

1 - ONMK 2020 kb sessie 1

23-01-2020 - 12:30

Programmanr. 1  
23-01-2020 - 12:30

Dames, 1500m vrije slag  
Pauze na serie 4 / Break after Heat 4

Masters Open  
Resultaten

rang	naam	vereniging	tijd	RT	PARA
<b>Masters 20+</b>					
1.	Madelon Dijkstra	ZPCH	NED 199703510	<b>16:49.30</b>	+0.67
	<i>Nederlands Masters Record, NMR 800m</i>				
	50m: 29.66	29.66	450m: 4:58.10	33.84	850m: 9:29.75
	100m: 1:01.91	32.25	500m: 5:32.19	34.09	900m: 10:03.84
	150m: 1:35.05	33.14	550m: 6:06.06	33.87	950m: 10:37.92
	200m: 2:08.59	33.54	600m: 6:40.01	33.95	1000m: 11:11.98
	250m: 2:42.45	33.86	650m: 7:13.97	33.96	1050m: 11:45.96
	300m: 3:16.25	33.80	700m: 7:47.89	33.92	1100m: 12:20.09
	350m: 3:50.12	33.87	750m: 8:22.02	34.13	1150m: 12:54.01
	400m: 4:24.26	34.14	800m: 8:55.85	33.83	1200m: 13:27.91
2.	Anne Noom	Het Y	NED 199800062	<b>17:15.45</b>	+0.72
	50m: 31.21	31.21	450m: 5:06.30	34.62	850m: 9:43.67
	100m: 1:05.13	33.92	500m: 5:40.83	34.53	900m: 10:18.45
	150m: 1:39.14	34.01	550m: 6:15.34	34.51	950m: 10:53.25
	200m: 2:13.30	34.16	600m: 6:50.05	34.71	1000m: 11:28.32
	250m: 2:47.76	34.46	650m: 7:24.82	34.77	1050m: 12:02.94
	300m: 3:22.40	34.64	700m: 7:59.36	34.54	1100m: 12:37.68
	350m: 3:57.08	34.68	750m: 8:34.10	34.74	1150m: 13:12.74
	400m: 4:31.68	34.60	800m: 9:08.79	34.69	1200m: 13:47.50
3.	Elianne Huitema	Steenwijk 1934	NED 199700258	<b>18:24.23</b>	+0.67
	50m: 31.94	31.94	450m: 5:26.03	36.97	850m: 10:21.12
	100m: 1:07.54	35.60	500m: 6:02.72	36.69	900m: 10:58.34
	150m: 1:44.38	36.84	550m: 6:39.55	36.83	950m: 11:35.31
	200m: 2:21.35	36.97	600m: 7:16.41	36.86	1000m: 12:12.50
	250m: 2:58.53	37.18	650m: 7:53.52	37.11	1050m: 12:49.57
	300m: 3:35.58	37.05	700m: 8:30.41	36.89	1100m: 13:26.82
	350m: 4:12.36	36.78	750m: 9:07.34	36.93	1150m: 14:03.88
	400m: 4:49.06	36.70	800m: 9:44.28	36.94	1200m: 14:41.04
4.	Hilde Dekker	ReVeLie Swim Team	NED 199901926	<b>18:32.66</b>	+0.83
	50m: 31.82	31.82	450m: 5:21.37	36.64	850m: 10:20.63
	100m: 1:07.26	35.44	500m: 5:58.21	36.84	900m: 10:58.03
	150m: 1:43.36	36.10	550m: 6:34.94	36.73	950m: 11:35.97
	200m: 2:19.31	35.95	600m: 7:12.30	37.36	1000m: 12:13.70
	250m: 2:55.51	36.20	650m: 7:49.97	37.67	1050m: 12:51.41
	300m: 3:31.79	36.28	700m: 8:27.68	37.71	1100m: 13:28.86
	350m: 4:08.19	36.40	750m: 9:05.42	37.74	1150m: 14:06.52
	400m: 4:44.73	36.54	800m: 9:43.19	37.77	1200m: 14:44.79
5.	Kirsten Walraven	ZPC De Zeeuwse Kust	NED 200001358	<b>18:39.07</b>	+0.66
	50m: 31.56	31.56	450m: 5:24.25	36.98	850m: 10:24.55
	100m: 1:06.72	35.16	500m: 6:01.27	37.02	900m: 11:02.91
	150m: 1:42.94	36.22	550m: 6:38.48	37.21	950m: 11:41.15
	200m: 2:19.79	36.85	600m: 7:15.89	37.41	1000m: 12:19.43
	250m: 2:56.52	36.73	650m: 7:53.43	37.54	1050m: 12:57.44
	300m: 3:33.39	36.87	700m: 8:31.08	37.65	1100m: 13:35.65
	350m: 4:10.54	37.15	750m: 9:08.97	37.89	1150m: 14:13.48
	400m: 4:47.27	36.73	800m: 9:46.89	37.92	1200m: 14:51.64
6.	Marije Dankelman	Dedemsvaart-AC	NED 199701502	<b>18:57.03</b>	+0.82
	50m: 32.86	32.86	450m: 5:32.22	37.92	850m: 10:36.51
	100m: 1:09.08	36.22	500m: 6:10.23	38.01	900m: 11:14.76
	150m: 1:46.35	37.27	550m: 6:47.98	37.75	950m: 11:53.25
	200m: 2:23.66	37.31	600m: 7:26.09	38.11	1000m: 12:31.58
	250m: 3:01.04	37.38	650m: 8:04.20	38.11	1050m: 13:10.31
	300m: 3:38.64	37.60	700m: 8:42.42	38.22	1100m: 13:48.70
	350m: 4:16.37	37.73	750m: 9:20.13	37.71	1150m: 14:27.26
	400m: 4:54.30	37.93	800m: 9:58.35	38.22	1200m: 15:05.83
7.	Chantal Beijer	DWT	NED 199700884	<b>20:03.48</b>	+0.82
	50m: 33.20	33.20	450m: 5:52.19	40.97	850m: 11:23.30
	100m: 1:09.96	36.76	500m: 6:34.00	41.81	900m: 12:04.21
	150m: 1:48.66	38.70	550m: 7:14.75	40.75	950m: 12:44.42
	200m: 2:28.47	39.81	600m: 7:56.21	41.46	1000m: 13:24.72
	250m: 3:09.18	40.71	650m: 8:37.46	41.25	1050m: 14:05.17
	300m: 3:49.31	40.13	700m: 9:18.66	41.20	1100m: 14:45.10
	350m: 4:30.66	41.35	750m: 10:00.25	41.59	1150m: 15:25.33
	400m: 5:11.22	40.56	800m: 10:41.74	41.49	1200m: 16:05.92

Programmanr. 1, Dames, 1500m vrije slag, Masters 20+

rang	naam	vereniging	tijd	RT	PARA			
8.	Nadine Scheeve	De Biesboschzweimmers	<b>22:54.43</b>		+0.80			
	50m: 36.98	36.98	450m: 6:43.61	46.32	850m: 12:53.20	46.79	1250m: 19:07.40	46.75
	100m: 1:19.92	42.94	500m: 7:29.45	45.84	900m: 13:39.77	46.57	1300m: 19:54.10	46.70
	150m: 2:05.28	45.36	550m: 8:14.89	45.44	950m: 14:26.46	46.69	1350m: 20:40.37	46.27
	200m: 2:51.13	45.85	600m: 9:00.80	45.91	1000m: 15:13.35	46.89	1400m: 21:26.44	46.07
	250m: 3:36.95	45.82	650m: 9:46.99	46.19	1050m: 16:00.23	46.88	1450m: 22:11.22	44.78
	300m: 4:23.79	46.84	700m: 10:33.07	46.08	1100m: 16:46.58	46.35	1500m: 22:54.43	43.21
	350m: 5:10.03	46.24	750m: 11:19.88	46.81	1150m: 17:33.40	46.82		
	400m: 5:57.29	47.26	800m: 12:06.41	46.53	1200m: 18:20.65	47.25		

Masters 25+

1.	Fiona Meuffels	RZ	<b>19:07.46</b>		+0.64			
	50m: 32.60	32.60	450m: 5:33.05	37.98	850m: 10:42.44	38.91	1250m: 15:54.82	39.13
	100m: 1:08.54	35.94	500m: 6:11.40	38.35	900m: 11:21.30	38.86	1300m: 16:33.57	38.75
	150m: 1:45.66	37.12	550m: 6:49.89	38.49	950m: 12:00.40	39.10	1350m: 17:12.79	39.22
	200m: 2:23.22	37.56	600m: 7:28.13	38.24	1000m: 12:39.31	38.91	1400m: 17:51.92	39.13
	250m: 3:00.86	37.64	650m: 8:06.83	38.70	1050m: 13:18.54	39.23	1450m: 18:31.03	39.11
	300m: 3:38.77	37.91	700m: 8:45.76	38.93	1100m: 13:57.24	38.70	1500m: 19:07.46	36.43
	350m: 4:16.46	37.69	750m: 9:25.08	39.32	1150m: 14:36.49	39.25		
	400m: 4:55.07	38.61	800m: 10:03.53	38.45	1200m: 15:15.69	39.20		
2.	Nanda de Vries	Steenwijk 1934	<b>19:37.89</b>		+0.84			
	50m: 32.84	32.84	450m: 5:41.00	39.47	850m: 10:59.33	40.04	1250m: 16:20.41	40.27
	100m: 1:09.40	36.56	500m: 6:20.63	39.63	900m: 11:38.93	39.60	1300m: 17:00.47	40.06
	150m: 1:47.07	37.67	550m: 7:00.03	39.40	950m: 12:19.18	40.25	1350m: 17:40.47	40.00
	200m: 2:25.22	38.15	600m: 7:39.56	39.53	1000m: 12:59.69	40.51	1400m: 18:21.10	40.63
	250m: 3:03.91	38.69	650m: 8:19.30	39.74	1050m: 13:39.74	40.05	1450m: 19:00.47	39.37
	300m: 3:42.94	39.03	700m: 8:59.52	40.22	1100m: 14:19.76	40.02	1500m: 19:37.89	37.42
	350m: 4:22.27	39.33	750m: 9:39.62	40.10	1150m: 15:00.27	40.51		
	400m: 5:01.53	39.26	800m: 10:19.29	39.67	1200m: 15:40.14	39.87		
3.	Désirée Emmen	De Warande	<b>20:23.97</b>		+0.69			
	50m: 34.39	34.39	450m: 5:56.20	41.20	850m: 11:25.46	41.40	1250m: 16:59.09	41.69
	100m: 1:12.22	37.83	500m: 6:37.34	41.14	900m: 12:07.29	41.83	1300m: 17:40.87	41.78
	150m: 1:51.18	38.96	550m: 7:18.14	40.80	950m: 12:48.97	41.68	1350m: 18:22.02	41.15
	200m: 2:31.50	40.32	600m: 7:59.21	41.07	1000m: 13:30.42	41.45	1400m: 19:02.81	40.79
	250m: 3:12.41	40.91	650m: 8:40.42	41.21	1050m: 14:12.22	41.80	1450m: 19:43.10	40.29
	300m: 3:53.19	40.78	700m: 9:21.48	41.06	1100m: 14:53.98	41.76	1500m: 20:23.97	40.87
	350m: 4:34.03	40.84	750m: 10:02.99	41.51	1150m: 15:35.86	41.88		
	400m: 5:15.00	40.97	800m: 10:44.06	41.07	1200m: 16:17.40	41.54		
4.	Leontine Groeneveldt	De Duck	<b>21:40.03</b>		+0.67			
	50m: 36.47	36.47	450m: 6:19.23	43.10	850m: 12:12.57	44.39	1250m: 18:08.48	44.42
	100m: 1:18.73	42.26	500m: 7:02.35	43.12	900m: 12:57.49	44.92	1300m: 18:52.03	43.55
	150m: 2:01.14	42.41	550m: 7:46.20	43.85	950m: 13:42.13	44.64	1350m: 19:35.70	43.67
	200m: 2:44.67	43.53	600m: 8:30.68	44.48	1000m: 14:26.49	44.36	1400m: 20:18.53	42.83
	250m: 3:27.55	42.88	650m: 9:14.63	43.95	1050m: 15:11.36	44.87	1450m: 20:59.68	41.15
	300m: 4:10.53	42.98	700m: 9:59.51	44.88	1100m: 15:55.25	43.89	1500m: 21:40.03	40.35
	350m: 4:53.44	42.91	750m: 10:43.61	44.10	1150m: 16:39.90	44.65		
	400m: 5:36.13	42.69	800m: 11:28.18	44.57	1200m: 17:24.06	44.16		
5.	Sandra Vermeulen	De Duck	<b>22:07.35</b>		+0.72			
	50m: 36.75	36.75	450m: 6:26.61	44.92	850m: 12:24.89	45.19	1250m: 18:26.09	45.05
	100m: 1:17.80	41.05	500m: 7:11.26	44.65	900m: 13:09.99	45.10	1300m: 19:10.43	44.34
	150m: 2:00.69	42.89	550m: 7:56.25	44.99	950m: 13:54.74	44.75	1350m: 19:55.53	45.10
	200m: 2:44.56	43.87	600m: 8:40.27	44.02	1000m: 14:40.06	45.32	1400m: 20:40.68	45.15
	250m: 3:28.38	43.82	650m: 9:25.08	44.81	1050m: 15:25.19	45.13	1450m: 21:25.32	44.64
	300m: 4:12.52	44.14	700m: 10:09.81	44.73	1100m: 16:10.42	45.23	1500m: 22:07.35	42.03
	350m: 4:57.01	44.49	750m: 10:54.70	44.89	1150m: 16:55.99	45.57		
	400m: 5:41.69	44.68	800m: 11:39.70	45.00	1200m: 17:41.04	45.05		
6.	Marjan Rikken	ZVV	<b>22:43.27</b>		+0.94			
	50m: 38.05	38.05	450m: 6:27.46	44.82	850m: 12:35.14	46.38	1250m: 18:50.43	46.92
	100m: 1:19.89	41.84	500m: 7:12.73	45.27	900m: 13:21.90	46.76	1300m: 19:37.74	47.31
	150m: 2:02.81	42.92	550m: 7:57.93	45.20	950m: 14:08.98	47.08	1350m: 20:24.57	46.83
	200m: 2:46.39	43.58	600m: 8:43.61	45.68	1000m: 14:55.81	46.83	1400m: 21:11.28	46.71
	250m: 3:29.97	43.58	650m: 9:29.59	45.98	1050m: 15:42.69	46.88	1450m: 21:57.65	46.37
	300m: 4:14.18	44.21	700m: 10:16.09	46.50	1100m: 16:28.89	46.20	1500m: 22:43.27	45.62
	350m: 4:57.99	43.81	750m: 11:02.40	46.31	1150m: 17:16.27	47.38		
	400m: 5:42.64	44.65	800m: 11:48.76	46.36	1200m: 18:03.51	47.24		

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

rang	naam	vereniging	tijd	RT	PARA	
7.	Claudia Creemers	RZ	<b>26:55.24</b>	<b>+0.63</b>		
	50m: 42.11	42.11	450m: 7:38.70	54.40	850m: 14:59.53	55.36
	100m: 1:29.81	47.70	500m: 8:33.09	54.39	900m: 15:54.96	55.43
	150m: 2:19.13	49.32	550m: 9:27.73	54.64	950m: 16:49.09	54.13
	200m: 3:11.19	52.06	600m: 10:23.20	55.47	1000m: 17:43.28	54.19
	250m: 4:03.40	52.21	650m: 11:18.55	55.35	1050m: 18:38.91	55.63
	300m: 4:57.28	53.88	700m: 12:13.45	54.90	1100m: 19:34.33	55.42
	350m: 5:50.59	53.31	750m: 13:08.51	55.06	1150m: 20:29.51	55.18
	400m: 6:44.30	53.71	800m: 14:04.17	55.66	1200m: 21:24.53	55.02

Masters 30+

1.	Jenny Schouten	Zwemsport Parkstad (SG)	<b>18:57.21</b>	<b>+0.91</b>		
	50m: 32.15	32.15	450m: 5:31.35	37.89	850m: 10:36.64	38.52
	100m: 1:07.76	35.61	500m: 6:09.13	37.78	900m: 11:15.03	38.39
	150m: 1:44.89	37.13	550m: 6:47.37	38.24	950m: 11:53.72	38.69
	200m: 2:22.37	37.48	600m: 7:25.45	38.08	1000m: 12:32.50	38.78
	250m: 3:00.07	37.70	650m: 8:03.45	38.00	1050m: 13:11.54	39.04
	300m: 3:37.93	37.86	700m: 8:41.60	38.15	1100m: 13:50.55	39.01
	350m: 4:15.99	38.06	750m: 9:19.92	38.32	1150m: 14:28.97	38.42
	400m: 4:53.46	37.47	800m: 9:58.12	38.20	1200m: 15:08.03	39.06
2.	Clara Van Roeyen	GBZ	<b>19:56.46</b>	<b>+0.81</b>		
	50m: 34.50	34.50	450m: 5:50.74	40.12	850m: 11:13.74	40.05
	100m: 1:12.44	37.94	500m: 6:30.80	40.06	900m: 11:54.19	40.45
	150m: 1:51.14	38.70	550m: 7:11.34	40.54	950m: 12:34.00	39.81
	200m: 2:30.73	39.59	600m: 7:51.87	40.53	1000m: 13:14.28	40.28
	250m: 3:10.42	39.69	650m: 8:32.62	40.75	1050m: 13:54.89	40.61
	300m: 3:50.32	39.90	700m: 9:12.97	40.35	1100m: 14:35.43	40.54
	350m: 4:30.51	40.19	750m: 9:53.30	40.33	1150m: 15:16.01	40.58
	400m: 5:10.62	40.11	800m: 10:33.69	40.39	1200m: 15:56.33	40.32
3.	Suzan Blankestijn	ZVL-1886 Tetteroo	<b>20:30.54</b>	<b>+0.66</b>		
	50m: 34.69	34.69	450m: 6:01.23	40.91	850m: 11:31.79	40.63
	100m: 1:15.16	40.47	500m: 6:42.39	41.16	900m: 12:12.86	41.07
	150m: 1:55.76	40.60	550m: 7:23.50	41.11	950m: 12:53.61	40.75
	200m: 2:36.99	41.23	600m: 8:04.89	41.39	1000m: 13:35.15	41.54
	250m: 3:17.79	40.80	650m: 8:46.88	41.99	1050m: 14:16.88	41.73
	300m: 3:58.56	40.77	700m: 9:28.10	41.22	1100m: 14:58.82	41.94
	350m: 4:39.24	40.68	750m: 10:09.72	41.62	1150m: 15:40.43	41.61
	400m: 5:20.32	41.08	800m: 10:51.16	41.44	1200m: 16:22.30	41.87
4.	Nanda van Heteren	De Geul	<b>20:30.94</b>	<b>+0.76</b>		
	50m: 35.36	35.36	450m: 5:59.33	41.32	850m: 11:34.10	41.64
	100m: 1:13.83	38.47	500m: 6:41.10	41.77	900m: 12:16.02	41.92
	150m: 1:53.39	39.56	550m: 7:22.97	41.87	950m: 12:58.19	42.17
	200m: 2:33.65	40.26	600m: 8:05.19	42.22	1000m: 13:40.36	42.17
	250m: 3:15.00	41.35	650m: 8:47.45	42.26	1050m: 14:21.80	41.44
	300m: 3:55.90	40.90	700m: 9:28.86	41.41	1100m: 15:04.21	42.41
	350m: 4:36.48	40.58	750m: 10:10.30	41.44	1150m: 15:46.20	41.99
	400m: 5:18.01	41.53	800m: 10:52.46	42.16	1200m: 16:28.01	41.81
5.	Mandy Verbakel	ZPC Woerden	<b>20:50.36</b>	<b>+0.67</b>		
	50m: 36.33	36.33	450m: 6:08.81	41.90	850m: 11:42.00	42.09
	100m: 1:16.34	40.01	500m: 6:50.41	41.60	900m: 12:23.89	41.89
	150m: 1:57.95	41.61	550m: 7:32.04	41.63	950m: 13:06.27	42.38
	200m: 2:39.52	41.57	600m: 8:13.53	41.49	1000m: 13:48.27	42.00
	250m: 3:21.55	42.03	650m: 8:55.00	41.47	1050m: 14:30.40	42.13
	300m: 4:03.09	41.54	700m: 9:36.83	41.83	1100m: 15:12.94	42.54
	350m: 4:45.39	42.30	750m: 10:18.55	41.72	1150m: 15:56.18	43.24
	400m: 5:26.91	41.52	800m: 10:59.91	41.36	1200m: 16:38.64	42.46
6.	Anita Visch	Nunspeet	<b>21:52.89</b>	<b>+0.93</b>		
	50m: 36.10	36.10	450m: 6:22.05	43.26	850m: 12:15.85	44.90
	100m: 1:17.82	41.72	500m: 7:06.40	44.35	900m: 13:00.67	44.82
	150m: 2:00.91	43.09	550m: 7:50.46	44.06	950m: 13:44.79	44.12
	200m: 2:44.01	43.10	600m: 8:35.05	44.59	1000m: 14:29.49	44.70
	250m: 3:27.19	43.18	650m: 9:18.61	43.56	1050m: 15:14.65	45.16
	300m: 4:10.97	43.78	700m: 10:02.81	44.20	1100m: 15:59.18	44.53
	350m: 4:55.07	44.10	750m: 10:46.80	43.79	1150m: 16:44.39	45.21
	400m: 5:38.79	43.72	800m: 11:30.95	44.35	1200m: 17:28.64	44.25

Programmanr. 1, Dames, 1500m vrije slag, Masters 30+

rang	naam	vereniging	tijd	RT	PARA	
7.	Lisette van den Bos	De Geul	<b>23:55.81</b>	+0.76		
	50m: 41.31	41.31	450m: 7:05.71	48.24	850m: 13:29.73	47.76
	100m: 1:28.79	47.48	500m: 7:54.05	48.34	900m: 14:18.09	48.36
	150m: 2:16.14	47.35	550m: 8:41.72	47.67	950m: 15:06.40	48.31
	200m: 3:04.50	48.36	600m: 9:29.69	47.97	1000m: 15:55.00	48.60
	250m: 3:52.90	48.40	650m: 10:17.61	47.92	1050m: 16:43.11	48.11
	300m: 4:41.24	48.34	700m: 11:05.34	47.73	1100m: 17:31.36	48.25
	350m: 5:29.01	47.77	750m: 11:53.59	48.25	1150m: 18:20.15	48.79
	400m: 6:17.47	48.46	800m: 12:41.97	48.38	1200m: 19:08.93	48.78
8.	Dorien Vasseur	Scheldestroom	<b>24:38.18</b>			
	50m: 41.08	41.08	450m: 7:13.48	49.68	850m: 13:53.97	49.96
	100m: 1:27.88	46.80	500m: 8:02.83	49.35	900m: 14:43.32	49.35
	150m: 2:16.15	48.27	550m: 8:54.00	51.17	950m: 15:32.96	49.64
	200m: 3:04.41	48.26	600m: 9:44.36	50.36	1000m: 16:23.34	50.38
	250m: 3:53.57	49.16	650m: 10:33.90	49.54	1050m: 17:14.29	50.95
	300m: 4:43.85	50.28	700m: 11:24.04	50.14	1100m: 18:03.89	49.60
	350m: 5:33.90	50.05	750m: 12:14.10	50.06	1150m: 18:54.25	50.36
	400m: 6:23.80	49.90	800m: 13:04.01	49.91	1200m: 19:44.65	50.40
9.	Ildiko van der Ploeg	Neptunus'58	<b>25:47.69</b>	+0.82		
	50m: 41.75	41.75	450m: 7:31.69	51.70	850m: 14:26.84	51.95
	100m: 1:30.91	49.16	500m: 8:23.09	51.40	900m: 15:19.63	52.79
	150m: 2:21.52	50.61	550m: 9:15.20	52.11	950m: 16:12.19	52.56
	200m: 3:12.92	51.40	600m: 10:07.10	51.90	1000m: 17:04.59	52.40
	250m: 4:04.77	51.85	650m: 10:58.34	51.24	1050m: 17:57.49	52.90
	300m: 4:56.53	51.76	700m: 11:50.68	52.34	1100m: 18:50.00	52.51
	350m: 5:48.45	51.92	750m: 12:42.80	52.12	1150m: 19:42.80	52.80
	400m: 6:39.99	51.54	800m: 13:34.89	52.09	1200m: 20:36.68	53.88

Masters 35+

1.	Viktória Háden-Felföldi <i>Hungarian Masters Record</i>	Megathlon SE	<b>18:17.42</b>	+0.80		
	50m: 32.37	32.37	450m: 5:21.36	36.54	850m: 10:14.96	36.80
	100m: 1:07.76	35.39	500m: 5:57.93	36.57	900m: 10:51.72	36.76
	150m: 1:43.49	35.73	550m: 6:34.65	36.72	950m: 11:28.84	37.12
	200m: 2:19.47	35.98	600m: 7:11.25	36.60	1000m: 12:06.15	37.31
	250m: 2:55.53	36.06	650m: 7:47.70	36.45	1050m: 12:43.22	37.07
	300m: 3:31.83	36.30	700m: 8:24.26	36.56	1100m: 13:20.22	37.00
	350m: 4:08.34	36.51	750m: 9:01.24	36.98	1150m: 13:57.39	37.17
	400m: 4:44.82	36.48	800m: 9:38.16	36.92	1200m: 14:34.41	37.02
2.	Stephanie Vaernewyck	MEGA-zwemteam	<b>18:50.01</b>	+0.78		
	50m: 33.59	33.59	450m: 5:31.24	37.90	850m: 10:34.10	38.02
	100m: 1:09.88	36.29	500m: 6:09.05	37.81	900m: 11:12.02	37.92
	150m: 1:46.82	36.94	550m: 6:46.88	37.83	950m: 11:50.00	37.98
	200m: 2:23.86	37.04	600m: 7:24.71	37.83	1000m: 12:27.92	37.92
	250m: 3:01.17	37.31	650m: 8:02.67	37.96	1050m: 13:06.03	38.11
	300m: 3:38.50	37.33	700m: 8:40.43	37.76	1100m: 13:44.32	38.29
	350m: 4:15.86	37.36	750m: 9:18.46	38.03	1150m: 14:22.37	38.05
	400m: 4:53.34	37.48	800m: 9:56.08	37.62	1200m: 15:00.88	38.51
3.	Ramona Linting	LinK	<b>20:23.65</b>			
	50m: 34.71	34.71	450m: 5:55.80	41.09	850m: 11:23.67	42.12
	100m: 1:13.05	38.34	500m: 6:36.60	40.80	900m: 12:05.26	41.59
	150m: 1:52.86	39.81	550m: 7:17.50	40.90	950m: 12:46.51	41.25
	200m: 2:32.92	40.06	600m: 7:58.26	40.76	1000m: 13:27.93	41.42
	250m: 3:13.33	40.41	650m: 8:39.02	40.76	1050m: 14:10.44	42.51
	300m: 3:53.57	40.24	700m: 9:20.06	41.04	1100m: 14:52.00	41.56
	350m: 4:34.04	40.47	750m: 10:00.62	40.56	1150m: 15:33.64	41.64
	400m: 5:14.71	40.67	800m: 10:41.55	40.93	1200m: 16:15.46	41.82
4.	Sandra Schellekens	Neptunus'58	<b>22:33.10</b>	+0.65		
	50m: 35.72	35.72	450m: 6:28.68	45.57	850m: 12:35.06	46.17
	100m: 1:16.50	40.78	500m: 7:14.34	45.66	900m: 13:21.33	46.27
	150m: 1:59.34	42.84	550m: 7:59.86	45.52	950m: 14:07.29	45.96
	200m: 2:43.06	43.72	600m: 8:45.66	45.80	1000m: 14:53.13	45.84
	250m: 3:27.45	44.39	650m: 9:31.44	45.78	1050m: 15:39.24	46.11
	300m: 4:12.26	44.81	700m: 10:17.27	45.83	1100m: 16:25.72	46.48
	350m: 4:57.50	45.24	750m: 11:03.11	45.84	1150m: 17:11.77	46.05
	400m: 5:43.11	45.61	800m: 11:48.89	45.78	1200m: 17:58.16	46.39

Programmanr. 1, Dames, 1500m vrije slag

Masters 40+

1. Melanie Kuiper		ZIGNEA		NED		197600350		<b>19:59.35</b>			
50m:	34.71	34.71	450m:	5:52.24	40.43	850m:	11:17.44	40.20	1250m:	16:42.11	39.36
100m:	1:12.56	37.85	500m:	6:32.97	40.73	900m:	11:58.40	40.96	1300m:	17:21.32	39.21
150m:	1:51.17	38.61	550m:	7:13.64	40.67	950m:	12:39.31	40.91	1350m:	18:00.34	39.02
200m:	2:30.39	39.22	600m:	7:54.36	40.72	1000m:	13:20.42	41.11	1400m:	18:40.40	40.06
250m:	3:10.14	39.75	650m:	8:35.11	40.75	1050m:	14:01.13	40.71	1450m:	19:20.38	39.98
300m:	3:50.51	40.37	700m:	9:16.20	41.09	1100m:	14:41.74	40.61	1500m:	19:59.35	38.97
350m:	4:30.98	40.47	750m:	9:57.19	40.99	1150m:	15:22.26	40.52			
400m:	5:11.81	40.83	800m:	10:37.24	40.05	1200m:	16:02.75	40.49			
2. Jannie Vennik		HZ&PC Heerenveen		NED		197601006		<b>21:17.06</b>		<b>+0.77</b>	
50m:	37.14	37.14	450m:	6:16.55	42.60	850m:	11:55.89	42.48	1250m:	17:41.11	43.73
100m:	1:18.73	41.59	500m:	6:59.01	42.46	900m:	12:38.78	42.89	1300m:	18:24.70	43.59
150m:	2:00.89	42.16	550m:	7:41.48	42.47	950m:	13:21.44	42.66	1350m:	19:08.32	43.62
200m:	2:43.34	42.45	600m:	8:23.53	42.05	1000m:	14:04.43	42.99	1400m:	19:52.25	43.93
250m:	3:25.63	42.29	650m:	9:06.16	42.63	1050m:	14:47.82	43.39	1450m:	20:35.50	43.33
300m:	4:08.17	42.54	700m:	9:48.52	42.36	1100m:	15:30.91	43.09	1500m:	21:17.06	41.48
350m:	4:51.11	42.94	750m:	10:31.04	42.52	1150m:	16:14.28	43.37			
400m:	5:33.95	42.84	800m:	11:13.41	42.37	1200m:	16:57.38	43.10			
3. Jessica Venema		WIDEX GZC DONK		NED		197901526		<b>21:57.86</b>		<b>+0.86</b>	
50m:	35.77	35.77	450m:	6:18.92	44.10	850m:	12:16.81	44.91	1250m:	18:17.40	44.43
100m:	1:16.21	40.44	500m:	7:03.15	44.23	900m:	13:01.90	45.09	1300m:	19:02.68	45.28
150m:	1:58.14	41.93	550m:	7:47.56	44.41	950m:	13:47.14	45.24	1350m:	19:48.21	45.53
200m:	2:40.67	42.53	600m:	8:32.14	44.58	1000m:	14:32.57	45.43	1400m:	20:32.73	44.52
250m:	3:23.82	43.15	650m:	9:16.82	44.68	1050m:	15:17.97	45.40	1450m:	21:16.66	43.93
300m:	4:07.39	43.57	700m:	10:02.21	44.39	1100m:	16:02.64	44.67	1500m:	21:57.86	41.20
350m:	4:51.08	43.69	750m:	10:46.93	44.72	1150m:	16:48.11	45.47			
400m:	5:34.82	43.74	800m:	11:31.90	44.97	1200m:	17:32.97	44.86			
4. Éva Mónika Kézsmárki		Megathlon SE		HUN				<b>22:10.48</b>			
50m:	41.10	41.10	450m:	6:35.97	45.03	850m:	12:34.56	44.81	1250m:	18:32.14	44.27
100m:	1:24.50	43.40	500m:	7:20.59	44.62	900m:	13:19.12	44.56	1300m:	19:16.42	44.28
150m:	2:08.70	44.20	550m:	8:05.29	44.70	950m:	14:03.77	44.65	1350m:	20:01.06	44.64
200m:	2:52.97	44.27	600m:	8:50.05	44.76	1000m:	14:48.68	44.91	1400m:	20:45.46	44.40
250m:	3:37.20	44.23	650m:	9:34.95	44.90	1050m:	15:33.50	44.82	1450m:	21:29.33	43.87
300m:	4:21.79	44.59	700m:	10:19.76	44.81	1100m:	16:18.31	44.81	1500m:	22:10.48	41.15
350m:	5:06.22	44.43	750m:	11:04.41	44.65	1150m:	17:02.89	44.58			
400m:	5:50.94	44.72	800m:	11:49.75	45.34	1200m:	17:47.87	44.98			
5. Clementine van Bruvoort		ZPB H&L Productions		NED		197700138		<b>25:40.18</b>		<b>+0.82</b>	
50m:	42.73	42.73	450m:	7:20.12	50.52	850m:	14:14.54	52.73	1250m:	21:19.28	53.71
100m:	1:30.84	48.11	500m:	8:11.37	51.25	900m:	15:06.64	52.10	1300m:	22:12.75	53.47
150m:	2:19.66	48.82	550m:	9:02.10	50.73	950m:	15:59.65	53.01	1350m:	23:05.74	52.99
200m:	3:08.67	49.01	600m:	9:54.10	52.00	1000m:	16:53.14	53.49	1400m:	23:58.52	52.78
250m:	3:58.97	50.30	650m:	10:46.03	51.93	1050m:	17:46.27	53.13	1450m:	24:51.40	52.88
300m:	4:49.66	50.69	700m:	11:37.75	51.72	1100m:	18:40.27	54.00	1500m:	25:40.18	48.78
350m:	5:39.34	49.68	750m:	12:29.88	52.13	1150m:	19:32.92	52.65			
400m:	6:29.60	50.26	800m:	13:21.81	51.93	1200m:	20:25.57	52.65			

Masters 45+

1. Kirsten Cameron		Malvern Marlins Masters SC		AUS		786509		<b>17:27.87</b>		<b>+0.67</b>	
<i>Kampioenschaps Record, WMR 800m, Australian Masters Record 1500m</i>											
50m:	31.34	31.34	450m:	5:05.56	35.00	850m:	9:45.52	35.26	1250m:	14:30.82	35.73
100m:	1:04.88	33.54	500m:	5:40.57	35.01	900m:	10:20.65	35.13	1300m:	15:06.84	36.02
150m:	1:38.53	33.65	550m:	6:15.49	34.92	950m:	10:56.24	35.59	1350m:	15:42.64	35.80
200m:	2:12.59	34.06	600m:	6:50.28	34.79	1000m:	11:32.02	35.78	1400m:	16:18.28	35.64
250m:	2:46.75	34.16	650m:	7:25.37	35.09	1050m:	12:07.82	35.80	1450m:	16:53.65	35.37
300m:	3:21.22	34.47	700m:	8:00.20	34.83	1100m:	12:43.43	35.61	1500m:	17:27.87	34.22
350m:	3:55.61	34.39	750m:	8:35.20	35.00	1150m:	13:19.33	35.90			
400m:	4:30.56	34.95	800m:	9:10.26	35.06	1200m:	13:55.09	35.76			
2. Liselotte Joling		PSV		NED		197500268		<b>18:48.97</b>		<b>+0.87</b>	
<i>Nederlands Masters Record</i>											
50m:	33.62	33.62	450m:	5:32.61	37.46	850m:	10:34.69	37.67	1250m:	15:39.40	37.83
100m:	1:10.29	36.67	500m:	6:10.10	37.49	900m:	11:12.69	38.00	1300m:	16:17.87	38.47
150m:	1:47.76	37.47	550m:	6:47.61	37.51	950m:	11:50.88	38.19	1350m:	16:56.27	38.40
200m:	2:25.19	37.43	600m:	7:25.32	37.71	1000m:	12:29.11	38.23	1400m:	17:34.48	38.21
250m:	3:02.77	37.58	650m:	8:03.08	37.76	1050m:	13:07.14	38.03	1450m:	18:12.51	38.03
300m:	3:40.43	37.66	700m:	8:40.77	37.69	1100m:	13:45.24	38.10	1500m:	18:48.97	36.46
350m:	4:17.76	37.33	750m:	9:19.13	38.36	1150m:	14:23.37	38.13			
400m:	4:55.15	37.39	800m:	9:57.02	37.89	1200m:	15:01.57	38.20			

Programmanr. 1, Dames, 1500m vrije slag, Masters 45+

rang	naam	vereniging						tijd	RT	PARA
3.	Dianna Eva Szokol <i>Hungarian Masters Record</i>	Nyirsenior 97	HUN					<b>19:15.05</b>	+0.80	
	50m: 35.43	35.43	450m: 5:41.32	38.91	850m: 10:51.78	38.27	1250m: 16:02.22	38.86		
	100m: 1:13.00	37.57	500m: 6:19.80	38.48	900m: 11:30.09	38.31	1300m: 16:41.38	39.16		
	150m: 1:50.79	37.79	550m: 6:58.77	38.97	950m: 12:08.93	38.84	1350m: 17:20.06	38.68		
	200m: 2:28.77	37.98	600m: 7:37.75	38.98	1000m: 12:47.39	38.46	1400m: 17:58.93	38.87		
	250m: 3:07.13	38.36	650m: 8:17.11	39.36	1050m: 13:26.63	39.24	1450m: 18:37.75	38.82		
	300m: 3:45.59	38.46	700m: 8:55.81	38.70	1100m: 14:05.59	38.96	1500m: 19:15.05	37.30		
	350m: 4:23.73	38.14	750m: 9:34.74	38.93	1150m: 14:44.55	38.96				
	400m: 5:02.41	38.68	800m: 10:13.51	38.77	1200m: 15:23.36	38.81				
4.	Kathy Van Lindt	CNSW	BEL	007949/71				<b>20:36.10</b>	+0.96	
	50m: 35.93	35.93	450m: 6:00.89	41.51	850m: 11:33.78	41.60	1250m: 17:09.71	41.86		
	100m: 1:15.43	39.50	500m: 6:42.26	41.37	900m: 12:15.84	42.06	1300m: 17:51.83	42.12		
	150m: 1:55.68	40.25	550m: 7:23.68	41.42	950m: 12:57.94	42.10	1350m: 18:33.48	41.65		
	200m: 2:36.10	40.42	600m: 8:04.93	41.25	1000m: 13:40.08	42.14	1400m: 19:14.87	41.39		
	250m: 3:16.77	40.67	650m: 8:46.72	41.79	1050m: 14:21.80	41.72	1450m: 19:55.73	40.86		
	300m: 3:57.55	40.78	700m: 9:28.23	41.51	1100m: 15:04.08	42.28	1500m: 20:36.10	40.37		
	350m: 4:38.48	40.93	750m: 10:09.75	41.52	1150m: 15:45.82	41.74				
	400m: 5:19.38	40.90	800m: 10:52.18	42.43	1200m: 16:27.85	42.03				
5.	Pascalie Janssen	Patrick-De Roersoppers (SG)	NED	197300852				<b>22:42.81</b>	+0.96	
	50m: 38.71	38.71	450m: 6:38.50	45.98	850m: 12:45.54	45.82	1250m: 18:55.10	46.18		
	100m: 1:21.18	42.47	500m: 7:24.54	46.04	900m: 13:31.32	45.78	1300m: 19:41.03	45.93		
	150m: 2:05.86	44.68	550m: 8:09.92	45.38	950m: 14:17.48	46.16	1350m: 20:27.42	46.39		
	200m: 2:51.06	45.20	600m: 8:55.84	45.92	1000m: 15:03.39	45.91	1400m: 21:14.13	46.71		
	250m: 3:36.28	45.22	650m: 9:41.91	46.07	1050m: 15:49.57	46.18	1450m: 21:59.76	45.63		
	300m: 4:21.62	45.34	700m: 10:27.95	46.04	1100m: 16:35.59	46.02	1500m: 22:42.81	43.05		
	350m: 5:07.06	45.44	750m: 11:14.01	46.06	1150m: 17:22.40	46.81				
	400m: 5:52.52	45.46	800m: 11:59.72	45.71	1200m: 18:08.92	46.52				
6.	Natacha Van Hoof	Shark	BEL	20260/73				<b>23:50.34</b>	+0.90	
	50m: 43.46	43.46	450m: 6:59.73	47.35	850m: 13:24.32	48.17	1250m: 19:51.22	48.49		
	100m: 1:29.78	46.32	500m: 7:47.09	47.36	900m: 14:12.70	48.38	1300m: 20:40.08	48.86		
	150m: 2:16.81	47.03	550m: 8:34.81	47.72	950m: 15:00.82	48.12	1350m: 21:28.13	48.05		
	200m: 3:03.79	46.98	600m: 9:22.74	47.93	1000m: 15:49.02	48.20	1400m: 22:16.58	48.45		
	250m: 3:50.82	47.03	650m: 10:10.74	48.00	1050m: 16:37.39	48.37	1450m: 23:04.99	48.41		
	300m: 4:37.67	46.85	700m: 10:59.09	48.35	1100m: 17:25.88	48.49	1500m: 23:50.34	45.35		
	350m: 5:25.18	47.51	750m: 11:47.78	48.69	1150m: 18:14.33	48.45				
	400m: 6:12.38	47.20	800m: 12:36.15	48.37	1200m: 19:02.73	48.40				
7.	Annet Kootstra	SWOL 1894	NED	197100344				<b>24:22.85</b>		
	50m: 42.85	42.85	450m: 7:06.59	48.74	850m: 13:38.49	49.04	1250m: 20:15.86	50.24		
	100m: 1:29.12	46.27	500m: 7:55.02	48.43	900m: 14:28.13	49.64	1300m: 21:05.82	49.96		
	150m: 2:16.36	47.24	550m: 8:44.23	49.21	950m: 15:17.51	49.38	1350m: 21:55.75	49.93		
	200m: 3:04.34	47.98	600m: 9:32.56	48.33	1000m: 16:07.09	49.58	1400m: 22:45.25	49.50		
	250m: 3:52.66	48.32	650m: 10:22.00	49.44	1050m: 16:56.20	49.11	1450m: 23:34.79	49.54		
	300m: 4:41.18	48.52	700m: 11:11.19	49.19	1100m: 17:45.98	49.78	1500m: 24:22.85	48.06		
	350m: 5:29.44	48.26	750m: 12:00.25	49.06	1150m: 18:35.90	49.92				
	400m: 6:17.85	48.41	800m: 12:49.45	49.20	1200m: 19:25.62	49.72				
8.	Greta Wyma-Teitsma	DWK	NED	197100696				<b>26:49.88</b>	+0.84	
	50m: 44.98	44.98	450m: 7:47.18	53.48	850m: 14:58.83	54.53	1250m: 22:15.86	55.09		
	100m: 1:35.25	50.27	500m: 8:41.09	53.91	900m: 15:52.56	53.73	1300m: 23:11.64	55.78		
	150m: 2:27.87	52.62	550m: 9:34.89	53.80	950m: 16:46.66	54.10	1350m: 24:06.83	55.19		
	200m: 3:20.74	52.87	600m: 10:29.46	54.57	1000m: 17:41.02	54.36	1400m: 25:02.86	56.03		
	250m: 4:13.83	53.09	650m: 11:23.17	53.71	1050m: 18:36.13	55.11	1450m: 25:56.67	53.81		
	300m: 5:07.12	53.29	700m: 12:16.92	53.75	1100m: 19:30.55	54.42	1500m: 26:49.88	53.21		
	350m: 6:00.21	53.09	750m: 13:10.64	53.72	1150m: 20:25.41	54.86				
	400m: 6:53.70	53.49	800m: 14:04.30	53.66	1200m: 21:20.77	55.36				
9.	Evelien Breman-Alers	Nautilus	NED	197200878				<b>27:21.42</b>	+0.90	
	50m: 43.80	43.80	450m: 7:45.05	54.94	850m: 15:02.65	55.23	1250m: 22:41.81	56.56		
	100m: 1:33.06	49.26	500m: 8:40.19	55.14	900m: 15:59.52	56.87	1300m: 23:39.67	57.86		
	150m: 2:23.81	50.75	550m: 9:33.97	53.78	950m: 16:57.14	57.62	1350m: 24:36.73	57.06		
	200m: 3:15.71	51.90	600m: 10:27.78	53.81	1000m: 17:56.00	58.86	1400m: 25:33.50	56.77		
	250m: 4:08.36	52.65	650m: 11:22.16	54.38	1050m: 18:53.78	57.78	1450m: 26:28.34	54.84		
	300m: 5:01.51	53.15	700m: 12:17.68	55.52	1100m: 19:50.52	56.74	1500m: 27:21.42	53.08		
	350m: 5:55.63	54.12	750m: 13:12.95	55.27	1150m: 20:47.72	57.20				
	400m: 6:50.11	54.48	800m: 14:07.42	54.47	1200m: 21:45.25	57.53				



Open Nederlandse Masters  
Kampioenschappen 2020 korte baan  
Rotterdam 23-26 januari 2020



Programmanr. 1, Dames, 1500m vrije slag

Masters 50+

1. Bianca Groot		MSV-Zeemacht	NED	197000652	<b>20:22.24</b>	+0.89					
<i>Nederlands Masters Record</i>											
50m:	35.75	35.75	450m:	5:54.70	40.32	850m:	11:21.10	41.11	1250m:	16:52.89	41.50
100m:	1:14.32	38.57	500m:	6:35.06	40.36	900m:	12:02.28	41.18	1300m:	17:34.74	41.85
150m:	1:54.20	39.88	550m:	7:15.58	40.52	950m:	12:43.63	41.35	1350m:	18:17.23	42.49
200m:	2:33.98	39.78	600m:	7:56.39	40.81	1000m:	13:24.84	41.21	1400m:	18:58.66	41.43
250m:	3:14.07	40.09	650m:	8:37.11	40.72	1050m:	14:06.84	42.00	1450m:	19:41.09	42.43
300m:	3:54.17	40.10	700m:	9:18.08	40.97	1100m:	14:48.01	41.17	1500m:	20:22.24	41.15
350m:	4:34.16	39.99	750m:	9:59.01	40.93	1150m:	15:29.79	41.78			
400m:	5:14.38	40.22	800m:	10:39.99	40.98	1200m:	16:11.39	41.60			
2. Iris van Aurich		DWK	NED	196900866	<b>22:06.45</b>	+0.63					
50m:	37.78	37.78	450m:	6:27.36	43.95	850m:	12:25.14	44.98	1250m:	18:25.80	44.19
100m:	1:19.75	41.97	500m:	7:11.76	44.40	900m:	13:09.21	44.07	1300m:	19:10.83	45.03
150m:	2:03.32	43.57	550m:	7:56.86	45.10	950m:	13:54.67	45.46	1350m:	19:55.24	44.41
200m:	2:46.84	43.52	600m:	8:41.17	44.31	1000m:	14:40.48	45.81	1400m:	20:40.91	45.67
250m:	3:30.64	43.80	650m:	9:26.39	45.22	1050m:	15:25.50	45.02	1450m:	21:25.88	44.97
300m:	4:14.33	43.69	700m:	10:11.32	44.93	1100m:	16:10.87	45.37	1500m:	22:06.45	40.57
350m:	4:58.39	44.06	750m:	10:55.37	44.05	1150m:	16:56.53	45.66			
400m:	5:43.41	45.02	800m:	11:40.16	44.79	1200m:	17:41.61	45.08			
3. Marijke Campfens		De Geul	NED	196900960	<b>23:51.36</b>	+0.71					
50m:	39.84	39.84	450m:	6:55.02	48.33	850m:	13:20.25	48.45	1250m:	19:48.19	48.16
100m:	1:23.53	43.69	500m:	7:43.10	48.08	900m:	14:08.97	48.72	1300m:	20:37.26	49.07
150m:	2:09.32	45.79	550m:	8:31.16	48.06	950m:	14:57.81	48.84	1350m:	21:26.26	49.00
200m:	2:55.84	46.52	600m:	9:19.83	48.67	1000m:	15:46.10	48.29	1400m:	22:14.92	48.66
250m:	3:43.00	47.16	650m:	10:07.88	48.05	1050m:	16:34.70	48.60	1450m:	23:03.28	48.36
300m:	4:30.47	47.47	700m:	10:56.10	48.22	1100m:	17:22.96	48.26	1500m:	23:51.36	48.08
350m:	5:18.23	47.76	750m:	11:43.81	47.71	1150m:	18:11.63	48.67			
400m:	6:06.69	48.46	800m:	12:31.80	47.99	1200m:	19:00.03	48.40			
4. K. van Nassau-van den Heuvel		Old Dutch	NED	196600188	<b>24:42.09</b>	+0.95					
50m:	42.71	42.71	450m:	7:12.65	49.78	850m:	13:50.82	49.74	1250m:	19:33.10	50.66
100m:	1:29.37	46.66	500m:	8:02.23	49.58	900m:	14:40.06	49.24	1300m:	21:23.49	50.39
150m:	2:17.53	48.16	550m:	8:51.57	49.34	950m:	15:30.29	50.23	1350m:	22:13.54	50.05
200m:	3:05.76	48.23	600m:	9:41.28	49.71	1000m:	16:20.98	50.69	1400m:	23:04.48	50.94
250m:	3:54.84	49.08	650m:	10:31.29	50.01	1050m:	17:11.19	50.21	1450m:	23:54.82	50.34
300m:	4:43.91	49.07	700m:	11:21.31	50.02	1100m:	18:01.13	49.94	1500m:	24:42.09	47.27
350m:	5:33.35	49.44	750m:	12:11.33	50.02	1150m:	18:51.98	50.85			
400m:	6:22.87	49.52	800m:	13:01.08	49.75	1200m:	19:42.44	50.46			
5. Kristien Van de Moortel		Shark	BEL	20315/69	<b>24:52.09</b>	+0.90					
50m:	43.19	43.19	450m:	7:15.09	49.27	850m:	13:54.91	50.72	1250m:	20:40.18	51.08
100m:	1:31.63	48.44	500m:	8:04.73	49.64	900m:	14:45.62	50.71	1300m:	21:31.54	51.36
150m:	2:20.36	48.73	550m:	8:54.26	49.53	950m:	15:35.91	50.29	1350m:	22:22.54	51.00
200m:	3:09.67	49.31	600m:	9:44.04	49.78	1000m:	16:26.54	50.63	1400m:	23:13.67	51.13
250m:	3:58.48	48.81	650m:	10:34.02	49.98	1050m:	17:16.95	50.41	1450m:	24:04.32	50.65
300m:	4:47.86	49.38	700m:	11:24.04	50.02	1100m:	18:07.30	50.35	1500m:	24:52.09	47.77
350m:	5:36.89	49.03	750m:	12:14.19	50.15	1150m:	18:57.95	50.65			
400m:	6:25.82	48.93	800m:	13:04.19	50.00	1200m:	19:49.10	51.15			
6. Hetty Smalheer		SCOM	NED	196700352	<b>25:11.84</b>						
50m:	43.33	43.33	450m:	7:20.43	50.43	850m:	14:06.91	50.93	1250m:	20:56.28	51.59
100m:	1:30.75	47.42	500m:	8:11.24	50.81	900m:	14:58.41	51.50	1300m:	21:47.98	51.70
150m:	2:19.52	48.77	550m:	9:02.03	50.79	950m:	15:48.61	50.20	1350m:	22:40.33	52.35
200m:	3:08.71	49.19	600m:	9:52.24	50.21	1000m:	16:40.09	51.48	1400m:	23:31.37	51.04
250m:	3:58.94	50.23	650m:	10:43.51	51.27	1050m:	17:31.61	51.52	1450m:	24:22.78	51.41
300m:	4:49.48	50.54	700m:	11:33.97	50.46	1100m:	18:22.06	50.45	1500m:	25:11.84	49.06
350m:	5:39.97	50.49	750m:	12:25.10	51.13	1150m:	19:13.38	51.32			
400m:	6:30.00	50.03	800m:	13:15.98	50.88	1200m:	20:04.69	51.31			
7. Herma Hakker-Huijser		ZVVS	NED	196600740	<b>26:08.10</b>						
50m:	43.11	43.11	450m:	7:31.52	52.22	850m:	14:31.58	53.12	1250m:	21:38.97	53.16
100m:	1:29.90	46.79	500m:	8:23.46	51.94	900m:	15:24.22	52.64	1300m:	22:32.71	53.74
150m:	2:19.79	49.89	550m:	9:15.66	52.20	950m:	16:17.77	53.55	1350m:	23:26.42	53.71
200m:	3:10.67	50.88	600m:	10:07.82	52.16	1000m:	17:11.76	53.99	1400m:	24:21.25	54.83
250m:	4:02.93	52.26	650m:	11:00.12	52.30	1050m:	18:04.45	52.69	1450m:	25:15.50	54.25
300m:	4:55.69	52.76	700m:	11:52.89	52.77	1100m:	18:58.19	53.74	1500m:	26:08.10	52.60
350m:	5:47.55	51.86	750m:	12:45.44	52.55	1150m:	19:51.65	53.46			
400m:	6:39.30	51.75	800m:	13:38.46	53.02	1200m:	20:45.81	54.16			

Masters 55+



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

rang	naam	vereniging	tijd	RT	PARA	
1.	Wilna Heijman	Steenwijk 1934	<b>21:15.20</b>	+0.98		
	50m: 37.40	37.40 450m: 6:13.61	42.63 850m: 11:54.51	42.72	1250m: 17:40.85	43.39
	100m: 1:17.77	40.37 500m: 6:56.16	42.55 900m: 12:37.68	43.17	1300m: 18:24.57	43.72
	150m: 1:59.45	41.68 550m: 7:38.78	42.62 950m: 13:21.50	43.82	1350m: 19:08.50	43.93
	200m: 2:41.40	41.95 600m: 8:21.37	42.59 1000m: 14:04.74	43.24	1400m: 19:51.17	42.67
	250m: 3:23.75	42.35 650m: 9:03.99	42.62 1050m: 14:47.77	43.03	1450m: 20:34.05	42.88
	300m: 4:06.02	42.27 700m: 9:46.54	42.55 1100m: 15:30.71	42.94	1500m: 21:15.20	41.15
	350m: 4:48.57	42.55 750m: 10:29.21	42.67 1150m: 16:14.37	43.66		
	400m: 5:30.98	42.41 800m: 11:11.79	42.58 1200m: 16:57.46	43.09		
2.	Petra Tossings	DAW	<b>23:06.85</b>	+0.69		
	50m: 39.63	39.63 450m: 6:47.38	46.26 850m: 13:00.19	46.87	1250m: 19:15.20	47.43
	100m: 1:23.91	44.28 500m: 7:34.16	46.78 900m: 13:46.76	46.57	1300m: 20:01.85	46.65
	150m: 2:09.61	45.70 550m: 8:20.56	46.40 950m: 14:33.59	46.83	1350m: 20:48.20	46.35
	200m: 2:55.60	45.99 600m: 9:07.26	46.70 1000m: 15:20.36	46.77	1400m: 21:35.69	47.49
	250m: 3:41.84	46.24 650m: 9:53.67	46.41 1050m: 16:07.65	47.29	1450m: 22:22.43	46.74
	300m: 4:28.12	46.28 700m: 10:39.93	46.26 1100m: 16:54.42	46.77	1500m: 23:06.85	44.42
	350m: 5:14.61	46.49 750m: 11:26.55	46.62 1150m: 17:41.28	46.86		
	400m: 6:01.12	46.51 800m: 12:13.32	46.77 1200m: 18:27.77	46.49		
3.	Miranda Keijl	ZIGNEA	<b>24:24.54</b>	+0.81		
	50m: 41.40	41.40 450m: 7:15.87	50.11 850m: 13:51.32	48.48	1250m: 20:21.76	48.86
	100m: 1:28.87	47.47 500m: 8:05.66	49.79 900m: 14:40.31	48.99	1300m: 21:11.08	49.32
	150m: 2:16.76	47.89 550m: 8:55.38	49.72 950m: 15:29.14	48.83	1350m: 22:01.18	50.10
	200m: 3:05.87	49.11 600m: 9:44.92	49.54 1000m: 16:17.84	48.70	1400m: 22:50.96	49.78
	250m: 3:55.91	50.04 650m: 10:34.83	49.91 1050m: 17:06.48	48.64	1450m: 23:39.43	48.47
	300m: 4:45.52	49.61 700m: 11:24.38	49.55 1100m: 17:55.09	48.61	1500m: 24:24.54	45.11
	350m: 5:35.71	50.19 750m: 12:13.58	49.20 1150m: 18:43.97	48.88		
	400m: 6:25.76	50.05 800m: 13:02.84	49.26 1200m: 19:32.90	48.93		

Masters 60+

1.	Irene van der Laan	ZVVS	<b>21:25.35</b>			
	<i>Nederlands Masters Record</i>					
	50m: 39.40	39.40 450m: 6:17.71	42.75 850m: 12:02.77	42.95	1250m: 17:48.30	43.17
	100m: 1:20.81	41.41 500m: 7:00.49	42.78 900m: 12:45.84	43.07	1300m: 18:32.08	43.78
	150m: 2:02.68	41.87 550m: 7:43.51	43.02 950m: 13:28.63	42.79	1350m: 19:15.28	43.20
	200m: 2:44.60	41.92 600m: 8:26.96	43.45 1000m: 14:11.56	42.93	1400m: 19:59.17	43.89
	250m: 3:26.86	42.26 650m: 9:10.17	43.21 1050m: 14:54.78	43.22	1450m: 20:42.26	43.09
	300m: 4:09.23	42.37 700m: 9:53.33	43.16 1100m: 15:37.86	43.08	1500m: 21:25.35	43.09
	350m: 4:51.90	42.67 750m: 10:36.57	43.24 1150m: 16:21.42	43.56		
	400m: 5:34.96	43.06 800m: 11:19.82	43.25 1200m: 17:05.13	43.71		
2.	Linda Wibbelink	Steenwijk 1934	<b>23:16.44</b>	+0.70		
	50m: 40.05	40.05 450m: 6:50.08	46.61 850m: 13:04.02	46.45	1250m: 19:20.24	47.95
	100m: 1:23.78	43.73 500m: 7:36.94	46.86 900m: 13:50.73	46.71	1300m: 20:07.89	47.65
	150m: 2:10.04	46.26 550m: 8:23.83	46.89 950m: 14:37.76	47.03	1350m: 20:55.25	47.36
	200m: 2:56.44	46.40 600m: 9:10.74	46.91 1000m: 15:24.94	47.18	1400m: 21:42.91	47.66
	250m: 3:42.72	46.28 650m: 9:57.45	46.71 1050m: 16:11.77	46.83	1450m: 22:30.29	47.38
	300m: 4:29.73	47.01 700m: 10:44.24	46.79 1100m: 16:58.29	46.52	1500m: 23:16.44	46.15
	350m: 5:16.24	46.51 750m: 11:31.06	46.82 1150m: 17:45.09	46.80		
	400m: 6:03.47	47.23 800m: 12:17.57	46.51 1200m: 18:32.29	47.20		
3.	Katinka Elders	Oceanus	<b>25:06.02</b>	+0.62		
	50m: 42.25	42.25 450m: 7:17.71	50.96 850m: 14:04.14	51.25	1250m: 20:55.71	52.03
	100m: 1:29.50	47.25 500m: 8:09.70	51.99 900m: 14:55.00	50.86	1300m: 21:46.97	51.26
	150m: 2:18.25	48.75 550m: 9:00.07	50.37 950m: 15:47.11	52.11	1350m: 22:37.46	50.49
	200m: 3:07.57	49.32 600m: 9:49.95	49.88 1000m: 16:40.17	53.06	1400m: 23:27.66	50.20
	250m: 3:57.21	49.64 650m: 10:40.91	50.96 1050m: 17:30.75	50.58	1450m: 24:18.37	50.71
	300m: 4:47.65	50.44 700m: 11:31.18	50.27 1100m: 18:21.74	50.99	1500m: 25:06.02	47.65
	350m: 5:37.24	49.59 750m: 12:22.16	50.98 1150m: 19:12.24	50.50		
	400m: 6:26.75	49.51 800m: 13:12.89	50.73 1200m: 20:03.68	51.44		
4.	Marjan Spoelstra	SWOL 1894	<b>25:34.98</b>			
	50m: 44.86	44.86 450m: 7:34.90	52.15 850m: 14:27.92	51.42	1250m: 21:20.88	51.36
	100m: 1:33.47	48.61 500m: 8:26.81	51.91 900m: 15:19.47	51.55	1300m: 22:12.39	51.51
	150m: 2:23.72	50.25 550m: 9:18.68	51.87 950m: 16:10.85	51.38	1350m: 23:03.71	51.32
	200m: 3:15.26	51.54 600m: 10:10.73	52.05 1000m: 17:02.51	51.66	1400m: 23:54.68	50.97
	250m: 4:07.06	51.80 650m: 11:02.52	51.79 1050m: 17:54.33	51.82	1450m: 24:45.66	50.98
	300m: 4:58.68	51.62 700m: 11:53.91	51.39 1100m: 18:45.91	51.58	1500m: 25:34.98	49.32
	350m: 5:50.59	51.91 750m: 12:45.10	51.19 1150m: 19:37.54	51.63		
	400m: 6:42.75	52.16 800m: 13:36.50	51.40 1200m: 20:29.52	51.98		



Programmanr. 1, Dames, 1500m vrije slag, Masters 60+

rang	naam	vereniging	tijd	RT	PARA			
5.	Monica Bakker	Steenwijk 1934	<b>25:46.61</b>	<b>+0.95</b>				
	50m: 44.81	43.72	450m: 7:29.05	51.13	850m: 14:21.95	51.84	1250m: 21:20.65	52.67
	100m: 1:31.86	48.14	500m: 8:20.79	51.74	900m: 15:14.06	52.11	1300m: 22:13.46	52.81
	150m: 2:21.76	49.90	550m: 9:12.04	51.25	950m: 16:06.47	52.41	1350m: 23:05.99	52.53
	200m: 3:12.52	50.76	600m: 10:03.50	51.46	1000m: 16:58.44	51.97	1400m: 23:59.23	53.24
	250m: 4:03.52	51.00	650m: 10:55.05	51.55	1050m: 17:50.53	52.09	1450m: 24:52.88	53.65
	300m: 4:54.86	51.34	700m: 11:46.56	51.51	1100m: 18:43.08	52.55	1500m: 25:46.61	53.73
	350m: 5:46.22	51.36	750m: 12:38.25	51.69	1150m: 19:35.89	52.81		
	400m: 6:37.92	51.70	800m: 13:30.11	51.86	1200m: 20:27.98	52.09		
6.	Jennie Resink-lindeboom	DWK	<b>26:35.69</b>	<b>+0.87</b>				
	50m: 44.81	44.81	450m: 7:47.67	53.91	850m: 14:58.53	53.76	1250m: 22:09.26	53.81
	100m: 1:35.01	50.20	500m: 8:41.91	54.24	900m: 15:52.33	53.80	1300m: 23:03.41	54.15
	150m: 2:27.17	52.16	550m: 9:35.79	53.88	950m: 16:46.15	53.82	1350m: 23:57.92	54.51
	200m: 3:19.82	52.65	600m: 10:29.69	53.90	1000m: 17:39.89	53.74	1400m: 24:51.95	54.03
	250m: 4:12.81	52.99	650m: 11:23.64	53.95	1050m: 18:33.49	53.60	1450m: 25:45.52	53.57
	300m: 5:06.09	53.28	700m: 12:17.62	53.98	1100m: 19:27.39	53.90	1500m: 26:35.69	50.17
	350m: 5:59.85	53.76	750m: 13:11.16	53.54	1150m: 20:21.43	54.04		
	400m: 6:53.76	53.91	800m: 14:04.77	53.61	1200m: 21:15.45	54.02		
7.	Elly Kiestra-Broertjes	ZIGNEA	<b>27:04.53 *</b>	<b>+0.97</b>				
	50m: 45.67	45.67	450m: 7:56.38	54.13	850m: 15:15.05	54.30	1250m: 22:32.68	56.16
	100m: 1:36.92	51.25	500m: 8:51.16	54.78	900m: 16:10.26	55.21	1300m: 23:26.85	54.17
	150m: 2:30.30	53.38	550m: 9:46.17	55.01	950m: 17:05.47	55.21	1350m: 24:21.61	54.76
	200m: 3:24.57	54.27	600m: 10:41.45	55.28	1000m: 17:59.67	54.20	1400m: 25:16.30	54.69
	250m: 4:19.24	54.67	650m: 11:36.19	54.74	1050m: 18:52.59	52.92	1450m: 26:10.34	54.04
	300m: 5:14.05	54.81	700m: 12:30.94	54.75	1100m: 19:47.46	54.87	1500m: 27:04.53	54.19
	350m: 6:08.11	54.06	750m: 13:26.08	55.14	1150m: 20:41.16	53.70		
	400m: 7:02.25	54.14	800m: 14:20.75	54.67	1200m: 21:36.52	55.36		
8.	Karien Musters	Old Dutch	<b>31:12.99</b>	<b>+0.70</b>				
	50m: 51.34	51.34	450m: 8:51.74	1:01.89	850m: 17:16.60	1:04.31	1250m: 25:46.27	1:03.72
	100m: 1:47.60	56.26	500m: 9:53.31	1:01.57	900m: 18:20.88	1:04.28	1300m: 26:51.04	1:04.77
	150m: 2:45.97	58.37	550m: 10:55.24	1:01.93	950m: 19:25.29	1:04.41	1350m: 27:55.79	1:04.75
	200m: 3:45.32	59.35	600m: 11:58.87	1:03.63	1000m: 20:29.56	1:04.27	1400m: 29:01.23	1:05.44
	250m: 4:45.69	1:00.37	650m: 13:01.74	1:02.87	1050m: 21:32.51	1:02.95	1450m: 30:07.76	1:06.53
	300m: 5:46.70	1:01.01	700m: 14:05.25	1:03.51	1100m: 22:35.95	1:03.44	1500m: 31:12.99	1:05.23
	350m: 6:48.25	1:01.55	750m: 15:08.48	1:03.23	1150m: 23:38.83	1:02.88		
	400m: 7:49.85	1:01.60	800m: 16:12.29	1:03.81	1200m: 24:42.55	1:03.72		
9.	Mies Kuipers	Old Dutch	<b>33:48.41</b>	<b>+0.97</b>				
	50m: 1:03.59	1:03.59	450m: 10:00.81	1:07.64	850m: 19:02.38	1:07.58	1250m: 28:12.24	1:10.12
	100m: 2:10.47	1:06.88	500m: 11:08.33	1:07.52	900m: 20:10.82	1:08.44	1300m: 29:20.53	1:08.29
	150m: 3:17.86	1:07.39	550m: 12:16.42	1:08.09	950m: 21:18.18	1:07.36	1350m: 30:29.05	1:08.52
	200m: 4:25.16	1:07.30	600m: 13:24.57	1:08.15	1000m: 22:25.97	1:07.79	1400m: 31:38.28	1:09.23
	250m: 5:32.04	1:06.88	650m: 14:32.45	1:07.88	1050m: 23:34.29	1:08.32	1450m: 32:47.25	1:08.97
	300m: 6:38.61	1:06.57	700m: 15:39.89	1:07.44	1100m: 24:44.12	1:09.83	1500m: 33:48.41	1:01.16
	350m: 7:46.18	1:07.57	750m: 16:47.60	1:07.71	1150m: 25:52.49	1:08.37		
	400m: 8:53.17	1:06.99	800m: 17:54.80	1:07.20	1200m: 27:02.12	1:09.63		

Masters 65+

1.	Ineke Weekers	PSV	<b>21:47.72</b>	<b>+0.64</b>				
	<i>Europees Masters Record, EMR 800m</i>							
	50m: 40.41	40.41	450m: 6:27.86	43.14	850m: 12:16.79	43.70	1250m: 18:07.68	44.07
	100m: 1:23.66	43.25	500m: 7:11.24	43.38	900m: 13:00.03	43.24	1300m: 18:51.85	44.17
	150m: 2:07.22	43.56	550m: 7:54.48	43.24	950m: 13:43.81	43.78	1350m: 19:35.96	44.11
	200m: 2:50.54	43.32	600m: 8:38.07	43.59	1000m: 14:27.66	43.85	1400m: 20:20.53	44.57
	250m: 3:34.16	43.62	650m: 9:21.60	43.53	1050m: 15:11.53	43.87	1450m: 21:04.81	44.28
	300m: 4:18.00	43.84	700m: 10:05.58	43.98	1100m: 15:55.64	44.11	1500m: 21:47.72	42.91
	350m: 5:01.43	43.43	750m: 10:49.30	43.72	1150m: 16:39.71	44.07		
	400m: 5:44.72	43.29	800m: 11:33.09	43.79	1200m: 17:23.61	43.90		
2.	Ineke Meijer	HZ&PC Heerenveen	<b>29:41.40</b>	<b>+0.74</b>				
	50m: 51.35	51.35	450m: 8:47.97	1:00.48	850m: 16:46.28	59.37	1250m: 24:46.96	59.49
	100m: 1:48.18	56.83	500m: 9:47.68	59.71	900m: 17:47.20	1:00.92	1300m: 25:46.35	59.39
	150m: 2:46.73	58.55	550m: 10:47.75	1:00.07	950m: 18:47.10	59.90	1350m: 26:45.30	58.95
	200m: 3:45.85	59.12	600m: 11:47.55	59.80	1000m: 19:47.53	1:00.43	1400m: 27:45.73	1:00.43
	250m: 4:45.81	59.96	650m: 12:47.72	1:00.17	1050m: 20:47.25	59.72	1450m: 28:45.20	59.47
	300m: 5:45.83	1:00.02	700m: 13:47.45	59.73	1100m: 21:47.34	1:00.09	1500m: 29:41.40	56.20
	350m: 6:46.62	1:00.79	750m: 14:47.01	59.56	1150m: 22:47.53	1:00.19		
	400m: 7:47.49	1:00.87	800m: 15:46.91	59.90	1200m: 23:47.47	59.94		



Open Nederlandse Masters  
Kampioenschappen 2020 korte baan  
Rotterdam 23-26 januari 2020



Programmanr. 1, Dames, 1500m vrije slag

Masters 70+

1. Corrie Verhoeven	PSV	NED	194600026	<b>25:47.07</b>	+0.85
<i>Nederlands Masters Record</i>					
50m: 44.17	44.17	450m: 7:35.48	52.38	850m: 14:34.36	52.59
100m: 1:33.17	49.00	500m: 8:27.96	52.48	900m: 15:26.29	51.93
150m: 2:23.41	50.24	550m: 9:20.79	52.83	950m: 16:18.54	52.25
200m: 3:14.91	51.50	600m: 10:13.36	52.57	1000m: 17:10.91	52.37
250m: 4:06.48	51.57	650m: 11:05.28	51.92	1050m: 18:02.88	51.97
300m: 4:58.51	52.03	700m: 11:57.05	51.77	1100m: 18:54.79	51.91
350m: 5:50.59	52.08	750m: 12:49.68	52.63	1150m: 19:47.01	52.22
400m: 6:43.10	52.51	800m: 13:41.77	52.09	1200m: 20:39.02	52.01
1250m: 21:30.58	51.56				
1300m: 22:23.14	52.56				
1350m: 23:15.52	52.38				
1400m: 24:07.08	51.56				
1450m: 24:58.06	50.98				
1500m: 25:47.07	49.01				

Masters 75+

1. Loekie van Huissteden	ZPC AMERSFOORT	NED	194500002	<b>34:01.85</b>	
50m: 58.50	58.50	450m: 9:57.83	1:07.72	850m: 19:06.50	1:08.77
100m: 2:05.08	1:06.58	500m: 11:06.19	1:08.36	900m: 20:14.02	1:07.52
150m: 3:12.99	1:07.91	550m: 12:15.06	1:08.87	950m: 21:22.05	1:08.03
200m: 4:20.56	1:07.57	600m: 13:22.96	1:07.90	1000m: 22:31.52	1:09.47
250m: 5:28.25	1:07.69	650m: 14:32.36	1:09.40	1050m: 23:41.83	1:10.31
300m: 6:34.66	1:06.41	700m: 15:41.69	1:09.33	1100m: 24:51.32	1:09.49
350m: 7:42.32	1:07.66	750m: 16:49.40	1:07.71	1150m: 26:00.32	1:09.00
400m: 8:50.11	1:07.79	800m: 17:57.73	1:08.33	1200m: 27:09.89	1:09.57
1250m: 28:19.95	1:10.06				
1300m: 29:28.70	1:08.75				
1350m: 30:37.62	1:08.92				
1400m: 31:47.18	1:09.56				
1450m: 32:56.73	1:09.55				
1500m: 34:01.85	1:05.12				

Masters 80+

1. Marie Smits	Old Dutch	NED	193800004	<b>33:31.79</b>	
50m: 57.14	57.14	450m: 9:54.97	1:07.14	850m: 18:55.62	1:05.48
100m: 2:04.16	1:07.02	500m: 11:02.61	1:07.64	900m: 20:03.02	1:07.40
150m: 3:12.17	1:08.01	550m: 12:10.86	1:08.25	950m: 21:10.52	1:07.50
200m: 4:19.84	1:07.67	600m: 13:18.25	1:07.39	1000m: 22:17.83	1:07.31
250m: 5:26.48	1:06.64	650m: 14:27.03	1:08.78	1050m: 23:25.12	1:07.29
300m: 6:34.06	1:07.58	700m: 15:35.21	1:08.18	1100m: 24:33.70	1:08.58
350m: 7:39.99	1:05.93	750m: 16:43.11	1:07.90	1150m: 25:42.24	1:08.54
400m: 8:47.83	1:07.84	800m: 17:50.14	1:07.03	1200m: 26:49.28	1:07.04
1250m: 27:57.32	1:08.04				
1300m: 29:05.07	1:07.75				
1350m: 30:12.46	1:07.39				
1400m: 31:20.04	1:07.58				
1450m: 32:26.90	1:06.86				
1500m: 33:31.79	1:04.89				

Programmanr. 2  
23-01-2020 - 15:37

Heren, 1500m vrije slag  
Pauze na serie 2 / Break after Heat 2

Masters Open  
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
<b>Masters 20+</b>								
1.	Jorian Tanis	MNC Dordrecht	NED 199900327	<b>16:38.72</b>	+0.90			
<i>Kampioenschaps Record</i>								
50m:	28.66	28.66	450m: 4:54.64	33.23	850m: 9:25.74	33.94	1250m: 13:55.75	33.37
100m:	1:00.71	32.05	500m: 5:28.57	33.93	900m: 9:59.64	33.90	1300m: 14:29.41	33.66
150m:	1:33.95	33.24	550m: 6:02.24	33.67	950m: 10:33.47	33.83	1350m: 15:02.90	33.49
200m:	2:07.31	33.36	600m: 6:36.06	33.82	1000m: 11:07.47	34.00	1400m: 15:36.02	33.12
250m:	2:40.64	33.33	650m: 7:09.98	33.92	1050m: 11:41.07	33.60	1450m: 16:09.09	33.07
300m:	3:14.23	33.59	700m: 7:43.98	34.00	1100m: 12:14.83	33.76	1500m: 16:38.72	29.63
350m:	3:47.66	33.43	750m: 8:17.86	33.88	1150m: 12:48.41	33.58		
400m:	4:21.41	33.75	800m: 8:51.80	33.94	1200m: 13:22.38	33.97		
2.	Aron Paasse	De Schotejil	NED 200000099	<b>17:54.21</b>	+0.67			
50m:	29.87	29.87	450m: 5:10.76	35.78	850m: 10:00.12	36.29	1250m: 14:50.44	36.77
100m:	1:02.99	33.12	500m: 5:46.87	36.11	900m: 10:36.02	35.90	1300m: 15:27.30	36.86
150m:	1:37.33	34.34	550m: 6:22.91	36.04	950m: 11:12.32	36.30	1350m: 16:04.42	37.12
200m:	2:12.45	35.12	600m: 6:59.22	36.31	1000m: 11:48.44	36.12	1400m: 16:41.24	36.82
250m:	2:47.77	35.32	650m: 7:35.55	36.33	1050m: 12:24.69	36.25	1450m: 17:18.49	37.25
300m:	3:23.32	35.55	700m: 8:11.56	36.01	1100m: 13:01.15	36.46	1500m: 17:54.21	35.72
350m:	3:59.17	35.85	750m: 8:47.66	36.10	1150m: 13:37.42	36.27		
400m:	4:34.98	35.81	800m: 9:23.83	36.17	1200m: 14:13.67	36.25		





Open Nederlandse Masters  
Kampioenschappen 2020 korte baan  
Rotterdam 23-26 januari 2020



Programmanr. 2, Heren, 1500m vrije slag

Masters 25+

<b>1. Jeffrey Camphens</b>		<b>DWT</b>	<b>NED 199503113</b>	<b>17:24.99</b>	<b>+0.68</b>
50m:	30.59	30.59	450m:	5:08.84	35.05
100m:	1:04.83	34.24	500m:	5:43.82	34.98
150m:	1:39.20	34.37	550m:	6:19.07	35.25
200m:	2:14.03	34.83	600m:	6:54.33	35.26
250m:	2:49.13	35.10	650m:	7:29.26	34.93
300m:	3:24.05	34.92	700m:	8:04.62	35.36
350m:	3:58.88	34.83	750m:	8:39.55	34.93
400m:	4:33.79	34.91	800m:	9:14.83	35.28
<b>2. Pieter Pijnburg</b>		<b>De Biesboschzwemmers</b>	<b>NED 199305227</b>	<b>18:10.82</b>	<b>+0.75</b>
50m:	31.41	31.41	450m:	5:20.60	36.31
100m:	1:06.70	35.29	500m:	5:57.15	36.55
150m:	1:42.37	35.67	550m:	6:34.13	36.98
200m:	2:19.00	36.63	600m:	7:11.08	36.95
250m:	2:54.89	35.89	650m:	7:48.10	37.02
300m:	3:30.95	36.06	700m:	8:25.09	36.99
350m:	4:07.75	36.80	750m:	9:02.06	36.97
400m:	4:44.29	36.54	800m:	9:38.72	36.66
<b>3. Tom van Gils</b>		<b>ZPC De Zeeuwse Kust</b>	<b>NED 199501799</b>	<b>18:45.57</b>	<b>+0.67</b>
50m:	33.01	33.01	450m:	5:28.46	37.32
100m:	1:09.34	36.33	500m:	6:05.35	36.89
150m:	1:46.46	37.12	550m:	6:42.27	36.92
200m:	2:23.87	37.41	600m:	7:19.71	37.44
250m:	3:00.72	36.85	650m:	7:56.87	37.16
300m:	3:37.53	36.81	700m:	8:34.04	37.17
350m:	4:14.28	36.75	750m:	9:11.27	37.23
400m:	4:51.14	36.86	800m:	9:48.58	37.31
<b>4. Maik Steenkamp</b>		<b>Montferland</b>	<b>NED 199103847</b>	<b>19:14.05</b>	<b>+0.76</b>
50m:	32.98	32.98	450m:	5:38.78	39.03
100m:	1:09.39	36.41	500m:	6:18.22	39.44
150m:	1:47.11	37.72	550m:	6:57.36	39.14
200m:	2:24.93	37.82	600m:	7:36.47	39.11
250m:	3:03.41	38.48	650m:	8:15.68	39.21
300m:	3:41.97	38.56	700m:	8:54.53	38.85
350m:	4:20.81	38.84	750m:	9:33.07	38.54
400m:	4:59.75	38.94	800m:	10:12.02	38.95
<b>5. Stefan Tijms</b>		<b>OEZA</b>	<b>NED 199300863</b>	<b>20:07.91</b>	<b>+0.77</b>
50m:	34.28	34.28	450m:	5:51.99	40.47
100m:	1:12.37	38.09	500m:	6:32.34	40.35
150m:	1:51.66	39.29	550m:	7:13.15	40.81
200m:	2:31.46	39.80	600m:	7:54.38	41.23
250m:	3:11.50	40.04	650m:	8:35.77	41.39
300m:	3:51.56	40.06	700m:	9:17.64	41.87
350m:	4:31.57	40.01	750m:	9:59.12	41.48
400m:	5:11.52	39.95	800m:	10:40.50	41.38

Masters 30+

<b>1. Tim Bunnik</b>		<b>Triton</b>	<b>NED 199000505</b>	<b>17:51.80</b>	<b>+0.79</b>
50m:	30.78	30.78	450m:	5:12.65	35.36
100m:	1:05.35	34.57	500m:	5:48.24	35.59
150m:	1:40.25	34.90	550m:	6:23.45	35.21
200m:	2:15.82	35.57	600m:	6:59.04	35.59
250m:	2:51.25	35.43	650m:	7:34.71	35.67
300m:	3:27.00	35.75	700m:	8:10.67	35.96
350m:	4:02.05	35.05	750m:	8:46.64	35.97
400m:	4:37.29	35.24	800m:	9:22.51	35.87
<b>2. Niels Albrechts</b>		<b>De Schotejil</b>	<b>NED 198800039</b>	<b>18:21.34</b>	<b>+0.80</b>
50m:	32.96	32.96	450m:	5:30.79	37.14
100m:	1:09.24	36.28	500m:	6:07.68	36.89
150m:	1:46.73	37.49	550m:	6:44.98	37.30
200m:	2:24.34	37.61	600m:	7:22.49	37.51
250m:	3:01.90	37.56	650m:	7:59.67	37.18
300m:	3:38.59	36.69	700m:	8:36.59	36.92
350m:	4:16.22	37.63	750m:	9:13.03	36.44
400m:	4:53.65	37.43	800m:	9:49.52	36.49

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

rang	naam	vereniging	tijd	RT	PARA
3.	Wessel Everloo	WS Twente	<b>18:30.99</b>	+0.70	959
	50m: 32.92	450m: 5:25.75	37.27	1250m: 15:26.12	38.57
	100m: 1:08.29	500m: 6:02.69	36.94	1300m: 16:04.07	37.95
	150m: 1:44.86	550m: 6:40.19	37.50	1350m: 16:42.25	38.18
	200m: 2:21.40	600m: 7:17.54	37.35	1400m: 17:19.48	37.23
	250m: 2:57.84	650m: 7:54.96	37.42	1450m: 17:57.38	37.90
	300m: 3:34.71	700m: 8:32.62	37.66	1500m: 18:30.99	33.61
	350m: 4:10.87	750m: 9:09.42	36.80		
	400m: 4:48.21	800m: 9:46.25	36.83		
4.	Patrick Creemers	RZ	<b>18:31.55</b>	+0.83	
	50m: 33.53	450m: 5:32.52	38.29	1250m: 15:30.19	37.86
	100m: 1:09.77	500m: 6:09.86	37.34	1300m: 16:07.92	37.73
	150m: 1:47.04	550m: 6:47.25	37.39	1350m: 16:45.02	37.10
	200m: 2:24.45	600m: 7:24.47	37.22	1400m: 17:21.97	36.95
	250m: 3:01.59	650m: 8:01.81	37.34	1450m: 17:58.13	36.16
	300m: 3:38.97	700m: 8:39.31	37.50	1500m: 18:31.55	33.42
	350m: 4:16.63	750m: 9:16.62	37.31		
	400m: 4:54.23	800m: 9:54.08	37.46		
5.	Bastian Zoon	SGGO (SG)	<b>19:22.40</b>	+0.72	
	50m: 33.54	450m: 5:44.12	39.54	1250m: 16:11.33	39.25
	100m: 1:10.80	500m: 6:23.66	39.54	1300m: 16:50.57	39.24
	150m: 1:48.85	550m: 7:03.00	39.34	1350m: 17:29.40	38.83
	200m: 2:27.36	600m: 7:42.37	39.37	1400m: 18:07.79	38.39
	250m: 3:06.61	650m: 8:21.85	39.48	1450m: 18:45.40	37.61
	300m: 3:45.93	700m: 9:00.61	38.76	1500m: 19:22.40	37.00
	350m: 4:25.36	750m: 9:39.26	38.65		
	400m: 5:04.58	800m: 10:18.25	38.99		
6.	Marc Hoogendam	Ragnar	<b>21:36.56</b>	+0.67	
	50m: 32.47	450m: 6:08.92	43.20	1250m: 18:01.18	44.52
	100m: 1:10.92	500m: 6:53.06	44.14	1300m: 18:45.84	44.66
	150m: 1:51.92	550m: 7:37.26	44.20	1350m: 19:30.19	44.35
	200m: 2:34.03	600m: 8:21.14	43.88	1400m: 20:14.15	43.96
	250m: 3:16.01	650m: 9:05.36	44.22	1450m: 20:57.11	42.96
	300m: 3:58.55	700m: 9:49.83	44.47	1500m: 21:36.56	39.45
	350m: 4:41.11	750m: 10:34.59	44.76		
	400m: 5:25.72	800m: 11:19.05	44.46		

Masters 35+

1.	Erik Schröder	TriVia	<b>17:08.33</b>	+0.80	
	50m: 29.07	450m: 5:01.40	34.75	1250m: 14:18.44	34.80
	100m: 1:01.23	500m: 5:36.11	34.71	1300m: 14:53.20	34.76
	150m: 1:34.70	550m: 6:10.91	34.80	1350m: 15:27.78	34.58
	200m: 2:08.64	600m: 6:46.02	35.11	1400m: 16:01.93	34.15
	250m: 2:42.84	650m: 7:20.85	34.83	1450m: 16:35.60	33.67
	300m: 3:17.30	700m: 7:55.85	35.00	1500m: 17:08.33	32.73
	350m: 3:52.02	750m: 8:31.04	35.19		
	400m: 4:26.65	800m: 9:05.96	34.92		
2.	Frank v.d. Voordt	De Schoteijl	<b>18:31.31</b>	+0.76	
	50m: 32.25	450m: 5:27.30	37.46	1250m: 15:25.48	38.15
	100m: 1:08.06	500m: 6:04.31	37.01	1300m: 16:03.53	38.05
	150m: 1:45.07	550m: 6:41.85	37.54	1350m: 16:41.51	37.98
	200m: 2:22.02	600m: 7:18.99	37.14	1400m: 17:19.34	37.83
	250m: 2:58.76	650m: 7:56.33	37.34	1450m: 17:56.94	37.60
	300m: 3:35.83	700m: 8:33.75	37.42	1500m: 18:31.31	34.37
	350m: 4:12.99	750m: 9:10.78	37.03		
	400m: 4:49.84	800m: 9:48.03	37.25		
3.	Marcel Reefhuis	WS Twente	<b>19:06.75</b>	+0.80	
	50m: 32.54	450m: 5:30.46	38.20	1250m: 15:53.68	39.04
	100m: 1:08.68	500m: 6:08.65	38.19	1300m: 16:32.88	39.20
	150m: 1:45.24	550m: 6:46.94	38.29	1350m: 17:12.05	39.17
	200m: 2:22.19	600m: 7:25.83	38.89	1400m: 17:50.81	38.76
	250m: 2:59.33	650m: 8:04.61	38.78	1450m: 18:29.18	38.37
	300m: 3:36.63	700m: 8:43.69	39.08	1500m: 19:06.75	37.57
	350m: 4:14.16	750m: 9:22.58	38.89		
	400m: 4:52.26	800m: 10:01.52	38.94		

Programmanr. 2, Heren, 1500m vrije slag, Masters 35+

rang	naam	vereniging	tijd	RT	PARA			
4.	Rob van Wanrooy	Gay Swim Amsterdam	<b>20:21.90</b>	<b>+0.85</b>				
	50m: 34.40	34.40	450m: 5:57.44	41.84	850m: 11:30.46	41.46	1250m: 17:01.27	41.04
	100m: 1:12.82	38.42	500m: 6:38.98	41.54	900m: 12:11.88	41.42	1300m: 17:42.67	41.40
	150m: 1:52.25	39.43	550m: 7:20.86	41.88	950m: 12:53.31	41.43	1350m: 18:23.46	40.79
	200m: 2:32.74	40.49	600m: 8:02.72	41.86	1000m: 13:34.38	41.07	1400m: 19:04.07	40.61
	250m: 3:12.93	40.19	650m: 8:44.04	41.32	1050m: 14:15.73	41.35	1450m: 19:44.29	40.22
	300m: 3:53.82	40.89	700m: 9:26.43	42.39	1100m: 14:57.43	41.70	1500m: 20:21.90	37.61
	350m: 4:34.41	40.59	750m: 10:07.77	41.34	1150m: 15:38.77	41.34		
	400m: 5:15.60	41.19	800m: 10:49.00	41.23	1200m: 16:20.23	41.46		
5.	Arne-Willem Kroonen	Zwemsport Parkstad (SG)	<b>21:58.80</b>	<b>+0.71</b>				
	50m: 33.72	33.72	450m: 6:01.06	42.53	850m: 12:05.80	47.78	1250m: 18:18.05	44.92
	100m: 1:11.35	37.63	500m: 6:45.07	44.01	900m: 12:52.88	47.08	1300m: 19:01.64	43.59
	150m: 1:50.38	39.03	550m: 7:29.44	44.37	950m: 13:42.50	49.62	1350m: 19:45.52	43.88
	200m: 2:30.37	39.99	600m: 8:14.12	44.68	1000m: 14:28.38	45.88	1400m: 20:30.19	44.67
	250m: 3:10.76	40.39	650m: 8:59.26	45.14	1050m: 15:14.33	45.95	1450m: 21:14.81	44.62
	300m: 3:52.48	41.72	700m: 9:45.47	46.21	1100m: 15:59.73	45.40	1500m: 21:58.80	43.99
	350m: 4:36.08	43.60	750m: 10:32.07	46.60	1150m: 16:46.42	46.69		
	400m: 5:18.53	42.45	800m: 11:18.02	45.95	1200m: 17:33.13	46.71		

Masters 40+

1.	Gergely Molnár <i>Hungarian Masters Record</i>	Megathlon SE	<b>17:41.52</b>	<b>+0.83</b>				
	50m: 30.59	30.59	450m: 5:12.68	35.42	850m: 9:57.90	35.72	1250m: 14:43.60	35.91
	100m: 1:04.87	34.28	500m: 5:48.08	35.40	900m: 10:33.64	35.74	1300m: 15:19.28	35.68
	150m: 1:40.01	35.14	550m: 6:23.80	35.72	950m: 11:09.29	35.65	1350m: 15:55.18	35.90
	200m: 2:15.60	35.59	600m: 6:59.34	35.54	1000m: 11:45.10	35.81	1400m: 16:31.40	36.22
	250m: 2:50.95	35.35	650m: 7:35.15	35.81	1050m: 12:20.69	35.59	1450m: 17:07.22	35.82
	300m: 3:26.57	35.62	700m: 8:10.90	35.75	1100m: 12:56.33	35.64	1500m: 17:41.52	34.30
	350m: 4:01.88	35.31	750m: 8:46.52	35.62	1150m: 13:32.02	35.69		
	400m: 4:37.26	35.38	800m: 9:22.18	35.66	1200m: 14:07.69	35.67		
2.	Ben Rutten	Oudenaardse Zwemclub	<b>17:59.35</b>	<b>+0.88</b>				
	50m: 31.38	31.38	450m: 5:12.80	36.04	850m: 10:02.98	36.61	1250m: 14:57.35	36.96
	100m: 1:05.29	33.91	500m: 5:48.97	36.17	900m: 10:39.61	36.63	1300m: 15:34.38	37.03
	150m: 1:39.88	34.59	550m: 6:24.87	35.90	950m: 11:15.95	36.34	1350m: 16:11.05	36.67
	200m: 2:14.92	35.04	600m: 7:01.13	36.26	1000m: 11:52.65	36.70	1400m: 16:47.96	36.91
	250m: 2:49.98	35.06	650m: 7:37.40	36.27	1050m: 12:29.39	36.74	1450m: 17:24.43	36.47
	300m: 3:25.33	35.35	700m: 8:13.78	36.38	1100m: 13:06.49	37.10	1500m: 17:59.35	34.92
	350m: 4:00.86	35.53	750m: 8:50.14	36.36	1150m: 13:43.53	37.04		
	400m: 4:36.76	35.90	800m: 9:26.37	36.23	1200m: 14:20.39	36.86		
3.	Martijn Butter	OEZA	<b>18:27.29</b>	<b>+0.90</b>				
	50m: 32.68	32.68	450m: 5:27.04	37.17	850m: 10:24.55	36.96	1250m: 15:24.47	37.50
	100m: 1:08.31	35.63	500m: 6:04.25	37.21	900m: 11:01.88	37.33	1300m: 16:01.76	37.29
	150m: 1:44.98	36.67	550m: 6:41.49	37.24	950m: 11:39.42	37.54	1350m: 16:38.48	36.72
	200m: 2:22.15	37.17	600m: 7:18.67	37.18	1000m: 12:16.84	37.42	1400m: 17:15.43	36.95
	250m: 2:59.11	36.96	650m: 7:56.07	37.40	1050m: 12:54.24	37.40	1450m: 17:51.69	36.26
	300m: 3:35.81	36.70	700m: 8:33.24	37.17	1100m: 13:31.72	37.48	1500m: 18:27.29	35.60
	350m: 4:12.86	37.05	750m: 9:10.39	37.15	1150m: 14:09.54	37.82		
	400m: 4:49.87	37.01	800m: 9:47.59	37.20	1200m: 14:46.97	37.43		
4.	Freddie Geerlings	Zwemsport Parkstad (SG)	<b>19:11.48</b>	<b>+0.84</b>				
	50m: 33.29	33.29	450m: 5:35.27	38.39	850m: 10:46.98	39.18	1250m: 15:59.92	38.62
	100m: 1:10.03	36.74	500m: 6:13.76	38.49	900m: 11:25.96	38.98	1300m: 16:38.99	39.07
	150m: 1:47.68	37.65	550m: 6:52.52	38.76	950m: 12:04.98	39.02	1350m: 17:18.23	39.24
	200m: 2:25.14	37.46	600m: 7:31.37	38.85	1000m: 12:44.44	39.46	1400m: 17:56.77	38.54
	250m: 3:02.58	37.44	650m: 8:10.28	38.91	1050m: 13:23.74	39.30	1450m: 18:35.08	38.31
	300m: 3:40.44	37.86	700m: 8:49.22	38.94	1100m: 14:03.19	39.45	1500m: 19:11.48	36.40
	350m: 4:18.76	38.32	750m: 9:28.78	39.56	1150m: 14:42.78	39.59		
	400m: 4:56.88	38.12	800m: 10:07.80	39.02	1200m: 15:21.30	38.52		
5.	Yuri Admiraal	ZPC Numansdorp	<b>19:35.07</b>	<b>+0.79</b>				
	50m: 33.78	33.78	450m: 5:45.51	39.69	850m: 11:01.19	39.71	1250m: 16:20.01	39.99
	100m: 1:11.53	37.75	500m: 6:24.61	39.10	900m: 11:41.07	39.88	1300m: 16:59.98	39.97
	150m: 1:50.22	38.69	550m: 7:03.74	39.13	950m: 12:20.93	39.86	1350m: 17:39.92	39.94
	200m: 2:28.91	38.69	600m: 7:42.91	39.17	1000m: 13:00.78	39.85	1400m: 18:19.61	39.69
	250m: 3:07.86	38.95	650m: 8:22.57	39.66	1050m: 13:40.76	39.98	1450m: 17:56.77	38.57
	300m: 3:47.28	39.42	700m: 9:02.34	39.77	1100m: 14:20.60	39.84	1500m: 19:35.07	36.89
	350m: 4:26.41	39.13	750m: 9:41.82	39.48	1150m: 15:00.48	39.88		
	400m: 5:05.82	39.41	800m: 10:21.48	39.66	1200m: 15:40.02	39.54		

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

rang	naam	vereniging	tijd	RT	PARA				
6.	Erik Schoenmakers	WIDEX GZC DONK	<b>21:09.32</b>	<b>+0.87</b>					
	50m: 35.46	35.46	450m: 5:54.70	40.82	850m: 11:34.20	43.50	1250m: 17:28.65	39.41	44.43
	100m: 1:13.57	38.11	500m: 6:35.71	41.01	900m: 12:17.70	43.50	1300m: 18:12.86	44.21	
	150m: 1:52.93	39.36	550m: 7:16.96	41.25	950m: 13:01.85	44.15	1350m: 18:57.88	45.02	
	200m: 2:32.87	39.94	600m: 7:58.02	41.06	1000m: 13:46.38	44.53	1400m: 19:42.84	44.96	
	250m: 3:12.85	39.98	650m: 8:40.85	42.83	1050m: 14:30.66	44.28	1450m: 20:27.26	44.42	
	300m: 3:53.14	40.29	700m: 9:23.83	42.98	1100m: 15:15.17	44.51	1500m: 21:09.32	42.06	
	350m: 4:33.52	40.38	750m: 10:07.22	43.39	1150m: 15:59.74	44.57			
	400m: 5:13.88	40.36	800m: 10:50.70	43.48	1200m: 16:44.22	44.48			

Masters 45+

1.	Casper van den Burgh	Link	<b>19:41.26</b>	<b>+0.75</b>				
	50m: 34.50	34.50	450m: 5:50.74	40.27	850m: 11:06.57	39.36	1250m: 16:24.64	39.54
	100m: 1:12.32	37.82	500m: 6:30.36	39.62	900m: 11:45.98	39.41	1300m: 17:04.43	39.79
	150m: 1:51.82	39.50	550m: 7:09.78	39.42	950m: 12:25.68	39.70	1350m: 17:44.16	39.73
	200m: 2:31.48	39.66	600m: 7:49.04	39.26	1000m: 13:05.10	39.42	1400m: 18:23.73	39.57
	250m: 3:11.25	39.77	650m: 8:28.83	39.79	1050m: 13:45.09	39.99	1450m: 19:03.07	39.34
	300m: 3:51.22	39.97	700m: 9:08.43	39.60	1100m: 14:24.97	39.88	1500m: 19:41.26	38.19
	350m: 4:30.62	39.40	750m: 9:47.68	39.25	1150m: 15:04.98	40.01		
	400m: 5:10.47	39.85	800m: 10:27.21	39.53	1200m: 15:45.10	40.12		
2.	Eric Hoekman	WS Twente	<b>21:02.28</b>	<b>+0.87</b>				
	50m: 33.44	33.44	450m: 5:56.93	42.17	850m: 11:39.82	44.03	1250m: 17:28.38	43.63
	100m: 1:10.42	36.98	500m: 6:39.44	42.51	900m: 12:24.00	44.18	1300m: 18:12.36	43.98
	150m: 1:48.76	38.34	550m: 7:21.88	42.44	950m: 13:08.06	44.06	1350m: 18:55.85	43.49
	200m: 2:28.58	39.82	600m: 8:03.91	42.03	1000m: 13:51.05	42.99	1400m: 19:38.77	42.92
	250m: 3:09.53	40.95	650m: 8:46.77	42.86	1050m: 14:34.49	43.44	1450m: 20:21.58	42.81
	300m: 3:51.12	41.59	700m: 9:29.81	43.04	1100m: 15:18.85	44.36	1500m: 21:02.28	40.70
	350m: 4:32.64	41.52	750m: 10:12.33	42.52	1150m: 16:02.41	43.56		
	400m: 5:14.76	42.12	800m: 10:55.79	43.46	1200m: 16:44.75	42.34		
3.	Chris Kouwenhoven	Steenwijk 1934	<b>21:07.38</b>	<b>+0.91</b>				
	50m: 36.76	36.76	450m: 6:10.55	42.46	850m: 11:52.68	43.33	1250m: 17:35.27	42.61
	100m: 1:16.86	40.10	500m: 6:53.09	42.54	900m: 12:35.89	43.21	1300m: 18:18.27	43.00
	150m: 1:58.36	41.50	550m: 7:35.14	42.05	950m: 13:18.66	42.77	1350m: 19:01.22	42.95
	200m: 2:40.08	41.72	600m: 8:17.91	42.77	1000m: 14:01.59	42.93	1400m: 19:44.31	43.09
	250m: 3:21.78	41.70	650m: 9:00.77	42.86	1050m: 14:44.47	42.88	1450m: 20:26.58	42.27
	300m: 4:03.73	41.95	700m: 9:43.96	43.19	1100m: 15:26.80	42.33	1500m: 21:07.38	40.80
	350m: 4:45.63	41.90	750m: 10:26.88	42.92	1150m: 16:09.42	42.62		
	400m: 5:28.09	42.46	800m: 11:09.35	42.47	1200m: 16:52.66	43.24		
4.	Erwin Zuidervelt	AZ&PC De Futen	<b>21:16.53 *</b>	<b>+0.81</b>				
	50m: 36.31	36.31	450m: 6:07.99	42.26	850m: 11:54.18	43.86	1250m: 17:42.14	44.71
	100m: 1:16.37	40.06	500m: 6:50.84	42.85	900m: 12:36.87	42.69	1300m: 18:25.71	43.57
	150m: 1:58.05	41.68	550m: 7:33.87	43.03	950m: 13:20.51	43.64	1350m: 19:10.91	45.20
	200m: 2:39.28	41.23	600m: 8:16.84	42.97	1000m: 14:03.60	43.09	1400m: 19:54.53	43.62
	250m: 3:20.55	41.27	650m: 8:59.75	42.91	1050m: 14:47.13	43.53	1450m: 20:37.12	42.59
	300m: 4:01.95	41.40	700m: 9:43.28	43.53	1100m: 15:30.07	42.94	1500m: 21:16.53	39.41
	350m: 4:43.91	41.96	750m: 10:27.31	44.03	1150m: 16:14.53	44.46		
	400m: 5:25.73	41.82	800m: 11:10.32	43.01	1200m: 16:57.43	42.90		
5.	Kasper van den Bergh	SWOL 1894	<b>21:54.99</b>	<b>+0.74</b>				
	50m: 37.36	37.36	450m: 6:13.07	42.49	850m: 12:01.23	43.76	1250m: 18:03.07	46.64
	100m: 1:17.51	40.15	500m: 6:56.13	43.06	900m: 12:45.44	44.21	1300m: 18:48.88	45.81
	150m: 1:58.66	41.15	550m: 7:39.39	43.26	950m: 13:29.47	44.03	1350m: 19:35.96	47.08
	200m: 2:40.89	42.23	600m: 8:23.00	43.61	1000m: 14:13.93	44.46	1400m: 20:22.85	46.89
	250m: 3:23.46	42.57	650m: 9:06.12	43.12	1050m: 14:58.46	44.53	1450m: 21:09.68	46.83
	300m: 4:05.37	41.91	700m: 9:49.89	43.77	1100m: 15:44.65	46.19	1500m: 21:54.99	45.31
	350m: 4:47.73	42.36	750m: 10:33.49	43.60	1150m: 16:30.59	45.94		
	400m: 5:30.58	42.85	800m: 11:17.47	43.98	1200m: 17:16.43	45.84		

Masters 50+

1.	Pieter van Gemen	DAW	<b>18:12.92</b>	<b>+0.81</b>				
	50m: 32.30	32.30	450m: 5:21.28	36.67	850m: 10:13.37	36.57	1250m: 15:09.45	37.51
	100m: 1:07.83	35.53	500m: 5:57.91	36.63	900m: 10:49.75	36.38	1300m: 15:46.88	37.43
	150m: 1:43.88	36.05	550m: 6:34.13	36.22	950m: 11:26.51	36.76	1350m: 16:23.83	36.95
	200m: 2:20.06	36.18	600m: 7:10.66	36.53	1000m: 12:02.97	36.46	1400m: 17:00.65	36.82
	250m: 2:56.10	36.04	650m: 7:46.96	36.30	1050m: 12:39.91	36.94	1450m: 17:37.50	36.85
	300m: 3:32.24	36.14	700m: 8:23.54	36.58	1100m: 13:16.96	37.05	1500m: 18:12.92	35.42
	350m: 4:08.34	36.10	750m: 9:00.02	36.48	1150m: 13:54.73	37.77		
	400m: 4:44.61	36.27	800m: 9:36.80	36.78	1200m: 14:31.94	37.21		

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

rang	naam	vereniging	tijd	RT	PARA			
2.	Geert Wijn	De Gelenberg	<b>19:12.24</b>	<b>+0.70</b>				
	50m: 34.08	34.08	450m: 5:40.77	38.01	850m: 10:44.91	38.51	1250m: 15:56.20	39.15
	100m: 1:12.46	38.38	500m: 6:17.97	37.20	900m: 11:23.23	38.32	1300m: 16:35.52	39.32
	150m: 1:51.29	38.83	550m: 6:56.40	38.43	950m: 12:01.28	38.05	1350m: 17:15.63	40.11
	200m: 2:29.75	38.46	600m: 7:34.20	37.80	1000m: 12:39.31	38.03	1400m: 17:54.44	38.81
	250m: 3:07.86	38.11	650m: 8:12.28	38.08	1050m: 13:18.45	39.14	1450m: 18:34.39	39.95
	300m: 3:46.07	38.21	700m: 8:50.15	37.87	1100m: 13:58.18	39.73	1500m: 19:12.24	37.85
	350m: 4:24.58	38.51	750m: 9:28.23	38.08	1150m: 14:37.68	39.50		
	400m: 5:02.76	38.18	800m: 10:06.40	38.17	1200m: 15:17.05	39.37		
3.	Richard Rickens	Zwemsport Parkstad (SG)	<b>19:37.96</b>	<b>+0.86</b>				
	50m: 33.82	33.82	450m: 5:38.08	38.40	850m: 10:55.52	44.20	1250m: 16:20.64	39.09
	100m: 1:10.00	36.18	500m: 6:17.08	39.00	900m: 11:38.69	43.17	1300m: 17:00.13	39.49
	150m: 1:47.53	37.53	550m: 6:55.80	38.72	950m: 12:19.91	41.22	1350m: 17:39.68	39.55
	200m: 2:25.97	38.44	600m: 7:34.37	38.57	1000m: 13:00.85	40.94	1400m: 17:19.43	39.75
	250m: 3:04.91	38.94	650m: 8:13.22	38.85	1050m: 13:40.97	40.12	1450m: 18:59.12	39.69
	300m: 3:42.92	38.01	700m: 8:52.10	38.88	1100m: 14:22.37	41.40	1500m: 19:37.96	38.84
	350m: 4:21.36	38.44	750m: 9:31.42	39.32	1150m: 15:02.25	39.88		
	400m: 4:59.68	38.32	800m: 10:11.32	39.90	1200m: 15:41.55	39.30		
4.	Hans Bouwmeester	ZVL-1886 Tetteroo	<b>20:13.22</b>	<b>+0.85</b>				
	50m: 34.67	34.67	450m: 5:50.54	40.37	850m: 11:17.47	41.27	1250m: 16:48.96	41.55
	100m: 1:12.78	38.11	500m: 6:30.98	40.44	900m: 11:58.81	41.34	1300m: 17:30.65	41.69
	150m: 1:52.30	39.52	550m: 7:11.31	40.33	950m: 12:40.52	41.71	1350m: 18:12.12	41.47
	200m: 2:31.59	39.29	600m: 7:52.01	40.70	1000m: 13:21.74	41.22	1400m: 18:53.31	41.19
	250m: 3:11.17	39.58	650m: 8:32.94	40.93	1050m: 14:02.98	41.24	1450m: 19:34.81	41.50
	300m: 3:50.84	39.67	700m: 9:13.90	40.96	1100m: 14:44.08	41.10	1500m: 20:13.22	38.41
	350m: 4:30.43	39.59	750m: 9:54.81	40.91	1150m: 15:25.68	41.60		
	400m: 5:10.17	39.74	800m: 10:36.20	41.39	1200m: 16:07.41	41.73		
5.	Ingmar de Gelder	ZOB'66	<b>20:56.35</b>	<b>+0.87</b>				
	50m: 35.34	35.34	450m: 6:05.54	43.02	850m: 11:48.04	43.22	1250m: 17:28.58	42.32
	100m: 1:13.47	38.13	500m: 6:48.12	42.58	900m: 12:30.79	42.75	1300m: 18:11.78	43.20
	150m: 1:53.25	39.78	550m: 7:30.64	42.52	950m: 13:13.59	42.80	1350m: 18:53.82	42.04
	200m: 2:34.49	41.24	600m: 8:13.48	42.84	1000m: 13:55.78	42.19	1400m: 19:35.48	41.66
	250m: 3:15.99	41.50	650m: 8:56.04	42.56	1050m: 14:37.83	42.05	1450m: 20:16.23	40.75
	300m: 3:57.94	41.95	700m: 9:39.08	43.04	1100m: 15:20.33	42.50	1500m: 20:56.35	40.12
	350m: 4:40.36	42.42	750m: 10:21.91	42.83	1150m: 16:03.07	42.74		
	400m: 5:22.52	42.16	800m: 11:04.82	42.91	1200m: 16:46.26	43.19		
6.	Huyb Stegeman	Steenwijk 1934	<b>21:19.38</b>	<b>+0.93</b>				
	50m: 36.82	36.82	450m: 6:15.21	43.17	850m: 12:00.31	43.16	1250m: 17:45.95	43.28
	100m: 1:16.91	40.09	500m: 6:58.53	43.32	900m: 12:43.89	43.58	1300m: 18:29.41	43.46
	150m: 1:58.17	41.26	550m: 7:41.70	43.17	950m: 13:26.79	42.90	1350m: 19:12.61	43.20
	200m: 2:40.28	42.11	600m: 8:24.59	42.89	1000m: 14:09.92	43.13	1400m: 19:55.73	43.12
	250m: 3:22.65	42.37	650m: 9:07.99	43.40	1050m: 14:52.93	43.01	1450m: 20:38.56	42.83
	300m: 4:05.51	42.86	700m: 9:51.12	43.13	1100m: 15:36.43	43.50	1500m: 21:19.38	40.82
	350m: 4:48.71	43.20	750m: 10:34.24	43.12	1150m: 16:19.35	42.92		
	400m: 5:32.04	43.33	800m: 11:17.15	42.91	1200m: 17:02.67	43.32		

Masters 55+

1.	Jan Brink	ZPC De Zeeuwse Kust	<b>18:50.40</b>	<b>+0.83</b>				
	50m: 33.55	33.55	450m: 5:34.80	37.61	850m: 10:36.78	38.57	1250m: 15:41.86	38.01
	100m: 1:10.72	37.17	500m: 6:12.62	37.82	900m: 11:14.60	37.82	1300m: 16:20.30	38.44
	150m: 1:48.65	37.93	550m: 6:50.24	37.62	950m: 11:53.04	38.44	1350m: 16:58.71	38.41
	200m: 2:26.58	37.93	600m: 7:27.72	37.48	1000m: 12:30.79	37.75	1400m: 17:37.03	38.32
	250m: 3:04.26	37.68	650m: 8:05.46	37.74	1050m: 13:08.99	38.20	1450m: 18:14.47	37.44
	300m: 3:41.78	37.52	700m: 8:43.04	37.58	1100m: 13:47.02	38.03	1500m: 18:50.40	35.93
	350m: 4:19.47	37.69	750m: 9:20.65	37.61	1150m: 14:25.60	38.58		
	400m: 4:57.19	37.72	800m: 9:58.21	37.56	1200m: 15:03.85	38.25		
2.	Kees-Jan van Overbeeke	WWV Winterswijk	<b>19:25.74</b>	<b>+0.89</b>				
	50m: 34.93	34.93	450m: 5:45.25	38.69	850m: 10:58.03	39.21	1250m: 16:14.48	39.85
	100m: 1:13.39	38.46	500m: 6:24.18	38.93	900m: 11:37.02	38.99	1300m: 16:54.09	39.61
	150m: 1:52.59	39.20	550m: 7:03.22	39.04	950m: 12:16.13	39.11	1350m: 17:33.44	39.35
	200m: 2:31.47	38.88	600m: 7:42.31	39.09	1000m: 12:55.57	39.44	1400m: 18:11.91	38.47
	250m: 3:10.74	39.27	650m: 8:21.65	39.34	1050m: 13:35.46	39.89	1450m: 18:50.23	38.32
	300m: 3:49.68	38.94	700m: 9:00.69	39.04	1100m: 14:15.05	39.59	1500m: 19:25.74	35.51
	350m: 4:28.21	38.53	750m: 9:39.73	39.04	1150m: 14:54.94	39.89		
	400m: 5:06.56	38.35	800m: 10:18.82	39.09	1200m: 15:34.63	39.69		

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

rang	naam	vereniging	tijd	RT	PARA			
3.	Nico Paasse	De Schotejil	<b>19:27.22</b>	<b>+0.90</b>				
	50m: 33.53	33.53	450m: 5:45.40	39.25	850m: 10:59.18	39.16	1250m: 16:12.55	39.61
	100m: 1:10.93	37.40	500m: 6:24.82	39.42	900m: 11:38.59	39.41	1300m: 16:51.40	38.85
	150m: 1:49.55	38.62	550m: 7:04.10	39.28	950m: 12:17.84	39.25	1350m: 17:31.19	39.79
	200m: 2:28.44	38.89	600m: 7:43.43	39.33	1000m: 12:56.68	38.84	1400m: 18:10.04	38.85
	250m: 3:07.79	39.35	650m: 8:22.77	39.34	1050m: 13:35.39	38.71	1450m: 18:49.44	39.40
	300m: 3:47.32	39.53	700m: 9:01.82	39.05	1100m: 14:14.33	38.94	1500m: 19:27.22	37.78
	350m: 4:26.79	39.47	750m: 9:40.96	39.14	1150m: 14:53.27	38.94		
	400m: 5:06.15	39.36	800m: 10:20.02	39.06	1200m: 15:32.94	39.67		
4.	Gustav van den Berg	TriVia	<b>19:36.09</b>	<b>+0.98</b>				
	50m: 36.78	36.78	450m: 5:54.01	39.32	850m: 11:08.87	39.16	1250m: 16:23.03	39.26
	100m: 1:15.91	39.13	500m: 6:33.35	39.34	900m: 11:48.22	39.35	1300m: 17:02.84	39.81
	150m: 1:55.97	40.06	550m: 7:12.57	39.22	950m: 12:27.57	39.35	1350m: 17:42.64	39.80
	200m: 2:36.11	40.14	600m: 7:51.93	39.36	1000m: 13:06.60	39.03	1400m: 18:22.20	39.56
	250m: 3:16.39	40.28	650m: 8:31.41	39.48	1050m: 13:45.75	39.15	1450m: 19:00.72	38.52
	300m: 3:55.70	39.31	700m: 9:10.58	39.17	1100m: 14:25.32	39.57	1500m: 19:36.09	35.37
	350m: 4:35.31	39.61	750m: 9:50.17	39.59	1150m: 15:04.37	39.05		
	400m: 5:14.69	39.38	800m: 10:29.71	39.54	1200m: 15:43.77	39.40		
5.	Phil Trethewie	Old Dutch	<b>20:22.78</b>	<b>+0.98</b>				
	50m: 37.18	37.18	450m: 6:07.86	41.26	850m: 11:37.09	41.12	1250m: 17:02.92	40.63
	100m: 1:17.63	40.45	500m: 6:49.19	41.33	900m: 12:17.96	40.87	1300m: 17:43.58	40.66
	150m: 1:59.06	41.43	550m: 7:30.37	41.18	950m: 12:58.77	40.81	1350m: 18:24.12	40.54
	200m: 2:40.62	41.56	600m: 8:11.53	41.16	1000m: 13:39.48	40.71	1400m: 19:04.57	40.45
	250m: 3:22.44	41.82	650m: 8:52.81	41.28	1050m: 14:20.47	40.99	1450m: 19:44.44	39.87
	300m: 4:04.05	41.61	700m: 9:34.05	41.24	1100m: 15:00.92	40.45	1500m: 20:22.78	38.34
	350m: 4:45.13	41.08	750m: 10:14.86	40.81	1150m: 15:41.68	40.76		
	400m: 5:26.60	41.47	800m: 10:55.97	41.11	1200m: 16:22.29	40.61		
6.	Jan Smalheer	SCOM	<b>22:59.35</b>					
	50m: 37.88	37.88	450m: 6:38.45	46.41	850m: 12:50.97	46.91	1250m: 19:05.42	47.19
	100m: 1:19.73	41.85	500m: 7:24.62	46.17	900m: 13:37.65	46.68	1300m: 19:52.81	47.39
	150m: 2:04.07	44.34	550m: 8:10.75	46.13	950m: 14:24.46	46.81	1350m: 20:39.96	47.15
	200m: 2:48.80	44.73	600m: 8:57.37	46.62	1000m: 15:11.23	46.77	1400m: 21:27.01	47.05
	250m: 3:34.17	45.37	650m: 9:43.82	46.45	1050m: 15:58.24	47.01	1450m: 22:14.12	47.11
	300m: 4:20.02	45.85	700m: 10:30.86	47.04	1100m: 16:45.13	46.89	1500m: 22:59.35	45.23
	350m: 5:06.10	46.08	750m: 11:17.57	46.71	1150m: 17:31.65	46.52		
	400m: 5:52.04	45.94	800m: 12:04.06	46.49	1200m: 18:18.23	46.58		
7.	Richard Tiemstra	De Biesboschwimmers	<b>23:07.36</b>	<b>+0.93</b>				
	50m: 39.71	39.71	450m: 6:40.40	45.02	850m: 12:49.56	46.71	1250m: 19:11.20	47.65
	100m: 1:23.43	43.72	500m: 7:25.82	45.42	900m: 13:37.08	47.52	1300m: 20:01.03	49.83
	150m: 2:08.15	44.72	550m: 8:11.37	45.55	950m: 14:24.36	47.28	1350m: 20:49.29	48.26
	200m: 2:53.90	45.75	600m: 8:57.37	46.00	1000m: 15:11.74	47.38	1400m: 21:37.42	48.13
	250m: 3:39.44	45.54	650m: 9:43.53	46.16	1050m: 15:59.57	47.83	1450m: 22:24.36	46.94
	300m: 4:24.71	45.27	700m: 10:29.76	46.23	1100m: 16:47.83	48.26	1500m: 23:07.36	43.00
	350m: 5:10.06	45.35	750m: 11:16.05	46.29	1150m: 17:35.74	47.91		
	400m: 5:55.38	45.32	800m: 12:02.85	46.80	1200m: 18:23.55	47.81		
8.	Casper Dollekamp	Steenwijk 1934	<b>23:11.90</b>	<b>+0.77</b>				
	50m: 36.91	36.91	450m: 6:32.57	45.92	850m: 12:58.88	48.82	1250m: 19:21.99	48.73
	100m: 1:18.22	41.31	500m: 7:18.68	46.11	900m: 13:47.44	48.56	1300m: 20:09.32	47.33
	150m: 2:01.36	43.14	550m: 8:05.80	47.12	950m: 14:36.17	48.73	1350m: 20:55.84	46.52
	200m: 2:45.87	44.51	600m: 8:53.36	47.56	1000m: 15:24.67	48.50	1400m: 21:42.44	46.60
	250m: 3:30.65	44.78	650m: 9:42.36	49.00	1050m: 16:12.04	47.37	1450m: 22:28.02	45.58
	300m: 4:15.85	45.20	700m: 10:31.52	49.16	1100m: 16:59.73	47.69	1500m: 23:11.90	43.88
	350m: 5:01.28	45.43	750m: 11:21.22	49.70	1150m: 17:46.65	46.92		
	400m: 5:46.65	45.37	800m: 12:10.06	48.84	1200m: 18:33.26	46.61		

Masters 60+

1.	Marius Ros	ZCNF'34	<b>22:24.92</b>	<b>+0.67</b>				
	50m: 40.18	40.18	450m: 6:32.97	44.72	850m: 12:33.46	45.50	1250m: 18:40.01	45.66
	100m: 1:23.26	43.08	500m: 7:17.56	44.59	900m: 13:19.63	46.17	1300m: 19:25.44	45.43
	150m: 2:07.10	43.84	550m: 8:02.34	44.78	950m: 14:05.32	45.69	1350m: 20:11.45	46.01
	200m: 2:50.71	43.61	600m: 8:46.77	44.43	1000m: 14:51.04	45.72	1400m: 20:57.31	45.86
	250m: 3:34.65	43.94	650m: 9:31.49	44.72	1050m: 15:37.01	45.97	1450m: 21:42.42	45.11
	300m: 4:19.38	44.73	700m: 10:16.87	45.38	1100m: 16:22.57	45.56	1500m: 22:24.92	42.50
	350m: 5:03.71	44.33	750m: 11:02.26	45.39	1150m: 17:08.38	45.81		
	400m: 5:48.25	44.54	800m: 11:47.96	45.70	1200m: 17:54.35	45.97		



Programmanr. 2, Heren, 1500m vrije slag, Masters 60+

rang	naam	vereniging	tijd	RT	PARA			
2.	Paul Bunnik	Triton	<b>22:57.57</b>	+0.97				
	50m: 37.23	37.23	450m: 6:31.60	46.44	850m: 12:46.21	47.35	1250m: 19:26.58	47.82
	100m: 1:17.95	40.72	500m: 7:18.26	46.66	900m: 13:33.34	47.13	1300m: 19:51.91	47.35
	150m: 2:01.01	43.06	550m: 8:04.57	46.31	950m: 14:20.54	47.20	1350m: 20:40.92	49.01
	200m: 2:44.41	43.40	600m: 8:50.99	46.42	1000m: 15:07.76	47.22	1400m: 21:27.95	47.03
	250m: 3:28.63	44.22	650m: 9:37.67	46.68	1050m: 15:55.35	47.59	1450m: 22:14.55	46.60
	300m: 4:13.41	44.78	700m: 10:24.77	47.10	1100m: 16:42.41	47.06	1500m: 22:57.57	43.02
	350m: 4:58.98	45.57	750m: 11:11.50	46.73	1150m: 17:29.60	47.19		
	400m: 5:45.16	46.18	800m: 11:58.86	47.36	1200m: 18:16.74	47.14		
3.	Wim Witjes	Aqua-Novio '94	<b>23:15.42</b>	+0.49				
	50m: 39.78	39.78	450m: 6:50.04	47.11	850m: 13:12.57	48.47	1250m: 19:26.58	45.92
	100m: 1:24.37	44.59	500m: 7:37.66	47.62	900m: 13:59.33	46.76	1300m: 20:13.49	46.91
	150m: 2:10.38	46.01	550m: 8:25.17	47.51	950m: 14:46.33	47.00	1350m: 20:59.93	46.44
	200m: 2:56.50	46.12	600m: 9:13.56	48.39	1000m: 15:33.47	47.14	1400m: 21:45.69	45.76
	250m: 3:43.13	46.63	650m: 10:01.54	47.98	1050m: 16:20.22	46.75	1450m: 22:31.71	46.02
	300m: 4:29.60	46.47	700m: 10:48.88	47.34	1100m: 17:07.21	46.99	1500m: 23:15.42	43.71
	350m: 5:16.42	46.82	750m: 11:36.72	47.84	1150m: 17:53.69	46.48		
	400m: 6:02.93	46.51	800m: 12:24.10	47.38	1200m: 18:40.66	46.97		
4.	Lex Hoogendam	ZZ&PC De Devel	<b>23:26.56</b>	+0.89				
	50m: 38.67	38.67	450m: 6:50.16	46.81	850m: 13:10.47	47.65	1250m: 19:31.61	47.91
	100m: 1:22.44	43.77	500m: 7:37.32	47.16	900m: 13:57.47	47.00	1300m: 20:19.01	47.40
	150m: 2:08.21	45.77	550m: 8:25.12	47.80	950m: 14:45.26	47.79	1350m: 21:06.36	47.35
	200m: 2:54.58	46.37	600m: 9:12.87	47.75	1000m: 15:32.91	47.65	1400m: 21:53.88	47.52
	250m: 3:41.46	46.88	650m: 9:59.78	46.91	1050m: 16:20.63	47.72	1450m: 22:40.66	46.78
	300m: 4:28.79	47.33	700m: 10:47.61	47.83	1100m: 17:08.42	47.79	1500m: 23:26.56	45.90
	350m: 5:15.80	47.01	750m: 11:35.19	47.58	1150m: 17:55.93	47.51		
	400m: 6:03.35	47.55	800m: 12:22.82	47.63	1200m: 18:43.70	47.77		
5.	John Dam	ZIGNEA	<b>23:27.32</b>					
	50m: 38.32	38.32	450m: 6:48.97	47.85	850m: 13:09.10	47.63	1250m: 19:30.40	47.61
	100m: 1:21.09	42.77	500m: 7:35.88	46.91	900m: 13:56.65	47.55	1300m: 20:18.16	47.76
	150m: 2:07.09	46.00	550m: 8:23.30	47.42	950m: 14:44.78	48.13	1350m: 21:06.49	48.33
	200m: 2:53.67	46.58	600m: 9:10.83	47.53	1000m: 15:31.88	47.10	1400m: 21:54.12	47.63
	250m: 3:40.16	46.49	650m: 9:58.77	47.94	1050m: 16:19.31	47.43	1450m: 22:42.76	48.64
	300m: 4:26.98	46.82	700m: 10:46.14	47.37	1100m: 17:06.86	47.55	1500m: 23:27.32	44.56
	350m: 5:14.16	47.18	750m: 11:33.56	47.42	1150m: 17:54.96	48.10		
	400m: 6:01.12	46.96	800m: 12:21.47	47.91	1200m: 18:42.79	47.83		
6.	Henk Gierveld	Nat Utrecht	<b>24:22.36</b>	+0.98				
	50m: 41.34	41.34	450m: 7:05.84	49.77	850m: 13:39.41	49.09	1250m: 20:16.09	49.46
	100m: 1:26.73	45.39	500m: 7:54.85	49.01	900m: 14:28.91	49.50	1300m: 21:06.25	50.16
	150m: 2:12.96	46.23	550m: 8:43.51	48.66	950m: 15:18.66	49.75	1350m: 21:56.19	49.94
	200m: 3:00.48	47.52	600m: 9:32.95	49.44	1000m: 16:08.45	49.79	1400m: 22:46.12	49.93
	250m: 3:49.09	48.61	650m: 10:22.32	49.37	1050m: 16:57.98	49.53	1450m: 23:36.22	50.10
	300m: 4:37.96	48.87	700m: 11:11.89	49.57	1100m: 17:47.27	49.29	1500m: 24:22.36	46.14
	350m: 5:27.01	49.05	750m: 12:01.07	49.18	1150m: 18:36.90	49.63		
	400m: 6:16.07	49.06	800m: 12:50.32	49.25	1200m: 19:26.63	49.73		
7.	Filip Timmermans	Shark	<b>25:33.45</b>	+0.84				
	50m: 43.36	43.36	450m: 7:24.16	51.21	850m: 14:16.57	53.04	1250m: 21:17.94	53.54
	100m: 1:31.41	48.05	500m: 8:14.88	50.72	900m: 15:09.21	52.64	1300m: 22:10.75	52.81
	150m: 2:20.24	48.83	550m: 9:06.55	51.67	950m: 16:02.87	53.66	1350m: 23:02.03	51.28
	200m: 3:10.29	50.05	600m: 9:56.65	50.10	1000m: 16:55.38	52.51	1400m: 23:54.43	52.40
	250m: 4:01.18	50.89	650m: 10:47.76	51.11	1050m: 17:47.27	51.89	1450m: 24:45.79	51.36
	300m: 4:51.18	50.00	700m: 11:39.27	51.51	1100m: 18:38.95	51.68	1500m: 25:33.45	47.66
	350m: 5:41.43	50.25	750m: 12:30.59	51.32	1150m: 19:31.59	52.64		
	400m: 6:32.95	51.52	800m: 13:23.53	52.94	1200m: 20:24.40	52.81		
8.	Jeroen Ouendag	GoSwim	<b>27:10.34</b>					
	50m: 49.43	49.43	450m: 8:15.12	55.73	850m: 15:36.21	54.42	1250m: 22:47.40	53.24
	100m: 1:43.85	54.42	500m: 9:11.04	55.92	900m: 16:30.18	53.97	1300m: 23:41.10	53.70
	150m: 2:40.21	56.36	550m: 10:06.93	55.89	950m: 17:24.84	54.66	1350m: 24:34.64	53.54
	200m: 3:35.70	55.49	600m: 11:02.46	55.53	1000m: 18:19.67	54.83	1400m: 25:27.87	53.23
	250m: 4:31.33	55.63	650m: 11:57.11	54.65	1050m: 19:14.43	54.76	1450m: 26:19.66	51.79
	300m: 5:27.12	55.79	700m: 12:52.19	55.08	1100m: 20:07.98	53.55	1500m: 27:10.34	50.68
	350m: 6:23.62	56.50	750m: 13:47.24	55.05	1150m: 21:01.44	53.46		
	400m: 7:19.39	55.77	800m: 14:41.79	54.55	1200m: 21:54.16	52.72		

Masters 65+

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

rang	naam	vereniging	tijd	RT	PARA
1.	Henk Slomp	De Inktvis	<b>22:10.85</b>	+0.89	
	50m: 37.23	450m: 6:34.38	850m: 12:31.57	1250m: 18:31.41	45.66
	100m: 1:21.41	500m: 7:18.68	900m: 13:16.00	1300m: 19:16.46	45.05
	150m: 2:06.35	550m: 8:03.32	950m: 14:01.16	1350m: 20:01.60	45.14
	200m: 2:51.39	600m: 8:47.56	1000m: 14:44.83	1400m: 20:45.80	44.20
	250m: 3:35.75	650m: 9:32.11	1050m: 15:29.67	1450m: 21:30.54	44.74
	300m: 4:20.76	700m: 10:16.84	1100m: 16:15.47	1500m: 22:10.85	40.31
	350m: 5:05.88	750m: 11:02.30	1150m: 17:00.77		
	400m: 5:50.56	800m: 11:47.21	1200m: 17:45.75		
2.	Laurens Klein Breteler	WWV Winterswijk	<b>22:36.85</b>	+0.89	
	50m: 38.86	450m: 6:42.26	850m: 12:47.76	1250m: 18:52.14	45.56
	100m: 1:22.47	500m: 7:27.49	900m: 13:33.26	1300m: 19:38.31	46.17
	150m: 2:08.12	550m: 8:13.65	950m: 14:19.89	1350m: 20:24.27	45.96
	200m: 2:53.93	600m: 8:59.06	1000m: 15:04.34	1400m: 21:09.84	45.57
	250m: 3:39.89	650m: 9:44.17	1050m: 15:49.64	1450m: 21:53.91	44.07
	300m: 4:25.97	700m: 10:29.94	1100m: 16:34.87	1500m: 22:36.85	42.94
	350m: 5:11.45	750m: 11:16.31	1150m: 17:21.04		
	400m: 5:57.05	800m: 12:02.56	1200m: 18:06.58		
3.	Ruud Ruiter	WWV Winterswijk	<b>23:03.13</b>	+0.95	
	50m: 40.28	450m: 6:46.04	850m: 12:59.54	1250m: 19:14.55	46.83
	100m: 1:24.73	500m: 7:32.76	900m: 13:45.77	1300m: 20:00.80	46.25
	150m: 2:09.65	550m: 8:19.44	950m: 14:32.20	1350m: 20:47.28	46.48
	200m: 2:55.63	600m: 9:06.17	1000m: 15:19.64	1400m: 21:33.49	46.21
	250m: 3:41.47	650m: 9:52.32	1050m: 16:06.39	1450m: 22:19.68	46.19
	300m: 4:27.34	700m: 10:38.67	1100m: 16:53.67	1500m: 23:03.13	43.45
	350m: 5:13.78	750m: 11:25.75	1150m: 17:40.65		
	400m: 6:00.09	800m: 12:12.04	1200m: 18:27.72		
4.	Jos Kamps	Zwemvereniging Hoogland	<b>26:41.58</b>		
	50m: 41.95	450m: 7:41.76	850m: 14:55.44	1250m: 22:13.96	55.40
	100m: 1:29.65	500m: 8:35.05	900m: 15:50.19	1300m: 23:08.68	54.72
	150m: 2:20.51	550m: 9:29.26	950m: 16:44.84	1350m: 24:03.47	54.79
	200m: 3:13.05	600m: 10:23.86	1000m: 17:39.80	1400m: 24:57.45	53.98
	250m: 4:07.12	650m: 11:18.06	1050m: 18:34.74	1450m: 25:51.21	53.76
	300m: 4:59.72	700m: 12:12.42	1100m: 19:29.95	1500m: 26:41.58	50.37
	350m: 5:52.84	750m: 13:06.90	1150m: 20:24.46		
	400m: 6:46.82	800m: 14:00.81	1200m: 21:18.56		

Masters 70+

1.	Wout Hemmes	De Plons	<b>24:16.57</b>	+0.99	
	50m: 41.53	450m: 7:15.27	850m: 13:49.26	1250m: 20:19.25	48.69
	100m: 1:29.98	500m: 8:05.31	900m: 14:38.57	1300m: 21:06.88	47.63
	150m: 2:19.90	550m: 8:54.22	950m: 15:27.19	1350m: 21:55.63	48.75
	200m: 3:09.36	600m: 9:43.60	1000m: 16:15.91	1400m: 22:43.67	48.04
	250m: 3:58.57	650m: 10:32.86	1050m: 17:04.70	1450m: 23:31.79	48.12
	300m: 4:47.76	700m: 11:21.31	1100m: 17:53.29	1500m: 24:16.57	44.78
	350m: 5:36.57	750m: 12:11.11	1150m: 18:41.94		
	400m: 6:25.92	800m: 13:00.48	1200m: 19:30.56		
2.	Piet Schop	De Bevelanders	<b>26:51.52</b>	+0.74	
	50m: 42.91	450m: 7:38.22	850m: 14:56.85	1250m: 22:22.66	55.55
	100m: 1:32.07	500m: 8:32.05	900m: 15:52.96	1300m: 23:17.47	54.81
	150m: 2:23.10	550m: 9:26.82	950m: 16:48.25	1350m: 24:13.30	55.83
	200m: 3:13.70	600m: 10:21.77	1000m: 17:42.88	1400m: 25:08.72	55.42
	250m: 4:05.50	650m: 11:16.06	1050m: 18:39.57	1450m: 26:02.63	53.91
	300m: 4:56.99	700m: 12:11.17	1100m: 19:34.68	1500m: 26:51.52	48.89
	350m: 5:49.59	750m: 13:06.30	1150m: 20:31.85		
	400m: 6:42.80	800m: 14:01.66	1200m: 21:27.11		

Masters 75+

1.	Rob Hanou	PSV	<b>27:38.80</b>		
	50m: 45.32	450m: 8:08.29	850m: 15:33.06	1250m: 23:01.62	55.97
	100m: 1:37.53	500m: 9:03.78	900m: 16:28.74	1300m: 23:57.00	55.38
	150m: 2:33.77	550m: 9:58.67	950m: 17:25.12	1350m: 24:53.65	56.65
	200m: 3:29.91	600m: 10:53.44	1000m: 18:20.72	1400m: 25:50.07	56.42
	250m: 4:26.13	650m: 11:49.66	1050m: 19:16.50	1450m: 26:45.32	55.25
	300m: 5:22.02	700m: 12:45.64	1100m: 20:13.10	1500m: 27:38.80	53.48
	350m: 6:17.73	750m: 13:41.30	1150m: 21:09.18		
	400m: 7:13.03	800m: 14:36.96	1200m: 22:05.65		



Open Nederlandse Masters  
Kampioenschappen 2020 korte baan  
Rotterdam 23-26 januari 2020



Programmanr. 2, Heren, 1500m vrije slag, Masters 75+

rang	naam	vereniging	tijd	RT	PARA			
2.	Geza Kaltenecker	AZC	<b>28:22.77</b>	<b>+0.95</b>				
	50m: 46.79	46.79	450m: 8:27.26	58.19	850m: 16:07.03	57.30	1250m: 23:46.29	56.48
	100m: 1:42.19	55.40	500m: 9:25.15	57.89	900m: 17:04.61	57.58	1300m: 24:43.66	57.37
	150m: 2:39.15	56.96	550m: 10:22.38	57.23	950m: 18:02.61	58.00	1350m: 25:40.01	56.35
	200m: 3:36.84	57.69	600m: 11:19.41	57.03	1000m: 19:00.32	57.71	1400m: 26:36.34	56.33
	250m: 4:34.70	57.86	650m: 12:16.98	57.57	1050m: 19:57.67	57.35	1450m: 27:32.23	55.89
	300m: 5:33.46	58.76	700m: 13:14.37	57.39	1100m: 20:55.38	57.71	1500m: 28:22.77	50.54
	350m: 6:31.42	57.96	750m: 14:12.12	57.75	1150m: 21:52.53	57.15		
	400m: 7:29.07	57.65	800m: 15:09.73	57.61	1200m: 22:49.81	57.28		

Masters 80+

1.	Frederik Hendrik De Bruijn	CN Aquamasters	ESP	<b>26:12.96</b>				
	<i>Spanish Masters Record</i>							
	50m: 47.62	47.62	450m: 7:41.38	51.36	850m: 14:42.01	52.37	1250m: 21:47.96	53.99
	100m: 1:38.71	51.09	500m: 8:33.29	51.91	900m: 15:34.67	52.66	1300m: 22:41.52	53.56
	150m: 2:29.56	50.85	550m: 9:26.03	52.74	950m: 16:27.39	52.72	1350m: 23:34.96	53.44
	200m: 3:21.88	52.32	600m: 10:18.69	52.66	1000m: 17:20.08	52.69	1400m: 24:29.71	54.75
	250m: 4:14.04	52.16	650m: 11:12.19	53.50	1050m: 18:13.69	53.61	1450m: 25:22.78	53.07
	300m: 5:05.57	51.53	700m: 12:04.47	52.28	1100m: 19:06.43	52.74	1500m: 26:12.96	50.18
	350m: 5:57.90	52.33	750m: 12:57.22	52.75	1150m: 20:00.78	54.35		
	400m: 6:50.02	52.12	800m: 13:49.64	52.42	1200m: 20:53.97	53.19		

