

4 - ONMK 2020 kb sessie 4

25-01-2020 - 9:00

Programmanr. 16  
25-01-2020 - 9:00

Heren, 800m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	tijd	RT	PARA
<b>Masters 20+</b>					
1.	Jorian Tanis <i>Kampioenschaps Record</i>	MNC Dordrecht	NED 199900327	<b>8:35.31</b>	+0.64
	50m: 28.47 28.47	250m: 2:37.47 32.65	450m: 4:48.86 32.85	650m: 7:00.61 32.56	
	100m: 59.94 31.47	300m: 3:10.38 32.91	500m: 5:21.98 33.12	700m: 7:33.38 32.77	
	150m: 1:32.17 32.23	350m: 3:43.23 32.85	550m: 5:54.97 32.99	750m: 8:05.52 32.14	
	200m: 2:04.82 32.65	400m: 4:16.01 32.78	600m: 6:28.05 33.08	800m: 8:35.31 29.79	
2.	Arjan Dekker	ReVeLie Swim Team	NED 200000499	<b>8:58.28</b>	+0.66
	50m: 29.68 29.68	250m: 2:44.03 34.17	450m: 5:02.34 35.07	650m: 7:19.99 34.03	
	100m: 1:02.67 32.99	300m: 3:18.09 34.06	500m: 5:36.88 34.54	700m: 7:54.13 34.14	
	150m: 1:36.02 33.35	350m: 3:52.66 34.57	550m: 6:11.54 34.66	750m: 8:26.89 32.76	
	200m: 2:09.86 33.84	400m: 4:27.27 34.61	600m: 6:45.96 34.42	800m: 8:58.28 31.39	
3.	Jacob Mackloet	De Schotejil	NED 200001171	<b>8:59.72</b>	+0.71
	50m: 29.77 29.77	250m: 2:46.25 34.11	450m: 5:04.24 34.40	650m: 7:21.64 33.64	
	100m: 1:03.32 33.55	300m: 3:20.67 34.42	500m: 5:38.88 34.64	700m: 7:55.20 33.56	
	150m: 1:37.58 34.26	350m: 3:55.13 34.46	550m: 6:13.48 34.60	750m: 8:28.48 33.28	
	200m: 2:12.14 34.56	400m: 4:29.84 34.71	600m: 6:48.00 34.52	800m: 8:59.72 31.24	
4.	Robin van Beek	ZVL-1886 Tetteroo	NED 199704023	<b>9:07.98</b>	+0.76
	50m: 30.70 30.70	250m: 2:47.62 34.89	450m: 5:07.06 34.64	650m: 7:25.48 34.52	
	100m: 1:04.04 33.34	300m: 3:22.69 35.07	500m: 5:41.56 34.50	700m: 8:00.39 34.91	
	150m: 1:37.95 33.91	350m: 3:57.44 34.75	550m: 6:16.23 34.67	750m: 8:35.28 34.89	
	200m: 2:12.73 34.78	400m: 4:32.42 34.98	600m: 6:50.96 34.73	800m: 9:07.98 32.70	
5.	Leon Kloots	ZPC De Hof	NED 200001363	<b>9:20.97</b>	+0.76
	50m: 30.74 30.74	250m: 2:47.55 34.84	450m: 5:10.08 36.03	650m: 7:35.34 36.53	
	100m: 1:04.05 33.31	300m: 3:22.57 35.02	500m: 5:46.15 36.07	700m: 8:11.54 36.20	
	150m: 1:38.21 34.16	350m: 3:58.20 35.63	550m: 6:22.34 36.19	750m: 8:47.24 35.70	
	200m: 2:12.71 34.50	400m: 4:34.05 35.85	600m: 6:58.81 36.47	800m: 9:20.97 33.73	
6.	Jordy van Oel	WVZ	NED 199802003	<b>9:28.92</b>	+0.76
	50m: 29.98 29.98	250m: 2:53.79 36.12	450m: 5:19.12 36.21	650m: 7:45.07 36.44	
	100m: 1:05.02 35.04	300m: 3:30.00 36.21	500m: 5:55.84 36.72	700m: 8:20.93 35.86	
	150m: 1:41.39 36.37	350m: 4:06.64 36.64	550m: 6:32.01 36.17	750m: 8:56.09 35.16	
	200m: 2:17.67 36.28	400m: 4:42.91 36.27	600m: 7:08.63 36.62	800m: 9:28.92 32.83	
<b>Masters 25+</b>					
1.	Jeffrey Camphens	DWT	NED 199503113	<b>9:01.69</b>	+0.63
	50m: 30.59 30.59	250m: 2:47.32 34.53	450m: 5:05.19 34.33	650m: 7:22.03 34.36	
	100m: 1:04.08 33.49	300m: 3:22.15 34.83	500m: 5:39.67 34.48	700m: 7:56.21 34.18	
	150m: 1:38.44 34.36	350m: 3:56.45 34.30	550m: 6:13.91 34.24	750m: 8:29.93 33.72	
	200m: 2:12.79 34.35	400m: 4:30.86 34.41	600m: 6:47.67 33.76	800m: 9:01.69 31.76	
2.	Mike Schel	ESCA Zwemmen	NED 199403279	<b>9:06.17</b>	+0.73
	50m: 30.51 30.51	250m: 2:46.60 34.42	450m: 5:04.29 34.52	650m: 7:23.60 34.89	
	100m: 1:03.74 33.23	300m: 3:20.96 34.36	500m: 5:38.62 34.33	700m: 7:58.16 34.56	
	150m: 1:37.77 34.03	350m: 3:55.11 34.15	550m: 6:13.71 35.09	750m: 8:33.49 35.33	
	200m: 2:12.18 34.41	400m: 4:29.77 34.66	600m: 6:48.71 35.00	800m: 9:06.17 32.68	
3.	Emiel van Beusekom	ZPV Barracuda	NED 199403951	<b>9:07.54</b>	+0.62
	50m: 29.83 29.83	250m: 2:47.47 34.91	450m: 5:06.88 34.97	650m: 7:26.32 34.74	
	100m: 1:03.19 33.36	300m: 3:22.41 34.94	500m: 5:41.91 35.03	700m: 8:00.86 34.54	
	150m: 1:37.69 34.50	350m: 3:57.07 34.66	550m: 6:16.88 34.97	750m: 8:34.84 33.98	
	200m: 2:12.56 34.87	400m: 4:31.91 34.84	600m: 6:51.58 34.70	800m: 9:07.54 32.70	
4.	Pieter Pijnenburg	De Biesboschzwemmers	NED 199305227	<b>9:32.19</b>	+0.70
	50m: 31.88 31.88	250m: 2:56.03 36.08	450m: 5:20.86 36.19	650m: 7:46.02 36.28	
	100m: 1:07.52 35.64	300m: 3:32.40 36.37	500m: 5:57.17 36.31	700m: 8:22.49 36.47	
	150m: 1:43.99 36.47	350m: 4:08.54 36.14	550m: 6:33.53 36.36	750m: 8:58.62 36.13	
	200m: 2:19.95 35.96	400m: 4:44.67 36.13	600m: 7:09.74 36.21	800m: 9:32.19 33.57	
5.	Martino Valentijn	DIO	NED 199403913	<b>9:44.66</b>	+0.66
	50m: 31.73 31.73	250m: 2:59.49 38.05	450m: 5:30.19 37.54	650m: 7:59.86 37.37	
	100m: 1:07.80 36.07	300m: 3:37.28 37.79	500m: 6:07.49 37.30	700m: 8:36.21 36.35	
	150m: 1:44.47 36.67	350m: 4:14.88 37.60	550m: 6:45.09 37.60	750m: 9:11.23 35.02	
	200m: 2:21.44 36.97	400m: 4:52.65 37.77	600m: 7:22.49 37.40	800m: 9:44.66 33.43	

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

rang	naam	vereniging	tijd	RT	PARA			
6.	Tom van Gils	ZPC De Zeeuwse Kust	NED 199501799	<b>9:47.26</b>	+0.63			
	50m: 33.31	33.31	250m: 3:01.93	37.31	450m: 5:30.92	37.23	650m: 7:59.01	36.58
	100m: 1:09.82	36.51	300m: 3:39.21	37.28	500m: 6:07.90	36.98	700m: 8:35.63	36.62
	150m: 1:47.18	37.36	350m: 4:16.53	37.32	550m: 6:44.99	37.09	750m: 9:12.08	36.45
	200m: 2:24.62	37.44	400m: 4:53.69	37.16	600m: 7:22.43	37.44	800m: 9:47.26	35.18
7.	Maik Steenkamp	Montferland	NED 199103847	<b>9:49.92</b>	+0.77			
	50m: 32.55	32.55	250m: 3:00.32	37.65	450m: 5:30.91	37.34	650m: 8:01.11	37.58
	100m: 1:08.98	36.43	300m: 3:37.87	37.55	500m: 6:08.33	37.42	700m: 8:38.44	37.33
	150m: 1:45.64	36.66	350m: 4:15.68	37.81	550m: 6:45.75	37.42	750m: 9:15.18	36.74
	200m: 2:22.67	37.03	400m: 4:53.57	37.89	600m: 7:23.53	37.78	800m: 9:49.92	34.74

Masters 30+

1.	Klaas van Beek	ZV Haerlem	NED 198805941	<b>9:00.69</b>	+0.72			
	50m: 30.31	30.31	250m: 2:44.58	34.00	450m: 5:00.69	34.12	650m: 7:17.79	34.61
	100m: 1:03.26	32.95	300m: 3:18.48	33.90	500m: 5:34.83	34.14	700m: 7:52.60	34.81
	150m: 1:36.77	33.51	350m: 3:52.61	34.13	550m: 6:09.14	34.31	750m: 8:27.58	34.98
	200m: 2:10.58	33.81	400m: 4:26.57	33.96	600m: 6:43.18	34.04	800m: 9:00.69	33.11
2.	Tim Bunnik	Triton	NED 199000505	<b>9:27.82</b>	+0.80			
	50m: 31.02	31.02	250m: 2:54.37	36.56	450m: 5:20.90	36.05	650m: 7:43.02	34.92
	100m: 1:05.48	34.46	300m: 3:30.95	36.58	500m: 5:56.52	35.62	700m: 8:18.26	35.24
	150m: 1:41.38	35.90	350m: 4:07.90	36.95	550m: 6:32.31	35.79	750m: 8:53.68	35.42
	200m: 2:17.81	36.43	400m: 4:44.85	36.95	600m: 7:08.10	35.79	800m: 9:27.82	34.14
3.	Niels Albrechts	De Schotejil	NED 198800039	<b>9:35.97</b>	+0.75			
	50m: 33.44	33.44	250m: 3:00.09	36.65	450m: 5:25.53	36.18	650m: 7:51.74	36.19
	100m: 1:10.19	36.75	300m: 3:36.25	36.16	500m: 6:02.25	36.72	700m: 8:27.83	36.09
	150m: 1:47.04	36.85	350m: 4:12.84	36.59	550m: 6:38.96	36.71	750m: 9:03.70	36.87
	200m: 2:23.44	36.40	400m: 4:49.35	36.51	600m: 7:15.55	36.59	800m: 9:35.97	32.27
4.	Wessel Everloo	WS Twente	NED 198906597	<b>9:42.10</b>	+0.76	S14		
	50m: 32.10	32.10	250m: 2:59.08	36.48	450m: 5:25.89	37.00	650m: 7:53.80	37.18
	100m: 1:08.85	36.75	300m: 3:35.64	36.56	500m: 6:03.46	37.57	700m: 8:31.07	37.27
	150m: 1:45.87	37.02	350m: 4:12.25	36.61	550m: 6:40.74	37.28	750m: 9:07.51	36.44
	200m: 2:22.60	36.73	400m: 4:48.89	36.64	600m: 7:16.62	35.88	800m: 9:42.10	34.59
5.	Mark Godwaldt	PSV	NED 198701039	<b>10:09.65</b>	+0.99			
	50m: 33.09	33.09	250m: 3:03.58	37.73	450m: 5:38.13	38.40	650m: 8:15.86	38.81
	100m: 1:10.07	36.98	300m: 3:41.76	38.18	500m: 6:17.50	39.37	700m: 8:54.84	38.98
	150m: 1:47.89	37.82	350m: 4:20.61	38.85	550m: 6:56.87	39.37	750m: 9:33.54	38.70
	200m: 2:25.85	37.96	400m: 4:59.73	39.12	600m: 7:37.05	40.18	800m: 10:09.65	36.11

Masters 35+

1.	Erik Schröder	TriVia	NED 198402025	<b>9:01.47</b>	+0.80			
	50m: 29.40	29.40	250m: 2:45.76	34.69	450m: 5:05.33	34.73	650m: 7:22.25	33.75
	100m: 1:02.19	32.79	300m: 3:20.94	35.18	500m: 5:40.06	34.73	700m: 7:56.10	33.85
	150m: 1:36.45	34.26	350m: 3:55.90	34.96	550m: 6:14.17	34.11	750m: 8:29.32	33.22
	200m: 2:11.07	34.62	400m: 4:30.60	34.70	600m: 6:48.50	34.33	800m: 9:01.47	32.15
2.	Frank v.d. Voordt	De Schotejil	NED 198302259	<b>9:35.68</b>	+0.74			
	50m: 32.61	32.61	250m: 2:58.04	36.34	450m: 5:25.05	37.11	650m: 7:51.02	35.92
	100m: 1:08.41	35.80	300m: 3:34.41	36.37	500m: 6:01.76	36.71	700m: 8:26.72	35.70
	150m: 1:45.07	36.66	350m: 4:10.99	36.58	550m: 6:38.18	36.42	750m: 9:02.05	35.33
	200m: 2:21.70	36.63	400m: 4:47.94	36.95	600m: 7:15.10	36.92	800m: 9:35.68	33.63
3.	Roel van der Kruijs	De Gelenberg	NED 198501491	<b>9:39.43</b>	+0.76			
	50m: 32.25	32.25	250m: 2:58.25	36.92	450m: 5:25.98	36.89	650m: 7:52.85	36.61
	100m: 1:07.63	35.38	300m: 3:35.54	37.29	500m: 6:02.81	36.83	700m: 8:29.05	36.20
	150m: 1:44.36	36.73	350m: 4:12.27	36.73	550m: 6:39.66	36.85	750m: 9:05.05	36.00
	200m: 2:21.33	36.97	400m: 4:49.09	36.82	600m: 7:16.24	36.58	800m: 9:39.43	34.38
4.	Marcel Reefhuis	WS Twente	NED 198101381	<b>9:49.86</b>	+0.80			
	50m: 32.73	32.73	250m: 2:59.59	37.07	450m: 5:29.89	37.80	650m: 8:01.23	37.69
	100m: 1:08.79	36.06	300m: 3:36.86	37.27	500m: 6:07.83	37.94	700m: 8:38.81	37.58
	150m: 1:45.71	36.92	350m: 4:14.34	37.48	550m: 6:45.70	37.87	750m: 9:15.76	36.95
	200m: 2:22.52	36.81	400m: 4:52.09	37.75	600m: 7:23.54	37.84	800m: 9:49.86	34.10
5.	Martijn Giezen	ZPC AMERSFOORT	NED 198500813	<b>10:24.41</b>	+0.82			
	50m: 31.12	31.12	250m: 3:05.12	38.93	450m: 5:45.99	41.33	650m: 8:27.51	40.33
	100m: 1:08.81	37.69	300m: 3:44.31	39.19	500m: 6:26.43	40.44	700m: 9:07.95	40.44
	150m: 1:47.48	38.67	350m: 4:24.41	40.10	550m: 7:06.59	40.16	750m: 9:48.94	40.99
	200m: 2:26.19	38.71	400m: 5:04.66	40.25	600m: 7:47.18	40.59	800m: 10:24.41	35.47

Programmanr. 16, Heren, 800m vrije slag

Masters 40+

1.	Gergely Molnár <i>Hungarian Masters Record</i>	Megathlon SE	HUN		<b>9:21.18</b>	+0.82		
	50m: 31.17	31.17	250m: 2:54.99	35.71	450m: 5:17.85	34.81	650m: 7:37.70	35.15
	100m: 1:06.69	35.52	300m: 3:31.23	36.24	500m: 5:52.61	34.76	700m: 8:13.12	35.42
	150m: 1:43.07	36.38	350m: 4:07.08	35.85	550m: 6:27.51	34.90	750m: 8:47.89	34.77
	200m: 2:19.28	36.21	400m: 4:43.04	35.96	600m: 7:02.55	35.04	800m: 9:21.18	33.29
2.	Ben Rutten	Oudenaardse Zwemclub	BEL	10220/76	<b>9:27.69</b>	+0.81		
	50m: 31.52	31.52	250m: 2:53.33	35.82	450m: 5:16.88	35.85	650m: 7:40.04	36.09
	100m: 1:06.09	34.57	300m: 3:29.26	35.93	500m: 5:52.68	35.80	700m: 8:16.42	36.38
	150m: 1:41.71	35.62	350m: 4:05.04	35.78	550m: 6:28.38	35.70	750m: 8:52.58	36.16
	200m: 2:17.51	35.80	400m: 4:41.03	35.99	600m: 7:03.95	35.57	800m: 9:27.69	35.11
3.	Ivo Roozeboom	WVZ	NED	197700801	<b>9:44.63</b>	+0.76		
	50m: 31.40	31.40	250m: 2:59.92	37.27	450m: 5:28.28	36.85	650m: 7:55.66	36.76
	100m: 1:07.60	36.20	300m: 3:37.34	37.42	500m: 6:05.06	36.78	700m: 8:32.37	36.71
	150m: 1:45.01	37.41	350m: 4:14.41	37.07	550m: 6:42.09	37.03	750m: 9:09.20	36.83
	200m: 2:22.65	37.64	400m: 4:51.43	37.02	600m: 7:18.90	36.81	800m: 9:44.63	35.43
4.	Freddie Geerlings	Zwemsport Parkstad (SG)	NED	197900379	<b>10:06.32</b>	+0.96		
	50m: 34.13	34.13	250m: 3:05.63	38.06	450m: 5:39.96	39.06	650m: 8:15.04	38.57
	100m: 1:11.65	37.52	300m: 3:44.00	38.37	500m: 6:18.68	38.72	700m: 8:53.18	38.14
	150m: 1:49.46	37.81	350m: 4:22.32	38.32	550m: 6:57.51	38.83	750m: 9:30.40	37.22
	200m: 2:27.57	38.11	400m: 5:00.90	38.58	600m: 7:36.47	38.96	800m: 10:06.32	35.92
5.	Dennis Dortland	ZPV Barracuda	NED	197800261	<b>10:08.02</b>	+0.84		
	50m: 31.97	31.97	250m: 3:01.30	38.01	450m: 5:36.20	38.96	650m: 8:11.70	39.10
	100m: 1:07.56	35.59	300m: 3:39.72	38.42	500m: 6:14.39	38.19	700m: 8:51.11	39.41
	150m: 1:45.17	37.61	350m: 4:18.61	38.89	550m: 6:53.17	38.78	750m: 9:30.31	39.20
	200m: 2:23.29	38.12	400m: 4:57.24	38.63	600m: 7:32.60	39.43	800m: 10:08.02	37.71
6.	Yuri Admiraal	ZPC Numansdorp	NED	197701655	<b>10:16.66</b>	+0.75		
	50m: 33.12	33.12	250m: 3:07.83	39.48	450m: 5:45.35	39.51	650m: 8:23.16	39.22
	100m: 1:10.83	37.71	300m: 3:46.92	39.09	500m: 6:25.34	39.99	700m: 9:02.15	38.99
	150m: 1:49.75	38.92	350m: 4:26.42	39.50	550m: 7:04.81	39.47	750m: 9:39.98	37.83
	200m: 2:28.35	38.60	400m: 5:05.84	39.42	600m: 7:43.94	39.13	800m: 10:16.66	36.68
7.	Victor Barnar	GoSwim	NED	197801805	<b>10:24.91</b>	+0.76		
	50m: 33.99	33.99	250m: 3:06.43	38.47	450m: 5:47.11	40.65	650m: 8:27.68	39.45
	100m: 1:11.65	37.66	300m: 3:45.90	39.47	500m: 6:27.63	40.52	700m: 9:07.54	39.86
	150m: 1:49.48	37.83	350m: 4:25.94	40.04	550m: 7:08.00	40.37	750m: 9:47.39	39.85
	200m: 2:27.96	38.48	400m: 5:06.46	40.52	600m: 7:48.23	40.23	800m: 10:24.91	37.52

Masters 45+

1.	Vedestas Seferlis <i>Lithuanian Masters Record</i>	Kauno Takas	LTU		<b>9:26.38</b>	+0.72		
	50m: 30.74	30.74	250m: 2:52.76	36.01	450m: 5:16.01	35.82	650m: 7:38.94	35.60
	100m: 1:05.43	34.69	300m: 3:28.75	35.99	500m: 5:52.22	36.21	700m: 8:15.07	36.13
	150m: 1:41.20	35.77	350m: 4:04.30	35.55	550m: 6:27.69	35.47	750m: 8:51.43	36.36
	200m: 2:16.75	35.55	400m: 4:40.19	35.89	600m: 7:03.34	35.65	800m: 9:26.38	34.95
2.	Casper van den Burgh	Link	NED	197201413	<b>10:24.80</b>	+0.69		
	50m: 35.17	35.17	250m: 3:12.32	39.38	450m: 5:49.02	39.29	650m: 8:27.68	39.95
	100m: 1:13.55	38.38	300m: 3:51.51	39.19	500m: 6:28.28	39.26	700m: 9:07.32	39.64
	150m: 1:52.95	39.40	350m: 4:30.68	39.17	550m: 7:08.01	39.73	750m: 9:46.80	39.48
	200m: 2:32.94	39.99	400m: 5:09.73	39.05	600m: 7:47.73	39.72	800m: 10:24.80	38.00
3.	Ferry Adema	d'ELFT	NED	197100007	<b>10:32.80</b>	+0.83		
	50m: 33.26	33.26	250m: 3:11.85	40.32	450m: 5:53.59	40.46	650m: 8:35.62	40.78
	100m: 1:11.55	38.29	300m: 3:52.03	40.18	500m: 6:33.99	40.40	700m: 9:16.46	40.84
	150m: 1:51.41	39.86	350m: 4:32.70	40.67	550m: 7:14.16	40.17	750m: 9:56.50	40.04
	200m: 2:31.53	40.12	400m: 5:13.13	40.43	600m: 7:54.84	40.68	800m: 10:32.80	36.30
4.	Erwin Zuidervelt	AZ&PC De Futen	NED	197501015	<b>11:00.10</b>	+0.75		
	50m: 37.24	37.24	250m: 3:21.82	42.01	450m: 6:07.09	41.90	650m: 8:57.29	43.21
	100m: 1:18.11	40.87	300m: 4:02.74	40.92	500m: 6:49.06	41.97	700m: 9:40.89	43.60
	150m: 1:59.11	41.00	350m: 4:43.08	40.34	550m: 7:31.64	42.58	750m: 10:22.57	41.68
	200m: 2:39.81	40.70	400m: 5:25.19	42.11	600m: 8:14.08	42.44	800m: 11:00.10	37.53

Programmanr. 16, Heren, 800m vrije slag

Masters 50+

1. Pieter van Gemeren	DAW	NED	196901779	<b>9:31.80</b>	+0.78
50m: 32.44	32.44	250m: 2:55.24	35.99	450m: 5:20.54	36.13
100m: 1:07.38	34.94	300m: 3:31.68	36.44	500m: 5:56.99	36.45
150m: 1:43.07	35.69	350m: 4:08.09	36.41	550m: 6:33.22	36.23
200m: 2:19.25	36.18	400m: 4:44.41	36.32	600m: 7:09.31	36.09
650m: 7:45.37				700m: 8:21.39	36.02
750m: 8:57.17				800m: 9:31.80	35.78
					34.63
2. Geert Wijn	De Gelenberg	NED	196701101	<b>9:53.42</b>	+0.59
50m: 33.18	33.18	250m: 3:02.19	37.29	450m: 5:30.58	37.21
100m: 1:10.15	36.97	300m: 3:39.46	37.27	500m: 6:08.42	37.84
150m: 1:47.41	37.26	350m: 4:16.42	36.96	550m: 6:45.69	37.27
200m: 2:24.90	37.49	400m: 4:53.37	36.95	600m: 7:23.49	37.80
650m: 8:01.39				700m: 8:39.68	37.90
750m: 9:17.22				800m: 9:53.42	38.29
					37.54
					36.20
3. Jo-an Mudde	Arethusa	NED	196701457	<b>9:58.99</b>	+0.86
50m: 34.36	34.36	250m: 3:05.52	37.88	450m: 5:36.97	37.39
100m: 1:11.62	37.26	300m: 3:43.68	38.16	500m: 6:14.28	37.31
150m: 1:49.55	37.93	350m: 4:21.93	38.25	550m: 6:51.54	37.26
200m: 2:27.64	38.09	400m: 4:59.58	37.65	600m: 7:28.66	37.12
650m: 8:06.03				700m: 8:43.76	37.37
750m: 9:21.62				800m: 9:58.99	37.73
					37.86
					37.37
4. Richard Ricksen	Zwemsport Parkstad (SG)	NED	197000841	<b>10:27.74</b>	+0.98
50m: 34.91	34.91	250m: 3:14.69	40.92	450m: 5:54.25	38.72
100m: 1:13.81	38.90	300m: 3:55.14	40.45	500m: 6:33.32	39.07
150m: 1:53.30	39.49	350m: 4:35.69	40.55	550m: 7:12.63	39.31
200m: 2:33.77	40.47	400m: 5:15.53	39.84	600m: 7:51.84	39.21
650m: 8:30.38				700m: 9:09.56	38.54
750m: 9:49.02				800m: 10:27.74	39.18
					39.46
					38.72
5. Hans Bouwmeester	ZVL-1886 Tetteroo	NED	196700127	<b>10:36.52</b>	+0.87
50m: 34.93	34.93	250m: 3:11.85	40.25	450m: 5:54.82	41.14
100m: 1:12.63	37.70	300m: 3:52.17	40.32	500m: 6:35.97	41.15
150m: 1:51.68	39.05	350m: 4:32.57	40.40	550m: 7:16.90	40.93
200m: 2:31.60	39.92	400m: 5:13.68	41.11	600m: 7:57.94	41.04
650m: 8:39.38				700m: 9:19.53	41.44
750m: 9:59.06				800m: 10:36.52	40.15
					39.53
					37.46
6. Ingmar de Gelder	ZOB'66	NED	197000333	<b>10:46.93</b>	+0.85
50m: 34.15	34.15	250m: 3:15.42	42.15	450m: 6:03.64	42.18
100m: 1:12.10	37.95	300m: 3:57.32	41.90	500m: 6:45.70	42.06
150m: 1:52.36	40.26	350m: 4:39.20	41.88	550m: 7:27.70	42.00
200m: 2:33.27	40.91	400m: 5:21.46	42.26	600m: 8:08.82	41.12
650m: 8:49.29				700m: 9:29.58	40.47
750m: 10:09.44				800m: 10:46.93	40.29
					39.86
					37.49

Masters 55+

1. Andrei Belosludtsev	Kasatka	RUS		<b>9:32.36</b>	+0.56
50m: 32.76	32.76	250m: 2:57.07	36.68	450m: 5:22.68	36.36
100m: 1:08.47	35.71	300m: 3:33.73	36.66	500m: 5:58.93	36.25
150m: 1:44.26	35.79	350m: 4:10.04	36.31	550m: 6:35.18	36.25
200m: 2:20.39	36.13	400m: 4:46.32	36.28	600m: 7:11.39	36.21
650m: 7:47.90				700m: 8:23.96	35.26
750m: 8:59.22				800m: 9:32.36	33.14
					36.51
					36.06
2. Johan Remmits	ZPC AMERSFOORT	NED	196201159	<b>9:50.46</b>	+0.88
50m: 34.22	34.22	250m: 3:05.15	37.72	450m: 5:34.36	36.87
100m: 1:11.52	37.30	300m: 3:42.87	37.72	500m: 6:11.57	37.21
150m: 1:49.45	37.93	350m: 4:20.09	37.22	550m: 6:48.85	37.28
200m: 2:27.43	37.98	400m: 4:57.49	37.40	600m: 7:25.63	36.78
650m: 8:01.87				700m: 8:38.41	36.24
750m: 9:15.25				800m: 9:50.46	36.54
					36.84
					35.21
3. Jan Brink	ZPC De Zeeuwse Kust	NED	196200091	<b>9:50.66</b>	+0.82
50m: 32.71	32.71	250m: 3:01.52	37.22	450m: 5:31.90	37.59
100m: 1:09.48	36.77	300m: 3:39.10	37.58	500m: 6:09.46	37.56
150m: 1:46.76	37.28	350m: 4:16.76	37.66	550m: 6:46.96	37.50
200m: 2:24.30	37.54	400m: 4:54.31	37.55	600m: 7:23.99	37.03
650m: 8:01.34				700m: 8:38.63	37.35
750m: 9:15.60				800m: 9:50.66	37.29
					36.97
					35.06
4. Nico Paasse	De Schotejil	NED	196501463	<b>10:25.46</b>	+0.94
50m: 33.32	33.32	250m: 3:09.62	39.47	450m: 5:49.92	39.91
100m: 1:11.07	37.75	300m: 3:49.67	40.05	500m: 6:29.24	39.32
150m: 1:49.97	38.90	350m: 4:29.79	40.12	550m: 7:08.96	39.72
200m: 2:30.15	40.18	400m: 5:10.01	40.22	600m: 7:48.92	39.96
650m: 8:28.45				700m: 9:07.99	39.53
750m: 9:47.48				800m: 10:25.46	39.54
					39.49
					37.98
5. Gustav van den Berg	TriVia	NED	196100991	<b>10:25.59</b>	+0.93
50m: 35.17	35.17	250m: 3:13.95	40.16	450m: 5:54.05	40.26
100m: 1:13.53	38.36	300m: 3:53.89	39.94	500m: 6:33.64	39.59
150m: 1:53.78	40.25	350m: 4:33.92	40.03	550m: 7:13.04	39.40
200m: 2:33.79	40.01	400m: 5:13.79	39.87	600m: 7:52.39	39.35
650m: 8:32.01				700m: 9:10.88	39.62
750m: 9:49.21				800m: 10:25.59	38.87
					38.33
					36.38
6. Henri Michels	De Amstel	NED	196501587	<b>10:27.97</b>	+0.82
50m: 34.91	34.91	250m: 3:11.20	40.25	450m: 5:50.06	39.56
100m: 1:12.79	37.88	300m: 3:51.02	39.82	500m: 6:30.06	40.00
150m: 1:51.69	38.90	350m: 4:31.06	40.04	550m: 7:09.89	39.83
200m: 2:30.95	39.26	400m: 5:10.50	39.44	600m: 7:49.81	39.92
650m: 8:29.42				700m: 9:09.08	39.61
750m: 9:48.95				800m: 10:27.97	39.66
					39.87
					39.02
7. Phil Trethewie	Old Dutch	NED	196501315	<b>10:43.03</b>	+0.83
50m: 36.60	36.60	250m: 3:19.65	40.27	450m: 6:02.16	41.09
100m: 1:17.03	40.43	300m: 3:59.90	40.25	500m: 6:43.30	41.14
150m: 1:57.76	40.73	350m: 4:40.26	40.36	550m: 7:24.30	41.00
200m: 2:39.38	41.62	400m: 5:21.07	40.81	600m: 8:04.89	40.59
650m: 8:45.45				700m: 9:25.81	40.56
750m: 10:05.79				800m: 10:43.03	40.36
					39.98
					37.24



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



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

rang	naam	vereniging	NED	196200489	tijd	RT	PARA
AFGEM	Kees-Jan van Overbeeke	WVW Winterswijk	NED	196200489			

Masters 60+

1.	Paul Bunnik	Triton	NED	195600413	<b>11:52.15</b>	+0.87		
	50m: 37.76	37.76	250m: 3:33.30	45.64	450m: 6:37.01	46.27	650m: 9:40.54	45.38
	100m: 1:19.18	41.42	300m: 4:18.71	45.41	500m: 7:23.31	46.30	700m: 10:26.10	45.56
	150m: 2:03.03	43.85	350m: 5:04.39	45.68	550m: 8:09.24	45.93	750m: 11:10.61	44.51
	200m: 2:47.66	44.63	400m: 5:50.74	46.35	600m: 8:55.16	45.92	800m: 11:52.15	41.54
2.	John Dam	ZIGNEA	NED	196000915	<b>12:03.01</b>	+0.92		
	50m: 38.94	38.94	250m: 3:38.22	46.87	450m: 6:42.84	46.41	650m: 9:48.82	46.66
	100m: 1:20.07	41.13	300m: 4:24.10	45.88	500m: 7:29.33	46.49	700m: 10:34.81	45.99
	150m: 2:05.29	45.22	350m: 5:10.06	45.96	550m: 8:15.58	46.25	750m: 11:20.73	45.92
	200m: 2:51.35	46.06	400m: 5:56.43	46.37	600m: 9:02.16	46.58	800m: 12:03.01	42.28

Masters 65+

1.	Henk Slomp	De Inktvis	NED	195500359	<b>11:32.60</b>	+0.82		
	50m: 36.87	36.87	250m: 3:28.95	44.25	450m: 6:27.27	44.70	650m: 9:25.09	44.54
	100m: 1:18.58	41.71	300m: 4:13.33	44.38	500m: 7:11.60	44.33	700m: 10:08.47	43.38
	150m: 2:01.08	42.50	350m: 4:57.64	44.31	550m: 7:56.26	44.66	750m: 10:52.48	44.01
	200m: 2:44.70	43.62	400m: 5:42.57	44.93	600m: 8:40.55	44.29	800m: 11:32.60	40.12
2.	Laurens Klein Breteler	WVW Winterswijk	NED	195400109	<b>11:53.70</b>	+0.98		
	50m: 38.61	38.61	250m: 3:38.19	45.68	450m: 6:39.33	45.30	650m: 9:40.41	45.94
	100m: 1:21.98	43.37	300m: 4:24.04	45.85	500m: 7:24.33	45.00	700m: 10:25.40	44.99
	150m: 2:07.25	45.27	350m: 5:09.16	45.12	550m: 8:09.50	45.17	750m: 11:10.37	44.97
	200m: 2:52.51	45.26	400m: 5:54.03	44.87	600m: 8:54.47	44.97	800m: 11:53.70	43.33
3.	Ruud Ruiter	WVW Winterswijk	NED	195300169	<b>12:08.28</b>	+0.84		
	50m: 40.17	40.17	250m: 3:37.74	45.44	450m: 6:41.63	46.58	650m: 9:48.76	47.24
	100m: 1:22.37	42.20	300m: 4:23.20	45.46	500m: 7:28.32	46.69	700m: 10:36.62	47.86
	150m: 2:07.30	44.93	350m: 5:09.34	46.14	550m: 8:15.10	46.78	750m: 11:23.60	46.98
	200m: 2:52.30	45.00	400m: 5:55.05	45.71	600m: 9:01.52	46.42	800m: 12:08.28	44.68

Masters 70+

1.	Wout Hemmes	De Plons	NED	194800059	<b>12:57.89</b>	+0.96		
	50m: 41.72	41.72	250m: 3:59.67	50.08	450m: 7:15.53	48.72	650m: 10:33.97	49.64
	100m: 1:29.86	48.14	300m: 4:49.88	50.21	500m: 8:04.64	49.11	700m: 11:23.60	49.63
	150m: 2:19.44	49.58	350m: 5:38.51	48.63	550m: 8:54.16	49.52	750m: 12:12.84	49.24
	200m: 3:09.59	50.15	400m: 6:26.81	48.30	600m: 9:44.33	50.17	800m: 12:57.89	45.05
2.	Piet Schop	De Bevelanders	NED	195000109	<b>13:41.78</b>	+0.68		
	50m: 43.71	43.71	250m: 4:10.65	53.03	450m: 7:41.81	52.91	650m: 11:10.73	52.26
	100m: 1:32.85	49.14	300m: 5:02.21	51.56	500m: 8:34.46	52.65	700m: 12:02.37	51.64
	150m: 2:24.54	51.69	350m: 5:56.41	54.20	550m: 9:26.24	51.78	750m: 12:53.82	51.45
	200m: 3:17.62	53.08	400m: 6:48.90	52.49	600m: 10:18.47	52.23	800m: 13:41.78	47.96

Masters 75+

1.	Willem Putter	ZVVS	NED	194500135	<b>13:44.86</b>	+1.17		
	50m: 44.48	44.48	250m: 4:11.47	52.92	450m: 7:42.86	53.06	650m: 11:12.76	52.12
	100m: 1:35.44	50.96	300m: 5:03.81	52.34	500m: 8:35.95	53.09	700m: 12:05.04	52.28
	150m: 2:26.65	51.21	350m: 5:57.00	53.19	550m: 9:28.05	52.10	750m: 12:56.75	51.71
	200m: 3:18.55	51.90	400m: 6:49.80	52.80	600m: 10:20.64	52.59	800m: 13:44.86	48.11
2.	Rob Hanou	PSV	NED	194300109	<b>13:46.30</b>	+1.11		
	50m: 44.88	44.88	250m: 4:13.76	52.49	450m: 7:45.91	52.59	650m: 11:16.16	52.60
	100m: 1:36.13	51.25	300m: 5:07.03	53.27	500m: 8:38.02	52.11	700m: 12:08.01	51.85
	150m: 2:28.69	52.56	350m: 6:00.16	53.13	550m: 9:31.19	53.17	750m: 12:59.80	51.79
	200m: 3:21.27	52.58	400m: 6:53.32	53.16	600m: 10:23.56	52.37	800m: 13:46.30	46.50
3.	Geza Kaltenecker	AZC	NED	194200065	<b>15:25.39</b>	+0.92		
	50m: 48.75	48.75	250m: 4:41.66	58.40	450m: 8:39.23	59.50	650m: 12:33.70	58.57
	100m: 1:46.26	57.51	300m: 5:40.17	58.51	500m: 9:37.83	58.60	700m: 13:31.95	58.25
	150m: 2:44.85	58.59	350m: 6:39.58	59.41	550m: 10:36.78	58.95	750m: 14:30.44	58.49
	200m: 3:43.26	58.41	400m: 7:39.73	1:00.15	600m: 11:35.13	58.35	800m: 15:25.39	54.95

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

Splash Meet Manager, 11.62141

Registered to KNZB

25-01-2020 12:37 - pagina 5





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



Programmanr. 16, Heren, 800m vrije slag

Masters 80+

1. Frederik Hendrik De Bruijn	CN Aquamasters	ESP	<b>13:50.20</b>	+1.19
50m: 48.46 48.46	250m: 4:13.20 51.38	450m: 7:43.01 52.29	650m: 11:13.52 52.64	
100m: 1:38.18 49.72	300m: 5:05.72 52.52	500m: 8:35.61 52.60	700m: 12:07.39 53.87	
150m: 2:29.97 51.79	350m: 5:58.09 52.37	550m: 9:29.01 53.40	750m: 12:59.01 51.62	
200m: 3:21.82 51.85	400m: 6:50.72 52.63	600m: 10:20.88 51.87	800m: 13:50.20 51.19	
2. Frans van Enst	WS Twente	NED 194000011	<b>14:57.64</b>	+1.03
<i>Nederlands Masters Record</i>				
50m: 45.83 45.83	250m: 4:30.87 57.61	450m: 8:21.99 57.53	650m: 12:10.05 56.52	
100m: 1:40.39 54.56	300m: 5:28.21 57.34	500m: 9:19.82 57.83	700m: 13:07.35 57.30	
150m: 2:36.40 56.01	350m: 6:25.82 57.61	550m: 10:16.73 56.91	750m: 14:04.22 56.87	
200m: 3:33.26 56.86	400m: 7:24.46 58.64	600m: 11:13.53 56.80	800m: 14:57.64 53.42	

Programmanr. 17  
25-01-2020 - 10:09

Dames, 400m wisselslag

Masters Open  
Resultaten

rang	naam	vereniging				tijd	RT	PARA
<b>Masters 20+</b>								
1.	Madelon Dijkstra	ZPCH	NED	199703510		<b>4:56.90</b>	+0.82	
	<i>Nederlands Masters Record</i>							
	50m: 32.05 32.05	150m: 1:48.65 39.85	250m: 3:08.71 41.06	350m: 4:24.12 33.44				
	100m: 1:08.80 36.75	200m: 2:27.65 39.00	300m: 3:50.68 41.97	400m: 4:56.90 32.78				
2.	Nikita van den Ouden	Nuene	NED	199900622		<b>5:01.19</b>	+0.56	
	50m: 30.93 30.93	150m: 1:45.90 38.63	250m: 3:06.24 42.62	350m: 4:25.64 35.57				
	100m: 1:07.27 36.34	200m: 2:23.62 37.72	300m: 3:50.07 43.83	400m: 5:01.19 35.55				
3.	Anne Noom	Het Y	NED	199800062		<b>5:07.28</b>	+0.69	
	50m: 32.07 32.07	150m: 1:48.73 39.22	250m: 3:10.93 43.20	350m: 4:31.91 35.94				
	100m: 1:09.51 37.44	200m: 2:27.73 39.00	300m: 3:55.97 45.04	400m: 5:07.28 35.37				
4.	Manon van Esch	PSV	NED	199702090		<b>5:12.77</b>	+0.78	
	50m: 31.20 31.20	150m: 1:47.35 39.71	250m: 3:13.59 46.81	350m: 4:38.15 36.29				
	100m: 1:07.64 36.44	200m: 2:26.78 39.43	300m: 4:01.86 48.27	400m: 5:12.77 34.62				
5.	Caroline Boxman	ZPCH	NED	200004660		<b>5:20.77</b>	+0.74	
	50m: 32.94 32.94	150m: 1:55.44 42.74	250m: 3:22.95 45.93	350m: 4:45.91 35.79				
	100m: 1:12.70 39.76	200m: 2:37.02 41.58	300m: 4:10.12 47.17	400m: 5:20.77 34.86				
6.	Christel Brugmans	Hieronymus	NED	200005602		<b>5:24.38</b>	+0.73	
	50m: 32.97 32.97	150m: 1:57.15 44.40	250m: 3:23.29 44.36	350m: 4:47.62 39.59				
	100m: 1:12.75 39.78	200m: 2:38.93 41.78	300m: 4:08.03 44.74	400m: 5:24.38 36.76				
7.	Lotte Middelbos	De Schotelij	NED	199900680		<b>5:27.46</b>		
	50m: 33.93 33.93	150m: 1:58.66 43.64	250m: 3:27.22 46.15	350m: 4:51.65 37.39				
	100m: 1:15.02 41.09	200m: 2:41.07 42.41	300m: 4:14.26 47.04	400m: 5:27.46 35.81				
8.	Manon Kloosterman	De Bevelanders	NED	199702082		<b>5:29.94</b>	+0.88	
	50m: 34.37 34.37	150m: 2:00.06 44.71	250m: 3:30.38 46.96	350m: 4:54.14 37.65				
	100m: 1:15.35 40.98	200m: 2:43.42 43.36	300m: 4:16.49 46.11	400m: 5:29.94 35.80				
9.	Chantal Beijer	DWT	NED	199700884		<b>5:30.48</b>	+0.75	
	50m: 34.36 34.36	150m: 1:57.07 41.66	250m: 3:23.60 46.33	350m: 4:51.07 39.83				
	100m: 1:15.41 41.05	200m: 2:37.27 40.20	300m: 4:11.24 47.64	400m: 5:30.48 39.41				
10.	Kirsten Walraven	ZPC De Zeeuwse Kust	NED	200001358		<b>5:33.39</b>	+0.78	
	50m: 34.87 34.87	150m: 1:57.65 41.69	250m: 3:28.42 50.56	350m: 4:56.18 37.41				
	100m: 1:15.96 41.09	200m: 2:37.86 40.21	300m: 4:18.77 50.35	400m: 5:33.39 37.21				
11.	Sanne Rebers	Hieronymus	NED	199902082		<b>5:39.55</b>	+0.76	
	50m: 36.81 36.81	150m: 2:02.09 41.32	250m: 3:31.11 48.40	350m: 5:00.45 39.90				
	100m: 1:20.77 43.96	200m: 2:42.71 40.62	300m: 4:20.55 49.44	400m: 5:39.55 39.10				

onjuistheden / mistakes?

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Programmanr. 17, Dames, 400m wisselslag

Masters 25+

1.	Maaïke Vooren	DAW	NED	199103324	<b>5:13.11</b>	+0.83
	50m: 33.46	33.46	150m: 1:55.68	42.81	250m: 3:20.82	43.50
	100m: 1:12.87	39.41	200m: 2:37.32	41.64	300m: 4:05.06	44.24
					350m: 4:40.09	35.03
					400m: 5:13.11	33.02
2.	Fiona Meuffels	RZ	NED	199504366	<b>5:22.84</b>	+0.70
	50m: 34.93	34.93	150m: 1:59.51	42.77	250m: 3:26.79	44.46
	100m: 1:16.74	41.81	200m: 2:42.33	42.82	300m: 4:12.10	45.31
					350m: 4:48.28	36.18
					400m: 5:22.84	34.56
3.	Fraukje Puts	HZ&PC Heerenveen	NED	199206470	<b>5:33.20</b>	+0.81
	50m: 34.90	34.90	150m: 2:01.71	45.22	250m: 3:32.21	46.53
	100m: 1:16.49	41.59	200m: 2:45.68	43.97	300m: 4:19.28	47.07
					350m: 4:57.18	37.90
					400m: 5:33.20	36.02
4.	Nanda de Vries	Steenwijk 1934	NED	199204328	<b>5:38.90</b>	+0.69
	50m: 36.17	36.17	150m: 2:04.17	43.77	250m: 3:34.73	47.72
	100m: 1:20.40	44.23	200m: 2:47.01	42.84	300m: 4:22.56	47.83
					350m: 5:01.84	39.28
					400m: 5:38.90	37.06
5.	Wendy de Bruin	ZOB'66	NED	199206320	<b>5:39.28</b>	+0.60
	50m: 34.75	34.75	150m: 2:01.39	43.47	250m: 3:32.54	48.35
	100m: 1:17.92	43.17	200m: 2:44.19	42.80	300m: 4:21.50	48.96
					350m: 5:01.02	39.52
					400m: 5:39.28	38.26
6.	Nikki Hoogeboom	De IJssel	NED	199301196	<b>5:45.50</b>	+0.85
	50m: 34.34	34.34	150m: 1:59.23	43.70	250m: 3:33.47	51.25
	100m: 1:15.53	41.19	200m: 2:42.22	42.99	300m: 4:24.24	50.77
					350m: 5:05.63	41.39
					400m: 5:45.50	39.87
7.	Désirée Emmen	De Warande	NED	199204862	<b>5:55.57</b>	+0.65
	50m: 35.32	35.32	150m: 2:02.68	45.42	250m: 3:39.38	53.29
	100m: 1:17.26	41.94	200m: 2:46.09	43.41	300m: 4:32.79	53.41
					350m: 5:15.42	42.63
					400m: 5:55.57	40.15

Masters 30+

1.	Susan van der Linden	DIO	NED	198802736	<b>5:46.84</b>	+0.81
	50m: 36.60	36.60	150m: 2:06.16	45.87	250m: 3:38.47	46.41
	100m: 1:20.29	43.69	200m: 2:52.06	45.90	300m: 4:25.74	47.27
					350m: 5:06.73	40.99
					400m: 5:46.84	40.11
2.	Suzan Blankestijn	ZVL-1886 Tetteroo	NED	198900350	<b>5:48.28</b>	+0.72
	50m: 36.93	36.93	150m: 2:08.33	47.43	250m: 3:38.70	44.85
	100m: 1:20.90	43.97	200m: 2:53.85	45.52	300m: 4:25.69	46.99
					350m: 5:08.11	42.42
					400m: 5:48.28	40.17
3.	Martje Godschalk	De IJssel	NED	199001186	<b>5:53.88</b>	+0.62
	50m: 37.72	37.72	150m: 2:07.98	45.07	250m: 3:43.47	49.52
	100m: 1:22.91	45.19	200m: 2:53.95	45.97	300m: 4:33.68	50.21
					350m: 5:14.05	40.37
					400m: 5:53.88	39.83
4.	Liesbeth van Mill	Zwemlust- den Hommel	NED	198702786	<b>5:56.91</b>	+0.86
	50m: 38.40	38.40	150m: 2:10.46	46.39	250m: 3:44.18	47.96
	100m: 1:24.07	45.67	200m: 2:56.22	45.76	300m: 4:32.63	48.45
					350m: 5:15.24	42.61
					400m: 5:56.91	41.67
5.	Karin van Dijk	De Wellerobben	NED	198600850	<b>5:59.96</b>	+0.60
	50m: 36.50	36.50	150m: 2:11.17	49.43	250m: 3:46.57	46.17
	100m: 1:21.74	45.24	200m: 3:00.40	49.23	300m: 4:35.08	48.51
					350m: 5:17.87	42.79
					400m: 5:59.96	42.09

Masters 35+

1.	Viktória Háden-Felföldi	Megathlon SE	HUN		<b>5:14.09</b>	+0.63
	<i>Kampioenschaps Record, Hungarian Masters Record</i>					
	50m: 32.53	32.53	150m: 1:49.42	39.89	250m: 3:14.53	45.92
	100m: 1:09.53	37.00	200m: 2:28.61	39.19	300m: 4:00.88	46.35
					350m: 4:38.17	37.29
					400m: 5:14.09	35.92
2.	Stephanie Vaernewyck	MEGA-zwemteam	BEL	20352/83	<b>5:23.13</b>	+0.86
	50m: 34.46	34.46	150m: 1:57.36	41.77	250m: 3:24.40	45.47
	100m: 1:15.59	41.13	200m: 2:38.93	41.57	300m: 4:11.27	46.87
					350m: 4:47.73	36.46
					400m: 5:23.13	35.40
3.	Ann Wanter	Zwemclub Geel	BEL	21082/82	<b>5:28.69</b>	+0.79
	50m: 34.19	34.19	150m: 1:55.27	41.50	250m: 3:25.21	49.07
	100m: 1:13.77	39.58	200m: 2:36.14	40.87	300m: 4:13.70	48.49
					350m: 5:15.24	36.81
					400m: 5:28.69	38.18
4.	Agnieszka Kaczmarek	Legia Warszawa	POL		<b>5:36.98</b>	+0.82
	<i>Polish Masters Record</i>					
	50m: 35.22	35.22	150m: 1:59.02	41.12	250m: 3:28.88	48.02
	100m: 1:17.90	42.68	200m: 2:40.86	41.84	300m: 4:17.10	48.22
					350m: 4:57.34	40.24
					400m: 5:36.98	39.64
5.	Roos van Esch	De Lansingh	NED	198200468	<b>5:43.26</b>	+0.93
	50m: 36.08	36.08	150m: 2:01.82	45.09	250m: 3:35.67	50.13
	100m: 1:16.73	40.65	200m: 2:45.54	43.72	300m: 4:25.27	49.60
					350m: 5:05.42	40.15
					400m: 5:43.26	37.84
6.	Angela Giezen	Upstream Amsterdam	NED	198302796	<b>6:11.77</b>	+0.67
	50m: 39.21	39.21	150m: 2:15.73	48.77	250m: 3:55.13	53.11
	100m: 1:26.96	47.75	200m: 3:02.02	46.29	300m: 4:47.27	52.14
					350m: 5:30.60	43.33
					400m: 6:11.77	41.17

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Programmanr. 17, Dames, 400m wisselslag

Masters 40+

1. Jolanda van Gendt	PSV	NED	197800266	<b>6:09.43</b>	+0.81
50m: 39.51	39.51	150m: 2:13.53	46.34	250m: 3:50.43	52.00
100m: 1:27.19	47.68	200m: 2:58.43	44.90	300m: 4:43.38	52.95
				350m: 5:26.07	42.69
				400m: 6:09.43	43.36

Masters 45+

1. Liselotte Joling	PSV	NED	197500268	<b>5:34.88</b>	+0.74
50m: 36.31	36.31	150m: 2:02.14	43.69	250m: 3:32.40	47.55
100m: 1:18.45	42.14	200m: 2:44.85	42.71	300m: 4:21.00	48.60
				350m: 4:58.89	37.89
				400m: 5:34.88	35.99

Masters 50+

1. Heidi den Boer	LinK	NED	196900864	<b>6:03.02</b>	+0.69
50m: 37.56	37.56	150m: 2:10.97	48.06	250m: 3:48.93	51.15
100m: 1:22.91	45.35	200m: 2:57.78	46.81	300m: 4:41.82	52.89
				350m: 5:23.21	41.39
				400m: 6:03.02	39.81
2. Bianca Groot	MSV-Zeemacht	NED	197000652	<b>6:06.03</b>	+0.87
50m: 37.77	37.77	150m: 2:15.41	49.15	250m: 3:53.01	50.45
100m: 1:26.26	48.49	200m: 3:02.56	47.15	300m: 4:45.35	52.34
				350m: 5:25.98	40.63
				400m: 6:06.03	40.05
3. Laura Staal	Oceanus	NED	196700358	<b>6:30.78</b>	+0.84
50m: 43.53	43.53	150m: 2:25.84	50.02	250m: 4:08.89	53.69
100m: 1:35.82	52.29	200m: 3:15.20	49.36	300m: 5:04.15	55.26
				350m: 5:48.09	43.94
				400m: 6:30.78	42.69

Masters 55+

1. Pierrette Michel	CNSW	BEL	000835/62	<b>5:50.91</b>	+1.00
50m: 36.75	36.75	150m: 2:05.49	44.26	250m: 3:39.87	51.17
100m: 1:21.23	44.48	200m: 2:48.70	43.21	300m: 4:31.31	51.44
				350m: 5:11.69	40.38
				400m: 5:50.91	39.22
2. Petra Tossings	DAW	NED	196100376	<b>6:39.52</b>	+0.73
50m: 41.86	41.86	150m: 2:26.30	53.61	250m: 4:14.08	55.32
100m: 1:32.69	50.83	200m: 3:18.76	52.46	300m: 5:10.24	56.16
				350m: 5:55.53	45.29
				400m: 6:39.52	43.99

Masters 60+

1. Inge Wolfs	HHZV Plons	NED	196000304	<b>6:56.75</b>	+0.90
50m: 41.12	41.12	150m: 2:25.86	53.72	250m: 4:19.03	58.46
100m: 1:32.14	51.02	200m: 3:20.57	54.71	300m: 5:19.50	1:00.47
				350m: 6:08.10	48.60
				400m: 6:56.75	48.65
2. Hannie Poletiek	TriVia	NED	195900278	<b>7:22.62</b>	+0.97
50m: 49.58	49.58	150m: 2:46.45	57.02	250m: 4:43.17	1:01.37
100m: 1:49.43	59.85	200m: 3:41.80	55.35	300m: 5:44.38	1:01.21
				350m: 6:33.36	48.98
				400m: 7:22.62	49.26

Masters 65+

1. Margriet Pasma	TriVia	NED	195500088	<b>7:00.69</b>	+0.98
<i>Nederlands Masters Record</i>					
50m: 50.32	50.32	150m: 2:40.82	51.25	250m: 4:30.38	58.88
100m: 1:49.57	59.25	200m: 3:31.50	50.68	300m: 5:30.86	1:00.48
				350m: 6:16.21	45.35
				400m: 7:00.69	44.48

Masters 70+

1. Antoinette Gilding-Tussaud	WS Twente	NED	195000038	<b>8:55.76</b>	
<i>Nederlands Masters Record</i>					
50m: 1:01.66	1:01.66	150m: 3:22.75	1:02.24	250m: 5:43.16	1:16.75
100m: 2:20.51	1:18.85	200m: 4:26.41	1:03.66	300m: 6:56.26	1:13.10
				350m: 7:55.89	59.63
				400m: 8:55.76	59.87



Programmanr. 18  
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4 x 100m wisselslag

Masters Open  
Resultaten

rang	vereniging				tijd	RT	PARA	
<b>80+, Dames</b>								
1.	Hieronymus			NED	<b>4:35.28</b>	+0.84		
	Sanne Rebers	+0.84	35.56	1:13.60	Christel Brugmans	+0.35	31.55	1:08.31
	Selene Wortel	+0.39	33.97	1:13.41	Nadja Wortel	+0.24	28.86	59.96
2.	De Dolfijn			NED	<b>4:44.46</b>	+0.66		
	Tamara Grove	+0.66	32.16	1:07.40	Zoë van der Aart	+0.45	30.95	1:08.41
	Emma Schell	+0.26	39.39	1:25.62	Karen Stolk	+0.11	29.20	1:03.03
3.	De Veene			NED	<b>5:16.85</b>	+0.93		
	Diana Hemstede-Lammers	+0.93	39.89	1:21.13	Kayleigh Westenberg	+0.59	35.48	1:17.00
	Lindy Elkerbout	+0.09	39.34	1:24.62	Naomi Slamp	+0.63	35.39	1:14.10
<b>80+, Heren</b>								
1.	TRB-RES			NED	<b>4:14.44</b>	+0.65		
	Robin Hermans	+0.65	32.60	1:08.68	Bart Kiesewetter	+0.41	29.80	1:05.73
	Nicko Kamphuis	+0.29	30.12	1:05.15	Rico Keizer	+0.15	26.24	54.88
2.	De Schotejil			NED	<b>4:15.52</b>	+0.67		
	Aron Paasse	+0.67	30.93	1:03.06	Frank v.d. Voordt	+0.33	31.34	1:07.57
	David Kievit	+0.01	32.34	1:09.97	Jacob Mackloet	+0.25	25.90	54.92
3.	De Kempvis			NED	<b>4:36.18</b>	+0.62		
	Bryan Gijzen	+0.62	33.85	1:11.13	Floyd van Duyvenbode	+0.25	27.44	59.94
	Daniel van der Sluijs	+0.29	33.70	1:15.06	Kien Vuong	-0.01	32.19	1:10.05
<b>80+, Gemengd</b>								
1.	Albion WSS (SG) 3	Albion WSS (SG)		NED	<b>4:04.06</b>	+0.62		
	<i>Nederlands Masters Record, EMR startzwemmer 100m</i>							
	Ensgar Kotterink	+0.62	25.83	54.62	Thomas Verhoeven	+0.36	24.73	54.45
	Fenna de Groot	+0.31	34.96	1:15.84	Marije Dinkelberg	+0.62	28.43	59.15
2.	DWK 1	DWK		NED	<b>4:07.70</b>	+0.71		
	Celine Schoenmaker	+0.71	31.67	1:06.51	Kevin Eltink	+0.24	26.38	56.90
	Serginni Marten	+0.27	29.15	1:02.93	Annabel Kuipers	+0.23	28.91	1:01.36
3.	VZC 1	VZC		NED	<b>4:26.97</b>	+0.70		
	Olaf Achterberg	+0.70	29.98	1:01.53	Jelle Nap	+0.36	27.90	1:00.01
	Lisanne Seising	+0.30	36.55	1:18.87	Amber van de Kraats	+0.35	31.20	1:06.56
4.	ZPC De Zeeuwse Kust 1	ZPC De Zeeuwse Kust		NED	<b>4:27.49</b>	+0.71		
	Kirsten Walraven	+0.71	33.27	1:09.00	Laura Nieuwland	+0.43	32.60	1:12.50
	Kalle van Gemert	+0.17	30.78	1:07.07	Tom van Gils	+0.44	28.29	58.92
5.	ZPV Barracuda 2	ZPV Barracuda		NED	<b>4:32.48</b>	+0.67		
	Anouque Berghuis	+0.67	33.36	1:10.29	Martijn Houweling	+0.32	31.29	1:10.82
	Thomas Hesper	+0.58	31.04	1:06.29	Iris van Berkel	+0.64	30.76	1:05.08
6.	De Duck 2	De Duck		NED	<b>4:48.85</b>	+0.78		
	Dylan Kalden	+0.78	34.62	1:12.50	Jesper Oranje	+0.46	25.95	58.80
	Leontine Groeneveldt	+0.61	39.79	1:27.62	Judith Kleinjan	+0.46	32.05	1:09.93
DIS	Albion WSS (SG) 4	Albion WSS (SG)		NED		+0.70		
	<i>EA - Te vroeg overgenomen., 4de zwemmer</i>							
	Jacoline van den Beukel	+0.70	36.64	1:17.55	Patrick Wyrdeeman		30.77	1:06.75
	Yancey Bouman		43.48	1:33.57	Nick Boekestijn			

Programmanr. 18, 4 x 100m wisselslag

100+, Dames

1.	Steenwijk 1934 1	Steenwijk 1934	NED	<b>5:04.66</b>	+0.70
	Lonneke Oenema	+0.70 39.69 1:23.16	Nanda de Vries	+0.36 33.66 1:14.70	
	Jacyntha Plat	+0.17 36.64 1:19.47	Getrude Corporaal	+0.37 31.77 1:07.33	
2.	ZVVS 2	ZVVS	NED	<b>5:17.50</b>	+0.62
	Marijelle van der Vaart	+0.62 35.72 1:14.33	Chantal van der Vaart	+0.66 36.37 1:22.67	
	Ramona Noordermeer	+0.43 40.83 1:27.88	Helena Mels	+0.63 33.95 1:12.62	
AFGEM	ESCA Zwemmen 1	ESCA Zwemmen	NED		
AFGEM	ZVL-1886 Tetteroo 1	ZVL-1886 Tetteroo	NED		

100+, Heren

1.	De Kempvis 1	De Kempvis	NED	<b>4:13.03</b>	+0.74
	Dennis Doove	+0.74 31.33 1:05.90	Joris Bezemer	+0.16 26.79 59.83	
	Romero Hennep	+0.40 33.19 1:10.78	Erik Wegman	+0.45 26.69 56.52	
2.	ESCA Zwemmen 2	ESCA Zwemmen	NED	<b>4:18.44</b>	+0.72
	Tom Driessen	+0.72 30.04 1:03.49	Mike Schel	+0.35 29.42 1:04.68	
	Sander de Vrucht	+0.32 31.49 1:07.60	Job Esink	+0.30 29.10 1:02.67	

100+, Gemengd

1.	Dedemsvaart-AC 1	Dedemsvaart-AC	NED	<b>4:15.96</b>	+0.63
	Robert Dekker	+0.63 30.88 1:03.30	Sepp Kalter	+0.35 26.61 57.61	
	Maaikje van Veen	+0.14 35.72 1:15.16	Michelle Zomerdijk	+0.20 28.21 59.89	
2.	Club Natacion Cuatro Caminos 1	Club Natacion Cuatro Caminos	ESP	<b>4:21.45</b>	+0.67
	Noelia Diaz Moruno	+0.67 33.83 1:12.06	Jjh Van Deursen	+0.27 26.82 58.46	
	Pablo Benavides Lopez	+0.05 31.50 1:07.75	Paloma Dominguez Artiga	+0.40 29.80 1:03.18	
3.	ZPC AMERSFOORT 3	ZPC AMERSFOORT	NED	<b>4:26.15</b>	+0.65
	Jelle Blankestijn	+0.65 30.28 1:03.94	Joanne van Essen	+0.38 31.95 1:12.91	
	Joan Kentrop	+0.38 29.81 1:05.42	Danica Koedoot	+0.28 30.34 1:03.88	
4.	ZPV Barracuda 1	ZPV Barracuda	NED	<b>4:26.91</b>	+0.69
	Denise Boereboom	+0.69 34.36 1:10.61	Melissa van der Heijden	+0.34 30.83 1:07.16	
	Emiel van Beusekom	+0.31 32.40 1:10.60	Pascal van Haren	-0.01 27.84 58.54	
5.	ZPC De Hof 2	ZPC De Hof	NED	<b>4:30.81</b>	+0.81
	Lianne Roescher	+0.81 34.62 1:13.17	Jorden Theijink	+0.15 28.21 1:02.60	
	Pieter Pickhardt	+0.63 33.36 1:12.47	Naomi Klein	+0.43 29.09 1:02.57	
6.	ZVL-1886 Tetteroo 3	ZVL-1886 Tetteroo	NED	<b>4:33.39</b>	+0.71
	Robin van Beek	+0.71 30.89 1:03.58	Lonneke Graansma	+0.56 34.30 1:16.35	
	Kristiaan Lenos	+0.36 33.16 1:11.50	Linda van der Voort	+0.23 29.29 1:01.96	
7.	WVZ 2	WVZ	NED	<b>4:35.52</b>	+0.63
	Jordy van Oel	+0.63 31.78 1:05.99	Rens Post	+0.39 29.88 1:06.01	
	Isabelle Massar	+0.14 37.66 1:21.32	Adaja Stoetman	+0.61 29.53 1:02.20	
8.	Montferland 1	Montferland	NED	<b>5:05.52</b>	+0.69
	Esther van Maastricht	+0.69 38.61 1:19.11	Marrit Esman	+0.50 38.40 1:24.06	
	Maik Steenkamp	+0.49 35.03 1:16.26	Pim Cuijpers	+0.31 30.67 1:06.09	

120+, Dames

1.	DIO 1	DIO	NED	<b>4:41.29</b>	+0.66
	<i>Nederlands Masters Record</i>				
	Whitney van Hoeckel	+0.66 35.99 1:13.59	Marlijn Hendriksen	+0.35 32.35 1:07.54	
	Susanne van der Linden	+0.37 37.43 1:20.02	Jolanda Post	+0.37 29.02 1:00.14	
2.	ZPC Woerden 1	ZPC Woerden	NED	<b>5:02.63</b>	+0.72
	Sabine Lina	+0.72 35.42 1:14.27	Marjan Remmits	36.04 1:19.43	
	Ilse van den Wijngaard	38.52 1:23.46	Mandy Verbakel	30.86 1:05.47	
3.	De Duck 1	De Duck	NED	<b>5:23.39</b>	+0.91
	Geraldine Trainor	+0.91 38.38 1:19.43	Céline Verhoef	+0.39 36.35 1:24.79	
	Rachel Trainor	+0.30 41.72 1:28.80	Sandra Vermeulen	+0.34 33.56 1:10.37	
4.	MSV-Zeemacht 1	MSV-Zeemacht	NED	<b>5:24.79</b>	+0.92
	Annette van Dok	+0.92 48.35 1:35.70	Jet Kleine	+0.19 33.95 1:14.27	
	Bianca Groot	+0.70 42.48 1:30.50	Suzanne Mosch	+0.22 30.27 1:04.32	



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



Programmanr. 18, Dames, 4 x 100m wisselslag, 120+

rang	vereniging				tijd	RT	PARA
5.	WVZ 1				<b>5:25.75</b>	+0.72	
	Tessa Verheijdt	+0.72	40.83	1:23.84	+0.44	38.60	1:25.70
	Sandra van der Ende	+0.12	41.15	1:29.10	+0.11	31.26	1:07.11
	De Marlijn (SG) 1				<b>5:25.75</b>	+0.79	
	Joan Fontaine	+0.79	41.79	1:25.84	+0.39	33.37	1:16.36
	Eline Nijksens	+0.36	41.47	1:28.72	+0.34	36.14	1:14.83
7.	ZPC De Hof 1				<b>5:40.47</b>	+0.84	
	Agnes Holterman	+0.84	49.18	1:42.25	+0.26	31.86	1:10.24
	Saskia Oostdijk		46.86	1:42.12	+0.32	31.34	1:05.86

120+, Heren

1.	Steenwijk 1934 3				<b>4:10.64</b>	+0.75	
	Robert Braad	+0.75	30.94	1:04.71	+0.81	28.32	1:01.89
	Lauren Vis	+0.42	31.87	1:09.16	+0.19	26.02	54.88
2.	Albion WSS (SG) 2				<b>4:17.11</b>	+0.54	
	Pieter Broek	+0.54	33.60	1:10.92	+0.53	27.97	1:01.33
	Timo Dinkelberg	+0.41	31.14	1:08.30	+0.16	26.68	56.56
3.	ZV Hoogland 1				<b>4:19.10</b>	+0.70	
	Dick Kampman	+0.70	32.77	1:07.95	+0.50	27.92	1:02.33
	Yuri van Omme	+0.32	31.97	1:08.67	+0.24	27.94	1:00.15
4.	Rotterdam Swimming 1				<b>4:23.17</b>	+0.65	
	Martijn Dolk	+0.65	30.40	1:03.24	+0.19	24.40	54.01
	Tamas Szili-Torok	+0.81	40.47	1:28.44	+0.24	26.94	57.48
5.	ZOB'66 1				<b>4:34.20</b>	+0.56	
	Ian van Mullem	+0.56	32.49	1:08.05	+0.46	28.06	1:02.24
	Harmen Reemst	+0.34	36.62	1:21.00	+0.11	29.15	1:02.91
6.	SGGO (SG) 1				<b>4:35.50</b>	+0.79	
	Ramon van Huizen	+0.79	32.36	1:06.92	+0.11	30.47	1:08.49
	Jordi Schaaf	+0.32	35.10	1:16.03	+0.34	30.01	1:04.06
7.	AZC 1				<b>5:09.26</b>	+0.81	
	Brian Gelderblom	+0.81	35.57	1:14.91	+0.58	34.31	1:15.74
	Ricardo van Dam	+0.72	36.79	1:18.28	+0.48	37.40	1:20.33

120+, Gemengd

1.	HZ&PC Heerenveen 1				<b>4:13.05</b>	+0.77	
	<i>Nederlands Masters Record</i>						
	Daniëlle de Boer	+0.77	32.57	1:07.19	+0.48	27.41	58.52
	Dennis Bos	+0.12	29.49	1:05.47	+0.13	29.75	1:01.87
2.	De Lansingh 1				<b>4:22.25</b>	+0.74	
	Roos van Esch	+0.74	35.33	1:11.43	+0.32	29.74	1:06.14
	Nol van Thull	+0.15	31.26	1:09.45	+0.17	26.54	55.23
3.	Zwemlust- den Hommel 1				<b>4:35.50</b>	+0.65	
	Linda Kamperman	+0.65	32.42	1:08.22	+0.16	30.57	1:13.25
	Vincent Versteeg	+0.18	31.93	1:09.84		30.83	1:04.19
4.	De Ward 1				<b>4:41.89</b>	+0.73	
	Eva Kattouw	+0.73	38.42	1:20.41	+0.38	28.66	1:02.40
	Stephan van Grevenbroek	+0.44	34.00	1:12.44	+0.54	31.66	1:06.64
5.	GoSwim 1				<b>4:42.42</b>	+0.70	
	Vita Schipper	+0.70	36.32	1:15.46	+0.59	31.81	1:11.92
	Victor Barnar	+0.28	32.09	1:09.16	+0.46	31.02	1:05.88
6.	Rotterdam Swimming 2				<b>4:45.03</b>	+0.73	
	Emmy van Thiel	+0.73	40.63	1:25.15	+0.48	26.25	58.17
	Tim van den Berg		30.93	1:08.68	+0.18	33.87	1:13.03
7.	De Schotejil 2				<b>4:49.89</b>	+0.82	
	Marjon v. Kempen	+0.82	36.01	1:14.13		30.31	1:09.15
	Lotte Middelbos		36.85	1:20.12		31.76	1:06.49
8.	Club Natacion Cuatro Caminos 2				<b>4:55.19</b>	+0.76	
	Lorena Martin Sanchez	+0.76	38.49	1:18.92		31.12	1:07.25
	Jeroen Bastijns		35.19	1:15.89		33.92	1:13.13

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



Programmanr. 18, Gemengd, 4 x 100m wisselslag, 120+

rang	vereniging				tijd	RT	PARA
9.	ZPC AMERSFOORT 4 * 100m	ZPC AMERSFOORT	NED		<b>4:57.00</b>	+0.96	
	Henriëtte v. Norden	+0.96 38.92	1:21.31	Rob van Vliet	+0.14 30.07	1:05.95	
	Wouter van 't Klooster	36.88	1:19.40	Eline Hendriks	+0.57 33.87	1:10.34	
DIS	Deltasteur 1 EA - Te vroeg overgenomen., 3de zwemmer	Deltasteur	NED			+0.77	
	Gea van der Schaaf	+0.77 37.99	1:19.36	Maud Heldoorn	-0.11		
	Tom de Lange	+0.50 35.90	1:16.78	Pieter Bardelmeijer			
AFGEM	AZC 2	AZC	NED				

160+, Dames

1.	DAW 2 Petra Tossings Jacqueline Tuin	DAW +0.93 45.45 +0.56 39.27	1:32.59 1:23.96	NED Denise Boonstra Sandra Zwaanswijk	<b>5:16.54</b> +0.47 32.70 +0.36 31.24	+0.93 1:14.24 1:05.75	
2.	De Rog 1 Ariane Hamakers Regine Beckers-Stribos	De Rog +0.79 44.74 +0.25 42.32	1:31.24 1:30.45	NED Sandra Peeters-Wiermans Wendy Brugman	<b>5:25.59</b> +0.47 35.07 +0.38 30.83	+0.79 1:17.56 1:06.34	
3.	Old Dutch 1 Marjon Boidin Nicole van der Kooij	Old Dutch +0.78 41.81 +0.64 42.32	1:27.92 1:33.95	NED Chantal Verhooff Marleen Zantingh	<b>5:31.72</b> +0.29 34.93 34.70	+0.78 1:18.17 1:11.68	
4.	Steenwijk 1934 2 Leonie Scholten Wilma Heijman	Steenwijk 1934 +0.78 40.14 +0.45 46.96	1:25.97 1:40.90	NED Inge Soeters Ilse Blankvoort	<b>6:01.23</b> +0.49 45.68 +0.17 33.77	+0.78 1:43.26 1:11.10	
5.	De Rog 2 Kim Hamakers Esther Wouters	De Rog +0.78 43.09 +0.49 47.62	1:27.73 1:42.07	NED Sandra Van der Helm Ageeth Westenbrink	<b>6:19.15</b> 46.27 +0.49 41.54	+0.78 1:44.16 1:25.19	
6.	Budel 1 Carola Hompes Sylvia Avitabile	Budel +0.94 43.77 +0.62 49.70	1:34.57 1:49.22	NED Elly Scheepers Miriam Stevens	<b>6:19.56</b> +0.51 39.57 +0.79 42.90	+0.94 1:26.40 1:29.37	
7.	WS Twente 1 Antoinette Gilding-Tussaud Ursula Spoelstra-de Groot	WS Twente +0.93 55.16 +0.30 45.68	1:54.33 1:38.25	NED Janneke Wynia Evelien Naatje	<b>6:27.72</b> +0.71 43.89 +0.79 36.93	+0.93 1:37.79 1:17.35	

160+, Heren

1.	Legia Warszawa 1 Polish Masters Record Marcin Kaczmarek Romuald Kozłowski	Legia Warszawa +0.62 28.02 +0.46 32.77	57.81 1:12.34	POL Filip Rowi ski Tomasz Wilcz ga	<b>4:05.57</b> +0.22 26.39 +0.20 27.17	+0.62 58.03 57.39	
2.	DAW 1 Paul Oudendijk Felix Geenen	DAW +0.83 32.32 +0.35 31.31	1:05.86 1:09.90	NED Pieter van Gemeren Alex Damen	<b>4:20.70</b> +0.20 30.55 +0.33 27.79	+0.83 1:06.89 58.05	
3.	CNSW 2 Belgisch Masters Record Mesut Halicioglu Marco Usula	CNSW +0.66 27.79 +0.58 31.33	59.35 1:06.36	BEL Bruno Nahon Lionel Godeaux	<b>4:21.63</b> +0.52 34.05 +0.62 28.36	+0.66 1:15.03 1:00.89	
4.	De Gelenberg 1 Jeroen Jacobs Marcel van Winssen	De Gelenberg +0.77 33.47 +0.58 34.92	1:12.13 1:14.09	NED Roel van der Kruis Geert Wijn	<b>4:33.71</b> +0.53 31.07 +0.08 27.80	+0.77 1:08.40 59.09	
5.	De Biesboschzwemmers 1 Nico Swart Pieter Pijnenburg	De Biesboschzwemmers +0.77 35.15 +0.18 32.19	1:13.91 1:09.90	NED Harry Cornet Paul Wijnja	<b>4:36.80</b> +0.36 30.62 +0.20 30.95	+0.77 1:07.06 1:05.93	
6.	SWOL 1894 2 Arjan Aalbers Stefan van de Grift	SWOL 1894 +0.80 35.82 33.84	1:15.23 1:13.69	NED Kasper van den Berghe Michael van Bekkum	<b>4:46.08</b> 34.12 29.26	+0.80 1:15.33 1:01.83	
7.	ZPC Numansdorp 1 Hans Piederiet Yuri Admiraal	ZPC Numansdorp +0.83 41.55 -0.01 36.50	1:26.73 1:18.67	NED Yanick Leunisse Haico Weijers	<b>5:00.00</b> +0.50 31.76 +0.28 29.44	+0.83 1:12.45 1:02.15	

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



Programmanr. 18, Heren, 4 x 100m wisselslag, 160+

rang	vereniging				tijd	RT	PARA
8.	ZVL-1886 Tetteroo 2	ZVL-1886 Tetteroo	NED		<b>5:01.70</b>	+0.83	
	Elger Mensonides	+0.83 40.06	1:22.24	Ingmar Kooman	+0.28 34.45	1:16.37	
	Edwin van der Winden	+0.05 36.81	1:18.82	Hans Bouwmeester	+0.22 30.54	1:04.27	
9.	DWK 2	DWK	NED		<b>5:21.09</b>	+0.74	
	Michel van Wingerden	+0.74 38.27	1:19.82	Gerco Schakel	+0.38 36.33	1:24.22	
	Martijn de Jong	+0.38 39.97	1:24.94	Koert van der Ploeg	+0.46 33.08	1:12.11	

160+, Gemengd

1.	DWT 1	DWT	NED		<b>4:42.36</b>	+0.66	
	Evy Witlox	+0.66 32.51	1:07.90	Jeffrey Camphens	+0.41 29.52	1:03.24	
	Bertjan Schelhaas	+0.45 35.79	1:20.09	Inken Wemheuer	+0.51 33.48	1:11.13	
2.	ZVVS 1	ZVVS	NED		<b>4:44.25</b>	+0.88	
	Nadya Putter	+0.88 37.51	1:17.56	Paul Brinkman	+0.32 29.50	1:05.03	
	Karin Stein	+0.33 38.33	1:22.16	Bas van de Nouwelant	+0.32 28.30	59.50	
3.	WVZ 3	WVZ	NED		<b>4:44.76</b>	+0.75	
	Jan-Willem van den Berg	+0.75 32.82	1:07.76	Markus van Rest		29.87	1:04.97
	Monique Pronk		1:23.18	Yvonne Gerritsen		31.50	1:08.85
4.	TRB-RES 2	TRB-RES	NED		<b>4:48.88</b>	+0.84	
	Edith Janssen-Koolen	+0.84 35.78	1:14.30	Melissa van der Geld	+0.07 30.92	1:09.99	
	Walter Stielstra	+0.51 35.12	1:15.98	Bas Kremers	+0.40 32.21	1:08.61	
5.	WIDEX GZC DONK 1	WIDEX GZC DONK	NED		<b>5:00.30</b>	+0.75	
	Feikje Wittermans	+0.75 38.82	1:21.49	Roel van Grol		28.97	1:06.16
	Miranda Boer	+0.54 41.68	1:31.45	Raymond Oosterbaan	+0.40 28.83	1:01.20	
6.	De Gelenberg 2	De Gelenberg	NED		<b>5:01.00</b>	+0.79	
	Lizanne Lamens	+0.79 37.10	1:16.10	Sylvia Reijers	+0.64 35.81	1:18.91	
	Rob Janssen	+0.48 36.50	1:19.16	Ron van der Meer	+0.24 30.99	1:06.83	
7.	PSV 4	PSV	NED		<b>5:13.47</b>	+0.82	
	Mark Godwaldt	+0.82 35.80	1:14.45	Liselotte Joling	+0.33 36.80	1:20.07	
	Jolanda van Gendt	+0.42 43.24	1:33.15	Tom Bandsma	+0.58 30.83	1:05.80	
8.	ESCA Zwemmen 3	ESCA Zwemmen	NED		<b>5:25.24</b>	+0.82	
	Wridzer Bakker	+0.82 38.89	1:20.91	Moniek van Langevelde	+0.25 33.38	1:16.41	
	Yoka de Vegt-van Dijk	+0.54 45.64	1:36.97	Paul Rutten	+0.37 34.32	1:10.95	
9.	De Duinkickers 1	De Duinkickers	NED		<b>5:44.52 *</b>	+0.65	
	Ruben de Boer	+0.65 37.08	1:15.87	Jeffrey Roest	+0.43 33.21	1:10.25	
	Inge Roskam	+0.48 41.40	1:30.00	Annet Verhoeven - Steggerda		48.69	1:48.40
10.	De Duinkickers 2	De Duinkickers	NED		<b>5:57.74</b>	+0.84	
	Esther van Buren	+0.84 46.31	1:33.97	Robert de Brauwer	+0.26 40.20	1:26.25	
	Saskia op den Velde	+0.67 50.14	1:48.36	Richard Hill	+0.31 33.27	1:09.16	

200+, Dames

1.	PSV 2	PSV	NED		<b>4:50.03</b>	+0.67	
	<i>Europees Masters Record, NMR 100m</i>						
	Gudule van der Meer	+0.67 33.79	1:10.60	Jeanne Petit		32.79	1:12.02
	Trudy Ketting		1:19.21	Saskia Phaff		31.93	1:08.20
2.	CNSW 1	CNSW	BEL		<b>5:16.04</b>	+0.82	
	Pierrette Michel	+0.82 39.04	1:19.39	Claire Anthony	+0.46 40.01	1:28.18	
	Marion Regnier	+0.44 35.72	1:16.89	Kathy Van Lindt	+0.57 34.02	1:11.58	
3.	Albion WSS (SG) 1	Albion WSS (SG)	NED		<b>5:28.96</b>	+0.73	
	<i>* 100m</i>						
	Tineke Janssen	+0.73 40.64	1:23.84	Netty Burik-Geijssen		36.92	1:20.71
	Mirjan den Drijver		1:28.84	Petra Schoon	+0.53 35.87	1:15.57	
4.	SWOL 1894 1	SWOL 1894	NED		<b>5:55.39</b>	+0.86	
	Annemarie Vuist-Blum	+0.86 46.87	1:34.28	Kika Meijers	+0.53 36.47	1:19.31	
	Marjan Spoelstra	+0.57 48.86	1:44.96	Christine Nieuwenhuis	+0.42 36.56	1:16.84	
5.	DWK 3	DWK	NED		<b>6:17.56</b>	+1.23	
	Jennie Resink-indeboom	+1.23 49.68	1:40.52	Iris van Aurich	+0.15 41.18	1:27.35	
	Greta Wyma-Teitsma	+0.61 50.49	1:47.95	Hettie Schakel	+0.38 38.69	1:21.74	

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Programmanr. 18, 4 x 100m wisselslag

200+, Heren

1.	I.L. Varg 1 <i>Norwegian Masters Record</i>	I.L. Varg		NOR	<b>4:16.02</b>	+0.82		
	Jarl Inge Melberg	+0.82	31.48	1:04.81	Øivind Martin Hasle	+0.51	28.76	1:00.92
	Erlend Alstad	+0.30	34.21	1:12.90	Oddvar Sandvin	0.00	27.15	57.39
2.	De Rog 3	De Rog		NED	<b>4:34.33</b>	+0.75		
	Erik Kamphuis	+0.75	35.74	1:12.26	Peter Bensen	+0.23	30.96	1:07.98
	Arjan Verheij	+0.23	35.49	1:16.81	Glen Le Clercq	+0.51	27.44	57.28
3.	ZPC AMERSFOORT 2	ZPC AMERSFOORT		NED	<b>4:34.65</b>	+0.69		
	Martijn Giezen	+0.69	30.65	1:02.92	Edwin v. Norden		30.06	1:04.93
	Ron Korzelius		37.51	1:19.95	Henk Kuipers		32.20	1:06.85
4.	Steenwijk 1934 4	Steenwijk 1934		NED	<b>4:52.86</b>	+0.77		
	Guido Keutgen	+0.77	32.21	1:08.24	Korstiaan de Boer		33.41	1:14.63
	Huyb Stegeman		36.54	1:20.30	Casper Dollekamp		33.39	1:09.69
5.	PSV 3	PSV		NED	<b>5:22.84</b>	+0.82		
	Eymert van Rooij	+0.82	37.93	1:18.12	Soan Thung	+0.43	31.67	1:12.80
	André Pantekoek	+0.58	48.53	1:45.48	Leo Hsu	+0.29	30.98	1:06.44
6.	Budel 2	Budel		NED	<b>5:47.39</b>	+0.86		
	Jos Zentjens	+0.86	43.31	1:29.48	Edward van Nijmweegen	+0.50	42.33	1:38.11
	Joost van Eerd	+0.58	43.03	1:32.01	Wiljo Mackus	+0.57	31.72	1:07.79
DIS	De Rog 4	De Rog		NED				
	<i>RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.</i>							
	Wijnand Vergeest, Hans Van de Berg, Roy Le Clercq, Huub van Kimmenade							

200+, Gemengd

1.	Dunkerque Natation 1 <i>French Masters Record</i>	Dunkerque Natation		FRA	<b>4:52.18</b>	+0.65		
	Jean-Pierre Delaporte	+0.65	33.44	1:09.22	Isabelle Dherbecourt		33.77	1:19.43
	Isabelle Josselin		38.47	1:24.80	Fabrice Dehandschoewercker		26.22	58.73
DIS	Albion WSS (SG) 5	Albion WSS (SG)		NED				
	<i>RE - Het keer- en/of eindpunt niet aangeraakt met enig lichaamsdeel.</i>							
	Caroline Kruger, Oskar Jansen, Fred Dijkshoorn, Linda Olsson							

240+, Dames

1.	ZPC AMERSFOORT 1 <i>Kampioenschaps Record</i>	ZPC AMERSFOORT		NED	<b>6:03.72</b>	+0.86		
	Loekie van Huissteden	+0.86	1:02.17	2:10.56	Lesley Cordial	+0.54	35.29	1:16.45
	Lidia v. Bon-Rosenbrand	+0.28	40.59	1:26.88	Atie Pijtak-Radersma	+0.20	33.11	1:09.83

240+, Heren

1.	WS Twente 2	WS Twente		NED	<b>5:53.84</b>	+0.67		
	Frans van Enst	+0.67	47.76	1:37.17	Jan Willem Heuten	+0.78	44.22	1:35.62
	Joop Weenink	+0.69	40.09	1:24.25	Bart van Calker	+0.43	38.12	1:16.80



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



Programmanr. 18, 4 x 100m wisselslag

240+, Gemengd

1. PSV 1	PSV			NED	<b>5:18.21</b>	+0.84	
Ineke Weekers	+0.84	45.95	1:32.71	Fred Ketting	+0.34	33.85	1:12.88
Harold Matla	+0.19	33.57	1:11.66	Corrie Verhoeven		37.44	1:20.96
2. AZC 3	AZC			NED	<b>6:27.46</b>	+0.78	
Wim de Lange	+0.78	42.44	1:26.00	Katrina Boutwell		42.56	1:37.04
Wil Ponsioen-van Mil	+0.66	52.60	1:53.83	Geza Kaltenecker	+0.66	43.53	1:30.59
3. Old Dutch 2	Old Dutch			NED	<b>7:14.29</b>	+0.76	
Karien Musters	+0.76	1:11.04	2:30.50	Karin van Nassau-van den Heuvel	+0.64	47.00	1:43.45
Nico Baay	+0.61	52.74	1:54.10	Phil Trethewie	+0.33	32.67	1:06.24