

2 - ONMK 2020 kb sessie 2

24-01-2020 - 9:00

Programmanr. 3
24-01-2020 - 9:00

Dames, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA
Masters 20+					
1.	Madelon Dijkstra <i>Nederlands Masters Record</i>	ZPCH	4:20.22	+0.67	
	50m: 29.58 29.58 150m: 1:33.67 32.30 250m: 2:39.47 33.12 350m: 3:47.08 33.78				
	100m: 1:01.37 31.79 200m: 2:06.35 32.68 300m: 3:13.30 33.83 400m: 4:20.22 33.14				
2.	Tamara Grove	De Dolfijn	4:29.13	+0.72	
	50m: 30.27 30.27 150m: 1:37.88 34.08 250m: 2:46.35 34.10 350m: 3:55.58 34.56				
	100m: 1:03.80 33.53 200m: 2:12.25 34.37 300m: 3:21.02 34.67 400m: 4:29.13 33.55				
3.	Jamilla van Veen	Zwemvereniging Hoogland	4:35.52	+0.73	
	50m: 29.84 29.84 150m: 1:38.36 34.74 250m: 2:48.76 35.12 350m: 4:00.30 36.02				
	100m: 1:03.62 33.78 200m: 2:13.64 35.28 300m: 3:24.28 35.52 400m: 4:35.52 35.22				
4.	Maike van de Velde	ZPCH	4:39.59	+0.66	
	50m: 31.55 31.55 150m: 1:42.25 35.52 250m: 2:53.51 35.53 350m: 4:05.06 35.76				
	100m: 1:06.73 35.18 200m: 2:17.98 35.73 300m: 3:29.30 35.79 400m: 4:39.59 34.53				
5.	Michelle Zomerdijk	Dedemsvaart-AC	4:39.74	+0.71	
	50m: 30.46 30.46 150m: 1:38.90 34.68 250m: 2:49.75 35.57 350m: 4:03.82 37.25				
	100m: 1:04.22 33.76 200m: 2:14.18 35.28 300m: 3:26.57 36.82 400m: 4:39.74 35.92				
6.	Caroline Boxman	ZPCH	4:40.94	+0.72	
	50m: 31.00 31.00 150m: 1:40.99 35.55 250m: 2:53.51 36.42 350m: 4:05.80 36.23				
	100m: 1:05.44 34.44 200m: 2:17.09 36.10 300m: 3:29.57 36.06 400m: 4:40.94 35.14				
7.	Kirsten Walraven	ZPC De Zeeuwse Kust	4:42.88	+0.65	
	50m: 31.12 31.12 150m: 1:41.96 36.08 250m: 2:54.48 36.35 350m: 4:07.34 36.49				
	100m: 1:05.88 34.76 200m: 2:18.13 36.17 300m: 3:30.85 36.37 400m: 4:42.88 35.54				
8.	Bibi Stokvis	Het Y	4:43.16	+0.71	
	50m: 30.37 30.37 150m: 1:40.36 35.72 250m: 2:53.31 36.22 350m: 4:07.06 36.86				
	100m: 1:04.64 34.27 200m: 2:17.09 36.73 300m: 3:30.20 36.89 400m: 4:43.16 36.10				
9.	Hilde Dekker	ReVeLie Swim Team	4:43.47	+0.87	
	50m: 31.15 31.15 150m: 1:41.94 35.92 250m: 2:56.03 37.04 350m: 4:08.67 35.90				
	100m: 1:06.02 34.87 200m: 2:18.99 37.05 300m: 3:32.77 36.74 400m: 4:43.47 34.80				
10.	Marijke Drent	De Zwemlinie (SG)	4:45.91	+0.66	
	50m: 32.57 32.57 150m: 1:43.73 36.04 250m: 2:56.24 36.40 350m: 4:09.90 36.95				
	100m: 1:07.69 35.12 200m: 2:19.84 36.11 300m: 3:32.95 36.71 400m: 4:45.91 36.01				
11.	Emma Schell	De Dolfijn	4:50.57	+0.72	
	50m: 32.92 32.92 150m: 1:45.16 36.65 250m: 3:00.16 37.60 350m: 4:15.19 37.35				
	100m: 1:08.51 35.59 200m: 2:22.56 37.40 300m: 3:37.84 37.68 400m: 4:50.57 35.38				
12.	Marije Dankelman	Dedemsvaart-AC	4:57.68	+0.78	
	50m: 32.67 32.67 150m: 1:46.40 37.75 250m: 3:03.14 38.59 350m: 4:20.16 38.31				
	100m: 1:08.65 35.98 200m: 2:24.55 38.15 300m: 3:41.85 38.71 400m: 4:57.68 37.52				
13.	Lenneke Bagijn	De Duck	5:07.89	+0.70	
	50m: 33.22 33.22 150m: 1:46.94 37.79 250m: 3:07.01 40.16 350m: 4:28.52 40.35				
	100m: 1:09.15 35.93 200m: 2:26.85 39.91 300m: 3:48.17 41.16 400m: 5:07.89 39.37				
14.	Ageeth de Haan	Steenwijk 1934	5:17.34	+0.77	
	50m: 34.19 34.19 150m: 1:53.41 40.73 250m: 3:17.57 42.07 350m: 4:38.89 40.74				
	100m: 1:12.68 38.49 200m: 2:35.50 42.09 300m: 3:58.15 40.58 400m: 5:17.34 38.45				
15.	Renske Beek	AZ&PC De Futen	5:21.42	+0.89	
	50m: 34.85 34.85 150m: 1:55.10 41.06 250m: 3:18.82 42.20 350m: 4:43.58 42.27				
	100m: 1:14.04 39.19 200m: 2:36.62 41.52 300m: 4:01.31 42.49 400m: 5:21.42 37.84				
16.	Nadine Scheeve	De Biesboschzwemmers	5:46.37	+0.80	
	50m: 36.27 36.27 150m: 2:02.51 44.02 250m: 3:32.94 45.26 350m: 5:04.12 45.45				
	100m: 1:18.49 42.22 200m: 2:47.68 45.17 300m: 4:18.67 45.73 400m: 5:46.37 42.25				

Programmanr. 3, Dames, 400m vrije slag

Masters 25+

1.	Maaike Vooren	DAW	NED	199103324	4:35.21	+0.81
	50m: 30.95	30.95	150m: 1:39.66	34.64	250m: 2:50.13	35.26
	100m: 1:05.02	34.07	200m: 2:14.87	35.21	300m: 3:25.30	35.17
					350m: 4:00.63	35.33
					400m: 4:35.21	34.58
2.	Melissa van der Geld	TRB-RES	NED	199506250	4:39.47	+0.74
	50m: 31.12	31.12	150m: 1:40.15	34.77	250m: 2:50.79	35.13
	100m: 1:05.38	34.26	200m: 2:15.66	35.51	300m: 3:27.02	36.23
					350m: 4:03.84	36.82
					400m: 4:39.47	35.63
3.	Fiona Meuffels	RZ	NED	199504366	4:49.63	+0.71
	50m: 33.01	33.01	150m: 1:46.51	37.09	250m: 3:00.53	36.67
	100m: 1:09.42	36.41	200m: 2:23.86	37.35	300m: 3:37.01	36.48
					350m: 4:14.32	37.31
					400m: 4:49.63	35.31
4.	Fraukje Puts	HZ&PC Heerenveen	NED	199206470	4:50.91	+0.80
	50m: 32.82	32.82	150m: 1:45.24	36.83	250m: 3:00.20	37.53
	100m: 1:08.41	35.59	200m: 2:22.67	37.43	300m: 3:37.99	37.79
					350m: 4:14.97	36.98
					400m: 4:50.91	35.94
5.	Lotte Coenen	The Hague Swimming (SG)	NED	199301518	4:52.45	+0.87
	50m: 32.49	32.49	150m: 1:45.75	36.94	250m: 3:00.68	37.52
	100m: 1:08.81	36.32	200m: 2:23.16	37.41	300m: 3:38.61	37.93
					350m: 4:16.66	38.05
					400m: 4:52.45	35.79
6.	Janine de Groot	De Zwemlinie (SG)	NED	199500092	4:56.16	+0.81
	50m: 32.52	32.52	150m: 1:46.43	37.65	250m: 3:02.37	38.18
	100m: 1:08.78	36.26	200m: 2:24.19	37.76	300m: 3:40.44	38.07
					350m: 4:18.91	38.47
					400m: 4:56.16	37.25
7.	Deborah Wissink	ZPC De Hof	NED	199503484	4:59.16	+0.77
	50m: 33.73	33.73	150m: 1:49.19	38.15	250m: 3:05.58	38.14
	100m: 1:11.04	37.31	200m: 2:27.44	38.25	300m: 3:43.74	38.16
					350m: 4:21.80	38.06
					400m: 4:59.16	37.36
8.	Nanda de Vries	Steenwijk 1934	NED	199204328	4:59.57	+0.79
	50m: 32.52	32.52	150m: 1:47.67	37.76	250m: 3:04.24	38.22
	100m: 1:09.91	37.39	200m: 2:26.02	38.35	300m: 3:42.69	38.45
					350m: 4:21.74	39.05
					400m: 4:59.57	37.83
9.	Danielle Vermeulen	Zwemlust- den Hommel	NED	199108534	5:00.34	+0.72
	50m: 33.47	33.47	150m: 1:49.19	38.24	250m: 3:06.11	38.22
	100m: 1:10.95	37.48	200m: 2:27.89	38.70	300m: 3:44.66	38.55
					350m: 4:23.13	38.47
					400m: 5:00.34	37.21
10.	Pascalie Rovers	De Dolfijn	NED	199301064	5:01.16	+0.73
	50m: 31.94	31.94	150m: 1:46.51	38.03	250m: 3:04.67	39.01
	100m: 1:08.48	36.54	200m: 2:25.66	39.15	300m: 3:44.17	39.50
					350m: 4:23.47	39.30
					400m: 5:01.16	37.69
11.	Wendy de Bruin	ZOB'66	NED	199206320	5:03.65	+0.51
	50m: 32.58	32.58	150m: 1:48.18	38.72	250m: 3:06.28	39.20
	100m: 1:09.46	36.88	200m: 2:27.08	38.90	300m: 3:45.82	39.54
					350m: 4:25.21	39.39
					400m: 5:03.65	38.44
12.	Désirée Emmen	De Warande	NED	199204862	5:04.94	+0.66
	50m: 32.23	32.23	150m: 1:46.41	37.88	250m: 3:04.98	39.70
	100m: 1:08.53	36.30	200m: 2:25.28	38.87	300m: 3:45.60	40.62
					350m: 4:25.75	40.15
					400m: 5:04.94	39.19
13.	Suzanne Mosch	MSV-Zeemacht	NED	199400548	5:12.13	+0.80
	50m: 34.55	34.55	150m: 1:51.63	38.93	250m: 3:10.66	39.30
	100m: 1:12.70	38.15	200m: 2:31.36	39.73	300m: 3:50.82	40.16
					350m: 4:31.31	40.49
					400m: 5:12.13	40.82
14.	Sanne de Roo	ZZ&PC De Devel	NED	199501934	5:21.58	+0.84
	50m: 35.78	35.78	150m: 1:54.55	40.17	250m: 3:16.27	41.10
	100m: 1:14.38	38.60	200m: 2:35.17	40.62	300m: 3:58.10	41.83
					350m: 4:39.97	41.87
					400m: 5:21.58	41.61
15.	Laura Scheffer	GoSwim	NED	199407222	5:22.72 *	+0.76
	50m: 34.74	34.74	150m: 1:53.92	40.08	250m: 3:17.43	42.14
	100m: 1:13.84	39.10	200m: 2:35.29	41.37	300m: 3:59.49	42.06
					350m: 4:41.37	41.88
					400m: 5:22.72	41.35
16.	Naomi Stacia	SwimGym	NED	199201668	5:28.15	+0.68
	50m: 36.18	36.18	150m: 1:57.37	41.18	250m: 3:22.13	42.72
	100m: 1:16.19	40.01	200m: 2:39.41	42.04	300m: 4:05.07	42.94
					350m: 4:47.76	42.69
					400m: 5:28.15	40.39
17.	Ilse Blankvoort	Steenwijk 1934	NED	199204458	5:28.21	+0.75
	50m: 36.85	36.85	150m: 1:58.95	41.35	250m: 3:23.09	42.14
	100m: 1:17.60	40.75	200m: 2:40.95	42.00	300m: 4:05.44	42.35
					350m: 4:47.37	41.93
					400m: 5:28.21	40.84
18.	Lieke Van Dam	SwimGym	NED	199507038	5:42.75	
	50m: 37.37	37.37	150m: 2:02.07	42.55	250m: 3:28.71	42.58
	100m: 1:19.52	42.15	200m: 2:46.13	44.06	300m: 4:13.45	44.74
					350m: 4:58.37	44.92
					400m: 5:42.75	44.38
19.	Elly Scheepers	Budel	NED	199102728	5:45.50	+0.89
	50m: 39.27	39.27	150m: 2:08.76	44.98	250m: 3:38.74	44.91
	100m: 1:23.78	44.51	200m: 2:53.83	45.07	300m: 4:22.69	43.95
					350m: 5:05.42	42.73
					400m: 5:45.50	40.08
20.	Claudia Creemers	RZ	NED	199202864	6:32.34	+0.77
	50m: 41.55	41.55	150m: 2:16.83	48.91	250m: 3:58.78	51.92
	100m: 1:27.92	46.37	200m: 3:06.86	50.03	300m: 4:51.51	52.73
					350m: 5:43.07	51.56
					400m: 6:32.34	49.27

Programmanr. 3, Dames, 400m vrije slag

Masters 30+

1.	Marlijn Hendriksen	DIO	NED	198806828	4:52.29	+0.72
	50m: 34.03	34.03	150m: 1:47.81	37.26	250m: 3:02.60	37.38
	100m: 1:10.55	36.52	200m: 2:25.22	37.41	300m: 3:39.90	37.30
					350m: 4:17.01	37.11
					400m: 4:52.29	35.28
2.	Jenny Schouten	Zwemsport Parkstad (SG)	NED	198703674	4:52.33	+0.81
	50m: 31.44	31.44	150m: 1:43.22	36.93	250m: 2:58.57	37.77
	100m: 1:06.29	34.85	200m: 2:20.80	37.58	300m: 3:37.48	38.91
					350m: 4:16.01	38.53
					400m: 4:52.33	36.32
3.	Saskia de Klerk	GoSwim	NED	199004612	5:08.76	+0.82
	50m: 31.53	31.53	150m: 1:44.83	38.12	250m: 3:05.72	40.40
	100m: 1:06.71	35.18	200m: 2:25.32	40.49	300m: 3:47.56	41.84
					350m: 4:28.72	41.16
					400m: 5:08.76	40.04
4.	Clara Van Roeyen	GBZ	BEL	20082/90	5:09.81	+0.88
	50m: 33.81	33.81	150m: 1:50.36	38.97	250m: 3:10.18	40.05
	100m: 1:11.39	37.58	200m: 2:30.13	39.77	300m: 3:50.45	40.27
					350m: 4:30.83	40.38
					400m: 5:09.81	38.98
5.	Mandy Verbakel	ZPC Woerden	NED	199003908	5:12.13	+0.67
	50m: 33.02	33.02	150m: 1:50.76	39.52	250m: 3:11.23	40.48
	100m: 1:12.24	38.22	200m: 2:30.75	39.99	300m: 3:51.73	40.50
					350m: 4:32.60	40.87
					400m: 5:12.13	39.53
6.	Suzan Blankestijn	ZVL-1886 Tetteroo	NED	198900350	5:20.14	+0.67
	50m: 33.35	33.35	150m: 1:53.22	40.85	250m: 3:15.91	41.60
	100m: 1:12.37	39.02	200m: 2:34.31	41.09	300m: 3:57.50	41.59
					350m: 4:39.10	41.60
					400m: 5:20.14	41.04
7.	Nanda van Heteren	De Geul	NED	198901728	5:22.58	+0.74
	50m: 35.54	35.54	150m: 1:55.80	40.86	250m: 3:18.14	41.27
	100m: 1:14.94	39.40	200m: 2:36.87	41.07	300m: 3:59.81	41.67
					350m: 4:41.46	41.65
					400m: 5:22.58	41.12
8.	Esther Boerdam-Delfos	AZC	NED	198705256	5:34.91	+0.69
	50m: 37.08	37.08	150m: 2:00.62	42.12	250m: 3:26.82	43.04
	100m: 1:18.50	41.42	200m: 2:43.78	43.16	300m: 4:10.27	43.45
					350m: 4:53.34	43.07
					400m: 5:34.91	41.57
9.	Joëlle Vaes	DIO	NED	199007576	5:48.70	+0.58
	50m: 38.33	38.33	150m: 2:06.05	44.84	250m: 3:35.96	44.78
	100m: 1:21.21	42.88	200m: 2:51.18	45.13	300m: 4:21.11	45.15
					350m: 5:06.04	44.93
					400m: 5:48.70	42.66
10.	Dorien Vasseur	Scheldestroom	NED	198704164	6:16.39	+0.76
	50m: 40.50	40.50	150m: 2:14.27	48.11	250m: 3:51.66	48.78
	100m: 1:20.16	45.66	200m: 3:02.88	48.61	300m: 4:41.07	49.41
					350m: 5:29.46	48.39
					400m: 6:16.39	46.93
AFGEM	Tessa Verheijdt	WVZ	NED	198904290		

Masters 35+

1.	Viktória Háden-Felföldi	Megathlon SE	HUN		4:39.44	+0.74
	<i>Kampioenschaps Record, Hungarian Masters Record</i>					
	50m: 31.63	31.63	150m: 1:40.57	34.85	250m: 2:51.78	35.83
	100m: 1:05.72	34.09	200m: 2:15.95	35.38	300m: 3:27.64	35.86
					350m: 4:03.92	36.28
					400m: 4:39.44	35.52
2.	Stephanie Vaernewyck	MEGA-zwemteam	BEL	20352/83	4:44.22	+0.75
	50m: 32.62	32.62	150m: 1:43.80	35.77	250m: 2:55.97	36.18
	100m: 1:08.03	35.41	200m: 2:19.79	35.99	300m: 3:32.40	36.43
					350m: 4:08.77	36.37
					400m: 4:44.22	35.45
3.	Ramona Linting	LinK	NED	198301274	5:05.63	+0.70
	50m: 33.92	33.92	150m: 1:50.53	38.80	250m: 3:08.26	38.50
	100m: 1:11.73	37.81	200m: 2:29.76	39.23	300m: 3:47.56	39.30
					350m: 4:26.93	39.37
					400m: 5:05.63	38.70
4.	Audrey Runge	Natation Vesoul Noidans	FRA	689748	5:24.86	+0.81
	50m: 35.34	35.34	150m: 1:55.67	40.85	250m: 3:19.13	41.70
	100m: 1:14.82	39.48	200m: 2:37.43	41.76	300m: 4:01.40	42.27
					350m: 4:43.62	42.22
					400m: 5:24.86	41.24
5.	Isaline Manchel	CNSW	BEL	001284/85	5:39.75	+0.95
	50m: 38.91	38.91	150m: 2:04.99	43.34	250m: 3:31.06	42.82
	100m: 1:21.65	42.74	200m: 2:48.24	43.25	300m: 4:14.25	43.19
					350m: 4:57.53	43.28
					400m: 5:39.75	42.22
6.	Femke Smits	Rotterdam Swimming (SG)	NED	198403574	6:41.82	+0.86
	50m: 44.12	44.12	150m: 2:25.46	52.10	250m: 4:08.29	52.17
	100m: 1:33.36	49.24	200m: 3:16.12	50.66	300m: 4:59.47	51.18
					350m: 5:51.28	51.81
					400m: 6:41.82	50.54

Programmanr. 3, Dames, 400m vrije slag

Masters 40+

1.	Melanie Kuiper	ZIGNEA	NED	197600350	5:07.72	+0.83
	50m: 33.86	33.86	150m: 1:49.72	38.53	250m: 3:08.17	39.51
	100m: 1:11.19	37.33	200m: 2:28.66	38.94	300m: 3:48.21	40.04
					350m: 4:28.12	39.91
					400m: 5:07.72	39.60
2.	Petra Guijt	Aqua-Novio '94	NED	197600978	5:18.02	
	50m: 36.45	36.45	150m: 1:55.15	39.70	250m: 3:16.41	40.93
	100m: 1:15.45	39.00	200m: 2:35.48	40.33	300m: 3:57.92	41.51
					350m: 4:38.80	40.88
					400m: 5:18.02	39.22
3.	Chantal Verhoeff	Old Dutch	NED	197900912	5:22.59	+0.91
	50m: 36.45	36.45	150m: 1:58.17	41.47	250m: 3:20.24	40.66
	100m: 1:16.70	40.25	200m: 2:39.58	41.41	300m: 4:01.27	41.03
					350m: 4:42.13	40.86
					400m: 5:22.59	40.46
4.	Jannie Vennik	HZ&PC Heerenveen	NED	197601006	5:32.36	+0.86
	50m: 37.39	37.39	150m: 2:01.34	42.47	250m: 3:26.04	42.56
	100m: 1:18.87	41.48	200m: 2:43.48	42.14	300m: 4:08.80	42.76
					350m: 4:50.99	42.19
					400m: 5:32.36	41.37
5.	Eveline Hacquebord	IJZPC	NED	197901206	6:00.12	+0.93
	50m: 38.04	38.04	150m: 2:04.97	44.60	250m: 3:38.28	47.11
	100m: 1:20.37	42.33	200m: 2:51.17	46.20	300m: 4:25.98	47.70
					350m: 5:13.82	47.84
					400m: 6:00.12	46.30
6.	Clementine van Bruxvoort	ZPB H&L Productions	NED	197700138	6:25.30	+0.85
	50m: 42.36	42.36	150m: 2:17.97	48.54	250m: 3:57.06	49.45
	100m: 1:29.43	47.07	200m: 3:07.61	49.64	300m: 4:46.92	49.86
					350m: 5:36.64	49.72
					400m: 6:25.30	48.66

Masters 45+

1.	Kirsten Cameron	Malvern Marlins Masters SC	AUS	786509	4:29.67	
	<i>Kampioenschaps Record, Australian Masters Record</i>					
	50m: 31.32	31.32	150m: 1:38.21	33.90	250m: 2:46.50	34.40
	100m: 1:04.31	32.99	200m: 2:12.10	33.89	300m: 3:21.23	34.73
					350m: 3:55.71	34.48
					400m: 4:29.67	33.96
2.	Liselotte Joling	PSV	NED	197500268	4:48.23	+0.87
	<i>Nederlands Masters Record</i>					
	50m: 32.93	32.93	150m: 1:46.20	36.84	250m: 2:59.26	35.76
	100m: 1:09.36	36.43	200m: 2:23.50	37.30	300m: 3:36.48	37.22
					350m: 4:12.84	36.36
					400m: 4:48.23	35.39
3.	Dianna Eva Szokol	Nyirsenior 97	HUN		4:58.02	+0.90
	50m: 34.56	34.56	150m: 1:49.23	37.71	250m: 3:05.12	37.81
	100m: 1:11.52	36.96	200m: 2:27.31	38.08	300m: 3:43.02	37.90
					350m: 4:20.95	37.93
					400m: 4:58.02	37.07
4.	Karin Stein	ZVVS	NED	197100554	5:03.29	+0.78
	50m: 35.23	35.23	150m: 1:50.98	38.26	250m: 3:07.86	38.34
	100m: 1:12.72	37.49	200m: 2:29.52	38.54	300m: 3:46.46	38.60
					350m: 4:25.27	38.81
					400m: 5:03.29	38.02
5.	Annette de Visser	Oceanus	NED	197100602	5:10.11	+0.87
	50m: 34.20	34.20	150m: 1:52.13	39.80	250m: 3:11.33	39.40
	100m: 1:12.33	38.13	200m: 2:31.93	39.80	300m: 3:51.15	39.82
					350m: 4:30.88	39.73
					400m: 5:10.11	39.23
6.	Kathy Van Lindt	CNSW	BEL	007949/71	5:11.00	+0.87
	50m: 35.68	35.68	150m: 1:54.07	39.59	250m: 3:13.85	39.95
	100m: 1:14.48	38.80	200m: 2:33.90	39.83	300m: 3:53.40	39.55
					350m: 4:32.89	39.49
					400m: 5:11.00	38.11
7.	Jacqueline de Ruiter-Wijnolst	WIDEX GZC DONK	NED	197400446	5:38.80	+0.90
	50m: 34.86	34.86	150m: 1:58.35	42.86	250m: 3:26.81	44.73
	100m: 1:15.49	40.63	200m: 2:42.08	43.73	300m: 4:11.43	44.62
					350m: 4:56.12	44.69
					400m: 5:38.80	42.68
8.	Wendy Hendrixx-Verhagen	TRB-RES	NED	197101038	6:00.17	+0.62
	50m: 38.82	38.82	150m: 2:06.55	44.89	250m: 3:40.41	46.84
	100m: 1:21.66	42.84	200m: 2:53.57	47.02	300m: 4:28.37	47.96
					350m: 5:15.82	47.45
					400m: 6:00.17	44.35
9.	Annet Kootstra	SWOL 1894	NED	197100344	6:06.54	+1.00
	50m: 42.16	42.16	150m: 2:14.44	46.62	250m: 3:48.50	47.23
	100m: 1:27.82	45.66	200m: 3:01.27	46.83	300m: 4:35.80	47.30
					350m: 5:22.43	46.63
					400m: 6:06.54	44.11
10.	Natacha Van Hoof	Shark	BEL	20260/73	6:12.53	+1.01
	50m: 41.11	41.11	150m: 2:13.70	46.91	250m: 3:48.42	47.13
	100m: 1:26.79	45.68	200m: 3:01.29	47.59	300m: 4:36.78	48.36
					350m: 5:25.34	48.56
					400m: 6:12.53	47.19
11.	Inge Soeters	Steenwijk 1934	NED	197300934	6:17.84	+0.90
	50m: 41.44	41.44	150m: 2:14.84	47.74	250m: 3:52.38	49.01
	100m: 1:27.10	45.66	200m: 3:03.37	48.53	300m: 4:41.40	49.02
					350m: 5:30.63	49.23
					400m: 6:17.84	47.21
12.	Nathasja Konijn	WIDEX GZC DONK	NED	197100992	6:24.13	+0.69
	50m: 41.82	41.82	150m: 2:17.15	48.38	250m: 3:55.12	49.16
	100m: 1:28.77	46.95	200m: 3:05.96	48.81	300m: 4:45.28	50.16
					350m: 5:35.25	49.97
					400m: 6:24.13	48.88
13.	Fabienne Verriet-Regensburg	VZV Njord	NED	197500428	7:10.98	
	50m: 46.14	46.14	150m: 2:31.78	53.73	250m: 4:23.70	56.15
	100m: 1:38.05	51.91	200m: 3:27.55	55.77	300m: 5:19.80	56.10
					350m: 6:16.24	56.44
					400m: 7:10.98	54.74

onjuistheden / mistakes?

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Programmanr. 3, Dames, 400m vrije slag

Masters 50+

1.	Bianca Groot <i>Nederlands Masters Record</i>	MSV-Zeemacht	NED	197000652	4:58.86	+0.85
	50m: 34.20 34.20	150m: 1:48.13 37.17	250m: 3:03.90 37.92	350m: 4:20.83 38.72		
	100m: 1:10.96 36.76	200m: 2:25.98 37.85	300m: 3:42.11 38.21	400m: 4:58.86 38.03		
2.	Heidi den Boer	LinK	NED	196900864	5:10.74	+0.78
	50m: 33.06 33.06	150m: 1:47.54 37.93	250m: 3:06.06 39.95	350m: 4:29.07 41.65		
	100m: 1:09.61 36.55	200m: 2:26.11 38.57	300m: 3:47.42 41.36	400m: 5:10.74 41.67		
3.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054	5:11.71	+0.74
	50m: 34.82 34.82	150m: 1:52.21 39.51	250m: 3:12.65 40.24	350m: 4:33.28 40.35		
	100m: 1:12.70 37.88	200m: 2:32.41 40.20	300m: 3:52.93 40.28	400m: 5:11.71 38.43		
4.	Peggi Hurenkamp	HZ&PC Heerenveen	NED	196900922	5:52.99	+0.67
	50m: 38.70 38.70	150m: 2:07.26 45.08	250m: 3:37.78 45.10	350m: 5:08.75 45.91		
	100m: 1:22.18 43.48	200m: 2:52.68 45.42	300m: 4:22.84 45.06	400m: 5:52.99 44.24		
5.	Nicky Slinger	HPC	NED	196600316	6:05.65	+0.89
	50m: 40.01 40.01	150m: 2:10.63 46.20	250m: 3:44.85 47.07	350m: 5:19.04 46.91		
	100m: 1:24.43 44.42	200m: 2:57.78 47.15	300m: 4:32.13 47.28	400m: 6:05.65 46.61		
6.	Sandra Daamen-Posma	AZC	NED	196800854	6:18.61	+1.08
	50m: 41.67 41.67	150m: 2:16.88 48.04	250m: 3:53.47 48.21	350m: 5:32.31 48.62		
	100m: 1:28.84 47.17	200m: 3:05.26 48.38	300m: 4:43.69 50.22	400m: 6:18.61 46.30		
7.	Kristien Van de Moortel	Shark	BEL	20315/69	6:19.25	+0.89
	50m: 41.72 41.72	150m: 2:16.00 47.63	250m: 3:53.56 48.93	350m: 5:32.56 49.77		
	100m: 1:28.37 46.65	200m: 3:04.63 48.63	300m: 4:42.79 49.23	400m: 6:19.25 47.69		
8.	Hetty Smalheer	SCOM	NED	196700352	6:32.49	+1.02
	50m: 42.34 42.34	150m: 2:20.36 50.17	250m: 4:01.63 50.88	350m: 5:44.10 50.78		
	100m: 1:30.19 47.85	200m: 3:10.75 50.39	300m: 4:53.32 51.69	400m: 6:32.49 48.39		
9.	Linda Goderie	Rotterdam Swimming (SG)	NED	196900976	6:34.74	+0.66
	50m: 44.39 44.39	150m: 2:23.07 49.68	250m: 4:05.45 51.02	350m: 5:46.86 50.93		
	100m: 1:33.39 49.00	200m: 3:14.43 51.36	300m: 4:55.93 50.48	400m: 6:34.74 47.88		
10.	Machteld Stiling	ZPC AMERSFOORT	NED	196600716	6:35.96	+0.75
	50m: 41.38 41.38	150m: 2:16.42 48.71	250m: 3:58.27 50.43	350m: 5:43.99 52.89		
	100m: 1:27.71 46.33	200m: 3:07.84 51.42	300m: 4:51.10 52.83	400m: 6:35.96 51.97		
11.	Cancia Leirissa	Albion WSS (SG)	NED	196700748	6:41.20	
	50m: 43.91 43.91	150m: 2:23.83 51.06	250m: 4:05.50 50.96	350m: 5:51.82 55.53		
	100m: 1:32.77 48.86	200m: 3:14.54 50.71	300m: 4:56.29 50.79	400m: 6:41.20 49.38		
NG	Herma Hakker-Huijser	ZVVS	NED	196600740		

Masters 55+

1.	Marjan Remmits	ZPC Woerden	NED	196300518	5:24.83	+0.80
	50m: 36.33 36.33	150m: 1:57.28 40.87	250m: 3:21.01 41.96	350m: 4:44.71 41.58		
	100m: 1:16.41 40.08	200m: 2:39.05 41.77	300m: 4:03.13 42.12	400m: 5:24.83 40.12		
2.	Wilna Heijman	Steenwijk 1934	NED	196400506	5:28.00	+0.88
	50m: 37.94 37.94	150m: 2:00.21 41.70	250m: 3:25.01 42.77	350m: 4:48.28 41.16		
	100m: 1:18.51 40.57	200m: 2:42.24 42.03	300m: 4:07.12 42.11	400m: 5:28.00 39.72		
3.	Hannah Ueckermann	Witham Dolphins Swimming Club GBR	50524	5:41.57	+0.78	
	50m: 39.05 39.05	150m: 2:04.46 43.18	250m: 3:30.35 42.99	350m: 4:58.88 44.02		
	100m: 1:21.28 42.23	200m: 2:47.36 42.90	300m: 4:14.86 44.51	400m: 5:41.57 42.69		
4.	Petra Tossings	DAW	NED	196100376	5:46.40	+0.81
	50m: 38.65 38.65	150m: 2:06.33 44.22	250m: 3:34.67 44.23	350m: 5:04.02 44.79		
	100m: 1:22.11 43.46	200m: 2:50.44 44.11	300m: 4:19.23 44.56	400m: 5:46.40 42.38		
5.	Ellen Parma	Triton	NED	196200366	6:26.46	+0.92
	50m: 41.02 41.02	150m: 2:18.61 49.92	250m: 3:59.59 50.26	350m: 5:40.31 50.25		
	100m: 1:28.69 47.67	200m: 3:09.33 50.72	300m: 4:50.06 50.47	400m: 6:26.46 46.15		
6.	Erica Muller	De Geul	NED	196400412	6:36.28	+0.57
	50m: 44.01 44.01	150m: 2:21.65 49.77	250m: 4:03.12 51.34	350m: 5:46.11 51.37		
	100m: 1:31.88 47.87	200m: 3:11.78 50.13	300m: 4:54.74 51.62	400m: 6:36.28 50.17		
7.	Alice de Haan	WIDEX GZC DONK	NED	196400590	6:51.61	+0.89
	50m: 44.51 44.51	150m: 2:24.95 51.41	250m: 4:09.84 52.96	350m: 5:58.18 54.22		
	100m: 1:33.54 49.03	200m: 3:16.88 51.93	300m: 5:03.96 54.12	400m: 6:51.61 53.43		
8.	Yoka de Vegt-van Dijk	ESCA Zwemmen	NED	196200420	7:24.99	+0.76
	50m: 45.99 45.99	150m: 2:35.78 56.65	250m: 4:31.11 57.31	350m: 6:28.59 57.53		
	100m: 1:39.13 53.14	200m: 3:33.80 58.02	300m: 5:31.06 59.95	400m: 7:24.99 56.40		



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



Programmanr. 3, Dames, 400m vrije slag

Masters 60+

1.	Linda Wibbelink	Steenwijk 1934	NED	195900158		6:02.73		
	50m: 38.70	38.70	150m: 2:06.38	44.74	250m: 3:39.35	46.56	350m: 5:15.60	48.55
	100m: 1:21.64	42.94	200m: 2:52.79	46.41	300m: 4:27.05	47.70	400m: 6:02.73	47.13
2.	Marjan Spoelstra	SWOL 1894	NED	196000236		6:35.21	+0.99	
	50m: 44.81	44.81	150m: 2:22.93	49.62	250m: 4:04.62	50.95	350m: 5:46.08	50.61
	100m: 1:33.31	48.50	200m: 3:13.67	50.74	300m: 4:55.47	50.85	400m: 6:35.21	49.13
3.	Marion Kolkman-Pluim	ESCA Zwemmen	NED	196000330		6:46.68	+0.97	
	50m: 45.30	45.30	150m: 2:28.26	52.10	250m: 4:12.17	51.97	350m: 5:56.01	52.39
	100m: 1:36.16	50.86	200m: 3:20.20	51.94	300m: 5:03.62	51.45	400m: 6:46.68	50.67
4.	Karien Musters	Old Dutch	NED	195800236		8:11.02	+0.65	
	50m: 50.96	50.96	150m: 2:47.32	59.94	250m: 4:54.87	1:04.64	350m: 7:06.53	1:05.63
	100m: 1:47.38	56.42	200m: 3:50.23	1:02.91	300m: 6:00.90	1:06.03	400m: 8:11.02	1:04.49

Masters 65+

1.	Ineke Weekers	PSV	NED	195300050		5:35.77	+0.82	
	<i>Nederlands Masters Record</i>							
	50m: 40.23	40.23	150m: 2:04.91	42.56	250m: 3:30.51	42.80	350m: 4:55.46	42.23
	100m: 1:22.35	42.12	200m: 2:47.71	42.80	300m: 4:13.23	42.72	400m: 5:35.77	40.31
2.	Ineke Meijer	HZ&PC Heerenveen	NED	195200034		7:38.71	* +0.66	
	50m: 50.01	50.01	150m: 2:47.54	59.89	250m: 4:47.60	1:00.17	350m: 6:45.04	58.03
	100m: 1:47.65	57.64	200m: 3:47.43	59.89	300m: 5:47.01	59.41	400m: 7:38.71	53.67

Masters 70+

1.	Conny Boer-Buys	ZVVS	NED	195000006		6:00.79	+0.92	
	<i>Nederlands Masters Record, NMR 200m</i>							
	50m: 39.71	39.71	150m: 2:10.43	46.45	250m: 3:43.04	45.90	350m: 5:16.25	46.78
	100m: 1:23.98	44.27	200m: 2:57.14	46.71	300m: 4:29.47	46.43	400m: 6:00.79	44.54

Masters 75+

1.	Loekie van Huissteden	ZPC AMERSFOORT	NED	194500002		8:58.31	+1.03	
	50m: 57.40	57.40	150m: 3:13.10	1:08.93	250m: 5:32.49	1:10.06	350m: 7:51.93	1:09.92
	100m: 2:04.17	1:06.77	200m: 4:22.43	1:09.33	300m: 6:42.01	1:09.52	400m: 8:58.31	1:06.38

Programmanr. 4
24-01-2020 - 10:04

Heren, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging				tijd	RT	PARA
Masters 20+								
1.	Jorian Tanis	MNC Dordrecht	NED	199900327		4:07.47	+0.69	
	<i>Kampioenschaps Record</i>							
	50m: 27.65	27.65	150m: 1:30.12	31.91	250m: 2:33.89	31.84	350m: 3:37.56	31.46
	100m: 58.21	30.56	200m: 2:02.05	31.93	300m: 3:06.10	32.21	400m: 4:07.47	29.91
2.	Jacob Mackloet	De Schotejil	NED	200001171		4:20.26	+0.70	
	50m: 28.70	28.70	150m: 1:33.95	33.15	250m: 2:41.53	33.74	350m: 3:48.38	33.02
	100m: 1:00.80	32.10	200m: 2:07.79	33.84	300m: 3:15.36	33.83	400m: 4:20.26	31.88
3.	Martijn Kornet	Zwemlust- den Hommel	NED	199700231		4:25.14	+0.76	
	50m: 29.05	29.05	150m: 1:34.43	33.01	250m: 2:42.07	33.82	350m: 3:51.22	34.76
	100m: 1:01.42	32.37	200m: 2:08.25	33.82	300m: 3:16.46	34.39	400m: 4:25.14	33.92
4.	Jordy van Oel	WVZ	NED	199802003		4:33.95	+0.78	
	50m: 29.95	29.95	150m: 1:38.92	34.69	250m: 2:48.61	35.11	350m: 4:00.11	35.96
	100m: 1:04.23	34.28	200m: 2:13.50	34.58	300m: 3:24.15	35.54	400m: 4:33.95	33.84
5.	Richard van der Horst	De Meer	NED	199700179		4:41.59	+0.69	
	50m: 31.65	31.65	150m: 1:41.94	35.60	250m: 2:53.76	35.80	350m: 4:05.96	35.99
	100m: 1:06.34	34.69	200m: 2:17.96	36.02	300m: 3:29.97	36.21	400m: 4:41.59	35.63

onjuistheden / mistakes?

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Programmanr. 4, Heren, 400m vrije slag

Masters 25+

1.	Jeffrey Camphens	DWT	NED	199503113	4:18.61	+0.55
	50m: 29.49	29.49	150m: 1:34.78	32.98	250m: 2:40.72	33.00
	100m: 1:01.80	32.31	200m: 2:07.72	32.94	300m: 3:13.66	32.94
					350m: 3:46.74	33.08
					400m: 4:18.61	31.87
2.	Emiel van Beusekom	ZPV Barracuda	NED	199403951	4:24.55	+0.74
	50m: 29.03	29.03	150m: 1:35.18	33.52	250m: 2:44.04	34.57
	100m: 1:01.66	32.63	200m: 2:09.47	34.29	300m: 3:18.31	34.27
					350m: 3:52.36	34.05
					400m: 4:24.55	32.19
3.	Pieter Pijnenburg	De Biesboschzwemmers	NED	199305227	4:33.49	+0.72
	50m: 30.51	30.51	150m: 1:38.57	34.23	250m: 2:48.29	35.00
	100m: 1:04.34	33.83	200m: 2:13.29	34.72	300m: 3:23.85	35.56
					350m: 3:59.38	35.53
					400m: 4:33.49	34.11
4.	Tom van Gils	ZPC De Zeeuwse Kust	NED	199501799	4:41.09	+0.72
	50m: 31.75	31.75	150m: 1:41.94	35.48	250m: 2:53.63	36.00
	100m: 1:06.46	34.71	200m: 2:17.63	35.69	300m: 3:29.83	36.20
					350m: 4:06.22	36.39
					400m: 4:41.09	34.87
5.	Bart Kieseewetter	TRB-RES	NED	199101203	4:43.59	+0.72
	50m: 31.18	31.18	150m: 1:42.26	36.22	250m: 2:55.99	36.76
	100m: 1:06.04	34.86	200m: 2:19.23	36.97	300m: 3:33.08	37.09
					350m: 4:09.17	36.09
					400m: 4:43.59	34.42
6.	Maik Steenkamp	Montferland	NED	199103847	4:47.55	+0.78
	50m: 31.66	31.66	150m: 1:43.24	35.99	250m: 2:56.48	36.63
	100m: 1:07.25	35.59	200m: 2:19.85	36.61	300m: 3:33.26	36.78
					350m: 4:10.76	37.50
					400m: 4:47.55	36.79
7.	Ruben de Boer	De Duinkickers	NED	199301419	4:52.40	+0.53
	50m: 32.74	32.74	150m: 1:46.52	37.29	250m: 3:00.87	37.15
	100m: 1:09.23	36.49	200m: 2:23.72	37.20	300m: 3:38.70	37.83
					350m: 4:16.25	37.55
					400m: 4:52.40	36.15
8.	Martino Valentijn	DIO	NED	199403913	4:52.53	+0.77
	50m: 30.22	30.22	150m: 1:38.06	34.56	250m: 2:49.17	35.69
	100m: 1:03.50	33.28	200m: 2:13.48	35.42	300m: 3:26.09	36.92
					350m: 4:17.87	51.78
					400m: 4:52.53	34.66
9.	Patrick Wobben	Steenwijk 1934	NED	199300559	6:15.03	+0.69
	50m: 38.63	38.63	150m: 2:08.84	45.73	250m: 3:45.09	49.30
	100m: 1:23.11	44.48	200m: 2:55.79	46.95	300m: 4:35.17	50.08
					350m: 5:26.19	51.02
					400m: 6:15.03	48.84

Masters 30+

1.	Klaas van Beek	ZV Haerlem	NED	198805941	4:15.11	+0.73
	50m: 28.95	28.95	150m: 1:33.17	32.49	250m: 2:38.16	32.41
	100m: 1:00.68	31.73	200m: 2:05.75	32.58	300m: 3:10.52	32.36
					350m: 3:42.85	32.33
					400m: 4:15.11	32.26
2.	Alex Schelvis	Link	NED	198702927	4:18.31	+0.79
	50m: 29.02	29.02	150m: 1:32.48	32.03	250m: 2:38.47	33.16
	100m: 1:00.45	31.43	200m: 2:05.31	32.83	300m: 3:11.71	33.24
					350m: 3:44.90	33.19
					400m: 4:18.31	33.41
3.	Tim Bunnik	Triton	NED	199000505	4:28.83	+0.81
	50m: 29.94	29.94	150m: 1:37.53	34.41	250m: 2:47.13	34.24
	100m: 1:03.12	33.18	200m: 2:12.89	35.36	300m: 3:21.33	34.20
					350m: 3:55.55	34.22
					400m: 4:28.83	33.28
4.	Niels Albrechts	De Schotejil	NED	198800039	4:38.09	+0.78
	50m: 31.54	31.54	150m: 1:41.74	35.45	250m: 2:52.51	35.43
	100m: 1:06.29	34.75	200m: 2:17.08	35.34	300m: 3:28.61	36.10
					350m: 4:04.32	35.71
					400m: 4:38.09	33.77
5.	Wessel Everloo	WS Twente	NED	198906597	4:49.10	+0.85
	50m: 32.02	32.02	150m: 1:45.29	37.26	250m: 2:59.04	36.66
	100m: 1:08.03	36.01	200m: 2:22.38	37.09	300m: 3:35.89	36.85
					350m: 4:12.98	37.09
					400m: 4:49.10	36.12
6.	Bastian Zoon	SGGO (SG)	NED	198703929	4:51.60	+0.68
	50m: 31.40	31.40	150m: 1:44.07	37.14	250m: 3:00.43	37.75
	100m: 1:06.93	35.53	200m: 2:22.68	38.61	300m: 3:38.11	37.68
					350m: 4:15.30	37.19
					400m: 4:51.60	36.30
7.	Rick Driezen	Steenwijk 1934	NED	198600713	4:54.92	+0.80
	50m: 30.84	30.84	150m: 1:40.95	35.61	250m: 2:55.92	38.53
	100m: 1:05.34	34.50	200m: 2:17.39	36.44	300m: 3:35.23	39.31
					350m: 4:14.92	39.69
					400m: 4:54.92	40.00
8.	Haico Weijers	ZPC Numansdorp	NED	198803759	4:57.55	+0.78
	50m: 30.81	30.81	150m: 1:42.58	36.39	250m: 2:59.22	39.01
	100m: 1:06.19	35.38	200m: 2:20.21	37.63	300m: 3:38.80	39.58
					350m: 4:18.51	39.71
					400m: 4:57.55	39.04
9.	Marc Hoogendam	Ragnar	NED	199007713	5:12.13	+0.71
	50m: 31.11	31.11	150m: 1:45.62	38.34	250m: 3:06.15	40.42
	100m: 1:07.28	36.17	200m: 2:25.73	40.11	300m: 3:47.71	41.56
					350m: 4:30.43	42.72
					400m: 5:12.13	41.70

Programmanr. 4, Heren, 400m vrije slag

Masters 35+

1.	Erik Schröder	TriVia	NED	198402025	4:24.14	+0.82
	50m: 28.76	28.76	150m: 1:34.53	33.48	250m: 2:42.87	34.13
	100m: 1:01.05	32.29	200m: 2:08.74	34.21	300m: 3:17.00	34.13
					350m: 3:51.03	34.03
					400m: 4:24.14	33.11
2.	Pieter Pickhardt	ZPC De Hof	NED	198301657	4:26.13	+0.82
	50m: 30.65	30.65	150m: 1:36.80	33.20	250m: 2:43.74	33.48
	100m: 1:03.60	32.95	200m: 2:10.26	33.46	300m: 3:17.82	34.08
					350m: 3:52.36	34.54
					400m: 4:26.13	33.77
3.	Kristiaan Lenos	ZVL-1886 Tetteroo	NED	198301331	4:28.72	+0.70
	50m: 27.58	27.58	150m: 1:31.37	32.61	250m: 2:40.29	34.97
	100m: 58.76	31.18	200m: 2:05.32	33.95	300m: 3:16.30	36.01
					350m: 3:52.67	36.37
					400m: 4:28.72	36.05
4.	Rob van Vliet	ZPC AMERSFOORT	NED	198402459	4:39.97	+0.83
	50m: 29.85	29.85	150m: 1:38.65	35.05	250m: 2:49.79	35.89
	100m: 1:03.60	33.75	200m: 2:13.90	35.25	300m: 3:26.99	37.20
					350m: 4:03.83	36.84
					400m: 4:39.97	36.14
5.	Roel van der Kruijs	De Gelenberg	NED	198501491	4:40.11	+0.78
	50m: 31.32	31.32	150m: 1:41.37	35.37	250m: 2:53.27	35.86
	100m: 1:06.00	34.68	200m: 2:17.41	36.04	300m: 3:29.16	35.89
					350m: 4:04.91	35.75
					400m: 4:40.11	35.20
6.	Frank v.d. Voordt	De Schotejil	NED	198302259	4:41.38	+0.74
	50m: 32.01	32.01	150m: 1:42.50	35.53	250m: 2:54.55	36.01
	100m: 1:06.97	34.96	200m: 2:18.54	36.04	300m: 3:30.31	35.76
					350m: 4:06.46	36.15
					400m: 4:41.38	34.92
7.	Marcel Reefhuis	WS Twente	NED	198101381	4:41.95	+0.84
	50m: 30.44	30.44	150m: 1:39.53	34.98	250m: 2:51.14	35.91
	100m: 1:04.55	34.11	200m: 2:15.23	35.70	300m: 3:28.23	37.09
					350m: 4:05.45	37.22
					400m: 4:41.95	36.50
8.	Arne-Willem Kroonen	Zwemsport Parkstad (SG)	NED	198401297	4:55.73	+0.68
	50m: 31.35	31.35	150m: 1:41.43	35.81	250m: 2:56.05	37.72
	100m: 1:05.62	34.27	200m: 2:18.33	36.90	300m: 3:34.89	38.84
					350m: 4:15.00	40.11
					400m: 4:55.73	40.73
9.	Peter van de Bor	DWT	NED	198402897	5:10.45	+0.86
	50m: 31.66	31.66	150m: 1:47.50	39.33	250m: 3:06.90	39.80
	100m: 1:08.17	36.51	200m: 2:27.10	39.60	300m: 3:48.16	41.26
					350m: 4:28.91	40.75
					400m: 5:10.45	41.54
DIS	Nicolas Slegers	CNSW	BEL	005301/84		
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>					

Masters 40+

1.	Gergely Molnár	Megathlon SE	HUN		4:28.11	+0.85
	50m: 29.75	29.75	150m: 1:37.13	34.20	250m: 2:45.98	34.25
	100m: 1:02.93	33.18	200m: 2:11.73	34.60	300m: 3:20.46	34.48
					350m: 3:54.65	34.19
					400m: 4:28.11	33.46
2.	Ivo Roozeboom	WVZ	NED	197700801	4:38.74	+0.76
	50m: 29.82	29.82	150m: 1:39.92	35.77	250m: 2:51.67	35.82
	100m: 1:04.15	34.33	200m: 2:15.85	35.93	300m: 3:27.98	36.31
					350m: 4:04.30	36.32
					400m: 4:38.74	34.44
3.	Freddie Geerlings	Zwemsport Parkstad (SG)	NED	197900379	4:43.95	+0.88
	50m: 32.16	32.16	150m: 1:43.38	35.93	250m: 2:56.63	36.68
	100m: 1:07.45	35.29	200m: 2:19.95	36.57	300m: 3:33.00	36.37
					350m: 4:09.63	36.63
					400m: 4:43.95	34.32
4.	Mark van der Schrier	AZC	NED	197800951	4:44.81	+0.75
	50m: 31.24	31.24	150m: 1:42.54	36.50	250m: 2:56.02	36.60
	100m: 1:06.04	34.80	200m: 2:19.42	36.88	300m: 3:32.82	36.80
					350m: 4:09.83	37.01
					400m: 4:44.81	34.98
5.	Dennis Dortland	ZPV Barracuda	NED	197800261	4:49.08	+0.86
	50m: 31.06	31.06	150m: 1:43.29	37.05	250m: 2:57.82	37.18
	100m: 1:06.24	35.18	200m: 2:20.64	37.35	300m: 3:35.65	37.83
					350m: 4:13.07	37.42
					400m: 4:49.08	36.01
6.	Victor Barnar	GoSwim	NED	197801805	4:53.73	+0.90
	50m: 32.15	32.15	150m: 1:41.94	35.21	250m: 2:55.84	37.35
	100m: 1:06.73	34.58	200m: 2:18.49	36.55	300m: 3:34.82	38.98
					350m: 4:14.50	39.68
					400m: 4:53.73	39.23
7.	Raymond Oosterbaan	WIDEX GZC DONK	NED	197700711	5:08.14	+0.90
	50m: 31.74	31.74	150m: 1:46.14	38.17	250m: 3:06.43	40.61
	100m: 1:07.97	36.23	200m: 2:25.82	39.68	300m: 3:47.21	40.78
					350m: 4:27.91	40.70
					400m: 5:08.14	40.23
8.	Marco van Antwerpen	ZV Strijen	NED	198000027	5:20.29	+0.90
	50m: 33.32	33.32	150m: 1:50.32	39.57	250m: 3:13.13	41.65
	100m: 1:10.75	37.43	200m: 2:31.48	41.16	300m: 3:55.33	42.20
					350m: 4:37.92	42.59
					400m: 5:20.29	42.37
9.	Ingmar Kooman	ZVL-1886 Tetteroo	NED	197901517	5:24.65	+0.84
	50m: 35.70	35.70	150m: 1:56.76	41.31	250m: 3:20.91	42.11
	100m: 1:15.45	39.75	200m: 2:38.80	42.04	300m: 4:02.80	41.89
					350m: 4:44.63	41.83
					400m: 5:24.65	40.02
10.	Tom Bandsma	PSV	NED	197701625	5:25.23	+0.95
	50m: 35.37	35.37	150m: 1:54.53	40.32	250m: 3:19.04	42.71
	100m: 1:14.21	38.84	200m: 2:36.33	41.80	300m: 4:02.05	43.01
					350m: 4:44.70	42.65
					400m: 5:25.23	40.53

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

Programmanr. 4, Heren, 400m vrije slag, Masters 40+

rang	naam	vereniging	tijd	RT	PARA
11.	Wilco Steenwijk	ZVV	5:31.69	+0.74	
	50m: 34.61 34.61	150m: 1:54.61 40.96	250m: 3:20.09 42.73	350m: 4:48.28 44.28	
	100m: 1:13.65 39.04	200m: 2:37.36 42.75	300m: 4:04.00 43.91	400m: 5:31.69 43.41	
12.	Robin Roskam	De Duinkickers	6:19.76	+0.85	
	50m: 39.32 39.32	150m: 2:14.88 49.28	250m: 3:53.53 48.81	350m: 5:32.28 50.60	
	100m: 1:25.60 46.28	200m: 3:04.72 49.84	300m: 4:41.68 48.15	400m: 6:19.76 47.48	

Masters 45+

1.	Vedestas Seferlis <i>Lithuanian Masters Record</i>	Kauno Takas	LTU	4:33.90	+0.71
	50m: 29.83 29.83	150m: 1:37.83 34.10	250m: 2:47.71 35.13	350m: 3:59.02 35.55	
	100m: 1:03.73 33.90	200m: 2:12.58 34.75	300m: 3:23.47 35.76	400m: 4:33.90 34.88	
2.	Ferry Adema	d'ELFT	NED 197100007	4:58.57	+0.75
	50m: 32.51 32.51	150m: 1:47.15 37.81	250m: 3:04.76 38.84	350m: 4:21.76 37.98	
	100m: 1:09.34 36.83	200m: 2:25.92 38.77	300m: 3:43.78 39.02	400m: 4:58.57 36.81	
3.	Casper van den Burgh	LinK	NED 197201413	4:59.45	+0.77
	50m: 33.04 33.04	150m: 1:48.03 37.50	250m: 3:04.81 38.43	350m: 4:22.05 38.30	
	100m: 1:10.53 37.49	200m: 2:26.38 38.35	300m: 3:43.75 38.94	400m: 4:59.45 37.40	
4.	Eric Hoekman	WS Twente	NED 197401531	5:04.19	+0.92
	50m: 31.62 31.62	150m: 1:44.73 38.03	250m: 3:03.37 39.59	350m: 4:24.64 40.61	
	100m: 1:06.70 35.08	200m: 2:23.78 39.05	300m: 3:44.03 40.66	400m: 5:04.19 39.55	
5.	Daniel Prinse	De Ward	NED 197401385	5:07.15	+0.68
	50m: 33.13 33.13	150m: 1:47.06 37.87	250m: 3:05.32 39.63	350m: 4:26.74 40.93	
	100m: 1:09.19 36.06	200m: 2:25.69 38.63	300m: 3:45.81 40.49	400m: 5:07.15 40.41	
6.	Erwin Zuidervelt	AZ&PC De Futen	NED 197501015	5:12.11 *	+0.79
	50m: 32.33 32.33	150m: 1:46.57 38.33	250m: 3:07.87 41.93	350m: 4:31.12 41.08	
	100m: 1:08.24 35.91	200m: 2:25.94 39.37	300m: 3:50.04 42.17	400m: 5:12.11 40.99	
7.	Kasper van den Berghe	SWOL 1894	NED 197301125	5:20.88	+0.72
	50m: 33.53 33.53	150m: 1:50.23 38.80	250m: 3:12.61 42.10	350m: 4:39.38 43.56	
	100m: 1:11.43 37.90	200m: 2:30.51 40.28	300m: 3:55.82 43.21	400m: 5:20.88 41.50	
8.	Wouter van der Stelt	De Biesboschzwemmers	NED 197200889	5:25.70	+0.71
	50m: 35.07 35.07	150m: 1:55.19 41.10	250m: 3:19.07 42.04	350m: 4:43.89 42.38	
	100m: 1:14.09 39.02	200m: 2:37.03 41.84	300m: 4:01.51 42.44	400m: 5:25.70 41.81	
9.	Martijn de Jong	DWK	NED 197101659	5:31.42	+0.90
	50m: 34.70 34.70	150m: 1:55.70 41.34	250m: 3:21.10 43.40	350m: 4:49.26 44.23	
	100m: 1:14.36 39.66	200m: 2:37.70 42.00	300m: 4:05.03 43.93	400m: 5:31.42 42.16	

Masters 50+

1.	Chester Marsman	ZPC AMERSFOORT	NED 196900671	4:32.70	+0.77
	50m: 30.48 30.48	150m: 1:38.38 34.28	250m: 2:48.43 35.35	350m: 3:57.33 34.02	
	100m: 1:04.10 33.62	200m: 2:13.08 34.70	300m: 3:23.31 34.88	400m: 4:32.70 35.37	
2.	Geert Wijn	De Gelenberg	NED 196701101	4:40.00	+0.68
	50m: 31.19 31.19	150m: 1:41.34 35.38	250m: 2:52.84 35.63	350m: 4:04.49 35.82	
	100m: 1:05.96 34.77	200m: 2:17.21 35.87	300m: 3:28.67 35.83	400m: 4:40.00 35.51	
3.	Jo-an Mudde	Arethusa	NED 196701457	4:46.93	+0.82
	50m: 32.81 32.81	150m: 1:44.89 36.06	250m: 2:56.83 35.81	350m: 4:09.87 36.60	
	100m: 1:08.83 36.02	200m: 2:21.02 36.13	300m: 3:33.27 36.44	400m: 4:46.93 37.06	
4.	Pieter van Gemeren	DAW	NED 196901779	4:50.47	+0.75
	50m: 30.09 30.09	150m: 1:37.28 34.09	250m: 2:47.87 35.56	350m: 4:03.32 38.45	
	100m: 1:03.19 33.10	200m: 2:12.31 35.03	300m: 3:24.87 37.00	400m: 4:50.47 47.15	
5.	Richard Rickens	Zwemsport Parkstad (SG)	NED 197000841	4:51.11	+0.85
	50m: 32.02 32.02	150m: 1:43.71 36.55	250m: 2:56.91 36.48	350m: 4:12.47 38.83	
	100m: 1:07.16 35.14	200m: 2:20.43 36.72	300m: 3:33.64 36.73	400m: 4:51.11 38.64	
6.	Jan-Willem van den Berg	WVZ	NED 196801575	4:57.93	+0.74
	50m: 32.36 32.36	150m: 1:48.27 38.88	250m: 3:06.43 39.02	350m: 4:24.16 38.67	
	100m: 1:09.39 37.03	200m: 2:27.41 39.14	300m: 3:45.49 39.06	400m: 4:57.93 33.77	
7.	Frank van Nobelen	Sassenheim	NED 196900753	5:01.17	+0.88
	50m: 33.44 33.44	150m: 1:47.95 37.47	250m: 3:04.76 38.70	350m: 4:22.91 39.24	
	100m: 1:10.48 37.04	200m: 2:26.06 38.11	300m: 3:43.67 38.91	400m: 5:01.17 38.26	

Programmanr. 4, Heren, 400m vrije slag, Masters 50+

rang	naam	vereniging	tijd	RT	PARA
8.	Bruno Nahon	CNSW	5:01.52	+0.91	
	50m: 33.75	150m: 1:47.91	37.72	250m: 3:04.45	38.47
	100m: 1:10.19	200m: 2:25.98	38.07	300m: 3:43.30	38.85
				350m: 4:22.56	39.26
				400m: 5:01.52	38.96
9.	Hans Bouwmeester	ZVL-1886 Tetteroo	5:04.00	+0.83	
	50m: 32.73	150m: 1:46.84	38.02	250m: 3:05.21	39.53
	100m: 1:08.82	200m: 2:25.68	38.84	300m: 3:44.57	39.36
				350m: 4:24.50	39.93
				400m: 5:04.00	39.50
10.	Ramon Alsina Munoz	CNSW	5:41.13	+0.64	
	50m: 37.38	150m: 2:01.68	42.42	250m: 3:28.87	43.76
	100m: 1:19.26	200m: 2:45.11	43.43	300m: 4:13.14	44.27
				350m: 4:57.59	44.45
				400m: 5:41.13	43.54
11.	Mario Cuelenaere	ZPC De Zeeuwse Kust	5:44.32	+1.21	
	50m: 36.51	150m: 2:01.79	43.58	250m: 3:31.32	45.05
	100m: 1:18.21	200m: 2:46.27	44.48	300m: 4:16.06	44.74
				350m: 5:00.30	44.24
				400m: 5:44.32	44.02
12.	Richard Hill	De Duinkickers	5:54.92	+0.74	
	50m: 38.17	150m: 2:03.26	43.38	250m: 3:34.63	45.66
	100m: 1:19.88	200m: 2:48.97	45.71	300m: 4:21.25	46.62
				350m: 5:08.57	47.32
				400m: 5:54.92	46.35
13.	Marcel Brittijn	De Duinkickers	6:05.06	+0.61	
	50m: 36.39	150m: 2:05.52	45.89	250m: 3:40.19	47.89
	100m: 1:19.63	200m: 2:52.30	46.78	300m: 4:29.16	48.97
				350m: 5:19.10	49.94
				400m: 6:05.06	45.96

Masters 55+

1.	Andrei Belosludtsev	Kasatka	4:33.54	+0.72	
	50m: 31.87	150m: 1:40.63	34.66	250m: 2:50.50	34.90
	100m: 1:05.97	200m: 2:15.60	34.97	300m: 3:24.76	34.26
				350m: 3:59.87	35.11
				400m: 4:33.54	33.67
2.	Johan Remmits	ZPC AMERSFOORT	4:40.93	+0.81	
	50m: 32.52	150m: 1:43.44	35.70	250m: 2:54.89	35.68
	100m: 1:07.74	200m: 2:19.21	35.77	300m: 3:30.58	35.69
				350m: 4:06.34	35.76
				400m: 4:40.93	34.59
3.	Jan Brink	ZPC De Zeeuwse Kust	4:45.02	+0.84	
	50m: 31.41	150m: 1:43.14	35.99	250m: 2:56.47	36.77
	100m: 1:07.15	200m: 2:19.70	36.56	300m: 3:33.57	37.10
				350m: 4:09.90	36.33
				400m: 4:45.02	35.12
4.	Kees-Jan van Overbeeke	WWV Winterswijk	4:54.37	+0.81	
	50m: 33.69	150m: 1:49.70	38.64	250m: 3:05.82	37.87
	100m: 1:11.06	200m: 2:27.95	38.25	300m: 3:42.60	36.78
				350m: 4:18.68	36.08
				400m: 4:54.37	35.69
5.	Bert Schlicher	RZ	4:56.08	+0.82	
	50m: 33.31	150m: 1:48.29	37.89	250m: 3:03.88	37.44
	100m: 1:10.40	200m: 2:26.44	38.15	300m: 3:41.58	37.70
				350m: 4:19.37	37.79
				400m: 4:56.08	36.71
6.	Gustav van den Berg	TriVia	5:00.16	+0.85	
	50m: 33.82	150m: 1:48.60	37.91	250m: 3:05.88	38.54
	100m: 1:10.69	200m: 2:27.34	38.74	300m: 3:44.13	38.25
				350m: 4:22.50	38.37
				400m: 5:00.16	37.66
7.	Phil Trethewie	Old Dutch	5:00.48	+0.86	
	50m: 34.22	150m: 1:49.65	38.33	250m: 3:06.85	38.59
	100m: 1:11.32	200m: 2:28.26	38.61	300m: 3:45.52	38.67
				350m: 4:24.25	38.73
				400m: 5:00.48	36.23
8.	Henri Michels	De Amstel	5:02.71	+0.81	
	50m: 33.59	150m: 1:48.35	37.89	250m: 3:05.94	38.86
	100m: 1:10.46	200m: 2:27.08	38.73	300m: 3:45.07	39.13
				350m: 4:24.69	39.62
				400m: 5:02.71	38.02
9.	Nico Paasse	De Schotejil	5:06.37	+0.90	
	50m: 32.81	150m: 1:50.06	39.53	250m: 3:09.32	39.49
	100m: 1:10.53	200m: 2:29.83	39.77	300m: 3:49.00	39.68
				350m: 4:28.11	39.11
				400m: 5:06.37	38.26
10.	Gert Sikkema	Zwemclub Urk 1978	5:09.84	+0.82	
	50m: 32.90	150m: 1:46.73	37.69	250m: 3:06.29	40.00
	100m: 1:09.04	200m: 2:26.29	39.56	300m: 3:47.13	40.84
				350m: 4:28.64	41.51
				400m: 5:09.84	41.20
11.	Henk Kuipers	ZPC AMERSFOORT	5:15.57	+0.74	
	50m: 36.01	150m: 1:54.00	39.68	250m: 3:15.20	40.73
	100m: 1:14.32	200m: 2:34.47	40.47	300m: 3:55.61	40.41
				350m: 4:36.28	40.67
				400m: 5:15.57	39.29
12.	Menno Lomans	d'ELFT	5:28.05	+0.81	
	50m: 36.96	150m: 1:59.28	41.58	250m: 3:24.67	42.60
	100m: 1:17.70	200m: 2:42.07	42.79	300m: 4:06.97	42.30
				350m: 4:48.84	41.87
				400m: 5:28.05	39.21
13.	Roy Le Clercq	De Rog	5:30.43	+0.96	
	50m: 35.22	150m: 1:56.83	41.90	250m: 3:23.79	43.74
	100m: 1:14.93	200m: 2:40.05	43.22	300m: 4:06.50	42.71
				350m: 4:49.39	42.89
				400m: 5:30.43	41.04
14.	Fred Dijkshoorn	Albion WSS (SG)	5:42.59	+0.91	
	50m: 36.46	150m: 2:01.30	43.79	250m: 3:30.01	44.82
	100m: 1:17.51	200m: 2:45.19	43.89	300m: 4:15.10	45.09
				350m: 4:59.97	44.87
				400m: 5:42.59	42.62

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

rang	naam	vereniging	tijd	RT	PARA			
15.	Jan Smalheer	SCOM	5:44.84	+1.05				
	50m: 36.57	36.57	150m: 2:00.90	43.43	250m: 3:30.09	44.91	350m: 5:00.62	45.21
	100m: 1:17.47	40.90	200m: 2:45.18	44.28	300m: 4:15.41	45.32	400m: 5:44.84	44.22

Masters 60+

1.	Paul Bunnik	Triton	5:41.38	+0.88				
	50m: 34.86	34.86	150m: 1:57.17	42.60	250m: 3:25.41	44.85	350m: 4:57.65	46.19
	100m: 1:14.57	39.71	200m: 2:40.56	43.39	300m: 4:11.46	46.05	400m: 5:41.38	43.73
2.	Lex Hoogendam	ZZ&PC De Devel	5:56.04	+0.92				
	50m: 37.52	37.52	150m: 2:05.31	44.78	250m: 3:37.42	46.47	350m: 5:10.92	46.80
	100m: 1:20.53	43.01	200m: 2:50.95	45.64	300m: 4:24.12	46.70	400m: 5:56.04	45.12
3.	André Pantekoek	PSV	6:48.58	+0.81				
	50m: 41.79	41.79	150m: 2:21.31	51.80	250m: 4:07.97	54.78	350m: 5:56.59	54.23
	100m: 1:29.51	47.72	200m: 3:13.19	51.88	300m: 5:02.36	54.39	400m: 6:48.58	51.99

Masters 65+

1.	Henk Slomp	De Inktvis	5:34.09	+0.82				
	50m: 36.23	36.23	150m: 1:59.70	42.69	250m: 3:26.19	42.89	350m: 4:54.37	43.62
	100m: 1:17.01	40.78	200m: 2:43.30	43.60	300m: 4:10.75	44.56	400m: 5:34.09	39.72
2.	Laurens Klein Breteler	WWV Winterswijk	5:43.98	+0.87				
	50m: 38.27	38.27	150m: 2:04.46	43.47	250m: 3:32.89	44.07	350m: 5:00.91	43.73
	100m: 1:20.99	42.72	200m: 2:48.82	44.36	300m: 4:17.18	44.29	400m: 5:43.98	43.07
3.	Ruud Ruiter	WWV Winterswijk	5:55.59	+0.93				
	50m: 38.95	38.95	150m: 2:07.16	44.64	250m: 3:38.61	46.05	350m: 5:11.16	46.29
	100m: 1:22.52	43.57	200m: 2:52.56	45.40	300m: 4:24.87	46.26	400m: 5:55.59	44.43
4.	Pierre Monnet	Entente Sportive Nanterre	6:38.74	+0.49				
	50m: 42.89	42.89	150m: 2:23.22	51.40	250m: 4:06.35	51.37	350m: 5:49.68	51.30
	100m: 1:31.82	48.93	200m: 3:14.98	51.76	300m: 4:58.38	52.03	400m: 6:38.74	49.06

Masters 70+

1.	Wout Hemmes	De Plons	6:05.50	+1.03				
	50m: 39.90	39.90	150m: 2:13.25	47.80	250m: 3:47.89	47.17	350m: 5:21.62	46.55
	100m: 1:25.45	45.55	200m: 3:00.72	47.47	300m: 4:35.07	47.18	400m: 6:05.50	43.88
2.	Piet Schop	De Bevelanders	6:33.39	+0.77				
	50m: 42.00	42.00	150m: 2:21.27	51.45	250m: 4:03.44	50.61	350m: 5:42.64	48.66
	100m: 1:29.82	47.82	200m: 3:12.83	51.56	300m: 4:53.98	50.54	400m: 6:33.39	50.75

Masters 75+

1.	Willem Putter	ZVVS	6:35.56	+1.00				
	50m: 41.69	41.69	150m: 2:20.60	50.57	250m: 4:03.41	51.51	350m: 5:46.30	51.31
	100m: 1:30.03	48.34	200m: 3:11.90	51.30	300m: 4:54.99	51.58	400m: 6:35.56	49.26
2.	Rob Hanou	PSV	6:53.04	+1.08				
	50m: 44.33	44.33	150m: 2:28.82	52.83	250m: 4:16.31	54.17	350m: 6:02.22	53.33
	100m: 1:35.99	51.66	200m: 3:22.14	53.32	300m: 5:08.89	52.58	400m: 6:53.04	50.82
3.	Geza Kaltenecker	AZC	7:13.67	+0.85				
	50m: 43.91	43.91	150m: 2:31.06	54.61	250m: 4:25.71	57.55	350m: 6:21.40	57.59
	100m: 1:36.45	52.54	200m: 3:28.16	57.10	300m: 5:23.81	58.10	400m: 7:13.67	52.27
4.	Nico Baay	Old Dutch	8:29.57	+0.84				
	50m: 55.77	55.77	150m: 3:00.80	1:03.34	250m: 5:11.81	1:06.25	350m: 7:24.57	1:06.71
	100m: 1:57.46	1:01.69	200m: 4:05.56	1:04.76	300m: 6:17.86	1:06.05	400m: 8:29.57	1:05.00

Masters 80+

1.	Frederik Hendrik De Bruijn	CN Aquamasters	6:44.54	+1.25				
	50m: 47.14	47.14	150m: 2:28.76	52.16	250m: 4:11.41	51.30	350m: 5:54.14	51.63
	100m: 1:36.60	49.46	200m: 3:20.11	51.35	300m: 5:02.51	51.10	400m: 6:44.54	50.40



Open Nederlandse Masters
Kampioenschappen 2020 korte baan
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Programmanr. 4, Heren, 400m vrije slag, Masters 80+

rang	naam	vereniging							tijd	RT	PARA	
2.	Frans van Enst	WS Twente	NED	194000011					7:04.19	+1.09		
	<i>Nederlands Masters Record, NMR 200m</i>											
	50m:	44.51	44.51	150m:	2:28.24	53.22	250m:	4:17.84	55.23	350m:	6:08.60	55.09
	100m:	1:35.02	50.51	200m:	3:22.61	54.37	300m:	5:13.51	55.67	400m:	7:04.19	55.59
3.	Nic Geers	Z&PC De Gouwe	NED	193800007					8:33.60	+1.05		
	50m:	55.08	55.08	150m:	3:05.16	1:06.41	250m:	5:20.20	1:08.19	350m:	7:35.07	1:07.57
	100m:	1:58.75	1:03.67	200m:	4:12.01	1:06.85	300m:	6:27.50	1:07.30	400m:	8:33.60	58.53

Programmanr. 5
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Dames, 100m rugslag

Masters Open
Resultaten

rang	naam	vereniging				tijd	RT	PARA	50m	100m
Masters 20+										
1.	Jamilla van Veen	Zwemvereniging Hoogland	NED	199603192		1:04.36	+0.72		31.09	1:04.36
	<i>Kampioenschaps Record</i>									
2.	Babette van der Kaaij	Rotterdam Swimming (SG)	NED	199902234		1:04.70	+0.67		31.86	1:04.70
3.	Rachel Blok	Het Y	NED	199906076		1:06.57	+0.66		32.54	1:06.57
4.	Maike van Veen	Dedemsvaart-AC	NED	199700292		1:06.79	+0.68		32.32	1:06.79
5.	Celine Schoenmaker	DWK	NED	199801976		1:07.36	+0.72		32.31	1:07.36
6.	Hilde Dekker	ReVeLie Swim Team	NED	199901926		1:07.76	+0.71		33.02	1:07.76
7.	Kirsten Walraven	ZPC De Zeeuwse Kust	NED	200001358		1:08.74	+0.80		33.49	1:08.74
8.	Laura Compagner	Dedemsvaart-AC	NED	199804602		1:09.24	+0.74		33.65	1:09.24
9.	Anouke Berghuis	ZPV Barracuda	NED	199606132		1:09.82	+0.69		33.34	1:09.82
10.	Moniek van Langevelde	ESCA Zwemmen	NED	199803160		1:10.26	+0.64		33.54	1:10.26
11.	Chantal Beijer	DWT	NED	199700884		1:11.52	+0.66		34.75	1:11.52
12.	Lianne Roescher	ZPC De Hof	NED	199900248		1:13.29	+0.82		34.80	1:13.29
13.	Nilce Mendes Barbosa	Albion WSS (SG)	NED	199800214		1:14.43	+0.74		35.28	1:14.43
14.	Iris van Berkel	ZPV Barracuda	NED	200000476		1:15.04	+0.73		37.01	1:15.04
15.	Lenneke Bagijn	De Duck	NED	199604992		1:15.08	+0.67		36.61	1:15.08
16.	Linda Punt	Ragnar	NED	199604842		1:15.73	+0.83		36.90	1:15.73
17.	Kayleigh Westenberg	De Veene	NED	200004064		1:16.39	+0.72		36.87	1:16.39
18.	Iris Bastiaansen	De Amstel	NED	199902006		1:19.57	+0.71		37.85	1:19.57
19.	Eline Hendriks	ZPC AMERSFOORT	NED	199802794		1:21.27	+0.75		39.26	1:21.27
20.	Lilianne Sweere	ZC AquaDream	NED	199704376		1:23.81	+0.70		40.46	1:23.81
21.	Nadine Scheeve	De Biesboschzwemmers	NED	199700684		1:26.09	+0.80		42.24	1:26.09
Masters 25+										
1.	Daniëlle de Boer	HZ&PC Heerenveen	NED	199404736		1:06.80	+0.77		32.62	1:06.80
2.	Melissa van der Geld	TRB-RES	NED	199506250		1:08.25	+0.86		32.99	1:08.25
3.	Désirée Emmen	De Warande	NED	199204862		1:10.22	+0.71		34.05	1:10.22
4.	Denise Boereboom	ZPV Barracuda	NED	199202144		1:10.43	+0.67		33.71	1:10.43
5.	Janine de Groot	De Zwemlinie (SG)	NED	199500092		1:11.01	+0.64		34.22	1:11.01
6.	Marjon Pol	Zwemlust- den Hommel	NED	199102502		1:11.68	+0.71		35.08	1:11.68
7.	Suzanne Mosch	MSV-Zeemacht	NED	199400548		1:12.44	+0.67		35.10	1:12.44
8.	Fiona Meuffels	RZ	NED	199504366		1:13.07	+0.72		35.77	1:13.07
9.	Lotte Coenen	The Hague Swimming (SG)	NED	199301518		1:13.24	+0.75		34.94	1:13.24
10.	Getrude Corporaal	Steenwijk 1934	NED	199200380		1:16.98	+0.83		37.38	1:16.98
11.	Lotte Rolink	Zwemclub Polaris	NED	199504880		1:17.73	+0.72		36.81	1:17.73
12.	Stéphanie Dekker-Bergsma	Dedemsvaart-AC	NED	199203374		1:18.14	+0.68		37.47	1:18.14
13.	Nicole van Zuilen	Zwemvereniging Hoogland	NED	199505428		1:21.75	+0.73		39.84	1:21.75
14.	Lonneke Oenema	Steenwijk 1934	NED	199102314		1:22.15	+0.67		39.92	1:22.15
AFGEM	Mabel Suli	WVZ	NED	199307964						

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Open Nederlandse Masters
Kampioenschappen 2020 korte baan
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Programmanr. 5, Dames, 100m rugslag

Masters 30+

1. Saskia de Klerk	GoSwim	NED	199004612	1:08.20	+0.74	32.94	1:08.20
2. Jacyntha Plat	Steenwijk 1934	NED	199002956	1:10.88	+0.74	34.35	1:10.88
3. Noelia Diaz Moruno	Club Natacion Cuatro Caminos	ESP		1:11.44	+0.66	34.33	1:11.44
4. Sabine Lina	ZPC Woerden	NED	198902680	1:13.33	+0.78	35.48	1:13.33
5. Ilse van den Wijngaard	ZPC Woerden	NED	198904736	1:13.71	+0.78	35.86	1:13.71
6. Jenny Schouten	Zwemsport Parkstad (SG)	NED	198703674	1:14.85	+0.78	36.41	1:14.85
7. Clara Van Roeyen	GBZ	BEL	20082/90	1:17.27	+0.86	37.65	1:17.27
8. Marieke van Dodeweerd	RZC	NED	198600896	1:19.13	+0.81	37.99	1:19.13
9. Diana Hemstede-Lammers	De Veene	NED	198902572	1:21.83	+0.89	39.90	1:21.83
10. Yvonne Bruls	MZ&PC	NED	199008114	1:21.99	+0.80	40.75	1:21.99
11. Joan Fonteine	De Marlijn (SG)	NED	198805148	1:26.98	+0.81	42.62	1:26.98
12. Anouk Bloem	TRB-RES	NED	199000320	1:44.36	+0.62	49.42	1:44.36
AFGEM Tessa Verheijdt	WVZ	NED	198904290				

Masters 35+

1. Agnieszka Kaczmarek <i>Polish Masters Record</i>	Legia Warszawa	POL		1:09.45	+0.73	33.30	1:09.45
2. Marije Jansen	ZPC AMERSFOORT	NED	198504088	1:10.06	+0.77	33.39	1:10.06
3. Roos van Esch	De Lansingh	NED	198200468	1:11.68	+0.70	35.74	1:11.68
4. Hanneke Heymen	Montferland	NED	198400968	1:15.17	+0.65	37.22	1:15.17
Elke Popma - Blox	Tiamat	NED	198200154	1:15.17	+0.71	36.95	1:15.17
6. Leonie van der Lavoir	ZPC Numansdorp	NED	198501834	1:15.79	+0.76	36.48	1:15.79
7. Angela Giezen	Upstream Amsterdam	NED	198302796	1:17.72	+0.76	37.73	1:17.72
8. Femke Smits	Rotterdam Swimming (SG)	NED	198403574	1:41.58	+0.75	49.10	1:41.58

Masters 40+

1. Marjon v. Kempen	De Schotejil	NED	198000578	1:12.24	+0.77	35.05	1:12.24
2. Melanie Kuiper	ZIGNEA	NED	197600350	1:17.82	+0.78	37.38	1:17.82
3. Gea van der Schaaf	Deltasteur	NED	197901558	1:19.90		38.45	1:19.90
4. Jessica Klaassen	De Marlijn (SG)	NED	197901536	1:19.94	+0.63	38.98	1:19.94
5. Leonie Scholten	Steenwijk 1934	NED	197901560	1:26.01	+0.79	41.08	1:26.01
6. Babette Rens	SWOL 1894	NED	197801200	1:33.74	*+0.79	44.88	1:33.74

Masters 45+

1. Gudule van der Meer	PSV	NED	197200396	1:12.56	+0.68	34.57	1:12.56
2. Edith Janssen-Koolen	TRB-RES	NED	197300898	1:13.96	+0.88	35.83	1:13.96
3. Mirjan den Drijver	Albion WSS (SG)	NED	197500884	1:16.64	+0.73	37.43	1:16.64
4. Jacqueline de Rooter-Wijnolst	WIDEX GZC DONK	NED	197400446	1:21.02	+0.85	39.34	1:21.02
5. Sandra Peeters-Wiermans	De Rog	NED	197401032	1:21.40	+0.73	39.32	1:21.40
6. Trudie van Niejenhuis	TZC-Vahalis	NED	197100444	1:21.77	+0.72	39.66	1:21.77
7. Henriëtte Manting	GZVW	NED	197100246	1:27.94	+0.76	42.43	1:27.94
8. Nathasja Konijn	WIDEX GZC DONK	NED	197100992	1:33.25	+0.83	45.41	1:33.25
9. Katrina Boutwell	AZC	NED	197201036	1:38.17	+0.75	46.48	1:38.17
10. Greta Wyma-Teitsma	DWK	NED	197100696	1:41.19	+0.60	48.74	1:41.19

Masters 50+

1. Monique Tuijp	WZ&PC Purmerend	NED	196900800	1:17.29	+0.88	37.12	1:17.29
2. Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054	1:18.53	+0.78	37.72	1:18.53
3. Heidi den Boer	LinK	NED	196900864	1:19.16	+0.78	38.19	1:19.16
4. Bianca Groot	MSV-Zeemacht	NED	197000652	1:20.95	+0.89	39.77	1:20.95
5. Annette Wijnja-Visser	De Biesboschzwemmers	NED	196700528	1:21.46	+0.76	38.96	1:21.46
6. Caroline Schreuder	Triton	NED	196700550	1:25.02	+0.88	41.05	1:25.02
7. Peggi Hurenkamp	HZ&PC Heerenveen	NED	196900922	1:25.23	+0.83	41.88	1:25.23
8. Pauline Tromp-Lang de	ZZ&PC De Devel	NED	197001032	1:37.75	+0.84	48.33	1:37.75

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Open Nederlandse Masters
Kampioenschappen 2020 korte baan
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Programmanr. 5, Dames, 100m rugslag

Masters 55+

1. Allie Price	Cardiff Masters	GBR	547582	1:15.62	+0.68	36.62	1:15.62
2. Feikje Wittermans	WIDEX GZC DONK	NED	196400408	1:19.96	+0.74	39.06	1:19.96
3. Margriet Grove-Lingeman	Triton	NED	196200080	1:23.73	+0.83	40.31	1:23.73
4. Tineke Janssen	Albion WSS (SG)	NED	196400630	1:23.91	*+0.73	41.34	1:23.91
5. Jacqueline Rolloos-Bakkers	De Lansingh	NED	196300222	1:25.35	+0.83	40.93	1:25.35
6. Annemarie Vuist-Blum	SWOL 1894	NED	196300282	1:32.53	+0.82	45.87	1:32.53
7. Jenny Westervaarder	H2Oldambt	NED	196200424	1:46.71	+0.78	50.97	1:46.71

Masters 60+

1. Atie Pijtak-Radersma	ZPC AMERSFOORT	NED	195600048	1:21.86	+0.62	39.93	1:21.86
2. Inge Wolfs	HHZV Plons	NED	196000304	1:30.65	+0.79	45.28	1:30.65
3. Jennie Resink-lindeboom	DWK	NED	196000142	1:39.26	+1.32	48.95	1:39.26
4. Mies Kuipers	Old Dutch	NED	195800202	2:13.69	+0.70	1:04.62	2:13.69
5. Karien Musters	Old Dutch	NED	195800236	2:30.94	+0.70	1:10.31	2:30.94

Masters 65+

1. Margriet Pasma	TriVia	NED	195500088	1:31.41	+0.81	45.34	1:31.41
2. Patty Krupiarz	PSV	NED	195400074	1:35.04	+0.81	46.32	1:35.04
3. Carla Hensen	PSV	NED	195300062	1:37.74	+0.73	46.98	1:37.74
4. Ineke Meijer	HZ&PC Heerenveen	NED	195200034	1:51.56	+0.76	55.54	1:51.56

Masters 70+

1. Antoinette Gilding-Tussaud	WS Twente	NED	195000038	1:48.55	+0.86	51.64	1:48.55
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Masters 80+

1. Truus Ruiter	Old Dutch	NED	194000004	2:29.20	*+0.83	1:11.73	2:29.20
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Programmanr. 6
24-01-2020 - 11:40

Heren, 100m rugslag

Masters Open
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
Masters 20+								
1. Dennis Wildeboer	De Zwemlinie (SG)	NED	199800571	1:00.22	+0.56		29.07	1:00.22
2. Arjan Dekker	ReVeLie Swim Team	NED	200000499	1:00.28	+0.57		28.98	1:00.28
3. Aron Paasse	De Schotejil	NED	200000099	1:03.42	+0.63		30.63	1:03.42
4. Otto Pranger	Albion WSS (SG)	NED	200000007	1:03.99	+0.61		30.78	1:03.99
5. Robin van Beek	ZVL-1886 Tetteroo	NED	199704023	1:04.57	+0.63		31.60	1:04.57
6. Diederick Schothans	De Veene	NED	199703185	1:04.79	+0.86		31.12	1:04.79
7. Jeroen Louwinger	De Rijn	NED	199900583	1:05.31	+0.55		31.83	1:05.31
8. Jordy van Oel	WVZ	NED	199802003	1:07.15	+0.68		32.21	1:07.15
9. Patrick Wyrdean	Albion WSS (SG)	NED	199702475	1:07.19	+0.63		32.46	1:07.19
10. Ian van Mullem	ZOB'66	NED	199602545	1:07.52	+0.58		32.87	1:07.52
11. Roel van Grol	WIDEX GZC DONK	NED	199802277	1:07.86	+0.74		32.17	1:07.86
12. Thomas Gheeraert	Dunkerque Natation	FRA	919124	1:08.86	+0.74		33.19	1:08.86

Masters 25+

1. Ensger Kotterink	Albion WSS (SG)	NED	199403391	55.19	+0.63		26.05	55.19
<i>Kampioenschaps Record</i>								
2. Mesut Halicioglu	CNSW	BEL	0010168/92	59.11	+0.68		28.16	59.11
3. Mathijs van der Logt	DIO	NED	199105561	1:00.07	+0.64		28.92	1:00.07
4. Felix Geenen	DAW	NED	199501085	1:03.33	+0.72		30.29	1:03.33
5. Ramon van Huizen	SGGO (SG)	NED	199400945	1:06.87	+0.79		32.08	1:06.87

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



Programmanr. 6, Heren, 100m rugslag, Masters 25+

rang naam	vereniging			tijd	RT	PARA	50m	100m
6. Bart Kiesewetter	TRB-RES	NED	199101203	1:10.11	+0.73		33.77	1:10.11

Masters 30+

1. Olaf Achterberg	VZC	NED	199000011	1:03.16	+0.76		31.01	1:03.16
2. Martijn Dolk	Rotterdam Swimming (SG)	NED	198900737	1:03.28	+0.67		30.82	1:03.28
3. Robert Braad	Steenwijk 1934	NED	198600407	1:05.35	+0.77		31.68	1:05.35
4. Rick Driezen	Steenwijk 1934	NED	198600713	1:06.83	+0.93		32.83	1:06.83
5. Tim Bunnik	Triton	NED	199000505	1:07.01	+0.78		32.58	1:07.01
6. Bastian Zoon	SGGO (SG)	NED	198703929	1:10.11	+0.69		33.88	1:10.11
7. Wessel Everloo	WS Twente	NED	198906597	1:13.69	+0.93	520	35.74	1:13.69

Masters 35+

1. Mark Baars	Rotterdam Swimming (SG)	NED	198500059	58.21	+0.59		28.31	58.21
<i>Nederlands Masters Record</i>								
2. Robert Dekker	Dedemsvaart-AC	NED	198400443	1:03.18	+0.68		30.65	1:03.18
3. Martijn Giezen	ZPC AMERSFOORT	NED	198500813	1:03.28	+0.66		30.05	1:03.28
4. Thommy Nickel	ZPC Woerden	NED	198401627	1:07.02	+0.86		33.19	1:07.02
5. Dirk Smit	Tiamat	NED	198101559	1:08.27	+0.72		33.53	1:08.27
6. Marcel Reefhuis	WS Twente	NED	198101381	1:08.35	+0.64		33.49	1:08.35
7. Leander Noordijk	De Schotejil	NED	198101221	1:09.66	+0.84		33.40	1:09.66
8. Rob van Wanrooy	Gay Swim Amsterdam	NED	198202627	1:13.17	+0.66		35.26	1:13.17
9. Arne-Willem Kroonen	Zwemsport Parkstad (SG)	NED	198401297	1:14.61	+0.73		35.45	1:14.61

Masters 40+

1. Marcin Kaczmarek	Legia Warszawa	POL		58.51	+0.65		28.83	58.51
<i>Polish Masters Record</i>								
2. Nol van Thull	De Lansingh	NED	198001513	1:00.59	+0.71		29.45	1:00.59
3. Ruud Holswilder	ZPCH	NED	197800435	1:03.83	+0.72		31.05	1:03.83
4. Ivo Roozeboom	WVZ	NED	197700801	1:06.31	+0.72		32.62	1:06.31
5. Jeroen Meuleners	Patrick-De Roersoppers (SG)	NED	197800703	1:10.49	+0.65		34.24	1:10.49
6. Mark van der Schrier	AZC	NED	197800951	1:10.70	+0.80		34.04	1:10.70
7. Pieter Broek	Albion WSS (SG)	NED	197701637	1:12.64	+0.64		34.96	1:12.64
8. Raymond Oosterbaan	WIDEX GZC DONK	NED	197700711	1:12.96	+0.77		35.02	1:12.96
9. Peter Lommert	SWOL 1894	NED	197900787	1:16.00	+0.74		36.07	1:16.00
10. Rogier van Gent	IJZPC	NED	198000405	1:16.69	+0.73		36.24	1:16.69
11. Marco van Antwerpen	ZV Strijen	NED	198000027	1:17.22	+0.74		36.75	1:17.22
12. Gino Martijn	RZ	NED	197901865	1:19.03	+0.60		38.67	1:19.03

Masters 45+

1. Alex Damen	DAW	NED	197501371	1:06.93	+0.82		32.83	1:06.93
2. Linas Kersevicius	Kauno Takas	LTU		1:07.71	+0.86		32.67	1:07.71
3. Kees Bakker	Gay Swim Amsterdam	NED	197501055	1:08.20	+0.67		32.89	1:08.20
4. Eric Hoekman	WS Twente	NED	197401531	1:11.71	+0.72		35.03	1:11.71
5. Rene de Bruin	Sassenheim	NED	197100143	1:12.37	+0.78		35.57	1:12.37
6. Korstiaan de Boer	Steenwijk 1934	NED	197101629	1:16.32	+0.74		37.41	1:16.32
AFGEM Ramon de Bondt	ZPB H&L Productions	NED	197300105					

Masters 50+

1. Chester Marsman	ZPC AMERSFOORT	NED	196900671	1:05.05	+0.67		31.47	1:05.05
2. Jan-Willem van den Berg	WVZ	NED	196801575	1:07.85	+0.75		33.23	1:07.85
3. Guido Keutgen	Steenwijk 1934	NED	196801551	1:09.01	+0.72		32.71	1:09.01
4. René Beetsma	HZ&PC Heerenveen	NED	196900069	1:09.35	+0.79		33.62	1:09.35
5. Nico Swart	De Biesboschwimmers	NED	196801475	1:13.10	+0.71		35.66	1:13.10
6. Tomas Zemaitis	Klaipėdos plaukimo klubas	LTU		1:14.63	+0.73		35.33	1:14.63
7. Frederic Robin	CNSW	BEL	004923/69	1:14.93	+0.68		35.36	1:14.93
8. Harold Matla	PSV	NED	196800591	1:15.61	+0.84		36.99	1:15.61

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



Programmanr. 6, Heren, 100m rugslag, Masters 50+

rang naam	vereniging			tijd	RT	PARA	50m	100m
9. Bruno Nahon	CNSW	BEL	000390/70	1:16.95	+0.75		37.87	1:16.95
10. Hans Bijleveld	The Hague Swimming (SG)	NED	196601649	1:26.59	+0.71		43.04	1:26.59

Masters 55+

1. Peter Bernsen	De Rog	NED	196301119	1:07.82	+0.66		32.85	1:07.82
2. Bert Schlicher	RZ	NED	196400669	1:08.44	+0.77		33.65	1:08.44
3. Kees-Jan van Overbeeke	WWV Winterswijk	NED	196200489	1:12.90	+0.71		35.99	1:12.90
4. Hans Vloedgraven	Old Dutch	NED	196400917	1:15.17	+0.65		37.39	1:15.17
5. Casper Dollekamp	Steenwijk 1934	NED	196301341	1:20.60	+0.66		39.23	1:20.60
6. Menno Lomans	d'ELFT	NED	196101071	1:21.37	+0.82		39.86	1:21.37
7. Fred Dijkshoorn	Albion WSS (SG)	NED	196501539	1:24.30	+0.85		40.42	1:24.30

Masters 60+

1. Rastislav Pavlík	KPS Nereus Žilina	SVK	SVK10478	1:05.68	+0.75		31.27	1:05.68
<i>Europees Masters Record, Slovak Masters Record</i>								
2. Jean-Pierre Delaporte	Dunkerque Natation	FRA	105978	1:08.62	+0.66		33.02	1:08.62
3. Erik Kamphuis	De Rog	NED	196001035	1:12.16	+0.72		35.31	1:12.16
4. Mark Nuijten	Albion WSS (SG)	NED	196000411	1:15.92	+0.88		37.14	1:15.92
5. Evertjan Masurel	PSV	NED	195600495	1:21.04	+0.89		39.27	1:21.04
6. Wim de Lange	AZC	NED	195800533	1:24.11	+0.74		40.50	1:24.11
7. André Schutte	ZPC De Zeeuwse Kust	NED	196000521	1:30.39	+0.78		44.17	1:30.39
8. André Pantekoek	PSV	NED	195800321	1:31.64	+0.72		44.44	1:31.64

Masters 65+

1. Ferenc Erdelyi	Torokbalint Senior	HUN		1:21.04	+0.68		39.93	1:21.04
2. Hans Piederiet	ZPC Numansdorp	NED	195400177	1:25.16	+0.80		41.43	1:25.16
3. Ruud Ruiter	WWV Winterswijk	NED	195300169	1:26.07	+0.94		41.90	1:26.07

Masters 70+

1. Piet Schop	De Bevelanders	NED	195000109	1:30.67	+0.80		43.53	1:30.67
2. Ronald Blankenstein	Aqua-Novio '94	NED	195000013	1:41.97	+0.81		47.87	1:41.97
3. Mans Buis	SWOL 1894	NED	194700133	1:44.27	+0.77		50.51	1:44.27
4. Jan Nuijten	PSV	NED	194900175	1:46.42	+0.90		50.10	1:46.42

Masters 75+

1. Rob Hanou	PSV	NED	194300109	1:45.55	+0.90		50.20	1:45.55
2. Nico Baay	Old Dutch	NED	194200053	2:02.97	+0.88		57.12	2:02.97

Masters 80+

1. Frans van Enst	WS Twente	NED	194000011	1:32.98	+0.90		45.50	1:32.98
<i>Nederlands Masters Record</i>								
2. Gregor Pompen	Aqua-Novio '94	NED	193700021	2:08.38	+0.69		1:00.29	2:08.38

Masters 90+

1. Klaas Prins	Steenwijk 1934	NED	192800001	3:25.45	+0.83		1:30.25	3:25.45
<i>Kampioenschaps Record, * 50, 100m</i>								

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