



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



1 - ONMK 2023 kb sessie 1

16-02-2023 - 12:30

Programmanr. 2
16-02-2023 - 12:30

Heren, 1500m vrije slag
Pauze na Serie 4 / Break after Heat 4 10 Min.

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
Masters 20+								
1.	Tenzin Tieman	Old Dutch	NED 200005549	17:57.10	+0.80			
	50m: 31.07	31.07	450m: 5:13.43	36.26	850m: 10:04.97	36.72	1250m: 14:57.28	36.88
	100m: 1:04.83	33.76	500m: 5:49.74	36.31	900m: 10:41.13	36.16	1300m: 15:33.66	36.38
	150m: 1:39.43	34.60	550m: 6:25.94	36.20	950m: 11:17.07	35.94	1350m: 16:09.98	36.32
	200m: 2:14.47	35.04	600m: 7:02.76	36.82	1000m: 11:53.71	36.64	1400m: 16:46.99	37.01
	250m: 2:50.04	35.57	650m: 7:39.49	36.73	1050m: 12:30.42	36.71	1450m: 17:22.82	35.83
	300m: 3:25.75	35.71	700m: 8:15.84	36.35	1100m: 13:07.17	36.75	1500m: 17:57.10	34.28
	350m: 4:01.43	35.68	750m: 8:51.99	36.15	1150m: 13:43.76	36.59		
	400m: 4:37.17	35.74	800m: 9:28.25	36.26	1200m: 14:20.40	36.64		
Masters 25+								
1.	Stijn Jansen	ZV 44	NED 199705727	17:29.25				
	50m: 32.41	32.41	450m: 5:12.98	35.50	850m: 9:55.26	35.14	1250m: 14:36.26	34.86
	100m: 1:06.63	34.22	500m: 5:48.21	35.23	900m: 10:30.27	35.01	1300m: 15:11.03	34.77
	150m: 1:41.27	34.64	550m: 6:23.48	35.27	950m: 11:05.32	35.05	1350m: 15:46.14	35.11
	200m: 2:16.26	34.99	600m: 6:58.83	35.35	1000m: 11:40.46	35.14	1400m: 16:20.92	34.78
	250m: 2:51.44	35.18	650m: 7:34.11	35.28	1050m: 12:15.60	35.14	1450m: 16:55.68	34.76
	300m: 3:26.68	35.24	700m: 8:09.31	35.20	1100m: 12:51.02	35.42	1500m: 17:29.25	33.57
	350m: 4:02.00	35.32	750m: 8:44.69	35.38	1150m: 13:26.06	35.04		
	400m: 4:37.48	35.48	800m: 9:20.12	35.43	1200m: 14:01.40	35.34		
2.	Jeffrey Camphens	DWT	NED 199503113	17:34.96				
	50m: 31.97	31.97	450m: 5:13.79	35.53	850m: 9:59.05	35.44	1250m: 14:42.47	35.77
	100m: 1:06.86	34.89	500m: 5:49.18	35.39	900m: 10:34.65	35.60	1300m: 15:17.76	35.29
	150m: 1:42.07	35.21	550m: 6:24.91	35.73	950m: 11:10.18	35.53	1350m: 15:52.41	34.65
	200m: 2:17.24	35.17	600m: 7:00.59	35.68	1000m: 11:45.51	35.33	1400m: 16:27.30	34.89
	250m: 2:52.39	35.15	650m: 7:36.43	35.84	1050m: 12:21.19	35.68	1450m: 17:01.59	34.29
	300m: 3:27.68	35.29	700m: 8:12.39	35.96	1100m: 12:56.61	35.42	1500m: 17:34.96	33.37
	350m: 4:02.87	35.19	750m: 8:48.06	35.67	1150m: 13:31.54	34.93		
	400m: 4:38.26	35.39	800m: 9:23.61	35.55	1200m: 14:06.70	35.16		
3.	Jordy van Oel	WVZ	NED 199802003	17:56.58	+0.75			
	50m: 29.41	29.41	450m: 5:13.33	36.20	850m: 10:05.75	36.74	1250m: 14:42.01	36.53
	100m: 1:02.86	33.45	500m: 5:49.93	36.60	900m: 10:41.94	36.19	1300m: 15:34.96	35.95
	150m: 1:37.87	35.01	550m: 6:26.48	36.55	950m: 11:18.32	36.38	1350m: 16:10.97	36.01
	200m: 2:13.57	35.70	600m: 7:02.76	36.28	1000m: 11:55.10	36.78	1400m: 16:47.23	36.26
	250m: 2:49.36	35.79	650m: 7:39.62	36.86	1050m: 12:32.00	36.90	1450m: 17:22.55	35.32
	300m: 3:25.46	36.10	700m: 8:16.24	36.62	1100m: 13:09.16	37.16	1500m: 17:56.58	34.03
	350m: 4:01.53	36.07	750m: 8:52.54	36.30	1150m: 13:45.69	36.53		
	400m: 4:37.13	35.60	800m: 9:29.01	36.47	1200m: 14:22.48	36.79		
4.	Lars Jacobsen	DWK	NED 199705453	19:07.97	+0.77	714		
	50m: 31.00	31.00	450m: 5:30.33	38.60	850m: 10:40.77	39.35	1250m: 15:55.82	39.79
	100m: 1:06.02	35.02	500m: 6:08.95	38.62	900m: 11:19.53	38.76	1300m: 16:35.54	39.72
	150m: 1:42.45	36.43	550m: 6:47.71	38.76	950m: 11:58.43	38.90	1350m: 17:14.81	39.27
	200m: 2:19.70	37.25	600m: 7:26.24	38.53	1000m: 12:37.87	39.44	1400m: 17:53.36	38.55
	250m: 2:57.38	37.68	650m: 8:04.51	38.27	1050m: 13:16.77	38.90	1450m: 18:32.37	39.01
	300m: 3:35.54	38.16	700m: 8:43.27	38.76	1100m: 13:57.75	40.98	1500m: 19:07.97	35.60
	350m: 4:13.18	37.64	750m: 9:22.30	39.03	1150m: 14:37.60	39.85		
	400m: 4:51.73	38.55	800m: 10:01.42	39.12	1200m: 15:16.03	38.43		
Masters 30+								
1.	Tim Bunnik	Triton	NED 199000505	18:06.95	+0.78			
	50m: 32.01	32.01	450m: 5:21.61	37.01	850m: 10:13.00	35.83	1250m: 15:04.68	36.67
	100m: 1:07.26	35.25	500m: 5:58.22	36.61	900m: 10:49.76	36.76	1300m: 15:41.57	36.89
	150m: 1:43.15	35.89	550m: 6:34.85	36.63	950m: 11:25.88	36.12	1350m: 16:18.34	36.77
	200m: 2:19.41	36.26	600m: 7:11.65	36.80	1000m: 12:02.10	36.22	1400m: 16:55.62	37.28
	250m: 2:55.27	35.86	650m: 7:48.44	36.79	1050m: 12:38.47	36.37	1450m: 17:32.66	37.04
	300m: 3:31.87	36.60	700m: 8:25.02	36.58	1100m: 13:14.93	36.46	1500m: 18:06.95	34.29
	350m: 4:08.31	36.44	750m: 9:01.36	36.34	1150m: 13:51.01	36.08		
	400m: 4:44.60	36.29	800m: 9:37.17	35.81	1200m: 14:28.01	37.00		



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

rang	naam	vereniging				tijd	RT	PARA
2.	Wessel Everloo	WS Twente	NED	198906597	S14	18:24.82	+0.78	801
	50m: 33.64	33.64	450m: 5:26.65	36.66	850m: 10:23.84	37.77	1250m: 15:21.87	37.71
	100m: 1:09.59	35.95	500m: 6:05.02	38.37	900m: 11:00.42	36.58	1300m: 15:59.21	37.34
	150m: 1:45.70	36.11	550m: 6:42.57	37.55	950m: 11:37.81	37.39	1350m: 16:35.79	36.58
	200m: 2:22.57	36.87	600m: 7:18.87	36.30	1000m: 12:15.43	37.62	1400m: 17:12.77	36.98
	250m: 2:59.24	36.67	650m: 7:55.86	36.99	1050m: 12:51.90	36.47	1450m: 17:50.53	37.76
	300m: 3:36.73	37.49	700m: 8:33.77	37.91	1100m: 13:29.51	37.61	1500m: 18:24.82	34.29
	350m: 4:13.09	36.36	750m: 9:10.02	36.25	1150m: 14:06.51	37.00		
	400m: 4:49.99	36.90	800m: 9:46.07	36.05	1200m: 14:44.16	37.65		
3.	Patrick Creemers	RZ	NED	199000579		18:45.76		
	50m: 32.57	32.57	450m: 5:34.96	38.49	850m: 10:41.24	38.08	1250m: 15:40.83	37.18
	100m: 1:08.67	36.10	500m: 6:13.40	38.44	900m: 11:17.90	36.66	1300m: 16:18.13	37.30
	150m: 1:45.90	37.23	550m: 6:51.58	38.18	950m: 11:54.78	36.88	1350m: 16:55.61	37.48
	200m: 2:23.61	37.71	600m: 7:29.50	37.92	1000m: 12:32.62	37.84	1400m: 17:32.85	37.24
	250m: 3:02.07	38.46	650m: 8:07.55	38.05	1050m: 13:10.21	37.59	1450m: 18:10.43	37.58
	300m: 3:40.24	38.17	700m: 8:46.55	39.00	1100m: 13:47.88	37.67	1500m: 18:45.76	35.33
	350m: 4:18.14	37.90	750m: 9:25.03	38.48	1150m: 14:26.17	38.29		
	400m: 4:56.47	38.33	800m: 10:03.16	38.13	1200m: 15:03.65	37.48		
4.	Sybrn Groenewegen	De Schotestijl	NED	199306223		18:47.85 *		
	50m: 33.51	33.51	450m: 5:33.06	38.03	850m: 10:36.23	38.55	1250m: 15:39.80	38.06
	100m: 1:09.32	35.81	500m: 6:10.87	37.81	900m: 11:13.97	37.74	1300m: 16:17.84	38.04
	150m: 1:46.32	37.00	550m: 6:48.78	37.91	950m: 11:52.13	38.16	1350m: 16:56.30	38.46
	200m: 2:23.78	37.46	600m: 7:26.42	37.64	1000m: 12:30.18	38.05	1400m: 17:34.22	37.92
	250m: 3:01.82	38.04	650m: 8:04.22	37.80	1050m: 13:08.08	37.90	1450m: 18:12.27	38.05
	300m: 3:39.77	37.95	700m: 8:41.91	37.69	1100m: 13:45.93	37.85	1500m: 18:47.85	35.58
	350m: 4:17.54	37.77	750m: 9:19.62	37.71	1150m: 14:23.79	37.86		
	400m: 4:55.03	37.49	800m: 9:57.68	38.06	1200m: 15:01.74	37.95		
5.	Marc Hoogendam	Blue Marlins	NED	199007713		20:30.23	+0.67	
	50m: 32.70	32.70	450m: 5:51.59	41.28	850m: 11:25.57	41.51	1250m: 17:04.82	42.47
	100m: 1:09.55	36.85	500m: 6:33.60	42.01	900m: 12:08.32	42.75	1300m: 17:47.21	42.39
	150m: 1:47.66	38.11	550m: 7:15.77	42.17	950m: 12:50.19	41.87	1350m: 18:29.77	42.56
	200m: 2:26.98	39.32	600m: 7:57.60	41.83	1000m: 13:32.21	42.02	1400m: 19:12.34	42.57
	250m: 3:06.85	39.87	650m: 8:39.54	41.94	1050m: 14:14.53	42.32	1450m: 19:53.97	41.63
	300m: 3:47.53	40.68	700m: 9:21.48	41.94	1100m: 14:56.96	42.43	1500m: 20:30.23	36.26
	350m: 4:28.80	41.27	750m: 10:03.01	41.53	1150m: 15:39.74	42.78		
	400m: 5:10.31	41.51	800m: 10:44.06	41.05	1200m: 16:22.35	42.61		

Masters 35+

1.	Romain Delepine	Lille UC Natation	FRA	266204		17:53.04	+0.78	
	50m: 31.10	31.10	450m: 5:17.51	35.92	850m: 10:07.06	36.20	1250m: 14:54.52	35.65
	100m: 1:05.59	34.49	500m: 5:53.59	36.08	900m: 10:44.50	37.44	1300m: 15:30.74	36.22
	150m: 1:41.17	35.58	550m: 6:30.04	36.45	950m: 11:20.20	35.70	1350m: 16:06.99	36.25
	200m: 2:17.08	35.91	600m: 7:06.11	36.07	1000m: 11:55.77	35.57	1400m: 16:42.89	35.90
	250m: 2:53.21	36.13	650m: 7:42.31	36.20	1050m: 12:31.22	35.45	1450m: 17:19.33	36.44
	300m: 3:29.20	35.99	700m: 8:18.52	36.21	1100m: 13:06.82	35.60	1500m: 17:53.04	33.71
	350m: 4:05.44	36.24	750m: 8:54.87	36.35	1150m: 13:42.69	35.87		
	400m: 4:41.59	36.15	800m: 9:30.86	35.99	1200m: 14:18.87	36.18		
2.	Niels Albrechts	De Schotestijl	NED	198800039		18:29.00	+0.73	
	50m: 34.04	34.04	450m: 5:28.50	36.56	850m: 10:24.40	36.96	1250m: 15:24.43	37.75
	100m: 1:10.11	36.07	500m: 6:05.13	36.63	900m: 11:01.74	37.34	1300m: 16:02.14	37.71
	150m: 1:46.78	36.67	550m: 6:41.91	36.78	950m: 11:39.08	37.34	1350m: 16:40.01	37.87
	200m: 2:23.71	36.93	600m: 7:18.83	36.92	1000m: 12:16.67	37.59	1400m: 17:17.34	37.33
	250m: 3:00.86	37.15	650m: 7:55.71	36.88	1050m: 12:53.93	37.26	1450m: 17:54.90	37.56
	300m: 3:37.74	36.88	700m: 8:32.97	37.26	1100m: 13:31.19	37.26	1500m: 18:29.00	34.10
	350m: 4:14.98	37.24	750m: 9:09.94	36.97	1150m: 14:08.84	37.65		
	400m: 4:51.94	36.96	800m: 9:47.44	37.50	1200m: 14:46.68	37.84		
3.	Sander van Elburg	TRB-RES	NED	198800937		19:44.20 *	+0.85	
	50m: 34.29	34.29	450m: 5:47.80	39.96	850m: 11:05.63	40.10	1250m: 16:23.67	39.67
	100m: 1:11.59	37.30	500m: 6:26.56	38.76	900m: 11:45.90	40.27	1300m: 17:04.01	40.34
	150m: 1:49.70	38.11	550m: 7:05.49	38.93	950m: 12:26.09	40.19	1350m: 17:44.61	40.60
	200m: 2:29.00	39.30	600m: 7:44.94	39.45	1000m: 13:05.88	39.79	1400m: 18:24.89	40.28
	250m: 3:08.35	39.35	650m: 8:24.74	39.80	1050m: 13:45.27	39.39	1450m: 19:05.14	40.25
	300m: 3:47.85	39.50	700m: 9:05.14	40.40	1100m: 14:25.27	40.00	1500m: 19:44.20	39.06
	350m: 4:27.99	40.14	750m: 9:45.12	39.98	1150m: 15:04.34	39.07		
	400m: 5:07.84	39.85	800m: 10:25.53	40.41	1200m: 15:44.00	39.66		
4.	Edward van Dooitingh	ZV 44	NED	198403341		21:13.49	+0.97	
	50m: 35.18	35.18	450m: 6:11.71	43.44	850m: 11:56.92	43.14	1250m: 17:42.19	42.96
	100m: 1:14.30	39.12	500m: 6:54.60	42.89	900m: 12:40.26	43.34	1300m: 18:25.34	43.15
	150m: 1:54.87	40.57	550m: 7:37.69	43.09	950m: 13:23.72	43.46	1350m: 19:07.99	42.65
	200m: 2:36.81	41.94	600m: 8:20.74	43.05	1000m: 14:06.89	43.17	1400m: 19:50.77	42.78
	250m: 3:19.25	42.44	650m: 9:03.92	43.18	1050m: 14:50.08	43.19	1450m: 20:33.45	42.68
	300m: 4:02.09	42.84	700m: 9:47.15	43.23	1100m: 15:32.92	42.84	1500m: 21:13.49	40.04
	350m: 4:45.22	43.13	750m: 10:30.33	43.18	1150m: 16:16.01	43.09		
	400m: 5:28.27	43.05	800m: 11:13.78	43.45	1200m: 16:59.23	43.22		



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 2, Heren, 1500m vrije slag

Masters 40+

1. Gergely Molnár <i>Hungarian Masters Record</i>	Iron Swim	HUN	17:32.32	+0.80			
50m: 30.16	30.16	450m: 5:09.86	35.04	850m: 9:51.17	35.35	1250m: 14:34.84	35.72
100m: 1:04.37	34.21	500m: 5:45.28	35.42	900m: 10:26.38	35.21	1300m: 15:10.49	35.65
150m: 1:39.32	34.95	550m: 6:20.28	35.00	950m: 11:01.70	35.32	1350m: 15:46.02	35.53
200m: 2:14.28	34.96	600m: 6:55.37	35.09	1000m: 11:37.14	35.44	1400m: 16:21.75	35.73
250m: 2:49.19	34.91	650m: 7:30.36	34.99	1050m: 12:12.45	35.31	1450m: 16:57.71	35.96
300m: 3:24.27	35.08	700m: 8:05.58	35.22	1100m: 12:48.04	35.59	1500m: 17:32.32	34.61
350m: 3:59.14	34.87	750m: 8:40.46	34.88	1150m: 13:23.42	35.38		
400m: 4:34.82	35.68	800m: 9:15.82	35.36	1200m: 13:59.12	35.70		
2. Pieter Pickhardt	ZPC De Hof	NED	198301657	18:07.45	+0.80		
50m: 32.62	32.62	450m: 5:16.21	35.74	850m: 10:08.94	36.88	1250m: 15:04.44	37.12
100m: 1:07.58	34.96	500m: 5:52.14	35.93	900m: 10:45.82	36.88	1300m: 15:41.66	37.22
150m: 1:42.89	35.31	550m: 6:28.56	36.42	950m: 11:22.55	36.73	1350m: 16:18.63	36.97
200m: 2:18.30	35.41	600m: 7:05.17	36.61	1000m: 11:59.54	36.99	1400m: 16:55.71	37.08
250m: 2:53.49	35.19	650m: 7:41.90	36.73	1050m: 12:36.23	36.69	1450m: 17:32.24	36.53
300m: 3:29.09	35.60	700m: 8:18.51	36.61	1100m: 13:13.06	36.83	1500m: 18:07.45	35.21
350m: 4:04.84	35.75	750m: 8:55.43	36.92	1150m: 13:50.03	36.97		
400m: 4:40.47	35.63	800m: 9:32.06	36.63	1200m: 14:27.32	37.29		
3. Martijn Butter	OEZA	NED	197900231	18:25.81			
50m: 33.50	33.50	450m: 5:29.10	37.02	850m: 10:27.41	37.48	1250m: 15:25.14	37.34
100m: 1:09.60	36.10	500m: 6:06.23	37.13	900m: 11:04.09	36.68	1300m: 16:02.22	37.08
150m: 1:46.51	36.91	550m: 6:43.36	37.13	950m: 11:41.29	37.20	1350m: 16:38.98	36.76
200m: 2:23.54	37.03	600m: 7:20.83	37.47	1000m: 12:18.54	37.25	1400m: 17:15.79	36.81
250m: 3:00.38	36.84	650m: 7:58.23	37.40	1050m: 12:55.80	37.26	1450m: 17:51.38	35.59
300m: 3:37.73	37.35	700m: 8:35.61	37.38	1100m: 13:33.07	37.27	1500m: 18:25.81	34.43
350m: 4:14.91	37.18	750m: 9:12.99	37.38	1150m: 14:10.41	37.34		
400m: 4:52.08	37.17	800m: 9:49.93	36.94	1200m: 14:47.80	37.39		
4. Arjan Prins	Dedemsvaart-AC	NED	198201383	18:58.94	+0.90		
50m: 31.57	31.57	450m: 5:27.58	37.45	850m: 10:36.08	38.91	1250m: 15:24.50	39.28
100m: 1:07.06	35.49	500m: 6:05.55	37.97	900m: 11:15.11	39.03	1300m: 16:25.49	37.99
150m: 1:43.70	36.64	550m: 6:43.38	37.83	950m: 11:53.88	38.77	1350m: 17:04.40	38.91
200m: 2:20.59	36.89	600m: 7:21.90	38.52	1000m: 12:32.79	38.91	1400m: 17:43.21	38.81
250m: 2:57.45	36.86	650m: 8:00.00	38.10	1050m: 13:11.39	38.60	1450m: 18:22.51	39.30
300m: 3:34.65	37.20	700m: 8:39.01	39.01	1100m: 13:50.57	39.18	1500m: 18:58.94	36.43
350m: 4:12.04	37.39	750m: 9:18.03	39.02	1150m: 14:29.29	38.72		
400m: 4:50.13	38.09	800m: 9:57.17	39.14	1200m: 15:08.22	38.93		
5. Frank v.d. Voort	De Schoteijl	NED	198302259	19:16.80	+0.79		
50m: 32.63	32.63	450m: 5:23.05	36.99	850m: 10:27.06	39.45	1250m: 15:52.33	41.15
100m: 1:07.98	35.35	500m: 6:01.88	36.83	900m: 11:06.92	39.86	1300m: 16:33.67	41.34
150m: 1:43.65	35.67	550m: 6:36.97	37.09	950m: 11:46.85	39.93	1350m: 17:14.31	40.64
200m: 2:19.49	35.84	600m: 7:14.23	37.26	1000m: 12:27.35	40.50	1400m: 17:55.33	41.02
250m: 2:55.93	36.44	650m: 7:51.96	37.73	1050m: 13:08.04	40.69	1450m: 18:36.66	41.33
300m: 3:32.53	36.60	700m: 8:30.10	38.14	1100m: 13:48.81	40.77	1500m: 19:16.80	40.14
350m: 4:09.09	36.56	750m: 9:08.40	38.30	1150m: 14:29.89	41.08		
400m: 4:46.06	36.97	800m: 9:47.61	39.21	1200m: 15:11.18	41.29		
6. Marcel Reefhuis	WS Twente	NED	198101381	19:18.55	+0.68		
50m: 33.03	33.03	450m: 5:36.32	38.45	850m: 10:45.27	39.09	1250m: 16:01.39	39.89
100m: 1:09.80	36.77	500m: 6:14.79	38.47	900m: 11:24.09	38.82	1300m: 16:41.16	39.77
150m: 1:47.11	37.31	550m: 6:53.01	38.22	950m: 12:03.39	39.30	1350m: 17:21.03	39.87
200m: 2:24.73	37.62	600m: 7:31.49	38.48	1000m: 12:42.83	39.44	1400m: 18:01.26	40.23
250m: 3:02.80	38.07	650m: 8:09.85	38.36	1050m: 13:22.46	39.63	1450m: 18:41.02	39.76
300m: 3:40.97	38.17	700m: 8:48.26	38.41	1100m: 14:02.07	39.61	1500m: 19:18.55	37.53
350m: 4:19.40	38.43	750m: 9:27.15	38.89	1150m: 14:41.67	39.60		
400m: 4:57.87	38.47	800m: 10:06.18	39.03	1200m: 15:21.50	39.83		
7. Freddie Geerlings	Zwemsport Parkstad	NED	197900379	19:41.41			
50m: 34.23	34.23	450m: 5:39.77	38.83	850m: 10:58.48	40.12	1250m: 16:21.45	40.42
100m: 1:11.38	37.15	500m: 6:18.96	39.19	900m: 11:38.85	40.37	1300m: 17:02.09	40.64
150m: 1:49.50	38.12	550m: 6:58.36	39.40	950m: 12:19.00	40.15	1350m: 17:41.81	39.72
200m: 2:27.55	38.05	600m: 7:38.18	39.82	1000m: 12:59.45	40.45	1400m: 18:22.76	40.95
250m: 3:05.85	38.30	650m: 8:17.81	39.63	1050m: 13:39.59	40.14	1450m: 19:02.63	39.87
300m: 3:44.03	38.18	700m: 8:57.88	40.07	1100m: 14:19.81	40.22	1500m: 19:41.41	38.78
350m: 4:22.41	38.38	750m: 9:38.17	40.29	1150m: 15:00.77	40.96		
400m: 5:00.94	38.53	800m: 10:18.36	40.19	1200m: 15:41.03	40.26		
8. Geert-Jan Vos	ZV 44	NED	198101869	21:05.32	+1.01		
50m: 34.54	34.54	450m: 6:05.07	43.10	850m: 11:49.19	42.71	1250m: 17:34.75	43.48
100m: 1:12.48	37.94	500m: 6:48.17	43.10	900m: 12:32.12	42.93	1300m: 18:17.60	42.85
150m: 1:51.96	39.48	550m: 7:31.22	43.05	950m: 13:14.88	42.76	1350m: 19:00.60	43.00
200m: 2:33.04	41.08	600m: 8:13.98	42.76	1000m: 13:58.08	43.20	1400m: 19:42.46	41.86
250m: 3:14.61	41.57	650m: 8:57.56	43.58	1050m: 14:41.60	43.52	1450m: 20:24.55	42.09
300m: 3:56.72	42.11	700m: 9:40.06	42.50	1100m: 15:24.75	43.15	1500m: 21:05.32	40.77
350m: 4:39.67	42.95	750m: 10:22.98	42.92	1150m: 16:08.47	43.72		
400m: 5:21.97	42.30	800m: 11:06.48	43.50	1200m: 16:51.27	42.80		



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



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

rang	naam	vereniging	tijd	RT	PARA			
9.	Oscar Monge	IJZPC	21:06.12	+0.70				
	50m: 34.97	34.97	450m: 6:08.34	42.61	850m: 11:48.32	43.30	1250m: 17:32.47	43.44
	100m: 1:14.17	39.20	500m: 6:51.05	42.71	900m: 12:31.10	42.78	1300m: 18:15.24	42.77
	150m: 1:54.78	40.61	550m: 7:33.32	42.27	950m: 13:13.59	42.49	1350m: 18:58.46	43.22
	200m: 2:36.47	41.69	600m: 8:15.49	42.17	1000m: 13:56.63	43.04	1400m: 19:41.67	43.21
	250m: 3:18.69	42.22	650m: 8:57.71	42.22	1050m: 14:39.27	42.64	1450m: 20:25.05	43.38
	300m: 4:01.06	42.37	700m: 9:40.29	42.58	1100m: 15:22.42	43.15	1500m: 21:06.12	41.07
	350m: 4:43.47	42.41	750m: 10:22.39	42.10	1150m: 16:05.44	43.02		
	400m: 5:25.73	42.26	800m: 11:05.02	42.63	1200m: 16:49.03	43.59		

Masters 45+

1.	Eric Hoekman	WS Twente	20:51.93	+1.03				
	50m: 33.87	33.87	450m: 5:53.51	41.53	850m: 11:33.17	43.06	1250m: 17:17.63	42.72
	100m: 1:10.50	36.63	500m: 6:35.68	42.17	900m: 12:16.02	42.85	1300m: 18:01.83	44.20
	150m: 1:49.01	38.51	550m: 7:17.46	41.78	950m: 12:58.91	42.89	1350m: 18:45.00	43.17
	200m: 2:28.09	39.08	600m: 7:59.66	42.20	1000m: 13:41.97	43.06	1400m: 19:27.87	42.87
	250m: 3:08.37	40.28	650m: 8:41.76	42.10	1050m: 14:24.90	42.93	1450m: 20:09.69	41.82
	300m: 3:49.27	40.90	700m: 9:25.32	43.56	1100m: 15:08.08	43.18	1500m: 20:51.93	42.24
	350m: 4:30.60	41.33	750m: 10:07.96	42.64	1150m: 15:51.82	43.74		
	400m: 5:11.98	41.38	800m: 10:50.11	42.15	1200m: 16:34.91	43.09		

2.	Erwin Zuidervelt	AZ&PC De Futen	21:12.28					
	50m: 36.61	36.61	450m: 6:08.87	42.79	850m: 11:51.96	42.65	1250m: 17:40.06	44.21
	100m: 1:16.74	40.13	500m: 6:51.91	43.04	900m: 12:35.66	43.70	1300m: 18:23.96	43.90
	150m: 1:57.65	40.91	550m: 7:34.03	42.12	950m: 13:18.67	43.01	1350m: 19:07.52	43.56
	200m: 2:38.45	40.80	600m: 8:15.89	41.86	1000m: 14:02.00	43.33	1400m: 19:50.73	43.21
	250m: 3:19.94	41.49	650m: 8:58.67	42.78	1050m: 14:45.61	43.61	1450m: 20:32.76	42.03
	300m: 4:01.77	41.83	700m: 9:41.79	43.12	1100m: 15:29.53	43.92	1500m: 21:12.28	39.52
	350m: 4:43.64	41.87	750m: 10:25.18	43.39	1150m: 16:13.01	43.48		
	400m: 5:26.08	42.44	800m: 11:09.31	44.13	1200m: 16:55.85	42.84		

3.	Tom Bandsma	PSV	23:35.31	+1.15				
	50m: 38.90	38.90	450m: 6:40.12	47.53	850m: 13:04.15	48.88	1250m: 19:35.86	48.80
	100m: 1:21.51	42.61	500m: 7:27.05	46.93	900m: 13:53.05	48.90	1300m: 20:25.25	49.39
	150m: 2:04.80	43.29	550m: 8:14.98	47.93	950m: 14:41.89	48.84	1350m: 21:13.63	48.38
	200m: 2:48.90	44.10	600m: 9:02.95	47.97	1000m: 15:30.65	48.76	1400m: 22:02.81	49.18
	250m: 3:33.74	44.84	650m: 9:51.15	48.20	1050m: 16:19.58	48.93	1450m: 22:51.57	48.76
	300m: 4:20.08	46.34	700m: 10:38.63	47.48	1100m: 17:08.28	48.70	1500m: 23:35.31	43.74
	350m: 5:06.41	46.33	750m: 11:26.94	48.31	1150m: 17:57.65	49.37		
	400m: 5:52.59	46.18	800m: 12:15.27	48.33	1200m: 18:47.06	49.41		

Masters 50+

1.	Ingmar de Gelder *400m	ZOB'66	19:49.43					
	50m: 34.75	34.75	450m: 5:48.63	40.36	850m: 11:12.92	40.81	1250m: 16:34.42	39.53
	100m: 1:11.85	37.10	500m: 6:29.62	40.99	900m: 11:53.30	40.38	1300m: 17:14.66	40.24
	150m: 1:49.96	38.11	550m: 7:10.13	40.51	950m: 12:33.77	40.47	1350m: 17:54.17	39.51
	200m: 2:28.92	38.96	600m: 7:50.60	40.47	1000m: 13:13.80	40.03	1400m: 18:33.47	39.30
	250m: 3:08.20	39.28	650m: 8:31.13	40.53	1050m: 13:53.89	40.09	1450m: 19:13.01	39.54
	300m: 3:48.04	39.84	700m: 9:11.68	40.55	1100m: 14:34.55	40.66	1500m: 19:49.43	36.42
	350m: 4:27.89	39.85	750m: 9:51.81	40.13	1150m: 15:14.92	40.37		
	400m: 5:08.27	40.38	800m: 10:32.11	40.30	1200m: 15:54.89	39.97		

2.	Chris Kouwenhoven	De Grunte	21:04.49					
	50m: 35.72	35.72	450m: 6:03.68	42.30	850m: 11:45.65	42.87	1250m: 17:30.22	43.31
	100m: 1:14.63	38.91	500m: 6:46.28	42.60	900m: 12:29.07	43.42	1300m: 18:13.32	43.10
	150m: 1:54.74	40.11	550m: 7:28.86	42.58	950m: 13:12.00	42.93	1350m: 18:56.59	43.27
	200m: 2:35.16	40.42	600m: 8:11.70	42.84	1000m: 13:54.85	42.85	1400m: 19:39.69	43.10
	250m: 3:16.30	41.14	650m: 8:54.45	42.75	1050m: 14:37.79	42.94	1450m: 20:22.73	43.04
	300m: 3:57.43	41.13	700m: 9:37.23	42.78	1100m: 15:20.93	43.14	1500m: 21:04.49	41.76
	350m: 4:38.99	41.56	750m: 10:20.30	43.07	1150m: 16:03.92	42.99		
	400m: 5:21.38	42.39	800m: 11:02.78	42.48	1200m: 16:46.91	42.99		

3.	Martijn de Jong	DWK	22:31.93	+0.87				
	50m: 37.45	37.45	450m: 6:30.99	44.99	850m: 12:36.82	45.92	1250m: 18:44.90	45.81
	100m: 1:19.10	41.65	500m: 7:16.37	45.38	900m: 13:22.90	46.08	1300m: 19:31.39	46.49
	150m: 2:02.39	43.29	550m: 8:01.75	45.38	950m: 14:08.67	45.77	1350m: 20:17.81	46.42
	200m: 2:46.72	44.33	600m: 8:47.51	45.76	1000m: 14:55.02	46.35	1400m: 21:03.84	46.03
	250m: 3:31.43	44.71	650m: 9:33.24	45.73	1050m: 15:41.07	46.05	1450m: 21:48.38	44.54
	300m: 4:16.05	44.62	700m: 10:19.07	45.83	1100m: 16:27.16	46.09	1500m: 22:31.93	43.55
	350m: 5:00.82	44.77	750m: 11:04.55	45.48	1150m: 17:13.51	46.35		
	400m: 5:46.00	45.18	800m: 11:50.90	46.35	1200m: 17:59.09	45.58		



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



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

rang	naam	vereniging	tijd	RT	PARA			
4.	Eduard Leusink	De Mors	NED 196901573	22:40.82				
	50m: 35.60	35.60	450m: 6:10.46	43.27	850m: 12:17.60	46.98	1250m: 18:37.40	49.08
	100m: 1:14.88	39.28	500m: 6:54.30	43.84	900m: 13:05.87	48.27	1300m: 19:27.50	50.10
	150m: 1:55.81	40.93	550m: 7:40.02	45.72	950m: 13:52.79	46.92	1350m: 20:17.28	49.78
	200m: 2:37.56	41.75	600m: 8:25.22	45.20	1000m: 14:39.97	47.18	1400m: 21:06.59	49.31
	250m: 3:19.46	41.90	650m: 9:11.03	45.81	1050m: 15:27.60	47.63	1450m: 21:55.14	48.55
	300m: 4:01.81	42.35	700m: 9:57.41	46.38	1100m: 16:14.68	47.08	1500m: 22:40.82	45.68
	350m: 4:44.36	42.55	750m: 10:43.90	46.49	1150m: 17:01.51	46.83		
	400m: 5:27.19	42.83	800m: 11:30.62	46.72	1200m: 17:48.32	46.81		

Masters 55+

1.	Erlend Alstad	OI Svømming	NOR M210367ERL02	18:28.82	+0.90			
	50m: 33.64	33.64	450m: 5:29.69	37.34	850m: 10:26.64	36.87	1250m: 15:25.33	37.40
	100m: 1:09.93	36.29	500m: 6:06.60	36.91	900m: 11:03.65	37.01	1300m: 16:02.65	37.32
	150m: 1:46.75	36.82	550m: 6:43.86	37.26	950m: 11:41.18	37.53	1350m: 16:39.15	36.50
	200m: 2:23.68	36.93	600m: 7:21.03	37.17	1000m: 12:18.53	37.35	1400m: 17:15.75	36.60
	250m: 3:01.01	37.33	650m: 7:58.32	37.29	1050m: 12:55.85	37.32	1450m: 17:52.51	36.76
	300m: 3:38.08	37.07	700m: 8:35.45	37.13	1100m: 13:33.10	37.25	1500m: 18:28.82	36.31
	350m: 4:15.45	37.37	750m: 9:12.95	37.50	1150m: 14:10.46	37.36		
	400m: 4:52.35	36.90	800m: 9:49.77	36.82	1200m: 14:47.93	37.47		

2.	Nico Paasse	De Schotejil	NED 196501463	19:52.26	+0.96			
	50m: 34.60	34.60	450m: 5:53.43	40.16	850m: 11:14.05	40.00	1250m: 16:33.46	39.91
	100m: 1:13.17	38.57	500m: 6:33.66	40.23	900m: 11:54.12	40.07	1300m: 17:13.01	39.55
	150m: 1:52.81	39.64	550m: 7:13.55	39.89	950m: 12:34.07	39.95	1350m: 17:52.99	39.98
	200m: 2:33.22	40.41	600m: 7:53.71	40.16	1000m: 13:14.12	40.05	1400m: 18:33.27	40.28
	250m: 3:13.26	40.04	650m: 8:33.85	40.14	1050m: 13:53.88	39.76	1450m: 19:13.30	40.03
	300m: 3:53.06	39.80	700m: 9:13.79	39.94	1100m: 14:33.77	39.89	1500m: 19:52.26	38.96
	350m: 4:33.24	40.18	750m: 9:54.07	40.28	1150m: 15:13.70	39.93		
	400m: 5:13.27	40.03	800m: 10:34.05	39.98	1200m: 15:53.55	39.85		

3.	Jon Christensen	Luxembourg Sharks Swimming CLUX	10008	20:09.89	+0.66			
	<i>Luxembourg Masters Record</i>							
	50m: 35.80	35.80	450m: 5:54.71	40.16	850m: 11:15.73	40.35	1250m: 16:43.29	41.15
	100m: 1:14.91	39.11	500m: 6:34.79	40.08	900m: 11:56.12	40.39	1300m: 17:24.91	41.62
	150m: 1:54.89	39.98	550m: 7:14.80	40.01	950m: 12:36.88	40.76	1350m: 18:06.52	41.61
	200m: 2:35.02	40.13	600m: 7:54.96	40.16	1000m: 13:17.76	40.88	1400m: 18:48.19	41.67
	250m: 3:14.99	39.97	650m: 8:35.03	40.07	1050m: 13:58.47	40.71	1450m: 19:29.71	41.52
	300m: 3:54.82	39.83	700m: 9:14.90	39.87	1100m: 14:39.67	41.20	1500m: 20:09.89	40.18
	350m: 4:34.86	40.04	750m: 9:55.11	40.21	1150m: 15:20.74	41.07		
	400m: 5:14.55	39.69	800m: 10:35.38	40.27	1200m: 16:02.14	41.40		

4.	Arno Schrauwen	Patrick-De Roersoppers (SG)	NED 196501355	20:53.07				
	50m: 35.31	35.31	450m: 6:11.34	42.46	850m: 11:47.31	41.94	1250m: 17:23.33	42.00
	100m: 1:16.02	40.71	500m: 6:53.32	41.98	900m: 12:29.28	41.97	1300m: 18:05.71	42.38
	150m: 1:57.98	41.96	550m: 7:35.46	42.14	950m: 13:11.07	41.79	1350m: 18:47.79	42.08
	200m: 2:40.31	42.33	600m: 8:17.48	42.02	1000m: 13:53.22	42.15	1400m: 19:30.11	42.32
	250m: 3:22.59	42.28	650m: 8:59.59	42.11	1050m: 14:35.37	42.15	1450m: 20:11.91	41.80
	300m: 4:04.83	42.24	700m: 9:41.79	42.20	1100m: 15:17.42	42.05	1500m: 20:53.07	41.16
	350m: 4:46.70	41.87	750m: 10:23.53	41.74	1150m: 15:59.19	41.77		
	400m: 5:28.88	42.18	800m: 11:05.37	41.84	1200m: 16:41.33	42.14		

5.	Andy Feyen	Zwemclub Iloka Kapellen	BEL ZIK/11034/67	21:19.76	+0.79			
	50m: 34.96	34.96	450m: 6:03.57	41.39	850m: 11:50.80	44.18	1250m: 17:42.33	45.12
	100m: 1:14.41	39.45	500m: 6:46.11	42.54	900m: 12:34.53	43.73	1300m: 18:25.24	42.91
	150m: 1:55.36	40.95	550m: 7:29.91	43.80	950m: 13:18.26	43.73	1350m: 19:08.58	43.34
	200m: 2:36.92	41.56	600m: 8:12.68	42.77	1000m: 14:01.71	43.45	1400m: 19:52.55	43.97
	250m: 3:17.76	40.84	650m: 8:55.45	42.77	1050m: 14:46.49	44.78	1450m: 20:36.63	44.08
	300m: 3:59.02	41.26	700m: 9:38.85	43.40	1100m: 15:29.49	43.00	1500m: 21:19.76	43.13
	350m: 4:40.78	41.76	750m: 10:22.50	43.65	1150m: 16:13.20	43.71		
	400m: 5:22.18	41.40	800m: 11:06.62	44.12	1200m: 16:57.21	44.01		

6.	Pascal Tourton	ZOB'66	NED 196601343	21:41.58	+1.71			
	50m: 40.29	40.29	450m: 6:36.51	44.57	850m: 12:28.36	43.37	1250m: 18:08.90	42.11
	100m: 1:23.51	43.22	500m: 7:20.71	44.20	900m: 13:10.91	42.55	1300m: 18:51.50	42.60
	150m: 2:08.63	45.12	550m: 8:04.95	44.24	950m: 13:53.86	42.95	1350m: 19:34.65	43.15
	200m: 2:53.52	44.89	600m: 8:49.31	44.36	1000m: 14:36.53	42.67	1400m: 20:17.54	42.89
	250m: 3:38.67	45.15	650m: 9:33.34	44.03	1050m: 15:19.17	42.64	1450m: 21:00.46	42.92
	300m: 4:23.18	44.51	700m: 10:17.62	44.28	1100m: 16:01.77	42.60	1500m: 21:41.58	41.12
	350m: 5:07.13	43.95	750m: 11:01.39	43.77	1150m: 16:44.46	42.69		
	400m: 5:51.94	44.81	800m: 11:44.99	43.60	1200m: 17:26.79	42.33		

Programmanr. 2, Heren, 1500m vrije slag

Masters 60+

1. Gustav van den Berg		TriVia	NED 196100991		19:40.12						
50m:	36.01	36.01	450m:	5:51.01	39.39	850m:	11:10.15	39.76	1250m:	16:27.87	39.61
100m:	1:14.59	38.58	500m:	6:30.38	39.37	900m:	11:50.06	39.91	1300m:	17:07.42	39.55
150m:	1:53.94	39.35	550m:	7:09.97	39.59	950m:	12:30.26	40.20	1350m:	17:46.36	38.94
200m:	2:33.74	39.80	600m:	7:50.05	40.08	1000m:	13:09.80	39.54	1400m:	18:25.43	39.07
250m:	3:13.21	39.47	650m:	8:29.71	39.66	1050m:	13:49.43	39.63	1450m:	19:03.86	38.43
300m:	3:52.69	39.48	700m:	9:10.18	40.47	1100m:	14:29.01	39.58	1500m:	19:40.12	36.26
350m:	4:32.28	39.59	750m:	9:50.20	40.02	1150m:	15:08.51	39.50			
400m:	5:11.62	39.34	800m:	10:30.39	40.19	1200m:	15:48.26	39.75			
2. Jan Brink		ZPC De Zeeuwse Kust	NED 196200091		19:45.82		+0.76				
50m:	33.45	33.45	450m:	5:44.32	39.69	850m:	11:02.30	40.56	1250m:	16:25.86	40.54
100m:	1:10.88	37.43	500m:	6:23.88	39.56	900m:	11:42.24	39.94	1300m:	17:07.01	41.15
150m:	1:49.15	38.27	550m:	7:03.63	39.75	950m:	12:22.54	40.30	1350m:	17:47.29	40.28
200m:	2:28.28	39.13	600m:	7:43.18	39.55	1000m:	13:02.97	40.43	1400m:	18:27.41	40.12
250m:	3:07.24	38.96	650m:	8:22.99	39.81	1050m:	13:43.24	40.27	1450m:	19:07.32	39.91
300m:	3:46.09	38.85	700m:	9:02.61	39.62	1100m:	14:23.93	40.69	1500m:	19:45.82	38.50
350m:	4:25.44	39.35	750m:	9:42.02	39.41	1150m:	15:04.37	40.44			
400m:	5:04.63	39.19	800m:	10:21.74	39.72	1200m:	15:45.32	40.95			
3. Casper Dollekamp		Steenwijk 1934	NED 196301341		23:10.03						
50m:	36.85	36.85	450m:	6:34.92	46.04	850m:	12:55.44	48.22	1250m:	19:18.36	47.97
100m:	1:18.74	41.89	500m:	7:21.71	46.79	900m:	13:42.77	47.33	1300m:	20:05.98	47.62
150m:	2:02.24	43.50	550m:	8:08.84	47.13	950m:	14:30.52	47.75	1350m:	20:52.61	46.63
200m:	2:46.39	44.15	600m:	8:56.87	48.03	1000m:	15:17.59	47.07	1400m:	21:40.10	47.49
250m:	3:31.35	44.96	650m:	9:45.37	48.50	1050m:	16:05.70	48.11	1450m:	22:26.36	46.26
300m:	4:16.99	45.64	700m:	10:32.43	47.06	1100m:	16:54.57	48.87	1500m:	23:10.03	43.67
350m:	5:02.67	45.68	750m:	11:19.83	47.40	1150m:	17:42.27	47.70			
400m:	5:48.88	46.21	800m:	12:07.22	47.39	1200m:	18:30.39	48.12			
4. John Dam		ZIGNEA	NED 196000915		23:32.73						
50m:	39.94	39.94	450m:	6:59.57	47.53	850m:	13:22.36	48.10	1250m:	19:42.37	46.96
100m:	1:25.13	45.19	500m:	7:47.54	47.97	900m:	14:09.90	47.54	1300m:	20:29.47	47.10
150m:	2:12.79	47.66	550m:	8:35.09	47.55	950m:	14:57.76	47.86	1350m:	21:16.81	47.34
200m:	3:00.44	47.65	600m:	9:22.87	47.78	1000m:	15:45.23	47.47	1400m:	22:03.00	46.19
250m:	3:48.33	47.89	650m:	10:10.84	47.97	1050m:	16:32.60	47.37	1450m:	22:49.37	46.37
300m:	4:36.13	47.80	700m:	10:58.87	48.03	1100m:	17:20.22	47.62	1500m:	23:32.73	43.36
350m:	5:23.98	47.85	750m:	11:46.72	47.85	1150m:	18:07.96	47.74			
400m:	6:12.04	48.06	800m:	12:34.26	47.54	1200m:	18:55.41	47.45			
5. Henk Gierveld		Nat Utrecht	NED 196000869		25:28.89						
<i>* alle afstanden</i>											
50m:	41.17	41.17	450m:	7:24.07	51.93	850m:	14:16.92	52.40	1250m:	21:11.10	52.00
100m:	1:28.56	47.39	500m:	8:15.69	51.62	900m:	15:09.22	52.30	1300m:	22:03.43	52.33
150m:	2:17.64	49.08	550m:	9:07.32	51.63	950m:	15:59.97	50.75	1350m:	22:54.60	51.17
200m:	3:08.03	50.39	600m:	9:59.66	52.34	1000m:	16:51.92	51.95	1400m:	23:48.27	53.67
250m:	3:58.87	50.84	650m:	10:50.64	50.98	1050m:	17:43.41	51.49	1450m:	24:42.00	53.73
300m:	4:49.94	51.07	700m:	11:41.92	51.28	1100m:	18:35.43	52.02	1500m:	25:28.89	46.89
350m:	5:41.04	51.10	750m:	12:33.63	51.71	1150m:	19:27.31	51.88			
400m:	6:32.14	51.10	800m:	13:24.52	50.89	1200m:	20:19.10	51.79			

Masters 65+

1. Henk Slomp		De Inktvis	NED 195500359		21:48.33		+0.92				
50m:	36.42	36.42	450m:	6:24.48	44.01	850m:	12:18.09	44.33	1250m:	18:13.22	44.11
100m:	1:17.50	41.08	500m:	7:08.90	44.42	900m:	13:02.04	43.95	1300m:	18:57.45	44.23
150m:	2:00.01	42.51	550m:	7:53.40	44.50	950m:	13:46.86	44.82	1350m:	19:41.84	44.39
200m:	2:43.90	43.89	600m:	8:37.97	44.57	1000m:	14:30.89	44.03	1400m:	20:24.89	43.05
250m:	3:27.82	43.92	650m:	9:22.27	44.30	1050m:	15:15.24	44.35	1450m:	21:08.06	43.17
300m:	4:12.13	44.31	700m:	10:06.47	44.20	1100m:	15:59.26	44.02	1500m:	21:48.33	40.27
350m:	4:56.94	44.81	750m:	10:50.89	44.42	1150m:	16:44.66	45.40			
400m:	5:40.47	43.53	800m:	11:33.76	42.87	1200m:	17:29.11	44.45			
2. Otto Zeijveld		De Berkelduikers	NED 195800497		22:07.60						
50m:	38.96	38.96	450m:	6:33.33	44.50	850m:	12:30.07	44.87	1250m:	18:29.72	44.58
100m:	1:21.83	42.87	500m:	7:17.91	44.58	900m:	13:15.59	45.52	1300m:	19:13.81	44.09
150m:	2:06.40	44.57	550m:	8:02.46	44.55	950m:	14:00.55	44.96	1350m:	19:58.26	44.45
200m:	2:50.74	44.34	600m:	8:46.45	43.99	1000m:	14:45.78	45.23	1400m:	20:42.60	44.34
250m:	3:34.95	44.21	650m:	9:31.06	44.61	1050m:	15:30.82	45.04	1450m:	21:26.09	43.49
300m:	4:19.70	44.75	700m:	10:15.71	44.65	1100m:	16:15.76	44.94	1500m:	22:07.60	41.51
350m:	5:04.17	44.47	750m:	11:00.40	44.69	1150m:	17:00.50	44.74			
400m:	5:48.83	44.66	800m:	11:45.20	44.80	1200m:	17:45.14	44.64			

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

rang	naam	vereniging	tijd	RT	PARA
3.	Paul Bunnik	Triton	22:42.16	+0.91	
	50m: 37.15	450m: 6:34.08	45.24	850m: 12:40.28	45.39
	100m: 1:19.14	500m: 7:19.35	45.27	900m: 13:26.24	45.96
	150m: 2:02.80	550m: 8:05.21	45.86	950m: 14:12.41	46.17
	200m: 2:47.75	600m: 8:50.82	45.61	1000m: 14:59.51	47.10
	250m: 3:32.88	650m: 9:36.42	45.60	1050m: 15:44.70	45.19
	300m: 4:17.85	700m: 10:22.08	45.66	1100m: 16:31.64	46.94
	350m: 5:03.06	750m: 11:08.40	46.32	1150m: 17:18.66	47.02
	400m: 5:48.84	800m: 11:54.89	46.49	1200m: 18:04.97	46.31
4.	Jaap Vis	TriVia	23:22.88	+0.97	
	50m: 43.45	450m: 7:01.32	47.63	850m: 13:21.40	46.61
	100m: 1:29.72	500m: 7:49.54	48.22	900m: 14:08.06	46.66
	150m: 2:17.21	550m: 8:38.00	48.46	950m: 14:55.51	47.45
	200m: 3:05.35	600m: 9:25.40	47.40	1000m: 15:42.36	46.85
	250m: 3:52.86	650m: 10:12.78	47.38	1050m: 16:29.06	46.70
	300m: 4:39.58	700m: 11:00.02	47.24	1100m: 17:15.99	46.93
	350m: 5:26.66	750m: 11:47.74	47.72	1150m: 18:02.51	46.52
	400m: 6:13.69	800m: 12:34.79	47.05	1200m: 18:49.12	46.61
5.	Laurens Klein Breteler	WWV Winterswijk	23:24.41	+0.84	
	50m: 40.33	450m: 6:51.28	47.85	850m: 13:08.26	47.17
	100m: 1:25.01	500m: 7:38.36	47.08	900m: 13:55.71	47.45
	150m: 2:10.82	550m: 8:25.89	47.53	950m: 14:42.89	47.18
	200m: 2:56.93	600m: 9:12.51	46.62	1000m: 15:30.70	47.81
	250m: 3:43.46	650m: 9:59.73	47.22	1050m: 16:18.27	47.57
	300m: 4:30.41	700m: 10:47.11	47.38	1100m: 17:05.43	47.16
	350m: 5:17.01	750m: 11:34.49	47.38	1150m: 17:53.18	47.75
	400m: 6:03.43	800m: 12:21.09	46.60	1200m: 18:40.22	47.04
6.	Wolfgang Rossa	TPSK 1925 e.V.	24:02.80	+1.33	
	50m: 42.87	450m: 7:03.64	48.16	850m: 13:30.76	48.06
	100m: 1:29.15	500m: 7:52.44	48.80	900m: 14:19.62	48.86
	150m: 2:16.57	550m: 8:41.24	48.80	950m: 15:08.14	48.52
	200m: 3:04.23	600m: 9:29.40	48.16	1000m: 15:57.02	48.88
	250m: 3:51.99	650m: 10:17.26	47.86	1050m: 16:45.45	48.43
	300m: 4:40.10	700m: 11:06.31	49.05	1100m: 17:33.59	48.14
	350m: 5:27.43	750m: 11:54.52	48.21	1150m: 18:22.43	48.84
	400m: 6:15.48	800m: 12:42.70	48.18	1200m: 19:11.94	49.51
7.	André Pantekoek	PSV	27:57.36		
	50m: 46.39	450m: 8:16.61	57.33	850m: 15:46.05	56.00
	100m: 1:40.43	500m: 9:14.57	57.96	900m: 16:43.15	57.10
	150m: 2:36.33	550m: 10:11.17	56.60	950m: 17:38.73	55.58
	200m: 3:33.26	600m: 11:07.15	55.98	1000m: 18:35.83	57.10
	250m: 4:29.77	650m: 12:02.73	55.58	1050m: 19:31.46	55.63
	300m: 5:26.15	700m: 12:58.61	55.88	1100m: 20:29.48	58.02
	350m: 6:22.75	750m: 13:54.47	55.86	1150m: 21:27.62	58.14
	400m: 7:19.28	800m: 14:50.05	55.58	1200m: 22:25.68	58.06

Masters 70+

1.	Jean-Marie Cadiat	Cercle De Natation Sportcity WolBEL	CNSW/000243/53	21:32.04	
	<i>Kampioenschapsrecord, Belgisch Masters Record</i>				
	50m: 38.89	38.89	450m: 6:20.80	43.18	850m: 12:06.18
	100m: 1:22.23	43.34	500m: 7:03.77	42.97	900m: 12:50.07
	150m: 2:04.37	42.14	550m: 7:47.12	43.35	950m: 13:33.79
	200m: 2:47.12	42.75	600m: 8:30.24	43.12	1000m: 14:17.85
	250m: 3:29.81	42.69	650m: 9:13.58	43.34	1050m: 15:01.37
	300m: 4:12.21	42.40	700m: 9:56.48	42.90	1100m: 15:44.95
	350m: 4:54.62	42.41	750m: 10:39.76	43.28	1150m: 16:29.08
	400m: 5:37.62	43.00	800m: 11:23.03	43.27	1200m: 17:12.48
2.	Ruud Ruiter	WWV Winterswijk	NED 195300169	23:14.19	
	50m: 40.79	40.79	450m: 6:48.64	46.66	850m: 13:05.26
	100m: 1:26.14	45.35	500m: 7:35.56	46.92	900m: 13:52.50
	150m: 2:11.93	45.79	550m: 8:22.49	46.93	950m: 14:39.88
	200m: 2:57.62	45.69	600m: 9:09.53	47.04	1000m: 15:27.47
	250m: 3:43.88	46.26	650m: 9:56.28	46.75	1050m: 16:14.94
	300m: 4:29.80	45.92	700m: 10:43.37	47.09	1100m: 17:02.02
	350m: 5:15.92	46.12	750m: 11:30.63	47.26	1150m: 17:49.28
	400m: 6:01.98	46.06	800m: 12:18.12	47.49	1200m: 18:36.42



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 2, Heren, 1500m vrije slag, Masters 70+

rang	naam	vereniging	tijd	RT	PARA
3.	Frans Heus	UZSC	26:59.21		
	50m: 50.39	450m: 7:56.07	54.20	850m: 15:06.22	54.64
	100m: 1:41.69	500m: 8:51.53	55.46	900m: 16:01.45	55.23
	150m: 2:35.28	550m: 9:43.19	51.66	950m: 16:54.30	52.85
	200m: 3:28.13	600m: 10:36.78	53.59	1000m: 17:48.78	54.48
	250m: 4:21.93	650m: 11:30.68	53.90	1050m: 18:44.52	55.74
	300m: 5:14.77	700m: 12:23.94	53.26	1100m: 19:41.74	57.22
	350m: 6:08.52	750m: 13:17.33	53.39	1150m: 20:39.04	57.30
	400m: 7:01.87	800m: 14:11.58	54.25	1200m: 21:35.59	56.55
4.	Jos Kamps *200	Zwemvereniging Hoogland	27:08.05	+1.18	
	50m: 42.75	450m: 7:43.73	53.33	850m: 15:06.61	54.53
	100m: 1:31.87	500m: 8:38.59	54.86	900m: 16:02.03	55.42
	150m: 2:23.94	550m: 9:33.29	54.70	950m: 16:57.91	55.88
	200m: 3:16.27	600m: 10:28.97	55.68	1000m: 17:54.68	56.77
	250m: 4:09.73	650m: 11:25.18	56.21	1050m: 18:51.70	57.02
	300m: 5:03.50	700m: 12:21.76	56.58	1100m: 19:47.86	56.16
	350m: 5:57.04	750m: 13:17.63	55.87	1150m: 20:43.56	55.70
	400m: 6:50.40	800m: 14:12.08	54.45	1200m: 21:38.97	55.41

Masters 80+

1.	Geza Kaltenecker *50, 100, 800m	AZC	29:43.54	+0.94	
	50m: 49.49	450m: 8:50.19	1:00.29	850m: 16:52.92	1:00.12
	100m: 1:47.04	500m: 9:50.59	1:00.40	900m: 17:53.31	1:00.39
	150m: 2:46.80	550m: 10:51.35	1:00.76	950m: 18:53.89	1:00.58
	200m: 3:46.43	600m: 11:51.34	59.99	1000m: 19:54.21	1:00.32
	250m: 4:47.04	650m: 12:51.54	1:00.20	1050m: 20:54.20	59.99
	300m: 5:47.39	700m: 13:51.69	1:00.15	1100m: 21:54.22	1:00.02
	350m: 6:48.62	750m: 14:52.46	1:00.77	1150m: 22:54.16	59.94
	400m: 7:49.90	800m: 15:52.80	1:00.34	1200m: 23:53.75	59.59
2.	Rob Hanou	PSV	30:01.73	+1.05	
	50m: 54.29	450m: 8:56.56	1:01.03	850m: 16:59.84	1:00.87
	100m: 1:52.36	500m: 9:57.53	1:00.97	900m: 17:58.92	59.08
	150m: 2:54.00	550m: 10:57.50	59.97	950m: 18:59.77	1:00.85
	200m: 3:53.39	600m: 11:58.59	1:01.09	1000m: 20:00.20	1:00.43
	250m: 4:55.41	650m: 12:58.17	59.58	1050m: 20:59.83	59.63
	300m: 5:55.97	700m: 13:58.46	1:00.29	1100m: 22:00.12	1:00.29
	350m: 6:55.92	750m: 14:56.57	58.11	1150m: 23:01.67	1:01.55
	400m: 7:55.53	800m: 15:58.97	1:02.40	1200m: 24:02.40	1:00.73

Masters 85+

1.	Nic Geers	PSV	34:50.52	+1.00	
	50m: 57.17	450m: 10:18.92	1:11.63	850m: 19:38.36	1:10.22
	100m: 2:02.70	500m: 11:29.43	1:10.51	900m: 20:47.96	1:09.60
	150m: 3:11.92	550m: 12:40.36	1:10.93	950m: 21:59.71	1:11.75
	200m: 4:22.09	600m: 13:49.17	1:08.81	1000m: 23:10.61	1:10.90
	250m: 5:33.16	650m: 14:59.39	1:10.22	1050m: 24:20.16	1:09.55
	300m: 6:45.36	700m: 16:09.44	1:10.05	1100m: 25:32.03	1:11.87
	350m: 7:56.42	750m: 17:18.97	1:09.53	1150m: 26:42.79	1:10.76
	400m: 9:07.29	800m: 18:28.14	1:09.17	1200m: 27:56.19	1:13.40
DIS	Frederik Hendrik de Bruijn VRA - Het keer- en/of eindpunt niet aangeraakt met enig lichaamsdeel.	CN Aquamasters		ESP	+1.31



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 3
16-02-2023 - 15:34

Dames, 1500m vrije slag
Pauze na Serie 2 / Break after Heat 2 10 Min.

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
Masters 20+								
1.	Michelle Zomerdijs	Dedemsvaart-AC	NED 200003196	18:20.21	+0.68			
	50m: 31.88	31.88	450m: 5:23.54	37.30	850m: 10:22.21	37.09	1250m: 15:17.13	37.08
	100m: 1:07.33	35.45	500m: 6:01.23	37.69	900m: 10:59.35	37.14	1300m: 15:54.10	36.97
	150m: 1:43.36	36.03	550m: 6:38.58	37.35	950m: 11:36.52	37.17	1350m: 16:31.24	37.14
	200m: 2:19.47	36.11	600m: 7:15.66	37.08	1000m: 12:13.70	37.18	1400m: 17:08.26	37.02
	250m: 2:55.67	36.20	650m: 7:53.17	37.51	1050m: 12:50.14	36.44	1450m: 17:45.07	36.81
	300m: 3:32.63	36.96	700m: 8:30.50	37.33	1100m: 13:26.60	36.46	1500m: 18:20.21	35.14
	350m: 4:09.30	36.67	750m: 9:07.78	37.28	1150m: 14:03.19	36.59		
	400m: 4:46.24	36.94	800m: 9:45.12	37.34	1200m: 14:40.05	36.86		
2.	Cynthia Koolman	Steenwijk 1934	NED 200300232	19:13.32	+0.73			
	50m: 33.41	33.41	450m: 5:33.98	38.45	850m: 10:45.83	39.05	1250m: 15:59.21	39.14
	100m: 1:09.49	36.08	500m: 6:12.86	38.88	900m: 11:24.88	39.05	1300m: 16:38.29	39.08
	150m: 1:46.14	36.65	550m: 6:52.30	39.44	950m: 12:03.88	39.00	1350m: 17:17.98	39.69
	200m: 2:23.16	37.02	600m: 7:31.30	39.00	1000m: 12:42.75	38.87	1400m: 17:57.36	39.38
	250m: 3:00.35	37.19	650m: 8:10.23	38.93	1050m: 13:22.05	39.30	1450m: 18:36.41	39.05
	300m: 3:38.42	38.07	700m: 8:49.16	38.93	1100m: 14:01.65	39.60	1500m: 19:13.32	36.91
	350m: 4:17.00	38.58	750m: 9:28.18	39.02	1150m: 14:40.88	39.23		
	400m: 4:55.53	38.53	800m: 10:06.78	38.60	1200m: 15:20.07	39.19		
3.	Ariane Krijt	TRB-RES	NED 199906646	19:45.34	+0.84			
	50m: 35.24	35.24	450m: 5:48.51	39.73	850m: 11:08.97	40.24	1250m: 16:29.55	40.36
	100m: 1:13.12	37.88	500m: 6:28.26	39.75	900m: 11:48.80	39.83	1300m: 17:09.72	40.17
	150m: 1:51.80	38.68	550m: 7:08.18	39.92	950m: 12:28.91	40.11	1350m: 17:47.02	40.30
	200m: 2:30.76	38.96	600m: 7:47.91	39.73	1000m: 13:08.81	39.90	1400m: 18:29.67	39.65
	250m: 3:10.26	39.50	650m: 8:28.20	40.29	1050m: 13:49.00	40.19	1450m: 19:09.39	39.72
	300m: 3:49.51	39.25	700m: 9:08.32	40.12	1100m: 14:29.27	40.27	1500m: 19:45.34	35.95
	350m: 4:29.25	39.74	750m: 9:48.62	40.30	1150m: 15:09.00	39.73		
	400m: 5:08.78	39.53	800m: 10:28.73	40.11	1200m: 15:49.19	40.19		
4.	Eline Hoekstra	OEZA	NED 200301280	20:01.16				
	50m: 33.08	33.08	450m: 5:48.49	40.61	850m: 11:14.21	40.84	1250m: 16:40.30	41.04
	100m: 1:10.15	37.07	500m: 6:28.95	40.46	900m: 11:54.68	40.47	1300m: 17:21.32	41.02
	150m: 1:48.21	38.06	550m: 7:09.82	40.87	950m: 12:35.54	40.86	1350m: 18:02.22	40.90
	200m: 2:27.66	39.45	600m: 7:50.48	40.66	1000m: 13:16.21	40.67	1400m: 18:43.22	41.00
	250m: 3:07.43	39.77	650m: 8:30.99	40.51	1050m: 13:57.14	40.93	1450m: 19:23.13	39.91
	300m: 3:46.97	39.54	700m: 9:11.96	40.97	1100m: 14:38.01	40.87	1500m: 20:01.16	38.03
	350m: 4:27.23	40.26	750m: 9:52.53	40.57	1150m: 15:18.40	40.39		
	400m: 5:07.88	40.65	800m: 10:33.37	40.84	1200m: 15:59.26	40.86		
5.	Myra Smulders	De Duinkickers	NED 199904308	20:03.55				
	50m: 34.37	34.37	450m: 5:49.22	39.90	850m: 11:12.85	40.47	1250m: 16:40.88	40.96
	100m: 1:11.66	37.29	500m: 6:29.91	40.69	900m: 11:53.90	41.05	1300m: 17:21.57	40.69
	150m: 1:50.78	39.12	550m: 7:10.11	40.20	950m: 12:34.82	40.92	1350m: 18:02.46	40.89
	200m: 2:30.23	39.45	600m: 7:50.43	40.32	1000m: 13:15.56	40.74	1400m: 18:43.31	40.85
	250m: 3:09.80	39.57	650m: 8:30.97	40.54	1050m: 13:56.65	41.09	1450m: 19:24.04	40.73
	300m: 3:49.63	39.83	700m: 9:11.46	40.49	1100m: 14:37.78	41.13	1500m: 20:03.55	39.51
	350m: 4:29.30	39.67	750m: 9:51.84	40.38	1150m: 15:18.72	40.94		
	400m: 5:09.32	40.02	800m: 10:32.38	40.54	1200m: 15:59.92	41.20		
6.	Selina Janssen	Neptunus'58	NED 199905974	20:39.88				
	50m: 35.56	35.56	450m: 5:59.09	41.23	850m: 11:33.22	41.85	1250m: 17:11.15	42.64
	100m: 1:14.24	38.68	500m: 6:40.64	41.55	900m: 12:15.28	42.06	1300m: 17:53.51	42.36
	150m: 1:53.99	39.75	550m: 7:22.12	41.48	950m: 12:57.26	41.98	1350m: 18:36.09	42.58
	200m: 2:34.35	40.36	600m: 8:03.68	41.56	1000m: 13:39.38	42.12	1400m: 19:18.43	42.34
	250m: 3:15.06	40.71	650m: 8:45.54	41.86	1050m: 14:21.41	42.03	1450m: 20:00.78	42.35
	300m: 3:55.93	40.87	700m: 9:27.62	42.08	1100m: 15:03.64	42.23	1500m: 20:39.88	39.10
	350m: 4:36.89	40.96	750m: 10:09.60	41.98	1150m: 15:46.04	42.40		
	400m: 5:17.86	40.97	800m: 10:51.37	41.77	1200m: 16:28.51	42.47		
7.	Isabelle Janssen	De Geul	NED 200006318	21:37.41				
	50m: 38.15	38.15	450m: 6:21.95	43.82	850m: 12:13.08	44.23	1250m: 18:05.01	43.41
	100m: 1:19.57	41.42	500m: 7:05.30	43.35	900m: 12:57.17	44.09	1300m: 18:48.19	43.18
	150m: 2:02.02	42.45	550m: 7:49.04	43.74	950m: 13:41.40	44.23	1350m: 19:31.36	43.17
	200m: 2:45.02	43.00	600m: 8:33.08	44.04	1000m: 14:26.06	44.66	1400m: 20:14.10	42.74
	250m: 3:28.08	43.06	650m: 9:16.71	43.63	1050m: 15:09.67	43.61	1450m: 20:56.68	42.58
	300m: 4:11.39	43.31	700m: 10:00.29	43.58	1100m: 15:53.77	44.10	1500m: 21:37.41	40.73
	350m: 4:54.80	43.41	750m: 10:44.71	44.42	1150m: 16:37.80	44.03		
	400m: 5:38.13	43.33	800m: 11:28.85	44.14	1200m: 17:21.60	43.80		

Masters 25+



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 3, Dames, 1500m vrije slag, Masters 25+

rang	naam	vereniging	tijd	RT	PARA			
1.	Karen Stolk	ZVL-1886 Center	NED 199403950	20:17.54	+0.76			
	50m: 35.00	35.00	450m: 5:58.29	41.72	850m: 11:26.13	40.79	1250m: 16:54.21	41.10
	100m: 1:16.54	41.54	500m: 6:39.05	40.76	900m: 12:07.16	41.03	1300m: 17:35.45	41.24
	150m: 1:55.16	38.62	550m: 7:20.16	41.11	950m: 12:47.97	40.81	1350m: 18:16.90	41.45
	200m: 2:34.68	39.52	600m: 8:01.47	41.31	1000m: 13:29.05	41.08	1400m: 18:58.07	41.17
	250m: 3:14.77	40.09	650m: 8:42.46	40.99	1050m: 14:10.04	40.99	1450m: 19:38.37	40.30
	300m: 3:54.73	39.96	700m: 9:23.76	41.30	1100m: 14:50.95	40.91	1500m: 20:17.54	39.17
	350m: 4:35.09	40.36	750m: 10:04.51	40.75	1150m: 15:31.86	40.91		
	400m: 5:16.57	41.48	800m: 10:45.34	40.83	1200m: 16:13.11	41.25		
2.	Larissa Jansen	PSV	NED 199500660	20:20.41				
	50m: 36.12	36.12	450m: 5:58.91	40.67	850m: 11:25.96	41.07	1250m: 16:55.93	41.86
	100m: 1:15.23	39.11	500m: 6:39.63	40.72	900m: 12:06.82	40.86	1300m: 17:37.05	41.12
	150m: 1:55.25	40.02	550m: 7:20.60	40.97	950m: 12:47.89	41.07	1350m: 18:18.38	41.33
	200m: 2:35.65	40.40	600m: 8:01.32	40.72	1000m: 13:29.18	41.29	1400m: 18:59.70	41.32
	250m: 3:16.41	40.76	650m: 8:41.98	40.66	1050m: 14:10.29	41.11	1450m: 19:40.80	41.10
	300m: 3:57.13	40.72	700m: 9:22.94	40.96	1100m: 14:51.51	41.22	1500m: 20:20.41	39.61
	350m: 4:37.74	40.61	750m: 10:03.90	40.96	1150m: 15:32.76	41.25		
	400m: 5:18.24	40.50	800m: 10:44.89	40.99	1200m: 16:14.07	41.31		
3.	Kirsten Opmeer	ZPC AMERSFOORT	NED 199800014	20:31.33	+0.62			
	50m: 33.98	33.98	450m: 5:50.73	40.39	850m: 11:18.07	41.23	1250m: 17:01.71	41.88
	100m: 1:11.86	37.88	500m: 6:31.59	40.86	900m: 11:59.23	41.16	1300m: 17:44.37	42.66
	150m: 1:50.81	38.95	550m: 7:12.14	40.55	950m: 12:40.89	41.66	1350m: 18:26.73	42.36
	200m: 2:30.13	39.32	600m: 7:52.86	40.72	1000m: 13:22.86	41.29	1400m: 19:08.54	41.81
	250m: 3:09.91	39.78	650m: 8:33.99	41.13	1050m: 14:11.98		1450m: 19:50.59	42.05
	300m: 3:49.73	39.82	700m: 9:14.79	40.80	1100m: 14:54.87	42.89	1500m: 20:31.33	40.74
	350m: 4:29.98	40.25	750m: 9:55.74	40.95	1150m: 15:37.85	42.98		
	400m: 5:10.34	40.36	800m: 10:36.84	41.10	1200m: 16:19.83	41.98		
4.	Cynthia van Veen	ZVL-1886 Center	NED 199606736	23:57.38				
	50m: 38.97	38.97	450m: 6:53.50	48.09	850m: 13:24.54	49.46	1250m: 19:58.41	50.12
	100m: 1:23.54	44.57	500m: 7:41.33	47.83	900m: 14:14.72	50.18	1300m: 20:48.12	49.71
	150m: 2:09.37	45.83	550m: 8:29.65	48.32	950m: 15:04.12	49.40	1350m: 21:37.52	49.40
	200m: 2:55.35	45.98	600m: 9:18.69	49.04	1000m: 15:53.40	49.28	1400m: 22:25.40	47.88
	250m: 3:42.21	46.86	650m: 10:07.38	48.69	1050m: 16:42.53	49.13	1450m: 23:12.84	47.44
	300m: 4:29.75	47.54	700m: 10:56.22	48.84	1100m: 17:30.88	48.35	1500m: 23:57.38	44.54
	350m: 5:17.39	47.64	750m: 11:45.51	49.29	1150m: 18:19.69	48.81		
	400m: 6:05.41	48.02	800m: 12:35.08	49.57	1200m: 19:08.29	48.60		

Masters 30+

1.	Maaïke Vooren	DAW	NED 199103324	18:21.03				
	50m: 33.72	33.72	450m: 5:28.25	36.98	850m: 10:23.94	37.02	1250m: 15:18.04	36.79
	100m: 1:10.30	36.58	500m: 6:05.29	37.04	900m: 11:00.63	36.69	1300m: 15:55.11	37.07
	150m: 1:47.30	37.00	550m: 6:42.53	37.24	950m: 11:37.75	37.12	1350m: 16:31.94	36.83
	200m: 2:24.15	36.85	600m: 7:19.54	37.01	1000m: 12:14.36	36.61	1400m: 17:09.03	37.09
	250m: 3:00.90	36.75	650m: 7:56.41	36.87	1050m: 12:50.93	36.57	1450m: 17:46.16	37.13
	300m: 3:37.84	36.94	700m: 8:33.35	36.94	1100m: 13:27.65	36.72	1500m: 18:21.03	34.87
	350m: 4:14.56	36.72	750m: 9:10.06	36.71	1150m: 14:04.18	36.53		
	400m: 4:51.27	36.71	800m: 9:46.92	36.86	1200m: 14:41.25	37.07		
2.	Nanda Wobben - de Vries	Steenwijk 1934	NED 199204328	19:48.84	+0.77			
	50m: 33.32	33.32	450m: 5:44.76	39.77	850m: 11:06.55	40.31	1250m: 16:29.33	40.37
	100m: 1:10.70	37.38	500m: 6:24.92	40.16	900m: 11:46.47	39.92	1300m: 17:09.37	40.04
	150m: 1:48.96	38.26	550m: 7:04.72	39.80	950m: 12:26.75	40.28	1350m: 17:49.95	40.58
	200m: 2:27.72	38.76	600m: 7:44.92	40.20	1000m: 13:07.33	40.58	1400m: 18:29.57	39.62
	250m: 3:06.77	39.05	650m: 8:25.21	40.29	1050m: 13:47.69	40.36	1450m: 19:10.22	40.65
	300m: 3:46.15	39.38	700m: 9:05.55	40.34	1100m: 14:28.03	40.34	1500m: 19:48.84	38.62
	350m: 4:25.44	39.29	750m: 9:45.77	40.22	1150m: 15:08.74	40.71		
	400m: 5:04.99	39.55	800m: 10:26.24	40.47	1200m: 15:48.96	40.22		
3.	Nanda van Heteren	PSV	NED 198901728	20:31.98	+0.89			
	50m: 35.16	35.16	450m: 6:02.99	41.43	850m: 11:36.07	41.66	1250m: 17:10.41	42.16
	100m: 1:13.92	38.76	500m: 6:44.95	41.96	900m: 12:17.80	41.73	1300m: 17:51.92	41.51
	150m: 1:54.82	40.90	550m: 7:26.60	41.65	950m: 12:59.43	41.63	1350m: 18:33.23	41.31
	200m: 2:35.81	40.99	600m: 8:08.29	41.69	1000m: 13:40.81	41.38	1400m: 19:14.21	40.98
	250m: 3:16.93	41.12	650m: 8:49.69	41.40	1050m: 14:22.27	41.46	1450m: 19:54.73	40.52
	300m: 3:58.25	41.32	700m: 9:31.30	41.61	1100m: 15:04.05	41.78	1500m: 20:31.98	37.25
	350m: 4:39.76	41.51	750m: 10:12.89	41.59	1150m: 15:46.10	42.05		
	400m: 5:21.56	41.80	800m: 10:54.41	41.52	1200m: 16:28.25	42.15		
4.	Désirée Emmen	De Warande	NED 199204862	20:54.29	+0.62			
	50m: 34.62	34.62	450m: 6:04.31	42.16	850m: 11:42.16	42.67	1250m: 17:23.38	43.19
	100m: 1:13.43	38.81	500m: 6:46.09	41.78	900m: 12:24.62	42.46	1300m: 18:06.36	42.98
	150m: 1:53.99	40.56	550m: 7:28.24	42.15	950m: 13:07.41	42.79	1350m: 18:49.33	42.97
	200m: 2:35.12	41.13	600m: 8:10.59	42.35	1000m: 13:50.21	42.80	1400m: 19:32.19	42.86
	250m: 3:16.84	41.72	650m: 8:53.10	42.51	1050m: 14:32.54	42.33	1450m: 20:13.78	41.59
	300m: 3:57.93	41.09	700m: 9:35.79	42.69	1100m: 15:15.03	42.49	1500m: 20:54.29	40.51
	350m: 4:40.15	42.22	750m: 10:17.69	41.90	1150m: 15:57.55	42.52		
	400m: 5:22.15	42.00	800m: 10:59.49	41.80	1200m: 16:40.19	42.64		



**Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023**



Programmanr. 3, Dames, 1500m vrije slag, Masters 30+

rang	naam	vereniging					tijd	RT	PARA
5.	Suzan Blankestijn	ZVL-1886 Center	NED	198900350			21:06.73	+0.53	
	50m: 35.42	35.42	450m: 6:05.79	42.34	850m: 11:48.18	43.10	1250m: 17:31.12	42.65	
	100m: 1:14.39	38.97	500m: 6:48.06	42.27	900m: 12:30.09	41.91	1300m: 18:14.33	43.21	
	150m: 1:55.01	40.62	550m: 7:30.40	42.34	950m: 13:14.05	43.96	1350m: 18:57.76	43.43	
	200m: 2:36.95	41.94	600m: 8:12.88	42.48	1000m: 13:56.86	42.81	1400m: 19:41.47	43.71	
	250m: 3:18.55	41.60	650m: 8:55.68	42.80	1050m: 14:39.99	43.13	1450m: 20:24.65	43.18	
	300m: 3:59.85	41.30	700m: 9:39.29	43.61	1100m: 15:22.79	42.80	1500m: 21:06.73	42.08	
	350m: 4:41.42	41.57	750m: 10:22.20	42.91	1150m: 16:05.57	42.78			
	400m: 5:23.45	42.03	800m: 11:05.08	42.88	1200m: 16:48.47	42.90			
6.	Irmgard van Weeghel	ESCA Zwemmen	NED	199204834			21:43.61	+0.81	
	50m: 37.48	37.48	450m: 6:23.46	44.18	850m: 12:15.30	43.90	1250m: 18:07.08	43.67	
	100m: 1:18.76	41.28	500m: 7:07.53	44.07	900m: 12:59.22	43.92	1300m: 18:50.79	43.71	
	150m: 2:01.32	42.56	550m: 7:51.60	44.07	950m: 13:43.35	44.13	1350m: 19:34.07	43.28	
	200m: 2:44.42	43.10	600m: 8:35.57	43.97	1000m: 14:27.47	44.12	1400m: 20:17.39	43.32	
	250m: 3:27.81	43.39	650m: 9:19.83	44.26	1050m: 15:11.65	44.18	1450m: 21:00.82	43.43	
	300m: 4:11.28	43.47	700m: 10:03.71	43.88	1100m: 15:55.67	44.02	1500m: 21:43.61	42.79	
	350m: 4:55.09	43.81	750m: 10:47.82	44.11	1150m: 16:39.49	43.82			
	400m: 5:39.28	44.19	800m: 11:31.40	43.58	1200m: 17:23.41	43.92			
7.	Leontine Groeneveldt	De Duck	NED	199303526			22:30.69	+0.77	
	50m: 37.97	37.97	450m: 6:39.99	46.94	850m: 12:52.10	46.23	1250m: 18:51.40	45.35	
	100m: 1:21.35	43.38	500m: 7:25.67	45.68	900m: 13:38.72	46.62	1300m: 19:35.99	44.59	
	150m: 2:05.25	43.90	550m: 8:12.49	46.82	950m: 14:23.80	45.08	1350m: 20:20.84	44.85	
	200m: 2:49.51	44.26	600m: 8:58.54	46.05	1000m: 15:08.08	44.28	1400m: 21:05.69	44.85	
	250m: 3:34.28	44.77	650m: 9:44.70	46.16	1050m: 15:52.41	44.33	1450m: 21:49.20	43.51	
	300m: 4:20.36	46.08	700m: 10:32.24	47.54	1100m: 16:36.80	44.39	1500m: 22:30.69	41.49	
	350m: 5:06.37	46.01	750m: 11:19.51	47.27	1150m: 17:21.34	44.54			
	400m: 5:53.05	46.68	800m: 12:05.87	46.36	1200m: 18:06.05	44.71			
8.	Marjan Rikken	Octopus-ZVV (SG)	NED	199206114			23:36.28		
	50m: 38.95	38.95	450m: 6:47.20	47.26	850m: 13:10.10	47.87	1250m: 19:39.23	49.07	
	100m: 1:22.37	43.42	500m: 7:34.67	47.47	900m: 13:58.43	48.33	1300m: 20:27.74	48.51	
	150m: 2:07.55	45.18	550m: 8:22.53	47.86	950m: 14:47.38	48.95	1350m: 21:15.70	47.96	
	200m: 2:53.43	45.88	600m: 9:10.36	47.83	1000m: 15:35.70	48.32	1400m: 22:03.73	48.03	
	250m: 3:39.98	46.55	650m: 9:57.86	47.50	1050m: 16:24.06	48.36	1450m: 22:51.24	47.51	
	300m: 4:26.22	46.24	700m: 10:46.62	48.76	1100m: 17:12.78	48.72	1500m: 23:36.28	45.04	
	350m: 5:13.08	46.86	750m: 11:34.52	47.90	1150m: 18:01.76	48.98			
	400m: 5:59.94	46.86	800m: 12:22.23	47.71	1200m: 18:50.16	48.40			

Masters 35+

1.	Jenny Schouten	MZ&PC	NED	198703674			18:24.36	+0.81	
	50m: 32.52	32.52	450m: 5:25.90	36.98	850m: 10:23.06	37.25	1250m: 15:20.63	37.71	
	100m: 1:08.21	35.69	500m: 6:03.17	37.27	900m: 11:00.07	37.01	1300m: 15:58.02	37.39	
	150m: 1:44.33	36.12	550m: 6:40.00	36.83	950m: 11:37.12	37.05	1350m: 16:35.09	37.07	
	200m: 2:21.05	36.72	600m: 7:17.25	37.25	1000m: 12:14.57	37.45	1400m: 17:11.98	36.89	
	250m: 2:57.75	36.70	650m: 7:54.68	37.43	1050m: 12:51.48	36.91	1450m: 17:49.08	37.10	
	300m: 3:34.70	36.95	700m: 8:31.81	37.13	1100m: 13:28.60	37.12	1500m: 18:24.36	35.28	
	350m: 4:11.53	36.83	750m: 9:09.00	37.19	1150m: 14:05.69	37.09			
	400m: 4:48.92	37.39	800m: 9:45.81	36.81	1200m: 14:42.92	37.23			
2.	Viktória Háden-Felföldi	Iron Swim	HUN				18:38.03	+0.91	
	50m: 33.23	33.23	450m: 5:27.68	37.07	850m: 10:27.64	37.61	1250m: 15:29.06	37.96	
	100m: 1:10.25	37.02	500m: 6:04.96	37.28	900m: 11:05.24	37.60	1300m: 16:06.75	37.69	
	150m: 1:46.93	36.68	550m: 6:42.24	37.28	950m: 11:42.94	37.70	1350m: 16:44.80	38.05	
	200m: 2:23.52	36.59	600m: 7:20.22	37.98	1000m: 12:20.59	37.65	1400m: 17:22.97	38.17	
	250m: 2:59.95	36.43	650m: 7:57.32	37.10	1050m: 12:58.49	37.90	1450m: 18:01.18	38.21	
	300m: 3:36.87	36.92	700m: 8:34.77	37.45	1100m: 13:35.71	37.22	1500m: 18:38.03	36.85	
	350m: 4:13.73	36.86	750m: 9:12.43	37.66	1150m: 14:13.26	37.55			
	400m: 4:50.61	36.88	800m: 9:50.03	37.60	1200m: 14:51.10	37.84			
3.	Nikki Roon	IJZPC	NED	198803712			21:47.14		
	50m: 40.17	40.17	450m: 6:24.54	43.83	850m: 12:14.05	43.73	1250m: 18:06.31	44.37	
	100m: 1:22.32	42.15	500m: 7:08.33	43.79	900m: 12:57.66	43.61	1300m: 18:50.68	44.37	
	150m: 2:04.56	42.24	550m: 7:52.37	44.04	950m: 13:41.39	43.73	1350m: 19:35.54	44.86	
	200m: 2:47.24	42.68	600m: 8:35.77	43.40	1000m: 14:25.61	44.22	1400m: 20:19.88	44.34	
	250m: 3:30.10	42.86	650m: 9:19.65	43.88	1050m: 15:09.78	44.17	1450m: 21:04.61	44.73	
	300m: 4:13.25	43.15	700m: 10:03.34	43.69	1100m: 15:53.72	43.94	1500m: 21:47.14	42.53	
	350m: 4:56.59	43.34	750m: 10:46.96	43.62	1150m: 16:37.72	44.00			
	400m: 5:40.71	44.12	800m: 11:30.32	43.36	1200m: 17:21.94	44.22			
4.	Sandra Schellekens	Neptunus'58	NED	198503416			23:17.85	+0.90	
	50m: 37.11	37.11	450m: 6:42.21	46.98	850m: 13:00.17	47.37	1250m: 19:21.78	47.88	
	100m: 1:19.53	42.42	500m: 7:29.70	47.49	900m: 13:47.67	47.50	1300m: 20:09.86	48.08	
	150m: 2:04.08	44.55	550m: 8:16.78	47.08	950m: 14:35.36	47.69	1350m: 20:57.74	47.88	
	200m: 2:49.14	45.06	600m: 9:04.31	47.53	1000m: 15:23.02	47.66	1400m: 21:45.54	47.80	
	250m: 3:35.05	45.91	650m: 9:51.47	47.16	1050m: 16:10.39	47.37	1450m: 22:32.90	47.36	
	300m: 4:21.27	46.22	700m: 10:38.34	46.87	1100m: 16:57.91	47.52	1500m: 23:17.85	44.95	
	350m: 5:08.26	46.99	750m: 11:25.52	47.18	1150m: 17:45.75	47.84			
	400m: 5:55.23	46.97	800m: 12:12.80	47.28	1200m: 18:33.90	48.15			



Open Nederlandse Masters
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Programmanr. 3, Dames, 1500m vrije slag

Masters 40+

1. Linda Hoogendam		WVZ		NED 198300892		22:30.57		+0.77			
50m:	37.78	37.78	450m:	6:34.91	45.54	850m:	12:41.93	45.58	1250m:	18:46.91	45.20
100m:	1:21.43	43.65	500m:	7:20.86	45.95	900m:	13:27.44	45.51	1300m:	19:32.72	45.81
150m:	2:05.02	43.59	550m:	8:06.64	45.78	950m:	14:13.49	46.05	1350m:	20:19.33	46.61
200m:	2:49.00	43.98	600m:	8:52.35	45.71	1000m:	14:59.17	45.68	1400m:	21:04.95	45.62
250m:	3:33.78	44.78	650m:	9:38.36	46.01	1050m:	15:44.35	45.18	1450m:	21:49.75	44.80
300m:	4:18.34	44.56	700m:	10:24.40	46.04	1100m:	16:30.28	45.93	1500m:	22:30.57	40.82
350m:	5:03.63	45.29	750m:	11:09.76	45.36	1150m:	17:15.54	45.26			
400m:	5:49.37	45.74	800m:	11:56.35	46.59	1200m:	18:01.71	46.17			

Masters 45+

1. Liselotte Joling		PSV		NED 197500268		18:57.59		+0.71			
50m:	33.44	33.44	450m:	5:34.14	38.57	850m:	10:42.17	38.66	1250m:	15:47.78	38.69
100m:	1:10.44	37.00	500m:	6:13.05	38.91	900m:	11:20.72	38.55	1300m:	16:26.11	38.33
150m:	1:47.55	37.11	550m:	6:51.41	38.36	950m:	11:59.23	38.51	1350m:	17:04.61	38.50
200m:	2:24.67	37.12	600m:	7:30.08	38.67	1000m:	12:37.56	38.33	1400m:	17:43.30	38.69
250m:	3:02.09	37.42	650m:	8:08.54	38.46	1050m:	13:15.11	37.55	1450m:	18:21.03	37.73
300m:	3:39.46	37.37	700m:	8:47.03	38.49	1100m:	13:53.52	38.41	1500m:	18:57.59	36.56
350m:	4:17.32	37.86	750m:	9:25.20	38.17	1150m:	14:31.08	37.56			
400m:	4:55.57	38.25	800m:	10:03.51	38.31	1200m:	15:09.09	38.01			
2. Melanie Kuiper		ZIGNEA		NED 197600350		19:42.33					
50m:	34.93	34.93	450m:	5:49.38	39.64	850m:	11:08.02	39.62	1250m:	16:27.01	39.72
100m:	1:12.77	37.84	500m:	6:29.36	39.98	900m:	11:47.94	39.92	1300m:	17:06.85	39.84
150m:	1:51.44	38.67	550m:	7:09.01	39.65	950m:	12:27.90	39.96	1350m:	17:46.28	39.43
200m:	2:30.16	38.72	600m:	7:49.12	40.11	1000m:	13:07.86	39.96	1400m:	18:25.53	39.25
250m:	3:09.85	39.69	650m:	8:29.06	39.94	1050m:	13:47.79	39.93	1450m:	19:04.58	39.05
300m:	3:49.75	39.90	700m:	9:08.95	39.89	1100m:	14:27.74	39.95	1500m:	19:42.33	37.75
350m:	4:29.95	40.20	750m:	9:48.62	39.67	1150m:	15:07.61	39.87			
400m:	5:09.74	39.79	800m:	10:28.40	39.78	1200m:	15:47.29	39.68			
3. Jannie Vennik		HZ&PC Heerenveen		NED 197601006		21:23.45					
50m:	37.40	37.40	450m:	6:17.51	42.98	850m:	12:00.17	42.92	1250m:	17:46.83	43.67
100m:	1:18.15	40.75	500m:	7:00.01	42.50	900m:	12:43.00	42.83	1300m:	18:30.53	43.70
150m:	2:00.18	42.03	550m:	7:42.83	42.82	950m:	13:26.11	43.11	1350m:	19:14.20	43.67
200m:	2:42.76	42.58	600m:	8:25.77	42.94	1000m:	14:09.15	43.04	1400m:	19:58.66	44.46
250m:	3:25.78	43.02	650m:	9:08.95	43.18	1050m:	14:52.82	43.67	1450m:	20:41.03	42.37
300m:	4:08.66	42.88	700m:	9:51.83	42.88	1100m:	15:35.68	42.86	1500m:	21:23.45	42.42
350m:	4:51.62	42.96	750m:	10:34.30	42.47	1150m:	16:19.36	43.68			
400m:	5:34.53	42.91	800m:	11:17.25	42.95	1200m:	17:03.16	43.80			

Masters 50+

1. Dianna Dr Szokol		Nyiregyhazi Sportcentrum		HUN		19:51.85					
<i>Hungarian Masters Record</i>											
50m:	36.82	36.82	450m:	5:53.24	39.76	850m:	11:14.12	40.10	1250m:	16:34.35	39.81
100m:	1:16.00	39.18	500m:	6:33.05	39.81	900m:	11:54.18	40.06	1300m:	17:14.11	39.76
150m:	1:55.73	39.73	550m:	7:13.24	40.19	950m:	12:34.31	40.13	1350m:	17:54.29	40.18
200m:	2:35.20	39.47	600m:	7:53.29	40.05	1000m:	13:14.05	39.74	1400m:	18:34.30	40.01
250m:	3:14.47	39.27	650m:	8:33.55	40.26	1050m:	13:54.27	40.22	1450m:	19:13.70	39.40
300m:	3:54.05	39.58	700m:	9:13.34	39.79	1100m:	14:34.23	39.96	1500m:	19:51.85	38.15
350m:	4:33.63	39.58	750m:	9:53.72	40.38	1150m:	15:14.44	40.21			
400m:	5:13.48	39.85	800m:	10:34.02	40.30	1200m:	15:54.54	40.10			
2. Karin Stein		ZVVS		NED 197100554		20:29.77					
50m:	36.62	36.62	450m:	6:02.60	40.54	850m:	11:31.89	41.41	1250m:	17:04.27	41.48
100m:	1:16.68	40.06	500m:	6:43.73	41.13	900m:	12:13.85	41.96	1300m:	17:45.84	41.57
150m:	1:56.91	40.23	550m:	7:24.58	40.85	950m:	12:55.46	41.61	1350m:	18:26.91	41.07
200m:	2:37.55	40.64	600m:	8:05.51	40.93	1000m:	13:37.52	42.06	1400m:	19:08.47	41.56
250m:	3:18.99	41.44	650m:	8:46.69	41.18	1050m:	14:18.67	41.15	1450m:	19:50.02	41.55
300m:	4:00.26	41.27	700m:	9:28.06	41.37	1100m:	15:00.40	41.73	1500m:	20:29.77	39.75
350m:	4:40.93	40.67	750m:	10:09.48	41.42	1150m:	15:41.35	40.95			
400m:	5:22.06	41.13	800m:	10:50.48	41.00	1200m:	16:22.79	41.44			
3. Bianca Groot		MSV-Zeemacht		NED 197000652		20:48.83 *		+0.89			
50m:	36.43	36.43	450m:	6:02.27	40.89	850m:	11:36.95	42.16	1250m:	17:16.12	42.16
100m:	1:16.66	40.23	500m:	6:43.56	41.29	900m:	12:19.57	42.62	1300m:	17:58.08	41.96
150m:	1:57.53	40.87	550m:	7:24.90	41.34	950m:	13:02.75	43.18	1350m:	18:40.11	42.03
200m:	2:38.36	40.83	600m:	8:06.36	41.46	1000m:	13:45.56	42.81	1400m:	19:22.71	42.60
250m:	3:18.72	40.36	650m:	8:48.08	41.72	1050m:	14:27.52	41.96	1450m:	20:05.95	43.24
300m:	3:59.59	40.87	700m:	9:30.01	41.93	1100m:	15:09.70	42.18	1500m:	20:48.83	42.88
350m:	4:40.31	40.72	750m:	10:12.27	42.26	1150m:	15:51.95	42.25			
400m:	5:21.38	41.07	800m:	10:54.79	42.52	1200m:	16:33.96	42.01			



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 3, Dames, 1500m vrije slag, Masters 50+

rang	naam	vereniging	tijd	RT	PARA			
4.	Annet Kootstra	SWOL 1894	25:15.48					
	50m: 44.62	44.62	450m: 7:21.81	51.06	850m: 14:06.95	50.41	1250m: 21:00.89	52.63
	100m: 1:32.15	47.53	500m: 8:12.36	50.55	900m: 14:58.64	51.69	1300m: 21:52.74	51.85
	150m: 2:20.78	48.63	550m: 9:03.02	50.66	950m: 15:50.18	51.54	1350m: 22:45.21	52.47
	200m: 3:10.55	49.77	600m: 9:54.32	51.30	1000m: 16:41.77	51.59	1400m: 23:37.11	51.90
	250m: 4:00.46	49.91	650m: 10:44.72	50.40	1050m: 17:33.19	51.42	1450m: 24:27.97	50.86
	300m: 4:50.25	49.79	700m: 11:35.63	50.91	1100m: 18:24.82	51.63	1500m: 25:15.48	47.51
	350m: 5:40.61	50.36	750m: 12:26.25	50.62	1150m: 19:16.61	51.79		
	400m: 6:30.75	50.14	800m: 13:16.54	50.29	1200m: 20:08.26	51.65		
5.	Kristien Van de Moortel	Shark	26:21.94					
	50m: 46.64	46.64	450m: 7:50.04	53.41	850m: 14:54.08	53.13	1250m: 21:57.18	53.23
	100m: 1:39.45	52.81	500m: 8:43.18	53.14	900m: 15:47.22	53.14	1300m: 22:50.89	53.71
	150m: 2:32.67	53.22	550m: 9:35.95	52.77	950m: 16:39.63	52.41	1350m: 23:44.36	53.47
	200m: 3:25.68	53.01	600m: 10:28.42	52.47	1000m: 17:32.36	52.73	1400m: 24:37.66	53.30
	250m: 4:18.08	52.40	650m: 11:21.29	52.87	1050m: 18:25.49	53.13	1450m: 25:31.37	53.71
	300m: 5:10.45	52.37	700m: 12:14.39	53.10	1100m: 19:17.80	52.31	1500m: 26:21.94	50.57
	350m: 6:03.48	53.03	750m: 13:07.67	53.28	1150m: 20:10.93	53.13		
	400m: 6:56.63	53.15	800m: 14:00.95	53.28	1200m: 21:03.95	53.02		
6.	Greta Wyma-Teitsma	DWK	27:07.58	+0.90				
	50m: 45.99	45.99	450m: 7:56.89	54.66	850m: 15:10.80	54.72	1250m: 22:32.25	55.60
	100m: 1:38.88	52.89	500m: 8:50.68	53.79	900m: 16:05.92	55.12	1300m: 23:28.48	56.23
	150m: 2:32.86	53.98	550m: 9:44.58	53.90	950m: 17:00.70	54.78	1350m: 24:24.03	55.55
	200m: 3:26.43	53.57	600m: 10:38.09	53.51	1000m: 17:55.41	54.71	1400m: 25:19.10	55.07
	250m: 4:20.59	54.16	650m: 11:32.11	54.02	1050m: 18:51.03	55.62	1450m: 26:13.71	54.61
	300m: 5:14.82	54.23	700m: 12:26.43	54.32	1100m: 19:45.81	54.78	1500m: 27:07.58	53.87
	350m: 6:08.35	53.53	750m: 13:21.55	55.12	1150m: 20:41.12	55.31		
	400m: 7:02.23	53.88	800m: 14:16.08	54.53	1200m: 21:36.65	55.53		

Masters 55+

1.	Wilna Heijman	Steenwijk 1934	21:42.08	+0.70				
	50m: 38.57	38.57	450m: 6:22.49	43.42	850m: 12:12.67	43.85	1250m: 18:02.69	43.80
	100m: 1:20.53	41.96	500m: 7:06.04	43.55	900m: 12:56.42	43.75	1300m: 18:46.61	43.92
	150m: 2:02.91	42.38	550m: 7:49.74	43.70	950m: 13:40.15	43.73	1350m: 19:30.79	44.18
	200m: 2:45.76	42.85	600m: 8:33.42	43.68	1000m: 14:23.87	43.72	1400m: 20:14.91	44.12
	250m: 3:29.02	43.26	650m: 9:17.27	43.85	1050m: 15:07.36	43.49	1450m: 20:58.87	43.96
	300m: 4:12.34	43.32	700m: 10:01.14	43.87	1100m: 15:51.09	43.73	1500m: 21:42.08	43.21
	350m: 4:55.86	43.52	750m: 10:45.19	44.05	1150m: 16:35.05	43.96		
	400m: 5:39.07	43.21	800m: 11:28.82	43.63	1200m: 17:18.89	43.84		
2.	K. van Nassau-van den Heuvel	Old Dutch	23:28.33	+0.92				
	50m: 41.03	41.03	450m: 6:54.88	47.40	850m: 13:13.42	47.34	1250m: 19:32.51	48.26
	100m: 1:25.97	44.94	500m: 7:42.36	47.48	900m: 14:00.60	47.18	1300m: 20:20.32	47.81
	150m: 2:12.08	46.11	550m: 8:29.67	47.31	950m: 14:47.79	47.19	1350m: 21:08.12	47.80
	200m: 2:58.69	46.61	600m: 9:16.83	47.16	1000m: 15:34.83	47.04	1400m: 21:55.60	47.48
	250m: 3:45.48	46.79	650m: 10:04.46	47.63	1050m: 16:22.02	47.19	1450m: 22:42.86	47.26
	300m: 4:32.81	47.33	700m: 10:51.98	47.52	1100m: 17:09.20	47.18	1500m: 23:28.33	45.47
	350m: 5:20.07	47.26	750m: 11:39.13	47.15	1150m: 17:56.60	47.40		
	400m: 6:07.48	47.41	800m: 12:26.08	46.95	1200m: 18:44.25	47.65		
3.	Miranda Keijl	ZIGNEA	26:57.89	+0.98				
	50m: 45.34	45.34	450m: 7:55.54	54.58	850m: 15:16.36	55.68	1250m: 22:40.61	55.05
	100m: 1:37.03	51.69	500m: 8:49.47	53.93	900m: 16:11.67	55.31	1300m: 23:34.69	54.08
	150m: 2:30.43	53.40	550m: 9:43.84	54.37	950m: 17:07.35	55.68	1350m: 24:27.34	52.65
	200m: 3:23.51	53.08	600m: 10:38.48	54.64	1000m: 18:02.90	55.55	1400m: 25:19.01	51.67
	250m: 4:17.26	53.75	650m: 11:33.64	55.16	1050m: 18:57.99	55.09	1450m: 26:10.63	51.62
	300m: 5:11.97	54.71	700m: 12:29.35	55.71	1100m: 19:53.88	55.89	1500m: 26:57.89	47.26
	350m: 6:06.23	54.26	750m: 13:24.60	55.25	1150m: 20:50.02	56.14		
	400m: 7:00.96	54.73	800m: 14:20.68	56.08	1200m: 21:45.56	55.54		

Masters 60+

1.	P. Tossings-van de Hooven	GZC DONK	22:32.22					
	50m: 38.74	38.74	450m: 6:36.02	44.91	850m: 12:40.30	45.58	1250m: 18:44.96	45.36
	100m: 1:21.78	43.04	500m: 7:21.28	45.26	900m: 13:25.99	45.69	1300m: 19:30.85	45.89
	150m: 2:06.09	44.31	550m: 8:06.74	45.46	950m: 14:11.70	45.71	1350m: 20:16.47	45.62
	200m: 2:50.78	44.69	600m: 8:52.36	45.62	1000m: 14:57.24	45.54	1400m: 21:02.42	45.95
	250m: 3:35.73	44.95	650m: 9:37.81	45.45	1050m: 15:42.95	45.71	1450m: 21:48.55	46.13
	300m: 4:20.81	45.08	700m: 10:23.36	45.55	1100m: 16:28.79	45.84	1500m: 22:32.22	43.67
	350m: 5:05.84	45.03	750m: 11:09.30	45.94	1150m: 17:14.34	45.55		
	400m: 5:51.11	45.27	800m: 11:54.72	45.42	1200m: 17:59.60	45.26		



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Programmanr. 3, Dames, 1500m vrije slag, Masters 60+

rang	naam	vereniging				tijd				RT	PARA
2.	Linda Wibbelink	Steenwijk 1934				NED 195900158				23:40.89	
	50m: 42.36	42.36	450m: 6:59.49	47.53	850m: 13:21.30	47.60	1250m: 19:42.89	47.94			
	100m: 1:28.13	45.77	500m: 7:47.05	47.56	900m: 14:08.53	47.23	1300m: 20:31.36	48.47			
	150m: 2:14.35	46.22	550m: 8:34.99	47.94	950m: 14:55.99	47.46	1350m: 21:19.38	48.02			
	200m: 3:01.59	47.24	600m: 9:23.04	48.05	1000m: 15:43.97	47.98	1400m: 22:07.18	47.80			
	250m: 3:48.88	47.29	650m: 10:10.78	47.74	1050m: 16:31.57	47.60	1450m: 22:54.99	47.81			
	300m: 4:36.74	47.86	700m: 10:58.53	47.75	1100m: 17:19.30	47.73	1500m: 23:40.89	45.90			
	350m: 5:24.22	47.48	750m: 11:46.00	47.47	1150m: 18:07.17	47.87					
	400m: 6:11.96	47.74	800m: 12:33.70	47.70	1200m: 18:54.95	47.78					
3.	Riny Zeijveld-Meuleman	De Berkelduikers				NED 196000204				23:56.64 *	
	50m: 42.28	42.28	450m: 7:04.83	48.39	850m: 13:33.67	48.32	1250m: 20:00.05	48.36			
	100m: 1:27.90	45.62	500m: 7:53.55	48.72	900m: 14:21.94	48.27	1300m: 20:48.24	48.19			
	150m: 2:15.01	47.11	550m: 8:42.06	48.51	950m: 15:10.45	48.51	1350m: 21:36.82	48.58			
	200m: 3:03.13	48.12	600m: 9:31.03	48.97	1000m: 15:58.70	48.25	1400m: 22:24.12	47.30			
	250m: 3:51.34	48.21	650m: 10:19.44	48.41	1050m: 16:47.07	48.37	1450m: 23:11.72	47.60			
	300m: 4:40.27	48.93	700m: 11:08.05	48.61	1100m: 17:34.97	47.90	1500m: 23:56.64	44.92			
	350m: 5:28.36	48.09	750m: 11:56.89	48.84	1150m: 18:23.22	48.25					
	400m: 6:16.44	48.08	800m: 12:45.35	48.46	1200m: 19:11.69	48.47					
4.	Pia van der Molen	Avéna				NED 196000116				30:01.64	
	50m: 50.10	50.10	450m: 8:40.64	58.47	850m: 16:47.70	1:01.48	1250m: 24:57.57	1:00.66			
	100m: 1:44.62	54.52	500m: 9:40.93	1:00.29	900m: 17:50.10	1:02.40	1300m: 25:59.38	1:01.81			
	150m: 2:44.52	59.90	550m: 10:41.30	1:00.37	950m: 18:50.33	1:00.23	1350m: 27:01.04	1:01.66			
	200m: 3:43.61	59.09	600m: 11:42.82	1:01.52	1000m: 19:51.76	1:01.43	1400m: 28:02.73	1:01.69			
	250m: 4:43.22	59.61	650m: 12:43.64	1:00.82	1050m: 20:51.09	59.33	1450m: 29:03.66	1:00.93			
	300m: 5:41.35	58.13	700m: 13:43.39	59.75	1100m: 21:54.03	1:02.94	1500m: 30:01.64	57.98			
	350m: 6:40.63	59.28	750m: 14:46.11	1:02.72	1150m: 22:53.85	59.82					
	400m: 7:42.17	1:01.54	800m: 15:46.22	1:00.11	1200m: 23:56.91	1:03.06					
5.	Betsie Klompmaker	Noord Veluwe				NED 195900200				31:13.74	
	50m: 52.83	52.83	450m: 9:06.29	1:02.82	850m: 17:32.55	1:02.38	1250m: 25:56.18	1:04.21			
	100m: 1:52.63	59.80	500m: 10:09.02	1:02.73	900m: 18:35.32	1:02.77	1300m: 26:59.86	1:03.68			
	150m: 2:52.43	59.80	550m: 11:11.83	1:02.81	950m: 19:37.76	1:02.44	1350m: 28:01.95	1:02.09			
	200m: 3:54.13	1:01.70	600m: 12:17.33	1:05.50	1000m: 20:40.90	1:03.14	1400m: 29:06.87	1:04.92			
	250m: 4:56.29	1:02.16	650m: 13:22.55	1:05.22	1050m: 21:44.66	1:03.76	1450m: 30:12.12	1:05.25			
	300m: 5:58.72	1:02.43	700m: 14:25.13	1:02.58	1100m: 22:48.09	1:03.43	1500m: 31:13.74	1:01.62			
	350m: 7:00.81	1:02.09	750m: 15:27.52	1:02.39	1150m: 23:49.74	1:01.65					
	400m: 8:03.47	1:02.66	800m: 16:30.17	1:02.65	1200m: 24:51.97	1:02.23					

Masters 65+

1.	Monica Bakker	Steenwijk 1934				NED 195600082				26:00.45	
	50m: 45.01	45.01	450m: 7:39.59	52.64	850m: 14:40.76	53.10	1250m: 21:41.57	52.69			
	100m: 1:34.41	49.40	500m: 8:32.41	52.82	900m: 15:33.53	52.77	1300m: 22:34.09	52.52			
	150m: 2:24.63	50.22	550m: 9:24.76	52.35	950m: 16:26.13	52.60	1350m: 23:26.68	52.59			
	200m: 3:15.80	51.17	600m: 10:16.79	52.03	1000m: 17:19.17	53.04	1400m: 24:18.85	52.17			
	250m: 4:08.57	52.77	650m: 11:09.16	52.37	1050m: 18:11.69	52.52	1450m: 25:10.38	51.53			
	300m: 5:01.48	52.91	700m: 12:01.67	52.51	1100m: 19:04.20	52.51	1500m: 26:00.45	50.07			
	350m: 5:54.39	52.91	750m: 12:54.86	53.19	1150m: 19:56.98	52.78					
	400m: 6:46.95	52.56	800m: 13:47.66	52.80	1200m: 20:48.88	51.90					
2.	Karien Musters	Old Dutch				NED 195800236				32:19.99	
	50m: 52.89	52.89	450m: 9:17.96	1:05.09	850m: 17:59.50	1:05.01	1250m: 26:47.50	1:06.91			
	100m: 1:51.02	58.13	500m: 10:23.47	1:05.51	900m: 19:04.50	1:05.00	1300m: 27:54.27	1:06.77			
	150m: 2:52.47	1:01.45	550m: 11:29.00	1:05.53	950m: 20:10.59	1:06.09	1350m: 29:01.49	1:07.22			
	200m: 3:55.51	1:03.04	600m: 12:33.82	1:04.82	1000m: 21:16.26	1:05.67	1400m: 30:07.63	1:06.14			
	250m: 4:58.89	1:03.38	650m: 13:38.57	1:04.75	1050m: 22:21.46	1:05.20	1450m: 31:14.35	1:06.72			
	300m: 6:03.34	1:04.45	700m: 14:44.04	1:05.47	1100m: 23:27.02	1:05.56	1500m: 32:19.99	1:05.64			
	350m: 7:08.11	1:04.77	750m: 15:48.98	1:04.94	1150m: 24:33.50	1:06.48					
	400m: 8:12.87	1:04.76	800m: 16:54.49	1:05.51	1200m: 25:40.59	1:07.09					

Masters 70+

1.	Gonnie Bak	PSV				NED 195100064				30:54.42	
	50m: 52.18	52.18	450m: 9:01.92	1:01.68	850m: 17:21.33	1:02.75	1250m: 25:44.71	1:03.47			
	100m: 1:51.21	59.03	500m: 10:03.87	1:01.95	900m: 18:23.61	1:02.28	1300m: 26:47.91	1:03.20			
	150m: 2:50.99	59.78	550m: 11:07.23	1:03.36	950m: 19:26.08	1:02.47	1350m: 27:49.39	1:01.48			
	200m: 3:52.56	1:01.57	600m: 12:10.32	1:03.09	1000m: 20:29.09	1:03.01	1400m: 28:52.45	1:03.06			
	250m: 4:54.45	1:01.89	650m: 13:11.94	1:01.62	1050m: 21:31.51	1:02.42	1450m: 29:54.47	1:02.02			
	300m: 5:55.83	1:01.38	700m: 14:12.96	1:01.02	1100m: 22:34.65	1:03.14	1500m: 30:54.42	59.95			
	350m: 6:57.89	1:02.06	750m: 15:16.16	1:03.20	1150m: 23:37.85	1:03.20					
	400m: 8:00.24	1:02.35	800m: 16:18.58	1:02.42	1200m: 24:41.24	1:03.39					



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Programmanr. 3, Dames, 1500m vrije slag, Masters 70+

rang	naam	vereniging		tijd				RT	PARA			
2.	Ineke Meijer	HZ&PC Heerenveen		NED	195200034	34:54.66		+0.80				
	50m:	52.82	52.82	450m:	9:43.31	1:10.36	850m:	19:08.81	1:11.15	1250m:	28:46.41	1:13.82
	100m:	1:54.06	1:01.24	500m:	10:52.94	1:09.63	900m:	20:20.74	1:11.93	1300m:	30:01.46	1:15.05
	150m:	2:57.72	1:03.66	550m:	12:04.79	1:11.85	950m:	21:32.37	1:11.63	1350m:	31:15.33	1:13.87
	200m:	4:02.86	1:05.14	600m:	13:16.13	1:11.34	1000m:	22:43.62	1:11.25	1400m:	32:29.67	1:14.34
	250m:	5:09.54	1:06.68	650m:	14:25.76	1:09.63	1050m:	23:54.67	1:11.05	1450m:	33:43.76	1:14.09
	300m:	6:16.59	1:07.05	700m:	15:36.48	1:10.72	1100m:	25:06.50	1:11.83	1500m:	34:54.66	1:10.90
	350m:	7:24.23	1:07.64	750m:	16:46.27	1:09.79	1150m:	26:18.67	1:12.17			
	400m:	8:32.95	1:08.72	800m:	17:57.66	1:11.39	1200m:	27:32.59	1:13.92			

Masters 85+

1.	Marie Smits	Old Dutch		NED	193800004	35:58.75						
	<i>Nederlands Masters Record, NMR 400m en 800m</i>											
	50m:	58.63	58.63	450m:	10:29.13	1:12.36	850m:	20:08.83	1:11.63	1250m:	29:54.64	1:13.73
	100m:	2:06.92	1:08.29	500m:	11:41.71	1:12.58	900m:	21:20.54	1:11.71	1300m:	31:07.38	1:12.74
	150m:	3:18.49	1:11.57	550m:	12:54.86	1:13.15	950m:	22:34.63	1:14.09	1350m:	32:22.15	1:14.77
	200m:	4:28.27	1:09.78	600m:	14:07.63	1:12.77	1000m:	23:47.67	1:13.04	1400m:	33:36.26	1:14.11
	250m:	5:40.78	1:12.51	650m:	15:21.11	1:13.48	1050m:	25:01.99	1:14.32	1450m:	34:48.97	1:12.71
	300m:	6:52.77	1:11.99	700m:	16:32.73	1:11.62	1100m:	26:15.61	1:13.62	1500m:	35:58.75	1:09.78
	350m:	8:04.36	1:11.59	750m:	17:44.76	1:12.03	1150m:	27:27.11	1:11.50			
	400m:	9:16.77	1:12.41	800m:	18:57.20	1:12.44	1200m:	28:40.91	1:13.80			