

## LEGENDA

Gebruik <ctrl> L voor volledig scherm

| Algemeen          | Afko | Toelichting                                                                                          |
|-------------------|------|------------------------------------------------------------------------------------------------------|
| Serieindeling     |      | Elke serie heeft een eigen pagina met alle informatie: naam, vereniging, inschrijftijd, statistieken |
| Rank              |      | De rangschikking op basis van inschrijftijd (ongachte 25m/50m intijd), top 3 heeft kleurtje          |
| Estafettezwemmers |      | Bij Estafettes zijn de estafettezwemmers weergegeven ( <b>Let Op:</b> dit kan wijzigen !)            |

| Records & Recordkansen    | Afko  | Toelichting                                                                                                       |
|---------------------------|-------|-------------------------------------------------------------------------------------------------------------------|
| Nederlands Masters Record | NMR   | Inschrijftijd onder NMR                                                                                           |
|                           | NMR=  | Inschrijftijd gelijk aan NMR                                                                                      |
|                           | NMR?  | Inschrijftijd in de buurt van NMR                                                                                 |
| Nationaal Masters Record  | NatMr | idem, maar dan voor een niet-Nederlands Nationaal Masters Record                                                  |
| Europees Masters Record   | EMR   | idem                                                                                                              |
| Wereld Masters Record     | WMR   | idem                                                                                                              |
| Championships Records     | CR    | Beste tijd op deze afstands op de ONMK kb (sinds 2000)                                                            |
| NMR: 50m, etc.            |       | Bij langere afstanden zijn voor de tussentijden de relevante NMR's vermeld (bij wissel is dit vlinder)            |
| WMR-aanvraag              |       | Op deze afstand is een record aangevraagd (Buitenlands, Europees, Wereld)<br>NMR hoeft niet te worden aangevraagd |
| NMR-houder                |       | De houder van het NMR (alleen Nederland) is weergegeven                                                           |
| Record-houder             |       | Dit is alleen ingevuld als de zwemmer op deze afstand het record heeft (alleen NMR, EMR, WMR)                     |

Noot: een estafette met 1 of meer 20+ kan geen EMR of WMR zwemmen

### Statistieken

|                             |  |                                                                                            |
|-----------------------------|--|--------------------------------------------------------------------------------------------|
| ONMK (sinds 2000)           |  | Aantal keer persoonlijk deelgenomen aan de ONMK lb en kb (sinds 2000)                      |
| ONMK medailles (sinds 2000) |  | Aantal medailles op de ONMK lb en kb (sinds 2000)                                          |
| Kampioen (sinds 1983)       |  | Aantal keer Masters Kampioen op kort/lang bad, open water (sinds 1983) [voor zover bekend] |
| Titelhouder                 |  | De winnaar van afgelopen jaar op deze afstand in deze categorie                            |
| Tijd titelhouder            |  | De winnende tijd van de titelhouder                                                        |

### Wetenswaardigheden

|               |       |                                                                                     |
|---------------|-------|-------------------------------------------------------------------------------------|
|               | DMHoF | Dutch Masters Hall of Fame                                                          |
|               | ISHoF | Internationsl Swimming Hall of Fame                                                 |
|               | TGMZ  | Taakgroep Masters Zwemmen                                                           |
| Algemene info |       | Het grote vlak biedt ruimte voor vrije tekst met extra informatie over deze persoon |

| Bn | Rank  | Naam                                                              | Gend | Cat | Team                                                                                                                                                                             | Intijd       | KANS | WMR      | EMR                   | NatMR    | CR       | Record-houder | Titelhouder 2019   |
|----|-------|-------------------------------------------------------------------|------|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|------|----------|-----------------------|----------|----------|---------------|--------------------|
|    | 09:00 | Programma 31 800m. vrij D Serie: 1                                |      |     |                                                                                                                                                                                  |              |      |          | NMR-houder            |          |          | Aanvraag      | Tijd titelhouder   |
|    | 0     | 3 Marjan Spoelstra                                                | D    | 60+ | SWOL 1894                                                                                                                                                                        | 13:11,34     |      | 10:21,68 | 10:36,35              | 11:13,35 | 11:13,35 |               | Patty Verhagen     |
|    |       |                                                                   |      |     |                                                                                                                                                                                  | 25m-bad tijd |      |          | NMR: Conny Boer-Buys  |          |          |               | 11:48,94           |
|    |       | NMR: 50m: 0:30,11 / 100m: 1:07,34 / 200m: 2:28,92 / 400m: 5:22,92 |      |     | ALL: 1 NMR est<br>ONMK: 13xKB 8xLB, ind: 2G 7Z 15B, est: 9G 8Z 2B                                                                                                                |              |      |          |                       |          |          |               |                    |
|    | 1     | 4 Marijke Campfens                                                | D    | 50+ | De Geul                                                                                                                                                                          | 12:03,30     |      | 9:23,45  | 9:42,20               | 10:33,26 | 9:55,00  |               | Claudia Thielemann |
|    |       |                                                                   |      |     |                                                                                                                                                                                  | 25m-bad tijd |      |          | NMR: Marja Bloemzaad  |          |          |               | 9:55,33            |
|    |       | NMR: 50m: 0:28,75 / 100m: 1:04,10 / 200m: 2:20,93 / 400m: 4:58,86 |      |     | ONMK: 5xKB 3xLB, ind: 1Z 1B, est: 2G 5Z 4B                                                                                                                                       |              |      |          |                       |          |          |               |                    |
|    | 2     | 3 Petra Tossings                                                  | D    | 55+ | DAW                                                                                                                                                                              | 11:55,45     |      | 9:32,63  | 10:09,29              | 11:00,20 | 10:36,51 |               | Wilna Heijman      |
|    |       |                                                                   |      |     |                                                                                                                                                                                  | 25m-bad tijd |      |          | NMR: Wilna Heijman    |          |          |               | 11:00,20           |
|    |       | NMR: 50m: 0:29,87 / 100m: 1:06,11 / 200m: 2:27,48 / 400m: 5:13,76 |      |     | ALL: 1 NMR est<br>ONMK: 6xKB 7xLB, ind: 10G 25Z 19B, est: 13G 8Z 6B                                                                                                              |              |      |          |                       |          |          |               |                    |
|    | 3     | 1 Ineke Weekers                                                   | D    | 65+ | PSV                                                                                                                                                                              | 11:33,57     | EMR= | 10:34,67 | 11:33,09              | 11:33,09 | 11:33,57 | NMR-houder    | Ineke Weekers      |
|    |       |                                                                   |      |     | lid DMHoF                                                                                                                                                                        | 25m-bad tijd |      |          | NMR: Ineke Weekers    |          |          |               | 11:36,94           |
|    |       | NMR: 50m: 0:31,85 / 100m: 1:10,66 / 200m: 2:37,13 / 400m: 5:35,77 |      |     | Actueel:3 WMR est, 2 EMR ind, 3 EMR est, 21 NMR ind, 14 NMR est / ALL: 3 WMR est, 6 EMR ind, 10 EMR est, 55 NMR ind, 38 NMR est<br>ONMK: 9xKB 9xLB, ind: 66G 13Z 1B, est: 34G 3Z |              |      |          |                       |          |          |               |                    |
|    | 4     | 2 Yvonne Gerritsen                                                | D    | 40+ | WVZ                                                                                                                                                                              | 11:27,84     |      | 8:55,34  | 8:55,34               | 9:33,98  | 8:55,34  |               | Liselotte Joling   |
|    |       |                                                                   |      |     |                                                                                                                                                                                  | 50m-bad tijd |      |          | NMR: Grith Sigsgaard  |          |          |               | 9:55,81            |
|    |       | NMR: 50m: 0:27,87 / 100m: 1:00,72 / 200m: 2:17,34 / 400m: 4:42,74 |      |     | ALL: 1 EMR est,<br>ONMK: 12xKB 10xLB, ind: 32G 34Z 19B, est: 8G 17Z 8B                                                                                                           |              |      |          |                       |          |          |               |                    |
|    | 5     | 2 Jacqueline Rolloos-Bakkers                                      | D    | 55+ | De Lansingh                                                                                                                                                                      | 11:33,55     |      | 9:32,63  | 10:09,29              | 11:00,20 | 10:36,51 |               | Wilna Heijman      |
|    |       |                                                                   |      |     |                                                                                                                                                                                  | 25m-bad tijd |      |          | NMR: Wilna Heijman    |          |          |               | 11:00,20           |
|    |       | NMR: 50m: 0:29,87 / 100m: 1:06,11 / 200m: 2:27,48 / 400m: 5:13,76 |      |     | ONMK: 15xKB 11xLB, ind: 26G 59Z 29B, est: 2Z 1B                                                                                                                                  |              |      |          |                       |          |          |               |                    |
|    | 6     | 3 Iris van Aurich                                                 | D    | 50+ | DWK                                                                                                                                                                              | 11:53,75     |      | 9:23,45  | 9:42,20               | 10:33,26 | 9:55,00  |               | Claudia Thielemann |
|    |       |                                                                   |      |     |                                                                                                                                                                                  | 25m-bad tijd |      |          | NMR: Marja Bloemzaad  |          |          |               | 9:55,35            |
|    |       | NMR: 50m: 0:28,75 / 100m: 1:04,10 / 200m: 2:20,93 / 400m: 4:58,86 |      |     | ONMK: 9xKB 5xLB, ind: 7Z 5B, est: 7G 6Z 3B                                                                                                                                       |              |      |          |                       |          |          |               |                    |
|    | 7     | 1 Conny Boer-Buys                                                 | D    | 70+ | ZVVS                                                                                                                                                                             | 11:57,17     | WMR  | 12:11,34 | 12:30,04              | 13:38,55 | 13:07,98 |               |                    |
|    |       |                                                                   |      |     |                                                                                                                                                                                  | 25m-bad tijd |      |          | NMR: Corrie Verhoeven |          |          | WMR-aanvraag  |                    |
|    |       | NMR: 50m: 0:34,77 / 100m: 1:13,78 / 200m: 3:02,69 / 400m: 6:00,79 |      |     | Actueel:4 EMR ind, 21 NMR ind, 1 NMR est / ALL: 15 WMR ind, 2 WMR est, 52 EMR ind, 4 EMR est, 214 NMR ind, 7 NMR est<br>ONMK: 16xKB 15xLB, ind: 152G 11Z , est: 14G 6Z           |              |      |          |                       |          |          |               |                    |
|    | 8     | 2 Katinka Elders                                                  | D    | 60+ | Oceanus                                                                                                                                                                          | 13:06,32     |      | 10:21,68 | 10:36,35              | 11:13,35 | 11:13,35 |               | Patty Verhagen     |
|    |       |                                                                   |      |     |                                                                                                                                                                                  | 25m-bad tijd |      |          | NMR: Conny Boer-Buys  |          |          |               | 11:48,94           |
|    |       | NMR: 50m: 0:30,11 / 100m: 1:07,34 / 200m: 2:28,92 / 400m: 5:22,92 |      |     | ONMK: 12xKB 11xLB, ind: 1G 4Z 7B, est: 1Z                                                                                                                                        |              |      |          |                       |          |          |               |                    |
|    | 9     | 1 Marie Smits                                                     | D    | 80+ | Old Dutch                                                                                                                                                                        | 17:11,32     |      | 12:49,43 | 12:49,43              | 16:44,79 | 16:44,79 |               | Marie Smits        |
|    |       |                                                                   |      |     |                                                                                                                                                                                  | 25m-bad tijd |      |          | NMR: Lottie Geurts    |          |          |               | 18:00,41           |
|    |       | NMR: 50m: 0:42,16 / 100m: 1:35,81 / 200m: 3:37,54 / 400m: 8:02,96 |      |     | Actueel: 6 NMR ind / ALL: 15 NMR ind<br>ONMK: 4xKB 4xLB, ind: 27G 13Z , est: 9G 8Z 3B                                                                                            |              |      |          |                       |          |          |               |                    |

| Bn | Rank  | Naam                                                              | Gend | Cat | Team                                                                                                         | Intijd       | KANS | WMR      | EMR                  | NatMR    | CR       | Record-houder | Titelhouder 2019   |
|----|-------|-------------------------------------------------------------------|------|-----|--------------------------------------------------------------------------------------------------------------|--------------|------|----------|----------------------|----------|----------|---------------|--------------------|
|    | 09:18 | Programma 31 800m. vrij D Serie: 2                                |      |     |                                                                                                              |              |      |          | NMR-houder           |          |          | Aanvraag      | Tijd titelhouder   |
|    | 0     | 2 Laura Staal                                                     | D    | 50+ | Oceanus                                                                                                      | 11:22,24     |      | 9:23,45  | 9:42,20              | 10:33,26 | 9:55,00  |               | Claudia Thielemann |
|    |       |                                                                   |      |     |                                                                                                              | 25m-bad tijd |      |          | NMR: Marja Bloemzaad |          |          |               | 9:55,35            |
|    |       | NMR: 50m: 0:28,75 / 100m: 1:04,10 / 200m: 2:20,93 / 400m: 4:58,86 |      |     | ALL: 6 NMR est<br>ONMK: 19xKB 15xLB, ind: 50G 59Z 28B, est: 11G 7Z 2B                                        |              |      |          |                      |          |          |               |                    |
|    | 1     | 5 Chantal Verhoeff                                                | D    | 40+ | Old Dutch                                                                                                    | 11:20,67     |      | 8:55,34  | 8:55,34              | 9:33,98  | 8:55,34  |               | Liselotte Joling   |
|    |       |                                                                   |      |     |                                                                                                              | 25m-bad tijd |      |          | NMR: Grith Sigsgaard |          |          |               | 9:55,81            |
|    |       | NMR: 50m: 0:27,87 / 100m: 1:00,72 / 200m: 2:17,34 / 400m: 4:42,74 |      |     | ONMK: 4xKB 4xLB, ind: 3G 12Z 11B, est: 1G 7Z 5B                                                              |              |      |          |                      |          |          |               |                    |
|    | 2     | 3 Petra Guijt                                                     | D    | 40+ | Aqua-Novio '94                                                                                               | 11:13,61     |      | 8:55,34  | 8:55,34              | 9:33,98  | 8:55,34  |               | Liselotte Joling   |
|    |       |                                                                   |      |     |                                                                                                              | 25m-bad tijd |      |          | NMR: Grith Sigsgaard |          |          |               | 9:55,81            |
|    |       | NMR: 50m: 0:27,87 / 100m: 1:00,72 / 200m: 2:17,34 / 400m: 4:42,74 |      |     | ONMK: 6xKB 7xLB, ind: 2G 12Z 7B, est: 1G 1B                                                                  |              |      |          |                      |          |          |               |                    |
|    | 3     | 1 Bianca Groot                                                    | D    | 50+ | MSV-Zeemacht                                                                                                 | 11:06,40     |      | 9:23,45  | 9:42,20              | 10:33,26 | 9:55,00  |               | Claudia Thielemann |
|    |       |                                                                   |      |     |                                                                                                              | 50m-bad tijd |      |          | NMR: Marja Bloemzaad |          |          |               | 9:55,35            |
|    |       | NMR: 50m: 0:28,75 / 100m: 1:04,10 / 200m: 2:20,93 / 400m: 4:58,86 |      |     | ONMK: 1xLB, ind: 1Z 1B, est: 1G 1Z                                                                           |              |      |          |                      |          |          |               |                    |
|    | 4     | 1 Wilna Heijman                                                   | D    | 55+ | Steenwijk 1934                                                                                               | 11:00,20     | NMR= | 9:32,63  | 10:09,29             | 11:00,20 | 10:36,51 | NMR-houder    | Wilna Heijman      |
|    |       |                                                                   |      |     |                                                                                                              | 25m-bad tijd |      |          | NMR: Wilna Heijman   |          |          |               | 11:00,20           |
|    |       | NMR: 50m: 0:29,87 / 100m: 1:06,11 / 200m: 2:27,48 / 400m: 5:13,76 |      |     | Actueel: 1 NMR ind / ALL: 2 NMR ind<br>ONMK: 10xKB 5xLB, ind: 22G 18Z 18B, est: 7G 7Z 11B                    |              |      |          |                      |          |          |               |                    |
|    | 5     | 5 Linda Hoogendam                                                 | D    | 35+ | WVZ                                                                                                          | 11:03,68     |      | 8:57,28  | 9:13,05              | 9:34,16  | 9:34,16  |               | Ramona Linting     |
|    |       |                                                                   |      |     |                                                                                                              | 25m-bad tijd |      |          | NMR: Grith Sigsgaard |          |          |               | 10:41,01           |
|    |       | NMR: 50m: 0:27,60 / 100m: 0:59,65 / 200m: 2:11,95 / 400m: 4:37,34 |      |     | ALL: 1 NMR est<br>ONMK: 13xKB 13xLB, ind: 16G 15Z 36B, est: 6G 8Z 10B                                        |              |      |          |                      |          |          |               |                    |
|    | 6     | 6 Audrey Runge                                                    | D    | 35+ | FRA - Natation Vesoul N                                                                                      | 11:09,09     |      | 8:57,28  | 9:13,05              | 9:15,77  | 9:34,16  |               | Ramona Linting     |
|    |       |                                                                   |      |     |                                                                                                              | 25m-bad tijd |      |          |                      |          |          |               | 10:41,01           |
|    |       |                                                                   |      |     |                                                                                                              |              |      |          |                      |          |          |               |                    |
|    | 7     | 4 Kika Meijers                                                    | D    | 40+ | SWOL 1894                                                                                                    | 11:18,29     |      | 8:55,34  | 8:55,34              | 9:33,98  | 8:55,34  |               | Liselotte Joling   |
|    |       |                                                                   |      |     |                                                                                                              | 25m-bad tijd |      |          | NMR: Grith Sigsgaard |          |          |               | 9:55,81            |
|    |       | NMR: 50m: 0:27,87 / 100m: 1:00,72 / 200m: 2:17,34 / 400m: 4:42,74 |      |     | ONMK: 2xKB, ind: 1G 4Z 3B, est: 1Z                                                                           |              |      |          |                      |          |          |               |                    |
|    | 8     | 1 Esther van Lohuizen                                             | D    | 60+ | PSV                                                                                                          | 11:22,20     |      | 10:21,68 | 10:36,35             | 11:13,35 | 11:13,35 |               | Patty Verhagen     |
|    |       |                                                                   |      |     |                                                                                                              | 25m-bad tijd |      |          | NMR: Conny Boer-Buys |          |          |               | 11:48,94           |
|    |       | NMR: 50m: 0:30,11 / 100m: 1:07,34 / 200m: 2:28,92 / 400m: 5:22,92 |      |     | Actueel: 18 NMR est / ALL: 10 EMR est, 1 NMR ind, 24 NMR est<br>ONMK: 1xKB 5xLB, ind: 11G 6Z 1B, est: 20G 2Z |              |      |          |                      |          |          |               |                    |
|    | 9     | 6 Jessica Venema                                                  | D    | 40+ | WIDEX GZC DONK                                                                                               | 11:22,89     |      | 8:55,34  | 8:55,34              | 9:33,98  | 8:55,34  |               | Liselotte Joling   |
|    |       |                                                                   |      |     |                                                                                                              | 25m-bad tijd |      |          | NMR: Grith Sigsgaard |          |          |               | 9:55,81            |
|    |       | NMR: 50m: 0:27,87 / 100m: 1:00,72 / 200m: 2:17,34 / 400m: 4:42,74 |      |     | ONMK: 4xKB 3xLB, ind: 3B, est: 1B                                                                            |              |      |          |                      |          |          |               |                    |

| Bn | Rank  | Naam                                                              | Gend | Cat | Team                                                                                   | Intijd       | KANS | WMR     | EMR                     | NatMR    | CR      | Record-houder | Titelhouder 2019  |
|----|-------|-------------------------------------------------------------------|------|-----|----------------------------------------------------------------------------------------|--------------|------|---------|-------------------------|----------|---------|---------------|-------------------|
|    | 09:30 | Programma 31 800m. vrij D Serie: 3                                |      |     |                                                                                        |              |      |         | NMR-houder              |          |         | Aanvraag      | Tijd titelhouder  |
|    | 0     | 5 Martje Godschalk                                                | D    | 30+ | De IJsel                                                                               | 10:49,21     |      | 8:38,58 | 8:42,57                 | 9:29,80  | 9:29,26 |               | Viktória Felföldi |
|    |       |                                                                   |      |     |                                                                                        | 25m-bad tijd |      |         | NMR: Marlijn Hendriksen |          |         |               | 9:29,26           |
|    |       | NMR: 50m: 0:26,49 / 100m: 0:57,02 / 200m: 2:06,96 / 400m: 4:34,75 |      |     | ONMK: 7xKB 4xLB, ind: 1Z 1B, est: 2G 4Z 6B                                             |              |      |         |                         |          |         |               |                   |
|    | 1     | 6 Annette de Visser                                               | D    | 45+ | Oceanus                                                                                | 10:40,13     |      | 9:10,26 | 9:25,12                 | 9:51,44  | 9:51,44 |               | Grith Sigsgaard   |
|    |       |                                                                   |      |     |                                                                                        | 25m-bad tijd |      |         | NMR: Grith Sigsgaard    |          |         |               | 10:07,97          |
|    |       | NMR: 50m: 0:27,91 / 100m: 1:02,16 / 200m: 2:17,15 / 400m: 4:48,23 |      |     | ALL: 2 NMR est<br>ONMK: 17xKB 17xLB, ind: 16G 40Z 58B, est: 10G 13Z 2B                 |              |      |         |                         |          |         |               |                   |
|    | 2     | 11 Danielle Vermeulen                                             | D    | 25+ | Zwemlust- den Hommel                                                                   | 10:34,48     |      | 8:51,18 | 8:57,67                 | 9:17,98  | 9:22,70 |               | Maaike Vooren     |
|    |       |                                                                   |      |     |                                                                                        | 25m-bad tijd |      |         | NMR: Maartje van Keulen |          |         |               | 9:29,92           |
|    |       | NMR: 50m: 0:25,86 / 100m: 0:56,45 / 200m: 2:03,77 / 400m: 4:18,54 |      |     | ONMK: 2xKB, est: 1G 1Z 1B                                                              |              |      |         |                         |          |         |               |                   |
|    | 3     | 10 Jasmijn Ruijgrok                                               | D    | 25+ | WZK Zwemmen                                                                            | 10:32,94     |      | 8:51,18 | 8:57,67                 | 9:17,98  | 9:22,70 |               | Maaike Vooren     |
|    |       |                                                                   |      |     |                                                                                        | 25m-bad tijd |      |         | NMR: Maartje van Keulen |          |         |               | 9:29,92           |
|    |       | NMR: 50m: 0:25,86 / 100m: 0:56,45 / 200m: 2:03,77 / 400m: 4:18,54 |      |     | ONMK: 2xLB, ind: 1G 1B                                                                 |              |      |         |                         |          |         |               |                   |
|    | 4     | 9 Pascale Rovers                                                  | D    | 25+ | De Dolfijn                                                                             | 10:29,33     |      | 8:51,18 | 8:57,67                 | 9:17,98  | 9:22,70 |               | Maaike Vooren     |
|    |       |                                                                   |      |     |                                                                                        | 25m-bad tijd |      |         | NMR: Maartje van Keulen |          |         |               | 9:29,92           |
|    |       | NMR: 50m: 0:25,86 / 100m: 0:56,45 / 200m: 2:03,77 / 400m: 4:18,54 |      |     | ONMK: 1xLB                                                                             |              |      |         |                         |          |         |               |                   |
|    | 5     | 4 Mandy Verbakel                                                  | D    | 30+ | ZPC Woerden                                                                            | 10:29,65     |      | 8:38,58 | 8:42,57                 | 9:29,80  | 9:29,26 |               | Viktória Felföldi |
|    |       |                                                                   |      |     |                                                                                        | 25m-bad tijd |      |         | NMR: Marlijn Hendriksen |          |         |               | 9:29,26           |
|    |       | NMR: 50m: 0:26,49 / 100m: 0:57,02 / 200m: 2:06,96 / 400m: 4:34,75 |      |     | Actueel: 2 NMR est / ALL: 4 NMR est<br>ONMK: 7xKB 7xLB, ind: 1G 3Z 7B, est: 23G 11Z 3B |              |      |         |                         |          |         |               |                   |
|    | 6     | 12 Chantal van der Vaart                                          | D    | 20+ | ZVVS                                                                                   | 10:33,71     |      |         |                         | 8:55,85  | 9:03,79 |               | Madelon Dijkstra  |
|    |       |                                                                   |      |     |                                                                                        | 25m-bad tijd |      |         | NMR: Madelon Dijkstra   |          |         |               | 9:03,79           |
|    |       | NMR: 50m: 0:26,20 / 100m: 0:57,26 / 200m: 2:05,03 / 400m: 4:20,22 |      |     | ONMK: 1xKB 1xLB, est: 1B                                                               |              |      |         |                         |          |         |               |                   |
|    | 7     | 5 Kathy Van Lindt                                                 | D    | 45+ | BEL - CNSW                                                                             | 10:36,96     |      | 9:10,26 | 9:25,12                 | 10:15,19 | 9:51,44 |               | Grith Sigsgaard   |
|    |       |                                                                   |      |     |                                                                                        | 25m-bad tijd |      |         |                         |          |         |               | 10:07,97          |
|    |       |                                                                   |      |     | ONMK: 2xKB 4xLB, ind: 1G 3Z 8B, est: 3G 6Z 1B                                          |              |      |         |                         |          |         |               |                   |
|    | 8     | 4 Ramona Linting                                                  | D    | 35+ | LinK                                                                                   | 10:40,42     |      | 8:57,28 | 9:13,05                 | 9:34,16  | 9:34,16 |               | Ramona Linting    |
|    |       |                                                                   |      |     |                                                                                        | 25m-bad tijd |      |         | NMR: Grith Sigsgaard    |          |         |               | 10:41,01          |
|    |       | NMR: 50m: 0:27,60 / 100m: 0:59,65 / 200m: 2:11,95 / 400m: 4:37,34 |      |     | ONMK: 7xKB 6xLB, ind: 7G 14Z 7B, est: 1G 1Z 2B                                         |              |      |         |                         |          |         |               |                   |
|    | 9     | 12 Anouk Kuijlaars                                                | D    | 25+ | PSV                                                                                    | 10:58,80     |      | 8:51,18 | 8:57,67                 | 9:17,98  | 9:22,70 |               | Maaike Vooren     |
|    |       |                                                                   |      |     |                                                                                        | 25m-bad tijd |      |         | NMR: Maartje van Keulen |          |         |               | 9:29,92           |
|    |       | NMR: 50m: 0:25,86 / 100m: 0:56,45 / 200m: 2:03,77 / 400m: 4:18,54 |      |     | ONMK: 1xKB 4xLB, est: 1Z 2B                                                            |              |      |         |                         |          |         |               |                   |

| Bn | Rank  | Naam                                                              | Gend | Cat | Team                                                                                                                                   | Intijd       | KANS | WMR     | EMR                     | NatMR   | CR      | Record-houder | Titelhouder 2019  |
|----|-------|-------------------------------------------------------------------|------|-----|----------------------------------------------------------------------------------------------------------------------------------------|--------------|------|---------|-------------------------|---------|---------|---------------|-------------------|
|    | 09:42 | Programma 31 800m. vrij D Serie: 4                                |      |     |                                                                                                                                        |              |      |         | NMR-houder              |         |         | Aanvraag      | Tijd titelhouder  |
|    | 0     | 8 Deborah Wissink                                                 | D    | 25+ | ZPC De Hof                                                                                                                             | 10:23,11     |      | 8:51,18 | 8:57,67                 | 9:17,98 | 9:22,70 |               | Maaïke Vooren     |
|    |       |                                                                   |      |     |                                                                                                                                        | 25m-bad tijd |      |         | NMR: Maartje van Keulen |         |         |               | 9:29,92           |
|    |       | NMR: 50m: 0:25,86 / 100m: 0:56,45 / 200m: 2:03,77 / 400m: 4:18,54 |      |     |                                                                                                                                        |              |      |         |                         |         |         |               |                   |
|    | 1     | 7 Wendy de Bruin                                                  | D    | 25+ | ZOB'66                                                                                                                                 | 10:21,20     |      | 8:51,18 | 8:57,67                 | 9:17,98 | 9:22,70 |               | Maaïke Vooren     |
|    |       |                                                                   |      |     |                                                                                                                                        | 25m-bad tijd |      |         | NMR: Maartje van Keulen |         |         |               | 9:29,92           |
|    |       | NMR: 50m: 0:25,86 / 100m: 0:56,45 / 200m: 2:03,77 / 400m: 4:18,54 |      |     | ALL: 2 NMR est<br>ONMK: 9xKB 8xLB, ind: 3Z 5B, est: 5G 7Z 6B                                                                           |              |      |         |                         |         |         |               |                   |
|    | 2     | 4 Karin Stein                                                     | D    | 45+ | ZVVS                                                                                                                                   | 10:17,97     |      | 9:10,26 | 9:25,12                 | 9:51,44 | 9:51,44 |               | Grith Sigsgaard   |
|    |       |                                                                   |      |     |                                                                                                                                        | 25m-bad tijd |      |         | NMR: Grith Sigsgaard    |         |         |               | 10:07,97          |
|    |       | NMR: 50m: 0:27,91 / 100m: 1:02,16 / 200m: 2:17,15 / 400m: 4:48,23 |      |     | Actueel: 4 NMR ind, 1 NMR est / ALL: 2 WMR est, 3 EMR est, 37 NMR ind, 8 NMR est<br>ONMK: 9xKB 12xLB, ind: 69G 34Z 14B, est: 20G 5Z 3B |              |      |         |                         |         |         |               |                   |
|    | 3     | 5 Nanda de Vries                                                  | D    | 25+ | Steenwijk 1934                                                                                                                         | 10:12,54     |      | 8:51,18 | 8:57,67                 | 9:17,98 | 9:22,70 |               | Maaïke Vooren     |
|    |       |                                                                   |      |     |                                                                                                                                        | 25m-bad tijd |      |         | NMR: Maartje van Keulen |         |         |               | 9:29,92           |
|    |       | NMR: 50m: 0:25,86 / 100m: 0:56,45 / 200m: 2:03,77 / 400m: 4:18,54 |      |     | Actueel: 1 NMR est / ALL: 4 NMR est<br>ONMK: 7xKB 5xLB, ind: 5G 7Z 6B, est: 10G 10Z 10B                                                |              |      |         |                         |         |         |               |                   |
|    | 4     | 11 Chantal Beijer                                                 | D    | 20+ | DWT                                                                                                                                    | 10:08,15     |      |         |                         | 8:55,85 | 9:03,79 |               | Madelon Dijkstra  |
|    |       |                                                                   |      |     |                                                                                                                                        | 25m-bad tijd |      |         | NMR: Madelon Dijkstra   |         |         |               | 9:03,79           |
|    |       | NMR: 50m: 0:26,20 / 100m: 0:57,26 / 200m: 2:05,03 / 400m: 4:20,22 |      |     | ONMK: 4xKB 2xLB, ind: 2Z 2B, est: 1G 4B                                                                                                |              |      |         |                         |         |         |               |                   |
|    | 5     | 4 Anne-Irene Ducheine                                             | D    | 25+ | Zwemvereniging Hooglar                                                                                                                 | 10:09,00     |      | 8:51,18 | 8:57,67                 | 9:17,98 | 9:22,70 |               | Maaïke Vooren     |
|    |       |                                                                   |      |     |                                                                                                                                        | 25m-bad tijd |      |         | NMR: Maartje van Keulen |         |         |               | 9:29,92           |
|    |       | NMR: 50m: 0:25,86 / 100m: 0:56,45 / 200m: 2:03,77 / 400m: 4:18,54 |      |     | Actueel: 1 NMR est / ALL: 1 NMR est<br>ONMK: 2xKB 3xLB, ind: 1G 2Z 1B, est: 5G 3Z                                                      |              |      |         |                         |         |         |               |                   |
|    | 6     | 1 Anke Lambooi                                                    | D    | 40+ | De Vliet (SG)                                                                                                                          | 10:17,17     |      | 8:55,34 | 8:55,34                 | 9:33,98 | 8:55,34 |               | Liselotte Joling  |
|    |       |                                                                   |      |     |                                                                                                                                        | 25m-bad tijd |      |         | NMR: Grith Sigsgaard    |         |         |               | 9:55,81           |
|    |       | NMR: 50m: 0:27,87 / 100m: 1:00,72 / 200m: 2:17,34 / 400m: 4:42,74 |      |     | ALL: 1 NMR ind<br>ONMK: 9xKB 11xLB, ind: 26G 29Z 9B                                                                                    |              |      |         |                         |         |         |               |                   |
|    | 7     | 6 Melissa Zwaan                                                   | D    | 25+ | DAW                                                                                                                                    | 10:18,04     |      | 8:51,18 | 8:57,67                 | 9:17,98 | 9:22,70 |               | Maaïke Vooren     |
|    |       |                                                                   |      |     |                                                                                                                                        | 25m-bad tijd |      |         | NMR: Maartje van Keulen |         |         |               | 9:29,92           |
|    |       | NMR: 50m: 0:25,86 / 100m: 0:56,45 / 200m: 2:03,77 / 400m: 4:18,54 |      |     | ONMK: 1xKB, ind: 2B, est: 2G 1B                                                                                                        |              |      |         |                         |         |         |               |                   |
|    | 8     | 2 Clara Van Roeyen                                                | D    | 30+ | BEL - GBZ                                                                                                                              | 10:22,94     |      | 8:38,58 | 8:42,57                 | 9:45,16 | 9:29,26 |               | Viktória Felföldi |
|    |       |                                                                   |      |     |                                                                                                                                        | 25m-bad tijd |      |         |                         |         |         |               | 9:29,26           |
|    |       |                                                                   |      |     | ONMK: 2xKB 2xLB                                                                                                                        |              |      |         |                         |         |         |               |                   |
|    | 9     | 3 Jenny Schouten                                                  | D    | 30+ | Zwemsport Parkstad (SG)                                                                                                                | 10:24,39     |      | 8:38,58 | 8:42,57                 | 9:29,80 | 9:29,26 |               | Viktória Felföldi |
|    |       |                                                                   |      |     |                                                                                                                                        | 25m-bad tijd |      |         | NMR: Marlijn Hendriksen |         |         |               | 9:29,26           |
|    |       | NMR: 50m: 0:26,49 / 100m: 0:57,02 / 200m: 2:06,96 / 400m: 4:34,75 |      |     |                                                                                                                                        |              |      |         |                         |         |         |               |                   |

| Bn | Rank  | Naam                                                              | Gend | Cat | Team                                                                                                                                       | Intijd       | KANS     | WMR     | EMR                     | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|-------------------------------------------------------------------|------|-----|--------------------------------------------------------------------------------------------------------------------------------------------|--------------|----------|---------|-------------------------|---------|---------|---------------|------------------|
|    | 09:53 | Programma 31 800m. vrij D Serie: 5                                |      |     |                                                                                                                                            |              |          |         | NMR-houder              |         |         | Aanvraag      | Tijd titelhouder |
|    | 0     | 3 Fraukje Puts                                                    | D    | 25+ | HZ&PC Heerenveen                                                                                                                           | 10:00,06     |          | 8:51,18 | 8:57,67                 | 9:17,98 | 9:22,70 |               | Maaïke Vooren    |
|    |       |                                                                   |      |     |                                                                                                                                            | 25m-bad tijd |          |         | NMR: Maartje van Keulen |         |         |               | 9:29,92          |
|    |       | NMR: 50m: 0:25,86 / 100m: 0:56,45 / 200m: 2:03,77 / 400m: 4:18,54 |      |     | Actueel: 1 NMR est / ALL: 5 NMR est<br>ONMK: 5xKB 2xLB, ind: 1G 3Z 10B, est: 9G 4Z 2B                                                      |              |          |         |                         |         |         |               |                  |
|    | 1     | 3 Stephanie Vaernewyck                                            | D    | 35+ | BEL - MEGA-zwemteam                                                                                                                        | 9:57,27      |          | 8:57,28 | 9:13,05                 | 9:49,36 | 9:34,16 |               | Ramona Linting   |
|    |       |                                                                   |      |     |                                                                                                                                            | 25m-bad tijd |          |         |                         |         |         |               | 10:41,01         |
|    |       |                                                                   |      |     | ONMK: 1xKB 5xLB, ind: 5G 14Z 7B                                                                                                            |              |          |         |                         |         |         |               |                  |
|    | 2     | 2 Fiona Meuffels                                                  | D    | 25+ | RZ                                                                                                                                         | 9:55,50      |          | 8:51,18 | 8:57,67                 | 9:17,98 | 9:22,70 |               | Maaïke Vooren    |
|    |       |                                                                   |      |     |                                                                                                                                            | 25m-bad tijd |          |         | NMR: Maartje van Keulen |         |         |               | 9:29,92          |
|    |       | NMR: 50m: 0:25,86 / 100m: 0:56,45 / 200m: 2:03,77 / 400m: 4:18,54 |      |     | ONMK: 3xKB 3xLB, ind: 1Z 2B, est: 2Z 5B                                                                                                    |              |          |         |                         |         |         |               |                  |
|    | 3     | 8 Michelle Zomerdijk                                              | D    | 20+ | Dedemsvaart-AC                                                                                                                             | 9:49,63      |          |         |                         | 8:55,85 | 9:03,79 |               | Madelon Dijkstra |
|    |       |                                                                   |      |     |                                                                                                                                            | 25m-bad tijd |          |         | NMR: Madelon Dijkstra   |         |         |               | 9:03,79          |
|    |       | NMR: 50m: 0:26,20 / 100m: 0:57,26 / 200m: 2:05,03 / 400m: 4:20,22 |      |     |                                                                                                                                            |              |          |         |                         |         |         |               |                  |
|    | 4     | 7 Bibi Stokvis                                                    | D    | 20+ | Het Y                                                                                                                                      | 9:48,89      |          |         |                         | 8:55,85 | 9:03,79 |               | Madelon Dijkstra |
|    |       |                                                                   |      |     |                                                                                                                                            | 25m-bad tijd |          |         | NMR: Madelon Dijkstra   |         |         |               | 9:03,79          |
|    |       | NMR: 50m: 0:26,20 / 100m: 0:57,26 / 200m: 2:05,03 / 400m: 4:20,22 |      |     | ONMK: 1xKB 1xLB, ind: 1B                                                                                                                   |              |          |         |                         |         |         |               |                  |
|    | 5     | 2 Ann Wanter                                                      | D    | 35+ | BEL - Zwemclub Geel                                                                                                                        | 9:49,36      | natMR=   | 8:57,28 | 9:13,05                 | 9:49,36 | 9:34,16 |               | Ramona Linting   |
|    |       |                                                                   |      |     |                                                                                                                                            | 25m-bad tijd |          |         |                         |         |         |               | 10:41,01         |
|    |       |                                                                   |      |     | Actueel: 2 NMR ind / ALL: 5 NMR ind<br>ONMK: 1xKB 3xLB, ind: 13G 4Z 3B                                                                     |              |          |         |                         |         |         |               |                  |
|    | 6     | 2 Liselotte Joling                                                | D    | 45+ | PSV                                                                                                                                        | 9:51,81      | NMR-kans | 9:10,26 | 9:25,12                 | 9:51,44 | 9:51,44 |               | Grith Sigsgaard  |
|    |       |                                                                   |      |     | lid DMHoF                                                                                                                                  | 25m-bad tijd |          |         | NMR: Grith Sigsgaard    |         |         |               | 10:07,97         |
|    |       | NMR: 50m: 0:27,91 / 100m: 1:02,16 / 200m: 2:17,15 / 400m: 4:48,23 |      |     | Actueel: 4 NMR ind, 8 NMR est / ALL: 2 WMR est, 6 EMR est, 25 NMR ind, 44 NMR est<br>ONMK: 19xKB 16xLB, ind: 108G 49Z 22B, est: 56G 16Z 3B |              |          |         |                         |         |         |               |                  |
|    | 7     | 9 Maike van de Velde                                              | D    | 20+ | ZPCH                                                                                                                                       | 9:57,05      |          |         |                         | 8:55,85 | 9:03,79 |               | Madelon Dijkstra |
|    |       |                                                                   |      |     |                                                                                                                                            | 25m-bad tijd |          |         | NMR: Madelon Dijkstra   |         |         |               | 9:03,79          |
|    |       | NMR: 50m: 0:26,20 / 100m: 0:57,26 / 200m: 2:05,03 / 400m: 4:20,22 |      |     |                                                                                                                                            |              |          |         |                         |         |         |               |                  |
|    | 8     | 3 Grith Sigsgaard                                                 | D    | 45+ | De Otters Het Gooi                                                                                                                         | 9:58,19      |          | 9:10,26 | 9:25,12                 | 9:51,44 | 9:51,44 | NMR-houder    | Grith Sigsgaard  |
|    |       |                                                                   |      |     |                                                                                                                                            | 25m-bad tijd |          |         | NMR: Grith Sigsgaard    |         |         |               | 10:07,97         |
|    |       | NMR: 50m: 0:27,91 / 100m: 1:02,16 / 200m: 2:17,15 / 400m: 4:48,23 |      |     | Actueel: 18 NMR ind / ALL: 1 EMR ind, 34 NMR ind<br>ONMK: 15xKB 11xLB, ind: 55G 17Z 2B                                                     |              |          |         |                         |         |         |               |                  |
|    | 9     | 10 Marijke Drent                                                  | D    | 20+ | De Zwemlinie (SG)                                                                                                                          | 10:00,90     |          |         |                         | 8:55,85 | 9:03,79 |               | Madelon Dijkstra |
|    |       |                                                                   |      |     |                                                                                                                                            | 25m-bad tijd |          |         | NMR: Madelon Dijkstra   |         |         |               | 9:03,79          |
|    |       | NMR: 50m: 0:26,20 / 100m: 0:57,26 / 200m: 2:05,03 / 400m: 4:20,22 |      |     | ONMK: 1xKB 1xLB, est: 1G 1B                                                                                                                |              |          |         |                         |         |         |               |                  |

| Bn | Rank  | Naam                                                              | Gend | Cat | Team                                                                      | Intijd       | KANS  | WMR     | EMR                     | NatMR    | CR      | Record-houder | Titelhouder 2019  |
|----|-------|-------------------------------------------------------------------|------|-----|---------------------------------------------------------------------------|--------------|-------|---------|-------------------------|----------|---------|---------------|-------------------|
|    | 10:03 | Programma 31 800m. vrij D Serie: 6                                |      |     |                                                                           |              |       |         | NMR-houder              |          |         | Aanvraag      | Tijd titelhouder  |
|    | 0     | 6 Elianne Huitema                                                 | D    | 20+ | Steenwijk 1934                                                            | 9:45,62      |       |         |                         | 8:55,85  | 9:03,79 |               | Madelon Dijkstra  |
|    |       |                                                                   |      |     |                                                                           | 25m-bad tijd |       |         | NMR: Madelon Dijkstra   |          |         |               | 9:03,79           |
|    |       | NMR: 50m: 0:26,20 / 100m: 0:57,26 / 200m: 2:05,03 / 400m: 4:20,22 |      |     | ONMK: 2xKB, est: 1G 4Z 3B                                                 |              |       |         |                         |          |         |               |                   |
|    | 1     | 4 Kirsten Walraven                                                | D    | 20+ | ZPC De Zeeuwse Kust                                                       | 9:40,12      |       |         |                         | 8:55,85  | 9:03,79 |               | Madelon Dijkstra  |
|    |       |                                                                   |      |     |                                                                           | 25m-bad tijd |       |         | NMR: Madelon Dijkstra   |          |         |               | 9:03,79           |
|    |       | NMR: 50m: 0:26,20 / 100m: 0:57,26 / 200m: 2:05,03 / 400m: 4:20,22 |      |     |                                                                           |              |       |         |                         |          |         |               |                   |
|    | 2     | 1 Kirsten Cameron                                                 | D    | 45+ | AUS - Malvern Marlins N                                                   | 9:31,81      | WMR=  | 9:10,26 | 9:25,12                 | 9:45,60  | 9:51,44 |               | Grith Sigsgaard   |
|    |       |                                                                   |      |     |                                                                           | 50m-bad tijd |       |         |                         |          |         |               | 10:07,97          |
|    |       |                                                                   |      |     | ONMK: 1xKB 4xLB, ind: 20G                                                 |              |       |         |                         |          |         |               |                   |
|    | 3     | 1 Viktória Háden-Felföldi                                         | D    | 35+ | HUN - Megathlon SE                                                        | 9:29,26      | natMR | 8:57,28 | 9:13,05                 | 10:34,90 | 9:34,16 |               | Ramona Linting    |
|    |       |                                                                   |      |     |                                                                           | 25m-bad tijd |       |         |                         |          |         |               | 10:41,01          |
|    |       |                                                                   |      |     | ONMK: 2xKB 3xLB, ind: 30G 7Z                                              |              |       |         |                         |          |         |               |                   |
|    | 4     | 1 Madelon Dijkstra                                                | D    | 20+ | ZPCH                                                                      | 8:55,13      | NMR   |         |                         | 8:55,85  | 9:03,79 | NMR-houder    | Madelon Dijkstra  |
|    |       |                                                                   |      |     |                                                                           | 25m-bad tijd |       |         | NMR: Madelon Dijkstra   |          |         |               | 9:03,79           |
|    |       | NMR: 50m: 0:26,20 / 100m: 0:57,26 / 200m: 2:05,03 / 400m: 4:20,22 |      |     | Actueel: 2 NMR ind / ALL: 3 NMR ind<br>ONMK: 4xKB 2xLB, ind: 13G 5Z 2B    |              |       |         |                         |          |         |               |                   |
|    | 5     | 2 Manon van Esch                                                  | D    | 20+ | PSV                                                                       | 9:08,37      |       |         |                         | 8:55,85  | 9:03,79 |               | Madelon Dijkstra  |
|    |       |                                                                   |      |     |                                                                           | 25m-bad tijd |       |         | NMR: Madelon Dijkstra   |          |         |               | 9:03,79           |
|    |       | NMR: 50m: 0:26,20 / 100m: 0:57,26 / 200m: 2:05,03 / 400m: 4:20,22 |      |     | ONMK: 4xKB 2xLB, ind: 1G 3Z 4B, est: 3G 5Z 3B                             |              |       |         |                         |          |         |               |                   |
|    | 6     | 1 Maaïke Vooren                                                   | D    | 25+ | DAW                                                                       | 9:29,92      |       | 8:51,18 | 8:57,67                 | 9:17,98  | 9:22,70 |               | Maaïke Vooren     |
|    |       |                                                                   |      |     |                                                                           | 25m-bad tijd |       |         | NMR: Maartje van Keulen |          |         |               | 9:29,92           |
|    |       | NMR: 50m: 0:25,86 / 100m: 0:56,45 / 200m: 2:03,77 / 400m: 4:18,54 |      |     | ALL: 6 NMR est<br>ONMK: 9xKB 8xLB, ind: 33G 26Z 12B, est: 21G 10Z 6B      |              |       |         |                         |          |         |               |                   |
|    | 7     | 3 Hilde Dekker                                                    | D    | 20+ | ReVeLie Swim Team                                                         | 9:39,25      |       |         |                         | 8:55,85  | 9:03,79 |               | Madelon Dijkstra  |
|    |       |                                                                   |      |     |                                                                           | 25m-bad tijd |       |         | NMR: Madelon Dijkstra   |          |         |               | 9:03,79           |
|    |       | NMR: 50m: 0:26,20 / 100m: 0:57,26 / 200m: 2:05,03 / 400m: 4:20,22 |      |     | ONMK: 1xKB 1xLB, ind: 1G 2Z 6B                                            |              |       |         |                         |          |         |               |                   |
|    | 8     | 5 Marije Dankelman                                                | D    | 20+ | Dedemsvaart-AC                                                            | 9:43,89      |       |         |                         | 8:55,85  | 9:03,79 |               | Madelon Dijkstra  |
|    |       |                                                                   |      |     |                                                                           | 25m-bad tijd |       |         | NMR: Madelon Dijkstra   |          |         |               | 9:03,79           |
|    |       | NMR: 50m: 0:26,20 / 100m: 0:57,26 / 200m: 2:05,03 / 400m: 4:20,22 |      |     | Actueel: 1 NMR est / ALL: 3 NMR est<br>ONMK: 2xKB 1xLB, ind: 2Z , est: 4G |              |       |         |                         |          |         |               |                   |
|    | 9     | 1 Lisanne Andeweg                                                 | D    | 30+ | Zuiderzeezwimmers                                                         | 9:48,61      |       | 8:38,58 | 8:42,57                 | 9:29,80  | 9:29,26 |               | Viktória Felföldi |
|    |       |                                                                   |      |     |                                                                           | 25m-bad tijd |       |         | NMR: Marlijn Hendriksen |          |         |               | 9:29,26           |
|    |       | NMR: 50m: 0:26,49 / 100m: 0:57,02 / 200m: 2:06,96 / 400m: 4:34,75 |      |     | ALL: 4 NMR est<br>ONMK: 8xKB 9xLB, ind: 28G 19Z 10B, est: 8G 6Z 3B        |              |       |         |                         |          |         |               |                   |

| Bn | Rank  | Naam                                 | Gender | Cat | Team                  | Intijd                                                                                                                                                    | KANS   | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019  |
|----|-------|--------------------------------------|--------|-----|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------|-----------------------|---------|---------|---------------|-------------------|
|    | 10:29 | Programma 32 400m. wissel H Serie: 1 |        |     |                       |                                                                                                                                                           |        |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder  |
| 0  | 1     | Rob Hanou                            | H      | 75+ | PSV                   | 7:18,51                                                                                                                                                   | NMR=   | 6:26,09 | 6:52,62               | 7:18,51 | 7:03,62 | NMR-houder    | Rob Hanou         |
|    |       |                                      |        |     | lid DMHoF, ex-lid TGM | 25m-bad tijd                                                                                                                                              |        |         | NMR: Rob Hanou        |         |         |               | 7:21,23           |
|    |       |                                      |        |     |                       | Actueel: 1 EMR est, 26 NMR ind, 22 NMR est / ALL: 3 WMR est, 12 EMR est, 148 NMR ind, 82 NMR est<br>ONMK: 18xKB 17xLB, ind: 276G 42Z 10B, est: 57G 12Z 7B |        |         |                       |         |         |               |                   |
| 1  | 1     | Paul Bunnik                          | H      | 60+ | Triton                | 6:15,47                                                                                                                                                   |        | 5:04,54 | 5:15,31               | 5:15,31 | 5:15,31 |               | Paul Bunnik       |
|    |       |                                      |        |     |                       | 25m-bad tijd                                                                                                                                              |        |         | NMR: Hugo Bregman     |         |         |               | 6:28,18           |
|    |       |                                      |        |     |                       | Actueel: 1 NMR ind / ALL: 1 NMR ind<br>ONMK: 15xKB 13xLB, ind: 60G 58Z 62B, est: 2G 5Z 9B                                                                 |        |         |                       |         |         |               |                   |
| 2  | 4     | Korstiaan de Boer                    | H      | 45+ | Steenwijk 1934        | 5:54,27                                                                                                                                                   |        | 4:31,36 | 4:31,36               | 4:58,58 | 5:01,64 |               | Vedestas Sefleris |
|    |       |                                      |        |     |                       | 25m-bad tijd                                                                                                                                              |        |         | NMR: Edwin van Norden |         |         |               | 5:15,03           |
|    |       |                                      |        |     |                       | NMR: 50m: 0:27,82 / 100m: 1:01,38<br>ONMK: 5xKB 4xLB, ind: 3Z 4B, est: 1G 5Z 3B                                                                           |        |         |                       |         |         |               |                   |
| 3  | 5     | Bruno Nahon                          | H      | 50+ | BEL - CNSW            | 5:51,86                                                                                                                                                   |        | 4:29,33 | 4:29,33               | 5:12,52 | 4:58,99 |               | René Beetsma      |
|    |       |                                      |        |     |                       | 25m-bad tijd                                                                                                                                              |        |         |                       |         |         |               | 5:27,16           |
|    |       |                                      |        |     |                       | ONMK: 1xKB 2xLB, ind: 1G 4Z 1B, est: 1G 3Z 2B                                                                                                             |        |         |                       |         |         |               |                   |
| 4  | 4     | Ronald Grove                         | H      | 55+ | Triton                | 5:48,77                                                                                                                                                   |        | 4:51,97 | 4:59,32               | 5:07,99 | 5:07,99 |               | Arnold de Rover   |
|    |       |                                      |        |     | lid DMHoF             | 25m-bad tijd                                                                                                                                              |        |         | NMR: Hugo Bregman     |         |         |               | 5:34,74           |
|    |       |                                      |        |     |                       | Actueel: 1 NMR ind / ALL: 15 NMR ind, 14 NMR est<br>ONMK: 19xKB 17xLB, ind: 20G 68Z 50B, est: 4G 11Z 7B                                                   |        |         |                       |         |         |               |                   |
| 5  | 11    | Peter van de Bor                     | H      | 35+ | DWT                   | 5:49,71                                                                                                                                                   |        | 4:19,79 | 4:30,09               | 4:39,42 | 4:46,30 |               | Kristian Lenos    |
|    |       |                                      |        |     |                       | 50m-bad tijd                                                                                                                                              |        |         | NMR: Edwin van Norden |         |         |               | 5:04,48           |
|    |       |                                      |        |     |                       | NMR: 50m: 0:24,84 / 100m: 0:58,43<br>ONMK: 5xKB 3xLB, ind: 1Z 1B, est: 1B                                                                                 |        |         |                       |         |         |               |                   |
| 6  | 1     | Jean-Marie Cadiat                    | H      | 65+ | BEL - CNSW            | 5:52,63                                                                                                                                                   | natMR= | 5:03,34 | 5:32,88               | 5:52,63 | 5:52,63 |               |                   |
|    |       |                                      |        |     |                       | 25m-bad tijd                                                                                                                                              |        |         |                       |         |         |               |                   |
|    |       |                                      |        |     |                       | ONMK: 5xKB 7xLB, ind: 31G 5Z , est: 14G 2Z                                                                                                                |        |         |                       |         |         |               |                   |
| 7  | 5     | Kasper van den Berghe                | H      | 45+ | SWOL 1894             | 5:56,56                                                                                                                                                   |        | 4:31,36 | 4:31,36               | 4:58,58 | 5:01,64 |               | Vedestas Sefleris |
|    |       |                                      |        |     |                       | 25m-bad tijd                                                                                                                                              |        |         | NMR: Edwin van Norden |         |         |               | 5:15,03           |
|    |       |                                      |        |     |                       | ALL: 2 NMR est<br>ONMK: 11xKB 8xLB, ind: 3G 11Z 15B, est: 3G 8Z 2B                                                                                        |        |         |                       |         |         |               |                   |
| 8  | 2     | Wim Witjes                           | H      | 60+ | Aqua-Novio '94        | 6:44,08                                                                                                                                                   |        | 5:04,54 | 5:15,31               | 5:15,31 | 5:15,31 |               | Paul Bunnik       |
|    |       |                                      |        |     |                       | 25m-bad tijd                                                                                                                                              |        |         | NMR: Hugo Bregman     |         |         |               | 6:28,18           |
|    |       |                                      |        |     |                       | NMR: 50m: 0:27,82 / 100m: 1:01,38<br>ONMK: 11xKB 8xLB, ind: 6G 18Z 23B, est: 1G 2Z 2B                                                                     |        |         |                       |         |         |               |                   |
| 9  | 1     | Piet Schop                           | H      | 70+ | De Bevelanders        | 7:27,55                                                                                                                                                   |        | 5:48,15 | 5:57,68               | 7:02,20 | 7:03,05 |               |                   |
|    |       |                                      |        |     |                       | 25m-bad tijd                                                                                                                                              |        |         | NMR: Rob Hanou        |         |         |               |                   |
|    |       |                                      |        |     |                       | ALL: 1 NMR ind<br>ONMK: 5xKB 8xLB, ind: 56G 48Z 15B, est: 1Z                                                                                              |        |         |                       |         |         |               |                   |

| Bn | Rank  | Naam                                 | Gend | Cat | Team                                                                                         | Intijd       | KANS | WMR     | EMR                    | NatMR   | CR      | Record-houder | Titelhouder 2019    |
|----|-------|--------------------------------------|------|-----|----------------------------------------------------------------------------------------------|--------------|------|---------|------------------------|---------|---------|---------------|---------------------|
|    | 10:37 | Programma 32 400m. wissel H Serie: 2 |      |     |                                                                                              |              |      |         | NMR-houder             |         |         | Aanvraag      | Tijd titelhouder    |
| 0  | 4     | Erik Schoenmakers                    | H    | 40+ | WIDEX GZC DONK                                                                               | 5:44,04      |      | 4:30,68 | 4:31,92                | 4:47,69 | 4:47,69 |               | Dennis Brouwers     |
|    |       |                                      |      |     |                                                                                              | 25m-bad tijd |      |         | NMR: Egbert Stolk      |         |         |               | 5:03,99             |
|    |       | NMR: 50m: 0:25,81 / 100m: 0:58,33    |      |     |                                                                                              |              |      |         |                        |         |         |               |                     |
| 1  | 2     | Arnold de Rover                      | H    | 55+ | AZ&PC De Futen                                                                               | 5:34,74      |      | 4:51,97 | 4:59,32                | 5:07,99 | 5:07,99 |               | Arnold de Rover     |
|    |       |                                      |      |     |                                                                                              | 25m-bad tijd |      |         | NMR: Hugo Bregman      |         |         |               | 5:34,74             |
|    |       | NMR: 50m: 0:27,35 / 100m: 1:00,58    |      |     | ALL: 1 EMR est, 2 NMR ind, 8 NMR est<br>ONMK: 17xKB 15xLB, ind: 31G 36Z 28B, est: 19G 9Z 10B |              |      |         |                        |         |         |               |                     |
| 2  | 3     | Kees Bakker                          | H    | 45+ | Gay Swim Amsterdam                                                                           | 5:32,35      |      | 4:31,36 | 4:31,36                | 4:58,58 | 5:01,64 |               | Vedestas Seffleris  |
|    |       |                                      |      |     |                                                                                              | 25m-bad tijd |      |         | NMR: Edwin van Norden  |         |         |               | 5:15,03             |
|    |       | NMR: 50m: 0:27,42 / 100m: 1:00,97    |      |     | ONMK: 5xKB 2xLB, ind: 1G 7B                                                                  |              |      |         |                        |         |         |               |                     |
| 3  | 4     | Jan-Willem van den Berg              | H    | 50+ | WVZ                                                                                          | 5:28,27      |      | 4:29,33 | 4:29,33                | 4:58,99 | 4:58,99 |               | René Beetsma        |
|    |       |                                      |      |     |                                                                                              | 25m-bad tijd |      |         | NMR: Hugo Bregman      |         |         |               | 5:27,16             |
|    |       | NMR: 50m: 0:26,97 / 100m: 0:59,91    |      |     | ALL: 1 NMR est<br>ONMK: 6xKB 6xLB, ind: 5G 14Z 15B, est: 3G 3Z 5B                            |              |      |         |                        |         |         |               |                     |
| 4  | 5     | Jorn Lucas                           | H    | 20+ | De Veene                                                                                     | 5:21,37      |      |         |                        | 4:33,61 | 4:33,61 |               | Joris Bezemer       |
|    |       |                                      |      |     |                                                                                              | 25m-bad tijd |      |         | NMR: Kevin Eltink      |         |         |               | 4:47,52             |
|    |       | NMR: 50m: 0:24,17 / 100m: 0:56,30    |      |     |                                                                                              |              |      |         |                        |         |         |               |                     |
| 5  | 1     | Adolfo Ortiz                         | H    | 50+ | ESP - Club Natació L'Hoi                                                                     | 5:23,44      |      | 4:29,33 | 4:29,33                | 5:04,16 | 4:58,99 |               | René Beetsma        |
|    |       |                                      |      |     |                                                                                              | 50m-bad tijd |      |         |                        |         |         |               | 5:27,16             |
|    |       |                                      |      |     | ONMK: 1xLB, ind: 2G , est: 1B                                                                |              |      |         |                        |         |         |               |                     |
| 6  | 1     | Bert Schlicher                       | H    | 55+ | RZ                                                                                           | 5:30,31      |      | 4:51,97 | 4:59,32                | 5:07,99 | 5:07,99 |               | Arnold de Rover     |
|    |       |                                      |      |     |                                                                                              | 25m-bad tijd |      |         | NMR: Hugo Bregman      |         |         |               | 5:34,74             |
|    |       | NMR: 50m: 0:27,35 / 100m: 1:00,58    |      |     | ALL: 2 NMR ind, 3 NMR est<br>ONMK: 2xKB 5xLB, ind: 6G 10Z 8B, est: 9G 5Z 2B                  |              |      |         |                        |         |         |               |                     |
| 7  | 6     | Niels Albrechts                      | H    | 30+ | De Schoteijl                                                                                 | 5:33,70      |      | 4:16,06 | 4:25,70                | 4:40,29 | 4:40,29 |               | Roel van der Kruijs |
|    |       |                                      |      |     |                                                                                              | 25m-bad tijd |      |         | NMR: Diederik Rouffaer |         |         |               | 5:16,10             |
|    |       | NMR: 50m: 0:25,18 / 100m: 0:57,99    |      |     | ALL: 2 NMR est<br>ONMK: 12xKB 11xLB, ind: 4G 5Z 21B, est: 11G 16Z 9B                         |              |      |         |                        |         |         |               |                     |
| 8  | 10    | Rob van Wanrooy                      | H    | 35+ | Gay Swim Amsterdam                                                                           | 5:34,88      |      | 4:19,79 | 4:30,09                | 4:39,42 | 4:46,30 |               | Kristian Lenos      |
|    |       |                                      |      |     |                                                                                              | 25m-bad tijd |      |         | NMR: Edwin van Norden  |         |         |               | 5:04,48             |
|    |       | NMR: 50m: 0:24,84 / 100m: 0:58,43    |      |     | ONMK: 7xKB 5xLB, ind: 4Z 5B                                                                  |              |      |         |                        |         |         |               |                     |
| 9  | 3     | Wiljam Nijenhuis                     | H    | 55+ | De IJsel                                                                                     | 5:45,57      |      | 4:51,97 | 4:59,32                | 5:07,99 | 5:07,99 |               | Arnold de Rover     |
|    |       |                                      |      |     |                                                                                              | 25m-bad tijd |      |         | NMR: Hugo Bregman      |         |         |               | 5:34,74             |
|    |       | NMR: 50m: 0:27,35 / 100m: 1:00,58    |      |     | ONMK: 11xKB 6xLB, ind: 1G 10Z 19B, est: 2G 2Z 5B                                             |              |      |         |                        |         |         |               |                     |

| Bn | Rank  | Naam                                 | Gend | Cat | Team                                                                                                                | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019    |
|----|-------|--------------------------------------|------|-----|---------------------------------------------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|---------------------|
|    | 10:43 | Programma 32 400m. wissel H Serie: 3 |      |     |                                                                                                                     |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder    |
| 0  | 5     | Jeroen Burggraaf                     | H    | 30+ | De Blauwe Schuur                                                                                                    | 5:20,28      |      | 4:16,06 | 4:25,70                   | 4:40,29 | 4:40,29 |               | Roel van der Kruijs |
|    |       |                                      |      |     |                                                                                                                     | 25m-bad tijd |      |         | NMR: Diederik Rouffaer    |         |         |               | 5:16,10             |
|    |       | NMR: 50m: 0:25,18 / 100m: 0:57,99    |      |     | ONMK: 1xLB, est: 2Z                                                                                                 |              |      |         |                           |         |         |               |                     |
| 1  | 2     | Glen Le Clercq                       | H    | 50+ | De Rog                                                                                                              | 5:17,88      |      | 4:29,33 | 4:29,33                   | 4:58,99 | 4:58,99 |               | René Beetsma        |
|    |       |                                      |      |     |                                                                                                                     | 25m-bad tijd |      |         | NMR: Hugo Bregman         |         |         |               | 5:27,16             |
|    |       | NMR: 50m: 0:26,97 / 100m: 0:59,91    |      |     | Actueel: 7 NMR est / ALL: 12 NMR est<br>ONMK: 7xKB 5xLB, ind: 27G 11Z 4B, est: 26G 2Z 4B                            |              |      |         |                           |         |         |               |                     |
| 2  | 4     | Wessel Everloo                       | H    | 30+ | WS Twente                                                                                                           | 5:16,39      |      | 4:16,06 | 4:25,70                   | 4:40,29 | 4:40,29 |               | Roel van der Kruijs |
|    |       |                                      |      |     |                                                                                                                     | 25m-bad tijd |      |         | NMR: Diederik Rouffaer    |         |         |               | 5:16,10             |
|    |       | NMR: 50m: 0:25,18 / 100m: 0:57,99    |      |     | ALL: 2 NMR est<br>ONMK: 10xKB 2xLB, ind: 4G 5Z 9B, est: 5G 1Z 5B                                                    |              |      |         |                           |         |         |               |                     |
| 3  | 3     | Patrick Creemers                     | H    | 30+ | RZ                                                                                                                  | 5:15,59      |      | 4:16,06 | 4:25,70                   | 4:40,29 | 4:40,29 |               | Roel van der Kruijs |
|    |       |                                      |      |     |                                                                                                                     | 25m-bad tijd |      |         | NMR: Diederik Rouffaer    |         |         |               | 5:16,10             |
|    |       | NMR: 50m: 0:25,18 / 100m: 0:57,99    |      |     | ONMK: 8xKB 6xLB, ind: 6G 12Z 16B, est: 2Z 14B                                                                       |              |      |         |                           |         |         |               |                     |
| 4  | 7     | Frank v.d. Voordt                    | H    | 35+ | De Schoteijl                                                                                                        | 5:11,70      |      | 4:19,79 | 4:30,09                   | 4:39,42 | 4:46,30 |               | Kristian Lenos      |
|    |       |                                      |      |     |                                                                                                                     | 25m-bad tijd |      |         | NMR: Edwin van Norden     |         |         |               | 5:04,48             |
|    |       | NMR: 50m: 0:24,84 / 100m: 0:58,43    |      |     | ONMK: 7xKB 6xLB, ind: 7Z 13B, est: 4G 6Z 2B                                                                         |              |      |         |                           |         |         |               |                     |
| 5  | 2     | Vedestas Sefleris                    | H    | 45+ | LTU - Kauno Takas                                                                                                   | 5:15,03      |      | 4:31,36 | 4:31,36                   | 5:03,26 | 5:01,64 |               | Vedestas Sefleris   |
|    |       |                                      |      |     |                                                                                                                     | 25m-bad tijd |      |         |                           |         |         |               | 5:15,03             |
|    |       |                                      |      |     | ONMK: 2xKB 2xLB, ind: 7G 1Z 5B                                                                                      |              |      |         |                           |         |         |               |                     |
| 6  | 8     | Roel van der Kruijs                  | H    | 35+ | De Gelenberg                                                                                                        | 5:16,10      |      | 4:19,79 | 4:30,09                   | 4:39,42 | 4:46,30 |               | Kristian Lenos      |
|    |       |                                      |      |     |                                                                                                                     | 25m-bad tijd |      |         | NMR: Edwin van Norden     |         |         |               | 5:04,48             |
|    |       | NMR: 50m: 0:24,84 / 100m: 0:58,43    |      |     | ONMK: 4xKB, ind: 1G 2Z 2B, est: 1G 3Z 1B                                                                            |              |      |         |                           |         |         |               |                     |
| 7  | 5     | Tom van Gils                         | H    | 25+ | ZPC De Zeeuwse Kust                                                                                                 | 5:17,81      |      | 4:14,51 | 4:26,08                   | 4:28,38 | 4:28,38 |               | Emiel van Beusekom  |
|    |       |                                      |      |     |                                                                                                                     | 25m-bad tijd |      |         | NMR: Raymond van de Merwe |         |         |               | 4:49,53             |
|    |       | NMR: 50m: 0:24,29 / 100m: 0:55,85    |      |     |                                                                                                                     |              |      |         |                           |         |         |               |                     |
| 8  | 9     | Marcel Reefhuis                      | H    | 35+ | WS Twente                                                                                                           | 5:18,31      |      | 4:19,79 | 4:30,09                   | 4:39,42 | 4:46,30 |               | Kristian Lenos      |
|    |       |                                      |      |     |                                                                                                                     | 25m-bad tijd |      |         | NMR: Edwin van Norden     |         |         |               | 5:04,48             |
|    |       | NMR: 50m: 0:24,84 / 100m: 0:58,43    |      |     | ALL: 2 NMR est<br>ONMK: 13xKB 13xLB, ind: 10G 32Z 41B, est: 10G 7Z 12B                                              |              |      |         |                           |         |         |               |                     |
| 9  | 3     | René Beetsma                         | H    | 50+ | HZ&PC Heerenveen                                                                                                    | 5:21,20      |      | 4:29,33 | 4:29,33                   | 4:58,99 | 4:58,99 |               | René Beetsma        |
|    |       |                                      |      |     |                                                                                                                     | 25m-bad tijd |      |         | NMR: Hugo Bregman         |         |         |               | 5:27,16             |
|    |       | NMR: 50m: 0:26,97 / 100m: 0:59,91    |      |     | Actueel: 7 NMR est / ALL: 1 EMR est, 2 NMR ind, 22 NMR est<br>ONMK: 16xKB 13xLB, ind: 67G 55Z 35B, est: 40G 13Z 12B |              |      |         |                           |         |         |               |                     |

| Bn | Rank  | Naam                                 | Gend | Cat | Team                                                                                        | Intijd       | KANS | WMR     | EMR                      | NatMR   | CR      | Record-houder | Titelhouder 2019    |
|----|-------|--------------------------------------|------|-----|---------------------------------------------------------------------------------------------|--------------|------|---------|--------------------------|---------|---------|---------------|---------------------|
|    | 10:49 | Programma 32 400m. wissel H Serie: 4 |      |     |                                                                                             |              |      |         | NMR-houder               |         |         | Aanvraag      | Tijd titelhouder    |
| 0  | 4     | Maik Steenkamp                       | H    | 25+ | Montferland                                                                                 | 5:10,30      |      | 4:14,51 | 4:26,08                  | 4:28,38 | 4:28,38 |               | Emiel van Beusekom  |
|    |       |                                      |      |     |                                                                                             | 25m-bad tijd |      |         | NMR: Raymond van de Merw |         |         |               | 4:49,53             |
|    |       |                                      |      |     | Actueel: 1 NMR est / ALL: 7 NMR est<br>ONMK: 10xKB 8xLB, ind: 5G 20Z 36B, est: 11G 7Z 4B    |              |      |         |                          |         |         |               |                     |
| 1  | 2     | Alex Vermeulen                       | H    | 30+ | WZK Zwemmen                                                                                 | 5:09,85      |      | 4:16,06 | 4:25,70                  | 4:40,29 | 4:40,29 |               | Roel van der Kruijs |
|    |       |                                      |      |     |                                                                                             | 25m-bad tijd |      |         | NMR: Diederik Rouffaer   |         |         |               | 5:16,10             |
|    |       |                                      |      |     | ALL: 1 NMR est<br>ONMK: 7xKB 7xLB, ind: 4G 5Z 6B, est: 5G 1Z 1B                             |              |      |         |                          |         |         |               |                     |
|    |       |                                      |      |     | NMR: 50m: 0:25,18 / 100m: 0:57,99                                                           |              |      |         |                          |         |         |               |                     |
| 2  | 3     | Kristiaan Lenos                      | H    | 35+ | ZVL-1886 Tetteroo                                                                           | 5:08,80      |      | 4:19,79 | 4:30,09                  | 4:39,42 | 4:46,30 |               | Kristian Lenos      |
|    |       |                                      |      |     |                                                                                             | 50m-bad tijd |      |         | NMR: Edwin van Norden    |         |         |               | 5:04,48             |
|    |       |                                      |      |     | Actueel: 4 NMR est / ALL: 9 NMR est<br>ONMK: 10xKB 9xLB, ind: 52G 41Z 31B, est: 30G 20Z 10B |              |      |         |                          |         |         |               |                     |
|    |       |                                      |      |     | NMR: 50m: 0:24,84 / 100m: 0:58,43                                                           |              |      |         |                          |         |         |               |                     |
| 3  | 5     | Rob van Vliet                        | H    | 35+ | ZPC AMERSFOORT                                                                              | 5:07,46      |      | 4:19,79 | 4:30,09                  | 4:39,42 | 4:46,30 |               | Kristian Lenos      |
|    |       |                                      |      |     |                                                                                             | 25m-bad tijd |      |         | NMR: Edwin van Norden    |         |         |               | 5:04,48             |
|    |       |                                      |      |     | ALL: 1 NMR ind, 1 NMR est<br>ONMK: 7xKB 9xLB, ind: 10G 14Z 12B, est: 10G 12Z 8B             |              |      |         |                          |         |         |               |                     |
|    |       |                                      |      |     | NMR: 50m: 0:24,84 / 100m: 0:58,43                                                           |              |      |         |                          |         |         |               |                     |
| 4  | 4     | Richard van der Horst                | H    | 20+ | De Meer                                                                                     | 5:06,24      |      |         |                          | 4:33,61 | 4:33,61 |               | Joris Bezemer       |
|    |       |                                      |      |     |                                                                                             | 25m-bad tijd |      |         | NMR: Kevin Eltink        |         |         |               | 4:47,52             |
|    |       |                                      |      |     | ONMK: 4xKB 2xLB, ind: 3Z 2B                                                                 |              |      |         |                          |         |         |               |                     |
|    |       |                                      |      |     | NMR: 50m: 0:24,17 / 100m: 0:56,30                                                           |              |      |         |                          |         |         |               |                     |
| 5  | 2     | Jeffrey Camphens                     | H    | 25+ | DWT                                                                                         | 5:06,48      |      | 4:14,51 | 4:26,08                  | 4:28,38 | 4:28,38 |               | Emiel van Beusekom  |
|    |       |                                      |      |     |                                                                                             | 50m-bad tijd |      |         | NMR: Raymond van de Merw |         |         |               | 4:49,53             |
|    |       |                                      |      |     | NMR: 50m: 0:24,29 / 100m: 0:55,85                                                           |              |      |         |                          |         |         |               |                     |
|    |       |                                      |      |     | ONMK: 6xKB 3xLB, ind: 7G 6Z 8B, est: 1G 4B                                                  |              |      |         |                          |         |         |               |                     |
| 6  | 1     | Marcel van Winssen                   | H    | 45+ | De Gelenberg                                                                                | 5:08,05      |      | 4:31,36 | 4:31,36                  | 4:58,58 | 5:01,64 |               | Vedestas Seferlis   |
|    |       |                                      |      |     |                                                                                             | 25m-bad tijd |      |         | NMR: Edwin van Norden    |         |         |               | 5:15,03             |
|    |       |                                      |      |     | ALL: 4 NMR est<br>ONMK: 11xKB 3xLB, ind: 26G 29Z 13B, est: 15G 7Z 3B                        |              |      |         |                          |         |         |               |                     |
|    |       |                                      |      |     | NMR: 50m: 0:27,42 / 100m: 1:00,97                                                           |              |      |         |                          |         |         |               |                     |
| 7  | 2     | Mark Hensen                          | H    | 40+ | ZPV Barracuda                                                                               | 5:08,99      |      | 4:30,68 | 4:31,92                  | 4:47,69 | 4:47,69 |               | Dennis Brouwers     |
|    |       |                                      |      |     |                                                                                             | 25m-bad tijd |      |         | NMR: Egbert Stolk        |         |         |               | 5:03,99             |
|    |       |                                      |      |     | Actueel: 1 NMR est / ALL: 1 NMR est<br>ONMK: 4xKB 2xLB, ind: 3G 7Z 7B, est: 1G 4Z 1B        |              |      |         |                          |         |         |               |                     |
|    |       |                                      |      |     | NMR: 50m: 0:25,81 / 100m: 0:58,33                                                           |              |      |         |                          |         |         |               |                     |
| 8  | 3     | Vincent Versteeg                     | H    | 40+ | Zwemlust- den Hommel                                                                        | 5:09,93      |      | 4:30,68 | 4:31,92                  | 4:47,69 | 4:47,69 |               | Dennis Brouwers     |
|    |       |                                      |      |     |                                                                                             | 25m-bad tijd |      |         | NMR: Egbert Stolk        |         |         |               | 5:03,99             |
|    |       |                                      |      |     | Actueel: 3 NMR est / ALL: 8 NMR est<br>ONMK: 11xKB 12xLB, ind: 19G 42Z 17B, est: 21G 9Z 3B  |              |      |         |                          |         |         |               |                     |
|    |       |                                      |      |     | NMR: 50m: 0:25,81 / 100m: 0:58,33                                                           |              |      |         |                          |         |         |               |                     |
| 9  | 6     | Rick de Greef                        | H    | 35+ | Budel                                                                                       | 5:10,54      |      | 4:19,79 | 4:30,09                  | 4:39,42 | 4:46,30 |               | Kristian Lenos      |
|    |       |                                      |      |     |                                                                                             | 25m-bad tijd |      |         | NMR: Edwin van Norden    |         |         |               | 5:04,48             |
|    |       |                                      |      |     | NMR: 50m: 0:24,84 / 100m: 0:58,43                                                           |              |      |         |                          |         |         |               |                     |
|    |       |                                      |      |     | ONMK: 5xKB 1xLB, ind: 6G 10Z 2B                                                             |              |      |         |                          |         |         |               |                     |

| Bn | Rank  | Naam                                 | Gender | Cat | Team                                                                                   | Intijd       | KANS  | WMR     | EMR                       | NatMR   | CR      | Record-houder  | Titelhouder 2019    |
|----|-------|--------------------------------------|--------|-----|----------------------------------------------------------------------------------------|--------------|-------|---------|---------------------------|---------|---------|----------------|---------------------|
|    | 10:55 | Programma 32 400m. wissel H Serie: 5 |        |     |                                                                                        |              |       |         | NMR-houder                |         |         | Aanvraag       | Tijd titelhouder    |
| 0  | 4     | Yuri van Omme                        | H      | 35+ | Zwemvereniging Hoogland                                                                | 5:02,00      |       | 4:19,79 | 4:30,09                   | 4:39,42 | 4:46,30 |                | Kristian Lenos      |
|    |       |                                      |        |     |                                                                                        | 25m-bad tijd |       |         | NMR: Edwin van Norden     |         |         |                | 5:04,48             |
|    |       |                                      |        |     | Actueel: 1 NMR est / ALL: 1 NMR est<br>ONMK: 4xKB 3xLB, ind: 4G 9Z 5B, est: 6G 4Z 1B   |              |       |         |                           |         |         |                |                     |
| 1  | 1     | Gergely Molnár                       | H      | 40+ | HUN - Megathlon SE                                                                     | 4:58,61      | natMR | 4:30,68 | 4:31,92                   | 5:22,64 | 4:47,69 |                | Dennis Brouwers     |
|    |       |                                      |        |     |                                                                                        | 25m-bad tijd |       |         |                           |         |         |                | 5:03,99             |
|    |       |                                      |        |     | ONMK: 7xLB, ind: 18G 8Z 2B, est: 2G                                                    |              |       |         |                           |         |         |                |                     |
| 2  | 2     | Chris Jones                          | H      | 35+ | GBR - City of Cardiff                                                                  | 4:57,65      |       | 4:19,79 | 4:30,09                   | 4:40,74 | 4:46,30 |                | Kristian Lenos      |
|    |       |                                      |        |     |                                                                                        | 25m-bad tijd |       |         |                           |         |         | NatMR-aanvraag | 5:04,48             |
|    |       |                                      |        |     |                                                                                        |              |       |         |                           |         |         |                |                     |
| 3  | 1     | Nordin Termoshuizen                  | H      | 20+ | WVZ                                                                                    | 4:55,15      |       |         |                           | 4:33,61 | 4:33,61 |                | Joris Bezemer       |
|    |       |                                      |        |     |                                                                                        | 25m-bad tijd |       |         | NMR: Kevin Eltink         |         |         |                | 4:47,52             |
|    |       |                                      |        |     | NMR: 50m: 0:24,17 / 100m: 0:56,30<br>ONMK: 4xKB 4xLB, ind: 3G 10Z 17B, est: 9G 6Z 3B   |              |       |         |                           |         |         |                |                     |
| 4  | 1     | Emiel van Beusekom                   | H      | 25+ | ZPV Barracuda                                                                          | 4:49,53      |       | 4:14,51 | 4:26,08                   | 4:28,38 | 4:28,38 |                | Emiel van Beusekom  |
|    |       |                                      |        |     |                                                                                        | 25m-bad tijd |       |         | NMR: Raymond van de Merwe |         |         |                | 4:49,53             |
|    |       |                                      |        |     | ALL: 1 NMR est<br>ONMK: 5xKB 4xLB, ind: 12G 10Z 3B, est: 11G 13Z 2B                    |              |       |         |                           |         |         |                |                     |
| 5  | 1     | Tim Bunnik                           | H      | 30+ | Triton                                                                                 | 4:52,10      |       | 4:16,06 | 4:25,70                   | 4:40,29 | 4:40,29 |                | Roel van der Kruijs |
|    |       |                                      |        |     |                                                                                        | 25m-bad tijd |       |         | NMR: Diederik Rouffaer    |         |         |                | 5:16,10             |
|    |       |                                      |        |     | NMR: 50m: 0:25,18 / 100m: 0:57,99<br>ONMK: 11xKB 9xLB, ind: 29G 51Z 31B, est: 1G 5Z 7B |              |       |         |                           |         |         |                |                     |
| 6  | 1     | Nick Valentine                       | H      | 35+ | GBR - Tynemouth ASC                                                                    | 4:57,31      |       | 4:19,79 | 4:30,09                   | 4:40,74 | 4:46,30 |                | Kristian Lenos      |
|    |       |                                      |        |     |                                                                                        | 25m-bad tijd |       |         |                           |         |         |                | 5:04,48             |
|    |       |                                      |        |     |                                                                                        |              |       |         |                           |         |         |                |                     |
| 7  | 2     | David Kievit                         | H      | 20+ | De Schotejil                                                                           | 4:57,69      |       |         |                           | 4:33,61 | 4:33,61 |                | Joris Bezemer       |
|    |       |                                      |        |     |                                                                                        | 25m-bad tijd |       |         | NMR: Kevin Eltink         |         |         |                | 4:47,52             |
|    |       |                                      |        |     | NMR: 50m: 0:24,17 / 100m: 0:56,30<br>ONMK: 1xKB 1xLB, ind: 2Z 1B                       |              |       |         |                           |         |         |                |                     |
| 8  | 3     | Pieter Pijnenburg                    | H      | 25+ | De Biesboschzwemmers                                                                   | 5:00,98      |       | 4:14,51 | 4:26,08                   | 4:28,38 | 4:28,38 |                | Emiel van Beusekom  |
|    |       |                                      |        |     |                                                                                        | 25m-bad tijd |       |         | NMR: Raymond van de Merwe |         |         |                | 4:49,53             |
|    |       |                                      |        |     | NMR: 50m: 0:24,29 / 100m: 0:55,85<br>ONMK: 5xKB 1xLB, ind: 2G 9Z 13B                   |              |       |         |                           |         |         |                |                     |
| 9  | 3     | Jeroen Louwinger                     | H      | 20+ | De Rijn                                                                                | 5:02,91      |       |         |                           | 4:33,61 | 4:33,61 |                | Joris Bezemer       |
|    |       |                                      |        |     |                                                                                        | 25m-bad tijd |       |         | NMR: Kevin Eltink         |         |         |                | 4:47,52             |
|    |       |                                      |        |     | NMR: 50m: 0:24,17 / 100m: 0:56,30<br>ONMK: 1xKB, est: 1B                               |              |       |         |                           |         |         |                |                     |

[illegible]

| Bn | Rank  | Naam                                                         | Gend | Cat  | Team                                                                                                     | Intijd       | KANS   | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|--------------------------------------------------------------|------|------|----------------------------------------------------------------------------------------------------------|--------------|--------|---------|-----------------------|---------|---------|---------------|------------------|
|    | 11:13 | Programma 33 4x100m. vrij ALL Serie: 2                       |      |      |                                                                                                          |              |        |         | EMR-houder            |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 3     | DWK 2                                                        | D    | 200+ | DWK                                                                                                      | 5:26,01      |        | 4:19,87 | 4:20,26               | 4:27,71 | 4:27,71 |               | PSV              |
|    |       |                                                              |      |      |                                                                                                          | 25m-bad tijd |        |         | NMR: AZ&PC            |         |         |               | 4:32,90          |
|    |       | NMR SZ Greta Wyma-Teitsma:<br>50m: 0:27,91 / 100m: 1:02,16   |      |      | Greta Wyma-Teitsma 71, Jennie Resink-lindeboom 60, Ellen van Wingerden-Dijkhuizen 69, Iris van Aurich 69 |              |        |         |                       |         |         |               |                  |
| 1  | 7     | Steenwijk 1934 5                                             | Mix  | 200+ | Steenwijk 1934                                                                                           | 5:14,64      |        | 3:56,10 | 4:06,70               | 4:10,79 | 4:10,79 |               | ZPC Amersfoort   |
|    |       |                                                              |      |      |                                                                                                          | 25m-bad tijd |        |         | NMR: AZ&PC            |         |         |               | 4:12,31          |
|    |       | NMR SZ Korstiaan de Boer:<br>50m: 0:24,70 / 100m: 0:54,56    |      |      | Korstiaan de Boer 71, Hans van Scheepen 62, Wilna Heijman 64, Leonie Scholten 79                         |              |        |         |                       |         |         |               |                  |
| 2  | 5     | Budel 3                                                      | Mix  | 160+ | Budel                                                                                                    | 5:09,12      |        | 3:46,01 | 3:48,27               | 3:58,63 | 3:58,63 |               | HZ&PC Heerenveen |
|    |       |                                                              |      |      |                                                                                                          | 25m-bad tijd |        |         | NMR: HZ&PC Heerenveen |         |         |               | 3:58,63          |
|    |       | NMR SZ Joost van Eerdth:<br>50m: 0:25,18 / 100m: 0:56,06     |      |      | Joost van Eerdth 69, Jolanda Knippenberg 66, Judith van der Heijden 70, Dyon de Greef 82                 |              |        |         |                       |         |         |               |                  |
| 3  | 1     | Old Dutch 1                                                  | D    | 160+ | Old Dutch                                                                                                | 4:55,94      |        | 4:03,25 | 4:09,01               | 4:15,85 | 4:26,44 |               | De Duinkickers   |
|    |       |                                                              |      |      |                                                                                                          | 25m-bad tijd |        |         | NMR: PSV              |         |         |               | 5:05,50          |
|    |       | NMR SZ Nicole van der Kooij:<br>50m: 0:26,49 / 100m: 0:57,02 |      |      | Nicole van der Kooij 87, Marjon Boidin 76, Marleen Zantigh 78, Chantal Verhoeff 79                       |              |        |         |                       |         |         |               |                  |
| 4  | 2     | De Rog 2                                                     | D    | 200+ | De Rog                                                                                                   | 4:52,87      |        | 4:19,87 | 4:20,26               | 4:27,71 | 4:27,71 |               | PSV              |
|    |       |                                                              |      |      |                                                                                                          | 25m-bad tijd |        |         | NMR: AZ&PC            |         |         |               | 4:32,90          |
|    |       | NMR SZ Ageeth Westenbrink:<br>50m: 0:28,75 / 100m: 1:04,10   |      |      | Ageeth Westenbrink 67, Arianne Hamakers 67, Regine Beckers-Stribos 70, Wendy Brugman 73                  |              |        |         |                       |         |         |               |                  |
| 5  | 6     | AZC 2                                                        | Mix  | 200+ | AZC                                                                                                      | 4:54,24      |        | 3:56,10 | 4:06,70               | 4:10,79 | 4:10,79 |               | ZPC Amersfoort   |
|    |       |                                                              |      |      |                                                                                                          | 25m-bad tijd |        |         | NMR: AZ&PC            |         |         |               | 4:12,31          |
|    |       | NMR SZ Wim de Lange:<br>50m: 0:26,64 / 100m: 0:59,27         |      |      | Wim de Lange 58, Geza Kaltenecker 42, Esther Boerdam-Delfos 87, Monique Remst 87                         |              |        |         |                       |         |         |               |                  |
| 6  | 2     | De Rog 1                                                     | D    | 160+ | De Rog                                                                                                   | 5:08,51      |        | 4:03,25 | 4:09,01               | 4:15,85 | 4:26,44 |               | De Duinkickers   |
|    |       |                                                              |      |      |                                                                                                          | 25m-bad tijd |        |         | NMR: PSV              |         |         |               | 5:05,50          |
|    |       | NMR SZ Chantal Winters:<br>50m: 0:27,87 / 100m: 1:00,72      |      |      | Chantal Winters 76, Sandra Peeters-Wiermans 74, Sandra Van der Helm 78, Esther Wouters 73                |              |        |         |                       |         |         |               |                  |
| 7  | 3     | CNSW 3                                                       | Mix  | 240+ | BEL - CNSW                                                                                               | 5:14,22      | natMR= | 4:16,39 | 4:26,39               | 5:14,22 | 4:39,43 |               | PSV              |
|    |       |                                                              |      |      |                                                                                                          | 25m-bad tijd |        |         |                       |         |         |               | 4:39,43          |
|    |       |                                                              |      |      | Philippe Godbille 57, Claire Anthony 57, Kathy Van Lindt 71, Jean-Marie Cadiat 53                        |              |        |         |                       |         |         |               |                  |
| 8  | 1     | PSV 1                                                        | D    | 280+ | PSV                                                                                                      | 5:20,70      | WMR    | 5:29,60 | 5:29,60               | 5:29,60 | 5:29,60 |               | PSV              |
|    |       |                                                              |      |      |                                                                                                          | 25m-bad tijd |        |         | NMR: PSV              |         |         | WMR-aanvraag  | 5:29,60          |
|    |       | NMR SZ Corrie Verhoeven:<br>50m: 0:34,77 / 100m: 1:13,78     |      |      | Corrie Verhoeven 46, Lottie Geurts 35, Saskia Phaff 66, Ineke Weekers 53                                 |              |        |         |                       |         |         |               |                  |
| 9  | 4     | ZPC AMERSFOORT 4                                             | Mix  | 240+ | ZPC AMERSFOORT                                                                                           | 5:29,56      |        | 4:16,39 | 4:26,39               | 4:39,43 | 4:39,43 |               | PSV              |
|    |       |                                                              |      |      |                                                                                                          | 25m-bad tijd |        |         | NMR: PSV              |         |         |               | 4:39,43          |
|    |       | NMR SZ Machteld Stilting:<br>50m: 0:28,75 / 100m: 1:04,10    |      |      | Machteld Stilting 66, Henk Kuipers 62, Ron Korzelijs 65, Loekie van Huissteden 45                        |              |        |         |                       |         |         |               |                  |

| Bn | Rank  | Naam                                                                      | Gend | Cat  | Team                                                                                             | Intijd       | KANS | WMR     | EMR                 | NatMR   | CR      | Record-houder | Titelhouder 2019  |
|----|-------|---------------------------------------------------------------------------|------|------|--------------------------------------------------------------------------------------------------|--------------|------|---------|---------------------|---------|---------|---------------|-------------------|
|    | 11:19 | Programma 33 4x100m. vrij ALL Serie: 3                                    |      |      |                                                                                                  |              |      |         | NMR-houder          |         |         | Aanvraag      | Tijd titelhouder  |
| 0  | 1     | TriVia 1                                                                  | Mix  | 240+ | TriVia                                                                                           | 4:52,45      |      | 4:16,39 | 4:26,39             | 4:39,43 | 4:39,43 |               | PSV               |
|    |       |                                                                           |      |      |                                                                                                  | 25m-bad tijd |      |         | NMR: PSV            |         |         |               | 4:39,43           |
|    |       | NMR SZ Fred Zanting:<br>50m: 0:28,39 / 100m: 1:03,42                      |      |      | Fred Zanting 54, Margriet Pasma 55, Emmy in 't Veldt 66, Theo Bakker 64                          |              |      |         |                     |         |         |               |                   |
| 1  | 7     | De Duck 1                                                                 | D    | 120+ | De Duck                                                                                          | 4:50,16      |      | 3:58,02 | 3:58,02             | 4:11,11 | 4:11,11 |               | Woerden           |
|    |       |                                                                           |      |      |                                                                                                  | 25m-bad tijd |      |         | NMR: De Aalscholver |         |         |               | 4:21,37           |
|    |       | NMR SZ Rachel Trainor:<br>50m: 0:27,87 / 100m: 1:00,72                    |      |      | Rachel Trainor 77, Sandra Vermeulen 93, Geraldine Trainor 75, Leontine Groeneveldt 93            |              |      |         |                     |         |         |               |                   |
| 2  | 5     | De Rog 4                                                                  | H    | 200+ | De Rog                                                                                           | 4:44,49      |      | 3:40,26 | 3:39,17             | 3:57,04 | 3:57,04 |               | Feijenoord Albion |
|    |       |                                                                           |      |      |                                                                                                  | 25m-bad tijd |      |         | NMR: De Rog         |         |         |               | 4:07,76           |
|    |       | NMR SZ Wijnand Vergeest:<br>50m: 0:25,18 / 100m: 0:56,06                  |      |      | Wijnand Vergeest 68, Hans Van de Berg 65, Huub van Kimmenade 56, Roy Le Clercq 64                |              |      |         |                     |         |         |               |                   |
| 3  | 5     | MSV-Zeemacht 1                                                            | D    | 120+ | MSV-Zeemacht                                                                                     | 4:43,83      |      | 3:58,02 | 3:58,02             | 4:11,11 | 4:11,11 |               | Woerden           |
|    |       |                                                                           |      |      |                                                                                                  | 25m-bad tijd |      |         | NMR: De Aalscholver |         |         |               | 4:21,37           |
|    |       | 1 20+ ers / NMR SZ Jet Kleine:<br>50m: 0:26,20 / 100m: 0:57,26            |      |      | Jet Kleine 99, Annette van Dok 68, Bianca Groot 70, Tessa Mosch 91                               |              |      |         |                     |         |         |               |                   |
| 4  | 4     | RZC 1                                                                     | D    | 120+ | RZC                                                                                              | 4:40,42      |      | 3:58,02 | 3:58,02             | 4:11,11 | 4:11,11 |               | Woerden           |
|    |       |                                                                           |      |      |                                                                                                  | 25m-bad tijd |      |         | NMR: De Aalscholver |         |         |               | 4:21,37           |
|    |       | NMR SZ Marieke van Dodeweerd:<br>50m: 0:26,49 / 100m: 0:57,02             |      |      | Marieke van Dodeweerd 86, Malou Heidekamp 89, Rita van der Horst 69, Mariëlle Janssen 82         |              |      |         |                     |         |         |               |                   |
| 5  | 5     | HZ&PC Heerenveen 2                                                        | Mix  | 200+ | HZ&PC Heerenveen                                                                                 | 4:43,77      |      | 3:56,10 | 4:06,70             | 4:10,79 | 4:10,79 |               | ZPC Amersfoort    |
|    |       |                                                                           |      |      |                                                                                                  | 25m-bad tijd |      |         | NMR: AZ&PC          |         |         |               | 4:12,31           |
|    |       | NMR SZ Casper Hut:<br>50m: 0:23,74 / 100m: 0:52,22                        |      |      | Casper Hut 78, Ineke Meijer 52, Peggi Hurenkamp 69, Marten de Groot 58                           |              |      |         |                     |         |         |               |                   |
| 6  | 4     | CNSW 2                                                                    | Mix  | 160+ | BEL - CNSW                                                                                       | 4:44,20      |      | 3:46,01 | 3:48,27             | 4:10,27 | 3:58,63 |               | HZ&PC Heerenveen  |
|    |       |                                                                           |      |      |                                                                                                  | 25m-bad tijd |      |         |                     |         |         |               | 3:58,63           |
|    |       |                                                                           |      |      | Lionel Godeaux 60, Marco Usula 90, Marion Regnier 90, Fernande Blondeel-Gourmet 52               |              |      |         |                     |         |         |               |                   |
| 7  | 6     | Steenwijk 1934 1                                                          | D    | 120+ | Steenwijk 1934                                                                                   | 4:47,03      |      | 3:58,02 | 3:58,02             | 4:11,11 | 4:11,11 |               | Woerden           |
|    |       |                                                                           |      |      |                                                                                                  | 25m-bad tijd |      |         | NMR: De Aalscholver |         |         |               | 4:21,37           |
|    |       | NMR SZ Getrude Corporaal:<br>50m: 0:25,86 / 100m: 0:56,45                 |      |      | Getrude Corporaal 92, Lonneke Oenema 91, Ilse Blankvoort 92, Inge Soeters 73                     |              |      |         |                     |         |         |               |                   |
| 8  | 10    | ZVVS 1                                                                    | Mix  | 120+ | ZVVS                                                                                             | 4:50,19      |      | 3:42,83 | 3:42,83             | 3:45,25 | 3:45,25 |               | SwimGym           |
|    |       |                                                                           |      |      |                                                                                                  | 25m-bad tijd |      |         | NMR: SwimGym        |         |         |               | 3:45,25           |
|    |       | 2 20+ ers / NMR SZ Gertjan van der Vaart:<br>50m: 0:25,18 / 100m: 0:56,06 |      |      | Gertjan van der Vaart 68, Jeroen Hoeksel 74, Chantal van der Vaart 98, Marielle van der Vaart 00 |              |      |         |                     |         |         |               |                   |
| 9  | 2     | SWOL 1894 2                                                               | Mix  | 240+ | SWOL 1894                                                                                        | 4:52,73      |      | 4:16,39 | 4:26,39             | 4:39,43 | 4:39,43 |               | PSV               |
|    |       |                                                                           |      |      |                                                                                                  | 25m-bad tijd |      |         | NMR: PSV            |         |         |               | 4:39,43           |
|    |       | NMR SZ Marjan Spoelstra:<br>50m: 0:30,11 / 100m: 1:07,34                  |      |      | Marjan Spoelstra 60, Jan-Ede Nijenhuis 64, Christine Nieuwenhuis 51, Erik Wetsteijn 65           |              |      |         |                     |         |         |               |                   |

| Bn | Rank  | Naam                                                                             | Gend | Cat  | Team                                                                                  | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|----------------------------------------------------------------------------------|------|------|---------------------------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|------------------|
|    | 11:25 | Programma 33 4x100m. vrij ALL Serie: 4                                           |      |      |                                                                                       |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 4     | Patrick-De Roersoppers (SG) 1                                                    | Mix  | 200+ | Patrick-De Roersoppers (                                                              | 4:39,28      |      | 3:56,10 | 4:06,70               | 4:10,79 | 4:10,79 |               | ZPC Amersfoort   |
|    |       |                                                                                  |      |      |                                                                                       | 25m-bad tijd |      |         | NMR: AZ&PC            |         |         |               | 4:12,31          |
|    |       | NMR SZ Arno Schrauwen:<br>50m: 0:25,86 / 100m: 0:57,52                           |      |      | Arno Schrauwen 65, Charles Bos 53, Pascale Janssen 73, Martine de Haart 79            |              |      |         |                       |         |         |               |                  |
| 1  | 4     | Deltasteur 1                                                                     | H    | 120+ | Deltasteur                                                                            | 4:38,70      |      | 3:23,55 | 3:27,54               | 3:35,42 | 3:35,42 |               | Dedemsvaart-AC   |
|    |       |                                                                                  |      |      |                                                                                       | 25m-bad tijd |      |         | NMR: d'ELFT WAVE (SG) |         |         |               | 3:40,40          |
|    |       | NMR SZ Pieter Bardelmeijer:<br>50m: 0:24,70 / 100m: 0:54,56                      |      |      | Pieter Bardelmeijer 72, Bob Potkamp 94, Tom de Lange 93, Patrick de Jonge 89          |              |      |         |                       |         |         |               |                  |
| 2  | 12    | ZVL-1886 Tetteroo 2                                                              | Mix  | 100+ | ZVL-1886 Tetteroo                                                                     | 4:33,89      |      | 3:41,64 | 3:51,49               | 3:42,76 | 3:42,76 |               | ZPV Barracuda    |
|    |       |                                                                                  |      |      |                                                                                       | 25m-bad tijd |      |         | NMR: DWK              |         |         |               | 3:53,99          |
|    |       | 2 20+ ers / NMR SZ Erik Baalbergen:<br>50m: 0:22,76 / 100m: 0:50,20              |      |      | Erik Baalbergen 98, Ingmar Kooman 79, Maartje Hids 99, Suzan Blankestijn 89           |              |      |         |                       |         |         |               |                  |
| 3  | 2     | ESCA Zwemmen 4                                                                   | Mix  | 160+ | ESCA Zwemmen                                                                          | 4:29,78      |      | 3:46,01 | 3:48,27               | 3:58,63 | 3:58,63 |               | HZ&PC Heerenveen |
|    |       |                                                                                  |      |      |                                                                                       | 25m-bad tijd |      |         | NMR: HZ&PC Heerenveen |         |         |               | 3:58,63          |
|    |       | 1 20+ ers / NMR SZ Arjen Koop:<br>50m: 0:23,74 / 100m: 0:52,22                   |      |      | Arjen Koop 79, Wridzer Bakker 67, Danique de Vegt 98, Karin van der Star-Verhoeven 61 |              |      |         |                       |         |         |               |                  |
| 4  | 6     | ESCA Zwemmen 1                                                                   | D    | 100+ | ESCA Zwemmen                                                                          | 4:25,49      |      | 4:04,28 | 4:04,28               | 4:06,62 | 4:06,62 |               | DAW              |
|    |       |                                                                                  |      |      |                                                                                       | 25m-bad tijd |      |         | NMR: WVZ              |         |         |               | 4:11,42          |
|    |       | 1 20+ ers / NMR SZ Moniek van Langevelde:<br>50m: 0:26,20 / 100m: 0:57,26        |      |      | Moniek van Langevelde 98, Lianne Slagter 95, Ilja Janssen 81, Svenja Peters 92        |              |      |         |                       |         |         |               |                  |
| 5  | 9     | ZV Hoogland 2                                                                    | Mix  | 120+ | Zwemvereniging Hooglar                                                                | 4:28,24      |      | 3:42,83 | 3:42,83               | 3:45,25 | 3:45,25 |               | SwimGym          |
|    |       |                                                                                  |      |      |                                                                                       | 25m-bad tijd |      |         | NMR: SwimGym          |         |         |               | 3:45,25          |
|    |       | NMR SZ Renske Eilers:<br>50m: 0:26,49 / 100m: 0:57,02                            |      |      | Renske Eilers 88, Rudolf Meijer 60, Nicole van Zuilen 95, Rutger Stam 81              |              |      |         |                       |         |         |               |                  |
| 6  | 11    | AZC 1                                                                            | Mix  | 100+ | AZC                                                                                   | 4:30,38      |      | 3:41,64 | 3:51,49               | 3:42,76 | 3:42,76 |               | ZPV Barracuda    |
|    |       |                                                                                  |      |      |                                                                                       | 25m-bad tijd |      |         | NMR: DWK              |         |         |               | 3:53,99          |
|    |       | 2 20+ ers / NMR SZ Lukas Schouten:<br>50m: 0:22,76 / 100m: 0:50,20               |      |      | Lukas Schouten 96, Carmen Bootsma 98, Mariska Zaal 88, Stefan Oostendorp 90           |              |      |         |                       |         |         |               |                  |
| 7  | 1     | CNSW 1                                                                           | H    | 160+ | BEL - CNSW                                                                            | 4:34,30      |      | 3:27,42 | 3:27,42               | 3:27,42 | 3:39,90 |               | De Gelenberg     |
|    |       |                                                                                  |      |      |                                                                                       | 25m-bad tijd |      |         |                       |         |         |               | 3:53,49          |
|    |       | Mesut Halicioglu 92, Nicolas Slegers 84, Christian Schoenaers 59, Bruno Nahon 70 |      |      |                                                                                       |              |      |         |                       |         |         |               |                  |
| 8  | 3     | WVZ 1                                                                            | D    | 120+ | WVZ                                                                                   | 4:38,75      |      | 3:58,02 | 3:58,02               | 4:11,11 | 4:11,11 |               | Woerden          |
|    |       |                                                                                  |      |      |                                                                                       | 25m-bad tijd |      |         | NMR: De Aalscholver   |         |         |               | 4:21,37          |
|    |       | NMR SZ Sabine Koudijs:<br>50m: 0:25,86 / 100m: 0:56,45                           |      |      | Sabine Koudijs 95, Sandra van der Ende 87, Yvonne Gerritsen 80, Linda Hoogendam 83    |              |      |         |                       |         |         |               |                  |
| 9  | 3     | SWOL 1894 1                                                                      | Mix  | 160+ | SWOL 1894                                                                             | 4:40,17      |      | 3:46,01 | 3:48,27               | 3:58,63 | 3:58,63 |               | HZ&PC Heerenveen |
|    |       |                                                                                  |      |      |                                                                                       | 25m-bad tijd |      |         | NMR: HZ&PC Heerenveen |         |         |               | 3:58,63          |
|    |       | NMR SZ Annemarie Vuist-Blum:<br>50m: 0:29,87 / 100m: 1:06,11                     |      |      | Annemarie Vuist-Blum 63, Kika Meijers 80, Kasper van den Berghe 73, Peter Lommert 79  |              |      |         |                       |         |         |               |                  |

[illegible]

| Bn | Rank  | Naam                                                                | Gend | Cat  | Team                                                                                     | Intijd       | KANS | WMR     | EMR                    | NatMR   | CR      | Record-houder | Titelhouder 2019  |
|----|-------|---------------------------------------------------------------------|------|------|------------------------------------------------------------------------------------------|--------------|------|---------|------------------------|---------|---------|---------------|-------------------|
|    | 11:35 | Programma 33 4x100m. vrij ALL Serie: 6                              |      |      |                                                                                          |              |      |         | NMR-houder             |         |         | Aanvraag      | Tijd titelhouder  |
| 0  | 7     | Albion WSS (SG) 4                                                   | Mix  | 120+ | Albion WSS (SG)                                                                          | 4:18,28      |      | 3:42,83 | 3:42,83                | 3:45,25 | 3:45,25 |               | SwimGym           |
|    |       |                                                                     |      |      |                                                                                          | 25m-bad tijd |      |         | NMR: SwimGym           |         |         |               | 3:45,25           |
|    |       | 2 20+ ers / NMR SZ Nick Boekestijn:<br>50m: 0:22,76 / 100m: 0:50,20 |      |      | Nick Boekestijn 99, Jacqueline van den Beukel 91, Yancey Bouman 98, Fred Dijkshoorn 65   |              |      |         |                        |         |         |               |                   |
| 1  | 2     | ZPC Woerden 1                                                       | D    | 120+ | ZPC Woerden                                                                              | 4:17,72      |      | 3:58,02 | 3:58,02                | 4:11,11 | 4:11,11 |               | Woerden           |
|    |       |                                                                     |      |      |                                                                                          | 25m-bad tijd |      |         | NMR: De Aalscholver    |         |         |               | 4:21,37           |
|    |       | NMR SZ Marjan Remmits:<br>50m: 0:29,87 / 100m: 1:06,11              |      |      | Marjan Remmits 63, Ilse van den Wijngaard 89, Sabine Lina 89, Mandy Verbakel 90          |              |      |         |                        |         |         |               |                   |
| 2  | 3     | Steenwijk 1934 2                                                    | D    | 100+ | Steenwijk 1934                                                                           | 4:14,24      |      | 4:04,28 | 4:04,28                | 4:06,62 | 4:06,62 |               | DAW               |
|    |       |                                                                     |      |      |                                                                                          | 25m-bad tijd |      |         | NMR: WVZ               |         |         |               | 4:11,42           |
|    |       | 2 20+ ers / NMR SZ Nanda de Vries:<br>50m: 0:25,86 / 100m: 0:56,45  |      |      | Nanda de Vries 92, Alies Wagter 99, Elianne Huitema 97, Jacyntha Plat 90                 |              |      |         |                        |         |         |               |                   |
| 3  | 1     | DIO 1                                                               | D    | 120+ | DIO                                                                                      | 4:11,75      |      | 3:58,02 | 3:58,02                | 4:11,11 | 4:11,11 |               | Woerden           |
|    |       |                                                                     |      |      |                                                                                          | 25m-bad tijd |      |         | NMR: De Aalscholver    |         |         |               | 4:21,37           |
|    |       | NMR SZ Whitney van Hoeckel:<br>50m: 0:25,86 / 100m: 0:56,45         |      |      | Whitney van Hoeckel 94, Siska Post 88, Marljin Hendriksen 88, Jolanda Post 90            |              |      |         |                        |         |         |               |                   |
| 4  | 8     | De Schotejil 1                                                      | H    | 100+ | De Schotejil                                                                             | 4:10,86      |      | 3:24,53 | 3:24,53                | 3:31,31 | 3:31,31 |               | Feijenoord Albion |
|    |       |                                                                     |      |      |                                                                                          | 25m-bad tijd |      |         | NMR: Feijenoord Albion |         |         |               | 3:31,31           |
|    |       | 2 20+ ers / NMR SZ David Kievit:<br>50m: 0:22,76 / 100m: 0:50,20    |      |      | David Kievit 99, Sven Dubbeld 96, Leander Noordijk 81, Niels Albrechts 88                |              |      |         |                        |         |         |               |                   |
| 5  | 5     | De Duck 2                                                           | Mix  | 120+ | De Duck                                                                                  | 4:11,75      |      | 3:42,83 | 3:42,83                | 3:45,25 | 3:45,25 |               | SwimGym           |
|    |       |                                                                     |      |      |                                                                                          | 25m-bad tijd |      |         | NMR: SwimGym           |         |         |               | 3:45,25           |
|    |       | 2 20+ ers / NMR SZ Erik Saan:<br>50m: 0:25,86 / 100m: 0:57,52       |      |      | Erik Saan 65, Lenneke Bagijn 96, Judith Kleinjan 98, Jesper Oranje 92                    |              |      |         |                        |         |         |               |                   |
| 6  | 1     | PSV 2                                                               | Mix  | 200+ | PSV                                                                                      | 4:13,70      |      | 3:56,10 | 4:06,70                | 4:10,79 | 4:10,79 |               | ZPC Amersfoort    |
|    |       |                                                                     |      |      |                                                                                          | 25m-bad tijd |      |         | NMR: AZ&PC             |         |         |               | 4:12,31           |
|    |       | NMR SZ Jeanne Petit:<br>50m: 0:28,75 / 100m: 1:04,10                |      |      | Jeanne Petit 70, Liselotte Joling 75, Harold Matla 68, Fred Ketting 60                   |              |      |         |                        |         |         |               |                   |
| 7  | 6     | DAW 2                                                               | Mix  | 120+ | DAW                                                                                      | 4:15,73      |      | 3:42,83 | 3:42,83                | 3:45,25 | 3:45,25 |               | SwimGym           |
|    |       |                                                                     |      |      |                                                                                          | 25m-bad tijd |      |         | NMR: SwimGym           |         |         |               | 3:45,25           |
|    |       | NMR SZ Wouter Zijlstra:<br>50m: 0:23,96 / 100m: 0:51,88             |      |      | Wouter Zijlstra 82, Inge Koopman 93, Sandra Zwaanswijk 85, Paul Oudendijk 81             |              |      |         |                        |         |         |               |                   |
| 8  | 3     | De Duinkickers 2                                                    | H    | 120+ | De Duinkickers                                                                           | 4:18,01      |      | 3:23,55 | 3:27,54                | 3:35,42 | 3:35,42 |               | Dedemsvaart-AC    |
|    |       |                                                                     |      |      |                                                                                          | 25m-bad tijd |      |         | NMR: d'ELFT WAVE (SG)  |         |         |               | 3:40,40           |
|    |       | 1 20+ ers / NMR SZ Connor Elemans:<br>50m: 0:22,69 / 100m: 0:50,20  |      |      | Connor Elemans 91, Ruben de Boer 93, Jeffrey Roest 97, Mathieu Rikken 67                 |              |      |         |                        |         |         |               |                   |
| 9  | 1     | ZPC AMERSFOORT 1                                                    | D    | 200+ | ZPC AMERSFOORT                                                                           | 4:18,45      | WMR  | 4:19,87 | 4:20,26                | 4:27,71 | 4:27,71 |               | PSV               |
|    |       |                                                                     |      |      |                                                                                          | 25m-bad tijd |      |         | NMR: AZ&PC             |         |         | WMR-aanvraag  | 4:32,90           |
|    |       | NMR SZ Lesley Cordial:<br>50m: 0:28,75 / 100m: 1:04,10              |      |      | Lesley Cordial 67, Atie Pijtak-Radersma 56, Lidia v. Bon-Rosenbrand 70, Marije Jansen 85 |              |      |         |                        |         |         |               |                   |

| Bn | Rank  | Naam                                                                        | Gend | Cat  | Team                                                                                 | Intijd       | KANS | WMR     | EMR                    | NatMR   | CR      | Record-houder | Titelhouder 2019  |
|----|-------|-----------------------------------------------------------------------------|------|------|--------------------------------------------------------------------------------------|--------------|------|---------|------------------------|---------|---------|---------------|-------------------|
|    | 11:40 | Programma 33 4x100m. vrij ALL Serie: 7                                      |      |      |                                                                                      |              |      |         | NMR-houder             |         |         | Aanvraag      | Tijd titelhouder  |
| 0  | 2     | Steenwijk 1934 3                                                            | H    | 200+ | Steenwijk 1934                                                                       | 4:10,66      |      | 3:40,26 | 3:39,17                | 3:57,04 | 3:57,04 |               | Feijenoord Albion |
|    |       |                                                                             |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: De Rog            |         |         |               | 4:07,76           |
|    |       | NMR SZ Casper Dollekamp:<br>50m: 0:25,86 / 100m: 0:57,52                    |      |      | Casper Dollekamp 63, Huyb Stegeman 67, Guido Keutgen 68, Lauren Vis 82               |              |      |         |                        |         |         |               |                   |
| 1  | 1     | De Rog 3                                                                    | H    | 200+ | De Rog                                                                               | 4:04,80      |      | 3:40,26 | 3:39,17                | 3:57,04 | 3:57,04 |               | Feijenoord Albion |
|    |       |                                                                             |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: De Rog            |         |         |               | 4:07,76           |
|    |       | NMR SZ Arjan Verheij:<br>50m: 0:24,70 / 100m: 0:54,56                       |      |      | Arjan Verheij 71, Erik Kamphuis 60, Glen Le Clercq 68, Peter Bernsen 63              |              |      |         |                        |         |         |               |                   |
| 2  | 8     | ZPC AMERSFOORT 3                                                            | Mix  | 100+ | ZPC AMERSFOORT                                                                       | 4:01,09      |      | 3:41,64 | 3:51,49                | 3:42,76 | 3:42,76 |               | ZPV Barracuda     |
|    |       |                                                                             |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: DWK               |         |         |               | 3:53,99           |
|    |       | 2 20+ ers / NMR SZ Danica Koedoot:<br>50m: 0:25,86 / 100m: 0:56,45          |      |      | Danica Koedoot 93, Joanne van Essen 93, Jelle Blankestijn 98, Martijn Bartels 96     |              |      |         |                        |         |         |               |                   |
| 3  | 3     | ZPV Barracuda 1                                                             | Mix  | 120+ | ZPV Barracuda                                                                        | 3:59,87      |      | 3:42,83 | 3:42,83                | 3:45,25 | 3:45,25 |               | SwimGym           |
|    |       |                                                                             |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: SwimGym           |         |         |               | 3:45,25           |
|    |       | 1 20+ ers / NMR SZ Melissa van der Heijden:<br>50m: 0:26,20 / 100m: 0:57,26 |      |      | Melissa van der Heijden 96, Denise Boereboom 92, Pascal van Haren 87, Mark Hensen 79 |              |      |         |                        |         |         |               |                   |
| 4  | 6     | ZPV Barracuda 2                                                             | H    | 100+ | ZPV Barracuda                                                                        | 3:57,61      |      | 3:24,53 | 3:24,53                | 3:31,31 | 3:31,31 |               | Feijenoord Albion |
|    |       |                                                                             |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: Feijenoord Albion |         |         |               | 3:31,31           |
|    |       | 1 20+ ers / NMR SZ Emiel van Beusekom:<br>50m: 0:22,69 / 100m: 0:50,20      |      |      | Emiel van Beusekom 94, Dennis Dortland 78, Robin van Beusekom 92, Thomas Hesper 00   |              |      |         |                        |         |         |               |                   |
| 5  | 2     | WVZ 2                                                                       | Mix  | 120+ | WVZ                                                                                  | 3:57,69      |      | 3:42,83 | 3:42,83                | 3:45,25 | 3:45,25 |               | SwimGym           |
|    |       |                                                                             |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: SwimGym           |         |         |               | 3:45,25           |
|    |       | 1 20+ ers / NMR SZ Delia Badoux:<br>50m: 0:27,87 / 100m: 1:00,72            |      |      | Delia Badoux 80, Isabelle Massar 91, Rens Post 91, Jordy van Oel 98                  |              |      |         |                        |         |         |               |                   |
| 6  | 4     | De Ward 1                                                                   | Mix  | 120+ | De Ward                                                                              | 4:01,08      |      | 3:42,83 | 3:42,83                | 3:45,25 | 3:45,25 |               | SwimGym           |
|    |       |                                                                             |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: SwimGym           |         |         |               | 3:45,25           |
|    |       | 1 20+ ers / NMR SZ Eva Kattouw:<br>50m: 0:25,86 / 100m: 0:56,45             |      |      | Eva Kattouw 94, Yvette Ratering 72, Antwan van Engen 71, Stephan van Grevenbroek 00  |              |      |         |                        |         |         |               |                   |
| 7  | 2     | Zuiderzeezwemmers 1                                                         | D    | 100+ | Zuiderzeezwemmers                                                                    | 4:03,19      | NMR  | 4:04,28 | 4:04,28                | 4:06,62 | 4:06,62 |               | DAW               |
|    |       |                                                                             |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: WVZ               |         |         |               | 4:11,42           |
|    |       | 2 20+ ers / NMR SZ Lisanne Andeweg:<br>50m: 0:26,49 / 100m: 0:57,02         |      |      | Lisanne Andeweg 88, Dagmar Kruijk 98, Gaby Zittersteijn 97, Danique Stoop 91         |              |      |         |                        |         |         |               |                   |
| 8  | 7     | Steenwijk 1934 4                                                            | H    | 100+ | Steenwijk 1934                                                                       | 4:06,63      |      | 3:24,53 | 3:24,53                | 3:31,31 | 3:31,31 |               | Feijenoord Albion |
|    |       |                                                                             |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: Feijenoord Albion |         |         |               | 3:31,31           |
|    |       | 1 20+ ers / NMR SZ Bernd Kobesen:<br>50m: 0:22,69 / 100m: 0:50,20           |      |      | Bernd Kobesen 93, Patrick Wobben 93, Kylian Kooijman 99, Robert Braad 86             |              |      |         |                        |         |         |               |                   |
| 9  | 9     | HZ&PC Heerenveen 1                                                          | Mix  | 100+ | HZ&PC Heerenveen                                                                     | 4:10,78      |      | 3:41,64 | 3:51,49                | 3:42,76 | 3:42,76 |               | ZPV Barracuda     |
|    |       |                                                                             |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: DWK               |         |         |               | 3:53,99           |
|    |       | NMR SZ Daniëlle de Boer:<br>50m: 0:25,86 / 100m: 0:56,45                    |      |      | Daniëlle de Boer 94, Fraukje Puts 92, Marten Ettema 90, Dennis Bos 92                |              |      |         |                        |         |         |               |                   |

| Bn | Rank  | Naam                                                                    | Gend | Cat  | Team                                                                                 | Intijd       | KANS | WMR     | EMR                    | NatMR   | CR      | Record-houder | Titelhouder 2019  |
|----|-------|-------------------------------------------------------------------------|------|------|--------------------------------------------------------------------------------------|--------------|------|---------|------------------------|---------|---------|---------------|-------------------|
|    | 11:45 | Programma 33 4x100m. vrij ALL Serie: 8                                  |      |      |                                                                                      |              |      |         | NMR-houder             |         |         | Aanvraag      | Tijd titelhouder  |
| 0  | 3     | De Veene 1                                                              | Mix  | 80+  | De Veene                                                                             | 3:57,28      |      |         |                        | 3:44,58 | 3:44,58 |               | KSN (SG)          |
|    |       |                                                                         |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: KSN (SG)          |         |         |               | 3:44,58           |
|    |       | 3 20+ ers / NMR SZ Yvon Versteeg:<br>50m: 0:25,86 / 100m: 0:56,45       |      |      | Yvon Versteeg 92, Lindy Elkerbout 00, Diederick Schothans 97, Gideon Teeuw 98        |              |      |         |                        |         |         |               |                   |
| 1  | 5     | DWT 1                                                                   | Mix  | 100+ | DWT                                                                                  | 3:57,11      |      | 3:41,64 | 3:51,49                | 3:42,76 | 3:42,76 |               | ZPV Barracuda     |
|    |       |                                                                         |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: DWK               |         |         |               | 3:53,99           |
|    |       | 1 20+ ers / NMR SZ Jeffrey Camphens:<br>50m: 0:22,69 / 100m: 0:50,20    |      |      | Jeffrey Camphens 95, Hiras Ferrandino 93, Chantal Beijer 97, Evy Witlox 88           |              |      |         |                        |         |         |               |                   |
| 2  | 1     | De Lansingh 1                                                           | Mix  | 120+ | De Lansingh                                                                          | 3:55,50      |      | 3:42,83 | 3:42,83                | 3:45,25 | 3:45,25 |               | SwimGym           |
|    |       |                                                                         |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: SwimGym           |         |         |               | 3:45,25           |
|    |       | NMR SZ Nol van Thull:<br>50m: 0:23,74 / 100m: 0:52,22                   |      |      | Nol van Thull 80, Mariska Scheel 93, Roos van Esch 82, Rutger Dalm 90                |              |      |         |                        |         |         |               |                   |
| 3  | 4     | ZV Hoogland 1                                                           | Mix  | 100+ | Zwemvereniging Hooglar                                                               | 3:51,89      |      | 3:41,64 | 3:51,49                | 3:42,76 | 3:42,76 |               | ZPV Barracuda     |
|    |       |                                                                         |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: DWK               |         |         |               | 3:53,99           |
|    |       | 1 20+ ers / NMR SZ Jamilla van Veen:<br>50m: 0:26,20 / 100m: 0:57,26    |      |      | Jamilla van Veen 96, Yuri van Omme 85, Anne-Irene Ducheine 95, Bas Dries 95          |              |      |         |                        |         |         |               |                   |
| 4  | 3     | Dedemsvaart-AC 1                                                        | Mix  | 100+ | Dedemsvaart-AC                                                                       | 3:50,97      |      | 3:41,64 | 3:51,49                | 3:42,76 | 3:42,76 |               | ZPV Barracuda     |
|    |       |                                                                         |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: DWK               |         |         |               | 3:53,99           |
|    |       | 2 20+ ers / NMR SZ Sepp Kalter:<br>50m: 0:22,76 / 100m: 0:50,20         |      |      | Sepp Kalter 97, Robert Dekker 84, Marije Dankelman 97, Laura Compagner 98            |              |      |         |                        |         |         |               |                   |
| 5  | 2     | TRB-RES 1                                                               | Mix  | 80+  | TRB-RES                                                                              | 3:51,04      |      |         |                        | 3:44,58 | 3:44,58 |               | KSN (SG)          |
|    |       |                                                                         |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: KSN (SG)          |         |         |               | 3:44,58           |
|    |       | 2 20+ ers / NMR SZ Annemijn Spohr:<br>50m: 0:26,20 / 100m: 0:57,26      |      |      | Annemijn Spohr 00, Melissa van der Geld 95, Lars Hurks 99, Nicko Kamphuis 99         |              |      |         |                        |         |         |               |                   |
| 6  | 5     | ESCA Zwemmen 3                                                          | H    | 100+ | ESCA Zwemmen                                                                         | 3:52,36      |      | 3:24,53 | 3:24,53                | 3:31,31 | 3:31,31 |               | Feijenoord Albion |
|    |       |                                                                         |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: Feijenoord Albion |         |         |               | 3:31,31           |
|    |       | 1 20+ ers / NMR SZ Tom Driessen:<br>50m: 0:22,82 / 100m: 0:50,46        |      |      | Tom Driessen 87, Sander de Vrugt 89, Job Esink 98, Mike Schel 94                     |              |      |         |                        |         |         |               |                   |
| 7  | 1     | Nuenen 1                                                                | D    | 100+ | Nuenen                                                                               | 3:56,00      | NMR  | 4:04,28 | 4:04,28                | 4:06,62 | 4:06,62 |               | DAW               |
|    |       |                                                                         |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: WVZ               |         |         | 0             | 4:11,42           |
|    |       | 2 20+ ers / NMR SZ Richenne Zeebregts:<br>50m: 0:26,20 / 100m: 0:57,26  |      |      | Richenne Zeebregts 98, Nikita van den Ouden 99, Susan Teijken 95, Anneloes Peulen 85 |              |      |         |                        |         |         |               |                   |
| 8  | 6     | De Warande 1                                                            | Mix  | 100+ | De Warande                                                                           | 3:57,18      |      | 3:41,64 | 3:51,49                | 3:42,76 | 3:42,76 |               | ZPV Barracuda     |
|    |       |                                                                         |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: DWK               |         |         |               | 3:53,99           |
|    |       | 2 20+ ers / NMR SZ Amy van Lier:<br>50m: 0:26,20 / 100m: 0:57,26        |      |      | Amy van Lier 96, Casper Bolkenbaas 00, Désirée Emmen 92, Sander van Elburg 88        |              |      |         |                        |         |         |               |                   |
| 9  | 7     | ZVL-1886 Tetteroo 1                                                     | Mix  | 100+ | ZVL-1886 Tetteroo                                                                    | 3:57,50      |      | 3:41,64 | 3:51,49                | 3:42,76 | 3:42,76 |               | ZPV Barracuda     |
|    |       |                                                                         |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: DWK               |         |         |               | 3:53,99           |
|    |       | 2 20+ ers / NMR SZ Linda van der Voort:<br>50m: 0:25,86 / 100m: 0:56,45 |      |      | Linda van der Voort 92, Robin van Beek 97, Lonneke Graansma 99, Kristiaan Lenos 83   |              |      |         |                        |         |         |               |                   |

| Bn | Rank  | Naam                                                                   | Gend | Cat  | Team                                                                                 | Intijd       | KANS | WMR     | EMR                    | NatMR   | CR      | Record-houder | Titelhouder 2019  |
|----|-------|------------------------------------------------------------------------|------|------|--------------------------------------------------------------------------------------|--------------|------|---------|------------------------|---------|---------|---------------|-------------------|
|    | 11:49 | Programma 33 4x100m. vrij ALL Serie: 9                                 |      |      |                                                                                      |              |      |         | EMR-houder             |         |         | Aanvraag      | Tijd titelhouder  |
| 0  | 4     | DIO 2                                                                  | H    | 100+ | DIO                                                                                  | 3:46,73      |      | 3:24,53 | 3:24,53                | 3:31,31 | 3:31,31 |               | Feijenoord Albion |
|    |       |                                                                        |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: Feijenoord Albion |         |         |               | 3:31,31           |
|    |       | 1 20+ ers / NMR SZ Jan van Opstal:<br>50m: 0:22,82 / 100m: 0:50,46     |      |      | Jan van Opstal 86, Timo Musters 98, Martino Valentijn 94, Arjan van der Plaat 86     |              |      |         |                        |         |         |               |                   |
| 1  | 1     | DAW 1                                                                  | H    | 120+ | DAW                                                                                  | 3:44,56      |      | 3:23,55 | 3:27,54                | 3:35,42 | 3:35,42 |               | Dedemsvaart-AC    |
|    |       |                                                                        |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: d'ELFT WAVE (SG)  |         |         |               | 3:40,40           |
|    |       | NMR SZ Michel de Maesschalck:<br>50m: 0:22,69 / 100m: 0:50,20          |      |      | Michel de Maesschalck 91, Alex Damen 75, Pieter van Gemeren 69, Felix Geenen 95      |              |      |         |                        |         |         |               |                   |
| 2  | 1     | Albion WSS (SG) 1                                                      | H    | 80+  | Albion WSS (SG)                                                                      | 3:41,96      |      |         |                        | 3:37,54 | 3:37,54 |               | De Kempvis        |
|    |       |                                                                        |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: LZ 1886           |         |         |               | 4:10,83           |
|    |       | 3 20+ ers / NMR SZ Timo Dinkelberg:<br>50m: 0:22,69 / 100m: 0:50,20    |      |      | Timo Dinkelberg 93, Ayrton Mooldijk 99, Otto Pranger 00, Pascal Nuijten 97           |              |      |         |                        |         |         |               |                   |
| 3  | 2     | De Kempvis 1                                                           | H    | 100+ | De Kempvis                                                                           | 3:38,86      |      | 3:24,53 | 3:24,53                | 3:31,31 | 3:31,31 |               | Feijenoord Albion |
|    |       |                                                                        |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: Feijenoord Albion |         |         |               | 3:31,31           |
|    |       | 2 20+ ers / NMR SZ Romero Hennep:<br>50m: 0:22,69 / 100m: 0:50,20      |      |      | Romero Hennep 93, Floyd van Duyvenbode 96, Erik Wegman 92, Joris Bezemer 99          |              |      |         |                        |         |         |               |                   |
| 4  | 1     | Rotterdam Swimming 1                                                   | H    | 100+ | Rotterdam Swimming (SG)                                                              | 3:35,58      |      | 3:24,53 | 3:24,53                | 3:31,31 | 3:31,31 |               | Feijenoord Albion |
|    |       |                                                                        |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: Feijenoord Albion |         |         |               | 3:31,31           |
|    |       | 1 20+ ers / NMR SZ Sam Beer:<br>50m: 0:22,76 / 100m: 0:50,20           |      |      | Sam Beer 96, Derk Jan Speelman 96, Mark Baars 85, Jeroen Baars 92                    |              |      |         |                        |         |         |               |                   |
| 5  | 1     | Albion WSS (SG) 2                                                      | Mix  | 80+  | Albion WSS (SG)                                                                      | 3:38,69      | NMR  |         |                        | 3:44,58 | 3:44,58 |               | KSN (SG)          |
|    |       |                                                                        |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: KSN (SG)          |         |         |               | 3:44,58           |
|    |       | 1 20+ ers / NMR SZ Ensger Kotterink:<br>50m: 0:22,69 / 100m: 0:50,20   |      |      | Ensger Kotterink 94, Thomas Verhoeven 97, Fenna de Groot 97, Marije Dinkelberg 97    |              |      |         |                        |         |         |               |                   |
| 6  | 3     | ZV Haerlem 1                                                           | H    | 100+ | ZV Haerlem                                                                           | 3:39,34      |      | 3:24,53 | 3:24,53                | 3:31,31 | 3:31,31 |               | Feijenoord Albion |
|    |       |                                                                        |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: Feijenoord Albion |         |         |               | 3:31,31           |
|    |       | 2 20+ ers / NMR SZ Nick van der Woude:<br>50m: 0:22,76 / 100m: 0:50,20 |      |      | Nick van der Woude 00, Roy van der Woude 97, Chris van Vliet 91, Klaas van Beek 88   |              |      |         |                        |         |         |               |                   |
| 7  | 1     | VZC 1                                                                  | Mix  | 100+ | VZC                                                                                  | 3:42,42      | EMR  | 3:41,64 | 3:51,49                | 3:42,76 | 3:42,76 |               | ZPV Barracuda     |
|    |       |                                                                        |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: DWK               |         |         | EMR-aanvraag  | 3:53,99           |
|    |       | NMR SZ Marjolein Delno:<br>50m: 0:25,86 / 100m: 0:56,45                |      |      | Marjolein Delno 94, Olaf Achterberg 90, Jelle Nap 95, Saskia de Jonge 86             |              |      |         |                        |         |         |               |                   |
| 8  | 2     | ZPC AMERSFOORT 2                                                       | H    | 120+ | ZPC AMERSFOORT                                                                       | 3:46,57      |      | 3:23,55 | 3:27,54                | 3:35,42 | 3:35,42 |               | Dedemsvaart-AC    |
|    |       |                                                                        |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: d'ELFT WAVE (SG)  |         |         |               | 3:40,40           |
|    |       | NMR SZ Chester Marsman:<br>50m: 0:25,18 / 100m: 0:56,06                |      |      | Chester Marsman 69, Rob van Vliet 84, Joan Kentrop 85, Martijn Giezen 85             |              |      |         |                        |         |         |               |                   |
| 9  | 2     | DWK 1                                                                  | Mix  | 100+ | DWK                                                                                  | 3:47,12      |      | 3:41,64 | 3:51,49                | 3:42,76 | 3:42,76 |               | ZPV Barracuda     |
|    |       |                                                                        |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: DWK               |         |         |               | 3:53,99           |
|    |       | 2 20+ ers / NMR SZ Serginni Marten:<br>50m: 0:22,69 / 100m: 0:50,20    |      |      | Serginni Marten 93, Anoeska van de Kraats 97, Celine Schoenmaker 98, Kevin Eltink 91 |              |      |         |                        |         |         |               |                   |

[illegible]

| Bn | Rank  | Naam                              | Gend | Cat | Team                                                                                                               | Intijd       | KANS | WMR     | EMR                        | NatMR   | CR      | Record-houder | Titelhouder 2019      |
|----|-------|-----------------------------------|------|-----|--------------------------------------------------------------------------------------------------------------------|--------------|------|---------|----------------------------|---------|---------|---------------|-----------------------|
|    | 13:06 | Programma 35 200m. rug D Serie: 2 |      |     |                                                                                                                    |              |      |         | NMR-houder                 |         |         | Aanvraag      | Tijd titelhouder      |
| 0  | 8     | Clementine van Bruxvoort          | D    | 40+ | ZPB H&L Productions                                                                                                | 3:23,71      |      | 2:17,28 | 2:21,95                    | 2:32,36 | 2:33,18 |               | Mirjan den Drijver-Aa |
|    |       |                                   |      |     |                                                                                                                    | 25m-bad tijd |      |         | NMR: Gudule van der Meer   |         |         |               | 2:49,18               |
|    |       | NMR: 50m: 0:32,77 / 100m: 1:09,70 |      |     | ONMK: 12xKB 13xLB, ind: 1G 15Z 7B, est: 1G 3Z                                                                      |              |      |         |                            |         |         |               |                       |
| 1  | 7     | Annette van Dok                   | D    | 50+ | MSV-Zeemacht                                                                                                       | 3:16,63      |      | 2:22,37 | 2:26,85                    | 2:41,28 | 2:41,28 |               | Heidi den Boer        |
|    |       |                                   |      |     |                                                                                                                    | 25m-bad tijd |      |         | NMR: Judith Cromjongh      |         |         |               | 2:46,73               |
|    |       | NMR: 50m: 0:34,49 / 100m: 1:16,38 |      |     | ONMK: 5xKB 5xLB, ind: 7B, est: 1Z 1B                                                                               |              |      |         |                            |         |         |               |                       |
| 2  | 12    | Dorien Vasseur                    | D    | 30+ | Scheldestroom                                                                                                      | 3:12,22      |      | 2:11,86 | 2:13,97                    | 2:23,55 | 2:23,55 |               | Evy Witlox            |
|    |       |                                   |      |     |                                                                                                                    | 25m-bad tijd |      |         | NMR: Evy Witlox            |         |         |               | 2:25,34               |
|    |       | NMR: 50m: 0:30,94 / 100m: 1:06,30 |      |     | ONMK: 6xKB 7xLB, ind: 2Z 1B                                                                                        |              |      |         |                            |         |         |               |                       |
| 3  | 7     | Leonie Scholten                   | D    | 40+ | Steenwijk 1934                                                                                                     | 3:10,74      |      | 2:17,28 | 2:21,95                    | 2:32,36 | 2:33,18 |               | Mirjan den Drijver-Aa |
|    |       |                                   |      |     |                                                                                                                    | 25m-bad tijd |      |         | NMR: Gudule van der Meer   |         |         |               | 2:49,18               |
|    |       | NMR: 50m: 0:32,77 / 100m: 1:09,70 |      |     | ONMK: 1xKB 1xLB, est: 1G                                                                                           |              |      |         |                            |         |         |               |                       |
| 4  | 18    | Heleen ten Have                   | D    | 25+ | ZVVS                                                                                                               | 3:09,58      |      | 2:12,84 | 2:13,00                    | 2:17,86 | 2:20,40 |               | Inge Arts             |
|    |       |                                   |      |     |                                                                                                                    | 25m-bad tijd |      |         | NMR: Jolanda de Rover      |         |         |               | 2:20,40               |
|    |       | NMR: 50m: 0:30,18 / 100m: 1:05,74 |      |     | ONMK: 2xKB 2xLB                                                                                                    |              |      |         |                            |         |         |               |                       |
| 5  | 6     | Annemarie Vuist-Blum              | D    | 55+ | SWOL 1894                                                                                                          | 3:10,35      |      | 2:29,22 | 2:36,86                    | 2:42,19 | 2:29,22 |               | Judith Cromjongh      |
|    |       |                                   |      |     |                                                                                                                    | 25m-bad tijd |      |         | NMR: Judith Cromjongh      |         |         |               | 2:42,19               |
|    |       | NMR: 50m: 0:36,65 / 100m: 1:17,02 |      |     | Actueel: 2 NMR est / ALL: 1 WMR est, 2 EMR est, 15 NMR est<br>ONMK: 13xKB 14xLB, ind: 15G 25Z 29B, est: 17G 13Z 7B |              |      |         |                            |         |         |               |                       |
| 6  | 1     | Margriet Pasma                    | D    | 65+ | TriVia                                                                                                             | 3:12,16      | NMR  | 2:42,87 | 2:55,02                    | 3:20,15 | 3:33,56 |               | Carla Hensen          |
|    |       |                                   |      |     |                                                                                                                    | 25m-bad tijd |      |         | NMR: Christien Nieuwenhuis |         |         |               | 3:33,56               |
|    |       | NMR: 50m: 0:41,50 / 100m: 1:30,34 |      |     | Actueel: 1 NMR ind / ALL: 8 NMR ind<br>ONMK: 11xKB 10xLB, ind: 45G 36Z 13B                                         |              |      |         |                            |         |         |               |                       |
| 7  | 8     | Henriëtte Manting                 | D    | 45+ | GZVW                                                                                                               | 3:13,43      |      | 2:18,15 | 2:20,17                    | 2:32,98 | 2:32,98 |               | Evelien van Klaarberg |
|    |       |                                   |      |     |                                                                                                                    | 25m-bad tijd |      |         | NMR: Evelien van Klaarberg |         |         |               | 2:32,98               |
|    |       | NMR: 50m: 0:33,38 / 100m: 1:11,24 |      |     | ONMK: 10xKB 9xLB, ind: 2G 11Z 5B                                                                                   |              |      |         |                            |         |         |               |                       |
| 8  | 8     | Hetty Smalheer                    | D    | 50+ | SCOM                                                                                                               | 3:22,80      |      | 2:22,37 | 2:26,85                    | 2:41,28 | 2:41,28 |               | Heidi den Boer        |
|    |       |                                   |      |     |                                                                                                                    | 25m-bad tijd |      |         | NMR: Judith Cromjongh      |         |         |               | 2:46,73               |
|    |       | NMR: 50m: 0:34,49 / 100m: 1:16,38 |      |     | ALL: 2 NMR est<br>ONMK: 17xKB 4xLB, ind: 2G 20Z 18B, est: 1B                                                       |              |      |         |                            |         |         |               |                       |
| 9  | 9     | Karin van Nassau-van den Heuvel   | D    | 50+ | Old Dutch                                                                                                          | 3:24,60      |      | 2:22,37 | 2:26,85                    | 2:41,28 | 2:41,28 |               | Heidi den Boer        |
|    |       |                                   |      |     | lid DMHoF                                                                                                          | 25m-bad tijd |      |         | NMR: Judith Cromjongh      |         |         |               | 2:46,73               |
|    |       | NMR: 50m: 0:34,49 / 100m: 1:16,38 |      |     | ALL: 1 EMR est, 7 NMR ind, 11 NMR est<br>ONMK: 15xKB 13xLB, ind: 29G 32Z 29B, est: 13G 16Z 9B                      |              |      |         |                            |         |         |               |                       |

| Bn | Rank  | Naam                              | Gend | Cat | Team                                                                              | Intijd       | KANS | WMR     | EMR                        | NatMR   | CR      | Record-houder | Titelhouder 2019      |
|----|-------|-----------------------------------|------|-----|-----------------------------------------------------------------------------------|--------------|------|---------|----------------------------|---------|---------|---------------|-----------------------|
|    | 13:10 | Programma 35 200m. rug D Serie: 3 |      |     |                                                                                   |              |      |         | NMR-houder                 |         |         | Aanvraag      | Tijd titelhouder      |
| 0  | 8     | Nadine Scheeve                    | D    | 20+ | De Biesboschzwemmers                                                              | 3:06,99      |      |         |                            | 2:17,56 | 2:17,90 |               | Jamilla van Veen      |
|    |       |                                   |      |     |                                                                                   | 25m-bad tijd |      |         | NMR: Jamilla van Veen      |         |         |               | 2:22,25               |
|    |       | NMR: 50m: 0:29,27 / 100m: 1:02,93 |      |     | ONMK: 1xLB, est: 1Z                                                               |              |      |         |                            |         |         |               |                       |
| 1  | 6     | Miranda de Rijke- van Driel       | D    | 45+ | ZPC Numansdorp                                                                    | 3:04,60      |      | 2:18,15 | 2:20,17                    | 2:32,98 | 2:32,98 |               | Evelien van Klaarberg |
|    |       |                                   |      |     |                                                                                   | 25m-bad tijd |      |         | NMR: Evelien van Klaarberg |         |         |               | 2:32,98               |
|    |       | NMR: 50m: 0:33,38 / 100m: 1:11,24 |      |     |                                                                                   |              |      |         |                            |         |         |               |                       |
| 2  | 11    | Joan Fonteine                     | D    | 30+ | De Marlijn (SG)                                                                   | 3:02,78      |      | 2:11,86 | 2:13,97                    | 2:23,55 | 2:23,55 |               | Evy Witlox            |
|    |       |                                   |      |     |                                                                                   | 25m-bad tijd |      |         | NMR: Evy Witlox            |         |         |               | 2:25,34               |
|    |       | NMR: 50m: 0:30,94 / 100m: 1:06,30 |      |     | ONMK: 2xKB 2xLB, ind: 1B, est: 4Z                                                 |              |      |         |                            |         |         |               |                       |
| 3  | 5     | Peggi Hurenkamp                   | D    | 50+ | HZ&PC Heerenveen                                                                  | 3:01,33      |      | 2:22,37 | 2:26,85                    | 2:41,28 | 2:41,28 |               | Heidi den Boer        |
|    |       |                                   |      |     |                                                                                   | 25m-bad tijd |      |         | NMR: Judith Cromjongh      |         |         |               | 2:46,73               |
|    |       | NMR: 50m: 0:34,49 / 100m: 1:16,38 |      |     | ONMK: 6xKB 6xLB, ind: 1G 3Z 5B, est: 7G 5Z 6B                                     |              |      |         |                            |         |         |               |                       |
| 4  | 17    | Lonneke Oenema                    | D    | 25+ | Steenwijk 1934                                                                    | 2:59,97      |      | 2:12,84 | 2:13,00                    | 2:17,86 | 2:20,40 |               | Inge Arts             |
|    |       |                                   |      |     |                                                                                   | 25m-bad tijd |      |         | NMR: Jolanda de Rover      |         |         |               | 2:20,40               |
|    |       | NMR: 50m: 0:30,18 / 100m: 1:05,74 |      |     | ALL: 2 NMR est<br>ONMK: 6xKB 3xLB, est: 7G 7Z 3B                                  |              |      |         |                            |         |         |               |                       |
| 5  | 5     | Feikje Wittermans                 | D    | 55+ | WIDEX GZC DONK                                                                    | 3:00,71      |      | 2:29,22 | 2:36,86                    | 2:42,19 | 2:29,22 |               | Judith Cromjongh      |
|    |       |                                   |      |     |                                                                                   | 25m-bad tijd |      |         | NMR: Judith Cromjongh      |         |         |               | 2:42,19               |
|    |       | NMR: 50m: 0:36,65 / 100m: 1:17,02 |      |     | Actueel: 2 NMR ind / ALL: 3 NMR ind<br>ONMK: 3xKB 2xLB, ind: 3G 1Z 2B, est: 1G 2Z |              |      |         |                            |         |         |               |                       |
| 6  | 10    | Linda Hoogendam                   | D    | 35+ | WVZ                                                                               | 3:01,88      |      | 2:13,37 | 2:17,61                    | 2:33,70 | 2:33,70 |               | Maïke Grösch          |
|    |       |                                   |      |     |                                                                                   | 25m-bad tijd |      |         | NMR: Roos van Esch         |         |         |               | 2:35,65               |
|    |       | NMR: 50m: 0:32,35 / 100m: 1:09,15 |      |     | ALL: 1 NMR est<br>ONMK: 13xKB 13xLB, ind: 16G 15Z 36B, est: 6G 8Z 10B             |              |      |         |                            |         |         |               |                       |
| 7  | 6     | Bianca Groot                      | D    | 50+ | MSV-Zeemacht                                                                      | 3:03,62      |      | 2:22,37 | 2:26,85                    | 2:41,28 | 2:41,28 |               | Heidi den Boer        |
|    |       |                                   |      |     |                                                                                   | 25m-bad tijd |      |         | NMR: Judith Cromjongh      |         |         |               | 2:46,73               |
|    |       | NMR: 50m: 0:34,49 / 100m: 1:16,38 |      |     | ONMK: 1xLB, ind: 1Z 1B, est: 1G 1Z                                                |              |      |         |                            |         |         |               |                       |
| 8  | 6     | Kika Meijers                      | D    | 40+ | SWOL 1894                                                                         | 3:06,91      |      | 2:17,28 | 2:21,95                    | 2:32,36 | 2:33,18 |               | Mirjan den Drijver-Aa |
|    |       |                                   |      |     |                                                                                   | 25m-bad tijd |      |         | NMR: Gudule van der Meer   |         |         |               | 2:49,18               |
|    |       | NMR: 50m: 0:32,77 / 100m: 1:09,70 |      |     | ONMK: 2xKB, ind: 1G 4Z 3B, est: 1Z                                                |              |      |         |                            |         |         |               |                       |
| 9  | 7     | Nathasja Konijn                   | D    | 45+ | WIDEX GZC DONK                                                                    | 3:08,48      |      | 2:18,15 | 2:20,17                    | 2:32,98 | 2:32,98 |               | Evelien van Klaarberg |
|    |       |                                   |      |     |                                                                                   | 25m-bad tijd |      |         | NMR: Evelien van Klaarberg |         |         |               | 2:32,98               |
|    |       | NMR: 50m: 0:33,38 / 100m: 1:11,24 |      |     | ONMK: 7xKB 5xLB, est: 1G 1Z 4B                                                    |              |      |         |                            |         |         |               |                       |

| Bn | Rank  | Naam                              | Gend | Cat | Team                                                                                      | Intijd       | KANS | WMR     | EMR                         | NatMR   | CR      | Record-houder | Titelhouder 2019      |
|----|-------|-----------------------------------|------|-----|-------------------------------------------------------------------------------------------|--------------|------|---------|-----------------------------|---------|---------|---------------|-----------------------|
|    | 13:13 | Programma 35 200m. rug D Serie: 4 |      |     |                                                                                           |              |      |         | NMR-houder                  |         |         | Aanvraag      | Tijd titelhouder      |
| 0  | 16    | Elly Scheepers                    | D    | 25+ | Budel                                                                                     | 2:59,35      |      | 2:12,84 | 2:13,00                     | 2:17,86 | 2:20,40 |               | Inge Arts             |
|    |       |                                   |      |     |                                                                                           | 25m-bad tijd |      |         | NMR: Jolanda de Rover       |         |         |               | 2:20,40               |
|    |       | NMR: 50m: 0:30,18 / 100m: 1:05,74 |      |     | ONMK: 6xKB 1xLB, est: 1Z 3B                                                               |              |      |         |                             |         |         |               |                       |
| 1  | 4     | Wilna Heijman                     | D    | 55+ | Steenwijk 1934                                                                            | 2:59,01      |      | 2:29,22 | 2:36,86                     | 2:42,19 | 2:29,22 |               | Judith Cromjongh      |
|    |       |                                   |      |     |                                                                                           | 25m-bad tijd |      |         | NMR: Judith Cromjongh       |         |         |               | 2:42,19               |
|    |       | NMR: 50m: 0:36,65 / 100m: 1:17,02 |      |     | Actueel: 1 NMR ind / ALL: 2 NMR ind<br>ONMK: 10xKB 5xLB, ind: 22G 18Z 18B, est: 7G 7Z 11B |              |      |         |                             |         |         |               |                       |
| 2  | 10    | Joëlle Vaes                       | D    | 30+ | DIO                                                                                       | 2:58,56      |      | 2:11,86 | 2:13,97                     | 2:23,55 | 2:23,55 |               | Evy Witlox            |
|    |       |                                   |      |     |                                                                                           | 25m-bad tijd |      |         | NMR: Evy Witlox             |         |         |               | 2:25,34               |
|    |       | NMR: 50m: 0:30,94 / 100m: 1:06,30 |      |     | ONMK: 4xKB 5xLB, est: 1G 3Z                                                               |              |      |         |                             |         |         |               |                       |
| 3  | 4     | Laura Staal                       | D    | 50+ | Oceanus                                                                                   | 2:56,71      |      | 2:22,37 | 2:26,85                     | 2:41,28 | 2:41,28 |               | Heidi den Boer        |
|    |       |                                   |      |     |                                                                                           | 25m-bad tijd |      |         | NMR: Judith Cromjongh       |         |         |               | 2:46,73               |
|    |       | NMR: 50m: 0:34,49 / 100m: 1:16,38 |      |     | ALL: 6 NMR est<br>ONMK: 19xKB 15xLB, ind: 50G 59Z 28B, est: 11G 7Z 2B                     |              |      |         |                             |         |         |               |                       |
| 4  | 3     | Trudie van Niejenhuis             | D    | 45+ | TZC-Vahalis                                                                               | 2:56,05      |      | 2:18,15 | 2:20,17                     | 2:32,98 | 2:32,98 |               | Evelien van Klaarberg |
|    |       |                                   |      |     |                                                                                           | 25m-bad tijd |      |         | NMR: Evelien van Klaarberge |         |         |               | 2:32,98               |
|    |       | NMR: 50m: 0:33,38 / 100m: 1:11,24 |      |     | ALL: 1 EMR est, 3 NMR est<br>ONMK: 16xKB 13xLB, ind: 12G 33Z 28B, est: 6G 8Z 2B           |              |      |         |                             |         |         |               |                       |
| 5  | 4     | Evelien Meeuwissen                | D    | 45+ | Sassenheim                                                                                | 2:56,11      |      | 2:18,15 | 2:20,17                     | 2:32,98 | 2:32,98 |               | Evelien van Klaarberg |
|    |       |                                   |      |     |                                                                                           | 25m-bad tijd |      |         | NMR: Evelien van Klaarberge |         |         |               | 2:32,98               |
|    |       | NMR: 50m: 0:33,38 / 100m: 1:11,24 |      |     | ONMK: 3xKB 5xLB, ind: 1Z 3B, est: 1B                                                      |              |      |         |                             |         |         |               |                       |
| 6  | 15    | Maaike Hofland                    | D    | 25+ | Sassenheim                                                                                | 2:57,00      |      | 2:12,84 | 2:13,00                     | 2:17,86 | 2:20,40 |               | Inge Arts             |
|    |       |                                   |      |     |                                                                                           | 25m-bad tijd |      |         | NMR: Jolanda de Rover       |         |         |               | 2:20,40               |
|    |       | NMR: 50m: 0:30,18 / 100m: 1:05,74 |      |     | ONMK: 2xKB 4xLB, est: 1B                                                                  |              |      |         |                             |         |         |               |                       |
| 7  | 4     | Jessica Venema                    | D    | 40+ | WIDEX GZC DONK                                                                            | 2:58,62      |      | 2:17,28 | 2:21,95                     | 2:32,36 | 2:33,18 |               | Mirjan den Drijver-Aa |
|    |       |                                   |      |     |                                                                                           | 25m-bad tijd |      |         | NMR: Gudule van der Meer    |         |         |               | 2:49,18               |
|    |       | NMR: 50m: 0:32,77 / 100m: 1:09,70 |      |     | ONMK: 4xKB 3xLB, ind: 3B, est: 1B                                                         |              |      |         |                             |         |         |               |                       |
| 8  | 5     | Jacqueline de Ruiter-Wijnolst     | D    | 45+ | WIDEX GZC DONK                                                                            | 2:59,24      |      | 2:18,15 | 2:20,17                     | 2:32,98 | 2:32,98 |               | Evelien van Klaarberg |
|    |       |                                   |      |     |                                                                                           | 25m-bad tijd |      |         | NMR: Evelien van Klaarberge |         |         |               | 2:32,98               |
|    |       | NMR: 50m: 0:33,38 / 100m: 1:11,24 |      |     | ONMK: 9xKB 9xLB, ind: 2G 3Z 12B, est: 2G 2Z 3B                                            |              |      |         |                             |         |         |               |                       |
| 9  | 5     | Anuschka Glazema-Boelema          | D    | 40+ | Stadskanaal                                                                               | 2:59,36      |      | 2:17,28 | 2:21,95                     | 2:32,36 | 2:33,18 |               | Mirjan den Drijver-Aa |
|    |       |                                   |      |     |                                                                                           | 25m-bad tijd |      |         | NMR: Gudule van der Meer    |         |         |               | 2:49,18               |
|    |       | NMR: 50m: 0:32,77 / 100m: 1:09,70 |      |     | ONMK: 1xKB                                                                                |              |      |         |                             |         |         |               |                       |



| Bn | Rank  | Naam                              | Gend | Cat | Team                                                                                                                                       | Intijd       | KANS | WMR     | EMR                         | NatMR   | CR      | Record-houder | Titelhouder 2019      |
|----|-------|-----------------------------------|------|-----|--------------------------------------------------------------------------------------------------------------------------------------------|--------------|------|---------|-----------------------------|---------|---------|---------------|-----------------------|
|    | 13:20 | Programma 35 200m. rug D Serie: 6 |      |     |                                                                                                                                            |              |      |         | NMR-houder                  |         |         | Aanvraag      | Tijd titelhouder      |
| 0  | 12    | Getrude Corporaal                 | D    | 25+ | Steenwijk 1934                                                                                                                             | 2:47,07      |      | 2:12,84 | 2:13,00                     | 2:17,86 | 2:20,40 |               | Inge Arts             |
|    |       |                                   |      |     |                                                                                                                                            | 25m-bad tijd |      |         | NMR: Jolanda de Rover       |         |         |               | 2:20,40               |
|    |       | NMR: 50m: 0:30,18 / 100m: 1:05,74 |      |     | ONMK: 5xKB 6xLB, est: 4G 3Z 4B                                                                                                             |              |      |         |                             |         |         |               |                       |
| 1  | 7     | Angela Giezen                     | D    | 35+ | Upstream Amsterdam                                                                                                                         | 2:46,42      |      | 2:13,37 | 2:17,61                     | 2:33,70 | 2:33,70 |               | Maike Grösch          |
|    |       |                                   |      |     |                                                                                                                                            | 25m-bad tijd |      |         | NMR: Roos van Esch          |         |         |               | 2:35,65               |
|    |       | NMR: 50m: 0:32,35 / 100m: 1:09,15 |      |     | ONMK: 8xKB 8xLB, ind: 3Z 6B, est: 1G 6Z 6B                                                                                                 |              |      |         |                             |         |         |               |                       |
| 2  | 1     | Heidi den Boer                    | D    | 50+ | LinK                                                                                                                                       | 2:45,90      |      | 2:22,37 | 2:26,85                     | 2:41,28 | 2:41,28 |               | Heidi den Boer        |
|    |       |                                   |      |     |                                                                                                                                            | 25m-bad tijd |      |         | NMR: Judith Cromjongh       |         |         |               | 2:46,73               |
|    |       | NMR: 50m: 0:34,49 / 100m: 1:16,38 |      |     | Actueel: 2 NMR ind / ALL: 2 NMR ind<br>ONMK: 4xKB 3xLB, ind: 13G 17Z 8B, est: 1B                                                           |              |      |         |                             |         |         |               |                       |
| 3  | 6     | Leonie van der Lavoir             | D    | 35+ | ZPC Numansdorp                                                                                                                             | 2:45,19      |      | 2:13,37 | 2:17,61                     | 2:33,70 | 2:33,70 |               | Maike Grösch          |
|    |       |                                   |      |     |                                                                                                                                            | 25m-bad tijd |      |         | NMR: Roos van Esch          |         |         |               | 2:35,65               |
|    |       | NMR: 50m: 0:32,35 / 100m: 1:09,15 |      |     |                                                                                                                                            |              |      |         |                             |         |         |               |                       |
| 4  | 2     | Pierrette Michel                  | D    | 55+ | BEL - CNSW                                                                                                                                 | 2:43,39      |      | 2:29,22 | 2:36,86                     | 2:42,12 | 2:29,22 |               | Judith Cromjongh      |
|    |       |                                   |      |     |                                                                                                                                            | 25m-bad tijd |      |         |                             |         |         |               | 2:42,19               |
|    |       |                                   |      |     | ONMK: 4xKB 9xLB, ind: 21G 3Z 1B, est: 9G 3Z                                                                                                |              |      |         |                             |         |         |               |                       |
| 5  | 1     | Liselotte Joling                  | D    | 45+ | PSV                                                                                                                                        | 2:43,98      |      | 2:18,15 | 2:20,17                     | 2:32,98 | 2:32,98 |               | Evelien van Klaarberg |
|    |       |                                   |      |     | lid DMHoF                                                                                                                                  | 25m-bad tijd |      |         | NMR: Evelien van Klaarberge |         |         |               | 2:32,98               |
|    |       | NMR: 50m: 0:33,38 / 100m: 1:11,24 |      |     | Actueel: 4 NMR ind, 8 NMR est / ALL: 2 WMR est, 6 EMR est, 25 NMR ind, 44 NMR est<br>ONMK: 19xKB 16xLB, ind: 108G 49Z 22B, est: 56G 16Z 3B |              |      |         |                             |         |         |               |                       |
| 6  | 1     | Monique Boets                     | D    | 40+ | Stadskanaal                                                                                                                                | 2:45,79      |      | 2:17,28 | 2:21,95                     | 2:32,36 | 2:33,18 |               | Mirjan den Drijver-Aa |
|    |       |                                   |      |     |                                                                                                                                            | 25m-bad tijd |      |         | NMR: Gudule van der Meer    |         |         |               | 2:49,18               |
|    |       | NMR: 50m: 0:32,77 / 100m: 1:09,70 |      |     | ALL: 1 NMR ind<br>ONMK: 3xKB, ind: 5G 1Z 2B                                                                                                |              |      |         |                             |         |         |               |                       |
| 7  | 11    | Danica Koedoot                    | D    | 25+ | ZPC AMERSFOORT                                                                                                                             | 2:46,23      |      | 2:12,84 | 2:13,00                     | 2:17,86 | 2:20,40 |               | Inge Arts             |
|    |       |                                   |      |     |                                                                                                                                            | 25m-bad tijd |      |         | NMR: Jolanda de Rover       |         |         |               | 2:20,40               |
|    |       | NMR: 50m: 0:30,18 / 100m: 1:05,74 |      |     | ONMK: 3xKB 3xLB, est: 1Z 4B                                                                                                                |              |      |         |                             |         |         |               |                       |
| 8  | 2     | Mirjan den Drijver                | D    | 45+ | Albion WSS (SG)                                                                                                                            | 2:46,80      |      | 2:18,15 | 2:20,17                     | 2:32,98 | 2:32,98 |               | Evelien van Klaarberg |
|    |       |                                   |      |     |                                                                                                                                            | 25m-bad tijd |      |         | NMR: Evelien van Klaarberge |         |         |               | 2:32,98               |
|    |       | NMR: 50m: 0:33,38 / 100m: 1:11,24 |      |     | ONMK: 7xKB 7xLB, ind: 11G 10Z 16B, est: 5G 12Z 4B                                                                                          |              |      |         |                             |         |         |               |                       |
| 9  | 2     | Chiho Shoji                       | D    | 50+ | BEL - CNSW                                                                                                                                 | 2:47,77      |      | 2:22,37 | 2:26,85                     | 2:39,44 | 2:41,28 |               | Heidi den Boer        |
|    |       |                                   |      |     |                                                                                                                                            | 25m-bad tijd |      |         |                             |         |         |               | 2:46,73               |
|    |       |                                   |      |     | ONMK: 2xKB 3xLB, ind: 2Z 9B, est: 2Z 2B                                                                                                    |              |      |         |                             |         |         |               |                       |

| Bn | Rank  | Naam                              | Gend | Cat | Team                                                                                    | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|-----------------------------------|------|-----|-----------------------------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|------------------|
|    | 13:24 | Programma 35 200m. rug D Serie: 7 |      |     |                                                                                         |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 7     | Lenneke Bagijn                    | D    | 20+ | De Duck                                                                                 | 2:43,02      |      |         |                       | 2:17,56 | 2:17,90 |               | Jamilla van Veen |
|    |       |                                   |      |     |                                                                                         | 25m-bad tijd |      |         | NMR: Jamilla van Veen |         |         |               | 2:22,25          |
|    |       | NMR: 50m: 0:29,27 / 100m: 1:02,93 |      |     | ONMK: 2xKB 3xLB, est: 1G 1Z 4B                                                          |              |      |         |                       |         |         |               |                  |
| 1  | 7     | Jolanda Cnossen                   | D    | 30+ | Neptunia '24                                                                            | 2:42,42      |      | 2:11,86 | 2:13,97               | 2:23,55 | 2:23,55 |               | Evy Witlox       |
|    |       |                                   |      |     |                                                                                         | 25m-bad tijd |      |         | NMR: Evy Witlox       |         |         |               | 2:25,34          |
|    |       | NMR: 50m: 0:30,94 / 100m: 1:06,30 |      |     | ONMK: 2xKB 2xLB                                                                         |              |      |         |                       |         |         |               |                  |
| 2  | 5     | Clara Van Roeyen                  | D    | 30+ | BEL - GBZ                                                                               | 2:40,59      |      | 2:11,86 | 2:13,97               | 2:36,86 | 2:23,55 |               | Evy Witlox       |
|    |       |                                   |      |     |                                                                                         | 25m-bad tijd |      |         |                       |         |         |               | 2:25,34          |
|    |       |                                   |      |     | ONMK: 2xKB 2xLB                                                                         |              |      |         |                       |         |         |               |                  |
| 3  | 10    | Nanda de Vries                    | D    | 25+ | Steenwijk 1934                                                                          | 2:37,04      |      | 2:12,84 | 2:13,00               | 2:17,86 | 2:20,40 |               | Inge Arts        |
|    |       |                                   |      |     |                                                                                         | 25m-bad tijd |      |         | NMR: Jolanda de Rover |         |         |               | 2:20,40          |
|    |       | NMR: 50m: 0:30,18 / 100m: 1:05,74 |      |     | Actueel: 1 NMR est / ALL: 4 NMR est<br>ONMK: 7xKB 5xLB, ind: 5G 7Z 6B, est: 10G 10Z 10B |              |      |         |                       |         |         |               |                  |
| 4  | 4     | Tonia Ruybroek                    | D    | 35+ | Poseidon'56                                                                             | 2:35,97      |      | 2:13,37 | 2:17,61               | 2:33,70 | 2:33,70 |               | Maike Grösch     |
|    |       |                                   |      |     |                                                                                         | 25m-bad tijd |      |         | NMR: Roos van Esch    |         |         |               | 2:35,65          |
|    |       | NMR: 50m: 0:32,35 / 100m: 1:09,15 |      |     | ONMK: 1xKB 1xLB, ind: 3G 2Z 1B                                                          |              |      |         |                       |         |         |               |                  |
| 5  | 3     | Rianne Hofland                    | D    | 30+ | Sassenheim                                                                              | 2:36,18      |      | 2:11,86 | 2:13,97               | 2:23,55 | 2:23,55 |               | Evy Witlox       |
|    |       |                                   |      |     |                                                                                         | 25m-bad tijd |      |         | NMR: Evy Witlox       |         |         |               | 2:25,34          |
|    |       | NMR: 50m: 0:30,94 / 100m: 1:06,30 |      |     | ONMK: 3xKB 4xLB, ind: 3G 1Z 4B, est: 1B                                                 |              |      |         |                       |         |         |               |                  |
| 6  | 4     | Jacyntha Plat                     | D    | 30+ | Steenwijk 1934                                                                          | 2:38,57      |      | 2:11,86 | 2:13,97               | 2:23,55 | 2:23,55 |               | Evy Witlox       |
|    |       |                                   |      |     |                                                                                         | 25m-bad tijd |      |         | NMR: Evy Witlox       |         |         |               | 2:25,34          |
|    |       | NMR: 50m: 0:30,94 / 100m: 1:06,30 |      |     | ONMK: 6xKB 2xLB, ind: 5G 15Z 9B, est: 2G 6Z 2B                                          |              |      |         |                       |         |         |               |                  |
| 7  | 6     | Jenny Schouten                    | D    | 30+ | Zwemsport Parkstad (SG                                                                  | 2:41,85      |      | 2:11,86 | 2:13,97               | 2:23,55 | 2:23,55 |               | Evy Witlox       |
|    |       |                                   |      |     |                                                                                         | 25m-bad tijd |      |         | NMR: Evy Witlox       |         |         |               | 2:25,34          |
|    |       | NMR: 50m: 0:30,94 / 100m: 1:06,30 |      |     |                                                                                         |              |      |         |                       |         |         |               |                  |
| 8  | 5     | Sylvia Reijers                    | D    | 35+ | De Gelenberg                                                                            | 2:42,58      |      | 2:13,37 | 2:17,61               | 2:33,70 | 2:33,70 |               | Maike Grösch     |
|    |       |                                   |      |     |                                                                                         | 25m-bad tijd |      |         | NMR: Roos van Esch    |         |         |               | 2:35,65          |
|    |       | NMR: 50m: 0:32,35 / 100m: 1:09,15 |      |     | ONMK: 7xKB, ind: 5Z 8B, est: 1Z 1B                                                      |              |      |         |                       |         |         |               |                  |
| 9  | 1     | Allie Price                       | D    | 55+ | GBR - Cardiff Masters                                                                   | 2:43,33      |      | 2:29,22 | 2:36,86               | 2:36,86 | 2:29,22 |               | Judith Cromjongh |
|    |       |                                   |      |     |                                                                                         | 50m-bad tijd |      |         |                       |         |         |               | 2:42,19          |
|    |       |                                   |      |     | ONMK: 3xKB 5xLB, ind: 21G 12Z 7B                                                        |              |      |         |                       |         |         |               |                  |

| Bn | Rank  | Naam                              | Gender | Cat | Team                                                                                                                        | Intijd       | KANS   | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|-----------------------------------|--------|-----|-----------------------------------------------------------------------------------------------------------------------------|--------------|--------|---------|-----------------------|---------|---------|---------------|------------------|
|    | 13:27 | Programma 35 200m. rug D Serie: 8 |        |     |                                                                                                                             |              |        |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 2     | Ilse van den Wijngaard            | D      | 30+ | ZPC Woerden                                                                                                                 | 2:34,44      |        | 2:11,86 | 2:13,97               | 2:23,55 | 2:23,55 |               | Evy Witlox       |
|    |       |                                   |        |     |                                                                                                                             | 25m-bad tijd |        |         | NMR: Evy Witlox       |         |         |               | 2:25,34          |
|    |       |                                   |        |     | Actueel: 1 NMR est / ALL: 3 NMR est<br>ONMK: 9xKB 8xLB, ind: 2G 11Z 16B, est: 26G 12Z 7B                                    |              |        |         |                       |         |         |               |                  |
| 1  | 2     | Ann Wanter                        | D      | 35+ | BEL - Zwemclub Geel                                                                                                         | 2:33,66      | natMR= | 2:13,37 | 2:17,61               | 2:33,66 | 2:33,70 |               | Maike Grösch     |
|    |       |                                   |        |     |                                                                                                                             | 25m-bad tijd |        |         |                       |         |         |               | 2:35,65          |
|    |       |                                   |        |     | Actueel: 2 NMR ind / ALL: 5 NMR ind<br>ONMK: 1xKB 3xLB, ind: 13G 4Z 3B                                                      |              |        |         |                       |         |         |               |                  |
| 2  | 6     | Romy Verhagen                     | D      | 20+ | De Amstel                                                                                                                   | 2:31,96      |        |         |                       | 2:17,56 | 2:17,90 |               | Jamilla van Veen |
|    |       |                                   |        |     |                                                                                                                             | 25m-bad tijd |        |         | NMR: Jamilla van Veen |         |         |               | 2:22,25          |
|    |       |                                   |        |     | NMR: 50m: 0:29,27 / 100m: 1:02,93<br>ONMK: 1xKB                                                                             |              |        |         |                       |         |         |               |                  |
| 3  | 6     | Stéphanie Dekker-Bergsma          | D      | 25+ | Dedemsvaart-AC                                                                                                              | 2:29,25      |        | 2:12,84 | 2:13,00               | 2:17,86 | 2:20,40 |               | Inge Arts        |
|    |       |                                   |        |     |                                                                                                                             | 25m-bad tijd |        |         | NMR: Jolanda de Rover |         |         |               | 2:20,40          |
|    |       |                                   |        |     | Actueel: 1 NMR est / ALL: 2 NMR est<br>ONMK: 5xKB 2xLB, ind: 3G 8Z 10B, est: 5G 1Z                                          |              |        |         |                       |         |         |               |                  |
| 4  | 5     | Désirée Emmen                     | D      | 25+ | De Warande                                                                                                                  | 2:27,82      |        | 2:12,84 | 2:13,00               | 2:17,86 | 2:20,40 |               | Inge Arts        |
|    |       |                                   |        |     |                                                                                                                             | 25m-bad tijd |        |         | NMR: Jolanda de Rover |         |         |               | 2:20,40          |
|    |       |                                   |        |     | Actueel: 1 NMR est / ALL: 1 NMR est<br>ONMK: 8xKB 8xLB, ind: 12G 14Z 13B, est: 1G 2Z                                        |              |        |         |                       |         |         |               |                  |
| 5  | 1     | Viktória Háden-Felföldi           | D      | 35+ | HUN - Megathlon SE                                                                                                          | 2:28,44      | natMR  | 2:13,37 | 2:17,61               | 2:32,72 | 2:33,70 |               | Maike Grösch     |
|    |       |                                   |        |     |                                                                                                                             | 25m-bad tijd |        |         |                       |         |         |               | 2:35,65          |
|    |       |                                   |        |     | ONMK: 2xKB 3xLB, ind: 30G 7Z                                                                                                |              |        |         |                       |         |         |               |                  |
| 6  | 7     | Suzanne Mosch                     | D      | 25+ | MSV-Zeemacht                                                                                                                | 2:31,11      |        | 2:12,84 | 2:13,00               | 2:17,86 | 2:20,40 |               | Inge Arts        |
|    |       |                                   |        |     |                                                                                                                             | 25m-bad tijd |        |         | NMR: Jolanda de Rover |         |         |               | 2:20,40          |
|    |       |                                   |        |     | NMR: 50m: 0:30,18 / 100m: 1:05,74<br>ONMK: 7xKB 5xLB, ind: 2G 3B, est: 2G 6Z 3B                                             |              |        |         |                       |         |         |               |                  |
| 7  | 8     | Fiona Meuffels                    | D      | 25+ | RZ                                                                                                                          | 2:33,03      |        | 2:12,84 | 2:13,00               | 2:17,86 | 2:20,40 |               | Inge Arts        |
|    |       |                                   |        |     |                                                                                                                             | 25m-bad tijd |        |         | NMR: Jolanda de Rover |         |         |               | 2:20,40          |
|    |       |                                   |        |     | NMR: 50m: 0:30,18 / 100m: 1:05,74<br>ONMK: 3xKB 3xLB, ind: 1Z 2B, est: 2Z 5B                                                |              |        |         |                       |         |         |               |                  |
| 8  | 3     | Roos van Esch                     | D      | 35+ | De Lansingh                                                                                                                 | 2:33,70      | NMR=   | 2:13,37 | 2:17,61               | 2:33,70 | 2:33,70 | NMR-houder    | Maike Grösch     |
|    |       |                                   |        |     |                                                                                                                             | 25m-bad tijd |        |         | NMR: Roos van Esch    |         |         |               | 2:35,65          |
|    |       |                                   |        |     | Actueel: 4 NMR ind, 2 NMR est / ALL: 1 EMR est, 7 NMR ind, 6 NMR est<br>ONMK: 14xKB 12xLB, ind: 76G 44Z 17B, est: 11G 5Z 5B |              |        |         |                       |         |         |               |                  |
| 9  | 9     | Lotte Coenen                      | D      | 25+ | The Hague Swimming (S                                                                                                       | 2:35,88      |        | 2:12,84 | 2:13,00               | 2:17,86 | 2:20,40 |               | Inge Arts        |
|    |       |                                   |        |     |                                                                                                                             | 25m-bad tijd |        |         | NMR: Jolanda de Rover |         |         |               | 2:20,40          |
|    |       |                                   |        |     | NMR: 50m: 0:30,18 / 100m: 1:05,74<br>ONMK: 4xKB 2xLB, ind: 2Z 5B, est: 1G 1Z                                                |              |        |         |                       |         |         |               |                  |

| Bn | Rank  | Naam                              | Gender | Cat | Team                                                                                                          | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|-----------------------------------|--------|-----|---------------------------------------------------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|------------------|
|    | 13:30 | Programma 35 200m. rug D Serie: 9 |        |     |                                                                                                               |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 4     | Anne-Irene Ducheine               | D      | 25+ | Zwemvereniging Hooglar                                                                                        | 2:27,56      |      | 2:12,84 | 2:13,00               | 2:17,86 | 2:20,40 |               | Inge Arts        |
|    |       |                                   |        |     |                                                                                                               | 25m-bad tijd |      |         | NMR: Jolanda de Rover |         |         |               | 2:20,40          |
|    |       |                                   |        |     | Actueel: 1 NMR est / ALL: 1 NMR est<br>ONMK: 2xKB 3xLB, ind: 1G 2Z 1B, est: 5G 3Z                             |              |      |         |                       |         |         |               |                  |
| 1  | 3     | Melissa van der Geld              | D      | 25+ | TRB-RES                                                                                                       | 2:27,11      |      | 2:12,84 | 2:13,00               | 2:17,86 | 2:20,40 |               | Inge Arts        |
|    |       |                                   |        |     |                                                                                                               | 25m-bad tijd |      |         | NMR: Jolanda de Rover |         |         |               | 2:20,40          |
|    |       |                                   |        |     | Actueel: 1 NMR est / ALL: 1 NMR est<br>ONMK: 4xKB 4xLB, ind: 3G 6Z 9B, est: 2G 2Z                             |              |      |         |                       |         |         |               |                  |
| 2  | 3     | Anouque Berghuis                  | D      | 20+ | ZPV Barracuda                                                                                                 | 2:26,02      |      |         |                       | 2:17,56 | 2:17,90 |               | Jamilla van Veen |
|    |       |                                   |        |     |                                                                                                               | 25m-bad tijd |      |         | NMR: Jamilla van Veen |         |         |               | 2:22,25          |
|    |       |                                   |        |     | NMR: 50m: 0:29,27 / 100m: 1:02,93<br>ONMK: 2xKB 1xLB, ind: 1Z 1B, est: 1G                                     |              |      |         |                       |         |         |               |                  |
| 3  | 1     | Mabel Sulić                       | D      | 25+ | WVZ                                                                                                           | 2:22,14      |      | 2:12,84 | 2:13,00               | 2:17,86 | 2:20,40 |               | Inge Arts        |
|    |       |                                   |        |     |                                                                                                               | 25m-bad tijd |      |         | NMR: Jolanda de Rover |         |         |               | 2:20,40          |
|    |       |                                   |        |     | NMR: 50m: 0:30,18 / 100m: 1:05,74<br>ONMK: 1xKB 2xLB, ind: 9G 1Z , est: 1G 1Z 1B                              |              |      |         |                       |         |         |               |                  |
| 4  | 1     | Jamilla van Veen                  | D      | 20+ | Zwemvereniging Hooglar                                                                                        | 2:16,58      | NMR  |         |                       | 2:17,56 | 2:17,90 | NMR-houder    | Jamilla van Veen |
|    |       |                                   |        |     |                                                                                                               | 25m-bad tijd |      |         | NMR: Jamilla van Veen |         |         |               | 2:22,25          |
|    |       |                                   |        |     | Actueel: 2 NMR ind, 3 NMR est / ALL: 7 NMR ind, 8 NMR est<br>ONMK: 5xKB 3xLB, ind: 21G 10Z 2B, est: 21G 4Z 2B |              |      |         |                       |         |         |               |                  |
| 5  | 2     | Nikita van den Ouden              | D      | 20+ | Nuenen                                                                                                        | 2:20,39      |      |         |                       | 2:17,56 | 2:17,90 |               | Jamilla van Veen |
|    |       |                                   |        |     |                                                                                                               | 25m-bad tijd |      |         | NMR: Jamilla van Veen |         |         |               | 2:22,25          |
|    |       |                                   |        |     | NMR: 50m: 0:29,27 / 100m: 1:02,93<br>ONMK: 1xKB, ind: 1Z 1B                                                   |              |      |         |                       |         |         |               |                  |
| 6  | 1     | Evy Witlox                        | D      | 30+ | DWT                                                                                                           | 2:23,55      | NMR= | 2:11,86 | 2:13,97               | 2:23,55 | 2:23,55 | NMR-houder    | Evy Witlox       |
|    |       |                                   |        |     |                                                                                                               | 25m-bad tijd |      |         | NMR: Evy Witlox       |         |         |               | 2:25,34          |
|    |       |                                   |        |     | Actueel: 5 NMR ind / ALL: 8 NMR ind<br>ONMK: 2xKB 1xLB, ind: 8G 2Z , est: 1G 4B                               |              |      |         |                       |         |         |               |                  |
| 7  | 2     | Daniëlle de Boer                  | D      | 25+ | HZ&PC Heerenveen                                                                                              | 2:26,18      |      | 2:12,84 | 2:13,00               | 2:17,86 | 2:20,40 |               | Inge Arts        |
|    |       |                                   |        |     |                                                                                                               | 25m-bad tijd |      |         | NMR: Jolanda de Rover |         |         |               | 2:20,40          |
|    |       |                                   |        |     | Actueel: 3 NMR est / ALL: 3 NMR est<br>ONMK: 2xKB 1xLB, ind: 2Z 2B, est: 6G 4Z                                |              |      |         |                       |         |         |               |                  |
| 8  | 4     | Hilde Dekker                      | D      | 20+ | ReVeLie Swim Team                                                                                             | 2:27,12      |      |         |                       | 2:17,56 | 2:17,90 |               | Jamilla van Veen |
|    |       |                                   |        |     |                                                                                                               | 25m-bad tijd |      |         | NMR: Jamilla van Veen |         |         |               | 2:22,25          |
|    |       |                                   |        |     | NMR: 50m: 0:29,27 / 100m: 1:02,93<br>ONMK: 1xKB 1xLB, ind: 1G 2Z 6B                                           |              |      |         |                       |         |         |               |                  |
| 9  | 5     | Kirsten Walraven                  | D      | 20+ | ZPC De Zeeuwse Kust                                                                                           | 2:27,71      |      |         |                       | 2:17,56 | 2:17,90 |               | Jamilla van Veen |
|    |       |                                   |        |     |                                                                                                               | 25m-bad tijd |      |         | NMR: Jamilla van Veen |         |         |               | 2:22,25          |
|    |       |                                   |        |     | NMR: 50m: 0:29,27 / 100m: 1:02,93                                                                             |              |      |         |                       |         |         |               |                  |

[illegible]

| Bn | Rank  | Naam                              | Gender | Cat | Team                                                                                                                                       | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019    |
|----|-------|-----------------------------------|--------|-----|--------------------------------------------------------------------------------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|---------------------|
|    | 13:37 | Programma 36 200m. rug H Serie: 2 |        |     |                                                                                                                                            |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder    |
| 0  | 5     | André Pantekoek                   | H      | 60+ | PSV                                                                                                                                        | 3:23,92      |      | 2:20,38 | 2:26,38               | 2:31,42 | 2:31,42 |               | Sigitas Katkevicius |
|    |       |                                   |        |     |                                                                                                                                            | 25m-bad tijd |      |         | NMR: Robert Weyhenke  |         |         |               | 2:45,06             |
|    |       |                                   |        |     | Actueel: 1 NMR est / ALL: 1 NMR est<br>ONMK: 2xKB 4xLB, ind: 3Z 4B, est: 1Z 2B                                                             |              |      |         |                       |         |         |               |                     |
| 1  | 1     | Frans van Enst                    | H      | 80+ | WS Twente                                                                                                                                  | 3:14,23      | EMR  | 3:07,44 | 3:15,61               | 4:10,66 | 4:03,02 |               |                     |
|    |       |                                   |        |     | lid DMHoF                                                                                                                                  | 25m-bad tijd |      |         | NMR: Max van Gelder   |         |         |               |                     |
|    |       |                                   |        |     | Actueel: 17 NMR ind / ALL: 1 WMR est, 19 EMR ind, 1 EMR est, 69 NMR ind, 2 NMR est<br>ONMK: 20xKB 17xLB, ind: 188G 82Z 4B, est: 25G 13Z 9B |              |      |         |                       |         |         |               |                     |
| 2  | 8     | Bart van Calker                   | H      | 55+ | WS Twente                                                                                                                                  | 3:07,58      |      | 2:15,37 | 2:20,05               | 2:21,44 | 2:21,44 |               | Edwin van Norden    |
|    |       |                                   |        |     |                                                                                                                                            | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:22,25             |
|    |       |                                   |        |     | ALL: 1 EMR est, 2 NMR est<br>ONMK: 13xKB 9xLB, ind: 1G , est: 9G 8Z 7B                                                                     |              |      |         |                       |         |         |               |                     |
| 3  | 3     | Evertjan Masurel                  | H      | 60+ | PSV                                                                                                                                        | 2:56,91      |      | 2:20,38 | 2:26,38               | 2:31,42 | 2:31,42 |               | Sigitas Katkevicius |
|    |       |                                   |        |     |                                                                                                                                            | 25m-bad tijd |      |         | NMR: Robert Weyhenke  |         |         |               | 2:45,06             |
|    |       |                                   |        |     | Actueel: 6 NMR est / ALL: 1 EMR est, 7 NMR est<br>ONMK: 9xKB 9xLB, ind: 19G 22Z 17B, est: 8G 8Z 3B                                         |              |      |         |                       |         |         |               |                     |
| 4  | 9     | Rogier van Gent                   | H      | 40+ | IJZPC                                                                                                                                      | 2:54,12      |      | 2:03,84 | 2:04,29               | 2:10,51 | 2:12,70 |               | Dennis Brouwers     |
|    |       |                                   |        |     |                                                                                                                                            | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:18,50             |
|    |       |                                   |        |     | NMR: 50m: 0:28,21 / 100m: 0:59,94<br>ONMK: 1xKB 4xLB                                                                                       |              |      |         |                       |         |         |               |                     |
| 5  | 7     | Marc Switala                      | H      | 55+ | FRA - Dunkerque Natatic                                                                                                                    | 2:55,58      |      | 2:15,37 | 2:20,05               | 2:26,56 | 2:21,44 |               | Edwin van Norden    |
|    |       |                                   |        |     |                                                                                                                                            | 25m-bad tijd |      |         |                       |         |         |               | 2:22,25             |
|    |       |                                   |        |     |                                                                                                                                            |              |      |         |                       |         |         |               |                     |
| 6  | 4     | Wim de Lange                      | H      | 60+ | AZC                                                                                                                                        | 3:04,93      |      | 2:20,38 | 2:26,38               | 2:31,42 | 2:31,42 |               | Sigitas Katkevicius |
|    |       |                                   |        |     |                                                                                                                                            | 25m-bad tijd |      |         | NMR: Robert Weyhenke  |         |         |               | 2:45,06             |
|    |       |                                   |        |     | NMR: 50m: 0:30,95 / 100m: 1:10,33<br>ONMK: 8xKB 6xLB, ind: 7G 14Z 15B, est: 3G 6Z 6B                                                       |              |      |         |                       |         |         |               |                     |
| 7  | 1     | Hans Piederiet                    | H      | 65+ | ZPC Numansdorp                                                                                                                             | 3:13,39      |      | 2:30,92 | 2:35,36               | 2:35,36 | 2:35,36 |               | Ruud Ruiter         |
|    |       |                                   |        |     |                                                                                                                                            | 25m-bad tijd |      |         | NMR: Robert Weyhenke  |         |         |               | 3:19,75             |
|    |       |                                   |        |     | ALL: 2 NMR ind<br>ONMK: 2xKB 3xLB, ind: 10G 4Z                                                                                             |              |      |         |                       |         |         |               |                     |
| 8  | 5     | Jeroen Hoeksel                    | H      | 45+ | ZVVS                                                                                                                                       | 3:15,62      |      | 2:05,54 | 2:06,66               | 2:12,87 | 2:13,69 |               | Ramon de Bondt      |
|    |       |                                   |        |     |                                                                                                                                            | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:34,35             |
|    |       |                                   |        |     | NMR: 50m: 0:28,47 / 100m: 0:59,17<br>ONMK: 1xKB 1xLB                                                                                       |              |      |         |                       |         |         |               |                     |
| 9  | 2     | Jos Kamps                         | H      | 65+ | Zwemvereniging Hooglar                                                                                                                     | 3:31,93      |      | 2:30,92 | 2:35,36               | 2:35,36 | 2:35,36 |               | Ruud Ruiter         |
|    |       |                                   |        |     |                                                                                                                                            | 25m-bad tijd |      |         | NMR: Robert Weyhenke  |         |         |               | 3:19,75             |
|    |       |                                   |        |     | NMR: 50m: 0:34,21 / 100m: 1:13,90<br>ONMK: 8xKB 8xLB, ind: 8G 35Z 27B, est: 2G 1Z 3B                                                       |              |      |         |                       |         |         |               |                     |

| Bn | Rank  | Naam                              | Gend | Cat | Team                                                                                                                                             | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019     |
|----|-------|-----------------------------------|------|-----|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|----------------------|
|    | 13:42 | Programma 36 200m. rug H Serie: 3 |      |     |                                                                                                                                                  |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder     |
| 0  | 8     | Peter Lommert                     | H    | 40+ | SWOL 1894                                                                                                                                        | 2:50,91      |      | 2:03,84 | 2:04,29               | 2:10,51 | 2:12,70 |               | Dennis Brouwers      |
|    |       |                                   |      |     |                                                                                                                                                  | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:18,50              |
|    |       | NMR: 50m: 0:28,21 / 100m: 0:59,94 |      |     | ONMK: 4xKB 4xLB, est: 1G 2Z 2B                                                                                                                   |              |      |         |                       |         |         |               |                      |
| 1  | 2     | Marten de Groot                   | H    | 60+ | HZ&PC Heerenveen                                                                                                                                 | 2:50,16      |      | 2:20,38 | 2:26,38               | 2:31,42 | 2:31,42 |               | Sigitas Katkevicius  |
|    |       |                                   |      |     |                                                                                                                                                  | 25m-bad tijd |      |         | NMR: Robert Weyhenke  |         |         |               | 2:45,06              |
|    |       | NMR: 50m: 0:30,95 / 100m: 1:10,33 |      |     | Actueel:2 EMR ind, 20 NMR ind, 8 NMR est / ALL: 7 EMR ind, 1 EMR est, 49 NMR ind, 19 NMR est<br>ONMK: 9xKB 9xLB, ind: 72G 19Z 8B, est: 34G 9Z 6B |              |      |         |                       |         |         |               |                      |
| 2  | 4     | Korstiaan de Boer                 | H    | 45+ | Steenwijk 1934                                                                                                                                   | 2:46,92      |      | 2:05,54 | 2:06,66               | 2:12,87 | 2:13,69 |               | Ramon de Bondt       |
|    |       |                                   |      |     |                                                                                                                                                  | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:34,35              |
|    |       | NMR: 50m: 0:28,47 / 100m: 0:59,17 |      |     | ONMK: 5xKB 4xLB, ind: 3Z 4B, est: 1G 5Z 3B                                                                                                       |              |      |         |                       |         |         |               |                      |
| 3  | 1     | Erik Kamphuis                     | H    | 60+ | De Rog                                                                                                                                           | 2:44,40      |      | 2:20,38 | 2:26,38               | 2:31,42 | 2:31,42 |               | Sigitas Katkevicius  |
|    |       |                                   |      |     |                                                                                                                                                  | 25m-bad tijd |      |         | NMR: Robert Weyhenke  |         |         |               | 2:45,06              |
|    |       | NMR: 50m: 0:30,95 / 100m: 1:10,33 |      |     | Actueel: 5 NMR est / ALL: 9 NMR est<br>ONMK: 8xKB 6xLB, ind: 2G 4Z 6B, est: 27G 7Z 8B                                                            |              |      |         |                       |         |         |               |                      |
| 4  | 4     | Nico Swart                        | H    | 50+ | De Biesboschzwemmers                                                                                                                             | 2:42,71      |      | 2:07,13 | 2:07,13               | 2:16,23 | 2:16,23 |               | Jan-Willem van den B |
|    |       |                                   |      |     |                                                                                                                                                  | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:27,23              |
|    |       | NMR: 50m: 0:29,46 / 100m: 1:01,47 |      |     | ONMK: 9xKB 9xLB, ind: 1Z 5B, est: 3G 3Z 3B                                                                                                       |              |      |         |                       |         |         |               |                      |
| 5  | 5     | Harold Matla                      | H    | 50+ | PSV                                                                                                                                              | 2:43,22      |      | 2:07,13 | 2:07,13               | 2:16,23 | 2:16,23 |               | Jan-Willem van den B |
|    |       |                                   |      |     | lid DMHoF, ex-lid TGM                                                                                                                            | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:27,23              |
|    |       | NMR: 50m: 0:29,46 / 100m: 1:01,47 |      |     | Actueel: 8 NMR ind, 11 NMR est / ALL: 2 WMR est, 7 EMR est, 23 NMR ind, 67 NMR est<br>ONMK: 17xKB 14xLB, ind: 55G 33Z 24B, est: 50G 18Z 7B       |              |      |         |                       |         |         |               |                      |
| 6  | 7     | Marco van Antwerpen               | H    | 40+ | ZV Strijen                                                                                                                                       | 2:44,59      |      | 2:03,84 | 2:04,29               | 2:10,51 | 2:12,70 |               | Dennis Brouwers      |
|    |       |                                   |      |     |                                                                                                                                                  | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:18,50              |
|    |       | NMR: 50m: 0:28,21 / 100m: 0:59,94 |      |     | ONMK: 1xKB 8xLB, ind: 1B                                                                                                                         |              |      |         |                       |         |         |               |                      |
| 7  | 9     | Arne-Willem Kroonen               | H    | 35+ | Zwemsport Parkstad (SG)                                                                                                                          | 2:47,14      |      | 2:00,34 | 2:01,55               | 2:09,92 | 2:12,14 |               | Nol van Thull        |
|    |       |                                   |      |     |                                                                                                                                                  | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:15,83              |
|    |       | NMR: 50m: 0:28,02 / 100m: 0:58,21 |      |     |                                                                                                                                                  |              |      |         |                       |         |         |               |                      |
| 8  | 6     | Casper Dollekamp                  | H    | 55+ | Steenwijk 1934                                                                                                                                   | 2:50,31      |      | 2:15,37 | 2:20,05               | 2:21,44 | 2:21,44 |               | Edwin van Norden     |
|    |       |                                   |      |     |                                                                                                                                                  | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:22,25              |
|    |       | NMR: 50m: 0:29,49 / 100m: 1:03,68 |      |     | ONMK: 9xKB 7xLB, ind: 1Z 1B, est: 9G 7Z 13B                                                                                                      |              |      |         |                       |         |         |               |                      |
| 9  | 5     | Eric Langhorst                    | H    | 55+ | RZC                                                                                                                                              | 2:51,83      |      | 2:15,37 | 2:20,05               | 2:21,44 | 2:21,44 |               | Edwin van Norden     |
|    |       |                                   |      |     |                                                                                                                                                  | 50m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:22,25              |
|    |       | NMR: 50m: 0:29,49 / 100m: 1:03,68 |      |     | ALL: 3 NMR est<br>ONMK: 11xKB 9xLB, ind: 9G 14Z 13B, est: 5G 3Z 1B                                                                               |              |      |         |                       |         |         |               |                      |

| Bn | Rank  | Naam                              | Gend | Cat | Team                                                                                                              | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019     |
|----|-------|-----------------------------------|------|-----|-------------------------------------------------------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|----------------------|
|    | 13:45 | Programma 36 200m. rug H Serie: 4 |      |     |                                                                                                                   |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder     |
| 0  | 4     | Hans Vloedgraven                  | H    | 55+ | Old Dutch                                                                                                         | 2:39,74      |      | 2:15,37 | 2:20,05               | 2:21,44 | 2:21,44 |               | Edwin van Norden     |
|    |       |                                   |      |     |                                                                                                                   | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:22,25              |
|    |       | NMR: 50m: 0:29,49 / 100m: 1:03,68 |      |     | ONMK: 9xKB 2xLB, ind: 2G 6Z 4B, est: 3G 1Z 2B                                                                     |              |      |         |                       |         |         |               |                      |
| 1  | 8     | Mark Godwaldt                     | H    | 30+ | PSV                                                                                                               | 2:37,57      |      | 1:55,46 | 1:56,68               | 2:11,64 | 2:15,34 |               | Martijn Giezen       |
|    |       |                                   |      |     |                                                                                                                   | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:17,21              |
|    |       | NMR: 50m: 0:26,53 / 100m: 0:59,44 |      |     | ONMK: 5xKB 4xLB, ind: 2B, est: 3Z 2B                                                                              |              |      |         |                       |         |         |               |                      |
| 2  | 6     | Pieter Broek                      | H    | 40+ | Albion WSS (SG)                                                                                                   | 2:33,43      |      | 2:03,84 | 2:04,29               | 2:10,51 | 2:12,70 |               | Dennis Brouwers      |
|    |       |                                   |      |     |                                                                                                                   | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:18,50              |
|    |       | NMR: 50m: 0:28,21 / 100m: 0:59,94 |      |     | ONMK: 5xKB 3xLB, ind: 4B, est: 4G 2Z 3B                                                                           |              |      |         |                       |         |         |               |                      |
| 3  | 8     | Peter van de Bor                  | H    | 35+ | DWT                                                                                                               | 2:31,77      |      | 2:00,34 | 2:01,55               | 2:09,92 | 2:12,14 |               | Nol van Thull        |
|    |       |                                   |      |     |                                                                                                                   | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:15,83              |
|    |       | NMR: 50m: 0:28,02 / 100m: 0:58,21 |      |     | ONMK: 5xKB 3xLB, ind: 1Z 1B, est: 1B                                                                              |              |      |         |                       |         |         |               |                      |
| 4  | 5     | Stan Dekker                       | H    | 40+ | HHZV Plons                                                                                                        | 2:31,18      |      | 2:03,84 | 2:04,29               | 2:10,51 | 2:12,70 |               | Dennis Brouwers      |
|    |       |                                   |      |     |                                                                                                                   | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:18,50              |
|    |       | NMR: 50m: 0:28,21 / 100m: 0:59,94 |      |     | ALL: 2 WMR est, 2 EMR est, 6 NMR est<br>ONMK: 7xKB 11xLB, ind: 2G 6Z 8B, est: 6G 5Z 7B                            |              |      |         |                       |         |         |               |                      |
| 5  | 3     | Alex Damen                        | H    | 45+ | DAW                                                                                                               | 2:31,45      |      | 2:05,54 | 2:06,66               | 2:12,87 | 2:13,69 |               | Ramon de Bondt       |
|    |       |                                   |      |     |                                                                                                                   | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:34,35              |
|    |       | NMR: 50m: 0:28,47 / 100m: 0:59,17 |      |     | Actueel: 1 NMR est / ALL: 2 NMR est<br>ONMK: 8xKB 7xLB, ind: 7G 7Z 28B, est: 10G 24Z 7B                           |              |      |         |                       |         |         |               |                      |
| 6  | 7     | Haico Weijers                     | H    | 30+ | ZPC Numansdorp                                                                                                    | 2:32,37      |      | 1:55,46 | 1:56,68               | 2:11,64 | 2:15,34 |               | Martijn Giezen       |
|    |       |                                   |      |     |                                                                                                                   | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:17,21              |
|    |       | NMR: 50m: 0:26,53 / 100m: 0:59,44 |      |     |                                                                                                                   |              |      |         |                       |         |         |               |                      |
| 7  | 12    | Wesley van der Luit               | H    | 20+ | Sassenheim                                                                                                        | 2:34,50      |      |         |                       | 2:04,41 | 2:04,41 |               | Jelle Dekker         |
|    |       |                                   |      |     |                                                                                                                   | 25m-bad tijd |      |         | NMR: Jos de Graaf     |         |         |               | 2:08,72              |
|    |       | NMR: 50m: 0:26,33 / 100m: 0:57,00 |      |     | ONMK: 2xLB                                                                                                        |              |      |         |                       |         |         |               |                      |
| 8  | 3     | Ron Korzelius                     | H    | 55+ | ZPC AMERSFOORT                                                                                                    | 2:37,89      |      | 2:15,37 | 2:20,05               | 2:21,44 | 2:21,44 |               | Edwin van Norden     |
|    |       |                                   |      |     |                                                                                                                   | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:22,25              |
|    |       | NMR: 50m: 0:29,49 / 100m: 1:03,68 |      |     | Actueel: 2 NMR est / ALL: 1 WMR est, 4 EMR est, 15 NMR est<br>ONMK: 15xKB 11xLB, ind: 9G 18Z 15B, est: 32G 12Z 9B |              |      |         |                       |         |         |               |                      |
| 9  | 3     | Bruno Nahon                       | H    | 50+ | BEL - CNSW                                                                                                        | 2:41,13      |      | 2:07,13 | 2:07,13               | 2:32,96 | 2:16,23 |               | Jan-Willem van den B |
|    |       |                                   |      |     |                                                                                                                   | 25m-bad tijd |      |         |                       |         |         |               | 2:27,23              |
|    |       |                                   |      |     | ONMK: 1xKB 2xLB, ind: 1G 4Z 1B, est: 1G 3Z 2B                                                                     |              |      |         |                       |         |         |               |                      |



| Bn | Rank  | Naam                              | Gend | Cat | Team                                                                                       | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|-----------------------------------|------|-----|--------------------------------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|------------------|
|    | 13:51 | Programma 36 200m. rug H Serie: 6 |      |     |                                                                                            |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 1     | Johan Remmits                     | H    | 55+ | ZPC AMERSFOORT                                                                             | 2:25,32      |      | 2:15,37 | 2:20,05               | 2:21,44 | 2:21,44 |               | Edwin van Norden |
|    |       |                                   |      |     |                                                                                            | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:22,25          |
|    |       |                                   |      |     | Actueel: 1 NMR est / ALL: 4 NMR est<br>ONMK: 8xKB 7xLB, ind: 45G 30Z 13B, est: 11G 4Z 6B   |              |      |         |                       |         |         |               |                  |
| 1  | 5     | Paul Oudendijk                    | H    | 35+ | DAW                                                                                        | 2:23,25      |      | 2:00,34 | 2:01,55               | 2:09,92 | 2:12,14 |               | Nol van Thull    |
|    |       |                                   |      |     |                                                                                            | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:15,83          |
|    |       |                                   |      |     | ALL: 1 NMR ind, 3 NMR est<br>ONMK: 9xKB 9xLB, ind: 16G 17Z 13B, est: 7G 5Z 2B              |              |      |         |                       |         |         |               |                  |
| 2  | 9     | Jeroen Louwinger                  | H    | 20+ | De Rijn                                                                                    | 2:21,83      |      |         |                       | 2:04,41 | 2:04,41 |               | Jelle Dekker     |
|    |       |                                   |      |     |                                                                                            | 25m-bad tijd |      |         | NMR: Jos de Graaf     |         |         |               | 2:08,72          |
|    |       |                                   |      |     | NMR: 50m: 0:26,33 / 100m: 0:57,00<br>ONMK: 1xKB, est: 1B                                   |              |      |         |                       |         |         |               |                  |
| 3  | 4     | Thommy Nickel                     | H    | 35+ | ZPC Woerden                                                                                | 2:21,35      |      | 2:00,34 | 2:01,55               | 2:09,92 | 2:12,14 |               | Nol van Thull    |
|    |       |                                   |      |     |                                                                                            | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:15,83          |
|    |       |                                   |      |     | Actueel: 1 NMR est / ALL: 3 NMR est<br>ONMK: 12xKB 13xLB, ind: 15G 38Z 37B, est: 13G 9Z 6B |              |      |         |                       |         |         |               |                  |
| 4  | 3     | Robert Dekker                     | H    | 35+ | Dedemsvaart-AC                                                                             | 2:20,38      |      | 2:00,34 | 2:01,55               | 2:09,92 | 2:12,14 |               | Nol van Thull    |
|    |       |                                   |      |     |                                                                                            | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:15,83          |
|    |       |                                   |      |     | NMR: 50m: 0:28,02 / 100m: 0:58,21<br>ONMK: 7xKB 4xLB, ind: 4G 13Z 10B, est: 4G 2Z 5B       |              |      |         |                       |         |         |               |                  |
| 5  | 4     | Alex Vermeulen                    | H    | 30+ | WZK Zwemmen                                                                                | 2:20,58      |      | 1:55,46 | 1:56,68               | 2:11,64 | 2:15,34 |               | Martijn Giezen   |
|    |       |                                   |      |     |                                                                                            | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:17,21          |
|    |       |                                   |      |     | ALL: 1 NMR est<br>ONMK: 7xKB 7xLB, ind: 4G 5Z 6B, est: 5G 1Z 1B                            |              |      |         |                       |         |         |               |                  |
| 6  | 5     | Robert Braad                      | H    | 30+ | Steenwijk 1934                                                                             | 2:21,61      |      | 1:55,46 | 1:56,68               | 2:11,64 | 2:15,34 |               | Martijn Giezen   |
|    |       |                                   |      |     |                                                                                            | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:17,21          |
|    |       |                                   |      |     | NMR: 50m: 0:26,53 / 100m: 0:59,44<br>ONMK: 5xKB 2xLB, ind: 2Z 3B, est: 2G 6Z 1B            |              |      |         |                       |         |         |               |                  |
| 7  | 2     | Mark Hensen                       | H    | 40+ | ZPV Barracuda                                                                              | 2:22,20      |      | 2:03,84 | 2:04,29               | 2:10,51 | 2:12,70 |               | Dennis Brouwers  |
|    |       |                                   |      |     |                                                                                            | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 2:18,50          |
|    |       |                                   |      |     | Actueel: 1 NMR est / ALL: 1 NMR est<br>ONMK: 4xKB 2xLB, ind: 3G 7Z 7B, est: 1G 4Z 1B       |              |      |         |                       |         |         |               |                  |
| 8  | 10    | Jorn Lucas                        | H    | 20+ | De Veene                                                                                   | 2:23,65      |      |         |                       | 2:04,41 | 2:04,41 |               | Jelle Dekker     |
|    |       |                                   |      |     |                                                                                            | 25m-bad tijd |      |         | NMR: Jos de Graaf     |         |         |               | 2:08,72          |
|    |       |                                   |      |     | NMR: 50m: 0:26,33 / 100m: 0:57,00                                                          |              |      |         |                       |         |         |               |                  |
| 9  | 1     | Linas Kersevicius                 | H    | 45+ | LTU - Kauno Takas                                                                          | 2:25,32      |      | 2:05,54 | 2:06,66               | 2:23,84 | 2:13,69 |               | Ramon de Bondt   |
|    |       |                                   |      |     |                                                                                            | 25m-bad tijd |      |         |                       |         |         |               | 2:34,35          |
|    |       |                                   |      |     | ONMK: 6xKB, ind: 7G 5Z 1B, est: 1G 3Z 7B                                                   |              |      |         |                       |         |         |               |                  |

| Bn | Rank  | Naam                              | Genk | Cat | Team                                                                                                              | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|-----------------------------------|------|-----|-------------------------------------------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|------------------|
|    | 13:54 | Programma 36 200m. rug H Serie: 7 |      |     |                                                                                                                   |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 3     | Wessel Everloo                    | H    | 30+ | WS Twente                                                                                                         | 2:20,09      |      | 1:55,46 | 1:56,68                   | 2:11,64 | 2:15,34 |               | Martijn Giezen   |
|    |       |                                   |      |     |                                                                                                                   | 25m-bad tijd |      |         | NMR: Edwin van Norden     |         |         |               | 2:17,21          |
|    |       |                                   |      |     | ALL: 2 NMR est<br>ONMK: 10xKB 2xLB, ind: 4G 5Z 9B, est: 5G 1Z 5B                                                  |              |      |         |                           |         |         |               |                  |
| 1  | 6     | Emiel van Beusekom                | H    | 25+ | ZPV Barracuda                                                                                                     | 2:18,86      |      | 1:56,22 | 1:56,22                   | 2:04,14 | 2:04,14 |               | Tim Bunnik       |
|    |       |                                   |      |     |                                                                                                                   | 25m-bad tijd |      |         | NMR: Raymond van de Merwe |         |         |               | 2:21,15          |
|    |       |                                   |      |     | ALL: 1 NMR est<br>ONMK: 5xKB 4xLB, ind: 12G 10Z 3B, est: 11G 13Z 2B                                               |              |      |         |                           |         |         |               |                  |
| 2  | 7     | Lars Hurks                        | H    | 20+ | TRB-RES                                                                                                           | 2:18,09      |      |         |                           | 2:04,41 | 2:04,41 |               | Jelle Dekker     |
|    |       |                                   |      |     |                                                                                                                   | 25m-bad tijd |      |         | NMR: Jos de Graaf         |         |         |               | 2:08,72          |
|    |       |                                   |      |     | NMR: 50m: 0:26,33 / 100m: 0:57,00                                                                                 |              |      |         |                           |         |         |               |                  |
| 3  | 1     | Martijn Giezen                    | H    | 35+ | ZPC AMERSFOORT                                                                                                    | 2:17,21      |      | 2:00,34 | 2:01,55                   | 2:09,92 | 2:12,14 |               | Nol van Thull    |
|    |       |                                   |      |     |                                                                                                                   | 25m-bad tijd |      |         | NMR: Edwin van Norden     |         |         |               | 2:15,83          |
|    |       |                                   |      |     | Actueel: 4 NMR est / ALL: 1 EMR est, 1 NMR ind, 7 NMR est<br>ONMK: 11xKB 10xLB, ind: 25G 15Z 10B, est: 9G 12Z 12B |              |      |         |                           |         |         |               |                  |
| 4  | 5     | Mike Schel                        | H    | 25+ | ESCA Zwemmen                                                                                                      | 2:15,49      |      | 1:56,22 | 1:56,22                   | 2:04,14 | 2:04,14 |               | Tim Bunnik       |
|    |       |                                   |      |     |                                                                                                                   | 25m-bad tijd |      |         | NMR: Raymond van de Merwe |         |         |               | 2:21,15          |
|    |       |                                   |      |     | NMR: 50m: 0:25,69 / 100m: 0:54,67<br>ONMK: 2xKB 5xLB, ind: 1Z 1B, est: 6G 4Z 5B                                   |              |      |         |                           |         |         |               |                  |
| 5  | 1     | Olaf Achterberg                   | H    | 30+ | VZC                                                                                                               | 2:15,67      |      | 1:55,46 | 1:56,68                   | 2:11,64 | 2:15,34 |               | Martijn Giezen   |
|    |       |                                   |      |     |                                                                                                                   | 25m-bad tijd |      |         | NMR: Edwin van Norden     |         |         |               | 2:17,21          |
|    |       |                                   |      |     | NMR: 50m: 0:26,53 / 100m: 0:59,44<br>ONMK: 1xKB 1xLB, ind: 3G 3Z 1B, est: 2G 2Z                                   |              |      |         |                           |         |         |               |                  |
| 6  | 6     | Jelle Blankestijn                 | H    | 20+ | ZPC AMERSFOORT                                                                                                    | 2:17,51      |      |         |                           | 2:04,41 | 2:04,41 |               | Jelle Dekker     |
|    |       |                                   |      |     |                                                                                                                   | 25m-bad tijd |      |         | NMR: Jos de Graaf         |         |         |               | 2:08,72          |
|    |       |                                   |      |     | NMR: 50m: 0:26,33 / 100m: 0:57,00<br>ONMK: 1xLB, ind: 1B, est: 4Z                                                 |              |      |         |                           |         |         |               |                  |
| 7  | 2     | Nick Valentine                    | H    | 35+ | GBR - Tynemouth ASC                                                                                               | 2:18,32      |      | 2:00,34 | 2:01,55                   | 2:04,21 | 2:12,14 |               | Nol van Thull    |
|    |       |                                   |      |     |                                                                                                                   | 25m-bad tijd |      |         |                           |         |         |               | 2:15,83          |
|    |       |                                   |      |     |                                                                                                                   |              |      |         |                           |         |         |               |                  |
| 8  | 2     | Tim Bunnik                        | H    | 30+ | Triton                                                                                                            | 2:19,46      |      | 1:55,46 | 1:56,68                   | 2:11,64 | 2:15,34 |               | Martijn Giezen   |
|    |       |                                   |      |     |                                                                                                                   | 25m-bad tijd |      |         | NMR: Edwin van Norden     |         |         |               | 2:17,21          |
|    |       |                                   |      |     | NMR: 50m: 0:26,53 / 100m: 0:59,44<br>ONMK: 11xKB 9xLB, ind: 29G 51Z 31B, est: 1G 5Z 7B                            |              |      |         |                           |         |         |               |                  |
| 9  | 8     | Nordin Termoshuizen               | H    | 20+ | WVZ                                                                                                               | 2:20,15      |      |         |                           | 2:04,41 | 2:04,41 |               | Jelle Dekker     |
|    |       |                                   |      |     |                                                                                                                   | 25m-bad tijd |      |         | NMR: Jos de Graaf         |         |         |               | 2:08,72          |
|    |       |                                   |      |     | NMR: 50m: 0:26,33 / 100m: 0:57,00<br>ONMK: 4xKB 4xLB, ind: 3G 10Z 17B, est: 9G 6Z 3B                              |              |      |         |                           |         |         |               |                  |

| Bn | Rank  | Naam                              | Gend | Cat | Team                                                                                                                         | Intijd       | KANS | WMR     | EMR                      | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|-----------------------------------|------|-----|------------------------------------------------------------------------------------------------------------------------------|--------------|------|---------|--------------------------|---------|---------|---------------|------------------|
|    | 13:57 | Programma 36 200m. rug H Serie: 8 |      |     |                                                                                                                              |              |      |         | NMR-houder               |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 4     | Robin van Beek                    | H    | 20+ | ZVL-1886 Tetteroo                                                                                                            | 2:14,63      |      |         |                          | 2:04,41 | 2:04,41 |               | Jelle Dekker     |
|    |       |                                   |      |     |                                                                                                                              | 25m-bad tijd |      |         | NMR: Jos de Graaf        |         |         |               | 2:08,72          |
|    |       | NMR: 50m: 0:26,33 / 100m: 0:57,00 |      |     | ONMK: 4xKB 3xLB, ind: 13G 12Z 4B, est: 7G 1Z 10B                                                                             |              |      |         |                          |         |         |               |                  |
| 1  | 2     | Dennis Wildeboer                  | H    | 20+ | De Zwemlinie (SG)                                                                                                            | 2:13,92      |      |         |                          | 2:04,41 | 2:04,41 |               | Jelle Dekker     |
|    |       |                                   |      |     |                                                                                                                              | 25m-bad tijd |      |         | NMR: Jos de Graaf        |         |         |               | 2:08,72          |
|    |       | NMR: 50m: 0:26,33 / 100m: 0:57,00 |      |     | ONMK: 1xKB 1xLB, ind: 1G 1Z 1B, est: 1G 2Z 2B                                                                                |              |      |         |                          |         |         |               |                  |
| 2  | 1     | Jaro Musters                      | H    | 20+ | Hieronymus                                                                                                                   | 2:13,26      |      |         |                          | 2:04,41 | 2:04,41 |               | Jelle Dekker     |
|    |       |                                   |      |     |                                                                                                                              | 25m-bad tijd |      |         | NMR: Jos de Graaf        |         |         |               | 2:08,72          |
|    |       | NMR: 50m: 0:26,33 / 100m: 0:57,00 |      |     | Actueel: 1 NMR est / ALL: 1 NMR est<br>ONMK: 1xKB, ind: 1G 1Z , est: 2G                                                      |              |      |         |                          |         |         |               |                  |
| 3  | 3     | Mesut Halicioglu                  | H    | 25+ | BEL - CNSW                                                                                                                   | 2:11,44      |      | 1:56,22 | 1:56,22                  | 2:08,04 | 2:04,14 |               | Tim Bunnik       |
|    |       |                                   |      |     |                                                                                                                              | 25m-bad tijd |      |         |                          |         |         |               | 2:21,15          |
|    |       |                                   |      |     |                                                                                                                              |              |      |         |                          |         |         |               |                  |
| 4  | 1     | Kevin Eltink                      | H    | 25+ | DWK                                                                                                                          | 2:09,68      |      | 1:56,22 | 1:56,22                  | 2:04,14 | 2:04,14 |               | Tim Bunnik       |
|    |       |                                   |      |     |                                                                                                                              | 25m-bad tijd |      |         | NMR: Raymond van de Merw |         |         |               | 2:21,15          |
|    |       | NMR: 50m: 0:25,69 / 100m: 0:54,67 |      |     | Actueel: 8 NMR ind, 2 NMR est / ALL: 12 NMR ind, 8 NMR est<br>ONMK: 8xKB 3xLB, ind: 31G 5Z , est: 11G 11Z 3B                 |              |      |         |                          |         |         |               |                  |
| 5  | 2     | Timo Dinkelberg                   | H    | 25+ | Albion WSS (SG)                                                                                                              | 2:11,38      |      | 1:56,22 | 1:56,22                  | 2:04,14 | 2:04,14 |               | Tim Bunnik       |
|    |       |                                   |      |     |                                                                                                                              | 25m-bad tijd |      |         | NMR: Raymond van de Merw |         |         |               | 2:21,15          |
|    |       | NMR: 50m: 0:25,69 / 100m: 0:54,67 |      |     | Actueel: 8 NMR est / ALL: 1 EMR est, 8 NMR est<br>ONMK: 1xKB 3xLB, ind: 6G 2Z 2B, est: 9G                                    |              |      |         |                          |         |         |               |                  |
| 6  | 1     | Nol van Thull                     | H    | 40+ | De Lansingh                                                                                                                  | 2:12,75      |      | 2:03,84 | 2:04,29                  | 2:10,51 | 2:12,70 |               | Dennis Brouwers  |
|    |       |                                   |      |     |                                                                                                                              | 25m-bad tijd |      |         | NMR: Edwin van Norden    |         |         |               | 2:18,50          |
|    |       | NMR: 50m: 0:28,21 / 100m: 0:59,94 |      |     | Actueel: 7 NMR ind, 22 NMR est / ALL: 2 EMR est, 13 NMR ind, 33 NMR est<br>ONMK: 12xKB 9xLB, ind: 66G 19Z 7B, est: 41G 9Z 4B |              |      |         |                          |         |         |               |                  |
| 7  | 4     | Bas Dries                         | H    | 25+ | Zwemvereniging Hooglar                                                                                                       | 2:13,46      |      | 1:56,22 | 1:56,22                  | 2:04,14 | 2:04,14 |               | Tim Bunnik       |
|    |       |                                   |      |     |                                                                                                                              | 25m-bad tijd |      |         | NMR: Raymond van de Merw |         |         |               | 2:21,15          |
|    |       | NMR: 50m: 0:25,69 / 100m: 0:54,67 |      |     | Actueel: 1 NMR est / ALL: 1 NMR est<br>ONMK: 4xKB 2xLB, ind: 2G 3Z 4B, est: 5G 4Z 2B                                         |              |      |         |                          |         |         |               |                  |
| 8  | 3     | Arjan Dekker                      | H    | 20+ | ReVeLie Swim Team                                                                                                            | 2:14,24      |      |         |                          | 2:04,41 | 2:04,41 |               | Jelle Dekker     |
|    |       |                                   |      |     |                                                                                                                              | 25m-bad tijd |      |         | NMR: Jos de Graaf        |         |         |               | 2:08,72          |
|    |       | NMR: 50m: 0:26,33 / 100m: 0:57,00 |      |     | ONMK: 2xKB 2xLB                                                                                                              |              |      |         |                          |         |         |               |                  |
| 9  | 5     | Jordy van Oel                     | H    | 20+ | WVZ                                                                                                                          | 2:14,86      |      |         |                          | 2:04,41 | 2:04,41 |               | Jelle Dekker     |
|    |       |                                   |      |     |                                                                                                                              | 25m-bad tijd |      |         | NMR: Jos de Graaf        |         |         |               | 2:08,72          |
|    |       | NMR: 50m: 0:26,33 / 100m: 0:57,00 |      |     | ONMK: 2xKB 2xLB, ind: 1G 3Z , est: 4G 5Z 3B                                                                                  |              |      |         |                          |         |         |               |                  |

[illegible]

| Bn | Rank  | Naam                              | Gender | Cat | Team                                                                                                                                                            | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019     |
|----|-------|-----------------------------------|--------|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|----------------------|
|    | 14:01 | Programma 37 50m. vrij D Serie: 2 |        |     |                                                                                                                                                                 |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder     |
| 0  | 8     | Willy Schoenmaker-ter Veer        | D      | 60+ | DWK                                                                                                                                                             | 0:44,42      |      | 0:28,50 | 0:29,89                   | 0:30,11 | 0:30,11 |               | Atie Pijtak-Radersma |
|    |       |                                   |        |     |                                                                                                                                                                 | 50m-bad tijd |      |         | NMR: Atie Pijtak          |         |         |               | 0:31,30              |
|    |       | NMR:                              |        |     | ONMK: 4xKB 4xLB, ind: 6Z 3B, est: 1Z                                                                                                                            |              |      |         |                           |         |         |               |                      |
| 1  | 9     | Anje Manuputty                    | D      | 60+ | PSV                                                                                                                                                             | 0:43,98      |      | 0:28,50 | 0:29,89                   | 0:30,11 | 0:30,11 |               | Atie Pijtak-Radersma |
|    |       |                                   |        |     |                                                                                                                                                                 | 25m-bad tijd |      |         | NMR: Atie Pijtak          |         |         |               | 0:31,30              |
|    |       | NMR:                              |        |     | ONMK: 2xKB 7xLB, ind: 3G 4Z 6B, est: 4G                                                                                                                         |              |      |         |                           |         |         |               |                      |
| 2  | 7     | Ria Peters-Veurman                | D      | 60+ | ESCA Zwemmen                                                                                                                                                    | 0:42,57      |      | 0:28,50 | 0:29,89                   | 0:30,11 | 0:30,11 |               | Atie Pijtak-Radersma |
|    |       |                                   |        |     |                                                                                                                                                                 | 50m-bad tijd |      |         | NMR: Atie Pijtak          |         |         |               | 0:31,30              |
|    |       | NMR:                              |        |     | ONMK: 3xKB 4xLB, ind: 1Z 1B, est: 3Z 4B                                                                                                                         |              |      |         |                           |         |         |               |                      |
| 3  | 5     | Ineke Meijer                      | D      | 65+ | HZ&PC Heerenveen                                                                                                                                                | 0:41,87      |      | 0:29,30 | 0:31,80                   | 0:31,85 | 0:31,85 |               | Conny Boer-Buijs     |
|    |       |                                   |        |     |                                                                                                                                                                 | 25m-bad tijd |      |         | NMR: Conny Boer-Buys      |         |         |               | 0:33,15              |
|    |       | NMR:                              |        |     | ALL: 2 NMR est<br>ONMK: 11xKB 8xLB, ind: 12G 4IZ 23B, est: 8G 8Z 4B                                                                                             |              |      |         |                           |         |         |               |                      |
| 4  | 59    | Mariska Scholts                   | D      | 20+ | Rotterdam Swimming (SC                                                                                                                                          | 0:41,40      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                   |        |     |                                                                                                                                                                 | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                              |        |     | ONMK: 1xKB 1xLB                                                                                                                                                 |              |      |         |                           |         |         |               |                      |
| 5  | 28    | Maaïke Heïdt                      | D      | 50+ | ZPB H&L Productions                                                                                                                                             | 0:41,69      |      | 0:26,27 | 0:26,27                   | 0:28,75 | 0:28,75 |               | Lesley Cordial       |
|    |       |                                   |        |     |                                                                                                                                                                 | 25m-bad tijd |      |         | NMR: Lesley Cordial       |         |         |               | 0:28,75              |
|    |       | NMR:                              |        |     | ONMK: 1xKB 1xLB                                                                                                                                                 |              |      |         |                           |         |         |               |                      |
| 6  | 1     | Lottie Geurts                     | D      | 85+ | PSV                                                                                                                                                             | 0:42,16      | NMR  | 0:38,75 | 0:37,75                   | 1:10,03 | 1:02,13 |               |                      |
|    |       |                                   |        |     | lid DMHoF                                                                                                                                                       | 25m-bad tijd |      |         | NMR: Marianne Maandonks   |         |         |               |                      |
|    |       | NMR:                              |        |     | Actueel:4 WMR est, 4 EMR est, 34 NMR ind, 35 NMR est / ALL: 7 WMR est, 27 EMR est, 179 NMR ind, 121 NMR est<br>ONMK: 15xKB 15xLB, ind: 107G 3Z , est: 85G 2Z 1B |              |      |         |                           |         |         |               |                      |
| 7  | 4     | Tineke van Diggelen               | D      | 65+ | ZPCH                                                                                                                                                            | 0:42,76      |      | 0:29,30 | 0:31,80                   | 0:31,85 | 0:31,85 |               | Conny Boer-Buijs     |
|    |       |                                   |        |     |                                                                                                                                                                 | 50m-bad tijd |      |         | NMR: Conny Boer-Buys      |         |         |               | 0:33,15              |
|    |       | NMR:                              |        |     | ALL: 1 NMR est<br>ONMK: 17xKB 15xLB, ind: 31G 60Z 53B, est: 3G 6Z                                                                                               |              |      |         |                           |         |         |               |                      |
| 8  | 18    | Marleen Schuurïng                 | D      | 40+ | ESCA Zwemmen                                                                                                                                                    | 0:44,20      |      | 0:26,02 | 0:26,40                   | 0:27,87 | 0:27,43 |               | Marty Krans-de Weert |
|    |       |                                   |        |     |                                                                                                                                                                 | 25m-bad tijd |      |         | NMR: Ingrid Boot-De Groot |         |         |               | 0:28,80              |
|    |       | NMR:                              |        |     |                                                                                                                                                                 |              |      |         |                           |         |         |               |                      |
| 9  | 6     | Fernande Blondeel-Gourmet         | D      | 65+ | BEL - CNSW                                                                                                                                                      | 0:45,76      |      | 0:29,30 | 0:31,80                   | 0:36,60 | 0:31,85 |               | Conny Boer-Buijs     |
|    |       |                                   |        |     |                                                                                                                                                                 | 50m-bad tijd |      |         |                           |         |         |               | 0:33,15              |
|    |       |                                   |        |     | ONMK: 6xKB 9xLB, ind: 13G 12Z 13B, est: 5G 9Z 3B                                                                                                                |              |      |         |                           |         |         |               |                      |

| Bn | Rank  | Naam                              | Gend | Cat | Team                                       | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019     |
|----|-------|-----------------------------------|------|-----|--------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|----------------------|
|    | 14:02 | Programma 37 50m. vrij D Serie: 3 |      |     |                                            |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder     |
| 0  | 27    | Ania Bultena-Rusek                | D    | 50+ | TriVia                                     | 0:40,94      |      | 0:26,27 | 0:26,27                   | 0:28,75 | 0:28,75 |               | Lesley Cordial       |
|    |       |                                   |      |     |                                            | 25m-bad tijd |      |         | NMR: Lesley Cordial       |         |         |               | 0:28,75              |
|    |       | NMR:                              |      |     |                                            |              |      |         |                           |         |         |               |                      |
| 1  | 6     | Marion Kolkman-Pluim              | D    | 60+ | ESCA Zwemmen                               | 0:39,92      |      | 0:28,50 | 0:29,89                   | 0:30,11 | 0:30,11 |               | Atie Pijtak-Radersma |
|    |       |                                   |      |     |                                            | 25m-bad tijd |      |         | NMR: Atie Pijtak          |         |         |               | 0:31,30              |
|    |       | NMR:                              |      |     | ONMK: 6xKB 5xLB, ind: 1B, est: 1G 2Z 4B    |              |      |         |                           |         |         |               |                      |
| 2  | 48    | Brechtje Arts                     | D    | 25+ | Aquapoldro                                 | 0:39,78      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|    |       |                                   |      |     |                                            | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|    |       | NMR:                              |      |     | ONMK: 1xLB                                 |              |      |         |                           |         |         |               |                      |
| 3  | 9     | Jenny Westervaarder               | D    | 55+ | H2Oldambt                                  | 0:39,42      |      | 0:27,80 | 0:27,80                   | 0:29,87 | 0:29,25 |               | Wilma van Velsen     |
|    |       |                                   |      |     |                                            | 50m-bad tijd |      |         | NMR: Conny Boer-Buys      |         |         |               | 0:30,84              |
|    |       | NMR:                              |      |     | ONMK: 4xKB 2xLB, ind: 2B                   |              |      |         |                           |         |         |               |                      |
| 4  | 25    | Ellen van Wingerden-Dijkhuizen    | D    | 50+ | DWK                                        | 0:39,26      |      | 0:26,27 | 0:26,27                   | 0:28,75 | 0:28,75 |               | Lesley Cordial       |
|    |       |                                   |      |     |                                            | 25m-bad tijd |      |         | NMR: Lesley Cordial       |         |         |               | 0:28,75              |
|    |       | NMR:                              |      |     | ONMK: 7xKB 2xLB, ind: 3Z 4B, est: 3G 2Z 3B |              |      |         |                           |         |         |               |                      |
| 5  | 21    | Agnes Holterman                   | D    | 45+ | ZPC De Hof                                 | 0:39,28      |      | 0:26,29 | 0:26,37                   | 0:27,91 | 0:27,91 |               | Yvette Ratering      |
|    |       |                                   |      |     |                                            | 25m-bad tijd |      |         | NMR: Monique Tuijp        |         |         |               | 0:29,16              |
|    |       | NMR:                              |      |     |                                            |              |      |         |                           |         |         |               |                      |
| 6  | 26    | Cancia Leirissa                   | D    | 50+ | Albion WSS (SG)                            | 0:39,70      |      | 0:26,27 | 0:26,27                   | 0:28,75 | 0:28,75 |               | Lesley Cordial       |
|    |       |                                   |      |     |                                            | 25m-bad tijd |      |         | NMR: Lesley Cordial       |         |         |               | 0:28,75              |
|    |       | NMR:                              |      |     |                                            |              |      |         |                           |         |         |               |                      |
| 7  | 22    | Brigitte Willems                  | D    | 45+ | De Rog                                     | 0:39,88      |      | 0:26,29 | 0:26,37                   | 0:27,91 | 0:27,91 |               | Yvette Ratering      |
|    |       |                                   |      |     |                                            | 25m-bad tijd |      |         | NMR: Monique Tuijp        |         |         |               | 0:29,16              |
|    |       | NMR:                              |      |     | ONMK: 4xKB 2xLB                            |              |      |         |                           |         |         |               |                      |
| 8  | 25    | Melissa Buijens                   | D    | 30+ | De Geul                                    | 0:40,37      |      | 0:25,17 | 0:25,17                   | 0:26,49 | 0:26,49 |               | Monique Jonker       |
|    |       |                                   |      |     |                                            | 25m-bad tijd |      |         | NMR: Pauline Gouwens      |         |         |               | 0:28,27              |
|    |       | NMR:                              |      |     |                                            |              |      |         |                           |         |         |               |                      |
| 9  | 12    | Karin Vermeer                     | D    | 35+ | De Rog                                     | 0:41,15      |      | 0:25,10 | 0:25,91                   | 0:27,60 | 0:27,39 |               | Delia Badoux         |
|    |       |                                   |      |     |                                            | 25m-bad tijd |      |         | NMR: Delia Badoux         |         |         |               | 0:27,60              |
|    |       | NMR:                              |      |     |                                            |              |      |         |                           |         |         |               |                      |

| Bn | Rank  | Naam                              | Gend | Cat | Team                                           | Intijd       | KANS | WMR     | EMR                  | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|-----------------------------------|------|-----|------------------------------------------------|--------------|------|---------|----------------------|---------|---------|---------------|------------------|
|    | 14:04 | Programma 37 50m. vrij D Serie: 4 |      |     |                                                |              |      |         | NMR-houder           |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 10    | Erica Muller                      | D    | 55+ | De Geul                                        | 0:39,00      |      | 0:27,80 | 0:27,80              | 0:29,87 | 0:29,25 |               | Wilma van Velsen |
|    |       |                                   |      |     |                                                | 25m-bad tijd |      |         | NMR: Conny Boer-Buys |         |         |               | 0:30,84          |
|    |       | NMR:                              |      |     | ONMK: 5xKB 4xLB, est: 1G 3Z 1B                 |              |      |         |                      |         |         |               |                  |
| 1  | 23    | Annette van Dok                   | D    | 50+ | MSV-Zeemacht                                   | 0:38,30      |      | 0:26,27 | 0:26,27              | 0:28,75 | 0:28,75 |               | Lesley Cordial   |
|    |       |                                   |      |     |                                                | 25m-bad tijd |      |         | NMR: Lesley Cordial  |         |         |               | 0:28,75          |
|    |       | NMR:                              |      |     | ONMK: 5xKB 5xLB, ind: 7B, est: 1Z 1B           |              |      |         |                      |         |         |               |                  |
| 2  | 21    | Miriam Stevens                    | D    | 50+ | Budel                                          | 0:37,99      |      | 0:26,27 | 0:26,27              | 0:28,75 | 0:28,75 |               | Lesley Cordial   |
|    |       |                                   |      |     |                                                | 25m-bad tijd |      |         | NMR: Lesley Cordial  |         |         |               | 0:28,75          |
|    |       | NMR:                              |      |     | ONMK: 6xKB, est: 1Z 2B                         |              |      |         |                      |         |         |               |                  |
| 3  | 8     | Yoka de Vegt-van Dijk             | D    | 55+ | ESCA Zwemmen                                   | 0:37,19      |      | 0:27,80 | 0:27,80              | 0:29,87 | 0:29,25 |               | Wilma van Velsen |
|    |       |                                   |      |     |                                                | 25m-bad tijd |      |         | NMR: Conny Boer-Buys |         |         |               | 0:30,84          |
|    |       | NMR:                              |      |     | ONMK: 7xKB 6xLB, ind: 3G 1Z 10B, est: 1G 2Z 3B |              |      |         |                      |         |         |               |                  |
| 4  | 19    | Esther Wouters                    | D    | 45+ | De Rog                                         | 0:36,70      |      | 0:26,29 | 0:26,37              | 0:27,91 | 0:27,91 |               | Yvette Ratering  |
|    |       |                                   |      |     |                                                | 25m-bad tijd |      |         | NMR: Monique Tuijp   |         |         |               | 0:29,16          |
|    |       | NMR:                              |      |     | ONMK: 3xKB 1xLB                                |              |      |         |                      |         |         |               |                  |
| 5  | 20    | Pauline Tromp-Lang de             | D    | 50+ | ZZ&PC De Devel                                 | 0:37,04      |      | 0:26,27 | 0:26,27              | 0:28,75 | 0:28,75 |               | Lesley Cordial   |
|    |       |                                   |      |     |                                                | 25m-bad tijd |      |         | NMR: Lesley Cordial  |         |         |               | 0:28,75          |
|    |       | NMR:                              |      |     | ONMK: 2xKB 1xLB                                |              |      |         |                      |         |         |               |                  |
| 6  | 20    | Katrina Boutwell                  | D    | 45+ | AZC                                            | 0:37,79      |      | 0:26,29 | 0:26,37              | 0:27,91 | 0:27,91 |               | Yvette Ratering  |
|    |       |                                   |      |     |                                                | 25m-bad tijd |      |         | NMR: Monique Tuijp   |         |         |               | 0:29,16          |
|    |       | NMR:                              |      |     | ONMK: 1xKB 1xLB, est: 1Z                       |              |      |         |                      |         |         |               |                  |
| 7  | 22    | Marella Verhagen-den Ouden        | D    | 50+ | De Amstel                                      | 0:38,26      |      | 0:26,27 | 0:26,27              | 0:28,75 | 0:28,75 |               | Lesley Cordial   |
|    |       |                                   |      |     |                                                | 25m-bad tijd |      |         | NMR: Lesley Cordial  |         |         |               | 0:28,75          |
|    |       | NMR:                              |      |     |                                                |              |      |         |                      |         |         |               |                  |
| 8  | 24    | Sylvia Avitabile                  | D    | 50+ | Budel                                          | 0:38,60      |      | 0:26,27 | 0:26,27              | 0:28,75 | 0:28,75 |               | Lesley Cordial   |
|    |       |                                   |      |     |                                                | 25m-bad tijd |      |         | NMR: Lesley Cordial  |         |         |               | 0:28,75          |
|    |       | NMR:                              |      |     | ONMK: 4xKB, ind: 1B, est: 1B                   |              |      |         |                      |         |         |               |                  |
| 9  | 24    | Xandra Otter                      | D    | 30+ | WIDEX GZC DONK                                 | 0:39,11      |      | 0:25,17 | 0:25,17              | 0:26,49 | 0:26,49 |               | Monique Jonker   |
|    |       |                                   |      |     |                                                | 25m-bad tijd |      |         | NMR: Pauline Gouwens |         |         |               | 0:28,27          |
|    |       | NMR:                              |      |     | ONMK: 2xLB, est: 1Z 1B                         |              |      |         |                      |         |         |               |                  |

| Bn | Rank  | Naam                              | Gend | Cat | Team                                      | Intijd       | KANS | WMR     | EMR                                                                                                       | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|-----------------------------------|------|-----|-------------------------------------------|--------------|------|---------|-----------------------------------------------------------------------------------------------------------|---------|---------|---------------|------------------|
|    | 14:05 | Programma 37 50m. vrij D Serie: 5 |      |     |                                           |              |      |         | NMR-houder                                                                                                |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 47    | Esther Taks                       | D    | 25+ | MZ&PC                                     | 0:36,53      |      | 0:25,29 | 0:25,29                                                                                                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk  |
|    |       |                                   |      |     |                                           | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen                                                                                 |         |         |               | 0:26,07          |
|    |       | NMR:                              |      |     |                                           |              |      |         |                                                                                                           |         |         |               |                  |
| 1  | 46    | Henriette Dijkdrent               | D    | 25+ | LinK                                      | 0:36,11      |      | 0:25,29 | 0:25,29                                                                                                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk  |
|    |       |                                   |      |     |                                           | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen                                                                                 |         |         |               | 0:26,07          |
|    |       | NMR:                              |      |     |                                           |              |      |         |                                                                                                           |         |         |               |                  |
|    |       |                                   |      |     | ONMK: 2xKB 2xLB                           |              |      |         |                                                                                                           |         |         |               |                  |
| 2  | 6     | Alice de Haan                     | D    | 55+ | WIDEX GZC DONK                            | 0:35,95      |      | 0:27,80 | 0:27,80                                                                                                   | 0:29,87 | 0:29,25 |               | Wilma van Velsen |
|    |       |                                   |      |     |                                           | 25m-bad tijd |      |         | NMR: Conny Boer-Buys                                                                                      |         |         |               | 0:30,84          |
|    |       | NMR:                              |      |     |                                           |              |      |         |                                                                                                           |         |         |               |                  |
|    |       |                                   |      |     | ONMK: 3xKB 4xLB, est: 1G 2Z 2B            |              |      |         |                                                                                                           |         |         |               |                  |
| 3  | 17    | Natasa Jamsek                     | D    | 45+ | SRB - 11. APRIL Beograd                   | 0:35,86      |      | 0:26,29 | 0:26,37                                                                                                   | 0:00,00 | 0:27,91 |               | Yvette Ratering  |
|    |       |                                   |      |     |                                           | 25m-bad tijd |      |         |                                                                                                           |         |         |               | 0:29,16          |
|    |       |                                   |      |     |                                           |              |      |         |                                                                                                           |         |         |               |                  |
| 4  | 19    | Ageeth Westenbrink                | D    | 50+ | De Rog                                    | 0:35,54      |      | 0:26,27 | 0:26,27                                                                                                   | 0:28,75 | 0:28,75 |               | Lesley Cordial   |
|    |       |                                   |      |     |                                           | 25m-bad tijd |      |         | NMR: Lesley Cordial                                                                                       |         |         |               | 0:28,75          |
|    |       | NMR:                              |      |     |                                           |              |      |         |                                                                                                           |         |         |               |                  |
|    |       |                                   |      |     | ONMK: 5xKB 3xLB, est: 1G 4Z 1B            |              |      |         |                                                                                                           |         |         |               |                  |
| 5  | 45    | Dorien Pastoors                   | D    | 25+ | Rotterdam Swimming (SC)                   | 0:35,68      |      | 0:25,29 | 0:25,29                                                                                                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk  |
|    |       |                                   |      |     |                                           | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen                                                                                 |         |         |               | 0:26,07          |
|    |       | NMR:                              |      |     |                                           |              |      |         |                                                                                                           |         |         |               |                  |
| 6  | 11    | Marloes Rebel                     | D    | 35+ | WS Twente                                 | 0:35,92      |      | 0:25,10 | 0:25,91                                                                                                   | 0:27,60 | 0:27,39 |               | Delia Badoux     |
|    |       |                                   |      |     |                                           | 25m-bad tijd |      |         | NMR: Delia Badoux                                                                                         |         |         |               | 0:27,60          |
|    |       | NMR:                              |      |     |                                           |              |      |         |                                                                                                           |         |         |               |                  |
|    |       |                                   |      |     | ONMK: 6xKB 5xLB                           |              |      |         |                                                                                                           |         |         |               |                  |
| 7  | 2     | Corrie Verhoeven                  | D    | 70+ | PSV                                       | 0:36,01      |      | 0:32,38 | 0:33,34                                                                                                   | 0:34,77 | 0:34,77 | NMR-houder    | Corrie Verhoeven |
|    |       |                                   |      |     |                                           | 25m-bad tijd |      |         | NMR: Corrie Verhoeven                                                                                     |         |         |               | 0:36,63          |
|    |       | NMR:                              |      |     |                                           |              |      |         | Actueel:4 WMR est, 3 EMR est, 24 NMR ind, 33 NMR est / ALL: 6 WMR est, 22 EMR est, 73 NMR ind, 69 NMR est |         |         |               |                  |
|    |       |                                   |      |     | ONMK: 7xKB 7xLB, ind: 65G 3Z, est: 58G 4Z |              |      |         |                                                                                                           |         |         |               |                  |
| 8  | 7     | Tineke Janssen                    | D    | 55+ | Albion WSS (SG)                           | 0:36,37      |      | 0:27,80 | 0:27,80                                                                                                   | 0:29,87 | 0:29,25 |               | Wilma van Velsen |
|    |       |                                   |      |     |                                           | 25m-bad tijd |      |         | NMR: Conny Boer-Buys                                                                                      |         |         |               | 0:30,84          |
|    |       | NMR:                              |      |     |                                           |              |      |         |                                                                                                           |         |         |               |                  |
|    |       |                                   |      |     | ONMK: 2xKB 2xLB, ind: 2Z 1B, est: 4G 7Z   |              |      |         |                                                                                                           |         |         |               |                  |
| 9  | 18    | Ursula Spoelstra-de Groot         | D    | 45+ | WS Twente                                 | 0:36,53      |      | 0:26,29 | 0:26,37                                                                                                   | 0:27,91 | 0:27,91 |               | Yvette Ratering  |
|    |       |                                   |      |     |                                           | 25m-bad tijd |      |         | NMR: Monique Tuijp                                                                                        |         |         |               | 0:29,16          |
|    |       | NMR:                              |      |     |                                           |              |      |         |                                                                                                           |         |         |               |                  |
|    |       |                                   |      |     | ONMK: 5xKB, est: 1Z 2B                    |              |      |         |                                                                                                           |         |         |               |                  |

| Bn | Rank  | Naam                              | Gend | Cat | Team                                                                                                                                            | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019     |
|----|-------|-----------------------------------|------|-----|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|----------------------|
|    | 14:06 | Programma 37 50m. vrij D Serie: 6 |      |     |                                                                                                                                                 |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder     |
| 0  | 10    | Samantha Go                       | D    | 35+ | AZC                                                                                                                                             | 0:35,45      |      | 0:25,10 | 0:25,91                   | 0:27,60 | 0:27,39 |               | Delia Badoux         |
|    |       |                                   |      |     |                                                                                                                                                 | 25m-bad tijd |      |         | NMR: Delia Badoux         |         |         |               | 0:27,60              |
|    |       | NMR:                              |      |     | ONMK: 3xKB, est: 1B                                                                                                                             |              |      |         |                           |         |         |               |                      |
| 1  | 5     | Linda Olsson                      | D    | 55+ | Albion WSS (SG)                                                                                                                                 | 0:35,28      |      | 0:27,80 | 0:27,80                   | 0:29,87 | 0:29,25 |               | Wilma van Velsen     |
|    |       |                                   |      |     |                                                                                                                                                 | 25m-bad tijd |      |         | NMR: Conny Boer-Buys      |         |         |               | 0:30,84              |
|    |       | NMR:                              |      |     |                                                                                                                                                 |              |      |         |                           |         |         |               |                      |
| 2  | 44    | Maaïke Hofland                    | D    | 25+ | Sassenheim                                                                                                                                      | 0:35,13      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|    |       |                                   |      |     |                                                                                                                                                 | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|    |       | NMR:                              |      |     | ONMK: 2xKB 4xLB, est: 1B                                                                                                                        |              |      |         |                           |         |         |               |                      |
| 3  | 16    | Emmy in 't Veldt                  | D    | 50+ | TriVia                                                                                                                                          | 0:34,87      |      | 0:26,27 | 0:26,27                   | 0:28,75 | 0:28,75 |               | Lesley Cordial       |
|    |       |                                   |      |     |                                                                                                                                                 | 25m-bad tijd |      |         | NMR: Lesley Cordial       |         |         |               | 0:28,75              |
|    |       | NMR:                              |      |     |                                                                                                                                                 |              |      |         |                           |         |         |               |                      |
| 4  | 4     | Francine Sommer                   | D    | 55+ | Triton                                                                                                                                          | 0:34,61      |      | 0:27,80 | 0:27,80                   | 0:29,87 | 0:29,25 |               | Wilma van Velsen     |
|    |       |                                   |      |     |                                                                                                                                                 | 50m-bad tijd |      |         | NMR: Conny Boer-Buys      |         |         |               | 0:30,84              |
|    |       | NMR:                              |      |     | ALL: 1 NMR est<br>ONMK: 5xKB 6xLB, ind: 3G 6Z 14B, est: 1Z 5B                                                                                   |              |      |         |                           |         |         |               |                      |
| 5  | 17    | Esther van Buren                  | D    | 40+ | De Duinkikkers                                                                                                                                  | 0:34,74      |      | 0:26,02 | 0:26,40                   | 0:27,87 | 0:27,43 |               | Marty Krans-de Weert |
|    |       |                                   |      |     |                                                                                                                                                 | 25m-bad tijd |      |         | NMR: Ingrid Boot-De Groot |         |         |               | 0:28,80              |
|    |       | NMR:                              |      |     | ONMK: 4xLB                                                                                                                                      |              |      |         |                           |         |         |               |                      |
| 6  | 16    | Inge Soeters                      | D    | 45+ | Steenwijk 1934                                                                                                                                  | 0:34,88      |      | 0:26,29 | 0:26,37                   | 0:27,91 | 0:27,91 |               | Yvette Ratering      |
|    |       |                                   |      |     |                                                                                                                                                 | 25m-bad tijd |      |         | NMR: Monique Tuijp        |         |         |               | 0:29,16              |
|    |       | NMR:                              |      |     | ONMK: 5xKB 3xLB, ind: 1B, est: 2G 4Z 3B                                                                                                         |              |      |         |                           |         |         |               |                      |
| 7  | 17    | Joyce Brummelkamp                 | D    | 50+ | ZVVS                                                                                                                                            | 0:35,23      |      | 0:26,27 | 0:26,27                   | 0:28,75 | 0:28,75 |               | Lesley Cordial       |
|    |       |                                   |      |     |                                                                                                                                                 | 25m-bad tijd |      |         | NMR: Lesley Cordial       |         |         |               | 0:28,75              |
|    |       | NMR:                              |      |     | ONMK: 2xKB 3xLB, ind: 2B, est: 3G 7Z                                                                                                            |              |      |         |                           |         |         |               |                      |
| 8  | 18    | Sandra Daamen-Posma               | D    | 50+ | AZC                                                                                                                                             | 0:35,29      |      | 0:26,27 | 0:26,27                   | 0:28,75 | 0:28,75 |               | Lesley Cordial       |
|    |       |                                   |      |     |                                                                                                                                                 | 25m-bad tijd |      |         | NMR: Lesley Cordial       |         |         |               | 0:28,75              |
|    |       | NMR:                              |      |     | ONMK: 7xKB 6xLB, est: 2G 7Z 5B                                                                                                                  |              |      |         |                           |         |         |               |                      |
| 9  | 3     | Patty Krupiarz                    | D    | 65+ | PSV                                                                                                                                             | 0:35,52      |      | 0:29,30 | 0:31,80                   | 0:31,85 | 0:31,85 |               | Conny Boer-Buijs     |
|    |       |                                   |      |     |                                                                                                                                                 | 25m-bad tijd |      |         | NMR: Conny Boer-Buys      |         |         |               | 0:33,15              |
|    |       | NMR:                              |      |     | Actueel:2 WMR est, 1 NMR ind, 8 NMR est / ALL: 2 WMR est, 2 EMR est, 3 NMR ind, 23 NMR est<br>ONMK: 9xKB 9xLB, ind: 32G 21Z 11B, est: 30G 1Z 3B |              |      |         |                           |         |         |               |                      |

| Bn | Rank  | Naam                              | Gend | Cat | Team                                               | Intijd       | KANS  | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019     |
|----|-------|-----------------------------------|------|-----|----------------------------------------------------|--------------|-------|---------|---------------------------|---------|---------|---------------|----------------------|
|    | 14:07 | Programma 37 50m. vrij D Serie: 7 |      |     |                                                    |              |       |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder     |
| 0  | 16    | Saskia op den Velde               | D    | 40+ | De Duinkickers                                     | 0:34,55      |       | 0:26,02 | 0:26,40                   | 0:27,87 | 0:27,43 |               | Marty Krans-de Weert |
|    |       |                                   |      |     |                                                    | 25m-bad tijd |       |         | NMR: Ingrid Boot-De Groot |         |         |               | 0:28,80              |
|    |       | NMR:                              |      |     | ONMK: 4xKB 3xLB, est: 1G 2Z 3B                     |              |       |         |                           |         |         |               |                      |
| 1  | 43    | Heleen ten Have                   | D    | 25+ | ZVVS                                               | 0:34,51      |       | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|    |       |                                   |      |     |                                                    | 25m-bad tijd |       |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|    |       | NMR:                              |      |     | ONMK: 2xKB 2xLB                                    |              |       |         |                           |         |         |               |                      |
| 2  | 5     | Claire Anthony                    | D    | 60+ | BEL - CNSW                                         | 0:34,31      | natMR | 0:28,50 | 0:29,89                   | 0:36,64 | 0:30,11 |               | Atie Pijtak-Radersma |
|    |       |                                   |      |     |                                                    | 50m-bad tijd |       |         |                           |         |         |               | 0:31,30              |
|    |       |                                   |      |     | ONMK: 5xKB 8xLB, ind: 21G 24Z 17B, est: 18G 14Z 4B |              |       |         |                           |         |         |               |                      |
| 3  | 15    | Evelien Meeuwissen                | D    | 45+ | Sassenheim                                         | 0:33,99      |       | 0:26,29 | 0:26,37                   | 0:27,91 | 0:27,91 |               | Yvette Ratering      |
|    |       |                                   |      |     |                                                    | 25m-bad tijd |       |         | NMR: Monique Tuijp        |         |         |               | 0:29,16              |
|    |       | NMR:                              |      |     | ONMK: 3xKB 5xLB, ind: 1Z 3B, est: 1B               |              |       |         |                           |         |         |               |                      |
| 4  | 2     | Martine Vincent                   | D    | 65+ | FRA - Dunkerque Natatic                            | 0:33,79      |       | 0:29,30 | 0:31,80                   | 0:33,72 | 0:31,85 |               | Conny Boer-Buijs     |
|    |       |                                   |      |     |                                                    | 25m-bad tijd |       |         |                           |         |         |               | 0:33,15              |
|    |       |                                   |      |     |                                                    |              |       |         |                           |         |         |               |                      |
| 5  | 58    | Kim Hamakers                      | D    | 20+ | De Rog                                             | 0:33,85      |       |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                   |      |     |                                                    | 25m-bad tijd |       |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                              |      |     | ONMK: 2xKB 2xLB, est: 2B                           |              |       |         |                           |         |         |               |                      |
| 6  | 15    | Roelien Speelman-Tigelaar         | D    | 50+ | De Spatters                                        | 0:34,03      |       | 0:26,27 | 0:26,27                   | 0:28,75 | 0:28,75 |               | Lesley Cordial       |
|    |       |                                   |      |     |                                                    | 25m-bad tijd |       |         | NMR: Lesley Cordial       |         |         |               | 0:28,75              |
|    |       | NMR:                              |      |     | ONMK: 6xKB 7xLB, ind: 1B, est: 1G 1Z 1B            |              |       |         |                           |         |         |               |                      |
| 7  | 42    | Lonneke Vuur                      | D    | 25+ | SwimGym                                            | 0:34,43      |       | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|    |       |                                   |      |     |                                                    | 25m-bad tijd |       |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|    |       | NMR:                              |      |     |                                                    |              |       |         |                           |         |         |               |                      |
| 8  | 23    | Malou Heidekamp                   | D    | 30+ | RZC                                                | 0:34,51      |       | 0:25,17 | 0:25,17                   | 0:26,49 | 0:26,49 |               | Monique Jonker       |
|    |       |                                   |      |     |                                                    | 25m-bad tijd |       |         | NMR: Pauline Gouwens      |         |         |               | 0:28,27              |
|    |       | NMR:                              |      |     | ONMK: 3xKB 1xLB                                    |              |       |         |                           |         |         |               |                      |
| 9  | 9     | Fabiënne Jeukens                  | D    | 35+ | MZ&PC                                              | 0:34,58      |       | 0:25,10 | 0:25,91                   | 0:27,60 | 0:27,39 |               | Delia Badoux         |
|    |       |                                   |      |     |                                                    | 25m-bad tijd |       |         | NMR: Delia Badoux         |         |         |               | 0:27,60              |
|    |       | NMR:                              |      |     | ONMK: 1xLB                                         |              |       |         |                           |         |         |               |                      |

| Bn | Rank  | Naam                              | Gend | Cat | Team         | Intijd       | KANS | WMR     | EMR                                                                                                                                                                   | NatMR   | CR      | Record-houder | Titelhouder 2019     |
|----|-------|-----------------------------------|------|-----|--------------|--------------|------|---------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------|---------------|----------------------|
|    | 14:08 | Programma 37 50m. vrij D Serie: 8 |      |     |              |              |      |         | NMR-houder                                                                                                                                                            |         |         | Aanvraag      | Tijd titelhouder     |
| 0  | 14    | Marleen Zantingh                  | D    | 40+ | Old Dutch    | 0:33,59      |      | 0:26,02 | 0:26,40                                                                                                                                                               | 0:27,87 | 0:27,43 |               | Marty Krans-de Weert |
|    |       |                                   |      |     |              | 25m-bad tijd |      |         | NMR: Ingrid Boot-De Groot                                                                                                                                             |         |         |               | 0:28,80              |
|    |       | NMR:                              |      |     |              |              |      |         |                                                                                                                                                                       |         |         |               |                      |
| 1  | 57    | Carmen Bootsma                    | D    | 20+ | AZC          | 0:33,39      |      |         |                                                                                                                                                                       | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                   |      |     |              | 25m-bad tijd |      |         | NMR: Saranda Hofstra                                                                                                                                                  |         |         |               | 0:26,20              |
|    |       | NMR:                              |      |     |              |              |      |         |                                                                                                                                                                       |         |         |               |                      |
| 2  | 13    | Henriëtte Manting                 | D    | 45+ | GZVW         | 0:33,35      |      | 0:26,29 | 0:26,37                                                                                                                                                               | 0:27,91 | 0:27,91 |               | Yvette Ratering      |
|    |       |                                   |      |     |              | 25m-bad tijd |      |         | NMR: Monique Tuijp                                                                                                                                                    |         |         |               | 0:29,16              |
|    |       | NMR:                              |      |     |              |              |      |         |                                                                                                                                                                       |         |         |               |                      |
|    |       |                                   |      |     |              |              |      |         | ONMK: 10xKB 9xLB, ind: 2G 11Z 5B                                                                                                                                      |         |         |               |                      |
| 3  | 1     | Christine Nieuwenhuis             | D    | 65+ | SWOL 1894    | 0:33,28      |      | 0:29,30 | 0:31,80                                                                                                                                                               | 0:31,85 | 0:31,85 |               | Conny Boer-Buijs     |
|    |       |                                   |      |     |              | 25m-bad tijd |      |         | NMR: Conny Boer-Buys                                                                                                                                                  |         |         |               | 0:33,15              |
|    |       | NMR:                              |      |     |              |              |      |         | Actueel:1 EMR ind, 11 NMR ind, 2 NMR est / ALL: 1 WMR est, 2 EMR ind, 2 EMR est, 56 NMR ind, 37 NMR est<br>ONMK: 17xKB 13xLB, ind: 95G 51Z 3B, est: 23G 22Z 3B        |         |         |               |                      |
| 4  | 1     | Conny Boer-Buys                   | D    | 70+ | ZVVS         | 0:33,15      | EMR  | 0:32,38 | 0:33,34                                                                                                                                                               | 0:34,77 | 0:34,77 |               | Corrie Verhoeven     |
|    |       |                                   |      |     |              | 25m-bad tijd |      |         | NMR: Corrie Verhoeven                                                                                                                                                 |         |         | EMR-aanvraag  | 0:36,63              |
|    |       | NMR:                              |      |     |              |              |      |         | Actueel:4 EMR ind, 21 NMR ind, 1 NMR est / ALL: 15 WMR ind, 2 WMR est, 52 EMR ind, 4 EMR est, 214 NMR ind, 7 NMR est<br>ONMK: 16xKB 15xLB, ind: 152G 11Z, est: 14G 6Z |         |         |               |                      |
| 5  | 56    | Iva den Haan                      | D    | 20+ | De Lansingh  | 0:33,17      |      |         |                                                                                                                                                                       | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                   |      |     |              | 25m-bad tijd |      |         | NMR: Saranda Hofstra                                                                                                                                                  |         |         |               | 0:26,20              |
|    |       | NMR:                              |      |     |              |              |      |         |                                                                                                                                                                       |         |         |               |                      |
| 6  | 12    | Evelien Naatje                    | D    | 45+ | WS Twente    | 0:33,30      |      | 0:26,29 | 0:26,37                                                                                                                                                               | 0:27,91 | 0:27,91 |               | Yvette Ratering      |
|    |       |                                   |      |     |              | 25m-bad tijd |      |         | NMR: Monique Tuijp                                                                                                                                                    |         |         |               | 0:29,16              |
|    |       | NMR:                              |      |     |              |              |      |         | ONMK: 7xKB 1xLB, est: 1G 1Z 3B                                                                                                                                        |         |         |               |                      |
| 7  | 14    | Wendy Hendrikx-Verhagen           | D    | 45+ | TRB-RES      | 0:33,38      |      | 0:26,29 | 0:26,37                                                                                                                                                               | 0:27,91 | 0:27,91 |               | Yvette Ratering      |
|    |       |                                   |      |     |              | 25m-bad tijd |      |         | NMR: Monique Tuijp                                                                                                                                                    |         |         |               | 0:29,16              |
|    |       | NMR:                              |      |     |              |              |      |         | ONMK: 3xKB 2xLB, est: 2G 3Z 1B                                                                                                                                        |         |         |               |                      |
| 8  | 3     | Karin van der Star-Verhoeven      | D    | 55+ | ESCA Zwemmen | 0:33,49      |      | 0:27,80 | 0:27,80                                                                                                                                                               | 0:29,87 | 0:29,25 |               | Wilma van Velsen     |
|    |       |                                   |      |     |              | 25m-bad tijd |      |         | NMR: Conny Boer-Buys                                                                                                                                                  |         |         |               | 0:30,84              |
|    |       | NMR:                              |      |     |              |              |      |         | ONMK: 6xKB 2xLB, ind: 1Z 3B, est: 1G 1Z 4B                                                                                                                            |         |         |               |                      |
| 9  | 15    | Sandra Van der Helm               | D    | 40+ | De Rog       | 0:33,72      |      | 0:26,02 | 0:26,40                                                                                                                                                               | 0:27,87 | 0:27,43 |               | Marty Krans-de Weert |
|    |       |                                   |      |     |              | 25m-bad tijd |      |         | NMR: Ingrid Boot-De Groot                                                                                                                                             |         |         |               | 0:28,80              |
|    |       | NMR:                              |      |     |              |              |      |         | ONMK: 4xKB 3xLB, ind: 1B, est: 3Z 5B                                                                                                                                  |         |         |               |                      |

| Bn | Rank  | Naam                              | Gend | Cat | Team                                                                                         | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019     |
|----|-------|-----------------------------------|------|-----|----------------------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|----------------------|
|    | 14:09 | Programma 37 50m. vrij D Serie: 9 |      |     |                                                                                              |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder     |
| 0  | 3     | Marijke van Hoek                  | D    | 60+ | ZPC De Zeeuwse Kust                                                                          | 0:33,13      |      | 0:28,50 | 0:29,89                   | 0:30,11 | 0:30,11 |               | Atie Pijtak-Radersma |
|    |       |                                   |      |     |                                                                                              | 25m-bad tijd |      |         | NMR: Atie Pijtak          |         |         |               | 0:31,30              |
|    |       | NMR:                              |      |     | ONMK: 9xKB 10xLB, ind: 19G 35Z 16B, est: 3G 1Z 1B                                            |              |      |         |                           |         |         |               |                      |
| 1  | 22    | Esther Boerdam-Delfos             | D    | 30+ | AZC                                                                                          | 0:32,97      |      | 0:25,17 | 0:25,17                   | 0:26,49 | 0:26,49 |               | Monique Jonker       |
|    |       |                                   |      |     |                                                                                              | 25m-bad tijd |      |         | NMR: Pauline Gouwens      |         |         |               | 0:28,27              |
|    |       | NMR:                              |      |     | ONMK: 2xKB, est: 1B                                                                          |              |      |         |                           |         |         |               |                      |
| 2  | 14    | Chiho Shoji                       | D    | 50+ | BEL - CNSW                                                                                   | 0:32,92      |      | 0:26,27 | 0:26,27                   | 0:29,31 | 0:28,75 |               | Lesley Cordial       |
|    |       |                                   |      |     |                                                                                              | 25m-bad tijd |      |         |                           |         |         |               | 0:28,75              |
|    |       |                                   |      |     | ONMK: 2xKB 3xLB, ind: 2Z 9B, est: 2Z 2B                                                      |              |      |         |                           |         |         |               |                      |
| 3  | 41    | Claudia de Win                    | D    | 25+ | De Geul                                                                                      | 0:32,91      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|    |       |                                   |      |     |                                                                                              | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|    |       | NMR:                              |      |     | ONMK: 4xKB 2xLB, est: 3G 2Z 2B                                                               |              |      |         |                           |         |         |               |                      |
| 4  | 13    | Anuschka Glazema-Boelema          | D    | 40+ | Stadskanaal                                                                                  | 0:32,86      |      | 0:26,02 | 0:26,40                   | 0:27,87 | 0:27,43 |               | Marty Krans-de Weert |
|    |       |                                   |      |     |                                                                                              | 25m-bad tijd |      |         | NMR: Ingrid Boot-De Groot |         |         |               | 0:28,80              |
|    |       | NMR:                              |      |     | ONMK: 1xKB                                                                                   |              |      |         |                           |         |         |               |                      |
| 5  | 13    | Marijke Campfens                  | D    | 50+ | De Geul                                                                                      | 0:32,87      |      | 0:26,27 | 0:26,27                   | 0:28,75 | 0:28,75 |               | Lesley Cordial       |
|    |       |                                   |      |     |                                                                                              | 25m-bad tijd |      |         | NMR: Lesley Cordial       |         |         |               | 0:28,75              |
|    |       | NMR:                              |      |     | ONMK: 5xKB 3xLB, ind: 1Z 1B, est: 2G 5Z 4B                                                   |              |      |         |                           |         |         |               |                      |
| 6  | 10    | Inken Wemheuer                    | D    | 45+ | DWT                                                                                          | 0:32,92      |      | 0:26,29 | 0:26,37                   | 0:27,91 | 0:27,91 |               | Yvette Ratering      |
|    |       |                                   |      |     |                                                                                              | 25m-bad tijd |      |         | NMR: Monique Tuijp        |         |         |               | 0:29,16              |
|    |       | NMR:                              |      |     | ONMK: 5xKB 2xLB                                                                              |              |      |         |                           |         |         |               |                      |
| 7  | 55    | Gwendoline Kruit                  | D    | 20+ | De Lansingh                                                                                  | 0:32,96      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                   |      |     |                                                                                              | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                              |      |     |                                                                                              |              |      |         |                           |         |         |               |                      |
| 8  | 11    | Pascalie Janssen                  | D    | 45+ | Patrick-De Roersoppers (                                                                     | 0:32,99      |      | 0:26,29 | 0:26,37                   | 0:27,91 | 0:27,91 |               | Yvette Ratering      |
|    |       |                                   |      |     |                                                                                              | 25m-bad tijd |      |         | NMR: Monique Tuijp        |         |         |               | 0:29,16              |
|    |       | NMR:                              |      |     | ONMK: 8xKB 6xLB, ind: 2G 5Z 11B, est: 2G 3Z 2B                                               |              |      |         |                           |         |         |               |                      |
| 9  | 4     | Marijke Kraak-Beckers             | D    | 60+ | WS Twente                                                                                    | 0:33,14      |      | 0:28,50 | 0:29,89                   | 0:30,11 | 0:30,11 |               | Atie Pijtak-Radersma |
|    |       |                                   |      |     |                                                                                              | 25m-bad tijd |      |         | NMR: Atie Pijtak          |         |         |               | 0:31,30              |
|    |       | NMR:                              |      |     | ALL: 1 WMR est, 1 EMR est, 2 NMR est<br>ONMK: 16xKB 12xLB, ind: 28G 41Z 42B, est: 32G 21Z 9B |              |      |         |                           |         |         |               |                      |

| Bn | Rank  | Naam                               | Gend | Cat | Team                                                                              | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019     |
|----|-------|------------------------------------|------|-----|-----------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|----------------------|
|    | 14:10 | Programma 37 50m. vrij D Serie: 10 |      |     |                                                                                   |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder     |
| 0  | 11    | Eveline Hacquebord                 | D    | 40+ | IJZPC                                                                             | 0:32,78      |      | 0:26,02 | 0:26,40                   | 0:27,87 | 0:27,43 |               | Marty Krans-de Weert |
|    |       |                                    |      |     |                                                                                   | 50m-bad tijd |      |         | NMR: Ingrid Boot-De Groot |         |         |               | 0:28,80              |
|    |       | NMR:                               |      |     | ONMK: 9xKB 8xLB, ind: 1G 6Z 6B, est: 2G 1Z 1B                                     |              |      |         |                           |         |         |               |                      |
| 1  | 54    | Nadine Scheeve                     | D    | 20+ | De Biesboschzwemmers                                                              | 0:32,70      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |      |     |                                                                                   | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |      |     | ONMK: 1xLB, est: 1Z                                                               |              |      |         |                           |         |         |               |                      |
| 2  | 2     | Linda van de Ree                   | D    | 55+ | De Ganze                                                                          | 0:32,48      |      | 0:27,80 | 0:27,80                   | 0:29,87 | 0:29,25 |               | Wilma van Velsen     |
|    |       |                                    |      |     |                                                                                   | 25m-bad tijd |      |         | NMR: Conny Boer-Buys      |         |         |               | 0:30,84              |
|    |       | NMR:                               |      |     | ONMK: 3xKB 2xLB, ind: 4G 1Z 3B                                                    |              |      |         |                           |         |         |               |                      |
| 3  | 20    | Joan Fonteine                      | D    | 30+ | De Marlijn (SG)                                                                   | 0:32,42      |      | 0:25,17 | 0:25,17                   | 0:26,49 | 0:26,49 |               | Monique Jonker       |
|    |       |                                    |      |     |                                                                                   | 25m-bad tijd |      |         | NMR: Pauline Gouwens      |         |         |               | 0:28,27              |
|    |       | NMR:                               |      |     | ONMK: 2xKB 2xLB, ind: 1B, est: 4Z                                                 |              |      |         |                           |         |         |               |                      |
| 4  | 7     | Virginie Pot                       | D    | 45+ | FRA - Dunkerque Natatic                                                           | 0:32,40      |      | 0:26,29 | 0:26,37                   | 0:27,76 | 0:27,91 |               | Yvette Ratering      |
|    |       |                                    |      |     |                                                                                   | 50m-bad tijd |      |         |                           |         |         |               | 0:29,16              |
|    |       |                                    |      |     |                                                                                   |              |      |         |                           |         |         |               |                      |
| 5  | 19    | Michal Thiele                      | D    | 30+ | PSV                                                                               | 0:32,41      |      | 0:25,17 | 0:25,17                   | 0:26,49 | 0:26,49 |               | Monique Jonker       |
|    |       |                                    |      |     |                                                                                   | 25m-bad tijd |      |         | NMR: Pauline Gouwens      |         |         |               | 0:28,27              |
|    |       | NMR:                               |      |     |                                                                                   |              |      |         |                           |         |         |               |                      |
| 6  | 12    | Ingeborg Speelman Hamelink         | D    | 40+ | De Marlijn (SG)                                                                   | 0:32,48      |      | 0:26,02 | 0:26,40                   | 0:27,87 | 0:27,43 |               | Marty Krans-de Weert |
|    |       |                                    |      |     |                                                                                   | 25m-bad tijd |      |         | NMR: Ingrid Boot-De Groot |         |         |               | 0:28,80              |
|    |       | NMR:                               |      |     | ONMK: 2xKB 4xLB, ind: 1Z 1B, est: 2Z 1B                                           |              |      |         |                           |         |         |               |                      |
| 7  | 21    | Lindsey Hol                        | D    | 30+ | De Meer                                                                           | 0:32,49      |      | 0:25,17 | 0:25,17                   | 0:26,49 | 0:26,49 |               | Monique Jonker       |
|    |       |                                    |      |     |                                                                                   | 25m-bad tijd |      |         | NMR: Pauline Gouwens      |         |         |               | 0:28,27              |
|    |       | NMR:                               |      |     | ONMK: 8xKB 5xLB, est: 6G 5Z 7B                                                    |              |      |         |                           |         |         |               |                      |
| 8  | 11    | Helena Mels                        | D    | 50+ | ZVVS                                                                              | 0:32,76      |      | 0:26,27 | 0:26,27                   | 0:28,75 | 0:28,75 |               | Lesley Cordial       |
|    |       |                                    |      |     |                                                                                   | 25m-bad tijd |      |         | NMR: Lesley Cordial       |         |         |               | 0:28,75              |
|    |       | NMR:                               |      |     | ONMK: 5xKB 3xLB, ind: 1B, est: 5G 3Z 5B                                           |              |      |         |                           |         |         |               |                      |
| 9  | 12    | Talje Dijkhuis                     | D    | 50+ | ZPC AMERSFOORT                                                                    | 0:32,85      |      | 0:26,27 | 0:26,27                   | 0:28,75 | 0:28,75 |               | Lesley Cordial       |
|    |       |                                    |      |     |                                                                                   | 25m-bad tijd |      |         | NMR: Lesley Cordial       |         |         |               | 0:28,75              |
|    |       | NMR:                               |      |     | Actueel: 1 NMR est / ALL: 3 NMR est<br>ONMK: 5xKB 4xLB, ind: 2Z 1B, est: 3G 1Z 4B |              |      |         |                           |         |         |               |                      |

| Bn | Rank  | Naam                               | Gend | Cat | Team                                                                                                         | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019     |
|----|-------|------------------------------------|------|-----|--------------------------------------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|----------------------|
|    | 14:11 | Programma 37 50m. vrij D Serie: 11 |      |     |                                                                                                              |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder     |
| 0  | 53    | Britt van Vossen                   | D    | 20+ | De Ganze                                                                                                     | 0:32,31      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |      |     |                                                                                                              |              |      |         |                           |         |         |               |                      |
| 1  | 52    | Eline Hendriks                     | D    | 20+ | ZPC AMERSFOORT                                                                                               | 0:32,21      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |      |     | ONMK: 1xLB, est: 1Z                                                                                          |              |      |         |                           |         |         |               |                      |
| 2  | 18    | Sandra van der Ende                | D    | 30+ | WVZ                                                                                                          | 0:32,12      |      | 0:25,17 | 0:25,17                   | 0:26,49 | 0:26,49 |               | Monique Jonker       |
|    |       |                                    |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Pauline Gouwens      |         |         |               | 0:28,27              |
|    |       | NMR:                               |      |     |                                                                                                              |              |      |         |                           |         |         |               |                      |
| 3  | 51    | Marieke Gorter                     | D    | 20+ | Triton                                                                                                       | 0:31,94      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |      |     |                                                                                                              |              |      |         |                           |         |         |               |                      |
| 4  | 37    | Ramona Noordermeer                 | D    | 25+ | ZVVS                                                                                                         | 0:31,81      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|    |       |                                    |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|    |       | NMR:                               |      |     | ONMK: 7xKB 6xLB, est: 2G 2Z 2B                                                                               |              |      |         |                           |         |         |               |                      |
| 5  | 50    | Anne Dekker                        | D    | 20+ | Albion WSS (SG)                                                                                              | 0:31,87      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |      |     |                                                                                                              |              |      |         |                           |         |         |               |                      |
| 6  | 38    | Senna van Dongen                   | D    | 25+ | De Geul                                                                                                      | 0:31,97      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|    |       |                                    |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|    |       | NMR:                               |      |     | ONMK: 4xKB 2xLB, est: 3G 2Z 2B                                                                               |              |      |         |                           |         |         |               |                      |
| 7  | 39    | Sandra Vermeulen                   | D    | 25+ | De Duck                                                                                                      | 0:32,15      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|    |       |                                    |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|    |       | NMR:                               |      |     | ONMK: 2xLB, est: 2B                                                                                          |              |      |         |                           |         |         |               |                      |
| 8  | 40    | Suzanne Tetteroo                   | D    | 25+ | ZPC De Zeeuwse Kust                                                                                          | 0:32,21      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|    |       |                                    |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|    |       | NMR:                               |      |     |                                                                                                              |              |      |         |                           |         |         |               |                      |
| 9  | 2     | Esther van Lohuizen                | D    | 60+ | PSV                                                                                                          | 0:32,36      |      | 0:28,50 | 0:29,89                   | 0:30,11 | 0:30,11 |               | Atie Pijtak-Radersma |
|    |       |                                    |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Atie Pijtak          |         |         |               | 0:31,30              |
|    |       | NMR:                               |      |     | Actueel: 18 NMR est / ALL: 10 EMR est, 1 NMR ind, 24 NMR est<br>ONMK: 1xKB 5xLB, ind: 11G 6Z 1B, est: 20G 2Z |              |      |         |                           |         |         |               |                      |

| Bn    | Rank | Naam                               | Gend | Cat | Team                                                      | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019     |
|-------|------|------------------------------------|------|-----|-----------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|----------------------|
| 14:12 |      | Programma 37 50m. vrij D Serie: 12 |      |     |                                                           |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder     |
| 0     | 49   | Yancey Bouman                      | D    | 20+ | Albion WSS (SG)                                           | 0:31,69      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|       |      |                                    |      |     |                                                           | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|       |      | NMR:                               |      |     | ONMK: 1xLB                                                |              |      |         |                           |         |         |               |                      |
| 1     | 8    | Sandra Schellekens                 | D    | 35+ | Neptunus'58                                               | 0:31,64      |      | 0:25,10 | 0:25,91                   | 0:27,60 | 0:27,39 |               | Delia Badoux         |
|       |      |                                    |      |     |                                                           | 25m-bad tijd |      |         | NMR: Delia Badoux         |         |         |               | 0:27,60              |
|       |      | NMR:                               |      |     | ONMK: 4xKB 11xLB, ind: 3Z 11B                             |              |      |         |                           |         |         |               |                      |
| 2     | 8    | Els van den Eede                   | D    | 45+ | De Waalstroom                                             | 0:31,62      |      | 0:26,29 | 0:26,37                   | 0:27,91 | 0:27,91 |               | Yvette Ratering      |
|       |      |                                    |      |     |                                                           | 25m-bad tijd |      |         | NMR: Monique Tuijp        |         |         |               | 0:29,16              |
|       |      | NMR:                               |      |     |                                                           |              |      |         |                           |         |         |               |                      |
| 3     | 35   | Alma Janssen                       | D    | 25+ | Z&PC Zegenwerp                                            | 0:31,59      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|       |      |                                    |      |     |                                                           | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|       |      | NMR:                               |      |     | ONMK: 1xKB 4xLB, est: 1Z                                  |              |      |         |                           |         |         |               |                      |
| 4     | 9    | Marian Nederlof                    | D    | 40+ | De Geul                                                   | 0:31,54      |      | 0:26,02 | 0:26,40                   | 0:27,87 | 0:27,43 |               | Marty Krans-de Weert |
|       |      |                                    |      |     |                                                           | 25m-bad tijd |      |         | NMR: Ingrid Boot-De Groot |         |         |               | 0:28,80              |
|       |      | NMR:                               |      |     | ONMK: 11xKB 10xLB, ind: 1G 9Z 29B, est: 2G 5Z 2B          |              |      |         |                           |         |         |               |                      |
| 5     | 16   | Mariska Zaal                       | D    | 30+ | AZC                                                       | 0:31,55      |      | 0:25,17 | 0:25,17                   | 0:26,49 | 0:26,49 |               | Monique Jonker       |
|       |      |                                    |      |     |                                                           | 25m-bad tijd |      |         | NMR: Pauline Gouwens      |         |         |               | 0:28,27              |
|       |      | NMR:                               |      |     | ONMK: 5xKB 3xLB, est: 1G 4B                               |              |      |         |                           |         |         |               |                      |
| 6     | 10   | Martine de Haart                   | D    | 40+ | Patrick-De Roersoppers (                                  | 0:31,62      |      | 0:26,02 | 0:26,40                   | 0:27,87 | 0:27,43 |               | Marty Krans-de Weert |
|       |      |                                    |      |     |                                                           | 25m-bad tijd |      |         | NMR: Ingrid Boot-De Groot |         |         |               | 0:28,80              |
|       |      | NMR:                               |      |     | ONMK: 4xKB 2xLB, ind: 3B, est: 2G 1Z 1B                   |              |      |         |                           |         |         |               |                      |
| 7     | 17   | Marieke van Dodeweerd              | D    | 30+ | RZC                                                       | 0:31,63      |      | 0:25,17 | 0:25,17                   | 0:26,49 | 0:26,49 |               | Monique Jonker       |
|       |      |                                    |      |     |                                                           | 25m-bad tijd |      |         | NMR: Pauline Gouwens      |         |         |               | 0:28,27              |
|       |      | NMR:                               |      |     | ALL: 1 NMR est<br>ONMK: 5xKB 5xLB, ind: 2B, est: 1G 1Z 1B |              |      |         |                           |         |         |               |                      |
| 8     | 36   | Ilse Blankvoort                    | D    | 25+ | Steenwijk 1934                                            | 0:31,66      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|       |      |                                    |      |     |                                                           | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|       |      | NMR:                               |      |     | ALL: 2 NMR est<br>ONMK: 5xKB 5xLB, est: 8G 7Z 5B          |              |      |         |                           |         |         |               |                      |
| 9     | 9    | Katharina Schlipp                  | D    | 45+ | De Vliet (SG)                                             | 0:31,76      |      | 0:26,29 | 0:26,37                   | 0:27,91 | 0:27,91 |               | Yvette Ratering      |
|       |      |                                    |      |     |                                                           | 25m-bad tijd |      |         | NMR: Monique Tuijp        |         |         |               | 0:29,16              |
|       |      | NMR:                               |      |     |                                                           |              |      |         |                           |         |         |               |                      |

| Bn | Rank  | Naam                               | Gender | Cat | Team                                                                                                                            | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019    |
|----|-------|------------------------------------|--------|-----|---------------------------------------------------------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|---------------------|
|    | 14:13 | Programma 37 50m. vrij D Serie: 13 |        |     |                                                                                                                                 |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder    |
| 0  | 10    | Regine Beckers-Stribos             | D      | 50+ | De Rog                                                                                                                          | 0:31,46      |      | 0:26,27 | 0:26,27                   | 0:28,75 | 0:28,75 |               | Lesley Cordial      |
|    |       |                                    |        |     |                                                                                                                                 | 25m-bad tijd |      |         | NMR: Lesley Cordial       |         |         |               | 0:28,75             |
|    |       | NMR:                               |        |     | ONMK: 4xKB 1xLB, est: 1Z                                                                                                        |              |      |         |                           |         |         |               |                     |
| 1  | 34    | Kimberley van Wijk                 | D      | 25+ | De Columbiaan                                                                                                                   | 0:31,40      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk     |
|    |       |                                    |        |     |                                                                                                                                 | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07             |
|    |       | NMR:                               |        |     | ONMK: 1xKB, est: 2G                                                                                                             |              |      |         |                           |         |         |               |                     |
| 2  | 8     | Trudy Ketting                      | D      | 50+ | PSV                                                                                                                             | 0:31,35      |      | 0:26,27 | 0:26,27                   | 0:28,75 | 0:28,75 |               | Lesley Cordial      |
|    |       |                                    |        |     |                                                                                                                                 | 25m-bad tijd |      |         | NMR: Lesley Cordial       |         |         |               | 0:28,75             |
|    |       | NMR:                               |        |     | Actueel:1 EMR est, 6 NMR est / ALL: 1 WMR est, 6 EMR est, 4 NMR ind, 12 NMR est<br>ONMK: 5xKB 7xLB, ind: 12G 11Z 1B, est: 8G 7Z |              |      |         |                           |         |         |               |                     |
| 3  | 32    | Inge Koopman                       | D      | 25+ | DAW                                                                                                                             | 0:31,28      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk     |
|    |       |                                    |        |     |                                                                                                                                 | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07             |
|    |       | NMR:                               |        |     | ONMK: 1xKB 1xLB                                                                                                                 |              |      |         |                           |         |         |               |                     |
| 4  | 8     | Svetlana Jovic                     | D      | 40+ | SRB - 11. APRIL Beogra                                                                                                          | 0:31,17      |      | 0:26,02 | 0:26,40                   | 0:00,00 | 0:27,43 |               | Marty Krans-de Weer |
|    |       |                                    |        |     |                                                                                                                                 | 25m-bad tijd |      |         |                           |         |         |               | 0:28,80             |
|    |       |                                    |        |     |                                                                                                                                 |              |      |         |                           |         |         |               |                     |
| 5  | 48    | Chantal van der Vaart              | D      | 20+ | ZVVS                                                                                                                            | 0:31,28      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra     |
|    |       |                                    |        |     |                                                                                                                                 | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20             |
|    |       | NMR:                               |        |     | ONMK: 1xKB 1xLB, est: 1B                                                                                                        |              |      |         |                           |         |         |               |                     |
| 6  | 33    | Deborah Wissink                    | D      | 25+ | ZPC De Hof                                                                                                                      | 0:31,30      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk     |
|    |       |                                    |        |     |                                                                                                                                 | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07             |
|    |       | NMR:                               |        |     |                                                                                                                                 |              |      |         |                           |         |         |               |                     |
| 7  | 5     | Geraldine Trainor                  | D      | 45+ | De Duck                                                                                                                         | 0:31,37      |      | 0:26,29 | 0:26,37                   | 0:27,91 | 0:27,91 |               | Yvette Ratering     |
|    |       |                                    |        |     |                                                                                                                                 | 50m-bad tijd |      |         | NMR: Monique Tuijp        |         |         |               | 0:29,16             |
|    |       | NMR:                               |        |     | ONMK: 2xKB 10xLB, ind: 9G 18Z 17B, est: 1Z 3B                                                                                   |              |      |         |                           |         |         |               |                     |
| 8  | 9     | Rita van der Horst                 | D      | 50+ | RZC                                                                                                                             | 0:31,41      |      | 0:26,27 | 0:26,27                   | 0:28,75 | 0:28,75 |               | Lesley Cordial      |
|    |       |                                    |        |     |                                                                                                                                 | 25m-bad tijd |      |         | NMR: Lesley Cordial       |         |         |               | 0:28,75             |
|    |       | NMR:                               |        |     | ONMK: 8xKB 7xLB, ind: 1G 1Z 2B, est: 4Z 2B                                                                                      |              |      |         |                           |         |         |               |                     |
| 9  | 15    | Diana Hemstede-Lammers             | D      | 30+ | De Veene                                                                                                                        | 0:31,49      |      | 0:25,17 | 0:25,17                   | 0:26,49 | 0:26,49 |               | Monique Jonker      |
|    |       |                                    |        |     |                                                                                                                                 | 25m-bad tijd |      |         | NMR: Pauline Gouwens      |         |         |               | 0:28,27             |
|    |       | NMR:                               |        |     | ONMK: 8xKB, est: 3G 2Z 3B                                                                                                       |              |      |         |                           |         |         |               |                     |

| Bn | Rank  | Naam                               | Gender | Cat | Team                                                                                                                                                   | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019     |
|----|-------|------------------------------------|--------|-----|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|----------------------|
|    | 14:14 | Programma 37 50m. vrij D Serie: 14 |        |     |                                                                                                                                                        |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder     |
| 0  | 31    | Anne Aarts                         | D      | 25+ | d'ELFT                                                                                                                                                 | 0:31,06      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|    |       |                                    |        |     |                                                                                                                                                        | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|    |       | NMR:                               |        |     | ONMK: 4xKB 3xLB, est: 1G 2Z 3B                                                                                                                         |              |      |         |                           |         |         |               |                      |
| 1  | 46    | Tamara van den Brink               | D      | 20+ | ZPV Barracuda                                                                                                                                          | 0:30,97      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |        |     |                                                                                                                                                        | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |        |     | ONMK: 1xKB, est: 1Z                                                                                                                                    |              |      |         |                           |         |         |               |                      |
| 2  | 45    | Mandy Swart                        | D      | 20+ | De Biesboschzwemmers                                                                                                                                   | 0:30,89      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |        |     |                                                                                                                                                        | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |        |     |                                                                                                                                                        |              |      |         |                           |         |         |               |                      |
| 3  | 7     | Arianne Hamakers                   | D      | 50+ | De Rog                                                                                                                                                 | 0:30,79      |      | 0:26,27 | 0:26,27                   | 0:28,75 | 0:28,75 |               | Lesley Cordial       |
|    |       |                                    |        |     |                                                                                                                                                        | 25m-bad tijd |      |         | NMR: Lesley Cordial       |         |         |               | 0:28,75              |
|    |       | NMR:                               |        |     | ONMK: 5xKB 4xLB, ind: 1G 1B, est: 4G 5Z 9B                                                                                                             |              |      |         |                           |         |         |               |                      |
| 4  | 43    | Judith Kleinjan                    | D      | 20+ | De Duck                                                                                                                                                | 0:30,76      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |        |     |                                                                                                                                                        | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |        |     | ONMK: 1xKB 2xLB, est: 1Z 4B                                                                                                                            |              |      |         |                           |         |         |               |                      |
| 5  | 30    | Daphne Kievit                      | D      | 25+ | AZ&PC De Futen                                                                                                                                         | 0:30,78      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|    |       |                                    |        |     |                                                                                                                                                        | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|    |       | NMR:                               |        |     | ONMK: 3xLB, est: 2Z                                                                                                                                    |              |      |         |                           |         |         |               |                      |
| 6  | 44    | Eveline Houweling                  | D      | 20+ | ZPV Barracuda                                                                                                                                          | 0:30,88      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |        |     |                                                                                                                                                        | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |        |     |                                                                                                                                                        |              |      |         |                           |         |         |               |                      |
| 7  | 1     | Atie Pijtak-Radersma               | D      | 60+ | ZPC AMERSFOORT                                                                                                                                         | 0:30,92      |      | 0:28,50 | 0:29,89                   | 0:30,11 | 0:30,11 |               | Atie Pijtak-Radersma |
|    |       |                                    |        |     |                                                                                                                                                        | 25m-bad tijd |      |         | NMR: Atie Pijtak          |         |         |               | 0:31,30              |
|    |       | NMR:                               |        |     | Actueel: 28 NMR ind, 22 NMR est / ALL: 6 WMR est, 21 EMR ind, 15 EMR est, 131 NMR ind, 68 NMR est<br>ONMK: 17xKB 15xLB, ind: 155G 6Z , est: 63G 11Z 3B |              |      |         |                           |         |         |               |                      |
| 8  | 47    | Marielle van der Vaart             | D      | 20+ | ZVVS                                                                                                                                                   | 0:30,98      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |        |     |                                                                                                                                                        | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |        |     |                                                                                                                                                        |              |      |         |                           |         |         |               |                      |
| 9  | 6     | Wendy Brugman                      | D      | 45+ | De Rog                                                                                                                                                 | 0:31,08      |      | 0:26,29 | 0:26,37                   | 0:27,91 | 0:27,91 |               | Yvette Ratering      |
|    |       |                                    |        |     |                                                                                                                                                        | 25m-bad tijd |      |         | NMR: Monique Tuijp        |         |         |               | 0:29,16              |
|    |       | NMR:                               |        |     | ONMK: 1xKB, est: 1G 1Z                                                                                                                                 |              |      |         |                           |         |         |               |                      |

| Bn | Rank  | Naam                               | Gend | Cat | Team                                                                             | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019     |
|----|-------|------------------------------------|------|-----|----------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|----------------------|
|    | 14:15 | Programma 37 50m. vrij D Serie: 15 |      |     |                                                                                  |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder     |
| 0  | 29    | Leontine Groeneveldt               | D    | 25+ | De Duck                                                                          | 0:30,58      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|    |       |                                    |      |     |                                                                                  | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|    |       | NMR:                               |      |     | ONMK: 1xKB 2xLB, est: 1Z 3B                                                      |              |      |         |                           |         |         |               |                      |
| 1  | 28    | Chantal van der Zwaan              | D    | 25+ | BZ& PC                                                                           | 0:30,40      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|    |       |                                    |      |     |                                                                                  | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|    |       | NMR:                               |      |     |                                                                                  |              |      |         |                           |         |         |               |                      |
| 2  | 14    | Nienke van Stipriaan               | D    | 30+ | PSV                                                                              | 0:30,33      |      | 0:25,17 | 0:25,17                   | 0:26,49 | 0:26,49 |               | Monique Jonker       |
|    |       |                                    |      |     |                                                                                  | 25m-bad tijd |      |         | NMR: Pauline Gouwens      |         |         |               | 0:28,27              |
|    |       | NMR:                               |      |     | Actueel: 4 NMR est / ALL: 7 NMR est<br>ONMK: 8xKB 8xLB, ind: 4B, est: 21G 10Z 5B |              |      |         |                           |         |         |               |                      |
| 3  | 42    | Kayra Deger                        | D    | 20+ | Rotterdam Swimming (SC)                                                          | 0:30,27      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |      |     |                                                                                  | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |      |     |                                                                                  |              |      |         |                           |         |         |               |                      |
| 4  | 6     | Chantal Verhoeff                   | D    | 40+ | Old Dutch                                                                        | 0:30,25      |      | 0:26,02 | 0:26,40                   | 0:27,87 | 0:27,43 |               | Marty Krans-de Weert |
|    |       |                                    |      |     |                                                                                  | 25m-bad tijd |      |         | NMR: Ingrid Boot-De Groot |         |         |               | 0:28,80              |
|    |       | NMR:                               |      |     | ONMK: 4xKB 4xLB, ind: 3G 12Z 11B, est: 1G 7Z 5B                                  |              |      |         |                           |         |         |               |                      |
| 5  | 7     | Miranda Pijnenburg                 | D    | 35+ | De Treffers                                                                      | 0:30,26      |      | 0:25,10 | 0:25,91                   | 0:27,60 | 0:27,39 |               | Delia Badoux         |
|    |       |                                    |      |     |                                                                                  | 25m-bad tijd |      |         | NMR: Delia Badoux         |         |         |               | 0:27,60              |
|    |       | NMR:                               |      |     | ONMK: 7xKB 6xLB, ind: 1G 1Z 9B, est: 1B                                          |              |      |         |                           |         |         |               |                      |
| 6  | 26    | Laura Scheffer                     | D    | 25+ | GoSwim                                                                           | 0:30,31      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|    |       |                                    |      |     |                                                                                  | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|    |       | NMR:                               |      |     | ONMK: 2xLB                                                                       |              |      |         |                           |         |         |               |                      |
| 7  | 27    | Jacoline van den Beukel            | D    | 25+ | Albion WSS (SG)                                                                  | 0:30,37      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|    |       |                                    |      |     |                                                                                  | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|    |       | NMR:                               |      |     | ONMK: 7xKB 5xLB, est: 1G 6Z 1B                                                   |              |      |         |                           |         |         |               |                      |
| 8  | 7     | Jessica Klaassen                   | D    | 40+ | De Marlijn (SG)                                                                  | 0:30,51      |      | 0:26,02 | 0:26,40                   | 0:27,87 | 0:27,43 |               | Marty Krans-de Weert |
|    |       |                                    |      |     |                                                                                  | 25m-bad tijd |      |         | NMR: Ingrid Boot-De Groot |         |         |               | 0:28,80              |
|    |       | NMR:                               |      |     | ONMK: 2xKB 2xLB, ind: 2Z 2B, est: 4Z 1B                                          |              |      |         |                           |         |         |               |                      |
| 9  | 6     | Jacqueline Tuin                    | D    | 50+ | DAW                                                                              | 0:30,75      |      | 0:26,27 | 0:26,27                   | 0:28,75 | 0:28,75 |               | Lesley Cordial       |
|    |       |                                    |      |     |                                                                                  | 25m-bad tijd |      |         | NMR: Lesley Cordial       |         |         |               | 0:28,75              |
|    |       | NMR:                               |      |     | ALL: 1 NMR est<br>ONMK: 6xKB 6xLB, ind: 7G 16Z 14B, est: 7G 5Z 10B               |              |      |         |                           |         |         |               |                      |

| Bn | Rank  | Naam                               | Gend | Cat | Team                                                                                                            | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019    |
|----|-------|------------------------------------|------|-----|-----------------------------------------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|---------------------|
|    | 14:16 | Programma 37 50m. vrij D Serie: 16 |      |     |                                                                                                                 |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder    |
| 0  | 6     | Renee de Kok                       | D    | 35+ | PSV                                                                                                             | 0:30,18      |      | 0:25,10 | 0:25,91                   | 0:27,60 | 0:27,39 |               | Delia Badoux        |
|    |       |                                    |      |     |                                                                                                                 | 25m-bad tijd |      |         | NMR: Delia Badoux         |         |         |               | 0:27,60             |
|    |       | NMR:                               |      |     | Actueel: 1 NMR est / ALL: 1 WMR est, 4 EMR est, 8 NMR est<br>ONMK: 10xKB 8xLB, ind: 2G 6Z 7B, est: 12G 9Z 7B    |              |      |         |                           |         |         |               |                     |
| 1  | 40    | Maud Heldoorn                      | D    | 20+ | Deltasteur                                                                                                      | 0:30,17      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra     |
|    |       |                                    |      |     |                                                                                                                 | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20             |
|    |       | NMR:                               |      |     |                                                                                                                 |              |      |         |                           |         |         |               |                     |
| 2  | 39    | Eef Hollander                      | D    | 20+ | The Hague Swimming (S                                                                                           | 0:30,12      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra     |
|    |       |                                    |      |     |                                                                                                                 | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20             |
|    |       | NMR:                               |      |     | ONMK: 1xLB, est: 1G                                                                                             |              |      |         |                           |         |         |               |                     |
| 3  | 1     | Marjan Remmits                     | D    | 55+ | ZPC Woerden                                                                                                     | 0:30,06      |      | 0:27,80 | 0:27,80                   | 0:29,87 | 0:29,25 |               | Wilma van Velsen    |
|    |       |                                    |      |     |                                                                                                                 | 25m-bad tijd |      |         | NMR: Conny Boer-Buys      |         |         |               | 0:30,84             |
|    |       | NMR:                               |      |     | Actueel: 12 NMR ind, 1 NMR est / ALL: 16 NMR ind, 4 NMR est<br>ONMK: 7xKB 7xLB, ind: 50G 23Z 6B, est: 29G 7Z 3B |              |      |         |                           |         |         |               |                     |
| 4  | 5     | Natasja Forat                      | D    | 40+ | ZPC De Zeeuwse Kust                                                                                             | 0:29,96      |      | 0:26,02 | 0:26,40                   | 0:27,87 | 0:27,43 |               | Marty Krans-de Weer |
|    |       |                                    |      |     |                                                                                                                 | 25m-bad tijd |      |         | NMR: Ingrid Boot-De Groot |         |         |               | 0:28,80             |
|    |       | NMR:                               |      |     | ONMK: 5xKB 4xLB, ind: 7B, est: 1G 1Z 1B                                                                         |              |      |         |                           |         |         |               |                     |
| 5  | 5     | Marjo Goelema-Koek                 | D    | 50+ | De Biesboschzwemmers                                                                                            | 0:29,97      |      | 0:26,27 | 0:26,27                   | 0:28,75 | 0:28,75 |               | Lesley Cordial      |
|    |       |                                    |      |     |                                                                                                                 | 25m-bad tijd |      |         | NMR: Lesley Cordial       |         |         |               | 0:28,75             |
|    |       | NMR:                               |      |     | Actueel: 8 NMR ind / ALL: 1 EMR est, 24 NMR ind, 3 NMR est<br>ONMK: 8xKB 6xLB, ind: 30G 10Z 12B, est: 11G 7Z 2B |              |      |         |                           |         |         |               |                     |
| 6  | 24    | Yvette de Gier                     | D    | 25+ | De Columbiaan                                                                                                   | 0:30,11      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk     |
|    |       |                                    |      |     |                                                                                                                 | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07             |
|    |       | NMR:                               |      |     |                                                                                                                 |              |      |         |                           |         |         |               |                     |
| 7  | 25    | Pascalie Rovers                    | D    | 25+ | De Dolfijn                                                                                                      | 0:30,15      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk     |
|    |       |                                    |      |     |                                                                                                                 | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07             |
|    |       | NMR:                               |      |     | ONMK: 1xLB                                                                                                      |              |      |         |                           |         |         |               |                     |
| 8  | 41    | Kimberly Coenders                  | D    | 20+ | De Lansingh                                                                                                     | 0:30,18      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra     |
|    |       |                                    |      |     |                                                                                                                 | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20             |
|    |       | NMR:                               |      |     |                                                                                                                 |              |      |         |                           |         |         |               |                     |
| 9  | 13    | Lisanne Andeweg                    | D    | 30+ | Zuiderzeewemmers                                                                                                | 0:30,21      |      | 0:25,17 | 0:25,17                   | 0:26,49 | 0:26,49 |               | Monique Jonker      |
|    |       |                                    |      |     |                                                                                                                 | 25m-bad tijd |      |         | NMR: Pauline Gouwens      |         |         |               | 0:28,27             |
|    |       | NMR:                               |      |     | ALL: 4 NMR est<br>ONMK: 8xKB 9xLB, ind: 28G 19Z 10B, est: 8G 6Z 3B                                              |              |      |         |                           |         |         |               |                     |

| Bn | Rank  | Naam                               | Gend | Cat | Team                                                                      | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|------------------------------------|------|-----|---------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|------------------|
|    | 14:17 | Programma 37 50m. vrij D Serie: 17 |      |     |                                                                           |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 12    | Monique Remst                      | D    | 30+ | AZC                                                                       | 0:29,92      |      | 0:25,17 | 0:25,17                   | 0:26,49 | 0:26,49 |               | Monique Jonker   |
|    |       |                                    |      |     |                                                                           | 25m-bad tijd |      |         | NMR: Pauline Gouwens      |         |         |               | 0:28,27          |
|    |       | NMR:                               |      |     | ONMK: 2xKB 1xLB, ind: 1Z 1B, est: 1Z 3B                                   |              |      |         |                           |         |         |               |                  |
| 1  | 38    | Marije Dankelman                   | D    | 20+ | Dedemsvaart-AC                                                            | 0:29,84      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra  |
|    |       |                                    |      |     |                                                                           | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20          |
|    |       | NMR:                               |      |     | Actueel: 1 NMR est / ALL: 3 NMR est<br>ONMK: 2xKB 1xLB, ind: 2Z , est: 4G |              |      |         |                           |         |         |               |                  |
| 2  | 4     | Sandra Zwaanswijk                  | D    | 35+ | DAW                                                                       | 0:29,83      |      | 0:25,10 | 0:25,91                   | 0:27,60 | 0:27,39 |               | Delia Badoux     |
|    |       |                                    |      |     |                                                                           | 25m-bad tijd |      |         | NMR: Delia Badoux         |         |         |               | 0:27,60          |
|    |       | NMR:                               |      |     | ALL: 2 EMR est, 6 NMR est<br>ONMK: 8xKB 5xLB, ind: 2Z 10B, est: 16G 4Z 9B |              |      |         |                           |         |         |               |                  |
| 3  | 4     | Annette de Visser                  | D    | 45+ | Oceanus                                                                   | 0:29,81      |      | 0:26,29 | 0:26,37                   | 0:27,91 | 0:27,91 |               | Yvette Ratering  |
|    |       |                                    |      |     |                                                                           | 25m-bad tijd |      |         | NMR: Monique Tuijp        |         |         |               | 0:29,16          |
|    |       | NMR:                               |      |     | ALL: 2 NMR est<br>ONMK: 17xKB 17xLB, ind: 16G 40Z 58B, est: 10G 13Z 2B    |              |      |         |                           |         |         |               |                  |
| 4  | 34    | Lindy Elkerbout                    | D    | 20+ | De Veene                                                                  | 0:29,70      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra  |
|    |       |                                    |      |     |                                                                           | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20          |
|    |       | NMR:                               |      |     |                                                                           |              |      |         |                           |         |         |               |                  |
| 5  | 36    | Annemarie ten Have                 | D    | 20+ | Zuiderzeezwimmers                                                         | 0:29,76      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra  |
|    |       |                                    |      |     |                                                                           | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20          |
|    |       | NMR:                               |      |     |                                                                           |              |      |         |                           |         |         |               |                  |
| 6  | 23    | Lotte Rolink                       | D    | 25+ | Zwemclub Polaris                                                          | 0:29,83      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk  |
|    |       |                                    |      |     |                                                                           | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07          |
|    |       | NMR:                               |      |     | ONMK: 1xKB 2xLB                                                           |              |      |         |                           |         |         |               |                  |
| 7  | 37    | Jet Kleine                         | D    | 20+ | MSV-Zeemacht                                                              | 0:29,83      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra  |
|    |       |                                    |      |     |                                                                           | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20          |
|    |       | NMR:                               |      |     | ONMK: 1xKB 1xLB, est: 2G 3Z 1B                                            |              |      |         |                           |         |         |               |                  |
| 8  | 11    | Siska Post                         | D    | 30+ | DIO                                                                       | 0:29,87      |      | 0:25,17 | 0:25,17                   | 0:26,49 | 0:26,49 |               | Monique Jonker   |
|    |       |                                    |      |     |                                                                           | 25m-bad tijd |      |         | NMR: Pauline Gouwens      |         |         |               | 0:28,27          |
|    |       | NMR:                               |      |     | ONMK: 6xKB 5xLB, ind: 1Z 2B, est: 2G 5Z 2B                                |              |      |         |                           |         |         |               |                  |
| 9  | 5     | Caroline van Tiggelen              | D    | 35+ | Scheldestroom                                                             | 0:29,95      |      | 0:25,10 | 0:25,91                   | 0:27,60 | 0:27,39 |               | Delia Badoux     |
|    |       |                                    |      |     |                                                                           | 25m-bad tijd |      |         | NMR: Delia Badoux         |         |         |               | 0:27,60          |
|    |       | NMR:                               |      |     | ONMK: 4xKB 2xLB, ind: 6G 4Z 3B, est: 1Z                                   |              |      |         |                           |         |         |               |                  |

| Bn | Rank  | Naam                               | Gend | Cat | Team                                                                                                                                             | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019     |
|----|-------|------------------------------------|------|-----|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|----------------------|
|    | 14:18 | Programma 37 50m. vrij D Serie: 18 |      |     |                                                                                                                                                  |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder     |
| 0  | 4     | Debby van Beek                     | D    | 40+ | Upstream Amsterdam                                                                                                                               | 0:29,69      |      | 0:26,02 | 0:26,40                   | 0:27,87 | 0:27,43 |               | Marty Krans-de Weert |
|    |       |                                    |      |     |                                                                                                                                                  | 25m-bad tijd |      |         | NMR: Ingrid Boot-De Groot |         |         |               | 0:28,80              |
|    |       | NMR:                               |      |     |                                                                                                                                                  |              |      |         |                           |         |         |               |                      |
| 1  | 4     | Saskia Phaff                       | D    | 50+ | PSV                                                                                                                                              | 0:29,64      |      | 0:26,27 | 0:26,27                   | 0:28,75 | 0:28,75 |               | Lesley Cordial       |
|    |       |                                    |      |     |                                                                                                                                                  | 25m-bad tijd |      |         | NMR: Lesley Cordial       |         |         |               | 0:28,75              |
|    |       | NMR:                               |      |     | Actueel:1 EMR est, 3 NMR ind, 7 NMR est / ALL: 2 WMR est, 5 EMR est, 45 NMR ind, 27 NMR est<br>ONMK: 4xKB 12xLB, ind: 25G 14Z 2B, est: 29G 5Z 1B |              |      |         |                           |         |         |               |                      |
| 2  | 21    | Melissa Zwaan                      | D    | 25+ | DAW                                                                                                                                              | 0:29,59      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|    |       |                                    |      |     |                                                                                                                                                  | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|    |       | NMR:                               |      |     | ONMK: 1xKB, ind: 2B, est: 2G 1B                                                                                                                  |              |      |         |                           |         |         |               |                      |
| 3  | 32    | Rianne Bresser                     | D    | 20+ | Poseidon'56                                                                                                                                      | 0:29,56      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |      |     |                                                                                                                                                  | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |      |     |                                                                                                                                                  |              |      |         |                           |         |         |               |                      |
| 4  | 3     | Isabelle Dherbecourt               | D    | 45+ | FRA - Dunkerque Natatic                                                                                                                          | 0:29,47      |      | 0:26,29 | 0:26,37                   | 0:27,76 | 0:27,91 |               | Yvette Ratering      |
|    |       |                                    |      |     |                                                                                                                                                  | 25m-bad tijd |      |         |                           |         |         |               | 0:29,16              |
|    |       |                                    |      |     |                                                                                                                                                  |              |      |         |                           |         |         |               |                      |
| 5  | 31    | Elianne Huitema                    | D    | 20+ | Steenwijk 1934                                                                                                                                   | 0:29,52      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |      |     |                                                                                                                                                  | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |      |     | ONMK: 2xKB, est: 1G 4Z 3B                                                                                                                        |              |      |         |                           |         |         |               |                      |
| 6  | 22    | Nikki Hoogeboom                    | D    | 25+ | De IJsel                                                                                                                                         | 0:29,59      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|    |       |                                    |      |     |                                                                                                                                                  | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|    |       | NMR:                               |      |     | ONMK: 6xKB 5xLB, est: 2G 5Z 5B                                                                                                                   |              |      |         |                           |         |         |               |                      |
| 7  | 33    | Rianne van Rijssen                 | D    | 20+ | Noord Veluwe                                                                                                                                     | 0:29,60      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |      |     |                                                                                                                                                  | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |      |     | ONMK: 1xKB 1xLB, est: 1Z 3B                                                                                                                      |              |      |         |                           |         |         |               |                      |
| 8  | 10    | Christa Stam                       | D    | 30+ | Rotterdam Swimming (Sc                                                                                                                           | 0:29,69      |      | 0:25,17 | 0:25,17                   | 0:26,49 | 0:26,49 |               | Monique Jonker       |
|    |       |                                    |      |     |                                                                                                                                                  | 25m-bad tijd |      |         | NMR: Pauline Gouwens      |         |         |               | 0:28,27              |
|    |       | NMR:                               |      |     | ONMK: 6xKB 5xLB, est: 1Z                                                                                                                         |              |      |         |                           |         |         |               |                      |
| 9  | 35    | Lisanne Seising                    | D    | 20+ | VZC                                                                                                                                              | 0:29,70      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |      |     |                                                                                                                                                  | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |      |     |                                                                                                                                                  |              |      |         |                           |         |         |               |                      |

| Bn | Rank  | Naam                               | Gend | Cat | Team                                                                                  | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019     |
|----|-------|------------------------------------|------|-----|---------------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|----------------------|
|    | 14:19 | Programma 37 50m. vrij D Serie: 19 |      |     |                                                                                       |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder     |
| 0  | 29    | Selina Janssen                     | D    | 20+ | Neptunus'58                                                                           | 0:29,44      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |      |     |                                                                                       | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |      |     | ONMK: 1xLB                                                                            |              |      |         |                           |         |         |               |                      |
| 1  | 19    | Eline van Gemert                   | D    | 25+ | De Meer                                                                               | 0:29,35      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|    |       |                                    |      |     |                                                                                       | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|    |       | NMR:                               |      |     | ONMK: 6xKB 2xLB, ind: 2Z , est: 8G 3Z 5B                                              |              |      |         |                           |         |         |               |                      |
| 2  | 3     | Mariëlle Janssen                   | D    | 35+ | RZC                                                                                   | 0:29,29      |      | 0:25,10 | 0:25,91                   | 0:27,60 | 0:27,39 |               | Delia Badoux         |
|    |       |                                    |      |     |                                                                                       | 25m-bad tijd |      |         | NMR: Delia Badoux         |         |         |               | 0:27,60              |
|    |       | NMR:                               |      |     | ONMK: 1xKB                                                                            |              |      |         |                           |         |         |               |                      |
| 3  | 18    | Fraukje Puts                       | D    | 25+ | HZ&PC Heerenveen                                                                      | 0:29,24      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|    |       |                                    |      |     |                                                                                       | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|    |       | NMR:                               |      |     | Actueel: 1 NMR est / ALL: 5 NMR est<br>ONMK: 5xKB 2xLB, ind: 1G 3Z 10B, est: 9G 4Z 2B |              |      |         |                           |         |         |               |                      |
| 4  | 27    | Annemijn Spohr                     | D    | 20+ | TRB-RES                                                                               | 0:29,23      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |      |     |                                                                                       | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |      |     |                                                                                       |              |      |         |                           |         |         |               |                      |
| 5  | 9     | Linda Schellekens                  | D    | 30+ | Neptunus'58                                                                           | 0:29,23      |      | 0:25,17 | 0:25,17                   | 0:26,49 | 0:26,49 |               | Monique Jonker       |
|    |       |                                    |      |     |                                                                                       | 25m-bad tijd |      |         | NMR: Pauline Gouwens      |         |         |               | 0:28,27              |
|    |       | NMR:                               |      |     | ONMK: 2xLB, ind: 1Z 2B                                                                |              |      |         |                           |         |         |               |                      |
| 6  | 28    | Lianne Roescher                    | D    | 20+ | ZPC De Hof                                                                            | 0:29,24      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |      |     |                                                                                       | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |      |     | ONMK: 1xKB 1xLB, est: 1G 1Z                                                           |              |      |         |                           |         |         |               |                      |
| 7  | 3     | Monique Boets                      | D    | 40+ | Stadskanaal                                                                           | 0:29,31      |      | 0:26,02 | 0:26,40                   | 0:27,87 | 0:27,43 |               | Marty Krans-de Weert |
|    |       |                                    |      |     |                                                                                       | 25m-bad tijd |      |         | NMR: Ingrid Boot-De Groot |         |         |               | 0:28,80              |
|    |       | NMR:                               |      |     | ALL: 1 NMR ind<br>ONMK: 3xKB, ind: 5G 1Z 2B                                           |              |      |         |                           |         |         |               |                      |
| 8  | 20    | Lianne Slagter                     | D    | 25+ | ESCA Zwemmen                                                                          | 0:29,40      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|    |       |                                    |      |     |                                                                                       | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|    |       | NMR:                               |      |     |                                                                                       |              |      |         |                           |         |         |               |                      |
| 9  | 30    | Linde Haverkate                    | D    | 20+ | ZPC De Hof                                                                            | 0:29,44      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |      |     |                                                                                       | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |      |     | ONMK: 1xKB 1xLB, est: 1G 1Z                                                           |              |      |         |                           |         |         |               |                      |

| Bn | Rank  | Naam                               | Gend | Cat | Team                                                                            | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|------------------------------------|------|-----|---------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|------------------|
|    | 14:20 | Programma 37 50m. vrij D Serie: 20 |      |     |                                                                                 |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 2     | Yvette Ratering                    | D    | 45+ | De Ward                                                                         | 0:29,16      |      | 0:26,29 | 0:26,37                   | 0:27,91 | 0:27,91 |               | Yvette Ratering  |
|    |       |                                    |      |     |                                                                                 | 25m-bad tijd |      |         | NMR: Monique Tuijp        |         |         |               | 0:29,16          |
|    |       | NMR:                               |      |     | ONMK: 5xKB 5xLB, ind: 6G 7Z 7B, est: 1G 8Z 3B                                   |              |      |         |                           |         |         |               |                  |
| 1  | 16    | Maike Korthout                     | D    | 25+ | TRB-RES                                                                         | 0:29,09      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk  |
|    |       |                                    |      |     |                                                                                 | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07          |
|    |       | NMR:                               |      |     | ONMK: 6xKB 3xLB, ind: 1Z 1B, est: 4G 11Z 3B                                     |              |      |         |                           |         |         |               |                  |
| 2  | 15    | Danica Koedoot                     | D    | 25+ | ZPC AMERSFOORT                                                                  | 0:29,05      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk  |
|    |       |                                    |      |     |                                                                                 | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07          |
|    |       | NMR:                               |      |     | ONMK: 3xKB 3xLB, est: 1Z 4B                                                     |              |      |         |                           |         |         |               |                  |
| 3  | 14    | Linda van der Voort                | D    | 25+ | ZVL-1886 Tetteroo                                                               | 0:28,99      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk  |
|    |       |                                    |      |     |                                                                                 | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07          |
|    |       | NMR:                               |      |     | ONMK: 2xKB 1xLB, est: 2Z 5B                                                     |              |      |         |                           |         |         |               |                  |
| 4  | 24    | Romy Verhagen                      | D    | 20+ | De Amstel                                                                       | 0:28,97      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra  |
|    |       |                                    |      |     |                                                                                 | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20          |
|    |       | NMR:                               |      |     | ONMK: 1xKB                                                                      |              |      |         |                           |         |         |               |                  |
| 5  | 25    | Lotte Rougoor                      | D    | 20+ | Dedemsvaart-AC                                                                  | 0:28,99      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra  |
|    |       |                                    |      |     |                                                                                 | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20          |
|    |       | NMR:                               |      |     |                                                                                 |              |      |         |                           |         |         |               |                  |
| 6  | 7     | Rianne Hofland                     | D    | 30+ | Sassenheim                                                                      | 0:29,03      |      | 0:25,17 | 0:25,17                   | 0:26,49 | 0:26,49 |               | Monique Jonker   |
|    |       |                                    |      |     |                                                                                 | 25m-bad tijd |      |         | NMR: Pauline Gouwens      |         |         |               | 0:28,27          |
|    |       | NMR:                               |      |     | ONMK: 3xKB 4xLB, ind: 3G 1Z 4B, est: 1B                                         |              |      |         |                           |         |         |               |                  |
| 7  | 8     | Sabine Lina                        | D    | 30+ | ZPC Woerden                                                                     | 0:29,05      |      | 0:25,17 | 0:25,17                   | 0:26,49 | 0:26,49 |               | Monique Jonker   |
|    |       |                                    |      |     |                                                                                 | 25m-bad tijd |      |         | NMR: Pauline Gouwens      |         |         |               | 0:28,27          |
|    |       | NMR:                               |      |     | ALL: 2 NMR est<br>ONMK: 10xKB 7xLB, ind: 3G 9Z 13B, est: 18G 9Z 7B              |              |      |         |                           |         |         |               |                  |
| 8  | 17    | Janine de Groot                    | D    | 25+ | De Zwemlinie (SG)                                                               | 0:29,13      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk  |
|    |       |                                    |      |     |                                                                                 | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07          |
|    |       | NMR:                               |      |     | Actueel: 1 NMR est / ALL: 3 NMR est<br>ONMK: 6xKB 4xLB, ind: 2Z , est: 9G 7Z 3B |              |      |         |                           |         |         |               |                  |
| 9  | 26    | Kelly de Jonge                     | D    | 20+ | Poseidon'56                                                                     | 0:29,18      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra  |
|    |       |                                    |      |     |                                                                                 | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20          |
|    |       | NMR:                               |      |     |                                                                                 |              |      |         |                           |         |         |               |                  |

| Bn | Rank  | Naam                               | Gend | Cat | Team                                                                                                               | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|------------------------------------|------|-----|--------------------------------------------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|------------------|
|    | 14:21 | Programma 37 50m. vrij D Serie: 21 |      |     |                                                                                                                    |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 6     | Jenny Schouten                     | D    | 30+ | Zwemsport Parkstad (SG                                                                                             | 0:28,86      |      | 0:25,17 | 0:25,17                   | 0:26,49 | 0:26,49 |               | Monique Jonker   |
|    |       |                                    |      |     |                                                                                                                    | 25m-bad tijd |      |         | NMR: Pauline Gouwens      |         |         |               | 0:28,27          |
|    |       | NMR:                               |      |     |                                                                                                                    |              |      |         |                           |         |         |               |                  |
| 1  | 13    | Joanne van Essen                   | D    | 25+ | ZPC AMERSFOORT                                                                                                     | 0:28,78      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk  |
|    |       |                                    |      |     |                                                                                                                    | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07          |
|    |       | NMR:                               |      |     | ONMK: 1xKB 2xLB, est: 1G 1Z 1B                                                                                     |              |      |         |                           |         |         |               |                  |
| 2  | 2     | Lesley Cordial                     | D    | 50+ | ZPC AMERSFOORT                                                                                                     | 0:28,75      | NMR= | 0:26,27 | 0:26,27                   | 0:28,75 | 0:28,75 | NMR-houder    | Lesley Cordial   |
|    |       |                                    |      |     |                                                                                                                    | 25m-bad tijd |      |         | NMR: Lesley Cordial       |         |         |               | 0:28,75          |
|    |       | NMR:                               |      |     | Actueel: 7 NMR ind, 5 NMR est / ALL: 1 EMR est, 21 NMR ind, 5 NMR est<br>ONMK: 2xKB 5xLB, ind: 19G 6Z , est: 4G 1Z |              |      |         |                           |         |         |               |                  |
| 3  | 5     | Marion Regnier                     | D    | 30+ | BEL - CNSW                                                                                                         | 0:28,70      |      | 0:25,17 | 0:25,17                   | 0:27,81 | 0:26,49 |               | Monique Jonker   |
|    |       |                                    |      |     |                                                                                                                    | 25m-bad tijd |      |         |                           |         |         |               | 0:28,27          |
|    |       |                                    |      |     |                                                                                                                    |              |      |         |                           |         |         |               |                  |
| 4  | 21    | Moniek van Langevelde              | D    | 20+ | ESCA Zwemmen                                                                                                       | 0:28,58      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra  |
|    |       |                                    |      |     |                                                                                                                    | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20          |
|    |       | NMR:                               |      |     | ONMK: 1xKB 2xLB, est: 1G 2Z 3B                                                                                     |              |      |         |                           |         |         |               |                  |
| 5  | 22    | Mirelle de Kort                    | D    | 20+ | Neptunus'58                                                                                                        | 0:28,69      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra  |
|    |       |                                    |      |     |                                                                                                                    | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20          |
|    |       | NMR:                               |      |     |                                                                                                                    |              |      |         |                           |         |         |               |                  |
| 6  | 12    | Suzanne Mosch                      | D    | 25+ | MSV-Zeemacht                                                                                                       | 0:28,74      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk  |
|    |       |                                    |      |     |                                                                                                                    | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07          |
|    |       | NMR:                               |      |     | ONMK: 7xKB 5xLB, ind: 2G 3B, est: 2G 6Z 3B                                                                         |              |      |         |                           |         |         |               |                  |
| 7  | 3     | Susan Fraser                       | D    | 50+ | GBR - Free Style SC                                                                                                | 0:28,76      |      | 0:26,27 | 0:26,27                   | 0:28,00 | 0:28,75 |               | Lesley Cordial   |
|    |       |                                    |      |     |                                                                                                                    | 25m-bad tijd |      |         |                           |         |         |               | 0:28,75          |
|    |       |                                    |      |     |                                                                                                                    |              |      |         |                           |         |         |               |                  |
| 8  | 1     | Edith Janssen-Koolen               | D    | 45+ | TRB-RES                                                                                                            | 0:28,85      |      | 0:26,29 | 0:26,37                   | 0:27,91 | 0:27,91 |               | Yvette Ratering  |
|    |       |                                    |      |     |                                                                                                                    | 25m-bad tijd |      |         | NMR: Monique Tuijp        |         |         |               | 0:29,16          |
|    |       | NMR:                               |      |     | Actueel: 1 NMR ind / ALL: 1 NMR ind<br>ONMK: 7xKB 7xLB, ind: 24G 33Z 11B, est: 5G 13Z 4B                           |              |      |         |                           |         |         |               |                  |
| 9  | 23    | Sanne van de Pol                   | D    | 20+ | De Biesboschzwemmers                                                                                               | 0:28,87      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra  |
|    |       |                                    |      |     |                                                                                                                    | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20          |
|    |       | NMR:                               |      |     |                                                                                                                    |              |      |         |                           |         |         |               |                  |

| Bn | Rank  | Naam                               | Gender | Cat | Team                                                                                                                               | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|------------------------------------|--------|-----|------------------------------------------------------------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|------------------|
|    | 14:22 | Programma 37 50m. vrij D Serie: 22 |        |     |                                                                                                                                    |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 11    | Isabelle Massar                    | D      | 25+ | WVZ                                                                                                                                | 0:28,53      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk  |
|    |       |                                    |        |     |                                                                                                                                    | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07          |
|    |       | NMR:                               |        |     | Actueel:1 WMR est, 1 EMR est, 8 NMR est / ALL: 1 WMR est, 2 EMR est, 10 NMR est<br>ONMK: 9xKB 8xLB, ind: 1G 1Z 3B, est: 30G 12Z 5B |              |      |         |                           |         |         |               |                  |
| 1  | 10    | Lotte Coenen                       | D      | 25+ | The Hague Swimming (S                                                                                                              | 0:28,37      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk  |
|    |       |                                    |        |     |                                                                                                                                    | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07          |
|    |       | NMR:                               |        |     | ONMK: 4xKB 2xLB, ind: 2Z 5B, est: 1G 1Z                                                                                            |              |      |         |                           |         |         |               |                  |
| 2  | 17    | Annabel Kuipers                    | D      | 20+ | DWK                                                                                                                                | 0:28,27      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra  |
|    |       |                                    |        |     |                                                                                                                                    | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20          |
|    |       | NMR:                               |        |     |                                                                                                                                    |              |      |         |                           |         |         |               |                  |
| 3  | 1     | Monique Tuijp                      | D      | 50+ | WZ&PC Purmerend                                                                                                                    | 0:28,24      | NMR  | 0:26,27 | 0:26,27                   | 0:28,75 | 0:28,75 |               | Lesley Cordial   |
|    |       |                                    |        |     |                                                                                                                                    | 25m-bad tijd |      |         | NMR: Lesley Cordial       |         |         |               | 0:28,75          |
|    |       | NMR:                               |        |     | Actueel: 3 NMR ind / ALL: 7 NMR ind<br>ONMK: 7xKB 7xLB, ind: 24G 13Z 11B, est: 2G 2B                                               |              |      |         |                           |         |         |               |                  |
| 4  | 15    | Ilse Rijnja                        | D      | 20+ | The Hague Swimming (S                                                                                                              | 0:28,20      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra  |
|    |       |                                    |        |     |                                                                                                                                    | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20          |
|    |       | NMR:                               |        |     | Actueel: 1 NMR ind / ALL: 1 NMR ind<br>ONMK: 1xLB, ind: 2G , est: 1G 1Z                                                            |              |      |         |                           |         |         |               |                  |
| 5  | 9     | Eva Kattouw                        | D      | 25+ | De Ward                                                                                                                            | 0:28,20      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk  |
|    |       |                                    |        |     |                                                                                                                                    | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07          |
|    |       | NMR:                               |        |     | ONMK: 6xKB 4xLB, est: 1G 8Z 3B                                                                                                     |              |      |         |                           |         |         |               |                  |
| 6  | 16    | Anoeska van de Kraats              | D      | 20+ | DWK                                                                                                                                | 0:28,26      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra  |
|    |       |                                    |        |     |                                                                                                                                    | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20          |
|    |       | NMR:                               |        |     | Actueel: 1 NMR est / ALL: 2 NMR est<br>ONMK: 2xKB, est: 3G 5Z 1B                                                                   |              |      |         |                           |         |         |               |                  |
| 7  | 18    | Alies Wagter                       | D      | 20+ | Steenwijk 1934                                                                                                                     | 0:28,35      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra  |
|    |       |                                    |        |     |                                                                                                                                    | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20          |
|    |       | NMR:                               |        |     |                                                                                                                                    |              |      |         |                           |         |         |               |                  |
| 8  | 19    | Lincy de Winter                    | D      | 20+ | The Hague Swimming (S                                                                                                              | 0:28,48      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra  |
|    |       |                                    |        |     |                                                                                                                                    | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20          |
|    |       | NMR:                               |        |     | ONMK: 2xLB, est: 2G                                                                                                                |              |      |         |                           |         |         |               |                  |
| 9  | 20    | Manon Kloosterman                  | D      | 20+ | De Bevelanders                                                                                                                     | 0:28,57      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra  |
|    |       |                                    |        |     |                                                                                                                                    | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20          |
|    |       | NMR:                               |        |     | ONMK: 2xKB 3xLB, ind: 2Z 3B                                                                                                        |              |      |         |                           |         |         |               |                  |

| Bn | Rank  | Naam                               | Gend | Cat | Team                                                                                   | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019     |
|----|-------|------------------------------------|------|-----|----------------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|----------------------|
|    | 14:23 | Programma 37 50m. vrij D Serie: 23 |      |     |                                                                                        |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder     |
| 0  | 8     | Denise Boereboom                   | D    | 25+ | ZPV Barracuda                                                                          | 0:28,10      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|    |       |                                    |      |     |                                                                                        | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|    |       | NMR:                               |      |     | Actueel: 1 NMR est / ALL: 2 NMR est<br>ONMK: 4xKB 4xLB, ind: 4G 9Z 7B, est: 10G 10Z 1B |              |      |         |                           |         |         |               |                      |
| 1  | 12    | Bibi Stokvis                       | D    | 20+ | Het Y                                                                                  | 0:28,00      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |      |     |                                                                                        | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |      |     | ONMK: 1xKB 1xLB, ind: 1B                                                               |              |      |         |                           |         |         |               |                      |
| 2  | 2     | Anke Lambooi                       | D    | 40+ | De Vliet (SG)                                                                          | 0:27,95      |      | 0:26,02 | 0:26,40                   | 0:27,87 | 0:27,43 |               | Marty Krans-de Weert |
|    |       |                                    |      |     |                                                                                        | 25m-bad tijd |      |         | NMR: Ingrid Boot-De Groot |         |         |               | 0:28,80              |
|    |       | NMR:                               |      |     | ALL: 1 NMR ind<br>ONMK: 9xKB 11xLB, ind: 26G 29Z 9B                                    |              |      |         |                           |         |         |               |                      |
| 3  | 7     | Tessa Mosch                        | D    | 25+ | MSV-Zeemacht                                                                           | 0:27,84      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|    |       |                                    |      |     |                                                                                        | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|    |       | NMR:                               |      |     | ONMK: 7xKB 5xLB, ind: 1Z 1B, est: 2G 5Z 3B                                             |              |      |         |                           |         |         |               |                      |
| 4  | 9     | Linda Kamperman                    | D    | 20+ | Zwemlust- den Hommel                                                                   | 0:27,75      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |      |     |                                                                                        | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |      |     | Actueel: 1 NMR est / ALL: 1 NMR est<br>ONMK: 1xKB 2xLB, ind: 1B, est: 1G               |              |      |         |                           |         |         |               |                      |
| 5  | 6     | Melissa van der Geld               | D    | 25+ | TRB-RES                                                                                | 0:27,78      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk      |
|    |       |                                    |      |     |                                                                                        | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07              |
|    |       | NMR:                               |      |     | Actueel: 1 NMR est / ALL: 1 NMR est<br>ONMK: 4xKB 4xLB, ind: 3G 6Z 9B, est: 2G 2Z      |              |      |         |                           |         |         |               |                      |
| 6  | 10    | Christel Brugmans                  | D    | 20+ | Hieronymus                                                                             | 0:27,94      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |      |     |                                                                                        | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |      |     |                                                                                        |              |      |         |                           |         |         |               |                      |
| 7  | 11    | Alisha Vieira                      | D    | 20+ | Rotterdam Swimming (Sc                                                                 | 0:27,99      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |      |     |                                                                                        | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |      |     |                                                                                        |              |      |         |                           |         |         |               |                      |
| 8  | 13    | Gaby Zittersteijn                  | D    | 20+ | Zuiderzeezwimmers                                                                      | 0:28,08      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |      |     |                                                                                        | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |      |     | ONMK: 2xKB, est: 1B                                                                    |              |      |         |                           |         |         |               |                      |
| 9  | 14    | Kirsten Walraven                   | D    | 20+ | ZPC De Zeeuwse Kust                                                                    | 0:28,17      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra      |
|    |       |                                    |      |     |                                                                                        | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20              |
|    |       | NMR:                               |      |     |                                                                                        |              |      |         |                           |         |         |               |                      |



| Bn | Rank  | Naam                               | Gend | Cat | Team                                                                                                  | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|------------------------------------|------|-----|-------------------------------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|------------------|
|    | 14:25 | Programma 37 50m. vrij D Serie: 25 |      |     |                                                                                                       |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 3     | Marlijn Hendriksen                 | D    | 30+ | DIO                                                                                                   | 0:27,11      |      | 0:25,17 | 0:25,17                   | 0:26,49 | 0:26,49 |               | Monique Jonker   |
|    |       |                                    |      |     |                                                                                                       | 25m-bad tijd |      |         | NMR: Pauline Gouwens      |         |         |               | 0:28,27          |
|    |       | NMR:                               |      |     | Actueel: 8 NMR ind, 4 NMR est / ALL: 10 NMR ind, 4 NMR est<br>ONMK: 2xKB 4xLB, ind: 15G 10Z , est: 5G |              |      |         |                           |         |         |               |                  |
| 1  | 2     | Jolanda Post                       | D    | 30+ | DIO                                                                                                   | 0:26,99      |      | 0:25,17 | 0:25,17                   | 0:26,49 | 0:26,49 |               | Monique Jonker   |
|    |       |                                    |      |     |                                                                                                       | 25m-bad tijd |      |         | NMR: Pauline Gouwens      |         |         |               | 0:28,27          |
|    |       | NMR:                               |      |     | ALL: 1 NMR ind, 2 NMR est<br>ONMK: 7xKB 10xLB, ind: 15G 24Z 8B, est: 7G 9Z 2B                         |              |      |         |                           |         |         |               |                  |
| 2  | 1     | Babette van der Kaaij              | D    | 20+ | Rotterdam Swimming (SC                                                                                | 0:26,84      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra  |
|    |       |                                    |      |     |                                                                                                       | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20          |
|    |       | NMR:                               |      |     |                                                                                                       |              |      |         |                           |         |         |               |                  |
| 3  | 2     | Susan Teijken                      | D    | 25+ | Nuenen                                                                                                | 0:26,65      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk  |
|    |       |                                    |      |     |                                                                                                       | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07          |
|    |       | NMR:                               |      |     |                                                                                                       |              |      |         |                           |         |         |               |                  |
| 4  | 1     | Saskia de Klerk                    | D    | 30+ | GoSwim                                                                                                | 0:25,98      | NMR  | 0:25,17 | 0:25,17                   | 0:26,49 | 0:26,49 |               | Monique Jonker   |
|    |       |                                    |      |     |                                                                                                       | 25m-bad tijd |      |         | NMR: Pauline Gouwens      |         |         |               | 0:28,27          |
|    |       | NMR:                               |      |     | ONMK: 1xKB 1xLB, ind: 7G 2Z 2B, est: 1Z                                                               |              |      |         |                           |         |         |               |                  |
| 5  | 1     | Danique Stoop                      | D    | 25+ | Zuiderzeezwemmers                                                                                     | 0:26,43      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk  |
|    |       |                                    |      |     |                                                                                                       | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07          |
|    |       | NMR:                               |      |     | Actueel: 1 NMR ind / ALL: 1 NMR ind<br>ONMK: 1xLB, ind: 1G 1Z , est: 1G 1Z                            |              |      |         |                           |         |         |               |                  |
| 6  | 3     | Yvon Versteeg                      | D    | 25+ | De Veene                                                                                              | 0:26,76      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk  |
|    |       |                                    |      |     |                                                                                                       | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07          |
|    |       | NMR:                               |      |     | Actueel: 1 NMR ind / ALL: 3 NMR ind, 1 NMR est<br>ONMK: 9xKB, ind: 17G 16Z 3B, est: 7G 5Z 3B          |              |      |         |                           |         |         |               |                  |
| 7  | 2     | Selene Wortel                      | D    | 20+ | Hieronymus                                                                                            | 0:26,96      |      |         |                           | 0:26,20 | 0:26,20 |               | Saranda Hofstra  |
|    |       |                                    |      |     |                                                                                                       | 25m-bad tijd |      |         | NMR: Saranda Hofstra      |         |         |               | 0:26,20          |
|    |       | NMR:                               |      |     | Actueel: 4 NMR est / ALL: 4 NMR est<br>ONMK: 1xKB 3xLB, ind: 10G 6Z , est: 6G                         |              |      |         |                           |         |         |               |                  |
| 8  | 4     | Miranda Nijenhuis                  | D    | 25+ | De Columbiaan                                                                                         | 0:27,08      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk  |
|    |       |                                    |      |     |                                                                                                       | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07          |
|    |       | NMR:                               |      |     | ONMK: 1xKB, ind: 2G 2Z , est: 2G                                                                      |              |      |         |                           |         |         |               |                  |
| 9  | 5     | Karin Groen                        | D    | 25+ | De Zwemlinie (SG)                                                                                     | 0:27,14      |      | 0:25,29 | 0:25,29                   | 0:25,86 | 0:26,07 |               | Saskia de Klerk  |
|    |       |                                    |      |     |                                                                                                       | 25m-bad tijd |      |         | NMR: Clarissa van Rheenen |         |         |               | 0:26,07          |
|    |       | NMR:                               |      |     | Actueel: 1 NMR est / ALL: 3 NMR est<br>ONMK: 6xKB 5xLB, ind: 4G 4Z 9B, est: 10G 7Z 2B                 |              |      |         |                           |         |         |               |                  |

[illegible]

| Bn | Rank  | Naam                              | Gend | Cat | Team                                                                                                                                       | Intijd       | KANS     | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|-----------------------------------|------|-----|--------------------------------------------------------------------------------------------------------------------------------------------|--------------|----------|---------|-----------------------|---------|---------|---------------|------------------|
|    | 14:28 | Programma 38 50m. vrij H Serie: 2 |      |     |                                                                                                                                            |              |          |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 18    | Robert Schulein                   | H    | 60+ | H2Oldambt                                                                                                                                  | 0:36,26      |          | 0:24,90 | 0:26,40               | 0:26,64 | 0:26,76 |               | Marten de Groot  |
|    |       |                                   |      |     |                                                                                                                                            | 50m-bad tijd |          |         | NMR: Marten de Groot  |         |         |               | 0:27,51          |
|    |       | NMR:                              |      |     | ONMK: 2xLB                                                                                                                                 |              |          |         |                       |         |         |               |                  |
| 1  | 24    | Pascal van Dijk                   | H    | 50+ | De Marlijn (SG)                                                                                                                            | 0:35,66      |          | 0:23,38 | 0:23,80               | 0:25,18 | 0:25,18 |               | Eduard Ivanov    |
|    |       |                                   |      |     |                                                                                                                                            | 25m-bad tijd |          |         | NMR: Peter Bernsen    |         |         |               | 0:25,29          |
|    |       | NMR:                              |      |     |                                                                                                                                            |              |          |         |                       |         |         |               |                  |
| 2  | 15    | Michiel Verschueren               | H    | 45+ | De Marlijn (SG)                                                                                                                            | 0:35,33      |          | 0:22,85 | 0:23,29               | 0:24,70 | 0:24,48 |               | Frédéric Tonus   |
|    |       |                                   |      |     |                                                                                                                                            | 25m-bad tijd |          |         | NMR: Jan Koen Anthoni |         |         |               | 0:24,67          |
|    |       | NMR:                              |      |     | ONMK: 2xKB 1xLB                                                                                                                            |              |          |         |                       |         |         |               |                  |
| 3  | 17    | Marius Ros                        | H    | 60+ | ZCNF'34                                                                                                                                    | 0:34,34      |          | 0:24,90 | 0:26,40               | 0:26,64 | 0:26,76 |               | Marten de Groot  |
|    |       |                                   |      |     |                                                                                                                                            | 25m-bad tijd |          |         | NMR: Marten de Groot  |         |         |               | 0:27,51          |
|    |       | NMR:                              |      |     | ONMK: 10xKB 6xLB, ind: 1G 17Z 8B                                                                                                           |              |          |         |                       |         |         |               |                  |
| 4  | 16    | Peter Coffeng                     | H    | 60+ | WIDEX GZC DONK                                                                                                                             | 0:33,94      |          | 0:24,90 | 0:26,40               | 0:26,64 | 0:26,76 |               | Marten de Groot  |
|    |       |                                   |      |     |                                                                                                                                            | 25m-bad tijd |          |         | NMR: Marten de Groot  |         |         |               | 0:27,51          |
|    |       | NMR:                              |      |     | ONMK: 9xKB 10xLB, ind: 1Z 2B, est: 1G 5B                                                                                                   |              |          |         |                       |         |         |               |                  |
| 5  | 23    | Hans Bijleveld                    | H    | 50+ | The Hague Swimming (S                                                                                                                      | 0:34,15      |          | 0:23,38 | 0:23,80               | 0:25,18 | 0:25,18 |               | Eduard Ivanov    |
|    |       |                                   |      |     |                                                                                                                                            | 25m-bad tijd |          |         | NMR: Peter Bernsen    |         |         |               | 0:25,29          |
|    |       | NMR:                              |      |     | ONMK: 1xLB                                                                                                                                 |              |          |         |                       |         |         |               |                  |
| 6  | 25    | Ronald Pijtak                     | H    | 55+ | ZPC AMERSFOORT                                                                                                                             | 0:34,68      |          | 0:24,37 | 0:25,17               | 0:25,86 | 0:25,74 |               | Sergey Kozlov    |
|    |       |                                   |      |     |                                                                                                                                            | 25m-bad tijd |          |         | NMR: Albert Boonstra  |         |         |               | 0:26,02          |
|    |       | NMR:                              |      |     | ONMK: 6xKB 2xLB, ind: 1G 1B, est: 2G 2Z 3B                                                                                                 |              |          |         |                       |         |         |               |                  |
| 7  | 2     | Jan Nuijten                       | H    | 70+ | PSV                                                                                                                                        | 0:35,63      |          | 0:26,88 | 0:28,28               | 0:31,02 | 0:30,68 |               | Theo Schouten    |
|    |       |                                   |      |     |                                                                                                                                            | 25m-bad tijd |          |         | NMR: Nic Geers        |         |         |               | 0:33,30          |
|    |       | NMR:                              |      |     | ALL: 2 NMR est<br>ONMK: 1xKB, ind: 1B, est: 2G                                                                                             |              |          |         |                       |         |         |               |                  |
| 8  | 1     | Frans van Enst                    | H    | 80+ | WS Twente                                                                                                                                  | 0:36,07      | NMR-kans | 0:31,25 | 0:32,07               | 0:36,01 | 0:36,01 |               | Nic Geers        |
|    |       |                                   |      |     | lid DMHoF                                                                                                                                  | 25m-bad tijd |          |         | NMR: Max van Gelder   |         |         |               | 0:41,73          |
|    |       | NMR:                              |      |     | Actueel: 17 NMR ind / ALL: 1 WMR est, 19 EMR ind, 1 EMR est, 69 NMR ind, 2 NMR est<br>ONMK: 20xKB 17xLB, ind: 188G 82Z 4B, est: 25G 13Z 9B |              |          |         |                       |         |         |               |                  |
| 9  | 2     | Geza Kaltenecker                  | H    | 75+ | AZC                                                                                                                                        | 0:36,58      |          | 0:28,93 | 0:29,47               | 0:33,57 | 0:34,57 |               | Frans van Enst   |
|    |       |                                   |      |     |                                                                                                                                            | 25m-bad tijd |          |         | NMR: Nic Geers        |         |         |               | 0:36,36          |
|    |       | NMR:                              |      |     | ONMK: 7xKB 6xLB, ind: 6G 31Z 31B, est: 3G 11Z 10B                                                                                          |              |          |         |                       |         |         |               |                  |

| Bn | Rank  | Naam                              | Gender           | Cat | Team | Intijd                                                                                              | KANS         | WMR | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|-----------------------------------|------------------|-----|------|-----------------------------------------------------------------------------------------------------|--------------|-----|-----------------------|---------|---------|---------------|------------------|
|    | 14:29 | Programma 38 50m. vrij H Serie: 3 |                  |     |      |                                                                                                     |              |     | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder |
|    | 0     | 5                                 | Arno Wolvers     | H   | 65+  | Zwemsport Parkstad (SG)                                                                             | 0:33,64      |     | 0:25,42               | 0:26,67 | 0:28,39 | 0:28,17       | Brend Brevé      |
|    |       |                                   |                  |     |      |                                                                                                     | 25m-bad tijd |     | NMR: Ale van der Veen |         |         |               | 0:29,80          |
|    |       |                                   | NMR:             |     |      | ONMK: 4xLB, ind: 2Z 2B                                                                              |              |     |                       |         |         |               |                  |
|    | 1     | 14                                | Alberto Randazzo | H   | 45+  | The Hague Swimming (S)                                                                              | 0:33,43      |     | 0:22,85               | 0:23,29 | 0:24,70 | 0:24,48       | Frédéric Tonus   |
|    |       |                                   |                  |     |      |                                                                                                     | 25m-bad tijd |     | NMR: Jan Koen Anthoni |         |         |               | 0:24,67          |
|    |       |                                   | NMR:             |     |      |                                                                                                     |              |     |                       |         |         |               |                  |
|    | 2     | 32                                | Tim Dodemont     | H   | 25+  | De Waalstroom                                                                                       | 0:32,93      |     | 0:21,37               | 0:21,77 | 0:22,69 | 0:22,69       | Ensger Kotterink |
|    |       |                                   |                  |     |      |                                                                                                     | 25m-bad tijd |     | NMR: Ensger Kotterink |         |         |               | 0:22,69          |
|    |       |                                   | NMR:             |     |      |                                                                                                     |              |     |                       |         |         |               |                  |
|    | 3     | 23                                | Roy Le Clercq    | H   | 55+  | De Rog                                                                                              | 0:32,59      |     | 0:24,37               | 0:25,17 | 0:25,86 | 0:25,74       | Sergey Kozlov    |
|    |       |                                   |                  |     |      |                                                                                                     | 25m-bad tijd |     | NMR: Albert Boonstra  |         |         |               | 0:26,02          |
|    |       |                                   | NMR:             |     |      | ONMK: 7xKB 7xLB, ind: 1G 3Z 2B, est: 8G 4Z 6B                                                       |              |     |                       |         |         |               |                  |
|    | 4     | 22                                | Jan Smalheer     | H   | 55+  | SCOM                                                                                                | 0:32,42      |     | 0:24,37               | 0:25,17 | 0:25,86 | 0:25,74       | Sergey Kozlov    |
|    |       |                                   |                  |     |      |                                                                                                     | 25m-bad tijd |     | NMR: Albert Boonstra  |         |         |               | 0:26,02          |
|    |       |                                   | NMR:             |     |      | ONMK: 17xKB 4xLB, ind: 6Z 12B, est: 2Z 1B                                                           |              |     |                       |         |         |               |                  |
|    | 5     | 3                                 | Fred Zanting     | H   | 65+  | TriVia                                                                                              | 0:32,52      |     | 0:25,42               | 0:26,67 | 0:28,39 | 0:28,17       | Brend Brevé      |
|    |       |                                   |                  |     |      |                                                                                                     | 25m-bad tijd |     | NMR: Ale van der Veen |         |         |               | 0:29,80          |
|    |       |                                   | NMR:             |     |      | ONMK: 6xKB 11xLB, ind: 6G 14Z 15B                                                                   |              |     |                       |         |         |               |                  |
|    | 6     | 24                                | Arno van Ederen  | H   | 55+  | De Zilvermeeuw                                                                                      | 0:32,84      |     | 0:24,37               | 0:25,17 | 0:25,86 | 0:25,74       | Sergey Kozlov    |
|    |       |                                   |                  |     |      |                                                                                                     | 25m-bad tijd |     | NMR: Albert Boonstra  |         |         |               | 0:26,02          |
|    |       |                                   | NMR:             |     |      | ONMK: 1xKB                                                                                          |              |     |                       |         |         |               |                  |
|    | 7     | 15                                | André Schutte    | H   | 60+  | ZPC De Zeeuwse Kust                                                                                 | 0:33,35      |     | 0:24,90               | 0:26,40 | 0:26,64 | 0:26,76       | Marten de Groot  |
|    |       |                                   |                  |     |      |                                                                                                     | 25m-bad tijd |     | NMR: Marten de Groot  |         |         |               | 0:27,51          |
|    |       |                                   | NMR:             |     |      | ONMK: 18xKB 12xLB, ind: 3G 3Z 6B, est: 1G 1B                                                        |              |     |                       |         |         |               |                  |
|    | 8     | 4                                 | Jos Kamps        | H   | 65+  | Zwemvereniging Hooglar                                                                              | 0:33,59      |     | 0:25,42               | 0:26,67 | 0:28,39 | 0:28,17       | Brend Brevé      |
|    |       |                                   |                  |     |      |                                                                                                     | 25m-bad tijd |     | NMR: Ale van der Veen |         |         |               | 0:29,80          |
|    |       |                                   | NMR:             |     |      | ONMK: 8xKB 8xLB, ind: 8G 35Z 27B, est: 2G 1Z 3B                                                     |              |     |                       |         |         |               |                  |
|    | 9     | 1                                 | Willem Putter    | H   | 75+  | ZVVS                                                                                                | 0:33,84      |     | 0:28,93               | 0:29,47 | 0:33,57 | 0:34,57       | Frans van Enst   |
|    |       |                                   |                  |     |      |                                                                                                     | 25m-bad tijd |     | NMR: Nic Geers        |         |         |               | 0:36,36          |
|    |       |                                   | NMR:             |     |      | Actueel: 2 NMR est / ALL: 1 EMR est, 5 NMR est<br>ONMK: 8xKB 8xLB, ind: 25G 35Z 12B, est: 10G 6Z 8B |              |     |                       |         |         |               |                  |

| Bn | Rank  | Naam                              | Gend | Cat | Team                               | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|-----------------------------------|------|-----|------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|--------------------|
|    | 14:30 | Programma 38 50m. vrij H Serie: 4 |      |     |                                    |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 22    | Gertjan van der Vaart             | H    | 50+ | ZVVS                               | 0:32,35      |      | 0:23,38 | 0:23,80               | 0:25,18 | 0:25,18 |               | Eduard Ivanov      |
|    |       |                                   |      |     |                                    | 25m-bad tijd |      |         | NMR: Peter Bernsen    |         |         |               | 0:25,29            |
|    |       | NMR:                              |      |     | ONMK: 6xKB 7xLB, est: 1B           |              |      |         |                       |         |         |               |                    |
| 1  | 31    | Mark van der Want                 | H    | 25+ | GLS Ketelbinkie                    | 0:32,33      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                   |      |     |                                    | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       | NMR:                              |      |     |                                    |              |      |         |                       |         |         |               |                    |
| 2  | 30    | Paul Koot                         | H    | 25+ | Sassenheim                         | 0:32,31      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                   |      |     |                                    | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       | NMR:                              |      |     | ONMK: 1xLB                         |              |      |         |                       |         |         |               |                    |
| 3  | 14    | Philippe Godbille                 | H    | 60+ | BEL - CNSW                         | 0:32,07      |      | 0:24,90 | 0:26,40               | 0:27,11 | 0:26,76 |               | Marten de Groot    |
|    |       |                                   |      |     |                                    | 25m-bad tijd |      |         |                       |         |         |               | 0:27,51            |
|    |       |                                   |      |     | ONMK: 8xLB, ind: 4Z 4B, est: 9G 4Z |              |      |         |                       |         |         |               |                    |
| 4  | 24    | Marten Ettema                     | H    | 30+ | HZ&PC Heerenveen                   | 0:31,72      |      | 0:21,59 | 0:21,59               | 0:22,82 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                   |      |     |                                    | 25m-bad tijd |      |         | NMR: Joan Kentrop     |         |         |               | 0:23,29            |
|    |       | NMR:                              |      |     |                                    |              |      |         |                       |         |         |               |                    |
| 5  | 20    | Edward van Nijmweegen             | H    | 50+ | Budel                              | 0:31,93      |      | 0:23,38 | 0:23,80               | 0:25,18 | 0:25,18 |               | Eduard Ivanov      |
|    |       |                                   |      |     |                                    | 25m-bad tijd |      |         | NMR: Peter Bernsen    |         |         |               | 0:25,29            |
|    |       | NMR:                              |      |     | ONMK: 7xKB 3xLB, est: 1Z 2B        |              |      |         |                       |         |         |               |                    |
| 6  | 21    | Pierre de Groot                   | H    | 55+ | WIDEX GZC DONK                     | 0:32,15      |      | 0:24,37 | 0:25,17               | 0:25,86 | 0:25,74 |               | Sergey Kozlov      |
|    |       |                                   |      |     |                                    | 25m-bad tijd |      |         | NMR: Albert Boonstra  |         |         |               | 0:26,02            |
|    |       | NMR:                              |      |     | ONMK: 6xKB 4xLB, est: 2Z 3B        |              |      |         |                       |         |         |               |                    |
| 7  | 21    | Joost van Eerd                    | H    | 50+ | Budel                              | 0:32,32      |      | 0:23,38 | 0:23,80               | 0:25,18 | 0:25,18 |               | Eduard Ivanov      |
|    |       |                                   |      |     |                                    | 25m-bad tijd |      |         | NMR: Peter Bernsen    |         |         |               | 0:25,29            |
|    |       | NMR:                              |      |     | ONMK: 7xKB, est: 1Z 1B             |              |      |         |                       |         |         |               |                    |
| 8  | 12    | Jeroen Hoeksel                    | H    | 45+ | ZVVS                               | 0:32,34      |      | 0:22,85 | 0:23,29               | 0:24,70 | 0:24,48 |               | Frédéric Tonus     |
|    |       |                                   |      |     |                                    | 25m-bad tijd |      |         | NMR: Jan Koen Anthoni |         |         |               | 0:24,67            |
|    |       | NMR:                              |      |     | ONMK: 1xKB 1xLB                    |              |      |         |                       |         |         |               |                    |
| 9  | 13    | Rob van de Ven                    | H    | 45+ | Neptunus'58                        | 0:32,39      |      | 0:22,85 | 0:23,29               | 0:24,70 | 0:24,48 |               | Frédéric Tonus     |
|    |       |                                   |      |     |                                    | 25m-bad tijd |      |         | NMR: Jan Koen Anthoni |         |         |               | 0:24,67            |
|    |       | NMR:                              |      |     | ONMK: 1xKB 2xLB, ind: 1B           |              |      |         |                       |         |         |               |                    |

| Bn | Rank  | Naam                              | Gen | Cat | Team                                                               | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|-----------------------------------|-----|-----|--------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|--------------------|
|    | 14:31 | Programma 38 50m. vrij H Serie: 5 |     |     |                                                                    |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 20    | Ricardo van Dam                   | H   | 35+ | AZC                                                                | 0:31,54      |      | 0:21,53 | 0:21,53               | 0:23,96 | 0:23,36 |               | Nol van Thull      |
|    |       |                                   |     |     |                                                                    | 25m-bad tijd |      |         | NMR: Nol van Thull    |         |         |               | 0:24,53            |
|    |       | NMR:                              |     |     | ONMK: 1xLB                                                         |              |      |         |                       |         |         |               |                    |
| 1  | 23    | Martijn Gerrits                   | H   | 30+ | De Dolfijn                                                         | 0:31,51      |      | 0:21,59 | 0:21,59               | 0:22,82 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                   |     |     |                                                                    | 25m-bad tijd |      |         | NMR: Joan Kentrop     |         |         |               | 0:23,29            |
|    |       | NMR:                              |     |     |                                                                    |              |      |         |                       |         |         |               |                    |
| 2  | 20    | Hans Van de Berg                  | H   | 55+ | De Rog                                                             | 0:31,48      |      | 0:24,37 | 0:25,17               | 0:25,86 | 0:25,74 |               | Sergey Kozlov      |
|    |       |                                   |     |     |                                                                    | 25m-bad tijd |      |         | NMR: Albert Boonstra  |         |         |               | 0:26,02            |
|    |       | NMR:                              |     |     | ONMK: 1xKB                                                         |              |      |         |                       |         |         |               |                    |
| 3  | 19    | Pieter-Sjoerd de Wijn             | H   | 55+ | Zwemvereniging Hooglar                                             | 0:31,40      |      | 0:24,37 | 0:25,17               | 0:25,86 | 0:25,74 |               | Sergey Kozlov      |
|    |       |                                   |     |     |                                                                    | 25m-bad tijd |      |         | NMR: Albert Boonstra  |         |         |               | 0:26,02            |
|    |       | NMR:                              |     |     | ALL: 1 NMR est<br>ONMK: 14xKB 14xLB, ind: 1G 6Z 11B, est: 1G 1Z 2B |              |      |         |                       |         |         |               |                    |
| 4  | 22    | Dave Tuchan                       | H   | 30+ | The Hague Swimming (S                                              | 0:31,30      |      | 0:21,59 | 0:21,59               | 0:22,82 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                   |     |     |                                                                    | 25m-bad tijd |      |         | NMR: Joan Kentrop     |         |         |               | 0:23,29            |
|    |       | NMR:                              |     |     |                                                                    |              |      |         |                       |         |         |               |                    |
| 5  | 19    | René Speelman                     | H   | 50+ | De Spatters                                                        | 0:31,36      |      | 0:23,38 | 0:23,80               | 0:25,18 | 0:25,18 |               | Eduard Ivanov      |
|    |       |                                   |     |     |                                                                    | 25m-bad tijd |      |         | NMR: Peter Bernsen    |         |         |               | 0:25,29            |
|    |       | NMR:                              |     |     | ONMK: 6xKB 7xLB, est: 1G 2Z                                        |              |      |         |                       |         |         |               |                    |
| 6  | 19    | Nicolas Slegers                   | H   | 35+ | BEL - CNSW                                                         | 0:31,46      |      | 0:21,53 | 0:21,53               | 0:24,83 | 0:23,36 |               | Nol van Thull      |
|    |       |                                   |     |     |                                                                    | 25m-bad tijd |      |         |                       |         |         |               | 0:24,53            |
|    |       |                                   |     |     | ONMK: 1xKB 1xLB, est: 1Z 1B                                        |              |      |         |                       |         |         |               |                    |
| 7  | 12    | Rudolf Meijer                     | H   | 60+ | Zwemvereniging Hooglar                                             | 0:31,50      |      | 0:24,90 | 0:26,40               | 0:26,64 | 0:26,76 |               | Marten de Groot    |
|    |       |                                   |     |     |                                                                    | 50m-bad tijd |      |         | NMR: Marten de Groot  |         |         |               | 0:27,51            |
|    |       | NMR:                              |     |     | ALL: 1 NMR est<br>ONMK: 4xKB 1xLB, est: 1G 2Z 1B                   |              |      |         |                       |         |         |               |                    |
| 8  | 25    | Bogdan Androne                    | H   | 40+ | AZC                                                                | 0:31,53      |      | 0:22,75 | 0:23,05               | 0:23,74 | 0:23,74 |               | Casper Hut         |
|    |       |                                   |     |     |                                                                    | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:23,74            |
|    |       | NMR:                              |     |     |                                                                    |              |      |         |                       |         |         |               |                    |
| 9  | 29    | Leffert Lansink                   | H   | 25+ | De Dolfijn                                                         | 0:31,67      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                   |     |     |                                                                    | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       | NMR:                              |     |     |                                                                    |              |      |         |                       |         |         |               |                    |

| Bn | Rank  | Naam                              | Gend | Cat | Team                                                         | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|-----------------------------------|------|-----|--------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|--------------------|
|    | 14:32 | Programma 38 50m. vrij H Serie: 6 |      |     |                                                              |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 24    | Paul Rutten                       | H    | 40+ | ESCA Zwemmen                                                 | 0:31,13      |      | 0:22,75 | 0:23,05               | 0:23,74 | 0:23,74 |               | Casper Hut         |
|    |       |                                   |      |     |                                                              | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:23,74            |
|    |       | NMR:                              |      |     | ONMK: 2xKB 2xLB, est: 1Z                                     |              |      |         |                       |         |         |               |                    |
| 1  | 9     | Pieter Bardelmeijer               | H    | 45+ | Deltasteur                                                   | 0:31,04      |      | 0:22,85 | 0:23,29               | 0:24,70 | 0:24,48 |               | Frédéric Tonus     |
|    |       |                                   |      |     |                                                              | 50m-bad tijd |      |         | NMR: Jan Koen Anthoni |         |         |               | 0:24,67            |
|    |       | NMR:                              |      |     | ONMK: 1xKB 1xLB                                              |              |      |         |                       |         |         |               |                    |
| 2  | 13    | Jos Zentjens                      | H    | 60+ | Budel                                                        | 0:31,00      |      | 0:24,90 | 0:26,40               | 0:26,64 | 0:26,76 |               | Marten de Groot    |
|    |       |                                   |      |     |                                                              | 25m-bad tijd |      |         | NMR: Marten de Groot  |         |         |               | 0:27,51            |
|    |       | NMR:                              |      |     | ONMK: 6xKB 2xLB, ind: 2Z 4B, est: 1Z 1B                      |              |      |         |                       |         |         |               |                    |
| 3  | 16    | Ruud Kennis                       | H    | 55+ | Budel                                                        | 0:30,81      |      | 0:24,37 | 0:25,17               | 0:25,86 | 0:25,74 |               | Sergey Kozlov      |
|    |       |                                   |      |     |                                                              | 25m-bad tijd |      |         | NMR: Albert Boonstra  |         |         |               | 0:26,02            |
|    |       | NMR:                              |      |     | ONMK: 7xKB 2xLB, est: 1Z 2B                                  |              |      |         |                       |         |         |               |                    |
| 4  | 28    | Patrick Wobben                    | H    | 25+ | Steenwijk 1934                                               | 0:30,70      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                   |      |     |                                                              | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       | NMR:                              |      |     | ONMK: 2xKB 2xLB, est: 2B                                     |              |      |         |                       |         |         |               |                    |
| 5  | 15    | Rob Hemesath                      | H    | 55+ | PSV                                                          | 0:30,70      |      | 0:24,37 | 0:25,17               | 0:25,86 | 0:25,74 |               | Sergey Kozlov      |
|    |       |                                   |      |     |                                                              | 25m-bad tijd |      |         | NMR: Albert Boonstra  |         |         |               | 0:26,02            |
|    |       | NMR:                              |      |     | ALL: 4 NMR est<br>ONMK: 6xKB 5xLB, ind: 2Z 5B, est: 7G 6Z 3B |              |      |         |                       |         |         |               |                    |
| 6  | 18    | Taco Eikelenboom                  | H    | 50+ | AZ&PC De Futen                                               | 0:30,95      |      | 0:23,38 | 0:23,80               | 0:25,18 | 0:25,18 |               | Eduard Ivanov      |
|    |       |                                   |      |     |                                                              | 25m-bad tijd |      |         | NMR: Peter Bernsen    |         |         |               | 0:25,29            |
|    |       | NMR:                              |      |     | ONMK: 5xKB 10xLB, ind: 1Z 2B, est: 1G 1Z 3B                  |              |      |         |                       |         |         |               |                    |
| 7  | 17    | Willem Jan Ribberink              | H    | 55+ | WIDEX GZC DONK                                               | 0:31,02      |      | 0:24,37 | 0:25,17               | 0:25,86 | 0:25,74 |               | Sergey Kozlov      |
|    |       |                                   |      |     |                                                              | 25m-bad tijd |      |         | NMR: Albert Boonstra  |         |         |               | 0:26,02            |
|    |       | NMR:                              |      |     | ONMK: 9xKB 4xLB, est: 1Z 3B                                  |              |      |         |                       |         |         |               |                    |
| 8  | 21    | Wouter van 't Klooster            | H    | 30+ | ZPC AMERSFOORT                                               | 0:31,06      |      | 0:21,59 | 0:21,59               | 0:22,82 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                   |      |     |                                                              | 25m-bad tijd |      |         | NMR: Joan Kentrop     |         |         |               | 0:23,29            |
|    |       | NMR:                              |      |     | ONMK: 7xKB 6xLB, est: 4G 3Z 3B                               |              |      |         |                       |         |         |               |                    |
| 9  | 18    | Geert van Duinhoven               | H    | 55+ | RZC                                                          | 0:31,26      |      | 0:24,37 | 0:25,17               | 0:25,86 | 0:25,74 |               | Sergey Kozlov      |
|    |       |                                   |      |     |                                                              | 25m-bad tijd |      |         | NMR: Albert Boonstra  |         |         |               | 0:26,02            |
|    |       | NMR:                              |      |     | ONMK: 8xKB 5xLB, ind: 1Z 2B, est: 6Z 2B                      |              |      |         |                       |         |         |               |                    |

| Bn | Rank  | Naam                              | Gender | Cat | Team                                                                    | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|-----------------------------------|--------|-----|-------------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|------------------|
|    | 14:33 | Programma 38 50m. vrij H Serie: 7 |        |     |                                                                         |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 18    | Sebastiaan Baars                  | H      | 35+ | WS Twente                                                               | 0:30,55      |      | 0:21,53 | 0:21,53               | 0:23,96 | 0:23,36 |               | Nol van Thull    |
|    |       |                                   |        |     |                                                                         | 25m-bad tijd |      |         | NMR: Nol van Thull    |         |         |               | 0:24,53          |
|    |       | NMR:                              |        |     | ONMK: 10xKB 4xLB, est: 2G 7Z                                            |              |      |         |                       |         |         |               |                  |
| 1  | 11    | Erik Veltman                      | H      | 45+ | Stadskanaal                                                             | 0:30,32      |      | 0:22,85 | 0:23,29               | 0:24,70 | 0:24,48 |               | Frédéric Tonus   |
|    |       |                                   |        |     |                                                                         | 25m-bad tijd |      |         | NMR: Jan Koen Anthoni |         |         |               | 0:24,67          |
|    |       | NMR:                              |        |     | ONMK: 2xKB 3xLB, ind: 1Z                                                |              |      |         |                       |         |         |               |                  |
| 2  | 11    | Mark Eligh                        | H      | 60+ | ZPC AMERSFOORT                                                          | 0:30,12      |      | 0:24,90 | 0:26,40               | 0:26,64 | 0:26,76 |               | Marten de Groot  |
|    |       |                                   |        |     |                                                                         | 25m-bad tijd |      |         | NMR: Marten de Groot  |         |         |               | 0:27,51          |
|    |       | NMR:                              |        |     | ALL: 1 NMR ind, 3 NMR est<br>ONMK: 5xKB 6xLB, ind: 5G 4Z 3B, est: 2Z 1B |              |      |         |                       |         |         |               |                  |
| 3  | 25    | Thomas Grudelbach                 | H      | 25+ | ZVVS                                                                    | 0:29,84      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink |
|    |       |                                   |        |     |                                                                         | 50m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69          |
|    |       | NMR:                              |        |     | ONMK: 2xKB 4xLB, est: 1Z 3B                                             |              |      |         |                       |         |         |               |                  |
| 4  | 16    | Marcel Brittijn                   | H      | 50+ | De Duinkikkers                                                          | 0:29,77      |      | 0:23,38 | 0:23,80               | 0:25,18 | 0:25,18 |               | Eduard Ivanov    |
|    |       |                                   |        |     |                                                                         | 25m-bad tijd |      |         | NMR: Peter Bernsen    |         |         |               | 0:25,29          |
|    |       | NMR:                              |        |     | ONMK: 9xKB 10xLB, est: 4Z 5B                                            |              |      |         |                       |         |         |               |                  |
| 5  | 17    | Mathieu Rikken                    | H      | 50+ | De Duinkikkers                                                          | 0:29,78      |      | 0:23,38 | 0:23,80               | 0:25,18 | 0:25,18 |               | Eduard Ivanov    |
|    |       |                                   |        |     |                                                                         | 25m-bad tijd |      |         | NMR: Peter Bernsen    |         |         |               | 0:25,29          |
|    |       | NMR:                              |        |     |                                                                         |              |      |         |                       |         |         |               |                  |
| 6  | 14    | Eric de Haas                      | H      | 55+ | De Treffers                                                             | 0:29,97      |      | 0:24,37 | 0:25,17               | 0:25,86 | 0:25,74 |               | Sergey Kozlov    |
|    |       |                                   |        |     |                                                                         | 25m-bad tijd |      |         | NMR: Albert Boonstra  |         |         |               | 0:26,02          |
|    |       | NMR:                              |        |     | ONMK: 7xKB 4xLB, ind: 3B, est: 1B                                       |              |      |         |                       |         |         |               |                  |
| 7  | 10    | Michael Go                        | H      | 45+ | AZC                                                                     | 0:30,23      |      | 0:22,85 | 0:23,29               | 0:24,70 | 0:24,48 |               | Frédéric Tonus   |
|    |       |                                   |        |     |                                                                         | 25m-bad tijd |      |         | NMR: Jan Koen Anthoni |         |         |               | 0:24,67          |
|    |       | NMR:                              |        |     | ONMK: 4xKB 5xLB, est: 3Z 2B                                             |              |      |         |                       |         |         |               |                  |
| 8  | 17    | Dyon de Greef                     | H      | 35+ | Budel                                                                   | 0:30,47      |      | 0:21,53 | 0:21,53               | 0:23,96 | 0:23,36 |               | Nol van Thull    |
|    |       |                                   |        |     |                                                                         | 25m-bad tijd |      |         | NMR: Nol van Thull    |         |         |               | 0:24,53          |
|    |       | NMR:                              |        |     | ONMK: 6xKB 3xLB, ind: 1B, est: 1Z                                       |              |      |         |                       |         |         |               |                  |
| 9  | 27    | Bob Potkamp                       | H      | 25+ | Deltasteur                                                              | 0:30,65      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink |
|    |       |                                   |        |     |                                                                         | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69          |
|    |       | NMR:                              |        |     | ONMK: 3xKB 4xLB, est: 1B                                                |              |      |         |                       |         |         |               |                  |

| Bn | Rank  | Naam                              | Gend | Cat | Team                                       | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|-----------------------------------|------|-----|--------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|--------------------|
|    | 14:34 | Programma 38 50m. vrij H Serie: 8 |      |     |                                            |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 19    | Dennis Kraakman                   | H    | 30+ | DAW                                        | 0:29,75      |      | 0:21,59 | 0:21,59               | 0:22,82 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                   |      |     |                                            | 50m-bad tijd |      |         | NMR: Joan Kentrop     |         |         |               | 0:23,29            |
|    |       | NMR:                              |      |     | ONMK: 4xKB 4xLB, ind: 1Z , est: 2G 1Z 1B   |              |      |         |                       |         |         |               |                    |
| 1  | 10    | Ron van der Meer                  | H    | 60+ | De Gelenberg                               | 0:29,71      |      | 0:24,90 | 0:26,40               | 0:26,64 | 0:26,76 |               | Marten de Groot    |
|    |       |                                   |      |     |                                            | 25m-bad tijd |      |         | NMR: Marten de Groot  |         |         |               | 0:27,51            |
|    |       | NMR:                              |      |     | ONMK: 5xKB, est: 2G 1Z 1B                  |              |      |         |                       |         |         |               |                    |
| 2  | 37    | Bryan Gijzen                      | H    | 20+ | De Kempvis                                 | 0:29,64      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                   |      |     |                                            | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                              |      |     | ONMK: 1xKB, est: 1G                        |              |      |         |                       |         |         |               |                    |
| 3  | 6     | Bas Kremers                       | H    | 45+ | TRB-RES                                    | 0:29,55      |      | 0:22,85 | 0:23,29               | 0:24,70 | 0:24,48 |               | Frédéric Tonus     |
|    |       |                                   |      |     |                                            | 25m-bad tijd |      |         | NMR: Jan Koen Anthoni |         |         |               | 0:24,67            |
|    |       | NMR:                              |      |     | ONMK: 4xKB 2xLB, est: 1G 1Z                |              |      |         |                       |         |         |               |                    |
| 4  | 23    | Yuri Admiraal                     | H    | 40+ | ZPC Numansdorp                             | 0:29,46      |      | 0:22,75 | 0:23,05               | 0:23,74 | 0:23,74 |               | Casper Hut         |
|    |       |                                   |      |     |                                            | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:23,74            |
|    |       | NMR:                              |      |     |                                            |              |      |         |                       |         |         |               |                    |
| 5  | 9     | Mark Nuijten                      | H    | 60+ | Albion WSS (SG)                            | 0:29,54      |      | 0:24,90 | 0:26,40               | 0:26,64 | 0:26,76 |               | Marten de Groot    |
|    |       |                                   |      |     |                                            | 25m-bad tijd |      |         | NMR: Marten de Groot  |         |         |               | 0:27,51            |
|    |       | NMR:                              |      |     | ONMK: 2xKB 4xLB, ind: 1G 1B, est: 4G 2Z 1B |              |      |         |                       |         |         |               |                    |
| 6  | 7     | Chang Bom                         | H    | 45+ | The Hague Swimming (S                      | 0:29,63      |      | 0:22,85 | 0:23,29               | 0:24,70 | 0:24,48 |               | Frédéric Tonus     |
|    |       |                                   |      |     |                                            | 25m-bad tijd |      |         | NMR: Jan Koen Anthoni |         |         |               | 0:24,67            |
|    |       | NMR:                              |      |     | ONMK: 1xKB 1xLB, ind: 1G 2Z 1B             |              |      |         |                       |         |         |               |                    |
| 7  | 13    | Erik Wetsteijn                    | H    | 55+ | SWOL 1894                                  | 0:29,66      |      | 0:24,37 | 0:25,17               | 0:25,86 | 0:25,74 |               | Sergey Kozlov      |
|    |       |                                   |      |     |                                            | 25m-bad tijd |      |         | NMR: Albert Boonstra  |         |         |               | 0:26,02            |
|    |       | NMR:                              |      |     | ONMK: 4xKB 2xLB, est: 1G 1Z 1B             |              |      |         |                       |         |         |               |                    |
| 8  | 15    | Wijnand Vergeest                  | H    | 50+ | De Rog                                     | 0:29,75      |      | 0:23,38 | 0:23,80               | 0:25,18 | 0:25,18 |               | Eduard Ivanov      |
|    |       |                                   |      |     |                                            | 25m-bad tijd |      |         | NMR: Peter Bernsen    |         |         |               | 0:25,29            |
|    |       | NMR:                              |      |     | ONMK: 4xKB 3xLB, est: 10G 2Z 4B            |              |      |         |                       |         |         |               |                    |
| 9  | 8     | Wiljo Mackus                      | H    | 45+ | Budel                                      | 0:29,76      |      | 0:22,85 | 0:23,29               | 0:24,70 | 0:24,48 |               | Frédéric Tonus     |
|    |       |                                   |      |     |                                            | 25m-bad tijd |      |         | NMR: Jan Koen Anthoni |         |         |               | 0:24,67            |
|    |       | NMR:                              |      |     | ONMK: 7xKB, est: 1Z                        |              |      |         |                       |         |         |               |                    |

| Bn | Rank  | Naam                              | Gend | Cat | Team                                                                                                                     | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|-----------------------------------|------|-----|--------------------------------------------------------------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|------------------|
|    | 14:35 | Programma 38 50m. vrij H Serie: 9 |      |     |                                                                                                                          |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 12    | Robert de Brauwer                 | H    | 55+ | De Duinkikkers                                                                                                           | 0:29,42      |      | 0:24,37 | 0:25,17               | 0:25,86 | 0:25,74 |               | Sergey Kozlov    |
|    |       |                                   |      |     |                                                                                                                          | 25m-bad tijd |      |         | NMR: Albert Boonstra  |         |         |               | 0:26,02          |
|    |       | NMR:                              |      |     | ONMK: 6xKB 5xLB, est: 2Z 3B                                                                                              |              |      |         |                       |         |         |               |                  |
| 1  | 11    | Ronald Grove                      | H    | 55+ | Triton                                                                                                                   | 0:29,34      |      | 0:24,37 | 0:25,17               | 0:25,86 | 0:25,74 |               | Sergey Kozlov    |
|    |       |                                   |      |     | lid DMHoF                                                                                                                | 25m-bad tijd |      |         | NMR: Albert Boonstra  |         |         |               | 0:26,02          |
|    |       | NMR:                              |      |     | Actueel: 1 NMR ind / ALL: 15 NMR ind, 14 NMR est<br>ONMK: 19xKB 17xLB, ind: 20G 68Z 50B, est: 4G 11Z 7B                  |              |      |         |                       |         |         |               |                  |
| 2  | 12    | Arturas Klimas                    | H    | 50+ | LTU - Klaipedos plaukin                                                                                                  | 0:29,28      |      | 0:23,38 | 0:23,80               | 0:27,28 | 0:25,18 |               | Eduard Ivanov    |
|    |       |                                   |      |     |                                                                                                                          | 25m-bad tijd |      |         |                       |         |         |               | 0:25,29          |
|    |       | NMR:                              |      |     | ONMK: 2xKB, est: 2B                                                                                                      |              |      |         |                       |         |         |               |                  |
| 3  | 36    | Sven Dubbeld                      | H    | 20+ | De Schotejil                                                                                                             | 0:29,21      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers |
|    |       |                                   |      |     |                                                                                                                          | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30          |
|    |       | NMR:                              |      |     | ONMK: 1xLB, est: 1Z                                                                                                      |              |      |         |                       |         |         |               |                  |
| 4  | 2     | Hans Wijsman                      | H    | 65+ | PSV                                                                                                                      | 0:29,15      |      | 0:25,42 | 0:26,67               | 0:28,39 | 0:28,17 |               | Brend Brevé      |
|    |       |                                   |      |     |                                                                                                                          | 25m-bad tijd |      |         | NMR: Ale van der Veen |         |         |               | 0:29,80          |
|    |       | NMR:                              |      |     | Actueel:2 EMR est, 9 NMR est / ALL: 3 EMR est, 1 NMR ind, 12 NMR est<br>ONMK: 3xKB 8xLB, ind: 15G 11Z 5B, est: 13G 4Z 3B |              |      |         |                       |         |         |               |                  |
| 5  | 10    | Arno Schrauwen                    | H    | 55+ | Patrick-De Roersoppers (                                                                                                 | 0:29,19      |      | 0:24,37 | 0:25,17               | 0:25,86 | 0:25,74 |               | Sergey Kozlov    |
|    |       |                                   |      |     |                                                                                                                          | 25m-bad tijd |      |         | NMR: Albert Boonstra  |         |         |               | 0:26,02          |
|    |       | NMR:                              |      |     | ONMK: 7xKB 7xLB, ind: 4G 3Z 6B, est: 6G 1Z 5B                                                                            |              |      |         |                       |         |         |               |                  |
| 6  | 22    | Peter Lommert                     | H    | 40+ | SWOL 1894                                                                                                                | 0:29,25      |      | 0:22,75 | 0:23,05               | 0:23,74 | 0:23,74 |               | Casper Hut       |
|    |       |                                   |      |     |                                                                                                                          | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:23,74          |
|    |       | NMR:                              |      |     | ONMK: 4xKB 4xLB, est: 1G 2Z 2B                                                                                           |              |      |         |                       |         |         |               |                  |
| 7  | 13    | Chretien Mali                     | H    | 50+ | RZC                                                                                                                      | 0:29,30      |      | 0:23,38 | 0:23,80               | 0:25,18 | 0:25,18 |               | Eduard Ivanov    |
|    |       |                                   |      |     |                                                                                                                          | 25m-bad tijd |      |         | NMR: Peter Bernsen    |         |         |               | 0:25,29          |
|    |       | NMR:                              |      |     | ONMK: 1xKB, est: 1Z                                                                                                      |              |      |         |                       |         |         |               |                  |
| 8  | 1     | Reinier Dobbeltmann               | H    | 70+ | PSV                                                                                                                      | 0:29,36      | NMR  | 0:26,88 | 0:28,28               | 0:31,02 | 0:30,68 |               | Theo Schouten    |
|    |       |                                   |      |     |                                                                                                                          | 25m-bad tijd |      |         | NMR: Nic Geers        |         |         |               | 0:33,30          |
|    |       | NMR:                              |      |     |                                                                                                                          |              |      |         |                       |         |         |               |                  |
| 9  | 14    | Wridzer Bakker                    | H    | 50+ | ESCA Zwemmen                                                                                                             | 0:29,45      |      | 0:23,38 | 0:23,80               | 0:25,18 | 0:25,18 |               | Eduard Ivanov    |
|    |       |                                   |      |     |                                                                                                                          | 25m-bad tijd |      |         | NMR: Peter Bernsen    |         |         |               | 0:25,29          |
|    |       | NMR:                              |      |     | ONMK: 2xKB 2xLB                                                                                                          |              |      |         |                       |         |         |               |                  |

| Bn | Rank  | Naam                               | Gend | Cat | Team                                            | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|------------------------------------|------|-----|-------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|--------------------|
|    | 14:36 | Programma 38 50m. vrij H Serie: 10 |      |     |                                                 |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 35    | Erik Baalbergen                    | H    | 20+ | ZVL-1886 Tetteroo                               | 0:29,12      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |      |     |                                                 | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |      |     |                                                 |              |      |         |                       |         |         |               |                    |
| 1  | 20    | Renaldas Ratkus                    | H    | 30+ | LTU - Kauno Takas                               | 0:29,07      |      | 0:21,59 | 0:21,59               | 0:24,37 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                    |      |     |                                                 | 25m-bad tijd |      |         |                       |         |         |               | 0:23,29            |
|    |       |                                    |      |     |                                                 |              |      |         |                       |         |         |               |                    |
| 2  | 33    | Lars Jacobsen                      | H    | 20+ | DWK                                             | 0:28,79      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |      |     |                                                 | 50m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |      |     | ONMK: 2xKB 3xLB, est: 1G 1Z 1B                  |              |      |         |                       |         |         |               |                    |
| 3  | 10    | Bert de Weerd                      | H    | 50+ | RZC                                             | 0:28,75      |      | 0:23,38 | 0:23,80               | 0:25,18 | 0:25,18 |               | Eduard Ivanov      |
|    |       |                                    |      |     |                                                 | 25m-bad tijd |      |         | NMR: Peter Bernsen    |         |         |               | 0:25,29            |
|    |       | NMR:                               |      |     | ONMK: 7xKB 5xLB, ind: 3B, est: 5Z 2B            |              |      |         |                       |         |         |               |                    |
| 4  | 21    | Johan Wezenberg                    | H    | 40+ | SWOL 1894                                       | 0:28,68      |      | 0:22,75 | 0:23,05               | 0:23,74 | 0:23,74 |               | Casper Hut         |
|    |       |                                    |      |     |                                                 | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:23,74            |
|    |       | NMR:                               |      |     | ONMK: 12xKB 12xLB, ind: 1G 1Z 3B, est: 1G 3Z 5B |              |      |         |                       |         |         |               |                    |
| 5  | 18    | Mark Godwaldt                      | H    | 30+ | PSV                                             | 0:28,71      |      | 0:21,59 | 0:21,59               | 0:22,82 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                    |      |     |                                                 | 25m-bad tijd |      |         | NMR: Joan Kentrop     |         |         |               | 0:23,29            |
|    |       | NMR:                               |      |     | ONMK: 5xKB 4xLB, ind: 2B, est: 3Z 2B            |              |      |         |                       |         |         |               |                    |
| 6  | 11    | Erwin Beringen                     | H    | 50+ | GoSwim                                          | 0:28,79      |      | 0:23,38 | 0:23,80               | 0:25,18 | 0:25,18 |               | Eduard Ivanov      |
|    |       |                                    |      |     |                                                 | 25m-bad tijd |      |         | NMR: Peter Bernsen    |         |         |               | 0:25,29            |
|    |       | NMR:                               |      |     | ONMK: 4xKB 4xLB, ind: 1B, est: 1B               |              |      |         |                       |         |         |               |                    |
| 7  | 26    | Yorick Kreuwel                     | H    | 25+ | Aquapoldro                                      | 0:28,89      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                    |      |     |                                                 | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       | NMR:                               |      |     | ONMK: 3xKB 1xLB, est: 1G 1Z 1B                  |              |      |         |                       |         |         |               |                    |
| 8  | 34    | Job Esink                          | H    | 20+ | ESCA Zwemmen                                    | 0:29,10      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |      |     |                                                 | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |      |     |                                                 |              |      |         |                       |         |         |               |                    |
| 9  | 9     | Arlandas Antanas Juodeska          | H    | 55+ | LTU - Kauno Takas                               | 0:29,13      |      | 0:24,37 | 0:25,17               | 0:28,54 | 0:25,74 |               | Sergey Kozlov      |
|    |       |                                    |      |     |                                                 | 25m-bad tijd |      |         |                       |         |         |               | 0:26,02            |
|    |       |                                    |      |     | ONMK: 10xKB 2xLB, ind: 1G 5Z 13B, est: 4G 4Z 8B |              |      |         |                       |         |         |               |                    |

| Bn | Rank  | Naam                               | Gend | Cat | Team                                                                                               | Intijd       | KANS   | WMR     | EMR                  | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|------------------------------------|------|-----|----------------------------------------------------------------------------------------------------|--------------|--------|---------|----------------------|---------|---------|---------------|--------------------|
|    | 14:37 | Programma 38 50m. vrij H Serie: 11 |      |     |                                                                                                    |              |        |         | NMR-houder           |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 9     | Rene de Jong                       | H    | 50+ | ZVVS                                                                                               | 0:28,67      |        | 0:23,38 | 0:23,80              | 0:25,18 | 0:25,18 |               | Eduard Ivanov      |
|    |       |                                    |      |     |                                                                                                    | 25m-bad tijd |        |         | NMR: Peter Bernsen   |         |         |               | 0:25,29            |
|    |       |                                    |      |     | Actueel: 1 NMR est / ALL: 1 NMR est<br>ONMK: 5xKB 7xLB, ind: 1Z 2B, est: 4G 9Z 7B                  |              |        |         |                      |         |         |               |                    |
| 1  | 8     | Sigitas Katkevicius                | H    | 60+ | LTU - Dzukijos Vandenis                                                                            | 0:28,61      | natMR= | 0:24,90 | 0:26,40              | 0:28,61 | 0:26,76 |               | Marten de Groot    |
|    |       |                                    |      |     |                                                                                                    | 25m-bad tijd |        |         |                      |         |         |               | 0:27,51            |
|    |       |                                    |      |     | ONMK: 2xKB, ind: 4G 1Z 1B                                                                          |              |        |         |                      |         |         |               |                    |
| 2  | 7     | Evertjan Masurel                   | H    | 60+ | PSV                                                                                                | 0:28,45      |        | 0:24,90 | 0:26,40              | 0:26,64 | 0:26,76 |               | Marten de Groot    |
|    |       |                                    |      |     |                                                                                                    | 25m-bad tijd |        |         | NMR: Marten de Groot |         |         |               | 0:27,51            |
|    |       |                                    |      |     | Actueel: 6 NMR est / ALL: 1 EMR est, 7 NMR est<br>ONMK: 9xKB 9xLB, ind: 19G 22Z 17B, est: 8G 8Z 3B |              |        |         |                      |         |         |               |                    |
| 3  | 6     | Paul Wijnja                        | H    | 55+ | De Biesboschzwemmers                                                                               | 0:28,42      |        | 0:24,37 | 0:25,17              | 0:25,86 | 0:25,74 |               | Sergey Kozlov      |
|    |       |                                    |      |     |                                                                                                    | 25m-bad tijd |        |         | NMR: Albert Boonstra |         |         |               | 0:26,02            |
|    |       |                                    |      |     | ALL: 1 NMR est<br>ONMK: 5xKB 4xLB, ind: 2Z 1B, est: 5G 6Z 2B                                       |              |        |         |                      |         |         |               |                    |
| 4  | 17    | Stefan Oostendorp                  | H    | 30+ | AZC                                                                                                | 0:28,32      |        | 0:21,59 | 0:21,59              | 0:22,82 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                    |      |     |                                                                                                    | 25m-bad tijd |        |         | NMR: Joan Kentrop    |         |         |               | 0:23,29            |
|    |       |                                    |      |     | ONMK: 4xKB 3xLB, est: 1G 2Z 6B                                                                     |              |        |         |                      |         |         |               |                    |
| 5  | 1     | Alexander Mills                    | H    | 65+ | NOR - Hamar Idrettslag                                                                             | 0:28,36      | natMR  | 0:25,42 | 0:26,67              | 0:29,60 | 0:28,17 |               | Brend Brevé        |
|    |       |                                    |      |     |                                                                                                    | 25m-bad tijd |        |         |                      |         |         |               | 0:29,80            |
|    |       |                                    |      |     |                                                                                                    |              |        |         |                      |         |         |               |                    |
| 6  | 7     | Henk Kuipers                       | H    | 55+ | ZPC AMERSFOORT                                                                                     | 0:28,45      |        | 0:24,37 | 0:25,17              | 0:25,86 | 0:25,74 |               | Sergey Kozlov      |
|    |       |                                    |      |     |                                                                                                    | 25m-bad tijd |        |         | NMR: Albert Boonstra |         |         |               | 0:26,02            |
|    |       |                                    |      |     | ONMK: 6xKB 6xLB, ind: 2G 1Z 3B, est: 1G 8Z 2B                                                      |              |        |         |                      |         |         |               |                    |
| 7  | 8     | Jeroen den Boer                    | H    | 50+ | TRB-RES                                                                                            | 0:28,51      |        | 0:23,38 | 0:23,80              | 0:25,18 | 0:25,18 |               | Eduard Ivanov      |
|    |       |                                    |      |     |                                                                                                    | 25m-bad tijd |        |         | NMR: Peter Bernsen   |         |         |               | 0:25,29            |
|    |       |                                    |      |     | ONMK: 4xKB 3xLB, ind: 3B, est: 3Z 1B                                                               |              |        |         |                      |         |         |               |                    |
| 8  | 20    | Erik Drost                         | H    | 40+ | PSV                                                                                                | 0:28,61      |        | 0:22,75 | 0:23,05              | 0:23,74 | 0:23,74 |               | Casper Hut         |
|    |       |                                    |      |     |                                                                                                    | 25m-bad tijd |        |         | NMR: Casper Hut      |         |         |               | 0:23,74            |
|    |       |                                    |      |     | ONMK: 4xKB 3xLB, est: 1Z                                                                           |              |        |         |                      |         |         |               |                    |
| 9  | 8     | Erik Saan                          | H    | 55+ | De Duck                                                                                            | 0:28,68      |        | 0:24,37 | 0:25,17              | 0:25,86 | 0:25,74 |               | Sergey Kozlov      |
|    |       |                                    |      |     |                                                                                                    | 25m-bad tijd |        |         | NMR: Albert Boonstra |         |         |               | 0:26,02            |
|    |       |                                    |      |     | ONMK: 13xKB 11xLB, ind: 1G 3Z 9B, est: 2G 2B                                                       |              |        |         |                      |         |         |               |                    |

| Bn | Rank  | Naam                               | Gend | Cat | Team                                                                | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|------------------------------------|------|-----|---------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|------------------|
|    | 14:38 | Programma 38 50m. vrij H Serie: 12 |      |     |                                                                     |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 24    | Robin van Beusekom                 | H    | 25+ | ZPV Barracuda                                                       | 0:28,17      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink |
|    |       |                                    |      |     |                                                                     | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69          |
|    |       | NMR:                               |      |     | ONMK: 3xKB                                                          |              |      |         |                       |         |         |               |                  |
| 1  | 17    | Jurjen Timmermans                  | H    | 40+ | GLS Ketelbinkie                                                     | 0:28,11      |      | 0:22,75 | 0:23,05               | 0:23,74 | 0:23,74 |               | Casper Hut       |
|    |       |                                    |      |     |                                                                     | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:23,74          |
|    |       | NMR:                               |      |     |                                                                     |              |      |         |                       |         |         |               |                  |
| 2  | 5     | Theo Bakker                        | H    | 55+ | TriVia                                                              | 0:28,00      |      | 0:24,37 | 0:25,17               | 0:25,86 | 0:25,74 |               | Sergey Kozlov    |
|    |       |                                    |      |     |                                                                     | 25m-bad tijd |      |         | NMR: Albert Boonstra  |         |         |               | 0:26,02          |
|    |       | NMR:                               |      |     | ONMK: 10xKB 8xLB, ind: 3G 8Z 7B, est: 1Z 1B                         |              |      |         |                       |         |         |               |                  |
| 3  | 15    | Mark Subirachs Garay               | H    | 40+ | ESP - Club Natació Cerdà                                            | 0:27,93      |      | 0:22,75 | 0:23,05               | 0:23,05 | 0:23,74 |               | Casper Hut       |
|    |       |                                    |      |     |                                                                     | 25m-bad tijd |      |         |                       |         |         |               | 0:23,74          |
|    |       | NMR:                               |      |     | ONMK: 1xKB                                                          |              |      |         |                       |         |         |               |                  |
| 4  | 4     | Gert Sikkema                       | H    | 55+ | Zwemclub Urk 1978                                                   | 0:27,67      |      | 0:24,37 | 0:25,17               | 0:25,86 | 0:25,74 |               | Sergey Kozlov    |
|    |       |                                    |      |     |                                                                     | 25m-bad tijd |      |         | NMR: Albert Boonstra  |         |         |               | 0:26,02          |
|    |       | NMR:                               |      |     | ALL: 3 NMR ind<br>ONMK: 15xKB 4xLB, ind: 22G 40Z 19B, est: 2G 2Z 1B |              |      |         |                       |         |         |               |                  |
| 5  | 32    | Pascal de Jong                     | H    | 20+ | De Wellerobben                                                      | 0:27,78      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers |
|    |       |                                    |      |     |                                                                     | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30          |
|    |       | NMR:                               |      |     | ONMK: 1xKB 1xLB                                                     |              |      |         |                       |         |         |               |                  |
| 6  | 20    | Tom de Lange                       | H    | 25+ | Deltasteur                                                          | 0:27,95      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink |
|    |       |                                    |      |     |                                                                     | 50m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69          |
|    |       | NMR:                               |      |     | ONMK: 3xKB 3xLB, est: 1B                                            |              |      |         |                       |         |         |               |                  |
| 7  | 16    | Arjen Koop                         | H    | 40+ | ESCA Zwemmen                                                        | 0:28,02      |      | 0:22,75 | 0:23,05               | 0:23,74 | 0:23,74 |               | Casper Hut       |
|    |       |                                    |      |     |                                                                     | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:23,74          |
|    |       | NMR:                               |      |     | ONMK: 1xKB 1xLB                                                     |              |      |         |                       |         |         |               |                  |
| 8  | 18    | Rogier van Gent                    | H    | 40+ | IJZPC                                                               | 0:28,12      |      | 0:22,75 | 0:23,05               | 0:23,74 | 0:23,74 |               | Casper Hut       |
|    |       |                                    |      |     |                                                                     | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:23,74          |
|    |       | NMR:                               |      |     | ONMK: 1xKB 4xLB                                                     |              |      |         |                       |         |         |               |                  |
| 9  | 19    | Gino Martijn                       | H    | 40+ | RZ                                                                  | 0:28,21      |      | 0:22,75 | 0:23,05               | 0:23,74 | 0:23,74 |               | Casper Hut       |
|    |       |                                    |      |     |                                                                     | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:23,74          |
|    |       | NMR:                               |      |     | ONMK: 11xKB 11xLB, est: 3G 11Z 14B                                  |              |      |         |                       |         |         |               |                  |

| Bn | Rank  | Naam                               | Gen | Cat | Team                                                                | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|------------------------------------|-----|-----|---------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|--------------------|
|    | 14:39 | Programma 38 50m. vrij H Serie: 13 |     |     |                                                                     |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 16    | Patrick de Jonge                   | H   | 30+ | Deltasteur                                                          | 0:27,57      |      | 0:21,59 | 0:21,59               | 0:22,82 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                    |     |     |                                                                     | 25m-bad tijd |      |         | NMR: Joan Kentrop     |         |         |               | 0:23,29            |
|    |       | NMR:                               |     |     | ONMK: 7xKB 6xLB, ind: 1B, est: 8G 4Z 9B                             |              |      |         |                       |         |         |               |                    |
| 1  | 7     | Bas van de Nouwelant               | H   | 40+ | ZVVS                                                                | 0:27,52      |      | 0:22,75 | 0:23,05               | 0:23,74 | 0:23,74 |               | Casper Hut         |
|    |       |                                    |     |     |                                                                     | 50m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:23,74            |
|    |       | NMR:                               |     |     | ALL: 3 NMR est<br>ONMK: 8xKB 10xLB, ind: 1G 1Z 3B, est: 13G 15Z 10B |              |      |         |                       |         |         |               |                    |
| 2  | 23    | Joris Boekhorst                    | H   | 25+ | Scheldestroom                                                       | 0:27,49      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                    |     |     |                                                                     | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       | NMR:                               |     |     |                                                                     |              |      |         |                       |         |         |               |                    |
| 3  | 22    | Tom van Gils                       | H   | 25+ | ZPC De Zeeuwse Kust                                                 | 0:27,43      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                    |     |     |                                                                     | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       | NMR:                               |     |     |                                                                     |              |      |         |                       |         |         |               |                    |
| 4  | 21    | Elwin Kamminga                     | H   | 25+ | De Columbiaan                                                       | 0:27,42      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                    |     |     |                                                                     | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       | NMR:                               |     |     |                                                                     |              |      |         |                       |         |         |               |                    |
| 5  | 16    | Roel van der Kruijs                | H   | 35+ | De Gelenberg                                                        | 0:27,43      |      | 0:21,53 | 0:21,53               | 0:23,96 | 0:23,36 |               | Nol van Thull      |
|    |       |                                    |     |     |                                                                     | 25m-bad tijd |      |         | NMR: Nol van Thull    |         |         |               | 0:24,53            |
|    |       | NMR:                               |     |     | ONMK: 4xKB, ind: 1G 2Z 2B, est: 1G 3Z 1B                            |              |      |         |                       |         |         |               |                    |
| 6  | 14    | Melano Winter                      | H   | 30+ | AZ&PC De Futen                                                      | 0:27,44      |      | 0:21,59 | 0:21,59               | 0:22,82 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                    |     |     |                                                                     | 25m-bad tijd |      |         | NMR: Joan Kentrop     |         |         |               | 0:23,29            |
|    |       | NMR:                               |     |     | ONMK: 2xKB 6xLB, ind: 2B, est: 3Z                                   |              |      |         |                       |         |         |               |                    |
| 7  | 6     | Philippe Herve                     | H   | 60+ | FRA - Toulouse Athletic                                             | 0:27,50      |      | 0:24,90 | 0:26,40               | 0:26,49 | 0:26,76 |               | Marten de Groot    |
|    |       |                                    |     |     |                                                                     | 25m-bad tijd |      |         |                       |         |         |               | 0:27,51            |
|    |       |                                    |     |     |                                                                     |              |      |         |                       |         |         |               |                    |
| 8  | 15    | Silvan Biesheuvel                  | H   | 30+ | De Geul                                                             | 0:27,56      |      | 0:21,59 | 0:21,59               | 0:22,82 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                    |     |     |                                                                     | 25m-bad tijd |      |         | NMR: Joan Kentrop     |         |         |               | 0:23,29            |
|    |       | NMR:                               |     |     |                                                                     |              |      |         |                       |         |         |               |                    |
| 9  | 7     | Ingmar de Gelder                   | H   | 50+ | ZOB'66                                                              | 0:27,60      |      | 0:23,38 | 0:23,80               | 0:25,18 | 0:25,18 |               | Eduard Ivanov      |
|    |       |                                    |     |     |                                                                     | 25m-bad tijd |      |         | NMR: Peter Bernsen    |         |         |               | 0:25,29            |
|    |       | NMR:                               |     |     | ONMK: 4xKB 3xLB, ind: 1G 4Z 4B, est: 2Z 1B                          |              |      |         |                       |         |         |               |                    |

| Bn | Rank  | Naam                               | Gender | Cat | Team                                                                                                         | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|------------------------------------|--------|-----|--------------------------------------------------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|--------------------|
|    | 14:40 | Programma 38 50m. vrij H Serie: 14 |        |     |                                                                                                              |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 14    | Mark van der Schrier               | H      | 40+ | AZC                                                                                                          | 0:27,37      |      | 0:22,75 | 0:23,05               | 0:23,74 | 0:23,74 |               | Casper Hut         |
|    |       |                                    |        |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:23,74            |
|    |       | NMR:                               |        |     | ONMK: 5xKB 3xLB, ind: 1G 2Z 3B, est: 2Z 3B                                                                   |              |      |         |                       |         |         |               |                    |
| 1  | 5     | Alex Damen                         | H      | 45+ | DAW                                                                                                          | 0:27,28      |      | 0:22,85 | 0:23,29               | 0:24,70 | 0:24,48 |               | Frédéric Tonus     |
|    |       |                                    |        |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Jan Koen Anthoni |         |         |               | 0:24,67            |
|    |       | NMR:                               |        |     | Actueel: 1 NMR est / ALL: 2 NMR est<br>ONMK: 8xKB 7xLB, ind: 7G 7Z 28B, est: 10G 24Z 7B                      |              |      |         |                       |         |         |               |                    |
| 2  | 13    | Ferdy van Mastrigt                 | H      | 30+ | Rotterdam Swimming (SC)                                                                                      | 0:27,22      |      | 0:21,59 | 0:21,59               | 0:22,82 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                    |        |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Joan Kentrop     |         |         |               | 0:23,29            |
|    |       | NMR:                               |        |     | ONMK: 2xKB 5xLB, est: 3Z                                                                                     |              |      |         |                       |         |         |               |                    |
| 3  | 29    | Ayrton Mooldijk                    | H      | 20+ | Albion WSS (SG)                                                                                              | 0:27,18      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |        |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |        |     | ONMK: 1xKB, est: 1Z 1B                                                                                       |              |      |         |                       |         |         |               |                    |
| 4  | 5     | Fred Ketting                       | H      | 60+ | PSV                                                                                                          | 0:27,14      |      | 0:24,90 | 0:26,40               | 0:26,64 | 0:26,76 |               | Marten de Groot    |
|    |       |                                    |        |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Marten de Groot  |         |         |               | 0:27,51            |
|    |       | NMR:                               |        |     | Actueel: 16 NMR est / ALL: 3 EMR est, 3 NMR ind, 36 NMR est<br>ONMK: 5xKB 9xLB, ind: 9G 21Z 15B, est: 23G 4Z |              |      |         |                       |         |         |               |                    |
| 5  | 3     | Wiljam Nijenhuis                   | H      | 55+ | De IJssel                                                                                                    | 0:27,15      |      | 0:24,37 | 0:25,17               | 0:25,86 | 0:25,74 |               | Sergey Kozlov      |
|    |       |                                    |        |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Albert Boonstra  |         |         |               | 0:26,02            |
|    |       | NMR:                               |        |     | ONMK: 11xKB 6xLB, ind: 1G 10Z 19B, est: 2G 2Z 5B                                                             |              |      |         |                       |         |         |               |                    |
| 6  | 30    | Nick Boeckestijn                   | H      | 20+ | Albion WSS (SG)                                                                                              | 0:27,18      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |        |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |        |     | ONMK: 1xKB, est: 1B                                                                                          |              |      |         |                       |         |         |               |                    |
| 7  | 31    | Sander de Hamer                    | H      | 20+ | De Ganze                                                                                                     | 0:27,25      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |        |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |        |     |                                                                                                              |              |      |         |                       |         |         |               |                    |
| 8  | 15    | Pieter Pickhardt                   | H      | 35+ | ZPC De Hof                                                                                                   | 0:27,31      |      | 0:21,53 | 0:21,53               | 0:23,96 | 0:23,36 |               | Nol van Thull      |
|    |       |                                    |        |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Nol van Thull    |         |         |               | 0:24,53            |
|    |       | NMR:                               |        |     | Actueel: 3 NMR est / ALL: 7 NMR est<br>ONMK: 7xKB 5xLB, ind: 10G 10Z 12B, est: 10G 7Z 2B                     |              |      |         |                       |         |         |               |                    |
| 9  | 6     | Vaidotas Gumbis                    | H      | 50+ | LTU - Ilgaplaukiai                                                                                           | 0:27,38      |      | 0:23,38 | 0:23,80               | 0:27,28 | 0:25,18 |               | Eduard Ivanov      |
|    |       |                                    |        |     |                                                                                                              | 25m-bad tijd |      |         |                       |         |         |               | 0:25,29            |
|    |       |                                    |        |     |                                                                                                              |              |      |         |                       |         |         |               |                    |

| Bn | Rank  | Naam                               | Gender | Cat | Team                                                                                   | Intijd       | KANS     | WMR     | EMR               | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|------------------------------------|--------|-----|----------------------------------------------------------------------------------------|--------------|----------|---------|-------------------|---------|---------|---------------|--------------------|
|    | 14:41 | Programma 38 50m. vrij H Serie: 15 |        |     |                                                                                        |              |          |         | NMR-houder        |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 4     | Jean-Pierre Delaporte              | H      | 60+ | FRA - Dunkerque Natatic                                                                | 0:27,03      |          | 0:24,90 | 0:26,40           | 0:26,49 | 0:26,76 |               | Marten de Groot    |
|    |       |                                    |        |     |                                                                                        | 25m-bad tijd |          |         |                   |         |         |               | 0:27,51            |
|    |       |                                    |        |     |                                                                                        |              |          |         |                   |         |         |               |                    |
| 1  | 2     | Fabrice Dehandschoewercker         | H      | 55+ | FRA - Dunkerque Natatic                                                                | 0:26,98      |          | 0:24,37 | 0:25,17           | 0:25,83 | 0:25,74 |               | Sergey Kozlov      |
|    |       |                                    |        |     |                                                                                        | 25m-bad tijd |          |         |                   |         |         |               | 0:26,02            |
|    |       |                                    |        |     |                                                                                        |              |          |         |                   |         |         |               |                    |
| 2  | 14    | Sigitas Tachtarovas                | H      | 35+ | LTU - Klaipedos plaukim                                                                | 0:26,94      |          | 0:21,53 | 0:21,53           | 0:24,50 | 0:23,36 |               | Nol van Thull      |
|    |       |                                    |        |     |                                                                                        | 25m-bad tijd |          |         |                   |         |         |               | 0:24,53            |
|    |       |                                    |        |     | ONMK: 1xKB, est: 2B                                                                    |              |          |         |                   |         |         |               |                    |
| 3  | 1     | Lionel Godeaux                     | H      | 60+ | BEL - CNSW                                                                             | 0:26,92      | EMR-kans | 0:24,90 | 0:26,40           | 0:27,11 | 0:26,76 |               | Marten de Groot    |
|    |       |                                    |        |     |                                                                                        | 50m-bad tijd |          |         |                   |         |         |               | 0:27,51            |
|    |       |                                    |        |     | ONMK: 6xKB 9xLB, ind: 15G 5Z 6B, est: 17G 7Z 2B                                        |              |          |         |                   |         |         |               |                    |
| 4  | 15    | Thomas Gheeraert                   | H      | 20+ | FRA - Dunkerque Natatic                                                                | 0:26,84      |          |         |                   | 0:00,00 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |        |     |                                                                                        | 50m-bad tijd |          |         |                   |         |         |               | 0:23,30            |
|    |       |                                    |        |     |                                                                                        |              |          |         |                   |         |         |               |                    |
| 5  | 27    | Thomas Hesper                      | H      | 20+ | ZPV Barracuda                                                                          | 0:26,90      |          |         |                   | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |        |     |                                                                                        | 25m-bad tijd |          |         | NMR: Startlimiet  |         |         |               | 0:23,30            |
|    |       | NMR:                               |        |     |                                                                                        |              |          |         |                   |         |         |               |                    |
| 6  | 12    | Stan Dekker                        | H      | 40+ | HHZV Plons                                                                             | 0:26,94      |          | 0:22,75 | 0:23,05           | 0:23,74 | 0:23,74 |               | Casper Hut         |
|    |       |                                    |        |     |                                                                                        | 25m-bad tijd |          |         | NMR: Casper Hut   |         |         |               | 0:23,74            |
|    |       | NMR:                               |        |     | ALL: 2 WMR est, 2 EMR est, 6 NMR est<br>ONMK: 7xKB 11xLB, ind: 2G 6Z 8B, est: 6G 5Z 7B |              |          |         |                   |         |         |               |                    |
| 7  | 12    | Robert Braad                       | H      | 30+ | Steenwijk 1934                                                                         | 0:26,94      |          | 0:21,59 | 0:21,59           | 0:22,82 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                    |        |     |                                                                                        | 25m-bad tijd |          |         | NMR: Joan Kentrop |         |         |               | 0:23,29            |
|    |       | NMR:                               |        |     | ONMK: 5xKB 2xLB, ind: 2Z 3B, est: 2G 6Z 1B                                             |              |          |         |                   |         |         |               |                    |
| 8  | 13    | Walter Stielstra                   | H      | 40+ | TRB-RES                                                                                | 0:27,01      |          | 0:22,75 | 0:23,05           | 0:23,74 | 0:23,74 |               | Casper Hut         |
|    |       |                                    |        |     |                                                                                        | 25m-bad tijd |          |         | NMR: Casper Hut   |         |         |               | 0:23,74            |
|    |       | NMR:                               |        |     | ONMK: 4xKB 3xLB, ind: 1Z 5B, est: 2G 8Z 2B                                             |              |          |         |                   |         |         |               |                    |
| 9  | 28    | Laurens Spoelstra                  | H      | 20+ | WS Twente                                                                              | 0:27,06      |          |         |                   | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |        |     |                                                                                        | 25m-bad tijd |          |         | NMR: Startlimiet  |         |         |               | 0:23,30            |
|    |       | NMR:                               |        |     | ONMK: 1xKB 1xLB, ind: 1B, est: 1B                                                      |              |          |         |                   |         |         |               |                    |

| Bn | Rank  | Naam                               | Gend | Cat | Team                                                                                                                                             | Intijd       | KANS  | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|------------------------------------|------|-----|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------|-------|---------|-----------------------|---------|---------|---------------|------------------|
|    | 14:42 | Programma 38 50m. vrij H Serie: 16 |      |     |                                                                                                                                                  |              |       |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 13    | Arne-Willem Kroonen                | H    | 35+ | Zwemsport Parkstad (SG                                                                                                                           | 0:26,82      |       | 0:21,53 | 0:21,53               | 0:23,96 | 0:23,36 |               | Nol van Thull    |
|    |       |                                    |      |     |                                                                                                                                                  | 25m-bad tijd |       |         | NMR: Nol van Thull    |         |         |               | 0:24,53          |
|    |       | NMR:                               |      |     |                                                                                                                                                  |              |       |         |                       |         |         |               |                  |
| 1  | 3     | Rastislav Pavlík                   | H    | 60+ | SVK - KPS Nereus Žilina                                                                                                                          | 0:26,77      | natMR | 0:24,90 | 0:26,40               | 0:29,94 | 0:26,76 |               | Marten de Groot  |
|    |       |                                    |      |     |                                                                                                                                                  | 25m-bad tijd |       |         |                       |         |         |               | 0:27,51          |
|    |       |                                    |      |     |                                                                                                                                                  |              |       |         |                       |         |         |               |                  |
| 2  | 4     | Arjan Verheij                      | H    | 45+ | De Rog                                                                                                                                           | 0:26,69      |       | 0:22,85 | 0:23,29               | 0:24,70 | 0:24,48 |               | Frédéric Tonus   |
|    |       |                                    |      |     |                                                                                                                                                  | 25m-bad tijd |       |         | NMR: Jan Koen Anthoni |         |         |               | 0:24,67          |
|    |       | NMR:                               |      |     | Actueel: 2 NMR est / ALL: 3 NMR est<br>ONMK: 4xKB 4xLB, ind: 2Z 1B, est: 11G 1Z                                                                  |              |       |         |                       |         |         |               |                  |
| 3  | 19    | Chris van Vliet                    | H    | 25+ | ZV Haerlem                                                                                                                                       | 0:26,68      |       | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink |
|    |       |                                    |      |     |                                                                                                                                                  | 25m-bad tijd |       |         | NMR: Ensger Kotterink |         |         |               | 0:22,69          |
|    |       | NMR:                               |      |     |                                                                                                                                                  |              |       |         |                       |         |         |               |                  |
| 4  | 2     | Marten de Groot                    | H    | 60+ | HZ&PC Heerenveen                                                                                                                                 | 0:26,64      | NMR=  | 0:24,90 | 0:26,40               | 0:26,64 | 0:26,76 | NMR-houder    | Marten de Groot  |
|    |       |                                    |      |     |                                                                                                                                                  | 25m-bad tijd |       |         | NMR: Marten de Groot  |         |         |               | 0:27,51          |
|    |       | NMR:                               |      |     | Actueel:2 EMR ind, 20 NMR ind, 8 NMR est / ALL: 7 EMR ind, 1 EMR est, 49 NMR ind, 19 NMR est<br>ONMK: 9xKB 9xLB, ind: 72G 19Z 8B, est: 34G 9Z 6B |              |       |         |                       |         |         |               |                  |
| 5  | 11    | Wouter Zijlstra                    | H    | 35+ | DAW                                                                                                                                              | 0:26,68      |       | 0:21,53 | 0:21,53               | 0:23,96 | 0:23,36 |               | Nol van Thull    |
|    |       |                                    |      |     |                                                                                                                                                  | 25m-bad tijd |       |         | NMR: Nol van Thull    |         |         |               | 0:24,53          |
|    |       | NMR:                               |      |     | ONMK: 5xKB 3xLB, ind: 2B, est: 7Z 4B                                                                                                             |              |       |         |                       |         |         |               |                  |
| 6  | 4     | Pieter van Gemeren                 | H    | 50+ | DAW                                                                                                                                              | 0:26,68      |       | 0:23,38 | 0:23,80               | 0:25,18 | 0:25,18 |               | Eduard Ivanov    |
|    |       |                                    |      |     |                                                                                                                                                  | 25m-bad tijd |       |         | NMR: Peter Bernsen    |         |         |               | 0:25,29          |
|    |       | NMR:                               |      |     | Actueel: 2 NMR ind, 1 NMR est / ALL: 2 NMR ind, 2 NMR est<br>ONMK: 5xKB 3xLB, ind: 13G 11Z 7B, est: 9G 11Z 4B                                    |              |       |         |                       |         |         |               |                  |
| 7  | 26    | Jorn Lucas                         | H    | 20+ | De Veene                                                                                                                                         | 0:26,75      |       |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers |
|    |       |                                    |      |     |                                                                                                                                                  | 25m-bad tijd |       |         | NMR: Startlimiet      |         |         |               | 0:23,30          |
|    |       | NMR:                               |      |     |                                                                                                                                                  |              |       |         |                       |         |         |               |                  |
| 8  | 12    | Peter van de Bor                   | H    | 35+ | DWT                                                                                                                                              | 0:26,79      |       | 0:21,53 | 0:21,53               | 0:23,96 | 0:23,36 |               | Nol van Thull    |
|    |       |                                    |      |     |                                                                                                                                                  | 25m-bad tijd |       |         | NMR: Nol van Thull    |         |         |               | 0:24,53          |
|    |       | NMR:                               |      |     | ONMK: 5xKB 3xLB, ind: 1Z 1B, est: 1B                                                                                                             |              |       |         |                       |         |         |               |                  |
| 9  | 5     | Frederic Robin                     | H    | 50+ | BEL - CNSW                                                                                                                                       | 0:26,84      |       | 0:23,38 | 0:23,80               | 0:24,86 | 0:25,18 |               | Eduard Ivanov    |
|    |       |                                    |      |     |                                                                                                                                                  | 25m-bad tijd |       |         |                       |         |         |               | 0:25,29          |
|    |       |                                    |      |     | ONMK: 3xKB 3xLB, ind: 1B, est: 1G 2Z 1B                                                                                                          |              |       |         |                       |         |         |               |                  |

| Bn | Rank  | Naam                               | Gend | Cat | Team                                          | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|------------------------------------|------|-----|-----------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|------------------|
|    | 14:43 | Programma 38 50m. vrij H Serie: 17 |      |     |                                               |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 10    | Victor Barnar                      | H    | 40+ | GoSwim                                        | 0:26,55      |      | 0:22,75 | 0:23,05               | 0:23,74 | 0:23,74 |               | Casper Hut       |
|    |       |                                    |      |     |                                               | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:23,74          |
|    |       | NMR:                               |      |     | ONMK: 8xKB 6xLB, ind: 6G 10Z 10B, est: 1Z     |              |      |         |                       |         |         |               |                  |
| 1  | 9     | Dennis Dortland                    | H    | 40+ | ZPV Barracuda                                 | 0:26,54      |      | 0:22,75 | 0:23,05               | 0:23,74 | 0:23,74 |               | Casper Hut       |
|    |       |                                    |      |     |                                               | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:23,74          |
|    |       | NMR:                               |      |     |                                               |              |      |         |                       |         |         |               |                  |
| 2  | 2     | Edgar Thimister                    | H    | 45+ | MZ&PC                                         | 0:26,52      |      | 0:22,85 | 0:23,29               | 0:24,70 | 0:24,48 |               | Frédéric Tonus   |
|    |       |                                    |      |     |                                               | 25m-bad tijd |      |         | NMR: Jan Koen Anthoni |         |         |               | 0:24,67          |
|    |       | NMR:                               |      |     | ONMK: 1xLB, ind: 1B                           |              |      |         |                       |         |         |               |                  |
| 3  | 18    | Sybren Groenewegen                 | H    | 25+ | De Schotejil                                  | 0:26,51      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink |
|    |       |                                    |      |     |                                               | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69          |
|    |       | NMR:                               |      |     |                                               |              |      |         |                       |         |         |               |                  |
| 4  | 3     | Richard Ricksen                    | H    | 50+ | Zwemsport Parkstad (SG)                       | 0:26,43      |      | 0:23,38 | 0:23,80               | 0:25,18 | 0:25,18 |               | Eduard Ivanov    |
|    |       |                                    |      |     |                                               | 25m-bad tijd |      |         | NMR: Peter Bernsen    |         |         |               | 0:25,29          |
|    |       | NMR:                               |      |     | ONMK: 11xKB 7xLB, ind: 16G 27Z 42B            |              |      |         |                       |         |         |               |                  |
| 5  | 10    | Rutger Stam                        | H    | 35+ | Zwemvereniging Hooglar                        | 0:26,47      |      | 0:21,53 | 0:21,53               | 0:23,96 | 0:23,36 |               | Nol van Thull    |
|    |       |                                    |      |     |                                               | 25m-bad tijd |      |         | NMR: Nol van Thull    |         |         |               | 0:24,53          |
|    |       | NMR:                               |      |     | ONMK: 8xKB 7xLB, est: 3G 6Z 4B                |              |      |         |                       |         |         |               |                  |
| 6  | 8     | Pieter Broek                       | H    | 40+ | Albion WSS (SG)                               | 0:26,52      |      | 0:22,75 | 0:23,05               | 0:23,74 | 0:23,74 |               | Casper Hut       |
|    |       |                                    |      |     |                                               | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:23,74          |
|    |       | NMR:                               |      |     | ONMK: 5xKB 3xLB, ind: 4B, est: 4G 2Z 3B       |              |      |         |                       |         |         |               |                  |
| 7  | 3     | Aidas Pelesinas                    | H    | 45+ | LTU - Klaipedos plaukin                       | 0:26,53      |      | 0:22,85 | 0:23,29               | 0:25,47 | 0:24,48 |               | Frédéric Tonus   |
|    |       |                                    |      |     |                                               | 25m-bad tijd |      |         |                       |         |         |               | 0:24,67          |
|    |       |                                    |      |     | ONMK: 1xKB, est: 2B                           |              |      |         |                       |         |         |               |                  |
| 8  | 25    | Leon Kloots                        | H    | 20+ | ZPC De Hof                                    | 0:26,55      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers |
|    |       |                                    |      |     |                                               | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30          |
|    |       | NMR:                               |      |     |                                               |              |      |         |                       |         |         |               |                  |
| 9  | 11    | Kelvin Isselt                      | H    | 40+ | RZ                                            | 0:26,57      |      | 0:22,75 | 0:23,05               | 0:23,74 | 0:23,74 |               | Casper Hut       |
|    |       |                                    |      |     |                                               | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:23,74          |
|    |       | NMR:                               |      |     | ONMK: 4xKB 5xLB, ind: 5G 7Z 4B, est: 1G 1Z 6B |              |      |         |                       |         |         |               |                  |

| Bn | Rank  | Naam                               | Gend | Cat | Team                                                                                                         | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|------------------------------------|------|-----|--------------------------------------------------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|--------------------|
|    | 14:44 | Programma 38 50m. vrij H Serie: 18 |      |     |                                                                                                              |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 2     | Chester Marsman                    | H    | 50+ | ZPC AMERSFOORT                                                                                               | 0:26,39      |      | 0:23,38 | 0:23,80               | 0:25,18 | 0:25,18 |               | Eduard Ivanov      |
|    |       |                                    |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Peter Bernsen    |         |         |               | 0:25,29            |
|    |       | NMR:                               |      |     | Actueel: 2 NMR est / ALL: 1 WMR est, 1 EMR est, 3 NMR ind, 3 NMR est<br>ONMK: 1xKB 1xLB, ind: 6G 1B, est: 2Z |              |      |         |                       |         |         |               |                    |
| 1  | 22    | Nordin Termoshuizen                | H    | 20+ | WVZ                                                                                                          | 0:26,35      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |      |     | ONMK: 4xKB 4xLB, ind: 3G 10Z 17B, est: 9G 6Z 3B                                                              |              |      |         |                       |         |         |               |                    |
| 2  | 1     | Glen Le Clercq                     | H    | 50+ | De Rog                                                                                                       | 0:26,28      |      | 0:23,38 | 0:23,80               | 0:25,18 | 0:25,18 |               | Eduard Ivanov      |
|    |       |                                    |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Peter Bernsen    |         |         |               | 0:25,29            |
|    |       | NMR:                               |      |     | Actueel: 7 NMR est / ALL: 12 NMR est<br>ONMK: 7xKB 5xLB, ind: 27G 11Z 4B, est: 26G 2Z 4B                     |              |      |         |                       |         |         |               |                    |
| 3  | 20    | Martijn Bartels                    | H    | 20+ | ZPC AMERSFOORT                                                                                               | 0:26,20      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |      |     | ONMK: 2xKB 2xLB, est: 2G 9Z 2B                                                                               |              |      |         |                       |         |         |               |                    |
| 4  | 11    | Klaas van Beek                     | H    | 30+ | ZV Haerlem                                                                                                   | 0:26,15      |      | 0:21,59 | 0:21,59               | 0:22,82 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                    |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Joan Kentrop     |         |         |               | 0:23,29            |
|    |       | NMR:                               |      |     | ONMK: 6xKB 4xLB, ind: 5G 8Z 9B                                                                               |              |      |         |                       |         |         |               |                    |
| 5  | 17    | Bryan Tankink                      | H    | 25+ | WWV Winterswijk                                                                                              | 0:26,17      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                    |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       | NMR:                               |      |     |                                                                                                              |              |      |         |                       |         |         |               |                    |
| 6  | 21    | Pieter de Visser                   | H    | 20+ | De Ganze                                                                                                     | 0:26,23      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |      |     |                                                                                                              |              |      |         |                       |         |         |               |                    |
| 7  | 9     | Guido Moret                        | H    | 35+ | Albion WSS (SG)                                                                                              | 0:26,33      |      | 0:21,53 | 0:21,53               | 0:23,96 | 0:23,36 |               | Nol van Thull      |
|    |       |                                    |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Nol van Thull    |         |         |               | 0:24,53            |
|    |       | NMR:                               |      |     | ONMK: 1xKB 1xLB, est: 2Z 2B                                                                                  |              |      |         |                       |         |         |               |                    |
| 8  | 23    | Ian van Mullem                     | H    | 20+ | ZOB'66                                                                                                       | 0:26,37      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |      |     | ONMK: 4xKB 4xLB, est: 1G 2Z 2B                                                                               |              |      |         |                       |         |         |               |                    |
| 9  | 24    | Bart de Bruijn                     | H    | 20+ | Hieronymus                                                                                                   | 0:26,41      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |      |     |                                                                                                              |              |      |         |                       |         |         |               |                    |

| Bn | Rank  | Naam                               | Gend | Cat | Team                                                                                                           | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|------------------------------------|------|-----|----------------------------------------------------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|--------------------|
|    | 14:45 | Programma 38 50m. vrij H Serie: 19 |      |     |                                                                                                                |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 6     | Kristiaan Lenos                    | H    | 35+ | ZVL-1886 Tetteroo                                                                                              | 0:26,12      |      | 0:21,53 | 0:21,53               | 0:23,96 | 0:23,36 |               | Nol van Thull      |
|    |       |                                    |      |     |                                                                                                                | 50m-bad tijd |      |         | NMR: Nol van Thull    |         |         |               | 0:24,53            |
|    |       | NMR:                               |      |     | Actueel: 4 NMR est / ALL: 9 NMR est<br>ONMK: 10xKB 9xLB, ind: 52G 41Z 31B, est: 30G 20Z 10B                    |              |      |         |                       |         |         |               |                    |
| 1  | 1     | Peter Bernsen                      | H    | 55+ | De Rog                                                                                                         | 0:26,02      |      | 0:24,37 | 0:25,17               | 0:25,86 | 0:25,74 |               | Sergey Kozlov      |
|    |       |                                    |      |     |                                                                                                                | 25m-bad tijd |      |         | NMR: Albert Boonstra  |         |         |               | 0:26,02            |
|    |       | NMR:                               |      |     | Actueel: 5 NMR ind, 7 NMR est / ALL: 6 NMR ind, 12 NMR est<br>ONMK: 8xKB 9xLB, ind: 44G 13Z 5B, est: 35G 6Z 4B |              |      |         |                       |         |         |               |                    |
| 2  | 6     | Evgeny Ryzhov                      | H    | 40+ | RUS - Sprut                                                                                                    | 0:26,01      |      | 0:22,75 | 0:23,05               | 0:23,11 | 0:23,74 |               | Casper Hut         |
|    |       |                                    |      |     |                                                                                                                | 25m-bad tijd |      |         |                       |         |         |               | 0:23,74            |
|    |       | NMR:                               |      |     | ONMK: 9xKB 3xLB, ind: 24G 7Z 1B, est: 1G 1B                                                                    |              |      |         |                       |         |         |               |                    |
| 3  | 18    | Stephan van Grevenbroek            | H    | 20+ | De Ward                                                                                                        | 0:26,00      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |      |     |                                                                                                                | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |      |     |                                                                                                                |              |      |         |                       |         |         |               |                    |
| 4  | 17    | Max Muller                         | H    | 20+ | De Geul                                                                                                        | 0:25,97      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |      |     |                                                                                                                | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |      |     | ONMK: 1xKB                                                                                                     |              |      |         |                       |         |         |               |                    |
| 5  | 1     | Marcel van Winssen                 | H    | 45+ | De Gelenberg                                                                                                   | 0:25,98      |      | 0:22,85 | 0:23,29               | 0:24,70 | 0:24,48 |               | Frédéric Tonus     |
|    |       |                                    |      |     |                                                                                                                | 25m-bad tijd |      |         | NMR: Jan Koen Anthoni |         |         |               | 0:24,67            |
|    |       | NMR:                               |      |     | ALL: 4 NMR est<br>ONMK: 11xKB 3xLB, ind: 26G 29Z 13B, est: 15G 7Z 3B                                           |              |      |         |                       |         |         |               |                    |
| 6  | 5     | Mark Zwart                         | H    | 40+ | Zwemlust- den Hommel                                                                                           | 0:26,00      |      | 0:22,75 | 0:23,05               | 0:23,74 | 0:23,74 |               | Casper Hut         |
|    |       |                                    |      |     |                                                                                                                | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:23,74            |
|    |       | NMR:                               |      |     | Actueel: 2 NMR est / ALL: 6 NMR est<br>ONMK: 13xKB 10xLB, ind: 5G 8Z 10B, est: 18G 8Z 3B                       |              |      |         |                       |         |         |               |                    |
| 7  | 19    | Kylian Kooijman                    | H    | 20+ | Steenwijk 1934                                                                                                 | 0:26,01      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |      |     |                                                                                                                | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |      |     |                                                                                                                |              |      |         |                       |         |         |               |                    |
| 8  | 10    | Vincent Bakker                     | H    | 30+ | ZPC AMERSFOORT                                                                                                 | 0:26,05      |      | 0:21,59 | 0:21,59               | 0:22,82 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                    |      |     |                                                                                                                | 25m-bad tijd |      |         | NMR: Joan Kentrop     |         |         |               | 0:23,29            |
|    |       | NMR:                               |      |     | Actueel: 2 NMR est / ALL: 1 EMR est, 2 NMR est<br>ONMK: 2xKB 1xLB, ind: 2B, est: 3G 1Z 3B                      |              |      |         |                       |         |         |               |                    |
| 9  | 8     | Marcin Wilczęga                    | H    | 35+ | POL - Legia Warszawa                                                                                           | 0:26,14      |      | 0:21,53 | 0:21,53               | 0:24,46 | 0:23,36 |               | Nol van Thull      |
|    |       |                                    |      |     |                                                                                                                | 25m-bad tijd |      |         |                       |         |         |               | 0:24,53            |
|    |       |                                    |      |     |                                                                                                                |              |      |         |                       |         |         |               |                    |

| Bn | Rank  | Naam                               | Gend | Cat | Team                                                                                | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|------------------------------------|------|-----|-------------------------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|--------------------|
|    | 14:46 | Programma 38 50m. vrij H Serie: 20 |      |     |                                                                                     |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 16    | Timo Musters                       | H    | 20+ | DIO                                                                                 | 0:25,86      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |      |     |                                                                                     | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |      |     |                                                                                     |              |      |         |                       |         |         |               |                    |
| 1  | 7     | Paul Brinkman                      | H    | 35+ | ZVVS                                                                                | 0:25,72      |      | 0:21,53 | 0:21,53               | 0:23,96 | 0:23,36 |               | Nol van Thull      |
|    |       |                                    |      |     |                                                                                     | 25m-bad tijd |      |         | NMR: Nol van Thull    |         |         |               | 0:24,53            |
|    |       | NMR:                               |      |     | ALL: 1 NMR ind, 1 NMR est<br>ONMK: 4xKB 4xLB, ind: 2G 3Z 4B, est: 13G 2Z 1B         |              |      |         |                       |         |         |               |                    |
| 2  | 14    | Sam Beer                           | H    | 20+ | Rotterdam Swimming (Sc                                                              | 0:25,60      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |      |     |                                                                                     | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |      |     | ONMK: 2xKB 3xLB, est: 1G 1Z 1B                                                      |              |      |         |                       |         |         |               |                    |
| 3  | 14    | Remco Oskam                        | H    | 25+ | WIDEX GZC DONK                                                                      | 0:25,46      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                    |      |     |                                                                                     | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       | NMR:                               |      |     | ONMK: 1xLB, ind: 1Z 1B, est: 1B                                                     |              |      |         |                       |         |         |               |                    |
| 4  | 13    | Erik Wegman                        | H    | 25+ | De Kempvis                                                                          | 0:25,42      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                    |      |     |                                                                                     | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       | NMR:                               |      |     | ONMK: 5xKB 2xLB, ind: 2B, est: 13G 3Z 1B                                            |              |      |         |                       |         |         |               |                    |
| 5  | 13    | Daan Siebenheller                  | H    | 20+ | ZOB'66                                                                              | 0:25,46      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |      |     |                                                                                     | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |      |     | ONMK: 1xKB 2xLB, est: 1Z 2B                                                         |              |      |         |                       |         |         |               |                    |
| 6  | 15    | Michel de Maesschalck              | H    | 25+ | DAW                                                                                 | 0:25,58      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                    |      |     |                                                                                     | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       | NMR:                               |      |     | ONMK: 1xLB, ind: 1G 1B                                                              |              |      |         |                       |         |         |               |                    |
| 7  | 8     | Pascal van Haren                   | H    | 30+ | ZPV Barracuda                                                                       | 0:25,65      |      | 0:21,59 | 0:21,59               | 0:22,82 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                    |      |     |                                                                                     | 25m-bad tijd |      |         | NMR: Joan Kentrop     |         |         |               | 0:23,29            |
|    |       | NMR:                               |      |     | Actueel: 1 NMR est / ALL: 2 NMR est<br>ONMK: 5xKB 3xLB, ind: 1G 4B, est: 10G 11Z 2B |              |      |         |                       |         |         |               |                    |
| 8  | 9     | Jan van Opstal                     | H    | 30+ | DIO                                                                                 | 0:25,79      |      | 0:21,59 | 0:21,59               | 0:22,82 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                    |      |     |                                                                                     | 25m-bad tijd |      |         | NMR: Joan Kentrop     |         |         |               | 0:23,29            |
|    |       | NMR:                               |      |     | ONMK: 4xKB 6xLB, ind: 2Z 3B, est: 3Z                                                |              |      |         |                       |         |         |               |                    |
| 9  | 16    | Bernd Kobesen                      | H    | 25+ | Steenwijk 1934                                                                      | 0:25,92      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                    |      |     |                                                                                     | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       | NMR:                               |      |     |                                                                                     |              |      |         |                       |         |         |               |                    |

| Bn | Rank  | Naam                               | Gender | Cat | Team                                                               | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|------------------------------------|--------|-----|--------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|--------------------|
|    | 14:47 | Programma 38 50m. vrij H Serie: 21 |        |     |                                                                    |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 7     | Tomasz Wilczęga                    | H      | 30+ | POL - Legia Warszawa                                               | 0:25,27      |      | 0:21,59 | 0:21,59               | 0:22,23 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                    |        |     |                                                                    | 25m-bad tijd |      |         |                       |         |         |               | 0:23,29            |
|    |       |                                    |        |     |                                                                    |              |      |         |                       |         |         |               |                    |
| 1  | 11    | Joeri Scheidt                      | H      | 25+ | VZC                                                                | 0:25,18      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                    |        |     |                                                                    | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       |                                    |        |     |                                                                    |              |      |         |                       |         |         |               |                    |
|    |       | NMR:                               |        |     | ONMK: 1xKB 1xLB, ind: 1Z 1B, est: 2G 2Z                            |              |      |         |                       |         |         |               |                    |
| 2  | 12    | Dennis Wildeboer                   | H      | 20+ | De Zwemlinie (SG)                                                  | 0:25,14      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |        |     |                                                                    | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       |                                    |        |     |                                                                    |              |      |         |                       |         |         |               |                    |
|    |       | NMR:                               |        |     | ONMK: 1xKB 1xLB, ind: 1G 1Z 1B, est: 1G 2Z 2B                      |              |      |         |                       |         |         |               |                    |
| 3  | 10    | Paul Koster                        | H      | 25+ | Hieronymus                                                         | 0:25,08      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                    |        |     |                                                                    | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       |                                    |        |     |                                                                    |              |      |         |                       |         |         |               |                    |
|    |       | NMR:                               |        |     | ONMK: 1xKB, est: 1G                                                |              |      |         |                       |         |         |               |                    |
| 4  | 9     | Diederick Schothans                | H      | 20+ | De Veene                                                           | 0:25,06      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |        |     |                                                                    | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       |                                    |        |     |                                                                    |              |      |         |                       |         |         |               |                    |
|    |       | NMR:                               |        |     | ONMK: 4xKB, est: 1G 2B                                             |              |      |         |                       |         |         |               |                    |
| 5  | 10    | Otto Pranger                       | H      | 20+ | Albion WSS (SG)                                                    | 0:25,07      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |        |     |                                                                    | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       |                                    |        |     |                                                                    |              |      |         |                       |         |         |               |                    |
|    |       | NMR:                               |        |     |                                                                    |              |      |         |                       |         |         |               |                    |
| 6  | 11    | Ryan van den Ouden                 | H      | 20+ | Poseidon'56                                                        | 0:25,13      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |        |     |                                                                    | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       |                                    |        |     |                                                                    |              |      |         |                       |         |         |               |                    |
|    |       | NMR:                               |        |     |                                                                    |              |      |         |                       |         |         |               |                    |
| 7  | 5     | Sander de Vrugt                    | H      | 30+ | ESCA Zwemmen                                                       | 0:25,17      |      | 0:21,59 | 0:21,59               | 0:22,82 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                    |        |     |                                                                    | 25m-bad tijd |      |         | NMR: Joan Kentrop     |         |         |               | 0:23,29            |
|    |       |                                    |        |     |                                                                    |              |      |         |                       |         |         |               |                    |
|    |       | NMR:                               |        |     | ONMK: 2xKB 5xLB, ind: 2Z 6B, est: 6G 5Z 5B                         |              |      |         |                       |         |         |               |                    |
| 8  | 6     | Rutger Dalm                        | H      | 30+ | De Lansingh                                                        | 0:25,22      |      | 0:21,59 | 0:21,59               | 0:22,82 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                    |        |     |                                                                    | 25m-bad tijd |      |         | NMR: Joan Kentrop     |         |         |               | 0:23,29            |
|    |       |                                    |        |     |                                                                    |              |      |         |                       |         |         |               |                    |
|    |       | NMR:                               |        |     | ONMK: 1xKB 3xLB, ind: 1B, est: 2G 2Z                               |              |      |         |                       |         |         |               |                    |
| 9  | 12    | Jorden Theijink                    | H      | 25+ | ZPC De Hof                                                         | 0:25,28      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                    |        |     |                                                                    | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       |                                    |        |     |                                                                    |              |      |         |                       |         |         |               |                    |
|    |       | NMR:                               |        |     | Actueel: 1 NMR est / ALL: 4 NMR est<br>ONMK: 4xKB 3xLB, est: 5G 1Z |              |      |         |                       |         |         |               |                    |

| Bn | Rank  | Naam                               | Gend | Cat | Team                                                                                                | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|------------------------------------|------|-----|-----------------------------------------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|--------------------|
|    | 14:48 | Programma 38 50m. vrij H Serie: 22 |      |     |                                                                                                     |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 5     | Rick de Greef                      | H    | 35+ | Budel                                                                                               | 0:24,92      |      | 0:21,53 | 0:21,53               | 0:23,96 | 0:23,36 |               | Nol van Thull      |
|    |       |                                    |      |     |                                                                                                     | 25m-bad tijd |      |         | NMR: Nol van Thull    |         |         |               | 0:24,53            |
|    |       | NMR:                               |      |     | ONMK: 5xKB 1xLB, ind: 6G 10Z 2B                                                                     |              |      |         |                       |         |         |               |                    |
| 1  | 3     | Robert Dekker                      | H    | 35+ | Dedemsvaart-AC                                                                                      | 0:24,89      |      | 0:21,53 | 0:21,53               | 0:23,96 | 0:23,36 |               | Nol van Thull      |
|    |       |                                    |      |     |                                                                                                     | 25m-bad tijd |      |         | NMR: Nol van Thull    |         |         |               | 0:24,53            |
|    |       | NMR:                               |      |     | ONMK: 7xKB 4xLB, ind: 4G 13Z 10B, est: 4G 2Z 5B                                                     |              |      |         |                       |         |         |               |                    |
| 2  | 3     | Øivind Martin Hasle                | H    | 40+ | NOR - I.L. Varg                                                                                     | 0:24,82      |      | 0:22,75 | 0:23,05               | 0:24,47 | 0:23,74 |               | Casper Hut         |
|    |       |                                    |      |     |                                                                                                     | 25m-bad tijd |      |         |                       |         |         |               | 0:23,74            |
|    |       | NMR:                               |      |     |                                                                                                     |              |      |         |                       |         |         |               |                    |
| 3  | 9     | Hiras Ferrandino                   | H    | 25+ | DWT                                                                                                 | 0:24,77      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                    |      |     |                                                                                                     | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       | NMR:                               |      |     | ONMK: 4xKB 1xLB, ind: 1B, est: 1G 3B                                                                |              |      |         |                       |         |         |               |                    |
| 4  | 7     | Kevin Kingma                       | H    | 20+ | De Lansingh                                                                                         | 0:24,62      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |      |     |                                                                                                     | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |      |     |                                                                                                     |              |      |         |                       |         |         |               |                    |
| 5  | 8     | Lars Hurks                         | H    | 20+ | TRB-RES                                                                                             | 0:24,64      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |      |     |                                                                                                     | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |      |     |                                                                                                     |              |      |         |                       |         |         |               |                    |
| 6  | 2     | Lauren Vis                         | H    | 35+ | Steenwijk 1934                                                                                      | 0:24,78      |      | 0:21,53 | 0:21,53               | 0:23,96 | 0:23,36 |               | Nol van Thull      |
|    |       |                                    |      |     |                                                                                                     | 25m-bad tijd |      |         | NMR: Nol van Thull    |         |         |               | 0:24,53            |
|    |       | NMR:                               |      |     | ONMK: 8xKB 7xLB, ind: 18G 27Z 19B, est: 11G 11Z 12B                                                 |              |      |         |                       |         |         |               |                    |
| 7  | 4     | Tom Driessen                       | H    | 30+ | ESCA Zwemmen                                                                                        | 0:24,86      |      | 0:21,59 | 0:21,59               | 0:22,82 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                    |      |     |                                                                                                     | 25m-bad tijd |      |         | NMR: Joan Kentrop     |         |         |               | 0:23,29            |
|    |       | NMR:                               |      |     | ONMK: 1xKB 2xLB, ind: 1Z 1B, est: 1Z 2B                                                             |              |      |         |                       |         |         |               |                    |
| 8  | 4     | Ivan van Omme                      | H    | 35+ | De Geul                                                                                             | 0:24,89      |      | 0:21,53 | 0:21,53               | 0:23,96 | 0:23,36 |               | Nol van Thull      |
|    |       |                                    |      |     |                                                                                                     | 25m-bad tijd |      |         | NMR: Nol van Thull    |         |         |               | 0:24,53            |
|    |       | NMR:                               |      |     | ONMK: 3xKB 3xLB, ind: 2G 5Z 6B                                                                      |              |      |         |                       |         |         |               |                    |
| 9  | 4     | Jeroen Zelsmann                    | H    | 40+ | ZPC AMERSFOORT                                                                                      | 0:24,93      |      | 0:22,75 | 0:23,05               | 0:23,74 | 0:23,74 |               | Casper Hut         |
|    |       |                                    |      |     |                                                                                                     | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:23,74            |
|    |       | NMR:                               |      |     | Actueel: 3 NMR est / ALL: 2 NMR ind, 9 NMR est<br>ONMK: 8xKB 8xLB, ind: 10G 14Z 8B, est: 13G 13Z 2B |              |      |         |                       |         |         |               |                    |

| Bn | Rank  | Naam                               | Gend | Cat | Team                                                                                                                         | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|------------------------------------|------|-----|------------------------------------------------------------------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|--------------------|
|    | 14:49 | Programma 38 50m. vrij H Serie: 23 |      |     |                                                                                                                              |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 8     | Dennis Bos                         | H    | 25+ | HZ&PC Heerenveen                                                                                                             | 0:24,33      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                    |      |     |                                                                                                                              | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       | NMR:                               |      |     | Actueel: 4 NMR est / ALL: 5 NMR est<br>ONMK: 2xKB 3xLB, ind: 1G 7Z 8B, est: 12G 5Z                                           |              |      |         |                       |         |         |               |                    |
| 1  | 7     | Timo Dinkelberg                    | H    | 25+ | Albion WSS (SG)                                                                                                              | 0:24,23      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                    |      |     |                                                                                                                              | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       | NMR:                               |      |     | Actueel: 8 NMR est / ALL: 1 EMR est, 8 NMR est<br>ONMK: 1xKB 3xLB, ind: 6G 2Z 2B, est: 9G                                    |              |      |         |                       |         |         |               |                    |
| 2  | 3     | Martijn Dolk                       | H    | 30+ | Rotterdam Swimming (SC)                                                                                                      | 0:24,14      |      | 0:21,59 | 0:21,59               | 0:22,82 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                    |      |     |                                                                                                                              | 25m-bad tijd |      |         | NMR: Joan Kentrop     |         |         |               | 0:23,29            |
|    |       | NMR:                               |      |     | ALL: 1 NMR est<br>ONMK: 3xKB 3xLB, ind: 8G 8Z 4B, est: 4G 2Z 1B                                                              |              |      |         |                       |         |         |               |                    |
| 3  | 4     | Nicko Kamphuis                     | H    | 20+ | TRB-RES                                                                                                                      | 0:24,09      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |      |     |                                                                                                                              | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |      |     |                                                                                                                              |              |      |         |                       |         |         |               |                    |
| 4  | 6     | Jesper Oranje                      | H    | 25+ | De Duck                                                                                                                      | 0:24,01      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                    |      |     |                                                                                                                              | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       | NMR:                               |      |     | Actueel: 1 NMR ind / ALL: 1 NMR ind<br>ONMK: 4xKB 5xLB, ind: 20G 7Z 5B, est: 2G 1Z 3B                                        |              |      |         |                       |         |         |               |                    |
| 5  | 3     | Derk Jan Speelman                  | H    | 20+ | Rotterdam Swimming (SC)                                                                                                      | 0:24,06      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |      |     |                                                                                                                              | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |      |     | Actueel: 1 NMR est / ALL: 1 NMR est<br>ONMK: 2xLB, ind: 2Z 2B, est: 3G                                                       |              |      |         |                       |         |         |               |                    |
| 6  | 2     | Olaf Achterberg                    | H    | 30+ | VZC                                                                                                                          | 0:24,13      |      | 0:21,59 | 0:21,59               | 0:22,82 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                    |      |     |                                                                                                                              | 25m-bad tijd |      |         | NMR: Joan Kentrop     |         |         |               | 0:23,29            |
|    |       | NMR:                               |      |     | ONMK: 1xKB 1xLB, ind: 3G 3Z 1B, est: 2G 2Z                                                                                   |              |      |         |                       |         |         |               |                    |
| 7  | 2     | Nol van Thull                      | H    | 40+ | De Lansingh                                                                                                                  | 0:24,17      |      | 0:22,75 | 0:23,05               | 0:23,74 | 0:23,74 |               | Casper Hut         |
|    |       |                                    |      |     |                                                                                                                              | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:23,74            |
|    |       | NMR:                               |      |     | Actueel: 7 NMR ind, 22 NMR est / ALL: 2 EMR est, 13 NMR ind, 33 NMR est<br>ONMK: 12xKB 9xLB, ind: 66G 19Z 7B, est: 41G 9Z 4B |              |      |         |                       |         |         |               |                    |
| 8  | 5     | Pascal Nuijten                     | H    | 20+ | Albion WSS (SG)                                                                                                              | 0:24,23      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |      |     |                                                                                                                              | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |      |     | ONMK: 1xKB 2xLB, ind: 2Z 2B, est: 2G 2Z 1B                                                                                   |              |      |         |                       |         |         |               |                    |
| 9  | 6     | Sepp Kalter                        | H    | 20+ | Dedemsvaart-AC                                                                                                               | 0:24,36      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |      |     |                                                                                                                              | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |      |     | ALL: 1 NMR est<br>ONMK: 2xKB 1xLB, ind: 3G 3Z 2B, est: 4G 1Z 1B                                                              |              |      |         |                       |         |         |               |                    |

| Bn | Rank  | Naam                               | Gender | Cat | Team                                                                                                                        | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|------------------------------------|--------|-----|-----------------------------------------------------------------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|--------------------|
|    | 14:50 | Programma 38 50m. vrij H Serie: 24 |        |     |                                                                                                                             |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 1     | Arjan van der Plaat                | H      | 30+ | DIO                                                                                                                         | 0:23,85      |      | 0:21,59 | 0:21,59               | 0:22,82 | 0:22,82 |               | Aleksandr Kadukhin |
|    |       |                                    |        |     |                                                                                                                             | 25m-bad tijd |      |         | NMR: Joan Kentrop     |         |         |               | 0:23,29            |
|    |       | NMR:                               |        |     | ONMK: 2xKB 1xLB, ind: 7G 2Z 1B, est: 2Z                                                                                     |              |      |         |                       |         |         |               |                    |
| 1  | 1     | Casper Hut                         | H      | 40+ | HZ&PC Heerenveen                                                                                                            | 0:23,74      | NMR= | 0:22,75 | 0:23,05               | 0:23,74 | 0:23,74 | NMR-houder    | Casper Hut         |
|    |       |                                    |        |     |                                                                                                                             | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:23,74            |
|    |       | NMR:                               |        |     | Actueel: 8 NMR ind, 9 NMR est / ALL: 1 EMR est, 18 NMR ind, 18 NMR est<br>ONMK: 10xKB 3xLB, ind: 30G 7Z 3B, est: 25G 6Z 2B  |              |      |         |                       |         |         |               |                    |
| 2  | 1     | Joan Kentrop                       | H      | 35+ | ZPC AMERSFOORT                                                                                                              | 0:23,17      | NMR  | 0:21,53 | 0:21,53               | 0:23,96 | 0:23,36 |               | Nol van Thull      |
|    |       |                                    |        |     |                                                                                                                             | 25m-bad tijd |      |         | NMR: Nol van Thull    |         |         |               | 0:24,53            |
|    |       | NMR:                               |        |     | Actueel: 9 NMR ind / ALL: 10 NMR ind, 1 NMR est<br>ONMK: 3xKB 2xLB, ind: 14G , est: 2G 1B                                   |              |      |         |                       |         |         |               |                    |
| 3  | 2     | Ensger Kotterink                   | H      | 25+ | Albion WSS (SG)                                                                                                             | 0:22,29      | NMR  | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 | NMR-houder    | Ensger Kotterink   |
|    |       |                                    |        |     |                                                                                                                             | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       | NMR:                               |        |     | Actueel: 12 NMR ind, 11 NMR est / ALL: 1 EMR ind, 1 EMR est, 17 NMR ind, 13 NMR est<br>ONMK: 1xKB 6xLB, ind: 19G , est: 14G |              |      |         |                       |         |         |               |                    |
| 4  | 1     | Jeroen Baars                       | H      | 25+ | Rotterdam Swimming (SC)                                                                                                     | 0:21,47      | EMR  | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                    |        |     |                                                                                                                             | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       | NMR:                               |        |     |                                                                                                                             |              |      |         |                       |         |         |               |                    |
| 5  | 1     | Thomas Verhoeven                   | H      | 20+ | Albion WSS (SG)                                                                                                             | 0:22,23      | NMR  |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |        |     |                                                                                                                             | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |        |     |                                                                                                                             |              |      |         |                       |         |         |               |                    |
| 6  | 3     | Serginni Marten                    | H      | 25+ | DWK                                                                                                                         | 0:22,85      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                    |        |     |                                                                                                                             | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       | NMR:                               |        |     |                                                                                                                             |              |      |         |                       |         |         |               |                    |
| 7  | 4     | Felix Geenen                       | H      | 25+ | DAW                                                                                                                         | 0:23,18      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                    |        |     |                                                                                                                             | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       | NMR:                               |        |     | ALL: 1 NMR est<br>ONMK: 1xKB 1xLB, ind: 4G 2Z 2B, est: 5G 4Z                                                                |              |      |         |                       |         |         |               |                    |
| 8  | 2     | Thijs van Wieringen                | H      | 20+ | De Columbiaan                                                                                                               | 0:23,85      |      |         |                       | 0:22,76 | 0:23,24 |               | Casper Muselaers   |
|    |       |                                    |        |     |                                                                                                                             | 25m-bad tijd |      |         | NMR: Startlimiet      |         |         |               | 0:23,30            |
|    |       | NMR:                               |        |     |                                                                                                                             |              |      |         |                       |         |         |               |                    |
| 9  | 5     | Romero Hennep                      | H      | 25+ | De Kempvis                                                                                                                  | 0:23,91      |      | 0:21,37 | 0:21,77               | 0:22,69 | 0:22,69 |               | Ensger Kotterink   |
|    |       |                                    |        |     |                                                                                                                             | 25m-bad tijd |      |         | NMR: Ensger Kotterink |         |         |               | 0:22,69            |
|    |       | NMR:                               |        |     | Actueel: 13 NMR est / ALL: 1 EMR est, 1 NMR ind, 16 NMR est<br>ONMK: 6xKB 5xLB, ind: 10G 17Z 14B, est: 23G 4Z 2B            |              |      |         |                       |         |         |               |                    |

[illegible]

[illegible]

| Bn | Rank  | Naam                                  | Gend | Cat | Team             | Intijd       | KANS  | WMR     | EMR                  | NatMR   | CR      | Record-houder | Titelhouder 2019                                                               |
|----|-------|---------------------------------------|------|-----|------------------|--------------|-------|---------|----------------------|---------|---------|---------------|--------------------------------------------------------------------------------|
|    | 15:11 | Programma 39 100m. vlinder D Serie: 3 |      |     |                  |              |       |         | NMR-houder           |         |         | Aanvraag      | Tijd titelhouder                                                               |
| 0  | 25    | Carmen Bootsma                        | D    | 20+ | AZC              | 1:34,46      |       |         |                      | 1:03,20 | 1:03,20 |               | Maaïke van Veen                                                                |
|    |       |                                       |      |     |                  | 25m-bad tijd |       |         | NMR: Chantal Nap     |         |         |               | 1:05,85                                                                        |
|    |       | NMR: 50m: 0:28,14                     |      |     |                  |              |       |         |                      |         |         |               |                                                                                |
| 1  | 24    | Naomi Slamp                           | D    | 20+ | De Veene         | 1:29,60      |       |         |                      | 1:03,20 | 1:03,20 |               | Maaïke van Veen                                                                |
|    |       |                                       |      |     |                  | 25m-bad tijd |       |         | NMR: Chantal Nap     |         |         |               | 1:05,85                                                                        |
|    |       | NMR: 50m: 0:28,14                     |      |     |                  |              |       |         |                      |         |         |               |                                                                                |
| 2  | 1     | Claire Anthony                        | D    | 60+ | BEL - CNSW       | 1:26,79      | natMR | 1:11,47 | 1:16,41              | 1:42,63 | 1:23,74 |               | Marian de Jong                                                                 |
|    |       |                                       |      |     |                  | 50m-bad tijd |       |         |                      |         |         |               | 1:38,85                                                                        |
|    |       |                                       |      |     |                  |              |       |         |                      |         |         |               |                                                                                |
|    |       |                                       |      |     |                  |              |       |         |                      |         |         |               | ONMK: 5xKB 8xLB, ind: 21G 24Z 17B, est: 18G 14Z 4B                             |
| 3  | 20    | Eline Vermue                          | D    | 25+ | AZ&PC De Futen   | 1:25,43      |       | 0:58,11 | 1:00,24              | 1:00,80 | 1:04,04 |               | Laura van den Berg                                                             |
|    |       |                                       |      |     |                  | 25m-bad tijd |       |         | NMR: Elinore de Jong |         |         |               | 1:06,23                                                                        |
|    |       | NMR: 50m: 0:26,14                     |      |     |                  |              |       |         |                      |         |         |               | ONMK: 3xLB, est: 2Z                                                            |
| 4  | 23    | Iva den Haan                          | D    | 20+ | De Lansingh      | 1:24,63      |       |         |                      | 1:03,20 | 1:03,20 |               | Maaïke van Veen                                                                |
|    |       |                                       |      |     |                  | 25m-bad tijd |       |         | NMR: Chantal Nap     |         |         |               | 1:05,85                                                                        |
|    |       | NMR: 50m: 0:28,14                     |      |     |                  |              |       |         |                      |         |         |               |                                                                                |
| 5  | 4     | Peggi Hurenkamp                       | D    | 50+ | HZ&PC Heerenveen | 1:24,96      |       | 1:06,88 | 1:06,88              | 1:11,52 | 1:10,68 |               | Lesley Cordial                                                                 |
|    |       |                                       |      |     |                  | 25m-bad tijd |       |         | NMR: Mathilde Vink   |         |         |               | 1:13,02                                                                        |
|    |       | NMR: 50m: 0:31,25                     |      |     |                  |              |       |         |                      |         |         |               | ONMK: 6xKB 6xLB, ind: 1G 3Z 5B, est: 7G 5Z 6B                                  |
| 6  | 2     | Inge Wolfs                            | D    | 60+ | HHZV Plons       | 1:26,12      |       | 1:11,47 | 1:16,41              | 1:23,74 | 1:23,74 |               | Marian de Jong                                                                 |
|    |       |                                       |      |     |                  | 25m-bad tijd |       |         | NMR: Atie Pijtak     |         |         |               | 1:38,85                                                                        |
|    |       | NMR: 50m: 0:34,57                     |      |     |                  |              |       |         |                      |         |         |               | ALL: 1 NMR ind, 1 NMR est<br>ONMK: 10xKB 10xLB, ind: 9G 22Z 17B, est: 5G 6Z 7B |
| 7  | 21    | Nicky Vanhijfte                       | D    | 25+ | Scheldestroom    | 1:28,42      |       | 0:58,11 | 1:00,24              | 1:00,80 | 1:04,04 |               | Laura van den Berg                                                             |
|    |       |                                       |      |     |                  | 25m-bad tijd |       |         | NMR: Elinore de Jong |         |         |               | 1:06,23                                                                        |
|    |       | NMR: 50m: 0:26,14                     |      |     |                  |              |       |         |                      |         |         |               | ONMK: 1xKB 3xLB, est: 1G 1Z 1B                                                 |
| 8  | 5     | Marjon Boidin                         | D    | 40+ | Old Dutch        | 1:29,99      |       | 1:01,70 | 1:03,76              | 1:07,70 | 1:07,70 |               | Katinka van Dongen                                                             |
|    |       |                                       |      |     |                  | 25m-bad tijd |       |         | NMR: Anita Smits     |         |         |               | 1:09,39                                                                        |
|    |       | NMR: 50m: 0:29,60                     |      |     |                  |              |       |         |                      |         |         |               |                                                                                |
| 9  | 22    | Claudia Creemers                      | D    | 25+ | RZ               | 1:35,42      |       | 0:58,11 | 1:00,24              | 1:00,80 | 1:04,04 |               | Laura van den Berg                                                             |
|    |       |                                       |      |     |                  | 25m-bad tijd |       |         | NMR: Elinore de Jong |         |         |               | 1:06,23                                                                        |
|    |       | NMR: 50m: 0:26,14                     |      |     |                  |              |       |         |                      |         |         |               | ONMK: 8xKB 7xLB, ind: 1Z 1B, est: 1Z 2B                                        |

| Bn | Rank  | Naam                                  | Gend | Cat | Team                                                                                | Intijd       | KANS | WMR     | EMR                  | NatMR   | CR      | Record-houder | Titelhouder 2019    |
|----|-------|---------------------------------------|------|-----|-------------------------------------------------------------------------------------|--------------|------|---------|----------------------|---------|---------|---------------|---------------------|
|    | 15:13 | Programma 39 100m. vlinder D Serie: 4 |      |     |                                                                                     |              |      |         | NMR-houder           |         |         | Aanvraag      | Tijd titelhouder    |
| 0  | 19    | Leontine Groeneveldt                  | D    | 25+ | De Duck                                                                             | 1:24,40      |      | 0:58,11 | 1:00,24              | 1:00,80 | 1:04,04 |               | Laura van den Berg  |
|    |       |                                       |      |     |                                                                                     | 25m-bad tijd |      |         | NMR: Elinore de Jong |         |         |               | 1:06,23             |
|    |       | NMR: 50m: 0:26,14                     |      |     | ONMK: 1xKB 2xLB, est: 1Z 3B                                                         |              |      |         |                      |         |         |               |                     |
| 1  | 5     | Els van den Eede                      | D    | 45+ | De Waalstroom                                                                       | 1:23,04      |      | 1:03,47 | 1:05,83              | 1:10,01 | 1:10,01 |               | Jeanne Petit        |
|    |       |                                       |      |     |                                                                                     | 25m-bad tijd |      |         | NMR: Jeanne Petit    |         |         |               | 1:12,67             |
|    |       | NMR: 50m: 0:30,86                     |      |     |                                                                                     |              |      |         |                      |         |         |               |                     |
| 2  | 4     | Rachel Trainor                        | D    | 40+ | De Duck                                                                             | 1:22,42      |      | 1:01,70 | 1:03,76              | 1:07,70 | 1:07,70 |               | Katinka van Dongen  |
|    |       |                                       |      |     |                                                                                     | 25m-bad tijd |      |         | NMR: Anita Smits     |         |         |               | 1:09,39             |
|    |       | NMR: 50m: 0:29,60                     |      |     | ONMK: 1xKB 5xLB, ind: 1Z 4B, est: 1Z 2B                                             |              |      |         |                      |         |         |               |                     |
| 3  | 3     | Natasja Forat                         | D    | 40+ | ZPC De Zeeuwse Kust                                                                 | 1:21,60      |      | 1:01,70 | 1:03,76              | 1:07,70 | 1:07,70 |               | Katinka van Dongen  |
|    |       |                                       |      |     |                                                                                     | 25m-bad tijd |      |         | NMR: Anita Smits     |         |         |               | 1:09,39             |
|    |       | NMR: 50m: 0:29,60                     |      |     | ONMK: 5xKB 4xLB, ind: 7B, est: 1G 1Z 1B                                             |              |      |         |                      |         |         |               |                     |
| 4  | 20    | Renske Beek                           | D    | 20+ | AZ&PC De Futen                                                                      | 1:19,64      |      |         |                      | 1:03,20 | 1:03,20 |               | Maaike van Veen     |
|    |       |                                       |      |     |                                                                                     | 25m-bad tijd |      |         | NMR: Chantal Nap     |         |         |               | 1:05,85             |
|    |       | NMR: 50m: 0:28,14                     |      |     |                                                                                     |              |      |         |                      |         |         |               |                     |
| 5  | 3     | Bianca Groot                          | D    | 50+ | MSV-Zeemacht                                                                        | 1:21,30      |      | 1:06,88 | 1:06,88              | 1:11,52 | 1:10,68 |               | Lesley Cordial      |
|    |       |                                       |      |     |                                                                                     | 25m-bad tijd |      |         | NMR: Mathilde Vink   |         |         |               | 1:13,02             |
|    |       | NMR: 50m: 0:31,25                     |      |     | ONMK: 1xLB, ind: 1Z 1B, est: 1G 1Z                                                  |              |      |         |                      |         |         |               |                     |
| 6  | 21    | Sheila Ten Voorde                     | D    | 20+ | ZVV                                                                                 | 1:21,73      |      |         |                      | 1:03,20 | 1:03,20 |               | Maaike van Veen     |
|    |       |                                       |      |     |                                                                                     | 25m-bad tijd |      |         | NMR: Chantal Nap     |         |         |               | 1:05,85             |
|    |       | NMR: 50m: 0:28,14                     |      |     | ONMK: 1xKB 1xLB                                                                     |              |      |         |                      |         |         |               |                     |
| 7  | 2     | Margriet Grove-Lingeman               | D    | 55+ | Triton                                                                              | 1:22,57      |      | 1:08,15 | 1:11,21              | 1:16,67 | 1:08,15 |               | Marjan Remmits-de L |
|    |       |                                       |      |     |                                                                                     | 25m-bad tijd |      |         | NMR: Mathilde Vink   |         |         |               | 1:17,28             |
|    |       | NMR: 50m: 0:33,15                     |      |     | ALL: 22 NMR ind, 14 NMR est<br>ONMK: 18xKB 16xLB, ind: 73G 60Z 17B, est: 10G 12Z 5B |              |      |         |                      |         |         |               |                     |
| 8  | 22    | Rachel Trapman                        | D    | 20+ | De Duinkikkers                                                                      | 1:23,31      |      |         |                      | 1:03,20 | 1:03,20 |               | Maaike van Veen     |
|    |       |                                       |      |     |                                                                                     | 25m-bad tijd |      |         | NMR: Chantal Nap     |         |         |               | 1:05,85             |
|    |       | NMR: 50m: 0:28,14                     |      |     | ONMK: 1xLB                                                                          |              |      |         |                      |         |         |               |                     |
| 9  | 5     | Lindsey Hol                           | D    | 30+ | De Meer                                                                             | 1:24,53      |      | 0:59,82 | 0:59,82              | 1:03,12 | 1:03,12 |               | Viktória Felföldi   |
|    |       |                                       |      |     |                                                                                     | 25m-bad tijd |      |         | NMR: Pauline Gouwens |         |         |               | 1:06,90             |
|    |       | NMR: 50m: 0:27,95                     |      |     | ONMK: 8xKB 5xLB, est: 6G 5Z 7B                                                      |              |      |         |                      |         |         |               |                     |

| Bn | Rank  | Naam                                  | Gender | Cat | Team                                                                                                            | Intijd       | KANS     | WMR     | EMR                  | NatMR   | CR      | Record-houder | Titelhouder 2019    |
|----|-------|---------------------------------------|--------|-----|-----------------------------------------------------------------------------------------------------------------|--------------|----------|---------|----------------------|---------|---------|---------------|---------------------|
|    | 15:15 | Programma 39 100m. vlinder D Serie: 5 |        |     |                                                                                                                 |              |          |         | NMR-houder           |         |         | Aanvraag      | Tijd titelhouder    |
| 0  | 18    | Alma Janssen                          | D      | 25+ | Z&PC Zegenwerp                                                                                                  | 1:18,30      |          | 0:58,11 | 1:00,24              | 1:00,80 | 1:04,04 |               | Laura van den Berg  |
|    |       |                                       |        |     |                                                                                                                 | 25m-bad tijd |          |         | NMR: Elinore de Jong |         |         |               | 1:06,23             |
|    |       | NMR: 50m: 0:26,14                     |        |     | ONMK: 1xKB 4xLB, est: 1Z                                                                                        |              |          |         |                      |         |         |               |                     |
| 1  | 19    | Lenneke Bagijn                        | D      | 20+ | De Duck                                                                                                         | 1:18,03      |          |         |                      | 1:03,20 | 1:03,20 |               | Maaïke van Veen     |
|    |       |                                       |        |     |                                                                                                                 | 25m-bad tijd |          |         | NMR: Chantal Nap     |         |         |               | 1:05,85             |
|    |       | NMR: 50m: 0:28,14                     |        |     | ONMK: 2xKB 3xLB, est: 1G 1Z 4B                                                                                  |              |          |         |                      |         |         |               |                     |
| 2  | 3     | Liesbeth van Mill                     | D      | 30+ | Zwemlust- den Hommel                                                                                            | 1:17,37      |          | 0:59,82 | 0:59,82              | 1:03,12 | 1:03,12 |               | Viktória Felföldi   |
|    |       |                                       |        |     |                                                                                                                 | 25m-bad tijd |          |         | NMR: Pauline Gouwens |         |         |               | 1:06,90             |
|    |       | NMR: 50m: 0:27,95                     |        |     | ONMK: 11xKB 12xLB, ind: 2G 2Z 7B, est: 8G 8Z 5B                                                                 |              |          |         |                      |         |         |               |                     |
| 3  | 1     | Marjan Remmits                        | D      | 55+ | ZPC Woerden                                                                                                     | 1:16,76      | NMR-kans | 1:08,15 | 1:11,21              | 1:16,67 | 1:08,15 |               | Marjan Remmits-de L |
|    |       |                                       |        |     |                                                                                                                 | 25m-bad tijd |          |         | NMR: Mathilde Vink   |         |         |               | 1:17,28             |
|    |       | NMR: 50m: 0:33,15                     |        |     | Actueel: 12 NMR ind, 1 NMR est / ALL: 16 NMR ind, 4 NMR est<br>ONMK: 7xKB 7xLB, ind: 50G 23Z 6B, est: 29G 7Z 3B |              |          |         |                      |         |         |               |                     |
| 4  | 16    | Inge Koopman                          | D      | 25+ | DAW                                                                                                             | 1:16,09      |          | 0:58,11 | 1:00,24              | 1:00,80 | 1:04,04 |               | Laura van den Berg  |
|    |       |                                       |        |     |                                                                                                                 | 25m-bad tijd |          |         | NMR: Elinore de Jong |         |         |               | 1:06,23             |
|    |       | NMR: 50m: 0:26,14                     |        |     | ONMK: 1xKB 1xLB                                                                                                 |              |          |         |                      |         |         |               |                     |
| 5  | 17    | Laura Scheffer                        | D      | 25+ | GoSwim                                                                                                          | 1:16,45      |          | 0:58,11 | 1:00,24              | 1:00,80 | 1:04,04 |               | Laura van den Berg  |
|    |       |                                       |        |     |                                                                                                                 | 25m-bad tijd |          |         | NMR: Elinore de Jong |         |         |               | 1:06,23             |
|    |       | NMR: 50m: 0:26,14                     |        |     | ONMK: 2xLB                                                                                                      |              |          |         |                      |         |         |               |                     |
| 6  | 18    | Yancey Bouman                         | D      | 20+ | Albion WSS (SG)                                                                                                 | 1:16,86      |          |         |                      | 1:03,20 | 1:03,20 |               | Maaïke van Veen     |
|    |       |                                       |        |     |                                                                                                                 | 25m-bad tijd |          |         | NMR: Chantal Nap     |         |         |               | 1:05,85             |
|    |       | NMR: 50m: 0:28,14                     |        |     | ONMK: 1xLB                                                                                                      |              |          |         |                      |         |         |               |                     |
| 7  | 10    | Sandra Zwaanswijk                     | D      | 35+ | DAW                                                                                                             | 1:17,51      |          | 1:01,88 | 1:03,77              | 1:06,47 | 1:06,47 |               | Delia Badoux        |
|    |       |                                       |        |     |                                                                                                                 | 25m-bad tijd |          |         | NMR: Delia Badoux    |         |         |               | 1:08,53             |
|    |       | NMR: 50m: 0:28,69                     |        |     | ALL: 2 EMR est, 6 NMR est<br>ONMK: 8xKB 5xLB, ind: 2Z 10B, est: 16G 4Z 9B                                       |              |          |         |                      |         |         |               |                     |
| 8  | 4     | Mandy Verbakel                        | D      | 30+ | ZPC Woerden                                                                                                     | 1:18,17      |          | 0:59,82 | 0:59,82              | 1:03,12 | 1:03,12 |               | Viktória Felföldi   |
|    |       |                                       |        |     |                                                                                                                 | 25m-bad tijd |          |         | NMR: Pauline Gouwens |         |         |               | 1:06,90             |
|    |       | NMR: 50m: 0:27,95                     |        |     | Actueel: 2 NMR est / ALL: 4 NMR est<br>ONMK: 7xKB 7xLB, ind: 1G 3Z 7B, est: 23G 11Z 3B                          |              |          |         |                      |         |         |               |                     |
| 9  | 4     | Kathy Van Lindt                       | D      | 45+ | BEL - CNSW                                                                                                      | 1:18,50      |          | 1:03,47 | 1:05,83              | 1:13,69 | 1:10,01 |               | Jeanne Petit        |
|    |       |                                       |        |     |                                                                                                                 | 25m-bad tijd |          |         |                      |         |         |               | 1:12,67             |
|    |       |                                       |        |     | ONMK: 2xKB 4xLB, ind: 1G 3Z 8B, est: 3G 6Z 1B                                                                   |              |          |         |                      |         |         |               |                     |

| Bn | Rank  | Naam                                  | Gend | Cat | Team                                                                                 | Intijd       | KANS | WMR     | EMR                  | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|---------------------------------------|------|-----|--------------------------------------------------------------------------------------|--------------|------|---------|----------------------|---------|---------|---------------|--------------------|
|    | 15:17 | Programma 39 100m. vlinder D Serie: 6 |      |     |                                                                                      |              |      |         | NMR-houder           |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 2     | Jessica Klaassen                      | D    | 40+ | De Marlijn (SG)                                                                      | 1:16,00      |      | 1:01,70 | 1:03,76              | 1:07,70 | 1:07,70 |               | Katinka van Dongen |
|    |       |                                       |      |     |                                                                                      | 25m-bad tijd |      |         | NMR: Anita Smits     |         |         |               | 1:09,39            |
|    |       | NMR: 50m: 0:29,60                     |      |     | ONMK: 2xKB 2xLB, ind: 2Z 2B, est: 4Z 1B                                              |              |      |         |                      |         |         |               |                    |
| 1  | 1     | Chantal Verhoeff                      | D    | 40+ | Old Dutch                                                                            | 1:15,64      |      | 1:01,70 | 1:03,76              | 1:07,70 | 1:07,70 |               | Katinka van Dongen |
|    |       |                                       |      |     |                                                                                      | 25m-bad tijd |      |         | NMR: Anita Smits     |         |         |               | 1:09,39            |
|    |       | NMR: 50m: 0:29,60                     |      |     | ONMK: 4xKB 4xLB, ind: 3G 12Z 11B, est: 1G 7Z 5B                                      |              |      |         |                      |         |         |               |                    |
| 2  | 13    | Chantal van der Horst                 | D    | 25+ | De Meer                                                                              | 1:15,57      |      | 0:58,11 | 1:00,24              | 1:00,80 | 1:04,04 |               | Laura van den Berg |
|    |       |                                       |      |     |                                                                                      | 25m-bad tijd |      |         | NMR: Elinore de Jong |         |         |               | 1:06,23            |
|    |       | NMR: 50m: 0:26,14                     |      |     | Actueel: 1 NMR ind / ALL: 1 NMR ind<br>ONMK: 7xKB 5xLB, ind: 6G 7Z 7B, est: 8G 7Z 7B |              |      |         |                      |         |         |               |                    |
| 3  | 3     | Mirjan den Drijver                    | D    | 45+ | Albion WSS (SG)                                                                      | 1:15,34      |      | 1:03,47 | 1:05,83              | 1:10,01 | 1:10,01 |               | Jeanne Petit       |
|    |       |                                       |      |     |                                                                                      | 25m-bad tijd |      |         | NMR: Jeanne Petit    |         |         |               | 1:12,67            |
|    |       | NMR: 50m: 0:30,86                     |      |     | ONMK: 7xKB 7xLB, ind: 11G 10Z 16B, est: 5G 12Z 4B                                    |              |      |         |                      |         |         |               |                    |
| 4  | 2     | Sandra Peeters-Wiermans               | D    | 45+ | De Rog                                                                               | 1:14,86      |      | 1:03,47 | 1:05,83              | 1:10,01 | 1:10,01 |               | Jeanne Petit       |
|    |       |                                       |      |     |                                                                                      | 25m-bad tijd |      |         | NMR: Jeanne Petit    |         |         |               | 1:12,67            |
|    |       | NMR: 50m: 0:30,86                     |      |     | ONMK: 5xKB, ind: 3Z 2B, est: 2G 3Z 2B                                                |              |      |         |                      |         |         |               |                    |
| 5  | 17    | Eef Hollander                         | D    | 20+ | The Hague Swimming (S                                                                | 1:15,16      |      |         |                      | 1:03,20 | 1:03,20 |               | Maaïke van Veen    |
|    |       |                                       |      |     |                                                                                      | 25m-bad tijd |      |         | NMR: Chantal Nap     |         |         |               | 1:05,85            |
|    |       | NMR: 50m: 0:28,14                     |      |     | ONMK: 1xLB, est: 1G                                                                  |              |      |         |                      |         |         |               |                    |
| 6  | 12    | Anne Aarts                            | D    | 25+ | d'ELFT                                                                               | 1:15,35      |      | 0:58,11 | 1:00,24              | 1:00,80 | 1:04,04 |               | Laura van den Berg |
|    |       |                                       |      |     |                                                                                      | 25m-bad tijd |      |         | NMR: Elinore de Jong |         |         |               | 1:06,23            |
|    |       | NMR: 50m: 0:26,14                     |      |     | ONMK: 4xKB 3xLB, est: 1G 2Z 3B                                                       |              |      |         |                      |         |         |               |                    |
| 7  | 14    | Lotte Rolink                          | D    | 25+ | Zwemclub Polaris                                                                     | 1:15,60      |      | 0:58,11 | 1:00,24              | 1:00,80 | 1:04,04 |               | Laura van den Berg |
|    |       |                                       |      |     |                                                                                      | 25m-bad tijd |      |         | NMR: Elinore de Jong |         |         |               | 1:06,23            |
|    |       | NMR: 50m: 0:26,14                     |      |     | ONMK: 1xKB 2xLB                                                                      |              |      |         |                      |         |         |               |                    |
| 8  | 9     | Sylvia Reijers                        | D    | 35+ | De Gelenberg                                                                         | 1:15,85      |      | 1:01,88 | 1:03,77              | 1:06,47 | 1:06,47 |               | Delia Badoux       |
|    |       |                                       |      |     |                                                                                      | 25m-bad tijd |      |         | NMR: Delia Badoux    |         |         |               | 1:08,53            |
|    |       | NMR: 50m: 0:28,69                     |      |     | ONMK: 7xKB, ind: 5Z 8B, est: 1Z 1B                                                   |              |      |         |                      |         |         |               |                    |
| 9  | 15    | Daphne Kievit                         | D    | 25+ | AZ&PC De Futen                                                                       | 1:16,06      |      | 0:58,11 | 1:00,24              | 1:00,80 | 1:04,04 |               | Laura van den Berg |
|    |       |                                       |      |     |                                                                                      | 25m-bad tijd |      |         | NMR: Elinore de Jong |         |         |               | 1:06,23            |
|    |       | NMR: 50m: 0:26,14                     |      |     | ONMK: 3xLB, est: 2Z                                                                  |              |      |         |                      |         |         |               |                    |

| Bn | Rank  | Naam                                  | Gend | Cat | Team                                                                                                                                         | Intijd       | KANS | WMR     | EMR                  | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|---------------------------------------|------|-----|----------------------------------------------------------------------------------------------------------------------------------------------|--------------|------|---------|----------------------|---------|---------|---------------|--------------------|
|    | 15:19 | Programma 39 100m. vlinder D Serie: 7 |      |     |                                                                                                                                              |              |      |         | NMR-houder           |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 15    | Kayleigh Westenberg                   | D    | 20+ | De Veene                                                                                                                                     | 1:14,12      |      |         |                      | 1:03,20 | 1:03,20 |               | Maaïke van Veen    |
|    |       |                                       |      |     |                                                                                                                                              | 25m-bad tijd |      |         | NMR: Chantal Nap     |         |         |               | 1:05,85            |
|    |       | NMR: 50m: 0:28,14                     |      |     |                                                                                                                                              |              |      |         |                      |         |         |               |                    |
| 1  | 8     | Miranda Pijnenburg                    | D    | 35+ | De Treffers                                                                                                                                  | 1:13,59      |      | 1:01,88 | 1:03,77              | 1:06,47 | 1:06,47 |               | Delia Badoux       |
|    |       |                                       |      |     |                                                                                                                                              | 25m-bad tijd |      |         | NMR: Delia Badoux    |         |         |               | 1:08,53            |
|    |       | NMR: 50m: 0:28,69                     |      |     |                                                                                                                                              |              |      |         |                      |         |         |               |                    |
|    |       |                                       |      |     | ONMK: 7xKB 6xLB, ind: 1G 1Z 9B, est: 1B                                                                                                      |              |      |         |                      |         |         |               |                    |
| 2  | 10    | Joanne van Essen                      | D    | 25+ | ZPC AMERSFOORT                                                                                                                               | 1:13,17      |      | 0:58,11 | 1:00,24              | 1:00,80 | 1:04,04 |               | Laura van den Berg |
|    |       |                                       |      |     |                                                                                                                                              | 25m-bad tijd |      |         | NMR: Elinore de Jong |         |         |               | 1:06,23            |
|    |       | NMR: 50m: 0:26,14                     |      |     |                                                                                                                                              |              |      |         |                      |         |         |               |                    |
|    |       |                                       |      |     | ONMK: 1xKB 2xLB, est: 1G 1Z 1B                                                                                                               |              |      |         |                      |         |         |               |                    |
| 3  | 8     | Maike Korthout                        | D    | 25+ | TRB-RES                                                                                                                                      | 1:12,81      |      | 0:58,11 | 1:00,24              | 1:00,80 | 1:04,04 |               | Laura van den Berg |
|    |       |                                       |      |     |                                                                                                                                              | 25m-bad tijd |      |         | NMR: Elinore de Jong |         |         |               | 1:06,23            |
|    |       | NMR: 50m: 0:26,14                     |      |     |                                                                                                                                              |              |      |         |                      |         |         |               |                    |
|    |       |                                       |      |     | ONMK: 6xKB 3xLB, ind: 1Z 1B, est: 4G 11Z 3B                                                                                                  |              |      |         |                      |         |         |               |                    |
| 4  | 7     | Tonia Ruybroek                        | D    | 35+ | Poseidon'56                                                                                                                                  | 1:12,71      |      | 1:01,88 | 1:03,77              | 1:06,47 | 1:06,47 |               | Delia Badoux       |
|    |       |                                       |      |     |                                                                                                                                              | 25m-bad tijd |      |         | NMR: Delia Badoux    |         |         |               | 1:08,53            |
|    |       | NMR: 50m: 0:28,69                     |      |     |                                                                                                                                              |              |      |         |                      |         |         |               |                    |
|    |       |                                       |      |     | ONMK: 1xKB 1xLB, ind: 3G 2Z 1B                                                                                                               |              |      |         |                      |         |         |               |                    |
| 5  | 7     | Whitney van Hoeckel                   | D    | 25+ | DIO                                                                                                                                          | 1:12,78      |      | 0:58,11 | 1:00,24              | 1:00,80 | 1:04,04 |               | Laura van den Berg |
|    |       |                                       |      |     |                                                                                                                                              | 25m-bad tijd |      |         | NMR: Elinore de Jong |         |         |               | 1:06,23            |
|    |       | NMR: 50m: 0:26,14                     |      |     |                                                                                                                                              |              |      |         |                      |         |         |               |                    |
|    |       |                                       |      |     | ALL: 2 NMR est<br>ONMK: 5xKB 5xLB, ind: 1B, est: 6G 3Z 1B                                                                                    |              |      |         |                      |         |         |               |                    |
| 6  | 9     | Nikki Hoogeboom                       | D    | 25+ | De IJssel                                                                                                                                    | 1:13,08      |      | 0:58,11 | 1:00,24              | 1:00,80 | 1:04,04 |               | Laura van den Berg |
|    |       |                                       |      |     |                                                                                                                                              | 25m-bad tijd |      |         | NMR: Elinore de Jong |         |         |               | 1:06,23            |
|    |       | NMR: 50m: 0:26,14                     |      |     |                                                                                                                                              |              |      |         |                      |         |         |               |                    |
|    |       |                                       |      |     | ONMK: 6xKB 5xLB, est: 2G 5Z 5B                                                                                                               |              |      |         |                      |         |         |               |                    |
| 7  | 11    | Kelly Wigleven                        | D    | 25+ | Poseidon'56                                                                                                                                  | 1:13,57      |      | 0:58,11 | 1:00,24              | 1:00,80 | 1:04,04 |               | Laura van den Berg |
|    |       |                                       |      |     |                                                                                                                                              | 25m-bad tijd |      |         | NMR: Elinore de Jong |         |         |               | 1:06,23            |
|    |       | NMR: 50m: 0:26,14                     |      |     |                                                                                                                                              |              |      |         |                      |         |         |               |                    |
| 8  | 2     | Lidia v. Bon-Rosenbrand               | D    | 50+ | ZPC AMERSFOORT                                                                                                                               | 1:13,97      |      | 1:06,88 | 1:06,88              | 1:11,52 | 1:10,68 |               | Lesley Cordial     |
|    |       |                                       |      |     |                                                                                                                                              | 25m-bad tijd |      |         | NMR: Mathilde Vink   |         |         |               | 1:13,02            |
|    |       | NMR: 50m: 0:31,25                     |      |     |                                                                                                                                              |              |      |         |                      |         |         |               |                    |
|    |       |                                       |      |     | Actueel: 4 NMR ind, 15 NMR est / ALL: 5 WMR est, 12 EMR est, 45 NMR ind, 54 NMR est<br>ONMK: 19xKB 17xLB, ind: 90G 52Z 28B, est: 57G 14Z 10B |              |      |         |                      |         |         |               |                    |
| 9  | 16    | Jet Kleine                            | D    | 20+ | MSV-Zeemacht                                                                                                                                 | 1:14,23      |      |         |                      | 1:03,20 | 1:03,20 |               | Maaïke van Veen    |
|    |       |                                       |      |     |                                                                                                                                              | 25m-bad tijd |      |         | NMR: Chantal Nap     |         |         |               | 1:05,85            |
|    |       | NMR: 50m: 0:28,14                     |      |     |                                                                                                                                              |              |      |         |                      |         |         |               |                    |
|    |       |                                       |      |     | ONMK: 1xKB 1xLB, est: 2G 3Z 1B                                                                                                               |              |      |         |                      |         |         |               |                    |

| Bn | Rank  | Naam                                  | Gend | Cat | Team                 | Intijd       | KANS | WMR     | EMR                                                                                                                                                 | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|---------------------------------------|------|-----|----------------------|--------------|------|---------|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------|---------------|--------------------|
|    | 15:20 | Programma 39 100m. vlinder D Serie: 8 |      |     |                      |              |      |         | NMR-houder                                                                                                                                          |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 6     | Wendy de Bruin                        | D    | 25+ | ZOB'66               | 1:11,70      |      | 0:58,11 | 1:00,24                                                                                                                                             | 1:00,80 | 1:04,04 |               | Laura van den Berg |
|    |       |                                       |      |     |                      | 25m-bad tijd |      |         | NMR: Elinore de Jong                                                                                                                                |         |         |               | 1:06,23            |
|    |       |                                       |      |     |                      |              |      |         | ALL: 2 NMR est<br>ONMK: 9xKB 8xLB, ind: 3Z 5B, est: 5G 7Z 6B                                                                                        |         |         |               |                    |
|    |       | NMR: 50m: 0:26,14                     |      |     |                      |              |      |         |                                                                                                                                                     |         |         |               |                    |
| 1  | 1     | Gudule van der Meer                   | D    | 45+ | PSV                  | 1:11,46      |      | 1:03,47 | 1:05,83                                                                                                                                             | 1:10,01 | 1:10,01 |               | Jeanne Petit       |
|    |       |                                       |      |     |                      | 25m-bad tijd |      |         | NMR: Jeanne Petit                                                                                                                                   |         |         |               | 1:12,67            |
|    |       |                                       |      |     |                      |              |      |         | Actueel:1 EMR est, 13 NMR ind, 12 NMR est / ALL: 3 WMR est, 10 EMR est, 35 NMR ind, 42 NMR est<br>ONMK: 8xKB 10xLB, ind: 39G 12Z 3B, est: 40G 8Z 2B |         |         |               |                    |
|    |       | NMR: 50m: 0:30,86                     |      |     |                      |              |      |         |                                                                                                                                                     |         |         |               |                    |
| 2  | 6     | Marije Jansen                         | D    | 35+ | ZPC AMERSFOORT       | 1:10,69      |      | 1:01,88 | 1:03,77                                                                                                                                             | 1:06,47 | 1:06,47 |               | Delia Badoux       |
|    |       |                                       |      |     |                      | 25m-bad tijd |      |         | NMR: Delia Badoux                                                                                                                                   |         |         |               | 1:08,53            |
|    |       |                                       |      |     |                      |              |      |         | Actueel:1 EMR est, 8 NMR est / ALL: 2 EMR est, 11 NMR est<br>ONMK: 10xKB 8xLB, ind: 10G 14Z 6B, est: 8G 15Z 9B                                      |         |         |               |                    |
|    |       | NMR: 50m: 0:28,69                     |      |     |                      |              |      |         |                                                                                                                                                     |         |         |               |                    |
| 3  | 1     | Jeanne Petit                          | D    | 50+ | PSV                  | 1:10,32      | NMR  | 1:06,88 | 1:06,88                                                                                                                                             | 1:11,52 | 1:10,68 |               | Lesley Cordial     |
|    |       |                                       |      |     |                      | 25m-bad tijd |      |         | NMR: Mathilde Vink                                                                                                                                  |         |         |               | 1:13,02            |
|    |       |                                       |      |     |                      |              |      |         | Actueel: 2 NMR ind, 7 NMR est / ALL: 3 EMR est, 3 NMR ind, 7 NMR est<br>ONMK: 7xKB 5xLB, ind: 23G 13Z 8B, est: 13G 2Z 1B                            |         |         |               |                    |
|    |       | NMR: 50m: 0:31,25                     |      |     |                      |              |      |         |                                                                                                                                                     |         |         |               |                    |
| 4  | 12    | Linde Haverkate                       | D    | 20+ | ZPC De Hof           | 1:09,86      |      |         |                                                                                                                                                     | 1:03,20 | 1:03,20 |               | Maaïke van Veen    |
|    |       |                                       |      |     |                      | 25m-bad tijd |      |         | NMR: Chantal Nap                                                                                                                                    |         |         |               | 1:05,85            |
|    |       |                                       |      |     |                      |              |      |         | ONMK: 1xKB 1xLB, est: 1G 1Z                                                                                                                         |         |         |               |                    |
|    |       | NMR: 50m: 0:28,14                     |      |     |                      |              |      |         |                                                                                                                                                     |         |         |               |                    |
| 5  | 4     | Ann Wanter                            | D    | 35+ | BEL - Zwemclub Geel  | 1:09,91      |      | 1:01,88 | 1:03,77                                                                                                                                             | 1:05,85 | 1:06,47 |               | Delia Badoux       |
|    |       |                                       |      |     |                      | 25m-bad tijd |      |         |                                                                                                                                                     |         |         |               | 1:08,53            |
|    |       |                                       |      |     |                      |              |      |         | Actueel: 2 NMR ind / ALL: 5 NMR ind<br>ONMK: 1xKB 3xLB, ind: 13G 4Z 3B                                                                              |         |         |               |                    |
| 6  | 5     | Roos van Esch                         | D    | 35+ | De Lansingh          | 1:10,64      |      | 1:01,88 | 1:03,77                                                                                                                                             | 1:06,47 | 1:06,47 |               | Delia Badoux       |
|    |       |                                       |      |     |                      | 25m-bad tijd |      |         | NMR: Delia Badoux                                                                                                                                   |         |         |               | 1:08,53            |
|    |       |                                       |      |     |                      |              |      |         | Actueel: 4 NMR ind, 2 NMR est / ALL: 1 EMR est, 7 NMR ind, 6 NMR est<br>ONMK: 14xKB 12xLB, ind: 76G 44Z 17B, est: 11G 5Z 5B                         |         |         |               |                    |
|    |       | NMR: 50m: 0:28,69                     |      |     |                      |              |      |         |                                                                                                                                                     |         |         |               |                    |
| 7  | 5     | Marjon Pol                            | D    | 25+ | Zwemlust- den Hommel | 1:11,23      |      | 0:58,11 | 1:00,24                                                                                                                                             | 1:00,80 | 1:04,04 |               | Laura van den Berg |
|    |       |                                       |      |     |                      | 25m-bad tijd |      |         | NMR: Elinore de Jong                                                                                                                                |         |         |               | 1:06,23            |
|    |       |                                       |      |     |                      |              |      |         | ONMK: 2xKB 2xLB, ind: 1G 1Z , est: 2G 2Z 3B                                                                                                         |         |         |               |                    |
|    |       | NMR: 50m: 0:26,14                     |      |     |                      |              |      |         |                                                                                                                                                     |         |         |               |                    |
| 8  | 13    | Gaby Zittersteijn                     | D    | 20+ | Zuiderzeewimmers     | 1:11,66      |      |         |                                                                                                                                                     | 1:03,20 | 1:03,20 |               | Maaïke van Veen    |
|    |       |                                       |      |     |                      | 25m-bad tijd |      |         | NMR: Chantal Nap                                                                                                                                    |         |         |               | 1:05,85            |
|    |       |                                       |      |     |                      |              |      |         | ONMK: 2xKB, est: 1B                                                                                                                                 |         |         |               |                    |
|    |       | NMR: 50m: 0:28,14                     |      |     |                      |              |      |         |                                                                                                                                                     |         |         |               |                    |
| 9  | 14    | Marijke Drent                         | D    | 20+ | De Zwemlinie (SG)    | 1:12,68      |      |         |                                                                                                                                                     | 1:03,20 | 1:03,20 |               | Maaïke van Veen    |
|    |       |                                       |      |     |                      | 25m-bad tijd |      |         | NMR: Chantal Nap                                                                                                                                    |         |         |               | 1:05,85            |
|    |       |                                       |      |     |                      |              |      |         | ONMK: 1xKB 1xLB, est: 1G 1B                                                                                                                         |         |         |               |                    |
|    |       | NMR: 50m: 0:28,14                     |      |     |                      |              |      |         |                                                                                                                                                     |         |         |               |                    |

| Bn | Rank  | Naam                                  | Gend | Cat | Team                     | Intijd       | KANS  | WMR     | EMR                                                                                    | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|---------------------------------------|------|-----|--------------------------|--------------|-------|---------|----------------------------------------------------------------------------------------|---------|---------|---------------|--------------------|
|    | 15:22 | Programma 39 100m. vlinder D Serie: 9 |      |     |                          |              |       |         | NMR-houder                                                                             |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 3     | Karen Stolk                           | D    | 25+ | De Dolfijn               | 1:08,57      |       | 0:58,11 | 1:00,24                                                                                | 1:00,80 | 1:04,04 |               | Laura van den Berg |
|    |       |                                       |      |     |                          | 25m-bad tijd |       |         | NMR: Elinore de Jong                                                                   |         |         |               | 1:06,23            |
|    |       |                                       |      |     |                          |              |       |         | ALL: 1 NMR est<br>ONMK: 2xKB 1xLB, est: 2G 1Z 1B                                       |         |         |               |                    |
| 1  | 3     | Anneloes Peulen                       | D    | 35+ | Nuenen                   | 1:08,51      |       | 1:01,88 | 1:03,77                                                                                | 1:06,47 | 1:06,47 |               | Delia Badoux       |
|    |       |                                       |      |     |                          | 25m-bad tijd |       |         | NMR: Delia Badoux                                                                      |         |         |               | 1:08,53            |
|    |       |                                       |      |     |                          |              |       |         | NMR: 50m: 0:28,69                                                                      |         |         |               |                    |
| 2  | 11    | Richenne Zeebregts                    | D    | 20+ | Nuenen                   | 1:08,06      |       |         |                                                                                        | 1:03,20 | 1:03,20 |               | Maaïke van Veen    |
|    |       |                                       |      |     |                          | 25m-bad tijd |       |         | NMR: Chantal Nap                                                                       |         |         |               | 1:05,85            |
|    |       |                                       |      |     |                          |              |       |         | NMR: 50m: 0:28,14<br>ONMK: 1xKB 2xLB, ind: 1B                                          |         |         |               |                    |
| 3  | 9     | Linda Kamperman                       | D    | 20+ | Zwemlust- den Hommel     | 1:07,73      |       |         |                                                                                        | 1:03,20 | 1:03,20 |               | Maaïke van Veen    |
|    |       |                                       |      |     |                          | 25m-bad tijd |       |         | NMR: Chantal Nap                                                                       |         |         |               | 1:05,85            |
|    |       |                                       |      |     |                          |              |       |         | Actueel: 1 NMR est / ALL: 1 NMR est<br>ONMK: 1xKB 2xLB, ind: 1B, est: 1G               |         |         |               |                    |
| 4  | 8     | Nadja Wortel                          | D    | 20+ | Hieronymus               | 1:07,15      |       |         |                                                                                        | 1:03,20 | 1:03,20 |               | Maaïke van Veen    |
|    |       |                                       |      |     |                          | 25m-bad tijd |       |         | NMR: Chantal Nap                                                                       |         |         |               | 1:05,85            |
|    |       |                                       |      |     |                          |              |       |         | Actueel: 3 NMR est / ALL: 3 NMR est<br>ONMK: 1xKB 2xLB, ind: 1G 5B, est: 5G            |         |         |               |                    |
| 5  | 2     | Denise Boereboom                      | D    | 25+ | ZPV Barracuda            | 1:07,58      |       | 0:58,11 | 1:00,24                                                                                | 1:00,80 | 1:04,04 |               | Laura van den Berg |
|    |       |                                       |      |     |                          | 25m-bad tijd |       |         | NMR: Elinore de Jong                                                                   |         |         |               | 1:06,23            |
|    |       |                                       |      |     |                          |              |       |         | Actueel: 1 NMR est / ALL: 2 NMR est<br>ONMK: 4xKB 4xLB, ind: 4G 9Z 7B, est: 10G 10Z 1B |         |         |               |                    |
| 6  | 10    | Christel Brugmans                     | D    | 20+ | Hieronymus               | 1:07,77      |       |         |                                                                                        | 1:03,20 | 1:03,20 |               | Maaïke van Veen    |
|    |       |                                       |      |     |                          | 25m-bad tijd |       |         | NMR: Chantal Nap                                                                       |         |         |               | 1:05,85            |
|    |       |                                       |      |     |                          |              |       |         | NMR: 50m: 0:28,14                                                                      |         |         |               |                    |
| 7  | 2     | Jolanda Post                          | D    | 30+ | DIO                      | 1:08,33      |       | 0:59,82 | 0:59,82                                                                                | 1:03,12 | 1:03,12 |               | Viktória Felföldi  |
|    |       |                                       |      |     |                          | 25m-bad tijd |       |         | NMR: Pauline Gouwens                                                                   |         |         |               | 1:06,90            |
|    |       |                                       |      |     |                          |              |       |         | ALL: 1 NMR ind, 2 NMR est<br>ONMK: 7xKB 10xLB, ind: 15G 24Z 8B, est: 7G 9Z 2B          |         |         |               |                    |
| 8  | 2     | Agnieszka Wysocka                     | D    | 35+ | IRL - Aer Lingus Masters | 1:08,53      | natMR | 1:01,88 | 1:03,77                                                                                | 1:08,57 | 1:06,47 |               | Delia Badoux       |
|    |       |                                       |      |     |                          | 50m-bad tijd |       |         |                                                                                        |         |         |               | 1:08,53            |
|    |       |                                       |      |     |                          |              |       |         |                                                                                        |         |         |               |                    |
| 9  | 4     | Linda van der Voort                   | D    | 25+ | ZVL-1886 Tetteroo        | 1:09,73      |       | 0:58,11 | 1:00,24                                                                                | 1:00,80 | 1:04,04 |               | Laura van den Berg |
|    |       |                                       |      |     |                          | 25m-bad tijd |       |         | NMR: Elinore de Jong                                                                   |         |         |               | 1:06,23            |
|    |       |                                       |      |     |                          |              |       |         | NMR: 50m: 0:26,14<br>ONMK: 2xKB 1xLB, est: 2Z 5B                                       |         |         |               |                    |

| Bn | Rank  | Naam                                   | Gend | Cat | Team                                                                                                  | Intijd       | KANS  | WMR     | EMR                  | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|----------------------------------------|------|-----|-------------------------------------------------------------------------------------------------------|--------------|-------|---------|----------------------|---------|---------|---------------|--------------------|
|    | 15:24 | Programma 39 100m. vlinder D Serie: 10 |      |     |                                                                                                       |              |       |         | NMR-houder           |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 6     | Michelle Zomerdijk                     | D    | 20+ | Dedemsvaart-AC                                                                                        | 1:06,39      |       |         |                      | 1:03,20 | 1:03,20 |               | Maaike van Veen    |
|    |       |                                        |      |     |                                                                                                       | 25m-bad tijd |       |         | NMR: Chantal Nap     |         |         |               | 1:05,85            |
|    |       | NMR: 50m: 0:28,14                      |      |     |                                                                                                       |              |       |         |                      |         |         |               |                    |
| 1  | 5     | Fenna de Groot                         | D    | 20+ | Albion WSS (SG)                                                                                       | 1:06,07      |       |         |                      | 1:03,20 | 1:03,20 |               | Maaike van Veen    |
|    |       |                                        |      |     |                                                                                                       | 25m-bad tijd |       |         | NMR: Chantal Nap     |         |         |               | 1:05,85            |
|    |       | NMR: 50m: 0:28,14                      |      |     | Actueel: 1 NMR est / ALL: 2 NMR est<br>ONMK: 4xKB 3xLB, ind: 2G 3Z 2B, est: 7G 2Z 2B                  |              |       |         |                      |         |         |               |                    |
| 2  | 4     | Babette van der Kaaij                  | D    | 20+ | Rotterdam Swimming (Sc                                                                                | 1:05,64      |       |         |                      | 1:03,20 | 1:03,20 |               | Maaike van Veen    |
|    |       |                                        |      |     |                                                                                                       | 25m-bad tijd |       |         | NMR: Chantal Nap     |         |         |               | 1:05,85            |
|    |       | NMR: 50m: 0:28,14                      |      |     |                                                                                                       |              |       |         |                      |         |         |               |                    |
| 3  | 2     | Manon van Esch                         | D    | 20+ | PSV                                                                                                   | 1:05,46      |       |         |                      | 1:03,20 | 1:03,20 |               | Maaike van Veen    |
|    |       |                                        |      |     |                                                                                                       | 25m-bad tijd |       |         | NMR: Chantal Nap     |         |         |               | 1:05,85            |
|    |       | NMR: 50m: 0:28,14                      |      |     | ONMK: 4xKB 2xLB, ind: 1G 3Z 4B, est: 3G 5Z 3B                                                         |              |       |         |                      |         |         |               |                    |
| 4  | 1     | Danique Stoop                          | D    | 25+ | Zuiderzeezwimmers                                                                                     | 1:02,33      |       | 0:58,11 | 1:00,24              | 1:00,80 | 1:04,04 |               | Laura van den Berg |
|    |       |                                        |      |     |                                                                                                       | 25m-bad tijd |       |         | NMR: Elinore de Jong |         |         |               | 1:06,23            |
|    |       | NMR: 50m: 0:26,14                      |      |     | Actueel: 1 NMR ind / ALL: 1 NMR ind<br>ONMK: 1xLB, ind: 1G 1Z , est: 1G 1Z                            |              |       |         |                      |         |         |               |                    |
| 5  | 1     | Nikita van den Ouden                   | D    | 20+ | Nuenen                                                                                                | 1:04,40      |       |         |                      | 1:03,20 | 1:03,20 |               | Maaike van Veen    |
|    |       |                                        |      |     |                                                                                                       | 25m-bad tijd |       |         | NMR: Chantal Nap     |         |         |               | 1:05,85            |
|    |       | NMR: 50m: 0:28,14                      |      |     | ONMK: 1xKB, ind: 1Z 1B                                                                                |              |       |         |                      |         |         |               |                    |
| 6  | 3     | Marije Dinkelberg                      | D    | 20+ | Albion WSS (SG)                                                                                       | 1:05,62      |       |         |                      | 1:03,20 | 1:03,20 |               | Maaike van Veen    |
|    |       |                                        |      |     |                                                                                                       | 25m-bad tijd |       |         | NMR: Chantal Nap     |         |         |               | 1:05,85            |
|    |       | NMR: 50m: 0:28,14                      |      |     | Actueel: 1 NMR est / ALL: 1 NMR est<br>ONMK: 1xKB 2xLB, ind: 1Z , est: 2G                             |              |       |         |                      |         |         |               |                    |
| 7  | 1     | Viktória Háden-Felföldi                | D    | 35+ | HUN - Megathlon SE                                                                                    | 1:05,98      | natMR | 1:01,88 | 1:03,77              | 1:08,98 | 1:06,47 |               | Delia Badoux       |
|    |       |                                        |      |     |                                                                                                       | 25m-bad tijd |       |         |                      |         |         |               | 1:08,53            |
|    |       |                                        |      |     | ONMK: 2xKB 3xLB, ind: 30G 7Z                                                                          |              |       |         |                      |         |         |               |                    |
| 8  | 1     | Marlijn Hendriksen                     | D    | 30+ | DIO                                                                                                   | 1:06,14      |       | 0:59,82 | 0:59,82              | 1:03,12 | 1:03,12 |               | Viktória Felföldi  |
|    |       |                                        |      |     |                                                                                                       | 25m-bad tijd |       |         | NMR: Pauline Gouwens |         |         |               | 1:06,90            |
|    |       | NMR: 50m: 0:27,95                      |      |     | Actueel: 8 NMR ind, 4 NMR est / ALL: 10 NMR ind, 4 NMR est<br>ONMK: 2xKB 4xLB, ind: 15G 10Z , est: 5G |              |       |         |                      |         |         |               |                    |
| 9  | 7     | Melissa van der Heijden                | D    | 20+ | ZPV Barracuda                                                                                         | 1:07,06      |       |         |                      | 1:03,20 | 1:03,20 |               | Maaike van Veen    |
|    |       |                                        |      |     |                                                                                                       | 25m-bad tijd |       |         | NMR: Chantal Nap     |         |         |               | 1:05,85            |
|    |       | NMR: 50m: 0:28,14                      |      |     | ALL: 1 NMR est<br>ONMK: 4xKB 3xLB, ind: 2G 2Z 1B, est: 10G 10Z 1B                                     |              |       |         |                      |         |         |               |                    |

[illegible]

[illegible]

| Bn | Rank  | Naam                                  | Gend | Cat | Team                                                                                                    | Intijd       | KANS   | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|---------------------------------------|------|-----|---------------------------------------------------------------------------------------------------------|--------------|--------|---------|-----------------------|---------|---------|---------------|------------------|
|    | 15:30 | Programma 40 100m. vlinder H Serie: 3 |      |     |                                                                                                         |              |        |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 5     | Ronald Grove                          | H    | 55+ | Triton                                                                                                  | 1:16,91      |        | 0:59,80 | 1:00,58               | 1:00,58 | 1:00,58 |               | Johan Remmits    |
|    |       |                                       |      |     | lid DMHoF                                                                                               | 25m-bad tijd |        |         | NMR: Hugo Bregman     |         |         |               | 1:09,25          |
|    |       |                                       |      |     | Actueel: 1 NMR ind / ALL: 15 NMR ind, 14 NMR est<br>ONMK: 19xKB 17xLB, ind: 20G 68Z 50B, est: 4G 11Z 7B |              |        |         |                       |         |         |               |                  |
|    |       | NMR: 50m: 0:27,35                     |      |     |                                                                                                         |              |        |         |                       |         |         |               |                  |
| 1  | 10    | Ingmar Kooman                         | H    | 40+ | ZVL-1886 Tetteroo                                                                                       | 1:15,60      |        | 0:53,81 | 0:53,81               | 0:58,33 | 0:58,33 |               | Casper Hut       |
|    |       |                                       |      |     |                                                                                                         | 50m-bad tijd |        |         | NMR: Casper Hut       |         |         |               | 0:58,33          |
|    |       |                                       |      |     | NMR: 50m: 0:25,81                                                                                       |              |        |         |                       |         |         |               |                  |
|    |       |                                       |      |     | ONMK: 5xKB 6xLB, est: 3G 5B                                                                             |              |        |         |                       |         |         |               |                  |
| 2  | 7     | Korstiaan de Boer                     | H    | 45+ | Steenwijk 1934                                                                                          | 1:14,66      |        | 0:55,07 | 0:56,37               | 1:00,97 | 0:58,28 |               | Frédéric Tonus   |
|    |       |                                       |      |     |                                                                                                         | 25m-bad tijd |        |         | NMR: Antwan van Engen |         |         |               | 0:58,28          |
|    |       |                                       |      |     | NMR: 50m: 0:27,42                                                                                       |              |        |         |                       |         |         |               |                  |
|    |       |                                       |      |     | ONMK: 5xKB 4xLB, ind: 3Z 4B, est: 1G 5Z 3B                                                              |              |        |         |                       |         |         |               |                  |
| 3  | 1     | Jean-Marie Cadiat                     | H    | 65+ | BEL - CNSW                                                                                              | 1:12,20      | natMR= | 1:05,37 | 1:05,90               | 1:12,20 | 1:15,28 |               |                  |
|    |       |                                       |      |     |                                                                                                         | 25m-bad tijd |        |         |                       |         |         |               |                  |
|    |       |                                       |      |     | ONMK: 5xKB 7xLB, ind: 31G 5Z , est: 14G 2Z                                                              |              |        |         |                       |         |         |               |                  |
| 4  | 6     | Richard van Kampen                    | H    | 45+ | ZPCH                                                                                                    | 1:10,13      |        | 0:55,07 | 0:56,37               | 1:00,97 | 0:58,28 |               | Frédéric Tonus   |
|    |       |                                       |      |     |                                                                                                         | 25m-bad tijd |        |         | NMR: Antwan van Engen |         |         |               | 0:58,28          |
|    |       |                                       |      |     | NMR: 50m: 0:27,42                                                                                       |              |        |         |                       |         |         |               |                  |
| 5  | 9     | Melano Winter                         | H    | 30+ | AZ&PC De Futen                                                                                          | 1:12,08      |        | 0:52,44 | 0:52,64               | 0:57,99 | 0:58,04 |               | Alex Schelvis    |
|    |       |                                       |      |     |                                                                                                         | 25m-bad tijd |        |         | NMR: Edwin van Norden |         |         |               | 0:58,25          |
|    |       |                                       |      |     | NMR: 50m: 0:25,18                                                                                       |              |        |         |                       |         |         |               |                  |
|    |       |                                       |      |     | ONMK: 2xKB 6xLB, ind: 2B, est: 3Z                                                                       |              |        |         |                       |         |         |               |                  |
| 6  | 22    | Wesley van der Luit                   | H    | 20+ | Sassenheim                                                                                              | 1:12,34      |        |         |                       | 0:56,30 | 0:56,55 |               | Melvin Prins     |
|    |       |                                       |      |     |                                                                                                         | 25m-bad tijd |        |         | NMR: Melvin Prins     |         |         |               | 0:56,55          |
|    |       |                                       |      |     | NMR: 50m: 0:24,17                                                                                       |              |        |         |                       |         |         |               |                  |
|    |       |                                       |      |     | ONMK: 2xLB                                                                                              |              |        |         |                       |         |         |               |                  |
| 7  | 4     | Frederic Robin                        | H    | 50+ | BEL - CNSW                                                                                              | 1:15,13      |        | 0:56,78 | 0:56,78               | 1:02,55 | 0:59,91 |               | Chester Marsman  |
|    |       |                                       |      |     |                                                                                                         | 25m-bad tijd |        |         |                       |         |         |               | 1:03,30          |
|    |       |                                       |      |     | ONMK: 3xKB 3xLB, ind: 1B, est: 1G 2Z 1B                                                                 |              |        |         |                       |         |         |               |                  |
| 8  | 5     | Bruno Nahon                           | H    | 50+ | BEL - CNSW                                                                                              | 1:16,00      |        | 0:56,78 | 0:56,78               | 1:02,55 | 0:59,91 |               | Chester Marsman  |
|    |       |                                       |      |     |                                                                                                         | 25m-bad tijd |        |         |                       |         |         |               | 1:03,30          |
|    |       |                                       |      |     | ONMK: 1xKB 2xLB, ind: 1G 4Z 1B, est: 1G 3Z 2B                                                           |              |        |         |                       |         |         |               |                  |
| 9  | 12    | Mark van der Want                     | H    | 25+ | GLS Ketelbinkie                                                                                         | 1:18,02      |        | 0:52,42 | 0:53,46               | 0:55,85 | 0:55,29 |               | Kevin Eltink     |
|    |       |                                       |      |     |                                                                                                         | 25m-bad tijd |        |         | NMR: Filipp Müller    |         |         |               | 0:57,23          |
|    |       |                                       |      |     | NMR: 50m: 0:24,29                                                                                       |              |        |         |                       |         |         |               |                  |

| Bn | Rank  | Naam                                  | Gender | Cat | Team                                                                                                           | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|---------------------------------------|--------|-----|----------------------------------------------------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|------------------|
|    | 15:31 | Programma 40 100m. vlinder H Serie: 4 |        |     |                                                                                                                |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 1     | Fred Ketting                          | H      | 60+ | PSV                                                                                                            | 1:10,07      |      | 1:00,20 | 1:01,38               | 1:01,38 | 1:01,38 |               | Hugo Bregman     |
|    |       |                                       |        |     |                                                                                                                | 25m-bad tijd |      |         | NMR: Hugo Bregman     |         |         |               | 1:02,07          |
|    |       |                                       |        |     | Actueel: 16 NMR est / ALL: 3 EMR est, 3 NMR ind, 36 NMR est<br>ONMK: 5xKB 9xLB, ind: 9G 21Z 15B, est: 23G 4Z   |              |      |         |                       |         |         |               |                  |
|    |       | NMR: 50m: 0:27,82                     |        |     |                                                                                                                |              |      |         |                       |         |         |               |                  |
| 1  | 21    | Sander de Hamer                       | H      | 20+ | De Ganze                                                                                                       | 1:09,94      |      |         |                       | 0:56,30 | 0:56,55 |               | Melvin Prins     |
|    |       |                                       |        |     |                                                                                                                | 25m-bad tijd |      |         | NMR: Melvin Prins     |         |         |               | 0:56,55          |
|    |       |                                       |        |     | NMR: 50m: 0:24,17                                                                                              |              |      |         |                       |         |         |               |                  |
| 2  | 7     | Ferdij van Mastriht                   | H      | 30+ | Rotterdam Swimming (SC                                                                                         | 1:09,18      |      | 0:52,44 | 0:52,64               | 0:57,99 | 0:58,04 |               | Alex Schelvis    |
|    |       |                                       |        |     |                                                                                                                | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 0:58,25          |
|    |       |                                       |        |     | NMR: 50m: 0:25,18                                                                                              |              |      |         |                       |         |         |               |                  |
|    |       |                                       |        |     | ONMK: 2xKB 5xLB, est: 3Z                                                                                       |              |      |         |                       |         |         |               |                  |
| 3  | 2     | Wiljam Nijenhuis                      | H      | 55+ | De IJsel                                                                                                       | 1:09,07      |      | 0:59,80 | 1:00,58               | 1:00,58 | 1:00,58 |               | Johan Remmits    |
|    |       |                                       |        |     |                                                                                                                | 25m-bad tijd |      |         | NMR: Hugo Bregman     |         |         |               | 1:09,25          |
|    |       |                                       |        |     | NMR: 50m: 0:27,35                                                                                              |              |      |         |                       |         |         |               |                  |
|    |       |                                       |        |     | ONMK: 11xKB 6xLB, ind: 1G 10Z 19B, est: 2G 2Z 5B                                                               |              |      |         |                       |         |         |               |                  |
| 4  | 8     | Dennis Dortland                       | H      | 40+ | ZPV Barracuda                                                                                                  | 1:08,75      |      | 0:53,81 | 0:53,81               | 0:58,33 | 0:58,33 |               | Casper Hut       |
|    |       |                                       |        |     |                                                                                                                | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:58,33          |
|    |       |                                       |        |     | NMR: 50m: 0:25,81                                                                                              |              |      |         |                       |         |         |               |                  |
| 5  | 8     | Rob van Wanrooy                       | H      | 35+ | Gay Swim Amsterdam                                                                                             | 1:08,94      |      | 0:54,27 | 0:54,70               | 0:58,43 | 0:58,85 |               | Lauren Vis       |
|    |       |                                       |        |     |                                                                                                                | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 1:01,22          |
|    |       |                                       |        |     | NMR: 50m: 0:24,84                                                                                              |              |      |         |                       |         |         |               |                  |
|    |       |                                       |        |     | ONMK: 7xKB 5xLB, ind: 4Z 5B                                                                                    |              |      |         |                       |         |         |               |                  |
| 6  | 9     | Erik Schoenmakers                     | H      | 40+ | WIDEX GZC DONK                                                                                                 | 1:09,12      |      | 0:53,81 | 0:53,81               | 0:58,33 | 0:58,33 |               | Casper Hut       |
|    |       |                                       |        |     |                                                                                                                | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:58,33          |
|    |       |                                       |        |     | NMR: 50m: 0:25,81                                                                                              |              |      |         |                       |         |         |               |                  |
| 7  | 3     | Peter Bernsen                         | H      | 55+ | De Rog                                                                                                         | 1:09,83      |      | 0:59,80 | 1:00,58               | 1:00,58 | 1:00,58 |               | Johan Remmits    |
|    |       |                                       |        |     |                                                                                                                | 25m-bad tijd |      |         | NMR: Hugo Bregman     |         |         |               | 1:09,25          |
|    |       |                                       |        |     | Actueel: 5 NMR ind, 7 NMR est / ALL: 6 NMR ind, 12 NMR est<br>ONMK: 8xKB 9xLB, ind: 44G 13Z 5B, est: 35G 6Z 4B |              |      |         |                       |         |         |               |                  |
|    |       | NMR: 50m: 0:27,35                     |        |     |                                                                                                                |              |      |         |                       |         |         |               |                  |
| 8  | 8     | Wessel Everloo                        | H      | 30+ | WS Twente                                                                                                      | 1:10,04      |      | 0:52,44 | 0:52,64               | 0:57,99 | 0:58,04 |               | Alex Schelvis    |
|    |       |                                       |        |     |                                                                                                                | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 0:58,25          |
|    |       |                                       |        |     | ALL: 2 NMR est<br>ONMK: 10xKB 2xLB, ind: 4G 5Z 9B, est: 5G 1Z 5B                                               |              |      |         |                       |         |         |               |                  |
|    |       | NMR: 50m: 0:25,18                     |        |     |                                                                                                                |              |      |         |                       |         |         |               |                  |
| 9  | 4     | Hans Vloedgraven                      | H      | 55+ | Old Dutch                                                                                                      | 1:10,13      |      | 0:59,80 | 1:00,58               | 1:00,58 | 1:00,58 |               | Johan Remmits    |
|    |       |                                       |        |     |                                                                                                                | 25m-bad tijd |      |         | NMR: Hugo Bregman     |         |         |               | 1:09,25          |
|    |       |                                       |        |     | NMR: 50m: 0:27,35                                                                                              |              |      |         |                       |         |         |               |                  |
|    |       |                                       |        |     | ONMK: 9xKB 2xLB, ind: 2G 6Z 4B, est: 3G 1Z 2B                                                                  |              |      |         |                       |         |         |               |                  |

| Bn | Rank  | Naam                                  | Gender | Cat | Team                                                                                                                | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|---------------------------------------|--------|-----|---------------------------------------------------------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|------------------|
|    | 15:33 | Programma 40 100m. vlinder H Serie: 5 |        |     |                                                                                                                     |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 11    | Tom van Gils                          | H      | 25+ | ZPC De Zeeuwse Kust                                                                                                 | 1:07,90      |      | 0:52,42 | 0:53,46               | 0:55,85 | 0:55,29 |               | Kevin Eltink     |
|    |       |                                       |        |     |                                                                                                                     | 25m-bad tijd |      |         | NMR: Filipp Müller    |         |         |               | 0:57,23          |
|    |       | NMR: 50m: 0:24,29                     |        |     |                                                                                                                     |              |      |         |                       |         |         |               |                  |
| 1  | 7     | Mark Hensen                           | H      | 40+ | ZPV Barracuda                                                                                                       | 1:07,57      |      | 0:53,81 | 0:53,81               | 0:58,33 | 0:58,33 |               | Casper Hut       |
|    |       |                                       |        |     |                                                                                                                     | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:58,33          |
|    |       | NMR: 50m: 0:25,81                     |        |     | Actueel: 1 NMR est / ALL: 1 NMR est<br>ONMK: 4xKB 2xLB, ind: 3G 7Z 7B, est: 1G 4Z 1B                                |              |      |         |                       |         |         |               |                  |
| 2  | 6     | Jeroen Burggraaf                      | H      | 30+ | De Blauwe Schuur                                                                                                    | 1:07,00      |      | 0:52,44 | 0:52,64               | 0:57,99 | 0:58,04 |               | Alex Schelvis    |
|    |       |                                       |        |     |                                                                                                                     | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 0:58,25          |
|    |       | NMR: 50m: 0:25,18                     |        |     | ONMK: 1xLB, est: 2Z                                                                                                 |              |      |         |                       |         |         |               |                  |
| 3  | 6     | Frank v.d. Voordt                     | H      | 35+ | De Schotejil                                                                                                        | 1:06,44      |      | 0:54,27 | 0:54,70               | 0:58,43 | 0:58,85 |               | Lauren Vis       |
|    |       |                                       |        |     |                                                                                                                     | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 1:01,22          |
|    |       | NMR: 50m: 0:24,84                     |        |     | ONMK: 7xKB 6xLB, ind: 7Z 13B, est: 4G 6Z 2B                                                                         |              |      |         |                       |         |         |               |                  |
| 4  | 1     | Johan Remmits                         | H      | 55+ | ZPC AMERSFOORT                                                                                                      | 1:06,31      |      | 0:59,80 | 1:00,58               | 1:00,58 | 1:00,58 |               | Johan Remmits    |
|    |       |                                       |        |     |                                                                                                                     | 25m-bad tijd |      |         | NMR: Hugo Bregman     |         |         |               | 1:09,25          |
|    |       | NMR: 50m: 0:27,35                     |        |     | Actueel: 1 NMR est / ALL: 4 NMR est<br>ONMK: 8xKB 7xLB, ind: 45G 30Z 13B, est: 11G 4Z 6B                            |              |      |         |                       |         |         |               |                  |
| 5  | 5     | Ben Ghyllebert                        | H      | 35+ | BEL - Koninklijke Vilvo                                                                                             | 1:06,32      |      | 0:54,27 | 0:54,70               | 1:01,30 | 0:58,85 |               | Lauren Vis       |
|    |       |                                       |        |     |                                                                                                                     | 25m-bad tijd |      |         |                       |         |         |               | 1:01,22          |
|    |       |                                       |        |     |                                                                                                                     |              |      |         |                       |         |         |               |                  |
| 6  | 19    | Richard van der Horst                 | H      | 20+ | De Meer                                                                                                             | 1:06,94      |      |         |                       | 0:56,30 | 0:56,55 |               | Melvin Prins     |
|    |       |                                       |        |     |                                                                                                                     | 25m-bad tijd |      |         | NMR: Melvin Prins     |         |         |               | 0:56,55          |
|    |       | NMR: 50m: 0:24,17                     |        |     | ONMK: 4xKB 2xLB, ind: 3Z 2B                                                                                         |              |      |         |                       |         |         |               |                  |
| 7  | 3     | René Beetsma                          | H      | 50+ | HZ&PC Heerenveen                                                                                                    | 1:07,48      |      | 0:56,78 | 0:56,78               | 0:59,91 | 0:59,91 |               | Chester Marsman  |
|    |       |                                       |        |     |                                                                                                                     | 25m-bad tijd |      |         | NMR: Hugo Bregman     |         |         |               | 1:03,30          |
|    |       | NMR: 50m: 0:26,97                     |        |     | Actueel: 7 NMR est / ALL: 1 EMR est, 2 NMR ind, 22 NMR est<br>ONMK: 16xKB 13xLB, ind: 67G 55Z 35B, est: 40G 13Z 12B |              |      |         |                       |         |         |               |                  |
| 8  | 7     | Roel van der Kruijs                   | H      | 35+ | De Gelenberg                                                                                                        | 1:07,83      |      | 0:54,27 | 0:54,70               | 0:58,43 | 0:58,85 |               | Lauren Vis       |
|    |       |                                       |        |     |                                                                                                                     | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 1:01,22          |
|    |       | NMR: 50m: 0:24,84                     |        |     | ONMK: 4xKB, ind: 1G 2Z 2B, est: 1G 3Z 1B                                                                            |              |      |         |                       |         |         |               |                  |
| 9  | 20    | Timo Musters                          | H      | 20+ | DIO                                                                                                                 | 1:08,51      |      |         |                       | 0:56,30 | 0:56,55 |               | Melvin Prins     |
|    |       |                                       |        |     |                                                                                                                     | 25m-bad tijd |      |         | NMR: Melvin Prins     |         |         |               | 0:56,55          |
|    |       | NMR: 50m: 0:24,17                     |        |     |                                                                                                                     |              |      |         |                       |         |         |               |                  |

| Bn | Rank  | Naam                                  | Gend | Cat | Team                                                                                                          | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|---------------------------------------|------|-----|---------------------------------------------------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|------------------|
|    | 15:35 | Programma 40 100m. vlinder H Serie: 6 |      |     |                                                                                                               |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 5     | Rutger Dalm                           | H    | 30+ | De Lansingh                                                                                                   | 1:05,53      |      | 0:52,44 | 0:52,64               | 0:57,99 | 0:58,04 |               | Alex Schelvis    |
|    |       |                                       |      |     |                                                                                                               | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 0:58,25          |
|    |       | NMR: 50m: 0:25,18                     |      |     | ONMK: 1xKB 3xLB, ind: 1B, est: 2G 2Z                                                                          |              |      |         |                       |         |         |               |                  |
| 1  | 17    | Jeroen Louwinger                      | H    | 20+ | De Rijn                                                                                                       | 1:05,34      |      |         |                       | 0:56,30 | 0:56,55 |               | Melvin Prins     |
|    |       |                                       |      |     |                                                                                                               | 25m-bad tijd |      |         | NMR: Melvin Prins     |         |         |               | 0:56,55          |
|    |       | NMR: 50m: 0:24,17                     |      |     | ONMK: 1xKB, est: 1B                                                                                           |              |      |         |                       |         |         |               |                  |
| 2  | 2     | Pieter van Gemeren                    | H    | 50+ | DAW                                                                                                           | 1:05,14      |      | 0:56,78 | 0:56,78               | 0:59,91 | 0:59,91 |               | Chester Marsman  |
|    |       |                                       |      |     |                                                                                                               | 25m-bad tijd |      |         | NMR: Hugo Bregman     |         |         |               | 1:03,30          |
|    |       | NMR: 50m: 0:26,97                     |      |     | Actueel: 2 NMR ind, 1 NMR est / ALL: 2 NMR ind, 2 NMR est<br>ONMK: 5xKB 3xLB, ind: 13G 11Z 7B, est: 9G 11Z 4B |              |      |         |                       |         |         |               |                  |
| 3  | 5     | Maarten van der Zwan                  | H    | 45+ | Scheldestroom                                                                                                 | 1:05,07      |      | 0:55,07 | 0:56,37               | 1:00,97 | 0:58,28 |               | Frédéric Tonus   |
|    |       |                                       |      |     |                                                                                                               | 25m-bad tijd |      |         | NMR: Antwan van Engen |         |         |               | 0:58,28          |
|    |       | NMR: 50m: 0:27,42                     |      |     | ONMK: 3xKB 3xLB, ind: 2G 6Z 5B, est: 1B                                                                       |              |      |         |                       |         |         |               |                  |
| 4  | 11    | Robert Voigt                          | H    | 20+ | Ragnar                                                                                                        | 1:04,62      |      |         |                       | 0:56,30 | 0:56,55 |               | Melvin Prins     |
|    |       |                                       |      |     |                                                                                                               | 50m-bad tijd |      |         | NMR: Melvin Prins     |         |         |               | 0:56,55          |
|    |       | NMR: 50m: 0:24,17                     |      |     |                                                                                                               |              |      |         |                       |         |         |               |                  |
| 5  | 4     | Alex Vermeulen                        | H    | 30+ | WZK Zwemmen                                                                                                   | 1:04,98      |      | 0:52,44 | 0:52,64               | 0:57,99 | 0:58,04 |               | Alex Schelvis    |
|    |       |                                       |      |     |                                                                                                               | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 0:58,25          |
|    |       | NMR: 50m: 0:25,18                     |      |     | ALL: 1 NMR est<br>ONMK: 7xKB 7xLB, ind: 4G 5Z 6B, est: 5G 1Z 1B                                               |              |      |         |                       |         |         |               |                  |
| 6  | 9     | Rens Post                             | H    | 25+ | WVZ                                                                                                           | 1:05,13      |      | 0:52,42 | 0:53,46               | 0:55,85 | 0:55,29 |               | Kevin Eltink     |
|    |       |                                       |      |     |                                                                                                               | 25m-bad tijd |      |         | NMR: Filipp Müller    |         |         |               | 0:57,23          |
|    |       | NMR: 50m: 0:24,29                     |      |     | ALL: 1 NMR est<br>ONMK: 9xKB 8xLB, ind: 1Z , est: 15G 6Z 9B                                                   |              |      |         |                       |         |         |               |                  |
| 7  | 6     | Markus van Rest                       | H    | 40+ | WVZ                                                                                                           | 1:05,15      |      | 0:53,81 | 0:53,81               | 0:58,33 | 0:58,33 |               | Casper Hut       |
|    |       |                                       |      |     |                                                                                                               | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:58,33          |
|    |       | NMR: 50m: 0:25,81                     |      |     | ALL: 1 NMR est<br>ONMK: 11xKB 11xLB, ind: 4G 7Z 11B, est: 9G 9Z 12B                                           |              |      |         |                       |         |         |               |                  |
| 8  | 10    | Pieter Pijnenburg                     | H    | 25+ | De Biesboschzwemmers                                                                                          | 1:05,39      |      | 0:52,42 | 0:53,46               | 0:55,85 | 0:55,29 |               | Kevin Eltink     |
|    |       |                                       |      |     |                                                                                                               | 25m-bad tijd |      |         | NMR: Filipp Müller    |         |         |               | 0:57,23          |
|    |       | NMR: 50m: 0:24,29                     |      |     | ONMK: 5xKB 1xLB, ind: 2G 9Z 13B                                                                               |              |      |         |                       |         |         |               |                  |
| 9  | 18    | Roel van Grol                         | H    | 20+ | WIDEX GZC DONK                                                                                                | 1:06,06      |      |         |                       | 0:56,30 | 0:56,55 |               | Melvin Prins     |
|    |       |                                       |      |     |                                                                                                               | 25m-bad tijd |      |         | NMR: Melvin Prins     |         |         |               | 0:56,55          |
|    |       | NMR: 50m: 0:24,17                     |      |     | ONMK: 1xLB                                                                                                    |              |      |         |                       |         |         |               |                  |

| Bn | Rank  | Naam                                  | Gend | Cat | Team                                                                                                         | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|---------------------------------------|------|-----|--------------------------------------------------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|------------------|
|    | 15:36 | Programma 40 100m. vlinder H Serie: 7 |      |     |                                                                                                              |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 16    | Hans Stoffers                         | H    | 20+ | Triton Putten                                                                                                | 1:04,33      |      |         |                       | 0:56,30 | 0:56,55 |               | Melvin Prins     |
|    |       |                                       |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Melvin Prins     |         |         |               | 0:56,55          |
|    |       | NMR: 50m: 0:24,17                     |      |     | ONMK: 5xKB 3xLB, ind: 1Z                                                                                     |              |      |         |                       |         |         |               |                  |
| 1  | 4     | László Jüllich                        | H    | 40+ | ZPCH                                                                                                         | 1:03,68      |      | 0:53,81 | 0:53,81               | 0:58,33 | 0:58,33 |               | Casper Hut       |
|    |       |                                       |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:58,33          |
|    |       | NMR: 50m: 0:25,81                     |      |     | ONMK: 1xKB                                                                                                   |              |      |         |                       |         |         |               |                  |
| 2  | 4     | Pieter Pickhardt                      | H    | 35+ | ZPC De Hof                                                                                                   | 1:03,53      |      | 0:54,27 | 0:54,70               | 0:58,43 | 0:58,85 |               | Lauren Vis       |
|    |       |                                       |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 1:01,22          |
|    |       | NMR: 50m: 0:24,84                     |      |     | Actueel: 3 NMR est / ALL: 7 NMR est<br>ONMK: 7xKB 5xLB, ind: 10G 10Z 12B, est: 10G 7Z 2B                     |              |      |         |                       |         |         |               |                  |
| 3  | 1     | Chester Marsman                       | H    | 50+ | ZPC AMERSFOORT                                                                                               | 1:03,30      |      | 0:56,78 | 0:56,78               | 0:59,91 | 0:59,91 |               | Chester Marsman  |
|    |       |                                       |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Hugo Bregman     |         |         |               | 1:03,30          |
|    |       | NMR: 50m: 0:26,97                     |      |     | Actueel: 2 NMR est / ALL: 1 WMR est, 1 EMR est, 3 NMR ind, 3 NMR est<br>ONMK: 1xKB 1xLB, ind: 6G 1B, est: 2Z |              |      |         |                       |         |         |               |                  |
| 4  | 13    | Kevin Kingma                          | H    | 20+ | De Lansingh                                                                                                  | 1:03,08      |      |         |                       | 0:56,30 | 0:56,55 |               | Melvin Prins     |
|    |       |                                       |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Melvin Prins     |         |         |               | 0:56,55          |
|    |       | NMR: 50m: 0:24,17                     |      |     |                                                                                                              |              |      |         |                       |         |         |               |                  |
| 5  | 4     | Edgar Thimister                       | H    | 45+ | MZ&PC                                                                                                        | 1:03,26      |      | 0:55,07 | 0:56,37               | 1:00,97 | 0:58,28 |               | Frédéric Tonus   |
|    |       |                                       |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Antwan van Engen |         |         |               | 0:58,28          |
|    |       | NMR: 50m: 0:27,42                     |      |     | ONMK: 1xLB, ind: 1B                                                                                          |              |      |         |                       |         |         |               |                  |
| 6  | 14    | Gideon Teeuw                          | H    | 20+ | De Veene                                                                                                     | 1:03,31      |      |         |                       | 0:56,30 | 0:56,55 |               | Melvin Prins     |
|    |       |                                       |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Melvin Prins     |         |         |               | 0:56,55          |
|    |       | NMR: 50m: 0:24,17                     |      |     | ONMK: 2xKB, ind: 1Z 1B, est: 1B                                                                              |              |      |         |                       |         |         |               |                  |
| 7  | 15    | Otto Pranger                          | H    | 20+ | Albion WSS (SG)                                                                                              | 1:03,64      |      |         |                       | 0:56,30 | 0:56,55 |               | Melvin Prins     |
|    |       |                                       |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Melvin Prins     |         |         |               | 0:56,55          |
|    |       | NMR: 50m: 0:24,17                     |      |     |                                                                                                              |              |      |         |                       |         |         |               |                  |
| 8  | 8     | Joeri Scheidt                         | H    | 25+ | VZC                                                                                                          | 1:03,96      |      | 0:52,42 | 0:53,46               | 0:55,85 | 0:55,29 |               | Kevin Eltink     |
|    |       |                                       |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Filipp Müller    |         |         |               | 0:57,23          |
|    |       | NMR: 50m: 0:24,29                     |      |     | ONMK: 1xKB 1xLB, ind: 1Z 1B, est: 2G 2Z                                                                      |              |      |         |                       |         |         |               |                  |
| 9  | 5     | Heimen van Vliet                      | H    | 40+ | Wickslag                                                                                                     | 1:04,35      |      | 0:53,81 | 0:53,81               | 0:58,33 | 0:58,33 |               | Casper Hut       |
|    |       |                                       |      |     |                                                                                                              | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:58,33          |
|    |       | NMR: 50m: 0:25,81                     |      |     |                                                                                                              |              |      |         |                       |         |         |               |                  |

| Bn | Rank  | Naam                                  | Gend | Cat | Team                                                                | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|---------------------------------------|------|-----|---------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|------------------|
|    | 15:38 | Programma 40 100m. vlinder H Serie: 8 |      |     |                                                                     |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 12    | Jelle Blankestijn                     | H    | 20+ | ZPC AMERSFOORT                                                      | 1:02,71      |      |         |                       | 0:56,30 | 0:56,55 |               | Melvin Prins     |
|    |       |                                       |      |     |                                                                     | 25m-bad tijd |      |         | NMR: Melvin Prins     |         |         |               | 0:56,55          |
|    |       | NMR: 50m: 0:24,17                     |      |     | ONMK: 1xLB, ind: 1B, est: 4Z                                        |              |      |         |                       |         |         |               |                  |
| 1  | 7     | Michel de Maesschalck                 | H    | 25+ | DAW                                                                 | 1:02,32      |      | 0:52,42 | 0:53,46               | 0:55,85 | 0:55,29 |               | Kevin Eltink     |
|    |       |                                       |      |     |                                                                     | 25m-bad tijd |      |         | NMR: Filipp Müller    |         |         |               | 0:57,23          |
|    |       | NMR: 50m: 0:24,29                     |      |     | ONMK: 1xLB, ind: 1G 1B                                              |              |      |         |                       |         |         |               |                  |
| 2  | 3     | Vedestas Seferlis                     | H    | 45+ | LTU - Kauno Takas                                                   | 1:02,23      |      | 0:55,07 | 0:56,37               | 1:01,28 | 0:58,28 |               | Frédéric Tonus   |
|    |       |                                       |      |     |                                                                     | 25m-bad tijd |      |         |                       |         |         |               | 0:58,28          |
|    |       |                                       |      |     | ONMK: 2xKB 2xLB, ind: 7G 1Z 5B                                      |              |      |         |                       |         |         |               |                  |
| 3  | 6     | Emiel van Beusekom                    | H    | 25+ | ZPV Barracuda                                                       | 1:01,75      |      | 0:52,42 | 0:53,46               | 0:55,85 | 0:55,29 |               | Kevin Eltink     |
|    |       |                                       |      |     |                                                                     | 25m-bad tijd |      |         | NMR: Filipp Müller    |         |         |               | 0:57,23          |
|    |       | NMR: 50m: 0:24,29                     |      |     | ALL: 1 NMR est<br>ONMK: 5xKB 4xLB, ind: 12G 10Z 3B, est: 11G 13Z 2B |              |      |         |                       |         |         |               |                  |
| 4  | 7     | Ryan van den Ouden                    | H    | 20+ | Poseidon'56                                                         | 1:01,26      |      |         |                       | 0:56,30 | 0:56,55 |               | Melvin Prins     |
|    |       |                                       |      |     |                                                                     | 25m-bad tijd |      |         | NMR: Melvin Prins     |         |         |               | 0:56,55          |
|    |       | NMR: 50m: 0:24,17                     |      |     |                                                                     |              |      |         |                       |         |         |               |                  |
| 5  | 3     | Tim Bunnik                            | H    | 30+ | Triton                                                              | 1:01,54      |      | 0:52,44 | 0:52,64               | 0:57,99 | 0:58,04 |               | Alex Schelvis    |
|    |       |                                       |      |     |                                                                     | 25m-bad tijd |      |         | NMR: Edwin van Norden |         |         |               | 0:58,25          |
|    |       | NMR: 50m: 0:25,18                     |      |     | ONMK: 11xKB 9xLB, ind: 29G 51Z 31B, est: 1G 5Z 7B                   |              |      |         |                       |         |         |               |                  |
| 6  | 9     | David Kievit                          | H    | 20+ | De Schotejil                                                        | 1:02,13      |      |         |                       | 0:56,30 | 0:56,55 |               | Melvin Prins     |
|    |       |                                       |      |     |                                                                     | 25m-bad tijd |      |         | NMR: Melvin Prins     |         |         |               | 0:56,55          |
|    |       | NMR: 50m: 0:24,17                     |      |     | ONMK: 1xKB 1xLB, ind: 2Z 1B                                         |              |      |         |                       |         |         |               |                  |
| 7  | 3     | Nick Valentine                        | H    | 35+ | GBR - Tynemouth ASC                                                 | 1:02,30      |      | 0:54,27 | 0:54,70               | 0:55,73 | 0:58,85 |               | Lauren Vis       |
|    |       |                                       |      |     |                                                                     | 25m-bad tijd |      |         |                       |         |         |               | 1:01,22          |
|    |       |                                       |      |     |                                                                     |              |      |         |                       |         |         |               |                  |
| 8  | 10    | Diederick Schothans                   | H    | 20+ | De Veene                                                            | 1:02,44      |      |         |                       | 0:56,30 | 0:56,55 |               | Melvin Prins     |
|    |       |                                       |      |     |                                                                     | 25m-bad tijd |      |         | NMR: Melvin Prins     |         |         |               | 0:56,55          |
|    |       | NMR: 50m: 0:24,17                     |      |     | ONMK: 4xKB, est: 1G 2B                                              |              |      |         |                       |         |         |               |                  |
| 9  | 3     | Kelvin Isselt                         | H    | 40+ | RZ                                                                  | 1:02,75      |      | 0:53,81 | 0:53,81               | 0:58,33 | 0:58,33 |               | Casper Hut       |
|    |       |                                       |      |     |                                                                     | 25m-bad tijd |      |         | NMR: Casper Hut       |         |         |               | 0:58,33          |
|    |       | NMR: 50m: 0:25,81                     |      |     | ONMK: 4xKB 5xLB, ind: 5G 7Z 4B, est: 1G 1Z 6B                       |              |      |         |                       |         |         |               |                  |

| Bn | Rank  | Naam                                  | Gend | Cat | Team                                                                                    | Intijd       | KANS  | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|---------------------------------------|------|-----|-----------------------------------------------------------------------------------------|--------------|-------|---------|-----------------------|---------|---------|---------------|------------------|
|    | 15:39 | Programma 40 100m. vlinder H Serie: 9 |      |     |                                                                                         |              |       |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 2     | Lauren Vis                            | H    | 35+ | Steenwijk 1934                                                                          | 1:01,22      |       | 0:54,27 | 0:54,70               | 0:58,43 | 0:58,85 |               | Lauren Vis       |
|    |       |                                       |      |     |                                                                                         | 25m-bad tijd |       |         | NMR: Edwin van Norden |         |         |               | 1:01,22          |
|    |       | NMR: 50m: 0:24,84                     |      |     | ONMK: 8xKB 7xLB, ind: 18G 27Z 19B, est: 11G 11Z 12B                                     |              |       |         |                       |         |         |               |                  |
| 1  | 2     | Øivind Martin Hasle                   | H    | 40+ | NOR - I.L. Varg                                                                         | 1:00,55      |       | 0:53,81 | 0:53,81               | 0:59,64 | 0:58,33 |               | Casper Hut       |
|    |       |                                       |      |     |                                                                                         | 25m-bad tijd |       |         |                       |         |         |               | 0:58,33          |
|    |       |                                       |      |     |                                                                                         |              |       |         |                       |         |         |               |                  |
| 2  | 5     | Felix Geenen                          | H    | 25+ | DAW                                                                                     | 1:00,12      |       | 0:52,42 | 0:53,46               | 0:55,85 | 0:55,29 |               | Kevin Eltink     |
|    |       |                                       |      |     |                                                                                         | 25m-bad tijd |       |         | NMR: Filipp Müller    |         |         |               | 0:57,23          |
|    |       | NMR: 50m: 0:24,29                     |      |     | ALL: 1 NMR est<br>ONMK: 1xKB 1xLB, ind: 4G 2Z 2B, est: 5G 4Z                            |              |       |         |                       |         |         |               |                  |
| 3  | 2     | Marco Usula                           | H    | 30+ | BEL - CNSW                                                                              | 0:59,56      | natMR | 0:52,44 | 0:52,64               | 0:59,70 | 0:58,04 |               | Alex Schelvis    |
|    |       |                                       |      |     |                                                                                         | 25m-bad tijd |       |         |                       |         |         |               | 0:58,25          |
|    |       |                                       |      |     |                                                                                         |              |       |         |                       |         |         |               |                  |
| 4  | 4     | Jaro Musters                          | H    | 20+ | Hieronymus                                                                              | 0:59,29      |       |         |                       | 0:56,30 | 0:56,55 |               | Melvin Prins     |
|    |       |                                       |      |     |                                                                                         | 25m-bad tijd |       |         | NMR: Melvin Prins     |         |         |               | 0:56,55          |
|    |       | NMR: 50m: 0:24,17                     |      |     | Actueel: 1 NMR est / ALL: 1 NMR est<br>ONMK: 1xKB, ind: 1G 1Z , est: 2G                 |              |       |         |                       |         |         |               |                  |
| 5  | 5     | Robin van Beek                        | H    | 20+ | ZVL-1886 Tetteroo                                                                       | 0:59,51      |       |         |                       | 0:56,30 | 0:56,55 |               | Melvin Prins     |
|    |       |                                       |      |     |                                                                                         | 25m-bad tijd |       |         | NMR: Melvin Prins     |         |         |               | 0:56,55          |
|    |       | NMR: 50m: 0:24,17                     |      |     | ONMK: 4xKB 3xLB, ind: 13G 12Z 4B, est: 7G 1Z 10B                                        |              |       |         |                       |         |         |               |                  |
| 6  | 4     | Jelle Nap                             | H    | 25+ | VZC                                                                                     | 0:59,83      |       | 0:52,42 | 0:53,46               | 0:55,85 | 0:55,29 |               | Kevin Eltink     |
|    |       |                                       |      |     |                                                                                         | 25m-bad tijd |       |         | NMR: Filipp Müller    |         |         |               | 0:57,23          |
|    |       | NMR: 50m: 0:24,29                     |      |     | ONMK: 1xKB 1xLB, ind: 3G 1Z , est: 2G 2Z                                                |              |       |         |                       |         |         |               |                  |
| 7  | 6     | Daan Siebenheller                     | H    | 20+ | ZOB'66                                                                                  | 1:00,38      |       |         |                       | 0:56,30 | 0:56,55 |               | Melvin Prins     |
|    |       |                                       |      |     |                                                                                         | 25m-bad tijd |       |         | NMR: Melvin Prins     |         |         |               | 0:56,55          |
|    |       | NMR: 50m: 0:24,17                     |      |     | ONMK: 1xKB 2xLB, est: 1Z 2B                                                             |              |       |         |                       |         |         |               |                  |
| 8  | 2     | Antwan van Engen                      | H    | 45+ | De Ward                                                                                 | 1:00,97      | NMR=  | 0:55,07 | 0:56,37               | 1:00,97 | 0:58,28 | NMR-houder    | Frédéric Tonus   |
|    |       |                                       |      |     |                                                                                         | 25m-bad tijd |       |         | NMR: Antwan van Engen |         |         |               | 0:58,28          |
|    |       | NMR: 50m: 0:27,42                     |      |     | Actueel: 2 NMR ind / ALL: 2 NMR ind<br>ONMK: 6xKB 6xLB, ind: 21G 28Z 10B, est: 1G 8Z 3B |              |       |         |                       |         |         |               |                  |
| 9  | 8     | Jordy van Oel                         | H    | 20+ | WVZ                                                                                     | 1:01,26      |       |         |                       | 0:56,30 | 0:56,55 |               | Melvin Prins     |
|    |       |                                       |      |     |                                                                                         | 25m-bad tijd |       |         | NMR: Melvin Prins     |         |         |               | 0:56,55          |
|    |       | NMR: 50m: 0:24,17                     |      |     | ONMK: 2xKB 2xLB, ind: 1G 3Z , est: 4G 5Z 3B                                             |              |       |         |                       |         |         |               |                  |

| Bn | Rank  | Naam                                   | Gend | Cat | Team                                                                                                                       | Intijd       | KANS  | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|----------------------------------------|------|-----|----------------------------------------------------------------------------------------------------------------------------|--------------|-------|---------|-----------------------|---------|---------|---------------|------------------|
|    | 15:41 | Programma 40 100m. vlinder H Serie: 10 |      |     |                                                                                                                            |              |       |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 1     | Casper Hut                             | H    | 40+ | HZ&PC Heerenveen                                                                                                           | 0:58,33      | NMR=  | 0:53,81 | 0:53,81               | 0:58,33 | 0:58,33 | NMR-houder    | Casper Hut       |
|    |       |                                        |      |     |                                                                                                                            | 25m-bad tijd |       |         | NMR: Casper Hut       |         |         |               | 0:58,33          |
|    |       |                                        |      |     | Actueel: 8 NMR ind, 9 NMR est / ALL: 1 EMR est, 18 NMR ind, 18 NMR est<br>ONMK: 10xKB 3xLB, ind: 30G 7Z 3B, est: 25G 6Z 2B |              |       |         |                       |         |         |               |                  |
|    |       |                                        |      |     | NMR: 50m: 0:25,81                                                                                                          |              |       |         |                       |         |         |               |                  |
| 1  | 3     | Joris Bezemer                          | H    | 20+ | De Kempvis                                                                                                                 | 0:57,65      |       |         |                       | 0:56,30 | 0:56,55 |               | Melvin Prins     |
|    |       |                                        |      |     |                                                                                                                            | 25m-bad tijd |       |         | NMR: Melvin Prins     |         |         |               | 0:56,55          |
|    |       |                                        |      |     | NMR: 50m: 0:24,17                                                                                                          |              |       |         |                       |         |         |               |                  |
|    |       |                                        |      |     | ONMK: 1xKB, ind: 3G , est: 5G                                                                                              |              |       |         |                       |         |         |               |                  |
| 2  | 1     | Frederic Tonus                         | H    | 45+ | LUX - Luxembourg Shar                                                                                                      | 0:57,48      | natMR | 0:55,07 | 0:56,37               | 1:09,55 | 0:58,28 |               | Frédéric Tonus   |
|    |       |                                        |      |     |                                                                                                                            | 25m-bad tijd |       |         |                       |         |         |               | 0:58,28          |
|    |       |                                        |      |     | ONMK: 3xKB 4xLB, ind: 26G 1Z                                                                                               |              |       |         |                       |         |         |               |                  |
| 3  | 1     | Mark Baars                             | H    | 35+ | Rotterdam Swimming (SC                                                                                                     | 0:55,52      | NMR   | 0:54,27 | 0:54,70               | 0:58,43 | 0:58,85 |               | Lauren Vis       |
|    |       |                                        |      |     |                                                                                                                            | 25m-bad tijd |       |         | NMR: Edwin van Norden |         |         |               | 1:01,22          |
|    |       |                                        |      |     | NMR: 50m: 0:24,84                                                                                                          |              |       |         |                       |         |         |               |                  |
| 4  | 1     | Thomas Verhoeven                       | H    | 20+ | Albion WSS (SG)                                                                                                            | 0:52,73      | NMR   |         |                       | 0:56,30 | 0:56,55 |               | Melvin Prins     |
|    |       |                                        |      |     |                                                                                                                            | 25m-bad tijd |       |         | NMR: Melvin Prins     |         |         |               | 0:56,55          |
|    |       |                                        |      |     | NMR: 50m: 0:24,17                                                                                                          |              |       |         |                       |         |         |               |                  |
| 5  | 1     | Jeroen Baars                           | H    | 25+ | Rotterdam Swimming (SC                                                                                                     | 0:53,24      | EMR   | 0:52,42 | 0:53,46               | 0:55,85 | 0:55,29 |               | Kevin Eltink     |
|    |       |                                        |      |     |                                                                                                                            | 25m-bad tijd |       |         | NMR: Filipp Müller    |         |         |               | 0:57,23          |
|    |       |                                        |      |     | NMR: 50m: 0:24,29                                                                                                          |              |       |         |                       |         |         |               |                  |
| 6  | 2     | Sepp Kalter                            | H    | 20+ | Dedemsvaart-AC                                                                                                             | 0:56,86      |       |         |                       | 0:56,30 | 0:56,55 |               | Melvin Prins     |
|    |       |                                        |      |     |                                                                                                                            | 25m-bad tijd |       |         | NMR: Melvin Prins     |         |         |               | 0:56,55          |
|    |       |                                        |      |     | ALL: 1 NMR est<br>ONMK: 2xKB 1xLB, ind: 3G 3Z 2B, est: 4G 1Z 1B                                                            |              |       |         |                       |         |         |               |                  |
|    |       |                                        |      |     | NMR: 50m: 0:24,17                                                                                                          |              |       |         |                       |         |         |               |                  |
| 7  | 2     | Jesper Oranje                          | H    | 25+ | De Duck                                                                                                                    | 0:57,57      |       | 0:52,42 | 0:53,46               | 0:55,85 | 0:55,29 |               | Kevin Eltink     |
|    |       |                                        |      |     |                                                                                                                            | 25m-bad tijd |       |         | NMR: Filipp Müller    |         |         |               | 0:57,23          |
|    |       |                                        |      |     | Actueel: 1 NMR ind / ALL: 1 NMR ind<br>ONMK: 4xKB 5xLB, ind: 20G 7Z 5B, est: 2G 1Z 3B                                      |              |       |         |                       |         |         |               |                  |
|    |       |                                        |      |     | NMR: 50m: 0:24,29                                                                                                          |              |       |         |                       |         |         |               |                  |
| 8  | 1     | Alex Schelvis                          | H    | 30+ | LinK                                                                                                                       | 0:58,25      |       | 0:52,44 | 0:52,64               | 0:57,99 | 0:58,04 |               | Alex Schelvis    |
|    |       |                                        |      |     |                                                                                                                            | 25m-bad tijd |       |         | NMR: Edwin van Norden |         |         |               | 0:58,25          |
|    |       |                                        |      |     | Actueel: 1 NMR ind / ALL: 1 NMR ind<br>ONMK: 4xKB 6xLB, ind: 24G 14Z 4B, est: 1Z 2B                                        |              |       |         |                       |         |         |               |                  |
|    |       |                                        |      |     | NMR: 50m: 0:25,18                                                                                                          |              |       |         |                       |         |         |               |                  |
| 9  | 3     | Nick Sijmons                           | H    | 25+ | De Amstel                                                                                                                  | 0:58,50      |       | 0:52,42 | 0:53,46               | 0:55,85 | 0:55,29 |               | Kevin Eltink     |
|    |       |                                        |      |     |                                                                                                                            | 25m-bad tijd |       |         | NMR: Filipp Müller    |         |         |               | 0:57,23          |
|    |       |                                        |      |     | ONMK: 5xKB 5xLB, ind: 2G 5Z 10B, est: 3Z 2B                                                                                |              |       |         |                       |         |         |               |                  |
|    |       |                                        |      |     | NMR: 50m: 0:24,29                                                                                                          |              |       |         |                       |         |         |               |                  |

| Bn | Rank  | Naam                                | Gender | Cat | Team                                                                                                                                                            | Intijd       | KANS | WMR     | EMR                     | NatMR   | CR      | Record-houder | Titelhouder 2019    |
|----|-------|-------------------------------------|--------|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|------|---------|-------------------------|---------|---------|---------------|---------------------|
|    | 15:42 | Programma 41 50m. school D Serie: 1 |        |     |                                                                                                                                                                 |              |      |         | NMR-houder              |         |         | Aanvraag      | Tijd titelhouder    |
| 0  | 11    | Riekie Schra                        | D      | 55+ | Steenwijk 1934                                                                                                                                                  | 1:02,60      |      | 0:35,15 | 0:35,15                 | 0:41,07 | 0:41,87 |               | Jacqueline Rolloos  |
|    |       |                                     |        |     |                                                                                                                                                                 | 25m-bad tijd |      |         | NMR: Ineke Weekers      |         |         |               | 0:42,54             |
|    |       | NMR:                                |        |     | ONMK: 12xKB 8xLB, ind: 1B, est: 1G 3Z 5B                                                                                                                        |              |      |         |                         |         |         |               |                     |
| 1  | 5     | Nini van Dongen-de Paepe            | D      | 65+ | ZZ&PC De Devel                                                                                                                                                  | 1:00,72      |      | 0:40,66 | 0:40,66                 | 0:43,66 | 0:43,42 |               | Ineke Weekers       |
|    |       |                                     |        |     |                                                                                                                                                                 | 25m-bad tijd |      |         | NMR: Ineke Weekers      |         |         |               | 0:43,98             |
|    |       | NMR:                                |        |     | ONMK: 12xKB 8xLB, ind: 1G 4Z 16B                                                                                                                                |              |      |         |                         |         |         |               |                     |
| 2  | 10    | Alice de Haan                       | D      | 55+ | WIDEX GZC DONK                                                                                                                                                  | 0:56,13      |      | 0:35,15 | 0:35,15                 | 0:41,07 | 0:41,87 |               | Jacqueline Rolloos  |
|    |       |                                     |        |     |                                                                                                                                                                 | 25m-bad tijd |      |         | NMR: Ineke Weekers      |         |         |               | 0:42,54             |
|    |       | NMR:                                |        |     | ONMK: 3xKB 4xLB, est: 1G 2Z 2B                                                                                                                                  |              |      |         |                         |         |         |               |                     |
| 3  | 3     | Elly Maassen                        | D      | 70+ | Hellas-Glana                                                                                                                                                    | 0:52,77      |      | 0:42,80 | 0:43,18                 | 0:45,56 | 0:45,56 |               | Bea Swijnenberg     |
|    |       |                                     |        |     |                                                                                                                                                                 | 25m-bad tijd |      |         | NMR: Bea Swijnenberg    |         |         |               | 0:45,56             |
|    |       | NMR:                                |        |     | ONMK: 1xKB, ind: 1Z 2B                                                                                                                                          |              |      |         |                         |         |         |               |                     |
| 4  | 2     | Tineke van Diggelen                 | D      | 65+ | ZPCH                                                                                                                                                            | 0:52,07      |      | 0:40,66 | 0:40,66                 | 0:43,66 | 0:43,42 |               | Ineke Weekers       |
|    |       |                                     |        |     |                                                                                                                                                                 | 25m-bad tijd |      |         | NMR: Ineke Weekers      |         |         |               | 0:43,98             |
|    |       | NMR:                                |        |     | ALL: 1 NMR est<br>ONMK: 17xKB 15xLB, ind: 31G 60Z 53B, est: 3G 6Z                                                                                               |              |      |         |                         |         |         |               |                     |
| 5  | 15    | Maaike Heidt                        | D      | 50+ | ZPB H&L Productions                                                                                                                                             | 0:52,30      |      | 0:33,96 | 0:34,05                 | 0:35,55 | 0:35,55 |               | Marjo Goelema       |
|    |       |                                     |        |     |                                                                                                                                                                 | 25m-bad tijd |      |         | NMR: Marjo Goelema      |         |         |               | 0:35,55             |
|    |       | NMR:                                |        |     | ONMK: 1xKB 1xLB                                                                                                                                                 |              |      |         |                         |         |         |               |                     |
| 6  | 3     | Ineke Brouwers                      | D      | 65+ | PSV                                                                                                                                                             | 0:55,69      |      | 0:40,66 | 0:40,66                 | 0:43,66 | 0:43,42 |               | Ineke Weekers       |
|    |       |                                     |        |     |                                                                                                                                                                 | 25m-bad tijd |      |         | NMR: Ineke Weekers      |         |         |               | 0:43,98             |
|    |       | NMR:                                |        |     | ONMK: 2xKB 3xLB, ind: 4Z 2B, est: 4G 1Z                                                                                                                         |              |      |         |                         |         |         |               |                     |
| 7  | 4     | Geerdien Meerwaldt                  | D      | 65+ | De Geul                                                                                                                                                         | 0:57,94      |      | 0:40,66 | 0:40,66                 | 0:43,66 | 0:43,42 |               | Ineke Weekers       |
|    |       |                                     |        |     |                                                                                                                                                                 | 25m-bad tijd |      |         | NMR: Ineke Weekers      |         |         |               | 0:43,98             |
|    |       | NMR:                                |        |     | ONMK: 9xKB 12xLB, ind: 1G 15Z 29B, est: 1G 1Z                                                                                                                   |              |      |         |                         |         |         |               |                     |
| 8  | 8     | Karien Musters                      | D      | 60+ | Old Dutch                                                                                                                                                       | 1:01,19      |      | 0:37,08 | 0:38,12                 | 0:43,08 | 0:43,08 |               | Marijke van de Hoek |
|    |       |                                     |        |     |                                                                                                                                                                 | 50m-bad tijd |      |         | NMR: Marijke van Hoek   |         |         |               | 0:43,08             |
|    |       | NMR:                                |        |     | ALL: 1 NMR est<br>ONMK: 7xKB 4xLB, ind: 4Z 5B, est: 12G 8Z 4B                                                                                                   |              |      |         |                         |         |         |               |                     |
| 9  | 1     | Lottie Geurts                       | D      | 85+ | PSV                                                                                                                                                             | 1:05,73      | NMR  | 0:52,17 | 0:52,12                 | 1:30,34 | 0:52,17 |               |                     |
|    |       |                                     |        |     | lid DMHoF                                                                                                                                                       | 25m-bad tijd |      |         | NMR: Marianne Maandonks |         |         |               |                     |
|    |       | NMR:                                |        |     | Actueel:4 WMR est, 4 EMR est, 34 NMR ind, 35 NMR est / ALL: 7 WMR est, 27 EMR est, 179 NMR ind, 121 NMR est<br>ONMK: 15xKB 15xLB, ind: 107G 3Z , est: 85G 2Z 1B |              |      |         |                         |         |         |               |                     |

| Bn | Rank  | Naam                                | Gend | Cat | Team                                           | Intijd       | KANS | WMR     | EMR                     | NatMR   | CR      | Record-houder | Titelhouder 2019    |
|----|-------|-------------------------------------|------|-----|------------------------------------------------|--------------|------|---------|-------------------------|---------|---------|---------------|---------------------|
|    | 15:44 | Programma 41 50m. school D Serie: 2 |      |     |                                                |              |      |         | NMR-houder              |         |         | Aanvraag      | Tijd titelhouder    |
| 0  | 32    | Mariska Scholts                     | D    | 20+ | Rotterdam Swimming (SC)                        | 0:50,92      |      |         |                         | 0:32,63 | 0:32,63 |               | Nicole Bennis       |
|    |       |                                     |      |     |                                                | 25m-bad tijd |      |         | NMR: Nicole Bennis      |         |         |               | 0:32,63             |
|    |       | NMR:                                |      |     | ONMK: 1xKB 1xLB                                |              |      |         |                         |         |         |               |                     |
| 1  | 6     | Lia Bijkerk                         | D    | 60+ | WIDEX GZC DONK                                 | 0:50,21      |      | 0:37,08 | 0:38,12                 | 0:43,08 | 0:43,08 |               | Marijke van de Hoek |
|    |       |                                     |      |     |                                                | 25m-bad tijd |      |         | NMR: Marijke van Hoek   |         |         |               | 0:43,08             |
|    |       | NMR:                                |      |     | ONMK: 9xKB 11xLB, ind: 2G 1Z 7B, est: 3G 1Z 6B |              |      |         |                         |         |         |               |                     |
| 2  | 5     | Anje Manuputty                      | D    | 60+ | PSV                                            | 0:49,94      |      | 0:37,08 | 0:38,12                 | 0:43,08 | 0:43,08 |               | Marijke van de Hoek |
|    |       |                                     |      |     |                                                | 25m-bad tijd |      |         | NMR: Marijke van Hoek   |         |         |               | 0:43,08             |
|    |       | NMR:                                |      |     | ONMK: 2xKB 7xLB, ind: 3G 4Z 6B, est: 4G        |              |      |         |                         |         |         |               |                     |
| 3  | 14    | Zilla Fokke                         | D    | 50+ | AZ&PC De Futen                                 | 0:49,53      |      | 0:33,96 | 0:34,05                 | 0:35,55 | 0:35,55 |               | Marjo Goelema       |
|    |       |                                     |      |     |                                                | 25m-bad tijd |      |         | NMR: Marjo Goelema      |         |         |               | 0:35,55             |
|    |       | NMR:                                |      |     | ONMK: 3xKB 1xLB, est: 1G 2Z                    |              |      |         |                         |         |         |               |                     |
| 4  | 11    | Esther van Buren                    | D    | 40+ | De Duinkikkers                                 | 0:48,88      |      | 0:32,16 | 0:33,32                 | 0:35,89 | 0:35,89 |               | Elena Mekhteleva    |
|    |       |                                     |      |     |                                                | 50m-bad tijd |      |         | NMR: Marjo Goelema-Koek |         |         |               | 0:36,72             |
|    |       | NMR:                                |      |     | ONMK: 4xLB                                     |              |      |         |                         |         |         |               |                     |
| 5  | 7     | Petra Ros                           | D    | 55+ | ZCNF'34                                        | 0:48,93      |      | 0:35,15 | 0:35,15                 | 0:41,07 | 0:41,87 |               | Jacqueline Rolloos  |
|    |       |                                     |      |     |                                                | 25m-bad tijd |      |         | NMR: Ineke Weekers      |         |         |               | 0:42,54             |
|    |       | NMR:                                |      |     | ONMK: 2xKB 2xLB                                |              |      |         |                         |         |         |               |                     |
| 6  | 9     | Erica Muller                        | D    | 55+ | De Geul                                        | 0:49,67      |      | 0:35,15 | 0:35,15                 | 0:41,07 | 0:41,87 |               | Jacqueline Rolloos  |
|    |       |                                     |      |     |                                                | 25m-bad tijd |      |         | NMR: Ineke Weekers      |         |         |               | 0:42,54             |
|    |       | NMR:                                |      |     | ONMK: 5xKB 4xLB, est: 1G 3Z 1B                 |              |      |         |                         |         |         |               |                     |
| 7  | 8     | Jenny Westervaarder                 | D    | 55+ | H2Oldambt                                      | 0:50,19      |      | 0:35,15 | 0:35,15                 | 0:41,07 | 0:41,87 |               | Jacqueline Rolloos  |
|    |       |                                     |      |     |                                                | 50m-bad tijd |      |         | NMR: Ineke Weekers      |         |         |               | 0:42,54             |
|    |       | NMR:                                |      |     | ONMK: 4xKB 2xLB, ind: 2B                       |              |      |         |                         |         |         |               |                     |
| 8  | 7     | Willy Schoenmaker-ter Veer          | D    | 60+ | DWK                                            | 0:50,48      |      | 0:37,08 | 0:38,12                 | 0:43,08 | 0:43,08 |               | Marijke van de Hoek |
|    |       |                                     |      |     |                                                | 25m-bad tijd |      |         | NMR: Marijke van Hoek   |         |         |               | 0:43,08             |
|    |       | NMR:                                |      |     | ONMK: 4xKB 4xLB, ind: 6Z 3B, est: 1Z           |              |      |         |                         |         |         |               |                     |
| 9  | 2     | Annet Verhoeven - Steggerda         | D    | 70+ | De Duinkikkers                                 | 0:51,62      |      | 0:42,80 | 0:43,18                 | 0:45,56 | 0:45,56 |               | Bea Swijnenberg     |
|    |       |                                     |      |     |                                                | 25m-bad tijd |      |         | NMR: Bea Swijnenberg    |         |         |               | 0:45,56             |
|    |       | NMR:                                |      |     | ONMK: 8xKB 8xLB, ind: 21G 31Z 13B, est: 2Z 5B  |              |      |         |                         |         |         |               |                     |

| Bn | Rank  | Naam                                | Gend | Cat | Team                                                                                                                                                           | Intijd       | KANS | WMR     | EMR                     | NatMR   | CR      | Record-houder | Titelhouder 2019       |
|----|-------|-------------------------------------|------|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|------|---------|-------------------------|---------|---------|---------------|------------------------|
|    | 15:45 | Programma 41 50m. school D Serie: 3 |      |     |                                                                                                                                                                |              |      |         | NMR-houder              |         |         | Aanvraag      | Tijd titelhouder       |
| 0  | 4     | Marion Kolkman-Pluim                | D    | 60+ | ESCA Zwemmen                                                                                                                                                   | 0:47,77      |      | 0:37,08 | 0:38,12                 | 0:43,08 | 0:43,08 |               | Marijke van de Hoek    |
|    |       |                                     |      |     |                                                                                                                                                                | 25m-bad tijd |      |         | NMR: Marijke van Hoek   |         |         |               | 0:43,08                |
|    |       | NMR:                                |      |     | ONMK: 6xKB 5xLB, ind: 1B, est: 1G 2Z 4B                                                                                                                        |              |      |         |                         |         |         |               |                        |
| 1  | 1     | Christine Nieuwenhuis               | D    | 65+ | SWOL 1894                                                                                                                                                      | 0:47,59      |      | 0:40,66 | 0:40,66                 | 0:43,66 | 0:43,42 |               | Ineke Weekers          |
|    |       |                                     |      |     |                                                                                                                                                                | 25m-bad tijd |      |         | NMR: Ineke Weekers      |         |         |               | 0:43,98                |
|    |       | NMR:                                |      |     | Actueel:1 EMR ind, 11 NMR ind, 2 NMR est / ALL: 1 WMR est, 2 EMR ind, 2 EMR est, 56 NMR ind, 37 NMR est<br>ONMK: 17xKB 13xLB, ind: 95G 51Z 3B, est: 23G 22Z 3B |              |      |         |                         |         |         |               |                        |
| 2  | 10    | Marleen Schuurin                    | D    | 40+ | ESCA Zwemmen                                                                                                                                                   | 0:47,45      |      | 0:32,16 | 0:33,32                 | 0:35,89 | 0:35,89 |               | Elena Mekhteleva       |
|    |       |                                     |      |     |                                                                                                                                                                | 25m-bad tijd |      |         | NMR: Marjo Goelema-Koek |         |         |               | 0:36,72                |
|    |       | NMR:                                |      |     |                                                                                                                                                                |              |      |         |                         |         |         |               |                        |
| 3  | 12    | Linda Goderie                       | D    | 50+ | Rotterdam Swimming (SC                                                                                                                                         | 0:47,14      |      | 0:33,96 | 0:34,05                 | 0:35,55 | 0:35,55 |               | Marjo Goelema          |
|    |       |                                     |      |     |                                                                                                                                                                | 25m-bad tijd |      |         | NMR: Marjo Goelema      |         |         |               | 0:35,55                |
|    |       | NMR:                                |      |     | ONMK: 1xKB 2xLB                                                                                                                                                |              |      |         |                         |         |         |               |                        |
| 4  | 1     | Corrie Verhoeven                    | D    | 70+ | PSV                                                                                                                                                            | 0:46,63      |      | 0:42,80 | 0:43,18                 | 0:45,56 | 0:45,56 |               | Bea Swijnenberg        |
|    |       |                                     |      |     |                                                                                                                                                                | 25m-bad tijd |      |         | NMR: Bea Swijnenberg    |         |         |               | 0:45,56                |
|    |       | NMR:                                |      |     | Actueel:4 WMR est, 3 EMR est, 24 NMR ind, 33 NMR est / ALL: 6 WMR est, 22 EMR est, 73 NMR ind, 69 NMR est<br>ONMK: 7xKB 7xLB, ind: 65G 3Z , est: 58G 4Z        |              |      |         |                         |         |         |               |                        |
| 5  | 21    | Malou Heidekamp                     | D    | 30+ | RZC                                                                                                                                                            | 0:46,71      |      | 0:31,35 | 0:31,02                 | 0:33,03 | 0:33,03 |               | Ekaterina Anfinogenova |
|    |       |                                     |      |     |                                                                                                                                                                | 25m-bad tijd |      |         | NMR: Karin Hidding      |         |         |               | 0:36,40                |
|    |       | NMR:                                |      |     | ONMK: 3xKB 1xLB                                                                                                                                                |              |      |         |                         |         |         |               |                        |
| 6  | 15    | Evelien Naatje                      | D    | 45+ | WS Twente                                                                                                                                                      | 0:47,34      |      | 0:33,01 | 0:33,56                 | 0:34,86 | 0:34,86 |               | Trudy Ketting          |
|    |       |                                     |      |     |                                                                                                                                                                | 25m-bad tijd |      |         | NMR: Marjo Goelema-Koek |         |         |               | 0:36,27                |
|    |       | NMR:                                |      |     | ONMK: 7xKB 1xLB, est: 1G 1Z 3B                                                                                                                                 |              |      |         |                         |         |         |               |                        |
| 7  | 3     | Hannie Poletiek                     | D    | 60+ | TriVia                                                                                                                                                         | 0:47,53      |      | 0:37,08 | 0:38,12                 | 0:43,08 | 0:43,08 |               | Marijke van de Hoek    |
|    |       |                                     |      |     |                                                                                                                                                                | 25m-bad tijd |      |         | NMR: Marijke van Hoek   |         |         |               | 0:43,08                |
|    |       | NMR:                                |      |     | ONMK: 6xKB 5xLB, ind: 2G 10Z 11B                                                                                                                               |              |      |         |                         |         |         |               |                        |
| 8  | 13    | Sylvia Avitabile                    | D    | 50+ | Budel                                                                                                                                                          | 0:47,76      |      | 0:33,96 | 0:34,05                 | 0:35,55 | 0:35,55 |               | Marjo Goelema          |
|    |       |                                     |      |     |                                                                                                                                                                | 25m-bad tijd |      |         | NMR: Marjo Goelema      |         |         |               | 0:35,55                |
|    |       | NMR:                                |      |     | ONMK: 4xKB, ind: 1B, est: 1B                                                                                                                                   |              |      |         |                         |         |         |               |                        |
| 9  | 16    | Greta Wyma-Teitsma                  | D    | 45+ | DWK                                                                                                                                                            | 0:47,81      |      | 0:33,01 | 0:33,56                 | 0:34,86 | 0:34,86 |               | Trudy Ketting          |
|    |       |                                     |      |     |                                                                                                                                                                | 25m-bad tijd |      |         | NMR: Marjo Goelema-Koek |         |         |               | 0:36,27                |
|    |       | NMR:                                |      |     | ONMK: 7xKB 7xLB, ind: 1B, est: 4G 4Z 5B                                                                                                                        |              |      |         |                         |         |         |               |                        |

| Bn | Rank  | Naam                                | Gender | Cat | Team                                                          | Intijd       | KANS | WMR     | EMR                     | NatMR   | CR      | Record-houder | Titelhouder 2019       |
|----|-------|-------------------------------------|--------|-----|---------------------------------------------------------------|--------------|------|---------|-------------------------|---------|---------|---------------|------------------------|
|    | 15:47 | Programma 41 50m. school D Serie: 4 |        |     |                                                               |              |      |         | NMR-houder              |         |         | Aanvraag      | Tijd titelhouder       |
| 0  | 6     | Karin van der Star-Verhoeven        | D      | 55+ | ESCA Zwemmen                                                  | 0:46,16      |      | 0:35,15 | 0:35,15                 | 0:41,07 | 0:41,87 |               | Jacqueline Rolloos     |
|    |       |                                     |        |     |                                                               | 25m-bad tijd |      |         | NMR: Ineke Weekers      |         |         |               | 0:42,54                |
|    |       | NMR:                                |        |     | ONMK: 6xKB 2xLB, ind: 1Z 3B, est: 1G 1Z 4B                    |              |      |         |                         |         |         |               |                        |
| 1  | 11    | Sandra Daamen-Posma                 | D      | 50+ | AZC                                                           | 0:46,01      |      | 0:33,96 | 0:34,05                 | 0:35,55 | 0:35,55 |               | Marjo Goelema          |
|    |       |                                     |        |     |                                                               | 25m-bad tijd |      |         | NMR: Marjo Goelema      |         |         |               | 0:35,55                |
|    |       | NMR:                                |        |     | ONMK: 7xKB 6xLB, est: 2G 7Z 5B                                |              |      |         |                         |         |         |               |                        |
| 2  | 10    | Caroline Kruger                     | D      | 50+ | Albion WSS (SG)                                               | 0:45,17      |      | 0:33,96 | 0:34,05                 | 0:35,55 | 0:35,55 |               | Marjo Goelema          |
|    |       |                                     |        |     |                                                               | 25m-bad tijd |      |         | NMR: Marjo Goelema      |         |         |               | 0:35,55                |
|    |       | NMR:                                |        |     | ONMK: 1xKB 1xLB, est: 3Z 1B                                   |              |      |         |                         |         |         |               |                        |
| 3  | 20    | Dorien Vasseur                      | D      | 30+ | Scheldestroom                                                 | 0:44,88      |      | 0:31,35 | 0:31,02                 | 0:33,03 | 0:33,03 |               | Ekaterina Anfinogenova |
|    |       |                                     |        |     |                                                               | 25m-bad tijd |      |         | NMR: Karin Hidding      |         |         |               | 0:36,40                |
|    |       | NMR:                                |        |     | ONMK: 6xKB 7xLB, ind: 2Z 1B                                   |              |      |         |                         |         |         |               |                        |
| 4  | 8     | Mascha Schijvenaars                 | D      | 40+ | De Zilvermeeuw                                                | 0:44,74      |      | 0:32,16 | 0:33,32                 | 0:35,89 | 0:35,89 |               | Elena Mekhteleva       |
|    |       |                                     |        |     |                                                               | 50m-bad tijd |      |         | NMR: Marjo Goelema-Koek |         |         |               | 0:36,72                |
|    |       | NMR:                                |        |     | ONMK: 1xKB 4xLB                                               |              |      |         |                         |         |         |               |                        |
| 5  | 9     | Marleen Zantingh                    | D      | 40+ | Old Dutch                                                     | 0:44,74      |      | 0:32,16 | 0:33,32                 | 0:35,89 | 0:35,89 |               | Elena Mekhteleva       |
|    |       |                                     |        |     |                                                               | 25m-bad tijd |      |         | NMR: Marjo Goelema-Koek |         |         |               | 0:36,72                |
|    |       | NMR:                                |        |     |                                                               |              |      |         |                         |         |         |               |                        |
| 6  | 13    | Ursula Spoelstra-de Groot           | D      | 45+ | WS Twente                                                     | 0:45,05      |      | 0:33,01 | 0:33,56                 | 0:34,86 | 0:34,86 |               | Trudy Ketting          |
|    |       |                                     |        |     |                                                               | 25m-bad tijd |      |         | NMR: Marjo Goelema-Koek |         |         |               | 0:36,27                |
|    |       | NMR:                                |        |     | ONMK: 5xKB, est: 1Z 2B                                        |              |      |         |                         |         |         |               |                        |
| 7  | 14    | Esther Wouters                      | D      | 45+ | De Rog                                                        | 0:45,46      |      | 0:33,01 | 0:33,56                 | 0:34,86 | 0:34,86 |               | Trudy Ketting          |
|    |       |                                     |        |     |                                                               | 25m-bad tijd |      |         | NMR: Marjo Goelema-Koek |         |         |               | 0:36,27                |
|    |       | NMR:                                |        |     | ONMK: 3xKB 1xLB                                               |              |      |         |                         |         |         |               |                        |
| 8  | 5     | Francine Sommer                     | D      | 55+ | Triton                                                        | 0:46,03      |      | 0:35,15 | 0:35,15                 | 0:41,07 | 0:41,87 |               | Jacqueline Rolloos     |
|    |       |                                     |        |     |                                                               | 25m-bad tijd |      |         | NMR: Ineke Weekers      |         |         |               | 0:42,54                |
|    |       | NMR:                                |        |     | ALL: 1 NMR est<br>ONMK: 5xKB 6xLB, ind: 3G 6Z 14B, est: 1Z 5B |              |      |         |                         |         |         |               |                        |
| 9  | 20    | Brechtje Arts                       | D      | 25+ | Aquapoldro                                                    | 0:46,16      |      | 0:30,50 | 0:30,50                 | 0:32,37 | 0:33,17 |               | Saskia de Klerk        |
|    |       |                                     |        |     |                                                               | 25m-bad tijd |      |         | NMR: Tessa Brouwer      |         |         |               | 0:33,17                |
|    |       | NMR:                                |        |     | ONMK: 1xLB                                                    |              |      |         |                         |         |         |               |                        |

| Bn | Rank  | Naam                                | Gender                    | Cat | Team | Intijd         | KANS                                                                                         | WMR | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019       |
|----|-------|-------------------------------------|---------------------------|-----|------|----------------|----------------------------------------------------------------------------------------------|-----|-----------------------|---------|---------|---------------|------------------------|
|    | 15:48 | Programma 41 50m. school D Serie: 5 |                           |     |      |                |                                                                                              |     | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder       |
|    | 0     | 9                                   | Roelien Speelman-Tigelaar | D   | 50+  | De Spatters    | 0:44,36                                                                                      |     | 0:33,96               | 0:34,05 | 0:35,55 | 0:35,55       | Marjo Goelema          |
|    |       |                                     |                           |     |      | 25m-bad tijd   |                                                                                              |     | NMR: Marjo Goelema    |         |         |               | 0:35,55                |
|    |       |                                     |                           |     |      | NMR:           | ONMK: 6xKB 7xLB, ind: 1B, est: 1G 1Z 1B                                                      |     |                       |         |         |               |                        |
|    | 1     | 2                                   | Marijke Kraak-Beckers     | D   | 60+  | WS Twente      | 0:43,52                                                                                      |     | 0:37,08               | 0:38,12 | 0:43,08 | 0:43,08       | Marijke van de Hoek    |
|    |       |                                     |                           |     |      | 25m-bad tijd   |                                                                                              |     | NMR: Marijke van Hoek |         |         |               | 0:43,08                |
|    |       |                                     |                           |     |      | NMR:           | ALL: 1 WMR est, 1 EMR est, 2 NMR est<br>ONMK: 16xKB 12xLB, ind: 28G 41Z 42B, est: 32G 21Z 9B |     |                       |         |         |               |                        |
|    | 2     | 19                                  | Eline Vermue              | D   | 25+  | AZ&PC De Futen | 0:43,40                                                                                      |     | 0:30,50               | 0:30,50 | 0:32,37 | 0:33,17       | Saskia de Klerk        |
|    |       |                                     |                           |     |      | 25m-bad tijd   |                                                                                              |     | NMR: Tessa Brouwer    |         |         |               | 0:33,17                |
|    |       |                                     |                           |     |      | NMR:           | ONMK: 3xLB, est: 2Z                                                                          |     |                       |         |         |               |                        |
|    | 3     | 17                                  | Marissa Veenstra-Humme    | D   | 25+  | BZ& PC         | 0:43,24                                                                                      |     | 0:30,50               | 0:30,50 | 0:32,37 | 0:33,17       | Saskia de Klerk        |
|    |       |                                     |                           |     |      | 25m-bad tijd   |                                                                                              |     | NMR: Tessa Brouwer    |         |         |               | 0:33,17                |
|    |       |                                     |                           |     |      | NMR:           |                                                                                              |     |                       |         |         |               |                        |
|    | 4     | 17                                  | Carola Hompes             | D   | 30+  | Budel          | 0:43,20                                                                                      |     | 0:31,35               | 0:31,02 | 0:33,03 | 0:33,03       | Ekaterina Anfinogenova |
|    |       |                                     |                           |     |      | 25m-bad tijd   |                                                                                              |     | NMR: Karin Hidding    |         |         |               | 0:36,40                |
|    |       |                                     |                           |     |      | NMR:           | ONMK: 7xKB 3xLB, est: 2Z 2B                                                                  |     |                       |         |         |               |                        |
|    | 5     | 4                                   | Yoka de Vegt-van Dijk     | D   | 55+  | ESCA Zwemmen   | 0:43,21                                                                                      |     | 0:35,15               | 0:35,15 | 0:41,07 | 0:41,87       | Jacqueline Rolloos     |
|    |       |                                     |                           |     |      | 25m-bad tijd   |                                                                                              |     | NMR: Ineke Weekers    |         |         |               | 0:42,54                |
|    |       |                                     |                           |     |      | NMR:           | ONMK: 7xKB 6xLB, ind: 3G 1Z 10B, est: 1G 2Z 3B                                               |     |                       |         |         |               |                        |
|    | 6     | 18                                  | Senna van Dongen          | D   | 25+  | De Geul        | 0:43,30                                                                                      |     | 0:30,50               | 0:30,50 | 0:32,37 | 0:33,17       | Saskia de Klerk        |
|    |       |                                     |                           |     |      | 25m-bad tijd   |                                                                                              |     | NMR: Tessa Brouwer    |         |         |               | 0:33,17                |
|    |       |                                     |                           |     |      | NMR:           | ONMK: 4xKB 2xLB, est: 3G 2Z 2B                                                               |     |                       |         |         |               |                        |
|    | 7     | 31                                  | Marieke Gorter            | D   | 20+  | Triton         | 0:43,50                                                                                      |     |                       |         | 0:32,63 | 0:32,63       | Nicole Bennis          |
|    |       |                                     |                           |     |      | 25m-bad tijd   |                                                                                              |     | NMR: Nicole Bennis    |         |         |               | 0:32,63                |
|    |       |                                     |                           |     |      | NMR:           |                                                                                              |     |                       |         |         |               |                        |
|    | 8     | 18                                  | Janneke Wynia             | D   | 30+  | WS Twente      | 0:43,80                                                                                      |     | 0:31,35               | 0:31,02 | 0:33,03 | 0:33,03       | Ekaterina Anfinogenova |
|    |       |                                     |                           |     |      | 25m-bad tijd   |                                                                                              |     | NMR: Karin Hidding    |         |         |               | 0:36,40                |
|    |       |                                     |                           |     |      | NMR:           | ONMK: 8xKB 6xLB, est: 2B                                                                     |     |                       |         |         |               |                        |
|    | 9     | 19                                  | Joëlle Vaes               | D   | 30+  | DIO            | 0:44,45                                                                                      |     | 0:31,35               | 0:31,02 | 0:33,03 | 0:33,03       | Ekaterina Anfinogenova |
|    |       |                                     |                           |     |      | 25m-bad tijd   |                                                                                              |     | NMR: Karin Hidding    |         |         |               | 0:36,40                |
|    |       |                                     |                           |     |      | NMR:           | ONMK: 4xKB 5xLB, est: 1G 3Z                                                                  |     |                       |         |         |               |                        |

| Bn | Rank  | Naam                                | Gend | Cat | Team                                              | Intijd       | KANS | WMR     | EMR                     | NatMR   | CR      | Record-houder | Titelhouder 2019       |
|----|-------|-------------------------------------|------|-----|---------------------------------------------------|--------------|------|---------|-------------------------|---------|---------|---------------|------------------------|
|    | 15:49 | Programma 41 50m. school D Serie: 6 |      |     |                                                   |              |      |         | NMR-houder              |         |         | Aanvraag      | Tijd titelhouder       |
| 0  | 1     | Marijke van Hoek                    | D    | 60+ | ZPC De Zeeuwse Kust                               | 0:43,08      | NMR= | 0:37,08 | 0:38,12                 | 0:43,08 | 0:43,08 | NMR-houder    | Marijke van de Hoek    |
|    |       |                                     |      |     |                                                   | 25m-bad tijd |      |         | NMR: Marijke van Hoek   |         |         |               | 0:43,08                |
|    |       | NMR:                                |      |     | ONMK: 9xKB 10xLB, ind: 19G 35Z 16B, est: 3G 1Z 1B |              |      |         |                         |         |         |               |                        |
| 1  | 30    | Kusuma Dewi                         | D    | 20+ | Aquapoldro                                        | 0:42,71      |      |         |                         | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                     |      |     |                                                   | 25m-bad tijd |      |         | NMR: Nicole Bennis      |         |         |               | 0:32,63                |
|    |       | NMR:                                |      |     |                                                   |              |      |         |                         |         |         |               |                        |
| 2  | 3     | Jacqueline Rolloos-Bakkers          | D    | 55+ | De Lansingh                                       | 0:42,26      |      | 0:35,15 | 0:35,15                 | 0:41,07 | 0:41,87 |               | Jacqueline Rolloos     |
|    |       |                                     |      |     |                                                   | 25m-bad tijd |      |         | NMR: Ineke Weekers      |         |         |               | 0:42,54                |
|    |       | NMR:                                |      |     | ONMK: 15xKB 11xLB, ind: 26G 59Z 29B, est: 2Z 1B   |              |      |         |                         |         |         |               |                        |
| 3  | 7     | Ingeborg Speelman Hamelink          | D    | 40+ | De Marlijn (SG)                                   | 0:41,94      |      | 0:32,16 | 0:33,32                 | 0:35,89 | 0:35,89 |               | Elena Mekhteleva       |
|    |       |                                     |      |     |                                                   | 25m-bad tijd |      |         | NMR: Marjo Goelema-Koek |         |         |               | 0:36,72                |
|    |       | NMR:                                |      |     | ONMK: 2xKB 4xLB, ind: 1Z 1B, est: 2Z 1B           |              |      |         |                         |         |         |               |                        |
| 4  | 10    | Yvette Ratering                     | D    | 45+ | De Ward                                           | 0:41,75      |      | 0:33,01 | 0:33,56                 | 0:34,86 | 0:34,86 |               | Trudy Ketting          |
|    |       |                                     |      |     |                                                   | 25m-bad tijd |      |         | NMR: Marjo Goelema-Koek |         |         |               | 0:36,27                |
|    |       | NMR:                                |      |     | ONMK: 5xKB 5xLB, ind: 6G 7Z 7B, est: 1G 8Z 3B     |              |      |         |                         |         |         |               |                        |
| 5  | 8     | Iris van Aurich                     | D    | 50+ | DWK                                               | 0:41,75      |      | 0:33,96 | 0:34,05                 | 0:35,55 | 0:35,55 |               | Marjo Goelema          |
|    |       |                                     |      |     |                                                   | 25m-bad tijd |      |         | NMR: Marjo Goelema      |         |         |               | 0:35,55                |
|    |       | NMR:                                |      |     | ONMK: 9xKB 5xLB, ind: 7Z 5B, est: 7G 6Z 3B        |              |      |         |                         |         |         |               |                        |
| 6  | 15    | Sandra van der Ende                 | D    | 30+ | WVZ                                               | 0:41,95      |      | 0:31,35 | 0:31,02                 | 0:33,03 | 0:33,03 |               | Ekaterina Anfinogenova |
|    |       |                                     |      |     |                                                   | 25m-bad tijd |      |         | NMR: Karin Hidding      |         |         |               | 0:36,40                |
|    |       | NMR:                                |      |     |                                                   |              |      |         |                         |         |         |               |                        |
| 7  | 11    | Wendy Hendriks-Verhagen             | D    | 45+ | TRB-RES                                           | 0:42,33      |      | 0:33,01 | 0:33,56                 | 0:34,86 | 0:34,86 |               | Trudy Ketting          |
|    |       |                                     |      |     |                                                   | 25m-bad tijd |      |         | NMR: Marjo Goelema-Koek |         |         |               | 0:36,27                |
|    |       | NMR:                                |      |     | ONMK: 3xKB 2xLB, est: 2G 3Z 1B                    |              |      |         |                         |         |         |               |                        |
| 8  | 12    | Natasa Jamsek                       | D    | 45+ | SRB - 11. APRIL Beogra                            | 0:42,76      |      | 0:33,01 | 0:33,56                 | 0:00,00 | 0:34,86 |               | Trudy Ketting          |
|    |       |                                     |      |     |                                                   | 25m-bad tijd |      |         |                         |         |         |               | 0:36,27                |
|    |       |                                     |      |     |                                                   |              |      |         |                         |         |         |               |                        |
| 9  | 16    | Tessa Verheijdt                     | D    | 30+ | WVZ                                               | 0:43,16      |      | 0:31,35 | 0:31,02                 | 0:33,03 | 0:33,03 |               | Ekaterina Anfinogenova |
|    |       |                                     |      |     |                                                   | 25m-bad tijd |      |         | NMR: Karin Hidding      |         |         |               | 0:36,40                |
|    |       | NMR:                                |      |     | ONMK: 6xKB 7xLB, est: 5G 5Z 6B                    |              |      |         |                         |         |         |               |                        |

| Bn | Rank  | Naam                                | Gend | Cat | Team           | Intijd       | KANS | WMR     | EMR                                              | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|-------------------------------------|------|-----|----------------|--------------|------|---------|--------------------------------------------------|---------|---------|---------------|--------------------|
|    | 15:50 | Programma 41 50m. school D Serie: 7 |      |     |                |              |      |         | NMR-houder                                       |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 9     | Katharina Schlipp                   | D    | 45+ | De Vliet (SG)  | 0:41,24      |      | 0:33,01 | 0:33,56                                          | 0:34,86 | 0:34,86 |               | Trudy Ketting      |
|    |       |                                     |      |     |                | 25m-bad tijd |      |         | NMR: Marjo Goelema-Koek                          |         |         |               | 0:36,27            |
|    |       | NMR:                                |      |     |                |              |      |         |                                                  |         |         |               |                    |
| 1  | 5     | Rachel Trainor                      | D    | 40+ | De Duck        | 0:40,91      |      | 0:32,16 | 0:33,32                                          | 0:35,89 | 0:35,89 |               | Elena Mekhteleva   |
|    |       |                                     |      |     |                | 25m-bad tijd |      |         | NMR: Marjo Goelema-Koek                          |         |         |               | 0:36,72            |
|    |       | NMR:                                |      |     |                |              |      |         |                                                  |         |         |               |                    |
| 2  | 29    | Britt van Vossen                    | D    | 20+ | De Ganze       | 0:40,90      |      |         |                                                  | 0:32,63 | 0:32,63 |               | Nicole Bennis      |
|    |       |                                     |      |     |                | 25m-bad tijd |      |         | NMR: Nicole Bennis                               |         |         |               | 0:32,63            |
|    |       | NMR:                                |      |     |                |              |      |         |                                                  |         |         |               |                    |
| 3  | 28    | Sheila Ten Voorde                   | D    | 20+ | ZVV            | 0:40,83      |      |         |                                                  | 0:32,63 | 0:32,63 |               | Nicole Bennis      |
|    |       |                                     |      |     |                | 25m-bad tijd |      |         | NMR: Nicole Bennis                               |         |         |               | 0:32,63            |
|    |       | NMR:                                |      |     |                |              |      |         |                                                  |         |         |               |                    |
|    |       |                                     |      |     |                |              |      |         | ONMK: 1xKB 5xLB, ind: 1Z 4B, est: 1Z 2B          |         |         |               |                    |
| 4  | 7     | Jacqueline de Ruiter-Wijnolst       | D    | 45+ | WIDEX GZC DONK | 0:40,75      |      | 0:33,01 | 0:33,56                                          | 0:34,86 | 0:34,86 |               | Trudy Ketting      |
|    |       |                                     |      |     |                | 25m-bad tijd |      |         | NMR: Marjo Goelema-Koek                          |         |         |               | 0:36,27            |
|    |       | NMR:                                |      |     |                |              |      |         |                                                  |         |         |               |                    |
|    |       |                                     |      |     |                |              |      |         | ONMK: 9xKB 9xLB, ind: 2G 3Z 12B, est: 2G 2Z 3B   |         |         |               |                    |
| 5  | 7     | Ilja Janssen                        | D    | 35+ | ESCA Zwemmen   | 0:40,78      |      | 0:31,66 | 0:31,66                                          | 0:34,65 | 0:34,65 |               | Laura Badoux       |
|    |       |                                     |      |     |                | 25m-bad tijd |      |         | NMR: Laura Badoux                                |         |         |               | 0:35,32            |
|    |       | NMR:                                |      |     |                |              |      |         |                                                  |         |         |               |                    |
|    |       |                                     |      |     |                |              |      |         | ONMK: 4xKB 4xLB, ind: 4Z 8B, est: 2G 2Z 4B       |         |         |               |                    |
| 6  | 2     | Linda van de Ree                    | D    | 55+ | De Ganze       | 0:40,84      | NMR  | 0:35,15 | 0:35,15                                          | 0:41,07 | 0:41,87 |               | Jacqueline Rolloos |
|    |       |                                     |      |     |                | 25m-bad tijd |      |         | NMR: Ineke Weekers                               |         |         |               | 0:42,54            |
|    |       | NMR:                                |      |     |                |              |      |         |                                                  |         |         |               |                    |
|    |       |                                     |      |     |                |              |      |         | ONMK: 3xKB 2xLB, ind: 4G 1Z 3B                   |         |         |               |                    |
| 7  | 8     | Wendy Brugman                       | D    | 45+ | De Rog         | 0:40,91      |      | 0:33,01 | 0:33,56                                          | 0:34,86 | 0:34,86 |               | Trudy Ketting      |
|    |       |                                     |      |     |                | 25m-bad tijd |      |         | NMR: Marjo Goelema-Koek                          |         |         |               | 0:36,27            |
|    |       | NMR:                                |      |     |                |              |      |         |                                                  |         |         |               |                    |
|    |       |                                     |      |     |                |              |      |         | ONMK: 1xKB, est: 1G 1Z                           |         |         |               |                    |
| 8  | 16    | Getrude Corporaal                   | D    | 25+ | Steenwijk 1934 | 0:41,15      |      | 0:30,50 | 0:30,50                                          | 0:32,37 | 0:33,17 |               | Saskia de Klerk    |
|    |       |                                     |      |     |                | 25m-bad tijd |      |         | NMR: Tessa Brouwer                               |         |         |               | 0:33,17            |
|    |       | NMR:                                |      |     |                |              |      |         |                                                  |         |         |               |                    |
|    |       |                                     |      |     |                |              |      |         | ONMK: 5xKB 6xLB, est: 4G 3Z 4B                   |         |         |               |                    |
| 9  | 6     | Marian Nederlof                     | D    | 40+ | De Geul        | 0:41,54      |      | 0:32,16 | 0:33,32                                          | 0:35,89 | 0:35,89 |               | Elena Mekhteleva   |
|    |       |                                     |      |     |                | 25m-bad tijd |      |         | NMR: Marjo Goelema-Koek                          |         |         |               | 0:36,72            |
|    |       | NMR:                                |      |     |                |              |      |         |                                                  |         |         |               |                    |
|    |       |                                     |      |     |                |              |      |         | ONMK: 11xKB 10xLB, ind: 1G 9Z 29B, est: 2G 5Z 2B |         |         |               |                    |

| Bn | Rank  | Naam                                | Gender | Cat | Team                                                                            | Intijd       | KANS | WMR     | EMR                     | NatMR   | CR      | Record-houder | Titelhouder 2019       |
|----|-------|-------------------------------------|--------|-----|---------------------------------------------------------------------------------|--------------|------|---------|-------------------------|---------|---------|---------------|------------------------|
|    | 15:52 | Programma 41 50m. school D Serie: 8 |        |     |                                                                                 |              |      |         | NMR-houder              |         |         | Aanvraag      | Tijd titelhouder       |
| 0  | 6     | Trudie van Niejenhuis               | D      | 45+ | TZC-Vahalis                                                                     | 0:40,60      |      | 0:33,01 | 0:33,56                 | 0:34,86 | 0:34,86 |               | Trudy Ketting          |
|    |       |                                     |        |     |                                                                                 | 25m-bad tijd |      |         | NMR: Marjo Goelema-Koek |         |         |               | 0:36,27                |
|    |       | NMR:                                |        |     | ALL: 1 EMR est, 3 NMR est<br>ONMK: 16xKB 13xLB, ind: 12G 33Z 28B, est: 6G 8Z 2B |              |      |         |                         |         |         |               |                        |
| 1  | 7     | Helena Mels                         | D      | 50+ | ZVVS                                                                            | 0:40,42      |      | 0:33,96 | 0:34,05                 | 0:35,55 | 0:35,55 |               | Marjo Goelema          |
|    |       |                                     |        |     |                                                                                 | 25m-bad tijd |      |         | NMR: Marjo Goelema      |         |         |               | 0:35,55                |
|    |       | NMR:                                |        |     | ONMK: 5xKB 3xLB, ind: 1B, est: 5G 3Z 5B                                         |              |      |         |                         |         |         |               |                        |
| 2  | 13    | Marieke van Dodeweerd               | D      | 30+ | RZC                                                                             | 0:40,28      |      | 0:31,35 | 0:31,02                 | 0:33,03 | 0:33,03 |               | Ekaterina Anfinogenova |
|    |       |                                     |        |     |                                                                                 | 25m-bad tijd |      |         | NMR: Karin Hidding      |         |         |               | 0:36,40                |
|    |       | NMR:                                |        |     | ALL: 1 NMR est<br>ONMK: 5xKB 5xLB, ind: 2B, est: 1G 1Z 1B                       |              |      |         |                         |         |         |               |                        |
| 3  | 27    | Tamara van den Brink                | D      | 20+ | ZPV Barracuda                                                                   | 0:40,01      |      |         |                         | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                     |        |     |                                                                                 | 25m-bad tijd |      |         | NMR: Nicole Bennis      |         |         |               | 0:32,63                |
|    |       | NMR:                                |        |     | ONMK: 1xKB, est: 1Z                                                             |              |      |         |                         |         |         |               |                        |
| 4  | 6     | Angela Giezen                       | D      | 35+ | Upstream Amsterdam                                                              | 0:39,86      |      | 0:31,66 | 0:31,66                 | 0:34,65 | 0:34,65 |               | Laura Badoux           |
|    |       |                                     |        |     |                                                                                 | 25m-bad tijd |      |         | NMR: Laura Badoux       |         |         |               | 0:35,32                |
|    |       | NMR:                                |        |     | ONMK: 8xKB 8xLB, ind: 3Z 6B, est: 1G 6Z 6B                                      |              |      |         |                         |         |         |               |                        |
| 5  | 26    | Maud Heldoorn                       | D      | 20+ | Deltasteur                                                                      | 0:39,91      |      |         |                         | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                     |        |     |                                                                                 | 25m-bad tijd |      |         | NMR: Nicole Bennis      |         |         |               | 0:32,63                |
|    |       | NMR:                                |        |     |                                                                                 |              |      |         |                         |         |         |               |                        |
| 6  | 5     | Pascalie Janssen                    | D      | 45+ | Patrick-De Roersoppers (                                                        | 0:40,15      |      | 0:33,01 | 0:33,56                 | 0:34,86 | 0:34,86 |               | Trudy Ketting          |
|    |       |                                     |        |     |                                                                                 | 25m-bad tijd |      |         | NMR: Marjo Goelema-Koek |         |         |               | 0:36,27                |
|    |       | NMR:                                |        |     | ONMK: 8xKB 6xLB, ind: 2G 5Z 11B, est: 2G 3Z 2B                                  |              |      |         |                         |         |         |               |                        |
| 7  | 6     | Regine Beckers-Stribos              | D      | 50+ | De Rog                                                                          | 0:40,40      |      | 0:33,96 | 0:34,05                 | 0:35,55 | 0:35,55 |               | Marjo Goelema          |
|    |       |                                     |        |     |                                                                                 | 25m-bad tijd |      |         | NMR: Marjo Goelema      |         |         |               | 0:35,55                |
|    |       | NMR:                                |        |     | ONMK: 4xKB 1xLB, est: 1Z                                                        |              |      |         |                         |         |         |               |                        |
| 8  | 15    | Pascalie Rovers                     | D      | 25+ | De Dolfijn                                                                      | 0:40,45      |      | 0:30,50 | 0:30,50                 | 0:32,37 | 0:33,17 |               | Saskia de Klerk        |
|    |       |                                     |        |     |                                                                                 | 25m-bad tijd |      |         | NMR: Tessa Brouwer      |         |         |               | 0:33,17                |
|    |       | NMR:                                |        |     | ONMK: 1xLB                                                                      |              |      |         |                         |         |         |               |                        |
| 9  | 14    | Mariska Zaal                        | D      | 30+ | AZC                                                                             | 0:40,66      |      | 0:31,35 | 0:31,02                 | 0:33,03 | 0:33,03 |               | Ekaterina Anfinogenova |
|    |       |                                     |        |     |                                                                                 | 25m-bad tijd |      |         | NMR: Karin Hidding      |         |         |               | 0:36,40                |
|    |       | NMR:                                |        |     | ONMK: 5xKB 3xLB, est: 1G 4B                                                     |              |      |         |                         |         |         |               |                        |

| Bn | Rank  | Naam                                | Gend | Cat | Team                                                                                 | Intijd       | KANS | WMR     | EMR                     | NatMR   | CR      | Record-houder | Titelhouder 2019       |
|----|-------|-------------------------------------|------|-----|--------------------------------------------------------------------------------------|--------------|------|---------|-------------------------|---------|---------|---------------|------------------------|
|    | 15:53 | Programma 41 50m. school D Serie: 9 |      |     |                                                                                      |              |      |         | NMR-houder              |         |         | Aanvraag      | Tijd titelhouder       |
| 0  | 25    | Alies Wagter                        | D    | 20+ | Steenwijk 1934                                                                       | 0:39,82      |      |         |                         | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                     |      |     |                                                                                      | 25m-bad tijd |      |         | NMR: Nicole Bennis      |         |         |               | 0:32,63                |
|    |       | NMR:                                |      |     |                                                                                      |              |      |         |                         |         |         |               |                        |
| 1  | 11    | Liesbeth van Mill                   | D    | 30+ | Zwemlust- den Hommel                                                                 | 0:39,69      |      | 0:31,35 | 0:31,02                 | 0:33,03 | 0:33,03 |               | Ekaterina Anfinogenova |
|    |       |                                     |      |     |                                                                                      | 25m-bad tijd |      |         | NMR: Karin Hidding      |         |         |               | 0:36,40                |
|    |       | NMR:                                |      |     | ONMK: 11xKB 12xLB, ind: 2G 2Z 7B, est: 8G 8Z 5B                                      |              |      |         |                         |         |         |               |                        |
| 2  | 5     | Monique Tuijp                       | D    | 50+ | WZ&PC Purmerend                                                                      | 0:39,60      |      | 0:33,96 | 0:34,05                 | 0:35,55 | 0:35,55 |               | Marjo Goelema          |
|    |       |                                     |      |     |                                                                                      | 25m-bad tijd |      |         | NMR: Marjo Goelema      |         |         |               | 0:35,55                |
|    |       | NMR:                                |      |     | Actueel: 3 NMR ind / ALL: 7 NMR ind<br>ONMK: 7xKB 7xLB, ind: 24G 13Z 11B, est: 2G 2B |              |      |         |                         |         |         |               |                        |
| 3  | 14    | Suzanne Tettersoo                   | D    | 25+ | ZPC De Zeeuwse Kust                                                                  | 0:39,17      |      | 0:30,50 | 0:30,50                 | 0:32,37 | 0:33,17 |               | Saskia de Klerk        |
|    |       |                                     |      |     |                                                                                      | 25m-bad tijd |      |         | NMR: Tessa Brouwer      |         |         |               | 0:33,17                |
|    |       | NMR:                                |      |     |                                                                                      |              |      |         |                         |         |         |               |                        |
| 4  | 6     | Suzan Blankestijn                   | D    | 30+ | ZVL-1886 Tettersoo                                                                   | 0:39,06      |      | 0:31,35 | 0:31,02                 | 0:33,03 | 0:33,03 |               | Ekaterina Anfinogenova |
|    |       |                                     |      |     |                                                                                      | 50m-bad tijd |      |         | NMR: Karin Hidding      |         |         |               | 0:36,40                |
|    |       | NMR:                                |      |     | ONMK: 2xKB 2xLB, ind: 1Z 4B, est: 1G 3Z 3B                                           |              |      |         |                         |         |         |               |                        |
| 5  | 24    | Annemarie ten Have                  | D    | 20+ | Zuiderzeeswimmers                                                                    | 0:39,13      |      |         |                         | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                     |      |     |                                                                                      | 25m-bad tijd |      |         | NMR: Nicole Bennis      |         |         |               | 0:32,63                |
|    |       | NMR:                                |      |     |                                                                                      |              |      |         |                         |         |         |               |                        |
| 6  | 4     | Eveline Hacquebord                  | D    | 40+ | IJZPC                                                                                | 0:39,30      |      | 0:32,16 | 0:33,32                 | 0:35,89 | 0:35,89 |               | Elena Mekhteleva       |
|    |       |                                     |      |     |                                                                                      | 25m-bad tijd |      |         | NMR: Marjo Goelema-Koek |         |         |               | 0:36,72                |
|    |       | NMR:                                |      |     | ONMK: 9xKB 8xLB, ind: 1G 6Z 6B, est: 2G 1Z 1B                                        |              |      |         |                         |         |         |               |                        |
| 7  | 3     | Yvonne Gerritsen                    | D    | 40+ | WVZ                                                                                  | 0:39,65      |      | 0:32,16 | 0:33,32                 | 0:35,89 | 0:35,89 |               | Elena Mekhteleva       |
|    |       |                                     |      |     |                                                                                      | 50m-bad tijd |      |         | NMR: Marjo Goelema-Koek |         |         |               | 0:36,72                |
|    |       | NMR:                                |      |     | ALL: 1 EMR est,<br>ONMK: 12xKB 10xLB, ind: 32G 34Z 19B, est: 8G 17Z 8B               |              |      |         |                         |         |         |               |                        |
| 8  | 4     | Geraldine Trainor                   | D    | 45+ | De Duck                                                                              | 0:39,80      |      | 0:33,01 | 0:33,56                 | 0:34,86 | 0:34,86 |               | Trudy Ketting          |
|    |       |                                     |      |     |                                                                                      | 25m-bad tijd |      |         | NMR: Marjo Goelema-Koek |         |         |               | 0:36,27                |
|    |       | NMR:                                |      |     | ONMK: 2xKB 10xLB, ind: 9G 18Z 17B, est: 1Z 3B                                        |              |      |         |                         |         |         |               |                        |
| 9  | 12    | Sabine Lina                         | D    | 30+ | ZPC Woerden                                                                          | 0:39,82      |      | 0:31,35 | 0:31,02                 | 0:33,03 | 0:33,03 |               | Ekaterina Anfinogenova |
|    |       |                                     |      |     |                                                                                      | 25m-bad tijd |      |         | NMR: Karin Hidding      |         |         |               | 0:36,40                |
|    |       | NMR:                                |      |     | ALL: 2 NMR est<br>ONMK: 10xKB 7xLB, ind: 3G 9Z 13B, est: 18G 9Z 7B                   |              |      |         |                         |         |         |               |                        |

| Bn | Rank  | Naam                                 | Gender | Cat | Team                                                                                     | Intijd       | KANS | WMR     | EMR                     | NatMR   | CR      | Record-houder | Titelhouder 2019       |
|----|-------|--------------------------------------|--------|-----|------------------------------------------------------------------------------------------|--------------|------|---------|-------------------------|---------|---------|---------------|------------------------|
|    | 15:54 | Programma 41 50m. school D Serie: 10 |        |     |                                                                                          |              |      |         | NMR-houder              |         |         | Aanvraag      | Tijd titelhouder       |
| 0  | 10    | Siska Post                           | D      | 30+ | DIO                                                                                      | 0:38,79      |      | 0:31,35 | 0:31,02                 | 0:33,03 | 0:33,03 |               | Ekaterina Anfinogenova |
|    |       |                                      |        |     |                                                                                          | 25m-bad tijd |      |         | NMR: Karin Hidding      |         |         |               | 0:36,40                |
|    |       | NMR:                                 |        |     | ONMK: 6xKB 5xLB, ind: 1Z 2B, est: 2G 5Z 2B                                               |              |      |         |                         |         |         |               |                        |
| 1  | 9     | Ilse van den Wijngaard               | D      | 30+ | ZPC Woerden                                                                              | 0:38,64      |      | 0:31,35 | 0:31,02                 | 0:33,03 | 0:33,03 |               | Ekaterina Anfinogenova |
|    |       |                                      |        |     |                                                                                          | 25m-bad tijd |      |         | NMR: Karin Hidding      |         |         |               | 0:36,40                |
|    |       | NMR:                                 |        |     | Actueel: 1 NMR est / ALL: 3 NMR est<br>ONMK: 9xKB 8xLB, ind: 2G 11Z 16B, est: 26G 12Z 7B |              |      |         |                         |         |         |               |                        |
| 2  | 2     | Inge Roskam                          | D      | 40+ | De Duinkikkers                                                                           | 0:38,51      |      | 0:32,16 | 0:33,32                 | 0:35,89 | 0:35,89 |               | Elena Mekhteleva       |
|    |       |                                      |        |     |                                                                                          | 25m-bad tijd |      |         | NMR: Marjo Goelema-Koek |         |         |               | 0:36,72                |
|    |       | NMR:                                 |        |     | ONMK: 5xKB 3xLB, ind: 3G 4Z 3B, est: 1G 2Z 3B                                            |              |      |         |                         |         |         |               |                        |
| 3  | 3     | Edith Janssen-Koolen                 | D      | 45+ | TRB-RES                                                                                  | 0:38,42      |      | 0:33,01 | 0:33,56                 | 0:34,86 | 0:34,86 |               | Trudy Ketting          |
|    |       |                                      |        |     |                                                                                          | 25m-bad tijd |      |         | NMR: Marjo Goelema-Koek |         |         |               | 0:36,27                |
|    |       | NMR:                                 |        |     | Actueel: 1 NMR ind / ALL: 1 NMR ind<br>ONMK: 7xKB 7xLB, ind: 24G 33Z 11B, est: 5G 13Z 4B |              |      |         |                         |         |         |               |                        |
| 4  | 7     | Esther van Maastrigt                 | D      | 30+ | Montferland                                                                              | 0:38,23      |      | 0:31,35 | 0:31,02                 | 0:33,03 | 0:33,03 |               | Ekaterina Anfinogenova |
|    |       |                                      |        |     |                                                                                          | 25m-bad tijd |      |         | NMR: Karin Hidding      |         |         |               | 0:36,40                |
|    |       | NMR:                                 |        |     | ALL: 2 NMR est<br>ONMK: 7xKB 7xLB, ind: 3G 6Z 4B, est: 8Z 8B                             |              |      |         |                         |         |         |               |                        |
| 5  | 8     | Monique Pronk                        | D      | 30+ | WVZ                                                                                      | 0:38,42      |      | 0:31,35 | 0:31,02                 | 0:33,03 | 0:33,03 |               | Ekaterina Anfinogenova |
|    |       |                                      |        |     |                                                                                          | 25m-bad tijd |      |         | NMR: Karin Hidding      |         |         |               | 0:36,40                |
|    |       | NMR:                                 |        |     | ONMK: 5xKB 6xLB, ind: 2Z 2B, est: 3G 6Z 9B                                               |              |      |         |                         |         |         |               |                        |
| 6  | 23    | Mandy Swart                          | D      | 20+ | De Biesboschzwemmers                                                                     | 0:38,46      |      |         |                         | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                      |        |     |                                                                                          | 25m-bad tijd |      |         | NMR: Nicole Bennis      |         |         |               | 0:32,63                |
|    |       | NMR:                                 |        |     |                                                                                          |              |      |         |                         |         |         |               |                        |
| 7  | 5     | Leonie van der Lavoir                | D      | 35+ | ZPC Numansdorp                                                                           | 0:38,59      |      | 0:31,66 | 0:31,66                 | 0:34,65 | 0:34,65 |               | Laura Badoux           |
|    |       |                                      |        |     |                                                                                          | 25m-bad tijd |      |         | NMR: Laura Badoux       |         |         |               | 0:35,32                |
|    |       | NMR:                                 |        |     |                                                                                          |              |      |         |                         |         |         |               |                        |
| 8  | 4     | Susan Fraser                         | D      | 50+ | GBR - Free Style SC                                                                      | 0:38,66      |      | 0:33,96 | 0:34,05                 | 0:36,32 | 0:35,55 |               | Marjo Goelema          |
|    |       |                                      |        |     |                                                                                          | 25m-bad tijd |      |         |                         |         |         |               | 0:35,55                |
|    |       |                                      |        |     |                                                                                          |              |      |         |                         |         |         |               |                        |
| 9  | 13    | Eva Kattouw                          | D      | 25+ | De Ward                                                                                  | 0:38,95      |      | 0:30,50 | 0:30,50                 | 0:32,37 | 0:33,17 |               | Saskia de Klerk        |
|    |       |                                      |        |     |                                                                                          | 25m-bad tijd |      |         | NMR: Tessa Brouwer      |         |         |               | 0:33,17                |
|    |       | NMR:                                 |        |     | ONMK: 6xKB 4xLB, est: 1G 8Z 3B                                                           |              |      |         |                         |         |         |               |                        |

| Bn | Rank  | Naam                                 | Gender | Cat | Team                                                                                                                                   | Intijd       | KANS  | WMR     | EMR                     | NatMR   | CR      | Record-houder | Titelhouder 2019       |
|----|-------|--------------------------------------|--------|-----|----------------------------------------------------------------------------------------------------------------------------------------|--------------|-------|---------|-------------------------|---------|---------|---------------|------------------------|
|    | 15:55 | Programma 41 50m. school D Serie: 11 |        |     |                                                                                                                                        |              |       |         | NMR-houder              |         |         | Aanvraag      | Tijd titelhouder       |
| 0  | 21    | Kimberly Coenders                    | D      | 20+ | De Lansingh                                                                                                                            | 0:38,05      |       |         |                         | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                      |        |     |                                                                                                                                        | 25m-bad tijd |       |         | NMR: Nicole Bennis      |         |         |               | 0:32,63                |
|    |       | NMR:                                 |        |     |                                                                                                                                        |              |       |         |                         |         |         |               |                        |
| 1  | 3     | Jacqueline Tuin                      | D      | 50+ | DAW                                                                                                                                    | 0:37,72      |       | 0:33,96 | 0:34,05                 | 0:35,55 | 0:35,55 |               | Marjo Goelema          |
|    |       |                                      |        |     |                                                                                                                                        | 25m-bad tijd |       |         | NMR: Marjo Goelema      |         |         |               | 0:35,55                |
|    |       | NMR:                                 |        |     | ALL: 1 NMR est<br>ONMK: 6xKB 6xLB, ind: 7G 16Z 14B, est: 7G 5Z 10B                                                                     |              |       |         |                         |         |         |               |                        |
| 2  | 2     | Karin Stein                          | D      | 45+ | ZVVS                                                                                                                                   | 0:37,50      |       | 0:33,01 | 0:33,56                 | 0:34,86 | 0:34,86 |               | Trudy Ketting          |
|    |       |                                      |        |     |                                                                                                                                        | 25m-bad tijd |       |         | NMR: Marjo Goelema-Koek |         |         |               | 0:36,27                |
|    |       | NMR:                                 |        |     | Actueel: 4 NMR ind, 1 NMR est / ALL: 2 WMR est, 3 EMR est, 37 NMR ind, 8 NMR est<br>ONMK: 9xKB 12xLB, ind: 69G 34Z 14B, est: 20G 5Z 3B |              |       |         |                         |         |         |               |                        |
| 3  | 19    | Alisha Vieira                        | D      | 20+ | Rotterdam Swimming (SC                                                                                                                 | 0:37,30      |       |         |                         | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                      |        |     |                                                                                                                                        | 25m-bad tijd |       |         | NMR: Nicole Bennis      |         |         |               | 0:32,63                |
|    |       | NMR:                                 |        |     |                                                                                                                                        |              |       |         |                         |         |         |               |                        |
| 4  | 5     | Karin van Dijk                       | D      | 30+ | De Wellerobben                                                                                                                         | 0:37,18      |       | 0:31,35 | 0:31,02                 | 0:33,03 | 0:33,03 |               | Ekaterina Anfinogenova |
|    |       |                                      |        |     |                                                                                                                                        | 25m-bad tijd |       |         | NMR: Karin Hidding      |         |         |               | 0:36,40                |
|    |       | NMR:                                 |        |     | ALL: 2 NMR est<br>ONMK: 10xKB 7xLB, ind: 14G 19Z 20B, est: 7G 8Z 7B                                                                    |              |       |         |                         |         |         |               |                        |
| 5  | 1     | Allie Price                          | D      | 55+ | GBR - Cardiff Masters                                                                                                                  | 0:37,25      | natMR | 0:35,15 | 0:35,15                 | 0:37,35 | 0:41,87 |               | Jacqueline Rolloos     |
|    |       |                                      |        |     |                                                                                                                                        | 25m-bad tijd |       |         |                         |         |         |               | 0:42,54                |
|    |       |                                      |        |     | ONMK: 3xKB 5xLB, ind: 21G 12Z 7B                                                                                                       |              |       |         |                         |         |         |               |                        |
| 6  | 1     | Kika Meijers                         | D      | 40+ | SWOL 1894                                                                                                                              | 0:37,42      |       | 0:32,16 | 0:33,32                 | 0:35,89 | 0:35,89 |               | Elena Mekhteleva       |
|    |       |                                      |        |     |                                                                                                                                        | 25m-bad tijd |       |         | NMR: Marjo Goelema-Koek |         |         |               | 0:36,72                |
|    |       | NMR:                                 |        |     | ONMK: 2xKB, ind: 1G 4Z 3B, est: 1Z                                                                                                     |              |       |         |                         |         |         |               |                        |
| 7  | 20    | Lindy Elkerbout                      | D      | 20+ | De Veene                                                                                                                               | 0:37,65      |       |         |                         | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                      |        |     |                                                                                                                                        | 25m-bad tijd |       |         | NMR: Nicole Bennis      |         |         |               | 0:32,63                |
|    |       | NMR:                                 |        |     |                                                                                                                                        |              |       |         |                         |         |         |               |                        |
| 8  | 4     | Renee de Kok                         | D      | 35+ | PSV                                                                                                                                    | 0:38,03      |       | 0:31,66 | 0:31,66                 | 0:34,65 | 0:34,65 |               | Laura Badoux           |
|    |       |                                      |        |     |                                                                                                                                        | 25m-bad tijd |       |         | NMR: Laura Badoux       |         |         |               | 0:35,32                |
|    |       | NMR:                                 |        |     | Actueel: 1 NMR est / ALL: 1 WMR est, 4 EMR est, 8 NMR est<br>ONMK: 10xKB 8xLB, ind: 2G 6Z 7B, est: 12G 9Z 7B                           |              |       |         |                         |         |         |               |                        |
| 9  | 22    | Marielle van der Vaart               | D      | 20+ | ZVVS                                                                                                                                   | 0:38,13      |       |         |                         | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                      |        |     |                                                                                                                                        | 25m-bad tijd |       |         | NMR: Nicole Bennis      |         |         |               | 0:32,63                |
|    |       | NMR:                                 |        |     |                                                                                                                                        |              |       |         |                         |         |         |               |                        |

| Bn | Rank  | Naam                                 | Gend | Cat | Team                                                                                                                               | Intijd       | KANS | WMR     | EMR                | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|--------------------------------------|------|-----|------------------------------------------------------------------------------------------------------------------------------------|--------------|------|---------|--------------------|---------|---------|---------------|------------------|
|    | 15:56 | Programma 41 50m. school D Serie: 12 |      |     |                                                                                                                                    |              |      |         | NMR-houder         |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 18    | Annemijn Spohr                       | D    | 20+ | TRB-RES                                                                                                                            | 0:37,08      |      |         |                    | 0:32,63 | 0:32,63 |               | Nicole Bennis    |
|    |       |                                      |      |     |                                                                                                                                    | 25m-bad tijd |      |         | NMR: Nicole Bennis |         |         |               | 0:32,63          |
|    |       | NMR:                                 |      |     |                                                                                                                                    |              |      |         |                    |         |         |               |                  |
| 1  | 17    | Anne Dekker                          | D    | 20+ | Albion WSS (SG)                                                                                                                    | 0:36,88      |      |         |                    | 0:32,63 | 0:32,63 |               | Nicole Bennis    |
|    |       |                                      |      |     |                                                                                                                                    | 25m-bad tijd |      |         | NMR: Nicole Bennis |         |         |               | 0:32,63          |
|    |       | NMR:                                 |      |     |                                                                                                                                    |              |      |         |                    |         |         |               |                  |
| 2  | 11    | Isabelle Massar                      | D    | 25+ | WVZ                                                                                                                                | 0:36,76      |      | 0:30,50 | 0:30,50            | 0:32,37 | 0:33,17 |               | Saskia de Klerk  |
|    |       |                                      |      |     |                                                                                                                                    | 25m-bad tijd |      |         | NMR: Tessa Brouwer |         |         |               | 0:33,17          |
|    |       | NMR:                                 |      |     | Actueel:1 WMR est, 1 EMR est, 8 NMR est / ALL: 1 WMR est, 2 EMR est, 10 NMR est<br>ONMK: 9xKB 8xLB, ind: 1G 1Z 3B, est: 30G 12Z 5B |              |      |         |                    |         |         |               |                  |
| 3  | 10    | Daniëlle de Boer                     | D    | 25+ | HZ&PC Heerenveen                                                                                                                   | 0:36,75      |      | 0:30,50 | 0:30,50            | 0:32,37 | 0:33,17 |               | Saskia de Klerk  |
|    |       |                                      |      |     |                                                                                                                                    | 25m-bad tijd |      |         | NMR: Tessa Brouwer |         |         |               | 0:33,17          |
|    |       | NMR:                                 |      |     | Actueel: 3 NMR est / ALL: 3 NMR est<br>ONMK: 2xKB 1xLB, ind: 2Z 2B, est: 6G 4Z                                                     |              |      |         |                    |         |         |               |                  |
| 4  | 15    | Rianne van Rijssen                   | D    | 20+ | Noord Veluwe                                                                                                                       | 0:36,67      |      |         |                    | 0:32,63 | 0:32,63 |               | Nicole Bennis    |
|    |       |                                      |      |     |                                                                                                                                    | 25m-bad tijd |      |         | NMR: Nicole Bennis |         |         |               | 0:32,63          |
|    |       | NMR:                                 |      |     | ONMK: 1xKB 1xLB, est: 1Z 3B                                                                                                        |              |      |         |                    |         |         |               |                  |
| 5  | 9     | Karen Stolk                          | D    | 25+ | De Dolfijn                                                                                                                         | 0:36,73      |      | 0:30,50 | 0:30,50            | 0:32,37 | 0:33,17 |               | Saskia de Klerk  |
|    |       |                                      |      |     |                                                                                                                                    | 25m-bad tijd |      |         | NMR: Tessa Brouwer |         |         |               | 0:33,17          |
|    |       | NMR:                                 |      |     | ALL: 1 NMR est<br>ONMK: 2xKB 1xLB, est: 2G 1Z 1B                                                                                   |              |      |         |                    |         |         |               |                  |
| 6  | 2     | Caroline van Tiggelen                | D    | 35+ | Scheldestroom                                                                                                                      | 0:36,76      |      | 0:31,66 | 0:31,66            | 0:34,65 | 0:34,65 |               | Laura Badoux     |
|    |       |                                      |      |     |                                                                                                                                    | 25m-bad tijd |      |         | NMR: Laura Badoux  |         |         |               | 0:35,32          |
|    |       | NMR:                                 |      |     | ONMK: 4xKB 2xLB, ind: 6G 4Z 3B, est: 1Z                                                                                            |              |      |         |                    |         |         |               |                  |
| 7  | 16    | Sanne van de Pol                     | D    | 20+ | De Biesboschzwemmers                                                                                                               | 0:36,86      |      |         |                    | 0:32,63 | 0:32,63 |               | Nicole Bennis    |
|    |       |                                      |      |     |                                                                                                                                    | 25m-bad tijd |      |         | NMR: Nicole Bennis |         |         |               | 0:32,63          |
|    |       | NMR:                                 |      |     |                                                                                                                                    |              |      |         |                    |         |         |               |                  |
| 8  | 12    | Kelly Wigleven                       | D    | 25+ | Poseidon'56                                                                                                                        | 0:37,06      |      | 0:30,50 | 0:30,50            | 0:32,37 | 0:33,17 |               | Saskia de Klerk  |
|    |       |                                      |      |     |                                                                                                                                    | 25m-bad tijd |      |         | NMR: Tessa Brouwer |         |         |               | 0:33,17          |
|    |       | NMR:                                 |      |     |                                                                                                                                    |              |      |         |                    |         |         |               |                  |
| 9  | 3     | Joke De Temmerman                    | D    | 35+ | BEL - De Dolfijnen ZC Z                                                                                                            | 0:37,11      |      | 0:31,66 | 0:31,66            | 0:36,73 | 0:34,65 |               | Laura Badoux     |
|    |       |                                      |      |     |                                                                                                                                    | 25m-bad tijd |      |         |                    |         |         |               | 0:35,32          |
|    |       |                                      |      |     | ONMK: 1xKB 1xLB, ind: 2Z                                                                                                           |              |      |         |                    |         |         |               |                  |

| Bn | Rank  | Naam                                 | Gend | Cat | Team                                                                                                                            | Intijd       | KANS | WMR     | EMR                | NatMR   | CR      | Record-houder | Titelhouder 2019       |
|----|-------|--------------------------------------|------|-----|---------------------------------------------------------------------------------------------------------------------------------|--------------|------|---------|--------------------|---------|---------|---------------|------------------------|
|    | 15:57 | Programma 41 50m. school D Serie: 13 |      |     |                                                                                                                                 |              |      |         | NMR-houder         |         |         | Aanvraag      | Tijd titelhouder       |
| 0  | 8     | Chantal van der Horst                | D    | 25+ | De Meer                                                                                                                         | 0:36,41      |      | 0:30,50 | 0:30,50            | 0:32,37 | 0:33,17 |               | Saskia de Klerk        |
|    |       |                                      |      |     |                                                                                                                                 | 25m-bad tijd |      |         | NMR: Tessa Brouwer |         |         |               | 0:33,17                |
|    |       | NMR:                                 |      |     | Actueel: 1 NMR ind / ALL: 1 NMR ind<br>ONMK: 7xKB 5xLB, ind: 6G 7Z 7B, est: 8G 7Z 7B                                            |              |      |         |                    |         |         |               |                        |
| 1  | 7     | Yvette de Gier                       | D    | 25+ | De Columbiaan                                                                                                                   | 0:36,22      |      | 0:30,50 | 0:30,50            | 0:32,37 | 0:33,17 |               | Saskia de Klerk        |
|    |       |                                      |      |     |                                                                                                                                 | 25m-bad tijd |      |         | NMR: Tessa Brouwer |         |         |               | 0:33,17                |
|    |       | NMR:                                 |      |     |                                                                                                                                 |              |      |         |                    |         |         |               |                        |
| 2  | 13    | Mirelle de Kort                      | D    | 20+ | Neptunus'58                                                                                                                     | 0:35,86      |      |         |                    | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                      |      |     |                                                                                                                                 | 25m-bad tijd |      |         | NMR: Nicole Bennis |         |         |               | 0:32,63                |
|    |       | NMR:                                 |      |     |                                                                                                                                 |              |      |         |                    |         |         |               |                        |
| 3  | 6     | Eline van Gemert                     | D    | 25+ | De Meer                                                                                                                         | 0:35,82      |      | 0:30,50 | 0:30,50            | 0:32,37 | 0:33,17 |               | Saskia de Klerk        |
|    |       |                                      |      |     |                                                                                                                                 | 25m-bad tijd |      |         | NMR: Tessa Brouwer |         |         |               | 0:33,17                |
|    |       | NMR:                                 |      |     | ONMK: 6xKB 2xLB, ind: 2Z , est: 8G 3Z 5B                                                                                        |              |      |         |                    |         |         |               |                        |
| 4  | 12    | Lisanne Seising                      | D    | 20+ | VZC                                                                                                                             | 0:35,60      |      |         |                    | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                      |      |     |                                                                                                                                 | 25m-bad tijd |      |         | NMR: Nicole Bennis |         |         |               | 0:32,63                |
|    |       | NMR:                                 |      |     |                                                                                                                                 |              |      |         |                    |         |         |               |                        |
| 5  | 4     | Jacyntha Plat                        | D    | 30+ | Steenwijk 1934                                                                                                                  | 0:35,82      |      | 0:31,35 | 0:31,02            | 0:33,03 | 0:33,03 |               | Ekaterina Anfinogenova |
|    |       |                                      |      |     |                                                                                                                                 | 25m-bad tijd |      |         | NMR: Karin Hidding |         |         |               | 0:36,40                |
|    |       | NMR:                                 |      |     | ONMK: 6xKB 2xLB, ind: 5G 15Z 9B, est: 2G 6Z 2B                                                                                  |              |      |         |                    |         |         |               |                        |
| 6  | 7     | Lonneke Graansma                     | D    | 20+ | ZVL-1886 Tetteroo                                                                                                               | 0:35,84      |      |         |                    | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                      |      |     |                                                                                                                                 | 50m-bad tijd |      |         | NMR: Nicole Bennis |         |         |               | 0:32,63                |
|    |       | NMR:                                 |      |     | ONMK: 1xKB 1xLB, ind: 1Z , est: 1G 1Z                                                                                           |              |      |         |                    |         |         |               |                        |
| 7  | 14    | Laura Compagner                      | D    | 20+ | Dedemsvaart-AC                                                                                                                  | 0:36,04      |      |         |                    | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                      |      |     |                                                                                                                                 | 25m-bad tijd |      |         | NMR: Nicole Bennis |         |         |               | 0:32,63                |
|    |       | NMR:                                 |      |     | Actueel: 1 NMR est / ALL: 2 NMR est<br>ONMK: 2xKB, est: 4G 1B                                                                   |              |      |         |                    |         |         |               |                        |
| 8  | 2     | Trudy Ketting                        | D    | 50+ | PSV                                                                                                                             | 0:36,27      |      | 0:33,96 | 0:34,05            | 0:35,55 | 0:35,55 |               | Marjo Goelema          |
|    |       |                                      |      |     |                                                                                                                                 | 25m-bad tijd |      |         | NMR: Marjo Goelema |         |         |               | 0:35,55                |
|    |       | NMR:                                 |      |     | Actueel:1 EMR est, 6 NMR est / ALL: 1 WMR est, 6 EMR est, 4 NMR ind, 12 NMR est<br>ONMK: 5xKB 7xLB, ind: 12G 11Z 1B, est: 8G 7Z |              |      |         |                    |         |         |               |                        |
| 9  | 1     | Isabelle Josselin                    | D    | 45+ | FRA - Dunkerque Natatic                                                                                                         | 0:36,50      |      | 0:33,01 | 0:33,56            | 0:35,90 | 0:34,86 |               | Trudy Ketting          |
|    |       |                                      |      |     |                                                                                                                                 | 25m-bad tijd |      |         |                    |         |         |               | 0:36,27                |
|    |       |                                      |      |     |                                                                                                                                 |              |      |         |                    |         |         |               |                        |

| Bn | Rank  | Naam                                 | Gend | Cat | Team                                                                                                                        | Intijd       | KANS | WMR     | EMR                | NatMR   | CR      | Record-houder | Titelhouder 2019       |
|----|-------|--------------------------------------|------|-----|-----------------------------------------------------------------------------------------------------------------------------|--------------|------|---------|--------------------|---------|---------|---------------|------------------------|
|    | 15:59 | Programma 41 50m. school D Serie: 14 |      |     |                                                                                                                             |              |      |         | NMR-houder         |         |         | Aanvraag      | Tijd titelhouder       |
| 0  | 1     | Laura Badoux                         | D    | 35+ | DAW                                                                                                                         | 0:35,32      |      | 0:31,66 | 0:31,66            | 0:34,65 | 0:34,65 | NMR-houder    | Laura Badoux           |
|    |       |                                      |      |     | lid TGMZ                                                                                                                    | 25m-bad tijd |      |         | NMR: Laura Badoux  |         |         |               | 0:35,32                |
|    |       | NMR:                                 |      |     | Actueel: 6 NMR ind, 1 NMR est / ALL: 1 EMR est, 24 NMR ind, 14 NMR est<br>ONMK: 9xKB 12xLB, ind: 48G 9Z 8B, est: 30G 10Z 5B |              |      |         |                    |         |         |               |                        |
| 1  | 1     | Marjo Goelema-Koek                   | D    | 50+ | De Biesboschzwemmers                                                                                                        | 0:35,30      | NMR  | 0:33,96 | 0:34,05            | 0:35,55 | 0:35,55 |               | Marjo Goelema          |
|    |       |                                      |      |     |                                                                                                                             | 25m-bad tijd |      |         | NMR: Marjo Goelema |         |         |               | 0:35,55                |
|    |       | NMR:                                 |      |     | Actueel: 8 NMR ind / ALL: 1 EMR est, 24 NMR ind, 3 NMR est<br>ONMK: 8xKB 6xLB, ind: 30G 10Z 12B, est: 11G 7Z 2B             |              |      |         |                    |         |         |               |                        |
| 2  | 9     | Melissa van der Heijden              | D    | 20+ | ZPV Barracuda                                                                                                               | 0:35,03      |      |         |                    | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                      |      |     |                                                                                                                             | 25m-bad tijd |      |         | NMR: Nicole Bennis |         |         |               | 0:32,63                |
|    |       | NMR:                                 |      |     | ALL: 1 NMR est<br>ONMK: 4xKB 3xLB, ind: 2G 2Z 1B, est: 10G 10Z 1B                                                           |              |      |         |                    |         |         |               |                        |
| 3  | 3     | Annabel Kuipers                      | D    | 20+ | DWK                                                                                                                         | 0:34,93      |      |         |                    | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                      |      |     |                                                                                                                             | 50m-bad tijd |      |         | NMR: Nicole Bennis |         |         |               | 0:32,63                |
|    |       | NMR:                                 |      |     |                                                                                                                             |              |      |         |                    |         |         |               |                        |
| 4  | 3     | Elmi Roelofsen                       | D    | 30+ | ZVV                                                                                                                         | 0:34,81      |      | 0:31,35 | 0:31,02            | 0:33,03 | 0:33,03 |               | Ekaterina Anfinogenova |
|    |       |                                      |      |     |                                                                                                                             | 25m-bad tijd |      |         | NMR: Karin Hidding |         |         |               | 0:36,40                |
|    |       | NMR:                                 |      |     | ONMK: 7xKB 5xLB, ind: 3G 10Z 11B                                                                                            |              |      |         |                    |         |         |               |                        |
| 5  | 6     | Fenna de Groot                       | D    | 20+ | Albion WSS (SG)                                                                                                             | 0:34,82      |      |         |                    | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                      |      |     |                                                                                                                             | 25m-bad tijd |      |         | NMR: Nicole Bennis |         |         |               | 0:32,63                |
|    |       | NMR:                                 |      |     | Actueel: 1 NMR est / ALL: 2 NMR est<br>ONMK: 4xKB 3xLB, ind: 2G 3Z 2B, est: 7G 2Z 2B                                        |              |      |         |                    |         |         |               |                        |
| 6  | 8     | Dagmar Kruik                         | D    | 20+ | Zuiderzeezwemmers                                                                                                           | 0:34,96      |      |         |                    | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                      |      |     |                                                                                                                             | 25m-bad tijd |      |         | NMR: Nicole Bennis |         |         |               | 0:32,63                |
|    |       | NMR:                                 |      |     | ONMK: 1xLB, est: 1G 1Z                                                                                                      |              |      |         |                    |         |         |               |                        |
| 7  | 10    | Celine Schoenmaker                   | D    | 20+ | DWK                                                                                                                         | 0:35,27      |      |         |                    | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                      |      |     |                                                                                                                             | 25m-bad tijd |      |         | NMR: Nicole Bennis |         |         |               | 0:32,63                |
|    |       | NMR:                                 |      |     | Actueel: 1 NMR est / ALL: 2 NMR est<br>ONMK: 2xKB, ind: 3Z 2B, est: 3G 5Z 1B                                                |              |      |         |                    |         |         |               |                        |
| 8  | 5     | Fiona Meuffels                       | D    | 25+ | RZ                                                                                                                          | 0:35,30      |      | 0:30,50 | 0:30,50            | 0:32,37 | 0:33,17 |               | Saskia de Klerk        |
|    |       |                                      |      |     |                                                                                                                             | 25m-bad tijd |      |         | NMR: Tessa Brouwer |         |         |               | 0:33,17                |
|    |       | NMR:                                 |      |     | ONMK: 3xKB 3xLB, ind: 1Z 2B, est: 2Z 5B                                                                                     |              |      |         |                    |         |         |               |                        |
| 9  | 11    | Bibi Stokvis                         | D    | 20+ | Het Y                                                                                                                       | 0:35,54      |      |         |                    | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                      |      |     |                                                                                                                             | 25m-bad tijd |      |         | NMR: Nicole Bennis |         |         |               | 0:32,63                |
|    |       | NMR:                                 |      |     | ONMK: 1xKB 1xLB, ind: 1B                                                                                                    |              |      |         |                    |         |         |               |                        |

| Bn | Rank  | Naam                                 | Gend | Cat | Team                                                                                         | Intijd       | KANS     | WMR     | EMR                | NatMR   | CR      | Record-houder | Titelhouder 2019       |
|----|-------|--------------------------------------|------|-----|----------------------------------------------------------------------------------------------|--------------|----------|---------|--------------------|---------|---------|---------------|------------------------|
|    | 16:00 | Programma 41 50m. school D Serie: 15 |      |     |                                                                                              |              |          |         | NMR-houder         |         |         | Aanvraag      | Tijd titelhouder       |
| 0  | 2     | Marion Regnier                       | D    | 30+ | BEL - CNSW                                                                                   | 0:34,69      |          | 0:31,35 | 0:31,02            | 0:34,04 | 0:33,03 |               | Ekaterina Anfinogenova |
|    |       |                                      |      |     |                                                                                              | 25m-bad tijd |          |         |                    |         |         |               | 0:36,40                |
|    |       |                                      |      |     |                                                                                              |              |          |         |                    |         |         |               |                        |
| 1  | 4     | Karin Groen                          | D    | 25+ | De Zwemlinie (SG)                                                                            | 0:34,28      |          | 0:30,50 | 0:30,50            | 0:32,37 | 0:33,17 |               | Saskia de Klerk        |
|    |       |                                      |      |     |                                                                                              | 25m-bad tijd |          |         | NMR: Tessa Brouwer |         |         |               | 0:33,17                |
|    |       | NMR:                                 |      |     | Actueel: 1 NMR est / ALL: 3 NMR est<br>ONMK: 6xKB 5xLB, ind: 4G 4Z 9B, est: 10G 7Z 2B        |              |          |         |                    |         |         |               |                        |
| 2  | 2     | Miranda Nijenhuis                    | D    | 25+ | De Columbiaan                                                                                | 0:34,10      |          | 0:30,50 | 0:30,50            | 0:32,37 | 0:33,17 |               | Saskia de Klerk        |
|    |       |                                      |      |     |                                                                                              | 25m-bad tijd |          |         | NMR: Tessa Brouwer |         |         |               | 0:33,17                |
|    |       | NMR:                                 |      |     | ONMK: 1xKB, ind: 2G 2Z , est: 2G                                                             |              |          |         |                    |         |         |               |                        |
| 3  | 1     | Yvon Versteeg                        | D    | 25+ | De Veene                                                                                     | 0:33,01      |          | 0:30,50 | 0:30,50            | 0:32,37 | 0:33,17 |               | Saskia de Klerk        |
|    |       |                                      |      |     |                                                                                              | 25m-bad tijd |          |         | NMR: Tessa Brouwer |         |         |               | 0:33,17                |
|    |       | NMR:                                 |      |     | Actueel: 1 NMR ind / ALL: 3 NMR ind, 1 NMR est<br>ONMK: 9xKB, ind: 17G 16Z 3B, est: 7G 5Z 3B |              |          |         |                    |         |         |               |                        |
| 4  | 1     | Ilse Rijnja                          | D    | 20+ | The Hague Swimming (S)                                                                       | 0:32,65      | NMR-kans |         |                    | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                      |      |     |                                                                                              | 25m-bad tijd |          |         | NMR: Nicole Bennis |         |         |               | 0:32,63                |
|    |       | NMR:                                 |      |     | Actueel: 1 NMR ind / ALL: 1 NMR ind<br>ONMK: 1xLB, ind: 2G , est: 1G 1Z                      |              |          |         |                    |         |         |               |                        |
| 5  | 1     | Saskia de Klerk                      | D    | 30+ | GoSwim                                                                                       | 0:32,93      | NMR      | 0:31,35 | 0:31,02            | 0:33,03 | 0:33,03 |               | Ekaterina Anfinogenova |
|    |       |                                      |      |     |                                                                                              | 25m-bad tijd |          |         | NMR: Karin Hidding |         |         |               | 0:36,40                |
|    |       | NMR:                                 |      |     | ONMK: 1xKB 1xLB, ind: 7G 2Z 2B, est: 1Z                                                      |              |          |         |                    |         |         |               |                        |
| 6  | 2     | Selene Wortel                        | D    | 20+ | Hieronymus                                                                                   | 0:33,33      |          |         |                    | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                      |      |     |                                                                                              | 25m-bad tijd |          |         | NMR: Nicole Bennis |         |         |               | 0:32,63                |
|    |       | NMR:                                 |      |     | Actueel: 4 NMR est / ALL: 4 NMR est<br>ONMK: 1xKB 3xLB, ind: 10G 6Z , est: 6G                |              |          |         |                    |         |         |               |                        |
| 7  | 3     | Lianne Slagter                       | D    | 25+ | ESCA Zwemmen                                                                                 | 0:34,17      |          | 0:30,50 | 0:30,50            | 0:32,37 | 0:33,17 |               | Saskia de Klerk        |
|    |       |                                      |      |     |                                                                                              | 25m-bad tijd |          |         | NMR: Tessa Brouwer |         |         |               | 0:33,17                |
|    |       | NMR:                                 |      |     |                                                                                              |              |          |         |                    |         |         |               |                        |
| 8  | 4     | Manon Kloosterman                    | D    | 20+ | De Bevelanders                                                                               | 0:34,42      |          |         |                    | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                      |      |     |                                                                                              | 25m-bad tijd |          |         | NMR: Nicole Bennis |         |         |               | 0:32,63                |
|    |       | NMR:                                 |      |     | ONMK: 2xKB 3xLB, ind: 2Z 3B                                                                  |              |          |         |                    |         |         |               |                        |
| 9  | 5     | Nadja Wortel                         | D    | 20+ | Hieronymus                                                                                   | 0:34,74      |          |         |                    | 0:32,63 | 0:32,63 |               | Nicole Bennis          |
|    |       |                                      |      |     |                                                                                              | 25m-bad tijd |          |         | NMR: Nicole Bennis |         |         |               | 0:32,63                |
|    |       | NMR:                                 |      |     | Actueel: 3 NMR est / ALL: 3 NMR est<br>ONMK: 1xKB 2xLB, ind: 1G 5B, est: 5G                  |              |          |         |                    |         |         |               |                        |

[illegible]



| Bn | Rank  | Naam                                | Gen | Cat | Team                                                                                                                                                     | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|-------------------------------------|-----|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|--------------------|
|    | 16:05 | Programma 42 50m. school H Serie: 3 |     |     |                                                                                                                                                          |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 1     | Rob Hanou                           | H   | 75+ | PSV                                                                                                                                                      | 0:43,53      |      | 0:38,35 | 0:39,20                   | 0:42,05 | 0:42,05 |               | Rob Hanou          |
|    |       |                                     |     |     | lid DMHoF, ex-lid TGM                                                                                                                                    | 25m-bad tijd |      |         | NMR: Wieger Mensonides    |         |         |               | 0:43,90            |
|    |       | NMR:                                |     |     | Actueel:1 EMR est, 26 NMR ind, 22 NMR est / ALL: 3 WMR est, 12 EMR est, 148 NMR ind, 82 NMR est<br>ONMK: 18xKB 17xLB, ind: 276G 42Z 10B, est: 57G 12Z 7B |              |      |         |                           |         |         |               |                    |
| 1  | 16    | Hans Van de Berg                    | H   | 55+ | De Rog                                                                                                                                                   | 0:43,40      |      | 0:29,26 | 0:29,25                   | 0:33,07 | 0:32,17 |               | Sergey Kozlov      |
|    |       |                                     |     |     |                                                                                                                                                          | 25m-bad tijd |      |         | NMR: Robert Weyhenke      |         |         |               | 0:32,88            |
|    |       | NMR:                                |     |     | ONMK: 1xKB                                                                                                                                               |              |      |         |                           |         |         |               |                    |
| 2  | 7     | Robert Schulein                     | H   | 60+ | H2Oldambt                                                                                                                                                | 0:42,30      |      | 0:31,51 | 0:32,44                   | 0:34,51 | 0:36,36 |               | Paul Bunnik        |
|    |       |                                     |     |     |                                                                                                                                                          | 50m-bad tijd |      |         | NMR: Albert Boonstra      |         |         |               | 0:37,44            |
|    |       | NMR:                                |     |     | ONMK: 2xLB                                                                                                                                               |              |      |         |                           |         |         |               |                    |
| 3  | 13    | Pieter Bardelmeijer                 | H   | 45+ | Deltasteur                                                                                                                                               | 0:41,76      |      | 0:28,65 | 0:28,86                   | 0:30,86 | 0:29,71 |               | Michael van Bekkum |
|    |       |                                     |     |     |                                                                                                                                                          | 25m-bad tijd |      |         | NMR: Harold Matla         |         |         |               | 0:35,05            |
|    |       | NMR:                                |     |     | ONMK: 1xKB 1xLB                                                                                                                                          |              |      |         |                           |         |         |               |                    |
| 4  | 14    | Pierre de Groot                     | H   | 55+ | WIDEX GZC DONK                                                                                                                                           | 0:41,48      |      | 0:29,26 | 0:29,25                   | 0:33,07 | 0:32,17 |               | Sergey Kozlov      |
|    |       |                                     |     |     |                                                                                                                                                          | 50m-bad tijd |      |         | NMR: Robert Weyhenke      |         |         |               | 0:32,88            |
|    |       | NMR:                                |     |     | ONMK: 6xKB 4xLB, est: 2Z 3B                                                                                                                              |              |      |         |                           |         |         |               |                    |
| 5  | 12    | Alberto Randazzo                    | H   | 45+ | The Hague Swimming (S                                                                                                                                    | 0:41,51      |      | 0:28,65 | 0:28,86                   | 0:30,86 | 0:29,71 |               | Michael van Bekkum |
|    |       |                                     |     |     |                                                                                                                                                          | 25m-bad tijd |      |         | NMR: Harold Matla         |         |         |               | 0:35,05            |
|    |       | NMR:                                |     |     |                                                                                                                                                          |              |      |         |                           |         |         |               |                    |
| 6  | 15    | Martijn Gerrits                     | H   | 30+ | De Dolfijn                                                                                                                                               | 0:42,04      |      | 0:26,72 | 0:27,23                   | 0:29,65 | 0:29,35 |               | Aleksandr Kadukhin |
|    |       |                                     |     |     |                                                                                                                                                          | 25m-bad tijd |      |         | NMR: Thijs van Valkengoed |         |         |               | 0:29,42            |
|    |       | NMR:                                |     |     |                                                                                                                                                          |              |      |         |                           |         |         |               |                    |
| 7  | 3     | Johnstone Macpherson-Stewart        | H   | 70+ | GBR - Free Style SC                                                                                                                                      | 0:42,71      |      | 0:35,53 | 0:35,53                   | 0:37,20 | 0:41,37 |               | Mans Buis          |
|    |       |                                     |     |     |                                                                                                                                                          | 25m-bad tijd |      |         |                           |         |         |               | 0:50,73            |
|    |       |                                     |     |     |                                                                                                                                                          |              |      |         |                           |         |         |               |                    |
| 8  | 8     | Peter Coffeng                       | H   | 60+ | WIDEX GZC DONK                                                                                                                                           | 0:43,49      |      | 0:31,51 | 0:32,44                   | 0:34,51 | 0:36,36 |               | Paul Bunnik        |
|    |       |                                     |     |     |                                                                                                                                                          | 50m-bad tijd |      |         | NMR: Albert Boonstra      |         |         |               | 0:37,44            |
|    |       | NMR:                                |     |     | ONMK: 9xKB 10xLB, ind: 1Z 2B, est: 1G 5B                                                                                                                 |              |      |         |                           |         |         |               |                    |
| 9  | 9     | Marius Ros                          | H   | 60+ | ZCNF'34                                                                                                                                                  | 0:43,55      |      | 0:31,51 | 0:32,44                   | 0:34,51 | 0:36,36 |               | Paul Bunnik        |
|    |       |                                     |     |     |                                                                                                                                                          | 25m-bad tijd |      |         | NMR: Albert Boonstra      |         |         |               | 0:37,44            |
|    |       | NMR:                                |     |     | ONMK: 10xKB 6xLB, ind: 1G 17Z 8B                                                                                                                         |              |      |         |                           |         |         |               |                    |

| Bn | Rank  | Naam                                | Gend | Cat | Team                                                                                                                     | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|-------------------------------------|------|-----|--------------------------------------------------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|--------------------|
|    | 16:06 | Programma 42 50m. school H Serie: 4 |      |     |                                                                                                                          |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 6     | Christian Schoenaers                | H    | 60+ | BEL - CNSW                                                                                                               | 0:41,24      |      | 0:31,51 | 0:32,44                   | 0:36,23 | 0:36,36 |               | Paul Bunnik        |
|    |       |                                     |      |     |                                                                                                                          | 25m-bad tijd |      |         |                           |         |         |               | 0:37,44            |
|    |       |                                     |      |     | ONMK: 2xKB 2xLB, ind: 2B, est: 3G 2Z 1B                                                                                  |              |      |         |                           |         |         |               |                    |
| 1  | 2     | Piet Schop                          | H    | 70+ | De Bevelanders                                                                                                           | 0:40,08      | NMR  | 0:35,53 | 0:35,53                   | 0:40,87 | 0:41,37 |               | Mans Buis          |
|    |       |                                     |      |     |                                                                                                                          | 25m-bad tijd |      |         | NMR: Wieger Mensonides    |         |         |               | 0:50,73            |
|    |       | NMR:                                |      |     | ALL: 1 NMR ind<br>ONMK: 5xKB 8xLB, ind: 56G 48Z 15B, est: 1Z                                                             |              |      |         |                           |         |         |               |                    |
| 2  | 23    | Erik Baalbergen                     | H    | 20+ | ZVL-1886 Tetteroo                                                                                                        | 0:39,85      |      |         |                           | 0:28,71 | 0:28,71 |               | Bryan Chen         |
|    |       |                                     |      |     |                                                                                                                          | 25m-bad tijd |      |         | NMR: Wimar Lindenberg     |         |         |               | 0:29,52            |
|    |       | NMR:                                |      |     |                                                                                                                          |              |      |         |                           |         |         |               |                    |
| 3  | 3     | Hans Wijsman                        | H    | 65+ | PSV                                                                                                                      | 0:39,38      |      | 0:32,50 | 0:33,88                   | 0:36,51 | 0:36,20 |               | Vladimir Getman    |
|    |       |                                     |      |     |                                                                                                                          | 25m-bad tijd |      |         | NMR: Robert Weyhenke      |         |         |               | 0:37,17            |
|    |       | NMR:                                |      |     | Actueel:2 EMR est, 9 NMR est / ALL: 3 EMR est, 1 NMR ind, 12 NMR est<br>ONMK: 3xKB 8xLB, ind: 15G 11Z 5B, est: 13G 4Z 3B |              |      |         |                           |         |         |               |                    |
| 4  | 2     | Charles Bos                         | H    | 65+ | Patrick-De Roersoppers (                                                                                                 | 0:39,28      |      | 0:32,50 | 0:33,88                   | 0:36,51 | 0:36,20 |               | Vladimir Getman    |
|    |       |                                     |      |     |                                                                                                                          | 25m-bad tijd |      |         | NMR: Robert Weyhenke      |         |         |               | 0:37,17            |
|    |       | NMR:                                |      |     | ALL: 7 NMR ind<br>ONMK: 8xKB 5xLB, ind: 34G 20Z 2B, est: 5G 1Z 4B                                                        |              |      |         |                           |         |         |               |                    |
| 5  | 12    | Antonio Arroyo Ramirez              | H    | 55+ | ESP - Club Natació Cerd                                                                                                  | 0:39,31      |      | 0:29,26 | 0:29,25                   | 0:32,73 | 0:32,17 |               | Sergey Kozlov      |
|    |       |                                     |      |     |                                                                                                                          | 50m-bad tijd |      |         |                           |         |         |               | 0:32,88            |
|    |       |                                     |      |     | ONMK: 1xLB, ind: 1B                                                                                                      |              |      |         |                           |         |         |               |                    |
| 6  | 14    | Marten Ettema                       | H    | 30+ | HZ&PC Heerenveen                                                                                                         | 0:39,85      |      | 0:26,72 | 0:27,23                   | 0:29,65 | 0:29,35 |               | Aleksandr Kadukhin |
|    |       |                                     |      |     |                                                                                                                          | 25m-bad tijd |      |         | NMR: Thijs van Valkengoed |         |         |               | 0:29,42            |
|    |       | NMR:                                |      |     |                                                                                                                          |              |      |         |                           |         |         |               |                    |
| 7  | 19    | Gertjan van der Vaart               | H    | 50+ | ZVVS                                                                                                                     | 0:40,06      |      | 0:29,71 | 0:29,71                   | 0:31,63 | 0:31,70 |               | Harold Matla       |
|    |       |                                     |      |     |                                                                                                                          | 25m-bad tijd |      |         | NMR: Harold Matla         |         |         |               | 0:31,79            |
|    |       | NMR:                                |      |     | ONMK: 6xKB 7xLB, est: 1B                                                                                                 |              |      |         |                           |         |         |               |                    |
| 8  | 15    | Willem Jan Ribberink                | H    | 55+ | WIDEX GZC DONK                                                                                                           | 0:40,57      |      | 0:29,26 | 0:29,25                   | 0:33,07 | 0:32,17 |               | Sergey Kozlov      |
|    |       |                                     |      |     |                                                                                                                          | 25m-bad tijd |      |         | NMR: Robert Weyhenke      |         |         |               | 0:32,88            |
|    |       | NMR:                                |      |     | ONMK: 9xKB 4xLB, est: 1Z 3B                                                                                              |              |      |         |                           |         |         |               |                    |
| 9  | 20    | René Speelman                       | H    | 50+ | De Spatters                                                                                                              | 0:41,32      |      | 0:29,71 | 0:29,71                   | 0:31,63 | 0:31,70 |               | Harold Matla       |
|    |       |                                     |      |     |                                                                                                                          | 25m-bad tijd |      |         | NMR: Harold Matla         |         |         |               | 0:31,79            |
|    |       | NMR:                                |      |     | ONMK: 6xKB 7xLB, est: 1G 2Z                                                                                              |              |      |         |                           |         |         |               |                    |

| Bn | Rank  | Naam                                | Gend | Cat | Team                                                                    | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|-------------------------------------|------|-----|-------------------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|------------------|
|    | 16:07 | Programma 42 50m. school H Serie: 5 |      |     |                                                                         |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 18    | Joost van Eerd                      | H    | 50+ | Budel                                                                   | 0:39,27      |      | 0:29,71 | 0:29,71               | 0:31,63 | 0:31,70 |               | Harold Matla     |
|    |       |                                     |      |     |                                                                         | 25m-bad tijd |      |         | NMR: Harold Matla     |         |         |               | 0:31,79          |
|    |       | NMR:                                |      |     | ONMK: 7xKB, est: 1Z 1B                                                  |              |      |         |                       |         |         |               |                  |
| 1  | 22    | Sven Dubbeld                        | H    | 20+ | De Schotejil                                                            | 0:39,16      |      |         |                       | 0:28,71 | 0:28,71 |               | Bryan Chen       |
|    |       |                                     |      |     |                                                                         | 25m-bad tijd |      |         | NMR: Wimar Lindenberg |         |         |               | 0:29,52          |
|    |       | NMR:                                |      |     | ONMK: 1xLB, est: 1Z                                                     |              |      |         |                       |         |         |               |                  |
| 2  | 17    | Mathieu Rikken                      | H    | 50+ | De Duinkikkers                                                          | 0:38,76      |      | 0:29,71 | 0:29,71               | 0:31,63 | 0:31,70 |               | Harold Matla     |
|    |       |                                     |      |     |                                                                         | 25m-bad tijd |      |         | NMR: Harold Matla     |         |         |               | 0:31,79          |
|    |       | NMR:                                |      |     |                                                                         |              |      |         |                       |         |         |               |                  |
| 3  | 16    | Tamas Szili-Torok                   | H    | 50+ | Rotterdam Swimming (SC                                                  | 0:38,61      |      | 0:29,71 | 0:29,71               | 0:31,63 | 0:31,70 |               | Harold Matla     |
|    |       |                                     |      |     |                                                                         | 25m-bad tijd |      |         | NMR: Harold Matla     |         |         |               | 0:31,79          |
|    |       | NMR:                                |      |     |                                                                         |              |      |         |                       |         |         |               |                  |
| 4  | 15    | Nicolas Slegers                     | H    | 35+ | BEL - CNSW                                                              | 0:38,46      |      | 0:26,66 | 0:27,32               | 0:30,30 | 0:29,14 |               | Rick de Greef    |
|    |       |                                     |      |     |                                                                         | 50m-bad tijd |      |         |                       |         |         |               | 0:31,85          |
|    |       |                                     |      |     | ONMK: 1xKB 1xLB, est: 1Z 1B                                             |              |      |         |                       |         |         |               |                  |
| 5  | 4     | Mark Eligh                          | H    | 60+ | ZPC AMERSFOORT                                                          | 0:38,57      |      | 0:31,51 | 0:32,44               | 0:34,51 | 0:36,36 |               | Paul Bunnik      |
|    |       |                                     |      |     |                                                                         | 25m-bad tijd |      |         | NMR: Albert Boonstra  |         |         |               | 0:37,44          |
|    |       | NMR:                                |      |     | ALL: 1 NMR ind, 3 NMR est<br>ONMK: 5xKB 6xLB, ind: 5G 4Z 3B, est: 2Z 1B |              |      |         |                       |         |         |               |                  |
| 6  | 10    | Bogdan Androne                      | H    | 40+ | AZC                                                                     | 0:38,68      |      | 0:28,06 | 0:28,86               | 0:29,08 | 0:30,42 |               | Evgeny Ryzhov    |
|    |       |                                     |      |     |                                                                         | 25m-bad tijd |      |         | NMR: Harold Matla     |         |         |               | 0:31,22          |
|    |       | NMR:                                |      |     |                                                                         |              |      |         |                       |         |         |               |                  |
| 7  | 13    | Casper Dollekamp                    | H    | 55+ | Steenwijk 1934                                                          | 0:39,05      |      | 0:29,26 | 0:29,25               | 0:33,07 | 0:32,17 |               | Sergey Kozlov    |
|    |       |                                     |      |     |                                                                         | 25m-bad tijd |      |         | NMR: Robert Weyhenke  |         |         |               | 0:32,88          |
|    |       | NMR:                                |      |     | ONMK: 9xKB 7xLB, ind: 1Z 1B, est: 9G 7Z 13B                             |              |      |         |                       |         |         |               |                  |
| 8  | 5     | Wim de Lange                        | H    | 60+ | AZC                                                                     | 0:39,21      |      | 0:31,51 | 0:32,44               | 0:34,51 | 0:36,36 |               | Paul Bunnik      |
|    |       |                                     |      |     |                                                                         | 25m-bad tijd |      |         | NMR: Albert Boonstra  |         |         |               | 0:37,44          |
|    |       | NMR:                                |      |     | ONMK: 8xKB 6xLB, ind: 7G 14Z 15B, est: 3G 6Z 6B                         |              |      |         |                       |         |         |               |                  |
| 9  | 11    | Ralph Caster                        | H    | 55+ | RZ                                                                      | 0:39,27      |      | 0:29,26 | 0:29,25               | 0:33,07 | 0:32,17 |               | Sergey Kozlov    |
|    |       |                                     |      |     |                                                                         | 50m-bad tijd |      |         | NMR: Robert Weyhenke  |         |         |               | 0:32,88          |
|    |       | NMR:                                |      |     | ALL: 4 NMR est<br>ONMK: 11xKB 8xLB, ind: 9G 12Z 20B, est: 9G 11Z 11B    |              |      |         |                       |         |         |               |                  |

| Bn | Rank  | Naam                                | Gender | Cat | Team                                                                                      | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|-------------------------------------|--------|-----|-------------------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|--------------------|
|    | 16:08 | Programma 42 50m. school H Serie: 6 |        |     |                                                                                           |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 9     | Gino Martijn                        | H      | 40+ | RZ                                                                                        | 0:38,42      |      | 0:28,06 | 0:28,86                   | 0:29,08 | 0:30,42 |               | Evgeny Ryzhov      |
|    |       |                                     |        |     |                                                                                           | 25m-bad tijd |      |         | NMR: Harold Matla         |         |         |               | 0:31,22            |
|    |       | NMR:                                |        |     | ONMK: 11xKB 11xLB, est: 3G 11Z 14B                                                        |              |      |         |                           |         |         |               |                    |
| 1  | 2     | Paul Bunnik                         | H      | 60+ | Triton                                                                                    | 0:38,26      |      | 0:31,51 | 0:32,44                   | 0:34,51 | 0:36,36 |               | Paul Bunnik        |
|    |       |                                     |        |     |                                                                                           | 50m-bad tijd |      |         | NMR: Albert Boonstra      |         |         |               | 0:37,44            |
|    |       | NMR:                                |        |     | Actueel: 1 NMR ind / ALL: 1 NMR ind<br>ONMK: 15xKB 13xLB, ind: 60G 58Z 62B, est: 2G 5Z 9B |              |      |         |                           |         |         |               |                    |
| 2  | 21    | Nick Boekestijn                     | H      | 20+ | Albion WSS (SG)                                                                           | 0:38,14      |      |         |                           | 0:28,71 | 0:28,71 |               | Bryan Chen         |
|    |       |                                     |        |     |                                                                                           | 25m-bad tijd |      |         | NMR: Wimar Lindenberg     |         |         |               | 0:29,52            |
|    |       | NMR:                                |        |     | ONMK: 1xKB, est: 1B                                                                       |              |      |         |                           |         |         |               |                    |
| 3  | 13    | Patrick de Jonge                    | H      | 30+ | Deltasteur                                                                                | 0:37,99      |      | 0:26,72 | 0:27,23                   | 0:29,65 | 0:29,35 |               | Aleksandr Kadukhin |
|    |       |                                     |        |     |                                                                                           | 25m-bad tijd |      |         | NMR: Thijs van Valkengoed |         |         |               | 0:29,42            |
|    |       | NMR:                                |        |     | ONMK: 7xKB 6xLB, ind: 1B, est: 8G 4Z 9B                                                   |              |      |         |                           |         |         |               |                    |
| 4  | 9     | Eric de Haas                        | H      | 55+ | De Treffers                                                                               | 0:37,72      |      | 0:29,26 | 0:29,25                   | 0:33,07 | 0:32,17 |               | Sergey Kozlov      |
|    |       |                                     |        |     |                                                                                           | 25m-bad tijd |      |         | NMR: Robert Weyhenke      |         |         |               | 0:32,88            |
|    |       | NMR:                                |        |     | ONMK: 7xKB 4xLB, ind: 3B, est: 1B                                                         |              |      |         |                           |         |         |               |                    |
| 5  | 12    | Silvan Biesheuvel                   | H      | 30+ | De Geul                                                                                   | 0:37,74      |      | 0:26,72 | 0:27,23                   | 0:29,65 | 0:29,35 |               | Aleksandr Kadukhin |
|    |       |                                     |        |     |                                                                                           | 25m-bad tijd |      |         | NMR: Thijs van Valkengoed |         |         |               | 0:29,42            |
|    |       | NMR:                                |        |     |                                                                                           |              |      |         |                           |         |         |               |                    |
| 6  | 10    | Robert de Brauwer                   | H      | 55+ | De Duinkickers                                                                            | 0:38,08      |      | 0:29,26 | 0:29,25                   | 0:33,07 | 0:32,17 |               | Sergey Kozlov      |
|    |       |                                     |        |     |                                                                                           | 25m-bad tijd |      |         | NMR: Robert Weyhenke      |         |         |               | 0:32,88            |
|    |       | NMR:                                |        |     | ONMK: 6xKB 5xLB, est: 2Z 3B                                                               |              |      |         |                           |         |         |               |                    |
| 7  | 21    | Patrick Wobben                      | H      | 25+ | Steenwijk 1934                                                                            | 0:38,16      |      | 0:26,99 | 0:26,99                   | 0:28,57 | 0:28,57 |               | Roy Smeenge        |
|    |       |                                     |        |     |                                                                                           | 25m-bad tijd |      |         | NMR: Roy Smeenge          |         |         |               | 0:28,57            |
|    |       | NMR:                                |        |     | ONMK: 2xKB 2xLB, est: 2B                                                                  |              |      |         |                           |         |         |               |                    |
| 8  | 11    | Wiljo Mackus                        | H      | 45+ | Budel                                                                                     | 0:38,41      |      | 0:28,65 | 0:28,86                   | 0:30,86 | 0:29,71 |               | Michael van Bekkum |
|    |       |                                     |        |     |                                                                                           | 25m-bad tijd |      |         | NMR: Harold Matla         |         |         |               | 0:35,05            |
|    |       | NMR:                                |        |     | ONMK: 7xKB, est: 1Z                                                                       |              |      |         |                           |         |         |               |                    |
| 9  | 3     | Philippe Godbille                   | H      | 60+ | BEL - CNSW                                                                                | 0:38,43      |      | 0:31,51 | 0:32,44                   | 0:36,23 | 0:36,36 |               | Paul Bunnik        |
|    |       |                                     |        |     |                                                                                           | 25m-bad tijd |      |         |                           |         |         |               | 0:37,44            |
|    |       |                                     |        |     | ONMK: 8xLB, ind: 4Z 4B, est: 9G 4Z                                                        |              |      |         |                           |         |         |               |                    |

| Bn | Rank  | Naam                                | Gend | Cat | Team                                                         | Intijd       | KANS | WMR     | EMR                    | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|-------------------------------------|------|-----|--------------------------------------------------------------|--------------|------|---------|------------------------|---------|---------|---------------|--------------------|
|    | 16:10 | Programma 42 50m. school H Serie: 7 |      |     |                                                              |              |      |         | NMR-houder             |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 1     | Reinier Dobbeltmann                 | H    | 70+ | PSV                                                          | 0:37,57      | NMR  | 0:35,53 | 0:35,53                | 0:40,87 | 0:41,37 |               | Mans Buis          |
|    |       |                                     |      |     |                                                              | 25m-bad tijd |      |         | NMR: Wieger Mensonides |         |         |               | 0:50,73            |
|    |       | NMR:                                |      |     |                                                              |              |      |         |                        |         |         |               |                    |
| 1  | 8     | Rob Hemesath                        | H    | 55+ | PSV                                                          | 0:37,36      |      | 0:29,26 | 0:29,25                | 0:33,07 | 0:32,17 |               | Sergey Kozlov      |
|    |       |                                     |      |     |                                                              | 25m-bad tijd |      |         | NMR: Robert Weyhenke   |         |         |               | 0:32,88            |
|    |       | NMR:                                |      |     | ALL: 4 NMR est<br>ONMK: 6xKB 5xLB, ind: 2Z 5B, est: 7G 6Z 3B |              |      |         |                        |         |         |               |                    |
| 2  | 9     | Richard van Kampen                  | H    | 45+ | ZPCH                                                         | 0:37,23      |      | 0:28,65 | 0:28,86                | 0:30,86 | 0:29,71 |               | Michael van Bakkum |
|    |       |                                     |      |     |                                                              | 25m-bad tijd |      |         | NMR: Harold Matla      |         |         |               | 0:35,05            |
|    |       | NMR:                                |      |     |                                                              |              |      |         |                        |         |         |               |                    |
| 3  | 15    | Wridzer Bakker                      | H    | 50+ | ESCA Zwemmen                                                 | 0:37,13      |      | 0:29,71 | 0:29,71                | 0:31,63 | 0:31,70 |               | Harold Matla       |
|    |       |                                     |      |     |                                                              | 25m-bad tijd |      |         | NMR: Harold Matla      |         |         |               | 0:31,79            |
|    |       | NMR:                                |      |     | ONMK: 2xKB 2xLB                                              |              |      |         |                        |         |         |               |                    |
| 4  | 8     | Bas Kremers                         | H    | 45+ | TRB-RES                                                      | 0:36,81      |      | 0:28,65 | 0:28,86                | 0:30,86 | 0:29,71 |               | Michael van Bakkum |
|    |       |                                     |      |     |                                                              | 25m-bad tijd |      |         | NMR: Harold Matla      |         |         |               | 0:35,05            |
|    |       | NMR:                                |      |     | ONMK: 4xKB 2xLB, est: 1G 1Z                                  |              |      |         |                        |         |         |               |                    |
| 5  | 14    | Ingmar de Gelder                    | H    | 50+ | ZOB'66                                                       | 0:37,09      |      | 0:29,71 | 0:29,71                | 0:31,63 | 0:31,70 |               | Harold Matla       |
|    |       |                                     |      |     |                                                              | 25m-bad tijd |      |         | NMR: Harold Matla      |         |         |               | 0:31,79            |
|    |       | NMR:                                |      |     | ONMK: 4xKB 3xLB, ind: 1G 4Z 4B, est: 2Z 1B                   |              |      |         |                        |         |         |               |                    |
| 6  | 20    | Bob Potkamp                         | H    | 25+ | Deltasteur                                                   | 0:37,18      |      | 0:26,99 | 0:26,99                | 0:28,57 | 0:28,57 |               | Roy Smeenge        |
|    |       |                                     |      |     |                                                              | 25m-bad tijd |      |         | NMR: Roy Smeenge       |         |         |               | 0:28,57            |
|    |       | NMR:                                |      |     | ONMK: 3xKB 4xLB, est: 1B                                     |              |      |         |                        |         |         |               |                    |
| 7  | 10    | Rob van de Ven                      | H    | 45+ | Neptunus'58                                                  | 0:37,35      |      | 0:28,65 | 0:28,86                | 0:30,86 | 0:29,71 |               | Michael van Bakkum |
|    |       |                                     |      |     |                                                              | 25m-bad tijd |      |         | NMR: Harold Matla      |         |         |               | 0:35,05            |
|    |       | NMR:                                |      |     | ONMK: 1xKB 2xLB, ind: 1B                                     |              |      |         |                        |         |         |               |                    |
| 8  | 14    | Ricardo van Dam                     | H    | 35+ | AZC                                                          | 0:37,40      |      | 0:26,66 | 0:27,32                | 0:28,95 | 0:29,14 |               | Rick de Greef      |
|    |       |                                     |      |     |                                                              | 25m-bad tijd |      |         | NMR: Ron Dekker        |         |         |               | 0:31,85            |
|    |       | NMR:                                |      |     | ONMK: 1xLB                                                   |              |      |         |                        |         |         |               |                    |
| 9  | 16    | Sebastiaan Baars                    | H    | 35+ | WS Twente                                                    | 0:37,58      |      | 0:26,66 | 0:27,32                | 0:28,95 | 0:29,14 |               | Rick de Greef      |
|    |       |                                     |      |     |                                                              | 25m-bad tijd |      |         | NMR: Ron Dekker        |         |         |               | 0:31,85            |
|    |       | NMR:                                |      |     | ONMK: 10xKB 4xLB, est: 2G 7Z                                 |              |      |         |                        |         |         |               |                    |

| Bn | Rank  | Naam                                | Gen | Cat | Team                                                                              | Intijd       | KANS  | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|-------------------------------------|-----|-----|-----------------------------------------------------------------------------------|--------------|-------|---------|---------------------------|---------|---------|---------------|--------------------|
|    | 16:11 | Programma 42 50m. school H Serie: 8 |     |     |                                                                                   |              |       |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 12    | Huyb Stegeman                       | H   | 50+ | Steenwijk 1934                                                                    | 0:36,56      |       | 0:29,71 | 0:29,71                   | 0:31,63 | 0:31,70 |               | Harold Matla       |
|    |       |                                     |     |     |                                                                                   | 25m-bad tijd |       |         | NMR: Harold Matla         |         |         |               | 0:31,79            |
|    |       | NMR:                                |     |     | ONMK: 10xKB 5xLB, ind: 2B, est: 8G 7Z 8B                                          |              |       |         |                           |         |         |               |                    |
| 1  | 11    | Bert de Weerd                       | H   | 50+ | RZC                                                                               | 0:36,35      |       | 0:29,71 | 0:29,71                   | 0:31,63 | 0:31,70 |               | Harold Matla       |
|    |       |                                     |     |     |                                                                                   | 25m-bad tijd |       |         | NMR: Harold Matla         |         |         |               | 0:31,79            |
|    |       | NMR:                                |     |     | ONMK: 7xKB 5xLB, ind: 3B, est: 5Z 2B                                              |              |       |         |                           |         |         |               |                    |
| 2  | 7     | Geert van Duinhoven                 | H   | 55+ | RZC                                                                               | 0:36,29      |       | 0:29,26 | 0:29,25                   | 0:33,07 | 0:32,17 |               | Sergey Kozlov      |
|    |       |                                     |     |     |                                                                                   | 25m-bad tijd |       |         | NMR: Robert Weyhenke      |         |         |               | 0:32,88            |
|    |       | NMR:                                |     |     | ONMK: 8xKB 5xLB, ind: 1Z 2B, est: 6Z 2B                                           |              |       |         |                           |         |         |               |                    |
| 3  | 9     | Roeland van der Heijden             | H   | 50+ | PSV                                                                               | 0:35,92      |       | 0:29,71 | 0:29,71                   | 0:31,63 | 0:31,70 |               | Harold Matla       |
|    |       |                                     |     |     |                                                                                   | 25m-bad tijd |       |         | NMR: Harold Matla         |         |         |               | 0:31,79            |
|    |       | NMR:                                |     |     | ONMK: 11xKB 7xLB, ind: 1Z 9B, est: 1Z                                             |              |       |         |                           |         |         |               |                    |
| 4  | 8     | Yuri Admiraal                       | H   | 40+ | ZPC Numansdorp                                                                    | 0:35,83      |       | 0:28,06 | 0:28,86                   | 0:29,08 | 0:30,42 |               | Evgeny Ryzhov      |
|    |       |                                     |     |     |                                                                                   | 25m-bad tijd |       |         | NMR: Harold Matla         |         |         |               | 0:31,22            |
|    |       | NMR:                                |     |     |                                                                                   |              |       |         |                           |         |         |               |                    |
| 5  | 20    | Pieter de Visser                    | H   | 20+ | De Ganze                                                                          | 0:35,90      |       |         |                           | 0:28,71 | 0:28,71 |               | Bryan Chen         |
|    |       |                                     |     |     |                                                                                   | 25m-bad tijd |       |         | NMR: Wimar Lindenberg     |         |         |               | 0:29,52            |
|    |       | NMR:                                |     |     |                                                                                   |              |       |         |                           |         |         |               |                    |
| 6  | 11    | Harmen Reemst                       | H   | 30+ | ZOB'66                                                                            | 0:36,20      |       | 0:26,72 | 0:27,23                   | 0:29,65 | 0:29,35 |               | Aleksandr Kadukhin |
|    |       |                                     |     |     |                                                                                   | 25m-bad tijd |       |         | NMR: Thijs van Valkengoed |         |         |               | 0:29,42            |
|    |       | NMR:                                |     |     | ALL: 1 NMR est<br>ONMK: 11xKB 10xLB, ind: 2B, est: 4G 9Z 7B                       |              |       |         |                           |         |         |               |                    |
| 7  | 10    | Joop Weenink                        | H   | 50+ | WS Twente                                                                         | 0:36,29      |       | 0:29,71 | 0:29,71                   | 0:31,63 | 0:31,70 |               | Harold Matla       |
|    |       |                                     |     |     |                                                                                   | 25m-bad tijd |       |         | NMR: Harold Matla         |         |         |               | 0:31,79            |
|    |       | NMR:                                |     |     | ONMK: 8xKB 6xLB, est: 4G 7Z 6B                                                    |              |       |         |                           |         |         |               |                    |
| 8  | 1     | Alexander Mills                     | H   | 65+ | NOR - Hamar Idrettslag                                                            | 0:36,46      | natMR | 0:32,50 | 0:33,88                   | 0:38,11 | 0:36,20 |               | Vladimir Getman    |
|    |       |                                     |     |     |                                                                                   | 25m-bad tijd |       |         |                           |         |         |               | 0:37,17            |
|    |       |                                     |     |     |                                                                                   |              |       |         |                           |         |         |               |                    |
| 9  | 13    | Rene de Jong                        | H   | 50+ | ZVVS                                                                              | 0:36,57      |       | 0:29,71 | 0:29,71                   | 0:31,63 | 0:31,70 |               | Harold Matla       |
|    |       |                                     |     |     |                                                                                   | 25m-bad tijd |       |         | NMR: Harold Matla         |         |         |               | 0:31,79            |
|    |       | NMR:                                |     |     | Actueel: 1 NMR est / ALL: 1 NMR est<br>ONMK: 5xKB 7xLB, ind: 1Z 2B, est: 4G 9Z 7B |              |       |         |                           |         |         |               |                    |

| Bn | Rank  | Naam                                | Gend | Cat | Team                                                         | Intijd       | KANS | WMR     | EMR                   | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|-------------------------------------|------|-----|--------------------------------------------------------------|--------------|------|---------|-----------------------|---------|---------|---------------|--------------------|
|    | 16:12 | Programma 42 50m. school H Serie: 9 |      |     |                                                              |              |      |         | NMR-houder            |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 19    | Pascal de Jong                      | H    | 20+ | De Wellerobben                                               | 0:35,80      |      |         |                       | 0:28,71 | 0:28,71 |               | Bryan Chen         |
|    |       |                                     |      |     |                                                              | 25m-bad tijd |      |         | NMR: Wimar Lindenberg |         |         |               | 0:29,52            |
|    |       | NMR:                                |      |     | ONMK: 1xKB 1xLB                                              |              |      |         |                       |         |         |               |                    |
| 1  | 18    | Robin van Beusekom                  | H    | 25+ | ZPV Barracuda                                                | 0:35,76      |      | 0:26,99 | 0:26,99               | 0:28,57 | 0:28,57 |               | Roy Smeenge        |
|    |       |                                     |      |     |                                                              | 25m-bad tijd |      |         | NMR: Roy Smeenge      |         |         |               | 0:28,57            |
|    |       | NMR:                                |      |     | ONMK: 3xKB                                                   |              |      |         |                       |         |         |               |                    |
| 2  | 13    | Rutger Stam                         | H    | 35+ | Zwemvereniging Hooglar                                       | 0:35,56      |      | 0:26,66 | 0:27,32               | 0:28,95 | 0:29,14 |               | Rick de Greef      |
|    |       |                                     |      |     |                                                              | 25m-bad tijd |      |         | NMR: Ron Dekker       |         |         |               | 0:31,85            |
|    |       | NMR:                                |      |     | ONMK: 8xKB 7xLB, est: 3G 6Z 4B                               |              |      |         |                       |         |         |               |                    |
| 3  | 6     | Bertjan Schelhaas                   | H    | 55+ | DWT                                                          | 0:35,36      |      | 0:29,26 | 0:29,25               | 0:33,07 | 0:32,17 |               | Sergey Kozlov      |
|    |       |                                     |      |     |                                                              | 25m-bad tijd |      |         | NMR: Robert Weyhenke  |         |         |               | 0:32,88            |
|    |       | NMR:                                |      |     | ONMK: 5xKB 1xLB, ind: 2Z 5B                                  |              |      |         |                       |         |         |               |                    |
| 4  | 7     | Rob Janssen                         | H    | 50+ | De Gelenberg                                                 | 0:35,16      |      | 0:29,71 | 0:29,71               | 0:31,63 | 0:31,70 |               | Harold Matla       |
|    |       |                                     |      |     |                                                              | 25m-bad tijd |      |         | NMR: Harold Matla     |         |         |               | 0:31,79            |
|    |       | NMR:                                |      |     | ALL: 1 NMR est<br>ONMK: 9xKB 1xLB, ind: 1G 3B, est: 3G 4Z 1B |              |      |         |                       |         |         |               |                    |
| 5  | 17    | Lukas Schouten                      | H    | 20+ | AZC                                                          | 0:35,23      |      |         |                       | 0:28,71 | 0:28,71 |               | Bryan Chen         |
|    |       |                                     |      |     |                                                              | 25m-bad tijd |      |         | NMR: Wimar Lindenberg |         |         |               | 0:29,52            |
|    |       | NMR:                                |      |     | ONMK: 2xKB, est: 2B                                          |              |      |         |                       |         |         |               |                    |
| 6  | 18    | Laurens Spoelstra                   | H    | 20+ | WS Twente                                                    | 0:35,40      |      |         |                       | 0:28,71 | 0:28,71 |               | Bryan Chen         |
|    |       |                                     |      |     |                                                              | 25m-bad tijd |      |         | NMR: Wimar Lindenberg |         |         |               | 0:29,52            |
|    |       | NMR:                                |      |     | ONMK: 1xKB 1xLB, ind: 1B, est: 1B                            |              |      |         |                       |         |         |               |                    |
| 7  | 7     | Chang Bom                           | H    | 45+ | The Hague Swimming (S                                        | 0:35,73      |      | 0:28,65 | 0:28,86               | 0:30,86 | 0:29,71 |               | Michael van Bekkum |
|    |       |                                     |      |     |                                                              | 25m-bad tijd |      |         | NMR: Harold Matla     |         |         |               | 0:35,05            |
|    |       | NMR:                                |      |     | ONMK: 1xKB 1xLB, ind: 1G 2Z 1B                               |              |      |         |                       |         |         |               |                    |
| 8  | 19    | Joris Boekhorst                     | H    | 25+ | Scheldestroom                                                | 0:35,78      |      | 0:26,99 | 0:26,99               | 0:28,57 | 0:28,57 |               | Roy Smeenge        |
|    |       |                                     |      |     |                                                              | 25m-bad tijd |      |         | NMR: Roy Smeenge      |         |         |               | 0:28,57            |
|    |       | NMR:                                |      |     |                                                              |              |      |         |                       |         |         |               |                    |
| 9  | 8     | Guido Keutgen                       | H    | 50+ | Steenwijk 1934                                               | 0:35,82      |      | 0:29,71 | 0:29,71               | 0:31,63 | 0:31,70 |               | Harold Matla       |
|    |       |                                     |      |     |                                                              | 25m-bad tijd |      |         | NMR: Harold Matla     |         |         |               | 0:31,79            |
|    |       | NMR:                                |      |     | ONMK: 8xKB 7xLB, ind: 18G 15Z 6B, est: 2G 10Z 8B             |              |      |         |                       |         |         |               |                    |

| Bn | Rank  | Naam                                 | Gend | Cat | Team                                                                                                | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|--------------------------------------|------|-----|-----------------------------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|--------------------|
|    | 16:13 | Programma 42 50m. school H Serie: 10 |      |     |                                                                                                     |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 6     | Nico Swart                           | H    | 50+ | De Biesboschzwemmers                                                                                | 0:35,12      |      | 0:29,71 | 0:29,71                   | 0:31,63 | 0:31,70 |               | Harold Matla       |
|    |       |                                      |      |     |                                                                                                     | 25m-bad tijd |      |         | NMR: Harold Matla         |         |         |               | 0:31,79            |
|    |       | NMR:                                 |      |     | ONMK: 9xKB 9xLB, ind: 1Z 5B, est: 3G 3Z 3B                                                          |              |      |         |                           |         |         |               |                    |
| 1  | 4     | Arno Schrauwen                       | H    | 55+ | Patrick-De Roersoppers (                                                                            | 0:34,99      |      | 0:29,26 | 0:29,25                   | 0:33,07 | 0:32,17 |               | Sergey Kozlov      |
|    |       |                                      |      |     |                                                                                                     | 25m-bad tijd |      |         | NMR: Robert Weyhenke      |         |         |               | 0:32,88            |
|    |       | NMR:                                 |      |     | ONMK: 7xKB 7xLB, ind: 4G 3Z 6B, est: 6G 1Z 5B                                                       |              |      |         |                           |         |         |               |                    |
| 2  | 7     | Jeroen Zelsmann                      | H    | 40+ | ZPC AMERSFOORT                                                                                      | 0:34,92      |      | 0:28,06 | 0:28,86                   | 0:29,08 | 0:30,42 |               | Evgeny Ryzhov      |
|    |       |                                      |      |     |                                                                                                     | 50m-bad tijd |      |         | NMR: Harold Matla         |         |         |               | 0:31,22            |
|    |       | NMR:                                 |      |     | Actueel: 3 NMR est / ALL: 2 NMR ind, 9 NMR est<br>ONMK: 8xKB 8xLB, ind: 10G 14Z 8B, est: 13G 13Z 2B |              |      |         |                           |         |         |               |                    |
| 3  | 12    | Marcel Reefhuis                      | H    | 35+ | WS Twente                                                                                           | 0:34,83      |      | 0:26,66 | 0:27,32                   | 0:28,95 | 0:29,14 |               | Rick de Greef      |
|    |       |                                      |      |     |                                                                                                     | 25m-bad tijd |      |         | NMR: Ron Dekker           |         |         |               | 0:31,85            |
|    |       | NMR:                                 |      |     | ALL: 2 NMR est<br>ONMK: 13xKB 13xLB, ind: 10G 32Z 41B, est: 10G 7Z 12B                              |              |      |         |                           |         |         |               |                    |
| 4  | 2     | Bert Schlicher                       | H    | 55+ | RZ                                                                                                  | 0:34,62      |      | 0:29,26 | 0:29,25                   | 0:33,07 | 0:32,17 |               | Sergey Kozlov      |
|    |       |                                      |      |     |                                                                                                     | 25m-bad tijd |      |         | NMR: Robert Weyhenke      |         |         |               | 0:32,88            |
|    |       | NMR:                                 |      |     | ALL: 2 NMR ind, 3 NMR est<br>ONMK: 2xKB 5xLB, ind: 6G 10Z 8B, est: 9G 5Z 2B                         |              |      |         |                           |         |         |               |                    |
| 5  | 15    | Ayrton Mooldijk                      | H    | 20+ | Albion WSS (SG)                                                                                     | 0:34,74      |      |         |                           | 0:28,71 | 0:28,71 |               | Bryan Chen         |
|    |       |                                      |      |     |                                                                                                     | 25m-bad tijd |      |         | NMR: Wimar Lindenberg     |         |         |               | 0:29,52            |
|    |       | NMR:                                 |      |     | ONMK: 1xKB, est: 1Z 1B                                                                              |              |      |         |                           |         |         |               |                    |
| 6  | 3     | Theo Bakker                          | H    | 55+ | TriVia                                                                                              | 0:34,89      |      | 0:29,26 | 0:29,25                   | 0:33,07 | 0:32,17 |               | Sergey Kozlov      |
|    |       |                                      |      |     |                                                                                                     | 25m-bad tijd |      |         | NMR: Robert Weyhenke      |         |         |               | 0:32,88            |
|    |       | NMR:                                 |      |     | ONMK: 10xKB 8xLB, ind: 3G 8Z 7B, est: 1Z 1B                                                         |              |      |         |                           |         |         |               |                    |
| 7  | 16    | Martijn Bartels                      | H    | 20+ | ZPC AMERSFOORT                                                                                      | 0:34,98      |      |         |                           | 0:28,71 | 0:28,71 |               | Bryan Chen         |
|    |       |                                      |      |     |                                                                                                     | 25m-bad tijd |      |         | NMR: Wimar Lindenberg     |         |         |               | 0:29,52            |
|    |       | NMR:                                 |      |     | ONMK: 2xKB 2xLB, est: 2G 9Z 2B                                                                      |              |      |         |                           |         |         |               |                    |
| 8  | 10    | Dennis Kraakman                      | H    | 30+ | DAW                                                                                                 | 0:35,08      |      | 0:26,72 | 0:27,23                   | 0:29,65 | 0:29,35 |               | Aleksandr Kadukhin |
|    |       |                                      |      |     |                                                                                                     | 25m-bad tijd |      |         | NMR: Thijs van Valkengoed |         |         |               | 0:29,42            |
|    |       | NMR:                                 |      |     | ONMK: 4xKB 4xLB, ind: 1Z , est: 2G 1Z 1B                                                            |              |      |         |                           |         |         |               |                    |
| 9  | 5     | Fabrice Dehandschoewercker           | H    | 55+ | FRA - Dunkerque Natatic                                                                             | 0:35,16      |      | 0:29,26 | 0:29,25                   | 0:31,65 | 0:32,17 |               | Sergey Kozlov      |
|    |       |                                      |      |     |                                                                                                     | 25m-bad tijd |      |         |                           |         |         |               | 0:32,88            |
|    |       |                                      |      |     |                                                                                                     |              |      |         |                           |         |         |               |                    |

| Bn | Rank  | Naam                                 | Gend | Cat | Team                                                                                     | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|--------------------------------------|------|-----|------------------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|--------------------|
|    | 16:14 | Programma 42 50m. school H Serie: 11 |      |     |                                                                                          |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 14    | Martijn Houweling                    | H    | 20+ | ZPV Barracuda                                                                            | 0:34,44      |      |         |                           | 0:28,71 | 0:28,71 |               | Bryan Chen         |
|    |       |                                      |      |     |                                                                                          | 25m-bad tijd |      |         | NMR: Wimar Lindenberg     |         |         |               | 0:29,52            |
|    |       | NMR:                                 |      |     | ONMK: 2xKB 2xLB, ind: 1B, est: 1G                                                        |              |      |         |                           |         |         |               |                    |
| 1  | 13    | Ian van Mullem                       | H    | 20+ | ZOB'66                                                                                   | 0:34,28      |      |         |                           | 0:28,71 | 0:28,71 |               | Bryan Chen         |
|    |       |                                      |      |     |                                                                                          | 25m-bad tijd |      |         | NMR: Wimar Lindenberg     |         |         |               | 0:29,52            |
|    |       | NMR:                                 |      |     | ONMK: 4xKB 4xLB, est: 1G 2Z 2B                                                           |              |      |         |                           |         |         |               |                    |
| 2  | 5     | Glen Le Clercq                       | H    | 50+ | De Rog                                                                                   | 0:33,84      |      | 0:29,71 | 0:29,71                   | 0:31,63 | 0:31,70 |               | Harold Matla       |
|    |       |                                      |      |     |                                                                                          | 25m-bad tijd |      |         | NMR: Harold Matla         |         |         |               | 0:31,79            |
|    |       | NMR:                                 |      |     | Actueel: 7 NMR est / ALL: 12 NMR est<br>ONMK: 7xKB 5xLB, ind: 27G 11Z 4B, est: 26G 2Z 4B |              |      |         |                           |         |         |               |                    |
| 3  | 5     | Arjan Verheij                        | H    | 45+ | De Rog                                                                                   | 0:33,79      |      | 0:28,65 | 0:28,86                   | 0:30,86 | 0:29,71 |               | Michael van Bakkum |
|    |       |                                      |      |     |                                                                                          | 25m-bad tijd |      |         | NMR: Harold Matla         |         |         |               | 0:35,05            |
|    |       | NMR:                                 |      |     | Actueel: 2 NMR est / ALL: 3 NMR est<br>ONMK: 4xKB 4xLB, ind: 2Z 1B, est: 11G 1Z          |              |      |         |                           |         |         |               |                    |
| 4  | 4     | Ronald van Ombergen                  | H    | 45+ | ZPC De Zeeuwse Kust                                                                      | 0:33,66      |      | 0:28,65 | 0:28,86                   | 0:30,86 | 0:29,71 |               | Michael van Bakkum |
|    |       |                                      |      |     |                                                                                          | 25m-bad tijd |      |         | NMR: Harold Matla         |         |         |               | 0:35,05            |
|    |       | NMR:                                 |      |     |                                                                                          |              |      |         |                           |         |         |               |                    |
| 5  | 11    | Guido Moret                          | H    | 35+ | Albion WSS (SG)                                                                          | 0:33,66      |      | 0:26,66 | 0:27,32                   | 0:28,95 | 0:29,14 |               | Rick de Greef      |
|    |       |                                      |      |     |                                                                                          | 25m-bad tijd |      |         | NMR: Ron Dekker           |         |         |               | 0:31,85            |
|    |       | NMR:                                 |      |     | ONMK: 1xKB 1xLB, est: 2Z 2B                                                              |              |      |         |                           |         |         |               |                    |
| 6  | 12    | Hans Stoffers                        | H    | 20+ | Triton Putten                                                                            | 0:33,83      |      |         |                           | 0:28,71 | 0:28,71 |               | Bryan Chen         |
|    |       |                                      |      |     |                                                                                          | 25m-bad tijd |      |         | NMR: Wimar Lindenberg     |         |         |               | 0:29,52            |
|    |       | NMR:                                 |      |     | ONMK: 5xKB 3xLB, ind: 1Z                                                                 |              |      |         |                           |         |         |               |                    |
| 7  | 1     | Gert Sikkema                         | H    | 55+ | Zwemclub Urk 1978                                                                        | 0:34,14      |      | 0:29,26 | 0:29,25                   | 0:33,07 | 0:32,17 |               | Sergey Kozlov      |
|    |       |                                      |      |     |                                                                                          | 25m-bad tijd |      |         | NMR: Robert Weyhenke      |         |         |               | 0:32,88            |
|    |       | NMR:                                 |      |     | ALL: 3 NMR ind<br>ONMK: 15xKB 4xLB, ind: 22G 40Z 19B, est: 2G 2Z 1B                      |              |      |         |                           |         |         |               |                    |
| 8  | 6     | Aidas Pelesinas                      | H    | 45+ | LTU - Klaipėdos plaukimas                                                                | 0:34,44      |      | 0:28,65 | 0:28,86                   | 0:31,94 | 0:29,71 |               | Michael van Bakkum |
|    |       |                                      |      |     |                                                                                          | 25m-bad tijd |      |         |                           |         |         |               | 0:35,05            |
|    |       | NMR:                                 |      |     | ONMK: 1xKB, est: 2B                                                                      |              |      |         |                           |         |         |               |                    |
| 9  | 9     | Wouter van 't Klooster               | H    | 30+ | ZPC AMERSFOORT                                                                           | 0:34,62      |      | 0:26,72 | 0:27,23                   | 0:29,65 | 0:29,35 |               | Aleksandr Kadukhin |
|    |       |                                      |      |     |                                                                                          | 25m-bad tijd |      |         | NMR: Thijs van Valkengoed |         |         |               | 0:29,42            |
|    |       | NMR:                                 |      |     | ONMK: 7xKB 6xLB, est: 4G 3Z 3B                                                           |              |      |         |                           |         |         |               |                    |

| Bn | Rank  | Naam                                 | Gend | Cat | Team                                                                                                                | Intijd       | KANS  | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|--------------------------------------|------|-----|---------------------------------------------------------------------------------------------------------------------|--------------|-------|---------|---------------------------|---------|---------|---------------|--------------------|
|    | 16:15 | Programma 42 50m. school H Serie: 12 |      |     |                                                                                                                     |              |       |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 10    | Wouter Zijlstra                      | H    | 35+ | DAW                                                                                                                 | 0:33,56      |       | 0:26,66 | 0:27,32                   | 0:28,95 | 0:29,14 |               | Rick de Greef      |
|    |       |                                      |      |     |                                                                                                                     | 25m-bad tijd |       |         | NMR: Ron Dekker           |         |         |               | 0:31,85            |
|    |       | NMR:                                 |      |     | ONMK: 5xKB 3xLB, ind: 2B, est: 7Z 4B                                                                                |              |       |         |                           |         |         |               |                    |
| 1  | 12    | Tom de Lange                         | H    | 25+ | Deltasteur                                                                                                          | 0:33,42      |       | 0:26,99 | 0:26,99                   | 0:28,57 | 0:28,57 |               | Roy Smeenge        |
|    |       |                                      |      |     |                                                                                                                     | 50m-bad tijd |       |         | NMR: Roy Smeenge          |         |         |               | 0:28,57            |
|    |       | NMR:                                 |      |     | ONMK: 3xKB 3xLB, est: 1B                                                                                            |              |       |         |                           |         |         |               |                    |
| 2  | 9     | Thommy Nickel                        | H    | 35+ | ZPC Woerden                                                                                                         | 0:33,41      |       | 0:26,66 | 0:27,32                   | 0:28,95 | 0:29,14 |               | Rick de Greef      |
|    |       |                                      |      |     |                                                                                                                     | 25m-bad tijd |       |         | NMR: Ron Dekker           |         |         |               | 0:31,85            |
|    |       | NMR:                                 |      |     | Actueel: 1 NMR est / ALL: 3 NMR est<br>ONMK: 12xKB 13xLB, ind: 15G 38Z 37B, est: 13G 9Z 6B                          |              |       |         |                           |         |         |               |                    |
| 3  | 17    | Bryan Tankink                        | H    | 25+ | WWV Winterswijk                                                                                                     | 0:33,18      |       | 0:26,99 | 0:26,99                   | 0:28,57 | 0:28,57 |               | Roy Smeenge        |
|    |       |                                      |      |     |                                                                                                                     | 25m-bad tijd |       |         | NMR: Roy Smeenge          |         |         |               | 0:28,57            |
|    |       | NMR:                                 |      |     |                                                                                                                     |              |       |         |                           |         |         |               |                    |
| 4  | 16    | Bernd Kobesen                        | H    | 25+ | Steenwijk 1934                                                                                                      | 0:32,99      |       | 0:26,99 | 0:26,99                   | 0:28,57 | 0:28,57 |               | Roy Smeenge        |
|    |       |                                      |      |     |                                                                                                                     | 25m-bad tijd |       |         | NMR: Roy Smeenge          |         |         |               | 0:28,57            |
|    |       | NMR:                                 |      |     |                                                                                                                     |              |       |         |                           |         |         |               |                    |
| 5  | 8     | Jan van Opstal                       | H    | 30+ | DIO                                                                                                                 | 0:33,11      |       | 0:26,72 | 0:27,23                   | 0:29,65 | 0:29,35 |               | Aleksandr Kadukhin |
|    |       |                                      |      |     |                                                                                                                     | 25m-bad tijd |       |         | NMR: Thijs van Valkengoed |         |         |               | 0:29,42            |
|    |       | NMR:                                 |      |     | ONMK: 4xKB 6xLB, ind: 2Z 3B, est: 3Z                                                                                |              |       |         |                           |         |         |               |                    |
| 6  | 1     | Rastislav Pavlík                     | H    | 60+ | SVK - KPS Nereus Žilina                                                                                             | 0:33,23      | natMR | 0:31,51 | 0:32,44                   | 0:39,01 | 0:36,36 |               | Paul Bunnik        |
|    |       |                                      |      |     |                                                                                                                     | 25m-bad tijd |       |         |                           |         |         |               | 0:37,44            |
|    |       |                                      |      |     |                                                                                                                     |              |       |         |                           |         |         |               |                    |
| 7  | 4     | René Beetsma                         | H    | 50+ | HZ&PC Heerenveen                                                                                                    | 0:33,42      |       | 0:29,71 | 0:29,71                   | 0:31,63 | 0:31,70 |               | Harold Matla       |
|    |       |                                      |      |     |                                                                                                                     | 25m-bad tijd |       |         | NMR: Harold Matla         |         |         |               | 0:31,79            |
|    |       | NMR:                                 |      |     | Actueel: 7 NMR est / ALL: 1 EMR est, 2 NMR ind, 22 NMR est<br>ONMK: 16xKB 13xLB, ind: 67G 55Z 35B, est: 40G 13Z 12B |              |       |         |                           |         |         |               |                    |
| 8  | 3     | Kees Bakker                          | H    | 45+ | Gay Swim Amsterdam                                                                                                  | 0:33,46      |       | 0:28,65 | 0:28,86                   | 0:30,86 | 0:29,71 |               | Michael van Bekkum |
|    |       |                                      |      |     |                                                                                                                     | 25m-bad tijd |       |         | NMR: Harold Matla         |         |         |               | 0:35,05            |
|    |       | NMR:                                 |      |     | ONMK: 5xKB 2xLB, ind: 1G 7B                                                                                         |              |       |         |                           |         |         |               |                    |
| 9  | 11    | Richard van der Horst                | H    | 20+ | De Meer                                                                                                             | 0:33,60      |       |         |                           | 0:28,71 | 0:28,71 |               | Bryan Chen         |
|    |       |                                      |      |     |                                                                                                                     | 25m-bad tijd |       |         | NMR: Wimar Lindenberg     |         |         |               | 0:29,52            |
|    |       | NMR:                                 |      |     | ONMK: 4xKB 2xLB, ind: 3Z 2B                                                                                         |              |       |         |                           |         |         |               |                    |

| Bn | Rank  | Naam                                 | Gend | Cat | Team                                                                                        | Intijd       | KANS  | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|--------------------------------------|------|-----|---------------------------------------------------------------------------------------------|--------------|-------|---------|---------------------------|---------|---------|---------------|--------------------|
|    | 16:16 | Programma 42 50m. school H Serie: 13 |      |     |                                                                                             |              |       |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 3     | Romuald Kozłowski                    | H    | 50+ | POL - Legia Warszawa                                                                        | 0:32,79      | natMR | 0:29,71 | 0:29,71                   | 0:33,69 | 0:31,70 |               | Harold Matla       |
|    |       |                                      |      |     |                                                                                             | 25m-bad tijd |       |         |                           |         |         |               | 0:31,79            |
|    |       |                                      |      |     |                                                                                             |              |       |         |                           |         |         |               |                    |
| 1  | 6     | Kristiaan Lenos                      | H    | 35+ | ZVL-1886 Tettersoo                                                                          | 0:32,77      |       | 0:26,66 | 0:27,32                   | 0:28,95 | 0:29,14 |               | Rick de Greef      |
|    |       |                                      |      |     |                                                                                             | 50m-bad tijd |       |         | NMR: Ron Dekker           |         |         |               | 0:31,85            |
|    |       | NMR:                                 |      |     | Actueel: 4 NMR est / ALL: 9 NMR est<br>ONMK: 10xKB 9xLB, ind: 52G 41Z 31B, est: 30G 20Z 10B |              |       |         |                           |         |         |               |                    |
| 2  | 14    | Remco Oskam                          | H    | 25+ | WIDEX GZC DONK                                                                              | 0:32,66      |       | 0:26,99 | 0:26,99                   | 0:28,57 | 0:28,57 |               | Roy Smeenge        |
|    |       |                                      |      |     |                                                                                             | 25m-bad tijd |       |         | NMR: Roy Smeenge          |         |         |               | 0:28,57            |
|    |       | NMR:                                 |      |     | ONMK: 1xLB, ind: 1Z 1B, est: 1B                                                             |              |       |         |                           |         |         |               |                    |
| 3  | 13    | Elwin Kamminga                       | H    | 25+ | De Columbiaan                                                                               | 0:32,48      |       | 0:26,99 | 0:26,99                   | 0:28,57 | 0:28,57 |               | Roy Smeenge        |
|    |       |                                      |      |     |                                                                                             | 25m-bad tijd |       |         | NMR: Roy Smeenge          |         |         |               | 0:28,57            |
|    |       | NMR:                                 |      |     |                                                                                             |              |       |         |                           |         |         |               |                    |
| 4  | 7     | Arjan van der Plaat                  | H    | 30+ | DIO                                                                                         | 0:32,43      |       | 0:26,72 | 0:27,23                   | 0:29,65 | 0:29,35 |               | Aleksandr Kadukhin |
|    |       |                                      |      |     |                                                                                             | 25m-bad tijd |       |         | NMR: Thijs van Valkengoed |         |         |               | 0:29,42            |
|    |       | NMR:                                 |      |     | ONMK: 2xKB 1xLB, ind: 7G 2Z 1B, est: 2Z                                                     |              |       |         |                           |         |         |               |                    |
| 5  | 2     | Richard Ricksen                      | H    | 50+ | Zwemsport Parkstad (SG)                                                                     | 0:32,46      |       | 0:29,71 | 0:29,71                   | 0:31,63 | 0:31,70 |               | Harold Matla       |
|    |       |                                      |      |     |                                                                                             | 25m-bad tijd |       |         | NMR: Harold Matla         |         |         |               | 0:31,79            |
|    |       | NMR:                                 |      |     | ONMK: 11xKB 7xLB, ind: 16G 27Z 42B                                                          |              |       |         |                           |         |         |               |                    |
| 6  | 9     | Sam Beer                             | H    | 20+ | Rotterdam Swimming (SC)                                                                     | 0:32,62      |       |         |                           | 0:28,71 | 0:28,71 |               | Bryan Chen         |
|    |       |                                      |      |     |                                                                                             | 25m-bad tijd |       |         | NMR: Wimar Lindenberg     |         |         |               | 0:29,52            |
|    |       | NMR:                                 |      |     | ONMK: 2xKB 3xLB, est: 1G 1Z 1B                                                              |              |       |         |                           |         |         |               |                    |
| 7  | 10    | Bart de Bruijn                       | H    | 20+ | Hieronymus                                                                                  | 0:32,72      |       |         |                           | 0:28,71 | 0:28,71 |               | Bryan Chen         |
|    |       |                                      |      |     |                                                                                             | 25m-bad tijd |       |         | NMR: Wimar Lindenberg     |         |         |               | 0:29,52            |
|    |       | NMR:                                 |      |     |                                                                                             |              |       |         |                           |         |         |               |                    |
| 8  | 15    | Pieter Pijnenburg                    | H    | 25+ | De Biesboschzwemmers                                                                        | 0:32,77      |       | 0:26,99 | 0:26,99                   | 0:28,57 | 0:28,57 |               | Roy Smeenge        |
|    |       |                                      |      |     |                                                                                             | 25m-bad tijd |       |         | NMR: Roy Smeenge          |         |         |               | 0:28,57            |
|    |       | NMR:                                 |      |     | ONMK: 5xKB 1xLB, ind: 2G 9Z 13B                                                             |              |       |         |                           |         |         |               |                    |
| 9  | 2     | Marcel van Winssen                   | H    | 45+ | De Gelenberg                                                                                | 0:32,84      |       | 0:28,65 | 0:28,86                   | 0:30,86 | 0:29,71 |               | Michael van Bakkum |
|    |       |                                      |      |     |                                                                                             | 25m-bad tijd |       |         | NMR: Harold Matla         |         |         |               | 0:35,05            |
|    |       | NMR:                                 |      |     | ALL: 4 NMR est<br>ONMK: 11xKB 3xLB, ind: 26G 29Z 13B, est: 15G 7Z 3B                        |              |       |         |                           |         |         |               |                    |

| Bn | Rank  | Naam                                 | Gend | Cat | Team                                                                                       | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|--------------------------------------|------|-----|--------------------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|--------------------|
|    | 16:17 | Programma 42 50m. school H Serie: 14 |      |     |                                                                                            |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder   |
|    | 0     | 6 Walter Stielstra                   | H    | 40+ | TRB-RES                                                                                    | 0:32,29      |      | 0:28,06 | 0:28,86                   | 0:29,08 | 0:30,42 |               | Evgeny Ryzhov      |
|    |       |                                      |      |     |                                                                                            | 25m-bad tijd |      |         | NMR: Harold Matla         |         |         |               | 0:31,22            |
|    |       | NMR:                                 |      |     | ONMK: 4xKB 3xLB, ind: 1Z 5B, est: 2G 8Z 2B                                                 |              |      |         |                           |         |         |               |                    |
|    | 1     | 5 Mark Zwart                         | H    | 40+ | Zwemlust- den Hommel                                                                       | 0:32,22      |      | 0:28,06 | 0:28,86                   | 0:29,08 | 0:30,42 |               | Evgeny Ryzhov      |
|    |       |                                      |      |     |                                                                                            | 25m-bad tijd |      |         | NMR: Harold Matla         |         |         |               | 0:31,22            |
|    |       | NMR:                                 |      |     | Actueel: 2 NMR est / ALL: 6 NMR est<br>ONMK: 13xKB 10xLB, ind: 5G 8Z 10B, est: 18G 8Z 3B   |              |      |         |                           |         |         |               |                    |
|    | 2     | 6 Marco Usula                        | H    | 30+ | BEL - CNSW                                                                                 | 0:31,98      |      | 0:26,72 | 0:27,23                   | 0:30,11 | 0:29,35 |               | Aleksandr Kadukhin |
|    |       |                                      |      |     |                                                                                            | 25m-bad tijd |      |         |                           |         |         |               | 0:29,42            |
|    |       |                                      |      |     |                                                                                            |              |      |         |                           |         |         |               |                    |
|    | 3     | 7 Rick de Greef                      | H    | 35+ | Budel                                                                                      | 0:31,85      |      | 0:26,66 | 0:27,32                   | 0:28,95 | 0:29,14 |               | Rick de Greef      |
|    |       |                                      |      |     |                                                                                            | 25m-bad tijd |      |         | NMR: Ron Dekker           |         |         |               | 0:31,85            |
|    |       | NMR:                                 |      |     | ONMK: 5xKB 1xLB, ind: 6G 10Z 2B                                                            |              |      |         |                           |         |         |               |                    |
|    | 4     | 5 Tim van den Berg                   | H    | 35+ | Rotterdam Swimming (SC                                                                     | 0:31,66      |      | 0:26,66 | 0:27,32                   | 0:28,95 | 0:29,14 |               | Rick de Greef      |
|    |       |                                      |      |     |                                                                                            | 25m-bad tijd |      |         | NMR: Ron Dekker           |         |         |               | 0:31,85            |
|    |       | NMR:                                 |      |     | Actueel: 1 NMR ind / ALL: 2 NMR ind<br>ONMK: 5xKB 6xLB, ind: 13G 4Z 3B, est: 1G 1Z 1B      |              |      |         |                           |         |         |               |                    |
|    | 5     | 4 Vincent Versteeg                   | H    | 40+ | Zwemlust- den Hommel                                                                       | 0:31,72      |      | 0:28,06 | 0:28,86                   | 0:29,08 | 0:30,42 |               | Evgeny Ryzhov      |
|    |       |                                      |      |     |                                                                                            | 25m-bad tijd |      |         | NMR: Harold Matla         |         |         |               | 0:31,22            |
|    |       | NMR:                                 |      |     | Actueel: 3 NMR est / ALL: 8 NMR est<br>ONMK: 11xKB 12xLB, ind: 19G 42Z 17B, est: 21G 9Z 3B |              |      |         |                           |         |         |               |                    |
|    | 6     | 5 Patrick Creemers                   | H    | 30+ | RZ                                                                                         | 0:31,94      |      | 0:26,72 | 0:27,23                   | 0:29,65 | 0:29,35 |               | Aleksandr Kadukhin |
|    |       |                                      |      |     |                                                                                            | 25m-bad tijd |      |         | NMR: Thijs van Valkengoed |         |         |               | 0:29,42            |
|    |       | NMR:                                 |      |     | ONMK: 8xKB 6xLB, ind: 6G 12Z 16B, est: 2Z 14B                                              |              |      |         |                           |         |         |               |                    |
|    | 7     | 7 Kylian Kooijman                    | H    | 20+ | Steenwijk 1934                                                                             | 0:32,10      |      |         |                           | 0:28,71 | 0:28,71 |               | Bryan Chen         |
|    |       |                                      |      |     |                                                                                            | 25m-bad tijd |      |         | NMR: Wimar Lindenberg     |         |         |               | 0:29,52            |
|    |       | NMR:                                 |      |     |                                                                                            |              |      |         |                           |         |         |               |                    |
|    | 8     | 8 Stephan van Grevenbroek            | H    | 20+ | De Ward                                                                                    | 0:32,27      |      |         |                           | 0:28,71 | 0:28,71 |               | Bryan Chen         |
|    |       |                                      |      |     |                                                                                            | 25m-bad tijd |      |         | NMR: Wimar Lindenberg     |         |         |               | 0:29,52            |
|    |       | NMR:                                 |      |     |                                                                                            |              |      |         |                           |         |         |               |                    |
|    | 9     | 8 Rob van Wanrooy                    | H    | 35+ | Gay Swim Amsterdam                                                                         | 0:32,36      |      | 0:26,66 | 0:27,32                   | 0:28,95 | 0:29,14 |               | Rick de Greef      |
|    |       |                                      |      |     |                                                                                            | 25m-bad tijd |      |         | NMR: Ron Dekker           |         |         |               | 0:31,85            |
|    |       | NMR:                                 |      |     | ONMK: 7xKB 5xLB, ind: 4Z 5B                                                                |              |      |         |                           |         |         |               |                    |

| Bn | Rank  | Naam                                 | Gend | Cat | Team                                                                                                                                       | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|--------------------------------------|------|-----|--------------------------------------------------------------------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|--------------------|
|    | 16:18 | Programma 42 50m. school H Serie: 15 |      |     |                                                                                                                                            |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 4     | Ivan van Omme                        | H    | 35+ | De Geul                                                                                                                                    | 0:31,59      |      | 0:26,66 | 0:27,32                   | 0:28,95 | 0:29,14 |               | Rick de Greef      |
|    |       |                                      |      |     |                                                                                                                                            | 25m-bad tijd |      |         | NMR: Ron Dekker           |         |         |               | 0:31,85            |
|    |       | NMR:                                 |      |     | ONMK: 3xKB 3xLB, ind: 2G 5Z 6B                                                                                                             |              |      |         |                           |         |         |               |                    |
| 1  | 6     | Pascal Nuijten                       | H    | 20+ | Albion WSS (SG)                                                                                                                            | 0:31,42      |      |         |                           | 0:28,71 | 0:28,71 |               | Bryan Chen         |
|    |       |                                      |      |     |                                                                                                                                            | 25m-bad tijd |      |         | NMR: Wimar Lindenberg     |         |         |               | 0:29,52            |
|    |       | NMR:                                 |      |     | ONMK: 1xKB 2xLB, ind: 2Z 2B, est: 2G 2Z 1B                                                                                                 |              |      |         |                           |         |         |               |                    |
| 2  | 5     | Thomas Hesper                        | H    | 20+ | ZPV Barracuda                                                                                                                              | 0:31,30      |      |         |                           | 0:28,71 | 0:28,71 |               | Bryan Chen         |
|    |       |                                      |      |     |                                                                                                                                            | 25m-bad tijd |      |         | NMR: Wimar Lindenberg     |         |         |               | 0:29,52            |
|    |       | NMR:                                 |      |     |                                                                                                                                            |              |      |         |                           |         |         |               |                    |
| 3  | 10    | Martino Valentijn                    | H    | 25+ | DIO                                                                                                                                        | 0:31,18      |      | 0:26,99 | 0:26,99                   | 0:28,57 | 0:28,57 |               | Roy Smeenge        |
|    |       |                                      |      |     |                                                                                                                                            | 25m-bad tijd |      |         | NMR: Roy Smeenge          |         |         |               | 0:28,57            |
|    |       | NMR:                                 |      |     | ONMK: 6xKB 5xLB, ind: 1G 2Z 9B, est: 3G 3Z                                                                                                 |              |      |         |                           |         |         |               |                    |
| 4  | 2     | Victor Barnar                        | H    | 40+ | GoSwim                                                                                                                                     | 0:31,05      |      | 0:28,06 | 0:28,86                   | 0:29,08 | 0:30,42 |               | Evgeny Ryzhov      |
|    |       |                                      |      |     |                                                                                                                                            | 25m-bad tijd |      |         | NMR: Harold Matla         |         |         |               | 0:31,22            |
|    |       | NMR:                                 |      |     | ONMK: 8xKB 6xLB, ind: 6G 10Z 10B, est: 1Z                                                                                                  |              |      |         |                           |         |         |               |                    |
| 5  | 3     | Evgeny Ryzhov                        | H    | 40+ | RUS - Sprut                                                                                                                                | 0:31,16      |      | 0:28,06 | 0:28,86                   | 0:28,90 | 0:30,42 |               | Evgeny Ryzhov      |
|    |       |                                      |      |     |                                                                                                                                            | 25m-bad tijd |      |         |                           |         |         |               | 0:31,22            |
|    |       |                                      |      |     | ONMK: 9xKB 3xLB, ind: 24G 7Z 1B, est: 1G 1B                                                                                                |              |      |         |                           |         |         |               |                    |
| 6  | 11    | Jelle Nap                            | H    | 25+ | VZC                                                                                                                                        | 0:31,27      |      | 0:26,99 | 0:26,99                   | 0:28,57 | 0:28,57 |               | Roy Smeenge        |
|    |       |                                      |      |     |                                                                                                                                            | 25m-bad tijd |      |         | NMR: Roy Smeenge          |         |         |               | 0:28,57            |
|    |       | NMR:                                 |      |     | ONMK: 1xKB 1xLB, ind: 3G 1Z , est: 2G 2Z                                                                                                   |              |      |         |                           |         |         |               |                    |
| 7  | 3     | Yuri van Omme                        | H    | 35+ | Zwemvereniging Hooglar                                                                                                                     | 0:31,42      |      | 0:26,66 | 0:27,32                   | 0:28,95 | 0:29,14 |               | Rick de Greef      |
|    |       |                                      |      |     |                                                                                                                                            | 25m-bad tijd |      |         | NMR: Ron Dekker           |         |         |               | 0:31,85            |
|    |       | NMR:                                 |      |     | Actueel: 1 NMR est / ALL: 1 NMR est<br>ONMK: 4xKB 3xLB, ind: 4G 9Z 5B, est: 6G 4Z 1B                                                       |              |      |         |                           |         |         |               |                    |
| 8  | 4     | Vincent Bakker                       | H    | 30+ | ZPC AMERSFOORT                                                                                                                             | 0:31,46      |      | 0:26,72 | 0:27,23                   | 0:29,65 | 0:29,35 |               | Aleksandr Kadukhin |
|    |       |                                      |      |     |                                                                                                                                            | 25m-bad tijd |      |         | NMR: Thijs van Valkengoed |         |         |               | 0:29,42            |
|    |       | NMR:                                 |      |     | Actueel: 2 NMR est / ALL: 1 EMR est, 2 NMR est<br>ONMK: 2xKB 1xLB, ind: 2B, est: 3G 1Z 3B                                                  |              |      |         |                           |         |         |               |                    |
| 9  | 1     | Harold Matla                         | H    | 50+ | PSV                                                                                                                                        | 0:31,63      | NMR= | 0:29,71 | 0:29,71                   | 0:31,63 | 0:31,70 | NMR-houder    | Harold Matla       |
|    |       |                                      |      |     | lid DMHoF, ex-lid TGM                                                                                                                      | 25m-bad tijd |      |         | NMR: Harold Matla         |         |         |               | 0:31,79            |
|    |       | NMR:                                 |      |     | Actueel: 8 NMR ind, 11 NMR est / ALL: 2 WMR est, 7 EMR est, 23 NMR ind, 67 NMR est<br>ONMK: 17xKB 14xLB, ind: 55G 33Z 24B, est: 50G 18Z 7B |              |      |         |                           |         |         |               |                    |

| Bn | Rank  | Naam                                 | Gend                 | Cat | Team | Intijd                                                                                                         | KANS    | WMR | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|--------------------------------------|----------------------|-----|------|----------------------------------------------------------------------------------------------------------------|---------|-----|---------------------------|---------|---------|---------------|--------------------|
|    | 16:19 | Programma 42 50m. school H Serie: 16 |                      |     |      |                                                                                                                |         |     | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder   |
|    | 0     | 1                                    | Erwin Buist          | H   | 40+  | ZPC AMERSFOORT                                                                                                 | 0:31,01 |     | 0:28,06                   | 0:28,86 | 0:29,08 | 0:30,42       | Evgeny Ryzhov      |
|    |       |                                      |                      |     |      | 25m-bad tijd                                                                                                   |         |     | NMR: Harold Matla         |         |         |               | 0:31,22            |
|    |       |                                      | NMR:                 |     |      | Actueel: 8 NMR est / ALL: 1 WMR est, 3 EMR est, 11 NMR est<br>ONMK: 5xKB 6xLB, ind: 14G 13Z 8B, est: 16G 7Z 1B |         |     |                           |         |         |               |                    |
|    | 1     | 4                                    | Arjan Dekker         | H   | 20+  | ReVeLie Swim Team                                                                                              | 0:30,80 |     |                           |         | 0:28,71 | 0:28,71       | Bryan Chen         |
|    |       |                                      |                      |     |      | 25m-bad tijd                                                                                                   |         |     | NMR: Wimar Lindenberg     |         |         |               | 0:29,52            |
|    |       |                                      | NMR:                 |     |      | ONMK: 2xKB 2xLB                                                                                                |         |     |                           |         |         |               |                    |
|    | 2     | 1                                    | Maarten van der Zwan | H   | 45+  | Scheldestroom                                                                                                  | 0:30,70 | NMR | 0:28,65                   | 0:28,86 | 0:30,86 | 0:29,71       | Michael van Bekkum |
|    |       |                                      |                      |     |      | 25m-bad tijd                                                                                                   |         |     | NMR: Harold Matla         |         |         |               | 0:35,05            |
|    |       |                                      | NMR:                 |     |      | ONMK: 3xKB 3xLB, ind: 2G 6Z 5B, est: 1B                                                                        |         |     |                           |         |         |               |                    |
|    | 3     | 7                                    | Bas Dries            | H   | 25+  | Zwemvereniging Hooglar                                                                                         | 0:30,20 |     | 0:26,99                   | 0:26,99 | 0:28,57 | 0:28,57       | Roy Smeenge        |
|    |       |                                      |                      |     |      | 25m-bad tijd                                                                                                   |         |     | NMR: Roy Smeenge          |         |         |               | 0:28,57            |
|    |       |                                      | NMR:                 |     |      | Actueel: 1 NMR est / ALL: 1 NMR est<br>ONMK: 4xKB 2xLB, ind: 2G 3Z 4B, est: 5G 4Z 2B                           |         |     |                           |         |         |               |                    |
|    | 4     | 2                                    | Joan Kentrop         | H   | 35+  | ZPC AMERSFOORT                                                                                                 | 0:29,85 |     | 0:26,66                   | 0:27,32 | 0:28,95 | 0:29,14       | Rick de Greef      |
|    |       |                                      |                      |     |      | 25m-bad tijd                                                                                                   |         |     | NMR: Ron Dekker           |         |         |               | 0:31,85            |
|    |       |                                      | NMR:                 |     |      | Actueel: 9 NMR ind / ALL: 10 NMR ind, 1 NMR est<br>ONMK: 3xKB 2xLB, ind: 14G , est: 2G 1B                      |         |     |                           |         |         |               |                    |
|    | 5     | 6                                    | Dirk Zeelte          | H   | 25+  | De Waalstroom                                                                                                  | 0:29,95 |     | 0:26,99                   | 0:26,99 | 0:28,57 | 0:28,57       | Roy Smeenge        |
|    |       |                                      |                      |     |      | 25m-bad tijd                                                                                                   |         |     | NMR: Roy Smeenge          |         |         |               | 0:28,57            |
|    |       |                                      | NMR:                 |     |      |                                                                                                                |         |     |                           |         |         |               |                    |
|    | 6     | 8                                    | Hiras Ferrandino     | H   | 25+  | DWT                                                                                                            | 0:30,42 |     | 0:26,99                   | 0:26,99 | 0:28,57 | 0:28,57       | Roy Smeenge        |
|    |       |                                      |                      |     |      | 25m-bad tijd                                                                                                   |         |     | NMR: Roy Smeenge          |         |         |               | 0:28,57            |
|    |       |                                      | NMR:                 |     |      | ONMK: 4xKB 1xLB, ind: 1B, est: 1G 3B                                                                           |         |     |                           |         |         |               |                    |
|    | 7     | 3                                    | Derk Jan Speelman    | H   | 20+  | Rotterdam Swimming (SC                                                                                         | 0:30,78 |     |                           |         | 0:28,71 | 0:28,71       | Bryan Chen         |
|    |       |                                      |                      |     |      | 25m-bad tijd                                                                                                   |         |     | NMR: Wimar Lindenberg     |         |         |               | 0:29,52            |
|    |       |                                      | NMR:                 |     |      | Actueel: 1 NMR est / ALL: 1 NMR est<br>ONMK: 2xLB, ind: 2Z 2B, est: 3G                                         |         |     |                           |         |         |               |                    |
|    | 8     | 9                                    | Nick Sijmons         | H   | 25+  | De Amstel                                                                                                      | 0:30,89 |     | 0:26,99                   | 0:26,99 | 0:28,57 | 0:28,57       | Roy Smeenge        |
|    |       |                                      |                      |     |      | 25m-bad tijd                                                                                                   |         |     | NMR: Roy Smeenge          |         |         |               | 0:28,57            |
|    |       |                                      | NMR:                 |     |      | ONMK: 5xKB 5xLB, ind: 2G 5Z 10B, est: 3Z 2B                                                                    |         |     |                           |         |         |               |                    |
|    | 9     | 3                                    | Sander de Vrucht     | H   | 30+  | ESCA Zwemmen                                                                                                   | 0:31,05 |     | 0:26,72                   | 0:27,23 | 0:29,65 | 0:29,35       | Aleksandr Kadukhin |
|    |       |                                      |                      |     |      | 25m-bad tijd                                                                                                   |         |     | NMR: Thijs van Valkengoed |         |         |               | 0:29,42            |
|    |       |                                      | NMR:                 |     |      | ONMK: 2xKB 5xLB, ind: 2Z 6B, est: 6G 5Z 5B                                                                     |         |     |                           |         |         |               |                    |

| Bn | Rank  | Naam                                 | Gend | Cat | Team                                                                                                             | Intijd       | KANS | WMR     | EMR                       | NatMR   | CR      | Record-houder | Titelhouder 2019   |
|----|-------|--------------------------------------|------|-----|------------------------------------------------------------------------------------------------------------------|--------------|------|---------|---------------------------|---------|---------|---------------|--------------------|
|    | 16:20 | Programma 42 50m. school H Serie: 17 |      |     |                                                                                                                  |              |      |         | NMR-houder                |         |         | Aanvraag      | Tijd titelhouder   |
| 0  | 5     | Jordy Zuidhoek                       | H    | 25+ | De Columbiaan                                                                                                    | 0:29,66      |      | 0:26,99 | 0:26,99                   | 0:28,57 | 0:28,57 |               | Roy Smeenge        |
|    |       |                                      |      |     |                                                                                                                  | 25m-bad tijd |      |         | NMR: Roy Smeenge          |         |         |               | 0:28,57            |
|    |       | NMR:                                 |      |     | ONMK: 2xKB, ind: 2B, est: 2G                                                                                     |              |      |         |                           |         |         |               |                    |
| 1  | 4     | Kevin Eltink                         | H    | 25+ | DWK                                                                                                              | 0:29,37      |      | 0:26,99 | 0:26,99                   | 0:28,57 | 0:28,57 |               | Roy Smeenge        |
|    |       |                                      |      |     |                                                                                                                  | 25m-bad tijd |      |         | NMR: Roy Smeenge          |         |         |               | 0:28,57            |
|    |       | NMR:                                 |      |     | Actueel: 8 NMR ind, 2 NMR est / ALL: 12 NMR ind, 8 NMR est<br>ONMK: 8xKB 3xLB, ind: 31G 5Z , est: 11G 11Z 3B     |              |      |         |                           |         |         |               |                    |
| 2  | 1     | Bryan Chen                           | H    | 20+ | De Zwemlinie (SG)                                                                                                | 0:29,09      |      |         |                           | 0:28,71 | 0:28,71 |               | Bryan Chen         |
|    |       |                                      |      |     |                                                                                                                  | 25m-bad tijd |      |         | NMR: Wimar Lindenberg     |         |         |               | 0:29,52            |
|    |       | NMR:                                 |      |     | ONMK: 1xKB 1xLB, ind: 4G                                                                                         |              |      |         |                           |         |         |               |                    |
| 3  | 2     | Dennis Bos                           | H    | 25+ | HZ&PC Heerenveen                                                                                                 | 0:29,01      |      | 0:26,99 | 0:26,99                   | 0:28,57 | 0:28,57 |               | Roy Smeenge        |
|    |       |                                      |      |     |                                                                                                                  | 25m-bad tijd |      |         | NMR: Roy Smeenge          |         |         |               | 0:28,57            |
|    |       | NMR:                                 |      |     | Actueel: 4 NMR est / ALL: 5 NMR est<br>ONMK: 2xKB 3xLB, ind: 1G 7Z 8B, est: 12G 5Z                               |              |      |         |                           |         |         |               |                    |
| 4  | 1     | Mark Baars                           | H    | 35+ | Rotterdam Swimming (SC)                                                                                          | 0:27,75      | NMR  | 0:26,66 | 0:27,32                   | 0:28,95 | 0:29,14 |               | Rick de Greef      |
|    |       |                                      |      |     |                                                                                                                  | 25m-bad tijd |      |         | NMR: Ron Dekker           |         |         |               | 0:31,85            |
|    |       | NMR:                                 |      |     |                                                                                                                  |              |      |         |                           |         |         |               |                    |
| 5  | 1     | Serginni Marten                      | H    | 25+ | DWK                                                                                                              | 0:27,79      | NMR  | 0:26,99 | 0:26,99                   | 0:28,57 | 0:28,57 |               | Roy Smeenge        |
|    |       |                                      |      |     |                                                                                                                  | 25m-bad tijd |      |         | NMR: Roy Smeenge          |         |         |               | 0:28,57            |
|    |       | NMR:                                 |      |     |                                                                                                                  |              |      |         |                           |         |         |               |                    |
| 6  | 3     | Romero Hennep                        | H    | 25+ | De Kempvis                                                                                                       | 0:29,06      |      | 0:26,99 | 0:26,99                   | 0:28,57 | 0:28,57 |               | Roy Smeenge        |
|    |       |                                      |      |     |                                                                                                                  | 25m-bad tijd |      |         | NMR: Roy Smeenge          |         |         |               | 0:28,57            |
|    |       | NMR:                                 |      |     | Actueel: 13 NMR est / ALL: 1 EMR est, 1 NMR ind, 16 NMR est<br>ONMK: 6xKB 5xLB, ind: 10G 17Z 14B, est: 23G 4Z 2B |              |      |         |                           |         |         |               |                    |
| 7  | 2     | Bram Lamberts                        | H    | 20+ | Ragnar                                                                                                           | 0:29,36      |      |         |                           | 0:28,71 | 0:28,71 |               | Bryan Chen         |
|    |       |                                      |      |     |                                                                                                                  | 25m-bad tijd |      |         | NMR: Wimar Lindenberg     |         |         |               | 0:29,52            |
|    |       | NMR:                                 |      |     |                                                                                                                  |              |      |         |                           |         |         |               |                    |
| 8  | 1     | Filip Rowiński                       | H    | 30+ | POL - Legia Warszawa                                                                                             | 0:29,48      |      | 0:26,72 | 0:27,23                   | 0:28,02 | 0:29,35 |               | Aleksandr Kadukhin |
|    |       |                                      |      |     |                                                                                                                  | 25m-bad tijd |      |         |                           |         |         |               | 0:29,42            |
|    |       |                                      |      |     |                                                                                                                  |              |      |         |                           |         |         |               |                    |
| 9  | 2     | Erik Verholt                         | H    | 30+ | Noord Veluwe                                                                                                     | 0:29,79      |      | 0:26,72 | 0:27,23                   | 0:29,65 | 0:29,35 |               | Aleksandr Kadukhin |
|    |       |                                      |      |     |                                                                                                                  | 25m-bad tijd |      |         | NMR: Thijs van Valkengoed |         |         |               | 0:29,42            |
|    |       | NMR:                                 |      |     | ONMK: 4xKB 1xLB, ind: 10G 2Z 2B, est: 1Z 3B                                                                      |              |      |         |                           |         |         |               |                    |

[illegible]

| Bn | Rank  | Naam                                                    | Gen | Cat  | Team                                                                                                      | Intijd       | KANS | WMR     | EMR                     | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|---------------------------------------------------------|-----|------|-----------------------------------------------------------------------------------------------------------|--------------|------|---------|-------------------------|---------|---------|---------------|------------------|
|    | 16:31 | Programma 43 4x50m. wissel ALL Serie: 2                 |     |      |                                                                                                           |              |      |         | NMR-houder              |         |         | Aanvraag      | Tijd titelhouder |
|    | 0     | 6 WIDEX GZC DONK 3                                      | D   | 160+ | WIDEX GZC DONK                                                                                            | 2:44,92      |      | 2:00,84 | 2:00,84                 | 2:09,39 | 2:10,63 |               | DAW              |
|    |       |                                                         |     |      |                                                                                                           | 25m-bad tijd |      |         | NMR: ZPC Amersfoort     |         |         |               | 2:21,87          |
|    |       | NMR SZ Jacqueline de Ruiter-Wijnolst:<br>/ 50m: 1:02,16 |     |      | Jacqueline de Ruiter-Wijnolst 74, Feikje Wittermans 64, Xandra Otter 90, Alice de Haan 64                 |              |      |         |                         |         |         |               |                  |
|    | 1     | 5 AZC 4                                                 | Mix | 240+ | AZC                                                                                                       | 2:43,80      |      | 2:07,54 | 2:10,74                 | 2:23,06 | 2:27,11 |               | PCWKS            |
|    |       |                                                         |     |      |                                                                                                           | 25m-bad tijd |      |         | NMR: PSV                |         |         |               | 2:27,11          |
|    |       | NMR SZ Wim de Lange:<br>/ 50m: 0:59,27                  |     |      | Wim de Lange 58, Sandra Daamen-Posma 68, Katrina Boutwell 72, Geza Kaltenecker 42                         |              |      |         |                         |         |         |               |                  |
|    | 2     | 3 ESCA Zwemmen 2                                        | D   | 200+ | ESCA Zwemmen                                                                                              | 2:41,78      |      | 2:08,77 | 2:08,77                 | 2:13,08 | 2:13,08 |               | PSV              |
|    |       |                                                         |     |      |                                                                                                           | 25m-bad tijd |      |         | NMR: PSV                |         |         |               | 2:13,08          |
|    |       | NMR SZ Karin van der Star-Verhoeven:<br>/ 50m: 1:06,11  |     |      | Karin van der Star-Verhoeven 61, Marion Kolkman-Pluim 60, Yoka de Vegt-van Dijk 62, Ria Peters-Veurman 58 |              |      |         |                         |         |         |               |                  |
|    | 3     | 11 De Marlijn (SG) 1                                    | Mix | 160+ | De Marlijn (SG)                                                                                           | 2:39,41      |      | 1:52,45 | 1:52,45                 | 1:59,34 | 1:59,34 |               | TRB-RES          |
|    |       |                                                         |     |      |                                                                                                           | 25m-bad tijd |      |         | NMR: ZPC AMERSFOORT     |         |         |               | 2:07,40          |
|    |       | NMR SZ Ingeborg Speelman Hamelink:<br>/ 50m: 1:00,72    |     |      | Ingeborg Speelman Hamelink 76, Michiel Verschueren 73, Joan Fontaine 88, Pascal van Dijk 70               |              |      |         |                         |         |         |               |                  |
|    | 4     | 8 The Hague Swimming (SG) 2                             | H   | 160+ | The Hague Swimming (S                                                                                     | 2:37,16      |      | 1:43,04 | 1:43,04                 | 1:50,35 | 1:50,35 |               | De Gelenberg     |
|    |       |                                                         |     |      |                                                                                                           | 25m-bad tijd |      |         | NMR: Albion d'ELFT (SG) |         |         |               | 1:59,28          |
|    |       | NMR SZ Hans Bijleveld:<br>/ 50m: 0:56,06                |     |      | Hans Bijleveld 66, Alberto Randazzo 71, Chang Bom 72, Dave Tuchan 90                                      |              |      |         |                         |         |         |               |                  |
|    | 5     | 3 SWOL 1894 1                                           | Mix | 240+ | SWOL 1894                                                                                                 | 2:37,38      |      | 2:07,54 | 2:10,74                 | 2:23,06 | 2:27,11 |               | PCWKS            |
|    |       |                                                         |     |      |                                                                                                           | 25m-bad tijd |      |         | NMR: PSV                |         |         |               | 2:27,11          |
|    |       | NMR SZ Mans Buis:<br>/ 50m: 1:09,88                     |     |      | Mans Buis 47, Annemarie Vuist-Blum 63, Christine Nieuwenhuis 51, Johan Wezenberg 76                       |              |      |         |                         |         |         |               |                  |
|    | 6     | 4 ZPC AMERSFOORT 5                                      | Mix | 240+ | ZPC AMERSFOORT                                                                                            | 2:39,74      |      | 2:07,54 | 2:10,74                 | 2:23,06 | 2:27,11 |               | PCWKS            |
|    |       |                                                         |     |      |                                                                                                           | 25m-bad tijd |      |         | NMR: PSV                |         |         |               | 2:27,11          |
|    |       | NMR SZ Ron Korzelius:<br>/ 50m: 0:57,52                 |     |      | Ron Korzelius 65, Machteld Stilting 66, Mark Eligh 57, Loekie van Huissteden 45                           |              |      |         |                         |         |         |               |                  |
|    | 7     | 12 ESCA Zwemmen 4                                       | Mix | 160+ | ESCA Zwemmen                                                                                              | 2:42,68      |      | 1:52,45 | 1:52,45                 | 1:59,34 | 1:59,34 |               | TRB-RES          |
|    |       |                                                         |     |      |                                                                                                           | 25m-bad tijd |      |         | NMR: ZPC AMERSFOORT     |         |         |               | 2:07,40          |
|    |       | NMR SZ Cora Smulders:<br>/ 50m: 1:04,10                 |     |      | Cora Smulders 66, Marleen Schuurin                                                                        |              |      |         |                         |         |         |               |                  |
|    | 8     | 4 WIDEX GZC DONK 2                                      | Mix | 200+ | WIDEX GZC DONK                                                                                            | 2:44,77      |      | 1:57,65 | 1:59,21                 | 2:05,42 | 2:05,42 |               | ZPC Amersfoort   |
|    |       |                                                         |     |      |                                                                                                           | 25m-bad tijd |      |         | NMR: ZPC Amersfoort     |         |         |               | 2:05,42          |
|    |       | NMR SZ Lia Bijkerk:<br>/ 50m: 1:07,34                   |     |      | Lia Bijkerk 60, Peter Coffeng 57, Nathasja Konijn 71, Pierre de Groot 64                                  |              |      |         |                         |         |         |               |                  |
|    | 9     | 4 WS Twente 1                                           | D   | 200+ | WS Twente                                                                                                 | 2:46,41      |      | 2:08,77 | 2:08,77                 | 2:13,08 | 2:13,08 |               | PSV              |
|    |       |                                                         |     |      |                                                                                                           | 25m-bad tijd |      |         | NMR: PSV                |         |         |               | 2:13,08          |
|    |       | NMR SZ Antoinette Gilding-Tussaud:<br>/ 50m: 1:13,78    |     |      | Antoinette Gilding-Tussaud 50, Ursula Spoelstra-de Groot 72, Marijke Kraak-Beckers 60, Evelien Naatje 72  |              |      |         |                         |         |         |               |                  |

| Bn | Rank  | Naam                                                  | Gend | Cat  | Team                                                                                              | Intijd       | KANS   | WMR     | EMR                 | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|-------------------------------------------------------|------|------|---------------------------------------------------------------------------------------------------|--------------|--------|---------|---------------------|---------|---------|---------------|------------------|
|    | 16:34 | Programma 43 4x50m. wissel ALL Serie: 3               |      |      |                                                                                                   |              |        |         | NMR-houder          |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 11    | ZVVS 3                                                | Mix  | 120+ | ZVVS                                                                                              | 2:36,01      |        | 1:47,51 | 1:49,14             | 1:53,87 | 1:53,87 |               | SwimGym          |
|    |       |                                                       |      |      |                                                                                                   | 25m-bad tijd |        |         | NMR: SwimGym        |         |         |               | 1:53,87          |
|    |       | NMR SZ Heleen ten Have:<br>/ 50m: 0:56,45             |      |      | Heleen ten Have 94, Gertjan van der Vaart 68, Thomas Grudelbach 95, Joyce Brummelkamp 70          |              |        |         |                     |         |         |               |                  |
| 1  | 3     | CNSW 3                                                | Mix  | 200+ | BEL - CNSW                                                                                        | 2:34,69      |        | 1:57,65 | 1:59,21             | 2:11,47 | 2:05,42 |               | ZPC Amersfoort   |
|    |       |                                                       |      |      |                                                                                                   | 25m-bad tijd |        |         |                     |         |         |               | 2:05,42          |
|    |       |                                                       |      |      | Bruno Nahon 70, Marion Regnier 90, Christian Schoenaers 59, Fernande Blondeel-Gourmet 52          |              |        |         |                     |         |         |               |                  |
| 2  | 2     | CNSW 2                                                | Mix  | 240+ | BEL - CNSW                                                                                        | 2:33,75      | natMR= | 2:07,54 | 2:10,74             | 2:33,75 | 2:27,11 |               | PCWKS            |
|    |       |                                                       |      |      |                                                                                                   | 25m-bad tijd |        |         |                     |         |         |               | 2:27,11          |
|    |       |                                                       |      |      | Jean-Marie Cadiat 53, Philippe Godbille 57, Claire Anthony 57, Kathy Van Lindt 71                 |              |        |         |                     |         |         |               |                  |
| 3  | 2     | De Rog 1                                              | D    | 200+ | De Rog                                                                                            | 2:30,73      |        | 2:08,77 | 2:08,77             | 2:13,08 | 2:13,08 |               | PSV              |
|    |       |                                                       |      |      |                                                                                                   | 25m-bad tijd |        |         | NMR: PSV            |         |         |               | 2:13,08          |
|    |       | NMR SZ Arianne Hamakers:<br>/ 50m: 1:04,10            |      |      | Arianne Hamakers 67, Regine Beckers-Stribos 70, Sandra Peeters-Wiermans 74, Ageeth Westenbrink 67 |              |        |         |                     |         |         |               |                  |
| 4  | 3     | Old Dutch 1                                           | D    | 160+ | Old Dutch                                                                                         | 2:29,88      |        | 2:00,84 | 2:00,84             | 2:09,39 | 2:10,63 |               | DAW              |
|    |       |                                                       |      |      |                                                                                                   | 25m-bad tijd |        |         | NMR: ZPC Amersfoort |         |         |               | 2:21,87          |
|    |       | NMR SZ Marjon Boidin:<br>/ 50m: 1:00,72               |      |      | Marjon Boidin 76, Nicole van der Kooij 87, Chantal Verhoeff 79, Marleen Zantingh 78               |              |        |         |                     |         |         |               |                  |
| 5  | 7     | ZV Hoogland 2                                         | H    | 200+ | Zwemvereniging Hooglar                                                                            | 2:30,61      |        | 1:49,42 | 1:50,17             | 2:01,82 | 2:00,61 |               | Lada             |
|    |       |                                                       |      |      |                                                                                                   | 25m-bad tijd |        |         | NMR: PSV            |         |         |               | 2:03,67          |
|    |       | NMR SZ Jos Kamps:<br>/ 50m: 1:03,42                   |      |      | Jos Kamps 51, Dennis van Helden 80, Rutger Stam 81, Pieter-Sjoerd de Wijn 65                      |              |        |         |                     |         |         |               |                  |
| 6  | 10    | De Duinkikkers 2                                      | Mix  | 160+ | De Duinkikkers                                                                                    | 2:32,46      |        | 1:52,45 | 1:52,45             | 1:59,34 | 1:59,34 |               | TRB-RES          |
|    |       |                                                       |      |      |                                                                                                   | 25m-bad tijd |        |         | NMR: ZPC AMERSFOORT |         |         |               | 2:07,40          |
|    |       | 1 20+ ers / NMR SZ Annuska Boekema:<br>/ 50m: 1:02,16 |      |      | Annuska Boekema 72, Robert de Brauwier 64, Rachel Trapman 96, Mathieu Rikken 67                   |              |        |         |                     |         |         |               |                  |
| 7  | 4     | De Geul 1                                             | D    | 160+ | De Geul                                                                                           | 2:34,27      |        | 2:00,84 | 2:00,84             | 2:09,39 | 2:10,63 |               | DAW              |
|    |       |                                                       |      |      |                                                                                                   | 25m-bad tijd |        |         | NMR: ZPC Amersfoort |         |         |               | 2:21,87          |
|    |       | NMR SZ Nanda van Heteren:<br>/ 50m: 0:57,02           |      |      | Nanda van Heteren 89, Erica Muller 64, Marijke Campfens 69, Marian Nederlof 76                    |              |        |         |                     |         |         |               |                  |
| 8  | 5     | AZC 1                                                 | D    | 160+ | AZC                                                                                               | 2:34,98      |        | 2:00,84 | 2:00,84             | 2:09,39 | 2:10,63 |               | DAW              |
|    |       |                                                       |      |      |                                                                                                   | 25m-bad tijd |        |         | NMR: ZPC Amersfoort |         |         |               | 2:21,87          |
|    |       | NMR SZ Samantha Go:<br>/ 50m: 0:59,65                 |      |      | Samantha Go 84, Mariska Zaal 88, Monique Remst 87, Wil Ponsioen-van Mil 61                        |              |        |         |                     |         |         |               |                  |
| 9  | 8     | Steenwijk 1934 2                                      | D    | 120+ | Steenwijk 1934                                                                                    | 2:37,10      |        | 1:56,67 | 1:56,67             | 2:08,59 | 2:09,54 |               | PSV              |
|    |       |                                                       |      |      |                                                                                                   | 25m-bad tijd |        |         | NMR: PSV            |         |         |               | 2:17,04          |
|    |       | 1 20+ ers / NMR SZ Leonie Scholten:<br>/ 50m: 1:00,72 |      |      | Leonie Scholten 79, Inge Soeters 73, Lonneke Oenema 91, Elianne Huitema 97                        |              |        |         |                     |         |         |               |                  |

| Bn | Rank  | Naam                                                 | Gend | Cat  | Team                                                                                          | Intijd       | KANS | WMR     | EMR                 | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|------------------------------------------------------|------|------|-----------------------------------------------------------------------------------------------|--------------|------|---------|---------------------|---------|---------|---------------|------------------|
|    | 16:37 | Programma 43 4x50m. wissel ALL Serie: 4              |      |      |                                                                                               |              |      |         | NMR-houder          |         |         | Aanvraag      | Tijd titelhouder |
| 0  | 2     | HZ&PC Heerenveen 1                                   | D    | 160+ | HZ&PC Heerenveen                                                                              | 2:29,73      |      | 2:00,84 | 2:00,84             | 2:09,39 | 2:10,63 |               | DAW              |
|    |       |                                                      |      |      |                                                                                               | 25m-bad tijd |      |         | NMR: ZPC Amersfoort |         |         |               | 2:21,87          |
|    |       | NMR SZ Daniëlle de Boer:<br>/ 50m: 0:56,45           |      |      | Daniëlle de Boer 94, Fraukje Puts 92, Peggi Hurenkamp 69, Ineke Meijer 52                     |              |      |         |                     |         |         |               |                  |
| 1  | 2     | WS Twente 3                                          | H    | 240+ | WS Twente                                                                                     | 2:29,60      |      | 1:54,15 | 2:00,94             | 2:07,37 | 2:07,37 |               | PSV              |
|    |       |                                                      |      |      |                                                                                               | 25m-bad tijd |      |         | NMR: PSV            |         |         |               | 2:07,37          |
|    |       | NMR SZ Frans van Enst:<br>/ 50m: 1:23,39             |      |      | Frans van Enst 40, Joop Weenink 68, Jan Willem Heuten 60, Bart van Calker 61                  |              |      |         |                     |         |         |               |                  |
| 2  | 6     | MSV-Zeemacht 1                                       | D    | 120+ | MSV-Zeemacht                                                                                  | 2:28,69      |      | 1:56,67 | 1:56,67             | 2:08,59 | 2:09,54 |               | PSV              |
|    |       |                                                      |      |      |                                                                                               | 25m-bad tijd |      |         | NMR: PSV            |         |         |               | 2:17,04          |
|    |       | NMR SZ Suzanne Mosch:<br>/ 50m: 0:56,45              |      |      | Suzanne Mosch 94, Bianca Groot 70, Annette van Dok 68, Tessa Mosch 91                         |              |      |         |                     |         |         |               |                  |
| 3  | 5     | AZ&PC De Futen 1                                     | D    | 120+ | AZ&PC De Futen                                                                                | 2:28,43      |      | 1:56,67 | 1:56,67             | 2:08,59 | 2:09,54 |               | PSV              |
|    |       |                                                      |      |      |                                                                                               | 25m-bad tijd |      |         | NMR: PSV            |         |         |               | 2:17,04          |
|    |       | 1 20+ ers / NMR SZ Renske Beek:<br>/ 50m: 0:57,26    |      |      | Renske Beek 00, Eline Vermue 92, Daphne Kievit 92, Zilla Fokke 68                             |              |      |         |                     |         |         |               |                  |
| 4  | 10    | Sassenheim 1                                         | Mix  | 120+ | Sassenheim                                                                                    | 2:27,89      |      | 1:47,51 | 1:49,14             | 1:53,87 | 1:53,87 |               | SwimGym          |
|    |       |                                                      |      |      |                                                                                               | 25m-bad tijd |      |         | NMR: SwimGym        |         |         |               | 1:53,87          |
|    |       | 1 20+ ers / NMR SZ Maaïke Hofland:<br>/ 50m: 0:56,45 |      |      | Maaïke Hofland 92, Evelien Meeuwissen 75, Wesley van der Luit 97, Paul Koot 94                |              |      |         |                     |         |         |               |                  |
| 5  | 5     | Budel 2                                              | H    | 200+ | Budel                                                                                         | 2:28,37      |      | 1:49,42 | 1:50,17             | 2:01,82 | 2:00,61 |               | Lada             |
|    |       |                                                      |      |      |                                                                                               | 25m-bad tijd |      |         | NMR: PSV            |         |         |               | 2:03,67          |
|    |       | NMR SZ Jos Zentjens:<br>/ 50m: 0:59,27               |      |      | Jos Zentjens 57, Wiljo Mackus 71, Dyon de Greef 82, Ruud Kennis 65                            |              |      |         |                     |         |         |               |                  |
| 6  | 8     | ZPC Numansdorp 1                                     | Mix  | 160+ | ZPC Numansdorp                                                                                | 2:28,67      |      | 1:52,45 | 1:52,45             | 1:59,34 | 1:59,34 |               | TRB-RES          |
|    |       |                                                      |      |      |                                                                                               | 25m-bad tijd |      |         | NMR: ZPC AMERSFOORT |         |         |               | 2:07,40          |
|    |       | NMR SZ Hans Piederiet:<br>/ 50m: 1:03,42             |      |      | Hans Piederiet 54, Yuri Admiraal 77, Leonie van der Lavoir 85, Miranda de Rijke- van Driel 75 |              |      |         |                     |         |         |               |                  |
| 7  | 9     | Budel 3                                              | Mix  | 160+ | Budel                                                                                         | 2:29,13      |      | 1:52,45 | 1:52,45             | 1:59,34 | 1:59,34 |               | TRB-RES          |
|    |       |                                                      |      |      |                                                                                               | 25m-bad tijd |      |         | NMR: ZPC AMERSFOORT |         |         |               | 2:07,40          |
|    |       | NMR SZ Elly Scheepers:<br>/ 50m: 0:56,45             |      |      | Elly Scheepers 91, Carola Hompes 88, Edward van Nijmweegen 70, Joost van Eerd 69              |              |      |         |                     |         |         |               |                  |
| 8  | 7     | RZC 1                                                | D    | 120+ | RZC                                                                                           | 2:29,62      |      | 1:56,67 | 1:56,67             | 2:08,59 | 2:09,54 |               | PSV              |
|    |       |                                                      |      |      |                                                                                               | 25m-bad tijd |      |         | NMR: PSV            |         |         |               | 2:17,04          |
|    |       | NMR SZ Marieke van Dodeweerd:<br>/ 50m: 0:57,02      |      |      | Marieke van Dodeweerd 86, Malou Heidekamp 89, Mariëlle Janssen 82, Rita van der Horst 69      |              |      |         |                     |         |         |               |                  |
| 9  | 6     | De Rog 2                                             | H    | 200+ | De Rog                                                                                        | 2:29,86      |      | 1:49,42 | 1:50,17             | 2:01,82 | 2:00,61 |               | Lada             |
|    |       |                                                      |      |      |                                                                                               | 25m-bad tijd |      |         | NMR: PSV            |         |         |               | 2:03,67          |
|    |       | NMR SZ Wijnand Vergeest:<br>/ 50m: 0:56,06           |      |      | Wijnand Vergeest 68, Hans Van de Berg 65, Roy Le Clercq 64, Huub van Kimmenade 56             |              |      |         |                     |         |         |               |                  |

| Bn | Rank  | Naam                                                             | Gend | Cat  | Team                                                                                       | Intijd       | KANS | WMR     | EMR                 | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|------------------------------------------------------------------|------|------|--------------------------------------------------------------------------------------------|--------------|------|---------|---------------------|---------|---------|---------------|------------------|
|    | 16:40 | Programma 43 4x50m. wissel ALL Serie: 5                          |      |      |                                                                                            |              |      |         | NMR-houder          |         |         | Aanvraag      | Tijd titelhouder |
|    | 0     | 1 TriVia 1                                                       | Mix  | 240+ | TriVia                                                                                     | 2:27,09      |      | 2:07,54 | 2:10,74             | 2:23,06 | 2:27,11 |               | PCWKS            |
|    |       |                                                                  |      |      |                                                                                            | 25m-bad tijd |      |         | NMR: PSV            |         |         |               | 2:27,11          |
|    |       | NMR SZ Margriet Pasma:<br>/ 50m: 1:10,66                         |      |      | Margriet Pasma 55, Theo Bakker 64, Fred Zanting 54, Emmy in 't Veldt 66                    |              |      |         |                     |         |         |               |                  |
|    | 1     | 4 De Lansingh 2                                                  | D    | 120+ | De Lansingh                                                                                | 2:25,39      |      | 1:56,67 | 1:56,67             | 2:08,59 | 2:09,54 |               | PSV              |
|    |       |                                                                  |      |      |                                                                                            | 25m-bad tijd |      |         | NMR: PSV            |         |         |               | 2:17,04          |
|    |       | 2 20+ ers / NMR SZ Jacqueline Rolloos-Bakkers:<br>/ 50m: 1:06,11 |      |      | Jacqueline Rolloos-Bakkers 63, Kimberly Coenders 99, Iva den Haan 99, Gwendoline Kruit 98  |              |      |         |                     |         |         |               |                  |
|    | 2     | 9 WVZ 2                                                          | D    | 100+ | WVZ                                                                                        | 2:21,14      |      | 1:58,90 | 2:01,92             | 2:01,92 | 2:03,69 |               | DAW              |
|    |       |                                                                  |      |      |                                                                                            | 25m-bad tijd |      |         | NMR: SBC-2000 (SG)  |         |         |               | 2:09,66          |
|    |       | 1 20+ ers / NMR SZ Eline Veldkamp:<br>/ 50m: 0:57,26             |      |      | Eline Veldkamp 98, Monique Pronk 88, Carmen Taal-Veldkamp 94, Tessa Verheijdt 89           |              |      |         |                     |         |         |               |                  |
|    | 3     | 7 ZVVS 1                                                         | Mix  | 160+ | ZVVS                                                                                       | 2:20,64      |      | 1:52,45 | 1:52,45             | 1:59,34 | 1:59,34 |               | TRB-RES          |
|    |       |                                                                  |      |      |                                                                                            | 25m-bad tijd |      |         | NMR: ZPC AMERSFOORT |         |         |               | 2:07,40          |
|    |       | NMR SZ Nadya Putter:<br>/ 50m: 0:59,65                           |      |      | Nadya Putter 83, Karin Stein 71, Paul Brinkman 84, Bas van de Nouwelant 80                 |              |      |         |                     |         |         |               |                  |
|    | 4     | 2 ZPC AMERSFOORT 4                                               | Mix  | 200+ | ZPC AMERSFOORT                                                                             | 2:20,02      |      | 1:57,65 | 1:59,21             | 2:05,42 | 2:05,42 |               | ZPC Amersfoort   |
|    |       |                                                                  |      |      |                                                                                            | 25m-bad tijd |      |         | NMR: ZPC Amersfoort |         |         |               | 2:05,42          |
|    |       | NMR SZ Talje Dijkhuis:<br>/ 50m: 1:04,10                         |      |      | Talje Dijkhuis 66, Henk Kuipers 62, Johan Remmits 62, Atie Pijtak-Radersma 56              |              |      |         |                     |         |         |               |                  |
|    | 5     | 9 PSV 5                                                          | Mix  | 120+ | PSV                                                                                        | 2:20,57      |      | 1:47,51 | 1:49,14             | 1:53,87 | 1:53,87 |               | SwimGym          |
|    |       |                                                                  |      |      |                                                                                            | 25m-bad tijd |      |         | NMR: SwimGym        |         |         |               | 1:53,87          |
|    |       | NMR SZ Michal Thiele:<br>/ 50m: 0:57,02                          |      |      | Michal Thiele 90, Jasper Peters 86, Erik Drost 79, Nienke van Stipriaan 87                 |              |      |         |                     |         |         |               |                  |
|    | 6     | 9 De Dolfijn 1                                                   | Mix  | 100+ | De Dolfijn                                                                                 | 2:20,75      |      | 1:48,37 | 1:51,86             | 1:52,04 | 1:52,04 |               | ZV Hoogland      |
|    |       |                                                                  |      |      |                                                                                            | 25m-bad tijd |      |         | NMR: DWK            |         |         |               | 1:57,20          |
|    |       | NMR SZ Pascalie Rovers:<br>/ 50m: 0:56,45                        |      |      | Pascalie Rovers 93, Martijn Gerrits 88, Karen Stolk 94, Leffert Lansink 92                 |              |      |         |                     |         |         |               |                  |
|    | 7     | 1 PSV 1                                                          | D    | 240+ | PSV                                                                                        | 2:25,15      | EMR  | 2:19,60 | 2:28,50             | 2:34,89 | 2:39,15 |               | PSV              |
|    |       |                                                                  |      |      |                                                                                            | 25m-bad tijd |      |         | NMR: PSV            |         |         | EMR-aanvraag  | 3:21,10          |
|    |       | NMR SZ Patty Krupiarz:<br>/ 50m: 1:10,66                         |      |      | Patty Krupiarz 54, Trudy Ketting 70, Jeanne Petit 70, Corrie Verhoeven 46                  |              |      |         |                     |         |         |               |                  |
|    | 8     | 10 De Geul 2                                                     | Mix  | 100+ | De Geul                                                                                    | 2:25,39      |      | 1:48,37 | 1:51,86             | 1:52,04 | 1:52,04 |               | ZV Hoogland      |
|    |       |                                                                  |      |      |                                                                                            | 25m-bad tijd |      |         | NMR: DWK            |         |         |               | 1:57,20          |
|    |       | 1 20+ ers / NMR SZ Max Muller:<br>/ 50m: 0:50,20                 |      |      | Max Muller 98, Senna van Dongen 91, Silvan Biesheuvel 90, Claudia de Win 91                |              |      |         |                     |         |         |               |                  |
|    | 9     | 10 ZVVS 2                                                        | D    | 100+ | ZVVS                                                                                       | 2:27,66      |      | 1:58,90 | 2:01,92             | 2:01,92 | 2:03,69 |               | DAW              |
|    |       |                                                                  |      |      |                                                                                            | 25m-bad tijd |      |         | NMR: SBC-2000 (SG)  |         |         |               | 2:09,66          |
|    |       | 2 20+ ers / NMR SZ Marielle van der Vaart:<br>/ 50m: 0:57,26     |      |      | Marielle van der Vaart 00, Ramona Noordermeer 94, Chantal van der Vaart 98, Helena Mels 69 |              |      |         |                     |         |         |               |                  |



| Bn | Rank  | Naam                                                         | Gend | Cat  | Team                                                                                        | Intijd       | KANS  | WMR     | EMR                 | NatMR   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|--------------------------------------------------------------|------|------|---------------------------------------------------------------------------------------------|--------------|-------|---------|---------------------|---------|---------|---------------|------------------|
|    | 16:46 | Programma 43 4x50m. wissel ALL Serie: 7                      |      |      |                                                                                             |              |       |         | NMR-houder          |         |         | Aanvraag      | Tijd titelhouder |
|    | 0     | 6 Deltasteur 1                                               | Mix  | 100+ | Deltasteur                                                                                  | 2:14,60      |       | 1:48,37 | 1:51,86             | 1:52,04 | 1:52,04 |               | ZV Hoogland      |
|    |       |                                                              |      |      |                                                                                             | 25m-bad tijd |       |         | NMR: DWK            |         |         |               | 1:57,20          |
|    |       | 1 20+ ers / NMR SZ Gea van der Schaaf:<br>/ 50m: 1:00,72     |      |      | Gea van der Schaaf 79, Bob Potkamp 94, Maud Heldoorn 00, Patrick de Jonge 89                |              |       |         |                     |         |         |               |                  |
|    | 1     | 4 RZC 2                                                      | H    | 200+ | RZC                                                                                         | 2:13,54      |       | 1:49,42 | 1:50,17             | 2:01,82 | 2:00,61 |               | Lada             |
|    |       |                                                              |      |      |                                                                                             | 25m-bad tijd |       |         | NMR: PSV            |         |         |               | 2:03,67          |
|    |       | NMR SZ Eric Langhorst:<br>/ 50m: 0:57,52                     |      |      | Eric Langhorst 62, Geert van Duinhoven 64, Chretien Mali 68, Bert de Weerd 67               |              |       |         |                     |         |         |               |                  |
|    | 2     | 6 WVZ 1                                                      | D    | 100+ | WVZ                                                                                         | 2:12,86      |       | 1:58,90 | 2:01,92             | 2:01,92 | 2:03,69 |               | DAW              |
|    |       |                                                              |      |      |                                                                                             | 25m-bad tijd |       |         | NMR: SBC-2000 (SG)  |         |         |               | 2:09,66          |
|    |       |                                                              |      |      | Lauren van IJl 00, Isabelle Massar 91, Delia Badoux 80, Sabine Koudijs 95                   |              |       |         |                     |         |         |               |                  |
|    | 3     | 2 De Kempvis 2                                               | H    | 80+  | De Kempvis                                                                                  | 2:12,77      |       |         |                     | 1:49,12 | 1:49,12 |               | De Kempvis       |
|    |       |                                                              |      |      |                                                                                             | 25m-bad tijd |       |         | NMR: NDD            |         |         |               | 1:55,18          |
|    |       | 2 20+ ers / NMR SZ Dennis Doove:<br>/ 50m: 0:50,20           |      |      | Dennis Doove 92, Daniel van der Sluijs 00, Bryan Gijzen 99, Kien Vuong 95                   |              |       |         |                     |         |         |               |                  |
|    | 4     | 5 Neptunus'58 1                                              | D    | 100+ | Neptunus'58                                                                                 | 2:12,55      |       | 1:58,90 | 2:01,92             | 2:01,92 | 2:03,69 |               | DAW              |
|    |       |                                                              |      |      |                                                                                             | 25m-bad tijd |       |         | NMR: SBC-2000 (SG)  |         |         |               | 2:09,66          |
|    |       | 2 20+ ers / NMR SZ Linda Schellekens:<br>/ 50m: 0:57,02      |      |      | Linda Schellekens 88, Mirelle de Kort 00, Selina Janssen 99, Sandra Schellekens 85          |              |       |         |                     |         |         |               |                  |
|    | 5     | 3 WVZ 3                                                      | Mix  | 160+ | WVZ                                                                                         | 2:12,59      |       | 1:52,45 | 1:52,45             | 1:59,34 | 1:59,34 |               | TRB-RES          |
|    |       |                                                              |      |      |                                                                                             | 25m-bad tijd |       |         | NMR: ZPC AMERSFOORT |         |         |               | 2:07,40          |
|    |       | NMR SZ Jan-Willem van den Berg:<br>/ 50m: 0:56,06            |      |      | Jan-Willem van den Berg 68, Yvonne Gerritsen 80, Markus van Rest 77, Sandra van der Ende 87 |              |       |         |                     |         |         |               |                  |
|    | 6     | 4 De Veene 1                                                 | Mix  | 80+  | De Veene                                                                                    | 2:12,78      |       |         |                     | 1:51,57 | 1:51,57 |               | KSN (SG)         |
|    |       |                                                              |      |      |                                                                                             | 25m-bad tijd |       |         | NMR: Hieronymus     |         |         |               | 1:53,22          |
|    |       | 2 20+ ers / NMR SZ Diana Hemstede-Lammers:<br>/ 50m: 0:57,02 |      |      | Diana Hemstede-Lammers 89, Gideon Teeuw 98, Jorn Lucas 00, Naomi Slamp 00                   |              |       |         |                     |         |         |               |                  |
|    | 7     | 7 Poseidon'56 1                                              | D    | 100+ | Poseidon'56                                                                                 | 2:12,86      |       | 1:58,90 | 2:01,92             | 2:01,92 | 2:03,69 |               | DAW              |
|    |       |                                                              |      |      |                                                                                             | 25m-bad tijd |       |         | NMR: SBC-2000 (SG)  |         |         |               | 2:09,66          |
|    |       | 2 20+ ers / NMR SZ Tonia Ruybroek:<br>/ 50m: 0:59,65         |      |      | Tonia Ruybroek 81, Kelly Wigleven 95, Rianne Bresser 99, Kelly de Jonge 97                  |              |       |         |                     |         |         |               |                  |
|    | 8     | 1 ZPC Woerden 1                                              | D    | 120+ | ZPC Woerden                                                                                 | 2:14,12      |       | 1:56,67 | 1:56,67             | 2:08,59 | 2:09,54 |               | PSV              |
|    |       |                                                              |      |      |                                                                                             | 25m-bad tijd |       |         | NMR: PSV            |         |         |               | 2:17,04          |
|    |       | NMR SZ Sabine Lina:<br>/ 50m: 0:57,02                        |      |      | Sabine Lina 89, Ilse van den Wijngaard 89, Marjan Remmits 63, Mandy Verbakel 90             |              |       |         |                     |         |         |               |                  |
|    | 9     | 1 Dunkerque Natation 1                                       | D    | 200+ | FRA - Dunkerque Natatid                                                                     | 2:15,00      | natMR | 2:08,77 | 2:08,77             | 2:17,11 | 2:13,08 |               | PSV              |
|    |       |                                                              |      |      |                                                                                             | 25m-bad tijd |       |         |                     |         |         |               | 2:13,08          |
|    |       |                                                              |      |      | Martine Vincent 55, Isabelle Josselin 74, Isabelle Dherbecourt 73, Virginie Pot 71          |              |       |         |                     |         |         |               |                  |

| Bn | Rank  | Naam                                    | Gend | Cat | Team                                                        | Intijd | KANS | WMR                                                                                       | EMR        | NatMR | CR      | Record-houder           | Titelhouder 2019  |
|----|-------|-----------------------------------------|------|-----|-------------------------------------------------------------|--------|------|-------------------------------------------------------------------------------------------|------------|-------|---------|-------------------------|-------------------|
|    | 16:48 | Programma 43 4x50m. wissel ALL Serie: 8 |      |     |                                                             |        |      |                                                                                           | NMR-houder |       |         | Aanvraag                | Tijd titelhouder  |
|    | 0     | 3                                       |      |     | Steenwijk 1934 4                                            | H      | 200+ | Steenwijk 1934                                                                            | 2:11,60    |       | 1:49,42 | 1:50,17 2:01,82 2:00,61 | Lada              |
|    |       |                                         |      |     |                                                             |        |      | 25m-bad tijd                                                                              |            |       |         | NMR: PSV                | 2:03,67           |
|    |       |                                         |      |     | NMR SZ Guido Keutgen:<br>/ 50m: 0:56,06                     |        |      | Guido Keutgen 68, Huyb Stegeman 67, Korstiaan de Boer 71, Casper Dollekamp 63             |            |       |         |                         |                   |
|    | 1     | 3                                       |      |     | Steenwijk 1934 1                                            | D      | 100+ | Steenwijk 1934                                                                            | 2:10,72    |       | 1:58,90 | 2:01,92 2:01,92 2:03,69 | DAW               |
|    |       |                                         |      |     |                                                             |        |      | 25m-bad tijd                                                                              |            |       |         | NMR: SBC-2000 (SG)      | 2:09,66           |
|    |       |                                         |      |     | 1 20+ ers / NMR SZ Getrude Corporaal:<br>/ 50m: 0:56,45     |        |      | Getrude Corporaal 92, Jacyntha Plat 90, Nanda de Vries 92, Alies Wagter 99                |            |       |         |                         |                   |
|    | 2     | 2                                       |      |     | DIO 1                                                       | D      | 100+ | DIO                                                                                       | 2:09,77    |       | 1:58,90 | 2:01,92 2:01,92 2:03,69 | DAW               |
|    |       |                                         |      |     |                                                             |        |      | 25m-bad tijd                                                                              |            |       |         | NMR: SBC-2000 (SG)      | 2:09,66           |
|    |       |                                         |      |     | NMR SZ Whitney van Hoeckel:<br>/ 50m: 0:56,45               |        |      | Whitney van Hoeckel 94, Siska Post 88, Lotte Goosen-van der Plaat 92, Jolanda Post 90     |            |       |         |                         |                   |
|    | 3     | 6                                       |      |     | Scheldestroom 1                                             | Mix    | 120+ | Scheldestroom                                                                             | 2:08,77    |       | 1:47,51 | 1:49,14 1:53,87 1:53,87 | SwimGym           |
|    |       |                                         |      |     |                                                             |        |      | 25m-bad tijd                                                                              |            |       |         | NMR: SwimGym            | 1:53,87           |
|    |       |                                         |      |     | NMR SZ Caroline van Tiggelen:<br>/ 50m: 0:59,65             |        |      | Caroline van Tiggelen 83, Maarten van der Zwan 75, Joris Boekhorst 91, Nicky Vanhijfte 92 |            |       |         |                         |                   |
|    | 4     | 6                                       |      |     | AZC 2                                                       | H      | 160+ | AZC                                                                                       | 2:08,42    |       | 1:43,04 | 1:43,04 1:50,35 1:50,35 | De Gelenberg      |
|    |       |                                         |      |     |                                                             |        |      | 25m-bad tijd                                                                              |            |       |         | NMR: Albion d'ELFT (SG) | 1:59,28           |
|    |       |                                         |      |     | NMR SZ Mark van der Schrier:<br>/ 50m: 0:52,22              |        |      | Mark van der Schrier 78, Bogdan Androne 77, Michael Go 75, Ricardo van Dam 85             |            |       |         |                         |                   |
|    | 5     | 7                                       |      |     | De Gelenberg 1                                              | H      | 160+ | De Gelenberg                                                                              | 2:08,73    |       | 1:43,04 | 1:43,04 1:50,35 1:50,35 | De Gelenberg      |
|    |       |                                         |      |     |                                                             |        |      | 25m-bad tijd                                                                              |            |       |         | NMR: Albion d'ELFT (SG) | 1:59,28           |
|    |       |                                         |      |     | NMR SZ Marcel van Winssen:<br>/ 50m: 0:54,56                |        |      | Marcel van Winssen 71, Rob Janssen 70, Roel van der Kruijs 85, Ron van der Meer 60        |            |       |         |                         |                   |
|    | 6     | 6                                       |      |     | WS Twente 2                                                 | H      | 120+ | WS Twente                                                                                 | 2:09,30    |       | 1:38,46 | 1:38,68 1:46,28 1:46,28 | Feijenoord Albion |
|    |       |                                         |      |     |                                                             |        |      | 25m-bad tijd                                                                              |            |       |         | NMR: Feijenoord Albion  | 1:46,28           |
|    |       |                                         |      |     | 1 20+ ers / NMR SZ Wessel Everloo:<br>/ 50m: 0:50,46        |        |      | Wessel Everloo 89, Laurens Spoelstra 99, Marcel Reefhuis 81, Sebastiaan Baars 83          |            |       |         |                         |                   |
|    | 7     | 1                                       |      |     | PSV 3                                                       | D      | 160+ | PSV                                                                                       | 2:10,72    |       | 2:00,84 | 2:00,84 2:09,39 2:10,63 | DAW               |
|    |       |                                         |      |     |                                                             |        |      | 25m-bad tijd                                                                              |            |       |         | NMR: ZPC Amersfoort     | 2:21,87           |
|    |       |                                         |      |     | 1 20+ ers / NMR SZ Gudule van der Meer:<br>/ 50m: 1:02,16   |        |      | Gudule van der Meer 72, Renee de Kok 84, Manon van Esch 97, Saskia Phaff 66               |            |       |         |                         |                   |
|    | 8     | 7                                       |      |     | De Duck 2                                                   | Mix    | 120+ | De Duck                                                                                   | 2:11,34    |       | 1:47,51 | 1:49,14 1:53,87 1:53,87 | SwimGym           |
|    |       |                                         |      |     |                                                             |        |      | 25m-bad tijd                                                                              |            |       |         | NMR: SwimGym            | 1:53,87           |
|    |       |                                         |      |     | 1 20+ ers / NMR SZ Erik Saan:<br>/ 50m: 0:57,52             |        |      | Erik Saan 65, Geraldine Trainor 75, Jesper Oranje 92, Judith Kleinjan 98                  |            |       |         |                         |                   |
|    | 9     | 4                                       |      |     | ESCA Zwemmen 1                                              | D      | 100+ | ESCA Zwemmen                                                                              | 2:11,65    |       | 1:58,90 | 2:01,92 2:01,92 2:03,69 | DAW               |
|    |       |                                         |      |     |                                                             |        |      | 25m-bad tijd                                                                              |            |       |         | NMR: SBC-2000 (SG)      | 2:09,66           |
|    |       |                                         |      |     | 1 20+ ers / NMR SZ Moniek van Langevelde:<br>/ 50m: 0:57,26 |        |      | Moniek van Langevelde 98, Lianne Slagter 95, Svenja Peters 92, Ilja Janssen 81            |            |       |         |                         |                   |

| Bn | Rank  | Naam                                                | Gend | Cat  | Team                                                                                          | Intijd       | KANS     | WMR     | EMR                    | NatMR   | CR      | Record-houder | Titelhouder 2019  |
|----|-------|-----------------------------------------------------|------|------|-----------------------------------------------------------------------------------------------|--------------|----------|---------|------------------------|---------|---------|---------------|-------------------|
|    | 16:51 | Programma 43 4x50m. wissel ALL Serie: 9             |      |      |                                                                                               |              |          |         | NMR-houder             |         |         | Aanvraag      | Tijd titelhouder  |
| 0  | 2     | DWT 1                                               | Mix  | 160+ | DWT                                                                                           | 2:07,77      |          | 1:52,45 | 1:52,45                | 1:59,34 | 1:59,34 |               | TRB-RES           |
|    |       |                                                     |      |      |                                                                                               | 25m-bad tijd |          |         | NMR: ZPC AMERSFOORT    |         |         |               | 2:07,40           |
|    |       | NMR SZ Evy Witlox:<br>/ 50m: 0:57,02                |      |      | Evy Witlox 88, Bertjan Schelhaas 65, Peter van de Bor 84, Inken Wemheuer 71                   |              |          |         |                        |         |         |               |                   |
| 1  | 1     | PSV 2                                               | H    | 240+ | PSV                                                                                           | 2:07,50      | NMR-kans | 1:54,15 | 2:00,94                | 2:07,37 | 2:07,37 |               | PSV               |
|    |       |                                                     |      |      |                                                                                               | 25m-bad tijd |          |         | NMR: PSV               |         |         |               | 2:07,37           |
|    |       | NMR SZ Evertjan Masurel:<br>/ 50m: 0:59,27          |      |      | Evertjan Masurel 56, Harold Matla 68, Fred Ketting 60, Hans Wijsman 55                        |              |          |         |                        |         |         |               |                   |
| 2  | 2     | Dedemsvaart-AC 1                                    | D    | 80+  | Dedemsvaart-AC                                                                                | 2:07,13      |          |         |                        | 2:01,92 | 2:05,77 |               | MSV-Zeemacht      |
|    |       |                                                     |      |      |                                                                                               | 25m-bad tijd |          |         | NMR: 0                 |         |         |               | 2:09,47           |
|    |       | 3 20+ ers / NMR SZ Lotte Rougoor:<br>/ 50m: 0:57,26 |      |      | Lotte Rougoor 00, Michelle Zomerdijk 00, Laura Compagner 98, Marije Dankelman 97              |              |          |         |                        |         |         |               |                   |
| 3  | 2     | Dunkerque Natation 2                                | H    | 200+ | FRA - Dunkerque Natation                                                                      | 2:07,00      |          | 1:49,42 | 1:50,17                | 1:53,09 | 2:00,61 |               | Lada              |
|    |       |                                                     |      |      |                                                                                               | 25m-bad tijd |          |         |                        |         |         |               | 2:03,67           |
|    |       | 1 20+ ers /                                         |      |      | Marc Switala 62, Fabrice Dehandschoewercker 64, Jean-Pierre Delaporte 56, Thomas Gheeraert 97 |              |          |         |                        |         |         |               |                   |
| 4  | 4     | GoSwim 1                                            | Mix  | 120+ | GoSwim                                                                                        | 2:04,95      |          | 1:47,51 | 1:49,14                | 1:53,87 | 1:53,87 |               | SwimGym           |
|    |       |                                                     |      |      |                                                                                               | 25m-bad tijd |          |         | NMR: SwimGym           |         |         |               | 1:53,87           |
|    |       | NMR SZ Saskia de Klerk:<br>/ 50m: 0:57,02           |      |      | Saskia de Klerk 90, Victor Barnar 78, Laura Scheffer 94, Erwin Beringen 66                    |              |          |         |                        |         |         |               |                   |
| 5  | 7     | De Schotejil 1                                      | H    | 100+ | De Schotejil                                                                                  | 2:05,47      |          | 1:39,29 | 1:40,82                | 1:51,09 | 1:52,40 |               | VZC               |
|    |       |                                                     |      |      |                                                                                               | 25m-bad tijd |          |         | NMR: AZ&PC             |         |         |               | 1:52,40           |
|    |       | 2 20+ ers / NMR SZ David Kievit:<br>/ 50m: 0:50,20  |      |      | David Kievit 99, Sven Dubbeld 96, Leander Noordijk 81, Sybren Groenewegen 93                  |              |          |         |                        |         |         |               |                   |
| 6  | 5     | Klaipėdos plaukimo klubas 1                         | H    | 160+ | LTU - Klaipėdos plaukimo klubas                                                               | 2:07,00      |          | 1:43,04 | 1:43,04                | 1:58,46 | 1:50,35 |               | De Gelenberg      |
|    |       |                                                     |      |      |                                                                                               | 25m-bad tijd |          |         |                        |         |         |               | 1:59,28           |
|    |       |                                                     |      |      | Tomas Zemaitis 70, Aidas Pelesinas 72, Arturas Klimas 70, Sigitas Tachtarovas 81              |              |          |         |                        |         |         |               |                   |
| 7  | 3     | The Hague Swimming (SG) 1                           | D    | 80+  | The Hague Swimming (SG)                                                                       | 2:07,42      |          |         |                        | 2:01,92 | 2:05,77 |               | MSV-Zeemacht      |
|    |       |                                                     |      |      |                                                                                               | 25m-bad tijd |          |         | NMR: 0                 |         |         |               | 2:09,47           |
|    |       | 2 20+ ers / NMR SZ Lotte Coenen:<br>/ 50m: 0:56,45  |      |      | Lotte Coenen 93, Ilse Rijnja 98, Eef Hollander 96, Lincy de Winter 98                         |              |          |         |                        |         |         |               |                   |
| 8  | 5     | DAW 2                                               | Mix  | 120+ | DAW                                                                                           | 2:07,54      |          | 1:47,51 | 1:49,14                | 1:53,87 | 1:53,87 |               | SwimGym           |
|    |       |                                                     |      |      |                                                                                               | 25m-bad tijd |          |         | NMR: SwimGym           |         |         |               | 1:53,87           |
|    |       | NMR SZ Alex Damen:<br>/ 50m: 0:54,56                |      |      | Alex Damen 75, Laura Badoux 82, Sandra Zwaanswijk 85, Wouter Zijlstra 82                      |              |          |         |                        |         |         |               |                   |
| 9  | 5     | WIDEX GZC DONK 1                                    | H    | 120+ | WIDEX GZC DONK                                                                                | 2:07,81      |          | 1:38,46 | 1:38,68                | 1:46,28 | 1:46,28 |               | Feijenoord Albion |
|    |       |                                                     |      |      |                                                                                               | 25m-bad tijd |          |         | NMR: Feijenoord Albion |         |         |               | 1:46,28           |
|    |       | 1 20+ ers / NMR SZ Roel van Grol:<br>/ 50m: 0:50,20 |      |      | Roel van Grol 98, Remco Oskam 92, Erik Schoenmakers 76, Willem Jan Ribberink 65               |              |          |         |                        |         |         |               |                   |

| Bn | Rank  | Naam                                                       | Gend | Cat  | Team                                                                                 | Intijd       | KANS | WMR     | EMR                     | NatMR   | CR      | Record-houder | Titelhouder 2019  |
|----|-------|------------------------------------------------------------|------|------|--------------------------------------------------------------------------------------|--------------|------|---------|-------------------------|---------|---------|---------------|-------------------|
|    | 16:54 | Programma 43 4x50m. wissel ALL Serie: 10                   |      |      |                                                                                      |              |      |         | EMR-houder              |         |         | Aanvraag      | Tijd titelhouder  |
| 0  | 3     | Zwemlust- den Hommel 1                                     | Mix  | 120+ | Zwemlust- den Hommel                                                                 | 2:03,46      |      | 1:47,51 | 1:49,14                 | 1:53,87 | 1:53,87 |               | SwimGym           |
|    |       |                                                            |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: SwimGym            |         |         |               | 1:53,87           |
|    |       | 1 20+ ers / NMR SZ Linda Kamperman:<br>/ 50m: 0:57,26      |      |      | Linda Kamperman 96, Vincent Versteeg 77, Liesbeth van Mill 87, Mark Zwart 79         |              |      |         |                         |         |         |               |                   |
| 1  | 1     | Nuenen 1                                                   | D    | 100+ | Nuenen                                                                               | 2:02,96      |      | 1:58,90 | 2:01,92                 | 2:01,92 | 2:03,69 |               | DAW               |
|    |       |                                                            |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: SBC-2000 (SG)      |         |         | 0             | 2:09,66           |
|    |       | 2 20+ ers / NMR SZ Nikita van den Ouden:<br>/ 50m: 0:57,26 |      |      | Nikita van den Ouden 99, Susan Teijken 95, Richenne Zeebregts 98, Anneloes Peulen 85 |              |      |         |                         |         |         |               |                   |
| 2  | 1     | De Rog 3                                                   | H    | 200+ | De Rog                                                                               | 2:02,72      |      | 1:49,42 | 1:50,17                 | 2:01,82 | 2:00,61 |               | Lada              |
|    |       |                                                            |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: PSV                |         |         |               | 2:03,67           |
|    |       | NMR SZ Erik Kamphuis:<br>/ 50m: 0:59,27                    |      |      | Erik Kamphuis 60, Arjan Verheij 71, Peter Bernsen 63, Glen Le Clercq 68              |              |      |         |                         |         |         |               |                   |
| 3  | 4     | RZ 1                                                       | H    | 160+ | RZ                                                                                   | 2:00,62      |      | 1:43,04 | 1:43,04                 | 1:50,35 | 1:50,35 |               | De Gelenberg      |
|    |       |                                                            |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: Albion d'ELFT (SG) |         |         |               | 1:59,28           |
|    |       | NMR SZ Bert Schlicher:<br>/ 50m: 0:57,52                   |      |      | Bert Schlicher 64, Patrick Creemers 90, Kelvin Isselt 76, Gino Martijn 79            |              |      |         |                         |         |         |               |                   |
| 4  | 1     | ZPV Barracuda 1                                            | Mix  | 120+ | ZPV Barracuda                                                                        | 2:00,20      |      | 1:47,51 | 1:49,14                 | 1:53,87 | 1:53,87 |               | SwimGym           |
|    |       |                                                            |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: SwimGym            |         |         |               | 1:53,87           |
|    |       | 1 20+ ers / NMR SZ Denise Boereboom:<br>/ 50m: 0:56,45     |      |      | Denise Boereboom 92, Mark Hensen 79, Melissa van der Heijden 96, Pascal van Haren 87 |              |      |         |                         |         |         |               |                   |
| 5  | 4     | TRB-RES 2                                                  | H    | 120+ | TRB-RES                                                                              | 2:00,28      |      | 1:38,46 | 1:38,68                 | 1:46,28 | 1:46,28 |               | Feijenoord Albion |
|    |       |                                                            |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: Feijenoord Albion  |         |         |               | 1:46,28           |
|    |       | 1 20+ ers / NMR SZ Nicko Kamphuis:<br>/ 50m: 0:50,20       |      |      | Nicko Kamphuis 99, Bas Kremers 72, Jeroen den Boer 67, Lars Hurks 99                 |              |      |         |                         |         |         |               |                   |
| 6  | 4     | ZVL-1886 Tetteroo 2                                        | Mix  | 100+ | ZVL-1886 Tetteroo                                                                    | 2:02,23      |      | 1:48,37 | 1:51,86                 | 1:52,04 | 1:52,04 |               | ZV Hoogland       |
|    |       |                                                            |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: DWK                |         |         |               | 1:57,20           |
|    |       | 2 20+ ers / NMR SZ Robin van Beek:<br>/ 50m: 0:50,20       |      |      | Robin van Beek 97, Kristiaan Lenos 83, Linda van der Voort 92, Lonneke Graansma 99   |              |      |         |                         |         |         |               |                   |
| 7  | 2     | De Ward 1                                                  | Mix  | 120+ | De Ward                                                                              | 2:02,78      |      | 1:47,51 | 1:49,14                 | 1:53,87 | 1:53,87 |               | SwimGym           |
|    |       |                                                            |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: SwimGym            |         |         |               | 1:53,87           |
|    |       | 1 20+ ers / NMR SZ Eva Kattouw:<br>/ 50m: 0:56,45          |      |      | Eva Kattouw 94, Stephan van Grevenbroek 00, Antwan van Engen 71, Yvette Ratering 72  |              |      |         |                         |         |         |               |                   |
| 8  | 1     | Zuiderzeezwimmers 1                                        | D    | 80+  | Zuiderzeezwimmers                                                                    | 2:03,46      |      |         |                         | 2:01,92 | 2:05,77 |               | MSV-Zeemacht      |
|    |       |                                                            |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: 0                  |         |         |               | 2:09,47           |
|    |       | 2 20+ ers / NMR SZ Gaby Zittersteijn:<br>/ 50m: 0:57,26    |      |      | Gaby Zittersteijn 97, Dagmar Kruik 98, Danique Stoop 91, Annemarie ten Have 98       |              |      |         |                         |         |         |               |                   |
| 9  | 5     | ZPV Barracuda 2                                            | Mix  | 100+ | ZPV Barracuda                                                                        | 2:03,57      |      | 1:48,37 | 1:51,86                 | 1:52,04 | 1:52,04 |               | ZV Hoogland       |
|    |       |                                                            |      |      |                                                                                      | 25m-bad tijd |      |         | NMR: DWK                |         |         |               | 1:57,20           |
|    |       | 3 20+ ers / NMR SZ Anouque Berghuis:<br>/ 50m: 0:57,26     |      |      | Anouque Berghuis 96, Thomas Hesper 00, Dennis Dortland 78, Tamara van den Brink 98   |              |      |         |                         |         |         |               |                   |

| Bn | Rank  | Naam                                                      | Gend | Cat  | Team                                                                                  | Intijd       | KANS   | WMR     | EMR                    | NatMR   | CR      | Record-houder | Titelhouder 2019  |
|----|-------|-----------------------------------------------------------|------|------|---------------------------------------------------------------------------------------|--------------|--------|---------|------------------------|---------|---------|---------------|-------------------|
|    | 16:56 | Programma 43 4x50m. wissel ALL Serie: 11                  |      |      |                                                                                       |              |        |         | NMR-houder             |         |         | Aanvraag      | Tijd titelhouder  |
| 0  | 5     | ESCA Zwemmen 3                                            | H    | 100+ | ESCA Zwemmen                                                                          | 1:58,39      |        | 1:39,29 | 1:40,82                | 1:51,09 | 1:52,40 |               | VZC               |
|    |       |                                                           |      |      |                                                                                       | 25m-bad tijd |        |         | NMR: AZ&PC             |         |         |               | 1:52,40           |
|    |       | 1 20+ ers / NMR SZ Tom Driessen:<br>/ 50m: 0:50,46        |      |      | Tom Driessen 87, Sander de Vrugt 89, Mike Schel 94, Job Esink 98                      |              |        |         |                        |         |         |               |                   |
| 1  | 3     | CNSW 1                                                    | H    | 160+ | BEL - CNSW                                                                            | 1:56,66      | natMR= | 1:43,04 | 1:43,04                | 1:56,66 | 1:50,35 |               | De Gelenberg      |
|    |       |                                                           |      |      |                                                                                       | 25m-bad tijd |        |         |                        |         |         |               | 1:59,28           |
|    |       |                                                           |      |      | Mesut Halicioglu 92, Marco Usula 90, Lionel Godeaux 60, Frederic Robin 69             |              |        |         |                        |         |         |               |                   |
| 2  | 1     | ZPC AMERSFOORT 3                                          | Mix  | 160+ | ZPC AMERSFOORT                                                                        | 1:56,30      | NMR    | 1:52,45 | 1:52,45                | 1:59,34 | 1:59,34 |               | TRB-RES           |
|    |       |                                                           |      |      |                                                                                       | 25m-bad tijd |        |         | NMR: ZPC AMERSFOORT    |         |         |               | 2:07,40           |
|    |       | NMR SZ Joan Kentrop:<br>/ 50m: 0:51,88                    |      |      | Joan Kentrop 85, Erwin Buist 78, Lesley Cordial 67, Marije Jansen 85                  |              |        |         |                        |         |         |               |                   |
| 3  | 2     | Steenwijk 1934 3                                          | H    | 120+ | Steenwijk 1934                                                                        | 1:55,46      |        | 1:38,46 | 1:38,68                | 1:46,28 | 1:46,28 |               | Feijenoord Albion |
|    |       |                                                           |      |      |                                                                                       | 25m-bad tijd |        |         | NMR: Feijenoord Albion |         |         |               | 1:46,28           |
|    |       | 1 20+ ers / NMR SZ Robert Braad:<br>/ 50m: 0:50,46        |      |      | Robert Braad 86, Kylian Kooijman 99, Lauren Vis 82, Bernd Kobesen 93                  |              |        |         |                        |         |         |               |                   |
| 4  | 2     | Hieronymus 1                                              | Mix  | 80+  | Hieronymus                                                                            | 1:54,62      |        |         |                        | 1:51,57 | 1:51,57 |               | KSN (SG)          |
|    |       |                                                           |      |      |                                                                                       | 25m-bad tijd |        |         | NMR: Hieronymus        |         |         |               | 1:53,22           |
|    |       | 3 20+ ers / NMR SZ Jaro Musters:<br>/ 50m: 0:50,20        |      |      | Jaro Musters 98, Selene Wortel 97, Christel Brugmans 00, Paul Koster 93               |              |        |         |                        |         |         |               |                   |
| 5  | 1     | Legia Warszawa 1                                          | H    | 120+ | POL - Legia Warszawa                                                                  | 1:55,00      |        | 1:38,46 | 1:38,68                | 1:45,59 | 1:46,28 |               | Feijenoord Albion |
|    |       |                                                           |      |      |                                                                                       | 25m-bad tijd |        |         |                        |         |         |               | 1:46,28           |
|    |       |                                                           |      |      | Filip Rowiński 90, Romuald Kozłowski 66, Tomasz Wilczęga 87, Marcin Wilczęga 81       |              |        |         |                        |         |         |               |                   |
| 6  | 3     | DAW 1                                                     | H    | 120+ | DAW                                                                                   | 1:56,28      |        | 1:38,46 | 1:38,68                | 1:46,28 | 1:46,28 |               | Feijenoord Albion |
|    |       |                                                           |      |      |                                                                                       | 25m-bad tijd |        |         | NMR: Feijenoord Albion |         |         |               | 1:46,28           |
|    |       | NMR SZ Paul Oudendijk:<br>/ 50m: 0:51,88                  |      |      | Paul Oudendijk 81, Felix Geenen 95, Pieter van Gemeren 69, Michel de Maesschalck 91   |              |        |         |                        |         |         |               |                   |
| 7  | 3     | De Zwemlinie (SG) 1                                       | Mix  | 80+  | De Zwemlinie (SG)                                                                     | 1:56,40      |        |         |                        | 1:51,57 | 1:51,57 |               | KSN (SG)          |
|    |       |                                                           |      |      |                                                                                       | 25m-bad tijd |        |         | NMR: Hieronymus        |         |         |               | 1:53,22           |
|    |       | 1 20+ ers / NMR SZ Dennis Wildeboer:<br>/ 50m: 0:50,20    |      |      | Dennis Wildeboer 98, Bryan Chen 98, Karin Groen 95, Janine de Groot 95                |              |        |         |                        |         |         |               |                   |
| 8  | 3     | ZV Hoogland 1                                             | Mix  | 100+ | Zwemvereniging Hooglar                                                                | 1:56,83      |        | 1:48,37 | 1:51,86                | 1:52,04 | 1:52,04 |               | ZV Hoogland       |
|    |       |                                                           |      |      |                                                                                       | 25m-bad tijd |        |         | NMR: DWK               |         |         |               | 1:57,20           |
|    |       | 1 20+ ers / NMR SZ Anne-Irene Ducheine:<br>/ 50m: 0:56,45 |      |      | Anne-Irene Ducheine 95, Yuri van Omme 85, Jamilla van Veen 96, Bas Dries 95           |              |        |         |                        |         |         |               |                   |
| 9  | 6     | ZPC AMERSFOORT 2                                          | H    | 100+ | ZPC AMERSFOORT                                                                        | 2:00,02      |        | 1:39,29 | 1:40,82                | 1:51,09 | 1:52,40 |               | VZC               |
|    |       |                                                           |      |      |                                                                                       | 25m-bad tijd |        |         | NMR: AZ&PC             |         |         |               | 1:52,40           |
|    |       | 2 20+ ers / NMR SZ Jelle Blankestijn:<br>/ 50m: 0:50,20   |      |      | Jelle Blankestijn 98, Wouter van 't Klooster 88, Rob van Vliet 84, Martijn Bartels 96 |              |        |         |                        |         |         |               |                   |

| Bn | Rank  | Naam                                     | Gend                                                        | Cat | Team | Intijd                                                                               | KANS         | WMR | EMR        | NatMR                   | CR      | Record-houder | Titelhouder 2019 |
|----|-------|------------------------------------------|-------------------------------------------------------------|-----|------|--------------------------------------------------------------------------------------|--------------|-----|------------|-------------------------|---------|---------------|------------------|
|    | 16:59 | Programma 43 4x50m. wissel ALL Serie: 12 |                                                             |     |      |                                                                                      |              |     | NMR-houder |                         |         | Aanvraag      | Tijd titelhouder |
|    | 0     | 2                                        | HZ&PC Heerenveen 2                                          | H   | 160+ | HZ&PC Heerenveen                                                                     | 1:53,60      |     | 1:43,04    | 1:43,04                 | 1:50,35 | 1:50,35       | De Gelsenberg    |
|    |       |                                          |                                                             |     |      |                                                                                      | 25m-bad tijd |     |            | NMR: Albion d'ELFT (SG) |         |               | 1:59,28          |
|    |       |                                          | NMR SZ René Beetsma:<br>/ 50m: 0:56,06                      |     |      | René Beetsma 69, Dennis Bos 92, Casper Hut 78, Marten de Groot 58                    |              |     |            |                         |         |               |                  |
|    | 1     | 3                                        | De Lansingh 1                                               | H   | 100+ | De Lansingh                                                                          | 1:52,94      |     | 1:39,29    | 1:40,82                 | 1:51,09 | 1:52,40       | VZC              |
|    |       |                                          |                                                             |     |      |                                                                                      | 25m-bad tijd |     |            | NMR: AZ&PC              |         |               | 1:52,40          |
|    |       |                                          | 1 20+ ers / NMR SZ Nol van Thull:<br>/ 50m: 0:52,22         |     |      | Nol van Thull 80, Alex Catsburg 94, Kevin Kingma 97, Rutger Dalm 90                  |              |     |            |                         |         |               |                  |
|    | 2     | 2                                        | De Kempvis 1                                                | H   | 100+ | De Kempvis                                                                           | 1:52,78      |     | 1:39,29    | 1:40,82                 | 1:51,09 | 1:52,40       | VZC              |
|    |       |                                          |                                                             |     |      |                                                                                      | 25m-bad tijd |     |            | NMR: AZ&PC              |         |               | 1:52,40          |
|    |       |                                          | 2 20+ ers / NMR SZ Joris Bezemer:<br>/ 50m: 0:50,20         |     |      | Joris Bezemer 99, Romero Hennep 93, Floyd van Duyvenbode 96, Erik Wegman 92          |              |     |            |                         |         |               |                  |
|    | 3     | 1                                        | Albion WSS (SG) 1                                           | H   | 80+  | Albion WSS (SG)                                                                      | 1:51,75      |     |            |                         | 1:49,12 | 1:49,12       | De Kempvis       |
|    |       |                                          |                                                             |     |      |                                                                                      | 25m-bad tijd |     |            | NMR: NDD                |         |               | 1:55,18          |
|    |       |                                          | 3 20+ ers / NMR SZ Pascal Nuijten:<br>/ 50m: 0:50,20        |     |      | Pascal Nuijten 97, Timo Dinkelberg 93, Otto Pranger 00, Ayrtton Mooldijk 99          |              |     |            |                         |         |               |                  |
|    | 4     | 1                                        | Albion WSS (SG) 2                                           | Mix | 80+  | Albion WSS (SG)                                                                      | 1:50,12      | NMR |            |                         | 1:51,57 | 1:51,57       | KSN (SG)         |
|    |       |                                          |                                                             |     |      |                                                                                      | 25m-bad tijd |     |            | NMR: Hieronymus         |         |               | 1:53,22          |
|    |       |                                          | 1 20+ ers / NMR SZ Ensger Kotterink:<br>/ 50m: 0:50,20      |     |      | Ensger Kotterink 94, Fenna de Groot 97, Thomas Verhoeven 97, Marije Dinkelberg 97    |              |     |            |                         |         |               |                  |
|    | 5     | 1                                        | Rotterdam Swimming 3                                        | Mix | 100+ | Rotterdam Swimming (SC                                                               | 1:50,41      | NMR | 1:48,37    | 1:51,86                 | 1:52,04 | 1:52,04       | ZV Hoogland      |
|    |       |                                          |                                                             |     |      |                                                                                      | 25m-bad tijd |     |            | NMR: DWK                |         |               | 1:57,20          |
|    |       |                                          | 1 20+ ers / NMR SZ Babette van der Kaaij:<br>/ 50m: 0:57,26 |     |      | Babette van der Kaaij 99, Mark Baars 85, Jeroen Baars 92, Alisha Vieira 99           |              |     |            |                         |         |               |                  |
|    | 6     | 1                                        | De Columbiaan 1                                             | H   | 100+ | De Columbiaan                                                                        | 1:52,39      |     | 1:39,29    | 1:40,82                 | 1:51,09 | 1:52,40       | VZC              |
|    |       |                                          |                                                             |     |      |                                                                                      | 25m-bad tijd |     |            | NMR: AZ&PC              |         |               | 1:52,40          |
|    |       |                                          | 1 20+ ers / NMR SZ Thijs van Wieringen:<br>/ 50m: 0:50,20   |     |      | Thijs van Wieringen 99, Jordy Zuidhoek 92, Jeroen Eggeraat 92, Elwin Kamminga 91     |              |     |            |                         |         |               |                  |
|    | 7     | 1                                        | ZPC AMERSFOORT 1                                            | H   | 160+ | ZPC AMERSFOORT                                                                       | 1:52,78      |     | 1:43,04    | 1:43,04                 | 1:50,35 | 1:50,35       | De Gelsenberg    |
|    |       |                                          |                                                             |     |      |                                                                                      | 25m-bad tijd |     |            | NMR: Albion d'ELFT (SG) |         |               | 1:59,28          |
|    |       |                                          | NMR SZ Martijn Giezen:<br>/ 50m: 0:51,88                    |     |      | Martijn Giezen 85, Vincent Bakker 86, Chester Marsman 69, Jeroen Zelsmann 77         |              |     |            |                         |         |               |                  |
|    | 8     | 2                                        | DWK 1                                                       | Mix | 100+ | DWK                                                                                  | 1:53,31      |     | 1:48,37    | 1:51,86                 | 1:52,04 | 1:52,04       | ZV Hoogland      |
|    |       |                                          |                                                             |     |      |                                                                                      | 25m-bad tijd |     |            | NMR: DWK                |         |               | 1:57,20          |
|    |       |                                          | 2 20+ ers / NMR SZ Celine Schoenmaker:<br>/ 50m: 0:57,26    |     |      | Celine Schoenmaker 98, Serginni Marten 93, Kevin Eltink 91, Anoeska van de Kraats 97 |              |     |            |                         |         |               |                  |
|    | 9     | 4                                        | DIO 2                                                       | H   | 100+ | DIO                                                                                  | 1:53,96      |     | 1:39,29    | 1:40,82                 | 1:51,09 | 1:52,40       | VZC              |
|    |       |                                          |                                                             |     |      |                                                                                      | 25m-bad tijd |     |            | NMR: AZ&PC              |         |               | 1:52,40          |
|    |       |                                          | 1 20+ ers / NMR SZ Jan van Opstal:<br>/ 50m: 0:50,46        |     |      | Jan van Opstal 86, Martino Valentijn 94, Arjan van der Plaat 86, Timo Musters 98     |              |     |            |                         |         |               |                  |