Sassenheim	NED	196900753	<b>5:15.08</b>	+0.84
	50m: 34.91	34.91	150m: 1:52.62	39.70	250m: 3:13.27	40.62
	100m: 1:12.92	38.01	200m: 2:32.65	40.03	300m: 3:54.54	41.27
					350m: 4:35.66	41.12
					400m: 5:15.08	39.42
6.	Chris Kouwenhoven	De Grunte	NED	197101669	<b>5:28.75</b>	+0.93
	50m: 35.74	35.74	150m: 1:58.46	42.19	250m: 3:23.09	42.52
	100m: 1:16.27	40.53	200m: 2:40.57	42.11	300m: 4:05.62	42.53
					350m: 4:48.76	43.14
					400m: 5:28.75	39.99
7.	Henri Verschoor	De Biesboschzwemmers	NED	197001041	<b>5:30.56</b>	+0.94
	50m: 37.66	37.66	150m: 2:01.05	42.03	250m: 3:25.75	42.55
	100m: 1:19.02	41.36	200m: 2:43.20	42.15	300m: 4:07.99	42.24
					350m: 4:49.78	41.79
					400m: 5:30.56	40.78
8.	Wouter van der Stelt	De Biesboschzwemmers	NED	197200889	<b>5:48.17</b>	+0.84
	50m: 37.92	37.92	150m: 2:03.33	43.89	250m: 3:32.86	45.11
	100m: 1:19.44	41.52	200m: 2:47.75	44.42	300m: 4:17.91	45.05
					350m: 5:03.33	45.42
					400m: 5:48.17	44.84
9.	Erwin Snip	ESCA Zwemmen	NED	197001555	<b>6:13.19</b>	+0.89
	50m: 40.10	40.10	150m: 2:12.31	47.02	250m: 3:48.79	48.69
	100m: 1:25.29	45.19	200m: 3:00.10	47.79	300m: 4:37.89	49.10
					350m: 5:26.80	48.91
					400m: 6:13.19	46.39

**Masters 55+**

1.	John Hardeman	Zwemlust-den Hommel	NED	196601615	<b>4:55.72</b>	+0.77
	50m: 32.31	32.31	150m: 1:46.17	37.61	250m: 3:02.47	38.32
	100m: 1:08.56	36.25	200m: 2:24.15	37.98	300m: 3:40.53	38.06
					350m: 4:18.81	38.28
					400m: 4:55.72	36.91
2.	Hugues Herman	Cercle De Natation Sportcity WolBEL	CNSW/009743/66		<b>4:59.36</b>	+0.56
	50m: 34.05	34.05	150m: 1:50.39	38.65	250m: 3:07.92	38.58
	100m: 1:11.74	37.69	200m: 2:29.34	38.95	300m: 3:45.86	37.94
					350m: 4:23.09	37.23
					400m: 4:59.36	36.27



**Programmanr. 4, Heren, 400m vrije slag, Masters 55+**

rang	naam	vereniging	tijd	RT	PARA
3.	Karol Lacko	Vysokoskolsky klub Univerzity kcSVKskeSVK16793	<b>5:17.46</b>	+0.85	
	50m: 37.63	37.63 150m: 1:56.70	39.21 250m: 3:16.20	39.89 350m: 4:37.54	40.81
	100m: 1:17.49	39.86 200m: 2:36.31	39.61 300m: 3:56.73	40.53 400m: 5:17.46	39.92
4.	Henri Michels	De Amstel	<b>5:18.57</b>	+0.85	
	50m: 34.70	34.70 150m: 1:52.35	39.83 250m: 3:14.42	41.26 350m: 4:37.72	41.78
	100m: 1:12.52	37.82 200m: 2:33.16	40.81 300m: 3:55.94	41.52 400m: 5:18.57	40.85
5.	Arno Schrauwen	Patrick-De Roersoppers (SG)	<b>5:28.14</b>	+0.82	
	50m: 35.22	35.22 150m: 1:59.52	42.85 250m: 3:23.89	42.22 350m: 4:48.12	41.98
	100m: 1:16.67	41.45 200m: 2:41.67	42.15 300m: 4:06.14	42.25 400m: 5:28.14	40.02
6.	Leon Slingerland	WVZ	<b>5:45.27</b>	+0.85	
	50m: 35.83	35.83 150m: 2:02.51	44.22 250m: 3:32.89	45.13 350m: 5:03.17	45.04
	100m: 1:18.29	42.46 200m: 2:47.76	45.25 300m: 4:18.13	45.24 400m: 5:45.27	42.10
7.	Marcel Nelissen	MZ&PC	<b>7:22.52</b>	+0.83	
	50m: 48.64	48.64 150m: 2:41.09	56.89 250m: 4:33.83	55.91 350m: 6:27.67	56.59
	100m: 1:44.20	55.56 200m: 3:37.92	56.83 300m: 5:31.08	57.25 400m: 7:22.52	54.85
8.	Adri Pasman	Zuiderzeewimmers	<b>7:55.25</b>		
	50m: 44.37	44.37 150m: 2:34.97	57.59 250m: 4:40.13	1:03.48 350m: 6:51.11	1:05.96
	100m: 1:37.38	53.01 200m: 3:36.65	1:01.68 300m: 5:45.15	1:05.02 400m: 7:55.25	1:04.14

**Masters 60+**

1.	Johan Remmits	ZPC AMERSFOORT	<b>5:04.07</b>	+0.81	
	50m: 34.39	34.39 150m: 1:51.72	38.89 250m: 3:08.69	38.22 350m: 4:26.16	38.72
	100m: 1:12.83	38.44 200m: 2:30.47	38.75 300m: 3:47.44	38.75 400m: 5:04.07	37.91
2.	Paul Wijnja	De Biesboschwimmers	<b>5:27.76</b>	+0.79	
	50m: 36.15	36.15 150m: 1:59.32	42.17 250m: 3:23.44	42.30 350m: 4:48.47	42.45
	100m: 1:17.15	41.00 200m: 2:41.14	41.82 300m: 4:06.02	42.58 400m: 5:27.76	39.29
3.	Casper Dollekamp	Steenwijk 1934	<b>6:04.85</b>	+0.75	
	50m: 38.51	38.51 150m: 2:09.40	46.22 250m: 3:45.45	48.47 350m: 5:22.26	47.22
	100m: 1:23.18	44.67 200m: 2:56.98	47.58 300m: 4:35.04	49.59 400m: 6:04.85	42.59

**Masters 65+**

1.	Marten de Groot <i>Europees Masters Record</i>	HZ&PC Heerenveen	<b>4:54.43</b>	+0.78	
	50m: 34.21	34.21 150m: 1:49.36	37.75 250m: 3:04.29	36.97 350m: 4:18.22	37.06
	100m: 1:11.61	37.40 200m: 2:27.32	37.96 300m: 3:41.16	36.87 400m: 4:54.43	36.21
2.	Henk Slomp	De Inktvis	<b>5:44.99</b>	+0.91	
	50m: 37.82	37.82 150m: 2:05.80	44.70 250m: 3:34.99	45.17 350m: 5:05.32	44.47
	100m: 1:21.10	43.28 200m: 2:49.82	44.02 300m: 4:20.85	45.86 400m: 5:44.99	39.67
3.	Wim de Lange	AZC	<b>6:01.21</b>	+0.73	
	50m: 40.20	40.20 150m: 2:09.95	45.45 250m: 3:42.44	46.16 350m: 5:15.95	46.48
	100m: 1:24.50	44.30 200m: 2:56.28	46.33 300m: 4:29.47	47.03 400m: 6:01.21	45.26
4.	André Pantekoek	PSV	<b>7:11.05</b>		
	50m: 45.30	45.30 150m: 2:37.99	57.60 250m: 4:33.45	57.91 350m: 6:24.28	55.55
	100m: 1:40.39	55.09 200m: 3:35.54	57.55 300m: 5:28.73	55.28 400m: 7:11.05	46.77

**Masters 70+**

1.	Jos Kamps	Zwemvereniging Hoogland	<b>6:49.21</b>	+0.82	
	50m: 40.78	40.78 150m: 2:19.43	50.51 250m: 4:05.45	53.66 350m: 5:55.23	54.93
	100m: 1:28.92	48.14 200m: 3:11.79	52.36 300m: 5:00.30	54.85 400m: 6:49.21	53.98
2.	Piet Schop	De Bevelanders	<b>7:23.49</b> *	+0.71	
	50m: 47.21	47.21 150m: 2:41.06	58.41 250m: 4:39.62	58.86 350m: 6:34.29	56.28
	100m: 1:42.65	55.44 200m: 3:40.76	59.70 300m: 5:38.01	58.39 400m: 7:23.49	49.20
DIS	Frans Heus	UZSC			
	<i>AM - Gebruik gemaakt van hulpmiddelen of tape gebruikt op het lichaam., Horloge gedragen</i>				

Programmanr. 4, Heren, 400m vrije slag

Masters 75+

1. Wout Hemmes	De Plons	NED	194800059	<b>6:31.55</b>	+0.92
<i>Kampioenshabsrecord</i>					
50m:	44.65	44.65	150m:	2:24.76	50.94
100m:	1:33.82	49.17	200m:	3:15.40	50.64
250m:	4:05.55	50.15	350m:	5:45.33	49.48
300m:	4:55.85	50.30	400m:	6:31.55	46.22
2. Willem Putter	ZVVS	NED	194500135	<b>7:19.64</b>	
50m:	46.54	46.54	150m:	2:38.64	56.88
100m:	1:41.76	55.22	200m:	3:36.58	57.94
250m:	4:33.92	57.34	350m:	6:26.74	55.68
300m:	5:31.06	57.14	400m:	7:19.64	52.90

Masters 80+

1. Rob Hanou	PSV	NED	194300109	<b>7:54.65</b>	
50m:	51.51	51.51	150m:	2:55.55	1:02.88
100m:	1:52.67	1:01.16	200m:	3:58.06	1:02.51
250m:	4:59.40	1:01.34	350m:	7:01.18	1:00.99
300m:	6:00.19	1:00.79	400m:	7:54.65	53.47
2. Geza Kaltenecker	AZC	NED	194200065	<b>8:02.05</b>	
50m:	49.89	49.89	150m:	2:52.63	1:03.01
100m:	1:49.62	59.73	200m:	3:56.76	1:04.13
250m:	5:00.88	1:04.12	350m:	7:07.54	1:03.01
300m:	6:04.53	1:03.65	400m:	8:02.05	54.51

Masters 85+

DIS Nic Geers	PSV	NED	193800007		
<i>AF - De aangegeven afstand niet uitgezwommen.</i>					

Programmanr. 5  
05-05-2023 - 11:06

Dames, 100m vlinderslag

Masters Open  
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
<b>Masters 20+</b>								
1. Silke Molendijk	ZVL-1886 Center	NED	200100178	<b>1:04.81</b>	+0.71		30.85	1:04.81
2. Kim Vos	Triton Putten	NED	200000990	<b>1:10.54</b>	+0.68		32.02	1:10.54
3. Welmoed Doornbos	De IJsselmeeuwen	NED	200203352	<b>1:18.51</b>	+0.72		35.24	1:18.51
4. Lianne Dekker	DAW	NED	200305438	<b>1:24.66</b>	+0.72		38.25	1:24.66
5. Marouscha de Vries	DAW	NED	199906628	<b>1:28.37</b>	+0.74		39.35	1:28.37
6. Sheila ten Voorde	Octopus-ZVV (SG)	NED	199904538	<b>1:29.05</b>	+0.81		36.95	1:29.05
7. Cynthia Koolman	Steenwijk 1934	NED	200300232	<b>1:35.26</b>	+0.68		40.74	1:35.26
8. Dannique Koolen	De Vuursche	NED	199904048	<b>1:35.62</b>	+0.65	304	40.37	1:35.62
<b>Masters 25+</b>								
1. Marjolein Delno	VZC	NED	199400024	<b>1:05.07</b>	+0.76		30.19	1:05.07
2. Fenna de Groot	Feijenoord Albion Zwemclub	NED	199701796	<b>1:06.02</b>	+0.66		30.73	1:06.02
3. Nora Bohler	Schwammclub Déifferdang	LUX	15712	<b>1:11.43</b>	+0.73		32.26	1:11.43
<i>Luxembourg Masters Record</i>								
4. Linda Kamperman	Zwemlust-den Hommel	NED	199601238	<b>1:12.89</b>	+0.69		33.71	1:12.89
5. Rianne van Rijssen	Noord Veluwe	NED	199702360	<b>1:15.96</b>	+0.77		34.09	1:15.96
6. Jisca Majolee	ZPC AMERSFOORT	NED	199403570	<b>1:16.45</b>	+0.90		35.54	1:16.45
7. Eef Hollander	Blue Marlins	NED	199602074	<b>1:19.40</b>	+0.73		35.38	1:19.40
8. Rachel Trapman	De Duinkickers	NED	199606760	<b>1:25.10</b>	+0.76		38.72	1:25.10
9. Eline Molle	De Geul	NED	199404276	<b>1:28.62</b>	+0.69		39.43	1:28.62
10. Margien Timmer	ZVL-1886 Center	NED	199506760	<b>1:30.93</b>	+0.73		41.89	1:30.93
11. Melanie Zondag	Moby Dick	NED	199804476	<b>1:38.83</b>	+0.85		42.49	1:38.83
12. Cynthia van Veen	ZVL-1886 Center	NED	199606736	<b>1:39.92</b>	+0.68		41.39	1:39.92

Programmanr. 5, Dames, 100m vlinderslag

Masters 30+

1. Danique Stoop	Zuiderzeezwemmers	NED	199106956	<b>1:07.79</b>	+0.73	31.16	1:07.79
2. Denise Boereboom	NieMo Barracuda	NED	199202144	<b>1:10.23</b>	+0.72	31.92	1:10.23
3. Liesa Vrielinck	Mega	BEL	MEGA/21320/93	<b>1:10.32</b>	+0.75	31.93	1:10.32
4. Lisa Klatten	WVZ	NED	199203628	<b>1:13.02</b>	+0.73	32.50	1:13.02
5. Nikki Hoogeboom	De IJsel	NED	199301196	<b>1:19.99</b>	+0.84	35.34	1:19.99
6. Leontine Groeneveldt	De Duck	NED	199303526	<b>1:26.26</b>		36.33	1:26.26

Masters 35+

1. Viktória Háden-Felföldi	Iron Swim	HUN	66/3267	<b>1:07.59</b>	+0.75	31.52	1:07.59
2. Daniëlle Reijnders	AquAmigos	NED	198504234	<b>1:12.46</b>	+0.77	33.35	1:12.46

Masters 40+

1. Delia Badoux	WVZ	NED	198000042	<b>1:09.63</b>	+0.74	31.49	1:09.63
2. Roos van Esch	ACZ	NED	198200468	<b>1:12.82</b>	+0.80	34.09	1:12.82
3. Miranda Pijnenburg	De Treffers	NED	198301216	<b>1:16.21</b>	+0.77	34.90	1:16.21
4. Elke Popma - Blox	Tiamat	NED	198200154	<b>1:19.35</b>	+0.72	37.13	1:19.35
5. Ramona Linting	AZC	NED	198301274	<b>1:24.11</b>	+0.70	38.77	1:24.11
6. Chantal Verhoeff	Old Dutch	NED	197900912	<b>1:24.93</b>	+0.92	37.26	1:24.93
7. Roelien Stegeman	ZV 44	NED	198102350	<b>1:36.02</b>	+0.83	43.35	1:36.02

Masters 45+

1. Jeanette Seitz	SSV Ulm 1846	GER		<b>1:13.34</b>	+0.72	33.63	1:13.34
2. Katinka van Dongen	ZZ&PC De Devel	NED	197700190	<b>1:15.52</b>	+0.75	35.35	1:15.52
3. Ilona Hogerheyde	DAW	NED	197400224	<b>1:19.14</b>	+0.77	35.60	1:19.14
4. Mirjan den Drijver	Westland Swimming Stars	NED	197500884	<b>1:20.92</b>	+0.83	35.67	1:20.92
5. A. Glazema-Boelema	Stadskanaal	NED	197701166	<b>1:28.19</b>	+0.94	40.07	1:28.19
6. Inge Roskam	De Duinkickers	NED	197801296	<b>1:36.73</b>	+0.78	43.31	1:36.73
7. Sandra Van der Helm	De Rog	NED	197801340	<b>1:45.73</b>	+0.79	46.83	1:45.73

Masters 50+

1. Jeanne Petit	PSV	NED	197001020	<b>1:15.67</b>	+0.79	34.90	1:15.67
2. Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054	<b>1:16.63</b>	+0.84	35.87	1:16.63
3. Valérie Rolland	Cercle De Natation Sportcity VBELwe CNSW/004276/71	BEL		<b>1:18.06</b>	+0.70	35.15	1:18.06
4. Bianca Groot	MSV-Zeemacht	NED	197000652	<b>1:27.04</b>	+0.80	38.18	1:27.04

Masters 55+

1. Petra Blum	SG Bayer	GER	274174	<b>1:27.40</b>	+0.86	38.89	1:27.40
2. Anita Steijger	WVZ	NED	196500628	<b>1:36.39</b>	+0.90	43.57	1:36.39
3. K. van Nassau-van den Heuvel	Old Dutch	NED	196600188	<b>1:46.60</b>	+0.72	49.64	1:46.60
4. Nicky Slinger	HPC	NED	196600316	<b>1:48.48</b>		47.76	1:48.48

Masters 60+

1. Marjan Remmits-de Lange	ZPC AMERSFOORT	NED	196300518	<b>1:21.47</b>	+0.79	36.12	1:21.47
<i>Nederlands Masters Record</i>							
2. Margriet Grove-Lingeman	Triton	NED	196200080	<b>1:29.65</b>	+0.79	40.21	1:29.65
3. Patty Verhagen	PSV	NED	195900146	<b>1:42.32</b>	+0.68	45.20	1:42.32
4. Lia Bijkerk	GZC Donk	NED	196000014	<b>1:56.51</b>	+0.90	52.28	1:56.51

Masters 65+

1. Claire Anthony	Cercle De Natation Sportcity VBELwe CNSW/001353/57	BEL		<b>1:33.16</b>	+0.86	41.63	1:33.16
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Programmanr. 5, Dames, 100m vlinderslag

Masters 70+

1. Christine Nieuwenhuis	SWOL 1894	NED	195100022	<b>1:45.08</b>	*+0.72	45.86	1:45.08
2. F. Blondeel-Gourmet	Cercle De Natation Sportcity VBELwe	CNSW/004901/52		<b>2:04.21</b>	*+0.85	56.58	2:04.21

Masters 85+

1. Marie Smits	Old Dutch	NED	193800004	<b>2:29.94</b>		1:11.26	2:29.94
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*Nederlands Masters Record*

Programmanr. 6

Heren, 100m vlinderslag

Masters Open

05-05-2023 - 11:20

Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
<b>Masters 20+</b>								
1. Freek Hollander	Blue Marlins	NED	200103815	<b>1:02.13</b>	+0.79		28.36	1:02.13
2. Guus Hoogduin	ZVL-1886 Center	NED	200201069	<b>1:02.80</b>	+0.58		29.74	1:02.80
3. Jorian Darwinkel	HZ&PC Heerenveen	NED	200300565	<b>1:03.06</b>	+0.67		28.80	1:03.06
4. Gerard Willighagen	Poseidon'56	NED	200103663	<b>1:03.14</b>	+0.71		28.63	1:03.14
5. Kevin Roest	De Duinkickers	NED	200001223	<b>1:03.99</b>	+0.78		29.84	1:03.99
6. Tom Blankestijn	ZPC AMERSFOORT	NED	200201185	<b>1:04.51</b>	+0.68		29.42	1:04.51
7. Ryan van den Ouden	Poseidon'56	NED	199900377	<b>1:04.79</b>	+0.77		28.88	1:04.79
8. Remco de Heij	ZPCH	NED	200200161	<b>1:05.11</b>	+0.71		30.41	1:05.11
9. Niels Kragt	Dedemsvaart-AC	NED	200300155	<b>1:05.18</b>	+0.72		30.43	1:05.18
10. Jasper Breugem	WVZ	NED	200000303	<b>1:06.40</b>	+0.69		29.47	1:06.40
11. David Kievit	De Schotejil	NED	199900325	<b>1:06.76</b>	+0.68		29.96	1:06.76
12. Jacob Mackloet	De Schotejil	NED	200001171	<b>1:07.40</b>	+0.74		30.65	1:07.40
13. Mick van den Houten	De Duck	NED	200302211	<b>1:07.58</b>	+0.75		30.35	1:07.58
14. Julian Mes	ZOB'66	NED	200103755	<b>1:09.19</b>	+0.74		31.05	1:09.19
15. Boaz Troost	ZOB'66	NED	200100371	<b>1:14.62</b>	+0.76		33.38	1:14.62

Masters 25+

1. Mateusz Kobus	H2O	NED	199505963	<b>59.35</b>	+0.72		26.97	59.35
2. Bert Duivenvoorde	Noordwijkerhout	NED	199701805	<b>59.75</b>	+0.68		27.33	59.75
3. Robin van Beek	ZVL-1886 Center	NED	199704023	<b>1:00.10</b>	+0.70		28.26	1:00.10
4. Donny van den Bosch	Zwemlust-den Hommel	NED	199502001	<b>1:02.00</b>	+0.72		29.12	1:02.00
5. Jordi de Nijs	MSV-Zeemacht	NED	199801851	<b>1:05.24</b>	+0.65		29.73	1:05.24
6. Jordy van Oel	WVZ	NED	199802003	<b>1:05.68</b>	+0.75		30.53	1:05.68
7. Jorrik Kerdijk	Bubble	NED	199602135	<b>1:07.84</b>	+0.67		30.68	1:07.84
8. Ian van Mullem	ZOB'66	NED	199602545	<b>1:08.36</b>	+0.61		31.30	1:08.36
9. Paco de Voogt	De Duck	NED	199400859	<b>1:11.68</b>	+0.67		31.37	1:11.68
10. Rick Vaarkamp	Triton Putten	NED	199404979	<b>1:48.42</b>	+0.94		47.62	1:48.42

Masters 30+

1. Jeroen Baars	Blue Marlins	NED	199200031	<b>59.25</b>	+0.76		27.00	59.25
2. Michel de Maesschalck	DAW	NED	199101525	<b>1:04.21</b>	+0.74		29.30	1:04.21
3. Jesper Oranje	De Duck	NED	199200997	<b>1:06.34</b>	+0.89		30.02	1:06.34
4. Miguel Caro Van Der Poel	Club Natació Tàrraco	ESP		<b>1:07.26</b>	+0.84		31.62	1:07.26
5. Jeroen Burggraaf	De Blauwe Schuur	NED	199000467	<b>1:07.63</b>	+0.82		31.41	1:07.63
6. Tim Bunnik	Triton	NED	199000505	<b>1:08.49</b>	+0.77		31.21	1:08.49
7. Marc Hoogendam	Blue Marlins	NED	199007713	<b>1:09.02</b>	+0.65		30.88	1:09.02
8. Ruben Stolk	ZOB'66	NED	199005665	<b>1:09.36</b>	+0.67		32.91	1:09.36

Masters 35+

1. Rick Driezen	Steenwijk 1934	NED	198600713	<b>1:04.07</b>	+0.84		29.52	1:04.07
2. Rudi Butselaar	GoSwim	NED	198700577	<b>1:16.01</b>	+0.83		34.95	1:16.01

Programmanr. 6, Heren, 100m vlinderslag

Masters 40+

1. Frank v.d. Voordt	De Schotejil	NED	198302259	<b>1:10.38</b>	+0.80	33.21	1:10.38
2. Rob van Wanrooy	Feijenoord Albion Zwemclub	NED	198202627	<b>1:15.40</b>	+0.72	33.46	1:15.40

Masters 45+

1. Casper Hut	HZ&PC Heerenveen	NED	197800471	<b>1:01.32</b>	+0.71	28.26	1:01.32
2. Edgar Thimister	ZEPS	NED	197501511	<b>1:04.82</b>	+0.65	29.63	1:04.82
3. Ruud Holswilder	ZPCH	NED	197800435	<b>1:07.35</b>	+0.72	30.18	1:07.35
4. Alex Damen	DAW	NED	197501371	<b>1:09.47</b>	+0.77	32.03	1:09.47
5. Jasper van Heijst	Het Y	NED	197601699	<b>1:09.60</b>	+0.74	30.19	1:09.60
6. Markus van Rest	WVZ	NED	197701197	<b>1:11.37</b>	+0.84	31.50	1:11.37
7. Kees Bakker	Gay Swim Amsterdam	NED	197501055	<b>1:13.21</b>	+0.65	35.33	1:13.21
8. Bas Spoelstra	AZ&PC De Futen	NED	197701573	<b>1:13.98</b>	+0.76	35.40	1:13.98
9. Eric Hoekman	WS Twente	NED	197401531	<b>1:21.58</b>	+0.88	35.64	1:21.58
10. Marcel van Walt van Praag	Gay Swim Amsterdam	NED	197501425	<b>1:32.92</b>	+0.75	44.14	1:32.92

Masters 50+

1. Frederic Tonus	Luxembourg Sharks Swimming	LUX	10449	<b>58.62</b>	+0.71	27.33	58.62
<i>Europees Masters Record</i>							
2. Antwan van Engen	De Ward	NED	197101577	<b>1:04.07</b>	+0.76	29.79	1:04.07
3. Chester Marsman	ZPC AMERSFOORT	NED	196900671	<b>1:04.89</b>	+0.81	30.43	1:04.89
4. René Beetsma	HZ&PC Heerenveen	NED	196900069	<b>1:15.17</b>	*+0.64	34.11	1:15.17
5. Bruno Nahon	Cercle De Natation Sportcity	VBELwe	CNSW/000390/70	<b>1:17.22</b>	+0.81	35.04	1:17.22
6. Paul van den Heuvel	Arethusa	NED	197000441	<b>1:19.06</b>	+0.84	38.04	1:19.06
7. Hans Schoenmakers	DAW	NED	196900863	<b>1:22.89</b>	+0.83	36.33	1:22.89
8. Erwin Snip	ESCA Zwemmen	NED	197001555	<b>1:41.09</b>		43.54	1:41.09
DIS Taco Eikelenboom	AZ&PC De Futen	NED	196900275				
<i>AF - De aangegeven afstand niet uitgezwommen.</i>							

Masters 55+

1. John Hardeman	Zwemlust-den Hommel	NED	196601615	<b>1:10.53</b>	+0.79	33.25	1:10.53
2. Wiljam Nijenhuis	De IJsel	NED	196400547	<b>1:18.01</b>	+0.86	35.14	1:18.01
3. Pascal Tourton	ZOB'66	NED	196601343	<b>1:23.31</b>		39.88	1:23.31
4. Robert de Brauwer	De Duinkickers	NED	196401383	<b>1:27.85</b>	+0.88	40.63	1:27.85

Masters 60+

1. Johan Remmits	ZPC AMERSFOORT	NED	196201159	<b>1:15.25</b>	+0.80	35.36	1:15.25
2. Evert-Jan Verweij	SWOL 1894	NED	196301143	<b>1:24.34</b>		39.70	1:24.34

Masters 65+

1. Hugo Bregman	WVZ	NED	195800069	<b>1:05.82</b>	+0.83	30.73	1:05.82
<i>Wereld Masters Record</i>							
2. Paul Bunnik	Triton	NED	195600413	<b>1:26.42</b>	+0.96	39.45	1:26.42

Masters 70+

1. Piet Schop	De Bevelanders	NED	195000109	<b>1:59.20</b>	*+0.69	48.48	1:59.20
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Masters 80+

1. Rob Hanou	PSV	NED	194300109	<b>2:40.27</b>		1:13.16	2:40.27
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## 3 - ONMK 2023 Ib Sessie 3

05-05-2023 - 13:00

 Programmanr. 7  
 05-05-2023 - 13:00

Dames, 50m rugslag

 Masters Open  
 Resultaten

rang	naam	vereniging		tijd	RT	PARA
<b>Masters 20+</b>						
1.	Babette van der Kaaij	Blue Marlins	NED 199902234	<b>30.61</b>	+0.62	
2.	Michelle van den Hoofdakker	Steenwijk 1934	NED 200302708	<b>32.05</b>	+0.78	
3.	Lauren van IJll	WVZ	NED 200001064	<b>32.96</b>	+0.71	
4.	Laura Setz	Bubble	NED 200000130	<b>33.15</b>	+0.79	
5.	Veerle van Munster	ZPC Woerden	NED 200102632	<b>33.40</b>	+0.67	
6.	Alisha Vieira	Blue Marlins	NED 199904554	<b>33.72</b>	+0.73	
7.	Hanna Looi	Blue Marlins	NED 200006090	<b>34.03</b>	+0.57	
8.	Lianne van Wier	HZ&PC Heerenveen	NED 200200438	<b>34.22</b>	+0.69	
9.	Leonie van Wier	HZ&PC Heerenveen	NED 200200436	<b>34.54</b>	+0.61	
10.	Merel van den Heuvel	De Meer	NED 200201784	<b>35.27</b>	+0.63	
11.	Sanne Kloezen	Bubble	NED 200204644	<b>35.65</b>	+0.80	
12.	Iris van der Moolen	De Amstel	NED 199902052	<b>35.72</b>	+0.68	
13.	Amber Hesper	VZC	NED 200202188	<b>35.86</b>	+0.72	
14.	Sacha van den Dobbelssteen	Blue Marlins	NED 200100904	<b>36.06</b>	+0.59	
15.	Iris Bastiaansen	De Amstel	NED 199902006	<b>36.46</b>	+0.81	
16.	Marielle van der Vaart	ZVVS	NED 200000994	<b>36.59</b> *	+0.68	
17.	Nina Snippe	Zwemvereniging Hoogland	NED 200203482	<b>37.12</b>	+0.71	
18.	Esmee Kloezen	Bubble	NED 200204646	<b>37.23</b>	+0.74	
19.	Jet Kleine	MSV-Zeemacht	NED 199903384	<b>38.26</b>	+0.70	
20.	Alies Wagter	Steenwijk 1934	NED 199900840	<b>38.28</b>	+0.84	
21.	Lianne Dekker	DAW	NED 200305438	<b>38.68</b>	+0.63	
22.	Amber Hopman	De Aalscholver	NED 200106384	<b>39.00</b> *	+0.77	
23.	Sabine Lageweg	Steenwijk 1934	NED 199900926	<b>39.95</b>	+0.71	
24.	Tove Kienhuis	Aqua'68	NED 200203486	<b>40.55</b>	+0.74	
25.	Ymke van Dongen	AquaAmigos	NED 200202662	<b>41.02</b>	+0.74	
26.	Nana Dekkers	Neptunus'58	NED 200206220	<b>44.12</b>	+0.64	
27.	Selma Boertien	Aqua'68	NED 200203834	<b>45.51</b>	+0.73	

**Masters 25+**

1.	Nadja Roovers	Hieronymus	NED 199800798	<b>31.94</b>	+0.75	
2.	Anne-Irene Ducheine	Zwemvereniging Hoogland	NED 199506824	<b>33.49</b>	+0.60	
3.	Suzanne Mosch	MSV-Zeemacht	NED 199400548	<b>34.61</b>	+0.68	
4.	Fiona Meuffels	PSV	NED 199504366	<b>36.25</b>	+0.71	
5.	Anouk van der Lans	Westland Swimming Stars	NED 199801614	<b>37.09</b>	+0.73	
6.	Nina Tourton	ZOB'66	NED 199603612	<b>37.72</b>	+0.66	
7.	Eline Hendriks	ZPC AMERSFOORT	NED 199802794	<b>38.29</b>	+0.75	
8.	Laura Scheffer	GoSwim	NED 199407222	<b>38.46</b>	+0.68	
9.	Rachel Trapman	De Duinkickers	NED 199606760	<b>38.74</b>	+0.69	
10.	Cynthia van Veen	ZVL-1886 Center	NED 199606736	<b>41.17</b>	+0.58	
11.	Eline Molle	De Geul	NED 199404276	<b>41.55</b>	+0.78	
12.	Elly Peters	H2O	NED 199407568	<b>58.99</b>	+0.77	

**Masters 30+**

1.	Danique Stoop	Zuiderzeezwemmers	NED 199106956	<b>31.97</b>	+0.58	
2.	Elmi Roelofsen	Octopus-ZVV (SG)	NED 199008198	<b>33.84</b>	+0.84	
3.	Daphne Robijn-Jongedijk	EZCL (SG)	NED 198903520	<b>35.75</b>	+0.71	
4.	Getrude Corporaal	Steenwijk 1934	NED 199200380	<b>36.36</b>	+0.82	
5.	Wendy de Bruin	ZOB'66	NED 199206320	<b>37.35</b>	+0.66	
6.	Adela Vázquez García	ZVL-1886 Center	NED 199307952	<b>37.77</b>	+0.59	
7.	Joëlle Vaes	DIO	NED 199007576	<b>38.17</b>	+0.86	
8.	Kimberley van Buren	De Duck	NED 199304136	<b>38.45</b>	+0.79	
9.	Phedra Van Daele	Mega	BEL MEGA/21311/93	<b>38.78</b>	+0.68	
10.	Jacoline van den Beukel	NieMo Barracuda	NED 199100238	<b>39.01</b>	+0.76	
11.	Relinda Baas	TriVia	NED 198900144	<b>39.19</b>	+0.77	
12.	Maaïke Karsten	Zwemvereniging Hoogland	NED 199103832	<b>39.85</b>	+0.91	

Programmanr. 7, Dames, 50m rugslag, Masters 30+

rang	naam	vereniging			tijd	RT	PARA
13.	Lonneke Oenema	Steenwijk 1934	NED	199102314	<b>41.93</b>	+0.76	

Masters 35+

1.	Jenny Schouten	MZ&PC	NED	198703674	<b>33.24</b>	+0.81	
2.	Samantha van Eijk	De Geul	NED	198806826	<b>35.41</b>	+0.86	
3.	Marije Jansen	ZPC AMERSFOORT	NED	198504088	<b>35.78</b>	+0.77	
4.	Hanneke Heymen	WS Twente	NED	198400968	<b>36.52</b>	+0.66	
5.	Rianne Hofland	Sassenheim	NED	198801820	<b>36.72</b>	+0.73	
6.	Sanne de Ridder	ZVL-1886 Center	NED	198502444	<b>37.83</b>	+0.78	
7.	Kim Visser	H2Oldambt	NED	198704350	<b>42.75</b>	+0.84	
8.	Janna Brummel	SwimGym	NED	198807018	<b>49.47</b>	+0.77	

Masters 40+

1.	Roos van Esch	ACZ	NED	198200468	<b>35.18</b>	+0.69	
2.	Tonia Ruybroek	Poseidon'56	NED	198101290	<b>35.56</b>	+0.68	
3.	Anne-Marie Verschoor-Vos	De Biesboschzwemmers	NED	198102300	<b>36.80</b>	+0.74	
4.	Elke Popma - Blox	Tiamat	NED	198200154	<b>37.46</b>	+0.69	
5.	Miranda Pijnenburg	De Treffers	NED	198301216	<b>38.06</b>	+0.72	
6.	Leonie Scholten	Steenwijk 1934	NED	197901560	<b>39.90</b>	+0.77	

Masters 45+

1.	Monique Boets	Stadskanaal	NED	197600230	<b>35.81</b>	+0.75	
2.	Mirjan den Drijver	Westland Swimming Stars	NED	197500884	<b>38.14</b>	+0.80	
3.	Anuschka Glazema-Boelema	Stadskanaal	NED	197701166	<b>40.76</b>	+0.97	
4.	Fabiola Bosman	Deltasteur	NED	197701148	<b>41.12</b>	+0.83	
5.	Esther Vergeest	De Rog	NED	197700012	<b>41.86</b>	+0.80	
6.	Margriet Leeffers	Deltasteur	NED	197800448	<b>44.74</b>	+0.73	
7.	Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	NED	197700138	<b>47.60</b>	+0.94	
8.	Fabienne Verriet-Regensburg	VZV Njord	NED	197500428	<b>57.12</b>	+0.82	
9.	Nicolette Zuidema	ZV 44	NED	197500978	<b>58.35</b>	+0.80	

Masters 50+

1.	Edith Janssen-Koolen	TRB-RES	NED	197300898	<b>36.16</b>	+0.84	
2.	Monique Tuijp	Ed-Vo	NED	196900800	<b>37.30</b>	+0.94	
3.	Valérie Rolland	Cercle De Natation Sportcity WolBEL	CNSW/004276/71		<b>37.79</b>	+0.63	
4.	Trudie van Niejenhuis	TZC-Vahalis	NED	197100444	<b>38.70</b>	+0.84	
5.	Henriëtte Manting-Holthuis	H2Oldambt	NED	197100246	<b>42.10</b>	+0.78	
6.	Cherry Bas-Ott	DAW	NED	197100464	<b>44.91</b>	+0.75	
7.	Nathasja Konijn	GZC Donk	NED	197100992	<b>45.41</b>	+0.78	
8.	Danielle Schipper	ZOB'66	NED	197001078	<b>48.46</b>	+0.76	

Masters 55+

1.	Allie Price	Bridgend Swim Club	GBR	547582	<b>35.77</b>	+0.68	
2.	Lesley Cordial	ZPC AMERSFOORT	NED	196700684	<b>36.03</b>	+0.66	
3.	Talje Dijkhuis	ZPC AMERSFOORT	NED	196600072	<b>38.36</b>	+0.81	
4.	Petra Blum	SG Bayer	GER	274174	<b>39.28</b>	+0.91	
5.	Jacqueline Tuin	DAW	NED	196600690	<b>39.71</b>	+0.74	
6.	Christine Buist	De Duinkickers	NED	196400608	<b>44.67</b>	+0.77	
7.	Annette van Dok	MSV-Zeemacht	NED	196800742	<b>45.51</b>	+0.89	
8.	Ageeth Westenbrink	De Rog	NED	196700712	<b>48.33</b>	+0.81	
9.	Roselinda van der Vlugt	De Geul	NED	196700710	<b>48.46</b>	+0.79	
10.	Cora Smulders	ESCA Zwemmen	NED	196600668	<b>51.92</b>	+0.71	
AFGEM	Riekie Schra	Steenwijk 1934	NED	196400404			

Programmanr. 7, Dames, 50m rugslag

Masters 60+

1.	Birgit Reichelt	SG Bayer	GER	194570	<b>38.12</b>	+0.81
	<i>Kampioenschapsrecord, German Masters Record</i>					
2.	Jacqueline Rolloos-Bakkers	NieMo Barracuda	NED	196300022	<b>43.33</b>	+0.88
3.	Marijke Kraak-Beckers	WS Twente	NED	196000240	<b>45.06</b>	+0.79
4.	Jenny Westervaarder	H2Oldambt	NED	196200424	<b>50.24</b>	+0.94

Masters 65+

1.	Atie Pijtak-Radersma	ZPC AMERSFOORT	NED	195600048	<b>38.83</b>	+0.70
	<i>Nederlands Masters Record</i>					
2.	Claire Anthony	Cercle De Natation Sportcity WolBEL	BEL	CNSW/001353/57	<b>45.86</b>	+0.82
	<i>Belgisch Masters Record</i>					
3.	Ria Peters-Veurman	ESCA Zwemmen	NED	195800242	<b>57.93</b>	+0.92
4.	Lies Hartman	PSV	NED	195600116	<b>1:02.60</b>	+0.85
5.	Mies Kuipers	Old Dutch	NED	195800202	<b>1:02.95</b>	+0.72
6.	Maryse Van Cant	Brabo Zwemclub Antwerpen	BEL	BRABO/20389/54	<b>1:07.18</b>	+0.80
7.	Karien Musters	Old Dutch	NED	195800236	<b>1:10.01</b>	+0.68

Masters 70+

1.	Christine Nieuwenhuis	SWOL 1894	NED	195100022	<b>46.43</b>	+0.85
2.	Carla Hensen	PSV	NED	195300062	<b>49.26</b>	+0.77
3.	Antoinette Gilding-Tussaud	WS Twente	NED	195000038	<b>51.34</b>	+0.77
4.	Tineke van Diggelen	ZPCH	NED	195200048	<b>53.91</b>	+0.89
5.	Fernande Blondeel-Gourmet	Cercle De Natation Sportcity WolBEL	BEL	CNSW/004901/52	<b>58.39</b> *	+0.78
6.	Geerdien Meerwaldt	De Geul	NED	195200058	<b>1:02.18</b>	+0.92
7.	Nini van Dongen-de Paepe	ZZ&PC De Devel	NED	195100044	<b>1:07.07</b>	+0.89

Masters 75+

1.	Leny Kamp	Aquapoldro	NED	194400008	<b>1:04.99</b>	+0.71
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Masters 85+

1.	Marie Smits	Old Dutch	NED	193800004	<b>1:08.64</b>	
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Programmanr. 8  
05-05-2023 - 13:19

Heren, 50m rugslag

Masters Open  
Resultaten

rang	naam	vereniging			tijd	RT	PARA
<b>Masters 20+</b>							
1.	Daan Hogerhuis	De Columbiaan	NED	200300317	<b>28.99</b>	+0.61	
2.	Jorian Darwinkel	HZ&PC Heerenveen	NED	200300565	<b>30.98</b>	+0.65	
3.	Mart de Koning	ZOB'66	NED	200203253	<b>31.14</b>	+0.71	
4.	Remco Dijkstra	HZ&PC Heerenveen	NED	200100789	<b>31.22</b>	+0.70	
5.	Tim Speijer	Bubble	NED	200301661	<b>31.44</b>	+0.61	
6.	Ilmar Stoop	Zuiderzeezwemmers	NED	200100871	<b>31.53</b>	+0.67	
7.	David Kievit	De Schotejil	NED	199900325	<b>32.04</b>	+0.85	
8.	Boyd Wijkman	MSV-Zeemacht	NED	200104759	<b>32.15</b>	+0.65	
9.	Milan de Roo	ZPC Woerden	NED	200102215	<b>32.21</b>	+0.67	
10.	Jeroen Louwinger	De Rijn	NED	199900583	<b>33.64</b>	+0.68	
11.	Mees Minneboo	MSV-Zeemacht	NED	200203465	<b>34.99</b>	+0.55	
12.	Lars Bruinink	Noord Veluwe	NED	200303865	<b>41.01</b>	+0.73	
13.	Ryan van der Sluijs	De Duck	NED	200105571	<b>42.80</b>	+0.73	

Programmanr. 8, Heren, 50m rugslag

Masters 25+

1.	Melvin Prins	TRB-RES	NED	199500201		<b>27.53</b>	+0.61	
2.	Bas Dries	Zwemvereniging Hoogland	NED	199505177		<b>29.51</b>	+0.55	
3.	Joey Papaioannou	Aqua-Novio'94	NED	199802269		<b>29.60</b>	+0.57	
4.	Robin van Beek	ZVL-1886 Center	NED	199704023		<b>29.81</b>	+0.59	
5.	John Smit	Poseidon'56	NED	199500613		<b>30.24</b>	+0.62	
6.	Martijn Lageweg	Steenwijk 1934	NED	199701323		<b>32.50</b>	+0.62	
7.	Tim van Grunsven	De Treffers	NED	199804535		<b>33.19</b>	+0.63	
8.	Kevin Kingma	ACZ	NED	199700559		<b>33.53</b>	+0.66	
9.	Erik Baalbergen	ZVL-1886 Center	NED	199805775		<b>34.43</b>	+0.88	
10.	Lars Jacobsen	DWK	NED	199705453	S14	<b>34.89</b>	+0.74	500

Masters 30+

1.	Jeroen Matthijssen	AZC	NED	199103751		<b>30.82</b>	+0.77	
2.	Miguel Caro Van Der Poel	Club Natació Tàrraco	ESP			<b>31.86</b>	+0.73	
3.	Ruben Stolk	ZOB'66	NED	199005665		<b>33.75</b>	+0.74	
4.	Patrick Brouwer	AZC	NED	199303715		<b>34.36</b>	+0.87	
NG	Jesper Oranje	De Duck	NED	199200997				

Masters 35+

1.	Martijn Giezen	ZPC AMERSFOORT	NED	198500813		<b>30.75</b>	+0.73	
2.	Robert Braad	Steenwijk 1934	NED	198600407		<b>32.00</b>	+0.75	
3.	Albert van Piekeren	SWOL 1894	NED	198401767		<b>32.22</b>	+0.77	
4.	Pascal van Haren	NieMo Barracuda	NED	198704101		<b>33.12</b>	+0.68	
5.	Remco van der Graaf	PSV	NED	198704007		<b>35.20</b>	+0.93	
6.	Arne-Willem Kroonen	MZ&PC	NED	198401297		<b>35.42</b>	+0.73	

Masters 40+

1.	Mark Hensen	NieMo Barracuda	NED	197900497		<b>32.31</b>	+0.68	
2.	Jim Geestman	Blue Marlins	NED	198300699		<b>32.56</b>	+0.76	
3.	Paul Oudendijk	DAW	NED	198101287		<b>32.83</b>	+0.87	
4.	Heijmen van Vliet	De Geul	NED	198001637		<b>33.21</b>	+0.65	
5.	Dirk Smit	Tiamat	NED	198101559		<b>34.07</b>	+0.71	
6.	Peter Lommert	SWOL 1894	NED	197900787		<b>35.76</b>	+0.72	
7.	Rob van Wanrooy	Feijenoord Albion Zwemclub	NED	198202627		<b>35.78</b>	+0.62	
8.	Gino Martijn	RZ	NED	197901865		<b>35.88</b>	+0.60	
9.	Cetin Cetiner	Göztepe	TUR			<b>39.18</b>	+0.75	
10.	Paul Rutten	ESCA Zwemmen	NED	198001293		<b>39.89</b>	+0.86	

Masters 45+

1.	Casper Hut <i>Kampioenschapsrecord</i>	HZ&PC Heerenveen	NED	197800471		<b>29.60</b>	+0.69	
2.	Ruud Holswilder	ZPCH	NED	197800435		<b>31.32</b>	+0.69	
3.	Dennis Brouwers	HZPC	NED	197800167		<b>31.47</b>	+0.77	
	Ivo Roozeboom	WVZ	NED	197700801		<b>31.47</b>	+0.72	
5.	Jasper van Heijst	Het Y	NED	197601699		<b>32.02</b>	+0.69	
6.	Alex Damen	DAW	NED	197501371		<b>33.73</b>	+0.83	
7.	Pieter Broek	Westland Swimming Stars	NED	197701637		<b>33.76</b>	+0.64	
8.	Erwin Buist	ZPC AMERSFOORT	NED	197800183		<b>33.96</b>	+0.73	
9.	Eric Hoekman	WS Twente	NED	197401531		<b>34.42</b>	+0.64	
10.	Markus van Rest	WVZ	NED	197701197		<b>34.48</b>	+0.74	
11.	Christiaan Bouwmeester	SBC2000	NED	197600127		<b>35.88</b>	+0.93	
12.	Jeroen Hoeksel	ZVVS	NED	197401533		<b>46.17</b>	+0.88	

Programmanr. 8, Heren, 50m rugslag

Masters 50+

1.	Chester Marsman	ZPC AMERSFOORT	NED	196900671	<b>30.87</b>	+0.74
2.	Vedestas Seferlis	Kauno Takas	LTU		<b>31.89</b>	+0.59
3.	René Beetsma	HZ&PC Heerenveen	NED	196900069	<b>35.41</b>	+0.76
4.	Bruno Nahon	Cercle De Natation Sportcity WolBEL	CNSW	000390/70	<b>37.63</b>	+0.84
5.	Taco Eikelenboom	AZ&PC De Futen	NED	196900275	<b>38.77</b>	+0.85

Masters 55+

1.	Guido Keutgen	Steenwijk 1934	NED	196801551	<b>32.80</b>	+0.70
2.	Hugues Herman	Cercle De Natation Sportcity WolBEL	CNSW	009743/66	<b>35.24</b>	+0.64
3.	Pascal Tourton	ZOB'66	NED	196601343	<b>36.88</b>	
4.	Otto Jansen	ZVL-1886 Center	NED	196501403	<b>36.96</b>	+0.89
5.	Nico Swart	De Biesboschzwemmers	NED	196801475	<b>37.27</b>	+0.73
6.	Erik Saan	De Duck	NED	196500769	<b>37.78</b>	+0.75
7.	Wijam Nijenhuis	De IJsel	NED	196400547	<b>38.86</b>	+0.89
8.	Pieter-Sjoerd de Wijn	DES	NED	196501027	<b>45.77</b>	+0.97
9.	Adri Pasman	Zuiderzeezwemmers	NED	196400573	<b>50.94</b>	+0.87

Masters 60+

1.	Peter Bernsen <i>Nederlands Masters Record</i>	De Rog	NED	196301119	<b>32.19</b>	+0.63
2.	Erik Kamphuis	De Rog	NED	196001035	<b>35.30</b>	+0.71
3.	Henk Kuipers	ZPC AMERSFOORT	NED	196201207	<b>37.44</b>	+0.71
4.	Casper Dollekamp	Steenwijk 1934	NED	196301341	<b>39.18</b>	+0.71
5.	Richard Tiemstra	De Biesboschzwemmers	NED	196301397	<b>40.26</b>	+0.80

Masters 65+

1.	Mark Eligh	ZPC AMERSFOORT	NED	195700497	<b>37.81</b>	+0.86
2.	André Pantekoek	PSV	NED	195800321	<b>43.57</b>	+0.75

Masters 70+

1.	Pieter Husslage	Old Dutch	NED	195300091	<b>44.51</b>	+0.94
2.	Jan Nuijten	PSV	NED	194900175	<b>47.27</b>	+0.78
3.	Jos Kamps	Zwemvereniging Hoogland	NED	195100085	<b>47.99</b>	+0.57
4.	Rob Berkhof	SWOL 1894	NED	195200245	<b>48.88</b>	+0.96
5.	Nello Spiteri	DAW	NED	195200295	<b>59.73</b>	+0.98

Masters 75+

1.	Mans Buis	SWOL 1894	NED	194700133	<b>48.59</b> *	+0.84
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Masters 80+

1.	Rob Hanou	PSV	NED	194300109	<b>54.49</b>	+0.94
2.	Nico Baay	Old Dutch	NED	194200053	<b>55.89</b>	+0.90



Programmanr. 9  
05-05-2023 - 13:32

Dames, 200m schoolslag

Masters Open  
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
<b>Masters 20+</b>								
1. V. van den Bogert	Hieronymus	NED 200102138	<b>2:39.11</b>	+0.66	36.33	1:16.93	1:57.75	2:39.11
<i>Nederlands Masters Record</i>								
2. Silke Molendijk	ZVL-1886 Center	NED 200100178	<b>2:49.74</b>	+0.68	39.35	1:22.64	2:06.27	2:49.74
3. Malin Beuse	SG Bayer	GER 262348	<b>2:53.98</b>	+0.62	38.77	1:23.01	2:07.87	2:53.98
4. Lisanne Seising	VZC	NED 200002084	<b>2:57.95</b>	+0.72	38.94	1:24.31	2:11.54	2:57.95
5. Hannah Ledingham	SG Bayer	GER 458077	<b>2:59.83</b>	+0.66	39.87	1:25.84	2:13.19	2:59.83
6. Veerle van Munster	ZPC Woerden	NED 200102632	<b>3:00.57</b>	+0.69	40.89	1:26.60	2:13.86	3:00.57
7. Lonneke Graansma	ZVL-1886 Center	NED 199900936	<b>3:01.03</b>	+0.71	39.36	1:24.87	2:12.49	3:01.03
8. Anneke van der Laan	Orca	NED 200201154	<b>3:03.42</b>	+0.76	40.06	1:26.73	2:14.96	3:03.42
9. Elisah Velgersdijk	ZPC AMERSFOORT	NED 200102436	<b>3:10.72</b>	+0.76	42.77	1:31.32	2:20.96	3:10.72
10. Mandy Swart	De Biesboschzwemmers	NED 199904916	<b>3:16.52</b>	+0.82	45.32	1:35.72	2:26.80	3:16.52
11. Maartje Hids	ZVL-1886 Center	NED 199903042	<b>3:17.08</b>	+0.82	45.01	1:34.39	2:25.23	3:17.08
12. Cynthia Koolman	Steenwijk 1934	NED 200300232	<b>3:19.03</b>	+0.75	43.82	1:34.75	2:26.82	3:19.03
13. Sheila ten Voorde	Octopus-ZVV (SG)	NED 199904538	<b>3:19.08</b>	+0.80	43.46	1:33.69	2:25.66	3:19.08

### Masters 25+

1. Fenna de Groot	Feijenoord Albion Zwemclub	NED 199701796	<b>2:52.89</b>	+0.65	37.65	1:20.65	2:05.60	2:52.89
2. Anne Noom	Het Y	NED 199800062	<b>2:56.69</b>	+0.74	40.07	1:24.67	2:10.58	2:56.69
3. Chantal van der Horst	De Meer	NED 199400616	<b>2:57.17</b>	+0.82	41.10	1:26.39	2:11.69	2:57.17
4. Fiona Meuffels	PSV	NED 199504366	<b>3:04.18</b>	+0.69	40.46	1:26.73	2:15.89	3:04.18
5. Larissa Jansen	PSV	NED 199500660	<b>3:09.39</b>	+0.90	43.87	1:32.22	2:20.02	3:09.39
6. Roxanne van Bavel	Poseidon'56	NED 199407378	<b>3:10.85</b>	+0.71	43.72	1:32.79	2:22.38	3:10.85
7. Sanne van de Pol	De Biesboschzwemmers	NED 199800722	<b>3:11.65</b>	+0.67	43.61	1:32.12	2:21.80	3:11.65
8. Jisca Majolee	ZPC AMERSFOORT	NED 199403570	<b>3:14.22</b>	+0.88	43.87	1:33.49	2:24.86	3:14.22
9. Yvette Meijer	Zwemvereniging Hoogland	NED 199706590	<b>3:21.53</b>	+0.92	47.78	1:38.94	2:30.27	3:21.53
10. Djamari Oetringer	Aqua-Novio'94	NED 199600546	<b>3:27.16</b>	+0.79	46.05	1:37.97	2:32.44	3:27.16
11. Melanie Zondag	Moby Dick	NED 199804476	<b>3:42.93</b>	+0.93	50.27	1:46.54	2:45.34	3:42.93

### Masters 30+

1. Suzan Blankestijn	ZVL-1886 Center	NED 198900350	<b>3:00.31</b>	+0.77	40.13	1:24.73	2:11.84	3:00.31
2. Jacyntha Plat	Steenwijk 1934	NED 199002956	<b>3:00.46</b>	+0.76	40.45	1:25.98	2:13.07	3:00.46
3. Maaike de Boer	De Duinkickers	NED 199000362	<b>3:09.42</b>	+0.85	42.92	1:31.28	2:20.49	3:09.42
4. Danielle Vermeulen	Zwemlust-den Hommel	NED 199108534	<b>3:11.72</b>	+0.75	41.95	1:30.63	2:20.95	3:11.72
5. Marjan Rikken	Octopus-ZVV (SG)	NED 199206114	<b>3:37.77</b>	+0.80	47.55	1:42.77	2:40.17	3:37.77

DIS Liesa Vrielinck Mega BEL MEGA/21320/93  
*SU - Niet gezwommen in de cyclus van eerst armslag dan beenslag of een onvolledige cyclus (behalve bij de laatste slag voor keer- of eindpunt)*

### Masters 35+

1. Sabine Zimmermann	Aachener SV 06	GER 101578	<b>2:55.96</b>	+0.75	40.56	1:25.92	2:11.46	2:55.96
2. Daniëlle Reijnders	AquAmigos	NED 198504234	<b>2:57.07</b>	+0.73	39.86	1:25.34	2:11.67	2:57.07
3. S. van der Linden	DIO	NED 198802736	<b>3:02.65</b>	+0.82	41.29	1:27.30	2:14.75	3:02.65
4. Liesbeth van Mill	Zwemlust-den Hommel	NED 198702786	<b>3:11.92</b>	+0.78	43.68	1:32.29	2:22.32	3:11.92
5. Linda van Klei	GZC Donk	NED 198802088	<b>3:13.96</b>	+0.75	44.00	1:32.28	2:22.25	3:13.96

DIS Isaline Manchel Cercle De Natation Sportcity BELuCNSW/001284/85  
*SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.*

Programmanr. 9, Dames, 200m schoolslag

Masters 40+

1. Laura Badoux	DAW	NED 198200038	<b>2:53.58</b>	+0.83	39.05	1:23.76	2:09.26	2:53.58
<i>Nederlands Masters Record</i>								
2. Claudia Schönitz	SV Gronau 1910 e.V.	GER 091249	<b>3:10.15</b>	+0.93	42.21	1:30.11	2:19.40	3:10.15
3. Angela Giezen	Zwemvereniging Hoogland	NED 198302796	<b>3:22.09</b>	+0.78	47.24	1:38.87	2:30.65	3:22.09
4. Roelien Stegeman	ZV 44	NED 198102350	<b>3:22.18</b>	+0.80	45.80	1:37.70	2:29.83	3:22.18
5. Aafke Groot	De Geul	NED 198302748	<b>3:31.70</b>	+0.94	49.33	1:43.47	2:38.10	3:31.70
6. Simone Weijland	ZV 44	NED 197901610	<b>3:57.18</b>	+0.91	52.57	1:51.73	2:55.17	3:57.18

Masters 45+

1. Liselotte Joling	PSV	NED 197500268	<b>3:13.40</b>	+0.89	43.77	1:34.22	2:25.66	3:13.40
2. Rachel Trainor	De Duck	NED 197700670	<b>3:19.81</b>	+0.80	44.33	1:34.84	2:27.32	3:19.81
3. Monica Korndewal	ZPC AMERSFOORT	NED 197701258	<b>3:31.52</b>	+0.81	46.34	1:39.27	2:35.59	3:31.52
4. Inge Roskam	De Duinkickers	NED 197801296	<b>3:37.58</b>	+0.79	47.63	1:43.36	2:41.85	3:37.58
5. Fabiola Bosman	Deltasteur	NED 197701148	<b>3:47.05</b>	+0.75	52.40	1:51.02	2:50.00	3:47.05
6. Ilonka van der Meer	GZC Donk	NED 197601168	<b>3:56.68</b>		52.10	1:50.74	2:53.58	3:56.68

Masters 50+

1. Katharina Schlipp	De Vliet (SG)	NED 197301004	<b>3:15.64</b>	+0.58	43.92	1:32.03	2:23.85	3:15.64
2. Bianca Groot	MSV-Zeemacht	NED 197000652	<b>3:17.33</b>	+0.84	44.76	1:35.34	2:26.68	3:17.33
3. Iris van Aurich	DWK	NED 196900866	<b>3:17.71</b>	+0.62	45.93	1:37.08	2:28.28	3:17.71
4. Pascalie Janssen	Patrick-De Roersoppers (SG)	NED 197300852	<b>3:23.25</b>	+0.88	46.45	1:37.54	2:30.26	3:23.25
5. Trudie van Niejenhuis	TZC-Vahalis	NED 197100444	<b>3:23.48</b>	+0.82	46.93	1:38.50	2:31.21	3:23.48
6. Kathy Van Lindt	Cercle De Natation Sportcity	BELuCNSW/007949/71	<b>3:23.89</b>	+0.90	46.66	1:39.08	2:31.12	3:23.89
7. Greta Wyma-Teitsma	DWK	NED 197100696	<b>4:02.49</b>	+0.97	54.36	1:55.43	2:58.31	4:02.49
8. Annette Spies	LinK	NED 197001110	<b>4:15.66</b>	+0.98	57.27	2:02.76	3:09.48	4:15.66

Masters 55+

1. Annette Wijnja-Visser	De Biesboschzwemmers	NED 196700528	<b>3:11.37</b>	+0.68	43.58	1:32.02	2:21.74	3:11.37
2. A. Korving-Leijenaar	Aqualero	NED 196700662	<b>3:25.39</b>	+0.71	46.26	1:38.33	2:31.45	3:25.39
3. K. van Nassau-van den	Old Dutch	NED 196600188	<b>3:42.60</b>	+0.96	49.81	1:45.34	2:43.37	3:42.60
4. Wilna Heijman	Steenwijk 1934	NED 196400506	<b>3:46.86</b>	+0.71	51.18	1:48.99	2:49.46	3:46.86
5. M. Flammang-Wagener	Cercle de Natation Dudelange	LUX 4652	<b>4:14.82</b>	+0.87	57.03	2:02.96	3:08.54	4:14.82

Masters 60+

1. P. Tossings-van de Hoo	GZC Donk	NED 196100376	<b>3:35.25</b>	+0.77	49.80	1:44.13	2:40.34	3:35.25
2. Yoka de Vegt-van Dijk	ESCA Zwemmen	NED 196200420	<b>3:38.94</b>	+0.86	49.56	1:46.06	2:43.37	3:38.94
3. A. Vuist-Blum	SWOL 1894	NED 196300282	<b>3:42.14</b>	+0.92	50.57	1:46.28	2:43.65	3:42.14
4. Linda Wibbelink	Steenwijk 1934	NED 195900158	<b>3:46.15</b>	+0.91	49.39	1:46.65	2:45.83	3:46.15
5. Hannie Poletiek	TriVia	NED 195900278	<b>4:03.24</b>	+0.96	55.36	1:56.93	3:00.13	4:03.24
6. Lia Bijkerk	GZC Donk	NED 196000014	<b>4:04.01</b>	+0.94	56.16	1:59.68	3:03.86	4:04.01
7. W. Schoenmaker-ter Ven	DWK	NED 195900254	<b>4:15.98</b>	+0.89	56.54	2:00.42	3:07.45	4:15.98

Masters 65+

1. Liudmila Skopina	Cercle De Natation Sportcity	BELuCNSW/010673/57	<b>3:46.94</b>	+0.80	50.42	1:48.10	2:47.46	3:46.94
2. Marijke van Hoek	ZPC De Zeeuwse Kust	NED 195800050	<b>3:48.31</b>	* +0.81	51.77	1:49.78	2:49.47	3:48.31
3. Ria Peters-Veurman	ESCA Zwemmen	NED 195800242	<b>4:25.28</b>		1:01.01	2:08.59	3:18.21	4:25.28
4. Mies Kuipers	Old Dutch	NED 195800202	<b>5:11.83</b>	* +0.96	1:13.44	2:33.86	3:56.82	5:11.83

Masters 70+

1. Tineke van Diggelen	ZPCH	NED 195200048	<b>4:38.11</b>		1:04.41	2:15.46	3:27.96	4:38.11
2. N. van Dongen-de Paep	ZZ&PC De Devel	NED 195100044	<b>5:17.57</b>		1:11.72	2:33.65	3:56.89	5:17.57

Programmanr. 9, Dames, 200m schoolslag

Masters 75+

1. A. Verhoeven - Stegger	De Duinkickers	NED 194600024	<b>4:46.07</b>		1:10.64	2:24.95	3:39.46	4:46.07
2. L. van Huissteden	ZPC AMERSFOORT	NED 194500002	<b>4:50.06</b>		1:09.03	2:23.17	3:38.25	4:50.06

Programmanr. 10  
05-05-2023 - 14:06

Heren, 200m schoolslag

Masters Open  
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
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Masters 20+

1. Benjamin Vermeulen	De Bevelanders	NED 200003721	<b>2:35.69</b>	+0.81	34.58	1:14.25	1:54.65	2:35.69
2. D. van den Nieuwendijk	De Columbiaan	NED 200100475	<b>2:38.25</b>	+0.77	34.73	1:14.73	1:55.79	2:38.25
3. Jelle Opmeer	ZPC AMERSFOORT	NED 200100269	<b>2:38.95</b>	+0.68	34.41	1:14.82	1:56.48	2:38.95
4. Guus Hoogduin	ZVL-1886 Center	NED 200201069	<b>2:43.96</b>	+0.60	37.07	1:18.76	2:01.19	2:43.96
5. Robin van Peenen	ZVL-1886 Center	NED 200201059	<b>2:44.76</b>	+0.74	34.07	1:15.64	1:59.73	2:44.76
6. Boaz Troost	ZOB'66	NED 200100371	<b>2:56.10</b>	+0.77	37.52	1:22.77	2:10.10	2:56.10
7. Julian Mes	ZOB'66	NED 200103755	<b>3:04.83</b>	+0.78	40.64	1:27.72	2:17.19	3:04.83
8. T. van Scheepen	Steenwijk 1934	NED 200001387	<b>3:10.81</b>	+0.59	42.33	1:30.22	2:20.05	3:10.81

Masters 25+

1. Mateusz Kobus	H2O	NED 199505963	<b>2:33.60</b>	+0.72	33.65	1:12.63	1:52.98	2:33.60
2. Bert Duivenvoorde	Noordwijkerhout	NED 199701805	<b>2:38.39</b>	+0.68	35.90	1:16.36	1:57.55	2:38.39
3. Stefan Petersen	Blue Marlins	NED 199403067	<b>2:39.17</b>	+0.69	35.77	1:16.60	1:59.19	2:39.17
4. Jurre Stammes	ESCA Zwemmen	NED 199701843	<b>2:40.01</b>	+0.70	35.02	1:15.37	1:57.31	2:40.01
5. Richard van der Horst	De Meer	NED 199700179	<b>2:42.15</b>	+0.70	37.21	1:18.70	2:00.94	2:42.15
6. Ian van Mullem	ZOB'66	NED 199602545	<b>2:59.86</b>	+0.59	39.58	1:24.97	2:12.43	2:59.86
7. Colin Degenaars	ZPCH	NED 199505951	<b>3:27.83</b>	+0.81	47.41	1:41.43	2:34.87	3:27.83
8. Rick Vaarkamp	Triton Putten	NED 199404979	<b>3:48.93</b>	+0.99	49.22	1:48.46	2:50.06	3:48.93
NG Renzo Strang	De Duinkickers	NED 199801151						

Masters 30+

1. Sander de Vrugt	ESCA Zwemmen	NED 198903499	<b>2:42.59</b>	+0.62	34.76	1:15.84	1:58.58	2:42.59
2. Patrick Creemers	RZ	NED 199000579	<b>2:45.21</b>	+0.73	36.48	1:18.52	2:01.44	2:45.21
3. Jeroen Burggraaf	De Blauwe Schuur	NED 199000467	<b>2:53.17</b>	+0.82	39.75	1:24.05	2:09.45	2:53.17
4. Romke van Dijk	Zwemvereniging Hoogland	NED 199007679	<b>3:11.47</b>	+0.93	43.19	1:31.58	2:20.95	3:11.47

Masters 35+

1. Yuri van Omme	Zwemvereniging Hoogland	NED 198501887	<b>2:37.39</b>	+0.79	34.56	1:14.15	1:55.17	2:37.39
2. Albert van Piekeren	SWOL 1894	NED 198401767	<b>2:51.00</b>	+0.80	38.83	1:21.90	2:06.08	2:51.00
3. Rob van Vliet	ZPC AMERSFOORT	NED 198402459	<b>2:53.64</b>	+0.78	38.72	1:22.29	2:07.67	2:53.64
4. Ricardo van Dam	AZC	NED 198503965	<b>2:56.60</b>	+0.77	39.04	1:24.91	2:12.47	2:56.60
5. Dennis Kraakman	DAW	NED 198705325	<b>2:56.86</b>	+0.74	37.96	1:23.55	2:10.43	2:56.86
6. Harmen Reemst	ZOB'66	NED 198702715	<b>3:01.34</b>	+0.80	40.23	1:26.31	2:14.17	3:01.34
7. Nicky Valentijn	AquAmigos	NED 198806175	<b>3:23.46</b>	+0.77	44.15	1:35.38	2:29.16	3:23.46

Masters 40+

1. Kristiaan Lenos	ZVL-1886 Center	NED 198301331	<b>2:48.24</b>	+0.75	36.01	1:17.82	2:02.50	2:48.24
2. Marcel Reefhuis	WS Twente	NED 198101381	<b>2:53.52</b>	+0.68	38.01	1:22.23	2:07.68	2:53.52
3. Dirk Smit	Tiamat	NED 198101559	<b>3:00.26</b>	+0.67	40.95	1:26.76	2:14.00	3:00.26
4. Dennis de Groot	De Zwoer	NED 198300785	<b>3:01.49</b>	+0.69	40.23	1:26.03	2:12.98	3:01.49
5. Ferry Blangé	ZOB'66	NED 198300185	<b>3:02.82</b>	+0.89	40.98	1:28.13	2:16.49	3:02.82
6. Arjan Buijsse	Sassenheim	NED 197901767	<b>3:05.72</b>	+0.84	41.25	1:28.21	2:16.15	3:05.72

## Programmanr. 10, Heren, 200m schoolslag

**Masters 45+**

1. Vincent Versteeg	Zwemlust-den Hommel	NED 197701003	<b>2:40.86</b>	+0.73	34.92	1:15.70	1:58.02	2:40.86
<i>Kampioenschapsrecord</i>								
2. Victor Barnar	GoSwim	NED 197801805	<b>2:41.22</b>	+0.71	35.59	1:16.08	1:58.08	2:41.22
3. Kees Bakker	Gay Swim Amsterdam	NED 197501055	<b>2:55.52</b>	+0.53	39.31	1:24.38	2:11.07	2:55.52
4. Bogdan Androne	Sassenheim	NED 197701783	<b>3:18.07</b>	+0.65	39.57	1:27.55	2:21.17	3:18.07
5. M. van Walt van Praag	Gay Swim Amsterdam	NED 197501425	<b>3:29.59</b>	+0.74	49.61	1:44.27	2:39.26	3:29.59

**Masters 50+**

1. Paul van den Heuvel	Arethusa	NED 197000441	<b>2:58.14</b>	+0.73	39.76	1:25.45	2:12.85	2:58.14
2. Michael van Bekkum	SWOL 1894	NED 197200051	<b>3:03.15</b>	+0.80	41.16	1:27.66	2:15.47	3:03.15
3. Martijn de Jong	DWK	NED 197101659	<b>3:08.09</b>	+0.83	40.49	1:29.07	2:18.53	3:08.09
4. Bas Kremers	TRB-RES	NED 197201611	<b>3:08.36</b>	+0.72	41.59	1:29.86	2:20.44	3:08.36
5. Hans Schoenmakers	DAW	NED 196900863	<b>3:08.40</b>	+0.74	40.75	1:28.81	2:19.33	3:08.40
6. Jacques Verriet	VZV Njord	NED 197001039	<b>3:15.47</b>	+0.76	44.62	1:35.33	2:25.77	3:15.47
7. Alberto Randazzo	DES	NED 197101757	<b>3:20.33</b>	+0.84	44.11	1:35.35	2:29.52	3:20.33
8. Rob van de Ven	Neptunus'58	NED 197101695	<b>3:21.89</b>	+0.70	44.85	1:35.13	2:27.82	3:21.89

**Masters 55+**

1. J. van den Berg	WVZ	NED 196801575	<b>2:53.82</b>	+0.77	39.10	1:23.09	2:07.98	2:53.82
2. Harold Matla	PSV	NED 196800591	<b>3:02.96</b>	+0.97	40.99	1:27.63	2:16.53	3:02.96
3. Arno Schrauwen	Patrick-De Roersoppers (SG)	NED 196501355	<b>3:11.73</b>	+0.81	42.79	1:32.18	2:22.51	3:11.73
4. Gertjan van der Vaart	ZVVS	NED 196801529	<b>3:43.67</b>	+0.70	48.42	1:45.83	2:46.04	3:43.67
5. Pierre de Groot	GZC Donk	NED 196401431	<b>3:51.26</b>	+0.89	51.60	1:49.71	2:50.85	3:51.26
6. Maarten Koolman	Steenwijk 1934	NED 196801649	<b>4:39.68</b>		54.49	2:01.62	3:19.56	4:39.68

**Masters 60+**

1. Edwin v. Norden	ZPC AMERSFOORT	NED 196300563	<b>3:02.77</b>	+0.75	40.80	1:27.11	2:15.64	3:02.77
2. Gert Sikkema	Zwemclub Urk 1978	NED 196300687	<b>3:14.28</b>	+0.70	42.96	1:31.72	2:22.85	3:14.28
3. Ronald Grove	Triton	NED 196100161	<b>3:16.76</b>	+0.77	43.67	1:35.02	2:27.53	3:16.76
4. Rob Hemesath	PSV	NED 196100189	<b>3:27.82</b>	+0.98	46.41	1:38.59	2:33.55	3:27.82
5. Jack Barends	WS Twente	NED 196201011	<b>3:39.08</b>	+0.92	50.27	1:46.24	2:43.21	3:39.08
6. Christian Schoenaers	Cercle De Natation Sportcity	BELuCNSW/007131/59	<b>3:49.72</b>		51.50	1:49.64	2:50.10	3:49.72
7. Günther Brod	SSG Saar Max Ritter SV08	GER 234041	<b>4:14.76</b>	+0.90	56.74	2:01.66	3:08.68	4:14.76

**Masters 65+**

1. Sigitas Katkevicius	Dzukijos Vandenis	LTU	<b>2:59.64</b>	+0.69	41.98	1:29.24	2:15.50	2:59.64
2. Wim de Lange	AZC	NED 195800533	<b>3:26.58</b>	+0.71	44.20	1:36.00	2:30.47	3:26.58
3. Paul Bunnik	Triton	NED 195600413	<b>3:39.47</b>	+0.87	47.97	1:44.41	2:43.40	3:39.47
4. André Pantekoek	PSV	NED 195800321	<b>4:26.34</b>		57.19	2:05.77	3:19.73	4:26.34

**Masters 70+**

1. Piet Schop	De Bevelanders	NED 195000109	<b>4:06.33</b>	* +0.70	53.09	1:55.32	3:01.55	4:06.33
DIS Rob Berkhof	SWOL 1894	NED 195200245						

*SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.*

**Masters 75+**

1. Mans Buis	SWOL 1894	NED 194700133	<b>4:49.87</b>		1:06.70	2:22.12	3:38.02	4:49.87
2. Nico van Dongen	ZZ&PC De Devel	NED 194800159	<b>5:39.17</b>		1:12.35	2:40.59	4:11.65	5:39.17

**Masters 80+**

1. Rob Hanou	PSV	NED 194300109	<b>4:11.19</b>		55.28	2:01.48	3:08.67	4:11.19
2. Nico Baay	Old Dutch	NED 194200053	<b>4:17.04</b>	+0.84	56.59	2:01.35	3:08.65	4:17.04

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05-05-2023 - 14:49

Dames, 50m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging		tijd	RT	PARA
<b>Masters 20+</b>						
1.	Babette van der Kaaij	Blue Marlins	NED 199902234	<b>27.48</b>	+0.56	
2.	Leonie van Wier	HZ&PC Heerenveen	NED 200200436	<b>27.88</b>	+0.67	
3.	Lianne van Wier	HZ&PC Heerenveen	NED 200200438	<b>28.09</b>	+0.62	
4.	Amber Hesper	VZC	NED 200202188	<b>28.30</b>	+0.75	
5.	Laura Setz	Bubble	NED 200000130	<b>28.42</b>	+0.85	
6.	Kim Vos	Triton Putten	NED 200000990	<b>28.65</b>	+0.73	
7.	Janice Provoost	ZPC De Zeeuwse Kust	NED 200303076	<b>28.86</b>	+0.68	
8.	Alisha Vieira	Blue Marlins	NED 199904554	<b>29.43</b>	+0.70	
9.	Sanne Kloezen	Bubble	NED 200204644	<b>29.55</b>	+0.62	
10.	Michelle van den Hoofdakker	Steenwijk 1934	NED 200302708	<b>29.76</b>	+0.79	
11.	Noa de Bock	De Duck	NED 200300318	<b>29.77</b>	+0.68	
12.	Malin Beuse	SG Bayer	GER 262348	<b>30.05</b>	+0.69	
13.	Marijke Drent	Bubble	NED 199906232	<b>30.19</b>	+0.76	
14.	Alies Wagter	Steenwijk 1934	NED 199900840	<b>30.20</b>	+0.82	
15.	Hanna Looi	Blue Marlins	NED 200006090	<b>30.32</b>	+0.59	
16.	Sacha van den Dobbelssteen	Blue Marlins	NED 200100904	<b>30.64</b>	+0.64	
17.	Hannah Ledingham	SG Bayer	GER 458077	<b>30.87</b>	+0.57	
18.	Merel van den Heuvel	De Meer	NED 200201784	<b>30.89</b>	+0.60	
19.	Welmoed Doornbos	De IJsselmeeuwen	NED 200203352	<b>30.96</b>	+0.62	
	Esmee Kloezen	Bubble	NED 200204646	<b>30.96</b>	+0.75	
21.	Ann Kathrin Wutz	SG Bayer	GER 258129	<b>31.20</b>	+0.65	
22.	Elisah Velgersdijk	ZPC AMERSFOORT	NED 200102436	<b>31.23</b>	+0.73	
23.	Sheila ten Voorde	Octopus-ZVV (SG)	NED 199904538	<b>31.25</b>		
24.	Nana Dekkers	Neptunus'58	NED 200206220	<b>31.57</b>	+0.75	
25.	Marielle van der Vaart	ZVVS	NED 200000994	<b>31.65</b>	+0.75	
26.	Mandy Swart	De Biesboschwimmers	NED 199904916	<b>31.78</b>	+0.89	
27.	Jet Kleine	MSV-Zeemacht	NED 199903384	<b>32.54</b>	+0.65	
28.	Marouscha de Vries	DAW	NED 199906628	<b>32.68</b>	+0.69	
29.	Lianne Dekker	DAW	NED 200305438	<b>32.74</b>	+0.74	
30.	Nina Snippe	Zwemvereniging Hoogland	NED 200203482	<b>33.22</b>	+0.83	
31.	Tove Kienhuis	Aqua'68	NED 200203486	<b>33.43</b>	+0.73	
32.	Ilse Hallie	Octopus-ZVV (SG)	NED 200200128	<b>33.66</b>	+0.77	
33.	Ymke van Dongen	AquAmigos	NED 200202662	<b>35.22</b>	+0.79	
34.	Selma Boertien	Aqua'68	NED 200203834	<b>36.15</b>	+0.77	
AFGEM	Kyra Wesemann	MSV-Zeemacht	NED 200201440			

**Masters 25+**

1.	Marjolein Delno	VZC	NED 199400024	<b>27.15</b>	+0.73	
2.	Tamara Grove	De Dolfijn	NED 199601266	<b>27.48</b>	+0.70	
3.	Selene Wortel	Hieronymus	NED 199700654	<b>27.84</b>	+0.66	
4.	Marre Zandringa	Orca	NED 199701136	<b>28.21</b>	+0.68	
5.	Nora Bohler	Schwammclub Déifferdang	LUX 15712	<b>28.54</b>	+0.67	
6.	Karin Groen	Nova	NED 199502440	<b>28.74</b>	+0.66	
7.	Moniek van Langevelde	ESCA Zwemmen	NED 199803160	<b>28.97</b>	+0.74	
8.	Sanne van de Pol	De Biesboschwimmers	NED 199800722	<b>30.18</b>	+0.66	
9.	Linda Kamperman	Zwemlust-den Hommel	NED 199601238	<b>30.38</b>	+0.72	
10.	Amy Kieboom	AquAmigos	NED 199502580	<b>30.39</b>	+0.72	
11.	Karen Stolk	ZVL-1886 Center	NED 199403950	<b>30.58</b>	+0.74	
12.	Larissa Jansen	PSV	NED 199500660	<b>30.71</b>	+0.74	
13.	Whitney van Hoeckel	DIO	NED 199402390	<b>30.99</b>	+0.72	
14.	Laura Scheffer	GoSwim	NED 199407222	<b>31.42</b>	+0.54	
15.	Alma Janssen	Z&PC Zegenwerp	NED 199401078	<b>32.22</b>	+0.67	
16.	Margien Timmer	ZVL-1886 Center	NED 199506760	<b>32.49</b>	+0.74	
17.	Roxanne van Bavel	Poseidon'56	NED 199407378	<b>32.71</b>	+0.68	
18.	Rachel Trapman	De Duinkickers	NED 199606760	<b>32.76</b>	+0.75	
19.	Anouk van der Lans	Westland Swimming Stars	NED 199801614	<b>33.11</b>	+0.82	
20.	Eline Hendriks	ZPC AMERSFOORT	NED 199802794	<b>34.01</b>	+0.83	
21.	Eline Molle	De Geul	NED 199404276	<b>34.64</b>	+0.83	
22.	Elly Peters	H2O	NED 199407568	<b>48.96</b>		



Programmanr. 11, Dames, 50m vrije slag

Masters 30+

1.	Danique Stoop	Zuiderzeewimmers	NED	199106956	<b>28.25</b>	+0.69
2.	Lisa Klatten	WVZ	NED	199203628	<b>28.67</b>	+0.73
3.	Elmi Roelofsen	Octopus-ZVV (SG)	NED	199008198	<b>28.78</b>	+0.82
4.	Denise Boereboom	NieMo Barracuda	NED	199202144	<b>29.05</b>	+0.67
5.	Saskia de Klerk	GoSwim	NED	199004612	<b>29.26</b>	+0.70
6.	Liesja Vrielinck	Mega	BEL	MEGA/21320/93	<b>29.41</b>	+0.73
7.	Daphne Robijn-Jongedijk	EZCL (SG)	NED	198903520	<b>30.39</b>	+0.73
8.	Phedra Van Daele	Mega	BEL	MEGA/21311/93	<b>30.40</b>	+0.73
9.	Leontine Groeneveldt	De Duck	NED	199303526	<b>30.91</b>	+0.70
10.	Getrude Corporaal	Steenwijk 1934	NED	199200380	<b>31.26</b>	+0.66
11.	Nikki Hoogeboom	De IJsel	NED	199301196	<b>31.28</b>	+0.82
12.	Kimberley van Buren	De Duck	NED	199304136	<b>31.44</b>	+0.85
13.	Relinda Baas	TriVia	NED	198900144	<b>32.18</b>	+0.79
14.	Adela Vázquez García	ZVL-1886 Center	NED	199307952	<b>32.51</b>	+0.69
15.	Celine Bakker	DAW	NED	199302562	<b>33.37</b>	+0.63
16.	Jacoline van den Beukel	NieMo Barracuda	NED	199100238	<b>33.41</b>	+0.75
17.	Lonneke Oenema	Steenwijk 1934	NED	199102314	<b>33.80</b>	+0.74
18.	Maaïke Karsten	Zwemvereniging Hoogland	NED	199103832	<b>34.73</b>	+0.98
19.	Ilse Blankvoort	Steenwijk 1934	NED	199204458	<b>35.14</b>	+0.91
20.	Marjan Rikken	Octopus-ZVV (SG)	NED	199206114	<b>35.17</b>	+0.85

Masters 35+

1.	Marije Jansen	ZPC AMERSFOORT	NED	198504088	<b>29.92</b>	+0.62
2.	Nienke van Stipriaan	PSV	NED	198703970	<b>30.96</b>	+0.94
3.	Sandra Schellekens	Neptunus'58	NED	198503416	<b>31.92</b>	+0.78
4.	Renee de Kok	PSV	NED	198403350	<b>32.21</b>	+0.71
5.	Marianne de Bruin	Sassenheim	NED	198400448	<b>32.25</b>	+0.65
6.	Kim Visser	H2Oldambt	NED	198704350	<b>34.87</b>	+0.83
7.	Hanneke Heymen	WS Twente	NED	198400968	<b>36.20</b>	+0.93
8.	Angelique Wammes-Bouman	Zwemvereniging Hoogland	NED	198403604	<b>37.79</b>	+0.74
9.	Janna Brummel	SwimGym	NED	198807018	<b>41.43</b>	+0.83

Masters 40+

1.	Anke Lambooj	De Vliet (SG)	NED	198001182	<b>28.91</b>	+0.78
2.	Anne-Marie Verschoor-Vos	De Biesboschzimmers	NED	198102300	<b>30.38</b>	+0.82
3.	Claudia Schönitz	SV Gronau 1910 e.V.	GER	091249	<b>30.60</b>	+0.85
4.	Miranda Pijnenburg	De Treffers	NED	198301216	<b>30.86</b>	+0.78
5.	Chantal Verhoeff	Old Dutch	NED	197900912	<b>31.57</b>	+0.89
6.	Elke Popma - Blox	Tiamat	NED	198200154	<b>32.02</b>	+0.66
7.	Patricia Brooijmans	Old Dutch	NED	197901608	<b>32.22</b>	+0.84
8.	Leonie Scholten	Steenwijk 1934	NED	197901560	<b>37.09</b>	+0.84
9.	Karin Vermeer	De Rog	NED	198302918	<b>38.70</b>	+0.62
10.	Simone Weijland	ZV 44	NED	197901610	<b>40.77</b>	+0.79
DIS	Saskia op den Velde	De Duinkickers	NED	197901530		+0.71

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

Masters 45+

1.	Jeanette Seitz	SSV Ulm 1846	GER		<b>29.21</b>	+0.73
2.	Claudia van Drunen	AquAmigos	NED	197700810	<b>29.76</b>	+0.69
3.	Nathalie Blondeel	Cercle De Natation Sportcity WolBEL	BEL	CNSW/004784/77	<b>30.55</b>	+0.66
4.	Monique Boets	Stadskanaal	NED	197600230	<b>30.72</b>	+0.76
5.	Ilona Hogerheyde	DAW	NED	197400224	<b>31.37</b>	+0.76
6.	Katinka van Dongen	ZZ&PC De Devel	NED	197700190	<b>31.46</b>	+0.71
7.	Petra Guijt	Aqua-Novio'94	NED	197600978	<b>32.09</b>	+0.87
8.	Marian Nederlof	De Geul	NED	197600950	<b>34.10</b>	+0.71
9.	Sandra Van der Helm	De Rog	NED	197801340	<b>34.89</b>	+0.77
10.	Anuschka Glazema-Boelema	Stadskanaal	NED	197701166	<b>35.02</b>	+0.80
11.	Margriet Leeffers	Deltasteur	NED	197800448	<b>36.11</b>	+0.96
12.	Tiffany Tsui	Zwemvereniging Hoogland	NED	197401110	<b>37.36</b>	+0.81
13.	Nicolette Zuidema	ZV 44	NED	197500978	<b>40.16</b>	+0.75

Programmanr. 11, Dames, 50m vrije slag, Masters 45+

rang	naam	vereniging			tijd	RT	PARA
14.	Fabienne Verriet-Regensburg	VZV Njord	NED	197500428	<b>44.54</b>	+0.91	

Masters 50+

1.	Carla Geurts	PSV	NED	197100178	<b>29.77</b>	+0.72	
2.	Monique Tuijp	Ed-Vo	NED	196900800	<b>29.89</b>	+0.74	
3.	Yvette Ratering	De Ward	NED	197200990	<b>30.72</b>	+0.87	
4.	Jenny Bergwerff	ZPC AMERSFOORT	NED	197200848	<b>30.74</b>	+0.77	
5.	Edith Janssen-Koolen	TRB-RES	NED	197300898	<b>30.76</b>	+0.62	
6.	Annette de Visser	Oceanus	NED	197100602	<b>31.59</b>	+0.83	
7.	Valérie Rolland	Cercle De Natation Sportcity WolBEL	CNSW/004276/71		<b>31.87</b>	+0.65	
8.	Jeanne Petit	PSV	NED	197001020	<b>32.42</b>	+0.57	
9.	Regine Beckers-Stribos	De Rog	NED	197000492	<b>32.82</b>	+0.83	
10.	Mariska van Doorn	Arethusa	NED	197200444	<b>33.14</b>	+0.93	
11.	Marijke Campfens	De Geul	NED	196900960	<b>35.65</b>		
12.	Henriëtte Manting-Holthuis	H2Oldambt	NED	197100246	<b>36.17</b>	+0.94	
13.	Daniëlle Schipper	ZOB'66	NED	197001078	<b>37.36</b>	+0.77	
14.	Nicole Millers	SV Wuppertal Neuenhof	GER	414983	<b>37.56</b>	+0.71	
15.	Kristien Van de Moortel	Shark	BEL	ShaRK/20315/69	<b>39.06</b>	+0.85	
16.	Annette Spies	LinK	NED	197001110	<b>39.86</b>	+0.92	

Masters 55+

1.	Lesley Cordial	ZPC AMERSFOORT	NED	196700684	<b>30.45</b>	+0.43	
2.	Ariene Knoester	Aqua-Novio'94	NED	196700716	<b>32.53</b>	+0.81	
3.	Jacqueline Tuin	DAW	NED	196600690	<b>32.72</b>	+0.75	
4.	Katja De Beer	De Rog	NED	196800888	<b>33.87</b>	+0.77	
5.	Annette Wijnja-Visser	De Biesboschzweimmers	NED	196700528	<b>33.98</b>	+0.78	
6.	Talje Dijkhuis	ZPC AMERSFOORT	NED	196600072	<b>34.21</b>	+0.68	
7.	Petra Casteleijn	ZPC AMERSFOORT	NED	196600098	<b>34.27</b>		
8.	Ariane Hamakers	De Rog	NED	196700714	<b>34.54</b>	+0.96	
9.	Ania Bultena-Rusek	TriVia	NED	196600764	<b>36.73</b>	+0.75	
10.	Sandra Daamen-Posma	AZC	NED	196800854	<b>36.75</b>	+0.74	
11.	Christine Buist	De Duinkickers	NED	196400608	<b>38.82</b>		
12.	Ageeth Westenbrink	De Rog	NED	196700712	<b>39.81</b>	+0.92	
13.	Roselinda van der Vlugt	De Geul	NED	196700710	<b>40.98</b>	+0.63	
14.	Erica Muller	De Geul	NED	196400412	<b>41.04</b>	+0.77	
15.	Annette van Dok	MSV-Zeemacht	NED	196800742	<b>41.45</b>	+0.79	
16.	Anne Boly	Cercle de Natation Dudelange	LUX	10868	<b>44.16</b>	+0.96	
17.	Cora Smulders	ESCA Zwemmen	NED	196600668	<b>45.54</b>	+0.50	
18.	M. Flammang-Wagener	Cercle de Natation Dudelange	LUX	4652	<b>57.59</b>	+0.86	
AFGEM	Riekje Schra	Steenwijk 1934	NED	196400404			

Masters 60+

1.	Birgit Reichelt	SG Bayer	GER	194570	<b>32.50</b>	+0.75	
2.	Marijke Kraak-Beckers	WS Twente	NED	196000240	<b>35.68</b>	+0.89	
3.	Linda Wibbelink	Steenwijk 1934	NED	195900158	<b>36.06</b>		
4.	Yoka de Vegt-van Dijk	ESCA Zwemmen	NED	196200420	<b>38.51</b>	+0.84	
5.	Jenny Westervaarder	H2Oldambt	NED	196200424	<b>40.77</b>	+0.92	
NG.ZA	Nicole Feitler	Cercle de Natation Dudelange	LUX	4235			

Masters 65+

1.	Atie Pijtak-Radersma <i>Nederlands Masters Record</i>	ZPC AMERSFOORT	NED	195600048	<b>31.29</b>	+0.61	
2.	Marijke van Hoek	ZPC De Zeeuwse Kust	NED	195800050	<b>36.08</b>	+0.76	
3.	Brigitte Dugauquier	Cercle De Natation Sportcity WolBEL	CNSW/011938/55		<b>41.99</b>	+0.87	
4.	Karien Musters	Old Dutch	NED	195800236	<b>51.18</b>	+0.64	
5.	Lies Hartman	PSV	NED	195600116	<b>1:01.77</b>		

Programmanr. 11, Dames, 50m vrije slag

Masters 70+

1.	Christine Nieuwenhuis	SWOL 1894	NED	195100022	<b>34.68</b>	+0.43
2.	Carla Hensen	PSV	NED	195300062	<b>42.91</b>	
3.	Fernande Blondeel-Gourmet	Cercle De Natation Sportcity WolBEL	BEL	CNSW/004901/52	<b>46.51</b>	+0.87
4.	Geerdien Meerwaldt	De Geul	NED	195200058	<b>52.88</b>	

Masters 75+

1.	Annet Verhoeven - Steggerda	De Duinkickers	NED	194600024	<b>51.84</b>	
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Masters 85+

1.	Marie Smits	Old Dutch	NED	193800004	<b>51.95</b>	
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Programmanr. 12  
05-05-2023 - 15:11

Heren, 50m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging			tijd	RT	PARA
<b>Masters 20+</b>							
1.	Benjamin Vermeulen	De Bevelanders	NED	200003721	<b>25.40</b>	+0.81	
2.	Ryan van den Ouden	Poseidon'56	NED	199900377	<b>25.54</b>	+0.78	
3.	Jorian Darwinkel	HZ&PC Heerenveen	NED	200300565	<b>25.76</b>	+0.64	
4.	Hendrik Broekema	Bubble	NED	200002205	<b>25.96</b>	+0.68	
5.	Remco Dijkstra	HZ&PC Heerenveen	NED	200100789	<b>26.31</b>	+0.70	
6.	Milan de Roo	ZPC Woerden	NED	200102215	<b>26.49</b>	+0.56	
7.	Ilmar Stoop	Zuiderzeezwemmers	NED	200100871	<b>26.54</b>	+0.63	
8.	Jasper Breugem	WVZ	NED	200000303	<b>26.81</b>	+0.56	
9.	Jacob Mackloet	De Schotejil	NED	200001171	<b>26.92</b>	+0.71	
10.	Esper Paans	ZZ&PC De Devel	NED	200100607	<b>27.10</b>	+0.70	
11.	Mees Minneboo	MSV-Zeemacht	NED	200203465	<b>27.11</b>	+0.70	
12.	Boyd Wijkman	MSV-Zeemacht	NED	200104759	<b>27.39</b>	+0.68	
13.	Julian Mes	ZOB'66	NED	200103755	<b>27.52</b>	+0.73	
14.	Mick van den Houten	De Duck	NED	200302211	<b>27.73</b>	+0.73	
15.	Thomas Hesper	Blue Marlins	NED	200004181	<b>27.99</b>	+0.78	
16.	Bartho Visser	Triton Putten	NED	200005595	<b>28.14</b>	+0.83	
17.	Robin van Peenen	ZVL-1886 Center	NED	200201059	<b>28.73</b>	+0.73	
18.	Boaz Troost	ZOB'66	NED	200100371	<b>29.14</b>	+0.74	
19.	Thomas van Scheepen	Steenwijk 1934	NED	200001387	<b>30.04</b>	+0.67	
20.	Ryan van der Sluijs	De Duck	NED	200105571	<b>31.60</b>	+0.74	
<b>Masters 25+</b>							
1.	Thomas Verhoeven	Feijenoord Albion Zwemclub	NED	199700311	<b>23.40</b>	+0.64	
2.	Mateusz Kobus	H2O	NED	199505963	<b>24.53</b>	+0.67	
3.	Bas Dries	Zwemvereniging Hoogland	NED	199505177	<b>24.70</b>	+0.67	
4.	Melvin Prins	TRB-RES	NED	199500201	<b>24.88</b>	+0.67	
5.	John Smit	Poseidon'56	NED	199500613	<b>25.66</b>	+0.67	
6.	Joey Papaioannou	Aqua-Novio'94	NED	199802269	<b>26.14</b>	+0.76	
7.	Jurre Stammes	ESCA Zwemmen	NED	199701843	<b>26.42</b>	+0.68	
8.	Stefan Petersen	Blue Marlins	NED	199403067	<b>26.70</b>	+0.70	
	Jorrik Kerdijk	Bubble	NED	199602135	<b>26.70</b>	+0.68	
10.	Martijn Bartels	ZPC AMERSFOORT	NED	199603493	<b>27.18</b>	+0.82	
11.	Jordi de Nijs	MSV-Zeemacht	NED	199801851	<b>27.37</b>	+0.68	
12.	Kevin Kingma	ACZ	NED	199700559	<b>27.43</b>	+0.66	
	Dirk van der Eems	Orca	NED	199501565	<b>27.43</b>	+0.63	
14.	Ian van Mullem	ZOB'66	NED	199602545	<b>27.68</b>	+0.68	
15.	Martijn Lageweg	Steenwijk 1934	NED	199701323	<b>27.91</b>	+0.78	
16.	Erik Baalbergen	ZVL-1886 Center	NED	199805775	<b>28.55</b>	+0.83	
17.	Lars Jacobsen	DWK	NED	199705453	<b>29.62</b>	+0.84	374
18.	Colin Degenaars	ZPCH	NED	199505951	<b>29.99</b>	+0.80	361
NG.ZA	Martijn Kornet	Zwemlust-den Hommel	NED	199700231			

Programmanr. 12, Heren, 50m vrije slag

Masters 30+

1.	Jeroen Baars	Blue Marlins	NED	199200031	<b>23.82</b>	+0.73
2.	Olaf Achterberg	VZC	NED	199000011	<b>25.57</b>	+0.78
3.	Sander de Vrught	ESCA Zwemmen	NED	198903499	<b>26.23</b>	+0.49
4.	Michel de Maesschalck	DAW	NED	199101525	<b>26.85</b>	+0.76
5.	Jeroen Matthijssen	AZC	NED	199103751	<b>27.05</b>	+0.70
6.	Marc Hoogendam	Blue Marlins	NED	199007713	<b>27.17</b>	+0.71
7.	Tim de Vrught	ESCA Zwemmen	NED	199306719	<b>27.19</b>	+0.53
8.	Sybren Groenewegen	De Schotejil	NED	199306223	<b>27.33</b>	+0.74
9.	Laurens de Nijn	SwimGym	NED	199107815	<b>27.64</b>	+0.70
10.	Ruben Stolk	ZOB'66	NED	199005665	<b>27.99</b>	+0.64
11.	Patrick Brouwer	AZC	NED	199303715	<b>29.39</b>	+0.75
NG.ZA	Aziz Nosairi	Zwemlust-den Hommel	NED	199104645		
NG	Jesper Oranje	De Duck	NED	199200997		

Masters 35+

1.	Pascal van Haren	NieMo Barracuda	NED	198704101	<b>26.50</b>	+0.68
2.	Federico Cappello	Luxembourg Sharks Swimming	CLUX	9598	<b>27.26</b>	+0.73
	<i>Luxembourg Masters Record</i>					
3.	Robert Braad	Steenwijk 1934	NED	198600407	<b>27.37</b>	+0.81
4.	Arne-Willem Kroonen	MZ&PC	NED	198401297	<b>28.35</b>	+0.67
5.	Dennis Kraakman	DAW	NED	198705325	<b>29.23</b>	+0.56
6.	Remco van der Graaf	PSV	NED	198704007	<b>29.28</b>	+0.83
7.	Rudi Butselaar	GoSwim	NED	198700577	<b>29.90</b>	+0.78
8.	Mark Godwaldt	PSV	NED	198701039	<b>29.94</b>	+0.88
9.	Ricardo van Dam	AZC	NED	198503965	<b>30.20</b>	+0.75
10.	Stefan Hegenberg	SV Gronau 1910 e.V.	GER	463543	<b>32.96</b>	+0.86

Masters 40+

1.	Jim Geestman	Blue Marlins	NED	198300699	<b>26.04</b>	+0.75
2.	Bas van den Nouwelant	ZVVS	NED	198001103	<b>27.71</b>	+0.82
3.	Rutger Stam	Zwemvereniging Hoogland	NED	198102463	<b>28.16</b>	+0.70
4.	Rob van Wanrooy	Feijenoord Albion Zwemclub	NED	198202627	<b>28.72</b>	+0.68
5.	Dennis de Groot	De Zwoer	NED	198300785	<b>28.87</b>	+0.67
6.	Berry van Holland	TriVia	NED	198000603	<b>29.51</b>	+0.79
7.	Gino Martijn	RZ	NED	197901865	<b>29.61</b>	+0.68
8.	Peter Lommert	SWOL 1894	NED	197900787	<b>29.93</b>	+0.89
9.	Roderic Perez	SwimGym	NED	198202761	<b>30.83</b>	+0.77
10.	Thomas Textl	ASV Wien	AUT	46942	<b>31.63</b>	+0.65
11.	Paul Rutten	ESCA Zwemmen	NED	198001293	<b>34.08</b>	+0.74

Masters 45+

1.	Casper Hut	HZ&PC Heerenveen	NED	197800471	<b>25.23</b>	+0.66
2.	Ruud Holswilder	ZPCH	NED	197800435	<b>26.68</b>	+0.76
3.	Pieter Broek	Westland Swimming Stars	NED	197701637	<b>27.61</b>	+0.76
	Erwin Buist	ZPC AMERSFOORT	NED	197800183	<b>27.61</b>	+0.66
5.	Victor Barnar	GoSwim	NED	197801805	<b>27.67</b>	+0.79
6.	Edgar Thimister	ZEPS	NED	197501511	<b>27.69</b>	+0.64
7.	Jasper van Heijst	Het Y	NED	197601699	<b>27.73</b>	+0.73
8.	Alex Damen	DAW	NED	197501371	<b>27.80</b>	+0.71
9.	Markus van Rest	WVZ	NED	197701197	<b>29.61</b>	+0.79
10.	Christiaan Bouwmeester	SBC2000	NED	197600127	<b>30.01</b>	+0.82
11.	Johan Wezenberg	SWOL 1894	NED	197601023	<b>30.05</b>	+0.96
12.	Dymitr Bielski	Warsaw Masters Team	POL		<b>31.15</b>	+0.90
13.	Bogdan Androne	Sassenheim	NED	197701783	<b>31.78</b>	+0.77
14.	Tom Bandsma	PSV	NED	197701625	<b>32.21</b>	
15.	Andre Schaap	ZVL-1886 Center	NED	197501357	<b>34.24</b>	+0.95
16.	Jeroen Hoeksels	ZVVS	NED	197401533	<b>34.77</b>	+0.92

Programmanr. 12, Heren, 50m vrije slag

Masters 50+

1.	Frederic Tonus	Luxembourg Sharks Swimming CLUX	10449	<b>25.20</b>	+0.72
	<i>Kampioenschapsrecord, Luxembourg Masters Record</i>				
2.	Chester Marsman	ZPC AMERSFOORT	NED 196900671	<b>27.14</b>	+0.66
3.	Arjan Verheij	De Rog	NED 197101617	<b>27.89</b>	+0.71
4.	Richard Ricksen	PSV	NED 197000841	<b>28.01</b>	
5.	Antwan van Engen	De Ward	NED 197101577	<b>28.35</b>	+0.70
6.	Paul Hardeman	ZPC AMERSFOORT	NED 197300327	<b>29.12</b>	+0.83
7.	Henri Verschoor	De Biesboschzwemmers	NED 197001041	<b>29.44</b>	+0.89
8.	Chris Kouwenhoven	De Grunte	NED 197101669	<b>30.74</b>	+0.88
9.	Bas Kremers	TRB-RES	NED 197201611	<b>31.01</b>	+0.73
10.	Erwin Snip	ESCA Zwemmen	NED 197001555	<b>31.65</b>	+0.82
11.	Taco Eikelenboom	AZ&PC De Futen	NED 196900275	<b>32.54</b>	+0.71
12.	Wouter van der Stelt	De Biesboschzwemmers	NED 197200889	<b>32.55</b>	+0.78
13.	Rob van de Ven	Neptunus'58	NED 197101695	<b>32.93</b>	+0.57
14.	Alberto Randazzo	DES	NED 197101757	<b>33.96</b>	+0.77

Masters 55+

1.	Javier Van Engelen	AZ&PC De Futen	NED 196801697	<b>27.81</b>	+0.78
2.	Arnold de Rover	AZ&PC De Futen	NED 196400645	<b>28.37</b>	+0.63
3.	Wijam Nijenhuis	De IJsel	NED 196400547	<b>29.52</b>	+0.80
4.	Guido Keutgen	Steenwijk 1934	NED 196801551	<b>29.80</b>	+0.79
5.	Otto Jansen	ZVL-1886 Center	NED 196501403	<b>29.86</b>	+0.77
6.	Erik Saan	De Duck	NED 196500769	<b>30.48</b>	+0.97
7.	Henri Michels	De Amstel	NED 196501587	<b>30.68</b>	+0.87
8.	Wijnand Vergeest	De Rog	NED 196800949	<b>31.58</b>	+0.58
9.	Leon Slingerland	WVZ	NED 196801707	<b>31.87</b>	+0.89
10.	Pieter-Sjoerd de Wijn	DES	NED 196501027	<b>32.36</b>	+0.82
	Nico Swart	De Biesboschzwemmers	NED 196801475	<b>32.36</b>	+0.75
12.	Roy Le Clercq	De Rog	NED 196401041	<b>33.43</b>	+0.90
13.	Pierre de Groot	GZC Donk	NED 196401431	<b>34.53</b>	+0.81
14.	Gertjan van der Vaart	ZVVS	NED 196801529	<b>34.62</b>	+0.76
15.	Olaf Chalmer-Rasmussen	Cercle de Natation Dudelange	LUX 123	<b>36.01</b>	+0.50
	<i>Luxembourg Masters Record</i>				
16.	Adri Pasman	Zuiderzeezwemmers	NED 196400573	<b>38.53</b>	+0.56
17.	Maarten Koolman	Steenwijk 1934	NED 196801649	<b>48.53</b>	+0.93

Masters 60+

1.	Peter Bernsen	De Rog	NED 196301119	<b>27.47</b>	+0.65
2.	Lionel Godeaux	Cercle De Natation Sportcity WolBEL	CNSW/000217/60	<b>28.34</b>	+0.72
3.	Gert Sikkema	Zwemclub Urk 1978	NED 196300687	<b>29.45</b>	+0.78
4.	Paul Wijnja	De Biesboschzwemmers	NED 196301403	<b>30.41</b>	+0.69
5.	Rob Spetter	De Rog	NED 196201239	<b>30.57</b>	+0.69
6.	Henk Kuipers	ZPC AMERSFOORT	NED 196201207	<b>30.69</b>	+0.60
7.	Evert-Jan Verweij	SWOL 1894	NED 196301143	<b>32.87</b>	+0.92
8.	Rob Hemesath	PSV	NED 196100189	<b>33.26</b>	+0.93
9.	Ronald Pijtak	ZPC AMERSFOORT	NED 196100475	<b>35.41</b>	+0.78

Masters 65+

1.	Marten de Groot	HZ&PC Heerenveen	NED 195800149	<b>29.36</b>	+0.76
	<i>Nederlands Masters Record</i>				
2.	Mark Eligh	ZPC AMERSFOORT	NED 195700497	<b>31.97</b>	+0.78

Masters 70+

1.	Harry Dokter	SWOL 1894	NED 195100037	<b>31.01</b>	+0.90
	<i>Nederlands Masters Record</i>				
2.	Peter Gulyas	Torokbalint Szenior	HUN	<b>31.74</b>	+0.73
3.	Jos Kamps	Zwemvereniging Hoogland	NED 195100085	<b>34.69</b>	+0.95



**Programmanr. 12, Heren, 50m vrije slag, Masters 70+**

rang	naam	vereniging			tijd	RT	PARA
4.	Jan Nuijten	PSV	NED	194900175	<b>36.85</b>	+0.70	

**Masters 75+**

1.	Wout Hemmes	De Plons	NED	194800059	<b>35.66</b>	+0.98	
2.	Willem Putter	ZVVS	NED	194500135	<b>38.02</b>		
3.	Nico van Dongen	ZZ&PC De Devel	NED	194800159	<b>51.33</b>		
4.	Kevork Boyrazian	Cercle De Natation Sportcity WolBEL		CNSW/002620/44	<b>52.09</b>	+0.90	

**Masters 80+**

1.	Geza Kaltenecker	AZC	NED	194200065	<b>39.62</b>	+0.85	
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**Masters 85+**

1.	Nic Geers <i>Nederlands Masters Record</i>	PSV	NED	193800007	<b>42.81</b>	+0.97	
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**Programmanr. 13  
05-05-2023 - 15:28**
**Dames, 200m wisselslag**
**Masters Open  
Resultaten**

rang	naam	vereniging			tijd	RT	PARA	50m	100m	150m	200m
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**Masters 20+**

1.	Silke Molendijk	ZVL-1886 Center	NED	200100178	<b>2:27.87</b>	+0.66		30.71	1:10.22	1:53.75	2:27.87
2.	V. van den Bogert	Hieronymus	NED	200102138	<b>2:28.47</b>	+0.71		31.55	1:11.48	1:53.85	2:28.47
3.	Kim Vos	Triton Putten	NED	200000990	<b>2:34.67</b>	+0.72		32.90	1:15.26	2:00.03	2:34.67
4.	L. Van Nieuwenhove	Mega	BEL	MEGA/20663/99	<b>2:35.64</b>	+0.73		32.50	1:15.07	1:59.62	2:35.64
5.	Merel Visser	De Duinkickers	NED	199904398	<b>2:42.66</b>	+0.78		33.96	1:17.50	2:07.23	2:42.66
6.	Lisanne Seising	VZC	NED	200002084	<b>2:45.18</b>	+0.76		33.72	1:19.31	2:05.99	2:45.18
7.	Sanne Landman	ESCA Zwemmen	NED	200304762	<b>2:45.61</b>	+0.76		33.05	1:15.67	2:04.64	2:45.61
8.	Noa de Bock	De Duck	NED	200300318	<b>2:49.89</b>	+0.70		34.44	1:20.54	2:11.84	2:49.89
9.	Iris van der Moolen	De Amstel	NED	199902052	<b>2:52.20</b>	+0.60		36.07	1:19.76	2:12.52	2:52.20
10.	Sabine Lageweg	Steenwijk 1934	NED	199900926	<b>2:57.32</b>	+0.67		36.03	1:23.32	2:13.94	2:57.32
11.	Cynthia Koolman	Steenwijk 1934	NED	200300232	<b>2:58.65</b>	+0.72		41.08	1:24.10	2:18.33	2:58.65
12.	Marouscha de Vries	DAW	NED	199906628	<b>2:59.47</b>	+0.68		39.26	1:27.77	2:19.16	2:59.47
13.	Ilse Hallie	Octopus-ZVV (SG)	NED	200200128	<b>3:00.94</b>	+0.69		39.58	1:25.54	2:19.91	3:00.94
14.	Iris Bastiaansen	De Amstel	NED	199902006	<b>3:01.44</b>	+0.75		37.14	1:23.09	2:19.74	3:01.44
15.	Welmoed Doornbos	De IJsselmeeuwen	NED	200203352	<b>3:08.19</b>	+0.77		38.46	1:30.05	2:24.39	3:08.19
16.	Dannique Koolen	De Vuursche	NED	199904048	<b>SM143:21.21</b>	+0.83	353	40.57	1:34.36	2:37.26	3:21.21

**Masters 25+**

1.	Marjolein Delno <i>Nederlands Masters Record</i>	VZC	NED	199400024	<b>2:23.24</b>	+0.75		30.87	1:08.57	1:50.44	2:23.24
2.	Selene Wortel	Hieronymus	NED	199700654	<b>2:27.76</b>	+0.64		31.48	1:11.41	1:53.63	2:27.76
3.	Tamara Grove	De Dolfijn	NED	199601266	<b>2:29.78</b>	+0.69		31.97	1:12.23	1:57.54	2:29.78
4.	Anne Noom	Het Y	NED	199800062	<b>2:32.72</b>	+0.56		32.42	1:11.29	1:57.52	2:32.72
5.	Nadja Roovers	Hieronymus	NED	199800798	<b>2:34.64</b>	+0.74		33.23	1:15.13	1:58.88	2:34.64
6.	Linda Kamperman	Zwemlust-den Hommel	NED	199601238	<b>2:41.29</b>	+0.73		33.29	1:15.55	2:04.84	2:41.29
7.	Whitney van Hoeckel	DIO	NED	199402390	<b>2:46.56</b>	+0.77		34.88	1:18.13	2:08.69	2:46.56
8.	Eef Hollander	Blue Marlins	NED	199602074	<b>2:50.22</b>	+0.77		36.25	1:19.68	2:11.81	2:50.22
9.	Nina Tourton	ZOB'66	NED	199603612	<b>2:51.63</b>	+0.68		34.61	1:18.98	2:10.60	2:51.63
10.	Janine de Groot	NDD	NED	199500092	<b>2:52.96</b>	+0.77		37.66	1:21.81	2:13.30	2:52.96
11.	Chantal van der Horst	De Meer	NED	199400616	<b>2:53.57</b>	+0.82		39.10	1:27.31	2:14.81	2:53.57
12.	Alma Janssen	Z&PC Zegenwerp	NED	199401078	<b>2:59.21</b>	+0.66		37.93	1:26.16	2:19.46	2:59.21
13.	Amy Kieboom	AquAmigos	NED	199502580	<b>3:06.41</b>	+0.72		38.73	1:31.70	2:25.29	3:06.41
14.	Yvette Meijer	Zwemvereniging Hoogland	NED	199706590	<b>3:07.83</b>	+0.89		40.93	1:32.22	2:25.56	3:07.83
15.	Melanie Zondag	Moby Dick	NED	199804476	<b>3:15.05</b>	+0.89		41.96	1:33.79	2:31.43	3:15.05

Programmanr. 13, Dames, 200m wisselslag

Masters 30+

1. Denise Boereboom	NieMo Barracuda	NED 199202144	<b>2:35.90</b>	+0.72	31.81	1:14.71	2:01.06	2:35.90
2. N. Wobben - de Vries	Steenwijk 1934	NED 199204328	<b>2:45.80</b>	+0.80	35.61	1:19.31	2:08.62	2:45.80
3. Jacyntha Plat	Steenwijk 1934	NED 199002956	<b>2:46.27</b>	+0.75	35.24	1:20.53	2:07.32	2:46.27
4. Wendy de Bruin	ZOB'66	NED 199206320	<b>2:49.02</b>	+0.54	34.69	1:18.94	2:09.24	2:49.02
5. Suzan Blankestijn	ZVL-1886 Center	NED 198900350	<b>2:49.33</b>	+0.76	36.30	1:23.81	2:09.49	2:49.33
6. Maaïke de Boer	De Duinkickers	NED 199000362	<b>2:52.61</b>	+0.84	39.35	1:25.81	2:13.23	2:52.61
7. Nikki Hoogeboom	De IJsel	NED 199301196	<b>2:54.83</b>	+0.84	35.81	1:21.55	2:13.65	2:54.83
8. Joëlle Vaes	DIO	NED 199007576	<b>3:01.35</b>		39.58	1:26.14	2:19.99	3:01.35
9. Irmgard van Weeghel	ESCA Zwemmen	NED 199204834	<b>3:07.25</b>	+0.76	41.64	1:31.42	2:25.29	3:07.25
10. Anouk Bloem	TRB-RES	NED 199000320	<b>3:59.80</b>	+0.91	56.98	1:56.98	3:02.87	3:59.80

Masters 35+

1. V. Hádén-Felföldi	Iron Swim	HUN 66/3267	<b>2:32.42</b>	+0.74	32.00	1:11.44	1:56.98	2:32.42
2. Sabine Zimmermann	Aachener SV 06	GER 101578	<b>2:37.52</b>	+0.75	35.26	1:18.65	2:02.90	2:37.52
3. Jenny Schouten	MZ&PC	NED 198703674	<b>2:39.67</b>	+0.86	34.85	1:15.70	2:03.33	2:39.67
4. Sara Holman	Kaiserslauterer SK	GER 444463	<b>2:46.05</b>	+0.86	34.99	1:17.88	2:09.54	2:46.05
5. Samantha van Eijk	De Geul	NED 198806826	<b>2:47.89</b>	+0.74	38.32	1:21.15	2:10.65	2:47.89
6. Rianne Hofland	Sassenheim	NED 198801820	<b>2:49.19</b>	+0.71	35.56	1:19.86	2:10.31	2:49.19
7. S. van der Linden	DIO	NED 198802736	<b>2:50.31</b>	+0.79	35.85	1:23.36	2:09.73	2:50.31
8. Linda van Klei	GZC Donk	NED 198802088	<b>2:55.20</b>	+0.91	38.23	1:25.18	2:15.55	2:55.20
9. Renske Eilers	Zwemvereniging Hoogland	NED 198806072	<b>2:55.79</b>	+0.82	37.59	1:22.80	2:14.67	2:55.79
10. Liesbeth van Mill	Zwemlust-den Hommel	NED 198702786	<b>2:56.66</b>	+0.81	38.45	1:26.14	2:15.43	2:56.66
11. Sanne de Ridder	ZVL-1886 Center	NED 198502444	<b>3:04.00</b>	+0.60	38.84	1:26.04	2:22.29	3:04.00

Masters 40+

1. Delia Badoux	WVZ	NED 198000042	<b>2:36.94</b>	+0.66	31.33	1:14.25	2:00.06	2:36.94
2. Roos van Esch	ACZ	NED 198200468	<b>2:44.52</b>	+0.82	36.15	1:19.76	2:07.89	2:44.52
3. Laura Badoux	DAW	NED 198200038	<b>2:46.48</b>	+0.85	34.88	1:21.65	2:08.03	2:46.48
4. Tonia Ruybroek	Poseidon'56	NED 198101290	<b>2:50.74</b>	+0.91	36.74	1:21.21	2:12.38	2:50.74
5. Angela Giezen	Zwemvereniging Hoogland	NED 198302796	<b>3:01.31</b>	+0.78	40.53	1:26.62	2:19.00	3:01.31
6. Roelien Stegeman	ZV 44	NED 198102350	<b>3:16.83</b>	+0.85	44.12	1:36.28	2:31.43	3:16.83
7. Linda Hoogendam	WVZ	NED 198300892	<b>3:31.25</b>	+0.82	46.69	1:41.17	2:46.99	3:31.25

Masters 45+

1. Annett von Rekowski	SG Bayer	GER 97868	<b>2:45.24</b>	+0.85	35.56	1:18.06	2:09.63	2:45.24
2. Nathalie Blondeel	Cercle De Natation Sportcity	BELuCNSW/004784/77	<b>2:49.52</b>	+0.73	35.97	1:24.39	2:13.22	2:49.52
3. Ilona Hogerheyde	DAW	NED 197400224	<b>2:54.15</b>	+0.73	35.59	1:22.05	2:13.97	2:54.15
4. Mirjan den Drijver	Westland Swimming Stars	NED 197500884	<b>3:00.03</b>	+0.79	35.92	1:25.00	2:18.56	3:00.03
5. Alina Spijkerman	DAW	NED 197701220	<b>3:00.79</b>	+0.88	39.44	1:24.79	2:21.40	3:00.79
6. Leontine Loeber	SwimGym	NED 197701010	<b>3:02.71</b>	+0.90	40.16	1:27.86	2:21.31	3:02.71
7. Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	NED 197700138	<b>3:42.25</b>	+0.87	46.84	1:44.53	2:53.81	3:42.25

Masters 50+

1. L. v. Bon-Rosenbrand	ZPC AMERSFOORT	NED 197000054	<b>2:49.23</b>	+0.82	36.02	1:23.18	2:10.92	2:49.23
2. Bianca Groot	MSV-Zeemacht	NED 197000652	<b>3:00.38</b>	+0.66	38.53	1:31.05	2:21.72	3:00.38
3. Nathasja Konijn	GZC Donk	NED 197100992	<b>3:30.41</b>	+0.85	46.03	1:38.80	2:41.34	3:30.41

Masters 55+

1. Claudia Thielemann	SG Bayer	GER 333958	<b>2:44.13</b>	+0.48	34.42	1:17.09	2:06.33	2:44.13
<i>Kampioenschapsrecord</i>								
2. Allie Price	Bridgend Swim Club	GBR 547582	<b>2:51.78</b>	+0.59	35.99	1:19.60	2:10.75	2:51.78
3. Wilna Heijman	Steenwijk 1934	NED 196400506	<b>3:15.23</b>	+0.71	41.43	1:34.71	2:33.87	3:15.23
4. Anita Steijger	WVZ	NED 196500628	<b>3:15.85</b>	+0.88	43.23	1:35.21	2:31.43	3:15.85
5. K. van Nassau-van den IOld Dutch		NED 196600188	<b>3:30.73</b>	+0.99	49.29	1:48.51	2:44.76	3:30.73

Programmanr. 13, Dames, 200m wisselslag

Masters 60+

1. M. Remmits-de Lange	ZPC AMERSFOORT	NED 196300518	<b>2:52.46</b>	+0.85	35.59	1:23.10	2:14.73	2:52.46
<i>Nederlands Masters Record</i>								
2. P. Tossings-van de Hoo	GZC Donk	NED 196100376	<b>3:12.28</b>	+0.74	42.06	1:34.10	2:30.83	3:12.28
3. M. Grove-Lingeman	Triton	NED 196200080	<b>3:13.58</b>	+0.81	40.42	1:30.59	2:29.45	3:13.58
4. Patty Verhagen	PSV	NED 195900146	<b>3:23.05</b>	+0.99	46.25	1:38.05	2:37.82	3:23.05
5. A. Vuist-Blum	SWOL 1894	NED 196300282	<b>3:28.69</b>	+0.94	49.00	1:44.26	2:41.36	3:28.69
6. Hannie Poletiek	TriVia	NED 195900278	<b>3:42.14</b>	+0.87	50.41	1:47.18	2:51.76	3:42.14
7. Lia Bijkerk	GZC Donk	NED 196000014	<b>3:47.60</b>	+0.97	53.54	1:56.39	2:58.92	3:47.60

Masters 65+

1. Colette Crabbé	Cercle De Natation Sportcity	BELuCNSW/004900/56	<b>2:55.57</b>	+0.83	36.99	1:22.97	2:15.01	2:55.57
<i>Europees Masters Record</i>								
2. Claire Anthony	Cercle De Natation Sportcity	BELuCNSW/001353/57	<b>3:46.08</b>	+0.83	39.83	1:46.02	2:58.10	3:46.08

Masters 70+

1. A. Gilding-Tussaud	WS Twente	NED 195000038	<b>4:20.35</b>	+0.74	1:06.39	2:06.47	3:22.28	4:20.35
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Programmanr. 14  
05-05-2023 - 16:02

Heren, 200m wisselslag

Masters Open  
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
<b>Masters 20+</b>								
1. Daan Hogerhuis	De Columbiaan	NED 200300317	<b>2:19.65</b>	+0.74	29.21	1:05.41	1:47.47	2:19.65
2. Jasper Breugem	WVZ	NED 200000303	<b>2:22.44</b>	+0.70	29.81	1:06.73	1:49.27	2:22.44
3. Guus Hoogduin	ZVL-1886 Center	NED 200201069	<b>2:23.33</b>	+0.61	30.08	1:06.11	1:50.52	2:23.33
4. Remco de Heij	ZPCH	NED 200200161	<b>2:25.77</b>	+0.70	30.60	1:09.42	1:52.07	2:25.77
5. Mart de Koning	ZOB'66	NED 200203253	<b>2:26.39</b>	+0.74	29.25	1:08.81	1:51.71	2:26.39
6. Tim Speijer	Bubble	NED 200301661	<b>2:26.99</b>	+0.65	28.80	1:08.58	1:51.26	2:26.99
7. Ryan van den Ouden	Poseidon'56	NED 199900377	<b>2:27.54</b>	+0.80	29.00	1:08.72	1:52.57	2:27.54
8. David Kievit	De Schotejil	NED 199900325	<b>2:27.79</b>	+0.81	30.71	1:09.02	1:52.46	2:27.79
9. Freek Hollander	Blue Marlins	NED 200103815	<b>2:27.93</b>	+0.78	28.85	1:05.63	1:52.62	2:27.93
10. Jelle Opmeer	ZPC AMERSFOORT	NED 200100269	<b>2:31.73</b>	+0.67	31.09	1:12.08	1:56.26	2:31.73
11. D. van den Nieuwendijk	De Columbiaan	NED 200100475	<b>2:32.72</b>	+0.78	31.53	1:10.88	1:54.06	2:32.72
12. Thomas Hesper	Blue Marlins	NED 200004181	<b>2:32.77</b>	+0.84	31.26	1:14.00	1:55.70	2:32.77
13. Jeroen Louwinger	De Rijn	NED 199900583	<b>2:33.82</b>	+0.68	32.83	1:11.46	1:58.98	2:33.82
14. Esper Paans	ZZ&PC De Devel	NED 200100607	<b>2:39.60</b>	+0.72	31.32	1:14.49	2:01.63	2:39.60
15. Mick van den Houten	De Duck	NED 200302211	<b>2:42.70</b>	+0.61	32.75	1:17.56	2:04.81	2:42.70
16. Bartho Visser	Triton Putten	NED 200005595	<b>2:54.23</b>	+0.78	36.80	1:21.32	2:12.70	2:54.23
17. Lars Bruinink	Noord Veluwe	NED 200303865	<b>3:03.34</b>	+0.68	43.97	1:31.08	2:26.09	3:03.34
<b>Masters 25+</b>								
1. Bert Duivenvoorde	Noordwijkerhout	NED 199701805	<b>2:20.53</b>	+0.60	27.98	1:05.38	1:48.63	2:20.53
2. Robin van Beek	ZVL-1886 Center	NED 199704023	<b>2:23.05</b>	+0.68	28.74	1:05.09	1:49.70	2:23.05
3. Jelle Blankestijn	ZPC AMERSFOORT	NED 199803737	<b>2:28.01</b>	+0.75	30.99	1:10.16	1:55.51	2:28.01
4. Dirk van der Eems	Orca	NED 199501565	<b>2:35.10</b>	+0.74	31.27	1:13.26	1:58.05	2:35.10
5. Richard van der Horst	De Meer	NED 199700179	<b>2:35.17</b>	+0.79	33.41	1:16.18	1:58.80	2:35.17
6. Tim van Grunsven	De Treffers	NED 199804535	<b>2:38.37</b>	+0.80	30.09	1:10.78	2:00.32	2:38.37
7. Wesley van der Luit	Sassenheim	NED 199701895	<b>2:40.63</b>	+0.72	33.35	1:17.84	2:06.69	2:40.63
8. Patrick Wyrdean	Westland Swimming Stars	NED 199702475	<b>2:40.91</b>	+0.53	32.13	1:13.99	2:02.71	2:40.91
9. Paco de Voogt	De Duck	NED 199400859	<b>2:42.25</b>	+0.55	32.72	1:16.49	2:05.09	2:42.25
10. Thijs van Hofweegen	ZPC AMERSFOORT	NED 199605253	<b>2:58.78</b>	+0.88	40.67	1:29.80	2:20.09	2:58.78
11. Rick Vaarkamp	Triton Putten	NED 199404979	<b>3:34.61</b>	+0.94	50.18	1:47.24	2:46.07	3:34.61

Programmanr. 14, Heren, 200m wisselslag

Masters 30+

1. Olaf Achterberg	VZC	NED 199000011	<b>2:28.95</b>	+0.81	30.03	1:09.77	1:54.29	2:28.95
2. Tim Bunnik	Triton	NED 199000505	<b>2:29.26</b>	+0.79	30.96	1:09.30	1:54.85	2:29.26
3. Patrick Creemers	RZ	NED 199000579	<b>2:30.31</b>	+0.71	32.28	1:14.94	1:57.38	2:30.31
4. M. Caro Van Der Poel	Club Natació Tàrraco	ESP	<b>2:33.29</b>	+0.82	31.35	1:11.26	1:57.20	2:33.29
5. Jeroen Burggraaf	De Blauwe Schuur	NED 199000467	<b>2:35.40</b>	+0.84	32.65	1:14.07	1:59.14	2:35.40
6. Romke van Dijk	Zwemvereniging Hoogland	NED 199007679	<b>3:06.29</b>	+0.98	41.33	1:32.10	2:24.50	3:06.29

Masters 35+

1. Yuri van Omme	Zwemvereniging Hoogland	NED 198501887	<b>2:27.52</b>	+0.78	31.56	1:10.93	1:52.41	2:27.52
2. Rob van Vliet	ZPC AMERSFOORT	NED 198402459	<b>2:31.14</b>	+0.79	31.21	1:11.13	1:55.26	2:31.14
3. Harmen Reemst	ZOB'66	NED 198702715	<b>2:51.26</b>	+0.75	35.81	1:19.91	2:09.72	2:51.26
4. Nicky Valentijn	AquAmigos	NED 198806175	<b>3:07.32</b>	+0.79	37.30	1:28.69	2:21.66	3:07.32

Masters 40+

1. Kristiaan Lenos	ZVL-1886 Center	NED 198301331	<b>2:28.06</b>	+0.79	30.01	1:10.04	1:53.20	2:28.06
2. Mark Hensen	NieMo Barracuda	NED 197900497	<b>2:28.07</b>	+0.78	30.19	1:10.19	1:54.82	2:28.07
3. Heijmen van Vliet	De Geul	NED 198001637	<b>2:31.82</b>	+0.58	31.45	1:10.83	1:56.67	2:31.82
4. Marcel Reefhuis	WS Twente	NED 198101381	<b>2:36.86</b>	+0.70	33.14	1:14.54	2:00.12	2:36.86

Masters 45+

1. Eric Richelle	Plouf Club	BEL PLOUF/006690/77	<b>2:22.51</b>	+0.78	31.02	1:08.40	1:49.44	2:22.51
2. Ivo Roozeboom	WVZ	NED 197700801	<b>2:27.84</b>	+0.77	31.66	1:10.81	1:56.01	2:27.84
3. Vincent Versteeg	Zwemlust-den Hommel	NED 197701003	<b>2:29.40</b>	+0.76	32.21	1:12.84	1:55.40	2:29.40
4. Dennis Brouwers	HZPC	NED 197800167	<b>2:29.48</b>	+0.79	34.38	1:10.61	1:55.56	2:29.48
5. Edgar Thimister	ZEPS	NED 197501511	<b>2:39.87</b>	+0.73	30.90	1:16.76	2:06.28	2:39.87
6. Kees Bakker	Gay Swim Amsterdam	NED 197501055	<b>2:42.62</b>	+0.63	34.32	1:18.39	2:05.90	2:42.62
7. Eric Hoekman	WS Twente	NED 197401531	<b>2:51.70</b>	+0.82	33.66	1:18.58	2:13.15	2:51.70
8. M. van Walt van Praag	Gay Swim Amsterdam	NED 197501425	<b>3:17.19</b>	+0.76	42.16	1:40.26	2:36.39	3:17.19

Masters 50+

1. Matthias Millers	SG Wuppertal	GER 113799	<b>2:25.76</b>	+0.87	31.17	1:09.02	1:51.93	2:25.76
<i>Kampioenschapsrecord</i>								
2. Richard Ricksen	PSV	NED 197000841	<b>2:39.91</b>	+0.86	33.28	1:17.78	2:04.12	2:39.91
3. René Beetsma	HZ&PC Heerenveen	NED 196900069	<b>2:45.43</b>	+0.83	34.26	1:17.88	2:07.45	2:45.43
4. Frank van Nobelen	Sassenheim	NED 196900753	<b>2:47.87</b>	+0.79	35.46	1:18.89	2:10.72	2:47.87
5. Bruno Nahon	Cercle De Natation Sportcity	BELuCNSW/000390/70	<b>2:50.17</b>	+0.87	35.88	1:20.69	2:12.09	2:50.17
6. Michael van Bekkum	SWOL 1894	NED 197200051	<b>2:51.02</b>	+0.76	35.26	1:23.53	2:10.57	2:51.02
7. Korstiaan de Boer	Steenwijk 1934	NED 197101629	<b>2:55.57</b>	+0.85	37.61	1:23.05	2:13.65	2:55.57
8. Martijn de Jong	DWK	NED 197101659	<b>3:04.61</b>	+0.82	36.02	1:28.18	2:19.73	3:04.61
9. Jacques Verriet	VZV Njord	NED 197001039	<b>3:05.63</b>	+0.73	41.97	1:30.03	2:20.56	3:05.63
10. Erwin Snip	ESCA Zwemmen	NED 197001555	<b>3:23.05</b>	+0.92	42.64	1:36.08	2:37.31	3:23.05

Masters 55+

1. J. van den Berg	WVZ	NED 196801575	<b>2:40.87</b>	+0.77	34.41	1:15.76	2:02.31	2:40.87
2. Arnold de Rover	AZ&PC De Futen	NED 196400645	<b>2:41.95</b>	+0.67	34.91	1:18.70	2:05.97	2:41.95
3. Hugues Herman	Cercle De Natation Sportcity	BELuCNSW/009743/66	<b>2:41.98</b>	+0.78	36.26	1:18.88	2:07.23	2:41.98
4. Ron Korzelius	ZPC AMERSFOORT	NED 196500513	<b>2:46.95</b>	+0.60	36.39	1:20.00	2:10.28	2:46.95
5. Harold Matla	PSV	NED 196800591	<b>2:55.77</b>		38.97	1:26.37	2:15.80	2:55.77
6. Pascal Tourton	ZOB'66	NED 196601343	<b>2:58.54</b>	+0.79	37.49	1:24.24	2:17.05	2:58.54
7. Robert de Brauwer	De Duinkickers	NED 196401383	<b>3:07.72</b>	+0.84	41.17	1:31.39	2:25.71	3:07.72

Programmanr. 14, Heren, 200m wisselslag

Masters 60+

1. Jan Brink	ZPC De Zeeuwse Kust	NED 196200091	<b>2:44.40</b>	+0.82	36.76	1:18.48	2:07.25	2:44.40
2. Edwin v. Norden	ZPC AMERSFOORT	NED 196300563	<b>2:44.76</b>	+0.74	34.06	1:17.30	2:05.07	2:44.76
3. Ronald Grove	Triton	NED 196100161	<b>2:58.51</b>	+0.77	37.66	1:30.49	2:20.86	2:58.51
4. Evert-Jan Verweij	SWOL 1894	NED 196301143	<b>3:01.69</b>	+0.90	37.69	1:26.02	2:19.85	3:01.69
5. Richard Tiemstra	De Biesboschwemmers	NED 196301397	<b>3:12.39</b>	+0.95	39.88	1:31.02	2:28.09	3:12.39
6. Jack Barends	WS Twente	NED 196201011	<b>3:27.37</b>	+0.91	48.66	1:41.78	2:37.36	3:27.37
7. Christian Schoenaers	Cercle De Natation Sportcity	BELuCNSW/007131/59	<b>3:37.39</b>		46.47	1:47.11	2:45.73	3:37.39
8. Günther Brod	SSG Saar Max Ritter SV08	GER 234041	<b>4:04.07</b>		53.57	2:02.72	3:12.54	4:04.07

Masters 65+

1. Hugo Bregman	WVZ	NED 195800069	<b>2:38.68</b>	+0.91	32.84	1:15.36	2:02.67	2:38.68
<i>Europees Masters Record</i>								
2. Paul Bunnik	Triton	NED 195600413	<b>3:14.86</b>	+0.90	39.00	1:33.92	2:31.87	3:14.86

Masters 70+

1. Jean-Marie Cadiat	Cercle De Natation Sportcity	BELuCNSW/000243/53	<b>3:03.39</b>	+0.88	37.60	1:28.84	2:22.52	3:03.39
<i>Kampioenschapsrecord, Belgisch Masters Record</i>								
2. Pieter Husslage	Old Dutch	NED 195300091	<b>3:34.44</b>		51.23	1:47.14	2:50.56	3:34.44
3. Piet Schop	De Bevelanders	NED 195000109	<b>3:41.71</b>	+0.65	44.18	1:42.63	2:49.26	3:41.71
4. Nello Spiteri	DAW	NED 195200295	<b>4:47.21</b>		1:07.86	2:34.89	3:49.55	4:47.21

Masters 80+

1. Geza Kaltenecker	AZC	NED 194200065	<b>4:13.43</b>		1:00.24	2:05.79	3:18.65	4:13.43
<i>Kampioenschapsrecord</i>								

Programmanr. 15  
05-05-2023 - 16:40

4 x 200m vrije slag

Masters Open  
Resultaten

rang	vereniging					tijd	RT	PARA
<b>100+, Heren</b>								
1.	ESCA Zwemmen 1	ESCA Zwemmen	NED			<b>8:48.36</b>	+0.71	
	Tim de Vrugt	93	+0.71	29.77	1:03.39	1:39.02	2:14.01	2:14.01
	Jurre Stammes	97	+0.40	29.02	1:01.85	1:36.57	2:12.18	2:12.18
	Sander de Vrugt	89	+0.25	29.64	1:02.88	1:37.65	2:12.21	2:12.21
	Mike Schel	94	+0.47	29.25	1:02.34	1:36.95	2:09.96	2:09.96
2.	ZOB'66 1	ZOB'66	NED			<b>10:00.31</b>	+0.76	
	Ruben Stolk	90	+0.76	32.04	1:09.56	1:49.63	2:28.38	2:28.38
	Ian van Mullem	96	+0.29	31.67	1:08.75	1:48.23	2:28.02	2:28.02
	Boaz Troost	01	+0.74	32.13	1:11.79	1:54.66	2:36.22	2:36.22
	Julian Mes	01	+0.58	32.55	1:09.95	1:49.24	2:27.69	2:27.69
<b>120+, Heren</b>								
1.	De Schotejil 1	De Schotejil	NED			<b>9:11.75</b>	+0.80	
	Sybren Groenewegen	93	+0.80	30.73	1:04.92	1:40.88	2:15.64	2:15.64
	Frank v.d. Voordt	83	+0.50	32.41	1:08.45	1:45.43	2:21.79	2:21.79
	Niels Albrechts	88	+0.59	31.77	1:07.37	1:44.79	2:19.11	2:19.11
	David Kievit	99	+0.46	30.63	1:04.86	1:40.57	2:15.21	2:15.21
2.	ZPC AMERSFOORT 4	ZPC AMERSFOORT	NED			<b>9:20.43</b>	+0.76	
	Jelle Blankestijn	98	+0.76	28.90	1:01.61	1:35.27	2:08.40	2:08.40
	Henk Kuipers	62	+0.21	36.47	1:17.06	1:59.21	2:40.21	2:40.21
	Martijn Bartels	96		30.71	1:05.70	1:40.76	2:16.70	2:16.70
	Jelle Opmeer	01	+0.26	29.04	1:03.17	1:39.33	2:15.12	2:15.12



## Programmanr. 15, Heren, 4 x 200m vrije slag, 120+

rang	vereniging						tijd	RT	PARA
3.	ZVL-1886 Center 2	ZVL-1886 Center		NED			<b>9:28.45</b>	<b>+0.74</b>	
	Kristiaan Lenos	83	+0.74	28.76	1:01.49	1:37.21	2:13.26	2:13.26	
	Robin van Peenen	02	+0.64	30.32	1:05.50	1:44.15	2:21.94	2:21.94	
	Otto Jansen	65	+0.39	32.95	1:11.13	1:52.14	2:32.77	2:32.77	
	Erik Baalbergen	98	+0.22	30.09	1:05.41	1:43.04	2:20.48	2:20.48	

## 160+, Heren

1.	WVZ 1	WVZ		NED			<b>9:24.76</b>	<b>+0.74</b>	
	Jordy van Oel	98	+0.74	30.04	1:03.36	1:38.40	2:13.90	2:13.90	
	Jan-Willem van den Berg	68	+0.47	31.62	1:08.64	1:47.37	2:24.21	2:24.21	
	Markus van Rest	77	+0.56	33.48	1:12.24	1:54.48	2:34.63	2:34.63	
	Ivo Roozeboom	77	+0.51	29.89	1:03.94	1:38.52	2:12.02	2:12.02	
2.	DAW 1	DAW		NED			<b>9:28.17</b>	<b>+0.80</b>	
	Paul Oudendijk	81	+0.80	31.93	1:06.69	1:43.28	2:19.00	2:19.00	
	Dennis Kraakman	87	+0.62	32.80	1:11.14	1:51.71	2:30.56	2:30.56	
	Alex Damen	75	+0.53	32.41	1:08.42	1:45.05	2:20.30	2:20.30	
	Joost Hoetjes	78	+0.39	29.24	1:02.05	1:38.30	2:18.31	2:18.31	

## 200+, Heren

1.	AZC 1	AZC		NED			<b>11:28.74</b>	<b>+0.99</b>	
	Geza Kaltenecker	42	+0.99	51.22	1:50.27	2:50.96	3:47.69	3:47.69	
	Patrick Brouwer	93	+0.60	33.26	1:10.18	1:48.60	2:25.37	2:25.37	
	Wim de Lange	58	+0.55	39.25	1:23.75	2:09.79	2:54.65	2:54.65	
	Jeroen Matthijssen	91	+0.65	31.51	1:06.00	1:43.21	2:21.03	2:21.03	

## 240+, Heren

1.	De Rog 1 <i>Nederlands Masters Record</i>	De Rog		NED			<b>10:20.84</b>	<b>+0.96</b>	
	Erik Kamphuis	60	+0.96	36.41	1:15.65	1:55.97	2:35.41	2:35.41	
	Roy Le Clercq	64	+0.74	36.74	1:19.14	2:03.50	2:46.20	2:46.20	
	Rob Spetter	62		35.60	1:14.33	1:53.94	2:34.13	2:34.13	
	Peter Bemsen	63	+0.61	34.50	1:12.22	1:49.19	2:25.10	2:25.10	

## 80+, Dames

1.	Hieronymus 1 <i>Nederlands Masters Record</i>	Hieronymus		NED			<b>9:07.56</b>	<b>+0.66</b>	
	Selene Wortel	97	+0.66	30.40	1:05.43	1:40.55	2:14.81	2:14.81	
	Nadja Roovers	98	+0.35	30.92	1:06.11	1:43.74	2:19.37	2:19.37	
	Valesca van den Bogert	01	+0.61	30.95	1:06.00	1:42.60	2:17.88	2:17.88	
	Roos Englebert	02	+0.30	30.88	1:05.41	1:40.65	2:15.50	2:15.50	
2.	Bubble 1	Bubble		NED			<b>9:21.40</b>	<b>+0.87</b>	
	Laura Setz	00	+0.87	29.93	1:02.74	1:36.51	2:10.21	2:10.21	
	Esmee Kloezen	02	+0.51	34.18	1:11.93	1:51.88	2:31.49	2:31.49	
	Marijke Drent	99	+0.48	31.09	1:05.73	1:41.69	2:17.29	2:17.29	
	Sanne Kloezen	02	+0.38	31.00	1:06.79	1:45.08	2:22.41	2:22.41	

## 100+, Dames

1.	Steenwijk 1934 5	Steenwijk 1934		NED			<b>11:06.34</b>	<b>+0.75</b>	
	Cynthia Koolman	03	+0.75	34.74	1:13.43	1:53.20	2:32.94	2:32.94	
	Charine Rozendom - de Ruiter	94	+0.65	38.43	1:22.16	2:09.25	2:56.72	2:56.72	
	Lonneke Oenema	91	+0.51	39.52	1:23.99	2:12.08	2:59.75	2:59.75	
	Alies Wagter	99	+0.83	35.66	1:15.29	1:56.86	2:36.93	2:36.93	

## Programmanr. 15, 4 x 200m vrije slag

## 120+, Dames

<b>1.</b>	<b>MSV-Zeemacht 1</b>	<b>MSV-Zeemacht</b>	<b>NED</b>				<b>9:56.44</b>	<b>+0.82</b>
	Suzanne Mosch	94	+0.82	35.85	1:15.57	1:56.54	2:36.71	2:36.71
	Jet Kleine	99	+0.27	34.86	1:13.31	1:53.36	2:32.67	2:32.67
	Bianca Groot	70	+0.53	34.65	1:13.57	1:54.25	2:34.03	2:34.03
	Amber van der Kruk	01	+0.87	30.29	1:03.57	1:38.15	2:13.03	2:13.03
<b>2.</b>	<b>DAW 2</b>	<b>DAW</b>	<b>NED</b>				<b>10:22.44</b>	<b>+0.86</b>
	Laura Badoux	82	+0.86	33.99	1:12.26	1:51.78	2:30.81	2:30.81
	Alina Spijkerman	77	+0.68	34.28	1:12.93	1:54.50	2:35.73	2:35.73
	Marouscha de Vries	99	+0.14	35.68	1:15.95	1:57.67	2:38.62	2:38.62
	Lianne Dekker	03	+0.14	35.64	1:16.17	1:57.72	2:37.28	2:37.28
<b>3.</b>	<b>ZPC AMERSFOORT 3</b>	<b>ZPC AMERSFOORT</b>	<b>NED</b>				<b>10:27.64</b>	<b>+0.75</b>
	Elisah Velgersdijk	01	+0.75	34.58	1:13.97	1:54.69	2:34.90	2:34.90
	Henriëtte v. Norden	68	+0.51	35.10	1:16.25	1:59.77	2:40.68	2:40.68
	Eline Hendriks	98	+0.32	35.43	1:15.88	1:59.24	2:41.53	2:41.53
	Jisca Majolee	94	+0.37	33.01	1:10.77	1:50.93	2:30.53	2:30.53
<b>4.</b>	<b>ZVL-1886 Center 3</b>	<b>ZVL-1886 Center</b>	<b>NED</b>				<b>10:46.91</b>	<b>+0.59</b>
	Lonneke Graansma	99	+0.59	34.45	1:13.40	1:54.08	2:33.41	2:33.41
	Sanne de Ridder	85	+0.26	34.93	1:17.07	2:01.16	2:44.36	2:44.36
	Cynthia van Veen	96	+0.07	37.12	1:21.65	2:08.66	2:54.94	2:54.94
	Suzan Blankestijn	89	+0.76	35.27	1:14.29	1:54.44	2:34.20	2:34.20
<b>5.</b>	<b>ZV Hoogland 1</b>	<b>Zwemvereniging Hoogland</b>	<b>NED</b>				<b>11:08.54</b>	<b>+0.76</b>
	Anne-Irene Ducheine	95	+0.76	33.57	1:10.89	1:49.30	2:27.11	2:27.11
	Yvette Meijer	97	+0.70	39.21	1:22.76	2:07.92	2:51.17	2:51.17
	Angelique Wammes-Bourman	84	+0.04	40.09	1:26.02	2:13.80	2:59.04	2:59.04
	Angela Giezen	83	+0.53	38.22	1:22.07	2:08.06	2:51.22	2:51.22

## 160+, Dames

<b>1.</b>	<b>Steenwijk 1934 4</b>	<b>Steenwijk 1934</b>	<b>NED</b>				<b>11:21.80</b>	<b>+0.76</b>
	Leonie Scholten	79	+0.76	40.31	1:28.51	2:19.73	3:12.35	3:12.35
	Wilna Heijman	64		37.88	1:19.88	2:02.55	2:44.84	2:44.84
	Getrude Corporaal	92	+0.35	32.00	1:09.70	1:50.69	2:31.80	2:31.80
	Ilse Blankvoort	92	+0.55	38.05	1:20.96	2:06.17	2:52.81	2:52.81
<b>2.</b>	<b>De Geul 1</b>	<b>De Geul</b>	<b>NED</b>				<b>11:27.42</b>	<b>+0.83</b>
	Marian Nederlof	76	+0.83	39.76	1:23.82	2:07.45	2:50.48	2:50.48
	Aafke Groot	83	+0.58	37.98	1:22.42	2:09.59	2:56.29	2:56.29
	Marijke Campfens	69	+0.49	38.07	1:20.94	2:06.35	2:50.75	2:50.75
	Isabelle Janssen	00	+0.72	38.34	1:20.82	2:05.49	2:49.90	2:49.90
<b>3.</b>	<b>GZC Donk 1</b>	<b>GZC Donk</b>	<b>NED</b>				<b>11:47.88</b>	
	Ilonka van der Meer	76		41.19	1:26.85	2:17.10	3:06.92	3:06.92
	Nathasja Konijn	71	+0.73	43.16	1:31.89	2:23.13	3:13.50	3:13.50
	Petra Tossings-van de Hooven	61	+0.70	38.53	1:22.08	2:06.86	2:49.46	2:49.46
	Linda van Klei	88	+0.80	35.84	1:15.95	1:57.95	2:38.00	2:38.00
<b>4.</b>	<b>De Rog 3</b>	<b>De Rog</b>	<b>NED</b>				<b>12:41.18</b>	<b>+0.79</b>
	Karin Vermeer	83	+0.79	42.58	1:30.25	2:22.87	3:17.56	3:17.56
	Katja De Beer	68	+0.90	41.13	1:28.07	2:16.79	3:06.14	3:06.14
	Regine Beckers-Stribos	70	+0.42	40.39	1:25.13	2:12.48	3:00.32	3:00.32
	Sandra Van der Helm	78	+0.63	43.55	1:31.75	2:23.88	3:17.16	3:17.16

## 200+, Dames

<b>1.</b>	<b>PSV 1</b>	<b>PSV</b>	<b>NED</b>				<b>10:14.21</b>	<b>+0.74</b>
	<i>Europees Masters Record, startzwemster NMR 200m</i>							
	Carla Geurts	71	+0.74	31.68	1:07.46	1:44.28	2:20.69	2:20.69
	Jeanne Petit	70	+0.39	34.33	1:13.86	1:55.40	2:36.98	2:36.98
	Patty Verhagen	59	+0.25	39.12	1:21.76	2:06.26	2:51.75	2:51.75
	Liselotte Joling	75	+0.51	33.96	1:11.13	1:49.03	2:24.79	2:24.79
<b>2.</b>	<b>De Geul 2</b>	<b>De Geul</b>	<b>NED</b>				<b>14:20.05</b>	<b>+0.65</b>
	Erica Muller	64	+0.65	42.94	1:33.89	2:25.96	3:17.04	3:17.04
	Geerdien Meerwaldt	52		59.30	2:05.19	3:13.76	4:21.81	4:21.81
	Roselinda van der Vlugt	67		50.53	1:47.58	2:46.48	3:41.29	3:41.29
	Lisette van den Bos	87		39.60	1:25.63	2:14.49	2:59.91	2:59.91

## 240+, Dames

## Programmanr. 15, Dames, 4 x 200m vrije slag, 240+

rang	vereniging						tijd	RT	PARA
1.	SWOL 1894 1	SWOL 1894	NED				<b>12:57.19</b>	+0.82	
	Marjan Spoelstra	60	+0.82	48.24	1:41.47	2:35.59	3:27.66	3:27.66	
	Annemarie Vuist-Blum	63	+0.62	44.08	1:32.52	2:22.16	3:10.81	3:10.81	
	Annet Kootstra	71	+0.60	42.20	1:30.67	2:20.73	3:09.57	3:09.57	
	Christine Nieuwenhuis	51	+0.45	41.75	1:30.46	2:20.72	3:09.15	3:09.15	
<b>Masters 80+</b>									
1.	ZVL-1886 Center 1	ZVL-1886 Center	NED				<b>8:52.62</b>	+0.71	
	Robin van Beek	97	+0.71	29.18	1:00.80	1:33.45	2:06.01	2:06.01	
	Guus Hoogduin	02	+0.35	29.19	1:01.88	1:35.18	2:08.64	2:08.64	
	Karen Stolk	94	+0.38	31.70	1:08.53	1:47.18	2:25.42	2:25.42	
	Silke Molendijk	01	+0.38	30.92	1:05.20	1:39.57	2:12.55	2:12.55	
<b>100+</b>									
1.	VZC 1	VZC	NED				<b>8:48.00</b>	+0.78	
	Marjolein Delno	94	+0.78	30.11	1:02.66	1:36.03	2:08.08	2:08.08	
	Thom Delno	00	+0.46	29.20	1:02.17	1:35.73	2:07.51	2:07.51	
	Olaf Achterberg	90	+0.64	29.32	1:02.35	1:36.49	2:10.21	2:10.21	
	Amber Hesper	02	+0.27	31.00	1:06.71	1:45.19	2:22.20	2:22.20	
<b>120+</b>									
1.	Steenwijk 1934 3	Steenwijk 1934	NED				<b>9:43.49</b>	+0.81	
	Nanda Wobben - de Vries	92	+0.81	32.86	1:10.57	1:49.40	2:25.98	2:25.98	
	Robert Braad	86	+0.40	29.42	1:04.95	1:41.58	2:16.98	2:16.98	
	Martijn Lageweg	97	+0.53	32.54	1:09.53	1:48.74	2:26.45	2:26.45	
	Jacyntha Plat	90	+0.43	34.18	1:13.68	1:54.96	2:34.08	2:34.08	
2.	PSV 2	PSV	NED				<b>10:01.76</b>	+0.82	
	Larissa Jansen	95	+0.82	34.11	1:11.13	1:48.42	2:25.96	2:25.96	
	Remco van der Graaf	87	+0.31	33.31	1:12.05	1:53.43	2:34.85	2:34.85	
	Mark Godwaldt	87	+0.60	32.17	1:08.99	1:47.83	2:25.13	2:25.13	
	Nanda van Heteren	89	+0.56	35.69	1:15.50	1:56.53	2:35.82	2:35.82	
3.	Zwemlust-den Hommel 1	Zwemlust-den Hommel	NED				<b>10:05.17</b>	+0.83	
	Mark Swart	79	+0.83	30.59	1:05.64	1:42.85	2:20.39	2:20.39	
	Liesbeth van Mill	87		36.26	1:17.80	2:00.34	2:43.25	2:43.25	
	Danielle Vermeulen	91		35.12	1:14.20	1:53.77	2:32.52	2:32.52	
	Nigel Werring	03	+0.59	34.01	1:11.74	1:51.61	2:29.01	2:29.01	
4.	WSS 1	Westland Swimming Stars	NED				<b>10:11.06</b>	+0.66	
	Nick Boekestijn	99	+0.66	30.50	1:04.95	1:41.04	2:17.05	2:17.05	
	Anouk van der Lans	98	+0.49	36.04	1:16.33	1:58.59	2:39.02	2:39.02	
	Mirjan den Drijver	75	+0.41	36.85	1:19.21	2:02.98	2:45.54	2:45.54	
	Pieter Broek	77	+0.42	31.63	1:07.79	1:48.43	2:29.45	2:29.45	
5.	GoSwim 1	GoSwim	NED				<b>10:26.04</b>	+0.77	
	Saskia de Klerk	90	+0.77	33.47	1:13.43	1:57.72	2:41.32	2:41.32	
	Laura Scheffer	94	+0.59	34.89	1:15.53	1:57.27	2:38.63	2:38.63	
	Rudi Butselaar	87	+0.45	35.43	1:17.05	2:02.31	2:45.92	2:45.92	
	Victor Barnar	78	+0.54	31.22	1:05.27	1:42.58	2:20.17	2:20.17	
6.	De Biesboschzwemmers 2	De Biesboschzwemmers	NED				<b>10:47.85</b>	+0.75	
	Mandy Swart	99	+0.75	34.97	1:16.16	1:58.88	2:41.15	2:41.15	
	Nico Swart	68	+0.33	35.17	1:18.12	2:02.77	2:46.18	2:46.18	
	Wouter van der Stelt	72	+0.43	36.54	1:17.47	2:00.56	2:43.48	2:43.48	
	Sanne van de Pol	98	+0.29	33.35	1:12.37	1:54.57	2:37.04	2:37.04	
<b>160+</b>									
1.	Sassenheim 1	Sassenheim	NED				<b>10:17.70</b>	+0.61	
	Marinka vd Zwet	65	+0.61	35.20	1:16.60	2:01.28	2:46.99	2:46.99	
	Marianne de Bruin	84	+0.55	36.72	1:16.92	1:59.76	2:40.66	2:40.66	
	Arjan Buijsse	79	+0.62	33.76	1:11.91	1:52.08	2:32.25	2:32.25	
	Wesley van der Luit	97	+0.55	32.31	1:07.91	1:44.38	2:17.80	2:17.80	
2.	DWK 1	DWK	NED				<b>11:28.06</b>	+0.77	
	Greta Wyma-Teitsma	71	+0.77	47.10	1:41.72	2:37.77	3:34.58	3:34.58	
	Iris van Aurich	69	+0.03	34.80	1:15.22	1:57.87	2:39.34	2:39.34	
	Martijn de Jong	71	+0.63	38.72	1:22.97	2:09.10	2:52.76	2:52.76	
	Lars Jacobsen	97	+0.41	30.42	1:07.42	1:46.32	2:21.38	2:21.38	

Programmanr. 15, 4 x 200m vrije slag

200+

1.	ZPC AMERSFOORT 2	ZPC AMERSFOORT	NED				<b>9:49.30</b>	+0.91
	Lidia v. Bon-Rosenbrand	70	+0.91	33.58	1:11.22	1:50.89	2:30.30	2:30.30
	Ron Korzelius	65	+0.41	34.12	1:11.91	1:50.70	2:28.09	2:28.09
	Jenny Bergwerff	72	+0.54	33.67	1:11.93	1:51.41	2:30.45	2:30.45
	Rob van Vliet	84	+0.33	30.87	1:05.70	1:42.80	2:20.46	2:20.46
2.	De Biesboschzwemmers 1	De Biesboschzwemmers	NED				<b>10:30.78</b>	+0.78
	Paul Wijnja	63	+0.78	35.29	1:13.87	1:53.49	2:32.91	2:32.91
	Henri Verschoor	70	+0.52	34.14	1:12.80	1:53.09	2:32.52	2:32.52
	Annette Wijnja-Visser	67	+0.34	36.17	1:18.32	2:02.05	2:44.93	2:44.93
	Anne-Marie Verschoor-Vos	81	+0.65	35.55	1:15.71	1:57.90	2:40.42	2:40.42
3.	WVZ 2	WVZ	NED				<b>11:15.88</b>	+0.75
	Chita van der Goorbergh	68	+0.75	38.14	1:22.41	2:08.85	2:55.74	2:55.74
	Leon Slingerland	68	+0.84	35.08	1:15.38	1:58.18	2:39.99	2:39.99
	Susan Breugem	71	+0.59	37.26	1:20.30	2:04.73	2:46.97	2:46.97
	John Stoffer	63	+0.31	36.64	1:19.55	2:06.97	2:53.18	2:53.18
4.	De Rog 2 *600m	De Rog	NED				<b>11:18.81</b>	+0.90
	Ageeth Westenbrink	67	+0.90	44.41	1:34.79	2:27.89	3:18.20	3:18.20
	Esther Vergeest	77	+0.37	38.93	1:22.09	2:06.19	2:49.95	2:49.95
	Wijnand Vergeest	68	+0.45	36.30	1:18.19	2:01.46	2:42.20	2:42.20
	Arjan Verheij	71		32.28	1:10.70	1:50.54	2:28.46	2:28.46

240+

1.	ZPC AMERSFOORT 1 <i>Wereld Masters Record</i>	ZPC AMERSFOORT	NED				<b>9:44.46</b>	+0.85
	Chester Marsman	69	+0.85	29.33	1:04.01	1:39.88	2:15.33	2:15.33
	Atie Pijtak-Radersma	56	+0.39	34.94	1:15.06	1:56.80	2:37.30	2:37.30
	Marjan Remmits-de Lange	63	+0.19	33.69	1:11.99	1:52.39	2:33.01	2:33.01
	Johan Remmits	62	+0.23	31.34	1:06.67	1:43.77	2:18.82	2:18.82
2.	CNSW 1 <i>Belgisch Masters Record</i>	Cercle De Natation Sportcity WolBEL					<b>10:16.79</b>	+0.91
	Jean-Marie Cadiat	53	+0.91	36.42	1:18.42	2:01.73	2:43.59	2:43.59
	Hugues Herman	66	+0.55	32.64	1:08.34	1:44.15	2:19.00	2:19.00
	Colette Crabbé	56	+0.51	36.06	1:16.66	1:58.40	2:38.70	2:38.70
	Nathalie Blondeel	77	+0.43	36.36	1:16.56	1:56.60	2:35.50	2:35.50
3.	Steenwijk 1934 1	Steenwijk 1934	NED				<b>11:53.67</b>	+0.97
	Monica Bakker	56	+0.97	43.42	1:34.05	2:28.63	3:24.11	3:24.11
	Casper Dollekamp	63	+0.51	38.25	1:20.76	2:05.46	2:48.14	2:48.14
	Linda Wibbelink	59	+0.65	40.75	1:26.45	2:13.47	2:59.03	2:59.03
	Guido Keutgen	68	+0.22	34.47	1:15.14	1:59.06	2:42.39	2:42.39

280+

1.	CNSW 2 <i>Belgisch Masters Record</i>	Cercle De Natation Sportcity WolBEL					<b>14:36.89</b>	+0.80
	Lionel Godeaux	60	+0.80	37.13	1:18.38	2:00.42	2:40.17	2:40.17
	Brigitte Dugauquier	55		48.13	1:42.92	2:39.28	3:33.14	3:33.14
	Fernande Blondeel-Gourmet	52		53.71	1:54.92	2:58.33	4:01.34	4:01.34
	Kevork Boyrazian	44	+0.44	1:00.55	2:09.92	3:19.65	4:22.24	4:22.24
2.	Old Dutch 1	Old Dutch	NED				<b>15:02.77</b>	
	Marie Smits	38		58.58	2:06.83	3:16.18	4:20.05	4:20.05
	Nico Baay	42	+0.74	59.54	2:05.30	3:12.88	4:20.52	4:20.52
	Karin van Nassau-van den Heuvel	66	+0.52	42.73	1:30.58	2:19.70	3:05.76	3:05.76
	Pieter Huslage	53	+0.56	44.60	1:34.76	2:27.37	3:16.44	3:16.44
3.	PSV 3	PSV	NED				<b>16:10.55</b>	+0.80
	Lies Hartman	56	+0.80	1:03.84	2:21.64	3:47.72	5:12.26	5:12.26
	Carla Hensen	53	+0.64	46.72	1:40.58	2:35.37	3:27.43	3:27.43
	Rob Hanou	43	+0.42	52.80	1:58.33	3:06.92	4:08.17	4:08.17
	André Pantekoek	58	+0.54	45.46	1:39.29	2:35.64	3:22.69	3:22.69

4 - ONMK 2023 lb Sessie 4

06-05-2023 - 9:00

Programmanr. 16  
06-05-2023 - 9:00

Heren, 800m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	tijd	RT	PARA
<b>Masters 20+</b>					
1.	Guus Hoogduin	ZVL-1886 Center	NED 200201069	<b>9:28.01</b>	+0.59
	50m: 31.36 31.36	250m: 2:54.99 36.48	450m: 5:18.38 35.80	650m: 7:43.18 36.01	
	100m: 1:06.18 34.82	300m: 3:31.29 36.30	500m: 5:54.32 35.94	700m: 8:19.25 36.07	
	150m: 1:42.25 36.07	350m: 4:06.70 35.41	550m: 6:30.84 36.52	750m: 8:54.46 35.21	
	200m: 2:18.51 36.26	400m: 4:42.58 35.88	600m: 7:07.17 36.33	800m: 9:28.01 33.55	
2.	Tom Balsen Versteeg	De Warande	NED 200005673	<b>9:32.72</b>	+0.63
	50m: 29.76 29.76	250m: 2:51.09 35.83	450m: 5:17.44 36.38	650m: 7:46.17 37.38	
	100m: 1:04.16 34.40	300m: 3:27.45 36.36	500m: 5:54.51 37.07	700m: 8:23.56 37.39	
	150m: 1:39.32 35.16	350m: 4:04.08 36.63	550m: 6:31.23 36.72	750m: 8:59.69 36.13	
	200m: 2:15.26 35.94	400m: 4:41.06 36.98	600m: 7:08.79 37.56	800m: 9:32.72 33.03	
3.	Jacob Mackloet	De Schotejil	NED 200001171	<b>9:32.77</b>	+0.72
	50m: 31.07 31.07	250m: 2:57.44 37.03	450m: 5:25.68 37.11	650m: 7:50.22 35.36	
	100m: 1:06.39 35.32	300m: 3:34.57 37.13	500m: 6:02.10 36.42	700m: 8:25.88 35.66	
	150m: 1:43.13 36.74	350m: 4:11.96 37.39	550m: 6:38.84 36.74	750m: 9:00.23 34.35	
	200m: 2:20.41 37.28	400m: 4:48.57 36.61	600m: 7:14.86 36.02	800m: 9:32.77 32.54	
4.	Tenzin Tieman	Old Dutch	NED 200005549	<b>9:41.74</b>	+0.61
	50m: 31.48 31.48	250m: 2:54.37 36.42	450m: 5:22.84 37.13	650m: 7:53.80 37.77	
	100m: 1:06.08 34.60	300m: 3:31.48 37.11	500m: 6:00.45 37.61	700m: 8:31.71 37.91	
	150m: 1:41.51 35.43	350m: 4:08.27 36.79	550m: 6:38.10 37.65	750m: 9:07.64 35.93	
	200m: 2:17.95 36.44	400m: 4:45.71 37.44	600m: 7:16.03 37.93	800m: 9:41.74 34.10	
5.	Jarmo van den Blink	Batavia Swim	NED 200100585	<b>10:26.66</b>	+0.77
	50m: 32.08 32.08	250m: 3:02.40 38.56	450m: 5:39.28 39.52	650m: 8:24.08 42.01	
	100m: 1:08.49 36.41	300m: 3:40.77 38.37	500m: 6:19.58 40.30	700m: 9:06.12 42.04	
	150m: 1:45.87 37.38	350m: 4:19.94 39.17	550m: 7:00.10 40.52	750m: 9:47.47 41.35	
	200m: 2:23.84 37.97	400m: 4:59.76 39.82	600m: 7:42.07 41.97	800m: 10:26.66 39.19	
6.	Bart Spaans	ACZ	NED 199902559	<b>10:49.59</b>	+0.60
	50m: 34.46 34.46	250m: 3:14.54 40.98	450m: 6:00.67 41.73	650m: 8:47.62 41.60	
	100m: 1:13.27 38.81	300m: 3:55.85 41.31	500m: 6:42.47 41.80	700m: 9:29.85 42.23	
	150m: 1:53.07 39.80	350m: 4:37.56 41.71	550m: 7:24.15 41.68	750m: 10:10.34 40.49	
	200m: 2:33.56 40.49	400m: 5:18.94 41.38	600m: 8:06.02 41.87	800m: 10:49.59 39.25	
7.	Robin van Peenen	ZVL-1886 Center	NED 200201059	<b>10:51.94</b>	+0.71
	50m: 32.17 32.17	250m: 3:12.47 41.35	450m: 6:00.08 42.15	650m: 8:48.67 42.25	
	100m: 1:10.30 38.13	300m: 3:53.98 41.51	500m: 6:42.11 42.03	700m: 9:30.98 42.31	
	150m: 1:50.27 39.97	350m: 4:36.10 42.12	550m: 7:24.31 42.20	750m: 10:11.81 40.83	
	200m: 2:31.12 40.85	400m: 5:17.93 41.83	600m: 8:06.42 42.11	800m: 10:51.94 40.13	
<b>Masters 25+</b>					
1.	Donny van den Bosch	Zwemlust-den Hommel	NED 199502001	<b>9:35.33</b>	+0.78
	50m: 30.94 30.94	250m: 2:52.06 36.25	450m: 5:21.85 37.97	650m: 7:50.03 36.36	
	100m: 1:04.56 33.62	300m: 3:28.58 36.52	500m: 5:59.29 37.44	700m: 8:26.00 35.97	
	150m: 1:39.99 35.43	350m: 4:06.34 37.76	550m: 6:36.80 37.51	750m: 9:01.55 35.55	
	200m: 2:15.81 35.82	400m: 4:43.88 37.54	600m: 7:13.67 36.87	800m: 9:35.33 33.78	
2.	Mike Schel	ESCA Zwemmen	NED 199403279	<b>9:42.03</b>	+0.75
	50m: 31.75 31.75	250m: 2:55.28 36.41	450m: 5:22.51 36.85	650m: 7:52.51 37.59	
	100m: 1:06.80 35.05	300m: 3:31.94 36.66	500m: 5:59.96 37.45	700m: 8:30.05 37.54	
	150m: 1:42.47 35.67	350m: 4:08.66 36.72	550m: 6:37.25 37.29	750m: 9:07.30 37.25	
	200m: 2:18.87 36.40	400m: 4:45.66 37.00	600m: 7:14.92 37.67	800m: 9:42.03 34.73	
3.	Jordy van Oel	WVZ	NED 199802003	<b>9:48.75</b>	+0.74
	50m: 31.50 31.50	250m: 2:59.75 37.80	450m: 5:29.30 37.49	650m: 7:58.50 37.65	
	100m: 1:07.46 35.96	300m: 3:36.82 37.07	500m: 6:06.24 36.94	700m: 8:35.85 37.35	
	150m: 1:44.54 37.08	350m: 4:14.54 37.72	550m: 6:43.65 37.41	750m: 9:12.95 37.10	
	200m: 2:21.95 37.41	400m: 4:51.81 37.27	600m: 7:20.85 37.20	800m: 9:48.75 35.80	
4.	Jelle Blankestijn	ZPC AMERSFOORT	NED 199803737	<b>9:51.48</b>	+0.75
	50m: 30.01 30.01	250m: 2:52.83 37.17	450m: 5:24.33 38.32	650m: 7:58.52 38.50	
	100m: 1:04.01 34.00	300m: 3:30.14 37.31	500m: 6:02.99 38.66	700m: 8:37.43 38.91	
	150m: 1:39.45 35.44	350m: 4:07.72 37.58	550m: 6:41.32 38.33	750m: 9:14.99 37.56	
	200m: 2:15.66 36.21	400m: 4:46.01 38.29	600m: 7:20.02 38.70	800m: 9:51.48 36.49	
5.	Lars Jacobsen	DWK	NED 199705453 S14	<b>10:09.58</b>	+0.84 769
	50m: 32.71 32.71	250m: 3:05.97 39.22	450m: 5:42.25 38.59	650m: 8:18.28 39.51	
	100m: 1:09.52 36.81	300m: 3:44.41 38.44	500m: 6:21.16 38.91	700m: 8:56.40 38.12	
	150m: 1:47.87 38.35	350m: 4:23.22 38.81	550m: 7:00.62 39.46	750m: 9:34.25 37.85	
	200m: 2:26.75 38.88	400m: 5:03.66 40.44	600m: 7:38.77 38.15	800m: 10:09.58 35.33	



Programmanr. 16, Heren, 800m vrije slag, Masters 25+

rang	naam	vereniging		NED		199701895	tijd	RT	PARA
6.	Wesley van der Luit	Sassenheim		NED		199701895	<b>10:11.60</b>	+0.70	
	50m: 34.08	34.08	250m: 3:05.74	38.42	450m: 5:41.52	39.03	650m: 8:18.66	39.74	
	100m: 1:11.08	37.00	300m: 3:44.40	38.66	500m: 6:20.44	38.92	700m: 8:57.98	39.32	
	150m: 1:49.20	38.12	350m: 4:23.13	38.73	550m: 6:59.73	39.29	750m: 9:36.15	38.17	
	200m: 2:27.32	38.12	400m: 5:02.49	39.36	600m: 7:38.92	39.19	800m: 10:11.60	35.45	
7.	Colin Degenars	ZPCH		NED		199505951	<b>10:43.47</b>	+0.82	654
	50m: 34.31	34.31	250m: 3:13.97	40.58	450m: 5:59.50	42.11	650m: 8:45.50	41.71	
	100m: 1:12.77	38.46	300m: 3:55.61	41.64	500m: 6:40.66	41.16	700m: 9:25.40	39.90	
	150m: 1:52.51	39.74	350m: 4:36.97	41.36	550m: 7:22.86	42.20	750m: 10:05.46	40.06	
	200m: 2:33.39	40.88	400m: 5:17.39	40.42	600m: 8:03.79	40.93	800m: 10:43.47	38.01	
8.	Erik Baalbergen	ZVL-1886 Center		NED		199805775	<b>10:49.41</b>	+0.81	
	50m: 33.16	33.16	250m: 3:14.59	40.85	450m: 6:00.11	41.43	650m: 8:48.36	41.52	
	100m: 1:11.88	38.72	300m: 3:55.94	41.35	500m: 6:42.99	42.88	700m: 9:30.27	41.91	
	150m: 1:52.09	40.21	350m: 4:36.85	40.91	550m: 7:24.72	41.73	750m: 10:11.27	41.00	
	200m: 2:33.74	41.65	400m: 5:18.68	41.83	600m: 8:06.84	42.12	800m: 10:49.41	38.14	
9.	Thijs van Hofweegen <i>PARA record (NED)</i>	ZPC AMERSFOORT		NED		199605253	<b>11:11.97</b>	+0.93	
	50m: 33.93	33.93	250m: 3:21.86	42.66	450m: 6:13.14	42.62	650m: 9:04.78	42.62	
	100m: 1:13.88	39.95	300m: 4:04.63	42.77	500m: 6:56.26	43.12	700m: 9:47.73	42.95	
	150m: 1:56.70	42.82	350m: 4:47.74	43.11	550m: 7:38.82	42.56	750m: 10:30.85	43.12	
	200m: 2:39.20	42.50	400m: 5:30.52	42.78	600m: 8:22.16	43.34	800m: 11:11.97	41.12	

Masters 30+

1.	Tim Bunnik	Triton		NED		199000505	<b>10:01.91</b>	+0.82	
	50m: 32.58	32.58	250m: 3:05.17	39.06	450m: 5:40.62	38.67	650m: 8:12.08	38.32	
	100m: 1:09.41	36.83	300m: 3:43.82	38.65	500m: 6:18.72	38.10	700m: 8:49.66	37.58	
	150m: 1:47.10	37.69	350m: 4:22.85	39.03	550m: 6:56.14	37.42	750m: 9:27.23	37.57	
	200m: 2:26.11	39.01	400m: 5:01.95	39.10	600m: 7:33.76	37.62	800m: 10:01.91	34.68	
2.	Sybre Groenewegen	De Schotelijk		NED		199306223	<b>10:01.99</b>	+0.88	
	50m: 33.67	33.67	250m: 3:06.23	38.52	450m: 5:41.19	38.34	650m: 8:14.46	38.12	
	100m: 1:10.88	37.21	300m: 3:45.07	38.84	500m: 6:19.80	38.61	700m: 8:52.58	38.12	
	150m: 1:49.03	38.15	350m: 4:23.90	38.83	550m: 6:58.26	38.46	750m: 9:30.25	37.67	
	200m: 2:27.71	38.68	400m: 5:02.85	38.95	600m: 7:36.34	38.08	800m: 10:01.99	31.74	
3.	Jelle Roks	De Blauwe Schuur		NED		199005145	<b>10:09.18</b>	+0.77	
	50m: 32.60	32.60	250m: 3:04.04	38.66	450m: 5:40.15	39.16	650m: 8:14.98	38.78	
	100m: 1:09.13	36.53	300m: 3:43.24	39.20	500m: 6:19.16	39.01	700m: 8:53.77	38.79	
	150m: 1:46.67	37.54	350m: 4:21.75	38.51	550m: 6:57.36	38.20	750m: 9:32.14	38.37	
	200m: 2:25.38	38.71	400m: 5:00.99	39.24	600m: 7:36.20	38.84	800m: 10:09.18	37.04	
4.	Wessel Everloo	WS Twente		NED		198906597	<b>10:12.22</b>	+0.90	759
	50m: 33.81	33.81	250m: 3:07.91	38.43	450m: 5:42.21	37.84	650m: 8:17.60	38.72	
	100m: 1:12.24	38.43	300m: 3:46.49	38.58	500m: 6:20.82	38.61	700m: 8:56.78	39.18	
	150m: 1:51.08	38.84	350m: 4:25.44	38.95	550m: 6:59.62	38.80	750m: 9:35.64	38.86	
	200m: 2:29.48	38.40	400m: 5:04.37	38.93	600m: 7:38.88	39.26	800m: 10:12.22	36.58	
5.	Marc Hoogendam	Blue Marlins		NED		199007713	<b>10:47.92</b>	+0.67	
	50m: 31.39	31.39	250m: 3:07.50	40.76	450m: 5:55.35	41.34	650m: 8:45.07	42.70	
	100m: 1:08.17	36.78	300m: 3:49.69	42.19	500m: 6:37.92	42.57	700m: 9:27.11	42.04	
	150m: 1:46.86	38.69	350m: 4:31.63	41.94	550m: 7:19.53	41.61	750m: 10:08.64	41.53	
	200m: 2:26.74	39.88	400m: 5:14.01	42.38	600m: 8:02.37	42.84	800m: 10:47.92	39.28	

Masters 35+

1.	Youri Vaes	PSV		NED		198402307	<b>9:53.21</b>	+0.69	
	50m: 31.62	31.62	250m: 2:58.10	36.99	450m: 5:28.75	37.54	650m: 8:00.51	37.85	
	100m: 1:07.02	35.40	300m: 3:35.61	37.51	500m: 6:06.85	38.10	700m: 8:38.98	38.47	
	150m: 1:43.68	36.66	350m: 4:12.93	37.32	550m: 6:44.72	37.87	750m: 9:16.49	37.51	
	200m: 2:21.11	37.43	400m: 4:51.21	38.28	600m: 7:22.66	37.94	800m: 9:53.21	36.72	
2.	Niels Albrechts	De Schotelijk		NED		198800039	<b>10:08.59</b>	+0.80	
	50m: 33.75	33.75	250m: 3:06.28	38.20	450m: 5:41.05	38.59	650m: 8:15.12	38.60	
	100m: 1:11.02	37.27	300m: 3:44.90	38.62	500m: 6:19.22	38.17	700m: 8:54.22	39.10	
	150m: 1:49.27	38.25	350m: 4:23.31	38.41	550m: 6:57.98	38.76	750m: 9:33.12	38.90	
	200m: 2:28.08	38.81	400m: 5:02.46	39.15	600m: 7:36.52	38.54	800m: 10:08.59	35.47	
3.	Sander van Tilburg	De Biesboschwimmers		NED		198604609	<b>11:41.75</b>	+0.82	
	50m: 37.19	37.19	250m: 3:32.55	44.66	450m: 6:32.39	45.12	650m: 9:32.71	45.14	
	100m: 1:19.03	41.84	300m: 4:17.64	45.09	500m: 7:17.31	44.92	700m: 10:18.12	45.41	
	150m: 2:03.23	44.20	350m: 5:02.43	44.79	550m: 8:01.77	44.46	750m: 11:01.22	43.10	
	200m: 2:47.89	44.66	400m: 5:47.27	44.84	600m: 8:47.57	45.80	800m: 11:41.75	40.53	

## Programmanr. 16, Heren, 800m vrije slag, Masters 35+

rang	naam	vereniging					tijd	RT	PARA
4.	Rudi Butselaar	GoSwim	NED	198700577			<b>12:54.49</b>	+0.87	
	50m: 38.77	38.77	250m: 3:44.87	49.29	450m: 7:03.23	50.55	650m: 10:25.88	50.48	
	100m: 1:21.96	43.19	300m: 4:33.55	48.68	500m: 7:54.59	51.36	700m: 11:15.94	50.06	
	150m: 2:08.39	46.43	350m: 5:22.54	48.99	550m: 8:44.61	50.02	750m: 12:06.46	50.52	
	200m: 2:55.58	47.19	400m: 6:12.68	50.14	600m: 9:35.40	50.79	800m: 12:54.49	48.03	

## Masters 40+

1.	Martijn Butter	OEZA	NED	197900231			<b>10:06.66</b>	+0.87
	50m: 32.83	32.83	250m: 3:03.40	38.03	450m: 5:38.78	38.68	650m: 8:13.95	38.39
	100m: 1:09.52	36.69	300m: 3:42.54	39.14	500m: 6:17.85	39.07	700m: 8:52.55	38.60
	150m: 1:46.80	37.28	350m: 4:21.06	38.52	550m: 6:56.47	38.62	750m: 9:30.30	37.75
	200m: 2:25.37	38.57	400m: 5:00.10	39.04	600m: 7:35.56	39.09	800m: 10:06.66	36.36
2.	Frank v.d. Voordt	De Schotejil	NED	198302259			<b>10:18.51</b>	+0.67
	50m: 34.14	34.14	250m: 3:10.70	39.90	450m: 5:51.14	38.73	650m: 8:24.62	37.81
	100m: 1:12.18	38.04	300m: 3:51.47	40.77	500m: 6:30.09	38.95	700m: 9:03.09	38.47
	150m: 1:50.90	38.72	350m: 4:31.81	40.34	550m: 7:08.29	38.20	750m: 9:41.18	38.09
	200m: 2:30.80	39.90	400m: 5:12.41	40.60	600m: 7:46.81	38.52	800m: 10:18.51	37.33
3.	Marcel Reefhuis	WS Twente	NED	198101381			<b>10:21.43</b>	+0.68
	50m: 33.43	33.43	250m: 3:08.71	39.16	450m: 5:45.14	38.91	650m: 8:23.34	39.23
	100m: 1:11.34	37.91	300m: 3:48.03	39.32	500m: 6:24.85	39.71	700m: 9:03.48	40.14
	150m: 1:50.29	38.95	350m: 4:26.76	38.73	550m: 7:04.15	39.30	750m: 9:43.05	39.57
	200m: 2:29.55	39.26	400m: 5:06.23	39.47	600m: 7:44.11	39.96	800m: 10:21.43	38.38
4.	Luc Steijvers	ZVL-1886 Center	NED	198201661			<b>10:31.88</b>	+0.78
	50m: 34.00	34.00	250m: 3:10.35	39.66	450m: 5:50.30	39.95	650m: 8:31.72	40.83
	100m: 1:12.17	38.17	300m: 3:50.04	39.69	500m: 6:30.43	40.13	700m: 9:12.09	40.37
	150m: 1:51.34	39.17	350m: 4:30.19	40.15	550m: 7:10.48	40.05	750m: 9:52.59	40.50
	200m: 2:30.69	39.35	400m: 5:10.35	40.16	600m: 7:50.89	40.41	800m: 10:31.88	39.29
5.	Ingmar Kooman	ZVL-1886 Center	NED	197901517			<b>12:03.77</b>	+0.79
	50m: 37.68	37.68	250m: 3:38.80	46.23	450m: 6:42.68	46.22	650m: 9:48.93	46.59
	100m: 1:21.38	43.70	300m: 4:25.20	46.40	500m: 7:28.63	45.95	700m: 10:34.74	45.81
	150m: 2:06.84	45.46	350m: 5:11.03	45.83	550m: 8:15.89	47.26	750m: 11:20.55	45.81
	200m: 2:52.57	45.73	400m: 5:56.46	45.43	600m: 9:02.34	46.45	800m: 12:03.77	43.22
6.	Cetin Cetiner	Göztepe	TUR				<b>12:17.55</b>	+0.93
	50m: 40.26	40.26	250m: 3:41.87	45.95	450m: 6:49.77	47.91	650m: 9:59.77	47.18
	100m: 1:24.63	44.37	300m: 4:28.77	46.90	500m: 7:37.75	47.98	700m: 10:47.16	47.39
	150m: 2:10.01	45.38	350m: 5:14.51	45.74	550m: 8:24.99	47.24	750m: 11:33.21	46.05
	200m: 2:55.92	45.91	400m: 6:01.86	47.35	600m: 9:12.59	47.60	800m: 12:17.55	44.34

NG.ZA Steven Prins HHZV PLONS NED 197901833

## Masters 45+

1.	Ben Rutten	Flemish Ardennes Swimming Team	BEL	11006/76			<b>9:53.35</b>	+0.74
	50m: 32.60	32.60	250m: 2:57.32	36.62	450m: 5:26.30	37.62	650m: 7:58.72	38.48
	100m: 1:08.00	35.40	300m: 3:34.01	36.69	500m: 6:04.16	37.86	700m: 8:37.18	38.46
	150m: 1:44.17	36.17	350m: 4:11.21	37.20	550m: 6:42.47	38.31	750m: 9:15.79	38.61
	200m: 2:20.70	36.53	400m: 4:48.68	37.47	600m: 7:20.24	37.77	800m: 9:53.35	37.56
2.	Ivo Roozeboom	WVZ	NED	197700801			<b>10:00.04</b>	+0.78
	50m: 32.37	32.37	250m: 3:05.21	38.40	450m: 5:38.01	37.84	650m: 8:09.53	38.00
	100m: 1:09.73	37.36	300m: 3:43.55	38.34	500m: 6:15.74	37.73	700m: 8:47.42	37.89
	150m: 1:48.25	38.52	350m: 4:21.98	38.43	550m: 6:53.40	37.66	750m: 9:25.03	37.61
	200m: 2:26.81	38.56	400m: 5:00.17	38.19	600m: 7:31.53	38.13	800m: 10:00.04	35.01
3.	Aart Kruis	MZ&PC	NED	197501383			<b>10:28.51</b>	+0.73
	50m: 35.50	35.50	250m: 3:13.23	39.91	450m: 5:52.71	39.41	650m: 8:30.90	39.55
	100m: 1:14.00	38.50	300m: 3:53.28	40.05	500m: 6:32.33	39.62	700m: 9:10.63	39.73
	150m: 1:53.62	39.62	350m: 4:33.40	40.12	550m: 7:12.10	39.77	750m: 9:50.05	39.42
	200m: 2:33.32	39.70	400m: 5:13.30	39.90	600m: 7:51.35	39.25	800m: 10:28.51	38.46
4.	Victor Barnar	GoSwim	NED	197801805			<b>10:47.56</b>	+0.88
	50m: 35.14	35.14	250m: 3:11.76	40.72	450m: 5:56.92	41.95	650m: 8:45.27	42.29
	100m: 1:12.71	37.57	300m: 3:52.25	40.49	500m: 6:39.12	42.20	700m: 9:27.15	41.88
	150m: 1:51.94	39.23	350m: 4:33.69	41.44	550m: 7:21.29	42.17	750m: 10:08.34	41.19
	200m: 2:31.04	39.10	400m: 5:14.97	41.28	600m: 8:02.98	41.69	800m: 10:47.56	39.22
5.	Dennis Dortland	NieMo Barracuda	NED	197800261			<b>10:47.76</b>	+0.85
	50m: 33.67	33.67	250m: 3:15.13	40.87	450m: 6:00.71	41.82	650m: 8:46.72	41.94
	100m: 1:12.00	38.33	300m: 3:55.91	40.78	500m: 6:41.95	41.24	700m: 9:27.05	40.33
	150m: 1:53.04	41.04	350m: 4:37.25	41.34	550m: 7:23.59	41.64	750m: 10:08.07	41.02
	200m: 2:34.26	41.22	400m: 5:18.89	41.64	600m: 8:04.78	41.19	800m: 10:47.76	39.69

## Programmanr. 16, Heren, 800m vrije slag, Masters 45+

rang	naam	vereniging	tijd	RT	PARA			
6.	Dymitr Bielski	Warsaw Masters Team	<b>11:50.30</b>	<b>+0.89</b>				
	50m: 38.03	38.03	250m: 3:33.95	45.05	450m: 6:36.58	45.03	650m: 9:37.36	44.56
	100m: 1:20.20	42.17	300m: 4:19.85	45.90	500m: 7:22.34	45.76	700m: 10:23.19	45.83
	150m: 2:04.38	44.18	350m: 5:05.06	45.21	550m: 8:07.44	45.10	750m: 11:07.78	44.59
	200m: 2:48.90	44.52	400m: 5:51.55	46.49	600m: 8:52.80	45.36	800m: 11:50.30	42.52

## Masters 50+

1.	Vedestas Seferlis	Kauno Takas	<b>9:44.15</b>	<b>+0.64</b>				
	50m: 31.64	31.64	250m: 2:57.37	37.09	450m: 5:26.42	37.48	650m: 7:55.26	37.27
	100m: 1:07.11	35.47	300m: 3:34.41	37.04	500m: 6:03.33	36.91	700m: 8:32.49	37.23
	150m: 1:43.46	36.35	350m: 4:11.73	37.32	550m: 6:40.70	37.37	750m: 9:09.94	37.45
	200m: 2:20.28	36.82	400m: 4:48.94	37.21	600m: 7:17.99	37.29	800m: 9:44.15	34.21
2.	Chris Kouwenhoven	De Grunte	<b>11:17.14</b>	<b>+0.95</b>				
	50m: 37.38	37.38	250m: 3:27.26	42.49	450m: 6:19.21	43.05	650m: 9:11.44	42.41
	100m: 1:19.36	41.98	300m: 4:10.22	42.96	500m: 7:02.53	43.32	700m: 9:54.75	43.31
	150m: 2:02.12	42.76	350m: 4:52.91	42.69	550m: 7:45.39	42.86	750m: 10:36.66	41.91
	200m: 2:44.77	42.65	400m: 5:36.16	43.25	600m: 8:29.03	43.64	800m: 11:17.14	40.48
3.	Wouter van der Stelt	De Biesboschzwemmers	<b>12:06.39</b>	<b>+0.86</b>				
	50m: 38.43	38.43	250m: 3:36.87	45.67	450m: 6:41.93	46.48	650m: 9:47.83	46.48
	100m: 1:21.15	42.72	300m: 4:23.09	46.22	500m: 7:28.32	46.39	700m: 10:34.37	46.54
	150m: 2:05.82	44.67	350m: 5:09.30	46.21	550m: 8:14.92	46.60	750m: 11:20.85	46.48
	200m: 2:51.20	45.38	400m: 5:55.45	46.15	600m: 9:01.35	46.43	800m: 12:06.39	45.54
4.	Ramon Alsina Munoz	Cercle De Natation Sportcity WolBEL	<b>12:27.89</b>	<b>+0.93</b>				
	50m: 41.34	41.34	250m: 3:45.55	47.17	450m: 6:56.27	47.46	650m: 10:06.80	47.25
	100m: 1:25.88	44.54	300m: 4:33.27	47.72	500m: 7:44.01	47.74	700m: 10:54.80	48.00
	150m: 2:11.90	46.02	350m: 5:21.18	47.91	550m: 8:31.75	47.74	750m: 11:42.81	48.01
	200m: 2:58.38	46.48	400m: 6:08.81	47.63	600m: 9:19.55	47.80	800m: 12:27.89	45.08
5.	Eric van den Blink	Batavia Swim	<b>15:32.58</b>	<b>+0.88</b>				
	50m: 44.93	44.93	250m: 4:34.12	1:00.91	450m: 8:37.15	1:02.11	650m: 12:39.62	1:02.11
	100m: 1:36.78	51.85	300m: 5:33.33	59.21	500m: 9:36.98	59.83	700m: 13:38.84	59.22
	150m: 2:35.21	58.43	350m: 6:35.42	1:02.09	550m: 10:37.40	1:00.42	750m: 14:37.85	59.01
	200m: 3:33.21	58.00	400m: 7:35.04	59.62	600m: 11:37.51	1:00.11	800m: 15:32.58	54.73

## Masters 55+

1.	John Hardeman	Zwemlust-den Hommel	<b>10:13.66</b>	<b>+0.81</b>				
	50m: 33.29	33.29	250m: 3:06.76	39.03	450m: 5:43.69	39.29	650m: 8:20.45	38.98
	100m: 1:10.57	37.28	300m: 3:45.96	39.20	500m: 6:23.17	39.48	700m: 8:59.46	39.01
	150m: 1:48.77	38.20	350m: 4:25.07	39.11	550m: 7:02.35	39.18	750m: 9:37.53	38.07
	200m: 2:27.73	38.96	400m: 5:04.40	39.33	600m: 7:41.47	39.12	800m: 10:13.66	36.13
2.	Jo-an Mudde	Arethusa	<b>10:25.54</b>	<b>+0.89</b>				
	50m: 35.31	35.31	250m: 3:13.42	39.61	450m: 5:52.53	39.60	650m: 8:31.25	38.88
	100m: 1:14.46	39.15	300m: 3:53.26	39.84	500m: 6:32.72	40.19	700m: 9:10.59	39.34
	150m: 1:53.93	39.47	350m: 4:32.86	39.60	550m: 7:12.56	39.84	750m: 9:48.39	37.80
	200m: 2:33.81	39.88	400m: 5:12.93	40.07	600m: 7:52.37	39.81	800m: 10:25.54	37.15
3.	Henri Michels	De Amstel	<b>10:59.25</b>	<b>+0.92</b>				
	50m: 35.32	35.32	250m: 3:16.35	41.15	450m: 6:04.04	42.04	650m: 8:52.42	42.59
	100m: 1:14.20	38.88	300m: 3:58.22	41.87	500m: 6:45.85	41.81	700m: 9:34.89	42.47
	150m: 1:54.26	40.06	350m: 4:40.16	41.94	550m: 7:27.73	41.88	750m: 10:17.45	42.56
	200m: 2:35.20	40.94	400m: 5:22.00	41.84	600m: 8:09.83	42.10	800m: 10:59.25	41.80
4.	Karol Lacko	Vysokoskolsky klub Univerzity kcSVKskeSVK16793	<b>11:08.97</b>	<b>+0.83</b>				
	50m: 39.38	39.38	250m: 3:29.82	42.68	450m: 6:16.50	41.60	650m: 9:05.02	42.08
	100m: 1:21.49	42.11	300m: 4:11.79	41.97	500m: 6:58.67	42.17	700m: 9:47.39	42.37
	150m: 2:04.68	43.19	350m: 4:53.37	41.58	550m: 7:40.75	42.08	750m: 10:28.72	41.33
	200m: 2:47.14	42.46	400m: 5:34.90	41.53	600m: 8:22.94	42.19	800m: 11:08.97	40.25
5.	Pascal Tourton	ZOB'66	<b>11:34.35</b>	<b>+0.97</b>				
	50m: 37.48	37.48	250m: 3:33.10	44.85	450m: 6:31.19	43.98	650m: 9:27.14	42.83
	100m: 1:18.96	41.48	300m: 4:17.65	44.55	500m: 7:15.86	44.67	700m: 10:11.12	43.98
	150m: 2:03.41	44.45	350m: 5:02.45	44.80	550m: 8:00.20	44.34	750m: 10:53.68	42.56
	200m: 2:48.25	44.84	400m: 5:47.21	44.76	600m: 8:44.31	44.11	800m: 11:34.35	40.67
6.	Leon Slingerland	WVZ	<b>12:00.16</b>	<b>+0.87</b>				
	50m: 36.99	36.99	250m: 3:36.49	46.40	450m: 6:43.03	46.74	650m: 9:48.56	45.88
	100m: 1:19.27	42.28	300m: 4:23.11	46.62	500m: 7:29.99	46.96	700m: 10:33.95	45.39
	150m: 2:04.51	45.24	350m: 5:10.10	46.99	550m: 8:16.59	46.60	750m: 11:18.61	44.66
	200m: 2:50.09	45.58	400m: 5:56.29	46.19	600m: 9:02.68	46.09	800m: 12:00.16	41.55
7.	Marcel Hoff	Aqua-Novio'94	<b>12:09.37</b>	<b>+0.88</b>				
	50m: 39.03	39.03	250m: 3:41.21	46.40	450m: 6:47.77	46.80	650m: 9:54.31	46.68
	100m: 1:23.21	44.18	300m: 4:27.76	46.55	500m: 7:34.32	46.55	700m: 10:40.86	46.55
	150m: 2:08.75	45.54	350m: 5:14.25	46.49	550m: 8:21.10	46.78	750m: 11:26.54	45.68
	200m: 2:54.81	46.06	400m: 6:00.97	46.72	600m: 9:07.63	46.53	800m: 12:09.37	42.83

Programmanr. 16, Heren, 800m vrije slag, Masters 55+

rang	naam	vereniging					tijd	RT	PARA
8.	Joost de Kroon	AquAmigos	NED	196400999	<b>12:21.23</b>				
	50m: 41.18	41.18	250m: 3:50.63	47.80	450m: 6:59.42	47.19	650m: 10:07.86	47.01	
	100m: 1:26.93	45.75	300m: 4:38.20	47.57	500m: 7:46.63	47.21	700m: 10:53.87	46.01	
	150m: 2:14.64	47.71	350m: 5:25.47	47.27	550m: 8:34.05	47.42	750m: 11:38.64	44.77	
	200m: 3:02.83	48.19	400m: 6:12.23	46.76	600m: 9:20.85	46.80	800m: 12:21.23	42.59	
9.	Marcel Nelissen	MZ&PC	NED	196501611	<b>15:20.94</b>				+0.82
	50m: 49.96	49.96	250m: 4:44.28	58.96	450m: 8:37.05	58.20	650m: 12:29.89	58.02	
	100m: 1:47.39	57.43	300m: 5:42.39	58.11	500m: 9:35.75	58.70	700m: 13:28.65	58.76	
	150m: 2:46.89	59.50	350m: 6:40.55	58.16	550m: 10:33.60	57.85	750m: 14:26.43	57.78	
	200m: 3:45.32	58.43	400m: 7:38.85	58.30	600m: 11:31.87	58.27	800m: 15:20.94	54.51	
10.	Adri Pasman	Zuiderzeewimmers	NED	196400573	<b>16:09.94</b>				
	50m: 52.59	52.59	250m: 5:05.34	1:02.88	450m: 9:11.51	1:00.85	650m: 13:14.50	1:00.54	
	100m: 1:54.46	1:01.87	300m: 6:09.04	1:03.70	500m: 10:12.33	1:00.82	700m: 14:17.27	1:02.77	
	150m: 2:58.06	1:03.60	350m: 7:10.04	1:01.00	550m: 11:12.85	1:00.52	750m: 15:15.07	57.80	
	200m: 4:02.46	1:04.40	400m: 8:10.66	1:00.62	600m: 12:13.96	1:01.11	800m: 16:09.94	54.87	

Masters 60+

1.	Jan Brink	ZPC De Zeeuwse Kust	NED	196200091	<b>10:16.91</b>				+0.87
	50m: 33.65	33.65	250m: 3:09.49	39.10	450m: 5:45.72	39.05	650m: 8:22.32	39.05	
	100m: 1:12.62	38.97	300m: 3:48.36	38.87	500m: 6:24.87	39.15	700m: 9:01.18	38.86	
	150m: 1:51.43	38.81	350m: 4:27.45	39.09	550m: 7:04.02	39.15	750m: 9:39.77	38.59	
	200m: 2:30.39	38.96	400m: 5:06.67	39.22	600m: 7:43.27	39.25	800m: 10:16.91	37.14	
2.	Johan Remmits	ZPC AMERSFOORT	NED	196201159	<b>10:29.71</b>				+0.80
	50m: 34.57	34.57	250m: 3:11.13	39.21	450m: 5:51.54	40.19	650m: 8:32.97	39.99	
	100m: 1:12.55	37.98	300m: 3:51.05	39.92	500m: 6:32.29	40.75	700m: 9:12.95	39.98	
	150m: 1:51.89	39.34	350m: 4:30.48	39.43	550m: 7:12.49	40.20	750m: 9:52.76	39.81	
	200m: 2:31.92	40.03	400m: 5:11.35	40.87	600m: 7:52.98	40.49	800m: 10:29.71	36.95	
3.	Menno Lomans	d'ELFT	NED	196101071	<b>11:57.23</b>				+0.72
	50m: 38.73	38.73	250m: 3:38.05	45.16	450m: 6:40.90	45.55	650m: 9:44.49	45.95	
	100m: 1:22.84	44.11	300m: 4:23.66	45.61	500m: 7:26.98	46.08	700m: 10:29.98	45.49	
	150m: 2:07.70	44.86	350m: 5:09.36	45.70	550m: 8:12.50	45.52	750m: 11:14.87	44.89	
	200m: 2:52.89	45.19	400m: 5:55.35	45.99	600m: 8:58.54	46.04	800m: 11:57.23	42.36	
4.	Casper Dollekamp	Steenwijk 1934	NED	196301341	<b>13:14.73</b>				+0.77
	50m: 39.87	39.87	250m: 3:50.42	48.73	450m: 7:14.42	51.36	650m: 10:40.95	51.26	
	100m: 1:25.02	45.15	300m: 4:40.88	50.46	500m: 7:50.00	51.01	700m: 11:32.66	51.71	
	150m: 2:12.60	47.58	350m: 5:30.52	49.64	550m: 8:58.68	51.01	750m: 12:23.89	51.23	
	200m: 3:01.69	49.09	400m: 6:23.06	52.54	600m: 9:49.69	51.01	800m: 13:14.73	50.84	
5.	Bart van Calker	WS Twente	NED	196100067	<b>13:51.87</b>				
	50m: 45.06	45.06	250m: 4:10.03	53.12	450m: 7:41.52	53.04	650m: 11:17.74	53.72	
	100m: 1:33.64	48.58	300m: 5:02.55	52.52	500m: 8:34.99	53.47	700m: 12:10.85	53.11	
	150m: 2:24.61	50.97	350m: 5:55.32	52.77	550m: 9:29.03	54.04	750m: 13:04.10	53.25	
	200m: 3:16.91	52.30	400m: 6:48.48	53.16	600m: 10:24.02	54.99	800m: 13:51.87	47.77	
6.	Jan de Laat	AquAmigos	NED	196000861	<b>15:07.48</b>				
	50m: 44.67	44.67	250m: 4:26.97	57.89	450m: 8:20.20	57.73	650m: 12:14.44	58.47	
	100m: 1:36.88	52.21	300m: 5:24.55	57.58	500m: 9:18.52	58.32	700m: 13:13.00	58.56	
	150m: 2:32.42	55.54	350m: 6:22.93	58.38	550m: 10:17.12	58.60	750m: 14:10.37	57.37	
	200m: 3:29.08	56.66	400m: 7:22.47	59.54	600m: 11:15.97	58.85	800m: 15:07.48	57.11	

Masters 65+

1.	Marten de Groot	HZ&PC Heerenveen	NED	195800149	<b>10:32.07</b>				+0.86
	<i>Nederlands Masters Record</i>								
	50m: 35.06	35.06	250m: 3:13.78	39.71	450m: 5:51.86	39.40	650m: 8:32.16	40.51	
	100m: 1:14.39	39.33	300m: 3:53.14	39.36	500m: 6:31.33	39.47	700m: 9:12.57	40.41	
	150m: 1:54.28	39.89	350m: 4:32.92	39.78	550m: 7:11.39	40.06	750m: 9:53.28	40.71	
	200m: 2:34.07	39.79	400m: 5:12.46	39.54	600m: 7:51.65	40.26	800m: 10:32.07	38.79	
2.	Henk Slomp	De Inktvis	NED	195500359	<b>11:57.02</b>				+0.84
	50m: 37.99	37.99	250m: 3:39.77	45.78	450m: 6:43.94	44.99	650m: 9:45.85	45.10	
	100m: 1:22.22	44.23	300m: 4:26.36	46.59	500m: 7:29.86	45.92	700m: 10:32.19	46.34	
	150m: 2:07.38	45.16	350m: 5:13.06	46.70	550m: 8:15.26	45.40	750m: 11:16.36	44.17	
	200m: 2:53.99	46.61	400m: 5:58.95	45.89	600m: 9:00.75	45.49	800m: 11:57.02	40.66	
3.	Jaap Vis	TriVia	NED	195600515	<b>13:02.38</b>				+0.93
	50m: 44.40	44.40	250m: 4:03.22	50.21	450m: 7:23.16	49.31	650m: 10:39.96	48.48	
	100m: 1:32.81	48.41	300m: 4:53.59	50.37	500m: 8:12.79	49.63	700m: 11:29.35	49.39	
	150m: 2:22.89	50.08	350m: 5:43.24	49.65	550m: 9:02.05	49.26	750m: 12:16.84	47.49	
	200m: 3:13.01	50.12	400m: 6:33.85	50.61	600m: 9:51.48	49.43	800m: 13:02.38	45.54	

## Programmanr. 16, Heren, 800m vrije slag, Masters 65+

rang	naam	vereniging							tijd	RT	PARA
4.	André Pantekoek	PSV	NED 195800321						<b>15:21.50</b>		
	50m: 47.71	47.71	250m: 4:47.61	1:02.02	450m: 8:48.91	59.29	650m: 12:42.57	57.31			
	100m: 1:45.46	57.75	300m: 5:49.18	1:01.57	500m: 9:47.02	58.11	700m: 13:38.79	56.22			
	150m: 2:44.76	59.30	350m: 6:49.08	59.90	550m: 10:45.38	58.36	750m: 14:34.05	55.26			
	200m: 3:45.59	1:00.83	400m: 7:49.62	1:00.54	600m: 11:45.26	59.88	800m: 15:21.50	47.45			

## Masters 70+

1.	Frans Heus	UZSC	NED 195100067						<b>13:51.97</b>		
	50m: 46.10	46.10	250m: 4:18.27	53.67	450m: 7:49.65	53.33	650m: 11:22.08	54.12			
	100m: 1:37.01	50.91	300m: 5:11.16	52.89	500m: 8:41.91	52.26	700m: 12:13.21	51.13			
	150m: 2:31.23	54.22	350m: 6:03.92	52.76	550m: 9:35.23	53.32	750m: 13:05.64	52.43			
	200m: 3:24.60	53.37	400m: 6:56.32	52.40	600m: 10:27.96	52.73	800m: 13:51.97	46.33			
2.	Piet Schop	De Bevelanders	NED 195000109						<b>16:00.02</b>	+0.70	
	50m: 50.04	50.04	250m: 4:53.22	1:02.17	450m: 8:57.20	1:00.15	650m: 13:00.26	1:00.70			
	100m: 1:47.57	57.53	300m: 5:54.84	1:01.62	500m: 9:58.97	1:01.77	700m: 14:01.29	1:01.03			
	150m: 2:48.65	1:01.08	350m: 6:55.74	1:00.90	550m: 10:59.23	1:00.26	750m: 15:02.61	1:01.32			
	200m: 3:51.05	1:02.40	400m: 7:57.05	1:01.31	600m: 11:59.56	1:00.33	800m: 16:00.02	57.41			

## Masters 75+

1.	Wout Hemmes	De Plons	NED 194800059						<b>13:30.84</b>		
	<i>Nederlands Masters Record</i>										
	50m: 44.55	44.55	250m: 4:12.00	52.93	450m: 7:40.48	52.15	650m: 11:03.71	50.86			
	100m: 1:35.22	50.67	300m: 5:03.93	51.93	500m: 8:31.58	51.10	700m: 11:53.74	50.03			
	150m: 2:26.85	51.63	350m: 5:56.39	52.46	550m: 9:22.01	50.43	750m: 12:43.63	49.89			
	200m: 3:19.07	52.22	400m: 6:48.33	51.94	600m: 10:12.85	50.84	800m: 13:30.84	47.21			
2.	Willem Putter	ZVVS	NED 194500135						<b>15:23.36</b>		
	50m: 48.44	48.44	250m: 4:41.61	59.05	450m: 8:38.14	59.27	650m: 12:34.34	59.17			
	100m: 1:44.82	56.38	300m: 5:40.39	58.78	500m: 9:37.28	59.14	700m: 13:33.44	59.10			
	150m: 2:43.27	58.45	350m: 6:39.68	59.29	550m: 10:36.11	58.83	750m: 14:30.52	57.08			
	200m: 3:42.56	59.29	400m: 7:38.87	59.19	600m: 11:35.17	59.06	800m: 15:23.36	52.84			

## Masters 80+

1.	Rob Hanou	PSV	NED 194300109						<b>16:08.42</b>		
	50m: 54.51	54.51	250m: 5:04.61	1:01.49	450m: 9:11.12	1:01.73	650m: 13:14.62	1:01.36			
	100m: 1:56.66	1:02.15	300m: 6:06.57	1:01.96	500m: 10:12.48	1:01.36	700m: 14:16.10	1:01.48			
	150m: 3:00.02	1:03.36	350m: 7:07.41	1:00.84	550m: 11:12.98	1:00.50	750m: 15:16.45	1:00.35			
	200m: 4:03.12	1:03.10	400m: 8:09.39	1:01.98	600m: 12:13.26	1:00.28	800m: 16:08.42	51.97			
2.	Geza Kaltenecker	AZC	NED 194200065						<b>16:28.17</b>	+0.93	
	50m: 52.22	52.22	250m: 5:05.00	1:03.11	450m: 9:20.16	1:02.64	650m: 13:30.19	1:01.47			
	100m: 1:54.64	1:02.42	300m: 6:09.91	1:04.91	500m: 10:23.99	1:03.83	700m: 14:31.88	1:01.69			
	150m: 2:58.07	1:03.43	350m: 7:13.61	1:03.70	550m: 11:26.22	1:02.23	750m: 15:31.54	59.66			
	200m: 4:01.89	1:03.82	400m: 8:17.52	1:03.91	600m: 12:28.72	1:02.50	800m: 16:28.17	56.63			

## Masters 85+

DIS	Nic Geers	PSV	NED 193800007								
	<i>VRA - Het keer- en/of eindpunt niet aangeraakt met enig lichaamsdeel.</i>										



Programmanr. 17  
 06-05-2023 - 10:45

Dames, 400m wisselslag

 Masters Open  
 Resultaten

rang	naam	vereniging						tijd	RT	PARA
<b>Masters 20+</b>										
1.	Valesca van den Bogert <i>Nederlands Masters Record</i>	Hieronymus	NED	200102138				<b>5:10.65</b>	+0.68	
	50m: 32.67	32.67	150m: 1:52.72	41.63	250m: 3:16.10	42.94	350m: 4:35.53	36.54		
	100m: 1:11.09	38.42	200m: 2:33.16	40.44	300m: 3:58.99	42.89	400m: 5:10.65	35.12		
2.	Roos Englebort	Hieronymus	NED	200200606				<b>5:20.55</b>	+0.72	
	50m: 34.47	34.47	150m: 1:54.74	40.85	250m: 3:21.17	46.36	350m: 4:44.71	37.45		
	100m: 1:13.89	39.42	200m: 2:34.81	40.07	300m: 4:07.26	46.09	400m: 5:20.55	35.84		
3.	Kim Vos	Triton Putten	NED	200000990				<b>5:39.50</b>	+0.75	
	50m: 32.72	32.72	150m: 1:59.49	46.55	250m: 3:32.68	47.06	350m: 5:00.70	39.82		
	100m: 1:12.94	40.22	200m: 2:45.62	46.13	300m: 4:20.88	48.20	400m: 5:39.50	38.80		
4.	Merel Visser	De Duinkickers	NED	199904398				<b>5:41.35</b>	+0.80	
	50m: 34.72	34.72	150m: 2:00.27	44.67	250m: 3:34.72	50.96	350m: 5:04.33	38.52		
	100m: 1:15.60	40.88	200m: 2:43.76	43.49	300m: 4:25.81	51.09	400m: 5:41.35	37.02		
5.	Anouk Vis	De Columbiaan	NED	200203322				<b>5:47.14</b>	+0.80	
	50m: 33.67	33.67	150m: 1:58.74	44.30	250m: 3:32.63	50.46	350m: 5:06.18	41.06		
	100m: 1:14.44	40.77	200m: 2:42.17	43.43	300m: 4:25.12	52.49	400m: 5:47.14	40.96		
<b>Masters 25+</b>										
1.	Tamara Grove	De Dolfijn	NED	199601266				<b>5:19.62</b>	+0.73	
	50m: 32.79	32.79	150m: 1:54.00	42.57	250m: 3:21.63	46.40	350m: 4:44.82	35.69		
	100m: 1:11.43	38.64	200m: 2:35.23	41.23	300m: 4:09.13	47.50	400m: 5:19.62	34.80		
2.	Anne Noom	Het Y	NED	199800062				<b>5:23.42</b>	+0.58	
	50m: 32.74	32.74	150m: 1:53.36	41.41	250m: 3:21.08	47.63	350m: 4:46.38	37.30		
	100m: 1:11.95	39.21	200m: 2:33.45	40.09	300m: 4:09.08	48.00	400m: 5:23.42	37.04		
3.	Fiona Meuffels	PSV	NED	199504366				<b>5:57.77</b>	+0.58	
	50m: 38.25	38.25	150m: 2:12.05	48.59	250m: 3:49.55	50.30	350m: 5:19.56	39.05		
	100m: 1:23.46	45.21	200m: 2:59.25	47.20	300m: 4:40.51	50.96	400m: 5:57.77	38.21		
4.	Aniek Garritsen	De IJsselmeeuwen	NED	199504290				<b>6:07.82</b>	+0.76	
	50m: 34.29	34.29	150m: 2:04.39	47.65	250m: 3:45.67	55.11	350m: 5:25.73	45.80		
	100m: 1:16.74	42.45	200m: 2:50.56	46.17	300m: 4:39.93	54.26	400m: 6:07.82	42.09		
<b>Masters 30+</b>										
1.	Nanda Wobben - de Vries	Steenwijk 1934	NED	199204328				<b>5:56.06</b>	+0.85	
	50m: 38.40	38.40	150m: 2:11.18	46.69	250m: 3:47.12	50.35	350m: 5:17.77	39.85		
	100m: 1:24.49	46.09	200m: 2:56.77	45.59	300m: 4:37.92	50.80	400m: 5:56.06	38.29		
2.	Jacyntha Plat	Steenwijk 1934	NED	199002956				<b>6:00.41</b>	+0.76	
	50m: 36.11	36.11	150m: 2:10.27	48.00	250m: 3:45.79	48.67	350m: 5:18.34	43.23		
	100m: 1:22.27	46.16	200m: 2:57.12	46.85	300m: 4:35.11	49.32	400m: 6:00.41	42.07		
3.	Elmi Roelofsen	Octopus-ZVV (SG)	NED	199008198				<b>6:06.53</b>	+0.92	
	50m: 36.45	36.45	150m: 2:06.20	44.99	250m: 3:44.84	53.54	350m: 5:25.27	44.16		
	100m: 1:21.21	44.76	200m: 2:51.30	45.10	300m: 4:41.11	56.27	400m: 6:06.53	41.26		
4.	Irmgard van Weeghel	ESCA Zwemmen	NED	199204834				<b>6:31.02</b>	+0.79	
	50m: 41.62	41.62	150m: 2:24.03	51.53	250m: 4:08.22	54.40	350m: 5:47.52	44.33		
	100m: 1:32.50	50.88	200m: 3:13.82	49.79	300m: 5:03.19	54.97	400m: 6:31.02	43.50		
<b>Masters 35+</b>										
1.	Viktória Háden-Felföldi	Iron Swim	HUN	66/3267				<b>5:24.92</b>	+0.69	
	50m: 33.21	33.21	150m: 1:53.16	41.59	250m: 3:21.85	47.97	350m: 4:48.23	37.85		
	100m: 1:11.57	38.36	200m: 2:33.88	40.72	300m: 4:10.38	48.53	400m: 5:24.92	36.69		
2.	Marlijn Hendriksen	DIO	NED	198806828				<b>5:42.37</b>	+0.76	
	50m: 36.12	36.12	150m: 2:03.60	45.92	250m: 3:36.78	47.86	350m: 5:04.27	39.52		
	100m: 1:17.68	41.56	200m: 2:48.92	45.32	300m: 4:24.75	47.97	400m: 5:42.37	38.10		
3.	Sara Holman	Kaiserslauterer SK	GER	444463				<b>5:54.56</b>	+0.85	
	50m: 38.99	38.99	150m: 2:11.62	46.89	250m: 3:47.84	51.83	350m: 5:18.37	38.69		
	100m: 1:24.73	45.74	200m: 2:56.01	44.39	300m: 4:39.68	51.84	400m: 5:54.56	36.19		

Programmanr. 17, Dames, 400m wisselslag, Masters 35+

rang	naam	vereniging	tijd						RT	PARA	
4.	Samantha van Eijk	De Geul	NED	198806826	<b>6:03.13</b>						+0.79
	50m: 39.69	39.69	150m: 2:12.99	46.32	250m: 3:51.04	51.26	350m: 5:24.50	40.38			
	100m: 1:26.67	46.98	200m: 2:59.78	46.79	300m: 4:44.12	53.08	400m: 6:03.13	38.63			
5.	Linda van Klei	GZC Donk	NED	198802088	<b>6:12.97</b>						+0.79
	50m: 39.81	39.81	150m: 2:18.11	51.26	250m: 3:58.17	51.99	350m: 5:32.82	42.63			
	100m: 1:26.85	47.04	200m: 3:06.18	48.07	300m: 4:50.19	52.02	400m: 6:12.97	40.15			
6.	Liesbeth van Mill	Zwemlust-den Hommel	NED	198702786	<b>6:21.44</b>						+0.90
	50m: 39.59	39.59	150m: 2:19.02	51.23	250m: 4:01.00	51.51	350m: 5:37.76	45.19			
	100m: 1:27.79	48.20	200m: 3:09.49	50.47	300m: 4:52.57	51.57	400m: 6:21.44	43.68			

Masters 40+

1.	Claudia Schöнитz	SV Gronau 1910 e.V.	GER	091249	<b>6:04.66</b>						+0.93
	50m: 36.52	36.52	150m: 2:09.38	49.82	250m: 3:47.57	50.69	350m: 5:22.67	43.91			
	100m: 1:19.56	43.04	200m: 2:56.88	47.50	300m: 4:38.76	51.19	400m: 6:04.66	41.99			
2.	Linda Hoogendam	WVZ	NED	198300892	<b>7:12.26</b>						+0.86
	50m: 45.29	45.29	150m: 2:36.85	55.81	250m: 4:36.07	1:05.45	350m: 6:27.99	46.82			
	100m: 1:41.04	55.75	200m: 3:30.62	53.77	300m: 5:41.17	1:05.10	400m: 7:12.26	44.27			

Masters 45+

1.	Annett von Rekowski	SG Bayer	GER	97868	<b>5:50.28</b>						+0.74
	50m: 37.01	37.01	150m: 2:05.63	46.01	250m: 3:41.91	52.24	350m: 5:13.17	38.64			
	100m: 1:19.62	42.61	200m: 2:49.67	44.04	300m: 4:34.53	52.62	400m: 5:50.28	37.11			
2.	Liselotte Joling	PSV	NED	197500268	<b>5:55.46</b>						+0.82
	50m: 37.47	37.47	150m: 2:08.88	47.79	250m: 3:46.17	51.06	350m: 5:18.08	40.29			
	100m: 1:21.09	43.62	200m: 2:55.11	46.23	300m: 4:37.79	51.62	400m: 5:55.46	37.38			
3.	Jolanda van Gendt	PSV	NED	197800266	<b>6:25.22</b>						+0.79
	50m: 41.07	41.07	150m: 2:19.61	48.52	250m: 4:01.24	53.75	350m: 5:40.52	44.46			
	100m: 1:31.09	50.02	200m: 3:07.49	47.88	300m: 4:56.06	54.82	400m: 6:25.22	44.70			
4.	Alina Spijkerman	DAW	NED	197701220	<b>6:26.89</b>						+0.98
	50m: 39.90	39.90	150m: 2:17.87	49.14	250m: 4:03.55	57.15	350m: 5:45.36	42.99			
	100m: 1:28.73	48.83	200m: 3:06.40	48.53	300m: 5:02.37	58.82	400m: 6:26.89	41.53			

Masters 50+

1.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054	<b>6:02.93</b>						+0.86
	50m: 36.82	36.82	150m: 2:10.95	52.07	250m: 3:52.87	48.46	350m: 5:23.42	39.99			
	100m: 1:18.88	42.06	200m: 3:04.41	53.46	300m: 4:43.43	50.56	400m: 6:02.93	39.51			
2.	Kathy Van Lindt	Cercle De Natation Sportcity WolBEL	CNSW/007949/71	<b>6:24.55</b>						+0.98	
	50m: 43.89	43.89	150m: 2:26.20	52.99	250m: 4:09.90	52.50	350m: 5:45.23	41.59			
	100m: 1:33.21	49.32	200m: 3:17.40	51.20	300m: 5:03.64	53.74	400m: 6:24.55	39.32			
3.	Bianca Groot	MSV-Zeemacht	NED	197000652	<b>6:27.32</b>						+0.80
	50m: 39.44	39.44	150m: 2:26.11	53.29	250m: 4:09.77	51.05	350m: 5:45.04	42.52			
	100m: 1:32.82	53.38	200m: 3:18.72	52.61	300m: 5:02.52	52.75	400m: 6:27.32	42.28			
4.	Annet Kootstra	SWOL 1894	NED	197100344	<b>7:33.90</b>						+0.87
	50m: 52.04	52.04	150m: 2:50.10	59.88	250m: 4:51.16	1:02.53	350m: 6:45.62	52.13			
	100m: 1:50.22	58.18	200m: 3:48.63	58.53	300m: 5:53.49	1:02.33	400m: 7:33.90	48.28			

Masters 55+

1.	Claudia Thielemann <i>Kampioenschapsrecord</i>	SG Bayer	GER	333958	<b>5:44.75</b>						+0.77
	50m: 35.48	35.48	150m: 2:02.02	45.61	250m: 3:37.18	49.80	350m: 5:07.37	39.15			
	100m: 1:16.41	40.93	200m: 2:47.38	45.36	300m: 4:28.22	51.04	400m: 5:44.75	37.38			
2.	Laura Staal	Oceanus	NED	196700358	<b>6:37.71</b>						
	50m: 44.85	44.85	150m: 2:29.08	51.19	250m: 4:13.57	53.93	350m: 5:53.80	44.31			
	100m: 1:37.89	53.04	200m: 3:19.64	50.56	300m: 5:09.49	55.92	400m: 6:37.71	43.91			
3.	Anita Steijger	WVZ	NED	196500628	<b>6:59.47</b>						+0.95
	50m: 43.26	43.26	150m: 2:32.20	55.44	250m: 4:23.55	58.57	350m: 6:11.75	47.08			
	100m: 1:36.76	53.50	200m: 3:24.98	52.78	300m: 5:24.67	1:01.12	400m: 6:59.47	47.72			
4.	K. van Nassau-van den Heuvel	Old Dutch	NED	196600188	<b>7:25.97</b>						
	50m: 50.28	50.28	150m: 2:48.23	59.43	250m: 4:44.94	57.60	350m: 6:34.50	50.56			
	100m: 1:48.80	58.52	200m: 3:47.34	59.11	300m: 5:43.94	59.00	400m: 7:25.97	51.47			

Programmanr. 17, Dames, 400m wisselslag

Masters 60+

1. Pierrette Michel	Cercle De Natation Sportcity WoIBEL	CNSW/000835/62	<b>6:09.66</b>	+0.98
50m: 37.64 37.64	150m: 2:09.40 46.08	250m: 3:49.70 54.99	350m: 5:26.72 43.06	
100m: 1:23.32 45.68	200m: 2:54.71 45.31	300m: 4:43.66 53.96	400m: 6:09.66 42.94	
2. P. Tossings-van de Hooven	GZC Donk	NED 196100376	<b>6:48.28</b>	+0.90
50m: 42.90 42.90	150m: 2:29.76 53.33	250m: 4:21.87 58.21	350m: 6:04.91 44.54	
100m: 1:36.43 53.53	200m: 3:23.66 53.90	300m: 5:20.37 58.50	400m: 6:48.28 43.37	
3. Jeannette Ruesink	WS Twente	NED 196300212	<b>7:04.15</b>	
50m: 48.29 48.29	150m: 2:38.03 55.06	250m: 4:31.78 1:00.33	350m: 6:18.57 47.24	
100m: 1:42.97 54.68	200m: 3:31.45 53.42	300m: 5:31.33 59.55	400m: 7:04.15 45.58	
4. Patty Verhagen	PSV	NED 195900146	<b>7:15.91</b>	+0.96
50m: 51.11 51.11	150m: 2:43.15 54.49	250m: 4:39.34 1:03.42	350m: 6:29.70 47.01	
100m: 1:48.66 57.55	200m: 3:35.92 52.77	300m: 5:42.69 1:03.35	400m: 7:15.91 46.21	
5. Hannie Poletiek	TriVia	NED 195900278	<b>7:55.72</b>	+0.92
50m: 54.56 54.56	150m: 3:01.27 1:01.19	250m: 5:08.36 1:05.22	350m: 7:04.41 51.22	
100m: 2:00.08 1:05.52	200m: 4:03.14 1:01.87	300m: 6:13.19 1:04.83	400m: 7:55.72 51.31	

Masters 65+

1. Colette Crabbé	Cercle De Natation Sportcity WoIBEL	CNSW/004900/56	<b>6:21.10</b>	+0.87
<i>Europees Masters Record</i>				
50m: 38.96 38.96	150m: 2:14.96 50.15	250m: 4:00.23 55.20	350m: 5:40.03 43.75	
100m: 1:24.81 45.85	200m: 3:05.03 50.07	300m: 4:56.28 56.05	400m: 6:21.10 41.07	

Masters 70+

1. Antoinette Gilding-Tussaud	WS Twente	NED 195000038	<b>9:34.32</b>	
50m: 1:11.48 1:11.48	150m: 3:44.18 1:07.25	250m: 6:09.41 1:20.39	350m: 8:31.51 1:04.28	
100m: 2:36.93 1:25.45	200m: 4:49.02 1:04.84	300m: 7:27.23 1:17.82	400m: 9:34.32 1:02.81	

Programmanr. 18  
06-05-2023 - 11:21

4 x 100m vrije slag

Masters Open  
Resultaten

rang	vereniging	tijd	RT	PARA
<b>80+, Heren</b>				
1. Poseidon'56 1	Poseidon'56	NED	<b>3:49.87</b>	+0.69
Erik van Gemert	+0.69 27.33 55.85	John Smit	+0.24 26.93 57.20	
Sam Beer	+0.50 29.34 1:01.67	Ryan van den Ouden	+0.37 25.79 55.15	
2. ZVL-1886 Center 1	ZVL-1886 Center	NED	<b>3:55.91</b>	+0.72
Robin van Beek	+0.72 27.56 57.21	Erik Baalbergen	+0.16 28.16 1:00.26	
Guus Hoogduin	+0.33 27.32 58.17	Robin van Peenen	+0.34 27.78 1:00.27	
<b>100+, Heren</b>				
1. ESCA Zwemmen 1	ESCA Zwemmen	NED	<b>3:50.66</b>	+0.65
Sander de Vrugt	+0.65 27.42 57.41	Jurre Stammes	+0.39 26.75 57.32	
Peter Rothengatter	+0.25 27.10 56.16	Mees Laar	+0.44 28.61 59.77	
2. ZPC AMERSFOORT 2	ZPC AMERSFOORT	NED	<b>4:01.20</b>	+0.68
Wietse Waninge	+0.68 25.97 55.45	Martijn Bartels	+0.29 27.73 59.07	
Jelle Blankestijn	+0.37 27.42 58.60	Thijs van Hofweegen	+0.41 31.65 1:08.08	
3. De Schotejil 1	De Schotejil	NED	<b>4:01.21</b>	+0.83
Sybren Groenewegen	+0.83 29.37 1:00.87	Niels Albrechts	+0.30 29.60 1:02.43	
David Kievit	+0.42 28.57 59.78	Jacob Mackloet	+0.32 27.48 58.13	
4. ZPCH 1	ZPCH	NED	<b>4:02.40</b>	+0.66
Lucas Muntinga	+0.66 28.77 1:01.61	Ruud Holswilder	+0.34 27.95 58.07	
Colin Degenars	+0.37 29.87 1:04.05	Remco de Heij	+0.49 28.53 58.67	
5. ZOB'66 2	ZOB'66	NED	<b>4:14.94</b>	+0.70
Julian Mes	+0.70 28.77 1:01.86	Ruben Stolk	+0.38 29.46 1:03.28	
Boaz Troost	+0.56 30.17 1:05.01	Ferry Blangé	+0.27 30.05 1:04.79	

## Programmanr. 18, Heren, 4 x 100m vrije slag, 100+

rang	vereniging				tijd	RT	PARA
6.	WVZ 2	WVZ		NED	<b>4:26.34</b>	+0.73	
	Jordy van Oel	+0.73	28.87	1:00.82	+0.53	31.43	1:04.69
	Ivar van Straaten	+0.27	31.10	1:07.64	+0.51	33.96	1:13.19
7.	Triton Putten 1	Triton Putten		NED	<b>4:40.11</b>	+0.63	
	Hans Stoffers	+0.63	28.29	1:00.63	+0.48	34.49	1:11.52
	Rick Vaarkamp	+0.53	38.36	1:23.74	+0.34	29.87	1:04.22

## 120+, Heren

1.	Blue Marlins 1 <i>Nederlands Masters Record</i>	Blue Marlins		NED	<b>3:45.50</b>	+0.69	
	Jonne Schaafsma	+0.69	27.45	55.40	+0.54	27.36	57.54
	Stefan Petersen	+0.37	27.48	58.50	+0.47	25.98	54.06
2.	NieMo Barracuda 1	NieMo Barracuda		NED	<b>4:05.07</b>	+0.83	
	Mark Hensen	+0.83	28.42	59.36	+0.28	29.57	1:03.14
	Robin van Beusekom	+0.42	30.18	1:04.31	+0.44	27.76	58.26
3.	SWOL 1894 2	SWOL 1894		NED	<b>4:26.24</b>	+0.79	
	Huib Scholing	+0.79	30.57	1:03.94	+0.46	31.12	1:06.98
	Albert van Piekeren	+0.53	30.78	1:06.77	+0.47	32.22	1:08.55
NG	ZV Hoogland 2	Zwemvereniging Hoogland		NED			

## 160+, Heren

1.	DAW 2	DAW		NED	<b>4:13.07</b>	+0.71	
	Alex Damen	+0.71	29.51	1:02.06	+0.57	31.97	1:06.70
	Dennis Kraakman	+0.54	30.56	1:05.20	+0.51	28.38	59.11
2.	Sassenheim 2	Sassenheim		NED	<b>4:28.75</b>	+0.80	
	Bogdan Androne	+0.80	33.27	1:11.55	+0.45	32.85	1:07.98
	Arjan Buijsse	+0.50	31.69	1:07.14	+0.54	30.74	1:02.08
3.	ZVL-1886 Center 2	ZVL-1886 Center		NED	<b>4:41.77</b>	+0.61	
	Luc Steijvers	+0.61	29.49	1:03.52	+0.54	36.33	1:17.78
	Otto Jansen		31.65	1:07.47	+0.25	33.63	1:13.00

## 200+, Heren

1.	ZPC De Zeeuwse Kust 1	ZPC De Zeeuwse Kust		NED	<b>4:22.44</b>	+0.77	
	Eelco van Gemert	+0.77	31.05	1:04.52	+0.62	30.94	1:05.40
	Ronald van Ombergen	+0.10	31.27	1:07.53	+0.46	30.31	1:04.99
2.	De Rog 3	De Rog		NED	<b>4:53.58</b>	+0.77	
	Jeroen Beckers	+0.77	34.43	1:11.83	+0.32	34.33	1:11.82
	Huib Van Kimmenade	+0.58	39.76	1:23.75	+0.35	31.26	1:06.18
3.	WS Twente 2	WS Twente		NED	<b>5:00.96</b>		
	Bart van Calker		39.99	1:22.08	+0.47	35.77	1:16.15
	Jack Barends		37.55	1:18.62	+0.62	30.82	1:04.11

## 240+, Heren

1.	CNSW 1 <i>Belgisch Masters Record</i>	Cercle De Natation Sportcity WolBEL			<b>4:27.47</b>	+0.92	
	Jean-Marie Cadiat	+0.92	34.33	1:12.23	+0.32	29.46	1:03.60
	Bruno Nahon	+0.59	33.45	1:10.76	+0.56	29.33	1:00.88
2.	De Rog 2	De Rog		NED	<b>4:35.35</b>		
	Rob Spetter		32.67	1:08.68	+0.40	34.01	1:08.64
	Roy Le Clercq	+0.64	34.33	1:14.39	+0.45	30.28	1:03.64

Programmanr. 18, 4 x 100m vrije slag

280+, Heren

1. PSV 1 <i>Nederlands Masters Record</i>	PSV			NED	<b>5:39.85</b>		+0.76
Fred Ketting	+0.76	29.94	1:03.53	Jan Nuijten	+0.65	41.82	1:30.72
Rob Hanou	+0.60	48.74	1:41.81	André Pantekoek	+0.69	40.29	1:23.79
2. SWOL 1894 1	SWOL 1894			NED	<b>5:40.63</b>		+0.98
Jappie Kuiper	+0.98	38.92	1:23.62	Rob Berkhof	+0.71	43.75	1:32.53
Be van der Ziel	+0.60	43.37	1:31.74	Harry Dokter	+0.71	35.02	1:12.74

80+, Dames

1. Steenwijk 1934 3	Steenwijk 1934			NED	<b>4:27.34</b>		+0.80
Michelle van den Hoofdakker	+0.80	30.75	1:04.75	Sabine Lageweg	+0.34	32.15	1:09.48
Alies Wagter	+0.29	31.56	1:06.45	Nanda Wobben - de Vries	+0.44	32.05	1:06.66
2. ESCA Zwemmen 2	ESCA Zwemmen			NED	<b>4:33.82</b>		+0.71
Moniek van Langevelde	+0.71	29.79	1:02.51	Rachel Verburgt	+0.31	34.63	1:13.31
Sanne Landman	+0.56	31.89	1:07.12	Cheyenne Verburgt	+0.27	33.77	1:10.88

100+, Dames

1. ZVL-1886 Center 3	ZVL-1886 Center			NED	<b>4:29.24</b>		+0.66
Silke Molendijk	+0.66	29.14	1:00.54	Suzan Blankestijn	+0.56	32.94	1:09.11
Lonneke Graansma	+0.41	32.13	1:08.09	Margien Timmer	+0.51	33.26	1:11.50
2. PSV 2	PSV			NED	<b>4:32.92</b>		+0.74
Larissa Jansen	+0.74	31.93	1:07.06	Diane Schoenmaker	+0.75	32.16	1:06.53
Fiona Meuffels	+0.29	31.54	1:07.89	Nanda van Heteren	+0.59	34.45	1:11.44
3. De Duck 2	De Duck			NED	<b>4:36.36</b>		+0.77
Judith Kleinjan	+0.77	33.20	1:13.37	Leontine Groeneveldt	+0.19	32.91	1:10.34
Kimberley van Buren	+0.40	32.22	1:07.95	Noa de Bock	+0.44	30.85	1:04.70
4. ZPC AMERSFOORT 4	ZPC AMERSFOORT			NED	<b>4:37.97</b>		+0.71
Lotte Eising	+0.71	31.65	1:08.17	Rosanne Bakker	+0.24	32.77	1:09.19
Jisca Majolee	+0.46	32.46	1:07.42	Eline Hendriks	+0.60	35.01	1:13.19
5. NieMo Barracuda 2	NieMo Barracuda			NED	<b>4:38.22</b>		+0.81
Marijke Kommers	+0.81	33.29	1:09.66	Denise Boereboom	+0.57	29.87	1:03.70
Jacoline van den Beukel	+0.20	33.79	1:13.35	Tamara van den Brink	+0.44	33.91	1:11.51
6. Steenwijk 1934 1	Steenwijk 1934			NED	<b>4:57.38</b>		+0.79
Lonneke Oenema	+0.79	36.89	1:18.58	Cynthia Koolman	+0.43	32.88	1:09.52
Charine Rozendom - de Ruiter	+0.69	37.42	1:19.52	Jacyntha Plat	+0.36	33.74	1:09.76
7. ZVL-1886 Center 4	ZVL-1886 Center			NED	<b>5:06.54</b>		+0.67
Adela Vázquez García	+0.67	34.17	1:14.80	Cynthia van Veen	+0.54	36.82	1:19.86
Sanne de Ridder	+0.47	34.08	1:11.96	Maartje Hids	+0.11	38.03	1:19.92

120+, Dames

1. WVZ 1 <i>Nederlands Masters Record</i>	WVZ			NED	<b>4:07.52</b>		+0.70
Nicole Bennis	+0.70	29.94	1:03.16	Delia Badoux	+0.27	29.83	1:03.23
Mabel Suij	+0.42	29.35	1:02.38	Leonie van Noord	+0.41	28.01	58.75
2. DAW 1	DAW			NED	<b>4:42.70</b>		+0.68
Lianne Dekker	+0.68	33.44	1:10.57	Marouscha de Vries	+0.27	34.00	1:12.27
Alina Spijkerman	+0.82	34.90	1:12.01	Ilona Hogerheyde	+0.27	31.69	1:07.85
3. ZV Hoogland 3	Zwemvereniging Hoogland			NED	<b>4:55.72</b>		+0.84
Nina Snippe	+0.84	34.19	1:11.67	Maaïke Karsten	+0.65	36.03	1:17.06
Eline Roeland	+0.51	35.09	1:13.77	Angela Giezen	+0.57	35.36	1:13.22



## Programmanr. 18, 4 x 100m vrije slag

## 160+, Dames

1.	ZPC AMERSFOORT 3	ZPC AMERSFOORT	NED	<b>4:32.24</b>	+0.78
	Elisah Velgersdijk	+0.78 32.25 1:08.84	Marije Jansen	+0.49 30.82 1:05.61	
	Jenny Bergwerff	+0.41 31.79 1:07.55	Lidia v. Bon-Rosenbrand	+0.35 32.79 1:10.24	
2.	Sassenheim 1	Sassenheim	NED	<b>4:55.04</b>	+0.67
	Maaike Hofland	+0.67 38.11 1:22.22	Marinka vd Zwet	+0.41 33.66 1:13.55	
	Marianne de Bruin	+0.28 34.13 1:11.50	Rianne Hofland	+0.45 32.81 1:07.77	
3.	MSV-Zeemacht 1	MSV-Zeemacht	NED	<b>4:59.76</b>	+0.77
	Bianca Groot	+0.77 34.24 1:10.35	Jet Kleine	+0.45 32.54 1:08.30	
	Annette van Dok	+0.64 42.47 1:32.10	Suzanne Mosch	+0.49 32.38 1:09.01	
4.	Steenwijk 1934 2	Steenwijk 1934	NED	<b>5:11.83</b>	+0.92
	Ilse Blankvoort	+0.92 37.05 1:18.54	Getrude Corporaal	+0.32 32.47 1:08.02	
	Wilna Heijman	+0.37 37.93 1:19.10	Leonie Scholten	+0.41 38.41 1:26.17	
5.	De Rog 1	De Rog	NED	<b>5:41.35</b>	+0.62
	Esther Vergeest	+0.62 38.03 1:18.72	Sandra Van der Helm	+0.55 39.92 1:24.84	
	Ageeth Westenbrink	+0.59 42.62 1:28.18	Karin Vermeer	+0.29 42.38 1:29.61	

## 200+, Dames

1.	PSV 3	PSV	NED	<b>4:45.01</b>	+0.70
	Carla Geurts	+0.70 31.44 1:05.91	Gudule van der Meer	+0.43 32.63 1:09.38	
	Jolanda van Gendt	+0.54 35.11 1:15.74	Jeanne Pettit	+0.58 34.69 1:13.98	
2.	HZ&PC Heerenveen 1	HZ&PC Heerenveen	NED	<b>5:54.70</b>	+0.80
	Peggi Hurenkamp	+0.80 37.24 1:17.93	Katinka Elders	+0.74 44.34 1:35.33	
	Ineke Meijer	+0.38 49.70 1:44.34	Jannie Vennik	+0.61 36.98 1:17.10	

## 240+, Dames

1.	CNSW 2	Cercle De Natation Sportcity WolBEL		<b>4:57.76</b>	+0.84
	<i>Europees Masters Record</i>				
	Colette Crabbé	+0.84 34.87 1:11.94	Claire Anthony	+0.61 41.52 1:24.38	
	Pierrette Michel	+0.65 35.59 1:14.89	Nathalie Blondeel	+0.48 31.75 1:06.55	
2.	WS Twente 1	WS Twente	NED	<b>6:01.38</b>	+0.83
	Jeannette Ruesink	+0.83 39.23 1:21.66	Marijke Kraak-Beckers	+0.82 39.71 1:22.78	
	Antoinette Gilding-Tussaud	53.89 1:55.43	Evelien Naatje	+0.80 39.42 1:21.51	

## Masters 80+

1.	HZ&PC Heerenveen 2	HZ&PC Heerenveen	NED	<b>3:57.78</b>	+0.68
	Leonie van Wier	+0.68 28.59 1:01.68	Remco Dijkstra	+0.29 26.63 57.25	
	Lianne van Wier	+0.22 28.93 1:03.00	Jorian Darwinkel	+0.15 26.18 55.85	
2.	De Columbiaan 1	De Columbiaan	NED	<b>4:02.55</b>	+0.79
	Dave van den Nieuwendijk	+0.79 29.06 1:01.63	Daan Hogerhuis	+0.51 25.36 53.85	
	Julia Notenboom	+0.25 29.09 1:01.73	Anouk Vis	+0.38 31.14 1:05.34	
3.	MSV-Zeemacht 2	MSV-Zeemacht	NED	<b>4:08.65</b>	+0.91
	Amber van der Kruk	+0.91 29.85 1:02.83	Mees Minneboo	+0.25 27.89 59.42	
	Kyra Wesemann	+0.18 31.33 1:07.15	Jordi de Nijs	+0.25 27.73 59.25	

## 100+

1.	ZPC De Zeeuwse Kust 2	ZPC De Zeeuwse Kust	NED	<b>4:03.85</b>	+0.50
	Tom van Gils	+0.50 29.27 1:01.34	Kirsten Walraven	+0.54 29.94 1:02.94	
	Eva van Elsen	30.29 1:04.47	Kalle van Gemert	+0.20 25.74 55.10	
2.	VZC 1	VZC	NED	<b>4:04.03</b>	+0.77
	Jelle Nap	+0.77 27.58 56.50	Amber Hesper	+0.38 30.62 1:03.28	
	Olaf Achterberg	+0.36 27.06 56.53	Suzanne Lange	+0.32 32.01 1:07.72	
3.	De Warande 1	De Warande	NED	<b>4:17.06</b>	+0.58
	Nicko Kamphuis	+0.58 26.14 55.08	Marjolein van der Poel	+0.39 36.19 1:19.83	
	Tom Balsen Versteeg	+0.32 26.74 56.55	Désirée Emmen	+0.36 30.83 1:05.60	
4.	ZOB'66 1	ZOB'66	NED	<b>4:19.28</b>	+0.60
	Wendy de Bruin	+0.60 33.19 1:08.04	Nina Tourton	+0.59 33.75 1:09.84	
	Ian van Mullem	+0.04 28.27 1:01.64	Mart de Koning	+0.58 28.30 59.76	

Programmanr. 18, Alle, 4 x 100m vrije slag, 100+

rang	vereniging				tijd	RT	PARA
5.	Blue Marlins 2	Blue Marlins	NED		<b>4:27.12</b>	+0.67	
	Marc Hoogendam	+0.67 28.67	1:00.63	Sacha van den Dobbelen	+0.43 32.12	1:10.16	
	Thomas Hesper	+0.56 28.69	1:00.38	Berinda van Dijk	+0.39 34.74	1:15.95	
6.	NDD 1	NDD	NED		<b>4:31.27</b>	+0.64	
	Rico Keizer	+0.64 28.74	1:01.17	Eva Engelen	+0.33 35.71	1:16.99	
	Sander Burgers	+0.54 31.13	1:04.53	Janine de Groot	+0.29 32.54	1:08.58	
<b>120+</b>							
1.	ACZ 1	ACZ	NED		<b>4:14.30</b>	+0.55	
	Mariska Scheel	+0.55 30.20	1:03.56	Bart Spaans	+0.37 29.67	1:02.99	
	Roos van Esch	+0.35 31.61	1:06.15	Kevin Kingma	+0.51 29.27	1:01.60	
2.	ZV Hoogland 1	Zwemvereniging Hoogland	NED		<b>4:16.05</b>	+0.74	
	Anne-Irene Ducheine	+0.74 32.15	1:08.23	Yuri van Omme	+0.16 28.51	1:00.47	
	Yvette Meijer	+0.41 34.58	1:13.05	Bas Dries	+0.40 25.42	54.30	
3.	Aqua-Novio'94 1	Aqua-Novio'94	NED		<b>4:21.34</b>	+0.66	
	Steven Uijl	+0.66 26.84	57.52	Joey Papaioannou	+0.22 25.98	57.06	
	Djamari Oetringer	+0.16 34.93	1:15.87	Petra Guijt	+0.35 33.62	1:10.89	
4.	DWK 1	DWK	NED		<b>4:26.26</b>	+0.95	
	Maarten Swiers	+0.95 31.35	1:05.85	Annabel Kuipers	+0.36 31.59	1:05.52	
	Iris van Aurich	+0.38 33.68	1:12.06	Lars Jacobsen	+0.68 30.05	1:02.83	
5.	WSS 1	Westland Swimming Stars	NED		<b>4:28.24</b>	+0.72	
	Pieter Broek	+0.72 29.65	1:03.32	Anouk van der Lans	+0.13 33.79	1:12.09	
	Mirjan den Drijver	+0.50 35.35	1:12.78	Nick Boekestijn	+0.50 28.33	1:00.05	
6.	De Duinkickers 1	De Duinkickers	NED		<b>4:47.31</b>	+0.70	
	Ruben de Boer	+0.70 32.64	1:09.16	Robert de Brauwer	+0.35 32.73	1:10.55	
	Saskia op den Velde	+0.53 37.04	1:21.78	Merel Visser	+0.37 31.85	1:05.82	
<b>160+</b>							
1.	Old Dutch 1	Old Dutch	NED		<b>4:48.46</b>	+0.74	
	Tenzin Tieman	+0.74 29.72	1:02.69	Patricia Brooijmans	+0.72 34.16	1:11.76	
	Pieter Husslage	+0.63 40.04	1:23.17	Chantal Verhoeff	+0.52 33.32	1:10.84	
2.	ESCA Zwemmen 3	ESCA Zwemmen	NED		<b>4:58.11</b>	+0.73	
	Mike Schel	+0.73 28.53	1:00.04	Yoka de Vegt-van Dijk	+0.78 42.12	1:28.23	
	Paul Rutten	+0.61 35.54	1:15.54	Irmgard van Weeghel	+0.53 34.92	1:14.30	
<b>200+</b>							
1.	ZPC AMERSFOORT 5	ZPC AMERSFOORT	NED		<b>4:37.50</b>	+0.66	
	Henk Kuipers	+0.66 32.92	1:08.73	Monica Korndewal	+0.30 35.29	1:15.99	
	Henriëtte v. Norden	33.94	1:12.36	Rob van Vliet	+0.32 28.03	1:00.42	
2.	De Duck 1	De Duck	NED		<b>4:58.76</b>	+0.78	
	Geraldine Trainor	+0.78 33.89	1:12.10	Rachel Trainor	+0.45 37.25	1:18.34	
	Nico van Maanen	+0.25 34.33	1:16.95	Erik Saan	+0.56 32.26	1:11.37	
3.	CNSW 3	Cercle De Natation Sportcity WolBEL			<b>5:05.57</b>	+0.50	
	Valérie Rolland	+0.50 33.46	1:09.40	Philippe Godbille	+0.60 36.08	1:16.94	
	Isaline Manchel	+0.37 34.10	1:12.50	Christian Schoenaers	+0.82 39.97	1:26.73	
4.	GZC Donk 1 * 50m	GZC Donk	NED		<b>5:16.95</b>	+0.82	
	Peter Coffeng	+0.82 41.11	1:26.08	Pierre de Groot	+0.58 37.52	1:18.41	
	Petra Tossings-van de Hooven	+0.61 38.28	1:19.14	Jessica Venema	+0.51 33.67	1:13.32	
<b>240+</b>							
1.	ZPC AMERSFOORT 1 <i>Europees Masters Record</i>	ZPC AMERSFOORT	NED		<b>4:20.39</b>	+0.73	
	Edwin v. Norden	+0.73 30.48	1:03.62	Marjan Remmits-de Lange	+0.18 32.18	1:08.09	
	Atie Pijtak-Radersma	+0.22 33.45	1:09.83	Chester Marsman	+0.13 27.68	58.85	
2.	Steenwijk 1934 6	Steenwijk 1934	NED		<b>5:21.48</b>	+0.71	
	Casper Dollekamp	+0.71 34.74	1:14.62	Monica Bakker	+0.70 42.93	1:29.43	
	Korstiaan de Boer	+0.67 36.21	1:15.35	Linda Wibbelink	+0.61 38.98	1:22.08	

## Programmanr. 18, 4 x 100m vrije slag

280+

1. CNSW 4	Cercle De Natation Sportcity WolBEL				<b>6:52.09</b>	+0.83	
Thierry Schurmans	+0.83	38.89	1:23.54	Fernande Blondeel-Gourmet	+0.21	52.00	1:47.27
Brigitte Dugauquier	+0.63	48.00	1:42.20	Kevork Boyrazian	+0.63	56.16	1:59.08
2. PSV 5	PSV			NED	<b>7:06.77</b>		
Rob Hemesath		36.64	1:19.49	Carla Hensen	+0.74	46.33	1:37.45
Lies Hartman		1:05.64	2:23.45	Nic Geers	+0.69	51.26	1:46.38

5 - ONMK 2023 lb Sessie 5

06-05-2023 - 13:00

Programmanr. 20  
06-05-2023 - 13:00

Heren, 50m vlinderslag

Masters Open  
Resultaten

rang	naam	vereniging		tijd	RT	PARA
<b>Masters 20+</b>						
1.	Nicko Kamphuis	De Warande	NED 199900887	<b>26.45</b>	+0.59	
2.	Erik van Gemert	Poseidon'56	NED 200300587	<b>26.49</b>	+0.69	
3.	Kenan Coeruez	Feijenoord Albion Zwemclub	NED 200300357	<b>26.56</b>	+0.67	
4.	Jorian Darwinkel	HZ&PC Heerenveen	NED 200300565	<b>27.19</b>	+0.66	
5.	Ryan van den Ouden	Poseidon'56	NED 199900377	<b>27.26</b>	+0.78	
6.	Ilmar Stoop	Zuiderzeewemmers	NED 200100871	<b>27.35</b>	+0.64	
7.	Jesse van Dijk	Zuiderzeewemmers	NED 199903259	<b>27.49</b>	+0.66	
8.	Hendrik Broekema	Bubble	NED 200002205	<b>27.69</b>	+0.68	
9.	Kevin Roest	De Duinkickers	NED 200001223	<b>27.89</b>	+0.73	
10.	Daan Hogerhuis	De Columbiaan	NED 200300317	<b>27.93</b>	+0.73	
11.	Mart de Koning	ZOB'66	NED 200203253	<b>28.23</b>	+0.74	
12.	Milan de Roo	ZPC Woerden	NED 200102215	<b>28.59</b>	+0.57	
13.	Julian Mes	ZOB'66	NED 200103755	<b>28.95</b>	+0.71	
14.	Remco Dijkstra	HZ&PC Heerenveen	NED 200100789	<b>29.11</b>	+0.70	
15.	Tim Speijer	Bubble	NED 200301661	<b>29.29</b>	+0.68	
16.	Boyd Wijkman	MSV-Zeemacht	NED 200104759	<b>29.36</b>	+0.67	
17.	Mees Minneboo	MSV-Zeemacht	NED 200203465	<b>29.41</b>	+0.59	
18.	Robin van Peenen	ZVL-1886 Center	NED 200201059	<b>29.60</b>	+0.72	
19.	Jelle Opmeer	ZPC AMERSFOORT	NED 200100269	<b>29.73</b>	+0.67	
20.	Ivan Brummelman	De Berkelduikers	NED 200301167	<b>29.89</b>	+0.53	
21.	Fayssal Lantema	Zwemlust-den Hommel	NED 200101379	<b>29.96</b>	+0.69	
22.	Esper Paans	ZZ&PC De Devel	NED 200100607	<b>30.14</b>	+0.73	
23.	Jelle Heijman	Steenwijk 1934	NED 200000635	<b>30.22</b>	+0.78	
24.	Sander Burgers	NDD	NED 200103671	<b>30.36</b>	+0.68	
25.	Rico Keizer	NDD	NED 199903491	<b>30.38</b>	+0.65	
26.	Nick Boekestijn	Westland Swimming Stars	NED 199900291	<b>30.48</b>	+0.62	
27.	Thomas Hesper	Blue Marlins	NED 200004181	<b>30.71</b>	+0.82	
28.	Thijs van Maastricht	De Treffers	NED 200203751	<b>31.21</b>	+0.69	
29.	Bartho Visser	Triton Putten	NED 200005595	<b>31.69</b>	+0.80	
30.	Lucas Muntinga	ZPCH	NED 200300123	<b>31.92</b>	+0.66	
31.	Dante Hendriks	De Berkelduikers	NED 200200403	<b>32.13</b>	+0.73	
32.	Dylan Kalden	De Duck	NED 200003283	<b>32.27</b>	+0.77	
33.	Rob van Wier	HZ&PC Heerenveen	NED 199900697	<b>32.33</b>	+0.80	
34.	Boaz Troost	ZOB'66	NED 200100371	<b>32.36</b>	+0.75	
35.	Thomas van Scheepen	Steenwijk 1934	NED 200001387	<b>35.04</b>	+0.62	
36.	Mathijs Krieger	EZCL (SG)	NED 199905361	<b>36.09</b>	+0.81	
37.	Ryan van der Sluijs	De Duck	NED 200105571	<b>37.90</b>	+0.67	

**Masters 25+**

1.	Thomas Verhoeven <i>Europees Masters Record</i>	Feijenoord Albion Zwemclub	NED 199700311	<b>23.90</b>	+0.63	
2.	Mateusz Kobus	H2O	NED 199505963	<b>26.16</b>	+0.68	
3.	Bas Dries	Zwemvereniging Hoogland	NED 199505177	<b>26.55</b>	+0.67	
	Melvin Prins	TRB-RES	NED 199500201	<b>26.55</b>	+0.68	
5.	Bert Duivenvoorde	Noordwijkerhout	NED 199701805	<b>26.56</b>	+0.67	
6.	Jonne Schaafsma	Blue Marlins	NED 199800745	<b>26.86</b>	+0.70	
7.	Kalle van Gemert	ZPC De Zeeuwse Kust	NED 199801259	<b>27.16</b>	+0.65	
8.	Nick Sijmons	De Amstel	NED 199500491	<b>27.39</b>	+0.72	
9.	Robin van Beek	ZVL-1886 Center	NED 199704023	<b>27.69</b>	+0.70	
10.	Joey Papaioannou	Aqua-Novio'94	NED 199802269	<b>27.79</b>	+0.74	
11.	John Smit	Poseidon'56	NED 199500613	<b>28.08</b>	+0.67	
12.	Jelle Nap	VZC	NED 199502875	<b>28.09</b>	+0.66	
13.	Hans Stoffers	Triton Putten	NED 199604027	<b>28.42</b>	+0.63	
14.	Jorrik Kerdijk	Bubble	NED 199602135	<b>28.64</b>	+0.67	
15.	Jordi de Nijs	MSV-Zeemacht	NED 199801851	<b>28.94</b>	+0.68	
16.	Paco de Voogt	De Duck	NED 199400859	<b>29.18</b>	+0.68	

Programmanr. 20, Heren, 50m vlinderslag, Masters 25+

rang	naam	vereniging			tijd	RT	PARA
17.	Mike Schel	ESCA Zwemmen	NED	199403279	<b>29.38</b>	+0.77	
18.	Danny Visser	De Treffers	NED	199600381	<b>29.45</b>	+0.77	
19.	Jelle Blankestijn	ZPC AMERSFOORT	NED	199803737	<b>29.51</b>	+0.75	
20.	Mees Laar	ESCA Zwemmen	NED	199601719	<b>29.81</b>	+0.71	
21.	Ian van Mullem	ZOB'66	NED	199602545	<b>29.82</b>	+0.62	
22.	Sam Beer	Poseidon'56	NED	199605521	<b>29.92</b>	+0.69	
23.	Dirk van der Eems	Orca	NED	199501565	<b>30.02</b>	+0.75	
24.	Kevin Kingma	ACZ	NED	199700559	<b>30.40</b>	+0.66	
25.	Gijs Ruijgrok	ZVL-1886 Center	NED	199600863	<b>30.57</b>	+0.70	
26.	Patrick Wyrdeeman	Westland Swimming Stars	NED	199702475	<b>30.58</b>	+0.63	
27.	Martijn Bartels	ZPC AMERSFOORT	NED	199603493	<b>30.66</b>	+0.69	
28.	Tom van Gils	ZPC De Zeeuwse Kust	NED	199501799	<b>31.32</b>	+0.63	
29.	Tim de Jong	Noordwijkerhout	NED	199701807	<b>31.57</b>	+0.79	
30.	Martijn Lageweg	Steenwijk 1934	NED	199701323	<b>31.77</b>	+0.78	
31.	Quentin Richtenstein	SG Bayer	GER	218386	<b>31.85</b>	+0.74	
32.	Erik Baalbergen	ZVL-1886 Center	NED	199805775	<b>32.03</b>	+0.82	
33.	Colin Degenars	ZPCH	NED	199505951	<b>32.41</b>	+0.78	464
34.	Wesley van der Luit	Sassenheim	NED	199701895	<b>32.67</b>	+0.71	
35.	Rutger Curfs	SWOL 1894	NED	199402893	<b>34.44</b>	+0.85	
36.	Thijs van Hofweegen	ZPC AMERSFOORT	NED	199605253	<b>42.10</b>	+0.83	403
AFGEM	Stefan Petersen	Blue Marlins	NED	199403067			

Masters 30+

1.	Jeroen Baars	Blue Marlins	NED	199200031	<b>25.78</b>	+0.70	
2.	Matteo Viani	Zwemlust-den Hommel	NED	199007717	<b>27.26</b>	+0.69	
3.	Jeroen Matthijssen	AZC	NED	199103751	<b>28.83</b>	+0.74	
4.	Marc Hoogendam	Blue Marlins	NED	199007713	<b>29.45</b>	+0.70	
5.	Tim de Vrugt	ESCA Zwemmen	NED	199306719	<b>30.12</b>	+0.71	
6.	Huub Scholing	SWOL 1894	NED	199301179	<b>30.32</b>	+0.77	
7.	Ruben Stolk	ZOB'66	NED	199005665	<b>30.59</b>	+0.70	
8.	Laurens de Nijn	SwimGym	NED	199107815	<b>30.88</b>	+0.70	
9.	Stefan Teley	H2O	NED	199107153	<b>30.93</b>	+0.76	
10.	Jeroen Burggraaf	De Blauwe Schuur	NED	199000467	<b>31.11</b>	+0.83	
11.	Sybren Groenewegen	De Schotejil	NED	199306223	<b>31.25</b>	+0.81	
12.	Robin van Beusekom	NieMo Barracuda	NED	199205841	<b>32.39</b>	+0.83	
13.	Karlo Kok	Zwemvereniging Hoogland	NED	199101265	<b>34.47</b>	+0.75	
NG	Eric Kalee	Zwemvereniging Hoogland	NED	199005307			

Masters 35+

1.	Ferdy van Mastrigt	Blue Marlins	NED	198802315	<b>27.76</b>	+0.63	
2.	Rick Driezen	Steenwijk 1934	NED	198600713	<b>28.27</b>	+0.85	
3.	Yuri van Omme	Zwemvereniging Hoogland	NED	198501887	<b>29.79</b>	+0.79	
4.	Bart van Rosmalen	De Treffers	NED	198604321	<b>30.36</b>	+0.69	
5.	Pascal van Haren	NieMo Barracuda	NED	198704101	<b>30.68</b>	+0.68	
6.	Arne-Willem Kroonen	MZ&PC	NED	198401297	<b>31.28</b>	+0.76	
7.	Nicky Valentijn	AquAmigos	NED	198806175	<b>31.35</b>	+0.72	
8.	Ricardo van Dam	AZC	NED	198503965	<b>32.43</b>	+0.74	
9.	Rudi Butselaar	GoSwim	NED	198700577	<b>32.71</b>	+0.86	
10.	Mark Godwaldt	PSV	NED	198701039	<b>34.38</b>	+0.85	
11.	Remco van der Graaf	PSV	NED	198704007	<b>34.75</b>	+0.83	

Masters 40+

1.	Lauren Vis	Steenwijk 1934	NED	198201883	<b>28.24</b>	+0.68	
2.	Jim Geestman	Blue Marlins	NED	198300699	<b>29.18</b>	+0.72	
3.	Luc Steijvers	ZVL-1886 Center	NED	198201661	<b>30.29</b>	+0.75	
4.	Mark Zwart	Zwemlust-den Hommel	NED	197901461	<b>32.27</b>	+0.82	
5.	Rob van Wanrooy	Feijenoord Albion Zwemclub	NED	198202627	<b>32.68</b>	+0.72	
6.	Roderic Perez	SwimGym	NED	198202761	<b>34.01</b>	+0.75	
7.	Ingmar Kooman	ZVL-1886 Center	NED	197901517	<b>36.15</b>	+0.87	
8.	Paul Rutten	ESCA Zwemmen	NED	198001293	<b>40.16</b>	+0.63	



Programmanr. 20, Heren, 50m vlinderslag

Masters 45+

1.	Casper Hut	HZ&PC Heerenveen	NED	197800471	<b>27.09</b>	+0.66
	<i>Nederlands Masters Record</i>					
2.	Edgar Thimister	ZEPS	NED	197501511	<b>28.40</b>	+0.68
3.	Ruud Holswilder	ZPCH	NED	197800435	<b>28.77</b>	+0.75
4.	Erwin Buist	ZPC AMERSFOORT	NED	197800183	<b>29.15</b>	+0.69
5.	Jasper van Heijst	Het Y	NED	197601699	<b>29.29</b>	+0.72
6.	Alex Damen	DAW	NED	197501371	<b>29.50</b>	+0.72
7.	Kees Bakker	Gay Swim Amsterdam	NED	197501055	<b>29.59</b>	+0.65
8.	Pieter Broek	Westland Swimming Stars	NED	197701637	<b>30.49</b>	+0.68
9.	Dennis Dortland	NieMo Barracuda	NED	197800261	<b>30.69</b>	+0.77
10.	Markus van Rest	WVZ	NED	197701197	<b>30.74</b>	+0.78
11.	Laurent Crochemore	TuS 1886 Sundern	GER	435308	<b>31.91</b>	+0.72
12.	Sandy Pleyte	ZPC De Zeeuwse Kust	NED	197501559	<b>31.92</b>	+0.78
13.	Johan Wezenberg	SWOL 1894	NED	197601023	<b>33.67</b>	+0.83
14.	Bogdan Androne	Sassenheim	NED	197701783	<b>34.83</b>	+0.66
15.	Robin Roskam	De Duinkickers	NED	197801831	<b>37.97</b>	+0.73
16.	Mathijs Irik	Nat Utrecht	NED	197601697	<b>45.81</b>	+0.87

Masters 50+

1.	Frederic Tonus	Luxembourg Sharks Swimming CLUX		10449	<b>26.29</b>	+0.70
	<i>Kampioenschapsrecord, Luxembourg Masters Record</i>					
2.	Chester Marsman	ZPC AMERSFOORT	NED	196900671	<b>28.43</b>	+0.75
3.	Antwan van Engen	De Ward	NED	197101577	<b>28.48</b>	+0.69
4.	Eelco van Gemert	ZPC De Zeeuwse Kust	NED	197200299	<b>31.06</b>	+0.76
5.	Arjan Verheij	De Rog	NED	197101617	<b>31.18</b>	+0.66
6.	Richard Ricksen	PSV	NED	197000841	<b>31.19</b>	+0.87
7.	Sven Schröter	TuS 1886 Sundern	GER	333325	<b>32.12</b>	+0.83
8.	René Beetsma	HZ&PC Heerenveen	NED	196900069	<b>32.59</b>	+0.76
9.	Michael van Bekkum	SWOL 1894	NED	197200051	<b>33.43</b>	+0.77
10.	Frank van Nobelen	Sassenheim	NED	196900753	<b>34.05</b>	+0.79
11.	Hans Schoenmakers	DAW	NED	196900863	<b>34.21</b>	+0.79
12.	Marcel Brittijn	De Duinkickers	NED	196900159	<b>37.54</b>	+0.70
13.	Gertjan van de Bosch	IJZPC	NED	197001615	<b>39.22</b>	+0.89
14.	Ramon Alsina Munoz	Cercle De Natation Sportcity WolBEL		CNSW/002552/69	<b>40.49</b>	+0.92

Masters 55+

1.	Javier Van Engelen	AZ&PC De Futen	NED	196801697	<b>31.75</b>	+0.80
2.	Pascal Tourton	ZOB'66	NED	196601343	<b>33.35</b>	
3.	Marcel Vroegindewei	Poseidon'56	NED	196801709	<b>33.65</b>	+0.89
4.	Otto Jansen	ZVL-1886 Center	NED	196501403	<b>34.74</b>	+0.65
5.	Thomas Früh	SV Wuppertal Neuenhof	GER	250520	<b>35.41</b>	+0.84
6.	Pieter-Sjoerd de Wijn	DES	NED	196501027	<b>37.08</b>	+0.79
AFGEM	Harold Matla	PSV	NED	196800591		

Masters 60+

1.	Lionel Godeaux	Cercle De Natation Sportcity WolBEL		CNSW/000217/60	<b>30.26</b>	+0.69
2.	Peter Bernsen	De Rog	NED	196301119	<b>30.54</b>	+0.65
3.	Fred Ketting	PSV	NED	196000289	<b>31.85</b>	+0.76
4.	Henk Kuipers	ZPC AMERSFOORT	NED	196201207	<b>34.18</b>	+0.75
5.	Paul Wijnja	De Biesboschzwemmers	NED	196301403	<b>34.62</b>	+0.78
6.	Evert-Jan Verweij	SWOL 1894	NED	196301143	<b>35.01</b>	+0.83
7.	Nico van Maanen	De Duck	NED	196100371	<b>35.77</b>	+0.86

## Programmanr. 20, Heren, 50m vlinderslag

**Masters 65+**

1.	Hugo Bregman <i>Nederlands Masters Record</i>	WVZ	NED	195800069	<b>29.30</b>	+0.67
2.	Sigitas Katkevicius <i>Lithuanian Masters Record</i>	Dzukijos Vandenis	LTU		<b>34.14</b>	+0.79
3.	Fred Zanting	TriVia	NED	195400323	<b>35.30</b>	+0.85
4.	Henk Slomp	De Inktvis	NED	195500359	<b>35.43</b>	+0.92
5.	Paul Bunnik	Triton	NED	195600413	<b>36.30</b>	+0.85
6.	Jaap de Boer	De Duinkickers	NED	195800691	<b>40.01</b>	+0.79
7.	Thierry Schurmans	Cercle De Natation Sportcity WolBEL	NED	CNSW/007944/58	<b>46.43</b>	+0.85

**Masters 70+**

1.	Brend Brevé <i>Nederlands Masters Record</i>	PSV	NED	195200265	<b>34.50</b>	+0.90
2.	Pieter Husslage	Old Dutch	NED	195300091	<b>42.94</b>	
3.	Jan Nuijten	PSV	NED	194900175	<b>47.84</b>	+0.76
4.	Rob Berkhof	SWOL 1894	NED	195200245	<b>48.84</b>	
5.	Nello Spiteri	DAW	NED	195200295	<b>1:06.20</b>	+0.76

**Masters 80+**

1.	Geza Kaltenecker	AZC	NED	194200065	<b>57.91</b>	+0.83
2.	Rob Hanou	PSV	NED	194300109	<b>1:05.90</b>	

 Programmanr. 21  
 06-05-2023 - 13:21

## Dames, 50m vlinderslag

 Masters Open  
 Resultaten

rang	naam	vereniging			tijd	RT	PARA
<b>Masters 20+</b>							
1.	Babette van der Kaaij	Blue Marlins	NED	199902234	<b>29.12</b>	+0.67	
2.	Silke Molendijk	ZVL-1886 Center	NED	200100178	<b>29.24</b>	+0.66	
3.	Janice Provoost	ZPC De Zeeuwse Kust	NED	200303076	<b>30.13</b>	+0.69	
4.	Kim Zwinkels	ZPCH	NED	200300422	<b>30.48</b>	+0.76	
5.	Annabel Kuipers	DWK	NED	200001076	<b>30.62</b>	+0.72	
6.	Lianne van Wier	HZ&PC Heerenveen	NED	200200438	<b>31.13</b>	+0.62	
7.	Lauren van IJll	WVZ	NED	200001064	<b>31.22</b>	+0.57	
8.	Laurien Van Nieuwenhove	Mega	BEL	MEGA/20663/99	<b>31.30</b>	+0.69	
	Kim Vos	Triton Putten	NED	200000990	<b>31.30</b>	+0.75	
10.	Julia Notenboom	De Columbiaan	NED	200302596	<b>31.51</b>	+0.81	
11.	Michelle van den Hoofdakker	Steenwijk 1934	NED	200302708	<b>31.86</b>	+0.76	
12.	Merel Visser	De Duinkickers	NED	199904398	<b>32.05</b>	+0.80	
	Selina Janssen	Neptunus'58	NED	199905974	<b>32.05</b>	+0.74	
14.	Amber Hesper	VZC	NED	200202188	<b>32.14</b>	+0.76	
15.	Noa de Bock	De Duck	NED	200300318	<b>32.26</b>	+0.69	
16.	Leonie van Wier	HZ&PC Heerenveen	NED	200200436	<b>32.38</b>	+0.67	
17.	Hanna Looi	Blue Marlins	NED	200006090	<b>32.41</b>	+0.68	
	Alisha Vieira	Blue Marlins	NED	199904554	<b>32.41</b>	+0.75	
19.	Marijke Drent	Bubble	NED	199906232	<b>32.69</b>	+0.62	
20.	Lisanne Seising	VZC	NED	200002084	<b>32.81</b>	+0.75	
21.	Rianne Bresser	Poseidon'56	NED	199900690	<b>32.93</b>	+0.75	
22.	Veerle van Munster	ZPC Woerden	NED	200102632	<b>33.09</b>	+0.68	
23.	Romy Verhagen	De Dolfijn	NED	199906620	<b>33.14</b>	+0.65	
24.	Hannah Ledingham	SG Bayer	GER	458077	<b>33.31</b>	+0.66	
25.	Babet Kruger	VZC	NED	200003390	<b>33.32</b>	+0.61	
26.	Sacha van den Dobbelsteen	Blue Marlins	NED	200100904	<b>33.33</b>	+0.65	
27.	Anneke van der Laan	Orca	NED	200201154	<b>33.96</b>	+0.75	
28.	Marielle van der Vaart	ZVVS	NED	200000994	<b>34.06</b>	+0.71	
29.	Sanne Kloezen	Bubble	NED	200204644	<b>34.13</b>	+0.63	
30.	Rosanne Diepeveen	De Blauwe Schuur	NED	199906146	<b>34.26</b>	+0.75	

Programmanr. 21, Dames, 50m vlinderslag, Masters 20+

rang	naam	vereniging			tijd	RT	PARA
30.	Jet Kleine	MSV-Zeemacht	NED	199903384	<b>34.26</b>	+0.56	
32.	Iris van Rossum	ACZ	NED	200004858	<b>34.42</b>	+0.77	
33.	Eva van Elsen	ZPC De Zeeuwse Kust	NED	199903026	<b>34.43</b>	+0.69	
34.	Merel van den Heuvel	De Meer	NED	200201784	<b>34.74</b>	+0.75	
35.	Cheyenne Verburgt	ESCA Zwemmen	NED	199901496	<b>34.98</b>	+0.72	
36.	Isa van Ditshuizen	De Berkelduikers	NED	200201002	<b>35.06</b>	+0.68	
	Sheila ten Voorde	Octopus-ZVV (SG)	NED	199904538	<b>35.06</b>	+0.83	
38.	Rosa Huntjens	EZCL (SG)	NED	200301402	<b>35.21</b>	+0.67	
39.	Lianne Dekker	DAW	NED	200305438	<b>35.23</b>	+0.64	
40.	Romy Jalving	HZ&PC Heerenveen	NED	200000616	<b>35.31</b>	+0.68	
41.	Lonneke van Veen	De Duinkickers	NED	200104170	<b>35.38</b>	+0.66	
42.	Kyra Wesemann	MSV-Zeemacht	NED	200201440	<b>35.58</b>	+0.77	
43.	Sabine Lageweg	Steenwijk 1934	NED	199900926	<b>35.59</b>	+0.70	
44.	Elisah Velgersdijk	ZPC AMERSFOORT	NED	200102436	<b>35.61</b>	+0.78	
45.	Ann Kathrin Wutz	SG Bayer	GER	258129	<b>35.75</b>	+0.64	
46.	Noortje Wijnstekers	De Duinkickers	NED	200301010	<b>35.94</b>	+0.83	
47.	Lisa Rinders	De Berkelduikers	NED	200301532	<b>36.24</b>	+0.76	
48.	Selma Boertien	Aqua'68	NED	200203834	<b>36.26</b>	+0.75	
49.	Esther de Laat	AquAmigos	NED	200000174	<b>36.71</b>	+0.78	
50.	Tessa Schipper	Bubble	NED	200301578	<b>36.76</b>	+0.84	
51.	Lieke van Hofwegen	De Rijn	NED	200105144	<b>36.81</b>	+0.62	
52.	Alies Wagter	Steenwijk 1934	NED	199900840	<b>37.38</b>	+0.83	
53.	Esmee Kloezen	Bubble	NED	200204646	<b>37.91</b>	+0.65	
54.	Nana Dekkers	Neptunus'58	NED	200206220	<b>38.37</b>	+0.78	
55.	Ymke van Dongen	AquAmigos	NED	200202662	<b>38.61</b>	+0.78	
56.	Emma Klein Heerenbrink	De Berkelduikers	NED	200301030	<b>39.37</b>	+0.81	

Masters 25+

1.	Fenna de Groot	Feijenoord Albion Zwemclub	NED	199701796	<b>29.71</b>	+0.67	
2.	Tamara Grove	De Dolfijn	NED	199601266	<b>30.30</b>	+0.68	
3.	Karin Groen	Nova	NED	199502440	<b>30.58</b>	+0.67	
4.	Nora Bohler	Schwammclub Déifferdang	LUX	15712	<b>30.59</b>	+0.69	
	<i>Luxembourg Masters Record</i>						
5.	Marre Zandringa	Orca	NED	199701136	<b>31.13</b>	+0.68	
6.	Linda Kamperman	Zwemlust-den Hommel	NED	199601238	<b>32.04</b>	+0.70	
7.	Annoeska Banen	Westland Swimming Stars	NED	199704570	<b>32.15</b>	+0.74	
8.	Fiona Meuffels	PSV	NED	199504366	<b>32.57</b>	+0.69	
9.	Evelien de Jong	Neptunia'24	NED	199805316	<b>33.15</b>	+0.62	
10.	Manon Kloosterman	Zwemlust-den Hommel	NED	199702082	<b>33.31</b>	+0.82	
11.	Kelly de Jonge	Poseidon'56	NED	199701210	<b>33.40</b>	+0.78	
12.	Rianne van Rijssen	Noord Veluwe	NED	199702360	<b>33.49</b>	+0.75	
13.	Nina Tourton	ZOB'66	NED	199603612	<b>33.88</b>	+0.76	
	Annemarie ten Have	Zuiderzeewimmers	NED	199802662	<b>33.88</b>	+0.70	
15.	Lotte Eising	ZPC AMERSFOORT	NED	199502098	<b>33.89</b>	+0.66	
16.	Amy Kieboom	AquAmigos	NED	199502580	<b>34.21</b>	+0.70	
17.	Erika Nyström	HHZV PLONS	NED	199407592	<b>34.65</b>	+0.87	
18.	Alma Janssen	Z&PC Zegenwerp	NED	199401078	<b>34.66</b>	+0.50	
19.	Larissa Jansen	PSV	NED	199500660	<b>34.82</b>	+0.78	
20.	Annemiek Meulenbeld	Orca	NED	199506230	<b>34.90</b>	+0.76	
21.	Chantal Lokhorst	Aqualero	NED	199401362	<b>38.12</b>	+0.87	
22.	Margien Timmer	ZVL-1886 Center	NED	199506760	<b>38.66</b>	+0.73	
23.	Cynthia van Veen	ZVL-1886 Center	NED	199606736	<b>39.09</b>	+0.66	
24.	Eva Engelen	NDD	NED	199405514	<b>39.28</b>	+0.72	
25.	Melanie Zondag	Moby Dick	NED	199804476	<b>40.72</b>	+0.83	
26.	Judith Kleinjan	De Duck	NED	199802710	<b>41.59</b>	+0.80	
DIS	Jisca Majolee	ZPC AMERSFOORT	NED	199403570		+0.82	
	<i>VI - Met één hand keer- en/of eindpunt aangetikt.</i>						
NG	Suzanne Mosch	MSV-Zeemacht	NED	199400548			

Programmanr. 21, Dames, 50m vlinderslag

Masters 30+

1.	Danique Stoop	Zuiderzeewimmers	NED	199106956	<b>28.82</b>	+0.71
2.	Lisa Klatten	WVZ	NED	199203628	<b>29.95</b>	+0.72
3.	Denise Boereboom	NieMo Barracuda	NED	199202144	<b>30.19</b>	+0.68
4.	Mariska Scheel	ACZ	NED	199306344	<b>30.40</b>	+0.69
5.	Liesa Vrielinck	Mega	BEL	MEGA/21320/93	<b>31.00</b>	+0.71
6.	Daphne Robijn-Jongedijk	EZCL (SG)	NED	198903520	<b>31.86</b>	+0.78
7.	Elmi Roelofsen	Octopus-ZVV (SG)	NED	199008198	<b>31.98</b>	+0.79
8.	Désirée Emmen	De Warande	NED	199204862	<b>33.28</b>	+0.67
9.	Leontine Groeneveldt	De Duck	NED	199303526	<b>34.46</b>	+0.72
10.	Suzanne Lange	VZC	NED	199202998	<b>34.87</b>	+0.80
11.	Daphne Kievit	ZPC AMERSFOORT	NED	199207058	<b>35.12</b>	+0.91
12.	Kimberley van Buren	De Duck	NED	199304136	<b>36.35</b>	+0.79
13.	Maaïke Karsten	Zwemvereniging Hoogland	NED	199103832	<b>38.28</b>	+0.84
14.	Jacoline van den Beukel	NieMo Barracuda	NED	199100238	<b>40.48</b>	+0.79

Masters 35+

1.	Daniëlle Reijnders	AquAmigos	NED	198504234	<b>31.75</b>	+0.71
2.	Rosanne Bakker	ZPC AMERSFOORT	NED	198806984	<b>34.98</b>	+0.68
3.	Marije Jansen	ZPC AMERSFOORT	NED	198504088	<b>35.29</b>	+0.77
4.	Eline Roeland	Zwemvereniging Hoogland	NED	198805970	<b>36.06</b>	+0.63
	Sandra Schellekens	Neptunus'58	NED	198503416	<b>36.06</b>	+0.86
6.	Sanne de Ridder	ZVL-1886 Center	NED	198502444	<b>36.19</b>	+0.78
7.	Marjolein van der Poel	De Warande	NED	198703212	<b>38.34</b>	+0.77
8.	Marianne de Bruin	Sassenheim	NED	198400448	<b>38.73</b>	+0.62
9.	Marloes Rebel	WS Twente	NED	198403474	<b>48.15</b>	

Masters 40+

1.	Delia Badoux	WVZ	NED	198000042	<b>29.65</b>	+0.65
2.	Miranda Pijnenburg	De Treffers	NED	198301216	<b>33.11</b>	+0.79
3.	Elke Popma - Blox	Tiamat	NED	198200154	<b>34.24</b>	+0.69
4.	Chantal Verhoeff	Old Dutch	NED	197900912	<b>34.89</b>	+0.91
5.	Roelien Stegeman	ZV 44	NED	198102350	<b>40.10</b>	+0.82
6.	Saskia op den Velde	De Duinkickers	NED	197901530	<b>42.12</b>	+0.89

Masters 45+

1.	Jeanette Seitz	SSV Ulm 1846	GER		<b>32.12</b>	+0.72
2.	Katinka van Dongen	ZZ&PC De Devel	NED	197700190	<b>33.36</b>	+0.70
3.	Nathalie Blondeel	Cercle De Natation Sportcity WolBEL	BEL	CNSW/004784/77	<b>33.71</b>	+0.66
4.	Mirjan den Drijver	Westland Swimming Stars	NED	197500884	<b>33.92</b>	+0.84
5.	Ilona Hogerheyde	DAW	NED	197400224	<b>34.25</b>	+0.74
6.	Geraldine Trainor	De Duck	NED	197500544	<b>36.08</b>	+0.79
7.	Rachel Trainor	De Duck	NED	197700670	<b>37.57</b>	+0.85
8.	Inge Roskam	De Duinkickers	NED	197801296	<b>37.77</b>	+0.74
9.	Marian Nederlof	De Geul	NED	197600950	<b>37.99</b>	+0.69
10.	Ilonka van der Meer	GZC Donk	NED	197601168	<b>40.81</b>	+0.92
11.	Sandra Van der Helm	De Rog	NED	197801340	<b>44.86</b>	+0.85
12.	Tiffany Tsui	Zwemvereniging Hoogland	NED	197401110	<b>50.63</b>	+0.80

Masters 50+

1.	Gudule van der Meer	PSV	NED	197200396	<b>32.85</b>	+0.80
2.	Jeanne Petit	PSV	NED	197001020	<b>32.91</b>	+0.61
3.	Edith Janssen-Koolen	TRB-RES	NED	197300898	<b>33.41</b>	+0.60
4.	Marjo Goelema-Koek	De Biesboschzwimmers	NED	196900192	<b>34.70</b>	+0.65
5.	Valérie Rolland	Cercle De Natation Sportcity WolBEL	BEL	CNSW/004276/71	<b>34.78</b>	+0.63
6.	Yvette Ratering	De Ward	NED	197200990	<b>34.93</b>	+0.86
7.	Henriëtte Manting-Holthuis	H2Oldambt	NED	197100246	<b>39.63</b>	+0.93
8.	Marijke Campfens	De Geul	NED	196900960	<b>39.68</b>	+0.71
9.	Katharina Schlipp	De Vliet (SG)	NED	197301004	<b>40.38</b>	+0.76
10.	Evelien Naatje	WS Twente	NED	197200838	<b>42.15</b>	+0.89
11.	Nathasja Konijn	GZC Donk	NED	197100992	<b>43.83</b>	+0.84

## Programmanr. 21, Dames, 50m vlinderslag

**Masters 55+**

1.	Lesley Cordial	ZPC AMERSFOORT	NED	196700684	<b>32.42</b>	+0.73
2.	Marinka vd Zwet	Sassenheim	NED	196500346	<b>36.59</b>	+0.87
3.	Petra Blum	SG Bayer	GER	274174	<b>37.50</b>	+0.76
4.	Katja De Beer	De Rog	NED	196800888	<b>37.66</b>	+0.80
5.	Jacqueline Tuin	DAW	NED	196600690	<b>38.09</b>	+0.77
6.	Anne Boly	Cercle de Natation Dudelange	LUX	10868	<b>49.48</b>	+0.97
7.	Annette van Dok	MSV-Zeemacht	NED	196800742	<b>53.51</b>	+0.78

**Masters 60+**

1.	Marjan Remmits-de Lange	ZPC AMERSFOORT	NED	196300518	<b>34.14</b>	+0.80
	<i>Nederlands Masters Record</i>					
2.	Jacqueline Rolloos-Bakkers	NieMo Barracuda	NED	196300022	<b>39.61</b>	+0.75
3.	Marijke Kraak-Beckers	WS Twente	NED	196000240	<b>40.00</b>	+0.85
4.	Jeannette Ruesink	WS Twente	NED	196300212	<b>41.14</b>	+0.82
5.	Yoka de Vegt-van Dijk	ESCA Zwemmen	NED	196200420	<b>41.92</b>	+0.86
6.	Hannie Poletiek	TriVia	NED	195900278	<b>47.69</b>	+0.92
7.	Lia Bijkerk	GZC Donk	NED	196000014	<b>49.52</b>	+0.87

**Masters 65+**

1.	Colette Crabbé	Cercle De Natation Sportcity WolBEL	CNSW	004900/56	<b>35.33</b>	+0.84
	<i>Kampioenschapsrecord, Belgisch Masters Record</i>					
2.	Claire Anthony	Cercle De Natation Sportcity WolBEL	CNSW	001353/57	<b>38.34</b>	+0.76
3.	Ria Peters-Veurman	ESCA Zwemmen	NED	195800242	<b>58.96</b> *	
4.	Karien Musters	Old Dutch	NED	195800236	<b>1:18.27</b>	+0.89

**Masters 70+**

1.	Christine Nieuwenhuis	SWOL 1894	NED	195100022	<b>40.81</b>	+0.71
2.	Fernande Blondeel-Gourmet	Cercle De Natation Sportcity WolBEL	CNSW	004901/52	<b>56.74</b>	+0.92
3.	Ineke Meijer	HZ&PC Heerenveen	NED	195200034	<b>1:09.54</b>	+0.79
4.	Nini van Dongen-de Paepe	ZZ&PC De Devel	NED	195100044	<b>1:17.95</b>	

**Masters 75+**

1.	Annet Verhoeven - Steggerda	De Duinkickers	NED	194600024	<b>1:25.03</b>
2.	Leny Kamp	Aquapoldro	NED	194400008	<b>1:33.69</b>

 Programmanr. 22  
 06-05-2023 - 13:42

## Heren, 200m rugslag

 Masters Open  
 Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m	
<b>Masters 20+</b>									
1.	Guus Hoogduin	ZVL-1886 Center	NED 200201069	<b>2:21.37</b>	+0.70	31.44	1:06.87	1:43.97	2:21.37
2.	Thijs Molendijk	d'ELFT	NED 199900477	<b>2:22.22</b>	+0.66	32.84	1:08.87	1:45.79	2:22.22
3.	David Kievit	De Schotejil	NED 199900325	<b>2:29.73</b>	+0.83	34.05	1:11.85	1:50.98	2:29.73
4.	D. van den Nieuwendijk	De Columbiaan	NED 200100475	<b>2:31.08</b>	+0.72	34.20	1:12.40	1:51.97	2:31.08
5.	Jeroen Louwinger	De Rijn	NED 199900583	<b>2:31.54</b>	+0.68	35.69	1:14.34	1:53.35	2:31.54
6.	Mart de Koning	ZOB'66	NED 200203253	<b>2:33.19</b>	+0.69	34.36	1:13.96	1:54.39	2:33.19
7.	Bartho Visser	Triton Putten	NED 200005595	<b>2:48.86</b>	+0.83	38.55	1:21.05	2:05.10	2:48.86
DIS	Freek Hollander	Blue Marlins	NED 200103815						

RA - Na start en/of keerpunt niet bij of voor de 15m met het hoofd het wateroppervlak doorbroken.



Programmanr. 22, Heren, 200m rugslag

Masters 25+

1. Ivo van Dijk	Blue Marlins	NED 199702985	<b>2:26.37</b>	+0.64	32.36	1:09.47	1:48.20	2:26.37
2. Joey Papaioannou	Aqua-Novio'94	NED 199802269	<b>2:30.42</b>	+0.62	33.39	1:11.74	1:52.14	2:30.42
3. Mike Schel	ESCA Zwemmen	NED 199403279	<b>2:30.61</b>	+0.72	34.95	1:13.37	1:52.46	2:30.61
4. Jordy van Oel	WVZ	NED 199802003	<b>2:34.28</b>	+0.68	34.92	1:13.59	1:53.58	2:34.28
5. Lars Jacobsen	DWK	NED 199705453	<b>2:44.84</b>	+0.72	37.61	1:20.49	2:04.26	2:44.84
6. Colin Degenaars	ZPCH	NED 199505951	<b>2:53.26</b>	+0.79	39.48	1:25.23	2:10.36	2:53.26

Masters 30+

1. M. Caro Van Der Poel	Club Natació Tàrraco	ESP	<b>2:30.00</b>	+0.73	35.13	1:13.14	1:52.33	2:30.00
2. Olaf Achterberg	VZC	NED 199000011	<b>2:32.47</b>	+0.75	34.55	1:13.40	1:53.55	2:32.47
3. Patrick Creemers	RZ	NED 199000579	<b>2:35.65</b>	+0.81	35.81	1:16.18	1:56.39	2:35.65
4. Wessel Everloo	WS Twente	NED 198906597	<b>2:35.71</b>		37.52	1:17.00	1:57.62	2:35.71
5. Patrick Brouwer	AZC	NED 199303715	<b>2:36.27</b>	+0.84	35.82	1:15.27	1:56.09	2:36.27
6. Jelle Roks	De Blauwe Schuur	NED 199005145	<b>2:37.75</b>	+0.59	34.40	1:13.71	1:55.47	2:37.75

Masters 35+

1. Robert Braad	Steenwijk 1934	NED 198600407	<b>2:28.34</b>	+0.78	33.76	1:10.88	1:49.80	2:28.34
2. Martijn Giezen	ZPC AMERSFOORT	NED 198500813	<b>2:31.36</b>	+0.78	33.90	1:12.32	1:51.95	2:31.36
3. Rob van Vliet	ZPC AMERSFOORT	NED 198402459	<b>2:38.14</b>	+0.75	36.71	1:16.60	1:57.89	2:38.14
4. Thommy Nickel	ZPC Woerden	NED 198401627	<b>2:42.59</b>	+0.90	37.35	1:17.21	1:59.61	2:42.59
5. Harmen Reemst	ZOB'66	NED 198702715	<b>2:52.65</b>	+0.67	39.82	1:23.50	2:08.93	2:52.65

Masters 40+

1. Mark Hensen	NieMo Barracuda	NED 197900497	<b>2:29.70</b>	+0.67	35.08	1:13.27	1:52.41	2:29.70
2. Paul Oudendijk	DAW	NED 198101287	<b>2:29.75</b>	+0.81	35.11	1:13.27	1:52.22	2:29.75
3. Heijmen van Vliet	De Geul	NED 198001637	<b>2:31.24</b>	+0.62	35.03	1:13.57	1:52.75	2:31.24
4. Dirk Smit	Tiamat	NED 198101559	<b>2:38.43</b>	+0.71	37.25	1:17.71	1:58.76	2:38.43
5. Marcel Reefhuis	WS Twente	NED 198101381	<b>2:40.76</b>	+0.66	37.55	1:18.37	1:59.74	2:40.76
6. Cetin Cetiner	Göztepe	TUR	<b>3:00.99</b>	+0.78	42.26	1:27.84	2:15.64	3:00.99

Masters 45+

1. Dennis Brouwers	HZPC	NED 197800167	<b>2:21.10</b>	+0.75	34.09	1:09.67	1:44.89	2:21.10
<i>Kampioenschapsrecord</i>								
2. Ivo Roozeboom	WVZ	NED 197700801	<b>2:28.01</b>	+0.72	34.38	1:12.69	1:51.24	2:28.01
3. Pieter Broek	Westland Swimming Stars	NED 197701637	<b>2:49.48</b>	+0.63	39.11	1:22.06	2:06.14	2:49.48
4. Markus van Rest	WVZ	NED 197701197	<b>2:50.68</b>	+0.76	39.87	1:23.60	2:08.24	2:50.68
5. Jeroen Hoeksel	ZVVS	NED 197401533	<b>3:28.65</b>	+0.87	48.11	1:42.19	2:35.22	3:28.65

Masters 50+

1. Chester Marsman	ZPC AMERSFOORT	NED 196900671	<b>2:27.57</b>	+0.79	33.98	1:10.92	1:49.70	2:27.57
<i>Kampioenschapsrecord</i>								
2. Arjan Bellaart	Oceanus	NED 196900079	<b>2:38.13</b>	+0.72	35.76	1:15.60	1:56.91	2:38.13
3. René Beetsma	HZ&PC Heerenveen	NED 196900069	<b>2:48.79</b>	+0.78	39.82	1:22.90	2:06.89	2:48.79
4. Bruno Nahon	Cercle De Natation Sportcity	BELuCNSW/000390/70	<b>2:49.68</b>	+0.87	39.89	1:22.82	2:07.42	2:49.68
5. Korstiaan de Boer	Steenwijk 1934	NED 197101629	<b>2:58.28</b>	+0.75	42.44	1:27.13	2:13.19	2:58.28
6. Jacques Verriet	VZV Njord	NED 197001039	<b>3:02.75</b>	+0.76	42.15	1:30.80	2:17.78	3:02.75
7. Martijn de Jong	DWK	NED 197101659	<b>3:21.22</b>	+0.88	45.19	1:35.71	2:28.67	3:21.22

Masters 55+

1. J. van den Berg	WVZ	NED 196801575	<b>2:38.20</b>	+0.79	36.69	1:16.98	1:58.62	2:38.20
2. Ron Korzelijs	ZPC AMERSFOORT	NED 196500513	<b>2:48.09</b>	+0.83	39.68	1:21.32	2:04.71	2:48.09
3. Hugues Herman	Cercle De Natation Sportcity	BELuCNSW/009743/66	<b>2:48.12</b>	+0.70	39.23	1:21.55	2:05.61	2:48.12
4. Nico Swart	De Biesboschzweimmers	NED 196801475	<b>2:55.45</b>	+0.77	40.55	1:26.47	2:12.21	2:55.45
DIS Marcel Vroegindewei	Poseidon'56	NED 196801709						

*RH - Het eindpunt niet in rugligging aangeraakt.*

## Programmanr. 22, Heren, 200m rugslag

**Masters 60+**

1. Johan Remmits	ZPC AMERSFOORT	NED 196201159	<b>2:38.16</b>	+0.77	36.45	1:15.44	1:56.77	2:38.16
2. Erik Kamphuis	De Rog	NED 196001035	<b>2:58.62</b>	+0.76	42.55	1:28.47	2:14.81	2:58.62
3. Bart van Calker	WS Twente	NED 196100067	<b>3:25.98</b>	+0.74	50.06	1:42.46	2:35.64	3:25.98
4. Jack Barends	WS Twente	NED 196201011	<b>3:27.48</b>	+0.84	48.68	1:41.17	2:34.80	3:27.48
5. Christian Schoenaers	Cercle De Natation Sportcity	BELuCNSW/007131/59	<b>3:48.70</b>	+0.90	51.33	1:49.68	2:49.68	3:48.70

**Masters 65+**

1. André Pantekoek	PSV	NED 195800321	<b>3:50.66</b>	+0.80	54.80	1:54.18	2:54.73	3:50.66
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**Masters 70+**

1. Jean-Marie Cadiat	Cercle De Natation Sportcity	BELuCNSW/000243/53	<b>3:04.63</b>	+0.82	42.98	1:30.28	2:19.44	3:04.63
<i>Belgisch Masters Record</i>								
2. Brend Brevé	PSV	NED 195200265	<b>3:06.82</b>	+0.80	45.42	1:33.59	2:21.65	3:06.82
3. Jos Kamps	Zwemvereniging Hoogland	NED 195100085	<b>3:55.08</b>	+0.56	50.35	1:49.29	2:52.45	3:55.08
4. Rob Berkhof	SWOL 1894	NED 195200245	<b>3:57.04</b>	+0.89	56.96	1:58.07	2:59.78	3:57.04

**Masters 75+**

1. Mans Buis	SWOL 1894	NED 194700133	<b>4:05.12</b>	+0.73	1:01.31	2:03.46	3:05.05	4:05.12
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**Masters 80+**

1. Nico Baay	Old Dutch	NED 194200053	<b>4:32.31</b>	+0.96	58.01	2:06.96	3:19.60	4:32.31
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 Programmanr. 23  
 06-05-2023 - 14:04

## Dames, 200m rugslag

 Masters Open  
 Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
<b>Masters 20+</b>								
1. Julia Notenboom	De Columbiaan	NED 200302596	<b>2:31.73</b>	+0.65	35.23	1:13.94	1:52.99	2:31.73
2. Roos Englebort	Hieronymus	NED 200200606	<b>2:31.89</b>	+0.67	36.81	1:15.64	1:54.24	2:31.89
3. Anouk Vis	De Columbiaan	NED 200203322	<b>2:34.95</b>	+0.67	36.77	1:16.33	1:56.24	2:34.95
4. Kirsten Walraven	ZPC De Zeeuwse Kust	NED 200001358	<b>2:38.16</b>	+0.77	36.37	1:16.71	1:57.80	2:38.16
5. M. van den Hoofdakker	Steenwijk 1934	NED 200302708	<b>2:40.48</b>	+0.88	37.43	1:18.55	2:00.85	2:40.48
6. Romy Verhagen	De Dolfijn	NED 199906620	<b>2:43.94</b>	+0.63	38.06	1:20.13	2:02.76	2:43.94
7. Lauren van IJl	WVZ	NED 200001064	<b>2:44.75</b>	+0.68	37.20	1:19.10	2:02.34	2:44.75
8. Hanna Looi	Blue Marlins	NED 200006090	<b>2:45.14</b>	+0.56	38.27	1:19.67	2:03.85	2:45.14
9. Cynthia Koolman	Steenwijk 1934	NED 200300232	<b>2:46.18</b>	+0.69	37.84	1:19.83	2:03.29	2:46.18
10. Lianne Dekker	DAW	NED 200305438	<b>2:49.96</b>	+0.64	39.87	1:23.45	2:07.12	2:49.96
11. Jet Kleine	MSV-Zeemacht	NED 199903384	<b>2:51.23</b>	+0.66	40.83	1:24.38	2:08.84	2:51.23
12. Rosalie Baarda	Orca	NED 199903460	<b>2:54.35</b>	+0.67	38.95	1:22.13	2:07.80	2:54.35
13. Nina Snippe	Zwemvereniging Hoogland	NED 200203482	<b>2:57.97</b>	+0.82	41.96	1:27.13	2:13.16	2:57.97
14. Esther de Laat	AquAmigos	NED 200000174	<b>3:00.88</b>	+0.69	39.40	1:24.57	2:13.81	3:00.88
15. Berinda van Dijk	Blue Marlins	NED 200104186	<b>3:04.66</b>	+0.82	43.66	1:32.16	2:20.52	3:04.66
16. Amber Hopman	De Aalscholver	NED 200106384	<b>3:09.18</b>	+0.86	46.55	1:35.96	2:23.41	3:09.18
<b>Masters 25+</b>								
1. Anne-Irene Ducheine	Zwemvereniging Hoogland	NED 199506824	<b>2:36.31</b>	+0.57	36.72	1:16.99	1:57.63	2:36.31
2. M. van Langevelde	ESCA Zwemmen	NED 199803160	<b>2:45.57</b>	+0.63	38.89	1:21.50	2:04.77	2:45.57
3. Eef Hollander	Blue Marlins	NED 199602074	<b>2:47.40</b>	+0.65	38.21	1:20.52	2:04.14	2:47.40
4. Janine de Groot	NDD	NED 199500092	<b>2:51.88</b>	+0.68	39.09	1:22.77	2:07.62	2:51.88
5. Suzanne Mosch	MSV-Zeemacht	NED 199400548	<b>2:52.17</b>	+0.69	40.07	1:24.20	2:07.51	2:52.17
6. Diane Schoenmaker	PSV	NED 199502920	<b>2:52.70</b>	+0.72	39.21	1:22.36	2:07.12	2:52.70
7. Eline Hendriks	ZPC AMERSFOORT	NED 199802794	<b>2:57.41</b>	+0.79	40.95	1:26.85	2:12.99	2:57.41

## Programmanr. 23, Dames, 200m rugslag, Masters 25+

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
8. Anouk van der Lans	Westland Swimming Stars	NED 199801614	<b>2:57.43</b>	+0.68	41.19	1:26.50	2:14.29	2:57.43
9. Chantal Lokhorst	Aqualero	NED 199401362	<b>3:04.95</b>	+0.75	43.02	1:29.31	2:17.73	3:04.95
10. Cynthia van Veen	ZVL-1886 Center	NED 199606736	<b>3:17.85</b>	+0.71	45.16	1:35.49	2:28.48	3:17.85
11. Nadine Scheeve	De Biesboschzwemmers	NED 199700684	<b>3:26.65</b>	+0.89	47.55	1:39.20	2:32.89	3:26.65

## Masters 30+

1. Mabel Suli	WVZ	NED 199307964	<b>2:36.85</b>	+0.68	37.00	1:16.91	1:56.60	2:36.85
2. Désirée Emmen	De Warande	NED 199204862	<b>2:42.09</b>	+0.73	36.92	1:17.20	1:59.61	2:42.09
3. Jacyntha Plat	Steenwijk 1934	NED 199002956	<b>2:50.47</b>	+0.70	39.00	1:22.36	2:06.88	2:50.47
4. Maaïke de Boer	De Duinkickers	NED 199000362	<b>2:51.22</b>	+0.76	39.82	1:23.20	2:07.66	2:51.22
5. Getrude Corporaal	Steenwijk 1934	NED 199200380	<b>2:54.03</b>	+0.79	40.05	1:24.29	2:09.76	2:54.03
6. Joëlle Vaes	DIO	NED 199007576	<b>2:57.94</b>	+0.86	41.54	1:26.22	2:12.85	2:57.94
7. Phedra Van Daele	Mega	BEL MEGA/21311/93	<b>2:58.02</b>	+0.70	41.54	1:26.58	2:12.24	2:58.02
8. Marijke Kommers	NieMo Barracuda	NED 199305334	<b>2:58.20</b>	+0.70	41.47	1:26.97	2:12.87	2:58.20
9. Irmgard van Weeghel	ESCA Zwemmen	NED 199204834	<b>3:08.14</b>	+0.93	44.43	1:31.83	2:20.13	3:08.14
10. Maaïke Hofland	Sassenheim	NED 199203754	<b>3:11.62</b>	+0.90	44.74	1:32.92	2:22.54	3:11.62

## Masters 35+

1. V. Hádén-Felföldi	Iron Swim	HUN 66/3267	<b>2:34.85</b>	+0.73	36.51	1:16.15	1:55.61	2:34.85
<i>Kampioenschapsrecord, Hungarian Masters Record</i>								
2. Jenny Schouten	MZ&PC	NED 198703674	<b>2:40.12</b>	+0.83	36.91	1:18.24	1:59.33	2:40.12
3. Sara Holman	Kaiserslauterer SK	GER 444463	<b>2:46.33</b>	+0.76	40.09	1:21.89	2:04.78	2:46.33
4. Rianne Hofland	Sassenheim	NED 198801820	<b>2:47.42</b>	+0.82	40.16	1:22.75	2:05.95	2:47.42
5. Samantha van Eijk	De Geul	NED 198806826	<b>2:48.32</b>	+0.79	40.29	1:23.88	2:07.16	2:48.32
6. Irene Snakenborg	De Inktvis	NED 198603334	<b>2:52.78</b>	+0.72	40.47	1:24.71	2:09.85	2:52.78
7. Renske Eilers	Zwemvereniging Hoogland	NED 198806072	<b>2:52.94</b>	+0.59	40.65	1:23.39	2:08.17	2:52.94
8. J. Kuiper-Crossen	Neptunia'24	NED 198600712	<b>2:53.06</b>	+0.74	41.33	1:25.05	2:09.34	2:53.06
9. Nikki Roon	IJZPC	NED 198803712	<b>3:03.30</b>	+0.89	41.64	1:27.32	2:15.47	3:03.30
10. Sanne de Ridder	ZVL-1886 Center	NED 198502444	<b>3:05.53</b>	+0.87	43.62	1:31.76	2:20.18	3:05.53
11. Sandra Schellekens	Neptunus'58	NED 198503416	<b>3:07.22</b>	+0.76	42.70	1:30.13	2:19.21	3:07.22

## Masters 40+

1. Debbie van Rooijen	IJZPC	NED 198201402	<b>2:47.70</b>	+0.78	39.47	1:22.15	2:05.55	2:47.70
2. Tonia Ruybroek	Poseidon'56	NED 198101290	<b>2:48.11</b>		38.43	1:21.37	2:04.97	2:48.11
3. Elke Popma - Blox	Tiamat	NED 198200154	<b>2:56.18</b>	+0.75	41.65	1:26.88	2:12.78	2:56.18
4. Anke Lambooi	De Vliet (SG)	NED 198001182	<b>2:56.88</b>	+0.72	40.11	1:24.06	2:09.79	2:56.88
5. Angela Giezen	Zwemvereniging Hoogland	NED 198302796	<b>3:00.38</b>	+0.69	43.72	1:30.42	2:16.63	3:00.38
6. Ilya Janssen	ESCA Zwemmen	NED 198102234	<b>3:05.37</b>	+0.77	42.32	1:29.57	2:16.56	3:05.37
7. Jessica Venema	GZC Donk	NED 197901526	<b>3:10.54</b>	+0.83	43.26	1:30.53	2:20.08	3:10.54
8. Leonie Scholten	Steenwijk 1934	NED 197901560	<b>3:22.67</b>	+0.75	47.47	1:38.61	2:31.09	3:22.67
9. Linda Hoogendam	WVZ	NED 198300892	<b>3:27.74</b>	+0.89	48.97	1:43.57	2:37.25	3:27.74

## Masters 45+

1. Annett von Rekowski	SG Bayer	GER 97868	<b>2:51.21</b>	+0.74	40.99	1:24.78	2:08.50	2:51.21
2. Liselotte Joling	PSV	NED 197500268	<b>2:56.64</b>	+0.63	40.55	1:25.55	2:11.81	2:56.64
3. Jolanda van Gendt	PSV	NED 197800266	<b>2:57.26</b>	+0.63	41.47	1:26.79	2:12.78	2:57.26
4. Alina Spijkerman	DAW	NED 197701220	<b>2:58.53</b>	+0.73	41.24	1:27.00	2:13.03	2:58.53
5. Mirjan den Drijver	Westland Swimming Stars	NED 197500884	<b>3:01.80</b>	+0.78	42.75	1:30.28	2:17.38	3:01.80
6. Petra Guijt	Aqua-Novio'94	NED 197600978	<b>3:09.98</b>	+0.87	46.09	1:34.52	2:23.57	3:09.98
7. A. Glazema-Boelema	Stadskanaal	NED 197701166	<b>3:10.17</b>	+0.86	44.71	1:34.61	2:23.77	3:10.17
8. Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	NED 197700138	<b>3:40.33</b>	+0.95	51.62	1:47.42	2:45.15	3:40.33

## Masters 50+

1. Chiho Shoji	Cercle De Natation Sportcity	BELuCNSW/006146/70	<b>2:53.24</b>	+0.78	40.72	1:24.37	2:09.35	2:53.24
2. Trudie van Niejenhuis	TZC-Vahalis	NED 197100444	<b>3:01.50</b>	+0.80	43.40	1:30.18	2:16.92	3:01.50
3. Peggi Hurenkamp	HZ&PC Heerenveen	NED 196900922	<b>3:11.93</b>	+0.87	45.63	1:34.05	2:23.77	3:11.93
4. Danielle Schipper	ZOB'66	NED 197001078	<b>3:42.59</b>	+0.74	52.11	1:48.34	2:46.63	3:42.59

## Programmanr. 23, Dames, 200m rugslag

**Masters 55+**

1. Claudia Thielemann	SG Bayer	GER 333958	<b>2:47.63</b>	+0.73	40.08	1:22.80	2:05.61	2:47.63
2. Allie Price	Bridgend Swim Club	GBR 547582	<b>2:50.09</b>	+0.69	39.27	1:22.54	2:06.75	2:50.09
3. Laura Staal	Oceanus	NED 196700358	<b>3:02.94</b>	+0.77	43.40	1:29.84	2:16.14	3:02.94
4. Henriëtte v. Norden	ZPC AMERSFOORT	NED 196800046	<b>3:05.60</b>	+0.93	43.10	1:31.26	2:19.93	3:05.60
5. Marinka vd Zwet	Sassenheim	NED 196500346	<b>3:09.64</b>	+0.74	43.53	1:32.07	2:21.60	3:09.64
6. Petra Blum	SG Bayer	GER 274174	<b>3:09.72</b>	+0.93	45.21	1:34.23	2:23.71	3:09.72
7. Wilna Heijman	Steenwijk 1934	NED 196400506	<b>3:28.83</b>	+0.79	49.95	1:43.56	2:38.59	3:28.83
8. Annette van Dok	MSV-Zeemacht	NED 196800742	<b>3:51.27</b>	+0.97	52.48	1:51.27	2:51.61	3:51.27
9. R. van der Vlugt	De Geul	NED 196700710	<b>3:58.94</b>	+0.77	56.86	2:00.27	3:01.08	3:58.94

**Masters 60+**

1. Birgit Reichelt	SG Bayer	GER 194570	<b>3:02.04</b>	+0.81	42.73	1:28.56	2:15.07	3:02.04
2. M. Grove-Lingeman	Triton	NED 196200080	<b>3:10.85</b>	* +0.77	43.70	1:32.41	2:21.71	3:10.85
3. Patty Verhagen	PSV	NED 195900146	<b>3:20.14</b>		48.78	1:39.17	2:29.90	3:20.14
4. A. Vuist-Blum	SWOL 1894	NED 196300282	<b>3:34.62</b>	+0.97	50.92	1:45.21	2:40.75	3:34.62

**Masters 65+**

1. Atie Pijtak-Radersma	ZPC AMERSFOORT	NED 195600048	<b>3:08.64</b>	+0.68	44.90	1:33.18	2:21.27	3:08.64
2. Margriet Pasma	TriVia	NED 195500088	<b>3:30.43</b>	+0.94	49.98	1:42.89	2:36.94	3:30.43
3. Ria Peters-Veurman	ESCA Zwemmen	NED 195800242	<b>4:15.61</b>	+0.87	59.50	2:04.46	3:11.08	4:15.61

**Masters 70+**

1. Carla Hensen	PSV	NED 195300062	<b>3:53.35</b>	+0.85	53.83	1:54.01	2:53.90	3:53.35
2. A. Gilding-Tussaud	WS Twente	NED 195000038	<b>4:05.51</b>	+0.70	57.39	2:00.24	3:05.19	4:05.51
3. Tineke van Diggelen	ZPCH	NED 195200048	<b>4:11.35</b>	+0.90	59.27	2:02.87	3:07.74	4:11.35
4. Geerdien Meerwaldt	De Geul	NED 195200058	<b>4:45.65</b>	+0.73	1:07.19	2:19.52	3:33.14	4:45.65

**Masters 75+**

1. L. van Huissteden	ZPC AMERSFOORT	NED 194500002	<b>5:04.77</b>	+0.85	1:13.15	2:32.74	3:52.39	5:04.77
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 Programmanr. 24  
 06-05-2023 - 14:55

## Heren, 100m schoolslag

 Masters Open  
 Resultaten

rang naam	vereniging		tijd	RT	PARA	50m	100m
<b>Masters 20+</b>							
1. Nicko Kamphuis	De Warande	NED 199900887	<b>1:08.32</b>	+0.60		31.94	1:08.32
2. Benjamin Vermeulen	De Bevelanders	NED 200003721	<b>1:09.30</b>	+0.79		31.74	1:09.30
3. Dave van den Nieuwendijk	De Columbiaan	NED 200100475	<b>1:11.68</b>	+0.78		33.33	1:11.68
4. Jelle Opmeer	ZPC AMERSFOORT	NED 200100269	<b>1:11.91</b>	+0.66		32.64	1:11.91
5. Jorian Darwinkel	HZ&PC Heerenveen	NED 200300565	<b>1:12.90</b>	+0.64		33.57	1:12.90
6. Tim Speijer	Bubble	NED 200301661	<b>1:13.22</b>	+0.68		33.56	1:13.22
7. Robin van Peenen	ZVL-1886 Center	NED 200201059	<b>1:14.10</b>	+0.72		32.70	1:14.10
8. Thomas Hesper	Blue Marlins	NED 200004181	<b>1:14.20</b>	+0.81		34.23	1:14.20
9. Remco de Heij	ZPCH	NED 200200161	<b>1:15.10</b>	+0.70		35.05	1:15.10
10. Milan de Roo	ZPC Woerden	NED 200102215	<b>1:16.80</b>	+0.60		34.88	1:16.80
11. Jesse van Dijk	Zuiderzeezwemmers	NED 199903259	<b>1:17.18</b>	+0.68		35.27	1:17.18
12. Boaz Troost	ZOB'66	NED 200100371	<b>1:17.35</b>	+0.74		35.41	1:17.35
13. Esper Paans	ZZ&PC De Devel	NED 200100607	<b>1:18.48</b>	+0.73		35.16	1:18.48
14. Kylian Kooijman	Steenwijk 1934	NED 199900763	<b>1:19.06</b>	+0.73		35.21	1:19.06
15. Lucas Muntinga	ZPCH	NED 200300123	<b>1:20.46</b>	+0.66		37.34	1:20.46
16. Rico Keizer	NDD	NED 199903491	<b>1:22.43</b>	+0.66		37.18	1:22.43
17. Ivan Brummelman	De Berkelduikers	NED 200301167	<b>1:22.82</b>	+0.66		38.61	1:22.82
18. Mees Minneboo	MSV-Zeemacht	NED 200203465	<b>1:23.12</b>	+0.68		37.83	1:23.12
19. Boyd Wijkman	MSV-Zeemacht	NED 200104759	<b>1:23.65</b>	+0.68		35.95	1:23.65
20. Julian Mes	ZOB'66	NED 200103755	<b>1:23.72</b>	+0.73		38.32	1:23.72



Programmanr. 24, Heren, 100m schoolslag, Masters 20+

rang naam	vereniging			tijd	RT	PARA	50m	100m
21. Thomas van Scheepen	Steenwijk 1934	NED	200001387	<b>1:24.88</b>	+0.65		39.96	1:24.88
22. Thijs van Maastricht	De Treffers	NED	200203751	<b>1:25.89</b>	+0.75		39.52	1:25.89

Masters 25+

1. Wietse Waninge	ZPC AMERSFOORT	NED	199800023	<b>1:05.24</b>	+0.68		30.44	1:05.24
2. Mateusz Kobus	H2O	NED	199505963	<b>1:07.17</b>	+0.71		30.54	1:07.17
3. Bas Dries	Zwemvereniging Hoogland	NED	199505177	<b>1:08.99</b>	+0.65		31.04	1:08.99
4. Jurre Stammes	ESCA Zwemmen	NED	199701843	<b>1:09.03</b>	+0.68		31.95	1:09.03
5. Bert Duivenvoorde	Noordwijkerhout	NED	199701805	<b>1:10.17</b>	+0.68		32.72	1:10.17
6. Nick Sijmons	De Amstel	NED	199500491	<b>1:11.58</b>	+0.72		33.03	1:11.58
7. Kevin Kingma	ACZ	NED	199700559	<b>1:16.16</b>	+0.66		34.88	1:16.16
8. Richard van der Horst	De Meer	NED	199700179	<b>1:16.22</b>	+0.66		36.28	1:16.22
9. Dirk van der Eems	Orca	NED	199501565	<b>1:16.42</b>	+0.73		34.56	1:16.42
10. John Smit	Poseidon'56	NED	199500613	<b>1:17.28</b>	+0.69		35.60	1:17.28
11. Renzo Strang	De Duinkickers	NED	199801151	<b>1:19.32</b>	+0.69		35.64	1:19.32
12. Ian van Mullem	ZOB'66	NED	199602545	<b>1:20.53</b>	+0.67		37.59	1:20.53
13. Martijn Bartels	ZPC AMERSFOORT	NED	199603493	<b>1:20.78</b>	+0.76		37.81	1:20.78
14. Sam Beer	Poseidon'56	NED	199605521	<b>1:22.63</b>	+0.73		36.94	1:22.63
15. Danny Visser	De Treffers	NED	199600381	<b>1:23.64</b>	+0.76		39.12	1:23.64
16. Thijs van Hofweegen	ZPC AMERSFOORT	NED	199605253	<b>1:28.73</b>	+0.96	739	42.32	1:28.73
17. Rutger Curfs	SWOL 1894	NED	199402893	<b>1:35.12</b>	+0.82		45.51	1:35.12
AFGEM Stefan Petersen	Blue Marlins	NED	199403067					

Masters 30+

1. Sander de Vrugt	ESCA Zwemmen	NED	198903499	<b>1:10.80</b>	+0.62		32.46	1:10.80
2. Stefan Teley	H2O	NED	199107153	<b>1:15.73</b>	+0.73		34.29	1:15.73
3. Patrick Creemers	RZ	NED	199000579	<b>1:15.78</b>	+0.71		35.47	1:15.78
4. Jeroen Burggraaf	De Blauwe Schuur	NED	199000467	<b>1:20.02</b>	+0.83		37.71	1:20.02
5. Robin van Beusekom	NieMo Barracuda	NED	199205841	<b>1:20.97</b>	+0.81		37.21	1:20.97
6. Karlo Kok	Zwemvereniging Hoogland	NED	199101265	<b>1:24.68</b>	+0.65		39.39	1:24.68
7. Romke van Dijk	Zwemvereniging Hoogland	NED	199007679	<b>1:31.02</b>	+0.88		42.42	1:31.02
NG Eric Kalee	Zwemvereniging Hoogland	NED	199005307					

Masters 35+

1. Yuri van Omme	Zwemvereniging Hoogland	NED	198501887	<b>1:11.09</b>	+0.75		33.65	1:11.09
2. Ricardo van Dam	AZC	NED	198503965	<b>1:16.98</b>	+0.70		33.81	1:16.98
3. Ferdy van Mastrigt	Blue Marlins	NED	198802315	<b>1:17.49</b>	+0.63		36.30	1:17.49
4. Dennis Kraakman	DAW	NED	198705325	<b>1:18.12</b>	+0.62		35.80	1:18.12
5. Albert van Piekeren	SWOL 1894	NED	198401767	<b>1:18.66</b>	+0.78		36.18	1:18.66
6. Stefan van de Griff	SWOL 1894	NED	198701121	<b>1:18.91</b>	+0.77		36.72	1:18.91
7. Martijn Giezen	ZPC AMERSFOORT	NED	198500813	<b>1:19.54</b>	+0.81		36.62	1:19.54
8. Rob van Vliet	ZPC AMERSFOORT	NED	198402459	<b>1:19.99</b>	+0.77		37.22	1:19.99
9. Thommy Nickel	ZPC Woerden	NED	198401627	<b>1:21.81</b>	+0.81		38.28	1:21.81
10. Harmen Reemst	ZOB'66	NED	198702715	<b>1:25.64</b>	+0.75		39.58	1:25.64
11. Nicky Valentijn	AquAmigos	NED	198806175	<b>1:27.63</b>	+0.73		39.90	1:27.63
12. Arne-Willem Kroonen	MZ&PC	NED	198401297	<b>1:30.52</b>	+0.64		42.37	1:30.52
NG Tim van den Berg	Blue Marlins	NED	198500157					

Masters 40+

1. Jim Geestman	Blue Marlins	NED	198300699	<b>1:14.69</b>	+0.68		34.57	1:14.69
2. Lauren Vis	Steenwijk 1934	NED	198201883	<b>1:15.03</b>	+0.61		34.66	1:15.03
3. Kristiaan Lenos	ZVL-1886 Center	NED	198301331	<b>1:16.03</b>	+0.73		34.39	1:16.03
4. Heijmen van Vliet	De Geul	NED	198001637	<b>1:18.67</b>	+0.67		37.64	1:18.67
5. Rob van Wanrooy	Feijenoord Albion Zwemclub	NED	198202627	<b>1:18.73</b>	+0.75		36.75	1:18.73
6. Dirk Smit	Tiamat	NED	198101559	<b>1:19.73</b>	+0.67		37.64	1:19.73
7. Ferry Blangé	ZOB'66	NED	198300185	<b>1:20.81</b>	+0.74		37.79	1:20.81
8. Mark Zwart	Zwemlust-den Hommel	NED	197901461	<b>1:21.64</b>	+0.84		36.88	1:21.64
9. Berry van Holland	TriVia	NED	198000603	<b>1:23.40</b>	+0.78		38.76	1:23.40
10. Arjan Buijsse	Sassenheim	NED	197901767	<b>1:25.37</b>	+0.58		39.77	1:25.37



Programmanr. 24, Heren, 100m schoolslag

Masters 45+

1. Joost Hoetjes	DAW	NED	197800425	<b>1:10.52</b>	+0.71	32.20	1:10.52
<i>Nederlands Masters Record, 50m NMR</i>							
2. Victor Barnar	GoSwim	NED	197801805	<b>1:12.18</b>	+0.77	33.47	1:12.18
3. Vincent Versteeg	Zwemlust-den Hommel	NED	197701003	<b>1:12.59</b>	+0.75	33.49	1:12.59
4. Kees Bakker	Gay Swim Amsterdam	NED	197501055	<b>1:15.85</b>	+0.64	35.24	1:15.85
5. Ruud Holswilder	ZPCH	NED	197800435	<b>1:17.24</b>	+0.65	35.52	1:17.24
6. Laurent Crochemore	TuS 1886 Sundern	GER	435308	<b>1:18.00</b>	+0.68	36.87	1:18.00
7. Sandy Pleyte	ZPC De Zeeuwse Kust	NED	197501559	<b>1:20.95</b>	+0.78	38.31	1:20.95
8. Bogdan Androne	Sassenheim	NED	197701783	<b>1:26.92</b>	+0.80	39.16	1:26.92
9. Wilfred Jansz	Neptunus	NED	197501551	<b>1:37.96</b>	+0.79	43.56	1:37.96
DIS Dymitr Bielski	Warsaw Masters Team	POL					

AM - Gebruik gemaakt van hulpmiddelen of tape gebruikt op het lichaam., Horloge

Masters 50+

1. Sven Schröter	TuS 1886 Sundern	GER	333325	<b>1:18.48</b>	+0.75	36.83	1:18.48
2. Antwan van Engen	De Ward	NED	197101577	<b>1:19.01</b>	+0.71	36.85	1:19.01
3. Ronald van Ombergen	ZPC De Zeeuwse Kust	NED	197201685	<b>1:21.45</b>	+0.89	38.79	1:21.45
4. Michael van Bekkum	SWOL 1894	NED	197200051	<b>1:22.72</b>	+0.81	38.29	1:22.72
5. Martijn de Jong	DWK	NED	197101659	<b>1:24.46</b>	+0.78	39.52	1:24.46
6. Bas Kremers	TRB-RES	NED	197201611	<b>1:24.68</b>	+0.74	39.70	1:24.68
7. Hans Schoenmakers	DAW	NED	196900863	<b>1:25.99</b>	+0.75	38.89	1:25.99
8. Rob van de Ven	Neptunus'58	NED	197101695	<b>1:28.84</b>	+0.71	40.63	1:28.84
9. Alberto Randazzo	DES	NED	197101757	<b>1:29.00</b>	+0.79	41.82	1:29.00
10. Jacques Verriet	VZV Njord	NED	197001039	<b>1:30.31</b>	+0.71	41.84	1:30.31
11. Bruno Nahon	Cercle De Natation Sportcity VBELwe CNSW/000390/70			<b>1:31.56</b>	+0.87	44.10	1:31.56
12. Gertjan van de Bosch	IJZPC	NED	197001615	<b>1:33.84</b>	+0.75	44.85	1:33.84
13. Henry Dol	ACZ	NED	197001517	<b>1:41.06</b>		45.71	1:41.06

Masters 55+

1. Heiko Boknecht	TSV Quakenbrück	GER	057598	<b>1:19.35</b>	+0.78	37.62	1:19.35
2. Marcel Jonkman	Aqualero	NED	196801389	<b>1:25.66</b>	+0.80	39.09	1:25.66
3. Theo Bakker	TriVia	NED	196401231	<b>1:25.89</b>	+0.80	40.98	1:25.89
4. Pascal Tourton	ZOB'66	NED	196601343	<b>1:26.63</b>		42.87	1:26.63
5. Joop Weenink	WS Twente	NED	196801535	<b>1:26.76</b>	+0.84	41.40	1:26.76
6. Nico Swart	De Biesboschzwemmers	NED	196801475	<b>1:26.86</b>	+0.76	40.28	1:26.86
7. Henri Michels	De Amstel	NED	196501587	<b>1:29.75</b>	+0.87	41.91	1:29.75
8. Robert de Brauwer	De Duinkickers	NED	196401383	<b>1:32.21</b>	+0.76	43.04	1:32.21
9. Pierre de Groot	GZC Donk	NED	196401431	<b>1:41.56</b>	+0.89	48.50	1:41.56
10. Gertjan van der Vaart	ZVVS	NED	196801529	<b>1:44.23</b>	+0.76	47.11	1:44.23
AFGEM Harold Matla	PSV	NED	196800591				

Masters 60+

1. Edwin v. Norden	ZPC AMERSFOORT	NED	196300563	<b>1:21.89</b>	+0.73	38.16	1:21.89
<i>Nederlands Masters Record</i>							
2. Fred Ketting	PSV	NED	196000289	<b>1:24.88</b>	+0.78	39.68	1:24.88
3. Gert Sikkema	Zwemclub Urk 1978	NED	196300687	<b>1:25.16</b>	+0.81	40.13	1:25.16
4. Jan Vlasblom	HHZV PLONS	NED	196100823	<b>1:26.96</b>	+0.91	41.33	1:26.96
5. Ronald Grove	Triton	NED	196100161	<b>1:29.72</b>	+0.73	41.49	1:29.72
6. Rob Hemesath	PSV	NED	196100189	<b>1:34.61</b>	+0.92	44.58	1:34.61
7. Christian Schoenaers	Cercle De Natation Sportcity VBELwe CNSW/007131/59			<b>1:36.96</b>		44.81	1:36.96
8. Hans van Scheepen	Steenwijk 1934	NED	196201245	<b>1:48.67</b>	+0.83	50.62	1:48.67
9. Günther Brod	SSG Saar Max Ritter SV08	GER	234041	<b>1:51.13</b>	+0.76	52.66	1:51.13

## Programmanr. 24, Heren, 100m schoolslag

**Masters 65+**

1. Sigitas Katkevicius <i>Kampioenschapsrecord</i>	Dzukijos Vandenis	LTU		<b>1:20.72</b>	+0.84	38.19	1:20.72
2. Wim de Lange	AZC	NED	195800533	<b>1:33.55</b>	+0.72	41.97	1:33.55
3. Paul Bunnik	Triton	NED	195600413	<b>1:35.00</b>	+0.89	44.35	1:35.00
4. Philippe Godbille	Cercle De Natation Sportcity VBELwe CNSW/000230/57			<b>1:42.34</b>	+0.90	46.80	1:42.34
5. Thierry Schurmans	Cercle De Natation Sportcity VBELwe CNSW/007944/58			<b>1:44.37</b>	+0.73	49.35	1:44.37
6. Peter Coffeng	GZC Donk	NED	195700063	<b>1:50.00</b>	+1.00	52.74	1:50.00
7. André Pantekoek	PSV	NED	195800321	<b>2:01.65</b>		57.77	2:01.65

**Masters 70+**

1. Jean-Marie Cadiat <i>Kampioenschapsrecord, Belgisch Masters Record</i>	Cercle De Natation Sportcity VBELwe CNSW/000243/53			<b>1:31.87</b>	+0.88	43.57	1:31.87
2. Charles Bos	Patrick-De Roersoppers (SG)	NED	195300019	<b>1:32.46</b>	+0.74	43.29	1:32.46
3. Peter Gulyas	Torokbalint Szenior	HUN		<b>1:33.16</b>	+0.57	43.93	1:33.16
4. Piet Schop	De Bevelanders	NED	195000109	<b>1:48.13</b>		50.04	1:48.13
5. Nello Spiteri	DAW	NED	195200295	<b>2:11.97</b>	+0.91	1:02.19	2:11.97

**Masters 75+**

1. Mans Buis	SWOL 1894	NED	194700133	<b>2:06.14</b>		1:00.12	2:06.14
2. Nico van Dongen	ZZ&PC De Devel	NED	194800159	<b>2:32.83</b>		1:10.41	2:32.83

**Masters 80+**

1. Rob Hanou <i>Kampioenschapsrecord</i>	PSV	NED	194300109	<b>1:53.00</b>	+0.99	54.35	1:53.00
2. Nico Baay	Old Dutch	NED	194200053	<b>2:03.01</b>	+0.85	57.37	2:03.01

 Programmanr. 25  
 06-05-2023 - 15:22

## Dames, 100m schoolslag

 Masters Open  
 Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
<b>Masters 20+</b>								
1. Valesca van den Bogert <i>Nederlands Masters Record</i>	Hieronymus	NED	200102138	<b>1:14.77</b>	+0.69		34.84	1:14.77
2. Laurien Van Nieuwenhove	Mega	BEL	MEGA/20663/99	<b>1:18.47</b>	+0.69		37.40	1:18.47
3. Malin Beuse	SG Bayer	GER	262348	<b>1:19.48</b>	+0.72		37.45	1:19.48
4. Veerle van Munster	ZPC Woerden	NED	200102632	<b>1:19.82</b>	+0.66		36.65	1:19.82
5. Lianne Seising	VZC	NED	200002084	<b>1:20.68</b>	+0.75		37.93	1:20.68
6. Janice Provoost	ZPC De Zeeuwse Kust	NED	200303076	<b>1:20.72</b>	+0.70		37.54	1:20.72
7. Annabel Kuipers	DWK	NED	200001076	<b>1:20.89</b>	+0.58		37.28	1:20.89
8. Hannah Ledingham	SG Bayer	GER	458077	<b>1:21.14</b>	+0.64		37.51	1:21.14
9. Lonneke Graansma	ZVL-1886 Center	NED	199900936	<b>1:22.98</b>	+0.65		37.44	1:22.98
10. Anneke van der Laan	Orca	NED	200201154	<b>1:24.35</b>	+0.75		38.63	1:24.35
11. Sanne Kloezen	Bubble	NED	200204644	<b>1:24.45</b>	+0.75		38.74	1:24.45
12. Eva van Elsen	ZPC De Zeeuwse Kust	NED	199903026	<b>1:24.94</b>	+0.69		38.65	1:24.94
13. Amber Hesper	VZC	NED	200202188	<b>1:25.26</b>	+0.76		39.12	1:25.26
14. Tessa Schipper	Bubble	NED	200301578	<b>1:26.58</b>	+0.83		40.76	1:26.58
15. Mandy Swart	De Biesboschwemmers	NED	199904916	<b>1:28.19</b>	+0.79		41.60	1:28.19
16. Isa van Ditshuizen	De Berkelduikers	NED	200201002	<b>1:28.42</b>	+0.73		42.25	1:28.42
17. Noa de Bock	De Duck	NED	200300318	<b>1:30.15</b>	+0.58		42.92	1:30.15
18. Sheila ten Voorde	Octopus-ZVV (SG)	NED	199904538	<b>1:30.70</b>	+0.82		42.27	1:30.70
19. Marouscha de Vries	DAW	NED	199906628	<b>1:31.35</b>	+0.66		42.96	1:31.35
20. Elisah Velgersdijk	ZPC AMERSFOORT	NED	200102436	<b>1:31.53</b>	+0.75		41.90	1:31.53
21. Lieke van Hofwegen	De Rijn	NED	200105144	<b>1:32.26</b>	+0.69		42.40	1:32.26
22. Sabine Lageweg	Steenwijk 1934	NED	199900926	<b>1:33.28</b>	+0.69		44.20	1:33.28

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

rang naam	vereniging			tijd	RT	PARA	50m	100m
23. Maartje Hids	ZVL-1886 Center	NED	199903042	<b>1:34.22</b>	+0.93		44.40	1:34.22
24. Emma Klein Heerenbrink	De Berkelduikers	NED	200301030	<b>1:37.99</b>	+0.76		45.89	1:37.99
25. Nana Dekkers	Neptunus'58	NED	200206220	<b>1:38.00</b>	+0.76		46.05	1:38.00
26. Tove Kienhuis	Aqua'68	NED	200203486	<b>1:38.20</b>	+0.76		46.08	1:38.20
27. S. van den Dobbelssteen	Blue Marlines	NED	200100904	<b>1:38.51</b>	*+0.65		43.84	1:38.51
28. Ilse Hallie	Octopus-ZVV (SG)	NED	200200128	<b>1:42.35</b>	+0.78		47.40	1:42.35
29. Vera Vergeest	De Rog	NED	200206010	<b>1:42.39</b>	+0.68		48.37	1:42.39
30. Selma Boertien	Aqua'68	NED	200203834	<b>1:45.20</b>	+0.75		47.74	1:45.20

Masters 25+

1. Fenna de Groot	Feijenoord Albion Zwemclub	NED	199701796	<b>1:17.73</b>	+0.55		36.31	1:17.73
2. Nicole Bennis	WVZ	NED	199600470	<b>1:20.18</b>	+0.69		37.34	1:20.18
3. Chantal van der Horst	De Meer	NED	199400616	<b>1:23.80</b>	+0.63		39.46	1:23.80
4. Manon Kloosterman	Zwemlust-den Hommel	NED	199702082	<b>1:23.81</b>	+0.81		39.20	1:23.81
5. Fiona Meuffels	PSV	NED	199504366	<b>1:25.80</b>	+0.70		40.28	1:25.80
6. Roxanne van Bavel	Poseidon'56	NED	199407378	<b>1:26.89</b>	+0.71		41.32	1:26.89
7. Yvette Meijer	Zwemvereniging Hoogland	NED	199706590	<b>1:30.75</b>	+0.84		44.12	1:30.75
8. Amy Kieboom	AquaAmigos	NED	199502580	<b>1:30.99</b>	+0.71		41.84	1:30.99
9. Rianne van Rijssen	Noord Veluwe	NED	199702360	<b>1:31.56</b>	+0.78		42.88	1:31.56
10. Tamara van den Brink	NieMo Barracuda	NED	199804182	<b>1:33.60</b>			43.43	1:33.60
11. Annemarie ten Have	Zuiderzeezwemmers	NED	199802662	<b>1:33.69</b>	+0.75		43.29	1:33.69
12. Alma Janssen	Z&PC Zegenwerp	NED	199401078	<b>1:35.58</b>	+0.70		46.23	1:35.58
13. Djamari Oetringer	Aqua-Novio'94	NED	199600546	<b>1:36.13</b>	+0.79		45.37	1:36.13
14. Larissa Banen	Westland Swimming Stars	NED	199405444	<b>1:41.52</b>	+0.76		48.20	1:41.52
15. Hester Meijer	Zwemvereniging Hoogland	NED	199805186	<b>1:41.67</b>	+0.74		48.55	1:41.67
16. Melanie Zondag	Moby Dick	NED	199804476	<b>1:42.41</b>	+0.84		47.69	1:42.41
17. Sylvia Hidding	H2Oldambt	NED	199603886	<b>2:01.27</b>	+0.96		1:00.09	2:01.27
DIS Danique van den Bosch	Zwemlust-den Hommel	NED	199801122					

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

Masters 30+

1. Liesa Vrielinck	Mega	BEL	MEGA/21320/93	<b>1:22.35</b>	+0.75		38.63	1:22.35
2. Suzan Blankestijn	ZVL-1886 Center	NED	198900350	<b>1:22.89</b>	+0.77		38.93	1:22.89
3. Jacyntha Plat	Steenwijk 1934	NED	199002956	<b>1:23.00</b>	+0.75		39.16	1:23.00
4. Suzanne Lange	VZC	NED	199202998	<b>1:30.12</b>	+0.79		42.10	1:30.12
5. Leontine Groeneveldt	De Duck	NED	199303526	<b>1:30.23</b>	+0.64		42.42	1:30.23
6. Marijke Kommers	NieMo Barracuda	NED	199305334	<b>1:30.61</b>	+0.82		42.01	1:30.61
7. Mandy Salzig	Swimming Luxembourg	LUX		<b>1:32.94</b>	+0.82		41.88	1:32.94
8. Janneke Wynia	WS Twente	NED	199005500	<b>1:49.23</b>	+0.99		52.26	1:49.23

Masters 35+

1. Daniëlle Reijnders	AquaAmigos	NED	198504234	<b>1:18.61</b>	+0.70		37.52	1:18.61
<i>Nederlands Masters Record</i>								
2. Larissa Brak	ZPC AMERSFOORT	NED	198800572	<b>1:23.26</b>	+0.77		38.05	1:23.26
3. Wendy van der Iest	ZPC AMERSFOORT	NED	198701904	<b>1:25.12</b>	+0.75		39.28	1:25.12
4. Rosanne Bakker	ZPC AMERSFOORT	NED	198806984	<b>1:27.20</b>	+0.71		41.15	1:27.20
5. Linda van Klei	GZC Donk	NED	198802088	<b>1:29.62</b>	+0.81		42.68	1:29.62
6. Eline Roeland	Zwemvereniging Hoogland	NED	198805970	<b>1:30.91</b>	+0.69		42.59	1:30.91
7. Renee de Kok	PSV	NED	198403350	<b>1:33.01</b>	+0.74		43.58	1:33.01
8. A. Wammes-Bouman	Zwemvereniging Hoogland	NED	198403604	<b>1:37.86</b>	+0.62		46.72	1:37.86

Masters 40+

1. Laura Badoux	DAW	NED	198200038	<b>1:20.80</b>	+0.84		37.77	1:20.80
2. Claudia Schönitz	SV Gronau 1910 e.V.	GER	091249	<b>1:27.04</b>	+0.89		41.07	1:27.04
3. Ilja Janssen	ESCA Zwemmen	NED	198102234	<b>1:31.86</b>	+0.90		43.10	1:31.86
4. Roelien Stegeman	ZV 44	NED	198102350	<b>1:32.19</b>	+0.79		42.95	1:32.19
5. Tonia Ruybroek	Poseidon'56	NED	198101290	<b>1:33.13</b>	+0.89		44.17	1:33.13
6. Angela Giezen	Zwemvereniging Hoogland	NED	198302796	<b>1:36.21</b>	+0.74		46.50	1:36.21

Programmanr. 25, Dames, 100m schoolslag, Masters 40+

rang naam	vereniging			tijd	RT	PARA	50m	100m
7. Simone Weijland	ZV 44	NED	197901610	<b>1:45.15</b>	+0.99		50.33	1:45.15
8. Karin Vermeer	De Rog	NED	198302918	<b>1:51.17</b>	+0.82		53.11	1:51.17

Masters 45+

1. Jeanette Seitz	SSV Ulm 1846	GER		<b>1:21.29</b>	+0.72		38.35	1:21.29
2. Claudia van Drunen	AquAmigos	NED	197700810	<b>1:31.34</b>	+0.78		43.71	1:31.34
3. Marjo Huisman	DWK	NED	197401118	<b>1:31.72</b>			42.78	1:31.72
4. Inge Roskam	De Duinkickers	NED	197801296	<b>1:31.91</b>	+0.77		42.57	1:31.91
Geraldine Trainor	De Duck	NED	197500544	<b>1:31.91</b>	+0.81		43.03	1:31.91
6. Monica Korndewal	ZPC AMERSFOORT	NED	197701258	<b>1:33.09</b>	+0.86		42.61	1:33.09
7. Rachel Trainor	De Duck	NED	197700670	<b>1:33.62</b>	+0.86		43.88	1:33.62
8. Ilonka van der Meer	GZC Donk	NED	197601168	<b>1:42.05</b>	+0.89		48.54	1:42.05
9. Marian Nederlof	De Geul	NED	197600950	<b>1:42.44</b>	+0.85		48.62	1:42.44
10. Esmeralda Stokman	ZPCH	NED	197600940	<b>1:44.66</b>	+0.67		48.78	1:44.66
11. Nicolette Zuidema	ZV 44	NED	197500978	<b>1:56.74</b>	+0.80		55.48	1:56.74

Masters 50+

1. Marjo Goelema-Koek	De Biesboschzwemmers	NED	196900192	<b>1:24.21</b>	+0.78		39.30	1:24.21
2. Gudule van der Meer	PSV	NED	197200396	<b>1:29.15</b>	+0.80		42.50	1:29.15
3. Katharina Schlipp	De Vliet (SG)	NED	197301004	<b>1:29.40</b>	+0.75		42.06	1:29.40
4. Bianca Groot	MSV-Zeemacht	NED	197000652	<b>1:30.73</b>	+0.86		42.89	1:30.73
5. Annette de Visser	Oceanus	NED	197100602	<b>1:32.82</b>	+0.84		43.98	1:32.82
6. Yvette Ratering	De Ward	NED	197200990	<b>1:33.07</b>	+0.81		44.15	1:33.07
7. Iris van Aurich	DWK	NED	196900866	<b>1:33.40</b>	+0.80		45.53	1:33.40
8. Regine Beckers-Stribos	De Rog	NED	197000492	<b>1:35.37</b>	+0.91		45.84	1:35.37
9. Pascale Janssen	Patrick-De Roersoppers (SG)	NED	197300852	<b>1:36.36</b>	+0.89		45.23	1:36.36
10. Greta Wyma-Teitsma	DWK	NED	197100696	<b>1:51.31</b>	+0.85		51.92	1:51.31
11. Annette Spies	LinK	NED	197001110	<b>1:55.97</b>	+0.91		54.27	1:55.97

Masters 55+

1. Annette Wijnja-Visser	De Biesboschzwemmers	NED	196700528	<b>1:28.32</b>	+0.82		41.48	1:28.32
2. Ariene Knoester	Aqua-Novio'94	NED	196700716	<b>1:28.57</b>	+0.76		41.59	1:28.57
3. Jacqueline Tuin	DAW	NED	196600690	<b>1:29.09</b>	+0.84		41.81	1:29.09
4. Sandra Stuhr	SG Wiste	GER	132206	<b>1:30.09</b>	+0.81		42.58	1:30.09
5. Annette Korving-Leijenaar	Aqualero	NED	196700662	<b>1:35.20</b>	+0.76		45.08	1:35.20
6. Machteld Stilting	ZPC AMERSFOORT	NED	196600716	<b>1:43.57</b>	+0.79		50.40	1:43.57
7. K. van Nassau-van den Heuvel	Old Dutch	NED	196600188	<b>1:45.98</b>	+0.91		50.53	1:45.98
8. M. Flammang-Wagener	Cercle de Natation Dudelange	LUX	4652	<b>2:00.34</b>	+0.75		55.77	2:00.34

Masters 60+

1. Linda van de Ree	De Ganze	NED	196300452	<b>1:34.68</b>	+0.76		44.27	1:34.68
2. Yoka de Vegt-van Dijk	ESCA Zwemmen	NED	196200420	<b>1:39.23</b>	+0.87		47.63	1:39.23
3. P. Tossings-van de Hooven	GZC Donk	NED	196100376	<b>1:40.42</b>	+0.89		47.65	1:40.42
4. Annemarie Vuist-Blum	SWOL 1894	NED	196300282	<b>1:43.74</b>	+0.75		50.03	1:43.74
5. Linda Wibbelink	Steenwijk 1934	NED	195900158	<b>1:44.02</b>			49.70	1:44.02
6. Hannie Poletiek	TriVia	NED	195900278	<b>1:53.80</b>	+0.93		54.61	1:53.80
7. Lia Bijkerk	GZC Donk	NED	196000014	<b>1:54.27</b>	+0.91		54.63	1:54.27
8. W. Schoenmaker-ter Veer	DWK	NED	195900254	<b>1:59.24</b>			55.60	1:59.24
9. Jenny Westervaarder	H2Oldambt	NED	196200424	<b>1:59.85</b>	+0.95		57.15	1:59.85

Masters 65+

1. Liudmila Skopina	Cercle De Natation Sportcity VBELwe	CNSW/010673/57		<b>1:43.85</b>	+0.84		49.36	1:43.85
2. Marijke van Hoek	ZPC De Zeeuwse Kust	NED	195800050	<b>1:45.34</b>	+0.72		49.83	1:45.34
3. Anje Manuputty	PSV	NED	195700176	<b>2:07.59</b>	+0.89		1:01.71	2:07.59
4. Mies Kuipers	Old Dutch	NED	195800202	<b>2:27.22</b>	+0.99		1:10.41	2:27.22
5. Karien Musters	Old Dutch	NED	195800236	<b>2:27.88</b>	+0.85		1:08.08	2:27.88



Programmanr. 25, Dames, 100m schoolslag

Masters 70+

1. Tineke van Diggelen	ZPCH	NED	195200048	<b>2:08.26</b>		1:01.19	2:08.26
2. N. van Dongen-de Paepe	ZZ&PC De Devel	NED	195100044	<b>2:32.23</b> *		1:12.07	2:32.23

Masters 75+

1. A. Verhoeven - Steggerda	De Duinkickers	NED	194600024	<b>2:10.18</b>		59.15	2:10.18
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Programmanr. 26  
06-05-2023 - 15:49

Heren, 200m vrije slag

Masters Open  
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
<b>Masters 20+</b>								
1. Daan Hogerhuis	De Columbiaan	NED 200300317	<b>2:03.74</b>	+0.75	28.14	59.23	1:31.61	2:03.74
2. Benjamin Vermeulen	De Bevelanders	NED 200003721	<b>2:06.35</b>	+0.81	28.08	59.49	1:32.77	2:06.35
3. Jacob Mackloet	De Schotejil	NED 200001171	<b>2:08.93</b>	+0.73	29.15	1:02.30	1:36.45	2:08.93
4. Guus Hoogduin	ZVL-1886 Center	NED 200201069	<b>2:10.19</b>	+0.74	29.69	1:02.87	1:36.94	2:10.19
5. Hendrik Broekema	Bubble	NED 200002205	<b>2:11.32</b>	+0.70	29.29	1:02.12	1:36.58	2:11.32
6. Fayssal Lantema	Zwemlust-den Hommel	NED 200101379	<b>2:11.90</b>	+0.74	30.53	1:03.54	1:38.31	2:11.90
7. Freek Hollander	Blue Marlins	NED 200103815	<b>2:12.56</b>	+0.78	29.38	1:02.77	1:36.94	2:12.56
8. Jeroen Louwinger	De Rijn	NED 199900583	<b>2:15.79</b>	+0.69	30.24	1:04.84	1:40.46	2:15.79
9. Nick Boekestijn	Westland Swimming Stars	NED 199900291	<b>2:18.49</b>	+0.60	31.19	1:06.44	1:43.11	2:18.49
10. Bart Spaans	ACZ	NED 199902559	<b>2:18.80</b>	+0.59	31.65	1:06.23	1:42.95	2:18.80
11. Dante Hendriks	De Berkelduikers	NED 200200403	<b>2:23.26</b>	+0.72	31.51	1:08.31	1:46.93	2:23.26
12. Jelle Heijman	Steenwijk 1934	NED 200000635	<b>2:30.43</b>	+0.77	32.63	1:09.33	1:48.60	2:30.43
13. Dylan Kalden	De Duck	NED 200003283	<b>2:30.93</b>	+0.78	32.34	1:09.28	1:49.28	2:30.93
14. Mathijs Krieger	EZCL (SG)	NED 199905361	<b>2:49.28</b>	+0.78	35.74	1:17.68	2:03.86	2:49.28
DIS Ryan van der Sluijs	De Duck	NED 200105571						

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

Masters 25+

1. Kalle van Gemert	ZPC De Zeeuwse Kust	NED 199801259	<b>2:02.06</b>	+0.65	27.29	58.24	1:30.15	2:02.06
2. Robin van Beek	ZVL-1886 Center	NED 199704023	<b>2:04.91</b>	+0.76	29.29	1:00.76	1:32.93	2:04.91
3. Jelle Nap	VZC	NED 199502875	<b>2:06.25</b>	+0.78	28.64	1:00.69	1:33.68	2:06.25
4. Donny van den Bosch	Zwemlust-den Hommel	NED 199502001	<b>2:08.06</b>	+0.75	29.63	1:01.59	1:35.05	2:08.06
5. Jelle Blankestijn	ZPC AMERSFOORT	NED 199803737	<b>2:08.43</b>	+0.75	29.34	1:01.82	1:35.67	2:08.43
6. Hans Stoffers	Triton Putten	NED 199604027	<b>2:13.79</b>	+0.66	29.90	1:03.60	1:38.38	2:13.79
7. Tom van Gils	ZPC De Zeeuwse Kust	NED 199501799	<b>2:14.18</b>	+0.53	30.10	1:03.70	1:38.63	2:14.18
8. Jordy van Oel	WVZ	NED 199802003	<b>2:15.36</b>	+0.72	30.20	1:04.72	1:39.93	2:15.36
9. Wesley van der Luit	Sassenheim	NED 199701895	<b>2:17.53</b>	+0.75	32.40	1:07.68	1:43.73	2:17.53
10. Lars Jacobsen	DWK	NED 199705453	<b>2:18.25</b>	+0.82	30.73	1:07.21	1:43.63	2:18.25
11. Richard van der Horst	De Meer	NED 199700179	<b>2:19.70</b>	+0.69	32.30	1:07.84	1:44.16	2:19.70
12. Jorrik Kerdijs	Bubble	NED 199602135	<b>2:19.87</b>	+0.72	30.75	1:07.22	1:44.89	2:19.87
13. Erik Baalbergen	ZVL-1886 Center	NED 199805775	<b>2:20.44</b>	+0.77	30.96	1:06.62	1:44.12	2:20.44
14. Paco de Voogt	De Duck	NED 199400859	<b>2:21.02</b>	+0.58	32.08	1:08.23	1:45.69	2:21.02
15. Gijs Ruijgrok	ZVL-1886 Center	NED 199600863	<b>2:21.09</b>	+0.70	29.87	1:04.16	1:42.32	2:21.09
16. Patrick Wyrdekan	Westland Swimming Stars	NED 199702475	<b>2:22.66</b>	+0.66	31.32	1:06.47	1:44.02	2:22.66
17. Martijn Lageweg	Steenwijk 1934	NED 199701323	<b>2:28.05</b>	+0.80	33.24	1:10.66	1:49.81	2:28.05
18. Yael Althuis	WVZ	NED 199506275	<b>2:47.27</b>	+0.85	36.26	1:18.15	2:03.30	2:47.27
19. Rick Vaarkamp	Triton Putten	NED 199404979	<b>3:14.28</b>	+0.96	41.10	1:30.81	2:23.20	3:14.28



Programmanr. 26, Heren, 200m vrije slag

Masters 30+

1. Matteo Viani	Zwemlust-den Hommel	NED 199007717	<b>2:02.64</b>	+0.71	28.71	1:00.19	1:32.01	2:02.64
2. Olaf Achterberg	VZC	NED 199000011	<b>2:09.91</b>	+0.79	29.37	1:02.08	1:36.33	2:09.91
3. Tim Bunnik	Triton	NED 199000505	<b>2:12.58</b>	+0.77	30.06	1:03.58	1:37.96	2:12.58
4. Steven Uijl	Aqua-Novio'94	NED 199304075	<b>2:14.98</b>	+0.70	29.63	1:02.61	1:37.46	2:14.98
5. Tim de Vrught	ESCA Zwemmen	NED 199306719	<b>2:16.35</b>	+0.73	30.23	1:04.36	1:40.52	2:16.35
6. Jeroen Matthijssen	AZC	NED 199103751	<b>2:18.05</b>	+0.73	29.23	1:02.77	1:39.92	2:18.05
7. Marc Hoogendam	Blue Marlins	NED 199007713	<b>2:19.45</b>	+0.66	29.66	1:04.65	1:42.71	2:19.45
8. Patrick Brouwer	AZC	NED 199303715	<b>2:22.70</b>	+0.79	31.77	1:07.86	1:45.51	2:22.70
9. Romke van Dijk	Zwemvereniging Hoogland	NED 199007679	<b>2:38.61</b>	+0.93	36.19	1:14.61	1:56.66	2:38.61

Masters 35+

1. Youri Vaes	PSV	NED 198402307	<b>2:10.82</b>	+0.70	30.17	1:03.10	1:37.43	2:10.82
2. Federico Cappello	Luxembourg Sharks Swimmir	LUX19598	<b>2:11.32</b>	+0.62	29.24	1:01.43	1:36.22	2:11.32
<i>Luxembourg Masters Record</i>								
3. Robert Braad	Steenwijk 1934	NED 198600407	<b>2:15.61</b>	+0.80	30.11	1:05.07	1:40.95	2:15.61
4. Rick Driezen	Steenwijk 1934	NED 198600713	<b>2:17.11</b>	+0.84	31.36	1:05.85	1:41.50	2:17.11
5. Edward van Dootingh	ZV 44	NED 198403341	<b>2:32.10</b>	+0.85	34.03	1:11.97	1:52.03	2:32.10
6. Rudi Butselaar	GoSwim	NED 198700577	<b>2:42.48</b>		35.02	1:15.34	2:00.70	2:42.48
DIS Klaas van Beek	ZV Haerlem	NED 198805941						
<i>AA - De start ingezet voor het startsignaal (en wel gezwommen).</i>								
NG Tim van den Berg	Blue Marlins	NED 198500157						

Masters 40+

1. Kristiaan Lenos	ZVL-1886 Center	NED 198301331	<b>2:13.68</b>	+0.74	29.59	1:03.30	1:38.50	2:13.68
2. Marcel Reefhuis	WS Twente	NED 198101381	<b>2:18.24</b>	+0.64	31.59	1:06.46	1:42.67	2:18.24
3. Luc Steijvers	ZVL-1886 Center	NED 198201661	<b>2:24.01</b>	+0.64	31.50	1:07.96	1:46.05	2:24.01
4. Ferry Blangé	ZOB'66	NED 198300185	<b>2:31.62</b>	+0.79	34.14	1:12.94	1:53.75	2:31.62
5. Peter Lommert	SWOL 1894	NED 197900787	<b>2:35.82</b>	+0.91	34.22	1:14.20	1:55.60	2:35.82
6. Berry van Holland	TriVia	NED 198000603	<b>2:37.17</b>	+0.79	34.52	1:14.77	1:56.44	2:37.17
7. Ingmar Kooman	ZVL-1886 Center	NED 197901517	<b>2:41.94</b>	+0.61	35.80	1:17.03	2:00.48	2:41.94
NG.ZA Steven Prins	HHZV PLONS	NED 197901833						

Masters 45+

1. Casper Hut	HZ&PC Heerenveen	NED 197800471	<b>2:05.03</b>	+0.72	28.40	59.72	1:32.74	2:05.03
<i>Nederlands Masters Record</i>								
2. Eric Richelle	Plouf Club	BEL PLOUF/006690/77	<b>2:06.84</b>	+0.77	30.06	1:02.49	1:35.03	2:06.84
3. Ivo Roozeboom	WVZ	NED 197700801	<b>2:10.41</b>	+0.75	29.52	1:02.88	1:36.93	2:10.41
4. Dennis Brouwers	HZPC	NED 197800167	<b>2:12.77</b>	+0.83	30.97	1:04.96	1:39.25	2:12.77
5. Victor Barnar	GoSwim	NED 197801805	<b>2:16.39</b>	+0.82	31.49	1:05.22	1:40.23	2:16.39
6. Vincent Versteeg	Zwemlust-den Hommel	NED 197701003	<b>2:17.37</b>	+0.74	31.14	1:06.79	1:43.18	2:17.37
7. Alex Damen	DAW	NED 197501371	<b>2:17.65</b>	+0.74	30.71	1:05.89	1:41.97	2:17.65
8. Edgar Thimister	ZEPS	NED 197501511	<b>2:21.71</b>	+0.68	31.93	1:08.66	1:46.37	2:21.71
9. Dennis Dortland	NieMo Barracuda	NED 197800261	<b>2:24.17</b>	+0.86	32.13	1:09.22	1:47.34	2:24.17
10. Erwin Zuidervelt	AZ&PC De Futen	NED 197501015	<b>2:29.96</b>	+0.82	32.87	1:10.96	1:50.74	2:29.96
11. Tom Bandsma	PSV	NED 197701625	<b>2:52.65</b>		36.53	1:18.14	2:04.63	2:52.65
12. Andre Schaap	ZVL-1886 Center	NED 197501357	<b>2:56.76</b>	+0.95	37.76	1:22.69	2:09.80	2:56.76
<i>*50m</i>								
13. Jeroen Hoeksel	ZVVS	NED 197401533	<b>2:57.37</b>	+0.96	39.51	1:24.68	2:11.56	2:57.37
14. Robin Roskam	De Duinkickers	NED 197801831	<b>3:01.84</b>	+0.85	39.81	1:26.16	2:16.39	3:01.84
DIS Dymitr Bielski	Warsaw Masters Team	POL						
<i>AM - Gebruik gemaakt van hulpmiddelen of tape gebruikt op het lichaam., Horloge</i>								

Programmanr. 26, Heren, 200m vrije slag

Masters 50+

1. Frederic Tonus	Luxembourg Sharks SwimmirLUXi10449		<b>2:03.94</b>	+0.73	28.77	59.92	1:32.40	2:03.94
<i>Kampioenschapsrecord, Luxembourg Masters Record</i>								
2. Matthias Millers	SG Wuppertal	GER 113799	<b>2:10.70</b>	+0.86	30.45	1:03.78	1:37.67	2:10.70
3. Richard Ricksen	PSV	NED 197000841	<b>2:19.15</b>	+0.85	32.05	1:07.54	1:43.92	2:19.15
4. Arjan Bellaart	Oceanus	NED 196900079	<b>2:23.50</b>	+0.71	31.71	1:08.02	1:46.36	2:23.50
5. Eelco van Gemert	ZPC De Zeeuwse Kust	NED 197200299	<b>2:27.78</b>	+0.75	33.01	1:10.38	1:49.40	2:27.78
6. Frank van Nobelen	Sassenheim	NED 196900753	<b>2:28.43</b>	+0.80	34.15	1:12.13	1:50.57	2:28.43
7. Henri Verschoor	De Biesboschzwemmers	NED 197001041	<b>2:31.57</b>	+0.93	33.41	1:11.12	1:51.08	2:31.57
8. Chris Kouwenhoven	De Grunte	NED 197101669	<b>2:37.54</b>	+0.90	35.09	1:15.60	1:57.47	2:37.54
9. Wouter van der Stelt	De Biesboschzwemmers	NED 197200889	<b>2:43.48</b>	+0.85	36.27	1:16.48	1:59.70	2:43.48
10. Korstiaan de Boer	Steenwijk 1934	NED 197101629	<b>2:44.30</b>	+0.82	36.14	1:17.44	2:01.23	2:44.30
11. Bas Kremers	TRB-RES	NED 197201611	<b>2:50.02</b>	+0.76	37.84	1:20.80	2:07.10	2:50.02
12. Ramon Alsina Munoz	Cercle De Natation Sportcity	BELuCNSW/002552/69	<b>2:54.78</b>	+0.88	36.57	1:19.67	2:06.59	2:54.78
13. Marcel Brittijn	De Duinkickers	NED 196900159	<b>2:58.98</b>	+0.59	38.36	1:24.44	2:13.04	2:58.98
14. Alberto Randazzo	DES	NED 197101757	<b>3:00.24</b>	+0.86	40.91	1:26.47	2:13.50	3:00.24

\*50m

Masters 55+

1. John Hardeman	Zwemlust-den Hommel	NED 196601615	<b>2:18.16</b>	+0.75	30.94	1:05.58	1:41.72	2:18.16
2. Hugues Herman	Cercle De Natation Sportcity	BELuCNSW/009743/66	<b>2:19.00</b>	+0.62	31.49	1:06.07	1:42.58	2:19.00
3. Arnold de Rover	AZ&PC De Futen	NED 196400645	<b>2:21.53</b>	+0.82	32.09	1:07.30	1:44.11	2:21.53
4. J. van den Berg	WVZ	NED 196801575	<b>2:23.43</b>	+0.80	31.40	1:07.58	1:46.04	2:23.43
5. Karol Lacko	Vysokoskolsky klub Univerzity SVK	SVK16793	<b>2:25.95</b>	+0.80	34.04	1:10.89	1:48.41	2:25.95
6. Heiko Boknecht	TSV Quakenbrück	GER 057598	<b>2:26.24</b>	+0.77	34.18	1:11.55	1:49.59	2:26.24
7. Ron Korzelius	ZPC AMERSFOORT	NED 196500513	<b>2:29.12</b>	+0.70	33.55	1:11.59	1:51.01	2:29.12
8. Otto Jansen	ZVL-1886 Center	NED 196501403	<b>2:33.85</b>	+0.65	34.07	1:12.82	1:53.23	2:33.85
9. Wijnand Vergeest	De Rog	NED 196800949	<b>2:39.01</b>	+0.59	35.52	1:15.25	1:58.16	2:39.01
10. Leon Slingerland	WVZ	NED 196801707	<b>2:39.45</b>	+0.85	34.58	1:14.67	1:58.19	2:39.45
11. Thomas Früh	SV Wuppertal Neuenhof	GER 250520	<b>2:40.09</b>		36.01	1:16.19	1:58.53	2:40.09
12. Roy Le Clercq	De Rog	NED 196401041	<b>2:45.91</b>	+0.95	37.62	1:20.33	2:03.89	2:45.91
13. Erik Saan	De Duck	NED 196500769	<b>2:46.45</b>		37.22	1:17.99	2:02.70	2:46.45
14. Pieter-Sjoerd de Wijn	DES	NED 196501027	<b>2:49.14</b>	+0.81	38.89	1:22.80	2:08.80	2:49.14
15. O. Chalmer-Rasmussen	Cercle de Natation Dudelange	LUX 123	<b>2:59.57</b>	+0.81	39.55	1:23.52	2:10.57	2:59.57
16. Marcel Nelissen	MZ&PC	NED 196501611	<b>3:35.15</b>	+0.79	46.48	1:40.16	2:37.85	3:35.15
17. Adri Pasman	Zuiderzeezwemmers	NED 196400573	<b>3:37.11</b>		45.62	1:39.65	2:38.36	3:37.11

DIS Gertjan van der Vaart ZVVS NED 196801529  
AF - De aangegeven afstand niet uitgezwommen.

Masters 60+

1. Johan Remmits	ZPC AMERSFOORT	NED 196201159	<b>2:19.29</b>	+0.82	31.12	1:06.09	1:43.13	2:19.29
2. Jan Brink	ZPC De Zeeuwse Kust	NED 196200091	<b>2:22.29</b>	+0.80	32.95	1:09.95	1:47.03	2:22.29
3. David Witteboon	Merksemse Zwemvereniging	BEL MZVA/10331/63	<b>2:25.28</b>	+0.94	32.97	1:08.57	1:46.38	2:25.28
4. Gert Sikkema	Zwemclub Urk 1978	NED 196300687	<b>2:29.92</b>	+0.84	34.21	1:12.73	1:51.53	2:29.92
5. Paul Wijnja	De Biesboschzwemmers	NED 196301403	<b>2:31.89</b>	+0.66	34.16	1:13.06	1:52.72	2:31.89
6. Rob Spetter	De Rog	NED 196201239	<b>2:34.89</b>	+0.50	35.12	1:14.75	1:55.29	2:34.89
7. Henk Kuipers	ZPC AMERSFOORT	NED 196201207	<b>2:40.81</b>	+0.70	37.30	1:18.24	2:00.21	2:40.81
8. Jack Barends	WS Twente	NED 196201011	<b>3:00.90</b>	+0.90	39.45	1:24.35	2:13.13	3:00.90
9. Bart van Calker	WS Twente	NED 196100067	<b>3:05.09</b>	+0.85	42.90	1:29.44	2:18.18	3:05.09
10. Nico van Maanen	De Duck	NED 196100371	<b>3:10.88</b>	+0.76	39.21	1:26.14	2:18.38	3:10.88

Masters 65+

1. Marten de Groot	HZ&PC Heerenveen	NED 195800149	<b>2:19.99</b>	+0.74	31.37	1:06.39	1:43.12	2:19.99
<i>Europees Masters Record</i>								
2. Henk Slomp	De Inktvis	NED 195500359	<b>2:43.14</b>	+0.90	36.97	1:18.60	2:02.46	2:43.14
3. Wim de Lange	AZC	NED 195800533	<b>2:51.04</b>	+0.55	38.66	1:22.12	2:06.83	2:51.04
4. Fred Zanting	TriVia	NED 195400323	<b>2:57.33</b>	+0.85	39.61	1:23.73	2:11.22	2:57.33
5. Peter Coffeng	GZC Donk	NED 195700063	<b>3:20.76</b>	+0.96	45.60	1:36.41	2:30.39	3:20.76
6. Klaas Landeweer	IJZPC	NED 195600163	<b>3:52.87</b>	+0.94	49.11	1:49.69	2:55.46	3:52.87

## Programmanr. 26, Heren, 200m vrije slag

**Masters 70+**

1. Charles Bos	Patrick-De Roersoppers (SG)	NED 195300019	<b>2:54.51</b>	+0.75	39.12	1:23.10	2:09.02	2:54.51
2. Jos Kamps	Zwemvereniging Hoogland	NED 195100085	<b>3:05.45</b>	+0.90	40.33	1:26.48	2:17.31	3:05.45
3. Pieter Huslage	Old Dutch	NED 195300091	<b>3:09.36</b>		46.85	1:35.83	2:25.56	3:09.36
4. Piet Schop	De Bevelanders	NED 195000109	<b>3:30.12</b>	+0.68	43.86	1:37.20	2:35.81	3:30.12

**Masters 75+**

1. Wout Hemmes	De Plons	NED 194800059	<b>2:57.90</b>	+0.86	40.29	1:26.09	2:12.74	2:57.90
<i>Kampioenschapsrecord</i>								
2. Willem Putter	ZVVS	NED 194500135	<b>3:20.45</b>		43.42	1:34.34	2:28.57	3:20.45
3. Kevork Boyrazian	Cercle De Natation Sportcity	BELuCNSW/002620/44	<b>4:18.71</b>		57.79	2:03.29	3:11.15	4:18.71
4. Nico van Dongen	<td>NED 194800159</td> <td><b>4:28.33</b></td> <td></td> <td>54.98</td> <td>2:05.48</td> <td>3:18.13</td> <td>4:28.33</td>	NED 194800159	<b>4:28.33</b>		54.98	2:05.48	3:18.13	4:28.33

**Masters 80+**

1. Geza Kaltenecker	AZC	NED 194200065	<b>3:47.19</b>	+0.87	49.42	1:48.80	2:49.99	3:47.19
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**Masters 85+**

1. Nic Geers	PSV	NED 193800007	<b>3:51.93</b>		53.94	1:57.35	2:57.90	3:51.93
<i>Nederlands Masters Record</i>								

 Programmanr. 27  
 06-05-2023 - 16:36

## Dames, 200m vrije slag

 Masters Open  
 Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
<b>Masters 20+</b>								
1. Laura Setz	Bubble	NED 200000130	<b>2:10.22</b>	+0.86	30.12	1:02.73	1:36.54	2:10.22
2. Silke Molendijk	ZVL-1886 Center	NED 200100178	<b>2:11.68</b>	+0.63	30.99	1:04.80	1:38.92	2:11.68
3. Amber van der Kruk	MSV-Zeemacht	NED 200102730	<b>2:13.36</b>	+0.81	30.11	1:03.34	1:38.07	2:13.36
4. Kim Vos	Triton Putten	NED 200000990	<b>2:16.11</b>	+0.61	30.62	1:05.15	1:41.30	2:16.11
5. Kim Zwinkels	ZPCH	NED 200300422	<b>2:16.98</b>	+0.80	31.81	1:06.45	1:41.86	2:16.98
6. Marijke Drent	Bubble	NED 199906232	<b>2:18.86</b>	+0.74	31.92	1:07.27	1:43.66	2:18.86
7. V. van den Bogert	Hieronymus	NED 200102138	<b>2:19.53</b>	+0.68	32.11	1:07.89	1:44.39	2:19.53
8. Kirsten Walraven	ZPC De Zeeuwse Kust	NED 200001358	<b>2:19.71</b>	+0.66	31.73	1:07.18	1:43.37	2:19.71
9. Merel Visser	De Duinkickers	NED 199904398	<b>2:22.81</b>	+0.80	33.15	1:09.19	1:46.82	2:22.81
10. Myra Smulders	De Duinkickers	NED 199904308	<b>2:23.01</b>	+0.65	32.64	1:08.84	1:46.34	2:23.01
11. Lianne van Wier	HZ&PC Heerenveen	NED 200200438	<b>2:23.93</b>	+0.65	32.77	1:08.91	1:46.23	2:23.93
12. Leonie van Wier	HZ&PC Heerenveen	NED 200200436	<b>2:25.05</b>	+0.69	32.46	1:08.56	1:46.59	2:25.05
13. Rosanne Diepeveen	De Blauwe Schuur	NED 199906146	<b>2:28.38</b>	+0.78	33.90	1:11.27	1:50.26	2:28.38
14. Cynthia Koolman	Steenwijk 1934	NED 200300232	<b>2:28.51</b>	+0.68	34.17	1:11.84	1:50.53	2:28.51
15. Ann Kathrin Wutz	SG Bayer	GER 258129	<b>2:28.54</b>	+0.64	33.16	1:09.75	1:48.79	2:28.54
16. Selina Janssen	Neptunus'58	NED 199905974	<b>2:28.63</b>	+0.70	33.89	1:11.07	1:49.92	2:28.63
17. Lonneke van Veen	De Duinkickers	NED 200104170	<b>2:31.06</b>		34.63	1:12.64	1:52.85	2:31.06
18. Alies Wagter	Steenwijk 1934	NED 199900840	<b>2:31.74</b>	+0.78	34.51	1:12.59	1:52.27	2:31.74
19. Lonneke Graansma	ZVL-1886 Center	NED 199900936	<b>2:31.85</b>	+0.70	34.37	1:13.23	1:53.04	2:31.85
20. Babet Kruger	VZC	NED 200003390	<b>2:32.06</b>	+0.61	33.97	1:12.91	1:52.63	2:32.06
21. Esmee Kloezen	Bubble	NED 200204646	<b>2:35.98</b>	+0.76	34.01	1:12.12	1:53.98	2:35.98
22. Marouscha de Vries	DAW	NED 199906628	<b>2:37.00</b>	+0.65	35.77	1:15.17	1:56.19	2:37.00
23. Ilse Hallie	Octopus-ZVV (SG)	NED 200200128	<b>2:37.45</b>	+0.81	35.96	1:16.11	1:57.31	2:37.45
24. Merel van den Heuvel	De Meer	NED 200201784	<b>2:37.55</b>	+0.70	32.93	1:12.51	1:54.50	2:37.55
25. Rosa Huntjens	EZCL (SG)	NED 200301402	<b>2:38.79</b>	+0.77	35.71	1:15.72	1:57.99	2:38.79
26. Nina Snippe	Zwemvereniging Hoogland	NED 200203482	<b>2:38.97</b>	+0.82	35.94	1:16.20	1:57.75	2:38.97
27. Noortje Wijnstekers	De Duinkickers	NED 200301010	<b>2:40.61</b>	+0.83	35.88	1:16.89	1:58.95	2:40.61
28. Lisa Rinders	De Berkelduikers	NED 200301532	<b>2:43.33</b>	+0.79	36.22	1:16.37	1:59.17	2:43.33
29. Dannique Koolen	De Vuursche	NED 199904048	<b>3:03.94</b>	+0.82	38.87	1:24.14	2:13.61	3:03.94
30. Ymke van Dongen	AquAmigos	NED 200202662	<b>3:06.95</b>	+0.71	41.80	1:29.05	2:18.65	3:06.95

Programmanr. 27, Dames, 200m vrije slag

Masters 25+

1. Tamara Grove	De Dolfijn	NED 199601266	<b>2:08.54</b>	+0.70	29.62	1:02.19	1:35.67	2:08.54
2. M. van Langevelde	ESCA Zwemmen	NED 199803160	<b>2:17.07</b>	+0.78	32.09	1:06.93	1:42.63	2:17.07
3. Nora Bohler	Schwammclub Déifferdang	LUX 15712	<b>2:18.54</b>	+0.68	31.93	1:07.73	1:43.50	2:18.54
<i>Luxembourg Masters Record</i>								
4. Linda Kamperman	Zwemlust-den Hommel	NED 199601238	<b>2:21.69</b>	+0.71	32.87	1:08.15	1:44.94	2:21.69
5. Larissa Jansen	PSV	NED 199500660	<b>2:25.22</b>	+0.78	33.76	1:10.16	1:47.37	2:25.22
6. Anne-Irene Ducheine	Zwemvereniging Hoogland	NED 199506824	<b>2:27.17</b>	+0.73	33.94	1:11.44	1:49.96	2:27.17
7. Eef Hollander	Blue Marlins	NED 199602074	<b>2:27.97</b>	+0.74	32.99	1:10.37	1:49.49	2:27.97
8. Jisca Majolee	ZPC AMERSFOORT	NED 199403570	<b>2:30.46</b>	+0.84	34.41	1:13.50	1:52.86	2:30.46
9. Chantal van der Horst	De Meer	NED 199400616	<b>2:30.79</b>	+0.83	34.20	1:11.91	1:51.47	2:30.79
10. Diane Schoenmaker	PSV	NED 199502920	<b>2:31.48</b>	+0.79	34.05	1:12.04	1:51.62	2:31.48
11. A. Meulenbeld	Orca	NED 199506230	<b>2:32.34</b>	+0.79	34.54	1:12.66	1:52.35	2:32.34
12. Janine de Groot	NDD	NED 199500092	<b>2:35.08</b>	+0.83	34.47	1:13.62	1:54.83	2:35.08
13. Esmée Rolloos	NieMo Barracuda	NED 199800056	<b>2:36.71</b>	+0.83	34.97	1:13.95	1:55.27	2:36.71
14. Nina Tourton	ZOB'66	NED 199603612	<b>2:37.10</b>	+0.80	35.98	1:15.69	1:57.06	2:37.10
15. Annoeska Banen	Westland Swimming Stars	NED 199704570	<b>2:40.16</b>	+0.75	37.09	1:18.58	2:00.33	2:40.16
16. Hester Meijer	Zwemvereniging Hoogland	NED 199805186	<b>2:41.18</b>	+0.88	37.79	1:18.81	2:00.32	2:41.18
17. Evelien de Jong	Neptunia'24	NED 199805316	<b>2:41.64</b>	+0.80	35.96	1:16.42	1:59.28	2:41.64
18. Tamara van den Brink	NieMo Barracuda	NED 199804182	<b>2:42.09</b>	+0.72	36.28	1:17.46	1:59.96	2:42.09
19. Judith Kleinjan	De Duck	NED 199802710	<b>2:44.20</b>	+0.82	36.72	1:19.52	2:02.49	2:44.20
20. Margien Timmer	ZVL-1886 Center	NED 199506760	<b>2:49.58</b>	+0.71	37.58	1:21.05	2:06.33	2:49.58
21. Yvette Meijer	Zwemvereniging Hoogland	NED 199706590	<b>2:50.12</b>	+0.94	37.47	1:20.37	2:06.17	2:50.12
22. Nadine Scheeve	De Biesboschzwemmers	NED 199700684	<b>2:52.06</b>	+0.77	37.78	1:22.32	2:08.62	2:52.06
23. D. van den Bosch	Zwemlust-den Hommel	NED 199801122	<b>2:54.40</b>	+0.97	38.96	1:22.98	2:09.04	2:54.40
24. C. Rozendom - de Ruiter	Steenwijk 1934	NED 199403668	<b>2:56.66</b>	+0.87	39.53	1:23.09	2:10.03	2:56.66

Masters 30+

1. Leonie van Noort	WVZ	NED 199301752	<b>2:08.64</b>	+0.77	30.36	1:03.12	1:36.54	2:08.64
<i>Nederlands Masters Record</i>								
2. Denise Boereboom	NieMo Barracuda	NED 199202144	<b>2:16.57</b>	+0.67	31.20	1:05.71	1:41.26	2:16.57
3. N. Wobben - de Vries	Steenwijk 1934	NED 199204328	<b>2:25.61</b>	+0.78	33.28	1:10.77	1:48.92	2:25.61
4. Phedra Van Daele	Mega	BEL MEGA/21311/93	<b>2:26.48</b>	+0.75	33.57	1:10.31	1:48.15	2:26.48
5. D. Robijn-Jongedijk	EZCL (SG)	NED 198903520	<b>2:27.42</b>	+0.65	34.02	1:11.84	1:50.37	2:27.42
6. Suzan Blankestijn	ZVL-1886 Center	NED 198900350	<b>2:34.10</b>	+0.76	34.85	1:13.56	1:54.20	2:34.10
7. Kimberley van Buren	De Duck	NED 199304136	<b>2:34.34</b>	+0.82	34.27	1:12.79	1:53.62	2:34.34
8. Daphne Kievit	ZPC AMERSFOORT	NED 199207058	<b>2:41.33</b>		36.03	1:16.45	1:58.37	2:41.33
9. Joëlle Vaes	DIO	NED 199007576	<b>2:42.67</b>		36.47	1:17.79	2:00.92	2:42.67
10. Irmgard van Weeghel	ESCA Zwemmen	NED 199204834	<b>2:44.18</b>	+0.77	36.33	1:17.57	2:01.02	2:44.18
11. Natasja Postma	De Inktvis	NED 199303864	<b>2:44.22</b>	+0.80	37.33	1:18.89	2:02.39	2:44.22
12. Ilse Blankvoort	Steenwijk 1934	NED 199204458	<b>2:50.45</b>	+0.74	36.79	1:18.22	2:03.34	2:50.45
13. J. van den Beukel	NieMo Barracuda	NED 199100238	<b>2:52.86</b>	+0.78	37.78	1:20.66	2:06.25	2:52.86
14. Maaike Hofland	Sassenheim	NED 199203754	<b>3:01.47</b>	+0.66	40.41	1:26.35	2:14.13	3:01.47
15. Janneke Wynia	WS Twente	NED 199005500	<b>3:17.91</b>	+0.98	44.00	1:32.04	2:23.84	3:17.91
16. Anouk Bloem	TRB-RES	NED 199000320	<b>3:34.30</b>		47.48	1:40.56	2:37.23	3:34.30

Masters 35+

1. Sabine Zimmermann	Aachener SV 06	GER 101578	<b>2:17.14</b>	+0.76	32.26	1:07.54	1:42.82	2:17.14
2. V. Háden-Felföldi	Iron Swim	HUN 66/3267	<b>2:18.61</b>	+0.67	31.87	1:06.91	1:42.91	2:18.61
3. Jenny Schouten	MZ&PC	NED 198703674	<b>2:19.82</b>	+0.81	31.45	1:06.63	1:44.16	2:19.82
4. Marlijn Hendriksen	DIO	NED 198806828	<b>2:24.24</b>	+0.70	34.24	1:10.62	1:48.00	2:24.24
5. Sara Holman	Kaiserslauterer SK	GER 444463	<b>2:25.18</b>	+0.83	32.71	1:09.62	1:47.53	2:25.18
6. Rianne Hofland	Sassenheim	NED 198801820	<b>2:32.28</b>	+0.70	34.20	1:12.74	1:53.07	2:32.28
7. Irene Snakenborg	De Inktvis	NED 198603334	<b>2:34.10</b>	+0.88	34.19	1:13.16	1:54.41	2:34.10
8. Isaline Manchel	Cercle De Natation Sportcity	BELuCNSW/001284/85	<b>2:39.43</b>	+0.90	37.67	1:17.74	1:58.92	2:39.43
9. Marianne de Bruin	Sassenheim	NED 198400448	<b>2:43.04</b>	+0.67	36.23	1:17.50	2:00.71	2:43.04
10. Renske Eilers	Zwemvereniging Hoogland	NED 198806072	<b>2:43.85</b>	+0.80	37.05	1:17.95	2:01.41	2:43.85
11. A. Wammes-Bouman	Zwemvereniging Hoogland	NED 198403604	<b>2:58.52</b>	+0.72	40.69	1:25.33	2:12.68	2:58.52
12. Kim Visser	H2Oldambt	NED 198704350	<b>2:59.85</b>	+0.69	40.16	1:25.54	2:12.93	2:59.85
13. Marloes Rebel	WS Twente	NED 198403474	<b>3:03.15</b>		42.38	1:28.37	2:16.54	3:03.15
14. M. van der Poel	De Warande	NED 198703212	<b>3:03.34</b>	+0.77	39.57	1:25.94	2:14.65	3:03.34



Programmanr. 27, Dames, 200m vrije slag, Masters 35+

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
15. Fabiënne Jeukens	MZ&PC	NED 198401156	<b>3:14.47</b>	+0.99	40.90	1:30.03	2:22.07	3:14.47

Masters 40+

1. Anke Lambooj	De Vliet (SG)	NED 198001182	<b>2:26.40</b>	+0.79	31.83	1:07.99	1:47.10	2:26.40
2. Debbie van Rooijen	IJZPC	NED 198201402	<b>2:26.60</b>	+0.77	34.39	1:12.09	1:49.84	2:26.60
3. Ramona Linting	AZC	NED 198301274	<b>2:34.90</b>	+0.73	34.93	1:14.03	1:54.47	2:34.90
4. A. Verschoor-Vos	De Biesboschzweimmers	NED 198102300	<b>2:35.35</b>	+0.86	34.27	1:13.34	1:54.33	2:35.35
5. Chantal Verhoeff	Old Dutch	NED 197900912	<b>2:38.25</b>	+0.91	35.55	1:15.40	1:57.08	2:38.25
6. Jessica Venema	GZC Donk	NED 197901526	<b>2:42.67</b>	+0.82	36.70	1:17.91	2:00.80	2:42.67
7. Karin Vermeer	De Rog	NED 198302918	<b>3:20.95</b>	+0.86	47.45	1:38.81	2:30.39	3:20.95
8. Simone Weijland	ZV 44	NED 197901610	<b>3:42.38</b>	+0.94	45.36	1:38.93	2:38.79	3:42.38

Masters 45+

1. Annett von Rekowski	SG Bayer	GER 97868	<b>2:23.82</b>	+0.81	34.32	1:11.20	1:48.11	2:23.82
2. Liselotte Joling	PSV	NED 197500268	<b>2:25.43</b>	+0.86	34.87	1:12.52	1:49.47	2:25.43
3. Nathalie Blondeel	Cercle De Natation Sportcity	BELuCNSW/004784/77	<b>2:31.24</b>	+0.72	34.76	1:13.55	1:52.84	2:31.24
4. Nataliai Boryshkevych	Ukraine Swim	UKR	<b>2:33.00</b>	+0.69	34.64	1:13.31	1:53.13	2:33.00
5. Ilona Hogerheyde	DAW	NED 197400224	<b>2:33.73</b>	+0.77	34.26	1:13.11	1:53.63	2:33.73
6. Petra Guijt	Aqua-Novio'94	NED 197600978	<b>2:34.25</b>	+0.85	35.58	1:15.10	1:55.33	2:34.25
7. Alina Spijkerman	DAW	NED 197701220	<b>2:35.55</b>	+0.88	34.77	1:13.84	1:55.26	2:35.55
8. Jannie Vennik	HZ&PC Heerenveen	NED 197601006	<b>2:47.10</b>	+0.87	37.68	1:19.82	2:03.83	2:47.10
9. Esther Vergeest	De Rog	NED 197700012	<b>2:53.81</b>	+0.73	40.42	1:24.49	2:09.64	2:53.81
10. A. Glazema-Boelema	Stadskanaal	NED 197701166	<b>2:56.60</b>	+0.83	38.64	1:23.23	2:10.10	2:56.60
11. Esmeralda Stokman	ZPCH	NED 197600940	<b>3:08.64</b>	+0.62	39.44	1:27.30	2:17.49	3:08.64
12. Sandra Van der Helm	De Rog	NED 197801340	<b>3:14.91</b>	+0.89	42.28	1:30.54	2:21.96	3:14.91
13. Tiffany Tsui	Zwemvereniging Hoogland	NED 197401110	<b>3:39.24</b>	+0.89	42.66	1:38.10	2:39.38	3:39.24
14. Ria Voerman	De Duinkickers	NED 197401120	<b>3:43.78</b>	+0.82	49.43	1:46.96	2:47.83	3:43.78
15. F. Verriet-Regensburg	VZV Njord	NED 197500428	<b>3:44.45</b>	+0.85	49.88	1:47.87	2:47.60	3:44.45

Masters 50+

1. Carla Geurts	PSV	NED 197100178	<b>2:20.53</b>	+0.72	31.98	1:07.85	1:44.65	2:20.53
<i>Nederlands Masters Record</i>								
2. L. v. Bon-Rosenbrand	ZPC AMERSFOORT	NED 197000054	<b>2:28.27</b>	+0.81	33.65	1:10.66	1:49.63	2:28.27
3. Bianca Groot	MSV-Zeemacht	NED 197000652	<b>2:31.15</b>	+0.81	34.59	1:12.74	1:52.31	2:31.15
4. Jenny Bergwerff	ZPC AMERSFOORT	NED 197200848	<b>2:31.65</b>	+0.71	33.09	1:11.88	1:52.44	2:31.65
5. Edith Janssen-Koolen	TRB-RES	NED 197300898	<b>2:31.86</b>		34.56	1:12.36	1:52.31	2:31.86
6. Annette de Visser	Oceanus	NED 197100602	<b>2:32.59</b>	+0.82	34.22	1:12.65	1:52.98	2:32.59
7. Valérie Rolland	Cercle De Natation Sportcity	BELuCNSW/004276/71	<b>2:32.95</b>	+0.67	35.81	1:14.58	1:54.40	2:32.95
8. Jeanne Petit	PSV	NED 197001020	<b>2:40.22</b>	+0.65	35.46	1:15.19	1:57.38	2:40.22
9. Marijke Campfens	De Geul	NED 196900960	<b>2:52.18</b>	+0.65	38.30	1:21.69	2:06.89	2:52.18
10. Pascalle Janssen	Patrick-De Roersoppers (SG)	NED 197300852	<b>2:52.60</b>	+0.94	39.30	1:23.56	2:08.91	2:52.60
11. Peggi Hurenkamp	HZ&PC Heerenveen	NED 196900922	<b>2:55.97</b>	+0.85	39.21	1:23.19	2:10.29	2:55.97
12. Evelien Naatje	WS Twente	NED 197200838	<b>2:57.40</b>	+0.97	41.82	1:27.52	2:15.12	2:57.40
13. Annette Spies	LinK	NED 197001110	<b>3:07.45</b>	+0.88	43.35	1:30.79	2:20.86	3:07.45
14. Nathasja Konijn	GZC Donk	NED 197100992	<b>3:08.63</b>	+0.82	42.25	1:29.64	2:19.43	3:08.63
15. K. Van de Moortel	Shark	BEL ShaRK/20315/69	<b>3:13.15</b>	+0.84	44.38	1:34.74	2:25.10	3:13.15

Masters 55+

1. Claudia Thielemann	SG Bayer	GER 333958	<b>2:22.59</b>	+0.76	33.53	1:09.72	1:46.56	2:22.59
<i>Kampioenschapsrecord</i>								
2. Sandra Stuhr	SG Wiste	GER 132206	<b>2:35.06</b>	+0.81	35.73	1:15.10	1:55.82	2:35.06
3. Annette Wijnja-Visser	De Biesboschzweimmers	NED 196700528	<b>2:40.92</b>	+0.78	35.83	1:16.76	1:58.86	2:40.92
4. Wilna Heijman	Steenwijk 1934	NED 196400506	<b>2:43.87</b>	+0.84	38.15	1:19.68	2:02.01	2:43.87
5. S. Daamen-Posma	AZC	NED 196800854	<b>3:07.70</b>	+0.74	42.70	1:29.57	2:19.23	3:07.70
6. Erica Muller	De Geul	NED 196400412	<b>3:13.99</b>	+0.83	44.06	1:33.65	2:24.40	3:13.99
7. Cora Smulders	ESCA Zwemmen	NED 196600668	<b>3:41.17</b>	+0.71	48.03	1:44.55	2:43.91	3:41.17



Programmanr. 27, Dames, 200m vrije slag

Masters 60+

1. M. Remmits-de Lange	ZPC AMERSFOORT	NED 196300518	<b>2:33.60</b>	+0.79	34.57	1:12.91	1:53.02	2:33.60
2. Birgit Reichelt	SG Bayer	GER 194570	<b>2:44.25</b>	+0.76	37.01	1:18.46	2:01.70	2:44.25
3. P. Tossings-van de Hoo	GZC Donk	NED 196100376	<b>2:50.60</b>	+0.94	39.35	1:23.21	2:08.00	2:50.60
4. J. Rolloos-Bakkers	NieMo Barracuda	NED 196300022	<b>2:55.29</b>	+0.71	38.73	1:23.80	2:11.12	2:55.29
5. Linda Wibbelink	Steenwijk 1934	NED 195900158	<b>3:02.39</b>		42.73	1:29.20	2:16.82	3:02.39
6. Jenny Westervaarder	H2Oldambt	NED 196200424	<b>3:21.37</b>	+0.91	44.73	1:35.11	2:28.46	3:21.37

Masters 65+

1. Atie Pijtak-Radersma	ZPC AMERSFOORT	NED 195600048	<b>2:41.33</b>	+0.75	37.03	1:17.89	2:00.24	2:41.33
2. Marijke van Hoek	ZPC De Zeeuwse Kust	NED 195800050	<b>2:55.45</b>	+0.74	39.66	1:24.55	2:10.75	2:55.45
3. Margriet Pasma	TriVia	NED 195500088	<b>3:01.88</b>	+0.93	42.23	1:29.73	2:17.46	3:01.88
4. Brigitte Dugauquier	Cercle De Natation Sportcity	BELuCNSW/011938/55	<b>3:39.43</b>	+0.93	49.00	1:44.48	2:43.82	3:39.43
5. Lies Hartman	PSV	NED 195600116	<b>5:06.36</b>	+0.98	1:05.47	2:22.87	3:45.21	5:06.36

Masters 70+

1. Conny Boer-Buys	ZVVS	NED 195000006	<b>2:56.92</b>	+0.94	41.59	1:27.07	2:14.66	2:56.92
2. C. Nieuwenhuis	SWOL 1894	NED 195100022	<b>3:01.68</b>	+0.69	40.07	1:26.29	2:14.42	3:01.68
3. Carla Hensen	PSV	NED 195300062	<b>3:25.28</b>		46.39	1:39.44	2:33.12	3:25.28
4. F. Blondeel-Gourmet	Cercle De Natation Sportcity	BELuCNSW/004901/52	<b>3:54.89</b>		53.10	1:52.63	2:55.25	3:54.89
5. Ineke Meijer	HZ&PC Heerenveen	NED 195200034	<b>3:57.34</b>	+0.76	51.53	1:53.55	2:59.61	3:57.34
6. Geerdien Meerwaldt	De Geul	NED 195200058	<b>4:22.08</b>	+0.82	58.79	2:05.47	3:13.59	4:22.08
7. Ineke Brouwers	PSV	NED 195200070	<b>4:23.14</b>	+0.99	53.98	2:01.54	3:15.03	4:23.14

Masters 75+

1. L. van Huissteden	ZPC AMERSFOORT	NED 194500002	<b>4:18.39</b>		59.62	2:06.84	3:15.57	4:18.39
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Programmanr. 28  
06-05-2023 - 17:34

4 x 50m wisselslag

Masters Open  
Resultaten

rang	vereniging	tijd	RT	PARA
<b>80+, Heren</b>				
1.	ZVL-1886 Center 3	<b>1:57.48</b>	+0.71	
	Guus Hoogduin 02 +0.71 30.83	Robin van Beek 97 +0.14 26.95		
	Robin van Peenen 02 +0.21 32.45	Erik Baalbergen 98 +0.40 27.25		
2.	MSV-Zeemacht 2	<b>2:00.21</b>	+0.59	
	Marco van der Wulp 03 +0.59 32.37	Jordi de Nijs 98 +0.36 28.59		
	Boyd Wijkman 01 +0.13 33.16	Mees Minneboo 02 +0.34 26.09		
3.	ZOB'66 2	<b>2:03.52</b>	+0.59	
	Ian van Mullem 96 +0.59 32.68	Mart de Koning 02 +0.51 28.27		
	Boaz Troost 01 +0.51 35.12	Julian Mes 01 +0.46 27.45		
4.	Steenwijk 1934 5	<b>2:08.20</b>	+0.66	
	Martijn Lageweg 97 +0.66 32.95	Kylian Kooijman 99 +0.41 29.59		
	Thomas van Scheepen 00 +0.29 37.81	Jelle Heijman 00 +0.12 27.85		
<b>100+, Heren</b>				
1.	Blue Marlins 3	<b>1:50.35</b>	+0.61	
	Ivo van Dijk 97 +0.61 28.67	Jeroen Baars 92 +0.38 25.41		
	Jonne Schaafsma 98 +0.25 30.03	Marc Hoogendam 90 26.24		
2.	ESCA Zwemmen 1	<b>1:55.40</b>	+0.69	
	Mike Schel 94 +0.69 30.95	Peter Rothengatter 97 +0.62 27.59		
	Sander de Vrugt 89 +0.36 31.34	Jurre Stammes 97 +0.20 25.52		
3.	WVZ 3	<b>2:11.14</b>	+0.70	
	Jordy van Oel 98 +0.70 32.26	Yael Althuis 95 +0.64 34.95		
	Ivar van Straaten 98 +0.26 36.77	Rolan Bennis 98 +0.23 27.16		

Programmanr. 28, Heren, 4 x 50m wisselslag, 100+

rang	vereniging	tijd	RT	PARA
4.	Triton Putten	<b>2:18.91</b>	+0.82	
	Bartho Visser	96	+0.19	28.35
	Rick Vaarkamp	01	+0.57	31.32

120+, Heren

1.	Zwemlust-den Hommel 1	Zwemlust-den Hommel	<b>2:01.01</b>	+0.72
	Fayssal Lantema	01	+0.72	33.47
	Vincent Versteeg	77	+0.11	32.65
2.	Poseidon'56 1	Poseidon'56	<b>2:01.23</b>	+0.73
	Marcel Vroegindewei	68	+0.73	34.37
	John Smit	95	+0.56	32.99
3.	NieMo Barracuda 1	NieMo Barracuda	<b>2:04.04</b>	+0.70
	Mark Hensen	79	+0.70	32.70
	Robin van Beusekom	92	+0.29	35.39
4.	De Schotejil 1	De Schotejil	<b>2:04.66</b>	+0.81
	David Kievit	99	+0.81	31.27
	Jacob Mackloet	00	+0.32	33.85
5.	SWOL 1894 2	SWOL 1894	<b>2:06.34</b>	+0.76
	Albert van Piekeren	84	+0.76	32.06
	Stefan van de Griff	87	+0.40	35.36
6.	De Duinkickers 4	De Duinkickers	<b>2:16.47</b>	+0.78
	Robin Roskam	78	+0.78	41.37
	Renzo Strang	98		34.73
NG	Blue Marlins 6	Blue Marlins	NED	

160+, Heren

1.	DAW 2	DAW	<b>2:02.59</b>	+0.81
	Paul Oudendijk	81	+0.81	32.04
	Dennis Kraakman	87	+0.56	34.17
2.	ZVL-1886 Center 4	ZVL-1886 Center	<b>2:12.21</b>	+0.61
	Luc Steijvers	82	+0.61	35.67
	Kristiaan Lenos	83	+0.25	33.45
3.	ZOB'66 1	ZOB'66	<b>2:12.70</b>	+0.95
	Pascal Tourton	66	+0.95	35.78
	Harmen Reemst	87	+0.14	37.87
4.	ZV Hoogland 3	Zwemvereniging Hoogland	<b>2:29.22</b>	+0.69
	Jos Kamps	51	+0.69	49.83
	Karlo Kok	91	+0.51	36.87

200+, Heren

1.	WVZ 2	WVZ	<b>2:04.38</b>	+0.72
	Ivo Roozeboom	77	+0.72	31.74
	Jan-Willem van den Berg	68	+0.20	35.22
2.	ZPC AMERSFOORT 2	ZPC AMERSFOORT	<b>2:07.12</b>	+0.76
	Martijn Giezen	85	+0.76	30.74
	Erwin Buist	78	+0.16	35.63
3.	ZPC De Zeeuwse Kust 1	ZPC De Zeeuwse Kust	<b>2:08.78</b>	+0.71
	Eelco van Gemert	72	+0.71	34.65
	Ronald van Ombergen	72	+0.19	34.42
4.	De Futen 1	AZ&PC De Futen	<b>2:12.87</b>	+0.73
	Erwin Zuidervelt	75	+0.73	36.94
	Bas Spoelstra	77	+0.56	36.17
5.	De Biesboschwemmers 1	De Biesboschwemmers	<b>2:21.52</b>	+0.79
	Wouter van der Stelt	72	+0.79	39.62
	Nico Swart	68	+0.23	37.92
6.	AZC 1	AZC	<b>2:26.13</b>	+0.86
	Patrick Brouwer	93	+0.86	35.58
	Wim de Lange	58	+0.38	41.64
7.	WS Twente 2	WS Twente	<b>2:31.72</b>	+0.79
	Jack Barends	62	+0.79	41.85
	Joop Weenink	68	+0.58	40.56

## Programmanr. 28, Heren, 4 x 50m wisselslag, 200+

rang	vereniging				tijd	RT	PARA
8.	De Rog 1	De Rog	NED		<b>2:37.28</b>	+0.85	
	Jeroen Beckers	68 +0.85	38.10	Huub Van Kimmenade	56 +0.52	47.27	
	Cees Kersten	64 +0.22	39.70	Frank Van Engelen	67 +0.53	32.21	
9.	Steenwijk 1934 6	Steenwijk 1934	NED		<b>2:41.02</b>	+0.71	
	Korstiaan de Boer	71 +0.71	38.16	Lauren Vis	82 +0.53	27.77	
	Hans van Scheepen	62 +0.62	49.36	Maarten Koolman	68 +0.64	45.73	

## 240+, Heren

1.	De Rog 2	De Rog	NED		<b>2:17.60</b>	+0.77	
	Erik Kamphuis	60 +0.77	35.36	Peter Bensen	63 +0.46	30.50	
	Roy Le Clercq	64 +0.74	41.52	Rob Spetter	62 +0.32	30.22	
2.	CNSW 1	Cercle De Natation Sportcity WolBEL			<b>2:18.74</b>	+0.65	
	Hugues Herman	66 +0.65	35.41	Jean-Marie Cadiat	53 +0.36	34.58	
	Philippe Godbille	57 +0.27	40.89	Lionel Godeaux	60 +0.38	27.86	

## 280+, Heren

1.	PSV 3	PSV	NED		<b>2:47.15</b>	+0.73	
	<i>Nederlands Masters Record</i>						
	Brend Brevé	52 +0.73	37.83	Jan Nuijten	49 +0.73	46.38	
	Rob Hemesath	61 +0.13	39.87	Rob Hanou	43 +0.83	43.07	
2.	SWOL 1894 1	SWOL 1894	NED		<b>2:52.63</b>	+0.83	
	Be van der Ziel	52 +0.83	48.37	Rob Berkhof	52 +0.62	47.62	
	Harry Dokter	51 +0.68	41.42	Jappie Kuiper	55 +0.61	35.22	

## 80+, Dames

1.	Bubble 1	Bubble	NED		<b>2:13.32</b>	+0.70	
	Laura Setz	00 +0.70	33.13	Marijke Drent	99 +0.60	32.94	
	Sanne Kloezen	02 +0.32	37.27	Esmee Kloezen	02 +0.14	29.98	
2.	Blue Marlins 4	Blue Marlins	NED		<b>2:14.51</b>	+0.61	
	Babette van der Kaaij	99 +0.61	31.09	Eef Hollander	96	33.37	
	Hanna Looi	00 +0.40	41.85	Alisha Vieira	99 +0.26	28.20	
3.	Orca 1	Orca	NED		<b>2:15.14</b>	+0.66	
	Rosalie Baarda	99 +0.66	35.98	Annemiek Meulenbeld	95 +0.32	34.41	
	Anneke van der Laan	02 +0.48	37.20	Marre Zandringa	97 +0.29	27.55	
4.	ESCA Zwemmen 2	ESCA Zwemmen	NED		<b>2:18.84</b>	+0.60	
	Moniek van Langevelde	98 +0.60	33.58	Sanne Landman	03 +0.49	31.73	
	Rachel Verburgt	02 +0.45	42.71	Cheyenne Verburgt	99 +0.15	30.82	
5.	De Duinkickers 1	De Duinkickers	NED		<b>2:21.15</b>	+0.76	
	Lonneke van Veen	01 +0.76	36.06	Merel Visser	99 +0.29	33.03	
	Myra Smulders	99 +0.21	41.40	Noortje Wijnstekers	03 +0.42	30.66	

## 100+, Dames

1.	ZVL-1886 Center 1	ZVL-1886 Center	NED		<b>2:15.65</b>	+0.58	
	Adela Vázquez García	93 +0.58	37.59	Silke Molendijk	01 +0.22	29.25	
	Lonneke Graansma	99 +0.48	37.28	Margien Timmer	95 +0.49	31.53	
2.	Neptunia'24 1	Neptunia'24	NED		<b>2:18.65</b>	+0.74	
	Jolanda Kuiper-Crossen	86 +0.74	37.30	Femke-Romy Wiersma	01 +0.19	31.69	
	Myrna Gorter	95 +0.51	39.67	Evelien de Jong	98 +0.47	29.99	
3.	ZPC AMERSFOORT 6	ZPC AMERSFOORT	NED		<b>2:22.76</b>	+0.64	
	Lotte Eising	95 +0.64	35.31	Eline Hendriks	98 +0.46	36.24	
	Elisah Velgersdijk	01 +0.36	41.39	Jisca Majolee	94 +0.25	29.82	
4.	NieMo Barracuda 2	NieMo Barracuda	NED		<b>2:23.22</b>	+0.81	
	Esmée Rolloos	98 +0.81	39.67	Denise Boereboom	92 +0.60	30.38	
	Tamara van den Brink	98 +0.29	41.30	Marijke Kommers	93 +0.22	31.87	
5.	Octopus-ZVV (SG) 1	Octopus-ZVV (SG)	NED		<b>2:28.52</b>	+0.86	
	Ilse Hallie	02 +0.86	41.33	Marjan Rikken	92 +0.57	37.96	
	Elmi Roelofsen	90 +0.31	38.25	Sheila ten Voorde	99 +0.66	30.98	
6.	Steenwijk 1934 2	Steenwijk 1934	NED		<b>2:33.54</b>	+0.71	
	Lonneke Oenema	91 +0.71	41.90	Sabine Lageweg	99 +0.27	34.42	
	Cynthia Koolman	03 +0.36	42.82	Ilse Blankvoort	92 +0.25	34.40	

Programmanr. 28, 4 x 50m wisselslag

120+, Dames

1.	WVZ 1 <i>Nederlands Masters Record</i>	WVZ		NED	<b>2:06.24</b>	+0.67
	Lauren van IJL	00	+0.67	33.09	Delia Badoux	80 +0.11 29.15
	Nicole Bennis	96	+0.30	35.44	Lisa Klatten	92 +0.25 28.56
2.	Poseidon'56 2	Poseidon'56		NED	<b>2:18.47</b>	
	Tonia Ruybroek	81		35.89	Rianne Bresser	99 +0.45 32.86
	Roxanne van Bavel	94	+0.62	40.76	Kelly de Jonge	97 +0.27 28.96
3.	MSV-Zeemacht 1	MSV-Zeemacht		NED	<b>2:18.79</b>	+0.68
	Suzanne Mosch	94	+0.68	34.43	Jet Kleine	99 +0.23 32.80
	Bianca Groot	70	+0.29	41.70	Kyra Wesemann	02 0.00 29.86
4.	Steenwijk 1934 1	Steenwijk 1934		NED	<b>2:19.30</b>	+0.76
	Leonie Scholten	79	+0.76	40.65	Michelle van den Hoofdakker	03 31.71
	Jacyntha Plat	90	+0.33	37.81	Alies Wagter	99 +0.28 29.13
5.	ACZ 2	ACZ		NED	<b>2:19.41</b>	+0.70
	Roos van Esch	82	+0.70	34.99	Mariska Scheel	93 +0.27 30.10
	Jolanda Belder	81	+0.59	44.60	Iris van Rossum	00 +0.28 29.72
6.	DAW 1	DAW		NED	<b>2:20.10</b>	+0.62
	Lianne Dekker	03	+0.62	37.83	Ilona Hogerheyde	74 +0.54 34.36
	Laura Badoux	82	+0.55	36.09	Marouscha de Vries	99 +0.12 31.82
7.	WSS 1	Westland Swimming Stars		NED	<b>2:24.75</b>	+0.65
	Anouk van der Lans	98	+0.65	37.14	Mirjan den Drijver	75 +0.45 33.65
	Larissa Banen	94		44.40	Annoeska Banen	97 +0.46 29.56
8.	PSV 2	PSV		NED	<b>2:25.05</b>	+0.81
	Nienke van Stipriaan	87	+0.81	39.27	Larissa Jansen	95 +0.59 35.90
	Fiona Meuffels	95	+0.39	37.84	Renee de Kok	84 +0.36 32.04
9.	ZVL-1886 Center 2	ZVL-1886 Center		NED	<b>2:30.91</b>	+0.78
	Sanne de Ridder	85	+0.78	38.61	Suzan Blankestijn	89 +0.25 34.61
	Maartje Hids	99	+0.26	42.51	Cynthia van Veen	96 +0.38 35.18
10.	ZV Hoogland 2	Zwemvereniging Hoogland		NED	<b>2:32.57</b>	+0.69
	Angela Giezen	83	+0.69	37.58	Eline Roeland	88 +0.30 36.24
	Yvette Meijer	97	+0.50	41.63	Angelique Wammes-Bouman	84 +0.37 37.12

160+, Dames

1.	ZPC AMERSFOORT 3	ZPC AMERSFOORT		NED	<b>2:17.84</b>	+0.68
	Lesley Cordial	67	+0.68	36.00	Marije Jansen	85 +0.31 34.80
	Larissa Brak	88	+0.26	35.96	Jenny Bergwerff	72 +0.62 31.08
2.	De Biesboschzwemmers 2	De Biesboschzwemmers		NED	<b>2:22.07</b>	+0.79
	Annette Wijnja-Visser	67	+0.79	40.17	Mandy Swart	99 34.49
	Marjo Goelma-Koek	69	+0.53	37.01	Anne-Marie Verschoor-Vos	81 +0.57 30.40
3.	DWK 1	DWK		NED	<b>2:33.95</b>	+0.71
	Iris van Aurich	69	+0.71	40.13	Annabel Kuipers	00 +0.61 31.70
	Marjo Huisman	74	+0.51	41.30	Greta Wyma-Teitsma	71 +0.44 40.82

200+, Dames

1.	De Rog 4	De Rog		NED	<b>2:46.85</b>	+0.83
	Ageeth Westenbrink	67	+0.83	49.00	Esther Vergeest	77 +0.49 38.52
	Arianne Hamakers	67	+0.33	45.07	Katja De Beer	68 +0.73 34.26
2.	GZC Donk 1	GZC Donk		NED	<b>2:50.46</b>	+0.82
	Jessica Venema	79	+0.82	41.58	Nathasja Konijn	71 +0.38 43.44
	Lia Bijkerk	60	+0.69	50.64	Ilonka van der Meer	76 +0.70 34.80
3.	De Geul 1	De Geul		NED	<b>3:02.34</b>	+0.83
	Roselinda van der Vlugt	67	+0.83	47.96	Marian Nederlof	76 +0.49 37.37
	Geerdien Meerwaldt	52		1:01.57	Marijke Campfens	69 +0.47 35.44
DIS	ESCA Zwemmen 3 <i>EA - Te vroeg overgenomen., 1st overname</i>	ESCA Zwemmen		NED		+0.79
	Cora Smulders	66	+0.79	53.82	Yoka de Vegt-van Dijk	62 58
	Ilja Janssen	81	-0.14		Ria Peters-Veurman	

Programmanr. 28, 4 x 50m wisselslag

240+, Dames

1.	CNSW 2 <i>Europees Masters Record</i>	Cercle De Natation Sportcity WoIBEL			<b>2:26.23</b>	+0.82
	Pierrette Michel	62	+0.82	38.59	Claire Anthony	57 +0.35 36.82
	Colette Crabbé	56	+0.28	40.97	Nathalie Blondeel	77 +0.29 29.85
2.	PSV 6	PSV			<b>2:56.49</b>	+0.65
	Jolanda van Gendt	78	+0.65	39.63	Patty Verhagen	59 +0.23 40.49
	Anje Manuputty	57	+0.72	54.64	Carla Hensen	53 +0.68 41.73
3.	WS Twente 1	WS Twente			<b>2:56.87</b>	+0.72
	Antoinette Gilding-Tussaud	50	+0.72	52.82	Jeannette Ruesink	63 +0.45 41.57
	Marijke Kraak-Beckers	60	+0.69	47.62	Evelien Naatje	72 +0.82 34.86

Masters 80+

1.	Blue Marlins 5	Blue Marlins			<b>2:09.02</b>	+0.86
	Berinda van Dijk	01	+0.86	38.01	Freek Hollander	01 +0.28 27.61
	Thomas Hesper	00	+0.53	33.37	Sacha van den Dobbelen	01 +0.27 30.03
2.	HZ&PC Heerenveen 2	HZ&PC Heerenveen			<b>2:10.53</b>	+0.64
	Lianne van Wier	02	+0.64	34.28	Romy Jalving	00 +0.32 33.59
	Remco Dijkstra	01	+0.46	35.70	Rob van Wier	99 +0.40 26.96
3.	De Berkelduikers 1	De Berkelduikers			<b>2:18.48</b>	+0.71
	Ivan Brummelman	03	+0.71	34.09	Dante Hendriks	02 +0.19 31.43
	Isa van Ditshuizen	02	+0.41	40.28	Emma Klein Heerenbrink	03 +0.26 32.68
4.	De Duck 3	De Duck			<b>2:24.05</b>	+0.75
	Judith Kleinjan	98	+0.75	40.90	Dylan Kalden	00 +0.65 32.06
	Noa de Bock	03	+0.37	39.95	Ryan van der Sluijs	01 +0.47 31.14

100+

1.	VZC 1	VZC			<b>2:03.14</b>	+0.68
	Olaf Achterberg	90	+0.68	30.53	Jelle Nap	95 +0.62 27.58
	Lisanne Seising	00	+0.43	35.83	Babet Kruger	00 +0.40 29.20
2.	ZV Hoogland 1	Zwemvereniging Hoogland			<b>2:04.64</b>	+0.57
	Anne-Irene Ducheine	95	+0.57	33.44	Bas Dries	95 +0.42 26.35
	Yuri van Omme	85	+0.34	32.06	Hester Meijer	98 +0.47 32.79
3.	ZPC De Zeeuwse Kust 2	ZPC De Zeeuwse Kust			<b>2:04.99</b>	+0.78
	Kirsten Walraven	00	+0.78	33.95	Kalle van Gemert	98 +0.22 25.87
	Eva van Elsen	99	+0.34	37.68	Tom van Gils	95 +0.29 27.49
4.	De Warande 1	De Warande			<b>2:07.63</b>	+0.71
	Désirée Emmen	92	+0.71	34.40	Tom Balsen Versteeg	00 +0.32 27.26
	Nicko Kamphuis	99	+0.04	31.29	Marjolein van der Poel	87 +0.38 34.68
5.	NDD 1	NDD			<b>2:15.30</b>	+0.69
	Janine de Groot	95	+0.69	36.24	Sander Burgers	01 +0.38 30.44
	Rico Keizer	99	+0.17	34.95	Eva Engelen	94 +0.38 33.67

120+

1.	Aqua-Novio'94 1	Aqua-Novio'94			<b>2:08.01</b>	+0.61
	Joey Papaioannou	98	+0.61	29.15	Steven Uijl	93 +0.41 28.22
	Ariene Knoester	67	+0.39	38.95	Petra Guijt	76 +0.57 31.69
2.	ZPC AMERSFOORT 5	ZPC AMERSFOORT			<b>2:09.41</b>	+0.71
	Jelle Blankestijn	98	+0.71	31.99	Rosanne Bakker	88 +0.18 34.94
	Wendy van der Iest	87	+0.28	38.12	Wietse Waninge	98 +0.37 24.36
3.	ZPCH 1	ZPCH			<b>2:09.87</b>	+0.66
	Ruud Holswilder	78	+0.66	30.89	Kim Zwinkels	03 +0.31 30.42
	Remco de Heij	02	+0.38	33.63	Esmeralda Stokman	76 +0.45 34.93
4.	Steenwijk 1934 4	Steenwijk 1934			<b>2:10.84</b>	+0.78
	Robert Braad	86	+0.78	31.66	Rick Driezen	86 +0.44 27.66
	Nanda Wobben - de Vries	92	+0.38	41.30	Getrude Corporaal	92 +0.47 30.22
5.	De Duck 2	De Duck			<b>2:19.81</b>	+0.76
	Kimberley van Buren	93	+0.76	38.60	Gerjan van der Knaap	73 +0.48 33.55
	Leontine Groeneveldt	93	+0.54	39.78	Paco de Voogt	94 +0.47 27.88



Programmanr. 28, Alle, 4 x 50m wisselslag, 120+

rang	vereniging	tijd	RT	PARA		
6.	De Rog 3	<b>2:21.04</b>	+0.86			
	Vera Vergeest	02 +0.86	41.29	Ilse Verheij	03 +0.55	30.48
	Wijnand Vergeest	68 +0.30	41.84	Arjan Verheij	71 +0.33	27.43
7.	AquAmigos 1	<b>2:21.70</b>	+0.67			
	Esther de Laat	00 +0.67	37.48	Oscar van Holsteyn	71 +0.21	32.30
	Nicky Valentijn	88 +0.56	36.73	Ymke van Dongen	02 +0.37	35.19
8.	Sassenheim 2	<b>2:22.85</b>	+0.73			
	Rianne Hofland	88 +0.73	36.93	Marianne de Bruin	84 +0.37	38.17
	Arjan Buijsse	79 +0.44	38.64	Wesley van der Luit	97 +0.59	29.11

160+

1.	ZPC AMERSFOORT 7	<b>2:15.48</b>	+0.73			
	Paul Hardeman	73 +0.73	35.35	Lidia v. Bon-Rosenbrand	70 +0.28	35.02
	Jelle Opmeer	01 +0.06	31.89	Henriëtte v. Norden	68 +0.51	33.22
2.	WVZ 4	<b>2:26.14</b>	+0.84			
	Manon van Strien	94 +0.84	35.98	Anita Steijger	65 +0.70	40.70
	Arthur van Strien	63 +0.47	39.05	Maik Helgers	91 +0.69	30.41
3.	ZPC AMERSFOORT 8	<b>2:37.93</b>	+0.85			
	Thijs van Hofweegen	96 +0.85	36.33	Daphne Kievit	92	35.63
	Loekie van Huissteden	45 +0.29	59.37	Martijn Bartels	96 +0.24	26.60
4.	De Duinkickers 3	<b>2:38.06</b>	+0.81			
	Christine Buist	64 +0.81	44.74	Jaap de Boer	58 +0.69	40.79
	Maaïke de Boer	90 +0.58	40.72	Ruben de Boer	93 +0.22	31.81

200+

1.	PSV 1	<b>2:14.97</b>	+0.68			
	Carla Geurts	71 +0.68	35.22	Jeanne Petit	70 +0.35	33.12
	Richard Ricksen	70 +0.47	34.81	Tom Bandsma	77 +0.69	31.82
2.	ZPC AMERSFOORT 4	<b>2:18.55</b>				
	Talje Dijkhuis	66	38.64	Rob van Vliet	84 +0.27	29.14
	Monica Korndewal	77 +0.39	40.73	Henk Kuipers	62 +0.19	30.04
3.	Sassenheim 1	<b>2:25.08</b>	+0.72			
	Marinka vd Zwet	65 +0.72	39.77	Frank van Nobelen	69 +0.43	33.68
	Bogdan Androne	77 +0.20	37.63	Yvonne van Nobelen - Kampschreur	72 +0.43	34.00
4.	CNSW 3	<b>2:27.88</b>	+0.67			
	Valérie Rolland	71 +0.67	38.56	Bruno Nahon	70	33.83
	Christian Schoenaers	59 +0.76	42.97	Isaline Manchel	85 +0.25	32.52
5.	De Duck 1	<b>2:29.25</b>	+0.74			
	Nico van Maanen	61 +0.74	41.59	Geraldine Trainor	75 +0.39	35.99
	Rachel Trainor	77 +0.39	42.39	Erik Saan	65 +0.52	29.28
6.	HZ&PC Heerenveen 1	<b>2:31.69</b>	+0.74			
	René Beetsma	69 +0.74	34.61	Peggi Hurenkamp	69 +0.62	39.15
	Marten de Groot	58 +0.42	42.05	Jannie Vennik	76 +0.59	35.88
7.	SWOL 1894 3	<b>2:34.73</b>	+0.71			
	Peter Lommert	79 +0.71	36.02	Evert-Jan Verweij	63 +0.28	34.56
	Annemarie Vuist-Blum	63 +0.64	49.24	Christine Nieuwenhuis	51 +0.21	34.91
8.	TriVia 1	<b>2:39.27</b>	+0.77			
	Margriet Pasma	55 +0.77	48.09	Berry van Holland	80 +0.40	33.42
	Theo Bakker	64 +0.43	38.40	Hannie Poletiek	59 +0.50	39.36
9.	GZC Donk 2	<b>2:42.95</b>	+0.82			
	Linda van Klei	88 +0.82	39.56	Petra Tossings-van de Hooven	61 +0.63	40.53
	Peter Coffeng	57 +0.77	48.20	Pierre de Groot	64 +0.66	34.66
10.	Old Dutch 1	<b>2:44.13</b>				
	Pieter Husslage	53	45.14	Chantal Verhoeff	79 +0.54	35.23
	Nico Baay	42 +0.62	52.16	Patricia Brooijmans	79 +0.45	31.60

Programmanr. 28, 4 x 50m wisselslag

240+

1. CNSW 4	Cercle De Natation Sportcity WoIBEL				<b>3:34.09</b>	+0.71
Ramon Alsina Munoz	69	+0.71	43.54	Fernande Blondeel-Gourmet	52	+0.85 56.79
Kevork Boyrazian	44	+0.57	1:09.72	Brigitte Dugauquier	55	+0.83 44.04
DIS ZPC AMERSFOORT 1	ZPC AMERSFOORT		NED			+0.77
<i>SS - Met handen over elkaar keer- of eindpunt aangetikt., 2de zwemmer</i>						
Chester Marsman	69	+0.77	30.26	Marjan Remmits-de Lange	63	
Edwin v. Norden	63	+0.07		Atie Pijtak-Radersma	56	

280+

1. PSV 5	PSV				<b>3:39.77</b>	+0.90
Lies Hartman	56	+0.90	1:04.84	André Pantekoek	58	+0.79 48.09
Ineke Brouwers	52		1:01.25	Nic Geers	38	+0.72 45.59

## 6 - ONMK 2023 lb Sessie 6

07-05-2023 - 9:00

 Programmanr. 29  
 07-05-2023 - 9:00

Dames, 800m vrije slag

 Masters Open  
 Resultaten

rang	naam	vereniging	tijd	RT	PARA			
<b>Masters 20+</b>								
1.	Laura Setz	Bubble	NED 200000130	<b>9:25.69</b>	+0.87			
	50m: 30.95	30.95	250m: 2:50.84	35.60	450m: 5:13.62	35.42	650m: 7:38.09	35.88
	100m: 1:04.93	33.98	300m: 3:26.65	35.81	500m: 5:49.63	36.01	700m: 8:14.26	36.17
	150m: 1:39.96	35.03	350m: 4:02.50	35.85	550m: 6:25.72	36.09	750m: 8:50.26	36.00
	200m: 2:15.24	35.28	400m: 4:38.20	35.70	600m: 7:02.21	36.49	800m: 9:25.69	35.43
2.	Marijke Drent	Bubble	NED 199906232	<b>9:56.43</b>	+0.80			
	50m: 33.12	33.12	250m: 3:03.31	37.72	450m: 5:35.93	38.12	650m: 8:07.49	37.62
	100m: 1:10.33	37.21	300m: 3:41.27	37.96	500m: 6:13.88	37.95	700m: 8:45.24	37.75
	150m: 1:47.93	37.60	350m: 4:19.40	38.13	550m: 6:52.01	38.13	750m: 9:21.86	36.62
	200m: 2:25.59	37.66	400m: 4:57.81	38.41	600m: 7:29.87	37.86	800m: 9:56.43	34.57
3.	Roos Englebort	Hieronymus	NED 200200606	<b>9:59.08</b>	+0.76			
	50m: 33.50	33.50	250m: 3:04.93	38.09	450m: 5:37.08	37.98	650m: 8:08.49	37.88
	100m: 1:10.43	36.93	300m: 3:43.02	38.09	500m: 6:14.96	37.88	700m: 8:46.44	37.95
	150m: 1:48.51	38.08	350m: 4:20.96	37.94	550m: 6:52.80	37.84	750m: 9:23.67	37.23
	200m: 2:26.84	38.33	400m: 4:59.10	38.14	600m: 7:30.61	37.81	800m: 9:59.08	35.41
4.	Myra Smulders	De Duinkickers	NED 199904308	<b>10:14.08</b>	+0.64			
	50m: 33.74	33.74	250m: 3:04.89	38.26	450m: 5:40.02	39.32	650m: 8:18.20	39.57
	100m: 1:11.01	37.27	300m: 3:43.34	38.45	500m: 6:19.44	39.42	700m: 8:57.71	39.51
	150m: 1:49.04	38.03	350m: 4:22.06	38.72	550m: 6:58.86	39.42	750m: 9:37.06	39.35
	200m: 2:26.63	37.59	400m: 5:00.70	38.64	600m: 7:38.63	39.77	800m: 10:14.08	37.02
5.	Selina Janssen	Neptunus'58	NED 199905974	<b>11:03.05</b>	+0.74			
	50m: 36.27	36.27	250m: 3:20.45	41.96	450m: 6:09.72	42.56	650m: 8:59.12	42.11
	100m: 1:16.00	39.73	300m: 4:02.60	42.15	500m: 6:52.11	42.39	700m: 9:41.04	41.92
	150m: 1:56.82	40.82	350m: 4:44.79	42.19	550m: 7:34.59	42.48	750m: 10:23.15	42.11
	200m: 2:38.49	41.67	400m: 5:27.16	42.37	600m: 8:17.01	42.42	800m: 11:03.05	39.90
6.	Danielle Thuijs	ZPCH	NED 200305302	<b>11:07.48</b>	+0.67			
	50m: 35.82	35.82	250m: 3:20.63	42.54	450m: 6:10.45	42.67	650m: 9:02.17	42.83
	100m: 1:15.29	39.47	300m: 4:02.83	42.20	500m: 6:53.45	43.00	700m: 9:44.98	42.81
	150m: 1:56.58	41.29	350m: 4:45.51	42.68	550m: 7:36.31	42.86	750m: 10:26.83	41.85
	200m: 2:38.09	41.51	400m: 5:27.78	42.27	600m: 8:19.34	43.03	800m: 11:07.48	40.65
7.	Ann Kathrin Wutz	SG Bayer	GER 258129	<b>11:08.99</b>	+0.51			
	50m: 35.03	35.03	250m: 3:16.48	41.15	450m: 6:05.54	43.24	650m: 9:01.12	44.19
	100m: 1:13.84	38.81	300m: 3:58.06	41.58	500m: 6:48.84	43.30	700m: 9:44.48	43.36
	150m: 1:54.66	40.82	350m: 4:40.11	42.05	550m: 7:33.30	44.46	750m: 10:28.01	43.53
	200m: 2:35.33	40.67	400m: 5:22.30	42.19	600m: 8:16.93	43.63	800m: 11:08.99	40.98
8.	Nasca van Dijk	De Marlijn (SG)	NED 200300816	<b>11:36.74</b>	+0.72			
	50m: 37.02	37.02	250m: 3:28.40	43.88	450m: 6:26.07	44.72	650m: 9:25.69	44.97
	100m: 1:18.51	41.49	300m: 4:12.31	43.91	500m: 7:10.75	44.68	700m: 10:10.51	44.82
	150m: 2:01.25	42.74	350m: 4:56.63	44.32	550m: 7:55.54	44.79	750m: 10:53.85	43.34
	200m: 2:44.52	43.27	400m: 5:41.35	44.72	600m: 8:40.72	45.18	800m: 11:36.74	42.89
9.	Isabelle Janssen	De Geul	NED 200006318	<b>12:26.30</b>	+0.86			
	50m: 40.11	40.11	250m: 3:43.25	47.18	450m: 6:53.78	48.44	650m: 10:06.11	47.69
	100m: 1:24.22	44.11	300m: 4:30.58	47.33	500m: 7:42.25	48.47	700m: 10:53.35	47.24
	150m: 2:09.64	45.42	350m: 5:17.42	46.84	550m: 8:30.51	48.26	750m: 11:40.61	47.26
	200m: 2:56.07	46.43	400m: 6:05.34	47.92	600m: 9:18.42	47.91	800m: 12:26.30	45.69
10.	Lieke van Hofwegen	De Rijn	NED 200105144	<b>12:38.70</b>	+0.67			
	50m: 39.76	39.76	250m: 3:48.42	48.00	450m: 7:03.23	47.75	650m: 10:18.14	47.90
	100m: 1:25.50	45.74	300m: 4:37.81	49.39	500m: 7:52.73	49.50	700m: 11:06.48	48.34
	150m: 2:11.99	46.49	350m: 5:26.07	48.26	550m: 8:40.84	48.11	750m: 11:52.76	46.28
	200m: 3:00.42	48.43	400m: 6:15.48	49.41	600m: 9:30.24	49.40	800m: 12:38.70	45.94
<b>Masters 25+</b>								
1.	Tamara Grove	De Dolfijn	NED 199601266	<b>9:38.16</b>	+0.71			
	50m: 31.77	31.77	250m: 2:53.72	36.00	450m: 5:19.87	36.97	650m: 7:47.83	37.37
	100m: 1:06.03	34.26	300m: 3:29.95	36.23	500m: 5:56.63	36.76	700m: 8:24.77	36.94
	150m: 1:41.71	35.68	350m: 4:06.35	36.40	550m: 6:33.54	36.91	750m: 9:02.18	37.41
	200m: 2:17.72	36.01	400m: 4:42.90	36.55	600m: 7:10.46	36.92	800m: 9:38.16	35.98
2.	Anne-Irene Ducheine	Zwemvereniging Hoogland	NED 199506824	<b>10:27.09</b>	+0.62			
	50m: 35.26	35.26	250m: 3:12.41	39.64	450m: 5:51.60	39.73	650m: 8:30.72	39.34
	100m: 1:13.89	38.63	300m: 3:52.64	40.23	500m: 6:31.82	40.22	700m: 9:09.92	39.20
	150m: 1:53.13	39.24	350m: 4:32.13	39.49	550m: 7:11.60	39.78	750m: 9:49.10	39.18
	200m: 2:32.77	39.64	400m: 5:11.87	39.74	600m: 7:51.38	39.78	800m: 10:27.09	37.99

**Programmanr. 29, Dames, 800m vrije slag, Masters 25+**

rang	naam	vereniging						tijd	RT	PARA
3.	Fiona Meuffels	PSV		NED	199504366			<b>10:50.54</b>	<b>+0.74</b>	
	50m: 35.24	35.24	250m: 3:15.49	41.19	450m: 6:03.00	42.35	650m: 8:49.90	41.69		
	100m: 1:13.83	38.59	300m: 3:57.10	41.61	500m: 6:44.86	41.86	700m: 9:31.77	41.87		
	150m: 1:53.71	39.88	350m: 4:38.80	41.70	550m: 7:26.13	41.27	750m: 10:12.38	40.61		
	200m: 2:34.30	40.59	400m: 5:20.65	41.85	600m: 8:08.21	42.08	800m: 10:50.54	38.16		
4.	Anouk Kuijlaars	PSV		NED	199401700			<b>10:51.32</b>	<b>+0.78</b>	
	50m: 35.08	35.08	250m: 3:13.92	40.73	450m: 6:00.58	41.71	650m: 8:48.83	41.84		
	100m: 1:13.09	38.01	300m: 3:55.28	41.36	500m: 6:42.49	41.91	700m: 9:30.48	44.65		
	150m: 1:52.56	39.47	350m: 4:37.08	41.80	550m: 7:24.78	42.29	750m: 10:12.10	41.62		
	200m: 2:33.19	40.63	400m: 5:18.87	41.79	600m: 8:06.99	42.21	800m: 10:51.32	39.22		
5.	Jisca Majolee	ZPC AMERSFOORT		NED	199403570			<b>11:39.93</b>	<b>+0.77</b>	
	50m: 38.40	38.40	250m: 3:34.61	45.10	450m: 6:34.79	44.59	650m: 9:33.75	44.09		
	100m: 1:21.10	42.70	300m: 4:20.07	45.46	500m: 7:19.49	44.70	700m: 10:18.40	44.65		
	150m: 2:04.72	43.62	350m: 5:05.26	45.19	550m: 8:04.33	44.84	750m: 11:01.06	42.66		
	200m: 2:49.51	44.79	400m: 5:50.20	44.94	600m: 8:49.66	45.33	800m: 11:39.93	38.87		
6.	Aniek Garritsen	De IJsselmeeuwen		NED	199504290			<b>11:47.12</b>	<b>+0.73</b>	
	50m: 37.14	37.14	250m: 3:33.88	45.15	450m: 6:35.00	44.59	650m: 9:35.87	45.32		
	100m: 1:19.43	42.29	300m: 4:19.05	45.17	500m: 7:20.03	45.03	700m: 10:20.81	44.94		
	150m: 2:03.79	44.36	350m: 5:04.49	45.44	550m: 8:05.20	45.17	750m: 11:05.36	44.55		
	200m: 2:48.73	44.94	400m: 5:50.41	45.92	600m: 8:50.55	45.35	800m: 11:47.12	41.76		
7.	Eline Hendriks	ZPC AMERSFOORT		NED	199802794			<b>12:45.15</b>	<b>+0.85</b>	
	50m: 41.31	41.31	250m: 3:52.88	49.96	450m: 7:09.56	48.69	650m: 10:24.68	48.54		
	100m: 1:27.37	46.06	300m: 4:42.32	49.44	500m: 7:58.57	49.01	700m: 11:13.07	48.39		
	150m: 2:14.90	47.53	350m: 5:32.17	49.85	550m: 8:47.91	49.34	750m: 12:00.05	46.98		
	200m: 3:02.92	48.02	400m: 6:20.87	48.70	600m: 9:36.14	48.23	800m: 12:45.15	45.10		

**Masters 30+**

1.	Leonie van Noort	WVZ		NED	199301752			<b>9:35.48</b>	<b>+0.84</b>	
	<i>Nederlands Masters Record</i>									
	50m: 32.18	32.18	250m: 2:55.55	36.29	450m: 5:21.40	36.63	650m: 7:46.97	36.49		
	100m: 1:07.18	35.00	300m: 3:31.81	36.26	500m: 5:57.78	36.38	700m: 8:23.71	36.74		
	150m: 1:43.03	35.85	350m: 4:08.14	36.33	550m: 6:34.03	36.25	750m: 9:00.10	36.39		
	200m: 2:19.26	36.23	400m: 4:44.77	36.63	600m: 7:10.48	36.45	800m: 9:35.48	35.38		
2.	Nanda Wobben - de Vries	Steenwijk 1934		NED	199204328			<b>10:44.64</b>	<b>+0.80</b>	
	50m: 34.80	34.80	250m: 3:15.32	40.81	450m: 5:59.41	41.42	650m: 8:43.90	41.01		
	100m: 1:13.92	39.12	300m: 3:56.15	40.83	500m: 6:40.40	40.99	700m: 9:24.81	40.91		
	150m: 1:53.94	40.02	350m: 4:37.01	40.86	550m: 7:21.80	41.40	750m: 10:05.22	40.41		
	200m: 2:34.51	40.57	400m: 5:17.99	40.98	600m: 8:02.89	41.09	800m: 10:44.64	39.42		
3.	Marijke Kommers	NieMo Barracuda		NED	199305334			<b>11:00.83</b>	<b>+0.85</b>	
	50m: 35.76	35.76	250m: 3:21.51	41.92	450m: 6:10.47	41.83	650m: 8:58.46	41.68		
	100m: 1:15.76	40.00	300m: 4:04.13	42.62	500m: 6:52.85	42.38	700m: 9:40.26	41.80		
	150m: 1:57.17	41.41	350m: 4:46.09	41.96	550m: 7:34.28	41.43	750m: 10:21.34	41.08		
	200m: 2:39.59	42.42	400m: 5:28.64	42.55	600m: 8:16.78	42.50	800m: 11:00.83	39.49		
4.	Nanda van Heteren	PSV		NED	198901728			<b>11:15.33</b>	<b>+0.85</b>	
	50m: 38.12	38.12	250m: 3:30.16	43.19	450m: 6:23.78	43.36	650m: 9:14.34	41.77		
	100m: 1:20.16	42.04	300m: 4:13.49	43.33	500m: 7:07.03	43.25	700m: 9:56.01	41.67		
	150m: 2:03.34	43.18	350m: 4:57.26	43.77	550m: 7:50.11	43.08	750m: 10:37.00	40.99		
	200m: 2:46.97	43.63	400m: 5:40.42	43.16	600m: 8:32.57	42.46	800m: 11:15.33	38.33		
5.	Irmgard van Weeghel	ESCA Zwemmen		NED	199204834			<b>11:52.31</b>	<b>+0.84</b>	
	50m: 38.54	38.54	250m: 3:34.76	45.05	450m: 6:36.41	45.56	650m: 9:37.92	45.25		
	100m: 1:21.05	42.51	300m: 4:19.86	45.10	500m: 7:21.34	44.93	700m: 10:23.24	45.32		
	150m: 2:05.19	44.14	350m: 5:05.34	45.48	550m: 8:06.78	45.44	750m: 11:08.51	45.27		
	200m: 2:49.71	44.52	400m: 5:50.85	45.51	600m: 8:52.67	45.89	800m: 11:52.31	43.80		
6.	Marjan Rikken	Octopus-ZVV (SG)		NED	199206114			<b>12:44.60</b>	<b>+0.84</b>	
	50m: 40.25	40.25	250m: 3:50.64	48.38	450m: 7:05.37	48.40	650m: 10:20.97	48.33		
	100m: 1:26.97	46.72	300m: 4:39.75	49.11	500m: 7:54.58	49.21	700m: 11:10.40	49.43		
	150m: 2:13.59	46.62	350m: 5:27.83	48.08	550m: 8:43.35	48.77	750m: 11:58.31	47.91		
	200m: 3:02.26	48.67	400m: 6:16.97	49.14	600m: 9:32.64	49.29	800m: 12:44.60	46.29		

**Masters 35+**

1.	Sabine Zimmermann	Aachener SV 06		GER	101578			<b>9:45.63</b>	<b>+0.67</b>	
	<i>Kampioenschapsrecord</i>									
	50m: 32.92	32.92	250m: 2:59.92	37.45	450m: 5:28.52	37.09	650m: 7:57.58	36.77		
	100m: 1:08.79	35.87	300m: 3:37.24	37.32	500m: 6:06.58	38.06	700m: 8:34.73	37.15		
	150m: 1:45.87	37.08	350m: 4:13.99	36.75	550m: 6:43.42	36.84	750m: 9:11.10	36.37		
	200m: 2:22.47	36.60	400m: 4:51.43	37.44	600m: 7:20.81	37.39	800m: 9:45.63	34.53		

**Programmanr. 29, Dames, 800m vrije slag, Masters 35+**

rang	naam	vereniging	tijd	RT	PARA			
2.	Viktória Háden-Felföldi	Iron Swim	<b>10:00.03</b>	+0.69				
	50m: 33.52	33.52	250m: 3:03.54	38.02	450m: 5:35.47	38.04	650m: 8:08.07	38.13
	100m: 1:10.54	37.02	300m: 3:41.49	37.95	500m: 6:13.49	38.02	700m: 8:46.38	38.31
	150m: 1:48.05	37.51	350m: 4:19.48	37.99	550m: 6:51.67	38.18	750m: 9:23.98	37.60
	200m: 2:25.52	37.47	400m: 4:57.43	37.95	600m: 7:29.94	38.27	800m: 10:00.03	36.05
3.	Jenny Schouten	MZ&PC	<b>10:05.90</b>	+0.69				
	50m: 33.39	33.39	250m: 3:03.77	38.50	450m: 5:37.36	38.82	650m: 8:12.02	38.60
	100m: 1:10.00	36.61	300m: 3:41.85	38.08	500m: 6:15.75	38.39	700m: 8:50.77	38.75
	150m: 1:47.67	37.67	350m: 4:19.77	37.92	550m: 6:54.77	39.02	750m: 9:29.15	38.38
	200m: 2:25.27	37.60	400m: 4:58.54	38.77	600m: 7:33.42	38.65	800m: 10:05.90	36.75
4.	Sara Holman	Kaiserslauterer SK	<b>10:23.20</b>	+0.84				
	50m: 34.49	34.49	250m: 3:11.16	39.44	450m: 5:49.16	39.55	650m: 8:27.25	39.67
	100m: 1:12.92	38.43	300m: 3:50.55	39.39	500m: 6:28.67	39.51	700m: 9:06.72	39.47
	150m: 1:52.34	39.42	350m: 4:29.98	39.43	550m: 7:08.19	39.52	750m: 9:45.65	38.93
	200m: 2:31.72	39.38	400m: 5:09.61	39.63	600m: 7:47.58	39.39	800m: 10:23.20	37.55
5.	Irene Snakenborg	De Inktvis	<b>11:23.11</b>	+0.88				
	50m: 36.67	36.67	250m: 3:26.81	43.41	450m: 6:21.37	43.98	650m: 9:16.13	43.76
	100m: 1:17.17	40.50	300m: 4:10.25	43.44	500m: 7:04.42	43.05	700m: 9:59.43	43.30
	150m: 2:00.00	42.83	350m: 4:54.04	43.79	550m: 7:48.70	44.28	750m: 10:42.32	42.89
	200m: 2:43.40	43.40	400m: 5:37.39	43.35	600m: 8:32.37	43.67	800m: 11:23.11	40.79
6.	Liesbeth van Mill	Zwemlust-den Hommel	<b>11:43.31</b>					
	50m: 37.82	37.82	250m: 3:30.83	44.28	450m: 6:27.88	44.33	650m: 9:27.68	45.37
	100m: 1:20.01	42.19	300m: 4:14.94	44.11	500m: 7:12.33	44.45	700m: 10:13.11	45.43
	150m: 2:03.14	43.13	350m: 4:59.12	44.18	550m: 7:57.12	44.79	750m: 10:58.80	45.69
	200m: 2:46.55	43.41	400m: 5:43.55	44.43	600m: 8:42.31	45.19	800m: 11:43.31	44.51
7.	Sandra Schellekens	Neptunus'58	<b>11:57.40</b>	+0.87				
	50m: 38.62	38.62	250m: 3:37.08	45.35	450m: 6:41.59	46.16	650m: 9:45.53	46.10
	100m: 1:21.52	42.90	300m: 4:23.14	46.06	500m: 7:27.44	45.85	700m: 10:31.07	45.54
	150m: 2:06.13	44.61	350m: 5:09.59	46.45	550m: 8:13.49	46.05	750m: 11:16.48	45.41
	200m: 2:51.73	45.60	400m: 5:55.43	45.84	600m: 8:59.43	45.94	800m: 11:57.40	40.92
8.	Angelique Wammes-Bouman	Zwemvereniging Hoogland	<b>12:59.23</b>	+0.81				
	50m: 42.78	42.78	250m: 3:57.79	49.42	450m: 7:15.97	49.47	650m: 10:34.24	49.35
	100m: 1:30.20	47.42	300m: 4:47.70	49.91	500m: 8:05.93	49.96	700m: 11:23.64	49.40
	150m: 2:19.08	48.88	350m: 5:37.15	49.45	550m: 8:55.32	49.39	750m: 12:12.90	49.26
	200m: 3:08.37	49.29	400m: 6:26.50	49.35	600m: 9:44.89	49.57	800m: 12:59.23	46.33

**Masters 40+**

1.	Ramona Linting	AZC	<b>11:21.05</b>	+0.75				
	50m: 36.41	36.41	250m: 3:25.34	43.34	450m: 6:18.93	43.29	650m: 9:12.38	43.03
	100m: 1:16.91	40.50	300m: 4:08.73	43.39	500m: 7:02.52	43.59	700m: 9:55.91	43.53
	150m: 1:59.21	42.30	350m: 4:52.05	43.32	550m: 7:45.96	43.44	750m: 10:38.69	42.78
	200m: 2:42.00	42.79	400m: 5:35.64	43.59	600m: 8:29.35	43.39	800m: 11:21.05	42.36
2.	Chantal Verhoeff	Old Dutch	<b>11:39.94</b>	+0.91				
	50m: 37.12	37.12	250m: 3:31.89	44.00	450m: 6:29.39	44.36	650m: 9:28.44	44.71
	100m: 1:19.53	42.41	300m: 4:16.34	44.45	500m: 7:13.93	44.54	700m: 10:13.21	44.77
	150m: 2:03.63	44.10	350m: 5:00.57	44.23	550m: 7:58.57	44.64	750m: 10:57.39	44.18
	200m: 2:47.89	44.26	400m: 5:45.03	44.46	600m: 8:43.73	45.16	800m: 11:39.94	42.55
3.	Jessica Venema	GZC Donk	<b>11:46.72</b>	+0.85				
	50m: 36.89	36.89	250m: 3:33.26	45.02	450m: 6:34.21	45.73	650m: 9:34.27	44.97
	100m: 1:18.70	41.81	300m: 4:18.71	45.45	500m: 7:19.32	45.11	700m: 10:19.39	45.12
	150m: 2:03.09	44.39	350m: 5:03.44	44.73	550m: 8:04.34	45.02	750m: 11:04.67	45.28
	200m: 2:48.24	45.15	400m: 5:48.48	45.04	600m: 8:49.30	44.96	800m: 11:46.72	42.05
4.	Linda Hoogendam	WVZ	<b>12:33.60</b>	+0.91				
	50m: 41.32	41.32	250m: 3:51.67	48.18	450m: 7:04.43	48.15	650m: 10:16.56	48.11
	100m: 1:28.04	46.72	300m: 4:39.39	47.72	500m: 7:52.23	47.80	700m: 11:03.54	46.98
	150m: 2:15.70	47.66	350m: 5:28.31	48.92	550m: 8:40.40	48.17	750m: 11:50.65	47.11
	200m: 3:03.49	47.79	400m: 6:16.28	47.97	600m: 9:28.45	48.05	800m: 12:33.60	42.95

**Masters 45+**

1.	Annett von Rekowski	SG Bayer	<b>10:14.00</b>	+0.80				
	50m: 34.58	34.58	250m: 3:08.77	39.16	450m: 5:44.98	39.23	650m: 8:20.09	38.96
	100m: 1:12.30	37.72	300m: 3:47.75	38.98	500m: 6:23.50	38.52	700m: 8:58.88	38.79
	150m: 1:50.92	38.62	350m: 4:26.84	39.09	550m: 7:02.41	38.91	750m: 9:37.17	38.29
	200m: 2:29.61	38.69	400m: 5:05.75	38.91	600m: 7:41.13	38.72	800m: 10:14.00	36.83
2.	Liselotte Joling	PSV	<b>10:20.42</b>	+0.85				
	50m: 35.19	35.19	250m: 3:09.60	38.72	450m: 5:46.69	39.31	650m: 8:23.83	39.79
	100m: 1:13.39	38.20	300m: 3:48.33	38.73	500m: 6:25.78	39.09	700m: 9:03.45	39.62
	150m: 1:52.04	38.65	350m: 4:27.41	39.08	550m: 7:04.91	39.13	750m: 9:42.79	39.34
	200m: 2:30.88	38.84	400m: 5:07.38	39.97	600m: 7:44.04	39.13	800m: 10:20.42	37.63



Programmanr. 29, Dames, 800m vrije slag, Masters 45+

rang	naam	vereniging	tijd	RT	PARA
3.	Alina Spijkerman	DAW	<b>11:18.04</b>	+0.76	
	50m: 36.31 36.31	250m: 3:26.55 43.59	450m: 6:20.09 43.31	650m: 9:12.67 43.31	
	100m: 1:17.02 40.71	300m: 4:10.23 43.68	500m: 7:03.62 43.53	700m: 9:55.93 43.26	
	150m: 1:59.68 42.66	350m: 4:53.69 43.46	550m: 7:46.59 42.97	750m: 10:37.76 41.83	
	200m: 2:42.96 43.28	400m: 5:36.78 43.09	600m: 8:29.36 42.77	800m: 11:18.04 40.28	
4.	Nataliia Boryshkevych	Ukraine Swim	<b>11:38.80</b>	+0.75	
	50m: 40.41 40.41	250m: 3:43.42 46.43	450m: 6:45.03 43.43	650m: 9:36.80 42.46	
	100m: 1:25.17 44.76	300m: 4:29.85 46.43	500m: 7:28.66 43.63	700m: 10:19.31 42.51	
	150m: 2:10.58 45.41	350m: 5:15.57 45.72	550m: 8:11.11 42.45	750m: 11:00.37 41.06	
	200m: 2:56.99 46.41	400m: 6:01.60 46.03	600m: 8:54.34 43.23	800m: 11:38.80 38.43	
5.	Petra Guijt	Aqua-Novio'94	<b>11:43.29</b>	+0.86	
	50m: 38.46 38.46	250m: 3:36.53 44.81	450m: 6:35.32 44.41	650m: 9:33.77 44.97	
	100m: 1:22.01 43.55	300m: 4:21.59 45.06	500m: 7:19.84 44.52	700m: 10:18.29 44.52	
	150m: 2:07.05 45.04	350m: 5:06.51 44.92	550m: 8:04.33 44.49	750m: 11:02.35 44.06	
	200m: 2:51.72 44.67	400m: 5:50.91 44.40	600m: 8:48.80 44.47	800m: 11:43.29 40.94	
6.	Jannie Vennik	HZ&PC Heerenveen	<b>11:48.78</b>	+0.88	
	50m: 38.50 38.50	250m: 3:35.55 44.80	450m: 6:36.42 45.39	650m: 9:35.52 44.99	
	100m: 1:21.37 42.87	300m: 4:20.49 44.94	500m: 7:21.23 44.81	700m: 10:19.93 44.41	
	150m: 2:05.72 44.35	350m: 5:05.92 45.43	550m: 8:05.99 44.76	750m: 11:05.13 45.20	
	200m: 2:50.75 45.03	400m: 5:51.03 45.11	600m: 8:50.53 44.54	800m: 11:48.78 43.65	
7.	Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	<b>14:29.37</b>	+0.87	
	50m: 45.16 45.16	250m: 4:17.24 54.30	450m: 7:58.12 56.01	650m: 11:43.77 57.00	
	100m: 1:35.71 50.55	300m: 5:11.27 54.03	500m: 8:54.02 55.90	700m: 12:40.88 57.11	
	150m: 2:29.04 53.33	350m: 6:06.56 55.29	550m: 9:50.12 56.10	750m: 13:37.32 56.44	
	200m: 3:22.94 53.90	400m: 7:02.11 55.55	600m: 10:46.77 56.65	800m: 14:29.37 52.05	

Masters 50+

1.	Carla Geurts <i>Nederlands Masters Record</i>	PSV	<b>10:05.71</b>	+0.75	
	50m: 33.58 33.58	250m: 3:05.50 37.98	450m: 5:38.47 38.27	650m: 8:12.32 38.33	
	100m: 1:11.09 37.51	300m: 3:43.72 38.22	500m: 6:17.16 38.69	700m: 8:50.74 38.42	
	150m: 1:49.34 38.25	350m: 4:22.04 38.32	550m: 6:55.59 38.43	750m: 9:28.99 38.25	
	200m: 2:27.52 38.18	400m: 5:00.20 38.16	600m: 7:33.99 38.40	800m: 10:05.71 36.72	
2.	Bianca Groot	MSV-Zeemacht	<b>10:53.26</b>	+0.81	
	50m: 36.57 36.57	250m: 3:20.49 41.34	450m: 6:05.22 40.95	650m: 8:49.99 41.24	
	100m: 1:16.55 39.98	300m: 4:01.76 41.27	500m: 6:46.50 41.28	700m: 9:32.06 42.07	
	150m: 1:57.46 40.91	350m: 4:43.18 41.42	550m: 7:27.33 40.83	750m: 10:13.47 41.41	
	200m: 2:39.15 41.69	400m: 5:24.27 41.09	600m: 8:08.75 41.42	800m: 10:53.26 39.79	
3.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	<b>11:00.29</b>	+0.83	
	50m: 36.90 36.90	250m: 3:24.84 42.22	450m: 6:13.11 41.26	650m: 8:58.30 41.29	
	100m: 1:17.90 41.00	300m: 4:07.15 42.31	500m: 6:54.21 41.10	700m: 9:39.30 41.00	
	150m: 1:59.99 42.09	350m: 4:49.83 42.68	550m: 7:35.74 41.53	750m: 10:20.81 41.51	
	200m: 2:42.62 42.63	400m: 5:31.85 42.02	600m: 8:17.01 41.27	800m: 11:00.29 39.48	
4.	Kathy Van Lindt	Cercle De Natation Sportcity WolBEL	<b>11:04.49</b>	+0.86	
	50m: 37.68 37.68	250m: 3:24.48 41.45	450m: 6:12.10 41.31	650m: 8:59.72 41.63	
	100m: 1:19.56 41.88	300m: 4:06.78 42.30	500m: 6:54.10 42.00	700m: 9:42.24 42.52	
	150m: 2:00.78 41.22	350m: 4:48.73 41.95	550m: 7:35.69 41.59	750m: 10:23.79 41.55	
	200m: 2:43.03 42.25	400m: 5:30.79 42.06	600m: 8:18.09 42.40	800m: 11:04.49 40.70	
5.	Annette de Visser	Oceanus	<b>11:16.75</b>	+0.89	
	50m: 36.23 36.23	250m: 3:25.24 42.83	450m: 6:17.87 43.32	650m: 9:09.71 42.80	
	100m: 1:16.92 40.69	300m: 4:08.68 43.44	500m: 7:00.71 42.84	700m: 9:52.57 42.86	
	150m: 1:59.25 42.33	350m: 4:51.66 42.98	550m: 7:43.92 43.21	750m: 10:35.28 42.71	
	200m: 2:42.41 43.16	400m: 5:34.55 42.89	600m: 8:26.91 42.99	800m: 11:16.75 41.47	
6.	Iris van Aurich	DWK	<b>11:59.52</b>	+0.76	
	50m: 38.52 38.52	250m: 3:40.33 46.15	450m: 6:44.46 45.97	650m: 9:48.08 45.36	
	100m: 1:22.08 43.56	300m: 4:26.56 46.23	500m: 7:30.45 45.99	700m: 10:34.26 46.18	
	150m: 2:08.07 45.99	350m: 5:12.45 45.89	550m: 8:16.32 45.87	750m: 11:18.68 44.42	
	200m: 2:54.18 46.11	400m: 5:58.49 46.04	600m: 9:02.72 46.40	800m: 11:59.52 40.84	
7.	Pascalie Janssen	Patrick-De Roersoppers (SG)	<b>12:30.27</b>	+0.92	
	50m: 40.42 40.42	250m: 3:47.24 47.56	450m: 6:59.32 48.17	650m: 10:11.21 48.14	
	100m: 1:25.43 45.01	300m: 4:35.06 47.82	500m: 7:47.23 47.91	700m: 10:58.96 47.75	
	150m: 2:12.18 46.75	350m: 5:22.96 47.90	550m: 8:35.23 48.00	750m: 11:46.05 47.09	
	200m: 2:59.68 47.50	400m: 6:11.15 48.19	600m: 9:23.07 47.84	800m: 12:30.27 44.22	
8.	Cherry Bas-Ott	DAW	<b>12:39.32</b>	+0.66	
	50m: 41.16 41.16	250m: 3:50.43 48.20	450m: 7:04.88 47.92	650m: 10:18.17 48.63	
	100m: 1:26.49 45.33	300m: 4:39.32 48.89	500m: 7:53.21 48.33	700m: 11:06.18 48.01	
	150m: 2:14.13 47.64	350m: 5:28.28 48.96	550m: 8:41.57 48.36	750m: 11:53.52 47.34	
	200m: 3:02.23 48.10	400m: 6:16.96 48.68	600m: 9:29.54 47.97	800m: 12:39.32 45.80	

Programmanr. 29, Dames, 800m vrije slag, Masters 50+

rang	naam	vereniging					tijd	RT	PARA
9.	Marijke Campfens	De Geul	NED 196900960				<b>12:46.87</b>	<b>+0.64</b>	
	50m: 40.03	40.03	250m: 3:49.07	48.78	450m: 7:07.06	49.81	650m: 10:23.73	49.35	
	100m: 1:25.06	45.03	300m: 4:38.06	48.99	500m: 7:56.20	49.14	700m: 11:12.21	48.48	
	150m: 2:12.50	47.44	350m: 5:27.62	49.56	550m: 8:45.38	49.18	750m: 12:00.76	48.55	
	200m: 3:00.29	47.79	400m: 6:17.25	49.63	600m: 9:34.38	49.00	800m: 12:46.87	46.11	
10.	Annet Kootstra	SWOL 1894	NED 197100344				<b>13:26.94</b>		
	50m: 45.28	45.28	250m: 4:07.45	52.10	450m: 7:33.35	51.96	650m: 10:58.47	51.70	
	100m: 1:34.27	48.99	300m: 4:58.16	50.71	500m: 8:24.01	50.66	700m: 11:48.07	49.60	
	150m: 2:25.02	50.75	350m: 5:50.21	52.05	550m: 9:16.09	52.08	750m: 12:38.30	50.23	
	200m: 3:15.35	50.33	400m: 6:41.39	51.18	600m: 10:06.77	50.68	800m: 13:26.94	48.64	
11.	Greta Wyma-Teitsma	DWK	NED 197100696				<b>14:50.79</b>	<b>+0.98</b>	
	50m: 48.60	48.60	250m: 4:31.40	55.89	450m: 8:17.72	57.47	650m: 12:05.54	57.28	
	100m: 1:44.18	55.58	300m: 5:27.92	56.52	500m: 9:14.76	57.04	700m: 13:02.23	56.69	
	150m: 2:39.31	55.13	350m: 6:24.31	56.39	550m: 10:12.01	57.25	750m: 13:58.12	55.89	
	200m: 3:35.51	56.20	400m: 7:20.25	55.94	600m: 11:08.26	56.25	800m: 14:50.79	52.67	

Masters 55+

1.	Claudia Thielemann <i>Kampioenschapsrecord</i>	SG Bayer	GER 333958				<b>10:05.68</b>	<b>+0.64</b>	
	50m: 34.88	34.88	250m: 3:07.85	38.33	450m: 5:40.85	38.11	650m: 8:13.43	38.32	
	100m: 1:12.89	38.01	300m: 3:46.16	38.31	500m: 6:18.87	38.02	700m: 8:51.31	37.88	
	150m: 1:50.98	38.09	350m: 4:24.49	38.33	550m: 6:56.99	38.12	750m: 9:29.09	37.78	
	200m: 2:29.52	38.54	400m: 5:02.74	38.25	600m: 7:35.11	38.12	800m: 10:05.68	36.59	
2.	Sandra Stuhr	SG Wiste	GER 132206				<b>11:01.10</b>	<b>+0.84</b>	
	50m: 38.23	38.23	250m: 3:24.52	41.65	450m: 6:11.27	41.63	650m: 8:57.87	41.84	
	100m: 1:19.72	41.49	300m: 4:06.27	41.75	500m: 6:52.74	41.47	700m: 9:39.31	41.44	
	150m: 2:01.45	41.73	350m: 4:48.18	41.91	550m: 7:34.48	41.74	750m: 10:21.02	41.71	
	200m: 2:42.87	41.42	400m: 5:29.64	41.46	600m: 8:16.03	41.55	800m: 11:01.10	40.08	
3.	Wilna Heijman	Steenwijk 1934	NED 196400506				<b>11:41.62</b>	<b>+0.89</b>	
	50m: 39.26	39.26	250m: 3:35.87	43.94	450m: 6:35.22	44.60	650m: 9:31.91	43.81	
	100m: 1:22.80	43.54	300m: 4:21.02	45.15	500m: 7:20.10	44.88	700m: 10:16.33	44.42	
	150m: 2:06.66	43.86	350m: 5:05.58	44.56	550m: 8:03.88	43.78	750m: 10:59.73	43.40	
	200m: 2:51.93	45.27	400m: 5:50.62	45.04	600m: 8:48.10	44.22	800m: 11:41.62	41.89	
4.	Henriëtte v. Norden	ZPC AMERSFOORT	NED 196800046				<b>11:42.32</b>		
	50m: 38.27	38.27	250m: 3:35.54	44.97	450m: 6:34.27	44.85	650m: 9:33.53	44.48	
	100m: 1:21.36	43.09	300m: 4:20.54	45.00	500m: 7:19.06	44.79	700m: 10:17.86	44.33	
	150m: 2:06.39	45.03	350m: 5:05.12	44.58	550m: 8:04.24	45.18	750m: 11:01.61	43.75	
	200m: 2:50.57	44.18	400m: 5:49.42	44.30	600m: 8:49.05	44.81	800m: 11:42.32	40.71	
5.	Laura Staal	Oceanus	NED 196700358				<b>11:57.80</b>	<b>+0.85</b>	
	50m: 38.31	38.31	250m: 3:36.87	45.57	450m: 6:40.43	46.09	650m: 9:44.82	46.37	
	100m: 1:21.40	43.09	300m: 4:22.32	45.45	500m: 7:26.49	46.06	700m: 10:30.78	45.96	
	150m: 2:06.12	44.72	350m: 5:08.39	46.07	550m: 8:12.27	45.78	750m: 11:16.38	45.60	
	200m: 2:51.30	45.18	400m: 5:54.34	45.95	600m: 8:58.45	46.18	800m: 11:57.80	41.42	
6.	Anita Steijger	WVZ	NED 196500628				<b>12:39.02</b>	<b>+0.93</b>	
	50m: 42.53	42.53	250m: 3:51.50	48.09	450m: 7:04.38	48.32	650m: 10:17.44	48.15	
	100m: 1:28.91	46.38	300m: 4:40.06	48.56	500m: 7:52.75	48.37	700m: 11:05.09	47.65	
	150m: 2:15.86	46.95	350m: 5:28.30	48.24	550m: 8:40.74	47.99	750m: 11:52.54	47.45	
	200m: 3:03.41	47.55	400m: 6:16.06	47.76	600m: 9:29.29	48.55	800m: 12:39.02	46.48	
7.	Erica Muller	De Geul	NED 196400412				<b>13:48.73</b>	<b>+0.79</b>	
	50m: 46.98	46.98	250m: 4:15.48	52.35	450m: 7:43.95	52.25	650m: 11:13.22	52.49	
	100m: 1:38.66	51.68	300m: 5:07.61	52.13	500m: 8:36.06	52.11	700m: 12:05.84	52.62	
	150m: 2:30.98	52.32	350m: 5:59.58	51.97	550m: 9:28.37	52.31	750m: 12:57.98	52.14	
	200m: 3:23.13	52.15	400m: 6:51.70	52.12	600m: 10:20.73	52.36	800m: 13:48.73	50.75	

Masters 60+

1.	Pierrette Michel <i>Kampioenschapsrecord, Belgisch Masters Record</i>	Cercle De Natation Sportcity WolBEL	CNSW/000835/62				<b>11:10.33</b>	<b>+0.99</b>	
	50m: 37.19	37.19	250m: 3:26.23	42.32	450m: 6:14.71	41.58	650m: 9:03.81	42.42	
	100m: 1:18.82	41.63	300m: 4:08.53	42.30	500m: 6:56.71	42.00	700m: 9:46.18	42.37	
	150m: 2:01.35	42.53	350m: 4:50.74	42.21	550m: 7:39.00	42.29	750m: 10:28.89	42.71	
	200m: 2:43.91	42.56	400m: 5:33.13	42.39	600m: 8:21.39	42.39	800m: 11:10.33	41.44	
2.	Esther van Lohuizen	PSV	NED 195900300				<b>11:39.53</b>	<b>+0.77</b>	
	50m: 39.14	39.14	250m: 3:37.52	44.94	450m: 6:36.46	44.95	650m: 9:33.96	44.51	
	100m: 1:22.71	43.57	300m: 4:21.77	44.25	500m: 7:20.91	44.45	700m: 10:17.80	43.84	
	150m: 2:07.90	45.19	350m: 5:06.83	45.06	550m: 8:05.44	44.53	750m: 11:00.66	42.86	
	200m: 2:52.58	44.68	400m: 5:51.51	44.68	600m: 8:49.45	44.01	800m: 11:39.53	38.87	

Programmanr. 29, Dames, 800m vrije slag, Masters 60+

rang	naam	vereniging					tijd	RT	PARA
3.	P. Tossings-van de Hooven	GZC Donk	NED 196100376				<b>12:18.85</b>	+0.96	
	50m: 40.90	40.90	250m: 3:46.16	46.78	450m: 6:53.99	46.81	650m: 10:01.60	47.03	
	100m: 1:26.28	45.38	300m: 4:33.26	47.10	500m: 7:40.68	46.69	700m: 10:48.78	47.18	
	150m: 2:12.74	46.46	350m: 5:20.10	46.84	550m: 8:27.50	46.82	750m: 11:35.08	46.30	
	200m: 2:59.38	46.64	400m: 6:07.18	47.08	600m: 9:14.57	47.07	800m: 12:18.85	43.77	
4.	Patty Verhagen	PSV	NED 195900146				<b>12:24.76</b>	+0.96	
	50m: 42.68	42.68	250m: 3:46.61	46.61	450m: 6:54.89	46.96	650m: 10:04.15	46.95	
	100m: 1:27.82	45.14	300m: 4:33.60	46.99	500m: 7:42.84	47.95	700m: 10:51.39	47.24	
	150m: 2:13.64	45.82	350m: 5:20.76	47.16	550m: 8:29.97	47.13	750m: 11:38.42	47.03	
	200m: 3:00.00	46.36	400m: 6:07.93	47.17	600m: 9:17.20	47.23	800m: 12:24.76	46.34	
NG.ZA	Nicole Feitler	Cercle de Natation Dudelange	LUX 4235						

Masters 65+

1.	Colette Crabbé	Cercle De Natation Sportcity WolBEL	CNSW/004900/56				<b>11:33.83</b>	+0.87	
	<i>Kampioenschapsrecord, Belgisch Masters Record</i>								
	50m: 38.55	38.55	250m: 3:32.11	43.52	450m: 6:28.97	44.52	650m: 9:25.77	44.14	
	100m: 1:21.04	42.49	300m: 4:15.89	43.78	500m: 7:13.29	44.32	700m: 10:09.54	43.77	
	150m: 2:04.93	43.89	350m: 5:00.05	44.16	550m: 7:57.46	44.17	750m: 10:52.90	43.36	
	200m: 2:48.59	43.66	400m: 5:44.45	44.40	600m: 8:41.63	44.17	800m: 11:33.83	40.93	
2.	Monica Bakker	Steenwijk 1934	NED 195600082				<b>14:03.93</b>	+0.85	
	50m: 47.36	47.36	250m: 4:19.79	53.54	450m: 7:51.27	52.97	650m: 11:26.11	53.80	
	100m: 1:39.17	51.81	300m: 5:12.67	52.88	500m: 8:45.01	53.74	700m: 12:19.49	53.38	
	150m: 2:32.76	53.59	350m: 6:05.36	52.69	550m: 9:38.94	53.93	750m: 13:12.79	53.30	
	200m: 3:26.25	53.49	400m: 6:58.30	52.94	600m: 10:32.31	53.37	800m: 14:03.93	51.14	
3.	Brigitte Dugauquier	Cercle De Natation Sportcity WolBEL	CNSW/011938/55				<b>15:02.00</b>	+0.97	
	50m: 49.59	49.59	250m: 4:39.28	57.65	450m: 8:26.22	56.81	650m: 12:12.70	56.46	
	100m: 1:46.86	57.27	300m: 5:36.79	57.51	500m: 9:22.74	56.52	700m: 13:10.64	57.94	
	150m: 2:45.00	58.14	350m: 6:32.72	55.93	550m: 10:19.55	56.81	750m: 14:07.60	56.96	
	200m: 3:41.63	56.63	400m: 7:29.41	56.69	600m: 11:16.24	56.69	800m: 15:02.00	54.40	

Masters 70+

1.	Ineke Meijer	HZ&PC Heerenveen	NED 195200034				<b>18:43.61</b>	+0.77	
	50m: 56.82	56.82	250m: 5:33.11	1:11.53	450m: 10:22.33	1:15.11	650m: 15:14.44	1:14.42	
	100m: 2:01.64	1:04.82	300m: 6:43.39	1:10.28	500m: 11:33.64	1:11.31	700m: 16:26.89	1:12.45	
	150m: 3:12.17	1:10.53	350m: 7:56.32	1:12.93	550m: 12:47.84	1:14.20	750m: 17:40.32	1:13.43	
	200m: 4:21.58	1:09.41	400m: 9:07.22	1:10.90	600m: 14:00.02	1:12.18	800m: 18:43.61	1:03.29	

Masters 75+

1.	Loekie van Huissteden	ZPC AMERSFOORT	NED 194500002				<b>19:04.99</b>		
	50m: 1:01.39	1:01.39	250m: 5:45.23	1:11.24	450m: 10:32.17	1:11.42	650m: 15:24.08	1:12.72	
	100m: 2:12.05	1:10.66	300m: 6:57.41	1:12.18	500m: 11:45.81	1:13.64	700m: 16:38.65	1:14.57	
	150m: 3:22.22	1:10.17	350m: 8:07.98	1:10.57	550m: 12:57.98	1:12.17	750m: 17:51.48	1:12.83	
	200m: 4:33.99	1:11.77	400m: 9:20.75	1:12.77	600m: 14:11.36	1:13.38	800m: 19:04.99	1:13.51	

Programmanr. 30  
07-05-2023 - 10:48

Heren, 400m wisselslag

Masters Open  
Resultaten

rang	naam	vereniging					tijd	RT	PARA
<b>Masters 20+</b>									
1.	Nicko Kamphuis	De Warande	NED 199900887				<b>4:51.88</b>	+0.61	
	<i>Nederlands Masters Record</i>								
	50m: 29.64	29.64	150m: 1:44.07	39.32	250m: 3:04.84	41.07	350m: 4:20.13	33.04	
	100m: 1:04.75	35.11	200m: 2:23.77	39.70	300m: 3:47.09	42.25	400m: 4:51.88	31.75	
2.	Guus Hoogduin	ZVL-1886 Center	NED 200201069				<b>4:57.71</b>	+0.73	
	50m: 30.05	30.05	150m: 1:43.86	39.35	250m: 3:04.64	43.03	350m: 4:24.12	35.45	
	100m: 1:04.51	34.46	200m: 2:21.61	37.75	300m: 3:48.67	44.03	400m: 4:57.71	33.59	
3.	Tom Balsen Versteeg	De Warande	NED 200005673				<b>5:08.95</b>	+0.60	
	50m: 30.81	30.81	150m: 1:48.04	40.62	250m: 3:13.86	43.78	350m: 4:34.82	35.26	
	100m: 1:07.42	36.61	200m: 2:30.08	42.04	300m: 3:59.56	45.70	400m: 5:08.95	34.13	

Programmanr. 30, Heren, 400m wisselslag, Masters 20+

rang	naam	vereniging	tijd	RT	PARA			
4.	Remco de Heij	ZPCH	<b>5:20.40</b>	+0.71				
	50m: 31.58	31.58	150m: 1:51.52	42.75	250m: 3:19.95	46.55	350m: 4:45.09	38.72
	100m: 1:08.77	37.19	200m: 2:33.40	41.88	300m: 4:06.37	46.42	400m: 5:20.40	35.31
5.	David Kievit	De Schotejil	<b>5:22.64</b>	+0.80				
	50m: 31.23	31.23	150m: 1:52.47	42.27	250m: 3:19.74	45.24	350m: 4:44.25	38.56
	100m: 1:10.20	38.97	200m: 2:34.50	42.03	300m: 4:05.69	45.95	400m: 5:22.64	38.39
6.	Tom Blankestijn	ZPC AMERSFOORT	<b>5:28.85</b>	+0.70				
	50m: 31.23	31.23	150m: 1:51.46	43.42	250m: 3:23.51	49.76	350m: 4:52.48	37.95
	100m: 1:08.04	36.81	200m: 2:33.75	42.29	300m: 4:14.53	51.02	400m: 5:28.85	36.37
7.	Dion Staal	De Warande	<b>5:59.27</b>	+0.70				
	50m: 33.54	33.54	150m: 2:04.01	48.26	250m: 3:44.59	52.69	350m: 5:20.33	42.83
	100m: 1:15.75	42.21	200m: 2:51.90	47.89	300m: 4:37.50	52.91	400m: 5:59.27	38.94

Masters 25+

1.	Bert Duivenvoorde	Noordwijkerhout	<b>5:10.41</b>	+0.70				
	50m: 28.60	28.60	150m: 1:45.08	41.84	250m: 3:11.59	45.31	350m: 4:35.33	36.55
	100m: 1:03.24	34.64	200m: 2:26.28	41.20	300m: 3:58.78	47.19	400m: 5:10.41	35.08

Masters 30+

1.	Tim Bunnik	Triton	<b>5:14.99</b>	+0.81				
	50m: 33.13	33.13	150m: 1:52.78	40.17	250m: 3:18.35	46.00	350m: 4:39.66	35.32
	100m: 1:12.61	39.48	200m: 2:32.35	39.57	300m: 4:04.34	45.99	400m: 5:14.99	35.33
2.	Patrick Creemers	RZ	<b>5:28.98</b>	+0.72				
	50m: 34.31	34.31	150m: 2:05.34	45.62	250m: 3:34.09	44.60	350m: 4:54.59	35.70
	100m: 1:19.72	45.41	200m: 2:49.49	44.15	300m: 4:18.89	44.80	400m: 5:28.98	34.39
3.	Jeroen Burggraaf	De Blauwe Schuur	<b>5:38.69</b>	+0.83				
	50m: 34.83	34.83	150m: 2:01.61	43.88	250m: 3:32.80	48.01	350m: 4:59.49	39.31
	100m: 1:17.73	42.90	200m: 2:44.79	43.18	300m: 4:20.18	47.38	400m: 5:38.69	39.20

Masters 35+

1.	Yuri van Omme * 100	Zwemvereniging Hoogland	<b>5:19.85</b>	+0.80				
	50m: 32.59	32.59	150m: 1:56.19	50.36	250m: 3:21.54	43.26	350m: 4:43.21	37.57
	100m: 1:09.53	33.24	200m: 2:38.28	42.09	300m: 4:05.64	44.10	400m: 5:19.85	36.64
2.	Rob van Vliet	ZPC AMERSFOORT	<b>5:32.19</b>	+0.78				
	50m: 32.32	32.32	150m: 1:58.55	45.37	250m: 3:27.68	45.31	350m: 4:53.28	38.27
	100m: 1:13.18	40.86	200m: 2:42.37	43.82	300m: 4:15.01	47.33	400m: 5:32.19	38.91
3.	Niels Albrechts	De Schotejil	<b>5:58.58</b>	+0.74				
	50m: 38.84	38.84	150m: 2:10.58	46.06	250m: 3:51.10	56.93	350m: 5:23.81	36.83
	100m: 1:24.52	45.68	200m: 2:54.17	43.59	300m: 4:46.98	55.88	400m: 5:58.58	34.77

Masters 40+

1.	Mark Hensen	NieMo Barracuda	<b>5:20.21</b>	+0.69				
	50m: 31.82	31.82	150m: 1:50.95	41.44	250m: 3:19.04	45.90	350m: 4:43.97	37.45
	100m: 1:09.51	37.69	200m: 2:33.14	42.19	300m: 4:06.52	47.48	400m: 5:20.21	36.24
2.	Heijmen van Vliet	De Geul	<b>5:28.85</b>	+0.73				
	50m: 33.57	33.57	150m: 1:53.91	43.32	250m: 3:25.13	48.41	350m: 4:52.10	38.81
	100m: 1:10.59	37.02	200m: 2:36.72	42.81	300m: 4:13.29	48.16	400m: 5:28.85	36.75
3.	Frank v.d. Voordt	De Schotejil	<b>5:40.85</b>	+0.83				
	50m: 33.11	33.11	150m: 1:58.88	46.00	250m: 3:32.32	49.29	350m: 5:01.38	39.87
	100m: 1:12.88	39.77	200m: 2:43.03	44.15	300m: 4:21.51	49.19	400m: 5:40.85	39.47
4.	Marcel Reefhuis	WS Twente	<b>5:46.37</b>	+0.67				
	50m: 33.88	33.88	150m: 2:02.50	45.58	250m: 3:34.58	47.63	350m: 5:06.21	41.65
	100m: 1:16.92	43.04	200m: 2:46.95	44.45	300m: 4:24.56	49.98	400m: 5:46.37	40.16

## Programmanr. 30, Heren, 400m wisselslag

**Masters 45+**

1. Eric Richelle	Plouf Club	BEL	PLOUF/006690/77	<b>5:09.81</b>	+0.79
50m: 33.02	33.02	150m: 1:51.34	40.78	250m: 3:14.16	43.89
100m: 1:10.56	37.54	200m: 2:30.27	38.93	300m: 3:58.62	44.46
350m: 4:36.19	37.57	400m: 5:09.81	33.62		
2. Dennis Brouwers	HZPC	NED	197800167	<b>5:17.66</b>	+0.85
50m: 35.01	35.01	150m: 1:55.33	38.03	250m: 3:20.22	47.80
100m: 1:17.30	42.29	200m: 2:32.42	37.09	300m: 4:07.21	46.99
350m: 4:43.07	35.86	400m: 5:17.66	34.59		
3. Vincent Versteeg	Zwemlust-den Hommel	NED	197701003	<b>5:22.01</b>	+0.74
50m: 32.97	32.97	150m: 1:56.62	42.54	250m: 3:22.75	43.83
100m: 1:14.08	41.11	200m: 2:38.92	42.30	300m: 4:08.55	45.80
350m: 4:44.94	36.39	400m: 5:22.01	37.07		
4. Kees Bakker	Gay Swim Amsterdam	NED	197501055	<b>5:54.47</b>	+0.56
50m: 38.17	38.17	150m: 2:09.40	46.83	250m: 3:44.52	49.78
100m: 1:22.57	44.40	200m: 2:54.74	45.34	300m: 4:34.20	49.68
350m: 5:14.20	40.00	400m: 5:54.47	40.27		
5. Marcel van Walt van Praag	Gay Swim Amsterdam	NED	197501425	<b>7:08.86</b>	+0.74
50m: 44.14	44.14	150m: 2:41.56	1:01.70	250m: 4:39.38	59.43
100m: 1:39.86	55.72	200m: 3:39.95	58.39	300m: 5:38.32	58.94
350m: 6:25.04	46.72	400m: 7:08.86	43.82		
6. Alfonso Verkerk	SCOM/De Zeehond'73 (SG)	NED	197601665	<b>7:13.14</b>	+0.76
50m: 43.96	43.96	150m: 2:41.35	1:03.57	250m: 4:45.23	1:00.38
100m: 1:37.78	53.82	200m: 3:44.85	1:03.50	300m: 5:43.48	58.25
350m: 6:29.71	46.23	400m: 7:13.14	43.43		

**Masters 50+**

1. Matthias Millers	SG Wuppertal	GER	113799	<b>5:16.87</b>	+0.86
50m: 32.14	32.14	150m: 1:50.63	41.28	250m: 3:18.18	47.42
100m: 1:09.35	37.21	200m: 2:30.76	40.13	300m: 4:06.05	47.87
350m: 4:43.66	37.61	400m: 5:16.87	33.21		
2. Vedestas Seferlis	Kauno Takas	LTU		<b>5:18.05</b>	+0.55
50m: 32.67	32.67	150m: 1:54.48	44.05	250m: 3:23.38	46.81
100m: 1:10.43	37.76	200m: 2:36.57	42.09	300m: 4:09.52	46.14
350m: 4:45.12	35.60	400m: 5:18.05	32.93		
3. René Beetsma	HZ&PC Heerenveen	NED	196900069	<b>5:58.19</b>	+0.78
50m: 34.76	34.76	150m: 2:05.98	47.74	250m: 3:45.35	53.05
100m: 1:18.24	43.48	200m: 2:52.30	46.32	300m: 4:36.71	51.36
350m: 5:18.09	41.38	400m: 5:58.19	40.10		
4. Bruno Nahon	Cercle De Natation Sportcity WolBEL	BEL	CNSW/000390/70	<b>6:00.78</b>	
50m: 36.55	36.55	150m: 2:10.22	46.95	250m: 3:47.81	52.11
100m: 1:23.27	46.72	200m: 2:55.70	45.48	300m: 4:41.31	53.50
350m: 5:21.89	40.58	400m: 6:00.78	38.89		

**Masters 55+**

1. Heiko Boknecht	TSV Quakenbrück	GER	057598	<b>5:37.70</b>	+0.80
50m: 34.79	34.79	150m: 2:01.12	46.28	250m: 3:31.96	46.91
100m: 1:14.84	40.05	200m: 2:45.05	43.93	300m: 4:19.14	47.18
350m: 4:59.18	40.04	400m: 5:37.70	38.52		
2. Jan-Willem van den Berg	WVZ	NED	196801575	<b>5:47.50</b>	+0.70
50m: 35.37	35.37	150m: 2:04.15	44.65	250m: 3:36.37	48.09
100m: 1:19.50	44.13	200m: 2:48.28	44.13	300m: 4:25.78	49.41
350m: 5:07.37	41.59	400m: 5:47.50	40.13		
3. Hugues Herman	Cercle De Natation Sportcity WolBEL	BEL	CNSW/009743/66	<b>5:57.78</b>	+0.68
50m: 37.53	37.53	150m: 2:10.38	46.10	250m: 3:47.20	51.16
100m: 1:24.28	46.75	200m: 2:56.04	45.66	300m: 4:40.15	52.95
350m: 5:19.49	39.34	400m: 5:57.78	38.29		
4. Eymert van Rooij	PSV	NED	196601631	<b>6:28.89</b>	+0.89
50m: 40.08	40.08	150m: 2:20.42	49.80	250m: 4:05.03	55.40
100m: 1:30.62	50.54	200m: 3:09.63	49.21	300m: 5:00.01	54.98
350m: 5:44.39	44.38	400m: 6:28.89	44.50		
5. Wiljam Nijenhuis	De IJssel	NED	196400547	<b>6:42.94</b>	+0.78
50m: 37.02	37.02	150m: 2:19.37	55.40	250m: 4:10.95	58.91
100m: 1:23.97	46.95	200m: 3:12.04	52.67	300m: 5:11.44	1:00.49
350m: 5:57.49	46.05	400m: 6:42.94	45.45		

**Masters 60+**

1. Jan Brink	ZPC De Zeeuwse Kust	NED	196200091	<b>5:57.40</b>	+0.85
50m: 40.48	40.48	150m: 2:11.66	43.22	250m: 3:45.91	51.45
100m: 1:28.44	47.96	200m: 2:54.46	42.80	300m: 4:38.38	52.47
350m: 5:19.29	40.91	400m: 5:57.40	38.11		
2. Ronald Grove	Triton	NED	196100161	<b>6:26.13</b>	+0.78
50m: 40.33	40.33	150m: 2:23.92	53.64	250m: 4:09.75	53.21
100m: 1:30.28	49.95	200m: 3:16.54	52.62	300m: 5:03.23	53.48
350m: 5:46.28	43.05	400m: 6:26.13	39.85		
3. Christian Schoenaers	Cercle De Natation Sportcity WolBEL	BEL	CNSW/007131/59	<b>8:21.45</b>	
50m: 57.54	57.54	150m: 3:14.89	1:06.92	250m: 5:25.06	1:02.45
100m: 2:07.97	1:10.43	200m: 4:22.61	1:07.72	300m: 6:29.29	1:04.23
350m: 7:27.71	58.42	400m: 8:21.45	53.74		



Programmanr. 30, Heren, 400m wisselslag, Masters 60+

rang	naam	vereniging		tijd	RT	PARA
DIS	Rob Spetter	De Rog	NED 196201239			
<i>SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.</i>						

Masters 65+

1.	Paul Bunnik	Triton	NED 195600413	<b>7:05.00</b>	+0.92	
	50m: 40.80	40.80	150m: 2:33.66	1:00.12	250m: 4:30.62	1:00.03
	100m: 1:33.54	52.74	200m: 3:30.59	56.93	300m: 5:31.96	1:01.34
					350m: 6:19.54	47.58
					400m: 7:05.00	45.46

Masters 80+

1.	Rob Hanou	PSV	NED 194300109	<b>9:39.61</b>		
<i>Nederlands Masters Record</i>						
	50m: 1:12.47	1:12.47	150m: 4:00.34	1:16.61	250m: 6:26.76	1:12.67
	100m: 2:43.73	1:31.26	200m: 5:14.09	1:13.75	300m: 7:42.44	1:15.68
					350m: 8:41.63	59.19
					400m: 9:39.61	57.98

Programmanr. 128  
07-05-2023

4 x 50m wisselslag

Masters Open  
Resultaten

rang	naam	vereniging		tijd	RT	PARA
240+						
1.	ZPC AMERSFOORT 1	ZPC AMERSFOORT	NED	<b>2:08.71</b>	+0.71	
<i>Europees Masters Record, NMR startzwemmer</i>						
	Chester Marsman	69	+0.71	29.78	Marjan Remmits-de Lange	63 +0.34 32.84
	Edwin v. Norden	63	+0.09	35.83	Atie Pijtak-Radersma	56 +0.21 30.26

Programmanr. 31  
07-05-2023 - 11:21

4 x 100m wisselslag

Masters Open  
Resultaten

rang	naam	vereniging		tijd	RT	PARA
80+, Heren						
1.	MSV-Zeemacht 2	MSV-Zeemacht	NED	<b>4:36.75</b>	+0.69	
	Marco van der Wulp	+0.69	35.41	1:13.69	Jordi de Nijs	+0.38 29.20 1:05.24
	Boyd Wijkman	+0.24	35.36	1:19.21	Mees Minneboo	+0.10 27.04 58.61
2.	ZOB'66 2	ZOB'66	NED	<b>4:38.63</b>	+0.62	
	Daan Siebenheller	+0.62	33.26	1:09.55	Ian van Mullem	+0.28 31.61 1:10.21
	Boaz Troost	+0.59	35.19	1:17.35	Julian Mes	+0.33 28.29 1:01.52
3.	De Duck 1	De Duck	NED	<b>5:02.20</b>	+0.79	
	Dylan Kalden	+0.79	38.16	1:19.22	Mick van den Houten	+0.54 30.16 1:08.02
	Paco de Voogt	+0.47	37.82	1:22.99	Ryan van der Sluijs	+0.52 33.13 1:11.97

100+, Heren

1.	ESCA Zwemmen 1	ESCA Zwemmen	NED	<b>4:19.46</b>	+0.77	
	Peter Rothengatter	+0.77	31.47	1:07.96	Sander de Vrugt	+0.25 28.56 1:03.16
	Jurre Stammes	+0.44	32.13	1:09.00	Tim de Vrugt	+0.33 27.33 59.34
2.	Steenwijk 1934 3	Steenwijk 1934	NED	<b>4:40.93</b>	+0.78	
	Robert Braad	+0.78	32.36	1:07.41	Kylian Kooijman	+0.51 29.97 1:09.80
	Thomas van Scheepen	+0.36	38.81	1:23.15	Martijn Lageweg	+0.57 28.37 1:00.57
3.	Triton Putten 1	Triton Putten	NED	<b>5:53.14</b>	+0.88	
	Bartho Visser	+0.88	36.93	1:16.99	Rick Vaarkamp	+0.47 45.91 1:45.50
	Wolter Graaf	+0.54	46.55	1:39.82	Hans Stoffers	+0.30 33.50 1:10.83
DIS	De Warande 1	De Warande	NED		+0.66	
<i>EA - Te vroeg overgenomen., 4de zwemmer</i>						
	Tom Balsen Versteeg	+0.66	32.00	1:07.60	Craig Frankum	+0.64 29.77 1:10.61

Programmanr. 31, Heren, 4 x 100m wisselslag, 100+

rang	vereniging	tijd	RT	PARA
	Nicko Kamphuis	+0.33 31.53 1:08.39	Dion Staal	-0.16

120+, Heren

1.	Blue Marlins 7 Jonne Schaafsma Thomas Hesper	Blue Marlins +0.65 31.38 1:03.70 +0.69 33.70 1:13.20	NED Marc Hoogendam Jim Geestman	<b>4:22.73</b> +0.20 29.70 1:07.97 +0.67 27.22 57.86	+0.65
2.	Zuiderzeezwemmers 1 Ilmar Stoop Jarick Stoop	Zuiderzeezwemmers +0.61 32.71 1:09.35 +0.34 33.18 1:14.55	NED Jesse van Dijk Gerko Versluis	<b>4:32.27</b> +0.42 28.47 1:04.11 +0.05 29.33 1:04.26	+0.61
3.	ZPC AMERSFOORT 3 Jelle Blankestijn Vincent Bakker	ZPC AMERSFOORT +0.69 32.61 1:09.59 +0.36 35.28 1:17.27	NED Erwin Buist Martijn Bartels	<b>4:37.11</b> +0.28 30.86 1:11.55 +0.16 27.78 58.70	+0.69
4.	NieMo Barracuda 1 Mark Hensen Robin van Beusekom	NieMo Barracuda +0.74 34.66 1:11.07 +0.38 36.99 1:20.92	NED Dennis Dortland Pascal van Haren	<b>4:41.87</b> +0.27 31.67 1:11.17 +0.37 28.07 58.71	+0.74
5.	De Schotejil 1 David Kievit Sven Dubbeld	De Schotejil +0.85 32.71 1:07.43 +0.52 39.56 1:25.40	NED Frank v.d. Voordt Sybren Groenewegen	<b>4:46.32</b> +0.61 32.89 1:12.61 +0.68 28.95 1:00.88	+0.85
6.	Bubble 1 Hendrik Broekema Tim Spejjer	Bubble +0.64 32.81 1:09.70 +0.39 32.92 1:13.72	NED Jorrik Kerdijk Alex Houwen	<b>4:47.29</b> +0.45 29.44 1:07.65 +0.44 33.24 1:16.22	+0.64
7.	ZVL-1886 Center 3 Erik Baalbergen Robin van Peenen	ZVL-1886 Center +0.79 35.86 1:13.37 +0.65 33.00 1:13.38	NED Ingmar Kooman Andre Schaap	<b>5:03.12</b> +0.36 35.25 1:04.29 +0.40 35.83 1:16.08	+0.79
8.	SWOL 1894 1 Peter Lommert Albert van Piekeren	SWOL 1894 +0.72 38.48 1:21.37 +0.32 36.29 1:18.07	NED Rutger Curfs Johan Wezenberg	<b>5:12.34</b> +0.79 38.13 1:24.52 +0.25 31.27 1:08.38	+0.72

160+, Heren

1.	WVZ 3 Ivo Roozeboom Jan-Willem van den Berg	WVZ +0.66 33.65 1:09.22 +0.53 37.55 1:18.84	NED Jordy van Oel Leon Slingerland	<b>4:43.19</b> +0.25 29.46 1:04.74 +0.31 32.73 1:10.39	+0.66
2.	DAW 2 Alex Damen Hans Schoenmakers	DAW +0.74 35.52 1:13.50 +0.35 39.23 1:27.10	NED Michel de Maesschalck Joost Hoetjes	<b>4:43.62</b> +0.49 29.42 1:04.35 +0.19 27.72 58.67	+0.74
3.	ZPC AMERSFOORT 6 Ron Korzelius Jelle Opmeer	ZPC AMERSFOORT +0.65 38.68 1:19.99 +0.23 32.09 1:11.70	NED Tom Blankestijn Henk Kuipers	<b>4:44.40 *</b> +0.04 29.35 1:04.27 +0.04 32.46 1:08.44	+0.65

200+, Heren

1.	ZV Hoogland 2 Jos Kamps Paul de Boer	Zwemvereniging Hoogland +0.68 49.47 1:46.98 44.98 1:38.56	NED Rutger Stam Rudolf Meijer	<b>6:06.03</b> 34.30 1:24.03 34.90 1:16.46	+0.68
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240+, Heren

1.	De Rog 1 Erik Kamphuis Roy Le Clercq	De Rog +0.78 38.82 1:17.87 +0.72 44.38 1:35.27	NED Peter Bensen Rob Spetter	<b>5:23.10</b> +0.52 35.90 1:18.79 34.68 1:11.17	+0.78
2.	CNSW 1 Hugues Herman Christian Schoenaers	Cercle De Natation Sportcity WolBEL +0.68 37.79 1:17.82 45.98 1:40.62	Bruno Nahon Philippe Godbille	<b>5:34.45</b> 35.94 1:18.75 34.48 1:17.26	+0.68
3.	PSV 5 Tom Bandsma Harold Matla	PSV +0.81 44.40 1:31.47 +0.76 39.95 1:22.88	NED Eymert van Rooij Nic Geers	<b>6:04.54</b> +0.58 39.14 1:27.41 +0.85 50.73 1:42.78	+0.81

Programmanr. 31, 4 x 100m wisselslag

280+, Heren

1. PSV 1	PSV			NED	<b>7:47.43</b>	<b>+0.87</b>
André Pantekoek	+0.87	51.85	1:48.47	Rob Hanou	+0.63	1:17.34
Rob Hemesath	+0.59	44.65	1:36.07	Jan Nuijten	+0.78	42.27
						1:32.81

80+, Dames

1. Hieronymus 1	Hieronymus			NED	<b>4:36.61</b>	<b>+0.77</b>	
<i>Nederlands Masters Record</i>							
Nadja Roovers	+0.77	33.93	1:09.81	Selene Wortel	+0.50	30.35	
Valesca van den Bogert	+0.56	34.98	1:16.64	Roos Englebert	+0.40	30.64	
						1:06.79	
						1:03.37	
2. Bubble 2	Bubble			NED	<b>5:00.66</b>	<b>+0.66</b>	
Laura Setz	+0.66	34.68	1:13.10	Marijke Drent	+0.51	34.32	
Sanne Kloezen	+0.51	38.25	1:24.75	Esmee Kloezen	+0.44	31.73	
						1:15.30	
						1:07.51	

100+, Dames

1. Zuiderzeewimmers 2	Zuiderzeewimmers			NED	<b>4:59.10</b>	<b>+0.64</b>
Annemarie ten Have	+0.64	36.68	1:17.50	Danique Stoop	+0.15	30.20
Gaby Zittersteijn	+0.38	41.78	1:28.29	Cynthia Smit	+0.38	30.58
						1:07.87
						1:05.44
2. ESCA Zwemmen 2	ESCA Zwemmen			NED	<b>5:15.79</b>	<b>+0.63</b>
Moniek van Langevelde	+0.63	36.28	1:16.38	Sanne Landman	+0.47	32.77
Ijla Janssen	+0.44	41.25	1:30.66	Irmgard van Weeghel	+0.30	34.82
						1:14.83
						1:13.92
3. NieMo Barracuda 2	NieMo Barracuda			NED	<b>5:20.36</b>	<b>+0.84</b>
Esmée Rolloos	+0.84	41.11	1:26.05	Denise Boereboom	+0.46	31.43
Marijke Kommers	+0.59	42.24	1:31.17	Tamara van den Brink	+0.67	33.93
						1:11.64
						1:11.50
4. PSV 2	PSV			NED	<b>5:21.58</b>	<b>+0.91</b>
Nanda van Heteren	+0.91	40.16	1:22.80	Larissa Jansen		36.78
Fiona Meuffels		39.94	1:26.89	Anouk Kuijlaars		33.33
						1:22.72
						1:09.17
5. De Duck 2	De Duck			NED	<b>5:23.19</b>	<b>+0.77</b>
Kimberley van Buren	+0.77	40.56	1:23.74	Noa de Bock	+0.61	35.36
Leontine Groeneveldt	+0.19	41.43	1:29.76	Judith Kleinjan	+0.60	33.09
						1:18.06
						1:11.63
6. ZVL-1886 Center 2	ZVL-1886 Center			NED	<b>5:31.29</b>	<b>+0.58</b>
Adela Vázquez García	+0.58	39.60	1:24.07	Suzan Blankestijn		36.60
Maartje Hids		44.17	1:33.94	Margien Timmer		35.41
						1:20.33
						1:12.95
7. Steenwijk 1934 2	Steenwijk 1934			NED	<b>5:40.80</b>	<b>+0.87</b>
Ilse Blankvoort	+0.87	44.67	1:31.13	Michelle van den Hoofdakker		32.38
Sabine Lageweg		44.07	1:34.83	Charine Rozendom - de Ruiter		37.16
						1:14.74
						1:20.10

120+, Dames

1. WVZ 1	WVZ			NED	<b>4:39.05</b>	<b>+0.65</b>	
<i>Nederlands Masters Record</i>							
Mabel Suli	+0.65	34.53	1:10.52	Delia Badoux	+0.33	30.83	
Nicole Bennis	+0.38	36.64	1:20.23	Leonie van Noort	+0.10	28.30	
						1:09.31	
						58.99	
2. ZPC AMERSFOORT 4	ZPC AMERSFOORT			NED	<b>5:08.10</b>	<b>+0.77</b>	
Eline Hendriks	+0.77	40.44	1:22.65	Jisca Majolee		35.89	
Larissa Brak	+0.56	38.32	1:22.10	Marije Jansen	+0.39	30.67	
						1:17.98	
						1:05.37	
3. WVZ 2	WVZ			NED	<b>5:37.44</b>	<b>+0.77</b>	
Lisette Jursche-Prins	+0.77	40.76	1:25.49	Lauren van IJL		35.30	
Tessa Verheijdt		46.67	1:41.66	Sabine Koudijs		32.60	
						1:19.66	
						1:10.63	
DIS Steenwijk 1934 5	Steenwijk 1934			NED		<b>+0.77</b>	
<i>AE - De aangegeven zwemslag niet uitgevoerd., Derde zwemster</i>							
Getrude Corporaal	+0.77	38.84	1:21.49	Lonneke Oenema	+0.46		
Wilna Heijman	+0.51	51.39	1:51.02	Alies Wagter	+0.60		

Programmanr. 31, 4 x 100m wisselslag

160+, Dames

1.	DAW 1 Alina Spijkerman Laura Badoux	DAW +0.74 40.12 36.55	1:22.78 1:20.55	NED Ilona Hogerheyde Jacqueline Tuin	<b>5:17.10</b> 34.82 34.70	+0.74 1:19.77 1:14.00
2.	ZPC AMERSFOORT 5 Henriëtte v. Norden Monica Kornewal	ZPC AMERSFOORT +0.87 40.44 +0.50 43.09	1:24.90 1:33.07	NED Lotte Eising Tajje Dijkhuis	<b>5:34.89</b> +0.37 34.70 +0.14 35.68	+0.87 1:18.60 1:18.32
3.	MSV-Zeemacht 1 Suzanne Mosch Bianca Groot	MSV-Zeemacht +0.67 36.25 +0.54 43.19	1:17.39 1:31.21	NED Jet Kleine Annette van Dok	<b>5:35.80</b> +0.30 34.69 +0.08 41.69	+0.67 1:18.13 1:29.07
4.	GZC Donk 1 Jessica Venema Linda van Klei	GZC Donk +0.78 42.34 +0.78 43.93	1:29.06 1:32.58	NED Petra Tossings-van de Hooven Ilonka van der Meer	<b>5:56.78</b> +0.59 43.04 +0.80 37.84	+0.78 1:34.24 1:20.90
5.	Montferland 1 Wilma Lammers-Wigman Irma de Winter	Montferland +0.85 46.22 +0.07 51.12	1:36.56 1:49.41	NED Noa Esman Wilma van Velsen	<b>6:15.71</b> +0.01 42.10 +0.46 35.66	+0.85 1:33.82 1:15.92
6.	De Geul 1 Esmee Wijnmaalen Roselinda van der Vlugt	De Geul +0.81 40.37 +0.75 55.77	1:22.36 1:57.55	NED Isabelle Janssen Erica Muller	<b>6:23.67</b> +0.67 40.91 42.81	+0.81 1:29.93 1:33.83
7.	De Rog 3 Ageeth Westenbrink Karin Vermeer	De Rog +0.83 52.54 +0.44 52.11	1:49.88 1:50.48	NED Esther Vergeest Sandra Van der Helm	<b>6:36.88</b> +0.30 42.64 +0.54 41.15	+0.83 1:31.06 1:25.46

200+, Dames

1.	ESCA Zwemmen 3 Karin van der Star-Verhoeven Yoka de Vegt-van Dijk	ESCA Zwemmen +0.80 44.22 +0.81 47.88	1:33.48 1:39.84	NED Danique de Vegt Marion Kolkman-Pluim	<b>6:07.33</b> +0.52 35.74 43.20	+0.80 1:24.02 1:29.99
2.	CNSW 3 Valérie Rolland Isaline Manchel	Cercle De Natation Sportcity WolBEL +0.66 39.81 +0.32 43.49	1:22.82 1:31.73	Kathy Van Lindt Fernande Blondeel-Gourmet	<b>6:12.05</b> +0.72 42.04 52.57	+0.66 1:29.98 1:47.52
3.	Old Dutch 1 Patricia Brooijmans Karin van Nassau-van den Heuvel	Old Dutch +0.67 43.27 +0.55 49.63	1:28.81 1:45.61	NED Chantal Verhoeff Karien Musters	<b>6:36.81</b> +0.62 38.02 53.41	+0.67 1:28.56 1:53.83

240+, Dames

1.	CNSW 2 <i>Europees Masters Record</i> Pierrette Michel Colette Crabbé	Cercle De Natation Sportcity WolBEL +0.81 39.70 43.03	1:21.83 1:31.53	Claire Anthony Nathalie Blondeel	<b>5:34.98</b> +0.42 40.34 +0.70 31.50	+0.81 1:35.41 1:06.21
DIS	PSV 3 <i>EA - Te vroeg overgenomen., 2e overname</i> Patty Verhagen Anje Manuputtu	PSV 45.93 +0.74 56.90	1:32.88 2:02.34	NED Jeanne Petit Esther van Lohuizen	-0.14	

Masters 80+

1.	ZVL-1886 Center 1 Guus Hoogduin Lonneke Graansma	ZVL-1886 Center +0.67 30.83 +0.44 37.11	1:04.35 1:22.11	NED Robin van Beek Silke Molendijk	<b>4:26.48</b> +0.32 27.54 +0.17 28.88	+0.67 1:00.09 59.93
2.	De Columbiaan 1 Anouk Vis Dave van den Nieuwendijk	De Columbiaan +0.68 35.27 +0.49 32.59	1:14.19 1:12.00	NED Julia Notenboom Daan Hogerhuis	<b>4:29.67</b> +0.32 31.66 +0.31 25.01	+0.68 1:09.68 53.80
3.	HZ&PC Heerenveen 2 Leonie van Wier Jorian Darwinkel	HZ&PC Heerenveen +0.56 36.22 33.34	1:15.94 1:12.11	NED Romy Jalving Rob van Wier	<b>4:52.77</b> 36.18 28.97	+0.56 1:23.44 1:01.28
4.	Het Ravijn 1 Noa Boerma Lotte de Vente	Het Ravijn +0.72 43.77 44.52	1:32.17 1:36.97	NED Marijn Heetkamp Richard Pieterse	<b>5:31.28</b> 33.59 30.66	+0.72 1:15.45 1:06.69

## Programmanr. 31, 4 x 100m wisselslag

**100+**

1. ZPCH 1	ZPCH			NED	<b>4:45.50</b>		+0.70
Ruud Holswilder	+0.70	33.40	1:08.86	Kim Zwinkels	+0.12	31.13	1:07.95
Remco de Heij	+0.59	36.42	1:17.39	Danielle Thuijs	+0.46	33.93	1:11.30
2. De Rijn 1	De Rijn			NED	<b>5:03.54</b>		+0.72
Johan Krakou	+0.72	35.73	1:15.96	Jeroen Louwinger	+0.39	31.76	1:09.77
Willemijn Hoving	+0.37	40.75	1:27.65	Lieke van Hofwegen	+0.18	33.09	1:10.16

**120+**

1. ZV Hoogland 1	Zwemvereniging Hoogland			NED	<b>4:41.74</b>		+0.62
Anne-Irene Ducheine	+0.62	35.63	1:14.18	Bas Dries	+0.45	27.62	1:03.41
Yuri van Omme	+0.37	33.44	1:10.78	Yvette Meijer	+0.71	34.94	1:13.37
2. WSS 1	Westland Swimming Stars			NED	<b>5:01.52</b>		+0.65
Pieter Broek	+0.65	36.03	1:14.26	Nick Boekestijn	+0.52	31.12	1:09.93
Mirjan den Drijver	+0.49	43.14	1:31.34	Annoeska Banen	+0.62	31.51	1:05.99
3. De Duinkickers 1	De Duinkickers			NED	<b>5:01.98</b>		+0.77
Esther Poortvliet - Koedam	+0.77	39.85	1:21.65	Merel Visser	+0.61	33.77	1:13.67
Renzo Strang	+0.42	35.21	1:17.94	Ruben de Boer	+0.14	32.23	1:08.72
4. ZOB'66 1	ZOB'66			NED	<b>5:25.19</b>		+0.65
Harmen Reemst	+0.65	37.54	1:18.77	Nina Tourton		34.66	1:17.11
Ferry Blangé		38.36	1:21.84	Danielle Schipper		41.53	1:27.47
5. De Rog 2	De Rog			NED	<b>5:33.65</b>		+0.77
Vera Vergeest	+0.77	43.90	1:27.49	Arjan Verheij	+0.19	38.04	1:23.23
Wijnand Vergeest	+0.49	45.73	1:36.72	Ilse Verheij	+0.64	31.93	1:06.21

**160+**

1. PSV 4	PSV			NED	<b>5:02.33</b>		+0.71
Carla Geurts	+0.71	36.66	1:16.18	Richard Ricksen	+0.51	32.98	1:13.02
Renee de Kok	+0.41	42.45	1:32.74	Youri Vaes	+0.28	28.58	1:00.39
2. TRB-RES 1	TRB-RES			NED	<b>5:04.77</b>		+0.81
Edith Janssen-Koolen	+0.81	38.04	1:19.69	Maïke Korthout	+0.48	35.52	1:19.05
Bas Kremers	+0.71	39.04	1:24.25	Sander van Elburg	+0.14	28.91	1:01.78

**200+**

1. ZPC AMERSFOORT 2	ZPC AMERSFOORT			NED	<b>4:57.13</b>		+0.73
Johan Remmits	+0.73	35.13	1:12.24	Lidia v. Bon-Rosenbrand	+0.33	35.01	1:18.57
Rob van Vliet	+0.41	36.78	1:18.91	Lesley Cordial	+0.63	31.90	1:07.41
2. De Biesboschzwemmers 1	De Biesboschzwemmers			NED	<b>5:23.58</b>		+0.75
Nico Swart	+0.75	38.03	1:21.45	Paul Wijnja	+0.41	36.82	1:22.21
Annette Wijnja-Visser	+0.38	41.86	1:30.54	Marjo Goelema-Koek	+0.45	32.16	1:09.38
3. HZ&PC Heerenveen 1	HZ&PC Heerenveen			NED	<b>5:41.33</b>		+0.81
Peggi Hurenkamp	+0.81	43.35	1:29.32	René Beetsma	+0.38	34.38	1:15.06
Marten de Groot	+0.53	46.62	1:39.03	Jannie Vennik	+0.70	37.02	1:17.92
4. Steenwijk 1934 1	Steenwijk 1934			NED	<b>5:55.87</b>		+0.77
Leonie Scholten	+0.77	42.83	1:30.89	Pauline van Gelder - Dieker	+0.61	37.34	1:25.72
Hans van Scheepen		50.56	1:48.95	Huyb Stegeman	+0.35	32.92	1:10.31
5. De Duinkickers 2	De Duinkickers			NED	<b>5:57.08</b>		+0.66
Marcel Brittijn	+0.66	45.78	1:34.43	Robert de Brauwier	+0.50	40.56	1:27.87
Inge Roskam	+0.57	43.98	1:33.79	Saskia op den Velde	+0.36	36.58	1:20.99

**240+**

1. ZPC AMERSFOORT 1	ZPC AMERSFOORT			NED	<b>5:00.59</b>		+0.91
<i>Nederlands Masters Record</i>							
Edwin v. Norden	+0.91	36.06	1:14.24	Chester Marsman	+0.55	29.26	1:04.11
Marjan Remmits-de Lange	+0.43	42.59	1:31.39	Atie Pijtak-Radersma	+0.29	33.66	1:10.85
2. Steenwijk 1934 4	Steenwijk 1934			NED	<b>6:05.14</b>		+0.68
Guido Keutgen	+0.68	35.49	1:14.35	Linda Wibbelink	+0.53	50.94	1:48.34
Casper Dollekamp	+0.52	42.29	1:33.67	Monica Bakker	+0.78	43.15	1:28.78



Programmanr. 31, 4 x 100m wisselslag

280+

1. SWOL 1894 2 <i>Nederlands Masters Record</i>	SWOL 1894			NED	<b>6:35.90</b>		+0.84
Rob Berkhof	+0.84	53.90	1:50.11	Christine Nieuwenhuis	+0.36	45.13	1:43.87
Bea Swijnenberg	+0.34	52.64	1:50.16	Harry Dokter	+0.29	33.43	1:11.76

7 - ONMK 2023 lb Sessie 7

07-05-2023 - 13:30

Programmanr. 33  
07-05-2023 - 13:30

Dames, 200m vlinderslag

Masters Open  
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
<b>Masters 20+</b>								
1. Roos Englebert	Hieronymus	NED 200200606	<b>2:38.60</b>	+0.71	35.40	1:16.61	1:57.94	2:38.60
2. Welmoed Doornbos	De IJsselmeeuwen	NED 200203352	<b>2:57.70</b>	+0.75	37.71	1:23.94	2:11.49	2:57.70
3. Nasca van Dijk	De Marlijn (SG)	NED 200300816	<b>3:10.64</b> *		36.39	1:22.85	2:16.22	3:10.64
4. Noa Boerma	Het Ravijn	NED 200202736	<b>3:22.43</b>	+0.75	40.27	1:30.84	2:25.22	3:22.43
5. Isabelle Janssen	De Geul	NED 200006318	<b>3:24.65</b>	+0.86	44.86	1:37.35	2:31.34	3:24.65
<b>Masters 25+</b>								
1. Chantal van der Horst	De Meer	NED 199400616	<b>2:57.65</b>	+0.85	39.67	1:24.45	2:11.39	2:57.65
2. Aniek Garritsen	De IJsselmeeuwen	NED 199504290	<b>2:57.75</b>	+0.74	34.19	1:16.14	2:05.41	2:57.75
3. Rianne van Rijssen	Noord Veluwe	NED 199702360	<b>3:01.13</b>	+0.81	37.11	1:24.17	2:12.94	3:01.13
4. Djamari Oetringer	Aqua-Novio'94	NED 199600546	<b>3:38.43</b>	+0.88	47.92	1:45.98	2:42.54	3:38.43
5. Cynthia van Veen	ZVL-1886 Center	NED 199606736	<b>3:51.38</b>	+0.72	46.43	1:46.47	2:49.52	3:51.38
<b>Masters 30+</b>								
1. Mariska Scheel	ACZ	NED 199306344	<b>2:38.55</b>	+0.74	35.04	1:14.83	1:55.35	2:38.55
2. N. Wobben - de Vries	Steenwijk 1934	NED 199204328	<b>3:05.44</b>	+0.80	38.39	1:24.85	2:14.55	3:05.44
3. Irmgard van Weeghel	ESCA Zwemmen	NED 199204834	<b>3:23.07</b>	+0.84	42.97	1:34.75	2:28.70	3:23.07
4. Marjan Rikken	Octopus-ZVV (SG)	NED 199206114	<b>3:40.13</b>	+0.81	44.48	1:40.73	2:40.31	3:40.13
<b>Masters 35+</b>								
1. V. Hádén-Felföldi	Iron Swim	HUN 66/3267	<b>2:28.02</b>	+0.58	32.14	1:09.30	1:48.46	2:28.02
2. Marlijn Hendriksen	DIO	NED 198806828	<b>2:40.73</b>	+0.77	35.60	1:15.35	1:57.21	2:40.73
3. Linda van Klei	GZC Donk	NED 198802088	<b>3:16.68</b>	+0.87	41.08	1:30.95	2:24.25	3:16.68
4. Marloes Rebel	WS Twente	NED 198403474	<b>4:09.58</b>		56.94	2:00.73	3:06.71	4:09.58
<b>Masters 40+</b>								
1. Roos van Esch	ACZ	NED 198200468	<b>2:41.98</b>	+0.87	36.46	1:17.62	1:59.99	2:41.98
2. Miranda Pijnenburg	De Treffers	NED 198301216	<b>3:05.58</b>	+0.78	37.84	1:22.99	2:11.48	3:05.58
3. Linda Hoogendam	WVZ	NED 198300892	<b>3:37.48</b>	+0.94	47.57	1:43.03	2:40.98	3:37.48
<b>Masters 45+</b>								
1. Annett von Rekowski	SG Bayer	GER 97868	<b>2:50.25</b>	+0.60	38.52	1:22.59	2:06.91	2:50.25
2. Liselotte Joling	PSV	NED 197500268	<b>2:54.06</b>	+0.84	37.44	1:21.94	2:07.83	2:54.06
3. Jolanda van Gendt	PSV	NED 197800266	<b>3:16.16</b>	+0.81	41.84	1:32.60	2:24.17	3:16.16
4. Leontine Loeber	SwimGym	NED 197701010	<b>3:24.08</b>	+0.92	41.21	1:31.11	2:26.79	3:24.08
5. Desiree Agterberg	Nat Utrecht	NED 197701228	<b>3:52.41</b>	+0.88	50.95	1:51.19	2:54.87	3:52.41
<b>Masters 50+</b>								
1. L. v. Bon-Rosenbrand	ZPC AMERSFOORT	NED 197000054	<b>2:51.03</b>	+0.86	37.22	1:20.49	2:05.34	2:51.03
2. Kathy Van Lindt	Cercle De Natation Sportcity	BELuCNSW/007949/71	<b>3:14.26</b>	+0.92	44.58	1:36.40	2:27.92	3:14.26
3. Bianca Groot	MSV-Zeemacht	NED 197000652	<b>3:22.26</b>	+0.84	41.28	1:34.10	2:28.55	3:22.26
<b>Masters 55+</b>								
1. Claudia Thielemann	SG Bayer	GER 333958	<b>2:38.33</b>	+0.74	35.07	1:15.27	1:56.61	2:38.33
<i>Europees Masters Record</i>								
2. Anita Steijger	WVZ	NED 196500628	<b>3:40.36</b>	+0.99	43.87	1:38.84	2:39.22	3:40.36
3. K. van Nassau-van den IOld Dutch		NED 196600188	<b>3:49.52</b>		51.66	1:50.05	2:50.55	3:49.52

Programmanr. 33, Dames, 200m vlinderslag

Masters 60+

1. M. Grove-Lingeman	Triton	NED 196200080	<b>3:20.64</b>	+0.83	41.19	1:30.83	2:24.39	3:20.64
2. P. Tossings-van de Hoo	GZC Donk	NED 196100376	<b>3:23.47</b>	+0.86	44.75	1:38.04	2:32.06	3:23.47

Masters 65+

1. Claire Anthony	Cercle De Natation Sportcity	BELuCNSW/001353/57	<b>3:55.64</b>	+0.86	53.25	1:56.27	3:00.96	3:55.64
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*Kampioenschapsrecord, Belgisch Masters Record*

Programmanr. 34  
07-05-2023 - 13:46

Heren, 200m vlinderslag

Masters Open  
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
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Masters 20+

1. Guus Hoogduin	ZVL-1886 Center	NED 200201069	<b>2:14.68</b>	+0.62	30.52	1:04.69	1:39.60	2:14.68
2. Freek Hollander	Blue Marlins	NED 200103815	<b>2:26.37</b>	+0.77	30.14	1:04.98	1:42.92	2:26.37
3. Tom Blankestijn	ZPC AMERSFOORT	NED 200201185	<b>2:26.65</b>	+0.72	31.41	1:08.11	1:47.10	2:26.65
4. Tom Balsen Versteeg	De Warande	NED 200005673	<b>2:30.64</b>	+0.67	31.60	1:09.76	1:50.12	2:30.64
5. Dion Staal	De Warande	NED 200200065	<b>3:00.80</b>	+0.82	37.45	1:23.37	2:12.91	3:00.80

Masters 25+

1. Nick Sijmons	De Amstel	NED 199500491	<b>2:18.97</b>	+0.59	31.23	1:07.23	1:43.33	2:18.97
2. Donny van den Bosch	Zwemlust-den Hommel	NED 199502001	<b>2:22.49</b>	+0.66	30.18	1:05.84	1:43.85	2:22.49
3. Daan Siebenheller	ZOB'66	NED 199804955	<b>2:28.02</b>	+0.76	30.95	1:07.61	1:46.94	2:28.02
4. Richard van der Horst	De Meer	NED 199700179	<b>2:34.34</b>	+0.77	33.70	1:11.94	1:52.12	2:34.34
5. Hans Stoffers	Triton Putten	NED 199604027	<b>2:49.68</b>	+0.68	30.86	1:09.91	1:53.94	2:49.68
6. Colin Degenaars	ZPCH	NED 199505951	<b>2:53.43</b>	+0.80	34.79	1:18.73	2:05.68	2:53.43
7. Rick Vaarkamp	Triton Putten	NED 199404979	<b>4:01.70</b>	+0.89	48.97	1:51.81	2:56.13	4:01.70

Masters 30+

1. Matteo Viani	Zwemlust-den Hommel	NED 199007717	<b>2:17.79</b>	+0.78	29.67	1:03.36	1:39.16	2:17.79
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*Nederlands Masters Record*

2. Tim Bunnik	Triton	NED 199000505	<b>2:35.67</b>	+0.80	34.07	1:14.29	1:56.23	2:35.67
3. Ruben Stolk	ZOB'66	NED 199005665	<b>2:40.46</b>	+0.72	32.64	1:12.01	1:54.34	2:40.46
4. Jeroen Burggraaf	De Blauwe Schuur	NED 199000467	<b>2:47.16</b>	+0.83	33.99	1:16.12	2:05.25	2:47.16
5. Marc Hoogendam	Blue Marlins	NED 199007713	<b>2:59.52</b>	+0.70	36.86	1:24.28	2:12.89	2:59.52

Masters 35+

1. Sander van Elburg	TRB-RES	NED 198800937	<b>3:20.89</b>	+0.99	45.12	1:37.52	2:30.14	3:20.89
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Masters 40+

1. Mark Hensen	NieMo Barracuda	NED 197900497	<b>2:49.06</b>	+0.82	33.07	1:12.98	1:59.74	2:49.06
2. Rob van Wanrooy	Feijenoord Albion Zwemclub	NED 198202627	<b>3:18.87</b>	+0.76	46.95	1:40.06	2:32.88	3:18.87

Masters 45+

1. Jasper van Heijst	Het Y	NED 197601699	<b>2:49.23</b>	+0.84	34.64	1:16.50	2:01.89	2:49.23
2. Erik Schoenmakers	GZC Donk	NED 197601667	<b>2:55.39</b>	+0.90	34.27	1:15.10	2:00.10	2:55.39
3. M. van Walt van Praag	Gay Swim Amsterdam	NED 197501425	<b>3:47.60</b>	+0.86	49.86	1:50.38	2:50.74	3:47.60
NG Kees Bakker	Gay Swim Amsterdam	NED 197501055						

Programmanr. 34, Heren, 200m vlinderslag

Masters 55+

1. Heiko Boknecht	TSV Quakenbrück	GER 057598	<b>2:39.67</b>	+0.78	35.09	1:15.30	1:57.65	2:39.67
2. Eymert van Rooij	PSV	NED 196601631	<b>3:19.75</b>	+0.86	42.12	1:35.11	2:30.01	3:19.75
3. Huyb Stegeman	Steenwijk 1934	NED 196701535	<b>3:23.16</b>	+0.97	43.61	1:34.24	2:28.17	3:23.16
4. Roy Le Clercq	De Rog	NED 196401041	<b>3:51.06</b>		50.31	1:49.69	2:51.77	3:51.06

Masters 60+

1. Ronald Grove	Triton	NED 196100161	<b>3:18.96</b>	+0.81	40.20	1:30.41	2:23.50	3:18.96
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Masters 65+

1. Hugo Bregman	WVZ	NED 195800069	<b>2:32.00</b>	+0.78	33.49	1:12.10	1:52.18	2:32.00
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*Wereld Masters Record*

Programmanr. 35  
07-05-2023 - 13:58

Dames, 100m vrije slag

Masters Open  
Resultaten

rang naam	vereniging		tijd	RT	PARA	50m	100m
<b>Masters 20+</b>							
1. Silke Molendijk	ZVL-1886 Center	NED 200100178	<b>1:00.10</b>	+0.55		29.31	1:00.10
2. Babette van der Kaaij	Blue Marlins	NED 199902234	<b>1:00.20</b>	+0.64		28.64	1:00.20
3. Kim Vos	Triton Putten	NED 200000990	<b>1:01.25</b>	+0.61		29.52	1:01.25
4. Julia Notenboom	De Columbiaan	NED 200302596	<b>1:02.37</b>	+0.78		29.68	1:02.37
5. Leonie van Wier	HZ&PC Heerenveen	NED 200200436	<b>1:02.38</b>	+0.71		29.15	1:02.38
6. Sanne Heemsker	ZVL-1886 Center	NED 200100600	<b>1:02.79</b>	+0.71		29.98	1:02.79
7. Kim Zwinkels	ZPCH	NED 200300422	<b>1:02.81</b>	+0.77		31.06	1:02.81
8. Lianne van Wier	HZ&PC Heerenveen	NED 200200438	<b>1:03.00</b>	+0.59		29.72	1:03.00
9. Laurien Van Nieuwenhove	Mega	BEL MEGA/20663/99	<b>1:03.21</b>	+0.69		30.57	1:03.21
10. Ilse Verheij	De Rog	NED 200300456	<b>1:03.60</b>	+0.58		29.85	1:03.60
11. Cynthia Smit	Zuiderzeewemmers	NED 200100550	<b>1:04.64</b>	+0.76		30.49	1:04.64
12. M. van den Hoofdakker	Steenwijk 1934	NED 200302708	<b>1:04.89</b>	+0.81		30.84	1:04.89
13. Esmée van Peer	TriVia	NED 200201114	<b>1:05.07</b>	+0.75		30.99	1:05.07
14. Anouk Vis	De Columbiaan	NED 200203322	<b>1:05.67</b>	+0.77		31.44	1:05.67
15. Noa de Bock	De Duck	NED 200300318	<b>1:05.81</b>	+0.69		31.42	1:05.81
16. Froukje Osinga	Orca	NED 200003090	<b>1:06.13</b>	+0.70		31.19	1:06.13
17. Hanna Looi	Blue Marlins	NED 200006090	<b>1:06.27</b>	+0.66		31.94	1:06.27
18. Selina Janssen	Neptunus'58	NED 199905974	<b>1:06.32</b>	+0.73		31.81	1:06.32
19. Alisha Vieira	Blue Marlins	NED 199904554	<b>1:06.39</b>	+0.76		30.93	1:06.39
20. Alies Wagter	Steenwijk 1934	NED 199900840	<b>1:06.55</b>	+0.80		32.28	1:06.55
21. Rosanne Diepeveen	De Blauwe Schuur	NED 199906146	<b>1:07.37</b>			32.04	1:07.37
22. Kyra Wesemann	MSV-Zeemacht	NED 200201440	<b>1:07.58</b>	+0.81		32.70	1:07.58
23. Romy Verhagen	De Dolfijn	NED 199906620	<b>1:07.81</b>	+0.54		32.15	1:07.81
24. Hannah Ledingham	SG Bayer	GER 458077	<b>1:08.05</b>	+0.64		32.23	1:08.05
25. Lonneke Graansma	ZVL-1886 Center	NED 199900936	<b>1:08.12</b>	+0.57		32.56	1:08.12
26. Iris van Rossum	ACZ	NED 200004858	<b>1:08.29</b>	+0.77		32.62	1:08.29
27. Ann Kathrin Wutz	SG Bayer	GER 258129	<b>1:08.36</b>	+0.61		32.32	1:08.36
28. Ilse Valk	Het Ravijn	NED 200000172	<b>1:08.51</b>	+0.68		31.86	1:08.51
29. Elisah Velgersdijk	ZPC AMERSFOORT	NED 200102436	<b>1:08.78</b>	+0.72		32.93	1:08.78
30. Merel van den Heuvel	De Meer	NED 200201784	<b>1:09.62</b>	+0.59		31.97	1:09.62
31. Sheila ten Voorde	Octopus-ZVV (SG)	NED 199904538	<b>1:09.85</b>	+0.79		32.48	1:09.85
32. Welmoed Doornbos	De IJsselmeewen	NED 200203352	<b>1:09.89</b>	+0.76		33.02	1:09.89
33. Lieke van Hofwegen	De Rijn	NED 200105144	<b>1:10.00</b>	+0.68		33.16	1:10.00
34. Lisanne Seising	VZC	NED 200002084	<b>1:10.17</b>	+0.75		32.66	1:10.17
35. Romy Jalving	HZ&PC Heerenveen	NED 200000616	<b>1:10.52</b>	+0.74		33.15	1:10.52
36. Sabine Lageweg	Steenwijk 1934	NED 199900926	<b>1:11.14</b>	+0.69		33.28	1:11.14
37. Rosa Huntjens	EZCL (SG)	NED 200301402	<b>1:11.49</b>	+0.76		34.19	1:11.49
38. Danielle Thuijs	ZPCH	NED 200305302	<b>1:11.60</b>	+0.65		34.38	1:11.60
39. Lianne Dekker	DAW	NED 200305438	<b>1:11.70</b>	+0.73		34.31	1:11.70
40. Lotte de Vente	Het Ravijn	NED 199905814	<b>1:12.29</b>	+0.80		34.04	1:12.29

Programmanr. 35, Dames, 100m vrije slag, Masters 20+

rang naam	vereniging			tijd	RT	PARA	50m	100m
41. Marouscha de Vries	DAW	NED	199906628	<b>1:12.45</b>	+0.65		34.20	1:12.45
42. Amber Hopman	De Aalscholver	NED	200106384	<b>1:12.63</b>	+0.74		34.69	1:12.63
43. Ilse Hallie	Octopus-ZVV (SG)	NED	200200128	<b>1:12.81</b>	+0.65		34.87	1:12.81
44. Nana Dekkers	Neptunus'58	NED	200206220	<b>1:13.09</b>	+0.78		35.38	1:13.09
45. Lynke de Haan	De Inktvis	NED	200301688	<b>1:15.84</b>	+0.82		35.99	1:15.84
46. Noa Boerma	Het Ravijn	NED	200202736	<b>1:16.44</b>	+0.72		36.04	1:16.44
47. Tove Kienhuis	Aqua'68	NED	200203486	<b>1:16.73</b>	+0.72		36.91	1:16.73
48. Noa Esman	Montferland	NED	200000158	<b>1:17.51</b>	+0.86		36.84	1:17.51
49. Ymke van Dongen	AquAmigos	NED	200202662	<b>1:18.21</b>	+0.70		37.45	1:18.21
Anne van Loon	Hieronymus	NED	200203178	<b>1:18.21</b>	+0.71		36.49	1:18.21
51. Mia de Vente	Het Ravijn	NED	200300518	<b>1:19.66</b>	+0.77		37.59	1:19.66
52. Dannique Koolen	De Vuursche	NED	199904048	<b>1:20.12</b>	+0.83	413	36.81	1:20.12
53. Selma Boertien	Aqua'68	NED	200203834	<b>1:20.13</b>			37.28	1:20.13

Masters 25+

1. Tamara Grove	De Dolfijn	NED	199601266	<b>58.30</b>	+0.71		28.04	58.30
<i>Nederlands Masters Record</i>								
2. Selene Wortel	Hieronymus	NED	199700654	<b>1:00.65</b>	+0.66		29.28	1:00.65
3. Marre Zandringa	Orca	NED	199701136	<b>1:01.74</b>	+0.71		29.49	1:01.74
4. Nora Bohler	Schwammclub Déifferdang	LUX	15712	<b>1:02.21</b>	+0.70		29.85	1:02.21
5. Moniek van Langevelde	ESCA Zwemmen	NED	199803160	<b>1:02.84</b>	+0.77		30.35	1:02.84
6. Karin Groen	Nova	NED	199502440	<b>1:03.45</b>	+0.65		30.22	1:03.45
7. Manon Kloosterman	Zwemlust-den Hommel	NED	199702082	<b>1:04.03</b>	+0.80		30.68	1:04.03
8. Linda Kamperman	Zwemlust-den Hommel	NED	199601238	<b>1:04.43</b>	+0.67		31.16	1:04.43
9. Sanne van de Pol	De Biesboschzwemmers	NED	199800722	<b>1:05.61</b>	+0.65		30.91	1:05.61
10. Annoeska Banen	Westland Swimming Stars	NED	199704570	<b>1:05.91</b>	+0.75		31.87	1:05.91
11. Fiona Meuffels	PSV	NED	199504366	<b>1:06.43</b>	+0.57		31.77	1:06.43
12. Maike Korthout	TRB-RES	NED	199406034	<b>1:06.67</b>	+0.67		32.08	1:06.67
13. Willemeijn Hoving	De Rijn	NED	199800106	<b>1:06.68</b>	+0.73		30.96	1:06.68
14. Larissa Jansen	PSV	NED	199500660	<b>1:06.70</b>	+0.78		31.90	1:06.70
15. Annemiek Meulenbeld	Orca	NED	199506230	<b>1:06.89</b>	+0.72		31.65	1:06.89
16. Lotte Eising	ZPC AMERSFOORT	NED	199502098	<b>1:07.59</b>	+0.65		31.52	1:07.59
17. Janine de Groot	NDD	NED	199500092	<b>1:07.77</b>	+0.78		32.61	1:07.77
18. Nina Tourton	ZOB'66	NED	199603612	<b>1:09.81</b>	+0.79		34.38	1:09.81
19. Evelien de Jong	Neptunia'24	NED	199805316	<b>1:09.84</b>	+0.59		34.24	1:09.84
20. Esmée Rolloos	NieMo Barracuda	NED	199800056	<b>1:11.36</b>	+0.72		34.35	1:11.36
21. Ayla Thiessen	De Rog	NED	199801088	<b>1:12.32</b>	+0.75		35.26	1:12.32
22. Anouk van der Lans	Westland Swimming Stars	NED	199801614	<b>1:13.06</b>	+0.74		34.56	1:13.06
23. Alma Janssen	Z&PC Zegenwerp	NED	199401078	<b>1:13.10</b>	+0.66		35.69	1:13.10
24. Margien Timmer	ZVL-1886 Center	NED	199506760	<b>1:13.30</b>	+0.71		35.21	1:13.30
25. Dajenne Hurkmans	De Rog	NED	199806662	<b>1:14.14</b>	+0.79		35.11	1:14.14
26. Judith Kleinjan	De Duck	NED	199802710	<b>1:15.69</b>	+0.78		35.09	1:15.69
27. Yvette Meijer	Zwemvereniging Hoogland	NED	199706590	<b>1:16.42</b>	+0.92		35.48	1:16.42
28. Ellen Rikken	Octopus-ZVV (SG)	NED	199604574	<b>1:16.77</b>	+0.95		36.71	1:16.77
29. Emma van der Meer	De Ward	NED	199702524	<b>1:17.44</b>	+0.75		35.99	1:17.44
30. C. Rozendom - de Ruiter	Steenwijk 1934	NED	199403668	<b>1:19.72</b>	+0.84		37.42	1:19.72
31. Larissa Banen	Westland Swimming Stars	NED	199405444	<b>1:25.43</b>	+0.74		39.55	1:25.43
32. Sylvia Hidding	H2Oldambt	NED	199603886	<b>1:42.74</b>	+0.98		49.83	1:42.74

Masters 30+

1. Denise Boereboom	NieMo Barracuda	NED	199202144	<b>1:02.43</b>	+0.54		29.98	1:02.43
2. Danique Stoop	Zuiderzeezwemmers	NED	199106956	<b>1:03.43</b>	+0.71		30.30	1:03.43
3. Lisa Klatten	WVZ	NED	199203628	<b>1:04.17</b>	+0.72		30.49	1:04.17
4. Elmi Roelofsen	Octopus-ZVV (SG)	NED	199008198	<b>1:04.41</b>	+0.84		30.40	1:04.41
5. Liesa Vrielinck	Mega	BEL	MEGA/21320/93	<b>1:04.55</b>	+0.74		31.12	1:04.55
6. Mariska Scheel	ACZ	NED	199306344	<b>1:04.57</b>	+0.71		30.61	1:04.57
7. Karin Verbeek	Nautilus	NED	199201848	<b>1:05.32</b>	+0.68		31.57	1:05.32
8. Phedra Van Daele	Mega	BEL	MEGA/21311/93	<b>1:05.96</b>	+0.72		31.79	1:05.96
9. Daphne Robijn-Jongedijk	EZCL (SG)	NED	198903520	<b>1:06.19</b>	+0.77		31.83	1:06.19
10. Désirée Emmen	De Warande	NED	199204862	<b>1:06.40</b>	+0.66		30.98	1:06.40
11. Leontine Groeneveldt	De Duck	NED	199303526	<b>1:08.68</b>	+0.73		32.51	1:08.68



**Programmanr. 35, Dames, 100m vrije slag, Masters 30+**

rang naam	vereniging			tijd	RT	PARA	50m	100m
12. Kimberley van Buren	De Duck	NED	199304136	<b>1:09.02</b>	+0.81		32.44	1:09.02
13. Suzanne Lange	VZC	NED	199202998	<b>1:09.66</b>	+0.79		33.18	1:09.66
14. Mandy Salzig	Swimming Luxembourg	LUX		<b>1:09.79</b>	+0.68		32.99	1:09.79
15. Suzan Blankestijn	ZVL-1886 Center	NED	198900350	<b>1:11.57</b>	+0.76		34.03	1:11.57
16. Adela Vázquez García	ZVL-1886 Center	NED	199307952	<b>1:13.70</b>	+0.69		34.34	1:13.70
17. Natasja Postma	De Inktvis	NED	199303864	<b>1:15.04</b>			34.53	1:15.04
18. Daphne Kievit	ZPC AMERSFOORT	NED	199207058	<b>1:15.41</b>	+0.67		35.35	1:15.41
19. Jacqueline van den Beukel	NieMo Barracuda	NED	199100238	<b>1:15.62</b>	+0.78		35.51	1:15.62
20. Ilse Blankvoort	Steenwijk 1934	NED	199204458	<b>1:15.96</b>	+0.90		36.00	1:15.96
21. Tessa Verheijdt	WVZ	NED	198904290	<b>1:16.50</b>	+0.79		36.28	1:16.50
22. Elke Schellekens	Neptunus'58	NED	199301550	<b>1:19.43</b>	+0.75		37.37	1:19.43
23. Anouk Bloem	TRB-RES	NED	199000320	<b>1:35.59</b>			44.02	1:35.59

**Masters 35+**

1. Marije Jansen	ZPC AMERSFOORT	NED	198504088	<b>1:05.71</b>	+0.71		30.90	1:05.71
2. Marlijn Hendriksen	DIO	NED	198806828	<b>1:05.82</b>	+0.71		31.67	1:05.82
3. Renske Eilers	Zwemvereniging Hoogland	NED	198806072	<b>1:10.31</b>	+0.79		32.77	1:10.31
4. Isaline Manchel	Cercle De Natation Sportcity VBELwe CNSW/001284/85			<b>1:12.70</b>	+0.85		34.55	1:12.70
5. Renee de Kok	PSV	NED	198403350	<b>1:12.74</b>	+0.72		34.11	1:12.74
6. Liesbeth van Mill	Zwemlust-den Hommel	NED	198702786	<b>1:13.55</b>	+0.86		35.18	1:13.55
7. Marieke van Dodeweerd	RZC	NED	198600896	<b>1:14.24</b>	+0.82		34.99	1:14.24
8. Kim Visser	H2Oldambt	NED	198704350	<b>1:18.71</b>	+0.81		36.84	1:18.71
9. A. Wammes-Bouman	Zwemvereniging Hoogland	NED	198403604	<b>1:21.51</b>	+0.77		38.95	1:21.51
10. Janna Brummel	SwimGym	NED	198807018	<b>1:32.49</b>	+0.80		42.80	1:32.49
AFGEM Jenny Schouten	MZ&PC	NED	198703674					

**Masters 40+**

1. Delia Badoux	WVZ	NED	198000042	<b>1:03.27</b>	+0.73		30.40	1:03.27
2. Claudia Schönitz	SV Gronau 1910 e.V.	GER	091249	<b>1:06.39</b>			31.80	1:06.39
3. A. Verschoor-Vos	De Biesboschwimmers	NED	198102300	<b>1:08.31</b>	+0.83		32.22	1:08.31
4. Miranda Pijnenburg	De Treffers	NED	198301216	<b>1:10.64</b>	+0.79		34.42	1:10.64
5. P. van Gelder - Dieker	Steenwijk 1934	NED	198102346	<b>1:11.10</b>	+0.79		33.15	1:11.10
6. E. Poortvliet - Koedam	De Duinkickers	NED	198001824	<b>1:12.02</b>	+0.95		33.76	1:12.02
7. Saskia op den Velde	De Duinkickers	NED	197901530	<b>1:20.52</b>	+0.90		37.05	1:20.52
8. Leonie Scholten	Steenwijk 1934	NED	197901560	<b>1:26.97</b>	+0.85		41.28	1:26.97
9. Simone Weijland	ZV 44	NED	197901610	<b>1:32.70</b>	+0.94		42.62	1:32.70

**Masters 45+**

1. Jeanette Seitz	SSV Ulm 1846	GER		<b>1:04.47</b>	+0.73		30.84	1:04.47
2. Nathalie Blondeel	Cercle De Natation Sportcity VBELwe CNSW/004784/77			<b>1:07.69</b>	+0.68		32.50	1:07.69
3. Ilona Hogerheyde	DAW	NED	197400224	<b>1:08.32</b>	+0.75		32.46	1:08.32
4. Petra Guijt	Aqua-Novio'94	NED	197600978	<b>1:10.37</b>	+0.88		33.72	1:10.37
5. Nataliia Boryshkevych	Ukraine Swim	UKR		<b>1:11.40</b>	+0.72		33.79	1:11.40
6. Marian Nederlof	De Geul	NED	197600950	<b>1:16.22</b>	+0.71		35.42	1:16.22
7. Jannie Vennik	HZ&PC Heerenveen	NED	197601006	<b>1:17.69</b>	+0.90		37.15	1:17.69
8. Margriet Leeffers	Deltasteur	NED	197800448	<b>1:20.32</b>	+0.94		37.19	1:20.32
9. Ilonka van der Meer	GZC Donk	NED	197601168	<b>1:22.03</b>	+0.92		39.43	1:22.03
10. Ioanna Grammatikou	SwimGym	NED	197501042	<b>1:23.06</b>	+0.67		39.62	1:23.06
11. Sandra Van der Helm	De Rog	NED	197801340	<b>1:25.67</b>	+0.84		40.84	1:25.67
12. Tiffany Tsui	Zwemvereniging Hoogland	NED	197401110	<b>1:29.05</b>	+0.76		38.94	1:29.05
13. Nicolette Zuidema	ZV 44	NED	197500978	<b>1:37.99</b>	+0.72		45.49	1:37.99

**Masters 50+**

1. Carla Geurts	PSV	NED	197100178	<b>1:04.94</b>	+0.75		31.31	1:04.94
<i>Kampioenschapsrecord</i>								
2. Yvette Ratering	De Ward	NED	197200990	<b>1:07.37</b>	+0.82		32.04	1:07.37
3. Monique Tuijp	Ed-Vo	NED	196900800	<b>1:07.82</b>	+0.70		31.90	1:07.82
4. Jenny Bergwerff	ZPC AMERSFOORT	NED	197200848	<b>1:08.29</b>	+0.81		32.45	1:08.29
5. Edith Janssen-Koolen	TRB-RES	NED	197300898	<b>1:08.42</b>	+0.75		31.78	1:08.42

Programmanr. 35, Dames, 100m vrije slag, Masters 50+

rang naam	vereniging		tijd	RT	PARA	50m	100m
6. Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED 197000054	<b>1:09.29</b>	+0.79		33.13	1:09.29
7. Annette de Visser	Oceanus	NED 197100602	<b>1:09.54</b>	+0.85		33.71	1:09.54
8. Valérie Rolland	Cercle De Natation Sportcity VBELwe CNSW/004276/71		<b>1:10.28</b>	+0.69		33.75	1:10.28
9. Katharina Schlipp	De Vliet (SG)	NED 197301004	<b>1:16.00</b>	+0.79		36.33	1:16.00
10. Peggi Hurenkamp	HZ&PC Heerenveen	NED 196900922	<b>1:16.46</b>	+0.79		36.34	1:16.46
11. Marijke Campfens	De Geul	NED 196900960	<b>1:17.03</b>	+0.61		36.31	1:17.03
12. Nathasja Konijn	GZC Donk	NED 197100992	<b>1:25.79</b>	+0.73		40.39	1:25.79
13. Annette Spies	LinK	NED 197001110	<b>1:26.28</b>	+0.88		41.99	1:26.28
14. Danielle Schipper	ZOB'66	NED 197001078	<b>1:27.75</b>	+0.85		41.33	1:27.75
15. Evelien Breman-Alers	Nautilus	NED 197200878	<b>1:54.52</b>	+0.78		46.39	1:54.52
AFGEM H. Manting-Holthuis	H2Oldambt	NED 197100246					

Masters 55+

1. Lesley Cordial	ZPC AMERSFOORT	NED 196700684	<b>1:07.78</b>	+0.77		32.12	1:07.78
2. Sandra Daamen-Posma	AZC	NED 196800854	<b>1:23.03</b>	+0.87		39.00	1:23.03
3. Machteld Stilling	ZPC AMERSFOORT	NED 196600716	<b>1:25.02</b>	+0.78		40.30	1:25.02
4. Annette van Dok	MSV-Zeemacht	NED 196800742	<b>1:28.11</b>	+0.75		42.02	1:28.11
5. Christine Buist	De Duinkickers	NED 196400608	<b>1:30.85</b>			42.70	1:30.85
6. Erica Muller	De Geul	NED 196400412	<b>1:30.87</b>	+0.79		42.41	1:30.87
7. Ageeth Westenbrink	De Rog	NED 196700712	<b>1:33.57</b>	+0.92		45.31	1:33.57
8. Roselinda van der Vlugt	De Geul	NED 196700710	<b>1:38.66</b>	+0.82		45.90	1:38.66
9. Cora Smulders	ESCA Zwemmen	NED 196600668	<b>1:42.32</b>	+0.78		48.16	1:42.32
10. M. Flammang-Wagener	Cercle de Natation Dudelange LUX	4652	<b>1:59.73</b>	+0.88		58.64	1:59.73

Masters 60+

1. Marjan Remmits-de Lange	ZPC AMERSFOORT	NED 196300518	<b>1:08.98</b>	+0.65		33.25	1:08.98
2. Birgit Reichelt	SG Bayer	GER 194570	<b>1:11.73</b>	+0.77		34.46	1:11.73
3. Esther van Lohuizen	PSV	NED 195900300	<b>1:13.87</b>	+0.77		36.10	1:13.87
4. Linda van de Ree	De Ganze	NED 196300452	<b>1:17.41</b>	+0.76		35.94	1:17.41
5. K. van der Star-Verhoeven	ESCA Zwemmen	NED 196100382	<b>1:18.63</b>	+0.87		37.23	1:18.63
6. Linda Wibbelink	Steenwijk 1934	NED 195900158	<b>1:19.19</b>	+0.55		38.29	1:19.19
7. Marijke Kraak-Beckers	WS Twente	NED 196000240	<b>1:19.47</b>	+0.82		38.17	1:19.47
8. Hannie Poletiek	TriVia	NED 195900278	<b>1:27.68</b>	+0.92		41.28	1:27.68
9. Yoka de Vegt-van Dijk	ESCA Zwemmen	NED 196200420	<b>1:28.98</b>	+0.83		43.28	1:28.98
10. Jenny Westervaarder	H2Oldambt	NED 196200424	<b>1:29.81</b>	+0.93		42.93	1:29.81
11. Marion Kolkman-Pluim	ESCA Zwemmen	NED 196000330	<b>1:30.50</b>			43.71	1:30.50

Masters 65+

1. Atie Pijtak-Radersma	ZPC AMERSFOORT	NED 195600048	<b>1:10.38</b>	+0.63		33.64	1:10.38
2. Marijke van Hoek	ZPC De Zeeuwse Kust	NED 195800050	<b>1:18.28</b>	+0.72		37.41	1:18.28
3. Brigitte Dugauquier	Cercle De Natation Sportcity VBELwe CNSW/011938/55		<b>1:40.21</b>	+0.98		46.82	1:40.21
4. Anje Manuputty	PSV	NED 195700176	<b>1:41.93</b>	+0.76		46.93	1:41.93
5. Karien Musters	Old Dutch	NED 195800236	<b>1:55.19</b>			54.50	1:55.19
6. Lies Hartman	PSV	NED 195600116	<b>2:21.36</b>			1:05.11	2:21.36

Masters 70+

1. Christine Nieuwenhuis	SWOL 1894	NED 195100022	<b>1:19.57</b>	+0.70		37.19	1:19.57
2. Ineke Meijer	HZ&PC Heerenveen	NED 195200034	<b>1:46.55</b>	+0.73		51.04	1:46.55
3. Ineke Brouwers	PSV	NED 195200070	<b>1:59.33</b>			56.68	1:59.33

Masters 75+

1. Loekie van Huissteden	ZPC AMERSFOORT	NED 194500002	<b>2:02.50</b>			59.72	2:02.50
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Masters 85+

1. Bep van Riessen	Aquapoldro	NED 193700006	<b>2:25.40</b>			1:08.40	2:25.40
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Programmanr. 36  
07-05-2023 - 14:35

Heren, 100m vrije slag

Masters Open  
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
<b>Masters 20+</b>								
1. Daan Hogerhuis	De Columbiaan	NED	200300317	<b>54.50</b>	+0.73		26.23	54.50
2. Kenan Coeruez	Feijenoord Albion Zwemclub	NED	200300357	<b>55.96</b>	+0.65		26.58	55.96
3. Jorian Darwinkel	HZ&PC Heerenveen	NED	200300565	<b>56.14</b>	+0.64		26.90	56.14
4. Hendrik Broekema	Bubble	NED	200002205	<b>57.58</b>	+0.68		27.69	57.58
5. Remco Dijkstra	HZ&PC Heerenveen	NED	200100789	<b>57.76</b>	+0.71		27.16	57.76
6. Tim Speijer	Bubble	NED	200301661	<b>57.90</b>	+0.68		27.74	57.90
7. Milan de Roo	ZPC Woerden	NED	200102215	<b>58.41</b>	+0.59		27.74	58.41
8. Fayssal Lanterna	Zwemlust-den Hommel	NED	200101379	<b>58.81</b>	+0.73		28.71	58.81
9. Jelle Opmeer	ZPC AMERSFOORT	NED	200100269	<b>58.93</b>	+0.66		27.88	58.93
10. Mees Minneboo	MSV-Zeemacht	NED	200203465	<b>59.06</b>	+0.64		27.80	59.06
11. Jesse van Dijk	Zuiderzeezwemmers	NED	199903259	<b>59.19</b>	+0.67		27.31	59.19
12. Tom Blankestijn	ZPC AMERSFOORT	NED	200201185	<b>59.72</b>	+0.71		28.60	59.72
13. Esper Paans	ZZ&PC De Devel	NED	200100607	<b>1:00.07</b>	+0.68		28.03	1:00.07
14. David Kievit	De Schotejil	NED	199900325	<b>1:00.32</b>	+0.78		29.16	1:00.32
15. Nick Boekestijn	Westland Swimming Stars	NED	199900291	<b>1:00.86</b>	+0.60		28.81	1:00.86
16. Thomas Hesper	Blue Marlins	NED	200004181	<b>1:01.22</b>	+0.80		29.37	1:01.22
Mick van den Houten	De Duck	NED	200302211	<b>1:01.22</b>	+0.73		28.71	1:01.22
18. Julian Mes	ZOB'66	NED	200103755	<b>1:01.29</b>	+0.73		28.74	1:01.29
19. Robin van Peenen	ZVL-1886 Center	NED	200201059	<b>1:01.78</b>	+0.73		28.77	1:01.78
20. Lucas Muntinga	ZPCH	NED	200300123	<b>1:01.79</b>	+0.66		29.74	1:01.79
21. Rob van Wier	HZ&PC Heerenveen	NED	199900697	<b>1:02.18</b>	+0.81		29.62	1:02.18
22. Kylian Kooijman	Steenwijk 1934	NED	199900763	<b>1:02.46</b>	+0.73		28.91	1:02.46
23. Bartho Visser	Triton Putten	NED	200005595	<b>1:03.45</b>	+0.79		29.92	1:03.45
24. Jeroen Louwinger	De Rijn	NED	199900583	<b>1:03.47</b>	+0.72		29.77	1:03.47
25. Boaz Troost	ZOB'66	NED	200100371	<b>1:03.73</b>	+0.72		29.89	1:03.73
26. Marijn Heetkamp	Het Ravijn	NED	199903407	<b>1:05.50</b>	+0.74		30.97	1:05.50
27. Dylan Kalden	De Duck	NED	200003283	<b>1:05.56</b>	+0.79		30.27	1:05.56
28. Dion Staal	De Warande	NED	200200065	<b>1:05.59</b>	+0.83		31.46	1:05.59
29. Thomas van Scheepen	Steenwijk 1934	NED	200001387	<b>1:05.83</b>	+0.63		31.28	1:05.83
30. Ryan van der Sluijs	De Duck	NED	200105571	<b>1:11.35</b>	+0.69		33.13	1:11.35
31. Mathijs Krieger	EZCL (SG)	NED	199905361	<b>1:14.68</b>	+0.82		34.44	1:14.68
<b>Masters 25+</b>								
1. Mateusz Kobus	H2O	NED	199505963	<b>54.26</b>	+0.75		26.05	54.26
2. Bas Dries	Zwemvereniging Hoogland	NED	199505177	<b>54.46</b>	+0.64		25.82	54.46
3. Jurre Stammes	ESCA Zwemmen	NED	199701843	<b>57.61</b>	+0.71		27.40	57.61
4. Robin van Beek	ZVL-1886 Center	NED	199704023	<b>57.63</b>	+0.74		27.75	57.63
5. Jelle Blankestijn	ZPC AMERSFOORT	NED	199803737	<b>58.59</b>	+0.72		27.69	58.59
6. Jordi de Nijs	MSV-Zeemacht	NED	199801851	<b>59.24</b>	+0.67		28.12	59.24
7. Martijn Bartels	ZPC AMERSFOORT	NED	199603493	<b>59.46</b>	+0.65		28.31	59.46
8. Tim van Grunsven	De Treffers	NED	199804535	<b>59.74</b>	+0.82		27.83	59.74
9. Jorrik Kerdijk	Bubble	NED	199602135	<b>59.94</b>	+0.72		28.67	59.94
10. Francis Hoet	Brabo Zwemclub Antwerpen	BEL	BRABO/11464/98	<b>1:00.16</b>	+0.73		28.17	1:00.16
11. Martijn Lageweg	Steenwijk 1934	NED	199701323	<b>1:01.02</b>	+0.76		29.14	1:01.02
12. Paco de Voogt	De Duck	NED	199400859	<b>1:01.21</b>	+0.72		29.21	1:01.21
13. Erik Baalbergen	ZVL-1886 Center	NED	199805775	<b>1:01.30</b>	+0.84		29.05	1:01.30
14. Kevin Kingma	ACZ	NED	199700559	<b>1:01.52</b>	+0.69		29.01	1:01.52
15. Sam Beer	Poseidon'56	NED	199605521	<b>1:01.75</b>	+0.72		29.19	1:01.75
16. Ian van Mullem	ZOB'66	NED	199602545	<b>1:01.85</b>	+0.69		29.48	1:01.85
17. Patrick Wyrdeeman	Westland Swimming Stars	NED	199702475	<b>1:02.52</b>	+0.67		29.08	1:02.52
18. Lars Jacobsen	DWK	NED	199705453	<b>1:04.24</b>	+0.85	396	31.02	1:04.24
Tim de Jong	Noordwijkerhout	NED	199701807	<b>1:04.24</b>	+0.72		29.40	1:04.24
20. Jasper Strijp	De Rog	NED	199804399	<b>1:04.64</b>	+0.76		30.66	1:04.64
21. Jeroen van Dinther	Neptunus'58	NED	199701569	<b>1:04.79</b>	+0.77		30.89	1:04.79
22. Quentin Richtenstein	SG Bayer	GER	218386	<b>1:06.03</b>	+0.73		31.07	1:06.03
23. Sven Dubbeld	De Schotejil	NED	199601141	<b>1:07.56</b>	+0.86		32.24	1:07.56
24. Thijs van Hofweegen	ZPC AMERSFOORT	NED	199605253	<b>1:08.78</b>	+0.87	862	32.34	1:08.78
25. Sjef Hereijgers	SwimGym	NED	199506333	<b>1:13.48</b>			34.27	1:13.48
26. Simon Teluij	SwimGym	NED	199406763	<b>1:22.53</b>	+0.93		38.79	1:22.53

Programmanr. 36, Heren, 100m vrije slag

Masters 30+

1. Steven Uijl	Aqua-Novio'94	NED	199304075	<b>57.01</b>	+0.68	27.17	57.01
2. Matteo Viani	Zwemlust-den Hommel	NED	199007717	<b>57.22</b>	+0.69	28.12	57.22
3. Michel de Maesschalck	DAW	NED	199101525	<b>58.62</b>	+0.74	27.90	58.62
4. Craig Frankum	De Warande	NED	199007759	<b>59.52</b>	+0.72	29.17	59.52
5. Jelle Roks	De Blauwe Schuur	NED	199005145	<b>1:00.31</b>	+0.74	28.45	1:00.31
Sybren Groenewegen	De Schotejil	NED	199306223	<b>1:00.31</b>	+0.84	29.28	1:00.31
7. Tim de Vrugt	ESCA Zwemmen	NED	199306719	<b>1:00.43</b>	+0.71	28.91	1:00.43
8. Marc Hoogendam	Blue Marlins	NED	199007713	<b>1:00.58</b>	+0.71	28.62	1:00.58
9. Robin van Beusekom	NieMo Barracuda	NED	199205841	<b>1:03.56</b>	+0.64	29.91	1:03.56
10. Patrick Brouwer	AZC	NED	199303715	<b>1:04.83</b>	+0.79	30.99	1:04.83
11. Bram Piederiet	ZVVS	NED	199007757	<b>1:05.97</b>	+0.83	31.40	1:05.97
12. Karlo Kok	Zwemvereniging Hoogland	NED	199101265	<b>1:06.45</b>	+0.69	31.05	1:06.45
13. Patrick de Jonge	Deltasteur	NED	198906635	<b>1:06.55</b>	+0.79	30.96	1:06.55
14. Johan Krakou	De Rijn	NED	199101311	<b>1:09.37</b>	+0.80	33.05	1:09.37
15. Tom de Lange	Deltasteur	NED	199300303	<b>1:09.63</b>	+0.79	31.52	1:09.63
16. Jermaine Braumuller	ZPCH	NED	199007691	<b>1:09.85</b>	+0.93	32.31	1:09.85
17. Romke van Dijk	Zwemvereniging Hoogland	NED	199007679	<b>1:12.29</b>		34.50	1:12.29

Masters 35+

1. Pascal van Haren	NieMo Barracuda	NED	198704101	<b>57.93</b>	+0.69	27.21	57.93
2. Federico Cappello	Luxembourg Sharks Swimming	LUX	9598	<b>59.15</b>	+0.55	28.19	59.15
<i>Luxembourg Masters Record</i>							
3. Robert Braad	Steenwijk 1934	NED	198600407	<b>59.36</b>	+0.81	28.24	59.36
4. Youri Vaes	PSV	NED	198402307	<b>1:00.55</b>	+0.69	28.60	1:00.55
5. Mark Godwaldt	PSV	NED	198701039	<b>1:05.25</b>	+0.84	31.28	1:05.25
6. Remco van der Graaf	PSV	NED	198704007	<b>1:06.47</b>	+0.83	31.78	1:06.47
7. Rudi Butselaar	GoSwim	NED	198700577	<b>1:08.98</b>	+0.88	32.07	1:08.98
AFGEM Arne-Willem Kroonen	MZ&PC	NED	198401297				

Masters 40+

1. Jim Geestman	Blue Marlins	NED	198300699	<b>58.72</b>	+0.69	28.00	58.72
2. Heijmen van Vliet	De Geul	NED	198001637	<b>1:01.01</b>	+0.53	29.05	1:01.01
3. Mark Zwart	Zwemlust-den Hommel	NED	197901461	<b>1:02.12</b>	+0.80	29.59	1:02.12
4. Rutger Stam	Zwemvereniging Hoogland	NED	198102463	<b>1:05.40</b>	+0.69	30.83	1:05.40
5. Berry van Holland	TriVia	NED	198000603	<b>1:07.10</b>	+0.76	31.66	1:07.10
6. Peter Lommert	SWOL 1894	NED	197900787	<b>1:08.20</b>	+0.90	32.38	1:08.20
7. Ingmar Kooman	ZVL-1886 Center	NED	197901517	<b>1:13.36</b>		34.75	1:13.36
8. Paul Rutten	ESCA Zwemmen	NED	198001293	<b>1:16.34</b>	+0.60	37.03	1:16.34

Masters 45+

1. Casper Hut	HZ&PC Heerenveen	NED	197800471	<b>55.69</b>	+0.68	26.47	55.69
<i>Nederlands Masters Record</i>							
2. Ivo Roozeboom	WVZ	NED	197700801	<b>59.08</b>	+0.74	28.47	59.08
3. Joost Hoetjes	DAW	NED	197800425	<b>59.56</b>	+0.69	28.09	59.56
4. Victor Barnar	GoSwim	NED	197801805	<b>1:00.25</b>	+0.72	28.77	1:00.25
5. Alex Damen	DAW	NED	197501371	<b>1:01.06</b>	+0.70	29.79	1:01.06
6. Erwin Buist	ZPC AMERSFOORT	NED	197800183	<b>1:01.14</b>	+0.70	29.12	1:01.14
7. Dennis Dortland	NieMo Barracuda	NED	197800261	<b>1:03.12</b>	+0.78	30.14	1:03.12
8. Pieter Broek	Westland Swimming Stars	NED	197701637	<b>1:04.94</b>	+0.71	31.45	1:04.94
9. Tom Bandsma	PSV	NED	197701625	<b>1:14.55</b>	+0.98	34.67	1:14.55
10. Alfonso Verkerk	SCOM/De Zeehond'73 (SG)	NED	197601665	<b>1:14.57</b>	+0.81	35.46	1:14.57
11. Andre Schaap	ZVL-1886 Center	NED	197501357	<b>1:16.21</b>	+0.80	36.00	1:16.21
12. Robin Roskam	De Duinkickers	NED	197801831	<b>1:17.40</b>	+0.84	36.02	1:17.40
13. Simon Voorhoeve	DES	NED	197801969	<b>1:18.71</b>	+0.82	35.83	1:18.71
14. Jeroen Hoeksel	ZVVS	NED	197401533	<b>1:20.06</b>		37.67	1:20.06



Programmanr. 36, Heren, 100m vrije slag

Masters 50+

1. Frederic Tonus	Luxembourg Sharks Swimming	LUX	10449	<b>55.17</b>	+0.71	26.66	55.17
<i>Kampioenschapsrecord, Luxembourg Masters Record</i>							
2. Chester Marsman	ZPC AMERSFOORT	NED	196900671	<b>59.30</b>	+0.61	28.47	59.30
3. Vedestas Seferlis	Kauno Takas	LTU		<b>59.43</b>	+0.54	28.38	59.43
4. Antwan van Engen	De Ward	NED	197101577	<b>1:01.81</b>	+0.70	29.43	1:01.81
5. Richard Ricksen	PSV	NED	197000841	<b>1:02.85</b>	+0.87	30.35	1:02.85
6. Arjan Verheij	De Rog	NED	197101617	<b>1:03.61</b>	+0.66	29.38	1:03.61
7. Gerko Versluis	Zuiderzeezwemmers	NED	196901439	<b>1:05.34</b>	+0.80	30.42	1:05.34
8. Henri Verschoor	De Biesboschzwemmers	NED	197001041	<b>1:05.45</b>	+0.89	31.19	1:05.45
9. Bruno Nahon	Cercle De Natation Sportcity	VBELwe	CNSW/000390/70	<b>1:10.40</b>	+0.87	33.73	1:10.40
10. Bas Kremers	TRB-RES	NED	197201611	<b>1:11.22</b>	+0.75	34.15	1:11.22
11. Alberto Randazzo	DES	NED	197101757	<b>1:14.62</b>	+0.77	35.55	1:14.62
12. Rob van de Ven	Neptunus'58	NED	197101695	<b>1:15.26</b>	+0.53	35.63	1:15.26
13. Marcel Brittijn	De Duinkickers	NED	196900159	<b>1:15.67</b>	+0.71	34.94	1:15.67
14. Maxim Hardziyenka	ZV 44	NED	197201723	<b>1:34.20</b>	+0.92	44.90	1:34.20

Masters 55+

1. Hugues Herman	Cercle De Natation Sportcity	VBELwe	CNSW/009743/66	<b>1:01.33</b>	+0.64	29.91	1:01.33
2. Wiljam Nijenhuis	De IJsel	NED	196400547	<b>1:05.87</b>	+0.85	31.55	1:05.87
3. Pascal Tourton	ZOB'66	NED	196601343	<b>1:08.11</b>	+0.91	33.16	1:08.11
4. Guido Keutgen	Steenwijk 1934	NED	196801551	<b>1:09.22</b>	+0.79	31.78	1:09.22
5. Ralf Dillig	Duisburger ST	GER	060769	<b>1:10.11</b>	+0.88	33.62	1:10.11
6. Eric de Haas	De Treffers	NED	196501275	<b>1:10.20</b>	+0.86	32.98	1:10.20
7. Erik Saan	De Duck	NED	196500769	<b>1:11.09</b>		33.66	1:11.09
8. Wijnand Vergeest	De Rog	NED	196800949	<b>1:11.16</b>	+0.57	33.70	1:11.16
9. Rene de Jong	ZVVS	NED	196600351	<b>1:11.44</b>	+0.95	34.95	1:11.44
10. Leon Slingerland	WVZ	NED	196801707	<b>1:11.94</b>	+0.92	33.97	1:11.94
11. Eymert van Rooij	PSV	NED	196601631	<b>1:12.16</b>	+0.95	32.95	1:12.16
12. Pieter-Sjoerd de Wijn	DES	NED	196501027	<b>1:12.75</b>	+0.69	35.06	1:12.75
13. Wridzer Bakker	ESCA Zwemmen	NED	196701711	<b>1:13.44</b>	+0.86	33.26	1:13.44
14. Roy Le Clercq	De Rog	NED	196401041	<b>1:14.68</b>	+0.93	35.58	1:14.68
15. Pierre de Groot	GZC Donk	NED	196401431	<b>1:17.56</b>	+0.92	37.68	1:17.56
16. Joop Weenink	WS Twente	NED	196801535	<b>1:17.92</b>	+0.99	37.06	1:17.92
17. Gertjan van der Vaart	ZVVS	NED	196801529	<b>1:18.53</b>	+0.72	36.54	1:18.53
18. Olaf Chalmer-Rasmussen	Cercle de Natation Dudelange	LUX	123	<b>1:19.65</b>		38.36	1:19.65
19. Erik Schweitzer	DAW	NED	196701751	<b>1:23.56</b>	+0.87	38.98	1:23.56

Masters 60+

1. Johan Remmits	ZPC AMERSFOORT	NED	196201159	<b>1:03.11</b>	+0.76	30.49	1:03.11
2. Jan Brink	ZPC De Zeeuwse Kust	NED	196200091	<b>1:04.00</b>	+0.81	30.77	1:04.00
3. David Witteboon	Merksemse Zwemvereniging	BEL	MZVA/10331/63	<b>1:04.54</b>	+0.80	30.30	1:04.54
4. Gert Sikkema	Zwemclub Urk 1978	NED	196300687	<b>1:05.44</b>	+0.83	30.42	1:05.44
5. Peter Bernsen	De Rog	NED	196301119	<b>1:06.47</b>	+0.59	31.49	1:06.47
6. Paul Wijnja	De Biesboschzwemmers	NED	196301403	<b>1:08.23</b>	+0.69	32.24	1:08.23
7. Rob Spetter	De Rog	NED	196201239	<b>1:08.25</b>	+0.43	32.32	1:08.25
Clemens de Waal	De Ward	NED	196001063	<b>1:08.25</b>		32.24	1:08.25
9. Henk Kuipers	ZPC AMERSFOORT	NED	196201207	<b>1:08.50</b>	+0.71	32.47	1:08.50
10. Evert-Jan Verweij	SWOL 1894	NED	196301143	<b>1:11.80</b>	+0.83	34.75	1:11.80
11. Rudolf Meijer	Zwemvereniging Hoogland	NED	196000995	<b>1:16.16</b>		35.45	1:16.16
12. Jack Barends	WS Twente	NED	196201011	<b>1:18.13</b>	+0.96	37.36	1:18.13
13. Hans van Scheepen	Steenwijk 1934	NED	196201245	<b>1:41.95</b>	+0.84	45.72	1:41.95

Masters 65+

1. Marten de Groot	HZ&PC Heerenveen	NED	195800149	<b>1:03.60</b>	+0.81	30.42	1:03.60
<i>Nederlands Masters Record</i>							
2. Philippe Godbille	Cercle De Natation Sportcity	VBELwe	CNSW/000230/57	<b>1:19.81</b>		37.15	1:19.81
3. Wiebren Dijkstra	HZ&PC Heerenveen	NED	195800745	<b>1:22.91</b>	+0.81	38.81	1:22.91
4. Peter Coffeng	GZC Donk	NED	195700063	<b>1:25.61</b>	+0.91	40.56	1:25.61



## Programmanr. 36, Heren, 100m vrije slag

**Masters 70+**

1. Brend Brevé	PSV	NED	195200265	<b>1:10.25</b>	+0.87	33.90	1:10.25
<i>Nederlands Masters Record</i>							
2. Peter Gulyas	Torokbalint Szenior	HUN		<b>1:10.89</b>	+0.64	33.20	1:10.89
3. Harry Dokter	SWOL 1894	NED	195100037	<b>1:11.90</b>	+0.87	33.80	1:11.90
4. Ruud Ruiters	WWV Winterswijk	NED	195300169	<b>1:12.28</b>	+0.85	35.49	1:12.28
5. Jos Kamps	Zwemvereniging Hoogland	NED	195100085	<b>1:20.21</b>	+0.87	37.81	1:20.21
6. Piet Schop	De Bevelanders	NED	195000109	<b>1:22.32</b>	+0.62	38.60	1:22.32
7. Jan Nuijten	PSV	NED	194900175	<b>1:30.69</b>	+0.65	40.38	1:30.69
8. Nello Spiteri	DAW	NED	195200295	<b>1:39.05</b>	+0.90	46.68	1:39.05

**Masters 75+**

1. Wout Hemmes	De Plons	NED	194800059	<b>1:20.28</b>	+0.98	37.65	1:20.28
2. Willem Putter	ZVVS	NED	194500135	<b>1:26.21</b>		40.77	1:26.21
3. Kevork Boyrazian	Cercle De Natation Sportcity	VBELwe	CNSW/002620/44	<b>1:56.08</b>		55.03	1:56.08
4. Nico van Dongen	ZZ&PC De Devel	NED	194800159	<b>2:00.25</b>		53.17	2:00.25

**Masters 80+**

1. Geza Kaltenecker	AZC	NED	194200065	<b>1:33.24</b>	+0.83	42.88	1:33.24
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**Masters 85+**

1. Nic Geers	PSV	NED	193800007	<b>1:37.69</b>		48.17	1:37.69
<i>Nederlands Masters Record</i>							
2. Gregor Pompen	Aqua-Novio'94	NED	193700021	<b>2:14.26</b>		1:04.58	2:14.26

 Programmanr. 37  
 07-05-2023 - 15:20

## Dames, 50m schoolslag

 Masters Open  
 Resultaten

rang	naam	vereniging			tijd	RT	PARA
<b>Masters 20+</b>							
1.	Veerle van Munster	ZPC Woerden	NED	200102632	<b>34.79</b>	+0.67	
2.	Kim Vos	Triton Putten	NED	200000990	<b>35.00</b>	+0.71	
3.	Valesca van den Bogert	Hieronimus	NED	200102138	<b>35.26</b>	+0.72	
4.	Silke Molendijk	ZVL-1886 Center	NED	200100178	<b>35.61</b>	+0.65	
5.	Laurien Van Nieuwenhove	Mega	BEL	MEGA/20663/99	<b>35.79</b>	+0.69	
6.	Serina Damen	De Rog	NED	200100228	<b>35.88</b>	+0.64	
7.	Lisanne Seising	VZC	NED	200002084	<b>36.46</b>	+0.73	
8.	Malin Beuse	SG Bayer	GER	262348	<b>36.48</b>	+0.74	
9.	Hannah Ledingham	SG Bayer	GER	458077	<b>36.60</b>	+0.64	
10.	Lonneke Graansma	ZVL-1886 Center	NED	199900936	<b>37.28</b>	+0.54	
11.	Ilse Valk	Het Ravijn	NED	200000172	<b>38.61</b>	+0.67	
12.	Anna Hoogenboezem	ACZ	NED	200200658	<b>39.82</b>	+0.73	
13.	Leonie van Wier	HZ&PC Heerenveen	NED	200200436	<b>39.83</b>	+0.68	
14.	Mandy Swart	De Biesboschzwemmers	NED	199904916	<b>39.93</b>	+0.74	
15.	Esmée van Peer	TriVia	NED	200201114	<b>40.02</b>	+0.77	
16.	Elisah Velgersdijk	ZPC AMERSFOORT	NED	200102436	<b>40.57</b>	+0.77	
17.	Ann Kathrin Wutz	SG Bayer	GER	258129	<b>40.74</b>	+0.64	
18.	Marielle van der Vaart	ZVVS	NED	200000994	<b>41.25</b>	+0.65	
19.	Lieke van Hofwegen	De Rijn	NED	200105144	<b>41.26</b>	+0.65	
20.	Sheila ten Voorde	Octopus-ZVV (SG)	NED	199904538	<b>42.02</b>	+0.83	
21.	Lana Breman	Nautilus	NED	200000300	<b>42.20</b>	+0.77	
22.	Marouscha de Vries	DAW	NED	199906628	<b>42.50</b>	+0.68	
23.	Sabine Lageweg	Steenwijk 1934	NED	199900926	<b>42.57</b>	+0.69	
24.	Kyra Wesemann	MSV-Zeemacht	NED	200201440	<b>42.72</b>	+0.83	
25.	Alies Wagter	Steenwijk 1934	NED	199900840	<b>43.16</b>	+0.79	
26.	Maartje Hids	ZVL-1886 Center	NED	199903042	<b>43.26</b>	+0.83	
27.	Rachel Verburgt	ESCA Zwemmen	NED	200200152	<b>43.40</b>	+0.68	

Programmanr. 37, Dames, 50m schoolslag, Masters 20+

rang	naam	vereniging		tijd	RT	PARA
28.	Lotte de Vente	Het Ravijn	NED 199905814	<b>43.91</b>	+0.65	
29.	Anne van Loon	Hieronymus	NED 200203178	<b>44.33</b>	+0.69	
30.	Esmee Wijnmaalen	De Geul	NED 200100298	<b>45.71</b>	+0.78	
31.	Lynke de Haan	De Inktvis	NED 200301688	<b>48.27</b>	+0.84	

Masters 25+

1.	Selene Wortel	Hieronymus	NED 199700654	<b>34.10</b>	+0.56	
2.	Ilse Rijnja	Blue Marlins	NED 199802432	<b>34.53</b>	+0.67	
3.	Nicole Bennis	WVZ	NED 199600470	<b>35.95</b>	+0.68	
4.	Nadja Roovers	Hieronymus	NED 199800798	<b>36.39</b>	+0.76	
5.	Manon Kloosterman	Zwemlust-den Hommel	NED 199702082	<b>36.63</b>	+0.73	
6.	Sanne van de Pol	De Biesboschzwemmers	NED 199800722	<b>37.76</b>	+0.65	
7.	Fiona Meuffels	PSV	NED 199504366	<b>37.95</b>	+0.71	
8.	Willemein Hoving	De Rijn	NED 199800106	<b>38.63</b>	+0.60	
9.	Karin Groen	Nova	NED 199502440	<b>38.76</b>	+0.53	
10.	Dagmar Kruik	Zuiderzeezwemmers	NED 199800008	<b>39.06</b>	+0.68	
11.	Moniek van Langevelde	ESCA Zwemmen	NED 199803160	<b>39.10</b>	+0.71	
12.	Gaby Zittersteijn	Zuiderzeezwemmers	NED 199700104	<b>39.32</b>	+0.75	
13.	Yvette Meijer	Zwemvereniging Hoogland	NED 199706590	<b>39.96</b>	+0.88	
14.	Annemarie ten Have	Zuiderzeezwemmers	NED 199802662	<b>40.49</b>	+0.67	
15.	Tamara van den Brink	NieMo Barracuda	NED 199804182	<b>41.29</b>	+0.73	
16.	Danique de Vegt	ESCA Zwemmen	NED 199802692	<b>41.93</b>	+0.80	
17.	Alma Janssen	Z&PC Zegenwerp	NED 199401078	<b>43.69</b>	+0.68	
18.	Ayla Thiessen	De Rog	NED 199801088	<b>44.67</b>	+0.75	
19.	Larissa Banen	Westland Swimming Stars	NED 199405444	<b>44.82</b>	+0.59	
20.	Dajenne Hurkmans	De Rog	NED 199806662	<b>47.69</b>	+0.74	
21.	Sylvia Hidding	H2Oldambt	NED 199603886	<b>55.02</b>	+0.84	
NG.ZA	Fenna de Groot	Feijenoord Albion Zwemclub	NED 199701796			

Masters 30+

1.	Liesa Vrielinck <i>Belgisch Masters Record</i>	Mega	BEL MEGA/21320/93	<b>36.72</b>	+0.70	
2.	Denise Boereboom	NieMo Barracuda	NED 199202144	<b>37.04</b>	+0.71	
3.	Saskia de Klerk	GoSwim	NED 199004612	<b>38.00</b>	+0.71	
4.	Karin Verbeek	Nautilus	NED 199201848	<b>38.29</b>	+0.65	
5.	Suzan Blankestijn	ZVL-1886 Center	NED 198900350	<b>38.84</b>	+0.76	
6.	Leontine Groeneveldt	De Duck	NED 199303526	<b>40.03</b>	+0.68	
7.	Suzanne Lange	VZC	NED 199202998	<b>40.99</b>	+0.73	
8.	Kimberley van Buren	De Duck	NED 199304136	<b>42.17</b>	+0.85	
9.	Marijke Kommers	NieMo Barracuda	NED 199305334	<b>42.20</b>	+0.70	
10.	Mandy Salzig	Swimming Luxembourg	LUX	<b>42.50</b>	+0.86	
11.	Yvette Senden	De Rog	NED 199307812	<b>48.69</b>	+0.60	

Masters 35+

1.	Daniëlle Reijnders	AquAmigos	NED 198504234	<b>36.20</b>	+0.73	
2.	Larissa Brak	ZPC AMERSFOORT	NED 198800572	<b>36.75</b>	+0.75	
3.	Renee de Kok	PSV	NED 198403350	<b>41.25</b>	+0.62	
4.	Marieke van Dodeweerd	RZC	NED 198600896	<b>42.79</b>	+0.82	
5.	Liesbeth van Mill	Zwemlust-den Hommel	NED 198702786	<b>43.19</b>	+0.83	
6.	Janna Brummel	SwimGym	NED 198807018	<b>46.44</b>	+0.83	
7.	Angelique Wammes-Bouman	Zwemvereniging Hoogland	NED 198403604	<b>46.63</b>	+0.75	

Programmanr. 37, Dames, 50m schoolslag

Masters 40+

1.	Laura Badoux	DAW	NED	198200038	<b>36.42</b>	+0.83
2.	Anne-Marie Verschoor-Vos	De Biesboschzwemmers	NED	198102300	<b>40.31</b>	
3.	Ilja Janssen	ESCA Zwemmen	NED	198102234	<b>41.16</b>	+0.92
4.	Angela Giezen	Zwemvereniging Hoogland	NED	198302796	<b>43.30</b>	+0.72
5.	Mascha Schijvenaars	De Zilvermeeuw	NED	197900754	<b>47.66</b>	
6.	Simone Weijland	ZV 44	NED	197901610	<b>47.81</b>	+0.93
7.	Karin Vermeer	De Rog	NED	198302918	<b>50.21</b>	+0.78

Masters 45+

1.	Inge Roskam	De Duinkickers	NED	197801296	<b>40.24</b>	+0.72
2.	Marjo Huisman	DWK	NED	197401118	<b>41.42</b>	+0.69
3.	Monica Korndewal	ZPC AMERSFOORT	NED	197701258	<b>41.48</b>	+0.85
4.	Geraldine Trainor	De Duck	NED	197500544	<b>41.70</b>	+0.78
5.	Mirjan den Drijver	Westland Swimming Stars	NED	197500884	<b>41.76</b>	+0.62
6.	Rachel Trainor	De Duck	NED	197700670	<b>42.52</b>	+0.80
7.	Fabiola Bosman	Deltasteur	NED	197701148	<b>45.44</b>	+0.71
8.	Ilonka van der Meer	GZC Donk	NED	197601168	<b>45.46</b>	+0.95
9.	Marian Nederlof	De Geul	NED	197600950	<b>46.33</b>	+0.85
10.	Esther Vergeest	De Rog	NED	197700012	<b>47.96</b>	+0.73
11.	Nicolette Zuidema	ZV 44	NED	197500978	<b>51.23</b>	+0.79

Masters 50+

1.	Marjo Goelema-Koek <i>Kampioenschapsrecord</i>	De Biesboschzwemmers	NED	196900192	<b>36.95</b>	+0.69
2.	Katharina Schlipp	De Vliet (SG)	NED	197301004	<b>41.29</b>	+0.78
3.	Bianca Groot	MSV-Zeemacht	NED	197000652	<b>41.50</b>	+0.80
4.	Yvette Ratering	De Ward	NED	197200990	<b>41.88</b>	+0.84
5.	Regine Beckers-Stribos	De Rog	NED	197000492	<b>42.27</b>	+0.89
6.	Trudie van Niejenhuis	TZC-Vahalis	NED	197100444	<b>42.38</b>	+0.80
7.	Pascalie Janssen	Patrick-De Roersoppers (SG)	NED	197300852	<b>43.40</b>	+0.85
8.	Annette Spies	LinK	NED	197001110	<b>49.67</b>	+0.87
NG	Monique Berentse	Batavia Swim	NED	196901066		

Masters 55+

1.	Ariene Knoester	Aqua-Novio'94	NED	196700716	<b>38.83</b>	+0.81
2.	Jacqueline Tuin	DAW	NED	196600690	<b>39.65</b>	+0.79
3.	Annette Wijnja-Visser	De Biesboschzwemmers	NED	196700528	<b>41.90</b>	+0.80
4.	Machteld Stiling	ZPC AMERSFOORT	NED	196600716	<b>48.37</b>	+0.80
5.	K. van Nassau-van den Heuvel	Old Dutch	NED	196600188	<b>51.42</b>	+0.91
6.	M. Flammang-Wagener	Cercle de Natation Dudelange	LUX	4652	<b>54.41</b>	+0.82
AFGEM	Petra Casteleijn	ZPC AMERSFOORT	NED	196600098		

Masters 60+

1.	Linda van de Ree <i>Nederlands Masters Record</i>	De Ganze	NED	196300452	<b>43.06</b>	+0.75
2.	Yoka de Vegt-van Dijk	ESCA Zwemmen	NED	196200420	<b>43.20</b>	+0.85
3.	Jacqueline Rolloos-Bakkers	NieMo Barracuda	NED	196300022	<b>45.65</b>	+0.85
4.	Marijke Kraak-Beckers	WS Twente	NED	196000240	<b>46.86</b>	+0.81
5.	Annemarie Vuist-Blum	SWOL 1894	NED	196300282	<b>46.95</b>	+0.88
6.	Linda Wibbelink	Steenwijk 1934	NED	195900158	<b>47.15</b>	+0.72
7.	Lia Bijkerk	GZC Donk	NED	196000014	<b>50.27</b>	+0.83
8.	Willy Schoenmaker-ter Veer	DWK	NED	195900254	<b>52.17</b>	+0.86
9.	Hannie Poletiek	TriVia	NED	195900278	<b>52.70</b>	+0.88

Programmanr. 37, Dames, 50m schoolslag

Masters 65+

1.	Marijke van Hoek	ZPC De Zeeuwse Kust	NED	195800050	<b>47.98</b>	+0.78
2.	Claire Anthony	Cercle De Natation Sportcity WolBEL	BEL	CNSW/001353/57	<b>50.91</b>	+0.81
3.	Ria Peters-Veurman	ESCA Zwemmen	NED	195800242	<b>55.28</b>	
4.	Anje Manuputty	PSV	NED	195700176	<b>55.94</b>	+0.93
5.	Karien Musters	Old Dutch	NED	195800236	<b>1:06.82</b>	
6.	Mies Kuipers	Old Dutch	NED	195800202	<b>1:10.51</b>	

Masters 70+

1.	Bea Swijnenberg	SWOL 1894	NED	194900010	<b>49.19</b>	+0.62
2.	Tineke van Diggelen	ZPCH	NED	195200048	<b>56.66</b>	
3.	Geerdien Meerwaldt	De Geul	NED	195200058	<b>1:01.24</b>	
4.	Nini van Dongen-de Paepe	ZZ&PC De Devel	NED	195100044	<b>1:08.60</b>	

Masters 75+

1.	Annet Verhoeven - Steggerda	De Duinkickers	NED	194600024	<b>56.88</b>	
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Heren, 50m schoolslag

Masters Open  
Resultaten

rang	naam	vereniging			tijd	RT	PARA
<b>Masters 20+</b>							
1.	Kenan Coeruez	Feijenoord Albion Zwemclub	NED	200300357	<b>30.89</b>	+0.66	
2.	Dave van den Nieuwendijk	De Columbian	NED	200100475	<b>31.79</b>	+0.77	
3.	Nicko Kamphuis	De Warande	NED	199900887	<b>31.86</b>	+0.59	
4.	Mart de Koning	ZOB'66	NED	200203253	<b>31.97</b>	+0.75	
5.	Jelle Opmeer	ZPC AMERSFOORT	NED	200100269	<b>32.24</b>	+0.66	
6.	Ilmar Stoop	Zuiderzeewimmers	NED	200100871	<b>32.45</b>	+0.64	
7.	Robin van Peenen	ZVL-1886 Center	NED	200201059	<b>32.53</b>	+0.76	
8.	Jesse van Dijk	Zuiderzeewimmers	NED	199903259	<b>32.92</b>	+0.67	
9.	Jorian Darwinkel	HZ&PC Heerenveen	NED	200300565	<b>33.40</b>	+0.65	
10.	Milan de Roo	ZPC Woerden	NED	200102215	<b>33.51</b>	+0.60	
11.	Mees Minneboo	MSV-Zeemacht	NED	200203465	<b>34.17</b>	+0.68	
12.	Thomas Hesper	Blue Marlins	NED	200004181	<b>34.21</b>	+0.80	
13.	Esper Paans	ZZ&PC De Devel	NED	200100607	<b>34.33</b>	+0.57	
14.	Boaz Troost	ZOB'66	NED	200100371	<b>34.54</b>	+0.71	
15.	Boyd Wijkman	MSV-Zeemacht	NED	200104759	<b>34.73</b>	+0.68	
16.	Kylian Kooijman	Steenwijk 1934	NED	199900763	<b>35.09</b>	+0.71	
17.	Lucas Muntinga	ZPCH	NED	200300123	<b>36.27</b>	+0.53	
18.	Thomas van Scheepen	Steenwijk 1934	NED	200001387	<b>37.93</b>	+0.62	
19.	Mick van den Houten	De Duck	NED	200302211	<b>37.94</b>	+0.72	
20.	Marijn Heetkamp	Het Ravijn	NED	199903407	<b>38.15</b>	+0.77	
21.	Julian Mes	ZOB'66	NED	200103755	<b>38.21</b>	+0.72	
22.	Mathijs Krieger	EZCL (SG)	NED	199905361	<b>40.22</b>	+0.83	
23.	Ryan van der Sluijs	De Duck	NED	200105571	<b>40.97</b>	+0.75	

Masters 25+

1.	Wietse Waninge	ZPC AMERSFOORT	NED	199800023	<b>29.45</b>	+0.67	
2.	Mateusz Kobus	H2O	NED	199505963	<b>30.25</b>	+0.70	
3.	Jonne Schaafsma	Blue Marlins	NED	199800745	<b>30.47</b>	+0.74	
4.	Bert Duivenvoorde	Noordwijkerhout	NED	199701805	<b>30.67</b>	+0.66	
5.	Jurre Stammes	ESCA Zwemmen	NED	199701843	<b>30.88</b>	+0.71	
6.	Bas Dries	Zwemvereniging Hoogland	NED	199505177	<b>31.15</b>	+0.65	
7.	Jarick Stoop	Zuiderzeewimmers	NED	199604181	<b>32.02</b>	+0.66	
8.	Nick Sijmons	De Amstel	NED	199500491	<b>32.11</b>	+0.71	
9.	Kevin Kingma	ACZ	NED	199700559	<b>32.92</b>	+0.67	
10.	Robin van Beek	ZVL-1886 Center	NED	199704023	<b>33.75</b>	+0.68	
11.	Sam Beer	Poseidon'56	NED	199605521	<b>34.94</b>	+0.69	

Programmanr. 38, Heren, 50m schoolslag, Masters 25+

rang	naam	vereniging			tijd	RT	PARA
12.	Ian van Mullem	ZOB'66	NED	199602545	<b>36.40</b>	+0.71	
13.	Martijn Bartels	ZPC AMERSFOORT	NED	199603493	<b>36.50</b>	+0.69	
14.	Quentin Richtenstein	SG Bayer	GER	218386	<b>36.87</b>	+0.72	
15.	Sven Dubbeld	De Schotejil	NED	199601141	<b>38.41</b>	+0.75	
16.	Jeroen van Dinther	Neptunus'58	NED	199701569	<b>39.64</b>	+0.74	
17.	Tico Wind	Het Ravijn	NED	199502705	<b>39.99</b>	+0.73	
18.	Rutger Curfs	SWOL 1894	NED	199402893	<b>43.29</b>	+0.86	
DIS	Simon Teluij	SwimGym	NED	199406763			

SL - Het keer- en/of eindpunt met één hand aangetikt.

Masters 30+

1.	Ondrej Piskac	Plavani ELMA Kladno	CZE		<b>29.55</b>	+0.77	
<i>Kampioenschapsrecord, Czech Masters Record</i>							
2.	Sander de Vrugt	ESCA Zwemmen	NED	198903499	<b>31.36</b>	+0.61	
3.	Tom de Lange	Deltasteur	NED	199300303	<b>34.95</b>	+0.77	
4.	Robin van Beusekom	NieMo Barracuda	NED	199205841	<b>35.40</b>	+0.80	
5.	Laurens de Nijn	SwimGym	NED	199107815	<b>35.99</b>	+0.69	
6.	Karlo Kok	Zwemvereniging Hoogland	NED	199101265	<b>36.54</b>	+0.65	
7.	Sybren Groenewegen	De Schotejil	NED	199306223	<b>40.40</b>	+0.89	
8.	Romke van Dijk	Zwemvereniging Hoogland	NED	199007679	<b>42.49</b>	+0.93	

Masters 35+

1.	Yuri van Omme	Zwemvereniging Hoogland	NED	198501887	<b>32.34</b>	+0.78	
2.	Ricardo van Dam	AZC	NED	198503965	<b>33.65</b>	+0.69	
3.	Vincent Bakker	ZPC AMERSFOORT	NED	198600107	<b>34.14</b>	+0.78	
4.	Albert van Piekere	SWOL 1894	NED	198401767	<b>35.17</b>	+0.66	
5.	Thommy Nickel	ZPC Woerden	NED	198401627	<b>36.52</b>	+0.82	
6.	Harmen Reemst	ZOB'66	NED	198702715	<b>37.26</b>	+0.66	
7.	Nicky Valentijn	AquAmigos	NED	198806175	<b>37.44</b>	+0.77	
8.	Stefan Hegenberg	SV Gronau 1910 e.V.	GER	463543	<b>38.25</b>	+0.80	
AFGEM	Arne-Willem Kroonen	MZ&PC	NED	198401297			

Masters 40+

1.	Jim Geestman	Blue Marlins	NED	198300699	<b>33.90</b>	+0.77	
2.	Rob van Wanrooy	Feijenoord Albion Zwemclub	NED	198202627	<b>35.53</b>	+0.73	
3.	Mark Zwart	Zwemlust-den Hommel	NED	197901461	<b>35.93</b>	+0.80	
4.	Berry van Holland	TriVia	NED	198000603	<b>38.05</b>	+0.79	
DIS	Roderic Perez	SwimGym	NED	198202761			

AM - Gebruik gemaakt van hulpmiddelen of tape gebruikt op het lichaam., Horloge

Masters 45+

1.	Joost Hoetjes	DAW	NED	197800425	<b>31.82</b>	+0.71	
<i>Nederlands Masters Record</i>							
2.	Vincent Versteeg	Zwemlust-den Hommel	NED	197701003	<b>32.82</b>	+0.73	
3.	Victor Barnar	GoSwim	NED	197801805	<b>33.08</b>	+0.68	
4.	Kees Bakker	Gay Swim Amsterdam	NED	197501055	<b>33.27</b>	+0.61	
5.	Ruud Holswilder	ZPCH	NED	197800435	<b>33.65</b>	+0.73	
6.	Laurent Crochemore	TuS 1886 Sundern	GER	435308	<b>35.52</b>	+0.78	
7.	Bas Spoelstra	AZ&PC De Futen	NED	197701573	<b>35.78</b>	+0.71	
8.	Dennis Dortland	NieMo Barracuda	NED	197800261	<b>36.33</b>	+0.85	
9.	Erwin Buist	ZPC AMERSFOORT	NED	197800183	<b>37.24</b>	+0.72	
10.	Bogdan Androne	Sassenheim	NED	197701783	<b>38.19</b>	+0.76	
11.	Robin Roskam	De Duinkickers	NED	197801831	<b>39.89</b>	+0.73	
12.	Alfonso Verkerk	SCOM/De Zeehond'73 (SG)	NED	197601665	<b>40.78</b>	+0.77	
13.	Tom Bandsma	PSV	NED	197701625	<b>41.58</b>		
14.	Andre Schaap	ZVL-1886 Center	NED	197501357	<b>43.83</b>	+0.96	
DIS	Frederik Harms	SwimGym	NED	197701779			

AM - Gebruik gemaakt van hulpmiddelen of tape gebruikt op het lichaam., Horloge



Programmanr. 38, Heren, 50m schoolslag

Masters 50+

1.	Sven Schröter	TuS 1886 Sundern	GER	333325	<b>33.70</b>	+0.76
2.	Antwan van Engen	De Ward	NED	197101577	<b>34.30</b>	+0.70
3.	Ronald van Ombergen	ZPC De Zeeuwse Kust	NED	197201685	<b>34.37</b>	+0.83
4.	Richard Ricksen	PSV	NED	197000841	<b>35.31</b>	+0.86
5.	Hans Schoenmakers	DAW	NED	196900863	<b>37.69</b>	+0.78
6.	Bas Kremers	TRB-RES	NED	197201611	<b>38.59</b>	+0.78
7.	Rob van de Ven	Neptunus'58	NED	197101695	<b>39.39</b>	+0.55
8.	Taco Eikelenboom	AZ&PC De Futen	NED	196900275	<b>40.83</b>	+0.76
9.	Alberto Randazzo	DES	NED	197101757	<b>41.06</b>	+0.78
10.	Pascal van Dijk	De Marlijn (SG)	NED	197001719	<b>45.56</b>	+0.75
11.	Maxim Hardziyenka	ZV 44	NED	197201723	<b>55.88</b>	+0.82

Masters 55+

1.	Harold Matla	PSV	NED	196800591	<b>35.23</b>	
2.	Nico Swart	De Biesboschzwemmers	NED	196801475	<b>38.33</b>	+0.59
3.	Wridzer Bakker	ESCA Zwemmen	NED	196701711	<b>38.93</b>	+0.88
4.	Joop Weenink	WS Twente	NED	196801535	<b>40.13</b>	+0.84
5.	Eric de Haas	De Treffers	NED	196501275	<b>40.30</b>	+0.82
6.	Gertjan van der Vaart	ZVVS	NED	196801529	<b>43.21</b>	+0.75
7.	Pierre de Groot	GZC Donk	NED	196401431	<b>43.61</b>	+0.84
8.	Pieter-Sjoerd de Wijn	DES	NED	196501027	<b>44.72</b>	+0.85
9.	Erik Schweitzer	DAW	NED	196701751	<b>46.32</b>	+0.81
10.	Olaf Chalmer-Rasmussen	Cercle de Natation Dudelange	LUX	123	<b>47.15</b>	+0.84
DIS	Theo Bakker	TriVia	NED	196401231		

*SP - 1 of meerdere neerwaartse (stuwende) vlinderbeenslagen gemaakt na de 1e schoolslagbeenslag.*

NG	Marcel Jonkman	Aqualero	NED	196801389		
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Masters 60+

1.	Gert Sikkema	Zwemclub Urk 1978	NED	196300687	<b>37.98</b>	+0.86
2.	Rob Hemesath	PSV	NED	196100189	<b>41.00</b>	+0.98
3.	Christian Schoenaers	Cercle De Natation Sportcity WolBEL	BEL	CNSW/007131/59	<b>42.10</b>	+0.95
4.	Henk Kuipers	ZPC AMERSFOORT	NED	196201207	<b>42.84</b>	+0.66
5.	Hans van Scheepen	Steenwijk 1934	NED	196201245	<b>49.54</b>	+0.86

Masters 65+

1.	Paul Bunnik	Triton	NED	195600413	<b>40.27</b>	+0.88
2.	Wim de Lange	AZC	NED	195800533	<b>41.16</b>	+0.73
3.	Marten de Groot	HZ&PC Heerenveen	NED	195800149	<b>41.55</b>	+0.78
4.	Philippe Godbille	Cercle De Natation Sportcity WolBEL	BEL	CNSW/000230/57	<b>41.95</b>	+0.95
5.	Wiebren Dijkstra	HZ&PC Heerenveen	NED	195800745	<b>45.09</b>	+0.71
6.	Peter Coffeng	GZC Donk	NED	195700063	<b>46.99</b>	
7.	André Pantekoek	PSV	NED	195800321	<b>50.51</b>	

Masters 70+

1.	Harry Dokter	SWOL 1894	NED	195100037	<b>40.88</b>	+0.90
2.	Piet Schop	De Bevelanders	NED	195000109	<b>45.96</b>	+0.71
3.	Rob Berkhof	SWOL 1894	NED	195200245	<b>57.62</b>	

Masters 75+

1.	Mans Buis	SWOL 1894	NED	194700133	<b>57.62</b>	
2.	Nico van Dongen	<td>NED</td> <td>194800159</td> <td><b>1:03.89</b></td> <td></td>	NED	194800159	<b>1:03.89</b>	

Masters 80+

1.	Nico Baay	Old Dutch	NED	194200053	<b>49.74</b>	+0.89
	Rob Hanou	PSV	NED	194300109	<b>49.74</b>	+0.99

## Programmanr. 38, Heren, 50m schoolslag

## Masters 85+

 1. Gregor Pompen Aqua-Novio'94 NED 193700021 **1:19.66**

 Programmanr. 39  
 07-05-2023 - 15:56

## Dames, 100m rugslag

 Masters Open  
 Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
<b>Masters 20+</b>								
1. Babette van der Kaaij	Blue Marlins	NED	199902234	<b>1:08.91</b>	+0.65		33.90	1:08.91
2. Julia Notenboom	De Columbiaan	NED	200302596	<b>1:09.37</b>	+0.66		34.00	1:09.37
3. Sanne Heemskerk	ZVL-1886 Center	NED	200100600	<b>1:09.59</b>	+0.63		33.36	1:09.59
4. M. van den Hoofdakker	Steenwijk 1934	NED	200302708	<b>1:11.21</b>	+0.94		34.55	1:11.21
5. Kim Zwinkels	ZPCH	NED	200300422	<b>1:12.42</b>	+0.71		35.06	1:12.42
6. Anouk Vis	De Columbiaan	NED	200203322	<b>1:14.12</b>	+0.69		35.81	1:14.12
7. Romy Verhagen	De Dolfijn	NED	199906620	<b>1:15.07</b>	+0.64		36.25	1:15.07
8. Lianne van Wier	HZ&PC Heerenveen	NED	200200438	<b>1:15.50</b>	+0.65		36.62	1:15.50
Lauren van IJl	WVZ	NED	200001064	<b>1:15.50</b>	+0.73		36.00	1:15.50
10. Veerle van Munster	ZPC Woerden	NED	200102632	<b>1:16.75</b>	+0.64		37.16	1:16.75
11. Cynthia Smit	Zuiderzeewimmers	NED	200100550	<b>1:18.23</b>	+0.65		37.43	1:18.23
12. Merel van den Heuvel	De Meer	NED	200201784	<b>1:18.76</b>	+0.68		37.14	1:18.76
<i>*50m</i>								
13. Rosalie Baarda	Orca	NED	199903460	<b>1:18.80</b>	+0.66		37.03	1:18.80
14. Sanne Rebers	Hieronymus	NED	199902082	<b>1:19.20</b>	+0.81		37.55	1:19.20
15. Jet Kleine	MSV-Zeemacht	NED	199903384	<b>1:19.32</b>	+0.67		38.26	1:19.32
16. Lianne Dekker	DAW	NED	200305438	<b>1:20.64</b>	+0.64		39.36	1:20.64
17. Noa de Bock	De Duck	NED	200300318	<b>1:21.78</b>	+0.64		39.70	1:21.78
18. Mandy Swart	De Biesboschzimmers	NED	199904916	<b>1:23.46</b>	+0.72		39.78	1:23.46
19. Rosanne Diepeveen	De Blauwe Schuur	NED	199906146	<b>1:23.94</b>	+0.65		41.14	1:23.94
20. Noa Esman	Montferland	NED	200000158	<b>1:25.10</b>	+0.69		41.07	1:25.10
21. Ilse Hallie	Octopus-ZVV (SG)	NED	200200128	<b>1:25.65</b>	+0.91		41.51	1:25.65
22. Amber Hopman	De Aalscholver	NED	200106384	<b>1:26.28</b>	+0.91		41.94	1:26.28
<i>* 50m, 100m</i>								
23. Rosa Huntjens	EZCL (SG)	NED	200301402	<b>1:28.40</b>	+0.64		42.96	1:28.40
24. Mia de Vente	Het Ravijn	NED	200300518	<b>1:29.32</b>	+0.90		43.22	1:29.32
25. Nasca van Dijk	De Marlijn (SG)	NED	200300816	<b>1:30.72</b>	+0.80		43.03	1:30.72
26. Ymke van Dongen	AquAmigos	NED	200202662	<b>1:31.35</b>	+0.76		43.93	1:31.35
27. Dannique Koolen	De Vuursche	NED	199904048	<b>1:32.99</b>	+0.61	362	44.57	1:32.99
28. Nana Dekkers	Neptunus'58	NED	200206220	<b>1:35.09</b>	+0.66		46.52	1:35.09
29. Tove Kienhuis	Aqua'68	NED	200203486	<b>1:35.71</b>	+0.74		46.23	1:35.71

## Masters 25+

1. Nadja Roovers	Hieronymus	NED	199800798	<b>1:09.73</b>	+0.74		34.34	1:09.73
2. Tamara Grove	De Dolfijn	NED	199601266	<b>1:09.88</b>	+0.69		34.25	1:09.88
3. Anne-Irene Ducheine	Zwemvereniging Hoogland	NED	199506824	<b>1:13.00</b>	+0.58		35.29	1:13.00
4. Linda Kamperman	Zwemlust-den Hommel	NED	199601238	<b>1:14.71</b>	+0.70		35.58	1:14.71
5. Aniek Garritsen	De IJsselmeeuwen	NED	199504290	<b>1:16.53</b>	+0.67		36.65	1:16.53
6. Janine de Groot	NDD	NED	199500092	<b>1:18.30</b>	+0.67		37.22	1:18.30
7. Eef Hollander	Blue Marlins	NED	199602074	<b>1:18.62</b>	+0.66		37.67	1:18.62
8. Lotte Eising	ZPC AMERSFOORT	NED	199502098	<b>1:18.72</b>	+0.61		38.40	1:18.72
9. Nina Tourton	ZOB'66	NED	199603612	<b>1:19.39</b>	+0.67		38.52	1:19.39
10. Suzanne Mosch	MSV-Zeemacht	NED	199400548	<b>1:19.86</b>	+0.74		38.58	1:19.86
11. Larissa Jansen	PSV	NED	199500660	<b>1:21.87</b>	+0.80		41.29	1:21.87
12. Eline Hendriks	ZPC AMERSFOORT	NED	199802794	<b>1:21.93</b>	+0.80		40.20	1:21.93
13. Anouk van der Lans	Westland Swimming Stars	NED	199801614	<b>1:22.42</b>	+0.73		39.59	1:22.42
14. Jisca Majolee	ZPC AMERSFOORT	NED	199403570	<b>1:23.03</b>	+0.88		41.35	1:23.03
15. Esmée Rolloos	NieMo Barracuda	NED	199800056	<b>1:25.96</b>	+0.86		41.49	1:25.96
16. Judith Kleinjan	De Duck	NED	199802710	<b>1:28.73</b>	+0.81		42.94	1:28.73
17. Cynthia van Veen	ZVL-1886 Center	NED	199606736	<b>1:31.86</b>	+0.71		43.55	1:31.86

Programmanr. 39, Dames, 100m rugslag, Masters 25+

rang naam	vereniging			tijd	RT	PARA	50m	100m
18. C. Rozendom - de Ruiter	Steenwijk 1934	NED	199403668	<b>1:32.32</b>			44.59	1:32.32

Masters 30+

1. Mabel Suli	WVZ	NED	199307964	<b>1:10.07</b>	+0.70		34.28	1:10.07
2. Danique Stoop	Zuiderzeewemmers	NED	199106956	<b>1:10.33</b>	+0.62		34.22	1:10.33
3. Désirée Emmen	De Warande	NED	199204862	<b>1:12.66</b>	+0.70		34.54	1:12.66
4. Elmi Roelofsen	Octopus-ZVV (SG)	NED	199008198	<b>1:16.16</b>	+0.84		35.56	1:16.16
5. Getrude Corporaal	Steenwijk 1934	NED	199200380	<b>1:19.13</b>	+0.77		38.81	1:19.13
6. Phedra Van Daele	Mega	BEL	MEGA/21311/93	<b>1:24.31</b>	+0.72		40.96	1:24.31
7. Marijke Kommers	NieMo Barracuda	NED	199305334	<b>1:25.67</b>	+0.74		41.61	1:25.67
8. Natasja Postma	De Inktvis	NED	199303864	<b>1:27.51</b>	+0.86		43.23	1:27.51
9. Elke Schellekens	Neptunus'58	NED	199301550	<b>1:30.39</b>	+0.69		43.25	1:30.39
10. Anouk Bloem	TRB-RES	NED	199000320	<b>1:47.19</b>	+0.66		50.80	1:47.19
NG Lonneke Oenema	Steenwijk 1934	NED	199102314					

Masters 35+

1. Samantha van Eijk	De Geul	NED	198806826	<b>1:16.86</b>	+0.75		37.58	1:16.86
2. Marije Jansen	ZPC AMERSFOORT	NED	198504088	<b>1:20.03</b>	+0.79		39.70	1:20.03
3. Renske Eilers	Zwemvereniging Hoogland	NED	198806072	<b>1:20.67</b>	+0.69		39.62	1:20.67
4. Jolanda Kuiper-Crossen	Neptunia'24	NED	198600712	<b>1:21.24</b>	+0.75		40.07	1:21.24
5. Lisette Jursche-Prins	WVZ	NED	198803522	<b>1:25.02</b>	+0.83		40.89	1:25.02
6. Sandra Schellekens	Neptunus'58	NED	198503416	<b>1:27.04</b>	+0.74		42.36	1:27.04
7. Kim Visser	H2Oldambt	NED	198704350	<b>1:32.77</b>	+0.85		45.57	1:32.77
AFGEM Jenny Schouten	MZ&PC	NED	198703674					

Masters 40+

1. Roos van Esch	ACZ	NED	198200468	<b>1:16.09</b>	+0.69		37.11	1:16.09
2. P. van Gelder - Dieker	Steenwijk 1934	NED	198102346	<b>1:20.40</b>	+0.69		39.22	1:20.40
3. Angela Giezen	Zwemvereniging Hoogland	NED	198302796	<b>1:21.54</b>	+0.80		41.36	1:21.54
4. E. Poortvliet - Koedam	De Duinkickers	NED	198001824	<b>1:22.20</b>	+0.77		41.25	1:22.20
5. Ilja Janssen	ESCA Zwemmen	NED	198102234	<b>1:25.67</b>	+0.72		41.95	1:25.67
6. Leonie Scholten	Steenwijk 1934	NED	197901560	<b>1:32.76</b>	*+0.80		45.07	1:32.76

Masters 45+

1. Mirjan den Drijver	Westland Swimming Stars	NED	197500884	<b>1:21.33</b>	+0.69		40.07	1:21.33
2. Alina Spijkerman	DAW	NED	197701220	<b>1:22.62</b>	+0.76		40.36	1:22.62
3. Geraldine Trainor	De Duck	NED	197500544	<b>1:23.28</b>	+0.82		40.52	1:23.28
4. Jolanda van Gendt	PSV	NED	197800266	<b>1:23.44</b>	+0.67		40.87	1:23.44
5. Fabiola Bosman	Deltasteur	NED	197701148	<b>1:31.55</b>	+0.75		44.69	1:31.55
6. Margriet Leeffers	Deltasteur	NED	197800448	<b>1:37.35</b>			47.34	1:37.35
7. Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	NED	197700138	<b>1:44.72</b>	+0.91		49.68	1:44.72
DIS Ioanna Grammatikou	SwimGym	NED	197501042					

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

Masters 50+

1. Monique Tuijp	Ed-Vo	NED	196900800	<b>1:20.99</b>	+0.92		39.31	1:20.99
Edith Janssen-Koolen	TRB-RES	NED	197300898	<b>1:20.99</b>	+0.82		39.32	1:20.99
3. Trudie van Niejenhuis	TZC-Vahalis	NED	197100444	<b>1:23.75</b>	+0.80		41.08	1:23.75
4. Valérie Rolland	Cercle De Natation Sportcity VBELwe	CNSW/004276/71		<b>1:25.31</b>	+0.64		40.82	1:25.31
5. Peggi Hurenkamp	HZ&PC Heerenveen	NED	196900922	<b>1:29.60</b>	+0.76		43.23	1:29.60
6. Nathasja Konijn	GZC Donk	NED	197100992	<b>1:37.40</b>	+0.88		47.85	1:37.40
7. Danielle Schipper	ZOB'66	NED	197001078	<b>1:42.38</b>	+0.77		49.81	1:42.38

## Programmanr. 39, Dames, 100m rugslag

**Masters 55+**

1. Allie Price	Bridgend Swim Club	GBR	547582	<b>1:17.78</b>	+0.66	37.80	1:17.78
2. Annette Wijnja-Visser	De Biesboschzweimmers	NED	196700528	<b>1:25.77</b>	+0.79	41.35	1:25.77
3. Petra Blum	SG Bayer	GER	274174	<b>1:26.61</b>	+0.90	41.05	1:26.61
4. Henriëtte v. Norden	ZPC AMERSFOORT	NED	196800046	<b>1:26.62</b>	+0.94	42.18	1:26.62
5. Wilma Lammers-Wigman	Montferland	NED	196400614	<b>1:36.38</b>	+0.83	46.64	1:36.38
6. Annette van Dok	MSV-Zeemacht	NED	196800742	<b>1:39.13</b>	+0.87	47.78	1:39.13
7. Roselinda van der Vlugt	De Geul	NED	196700710	<b>1:50.95</b>	+0.79	55.65	1:50.95
8. Cora Smulders	ESCA Zwemmen	NED	196600668	<b>1:52.51</b>	+0.77	55.16	1:52.51

**Masters 60+**

1. Marjan Remmits-de Lange	ZPC AMERSFOORT	NED	196300518	<b>1:24.37</b>	+0.81	41.82	1:24.37
2. Margriet Grove-Lingeman	Triton	NED	196200080	<b>1:28.68</b>	+0.77	42.69	1:28.68
3. Patty Verhagen	PSV	NED	195900146	<b>1:34.97</b>	+0.96	47.24	1:34.97
4. K. van der Star-Verhoeven	ESCA Zwemmen	NED	196100382	<b>1:35.09</b>	+0.89	44.58	1:35.09
5. Annemarie Vuisst-Blum	SWOL 1894	NED	196300282	<b>1:40.92</b>		49.82	1:40.92
6. Katinka Elders	HZ&PC Heerenveen	NED	196000292	<b>1:47.08</b>	+0.75	51.28	1:47.08
7. Lia Bijkerk	GZC Donk	NED	196000014	<b>1:54.38</b>	+0.87	55.63	1:54.38

**Masters 65+**

1. Atie Pijtak-Radersma	ZPC AMERSFOORT	NED	195600048	<b>1:26.24</b>	+0.66	41.88	1:26.24
2. Ria Peters-Veurman	ESCA Zwemmen	NED	195800242	<b>2:02.02</b>	+0.86	58.33	2:02.02
3. Mies Kuipers	Old Dutch	NED	195800202	<b>2:18.60</b>	+0.70	1:09.54	2:18.60
4. Lies Hartman	PSV	NED	195600116	<b>2:21.65</b>	+0.80	1:05.65	2:21.65
5. Maryse Van Cant	Brabo Zwemclub Antwerpen	BEL	BRABO/20389/54	<b>2:28.28</b>	+0.82	1:08.35	2:28.28

**Masters 70+**

1. Christine Nieuwenhuis	SWOL 1894	NED	195100022	<b>1:41.40</b>	+0.70	49.88	1:41.40
2. Tineke van Diggelen	ZPCH	NED	195200048	<b>1:56.05</b>	+0.90	57.31	1:56.05
3. A. Gilding-Tussaud	WS Twente	NED	195000038	<b>1:56.71</b>	+0.80	55.43	1:56.71
4. Ineke Meijer	HZ&PC Heerenveen	NED	195200034	<b>2:04.38</b>	+0.81	1:00.60	2:04.38
5. Geerdien Meerwaldt	De Geul	NED	195200058	<b>2:14.45</b>	+0.79	1:05.07	2:14.45
6. Ineke Brouwers	PSV	NED	195200070	<b>2:19.12</b>	+0.84	1:05.12	2:19.12
7. N. van Dongen-de Paepe	ZZ&PC De Devel	NED	195100044	<b>2:23.59</b>	+0.63	1:08.18	2:23.59

**Masters 75+**

1. Loekie van Huissteden	ZPC AMERSFOORT	NED	194500002	<b>2:17.48</b>		1:08.03	2:17.48
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 Programmanr. 40  
 07-05-2023 - 16:25

## Heren, 100m rugslag

 Masters Open  
 Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
<b>Masters 20+</b>								
1. Daan Hogerhuis	De Columbiaan	NED	200300317	<b>1:02.46</b>	+0.62		30.67	1:02.46
2. Nicko Kamphuis	De Warande	NED	199900887	<b>1:03.47</b>	+0.55		30.57	1:03.47
3. Thijs Molendijk	d'ELFT	NED	199900477	<b>1:04.18</b>	+0.65		31.50	1:04.18
4. Guus Hoogduin	ZVL-1886 Center	NED	200201069	<b>1:04.60</b>	+0.68		31.45	1:04.60
5. David Kievit	De Schotejil	NED	199900325	<b>1:07.50</b>	+0.84		32.75	1:07.50
6. Mart de Koning	ZOB'66	NED	200203253	<b>1:08.40</b>	+0.69		32.59	1:08.40
7. Freek Hollander	Blue Marlins	NED	200103815	<b>1:09.13</b>	+0.73		32.63	1:09.13
8. Dave van den Nieuwendijk	De Columbiaan	NED	200100475	<b>1:09.17</b>	+0.72		33.33	1:09.17
9. Jeroen Louwinger	De Rijn	NED	199900583	<b>1:11.63</b>	+0.64		35.28	1:11.63
10. Fayssal Lanterna	Zwemlust-den Hommel	NED	200101379	<b>1:12.20</b>	+0.75		35.49	1:12.20
11. Remco de Heij	ZPCH	NED	200200161	<b>1:13.08</b>	+0.75		36.05	1:13.08
12. Nick Boekstijn	Westland Swimming Stars	NED	199900291	<b>1:14.89</b>	+0.57		36.06	1:14.89
13. Bartho Visser	Triton Putten	NED	200005595	<b>1:17.01</b>	+0.85		37.24	1:17.01

## Programmanr. 40, Heren, 100m rugslag, Masters 20+

rang naam	vereniging			tijd	RT	PARA	50m	100m
14. Dylan Kalden	De Duck	NED	200003283	<b>1:19.39</b>	+0.70		38.55	1:19.39

## Masters 25+

1. Ivo van Dijk	Blue Marlins	NED	199702985	<b>1:03.99</b>	+0.63		29.80	1:03.99
2. Bert Duivenvoorde	Noordwijkerhout	NED	199701805	<b>1:06.65</b>	+0.65		32.51	1:06.65
3. Jelle Blankestijn	ZPC AMERSFOORT	NED	199803737	<b>1:10.29</b>	+0.67		33.65	1:10.29
4. Hans Stoffers	Triton Putten	NED	199604027	<b>1:11.64</b>	+0.71		34.34	1:11.64
5. Daan Siebenheller	ZOB'66	NED	199804955	<b>1:11.71</b>	+0.69		34.63	1:11.71
6. Martijn Lageweg	Steenwijk 1934	NED	199701323	<b>1:12.57</b>	+0.59		34.71	1:12.57
7. Tim van Grunsven	De Treffers	NED	199804535	<b>1:13.22</b>	+0.64		35.21	1:13.22
8. Patrick Wyrdean	Westland Swimming Stars	NED	199702475	<b>1:15.32</b>	+0.67		36.19	1:15.32
9. Lars Jacobsen	DWK	NED	199705453	<b>1:16.39</b>	+0.62	487	37.53	1:16.39
10. Tim de Jong	Noordwijkerhout	NED	199701807	<b>1:18.06</b>	+0.64		37.90	1:18.06
11. Tico Wind	Het Ravijn	NED	199502705	<b>1:18.48</b>	+0.71		37.16	1:18.48
12. Thijs van Hofweegen	ZPC AMERSFOORT	NED	199605253	<b>1:22.21</b>	+0.76	774	38.72	1:22.21
13. Jasper Strijp	De Rog	NED	199804399	<b>1:23.74</b>	+0.68		40.64	1:23.74
14. Rick Vaarkamp	Triton Putten	NED	199404979	<b>1:39.39</b>	+0.77		48.26	1:39.39

## Masters 30+

1. Patrick Brouwer	AZC	NED	199303715	<b>1:12.03</b>	+0.71		34.80	1:12.03
2. Jelle Roks	De Blauwe Schuur	NED	199005145	<b>1:12.29</b>	+0.70		35.47	1:12.29
3. Johan Krakou	De Rijn	NED	199101311	<b>1:12.45</b>	+0.69		34.08	1:12.45
4. Patrick de Jonge *50m	Deltasteur	NED	198906635	<b>1:19.42</b>	+0.72		36.40	1:19.42

## Masters 35+

1. Robert Braad	Steenwijk 1934	NED	198600407	<b>1:07.01</b>	+0.80		32.19	1:07.01
2. Albert van Piekeren	SWOL 1894	NED	198401767	<b>1:11.45</b>	+0.79		35.16	1:11.45
3. Thommy Nickel	ZPC Woerden	NED	198401627	<b>1:13.80</b>	+0.82		36.25	1:13.80
4. Remco van der Graaf	PSV	NED	198704007	<b>1:19.19</b>	+0.78		38.81	1:19.19
5. Harmen Reemst	ZOB'66	NED	198702715	<b>1:19.40</b>	+0.69		38.22	1:19.40
6. Rudi Butselaar	GoSwim	NED	198700577	<b>1:21.97</b>	+0.74		39.24	1:21.97
7. Nicky Valentijn	AquAmigos	NED	198806175	<b>1:30.04</b>	+0.79		43.47	1:30.04

## Masters 40+

1. Mark Hensen	NieMo Barracuda	NED	197900497	<b>1:09.82</b>	+0.72		34.21	1:09.82
2. Heijmen van Vliet	De Geul	NED	198001637	<b>1:11.52</b>	+0.65		34.62	1:11.52
NG.ZA Cetin Cetiner	Göztepe	TUR						

## Masters 45+

1. Dennis Brouwers	HZPC	NED	197800167	<b>1:06.55</b>	+0.75		32.89	1:06.55
2. Ruud Holswilder	ZPCH	NED	197800435	<b>1:06.88</b>	+0.66		32.53	1:06.88
3. Ivo Roozeboom	WVZ	NED	197700801	<b>1:08.76</b>	+0.70		33.34	1:08.76
4. Alex Damen	DAW	NED	197501371	<b>1:20.68</b>	+0.73		38.93	1:20.68
5. Pieter Broek	Westland Swimming Stars	NED	197701637	<b>1:25.83</b>	+0.68		40.83	1:25.83
6. Jeroen Hoeksel	ZVVS	NED	197401533	<b>1:39.28</b>	+0.82		47.26	1:39.28

## Masters 50+

1. Chester Marsman	ZPC AMERSFOORT	NED	196900671	<b>1:06.43</b>	+0.77		32.54	1:06.43
2. René Beetsma	HZ&PC Heerenveen	NED	196900069	<b>1:17.90</b>	+0.75		36.83	1:17.90
3. Bruno Nahon	Cercle De Natation Sportcity	VBELwe CNSW/000390/70		<b>1:19.68</b>	+0.77		38.39	1:19.68
4. Henri Verschoor	De Biesboschwimmers	NED	197001041	<b>1:20.84</b>	+0.78		39.56	1:20.84
5. Taco Eikelenboom	AZ&PC De Futen	NED	196900275	<b>1:28.63</b>	+0.79		41.83	1:28.63



Programmanr. 40, Heren, 100m rugslag

Masters 55+

1. Jan-Willem van den Berg	WVZ	NED	196801575	<b>1:13.04</b>	+0.79	35.57	1:13.04
2. Guido Keutgen	Steenwijk 1934	NED	196801551	<b>1:14.27</b>	+0.66	35.48	1:14.27
3. Pascal Tourton	ZOB'66	NED	196601343	<b>1:19.38</b>	+0.97	39.04	1:19.38
4. Nico Swart	De Biesboschzwemmers	NED	196801475	<b>1:20.31</b>	+0.76	39.20	1:20.31
5. Ron Korzelius	ZPC AMERSFOORT	NED	196500513	<b>1:20.64</b>	+0.68	39.54	1:20.64
6. Ralf Dillig	Duisburger ST	GER	060769	<b>1:21.71</b>	+0.74	39.24	1:21.71
7. Erik Saan	De Duck	NED	196500769	<b>1:25.55</b>	+0.83	41.70	1:25.55

Masters 60+

1. Peter Bernsen	De Rog	NED	196301119	<b>1:10.93</b>	+0.63	34.35	1:10.93
	<i>Nederlands Masters Record</i>						
2. Johan Remmits	ZPC AMERSFOORT	NED	196201159	<b>1:12.08</b>	+0.74	35.51	1:12.08
3. Edwin v. Norden	ZPC AMERSFOORT	NED	196300563	<b>1:15.36</b>	+0.79	35.90	1:15.36
4. Jan Brink	ZPC De Zeeuwse Kust	NED	196200091	<b>1:16.07</b>	+0.85	37.16	1:16.07
5. Clemens de Waal	De Ward	NED	196001063	<b>1:19.48</b>	+0.84	37.84	1:19.48
6. Erik Kamphuis	De Rog	NED	196001035	<b>1:20.15</b>	+0.69	40.07	1:20.15
7. Evert-Jan Verweij	SWOL 1894	NED	196301143	<b>1:25.83</b>	+0.87	42.30	1:25.83
8. Casper Dollekamp	Steenwijk 1934	NED	196301341	<b>1:25.91</b>	+0.72	42.55	1:25.91
9. Jack Barends	WS Twente	NED	196201011	<b>1:34.70</b>	+0.78	47.23	1:34.70
10. Christian Schoenaers	Cercle De Natation Sportcity VBELwe CNSW/007131/59			<b>1:49.47</b>	+0.94	51.82	1:49.47

Masters 65+

1. Wim de Lange	AZC	NED	195800533	<b>1:30.30</b>	+0.71	45.34	1:30.30
2. Paul Bunnik	Triton	NED	195600413	<b>1:33.25</b>	+0.86	45.20	1:33.25
3. André Pantekoek	PSV	NED	195800321	<b>1:47.02</b>	+0.80	52.34	1:47.02

Masters 70+

1. Brend Brevé	PSV	NED	195200265	<b>1:21.27</b>		40.37	1:21.27
	<i>Nederlands Masters Record</i>						
2. Ruud Ruiters	WWV Winterswijk	NED	195300169	<b>1:31.58</b>	+0.85	45.28	1:31.58
3. Jos Kamps	Zwemvereniging Hoogland	NED	195100085	<b>1:48.52</b>	+0.62	50.81	1:48.52
4. Jan Nuijten	PSV	NED	194900175	<b>1:52.67</b>	+0.84	53.05	1:52.67
5. Rob Berkhof	SWOL 1894	NED	195200245	<b>1:54.80</b>		57.14	1:54.80

Masters 75+

1. Willem Putter	ZVVS	NED	194500135	<b>1:47.14</b>		52.33	1:47.14
2. Mans Buis	SWOL 1894	NED	194700133	<b>1:54.43</b>	+0.87	57.33	1:54.43

Masters 80+

1. Rob Hanou	PSV	NED	194300109	<b>1:57.12</b>	+0.91	55.73	1:57.12
2. Nico Baay	Old Dutch	NED	194200053	<b>2:02.68</b>	+0.96	55.97	2:02.68

Programmanr. 41  
 07-05-2023 - 16:50

4 x 50m vrije slag

 Masters Open  
 Resultaten

rang	vereniging			tijd	RT	PARA
<b>80+, Heren</b>						
1.	ZOB'66 2	ZOB'66		<b>1:47.56</b>	+0.74	
	Mart de Koning	02 +0.74	26.97	96 +0.15		26.68
	Julian Mes	01 +0.44	27.20	98 +0.39		26.71
DIS	MSV-Zeemacht 2	MSV-Zeemacht			+0.69	
	<i>EA - Te vroeg overgenomen., 2de zwemmer</i>					
	Marco van der Wulp	03 +0.69	28.15	Mees Minneboo		02
	Boyd Wijkman	01 -0.07		Jordi de Nijs		98
<b>100+, Heren</b>						
1.	ESCA Zwemmen 1	ESCA Zwemmen		<b>1:42.45</b>	+0.73	
	Peter Rothengatter	97 +0.73	25.19	Jurre Stammes		97 +0.13 26.68
	Sander de Vrugt	89 +0.27	25.46	Tim de Vrugt		93 +0.45 26.12
2.	De Warande 1	De Warande		<b>1:45.46</b>	+0.58	
	Nicko Kamphuis	99 +0.58	25.39	Dion Staal		02 +0.49 28.38
	Tom Balsen Versteeg	00 +0.18	25.20	Craig Frankum		90 +0.57 26.49
3.	Triton Putten 1	Triton Putten		<b>2:04.22</b>	+0.64	
	Hans Stoffers	96 +0.64	28.14	Wolter Graaf		01 +0.26 30.37
	Rick Vaarkamp	94 +0.65	37.64	Bartho Visser		00 +0.25 28.07
<b>120+, Heren</b>						
1.	Zwemlust-den Hommel 1	Zwemlust-den Hommel		<b>1:45.99</b>	+0.76	
	Fayssal Lantema	01 +0.76	27.01	Vincent Versteeg		77 +0.09 26.83
	Mark Zwart	79 +0.24	27.11	Matteo Viani		90 +0.22 25.24
2.	Zuiderzeezwemmers 1	Zuiderzeezwemmers		<b>1:46.29</b>	+0.84	
	Gerko Versluis	69 +0.84	28.97	Ilmar Stoop		01 +0.39 26.14
	Jesse van Dijk	99 +0.22	25.86	Jarick Stoop		96 +0.18 25.32
3.	NieMo Barracuda 1	NieMo Barracuda		<b>1:48.30</b>	+0.86	
	Dennis Dortland	78 +0.86	28.36	Mark Hensen		79 +0.35 26.72
	Robin van Beusekom	92 +0.39	27.73	Pascal van Haren		87 +0.38 25.49
4.	Steenwijk 1934 5	Steenwijk 1934		<b>1:49.88</b>	+0.76	
	Kylian Kooijman	99 +0.76	27.24	Robert Braad		86 +0.33 26.50
	Martijn Lageweg	97 +0.32	27.42	Guido Keutgen		68 +0.06 28.72
5.	De Schotegil 1	De Schotegil		<b>1:50.99</b>	+0.65	
	Frank v.d. Voordt	83 +0.65	29.34	Niels Albrechts		88 +0.23 28.22
	David Kievit	99 +0.20	26.68	Sybren Groenewegen		93 +0.63 26.75
6.	SWOL 1894 2	SWOL 1894		<b>1:57.39</b>	+0.76	
	Albert van Piekeren	84 +0.76	29.61	Peter Lommert		79 +0.30 29.30
	Rutger Curfs	94 +0.63	29.50	Johan Wezenberg		76 +0.52 28.98
7.	ZVL-1886 Center 3	ZVL-1886 Center		<b>2:00.16</b>	+0.73	
	Robin van Peenen	02 +0.73	27.46	Andre Schaap		75 +0.43 33.30
	Erik Baalbergen	98 +0.30	27.54	Ingmar Kooman		79 +0.54 31.86
8.	SwimGym 1	SwimGym		<b>2:00.29</b>	+0.76	
	Sébas van Lith	90 +0.76	24.63	Roderic Perez		82 +0.67 30.18
	Simon Teluij	94 +0.54	34.05	Sjef Hereijgers		95 +0.38 31.43

Programmanr. 41, 4 x 50m vrije slag

160+, Heren

1.	De Rog 2	De Rog	NED	<b>1:55.18</b>	+0.68
	Arjan Verheij	71 +0.68	Wijnand Vergeest	68 +0.39	31.93
	Jasper Strijp	98 +0.39	Joel Hamakers	95 +0.39	26.50
2.	ZVVS 1	ZVVS	NED	<b>2:01.94</b>	
	Rene de Jong	66	Bram Piederiet	90 +0.41	28.99
	Jeroen Hoeksels	74 +0.48	Bas van den Nouwelant	80 +0.33	27.24
3.	AZC 1	AZC	NED	<b>2:10.79</b>	+0.59
	Michael Go	75 +0.59	Ricardo van Dam	85 +0.69	30.41
	Geza Kaltenecker	42 +0.67	Patrick Brouwer	93 +0.60	29.41
DIS	ZPC AMERSFOORT 3	ZPC AMERSFOORT	NED		+0.72
	<i>EA - Te vroeg overgenomen., 2de zwemmer</i>				
	Erwin Buist	78 +0.72	Mark Pijtak	90	
	Edwin v. Norden	63 -0.07	Jelle Blankestijn	98	

200+, Heren

1.	PSV 5	PSV	NED	<b>1:57.56</b>	+0.70
	Youri Vaes	84 +0.70	Harold Matla	68 +0.53	31.09
	Richard Rickssen	70 +0.74	Eymert van Rooij	66 +0.43	30.65
2.	HZ&PC Heerenveen 3	HZ&PC Heerenveen	NED	<b>1:58.56</b>	+0.77
	Marten de Groot	58 +0.77	René Beetsma	69 +0.39	29.10
	Wiebren Dijkstra	58 +0.12	Remco Dijkstra	01 +0.53	25.75
3.	ZV Hoogland 2	Zwemvereniging Hoogland	NED	<b>2:05.70</b>	+0.83
	Paul de Boer	68 +0.83	Rudolf Meijer	60 +0.46	32.09
	Jos Kamps	51 +0.42	Rutger Stam	81 0.00	27.09
4.	Steenwijk 1934 4	Steenwijk 1934	NED	<b>2:18.86</b>	+0.84
	Huyb Stegeman	67 +0.84	Thomas van Scheepen	00 +0.36	28.78
	Casper Dollekamp	63 +0.18	Hans van Scheepen	62 +0.53	45.25

240+, Heren

1.	De Rog 1	De Rog	NED	<b>2:00.04</b>	+0.65
	<i>Nederlands Masters Record, voor startzwemmer</i>				
	Peter Bernsen	63 +0.65	Rob Spetter	62 +0.42	30.13
	Roy Le Clercq	64 +0.52	Erik Kamphuis	60 +0.43	30.60

280+, Heren

1.	SWOL 1894 1	SWOL 1894	NED	<b>2:25.39</b>	+0.84
	Harry Dokter	51 +0.84	Rob Berkhof	52 +0.33	40.00
	Be van der Ziel	52 +0.78	Jappie Kuiper	55 +0.59	34.81
2.	PSV 4	PSV	NED	<b>2:35.32</b>	+0.78
	Rob Hemesath	61 +0.78	Jan Nuijten	49 +0.56	37.50
	André Pantekoek	58 +0.77	Nic Geers	38 +0.51	45.93

80+, Dames

1.	De Rog 3	De Rog	NED	<b>2:00.61</b>	+0.67
	Serina Damen	01 +0.67	Ilse Verheij	03 +0.13	27.87
	Dajenne Hurkmans	98 +0.72	Ayla Thiessen	98 +0.41	31.14
2.	ESCA Zwemmen 2	ESCA Zwemmen	NED	<b>2:03.93</b>	+0.73
	Sanne Landman	03 +0.73	Rachel Verburgt	02 +0.44	32.17
	Moniek van Langevelde	98 +0.31	Irmgard van Weeghel	92 +0.39	33.14
3.	Het Ravijn 2	Het Ravijn	NED	<b>2:11.73</b>	+0.66
	Ilse Valk	00 +0.66	Mia de Vente	03 +0.53	34.86
	Lotte de Vente	99 +0.25	Noa Boerma	02 +0.36	33.93

Programmanr. 41, 4 x 50m vrije slag

100+, Dames

1. Zuiderzeezwemmers 2	Zuiderzeezwemmers	NED	<b>1:55.78</b>	+0.70
Annemarie ten Have	98 +0.70 30.45	Cynthia Smit	01 +0.41 29.15	
Dagmar Kruik	98 +0.34 28.69	Danique Stoop	91 +0.19 27.49	
2. Orca 1	Orca	NED	<b>1:59.17</b>	+0.76
Annemiek Meulenbeld	95 +0.76 30.76	Froukje Osinga	00 +0.34 29.94	
Rosalie Baarda	99 +0.30 31.14	Marre Zandringa	97 +0.25 27.33	
3. ACZ 3	ACZ	NED	<b>2:00.50</b>	+0.75
Iris van Rossum	00 +0.75 30.43	Anna Hoogenboezem	02 +0.48 32.33	
Roos van Esch	82 +0.22 29.28	Mariska Scheel	93 +0.25 28.46	
4. NieMo Barracuda 2	NieMo Barracuda	NED	<b>2:05.68</b>	+0.86
Esmée Rolloos	98 +0.86 32.72	Denise Boereboom	92 +0.65 28.50	
Tamara van den Brink	98 +0.54 31.75	Marijke Kommers	93 +0.53 32.71	
5. ZVL-1886 Center 2	ZVL-1886 Center	NED	<b>2:05.94</b>	+0.68
Lonneke Graansma	99 +0.68 30.73	Margien Timmer	95 +0.53 31.73	
Adela Vázquez García	93 +0.50 31.88	Suzan Blankestijn	89 +0.34 31.60	
6. Octopus-ZVV (SG) 1	Octopus-ZVV (SG)	NED	<b>2:12.67</b>	+0.97
Ellen Rikken	96 +0.97 34.64	Marjan Rikken	92 +0.49 35.65	
Elmi Roelofsens	90 +0.36 28.76	Ilse Hallie	02 +0.33 33.62	
7. Steenwijk 1934 2	Steenwijk 1934	NED	<b>2:14.39</b>	+0.69
Sabine Lageweg	99 +0.69 31.80	Charine Rozendom - de Ruiter	94 +0.68 35.89	
Lonneke Oenema	91 +0.21 33.00	Ilse Blankvoort	92 +0.26 33.70	

120+, Dames

1. WVZ 1	WVZ	NED	<b>1:54.76</b>	+0.69
<i>Nederlands Masters Record</i>				
Nicole Bennis	96 +0.69 28.74	Delia Badoux	80 +0.29 28.00	
Lauren van IJl	00 +0.43 29.99	Lisa Klatten	92 +0.18 28.03	
2. De Biesboschzwemmers 1	De Biesboschzwemmers	NED	<b>2:00.95</b>	+0.85
Anne-Marie Verschoor-Vos	81 +0.85 30.06	Marjo Goelema-Koek	69 +0.34 30.52	
Mandy Swart	99 +0.38 31.37	Sanne van de Pol	98 +0.45 29.00	
3. ZPC AMERSFOORT 4	ZPC AMERSFOORT	NED	<b>2:01.66</b>	+0.86
Daphne Kievit	92 +0.86 32.99	Marije Jansen	85 +0.17 28.70	
Jisca Majolee	94 +0.55 30.54	Lotte Eising	95 +0.48 29.43	
4. PSV 2	PSV	NED	<b>2:01.99</b>	+0.85
Larissa Jansen	95 +0.85 30.92	Nienke van Stipriaan	87 +0.41 30.49	
Fiona Meuffels	95 +0.16 28.82	Renee de Kok	84 +0.50 31.76	
5. MSV-Zeemacht 1	MSV-Zeemacht	NED	<b>2:04.60</b>	+0.62
Jet Kleine	99 +0.62 31.72	Suzanne Mosch	94 +0.48 30.82	
Bianca Groot	70 +0.57 31.82	Kyra Wesemann	02 +0.11 30.24	
6. Steenwijk 1934 1	Steenwijk 1934	NED	<b>2:07.63</b>	+0.81
Pauline van Gelder - Dieker	81 +0.81 31.72	Leonie Scholten	79 +0.31 36.58	
Michelle van den Hoofdakker	03 +0.63 29.69	Nanda Wobben - de Vries	92 +0.38 29.64	
7. WVZ 2	WVZ	NED	<b>2:15.63</b>	+0.66
Sabine Koudijs	95 +0.66 31.49	Lisette Jursche-Prins	88 +0.27 35.29	
Tessa Verheijdt	89 +0.19 33.57	Linda Hoogendam	83 +0.60 35.28	

160+, Dames

1. CNSW 1	Cercle De Natation Sportcity WoBEL		<b>2:09.00</b>	+0.54
Nathalie Blondeel	77 +0.54 30.31	Kathy Van Lindt	71 +0.59 34.00	
Valérie Rolland	71 +0.39 32.26	Isaline Manchel	85 +0.29 32.43	
2. DAW 2	DAW	NED	<b>2:11.81</b>	+0.60
Jacqueline Tuin	66 +0.60 32.94	Celine Bakker	93 +0.17 32.25	
Cherry Bas-Ott	71 +0.16 34.25	Alina Spijkerman	77 +0.83 32.37	
3. Montferland 2	Montferland	NED	<b>2:27.98</b>	+0.78
Wilma van Velsen	64 +0.78 32.43	Noa Esman	00 +0.45 36.00	
Wilma Lammers-Wigman	64 +0.69 41.18	Irma de Winter	67 +0.65 38.37	
4. De Rog 5	De Rog	NED	<b>2:34.00</b>	+0.80
Sandra Van der Helm	78 +0.80 35.92	Ageeth Westenbrink	67 +0.41 39.10	
Yvette Senden	93 +0.63 40.63	Karin Vermeer	83 +0.56 38.35	

Programmanr. 41, 4 x 50m vrije slag

200+, Dames

1.	ZPC AMERSFOORT 2 <i>Europees Masters Record</i>	ZPC AMERSFOORT	NED	<b>1:58.66</b>	+0.82			
	Barbara van Rhijn	81	+0.82	29.21	Jenny Bergwerff	72	+0.23	29.86
	Lesley Cordial	67	+0.40	29.88	Lidia v. Bon-Rosenbrand	70	+0.27	29.71
2.	De Rog 4	De Rog	NED	<b>2:15.44</b>	+0.77			
	Katja De Beer	68	+0.77	33.47	Esther Vergeest	77	+0.52	35.32
	Regine Beckers-Stribos	70	+0.68	32.83	Arianne Hamakers	67	+0.63	33.82
3.	De Duinkickers 1	De Duinkickers	NED	<b>2:39.33</b>	+0.72			
	Inge Roskam	78	+0.72	34.99	Christine Buist	64	+0.38	37.37
	Saskia op den Velde	79	+0.57	35.66	Annet Verhoeven - Steggerda	46		51.31
4.	HZ&PC Heerenveen 1	HZ&PC Heerenveen	NED	<b>2:39.88</b>	+0.77			
	Peggi Hurenkamp	69	+0.77	34.88	Katinka Elders	60	+0.76	44.51
	Ineke Meijer	52	+0.46	44.83	Jannie Vennik	76	+0.55	35.66

240+, Dames

1.	ESCA Zwemmen 4	ESCA Zwemmen	NED	<b>2:44.36</b>	+0.87			
	Karin van der Star-Verhoeven	61	+0.87	34.66	Cora Smulders	66	+0.55	45.74
	Marion Kolkman-Pluim	60	+0.61	40.21	Ria Peters-Veurman	58	+0.61	43.75
2.	De Geul 1	De Geul	NED	<b>2:53.64</b>	+0.78			
	Erica Muller	64	+0.78	41.21	Roselinda van der Vlucht	67	+0.95	42.66
	Geerdien Meerwaldt	52	+0.29	54.84	Marijke Campfens	69	+0.48	34.93

80+, Gemengd

1.	ZVL-1886 Center 1	ZVL-1886 Center	NED	<b>1:48.49</b>	+0.71			
	Robin van Beek	97	+0.71	26.26	Sanne Heemskerk	01	+0.23	28.40
	Guus Hoogduin	02	+0.41	26.20	Silke Molendijk	01	+0.24	27.63
2.	Blue Marlins 9	Blue Marlins	NED	<b>1:50.76</b>	+0.77			
	Thomas Hesper	00	+0.77	28.29	Hanna Looi	00	+0.26	28.77
	Ivo van Dijck	97	+0.14	25.40	Ilse Rijnja	98	+0.43	28.30
3.	HZ&PC Heerenveen 2	HZ&PC Heerenveen	NED	<b>1:51.98</b>	+0.70			
	Leonie van Wier	02	+0.70	28.59	Rob van Wier	99	+0.42	27.30
	Romy Jalving	00	+0.09	31.23	Jorian Darwinkel	03	+0.21	24.86
4.	De Duck 2	De Duck	NED	<b>1:56.96</b>	+0.69			
	Noa de Bock	03	+0.69	29.61	Dylan Kalden	00	+0.68	29.07
	Kimberley van Buren	93	+0.29	31.09	Mick van den Houten	03	+0.39	27.19
5.	ZPCH 1	ZPCH	NED	<b>1:58.43</b>	+0.51			
	Lucas Muntinga	03	+0.51	28.30	Kim Zwinkels	03	+0.34	29.60
	Colin Degenaaars	95	+0.42	28.28	Danielle Thuijs	03		32.25
DIS	ZPC AMERSFOORT 5 <i>EA - Te vroeg overgenomen., 2de zwemmer</i>	ZPC AMERSFOORT	NED		+0.84			
	Eline Hendriks	98	+0.84	33.37	Martijn Bartels	96		
	Jelle Opmeer	01	-0.04		Elisah Velgersdijk	01		

100+, Gemengd

1.	Blue Marlins 8 <i>Kampioenschapsrecord</i>	Blue Marlins	NED	<b>1:44.59</b>	+0.74			
	Jonne Schaafsma	98	+0.74	24.62	Babette van der Kaaij	99	+0.47	26.50
	Jim Geestman	83	+0.45	25.35	Alisha Vieira	99	+0.41	28.12
2.	De Rijn 1	De Rijn	NED	<b>1:58.06</b>	+0.73			
	Willemeijn Hoving	98	+0.73	30.43	Jeroen Louwinger	99	+0.25	28.11
	Lieke van Hofwegen	01	+0.27	32.43	Johan Krakou	91	+0.58	27.09



Programmanr. 41, 4 x 50m vrije slag

120+, Gemengd

1. ZV Hoogland 1	Zwemvereniging Hoogland	NED	<b>1:53.32</b>	+0.65
Bas Dries	95 +0.65 24.33	Yvette Meijer	97 +0.47 32.22	
Anne-Irene Ducheine	95 +0.13 30.14	Yuri van Omme	85 +0.23 26.63	
2. WSS 1	Westland Swimming Stars	NED	<b>1:55.29</b>	+0.75
Annoeska Banen	97 +0.75 29.09	Nick Boekestijn	99 +0.31 26.66	
Mirjan den Drijver	75 +0.42 32.13	Pieter Broek	77 +0.44 27.41	
3. DAW 1	DAW	NED	<b>1:56.17</b>	+0.70
Lianne Dekker	03 +0.70 31.91	Laura Badoux	82 +0.58 30.81	
Michel de Maesschalck	91 +0.38 26.10	Remco Damen	75 +0.41 28.35	
4. Neptunus'58 1	Neptunus'58	NED	<b>2:02.66</b>	+0.56
Selina Janssen	99 +0.56 29.98	Rob van de Ven	71 +0.43 32.70	
Sandra Schellekens	85 +0.26 31.38	Jeroen van Dinther	97 +0.54 28.60	
5. PSV 3	PSV	NED	<b>2:05.11</b>	+0.90
Mark Godwaldt	87 +0.90 29.19	Jolanda van Gendt	78 +0.41 33.81	
Nanda van Heteren	89 +0.37 33.29	Remco van der Graaf	87 +0.56 28.82	
6. Deltasteur 1	Deltasteur	NED	<b>2:08.53</b>	+0.81
Fabiola Bosman	77 +0.81 35.52	Patrick de Jonge	89 +0.18 28.93	
Margriet Leeffers	78 +0.38 35.71	Tom de Lange	93 +0.41 28.37	
7. ZV Hoogland 3	Zwemvereniging Hoogland	NED	<b>2:10.51</b>	+0.72
Karlo Kok	91 +0.72 29.56	Romke van Dijk	90 +0.46 31.18	
Angelique Wammes-Bouman	84 +0.24 36.56	Angela Giezen	83 +0.56 33.21	

160+, Gemengd

1. TRB-RES 1	TRB-RES	NED	<b>1:57.64</b>	+0.65
Maïke Korthout	94 +0.65 29.42	Edith Janssen-Koolen	73 +0.21 30.14	
Bas Kremers	72 +0.62 30.77	Sander van Elburg	88 +0.35 27.31	
2. De Duck 1	De Duck	NED	<b>1:58.79</b>	+0.67
Paco de Voogt	94 +0.67 27.58	Erik Saan	65 +0.46 29.45	
Geraldine Trainor	75 +0.44 31.23	Leontine Groeneveldt	93 +0.55 30.53	
3. De Ward 1	De Ward	NED	<b>2:02.30</b>	+0.72
Emma van der Meer	97 +0.72 33.92	Clemens de Waal	60 +0.52 30.56	
Yvette Ratering	72 +0.57 30.30	Antwan van Engen	71 +0.30 27.52	
4. ZPC AMERSFOORT 7	ZPC AMERSFOORT	NED	<b>2:02.65</b>	+0.69
Talje Dijkhuis	66 +0.69 33.83	Larissa Brak	88 +0.25 31.31	
Vincent Bakker	86 +0.15 27.14	Ron Korzelijs	65 +0.27 30.37	
5. De Geul 2	De Geul	NED	<b>2:06.63</b>	+0.66
Arjan van Tilburg	75 +0.66 32.80	Marian Nederlof	76 +0.39 33.33	
Esmee Wijnmaalen	01 +0.46 33.07	Heijmen van Vliet	80 +0.28 27.43	
6. ZOB'66 1	ZOB'66	NED	<b>2:07.02</b>	+0.84
Danielle Schipper	70 +0.84 37.62	Nina Tourton	96 +0.32 31.07	
Pascal Tourton	66 +0.23 30.26	Ruben Stolk	90 +0.45 28.07	
7. ESCA Zwemmen 3	ESCA Zwemmen	NED	<b>2:07.95</b>	+0.82
Wridzer Bakker	67 +0.82 30.47	Paul Rutten	80 +0.30 32.65	
Ijja Janssen	81 +0.44 32.90	Daniëque de Vegt	98 +0.45 31.93	

200+, Gemengd

1. ZPC AMERSFOORT 6	ZPC AMERSFOORT	NED	<b>2:03.36</b>	+0.61
Henk Kuipers	62 +0.61 30.44	Monica Korndewal	77 +0.43 33.65	
Henriëtte v. Norden	68 +0.32 32.20	Rob van Vliet	84 +0.28 27.07	

Programmanr. 41, 4 x 50m vrije slag

240+, Gemengd

1.	ZPC AMERSFOORT 1 <i>Europees Masters Record</i>	ZPC AMERSFOORT	NED	<b>1:56.14</b>	+0.62
	Chester Marsman	69 +0.62	26.29	Atie Pijtak-Radersma	56 31.21
	Marjan Remmits-de Lange	63 +0.34	30.69	Johan Remmits	62 +0.31 27.95
2.	SWOL 1894 3	SWOL 1894	NED	<b>2:27.24</b>	+0.67
	Christine Nieuwenhuis	51 +0.67	35.03	Evert-Jan Verweij	63 +0.55 32.46
	Annemarie Vuist-Blum	63 +0.38	39.73	Mans Buis	47 +0.68 40.02
3.	GZC Donk 1	GZC Donk	NED	<b>2:33.42</b>	+0.89
	Lia Bijkerk	60 +0.89	41.59	Peter Coffeng	57 +0.74 37.76
	Nathasja Konijn	71 +0.87	39.15	Pierre de Groot	64 +0.59 34.92
4.	WS Twente 1	WS Twente	NED	<b>2:35.27</b>	+0.85
	Joop Weenink	68 +0.85	34.78	Marijke Kraak-Beckers	60 +0.58 36.31
	Antoinette Gilding-Tussaud	50 +0.66	50.49	Jack Barends	62 +0.61 33.69

280+, Gemengd

1.	PSV 1	PSV	NED	<b>2:35.28</b>	+0.85
	Brend Brevé	52 +0.85	31.20	Esther van Lohuizen	59 +0.45 32.84
	Anje Manuputty	57 +0.82	47.01	Rob Hanou	43 +0.67 44.23
2.	CNSW 2	Cercle De Natation Sportcity WolBEL		<b>2:47.92</b>	+0.81
	Claire Anthony	57 +0.81	35.70	Kevork Boyrazian	44 +0.56 51.99
	Fernande Blondeel-Gourmet	52 +0.53	46.39	Philippe Godbille	57 +0.12 33.84