

6 - ONMK 2020 kb sessie 6

26-01-2020 - 9:00

Programmanr. 31  
26-01-2020 - 9:00

Dames, 800m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	tijd	RT	PARA
<b>Masters 20+</b>					
1.	Madelon Dijkstra <i>Nederlands Masters Record</i>	ZPCH	NED 199703510	<b>8:53.47</b>	+0.71
	50m: 29.85 29.85	250m: 2:41.57 33.39	450m: 4:56.66 33.69	650m: 7:12.68 34.00	
	100m: 1:01.96 32.11	300m: 3:15.24 33.67	500m: 5:30.68 34.02	700m: 7:46.60 33.92	
	150m: 1:34.83 32.87	350m: 3:49.02 33.78	550m: 6:04.61 33.93	750m: 8:20.68 34.08	
	200m: 2:08.18 33.35	400m: 4:22.97 33.95	600m: 6:38.68 34.07	800m: 8:53.47 32.79	
2.	Manon van Esch	PSV	NED 199702090	<b>9:24.48</b>	+0.74
	50m: 31.26 31.26	250m: 2:51.91 35.54	450m: 5:15.67 35.72	650m: 7:39.42 35.89	
	100m: 1:05.73 34.47	300m: 3:27.74 35.83	500m: 5:51.85 36.18	700m: 8:15.08 35.66	
	150m: 1:40.84 35.11	350m: 4:03.83 36.09	550m: 6:27.74 35.89	750m: 8:50.13 35.05	
	200m: 2:16.37 35.53	400m: 4:39.95 36.12	600m: 7:03.53 35.79	800m: 9:24.48 34.35	
3.	Hilde Dekker	ReVeLie Swim Team	NED 199901926	<b>9:35.23</b>	+0.87
	50m: 32.11 32.11	250m: 2:56.67 36.32	450m: 5:21.84 36.33	650m: 7:47.08 36.20	
	100m: 1:07.88 35.77	300m: 3:33.02 36.35	500m: 5:58.03 36.19	700m: 8:24.16 37.08	
	150m: 1:44.05 36.17	350m: 4:09.28 36.26	550m: 6:34.45 36.42	750m: 9:01.05 36.89	
	200m: 2:20.35 36.30	400m: 4:45.51 36.23	600m: 7:10.88 36.43	800m: 9:35.23 34.18	
4.	Elianne Huitema	Steenwijk 1934	NED 199700258	<b>9:39.39</b>	+0.75
	50m: 32.32 32.32	250m: 2:58.26 37.09	450m: 5:26.02 36.53	650m: 7:51.34 36.44	
	100m: 1:07.86 35.54	300m: 3:35.48 37.22	500m: 6:02.40 36.38	700m: 8:27.99 36.65	
	150m: 1:44.38 36.52	350m: 4:12.59 37.11	550m: 6:38.74 36.34	750m: 9:04.44 36.45	
	200m: 2:21.17 36.79	400m: 4:49.49 36.90	600m: 7:14.90 36.16	800m: 9:39.39 34.95	
5.	Michelle Zomerdijk	Dedemsvaart-AC	NED 200003196	<b>9:42.55</b>	+0.78
	50m: 32.89 32.89	250m: 2:59.09 36.90	450m: 5:29.20 37.41	650m: 7:54.87 35.70	
	100m: 1:09.20 36.31	300m: 3:36.66 37.57	500m: 6:06.48 37.28	700m: 8:30.76 35.89	
	150m: 1:45.63 36.43	350m: 4:14.30 37.64	550m: 6:42.82 36.34	750m: 9:07.00 36.24	
	200m: 2:22.19 36.56	400m: 4:51.79 37.49	600m: 7:19.17 36.35	800m: 9:42.55 35.55	
6.	Kirsten Walraven	ZPC De Zeeuwse Kust	NED 200001358	<b>9:47.66</b>	+0.75
	50m: 31.96 31.96	250m: 2:57.68 37.22	450m: 5:26.89 37.00	650m: 7:56.20 37.35	
	100m: 1:07.31 35.35	300m: 3:34.84 37.16	500m: 6:04.25 37.36	700m: 8:33.77 37.57	
	150m: 1:43.73 36.42	350m: 4:12.47 37.63	550m: 6:41.39 37.14	750m: 9:11.11 37.34	
	200m: 2:20.46 36.73	400m: 4:49.89 37.42	600m: 7:18.85 37.46	800m: 9:47.66 36.55	
7.	Maike van de Velde	ZPCH	NED 200000382	<b>9:48.45</b>	+0.69
	50m: 32.31 32.31	250m: 2:57.32 36.32	450m: 5:24.58 37.01	650m: 7:53.85 37.37	
	100m: 1:08.06 35.75	300m: 3:33.80 36.48	500m: 6:01.90 37.32	700m: 8:32.12 38.27	
	150m: 1:44.47 36.41	350m: 4:10.74 36.94	550m: 6:39.13 37.23	750m: 9:11.19 39.07	
	200m: 2:21.00 36.53	400m: 4:47.57 36.83	600m: 7:16.48 37.35	800m: 9:48.45 37.26	
8.	Bibi Stokvis	Het Y	NED 199900892	<b>9:51.13</b>	+0.53
	50m: 31.60 31.60	250m: 2:58.18 36.96	450m: 5:28.06 37.42	650m: 7:59.14 37.81	
	100m: 1:07.16 35.56	300m: 3:35.65 37.47	500m: 6:05.56 37.50	700m: 8:36.87 37.73	
	150m: 1:44.33 37.17	350m: 4:13.14 37.49	550m: 6:43.33 37.77	750m: 9:14.67 37.80	
	200m: 2:21.22 36.89	400m: 4:50.64 37.50	600m: 7:21.33 38.00	800m: 9:51.13 36.46	
9.	Marijke Drent	De Zwemlinie (SG)	NED 199906232	<b>9:54.96</b>	+0.79
	50m: 33.65 33.65	250m: 3:03.26 37.83	450m: 5:33.36 37.24	650m: 8:03.62 37.67	
	100m: 1:10.47 36.82	300m: 3:41.15 37.89	500m: 6:10.48 37.12	700m: 8:41.55 37.93	
	150m: 1:47.79 37.32	350m: 4:18.97 37.82	550m: 6:48.36 37.88	750m: 9:19.13 37.58	
	200m: 2:25.43 37.64	400m: 4:56.12 37.15	600m: 7:25.95 37.59	800m: 9:54.96 35.83	
10.	Marije Dankelman	Dedemsvaart-AC	NED 199701502	<b>10:04.15</b>	+0.58
	50m: 33.23 33.23	250m: 3:03.52 37.94	450m: 5:36.43 38.07	650m: 8:10.23 38.42	
	100m: 1:09.83 36.60	300m: 3:41.67 38.15	500m: 6:15.00 38.57	700m: 8:48.74 38.51	
	150m: 1:47.68 37.85	350m: 4:20.44 38.77	550m: 6:53.71 38.71	750m: 9:27.25 38.51	
	200m: 2:25.58 37.90	400m: 4:58.36 37.92	600m: 7:31.81 38.10	800m: 10:04.15 36.90	
11.	Chantal Beijer	DWT	NED 199700884	<b>10:21.39</b>	+0.63
	50m: 32.75 32.75	250m: 3:06.79 39.81	450m: 5:47.10 39.77	650m: 8:26.48 39.28	
	100m: 1:09.32 36.57	300m: 3:46.80 40.01	500m: 6:26.94 39.84	700m: 9:05.64 39.16	
	150m: 1:47.77 38.45	350m: 4:26.87 40.07	550m: 7:07.24 40.30	750m: 9:43.66 38.02	
	200m: 2:26.98 39.21	400m: 5:07.33 40.46	600m: 7:47.20 39.96	800m: 10:21.39 37.73	
12.	Chantal van der Vaart	ZVVS	NED 199802266	<b>11:09.26</b>	+0.83
	50m: 35.71 35.71	250m: 3:18.75 41.99	450m: 6:09.48 43.23	650m: 9:02.49 43.75	
	100m: 1:14.84 39.13	300m: 4:00.55 41.80	500m: 6:52.39 42.91	700m: 9:45.61 43.12	
	150m: 1:55.52 40.68	350m: 4:43.44 42.89	550m: 7:35.33 42.94	750m: 10:28.31 42.70	
	200m: 2:36.76 41.24	400m: 5:26.25 42.81	600m: 8:18.74 43.41	800m: 11:09.26 40.95	

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

Programmanr. 31, Dames, 800m vrije slag

Masters 25+

1. Maaïke Vooren	DAW	NED	199103324	<b>9:31.41</b>	+0.85
50m: 32.75	32.75	250m: 2:56.89	36.29	450m: 5:21.41	35.75
100m: 1:08.10	35.35	300m: 3:33.34	36.45	500m: 5:57.57	36.16
150m: 1:44.25	36.15	350m: 4:09.47	36.13	550m: 6:33.77	36.20
200m: 2:20.60	36.35	400m: 4:45.66	36.19	600m: 7:09.96	36.19
650m: 7:46.02	36.06			700m: 8:21.85	35.83
700m: 8:21.85	35.83			750m: 8:57.11	35.26
800m: 9:31.41	34.30				
2. Anne-Irene Ducheine	Zwemvereniging Hoogland	NED	199506824	<b>9:54.75</b>	+0.77
50m: 32.99	32.99	250m: 3:00.91	37.54	450m: 5:31.58	37.94
100m: 1:09.12	36.13	300m: 3:38.52	37.61	500m: 6:09.30	37.72
150m: 1:46.13	37.01	350m: 4:16.02	37.50	550m: 6:47.10	37.80
200m: 2:23.37	37.24	400m: 4:53.64	37.62	600m: 7:24.80	37.70
650m: 8:02.66	37.86			700m: 8:40.50	37.84
700m: 8:40.50	37.84			750m: 9:18.04	37.54
800m: 9:54.75	36.71				
3. Fiona Meuffels	RZ	NED	199504366	<b>10:02.11</b>	+0.56
50m: 33.16	33.16	250m: 3:02.23	37.70	450m: 5:34.84	38.29
100m: 1:10.01	36.85	300m: 3:39.92	37.69	500m: 6:13.58	38.74
150m: 1:47.06	37.05	350m: 4:18.18	38.26	550m: 6:52.12	38.54
200m: 2:24.53	37.47	400m: 4:56.55	38.37	600m: 7:31.01	38.89
650m: 8:09.42	38.41			700m: 8:47.76	38.34
700m: 8:47.76	38.34			750m: 9:26.19	38.43
800m: 10:02.11	35.92				
4. Fraukje Puts	HZ&PC Heerenveen	NED	199206470	<b>10:03.02</b>	+0.80
50m: 33.61	33.61	250m: 3:04.34	38.50	450m: 5:38.23	38.27
100m: 1:09.93	36.32	300m: 3:42.90	38.56	500m: 6:16.47	38.24
150m: 1:47.55	37.62	350m: 4:21.43	38.53	550m: 6:54.90	38.43
200m: 2:25.84	38.29	400m: 4:59.96	38.53	600m: 7:33.28	38.38
650m: 8:11.97	38.69			700m: 8:50.45	38.48
700m: 8:50.45	38.48			750m: 9:27.90	37.45
800m: 10:03.02	35.12				
5. Nanda de Vries	Steenwijk 1934	NED	199204328	<b>10:11.52</b>	+0.83
50m: 33.23	33.23	250m: 3:04.51	38.26	450m: 5:39.79	39.22
100m: 1:10.66	37.43	300m: 3:42.63	38.12	500m: 6:19.25	39.46
150m: 1:48.40	37.74	350m: 4:21.56	38.93	550m: 6:58.71	39.46
200m: 2:26.25	37.85	400m: 5:00.57	39.01	600m: 7:37.75	39.04
650m: 8:16.54	38.79			700m: 8:55.37	38.83
700m: 8:55.37	38.83			750m: 9:34.22	38.85
800m: 10:11.52	37.30				
6. Deborah Wissink	ZPC De Hof	NED	199503484	<b>10:19.74</b>	+0.53
50m: 33.80	33.80	250m: 3:11.30	39.88	450m: 5:48.95	39.16
100m: 1:12.41	38.61	300m: 3:50.75	39.45	500m: 6:28.20	39.25
150m: 1:51.89	39.48	350m: 4:30.38	39.63	550m: 7:07.09	38.89
200m: 2:31.42	39.53	400m: 5:09.79	39.41	600m: 7:45.70	38.61
650m: 8:24.50	38.80			700m: 9:03.16	38.66
700m: 9:03.16	38.66			750m: 9:41.83	38.67
800m: 10:19.74	37.91				
7. Danielle Vermeulen	Zwemlust- den Hommel	NED	199108534	<b>10:20.63</b>	+0.62
50m: 33.07	33.07	250m: 3:04.12	38.58	450m: 5:41.04	39.75
100m: 1:09.64	36.57	300m: 3:42.92	38.80	500m: 6:20.94	39.90
150m: 1:47.25	37.61	350m: 4:21.79	38.87	550m: 7:01.19	40.25
200m: 2:25.54	38.29	400m: 5:01.29	39.50	600m: 7:41.12	39.93
650m: 8:21.20	40.08			700m: 9:01.83	40.63
700m: 9:01.83	40.63			750m: 9:41.86	40.03
800m: 10:20.63	38.77				
8. Melissa Zwaan	DAW	NED	199103666	<b>10:20.92</b>	+0.75
50m: 34.14	34.14	250m: 3:09.73	39.31	450m: 5:45.95	39.25
100m: 1:12.24	38.10	300m: 3:48.55	38.82	500m: 6:25.48	39.53
150m: 1:51.32	39.08	350m: 4:27.64	39.09	550m: 7:05.13	39.65
200m: 2:30.42	39.10	400m: 5:06.70	39.06	600m: 7:44.71	39.58
650m: 8:23.82	39.11			700m: 9:03.26	39.44
700m: 9:03.26	39.44			750m: 9:42.75	39.49
800m: 10:20.92	38.17				
9. Wendy de Bruin	ZOB'66	NED	199206320	<b>10:36.61</b>	+0.55
50m: 35.26	35.26	250m: 3:15.19	40.65	450m: 5:58.31	40.41
100m: 1:14.18	38.92	300m: 3:56.15	40.96	500m: 6:38.31	40.00
150m: 1:54.12	39.94	350m: 4:37.05	40.90	550m: 7:18.76	40.45
200m: 2:34.54	40.42	400m: 5:17.90	40.85	600m: 7:58.81	40.05
650m: 8:38.53	39.72			700m: 9:18.37	39.84
700m: 9:18.37	39.84			750m: 9:57.92	39.55
800m: 10:36.61	38.69				
10. Jasmijn Ruijgrok	WZK Zwemmen	NED	199401032	<b>10:37.74</b>	+0.81
50m: 34.37	34.37	250m: 3:12.69	39.57	450m: 5:52.39	40.37
100m: 1:13.50	39.13	300m: 3:52.12	39.43	500m: 6:33.04	40.65
150m: 1:53.57	40.07	350m: 4:32.06	39.94	550m: 7:13.93	40.89
200m: 2:33.12	39.55	400m: 5:12.02	39.96	600m: 7:55.26	41.33
650m: 8:36.05	40.79			700m: 9:17.10	41.05
700m: 9:17.10	41.05			750m: 9:58.02	40.92
800m: 10:37.74	39.72				
11. Anouk Kuijlaars	PSV	NED	199401700	<b>10:48.63</b>	+0.76
50m: 35.81	35.81	250m: 3:15.96	40.71	450m: 5:59.80	41.01
100m: 1:14.68	38.87	300m: 3:56.55	40.59	500m: 6:41.05	41.25
150m: 1:54.95	40.27	350m: 4:37.32	40.77	550m: 7:22.97	41.92
200m: 2:35.25	40.30	400m: 5:18.79	41.47	600m: 8:04.35	41.38
650m: 8:45.73	41.38			700m: 9:27.39	41.66
700m: 9:27.39	41.66			750m: 10:08.79	41.40
800m: 10:48.63	39.84				
12. Pascale Rovers	De Dolfijn	NED	199301064	<b>11:21.99</b>	+0.43
50m: 33.91	33.91	250m: 3:13.69	40.94	450m: 6:04.07	44.89
100m: 1:12.65	38.74	300m: 3:54.81	41.12	500m: 6:49.89	45.82
150m: 1:52.40	39.75	350m: 4:36.29	41.48	550m: 7:35.42	45.53
200m: 2:32.75	40.35	400m: 5:19.18	42.89	600m: 8:22.06	46.64
650m: 9:08.79	46.73			700m: 9:54.01	45.22
700m: 9:54.01	45.22			750m: 10:38.88	44.87
800m: 11:21.99	43.11				

Masters 30+

1. Lisanne Andeweg	Zuiderzeewimmers	NED	198800092	<b>9:52.38</b>	+0.85
50m: 33.55	33.55	250m: 3:02.34	37.64	450m: 5:32.80	37.43
100m: 1:09.98	36.43	300m: 3:39.96	37.62	500m: 6:10.06	37.26
150m: 1:47.38	37.40	350m: 4:17.66	37.70	550m: 6:47.82	37.76
200m: 2:24.70	37.32	400m: 4:55.37	37.71	600m: 7:25.38	37.56
650m: 8:02.36	36.98			700m: 8:39.56	37.20
700m: 8:39.56	37.20			750m: 9:16.67	37.11
800m: 9:52.38	35.71				

Programmanr. 31, Dames, 800m vrije slag, Masters 30+

rang	naam	vereniging	land	nummer	tijd	RT	PARA	
2.	Jenny Schouten	Zwemsport Parkstad (SG)	NED	198703674	<b>9:56.51</b>	+0.89		
	50m: 32.44	32.44	250m: 3:00.39	37.58	450m: 5:32.38	38.14	650m: 8:04.93	38.35
	100m: 1:07.91	35.47	300m: 3:38.25	37.86	500m: 6:10.40	38.02	700m: 8:42.75	37.82
	150m: 1:45.04	37.13	350m: 4:16.35	38.10	550m: 6:48.58	38.18	750m: 9:20.40	37.65
	200m: 2:22.81	37.77	400m: 4:54.24	37.89	600m: 7:26.58	38.00	800m: 9:56.51	36.11
3.	Clara Van Roeyen	GBZ	BEL	20082/90	<b>10:29.04</b>	+0.75		
	50m: 35.05	35.05	250m: 3:11.26	39.74	450m: 5:50.98	39.86	650m: 8:31.26	39.68
	100m: 1:13.12	38.07	300m: 3:50.95	39.69	500m: 6:31.29	40.31	700m: 9:11.08	39.82
	150m: 1:51.87	38.75	350m: 4:31.28	40.33	550m: 7:11.31	40.02	750m: 9:50.39	39.31
	200m: 2:31.52	39.65	400m: 5:11.12	39.84	600m: 7:51.58	40.27	800m: 10:29.04	38.65
4.	Mandy Verbakel	ZPC Woerden	NED	199003908	<b>10:41.06</b>	+0.79		
	50m: 35.29	35.29	250m: 3:16.21	40.35	450m: 5:58.49	40.94	650m: 8:41.52	40.24
	100m: 1:15.16	39.87	300m: 3:56.52	40.31	500m: 6:39.34	40.85	700m: 9:22.12	40.60
	150m: 1:55.34	40.18	350m: 4:36.87	40.35	550m: 7:20.45	41.11	750m: 10:02.34	40.22
	200m: 2:35.86	40.52	400m: 5:17.55	40.68	600m: 8:01.28	40.83	800m: 10:41.06	38.72
5.	Martje Godschalk	De IJssel	NED	199001186	<b>10:58.26</b>	+0.75		
	50m: 36.04	36.04	250m: 3:20.43	42.11	450m: 6:09.34	41.92	650m: 8:55.80	41.52
	100m: 1:15.89	39.85	300m: 4:02.44	42.01	500m: 6:51.20	41.86	700m: 9:36.75	40.95
	150m: 1:56.85	40.96	350m: 4:44.93	42.49	550m: 7:32.76	41.56	750m: 10:17.79	41.04
	200m: 2:38.32	41.47	400m: 5:27.42	42.49	600m: 8:14.28	41.52	800m: 10:58.26	40.47

Masters 35+

1.	Viktória Háden-Felföldi	Megathlon SE	HUN		<b>9:40.95</b>	+0.81		
	50m: 32.90	32.90	250m: 2:56.81	36.31	450m: 5:23.20	36.55	650m: 7:51.35	37.07
	100m: 1:08.58	35.68	300m: 3:33.42	36.61	500m: 6:00.00	36.80	700m: 8:28.27	36.92
	150m: 1:44.59	36.01	350m: 4:10.07	36.65	550m: 6:37.07	37.07	750m: 9:05.42	37.15
	200m: 2:20.50	35.91	400m: 4:46.65	36.58	600m: 7:14.28	37.21	800m: 9:40.95	35.53
2.	Stephanie Vaernewyck <i>Belgisch Masters Record</i>	MEGA-zwemteam	BEL	20352/83	<b>9:47.49</b>	+0.83		
	50m: 33.40	33.40	250m: 2:59.46	36.93	450m: 5:28.69	37.39	650m: 7:57.61	37.18
	100m: 1:09.36	35.96	300m: 3:36.77	37.31	500m: 6:05.94	37.25	700m: 8:34.95	37.34
	150m: 1:45.87	36.51	350m: 4:13.93	37.16	550m: 6:43.28	37.34	750m: 9:12.00	37.05
	200m: 2:22.53	36.66	400m: 4:51.30	37.37	600m: 7:20.43	37.15	800m: 9:47.49	35.49
3.	Ann Wanter	Zwemclub Geel	BEL	21082/82	<b>9:56.52</b>	+0.79		
	50m: 33.32	33.32	250m: 3:02.64	37.77	450m: 5:34.14	37.36	650m: 8:05.04	37.77
	100m: 1:09.87	36.55	300m: 3:40.59	37.95	500m: 6:11.39	37.25	700m: 8:42.81	37.77
	150m: 1:47.35	37.48	350m: 4:18.52	37.93	550m: 6:49.15	37.76	750m: 9:20.44	37.63
	200m: 2:24.87	37.52	400m: 4:56.78	38.26	600m: 7:27.27	38.12	800m: 9:56.52	36.08
4.	Ramona Linting	Link	NED	198301274	<b>10:36.69</b>	+0.76		
	50m: 35.35	35.35	250m: 3:13.92	39.76	450m: 5:55.20	40.26	650m: 8:37.03	40.60
	100m: 1:14.15	38.80	300m: 3:54.22	40.30	500m: 6:35.64	40.44	700m: 9:17.27	40.24
	150m: 1:54.03	39.88	350m: 4:34.35	40.13	550m: 7:15.96	40.32	750m: 9:57.72	40.45
	200m: 2:34.16	40.13	400m: 5:14.94	40.59	600m: 7:56.43	40.47	800m: 10:36.69	38.97
5.	Audrey Runge	Natation Vesoul Noidans	FRA	689748	<b>11:10.92</b>	+0.79		
	50m: 36.29	36.29	250m: 3:22.35	42.35	450m: 6:12.95	42.41	650m: 9:03.39	42.61
	100m: 1:16.57	40.28	300m: 4:04.97	42.62	500m: 6:55.65	42.70	700m: 9:46.34	42.95
	150m: 1:58.10	41.53	350m: 4:47.55	42.58	550m: 7:38.22	42.57	750m: 10:29.21	42.87
	200m: 2:40.00	41.90	400m: 5:30.54	42.99	600m: 8:20.78	42.56	800m: 11:10.92	41.71
6.	Linda Hoogendam	WVZ	NED	198300892	<b>11:38.43</b>	+0.83		
	50m: 38.81	38.81	250m: 3:32.88	43.98	450m: 6:30.67	44.41	650m: 9:27.84	44.28
	100m: 1:21.75	42.94	300m: 4:17.18	44.30	500m: 7:14.74	44.07	700m: 10:12.97	45.13
	150m: 2:05.64	43.89	350m: 5:01.74	44.56	550m: 7:59.37	44.63	750m: 10:57.32	44.35
	200m: 2:48.90	43.26	400m: 5:46.26	44.52	600m: 8:43.56	44.19	800m: 11:38.43	41.11

Masters 40+

1.	Anke Lambooj	De Vliet (SG)	NED	198001182	<b>10:24.88</b>	+0.90		
	50m: 33.52	33.52	250m: 3:06.85	39.40	450m: 5:45.36	39.79	650m: 8:26.09	40.48
	100m: 1:10.36	36.84	300m: 3:46.35	39.50	500m: 6:25.35	39.99	700m: 9:06.36	40.27
	150m: 1:48.77	38.41	350m: 4:25.93	39.58	550m: 7:05.36	40.01	750m: 9:46.40	40.04
	200m: 2:27.45	38.68	400m: 5:05.57	39.64	600m: 7:45.61	40.25	800m: 10:24.88	38.48
2.	Petra Guijt	Aqua-Novio '94	NED	197600978	<b>11:10.64</b>			
	50m: 36.29	36.29	250m: 3:23.79	43.08	450m: 6:15.16	42.92	650m: 9:06.85	42.63
	100m: 1:16.28	39.99	300m: 4:06.55	42.76	500m: 6:58.46	43.30	700m: 9:48.99	42.14
	150m: 1:57.85	41.57	350m: 4:49.27	42.72	550m: 7:41.44	42.98	750m: 10:30.80	41.81
	200m: 2:40.71	42.86	400m: 5:32.24	42.97	600m: 8:24.22	42.78	800m: 11:10.64	39.84

Programmanr. 31, Dames, 800m vrije slag, Masters 40+

rang	naam	vereniging						tijd	RT	PARA
3.	Yvonne Gerritsen	WVZ	NED	198000342				<b>11:14.30</b>		
	50m: 35.69	35.69	250m: 3:22.37	42.59	450m: 6:15.02	43.03	650m: 9:07.91	43.17		
	100m: 1:15.77	40.08	300m: 4:05.60	43.23	500m: 6:58.05	43.03	700m: 9:50.86	42.95		
	150m: 1:57.31	41.54	350m: 4:49.04	43.44	550m: 7:41.21	43.16	750m: 10:33.21	42.35		
	200m: 2:39.78	42.47	400m: 5:31.99	42.95	600m: 8:24.74	43.53	800m: 11:14.30	41.09		
4.	Chantal Verhoeff	Old Dutch	NED	197900912				<b>11:15.07</b>	+0.95	
	50m: 36.79	36.79	250m: 3:25.82	42.97	450m: 6:17.75	43.05	650m: 9:08.78	42.27		
	100m: 1:17.55	40.76	300m: 4:09.04	43.22	500m: 7:00.44	42.69	700m: 9:51.53	42.75		
	150m: 2:00.13	42.58	350m: 4:51.85	42.81	550m: 7:43.40	42.96	750m: 10:33.61	42.08		
	200m: 2:42.85	42.72	400m: 5:34.70	42.85	600m: 8:26.51	43.11	800m: 11:15.07	41.46		
5.	Kika Meijers	SWOL 1894	NED	198000736				<b>11:27.51</b>	+0.81	
	50m: 35.66	35.66	250m: 3:23.67	43.08	450m: 6:18.84	44.11	650m: 9:17.10	44.98		
	100m: 1:15.73	40.07	300m: 4:07.21	43.54	500m: 7:03.17	44.33	700m: 10:01.64	44.54		
	150m: 1:57.86	42.13	350m: 4:51.03	43.82	550m: 7:47.73	44.56	750m: 10:45.92	44.28		
	200m: 2:40.59	42.73	400m: 5:34.73	43.70	600m: 8:32.12	44.39	800m: 11:27.51	41.59		
6.	Jessica Venema	WIDEX GZC DONK	NED	197901526				<b>11:33.47</b>	+0.91	
	50m: 37.03	37.03	250m: 3:29.69	44.15	450m: 6:26.69	44.12	650m: 9:24.28	44.25		
	100m: 1:18.15	41.12	300m: 4:13.80	44.11	500m: 7:10.84	44.15	700m: 10:08.33	44.05		
	150m: 2:01.42	43.27	350m: 4:58.14	44.34	550m: 7:55.48	44.64	750m: 10:52.62	44.29		
	200m: 2:45.54	44.12	400m: 5:42.57	44.43	600m: 8:40.03	44.55	800m: 11:33.47	40.85		

Masters 45+

1.	Kirsten Cameron <i>Kampioenschaps Record</i>	Malvern Marlins Masters SC	AUS	786509				<b>9:12.38</b>	+0.52	
	50m: 31.69	31.69	250m: 2:48.75	34.50	450m: 5:08.07	34.85	650m: 7:28.43	35.15		
	100m: 1:05.44	33.75	300m: 3:23.49	34.74	500m: 5:43.10	35.03	700m: 8:03.60	35.17		
	150m: 1:39.74	34.30	350m: 3:58.23	34.74	550m: 6:18.04	34.94	750m: 8:38.69	35.09		
	200m: 2:14.25	34.51	400m: 4:33.22	34.99	600m: 6:53.28	35.24	800m: 9:12.38	33.69		
2.	Grith Sigsgaard <i>Nederlands Masters Record</i>	De Otters Het Gooi	NED	197200772				<b>9:49.67</b>	+0.65	
	50m: 33.40	33.40	250m: 3:00.42	36.68	450m: 5:28.03	36.96	650m: 7:57.50	37.75		
	100m: 1:10.01	36.61	300m: 3:37.19	36.77	500m: 6:05.05	37.02	700m: 8:35.46	37.96		
	150m: 1:46.78	36.77	350m: 4:14.00	36.81	550m: 6:42.51	37.46	750m: 9:13.23	37.77		
	200m: 2:23.74	36.96	400m: 4:51.07	37.07	600m: 7:19.75	37.24	800m: 9:49.67	36.44		
3.	Liselotte Joling	PSV	NED	197500268				<b>10:02.19</b>	+0.88	
	50m: 34.66	34.66	250m: 3:05.74	37.59	450m: 5:37.30	36.90	650m: 8:09.03	38.40		
	100m: 1:12.02	37.36	300m: 3:44.03	38.29	500m: 6:15.01	37.71	700m: 8:47.14	38.11		
	150m: 1:49.82	37.80	350m: 4:21.94	37.91	550m: 6:52.68	37.67	750m: 9:25.82	38.68		
	200m: 2:28.15	38.33	400m: 5:00.40	38.46	600m: 7:30.63	37.95	800m: 10:02.19	36.37		
4.	Karin Stein	ZVVS	NED	197100554				<b>10:22.02</b>	+0.65	
	50m: 35.29	35.29	250m: 3:08.18	38.88	450m: 5:45.21	39.14	650m: 8:23.64	39.98		
	100m: 1:12.63	37.34	300m: 3:47.39	39.21	500m: 6:24.39	39.18	700m: 9:03.74	40.10		
	150m: 1:50.67	38.04	350m: 4:26.60	39.21	550m: 7:03.82	39.43	750m: 9:43.41	39.67		
	200m: 2:29.30	38.63	400m: 5:06.07	39.47	600m: 7:43.66	39.84	800m: 10:22.02	38.61		
5.	Annette de Visser	Oceanus	NED	197100602				<b>10:43.89</b>	+0.86	
	50m: 34.95	34.95	250m: 3:17.12	40.71	450m: 6:00.67	40.70	650m: 8:43.89	40.77		
	100m: 1:14.66	39.71	300m: 3:57.87	40.75	500m: 6:41.37	40.70	700m: 9:24.32	40.43		
	150m: 1:55.17	40.51	350m: 4:38.92	41.05	550m: 7:22.28	40.91	750m: 10:04.97	40.65		
	200m: 2:36.41	41.24	400m: 5:19.97	41.05	600m: 8:03.12	40.84	800m: 10:43.89	38.92		
6.	Kathy Van Lindt	CNSW	BEL	007949/71				<b>10:50.47</b>	+0.71	
	50m: 36.08	36.08	250m: 3:17.50	41.04	450m: 6:02.29	41.27	650m: 8:48.49	41.40		
	100m: 1:15.21	39.13	300m: 3:58.47	40.97	500m: 6:43.65	41.36	700m: 9:29.58	41.09		
	150m: 1:55.68	40.47	350m: 4:39.96	41.49	550m: 7:25.27	41.62	750m: 10:11.04	41.46		
	200m: 2:36.46	40.78	400m: 5:21.02	41.06	600m: 8:07.09	41.82	800m: 10:50.47	39.43		

Masters 50+

1.	Bianca Groot <i>Nederlands Masters Record</i>	MSV-Zeemacht	NED	197000652				<b>10:24.76</b>	+0.88	
	50m: 34.61	34.61	250m: 3:09.55	39.19	450m: 5:47.93	39.84	650m: 8:26.76	39.73		
	100m: 1:12.50	37.89	300m: 3:48.93	39.38	500m: 6:27.79	39.86	700m: 9:06.39	39.63		
	150m: 1:51.25	38.75	350m: 4:28.38	39.45	550m: 7:07.40	39.61	750m: 9:46.27	39.88		
	200m: 2:30.36	39.11	400m: 5:08.09	39.71	600m: 7:47.03	39.63	800m: 10:24.76	38.49		

Programmanr. 31, Dames, 800m vrije slag, Masters 50+

rang	naam	vereniging					tijd	RT	PARA
2.	Laura Staal	Oceanus	NED 196700358				<b>11:26.08</b>	+0.83	
	50m: 38.12	38.12	250m: 3:31.39	43.75	450m: 6:27.02	43.42	650m: 9:19.60	42.91	
	100m: 1:20.34	42.22	300m: 4:15.65	44.26	500m: 7:10.36	43.34	700m: 10:02.28	42.68	
	150m: 2:03.68	43.34	350m: 4:59.54	43.89	550m: 7:53.55	43.19	750m: 10:45.05	42.77	
	200m: 2:47.64	43.96	400m: 5:43.60	44.06	600m: 8:36.69	43.14	800m: 11:26.08	41.03	
3.	Iris van Aurich	DWK	NED 196900866				<b>11:33.76</b>	+0.75	
	50m: 37.39	37.39	250m: 3:31.07	44.53	450m: 6:27.51	44.25	650m: 9:25.39	44.58	
	100m: 1:18.82	41.43	300m: 4:15.21	44.14	500m: 7:12.45	44.94	700m: 10:09.76	44.37	
	150m: 2:02.09	43.27	350m: 4:58.93	43.72	550m: 7:56.61	44.16	750m: 10:55.14	45.38	
	200m: 2:46.54	44.45	400m: 5:43.26	44.33	600m: 8:40.81	44.20	800m: 11:33.76	38.62	
4.	Marijke Campfens	De Geul	NED 196900960				<b>12:12.41</b> *		
	50m: 38.56	38.56	250m: 3:37.46	46.09	450m: 6:44.86	47.34	650m: 9:54.09	47.78	
	100m: 1:21.23	42.67	300m: 4:23.96	46.50	500m: 7:32.23	47.37	700m: 10:41.76	47.67	
	150m: 2:05.78	44.55	350m: 5:10.89	46.93	550m: 8:19.20	46.97	750m: 11:28.42	46.66	
	200m: 2:51.37	45.59	400m: 5:57.52	46.63	600m: 9:06.31	47.11	800m: 12:12.41	43.99	

Masters 55+

1.	Wilna Heijman	Steenwijk 1934	NED 196400506				<b>11:09.94</b>	+0.85	
	50m: 38.30	38.30	250m: 3:26.42	42.48	450m: 6:16.88	42.51	650m: 9:06.14	42.19	
	100m: 1:19.16	40.86	300m: 4:09.13	42.71	500m: 6:59.44	42.56	700m: 9:48.03	41.89	
	150m: 2:01.50	42.34	350m: 4:51.87	42.74	550m: 7:41.75	42.31	750m: 10:29.95	41.92	
	200m: 2:43.94	42.44	400m: 5:34.37	42.50	600m: 8:23.95	42.20	800m: 11:09.94	39.99	
2.	Jacqueline Rolloos-Bakkers	De Lansingh	NED 196300222				<b>11:35.83</b>	+0.74	
	50m: 38.95	38.95	250m: 3:33.70	43.67	450m: 6:31.22	44.73	650m: 9:27.97	44.29	
	100m: 1:22.17	43.22	300m: 4:17.86	44.16	500m: 7:15.41	44.19	700m: 10:12.13	44.16	
	150m: 2:06.10	43.93	350m: 5:02.20	44.34	550m: 7:59.75	44.34	750m: 10:55.28	43.15	
	200m: 2:50.03	43.93	400m: 5:46.49	44.29	600m: 8:43.68	43.93	800m: 11:35.83	40.55	
3.	Petra Tossings	DAW	NED 196100376				<b>12:01.60</b>	+0.90	
	50m: 40.55	40.55	250m: 3:40.09	45.71	450m: 6:42.35	45.76	650m: 9:46.50	45.82	
	100m: 1:24.92	44.37	300m: 4:25.52	45.43	500m: 7:28.25	45.90	700m: 10:32.44	45.94	
	150m: 2:09.70	44.78	350m: 5:11.31	45.79	550m: 8:14.80	46.55	750m: 11:18.20	45.76	
	200m: 2:54.38	44.68	400m: 5:56.59	45.28	600m: 9:00.68	45.88	800m: 12:01.60	43.40	

Masters 60+

1.	Esther van Lohuizen <i>Nederlands Masters Record</i>	PSV	NED 195900300				<b>11:08.25</b>	+0.74	
	50m: 36.58	36.58	250m: 3:24.79	42.62	450m: 6:15.71	42.73	650m: 9:05.34	42.17	
	100m: 1:17.20	40.62	300m: 4:07.77	42.98	500m: 6:58.10	42.39	700m: 9:47.71	42.37	
	150m: 1:59.19	41.99	350m: 4:50.45	42.68	550m: 7:40.60	42.50	750m: 10:29.83	42.12	
	200m: 2:42.17	42.98	400m: 5:32.98	42.53	600m: 8:23.17	42.57	800m: 11:08.25	38.42	
2.	Katinka Elders	Oceanus	NED 196000292				<b>13:03.04</b>		
	50m: 43.32	43.32	250m: 3:59.04	49.53	450m: 7:18.18	49.75	650m: 10:36.23	49.64	
	100m: 1:30.37	47.05	300m: 4:48.83	49.79	500m: 8:07.64	49.46	700m: 11:26.19	49.96	
	150m: 2:19.86	49.49	350m: 5:38.30	49.47	550m: 8:56.95	49.31	750m: 12:16.53	50.34	
	200m: 3:09.51	49.65	400m: 6:28.43	50.13	600m: 9:46.59	49.64	800m: 13:03.04	46.51	
3.	Marjan Spoelstra	SWOL 1894	NED 196000236				<b>13:28.11</b>	+0.83	
	50m: 45.03	45.03	250m: 4:07.39	51.16	450m: 7:31.67	51.56	650m: 10:58.03	51.72	
	100m: 1:34.67	49.64	300m: 4:58.32	50.93	500m: 8:22.91	51.24	700m: 11:49.27	51.24	
	150m: 2:25.15	50.48	350m: 5:49.35	51.03	550m: 9:14.81	51.90	750m: 12:39.61	50.34	
	200m: 3:16.23	51.08	400m: 6:40.11	50.76	600m: 10:06.31	51.50	800m: 13:28.11	48.50	

Masters 65+

1.	Ineke Weekers <i>Europees Masters Record</i>	PSV	NED 195300050				<b>11:24.77</b>	+0.89	
	50m: 41.06	41.06	250m: 3:33.60	42.80	450m: 6:24.78	42.56	650m: 9:16.73	42.75	
	100m: 1:24.66	43.60	300m: 4:16.49	42.89	500m: 7:07.90	43.12	700m: 9:59.56	42.83	
	150m: 2:07.98	43.32	350m: 4:59.38	42.89	550m: 7:50.92	43.02	750m: 10:42.82	43.26	
	200m: 2:50.80	42.82	400m: 5:42.22	42.84	600m: 8:33.98	43.06	800m: 11:24.77	41.95	



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



Programmanr. 31, Dames, 800m vrije slag

Masters 70+

1. Conny Boer-Buys	ZVVS	NED	195000006	<b>12:05.88</b>	+0.93
<i>Wereld Masters Record</i>					
50m:	38.47	38.47	250m:	3:43.30	47.25
100m:	1:22.05	43.58	300m:	4:30.53	47.23
150m:	2:08.53	46.48	350m:	5:16.72	46.19
200m:	2:56.05	47.52	400m:	6:01.34	44.62
450m:	6:48.09	46.75	500m:	7:35.08	46.99
550m:	8:21.31	46.23	600m:	9:07.88	46.57
650m:	9:54.37	46.49	700m:	10:40.60	46.23
750m:	11:25.10	44.50	800m:	12:05.88	40.78

Masters 80+

1. Marie Smits	Old Dutch	NED	193800004	<b>17:49.30</b>	+1.12
50m:	55.06	55.06	250m:	5:22.47	1:07.37
100m:	1:59.94	1:04.88	300m:	6:30.18	1:07.71
150m:	3:07.69	1:07.75	350m:	7:38.26	1:08.08
200m:	4:15.10	1:07.41	400m:	8:46.83	1:08.57
450m:	9:55.47	1:08.64	500m:	11:04.69	1:09.22
550m:	12:12.85	1:08.16	600m:	13:20.47	1:07.62
650m:	14:28.02	1:07.55	700m:	15:37.64	1:09.62
750m:	16:45.65	1:08.01	800m:	17:49.30	1:03.65

Programmanr. 32  
26-01-2020 - 10:29

Heren, 400m wisselslag

Masters Open  
Resultaten

rang	naam	vereniging	tijd	RT	PARA	
<b>Masters 20+</b>						
1.	David Kievit	De Schotejil	NED 199900325	<b>4:56.44</b>	+0.67	
	50m:	31.92	31.92	150m:	1:47.32	37.71
	100m:	1:09.61	37.69	200m:	2:25.06	37.74
				250m:	3:05.18	40.12
				300m:	3:45.78	40.60
				350m:	4:21.23	35.45
				400m:	4:56.44	35.21
2.	Nordin Termoshuizen	WVZ	NED 199605401	<b>5:05.25</b>	+0.73	
	50m:	30.55	30.55	150m:	1:44.26	37.80
	100m:	1:06.46	35.91	200m:	2:22.16	37.90
				250m:	3:09.49	47.33
				300m:	3:57.55	48.06
				350m:	4:31.70	34.15
				400m:	5:05.25	33.55
3.	Jeroen Louwinger	De Rijn	NED 199900583	<b>5:05.87</b>	+0.73	
	50m:	31.65	31.65	150m:	1:46.33	37.60
	100m:	1:08.73	37.08	200m:	2:23.75	37.42
				250m:	3:09.55	45.80
				300m:	3:56.71	47.16
				350m:	4:32.25	35.54
				400m:	5:05.87	33.62
4.	Richard van der Horst	De Meer	NED 199700179	<b>5:09.32</b>		
	50m:	33.30	33.30	150m:	1:53.00	41.63
	100m:	1:11.37	38.07	200m:	2:33.69	40.69
				250m:	3:15.04	41.35
				300m:	3:58.06	43.02
				350m:	4:34.09	36.03
				400m:	5:09.32	35.23
5.	Jorn Lucas	De Veene	NED 200000675	<b>5:16.13</b>	+0.75	
	50m:	32.30	32.30	150m:	1:50.44	39.49
	100m:	1:10.95	38.65	200m:	2:30.04	39.60
				250m:	3:17.77	47.73
				300m:	4:05.73	47.96
				350m:	4:42.14	36.41
				400m:	5:16.13	33.99
<b>Masters 25+</b>						
1.	Emiel van Beusekom	ZPV Barracuda	NED 199403951	<b>4:50.60</b>		
	50m:	29.63	29.63	150m:	1:42.78	37.87
	100m:	1:04.91	35.28	200m:	2:19.94	37.16
				250m:	3:00.65	40.71
				300m:	3:43.60	42.95
				350m:	4:17.88	34.28
				400m:	4:50.60	32.72
2.	Jeffrey Camphens	DWT	NED 199503113	<b>4:55.33</b>	+0.64	
	50m:	29.99	29.99	150m:	1:46.21	40.99
	100m:	1:05.22	35.23	200m:	2:25.86	39.65
				250m:	3:07.32	41.46
				300m:	3:49.04	41.72
				350m:	4:22.95	33.91
				400m:	4:55.33	32.38
3.	Pieter Pijnenburg	De Biesboschzwemmers	NED 199305227	<b>5:08.90</b>	+0.72	
	50m:	32.06	32.06	150m:	1:52.18	41.17
	100m:	1:11.01	38.95	200m:	2:34.16	41.98
				250m:	3:15.05	40.89
				300m:	3:56.96	41.91
				350m:	4:33.34	36.38
				400m:	5:08.90	35.56
4.	Maik Steenkamp	Montferland	NED 199103847	<b>5:23.36</b>	+0.76	
	50m:	33.06	33.06	150m:	1:56.45	43.32
	100m:	1:13.13	40.07	200m:	2:39.58	43.13
				250m:	3:24.14	44.56
				300m:	4:09.78	45.64
				350m:	4:47.93	38.15
				400m:	5:23.36	35.43
5.	Tom van Gils	ZPC De Zeeuwse Kust	NED 199501799	<b>5:29.95</b>	+0.63	
	50m:	34.49	34.49	150m:	1:57.96	41.98
	100m:	1:15.98	41.49	200m:	2:39.34	41.38
				250m:	3:27.24	47.90
				300m:	4:16.12	48.88
				350m:	4:53.61	37.49
				400m:	5:29.95	36.34

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl



Programmanr. 32, Heren, 400m wisselslag

Masters 30+

1.	Tim Bunnik	Triton	NED	199000505	<b>4:57.26</b>	+0.77
	50m: 31.57	31.57	150m: 1:46.37	37.39	250m: 3:05.93	42.32
	100m: 1:08.98	37.41	200m: 2:23.61	37.24	300m: 3:49.93	44.00
					350m: 4:23.77	33.84
					400m: 4:57.26	33.49
2.	Jeroen Burggraaf	De Blauwe Schuur	NED	199000467	<b>5:05.24</b>	+0.81
	50m: 34.26	32.76	150m: 1:52.78	40.64	250m: 3:14.62	41.96
	100m: 1:12.14	39.38	200m: 2:32.66	39.88	300m: 3:57.34	42.72
					350m: 4:33.31	35.97
					400m: 5:05.24	31.93
3.	Patrick Creemers	RZ	NED	199000579	<b>5:07.31</b>	+0.76
	50m: 34.22	34.22	150m: 1:57.92	40.37	250m: 3:19.34	41.46
	100m: 1:17.55	43.33	200m: 2:17.88	39.96	300m: 4:01.02	41.68
					350m: 4:35.20	34.18
					400m: 5:07.31	32.11
4.	Alex Vermeulen	WZK Zwemmen	NED	198905811	<b>5:11.85</b>	+0.75
	50m: 30.99	30.99	150m: 1:50.04	40.79	250m: 3:13.70	43.75
	100m: 1:09.25	38.26	200m: 2:29.95	39.91	300m: 3:59.01	45.31
					350m: 4:36.24	37.23
					400m: 5:11.85	35.61
5.	Wessel Everloo	WS Twente	NED	198906597	<b>5:29.34</b>	+0.78
	50m: 33.32	33.32	150m: 1:56.28	41.05	250m: 3:26.36	49.63
	100m: 1:15.23	41.91	200m: 2:36.73	40.45	300m: 4:15.35	48.99
					350m: 4:53.44	38.09
					400m: 5:29.34	35.90
6.	Niels Albrechts	De Schotejil	NED	198800039	<b>5:36.77</b>	+0.68
	50m: 35.17	35.17	150m: 1:59.71	41.73	250m: 3:33.72	53.54
	100m: 1:17.98	42.81	200m: 2:40.18	40.47	300m: 4:27.29	53.57
					350m: 5:03.28	35.99
					400m: 5:36.77	33.49

Masters 35+

1.	Chris Jones	City of Cardiff	GBR	3878	<b>4:42.91</b>	+0.71
	<i>Kampioenschaps Record</i>					
	50m: 29.38	29.38	150m: 1:41.80	36.51	250m: 2:57.43	38.64
	100m: 1:05.29	35.91	200m: 2:18.79	36.99	300m: 3:36.77	39.34
					350m: 4:10.33	33.56
					400m: 4:42.91	32.58
2.	Nick Valentine	Tynemouth ASC	GBR	557787	<b>4:58.12</b>	+0.80
	50m: 30.88	30.88	150m: 1:46.14	40.65	250m: 3:08.28	42.54
	100m: 1:05.49	34.61	200m: 2:25.74	39.60	300m: 3:51.40	43.12
					350m: 4:25.27	33.87
					400m: 4:58.12	32.85
3.	Kristiaan Lenos	ZVL-1886 Tetteroo	NED	198301331	<b>5:00.20</b>	+0.80
	50m: 30.85	30.85	150m: 1:46.28	39.33	250m: 3:07.38	42.16
	100m: 1:06.95	36.10	200m: 2:25.22	38.94	300m: 3:50.25	42.87
					350m: 4:25.57	35.32
					400m: 5:00.20	34.63
4.	Yuri van Omme	Zwemvereniging Hoogland	NED	198501887	<b>5:06.19</b>	+0.82
	50m: 32.11	32.11	150m: 1:49.77	40.41	250m: 3:11.57	41.72
	100m: 1:09.36	37.25	200m: 2:29.85	40.08	300m: 3:54.38	42.81
					350m: 4:31.12	36.74
					400m: 5:06.19	35.07
5.	Rob van Vliet	ZPC AMERSFOORT	NED	198402459	<b>5:06.67</b>	+0.82
	50m: 31.54	31.54	150m: 1:50.58	41.39	250m: 3:12.89	41.59
	100m: 1:09.19	37.65	200m: 2:31.30	40.72	300m: 3:55.50	42.61
					350m: 4:32.12	36.62
					400m: 5:06.67	34.55
6.	Rick de Greef	Budel	NED	198400749	<b>5:10.09</b>	+0.65
	50m: 30.62	30.62	150m: 1:48.29	40.37	250m: 3:11.44	43.38
	100m: 1:07.92	37.30	200m: 2:28.06	39.77	300m: 3:56.44	45.00
					350m: 4:33.65	37.21
					400m: 5:10.09	36.44
7.	Frank v.d. Voordt	De Schotejil	NED	198302259	<b>5:11.21</b>	+0.76
	50m: 32.59	32.59	150m: 1:51.06	40.45	250m: 3:16.26	45.64
	100m: 1:10.61	38.02	200m: 2:30.62	39.56	300m: 4:00.77	44.51
					350m: 4:37.10	36.33
					400m: 5:11.21	34.11
8.	Roel van der Kruijs	De Gelenberg	NED	198501491	<b>5:11.89</b>	+0.78
	50m: 32.16	32.16	150m: 1:52.83	42.82	250m: 3:18.71	44.34
	100m: 1:10.01	37.85	200m: 2:34.37	41.54	300m: 4:04.02	45.31
					350m: 4:38.70	34.68
					400m: 5:11.89	33.19
9.	Marcel Reefhuis	WS Twente	NED	198101381	<b>5:21.37</b>	+0.81
	50m: 32.89	32.89	150m: 1:54.60	41.96	250m: 3:20.76	44.70
	100m: 1:12.64	39.75	200m: 2:36.06	41.46	300m: 4:06.63	45.87
					350m: 4:44.51	37.88
					400m: 5:21.37	36.86
10.	Rob van Wanrooy	Gay Swim Amsterdam	NED	198202627	<b>5:33.46</b>	+0.77
	50m: 35.95	35.95	150m: 2:02.63	43.95	250m: 3:33.65	47.40
	100m: 1:18.68	42.73	200m: 2:46.25	43.62	300m: 4:21.82	48.17
					350m: 4:58.64	36.82
					400m: 5:33.46	34.82
11.	Peter van de Bor	DWT	NED	198402897	<b>5:34.32</b>	+0.78
	50m: 33.99	33.99	150m: 1:58.84	42.12	250m: 3:28.16	48.52
	100m: 1:16.72	42.73	200m: 2:39.64	40.80	300m: 4:15.52	47.36
					350m: 4:56.75	41.23
					400m: 5:34.32	37.57

Programmanr. 32, Heren, 400m wisselslag

Masters 40+

1.	Mark Hensen	ZPV Barracuda	NED	197900497	<b>4:58.18</b>	+0.77
	50m: 30.57	30.57	150m: 1:45.09	38.21	250m: 3:06.29	43.53
	100m: 1:06.88	36.31	200m: 2:22.76	37.67	300m: 3:49.45	43.16
					350m: 4:23.70	34.25
					400m: 4:58.18	34.48
2.	Gergely Molnár	Megathlon SE	HUN		<b>5:04.25</b>	+0.77
	<i>Hungarian Masters Record</i>					
	50m: 31.17	31.17	150m: 1:48.44	40.94	250m: 3:11.65	43.54
	100m: 1:07.50	36.33	200m: 2:28.11	39.67	300m: 3:55.56	43.91
					350m: 4:30.51	34.95
					400m: 5:04.25	33.74
3.	Vincent Versteeg	Zwemlust- den Hommel	NED	197701003	<b>5:15.37</b>	+0.69
	50m: 32.34	32.34	150m: 1:51.90	40.57	250m: 3:16.25	43.76
	100m: 1:11.33	38.99	200m: 2:32.49	40.59	300m: 4:00.60	44.35
					350m: 4:38.11	37.51
					400m: 5:15.37	37.26
4.	Erik Schoenmakers	WIDEX GZC DONK	NED	197601667	<b>5:40.07</b>	+0.89
	50m: 34.87	34.87	150m: 2:01.18	46.58	250m: 3:33.41	48.26
	100m: 1:14.60	39.73	200m: 2:45.15	43.97	300m: 4:21.95	48.54
					350m: 5:01.72	39.77
					400m: 5:40.07	38.35

Masters 45+

1.	Vedestas Seffleris	Kauno Takas	LTU		<b>5:10.78</b>	+0.68
	50m: 31.42	31.42	150m: 1:49.80	41.48	250m: 3:17.43	46.89
	100m: 1:08.32	36.90	200m: 2:30.54	40.74	300m: 4:02.99	45.56
					350m: 4:38.21	35.22
					400m: 5:10.78	32.57
2.	Marcel van Winssen	De Gelenberg	NED	197101477	<b>5:23.54</b>	+0.82
	50m: 32.98	32.98	150m: 1:54.57	41.87	250m: 3:22.66	46.12
	100m: 1:12.70	39.72	200m: 2:36.54	41.97	300m: 4:08.38	45.72
					350m: 4:46.45	38.07
					400m: 5:23.54	37.09
3.	Kees Bakker	Gay Swim Amsterdam	NED	197501055	<b>5:39.98</b>	+0.50
	50m: 35.84	35.84	150m: 2:01.70	43.48	250m: 3:34.06	49.00
	100m: 1:18.22	42.38	200m: 2:45.06	43.36	300m: 4:23.66	49.60
					350m: 5:02.64	38.98
					400m: 5:39.98	37.34
4.	Korstiaan de Boer	Steenwijk 1934	NED	197101629	<b>6:02.15</b>	+0.69
	50m: 36.37	36.37	150m: 2:05.12	45.83	250m: 3:41.85	50.67
	100m: 1:19.29	42.92	200m: 2:51.18	46.06	300m: 4:33.50	51.65
					350m: 5:18.80	45.30
					400m: 6:02.15	43.35
5.	Kasper van den Berghe	SWOL 1894	NED	197301125	<b>6:02.75</b>	+0.74
	50m: 37.82	37.82	150m: 2:08.81	45.42	250m: 3:47.74	53.55
	100m: 1:23.39	45.57	200m: 2:54.19	45.38	300m: 4:41.15	53.41
					350m: 5:23.50	42.35
					400m: 6:02.75	39.25

Masters 50+

1.	Adolfo Ortiz	Club Natació L'Hospitalet	ESP	38445665S	<b>5:16.23</b>	+0.84
	50m: 34.37	34.37	150m: 1:53.96	42.00	250m: 3:19.57	45.46
	100m: 1:11.96	37.59	200m: 2:34.11	40.15	300m: 4:04.92	45.35
					350m: 4:42.13	37.21
					400m: 5:16.23	34.10
2.	Glen Le Clercq	De Rog	NED	196800177	<b>5:25.21</b>	+0.84
	50m: 33.65	33.65	150m: 1:58.60	43.80	250m: 3:24.67	44.40
	100m: 1:14.80	41.15	200m: 2:40.27	41.67	300m: 4:11.59	46.92
					350m: 4:48.64	37.05
					400m: 5:25.21	36.57
3.	Jan-Willem van den Berg	WVZ	NED	196801575	<b>5:28.35</b>	+0.74
	50m: 33.32	33.32	150m: 1:54.08	40.90	250m: 3:21.62	46.16
	100m: 1:13.18	39.86	200m: 2:35.46	41.38	300m: 4:09.26	47.64
					350m: 4:49.29	40.03
					400m: 5:28.35	39.06
4.	René Beetsma	HZ&PC Heerenveen	NED	196900069	<b>5:28.93</b>	+0.79
	50m: 32.81	32.81	150m: 1:54.73	42.90	250m: 3:24.63	47.84
	100m: 1:11.83	39.02	200m: 2:36.79	42.06	300m: 4:13.51	48.88
					350m: 4:52.47	38.96
					400m: 5:28.93	36.46
5.	Bruno Nahon	CNSW	BEL	000390/70	<b>5:45.60</b>	+1.02
	50m: 36.01	36.01	150m: 2:05.34	44.81	250m: 3:37.24	48.67
	100m: 1:20.53	44.52	200m: 2:48.57	43.23	300m: 4:27.02	49.78
					350m: 5:06.89	39.87
					400m: 5:45.60	38.71

Masters 55+

1.	Bert Schlicher	RZ	NED	196400669	<b>5:26.10</b>	+0.86
	50m: 33.94	33.94	150m: 1:57.19	40.85	250m: 3:24.26	47.12
	100m: 1:16.34	42.40	200m: 2:37.14	39.95	300m: 4:11.15	46.89
					350m: 4:48.92	37.77
					400m: 5:26.10	37.18
2.	Arnold de Rover	AZ&PC De Futen	NED	196400645	<b>5:35.64</b>	+0.81
	50m: 35.38	35.38	150m: 2:01.07	43.62	250m: 3:32.10	47.31
	100m: 1:17.45	42.07	200m: 2:44.79	43.72	300m: 4:20.21	48.11
					350m: 4:58.03	37.82
					400m: 5:35.64	37.61
3.	Ronald Grove	Triton	NED	196100161	<b>5:53.30</b>	+0.58
	50m: 37.73	37.73	150m: 2:09.70	47.44	250m: 3:44.01	47.90
	100m: 1:22.26	44.53	200m: 2:56.11	46.41	300m: 4:34.50	50.49
					350m: 5:14.35	39.85
					400m: 5:53.30	38.95





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



Programmanr. 32, Heren, 400m wisselslag, Masters 55+

rang	naam	vereniging	tijd						RT	PARA	
4.	Wiljam Nijenhuis	De IJssel	NED	196400547	<b>5:57.06</b>						+0.84
	50m: 34.55	34.55	150m: 2:02.73	46.21	250m: 3:40.42	52.27	350m: 5:16.49	42.04			
	100m: 1:16.52	41.97	200m: 2:48.15	45.42	300m: 4:34.45	54.03	400m: 5:57.06	40.57			

Masters 60+

1.	Paul Bunnik	Triton	NED	195600413	<b>6:31.94</b>						+0.87
	50m: 40.03	40.03	150m: 2:20.10	52.38	250m: 4:08.32	57.49	350m: 5:48.83	43.15			
	100m: 1:27.72	47.69	200m: 3:10.83	50.73	300m: 5:05.68	57.36	400m: 6:31.94	43.11			
2.	Wim Witjes	Aqua-Novio '94	NED	195800483	<b>6:57.70</b>						+0.57
	50m: 44.17	44.17	150m: 2:39.01	54.83	250m: 4:27.67	57.85	350m: 6:12.31	46.26			
	100m: 1:44.18	1:00.01	200m: 3:29.82	50.81	300m: 5:26.05	58.38	400m: 6:57.70	45.39			

Masters 65+

1.	Jean-Marie Cadiat	CNSW	BEL	000243/53	<b>5:54.51</b>						+0.94
	50m: 36.73	36.73	150m: 2:08.21	47.76	250m: 3:45.79	50.77	350m: 5:16.23	39.91			
	100m: 1:20.45	43.72	200m: 2:55.02	46.81	300m: 4:36.32	50.53	400m: 5:54.51	38.28			

Masters 70+

1.	Piet Schop	De Bevelanders	NED	195000109	<b>7:41.40</b>						+0.73
	50m: 41.38	41.38	150m: 2:38.23	59.22	250m: 4:43.36	1:03.86	350m: 6:44.63	56.67			
	100m: 1:39.01	57.63	200m: 3:39.50	1:01.27	300m: 5:47.96	1:04.60	400m: 7:41.40	56.77			

Masters 75+

1.	Rob Hanou	PSV	NED	194300109	<b>7:56.81</b>						+1.12
	50m: 52.92	52.92	150m: 3:04.00	1:05.65	250m: 5:12.00	1:03.54	350m: 7:06.65	51.84			
	100m: 1:58.35	1:05.43	200m: 4:08.46	1:04.46	300m: 6:14.81	1:02.81	400m: 7:56.81	50.16			

Programmanr. 33  
26-01-2020 - 11:06

4 x 100m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	tijd						RT	PARA
<b>80+, Heren</b>										
1.	Albion WSS (SG) 1 <i>Nederlands Masters Record</i>	Albion WSS (SG)	NED	<b>3:35.57</b>						+0.62
	Timo Dinkelberg	+0.62	26.41	53.90	Otto Pranger	+0.56	25.45	53.33		
	Ayrton Mooldijk	+0.01	27.05	57.23	Pascal Nuijten	+0.25	24.21	51.11		
2.	De Kempvis 2	De Kempvis	NED	<b>4:10.14</b>						+0.70
	Bryan Gijzen	+0.70	29.33	1:02.39	Kien Vuong	+0.26	32.64	1:10.50		
	Daniel van der Sluijs	+0.19	29.06	59.53	Dennis Doove	+0.26	27.17	57.72		
<b>80+, Gemengd</b>										
1.	Albion WSS (SG) 2 <i>Nederlands Masters Record</i>	Albion WSS (SG)	NED	<b>3:39.84</b>						+0.65
	Ensger Kotterink	+0.65	24.06	50.34	Fenna de Groot	+0.35	28.46	1:00.12		
	Thomas Verhoeven	+0.23	23.72	50.12	Marije Dinkelberg	+0.58	28.57	59.26		
2.	TRB-RES 1	TRB-RES	NED	<b>3:53.09</b>						+0.77
	Annemijn Spohr	+0.77	30.84	1:05.49	Lars Hurks	+0.37	26.09	55.82		
	Melissa van der Geld	+0.35	28.79	1:00.18	Nicko Kamphuis	+0.26	24.42	51.60		
3.	De Veene 1	De Veene	NED	<b>3:57.39</b>						+0.79
	Yvon Versteeg	+0.79	28.65	59.66	Diederick Schothans	+0.31	26.78	56.39		
	Lindy Elkerbout	+0.33	30.02	1:03.69	Gideon Teeuw	+0.37	27.15	57.65		

onjuistheden / mistakes?

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Programmanr. 33, 4 x 100m vrije slag

100+, Dames

1.	Nueneu 1 <i>Nederlands Masters Record</i>	Nueneu	NED	<b>4:00.03</b>	+0.52			
	Richenne Zeebregts	+0.52	28.70	1:01.01	Susan Teijken	+0.41	28.42	59.82
	Nikita van den Ouden	+0.22	27.44	58.44	Anneloes Peulen	+0.40	28.29	1:00.76
2.	Zuiderzeezwemmers 1	Zuiderzeezwemmers	NED	<b>4:06.09</b>	+0.71			
	Lisanne Andeweg	+0.71	31.32	1:04.89	Gaby Zittersteijn	+0.30	29.42	1:01.97
	Dagmar Kruik	+0.39	28.83	1:01.02	Danique Stoop	+0.14	27.58	58.21
3.	Steenwijk 1934 2	Steenwijk 1934	NED	<b>4:14.81</b>	+0.69			
	Nanda de Vries	+0.69	30.69	1:03.59	Elianne Huitema	+0.46	30.15	1:03.83
	Alies Wagter	+0.35	30.48	1:03.88	Jacyntha Plat	+0.21	29.65	1:03.51
4.	Zwemlust- den Hommel 1	Zwemlust- den Hommel	NED	<b>4:18.59</b>	+0.74			
	Liesbeth van Mill	+0.74	33.13	1:09.55	Danielle Vermeulen	+0.30	30.27	1:03.74
	Marjon Pol	+0.38	30.95	1:04.29	Linda Kamperman	+0.36	29.04	1:01.01
5.	Neptunus'58 1	Neptunus'58	NED	<b>4:19.77</b>	+0.62			
	Selina Janssen	+0.62	30.90	1:05.60	Mirelle de Kort	+0.20	30.25	1:03.32
	Sandra Schellekens	+0.22	32.56	1:08.70	Linda Schellekens	+0.14	29.68	1:02.15
6.	ESCA Zwemmen 1	ESCA Zwemmen	NED	<b>4:29.08</b>	+0.72			
	Moriek van Langevelde	+0.72	29.67	1:02.12	Ilja Janssen		33.64	1:12.31
	Lianne Slagter		29.91	1:03.16	Svenja Peters		33.71	1:11.49

100+, Heren

1.	Rotterdam Swimming 1 <i>Kampioenscups Record</i>	Rotterdam Swimming (SG)	NED	<b>3:32.80</b>	+0.68			
	Sam Beer	+0.68	27.50	57.50	Mark Baars	+0.35	23.90	51.16
	Derk Jan Speelman	+0.19	25.49	54.11	Jeroen Baars	+0.37	23.98	50.03
2.	ZV Haerlem 1	ZV Haerlem	NED	<b>3:39.13</b>	+0.69			
	Nick van der Woude	+0.69	25.98	54.35	Chris van Vliet	+0.63	26.32	55.15
	Roy van der Woude	+0.33	25.91	55.49	Klaas van Beek	+0.49	26.22	54.14
3.	De Kempvis 1	De Kempvis	NED	<b>3:40.78</b>	+0.67			
	Romero Hennep	+0.67	24.67	53.50	Erik Wegman	+0.47	27.27	56.39
	Floyd van Duyvenbode	+0.30	26.35	56.70	Joris Bezemer	+0.25	25.18	54.19
4.	ESCA Zwemmen 3	ESCA Zwemmen	NED	<b>3:46.64</b>	+0.69			
	Job Esink	+0.69	28.64	1:01.71	Sander de Vrugt	+0.15	25.81	54.19
	Tom Driessen	+0.36	25.90	54.43	Mike Schel	+0.24	26.86	56.31
5.	DIO 2	DIO	NED	<b>3:53.69</b>	+0.76			
	Jan van Opstal	+0.76	27.93	58.92	Martino Valentijn	+0.50	28.53	1:00.66
	Timo Musters	+0.36	27.26	58.11	Arjan van der Plaaf	+0.39	25.99	56.00
6.	ZPV Barracuda 2	ZPV Barracuda	NED	<b>3:54.63</b>	+0.57			
	Emiel van Beusekom	+0.57	26.97	55.35	Robin van Beusekom	+0.16	29.43	1:02.12
	Thomas Hesper	+0.44	27.80	58.28	Dennis Dortland	+0.38	28.06	58.88
7.	De Schotejil 1	De Schotejil	NED	<b>4:01.83</b>	+0.61			
	David Kievit	+0.61	27.55	57.56	Leander Noordijk	+0.43	28.77	1:01.16
	Sven Dubbeld		30.19	1:04.25	Niels Albrechts	+0.18	27.86	58.86
8.	Steenwijk 1934 4	Steenwijk 1934	NED	<b>4:02.78</b>	+0.68			
	Bernd Kobesen	+0.68	26.06	55.01	Kylian Kooijman	+0.46	27.21	58.05
	Patrick Wobben	+0.50	33.32	1:12.22	Robert Braad	+0.35	27.09	57.50

100+, Gemengd

1.	VZC 1 <i>Wereld Masters Record, NMR startzwemster 100m</i>	VZC	NED	<b>3:40.20</b>	+0.76			
	Marjolein Delno	+0.76	26.33	54.92	Jelle Nap	+0.44	26.06	53.79
	Olaf Achterberg	+0.58	25.21	52.50	Saskia de Jonge	+0.42	27.99	58.99
2.	DWK 1	DWK	NED	<b>3:45.87</b>	+0.74			
	Celine Schoenmaker	+0.74	28.67	1:00.31	Anoeska van de Kraats	+0.49	29.67	1:02.76
	Kevin Eltink	+0.10	24.79	51.92	Serginni Marten	+0.13	23.76	50.88
3.	Dedemsvaart-AC 1	Dedemsvaart-AC	NED	<b>3:51.38</b>	+0.70			
	Sepp Kalter	+0.70	25.65	53.36	Marije Dankelman	+0.09	30.51	1:04.37
	Robert Dekker	+0.42	26.00	54.42	Laura Compagner	+0.42	27.80	59.23

onjuistheden / mistakes?

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Programmanr. 33, Gemengd, 4 x 100m vrije slag, 100+

rang	vereniging				tijd	RT	PARA
4.	ZV Hoogland 1	Zwemvereniging Hoogland	NED		<b>3:53.17</b>	+0.76	
	Jamilla van Veen	+0.76 28.12 59.83	Anne-Irene Ducheine	+0.09 30.21		1:03.73	
	Yuri van Omme	+0.38 27.08 57.22	Bas Dries	+0.31 25.02		52.39	
5.	ZVL-1886 Tetteroo 1	ZVL-1886 Tetteroo	NED		<b>3:57.27</b>	+0.72	
	Linda van der Voort	+0.72 29.42 1:01.68	Lonneke Graansma	+0.43 31.14		1:05.86	
	Robin van Beek	+0.37 26.55 55.30	Kristiaan Lenos	+0.43 25.83		54.43	
6.	ZPC AMERSFOORT 3	ZPC AMERSFOORT	NED		<b>3:59.67</b>	+0.61	
	Danica Koedoot	+0.61 30.65 1:04.68	Jelle Blankestijn	+0.30 26.18		55.37	
	Joanne van Essen	+0.33 29.70 1:03.07	Martijn Bartels	+0.33 26.89		56.55	
7.	De Warande 1	De Warande	NED		<b>3:59.78</b>	+0.62	
	Amy van Lier	+0.62 29.78 1:02.47	Désirée Emmen	+0.35 30.25		1:04.43	
	Casper Bolkenbaas	+0.07 26.01 54.93	Sander van Elburg	+0.24 27.10		57.95	
8.	DWT 1	DWT	NED		<b>4:05.17</b>	+0.63	
	Jeffrey Camphens	+0.63 27.66 57.59	Chantal Beijer	+0.41 29.54		1:02.12	
	Hiras Ferrandino	+0.39 27.47 1:00.10	Evy Witlox	0.00 29.91		1:05.36	
9.	HZ&PC Heerenveen 1	HZ&PC Heerenveen	NED		<b>4:12.33</b>	+0.76	
	Daniëlle de Boer	+0.76 30.21 1:02.78	Marten Etterna	+0.62 31.81		1:09.10	
	Fraukje Puts	+0.23 29.74 1:02.01	Dennis Bos	+0.38 27.01		58.44	
10.	De Dolfijn 1	De Dolfijn	NED		<b>4:20.15</b>	+0.95	
	Leffert Lansink	+0.95 31.18 1:04.92	Martijn Gerrits	+0.47 31.41		1:07.61	
	Pascalie Rovers	+0.43 30.60 1:04.57	Karen Stolk	+0.18 29.74		1:03.05	
11.	AZC 1	AZC	NED		<b>4:30.61</b>	+0.89	
	Lukas Schouten	+0.89 28.93 1:01.54	Mariska Zaal			33.76	1:12.33
	Carmen Bootsma		Stefan Oostendorp			29.15	1:01.19
12.	ZVL-1886 Tetteroo 2	ZVL-1886 Tetteroo	NED		<b>4:42.83</b>	+0.78	
	Erik Baalbergen	+0.78 29.39 1:01.79	Maartje Hids			39.93	1:22.68
	Ingmar Kooman		Suzan Blankestijn			32.78	1:09.63

120+, Dames

1.	ZPC Woerden 1	ZPC Woerden	NED		<b>4:23.09</b>	+0.67	
	Marjan Remmits	+0.67 32.34 1:07.12	Sabine Lina	+0.37 30.62		1:04.44	
	Ilse van den Wijngaard	+0.41 31.79 1:06.98	Mandy Verbakel	+0.27 30.80		1:04.55	
2.	DIO 1	DIO	NED		<b>4:36.58</b>	+0.74	
	Whitney van Hoeckel	+0.74 31.94 1:05.44	Marlijn Hendriksen	+0.37 29.34		1:02.12	
	Siska Post	+0.54 40.50 1:26.47	Jolanda Post	+0.44 29.56		1:02.55	
3.	RZC 1	RZC	NED		<b>4:37.81</b>	+0.65	
	Marieke van Dodeweerd	+0.65 32.82 1:09.79	Rita van der Horst	+0.19 32.98		1:10.68	
	Malou Heidekamp	+0.47 34.58 1:12.91	Mariëlle Janssen	+0.03 30.90		1:04.43	
4.	MSV-Zeemacht 1	MSV-Zeemacht	NED		<b>4:39.36</b>	+0.64	
	Jet Kleine	+0.64 31.71 1:05.81	Bianca Groot	+0.58 32.71		1:07.54	
	Annette van Dok	+0.35 39.48 1:23.87	Tessa Mosch	+0.42 29.69		1:02.14	
5.	WVZ 1	WVZ	NED		<b>4:40.18</b>	+0.73	
	Sabine Koudijs	+0.73 31.28 1:07.23	Yvonne Gerritsen			32.34	1:09.59
	Sandra van der Ende		Linda Hoogendam			33.64	1:12.11
6.	Steenwijk 1934 1	Steenwijk 1934	NED		<b>4:49.04</b>	+0.59	
	Getrude Corporaal	+0.59 33.12 1:08.84	Ilse Blankvoort	+0.37 33.29		1:09.93	
	Lonneke Oenema		Inge Soeters	+0.34 37.26		1:19.70	
7.	De Duck 1	De Duck	NED		<b>4:53.00</b>	+0.68	
	Rachel Trainor	+0.68 36.03 1:17.04	Geraldine Trainor	+0.28 33.22		1:11.43	
	Sandra Vermeulen	+0.16 34.58 1:12.67	Leontine Groeneveldt	+0.31 33.07		1:11.86	

Programmanr. 33, 4 x 100m vrije slag

120+, Heren

1.	ZPC AMERSFOORT 2 <i>Nederlands Masters Record, NMR startzwemmer 100m</i>	ZPC AMERSFOORT	NED	<b>3:42.12</b>	+0.72
	Chester Marsman	+0.72 26.88	55.64	Joan Kentrop	+0.48 24.43 51.85
	Rob van Vliet	+0.50 27.40	57.75	Martijn Giezen	+0.14 26.71 56.88
2.	DAW 1	DAW	NED	<b>3:45.77</b>	+0.67
	Michel de Maesschalck	+0.67 27.10	56.01	Pieter van Gemeren	+0.32 27.68 58.37
	Alex Damen	+0.46 27.60	57.73	Felix Geenen	+0.27 25.12 53.66
3.	De Duinkickers 2	De Duinkickers	NED	<b>4:19.66</b>	+0.74
	Connor Elemans	+0.74 31.42	1:07.85	Jeffrey Roest	+0.27 29.08 59.12
	Ruben de Boer	+0.18 30.18	1:04.71	Mathieu Rikken	+0.40 29.90 1:07.98
4.	Deltasteur 1	Deltasteur	NED	<b>4:33.64</b>	+0.80
	Pieter Bardelmeijer	+0.80 35.22	1:13.67	Tom de Lange	31.20 1:04.41
	Bob Potkamp	33.06	1:12.04	Patrick de Jonge	29.37 1:03.52

120+, Gemengd

1.	De Lansingh 1	De Lansingh	NED	<b>3:54.75</b>	+0.72
	Nol van Thull	+0.72 25.25	52.73	Roos van Esch	+0.22 31.76 1:06.29
	Mariska Scheel	+0.48 27.99	59.74	Rutger Dalm	+0.26 27.01 55.99
2.	ZPV Barracuda 1	ZPV Barracuda	NED	<b>3:56.34</b>	+0.82
	Mark Hensen	+0.82 27.23	55.90	Melissa van der Heijden	+0.16 29.77 1:01.58
	Pascal van Haren	+0.31 26.94	57.16	Denise Boereboom	+0.45 29.18 1:01.70
3.	WVZ 2	WVZ	NED	<b>4:00.00</b>	+0.72
	Delia Badoux	+0.72 29.50	1:01.70	Rens Post	+0.23 27.40 58.23
	Isabelle Massar	+0.38 29.82	1:03.37	Jordy van Oel	+0.31 27.01 56.70
4.	De Ward 1	De Ward	NED	<b>4:07.54</b>	+0.71
	Eva Kattouw	+0.71 30.93	1:07.23	Antwan van Engen	+0.28 27.12 57.51
	Yvette Ratering	+0.80 31.74	1:06.27	Stephan van Grevenbroek	+0.44 26.96 56.53
5.	DAW 2	DAW	NED	<b>4:12.68</b>	+0.75
	Wouter Zijlstra	+0.75 28.45	1:01.01	Sandra Zwaanswijk	+0.34 31.35 1:05.54
	Inge Koopman	+0.04 32.14	1:07.32	Paul Oudendijk	+0.53 28.52 58.81
6.	De Duck 2	De Duck	NED	<b>4:19.74</b>	+0.98
	Erik Saan	+0.98 32.18	1:08.16	Judith Kleinjan	+0.55 32.92 1:11.27
	Lenneke Bagijn	+0.66 31.33	1:06.20	Jesper Oranje	+0.53 25.64 54.11
7.	RZ 1	RZ	NED	<b>4:30.34</b>	+0.76
	Claudia Creemers	+0.76 37.34	1:20.81	Bert Schlicher	+0.22 29.73 1:02.64
	Fiona Meuffels	+0.12 32.01	1:08.93	Patrick Creemers	+0.09 27.38 57.96
8.	Albion WSS (SG) 4	Albion WSS (SG)	NED	<b>4:32.40</b>	+0.65
	Nick Boekestijn	+0.65 27.87	59.40	Yancey Bouman	+0.22 33.84 1:12.49
	Jacoline van den Beukel	+0.44 32.87	1:11.81	Fred Dijkshoorn	+0.45 32.57 1:08.70
9.	ZV Hoogland 2	Zwemvereniging Hoogland	NED	<b>4:35.85</b>	+0.78
	Renske Eilers	+0.78 32.15	1:08.03	Nicole van Zuilen	35.70 1:15.04
	Rudolf Meijer	33.41	1:12.88	Rutger Stam	27.36 59.90
10.	ZVVS 1	ZVVS	NED	<b>4:44.88</b>	+0.57
	Gertjan van der Vaart	+0.57 35.33	1:17.18	Chantal van der Vaart	+0.78 33.66 1:09.34
	Jeroen Hoeksels	+0.30 34.23	1:13.49	Marielle van der Vaart	+0.62 31.00 1:04.87

160+, Dames

1.	Old Dutch 1	Old Dutch	NED	<b>4:49.50</b>	+0.82
	Nicole van der Kooij	+0.82 33.85	1:13.27	Marleen Zantingh	33.52 1:10.69
	Marjon Boidin	37.07	1:18.05	Chantal Verhoeff	31.89 1:07.49
2.	De Rog 1	De Rog	NED	<b>5:07.05</b>	+0.77
	Chantal Winters	+0.77 33.47	1:09.16	Sandra Van der Helm	39.22 1:22.59
	Sandra Peeters-Wiermans	33.79	1:11.06	Esther Wouters	40.28 1:24.24
3.	Budel 1	Budel	NED	<b>5:33.70</b>	+0.95
	Sylvia Avitabile	+0.95 43.63	1:33.46	Elly Scheepers	35.02 1:12.37
	Carola Hompes	+0.45 39.06	1:23.25	Miriam Stevens	+0.99 39.34 1:24.62
4.	De Duinkickers 1	De Duinkickers	NED	<b>5:38.24</b>	+0.73
	Rachel Trapman	+0.73 32.98	1:11.48	Annet Verhoeven - Steggerda	49.26 1:48.85
	Inge Roskam	36.49	1:19.12	Saskia op den Velde	+0.59 35.19 1:18.79

Programmanr. 33, 4 x 100m vrije slag

160+, Heren

1. CNSW 1	CNSW			BEL	<b>4:39.60</b>	+0.71
Mesut Halicioglu	+0.71	27.13	58.53	Christian Schoenaers	39.17	1:21.45
Nicolas Slegers		33.54	1:09.97	Bruno Nahon	33.98	1:09.65

160+, Gemengd

1. TRB-RES 2	TRB-RES			NED	<b>4:26.57</b>	+0.76
Bas Kremers	+0.76	31.65	1:08.57	Maike Korthout	+0.27	31.63
Jeroen den Boer	+0.47	31.39	1:06.73	Edith Janssen-Koolen	+0.18	30.20
2. ESCA Zwemmen 4	ESCA Zwemmen			NED	<b>4:32.49</b>	+0.78
Arjen Koop	+0.78	30.08	1:03.43	Danique de Vegt		33.47
Wridzer Bakker		30.04	1:04.38	Karin van der Star-Verhoeven		34.47
3. SWOL 1894 1	SWOL 1894			NED	<b>4:40.05</b>	+0.82
Annemarie Vuisst-Blum	+0.82	38.42	1:19.48	Kasper van den Berghe		31.35
Kika Meijers		33.03	1:10.68	Peter Lommert		29.71
4. CNSW 2	CNSW			BEL	<b>4:48.32</b>	+0.70
Lionel Godeaux	+0.70	28.37	1:02.10	Marion Regnier	+0.36	31.79
Marco Usula	+0.43	27.53	57.21	Fernande Blondeel-Gourmet	+0.31	46.60
5. Budel 3	Budel			NED	<b>5:53.01</b>	+0.88
Joost van Eerd	+0.88	35.38	1:14.82	Judith van der Heijden		54.00
Jolanda Krippenberg		45.93	1:36.06	Dyon de Greef		30.86

200+, Dames

1. ZPC AMERSFOORT 1	ZPC AMERSFOORT			NED	<b>4:18.18</b>	+0.71
<i>Wereld Masters Record</i>						
Lesley Cordial	+0.71	31.19	1:05.05	Lidia v. Bon-Rosenbrand	+0.26	30.12
Atie Pijtak-Radersma	+0.33	32.17	1:07.18	Marije Jansen	+0.07	28.47
2. De Rog 2	De Rog			NED	<b>5:03.66</b>	+0.70
Ageeth Westenbrink	+0.70	40.36	1:24.02	Regine Beckers-Stribos		34.56
Arianne Hamakers		36.45	1:18.16	Wendy Brugman		30.99
3. DWK 2	DWK			NED	<b>5:21.70</b>	+0.92
Greta Wyra-Teitsma	+0.92	42.65	1:29.02	Ellen van Wingerden-Dijkhuizen		36.55
Jennie Resink-lindeboom		41.37	1:25.42	Iris van Aurich		33.19
4. ESCA Zwemmen 2	ESCA Zwemmen			NED	<b>6:09.73</b>	+0.76
Cora Smulders	+0.76	45.12	1:36.85	Marion Kolkman-Pluim	+0.78	41.64
Yoka de Vegt-van Dijk	+0.36	41.09	1:27.57	Ria Peters-Veurman	+0.68	46.80

200+, Heren

1. De Rog 3	De Rog			NED	<b>4:02.03</b>	+0.67
Arjan Verheij	+0.67	28.42	1:00.33	Glen Le Clercq	+0.40	27.91
Erik Kamphuis	+0.59	31.72	1:04.43	Peter Bernsen	+0.23	27.47
2. Steenwijk 1934 3	Steenwijk 1934			NED	<b>4:12.70</b>	+0.72
Casper Dollekamp	+0.72	32.82	1:10.09	Guido Keutgen	-0.02	29.06
Huyb Stegeman	+0.44	30.93	1:06.33	Lauren Vis	+0.40	25.49
3. Budel 2	Budel			NED	<b>4:26.48</b>	+0.93
Jos Zentjens	+0.93	32.82	1:11.09	Rick de Greef	+0.27	26.92
Ruud Kennis	+0.38	34.21	1:11.43	Wiljo Mackus	+0.43	31.25
4. RZC 2	RZC			NED	<b>4:27.46</b>	+0.79
Geert van Duinhoven	+0.79	32.31	1:08.17	Chretien Mali	+0.54	31.37
Eric Langhorst	+0.37	33.34	1:08.71	Bert de Weerd	+0.40	30.17
5. De Rog 4	De Rog			NED	<b>4:45.32</b>	+0.76
Wijnand Vergeest	+0.76	31.74	1:06.30	Huub van Kimmenade	+0.54	36.87
Hans Van de Berg	+0.56	34.70	1:11.59	Roy Le Clercq	+0.37	32.67

Programmanr. 33, 4 x 100m vrije slag

200+, Gemengd

1.	Dunkerque Natation 1 <i>French Masters Record</i>	Dunkerque Natation	FRA	<b>4:13.92</b>	+0.51			
	Jean-Pierre Delaporte	+0.51	29.11	1:00.43	Isabelle Dherbecourt	+0.03	30.59	1:06.06
	Isabelle Josselin	+0.35	32.00	1:07.36	Fabrice Dehandschoewercker	+0.15	27.90	1:00.07
2.	PSV 2	PSV	NED	<b>4:16.29</b>	+0.73			
	Jeanne Petit	+0.73	31.72	1:07.47	Harold Matla	+0.37	29.65	1:02.54
	Liselotte Joling	+0.46	32.08	1:06.41	Fred Ketting	+0.29	28.17	59.87
3.	Albion WSS (SG) 3	Albion WSS (SG)	NED	<b>4:21.61</b>	+0.70			
	Pieter Broek	+0.70	28.05	59.47	Mirjan den Drijver	+0.43	33.21	1:09.26
	Tineke Janssen	+0.31	32.29	1:08.37	Mark Nuijten	+0.34	30.20	1:04.51
4.	Patrick-De Roersoppers (SG) 1	Patrick-De Roersoppers (SG)	NED	<b>4:42.48</b>	+0.84			
	Arno Schrauwen	+0.84	31.61	1:06.31	Pascalie Janssen		34.63	1:13.47
	Charles Bos		33.11	1:11.07	Martine de Haart		34.49	1:11.63
5.	HZ&PC Heerenveen 2 <i>Nederlands Masters Record, NMR startzwemmer 100m</i>	HZ&PC Heerenveen	NED	<b>4:45.09</b>	+0.67			
	Casper Hut	+0.67	24.17	51.68	Peggi Hurenkamp	+0.20	35.62	1:16.28
	Ineke Meijer	+0.45	46.62	1:36.47	Marten de Groot	+0.31	28.54	1:00.66
6.	AZC 2	AZC	NED	<b>4:54.13</b>	+0.69			
	Wim de Lange	+0.69	33.51	1:10.60	Esther Boerdam-Delfos		34.72	1:12.34
	Geza Kaltenecker		40.30	1:27.15	Monique Remst		30.74	1:04.04
7.	Steenwijk 1934 5	Steenwijk 1934	NED	<b>5:24.81</b>	+0.78			
	Korstiaan de Boer	+0.78	34.03	1:11.21	Wiina Heijman		26.55	1:18.71
	Hans van Scheepen		42.33	1:28.79	Leonie Scholten		40.50	1:26.10

240+, Gemengd

1.	CNSW 3 <i>Belgisch Masters Record</i>	CNSW	BEL	<b>4:54.28</b>	+0.95			
	Philippe Godbille	+0.95	35.58	1:14.67	Kathy Van Lindt		33.46	1:09.43
	Claire Anthony		38.59	1:23.02	Jean-Marie Cadiat		32.00	1:07.16
2.	TriVia 1	TriVia	NED	<b>4:54.84</b>	+0.87			
	Fred Zanting	+0.87	35.44	1:15.11	Emmy in 't Veldt	+0.34	35.18	1:14.02
	Margriet Pasma	+0.40	38.97	1:21.74	Theo Bakker	+0.48	30.41	1:03.97
3.	SWOL 1894 2	SWOL 1894	NED	<b>4:55.01</b>	+0.79			
	Marjan Spoelstra	+0.79	39.46	1:24.15	Christine Nieuwenhuis	+0.45	35.94	1:15.53
	Jan-Ede Nijenhuis	+0.31	31.83	1:09.10	Erik Wetsteijn	+0.39	31.52	1:06.23
4.	ZPC AMERSFOORT 4	ZPC AMERSFOORT	NED	<b>5:23.30</b>	+0.79			
	Machteld Stilling	+0.79	39.01	1:20.89	Ron Korzelius		30.21	1:02.98
	Henk Kuipers		31.38	1:06.07	Loekie van Huissteden		51.73	1:53.36

280+, Dames

1.	PSV 1 <i>Wereld Masters Record</i>	PSV	NED	<b>5:21.18</b>	+0.59			
	Corrie Verhoeven	+0.59	37.40	1:20.28	Saskia Phaff		31.67	1:07.39
	Lottie Geurts		48.52	1:38.88	Ineke Weekers		36.24	1:14.63

280+, Gemengd

1.	PSV 3	PSV	NED	<b>6:18.38</b>	+0.90			
	Carla Hensen	+0.90	42.44	1:31.03	Jan Nuijten	+0.26	39.18	1:23.20
	Ineke Brouwers	+0.74	51.41	1:53.86	Rob Hanou	+0.68	41.67	1:30.29