



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



2 - ONMK 2023 kb sessie 2

17-02-2023 - 9:00

Programmanr. 4
17-02-2023 - 9:00

Heren, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA	
Masters 20+						
1.	Jacob Mackloet	De Schotejil	NED 200001171	4:20.00	+0.61	
	50m: 28.97	150m: 1:34.86	250m: 2:42.48	350m: 3:48.00	31.97	
	100m: 1:01.43	200m: 2:08.72	300m: 3:16.03	400m: 4:20.00	32.00	
2.	Guus Hoogduin	ZVL-1886 Center	NED 200201069	4:20.80	+0.69	
	50m: 29.23	150m: 1:34.57	250m: 2:42.36	350m: 3:49.66	33.26	
	100m: 1:01.42	200m: 2:08.32	300m: 3:16.40	400m: 4:20.80	31.14	
3.	Jasper Breugem	WVZ	NED 200000303	4:23.07	+0.58	
	50m: 28.62	150m: 1:34.31	250m: 2:41.25	350m: 3:49.76	34.41	
	100m: 1:01.13	200m: 2:08.19	300m: 3:15.35	400m: 4:23.07	33.31	
4.	Kevin Roest	De Duinkickers	NED 200001223	4:31.66	+0.76	
	50m: 30.81	150m: 1:38.25	250m: 2:47.39	350m: 3:57.31	35.18	
	100m: 1:04.19	200m: 2:12.89	300m: 3:22.13	400m: 4:31.66	34.35	
5.	Robin van Peenen	ZVL-1886 Center	NED 200201059	4:55.64	+0.84	
	50m: 30.60	150m: 1:43.09	250m: 2:59.55	350m: 4:17.99	38.91	
	100m: 1:05.87	200m: 2:21.28	300m: 3:39.08	400m: 4:55.64	37.65	
Masters 25+						
1.	Jeffrey Camphens	DWT	NED 199503113	4:20.73	+0.69	
	50m: 29.65	150m: 1:35.49	250m: 2:42.62	350m: 3:48.86	32.93	
	100m: 1:01.96	200m: 2:09.19	300m: 3:15.93	400m: 4:20.73	31.87	
2.	Jelle Blankestijn	ZPC AMERSFOORT	NED 199803737	4:23.19	+0.77	
	50m: 28.83	150m: 1:34.59	250m: 2:42.31	350m: 3:50.45	34.09	
	100m: 1:01.14	200m: 2:08.36	300m: 3:16.36	400m: 4:23.19	32.74	
3.	Mike Schel	ESCA Zwemmen	NED 199403279	4:23.81	+0.82	
	50m: 29.65	150m: 1:36.25	250m: 2:44.33	350m: 3:51.47	33.30	
	100m: 1:02.66	200m: 2:10.26	300m: 3:18.17	400m: 4:23.81	32.34	
4.	Martijn Kornet	Zwemlust-den Hommel	NED 199700231	4:29.40	+0.74	
	50m: 29.65	150m: 1:36.68	250m: 2:44.99	350m: 3:55.41	35.53	
	100m: 1:03.05	200m: 2:10.90	300m: 3:19.88	400m: 4:29.40	33.99	
5.	Bas Dries	Zwemvereniging Hoogland	NED 199505177	4:30.68	+0.59	
	50m: 30.71	150m: 1:38.72	250m: 2:48.29	350m: 3:56.87	34.02	
	100m: 1:04.28	200m: 2:13.21	300m: 3:22.85	400m: 4:30.68	33.81	
6.	Jordy van Oel	WVZ	NED 199802003	4:30.81	+0.76	
	50m: 28.73	150m: 1:34.06	250m: 2:43.46	350m: 3:55.01	36.03	
	100m: 1:00.73	200m: 2:08.48	300m: 3:18.98	400m: 4:30.81	35.80	
7.	Jeffrey Roest	De Duinkickers	NED 199703401	4:39.80	+0.73	
	50m: 32.07	150m: 1:41.79	250m: 2:53.71	350m: 4:05.08	35.59	
	100m: 1:06.78	200m: 2:17.39	300m: 3:29.49	400m: 4:39.80	34.72	
8.	Wesley van der Luit	Sassenheim	NED 199701895	4:45.42	+0.73	
	50m: 32.26	150m: 1:42.81	250m: 2:55.31	350m: 4:09.03	37.30	
	100m: 1:06.71	200m: 2:19.36	300m: 3:31.73	400m: 4:45.42	36.39	
9.	Lars Jacobsen	DWK	NED 199705453	4:53.55	+0.87	635
	50m: 31.51	150m: 1:43.89	250m: 2:58.89	350m: 4:15.33	38.17	
	100m: 1:07.06	200m: 2:20.95	300m: 3:37.16	400m: 4:53.55	38.22	
10.	Erik Baalbergen	ZVL-1886 Center	NED 199805775	4:57.39		
	50m: 31.28	150m: 1:43.30	250m: 3:00.11	350m: 4:18.43	39.42	
	100m: 1:06.35	200m: 2:21.68	300m: 3:39.01	400m: 4:57.39	38.96	
11.	Martijn Lageweg	Steenwijk 1934	NED 199701323	5:07.83	+0.81	
	50m: 31.66	150m: 1:45.92	250m: 3:06.63	350m: 4:28.90	41.13	
	100m: 1:07.70	200m: 2:25.63	300m: 3:47.77	400m: 5:07.83	38.93	



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



Programmanr. 4, Heren, 400m vrije slag

Masters 30+

1.	Tim Bunnik		Triton		NED	199000505		4:34.46	+0.80	
	50m: 29.86	29.86	150m: 1:37.70	34.38	250m: 2:48.42	35.46	350m: 3:59.76	35.61		
	100m: 1:03.32	33.46	200m: 2:12.96	35.26	300m: 3:24.15	35.73	400m: 4:34.46	34.70		
2.	Olaf Achterberg		VZC		NED	199000011		4:42.60	+0.87	
	50m: 30.96	30.96	150m: 1:41.18	35.60	250m: 2:54.62	36.95	350m: 4:08.15	36.34		
	100m: 1:05.58	34.62	200m: 2:17.67	36.49	300m: 3:31.81	37.19	400m: 4:42.60	34.45		
3.	Sybren Groenewegen		De Schotejil		NED	199306223		4:47.11	+0.88	
	50m: 32.81	32.81	150m: 1:45.64	36.94	250m: 3:00.34	36.98	350m: 4:14.47	37.47		
	100m: 1:08.70	35.89	200m: 2:23.36	37.72	300m: 3:37.00	36.66	400m: 4:47.11	32.64		
4.	Wessel Everloo		WS Twente		NED	198906597	S14	4:47.41	+0.81	676
	50m: 32.35	32.35	150m: 1:45.43	37.27	250m: 2:59.12	36.58	350m: 4:13.87	37.58		
	100m: 1:08.16	35.81	200m: 2:22.54	37.11	300m: 3:36.29	37.17	400m: 4:47.41	33.54		
5.	Patrick Brouwer		AZC		NED	199303715		4:51.15	+0.80	
	50m: 30.62	30.62	150m: 1:43.00	37.05	250m: 2:59.28	38.49	350m: 4:14.87	37.18		
	100m: 1:05.95	35.33	200m: 2:20.79	37.79	300m: 3:37.69	38.41	400m: 4:51.15	36.28		
6.	Marc Hoogendam		Blue Marlins		NED	199007713		4:57.82	+0.66	
	50m: 29.63	29.63	150m: 1:41.32	36.91	250m: 2:58.85	39.07	350m: 4:19.05	40.41		
	100m: 1:04.41	34.78	200m: 2:19.78	38.46	300m: 3:38.64	39.79	400m: 4:57.82	38.77		
7.	Jordy van der Drift		ZVL-1886 Center		NED	199307345		5:08.64	+0.77	
	50m: 32.10	32.10	150m: 1:45.82	38.02	250m: 3:06.49	41.01	350m: 4:28.94	40.98		
	100m: 1:07.80	35.70	200m: 2:25.48	39.66	300m: 3:47.96	41.47	400m: 5:08.64	39.70		
8.	Ruben de Boer		De Duinkickers		NED	199301419		5:20.97		
	50m: 36.27	36.27	150m: 1:57.14	40.66	250m: 3:18.41	40.74	350m: 4:40.59	41.19		
	100m: 1:16.48	40.21	200m: 2:37.67	40.53	300m: 3:59.40	40.99	400m: 5:20.97	40.38		

Masters 35+

1.	Romain Delepine		Lille UC Natation		FRA	266204		4:30.63	+0.79
	50m: 29.91	29.91	150m: 1:37.22	34.35	250m: 2:47.14	35.18	350m: 3:57.56	35.06	
	100m: 1:02.87	32.96	200m: 2:11.96	34.74	300m: 3:22.50	35.36	400m: 4:30.63	33.07	
2.	Klaas van Beek		ZV Haerlem		NED	198805941		4:36.06	+0.63
	50m: 30.50	30.50	150m: 1:38.47	34.54	250m: 2:48.93	35.44	350m: 4:00.47	36.12	
	100m: 1:03.93	33.43	200m: 2:13.49	35.02	300m: 3:24.35	35.42	400m: 4:36.06	35.59	
3.	Niels Albrechts		De Schotejil		NED	198800039		4:41.03	+0.80
	50m: 31.83	31.83	150m: 1:42.53	35.94	250m: 2:54.31	35.64	350m: 4:07.29	36.61	
	100m: 1:06.59	34.76	200m: 2:18.67	36.14	300m: 3:30.68	36.37	400m: 4:41.03	33.74	
4.	Sander van Elburg		TRB-RES		NED	198800937		4:54.16	+0.71
	50m: 32.26	32.26	150m: 1:43.33	35.88	250m: 2:57.53	37.69	350m: 4:15.66	39.39	
	100m: 1:07.45	35.19	200m: 2:19.84	36.51	300m: 3:36.27	38.74	400m: 4:54.16	38.50	

Masters 40+

1.	Maxime Descatoire		Lille UC Natation		FRA	73751		4:24.36	+0.62
	50m: 29.81	29.81	150m: 1:34.88	32.87	250m: 2:41.82	33.71	350m: 3:50.40	34.56	
	100m: 1:02.01	32.20	200m: 2:08.11	33.23	300m: 3:15.84	34.02	400m: 4:24.36	33.96	
2.	Gergely Molnár		Iron Swim		HUN			4:28.73	+0.87
	50m: 30.14	30.14	150m: 1:38.19	34.49	250m: 2:47.22	34.34	350m: 3:55.69	34.11	
	100m: 1:03.70	33.56	200m: 2:12.88	34.69	300m: 3:21.58	34.36	400m: 4:28.73	33.04	
3.	Kristiaan Lenos		ZVL-1886 Center		NED	198301331		4:29.01	+0.75
	50m: 29.03	29.03	150m: 1:35.18	33.52	250m: 2:44.62	34.86	350m: 3:55.32	35.46	
	100m: 1:01.66	32.63	200m: 2:09.76	34.58	300m: 3:19.86	35.24	400m: 4:29.01	33.69	
4.	Pieter Pickhardt		ZPC De Hof		NED	198301657		4:31.19	+0.82
	50m: 30.50	30.50	150m: 1:37.76	34.06	250m: 2:46.80	34.60	350m: 3:56.69	35.13	
	100m: 1:03.70	33.20	200m: 2:12.20	34.44	300m: 3:21.56	34.76	400m: 4:31.19	34.50	
5.	Mark Hensen		NieMo Barracuda		NED	197900497		4:38.74	+0.79
	50m: 30.70	30.70	150m: 1:40.53	35.23	250m: 2:51.21	35.48	350m: 4:03.14	36.20	
	100m: 1:05.30	34.60	200m: 2:15.73	35.20	300m: 3:26.94	35.73	400m: 4:38.74	35.60	
6.	Frank v.d. Voordt		De Schotejil		NED	198302259		4:41.00	+0.81
	50m: 32.17	32.17	150m: 1:42.85	36.01	250m: 2:54.37	35.38	350m: 4:05.57	35.73	
	100m: 1:06.84	34.67	200m: 2:18.99	36.14	300m: 3:29.84	35.47	400m: 4:41.00	35.43	
7.	Arjan Prins		Dedemsvaart-AC		NED	198201383		4:46.99	+0.89
	50m: 30.88	30.88	150m: 1:42.64	36.42	250m: 2:56.68	36.85	350m: 4:09.93	36.77	
	100m: 1:06.22	35.34	200m: 2:19.83	37.19	300m: 3:33.16	36.48	400m: 4:46.99	37.06	



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

rang	naam		vereniging					tijd	RT	PARA		
8.	Marcel Reefhuis		WS Twente		NED	198101381		4:48.11	+0.70			
	50m:	32.21	32.21	150m:	1:44.57	36.57	250m:	2:58.45	36.95	350m:	4:12.32	36.85
	100m:	1:08.00	35.79	200m:	2:21.50	36.93	300m:	3:35.47	37.02	400m:	4:48.11	35.79
9.	Ivan van Omme		De Geul		NED	198201263		5:05.01	+0.71			
	50m:	31.40	31.40	150m:	1:45.36	37.71	250m:	3:05.04	40.27	350m:	4:26.21	40.71
	100m:	1:07.65	36.25	200m:	2:24.77	39.41	300m:	3:45.50	40.46	400m:	5:05.01	38.80
10.	Rubert Boer		Aqualero		NED	197902011		5:26.21	+1.08			
	50m:	33.52	33.52	150m:	1:52.36	40.69	250m:	3:17.74	43.19	350m:	4:44.33	42.54
	100m:	1:11.67	38.15	200m:	2:34.55	42.19	300m:	4:01.79	44.05	400m:	5:26.21	41.88
11.	Peter Lommert		SWOL 1894		NED	197900787		5:29.06	+0.97			
	50m:	35.68	35.68	150m:	1:58.63	41.90	250m:	3:24.77	43.12	350m:	4:49.81	42.03
	100m:	1:16.73	41.05	200m:	2:41.65	43.02	300m:	4:07.78	43.01	400m:	5:29.06	39.25
12.	Wilco Steenwijk		Octopus-ZVV (SG)		NED	198002465		5:31.35				
	50m:	34.10	34.10	150m:	1:54.56	41.40	250m:	3:19.61	42.84	350m:	4:48.22	44.74
	100m:	1:13.16	39.06	200m:	2:36.77	42.21	300m:	4:03.48	43.87	400m:	5:31.35	43.13

Masters 45+

1.	Ivo Roozeboom		WVZ		NED	197700801		4:29.54	+0.78			
	50m:	29.50	29.50	150m:	1:38.63	34.80	250m:	2:48.69	35.00	350m:	3:57.64	34.27
	100m:	1:03.83	34.33	200m:	2:13.69	35.06	300m:	3:23.37	34.68	400m:	4:29.54	31.90
2.	Markus van Rest		WVZ		NED	197701197		5:07.91	+0.83			
	50m:	33.67	33.67	150m:	1:51.06	39.53	250m:	3:10.87	39.92	350m:	4:30.56	39.34
	100m:	1:11.53	37.86	200m:	2:30.95	39.89	300m:	3:51.22	40.35	400m:	5:07.91	37.35
3.	Eric Hoekman		WS Twente		NED	197401531		5:11.63	+0.94			
	50m:	31.88	31.88	150m:	1:46.69	39.01	250m:	3:07.92	41.03	350m:	4:30.82	41.34
	100m:	1:07.68	35.80	200m:	2:26.89	40.20	300m:	3:49.48	41.56	400m:	5:11.63	40.81
4.	Tom Bandsma		PSV		NED	197701625		5:40.89	+0.94			
	50m:	35.37	35.37	150m:	1:56.45	41.43	250m:	3:25.18	44.70	350m:	4:56.18	45.94
	100m:	1:15.02	39.65	200m:	2:40.48	44.03	300m:	4:10.24	45.06	400m:	5:40.89	44.71
5.	Marcel van Walt van Praag *200m		Gay Swim Amsterdam		NED	197501425		5:49.01	+0.72			
	50m:	37.15	37.15	150m:	2:05.41	44.89	250m:	3:36.34	45.77	350m:	5:06.98	44.84
	100m:	1:20.52	43.37	200m:	2:50.57	45.16	300m:	4:22.14	45.80	400m:	5:49.01	42.03

Masters 50+

1.	Vedestas Seferlis		Kauno Takas		LTU			4:36.63	+0.67			
	50m:	30.19	30.19	150m:	1:38.20	34.43	250m:	2:49.15	35.79	350m:	4:01.88	36.49
	100m:	1:03.77	33.58	200m:	2:13.36	35.16	300m:	3:25.39	36.24	400m:	4:36.63	34.75
2.	Casper van den Burgh		Sassenheim		NED	197201413		5:01.11	+0.98			
	50m:	32.32	32.32	150m:	1:47.04	37.97	250m:	3:04.65	39.04	350m:	4:23.24	39.23
	100m:	1:09.07	36.75	200m:	2:25.61	38.57	300m:	3:44.01	39.36	400m:	5:01.11	37.87
3.	Bruno Nahon		Cercle De Natation Sportcity WolFRA		CNSW/000390/70			5:02.62				
	50m:	34.35	34.35	150m:	1:49.14	37.74	250m:	3:06.75	39.13	350m:	4:24.65	39.02
	100m:	1:11.40	37.05	200m:	2:27.62	38.48	300m:	3:45.63	38.88	400m:	5:02.62	37.97
4.	Ingmar de Gelder		ZOB'66		NED	197000333		5:03.22	+0.90			
	50m:	32.15	32.15	150m:	1:45.12	37.45	250m:	3:03.24	39.64	350m:	4:23.69	40.39
	100m:	1:07.67	35.52	200m:	2:23.60	38.48	300m:	3:43.30	40.06	400m:	5:03.22	39.53
5.	Chris Kouwenhoven		De Grunte		NED	197101669		5:24.76	+0.94			
	50m:	34.46	34.46	150m:	1:55.81	41.77	250m:	3:19.77	42.13	350m:	4:44.02	42.22
	100m:	1:14.04	39.58	200m:	2:37.64	41.83	300m:	4:01.80	42.03	400m:	5:24.76	40.74
6.	Wouter van der Stelt		De Biesboschzwemmers		NED	197200889		5:28.72				
	50m:	36.11	36.11	150m:	1:56.46	41.00	250m:	3:20.83	42.52	350m:	4:46.27	42.63
	100m:	1:15.46	39.35	200m:	2:38.31	41.85	300m:	4:03.64	42.81	400m:	5:28.72	42.45
7.	Eric Dumas		Patrick-De Roersoppers (SG)		NED	196901397		5:37.78	+0.92			
	50m:	36.62	36.62	150m:	2:02.55	43.24	250m:	3:29.67	43.53	350m:	4:56.42	43.14
	100m:	1:19.31	42.69	200m:	2:46.14	43.59	300m:	4:13.28	43.61	400m:	5:37.78	41.36
8.	Ramon Alsina Munoz		Cercle De Natation Sportcity WolESP		CNSW/002552/69			5:46.85	+0.96			
	50m:	38.89	38.89	150m:	2:05.31	43.32	250m:	3:32.43	43.58	350m:	5:02.05	44.99
	100m:	1:21.99	43.10	200m:	2:48.85	43.54	300m:	4:17.06	44.63	400m:	5:46.85	44.80

Programmanr. 4, Heren, 400m vrije slag

Masters 55+

1.	Erlend Alstad	Ol Svømming	NOR	M210367ERL02	4:43.87	+0.68
	50m: 31.94	31.94	150m: 1:42.92	36.13	250m: 2:55.27	36.13
	100m: 1:06.79	34.85	200m: 2:19.14	36.22	300m: 3:31.55	36.28
					350m: 4:08.05	36.50
					400m: 4:43.87	35.82
2.	Jo-an Mudde	Arethusa	NED	196701457	4:52.89	
	50m: 33.03	33.03	150m: 1:46.61	37.03	250m: 3:01.12	37.25
	100m: 1:09.58	36.55	200m: 2:23.87	37.26	300m: 3:38.27	37.15
					350m: 4:15.52	37.25
					400m: 4:52.89	37.37
3.	Jan-Willem van den Berg	WVZ	NED	196801575	4:58.06	+0.71
	50m: 32.02	32.02	150m: 1:46.62	37.74	250m: 3:03.31	38.37
	100m: 1:08.88	36.86	200m: 2:24.94	38.32	300m: 3:42.11	38.80
					350m: 4:20.33	38.22
					400m: 4:58.06	37.73
4.	Jon Christensen	Luxembourg Sharks Swimming CLUX		10008	5:05.11	+0.76
	<i>Luxembourg Masters Record</i>					
	50m: 35.28	35.28	150m: 1:52.41	38.88	250m: 3:10.09	38.74
	100m: 1:13.53	38.25	200m: 2:31.35	38.94	300m: 3:49.13	39.04
					350m: 4:27.52	38.39
					400m: 5:05.11	37.59
5.	Henri Michels	De Amstel	NED	196501587	5:11.59	*
	50m: 34.21	34.21	150m: 1:48.82	37.71	250m: 3:08.05	40.16
	100m: 1:11.11	36.90	200m: 2:27.89	39.07	300m: 3:49.21	41.16
					350m: 4:30.47	41.26
					400m: 5:11.59	41.12
6.	Arno Schrauwen	Patrick-De Roersoppers (SG)	NED	196501355	5:13.32	
	50m: 33.82	33.82	150m: 1:53.48	40.58	250m: 3:14.17	40.38
	100m: 1:12.90	39.08	200m: 2:33.79	40.31	300m: 3:54.59	40.42
					350m: 4:34.36	39.77
					400m: 5:13.32	38.96
7.	Nico Paasse	De Schotejil	NED	196501463	5:15.96	+1.06
	50m: 34.40	34.40	150m: 1:54.26	40.49	250m: 3:15.18	40.78
	100m: 1:13.77	39.37	200m: 2:34.40	40.14	300m: 3:55.90	40.72
					350m: 4:36.91	41.01
					400m: 5:15.96	39.05
8.	Pascal Tourton	ZOB'66	NED	196601343	5:37.73	
	50m: 35.06	35.06	150m: 1:57.61	42.19	250m: 3:24.32	43.59
	100m: 1:15.42	40.36	200m: 2:40.73	43.12	300m: 4:08.79	44.47
					350m: 4:53.54	44.75
					400m: 5:37.73	44.19
9.	Leon Slingerland	WVZ	NED	196801707	5:40.43	*
	50m: 37.51	37.51	150m: 2:04.95	44.54	250m: 3:33.32	44.25
	100m: 1:20.41	42.90	200m: 2:49.07	44.12	300m: 4:16.92	43.60
					350m: 5:00.03	43.11
					400m: 5:40.43	40.40

Masters 60+

1.	Johan Remmits	ZPC AMERSFOORT	NED	196201159	4:44.60	+0.86
	50m: 31.66	31.66	150m: 1:42.34	35.65	250m: 2:55.65	36.60
	100m: 1:06.69	35.03	200m: 2:19.05	36.71	300m: 3:32.42	36.77
					350m: 4:09.14	36.72
					400m: 4:44.60	35.46
2.	Jan Brink	ZPC De Zeeuwse Kust	NED	196200091	4:55.77	
	50m: 32.31	32.31	150m: 1:47.84	38.36	250m: 3:04.06	37.89
	100m: 1:09.48	37.17	200m: 2:26.17	38.33	300m: 3:42.31	38.25
					350m: 4:20.26	37.95
					400m: 4:55.77	35.51
3.	Gustav van den Berg	TriVia	NED	196100991	4:56.35	+0.93
	50m: 33.98	33.98	150m: 1:48.88	37.97	250m: 3:05.05	38.08
	100m: 1:10.91	36.93	200m: 2:26.97	38.09	300m: 3:42.76	37.71
					350m: 4:20.83	38.07
					400m: 4:56.35	35.52
4.	Gert Sikkema	Zwemclub Urk 1978	NED	196300687	5:11.61	+0.96
	<i>* 100, 400m</i>					
	50m: 35.86	35.86	150m: 1:54.99	39.92	250m: 3:15.10	39.93
	100m: 1:15.07	39.21	200m: 2:35.17	40.18	300m: 3:55.74	40.64
					350m: 4:33.65	37.91
					400m: 5:11.61	37.96
5.	Salvo Andronico	Luxembourg Sharks Swimming CLUX		113	5:20.88	
	<i>Luxembourg Masters Record</i>					
	50m: 36.41	36.41	150m: 1:58.60	41.07	250m: 3:21.29	41.25
	100m: 1:17.53	41.12	200m: 2:40.04	41.44	300m: 4:02.15	40.86
					350m: 4:42.66	40.51
					400m: 5:20.88	38.22
6.	Casper Dollekamp	Steenwijk 1934	NED	196301341	5:49.07	
	50m: 36.92	36.92	150m: 2:01.94	43.06	250m: 3:33.16	45.96
	100m: 1:18.88	41.96	200m: 2:47.20	45.26	300m: 4:19.17	46.01
					350m: 5:05.26	46.09
					400m: 5:49.07	43.81

Masters 65+

1.	Marten de Groot	HZ&PC Heerenveen	NED	195800149	4:50.72	+0.72
	<i>Nederlands Masters Record</i>					
	50m: 32.58	32.58	150m: 1:44.51	36.14	250m: 2:57.73	36.65
	100m: 1:08.37	35.79	200m: 2:21.08	36.57	300m: 3:35.51	37.78
					350m: 4:13.47	37.96
					400m: 4:50.72	37.25
2.	Henk Slomp	De Inktvis	NED	195500359	5:28.96	
	50m: 35.76	35.76	150m: 1:59.38	42.41	250m: 3:25.46	43.24
	100m: 1:16.97	41.21	200m: 2:42.22	42.84	300m: 4:08.19	42.73
					350m: 4:50.59	42.40
					400m: 5:28.96	38.37



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Programmanr. 4, Heren, 400m vrije slag, Masters 65+

rang	naam	vereniging	GER	NED	tijd	RT	PARA	
3.	Wolfgang Rossa	TPSK 1925 e.V.	396833		6:15.73	+1.28		
	50m: 41.66	41.66	150m: 2:13.77	47.19	250m: 3:50.34	47.86	350m: 5:28.04	48.95
	100m: 1:26.58	44.92	200m: 3:02.48	48.71	300m: 4:39.09	48.75	400m: 6:15.73	47.69
4.	Lex Hoogendam	ZZ&PC De Devel	195700541		6:23.94			
	50m: 40.77	40.77	150m: 2:15.34	48.19	250m: 3:52.92	49.18	350m: 5:33.81	50.47
	100m: 1:27.15	46.38	200m: 3:03.74	48.40	300m: 4:43.34	50.42	400m: 6:23.94	50.13
5.	André Pantekoek	PSV	195800321		7:01.93	+1.06		
	50m: 43.60	43.60	150m: 2:31.31	55.70	250m: 4:24.43	57.79	350m: 6:13.54	54.35
	100m: 1:35.61	52.01	200m: 3:26.64	55.33	300m: 5:19.19	54.76	400m: 7:01.93	48.39

Masters 70+

1.	Jean-Marie Cadiat	Cercle De Natation Sportcity WolBEL	CNSW/000243/53		5:21.00	+0.94		
	<i>Kampioenschapsrecord, Belgisch Masters Record</i>							
	50m: 36.72	36.72	150m: 1:57.97	40.71	250m: 3:21.12	41.45	350m: 4:43.20	41.09
	100m: 1:17.26	40.54	200m: 2:39.67	41.70	300m: 4:02.11	40.99	400m: 5:21.00	37.80
2.	Piet Schop	De Bevelanders	195000109		7:27.10	+0.80		
	50m: 48.23	48.23	150m: 2:39.69	56.67	250m: 4:36.04	58.54	350m: 6:33.65	58.48
	100m: 1:43.02	54.79	200m: 3:37.50	57.81	300m: 5:35.17	59.13	400m: 7:27.10	53.45

Masters 75+

1.	Willem Putter	ZVVS	194500135		7:05.10			
	50m: 46.12	46.12	150m: 2:34.42	54.84	250m: 4:23.70	54.41	350m: 6:12.43	54.08
	100m: 1:39.58	53.46	200m: 3:29.29	54.87	300m: 5:18.35	54.65	400m: 7:05.10	52.67

Masters 80+

1.	Geza Kaltenecker	AZC	194200065		7:38.70			
	50m: 49.69	49.69	150m: 2:45.38	59.78	250m: 4:43.72	58.77	350m: 6:43.72	59.79
	100m: 1:45.60	55.91	200m: 3:44.95	59.57	300m: 5:43.93	1:00.21	400m: 7:38.70	54.98
2.	Rob Hanou	PSV	194300109		7:42.72 *			
	50m: 52.22	52.22	150m: 2:50.95	1:00.48	250m: 4:49.99	59.37	350m: 6:48.09	59.26
	100m: 1:50.47	58.25	200m: 3:50.62	59.67	300m: 5:48.83	58.84	400m: 7:42.72	54.63

Masters 85+

1.	Frederik Hendrik de Bruijn	CN Aquamasters	ESP		7:07.27	+1.31		
	<i>Kampioenschapsrecord</i>							
	50m: 48.99	48.99	150m: 2:36.79	54.45	250m: 4:26.55	54.63	350m: 6:14.94	54.02
	100m: 1:42.34	53.35	200m: 3:31.92	55.13	300m: 5:20.92	54.37	400m: 7:07.27	52.33
2.	Nic Geers	PSV	193800007		8:33.53			
	50m: 56.36	56.36	150m: 3:08.43	1:07.60	250m: 5:21.71	1:05.50	350m: 7:35.70	1:04.90
	100m: 2:00.83	1:04.47	200m: 4:16.21	1:07.78	300m: 6:30.80	1:09.09	400m: 8:33.53	57.83

Programmanr. 5
17-02-2023 - 9:59

Dames, 400m vrije slag
Pauze na serie 4 / Break after heat 4

Masters Open
Resultaten

rang	naam	vereniging	NED	tijd	RT	PARA		
1.	Laura Setz	Bubble	200000130	4:26.40	+0.92			
	50m: 29.54	29.54	150m: 1:35.07	33.37	250m: 2:43.22	33.91	350m: 3:52.32	34.75
	100m: 1:01.70	32.16	200m: 2:09.31	34.24	300m: 3:17.57	34.35	400m: 4:26.40	34.08
2.	Amé Hulleman	DZ&PC	200202794	4:31.67	+0.85			
	50m: 30.90	30.90	150m: 1:38.48	34.15	250m: 2:48.19	34.94	350m: 3:57.95	35.06
	100m: 1:04.33	33.43	200m: 2:13.25	34.77	300m: 3:22.89	34.70	400m: 4:31.67	33.72
3.	Silke Molendijk	ZVL-1886 Center	200100178	4:31.88				
	50m: 31.87	31.87	150m: 1:40.79	34.21	250m: 2:50.04	34.58	350m: 3:59.12	34.20
	100m: 1:06.58	34.71	200m: 2:15.46	34.67	300m: 3:24.92	34.88	400m: 4:31.88	32.76



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Programmanr. 5, Dames, 400m vrije slag, Masters 20+

rang	naam	vereniging	tijd	RT	PARA			
4.	Michelle Zomerdijk	Dedemsvaart-AC	4:38.34	+0.64				
	50m: 30.51	30.51	150m: 1:39.67	34.98	250m: 2:51.54	36.10	350m: 4:03.72	35.57
	100m: 1:04.69	34.18	200m: 2:15.44	35.77	300m: 3:28.15	36.61	400m: 4:38.34	34.62
5.	Kim Zwinkels	ZPCH	4:38.45					
	50m: 31.28	31.28	150m: 1:40.61	35.14	250m: 2:52.46	35.94	350m: 4:04.74	36.00
	100m: 1:05.47	34.19	200m: 2:16.52	35.91	300m: 3:28.74	36.28	400m: 4:38.45	33.71
6.	Marijke Drent	Bubble	4:44.09	+0.84				
	50m: 31.02	31.02	150m: 1:40.83	35.50	250m: 2:53.87	36.61	350m: 4:08.08	37.20
	100m: 1:05.33	34.31	200m: 2:17.26	36.43	300m: 3:30.88	37.01	400m: 4:44.09	36.01
7.	Michelle van den Hoofdakker	Steenwijk 1934	4:53.01	+0.79				
	50m: 31.88	31.88	150m: 1:45.37	37.23	250m: 3:01.21	38.32	350m: 4:16.81	37.22
	100m: 1:08.14	36.26	200m: 2:22.89	37.52	300m: 3:39.59	38.38	400m: 4:53.01	36.20
8.	Cynthia Koolman	Steenwijk 1934	4:54.82	+0.69				
	50m: 32.88	32.88	150m: 1:46.13	37.22	250m: 3:01.75	37.76	350m: 4:18.33	38.27
	100m: 1:08.91	36.03	200m: 2:23.99	37.86	300m: 3:40.06	38.31	400m: 4:54.82	36.49
9.	Myra Smulders	De Duinkickers	4:57.73					
	50m: 32.40	32.40	150m: 1:45.86	37.50	250m: 3:01.92	38.15	350m: 4:19.62	39.02
	100m: 1:08.36	35.96	200m: 2:23.77	37.91	300m: 3:40.60	38.68	400m: 4:57.73	38.11
10.	Ariane Krijt	TRB-RES	5:04.05					
	50m: 34.65	34.65	150m: 1:50.88	38.71	250m: 3:08.73	38.86	350m: 4:26.19	38.80
	100m: 1:12.17	37.52	200m: 2:29.87	38.99	300m: 3:47.39	38.66	400m: 5:04.05	37.86
11.	Lisanne Seising	VZC	5:08.96	+0.77				
	50m: 33.21	33.21	150m: 1:50.50	39.56	250m: 3:10.18	40.04	350m: 4:30.11	39.08
	100m: 1:10.94	37.73	200m: 2:30.14	39.64	300m: 3:51.03	40.85	400m: 5:08.96	38.85
12.	Marouscha de Vries	DAW	5:19.91	+0.71				
	50m: 35.11	35.11	150m: 1:54.25	40.00	250m: 3:16.60	41.46	350m: 4:39.72	41.61
	100m: 1:14.25	39.14	200m: 2:35.14	40.89	300m: 3:58.11	41.51	400m: 5:19.91	40.19
13.	Ageeth de Haan	Steenwijk 1934	5:25.94	+0.65				
	50m: 35.51	35.51	150m: 1:59.01	42.37	250m: 3:24.70	42.75	350m: 4:47.54	40.33
	100m: 1:16.64	41.13	200m: 2:41.95	42.94	300m: 4:07.21	42.51	400m: 5:25.94	38.40

Masters 25+

1.	Tessa Vermeulen	De Dolfijn	4:13.71	+0.79				
	<i>Wereld Masters Record</i>							
	50m: 29.15	29.15	150m: 1:32.88	32.00	250m: 2:36.93	32.25	350m: 3:41.98	32.41
	100m: 1:00.68	31.53	200m: 2:04.68	32.00	300m: 3:09.57	32.64	400m: 4:13.71	31.73
2.	Moniek van Langevelde	ESCA Zwemmen	4:43.74	+0.75				
	50m: 31.76	31.76	150m: 1:43.99	36.71	250m: 2:56.78	36.17	350m: 4:09.03	36.10
	100m: 1:07.28	35.52	200m: 2:20.61	36.62	300m: 3:32.93	36.15	400m: 4:43.74	34.71
3.	Anne-Irene Ducheine	Zwemvereniging Hoogland	4:48.84					
	50m: 32.42	32.42	150m: 1:44.39	36.39	250m: 2:57.95	36.82	350m: 4:12.11	36.97
	100m: 1:08.00	35.58	200m: 2:21.13	36.74	300m: 3:35.14	37.19	400m: 4:48.84	36.73
4.	Manon Kloosterman	Zwemlust-den Hommel	4:49.07	+0.74				
	50m: 32.65	32.65	150m: 1:45.19	36.69	250m: 2:59.35	37.06	350m: 4:13.26	36.75
	100m: 1:08.50	35.85	200m: 2:22.29	37.10	300m: 3:36.51	37.16	400m: 4:49.07	35.81
5.	Karen Stolk	ZVL-1886 Center	5:01.03	+0.47				
	50m: 31.74	31.74	150m: 1:45.12	37.57	250m: 3:02.18	38.50	350m: 4:21.10	39.76
	100m: 1:07.55	35.81	200m: 2:23.68	38.56	300m: 3:41.34	39.16	400m: 5:01.03	39.93
6.	Larissa Jansen	PSV	5:08.07	+0.81				
	50m: 32.87	32.87	150m: 1:47.26	37.99	250m: 3:06.49	40.01	350m: 4:28.15	41.01
	100m: 1:09.27	36.40	200m: 2:26.48	39.22	300m: 3:47.14	40.65	400m: 5:08.07	39.92
7.	Janine de Groot	NDD	5:12.87	+0.81				
	50m: 33.84	33.84	150m: 1:51.13	39.20	250m: 3:11.63	40.77	350m: 4:33.07	40.45
	100m: 1:11.93	38.09	200m: 2:30.86	39.73	300m: 3:52.62	40.99	400m: 5:12.87	39.80
8.	Jisca Majolee	ZPC AMERSFOORT	5:13.23					
	50m: 34.53	34.53	150m: 1:52.01	39.89	250m: 3:12.39	40.41	350m: 4:34.25	41.01
	100m: 1:12.12	37.59	200m: 2:31.98	39.97	300m: 3:53.24	40.85	400m: 5:13.23	38.98
9.	Mariska Gach	ZVL-1886 Center	5:18.31					
	50m: 35.43	35.43	150m: 1:54.24	40.22	250m: 3:15.71	40.89	350m: 4:37.89	41.04
	100m: 1:14.02	38.59	200m: 2:34.82	40.58	300m: 3:56.85	41.14	400m: 5:18.31	40.42
10.	Eline Hendriks	ZPC AMERSFOORT	5:32.97	+0.78				
	50m: 36.54	36.54	150m: 2:00.67	42.93	250m: 3:26.50	42.51	350m: 4:52.32	42.69
	100m: 1:17.74	41.20	200m: 2:43.99	43.32	300m: 4:09.63	43.13	400m: 5:32.97	40.65



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Programmanr. 5, Dames, 400m vrije slag, Masters 25+

rang	naam	vereniging	tijd	RT	PARA
11.	Cynthia van Veen	ZVL-1886 Center	6:10.34	+0.75	
	50m: 35.70	150m: 2:04.13	250m: 3:41.84	350m: 5:23.55	51.35
	100m: 1:18.35	200m: 2:52.24	300m: 4:32.20	400m: 6:10.34	46.79

Masters 30+

1.	Leonie van Noort <i>Nederlands Masters Record</i>	WVZ	4:28.31	+0.83	
	50m: 30.83	150m: 1:39.18	250m: 2:47.92	350m: 3:55.43	33.87
	100m: 1:04.86	200m: 2:13.70	300m: 3:21.56	400m: 4:28.31	32.88
2.	Maaïke Vooren	DAW	4:44.97	+0.87	
	50m: 31.98	150m: 1:42.52	250m: 2:54.66	350m: 4:08.61	37.13
	100m: 1:06.86	200m: 2:18.47	300m: 3:31.48	400m: 4:44.97	36.36
3.	Melissa Zwaan	DAW	4:55.65	+0.80	
	50m: 31.85	150m: 1:44.77	250m: 2:59.89	350m: 4:17.13	38.63
	100m: 1:07.63	200m: 2:22.24	300m: 3:38.50	400m: 4:55.65	38.52
4.	Danielle Vermeulen	Zwemlust-den Hommel	5:05.94	+0.70	
	50m: 34.68	150m: 1:51.66	250m: 3:09.67	350m: 4:27.68	38.91
	100m: 1:12.61	200m: 2:30.60	300m: 3:48.77	400m: 5:05.94	38.26
5.	Suzanne Lange	VZC	5:08.30		
	50m: 34.61	150m: 1:52.70	250m: 3:10.86	350m: 4:39.40	39.38
	100m: 1:13.54	200m: 2:31.47	300m: 3:50.02	400m: 5:08.30	38.90
6.	Nanda van Heteren	PSV	5:14.62		
	50m: 35.19	150m: 1:54.92	250m: 3:16.72	350m: 4:37.46	40.13
	100m: 1:14.44	200m: 2:35.92	300m: 3:57.33	400m: 5:14.62	37.16
7.	Suzan Blankestijn	ZVL-1886 Center	5:19.91	+0.84	
	50m: 34.25	150m: 1:54.03	250m: 3:15.98	350m: 4:39.00	41.29
	100m: 1:13.35	200m: 2:35.04	300m: 3:57.71	400m: 5:19.91	40.91
8.	Leontine Groeneveldt	De Duck	5:28.35	+0.79	
	50m: 34.94	150m: 1:56.60	250m: 3:21.45	350m: 4:47.69	43.03
	100m: 1:14.71	200m: 2:39.23	300m: 4:04.66	400m: 5:28.35	40.66
9.	Irmgard van Weeghel	ESCA Zwemmen	5:31.25		
	50m: 36.78	150m: 1:58.26	250m: 3:23.13	350m: 4:48.37	42.43
	100m: 1:16.70	200m: 2:40.60	300m: 4:05.94	400m: 5:31.25	42.88
10.	Joëlle Vaes	DIO	5:41.05		
	50m: 37.78	150m: 2:04.00	250m: 3:32.49	350m: 4:59.35	42.76
	100m: 1:19.74	200m: 2:48.33	300m: 4:16.59	400m: 5:41.05	41.70
11.	Marjan Rikken	Octopus-ZVV (SG)	5:55.32	+0.90	
	50m: 38.23	150m: 2:06.69	250m: 3:38.17	350m: 5:11.03	46.53
	100m: 1:21.47	200m: 2:52.21	300m: 4:24.50	400m: 5:55.32	44.29
12.	Anouk Bloem	TRB-RES	7:11.50		
	50m: 46.96	150m: 2:33.98	250m: 4:23.72	350m: 6:16.58	56.81
	100m: 1:39.24	200m: 3:28.94	300m: 5:19.77	400m: 7:11.50	54.92
AFGEM	Lotte Coenen	DES			
			NED	199301518	

Masters 35+

1.	Viktória Háden-Felföldi	Iron Swim	4:39.62		
	50m: 31.52	150m: 1:41.03	250m: 2:52.89	350m: 4:04.52	35.90
	100m: 1:05.80	200m: 2:16.90	300m: 3:28.62	400m: 4:39.62	35.10
2.	Jenny Schouten	MZ&PC	4:43.00	+0.87	
	50m: 31.19	150m: 1:41.17	250m: 2:53.80	350m: 4:07.24	36.92
	100m: 1:05.60	200m: 2:17.48	300m: 3:30.32	400m: 4:43.00	35.76
3.	Liesbeth van Mill	Zwemlust-den Hommel	5:20.63	+0.78	
	50m: 35.09	150m: 1:52.73	250m: 3:13.98	350m: 4:38.55	42.68
	100m: 1:13.34	200m: 2:32.93	300m: 3:55.87	400m: 5:20.63	42.08
4.	Sandra Schellekens	Neptunus'58	5:42.46	+0.73	
	50m: 36.90	150m: 2:02.48	250m: 3:30.97	350m: 5:00.55	44.97
	100m: 1:18.70	200m: 2:46.74	300m: 4:15.58	400m: 5:42.46	41.91
5.	Angelique Wammes-Bouman	Zwemvereniging Hoogland	6:09.03	+0.80	
	50m: 41.01	150m: 2:14.06	250m: 3:48.70	350m: 5:24.02	47.76
	100m: 1:26.63	200m: 3:01.21	300m: 4:36.26	400m: 6:09.03	45.01



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Programmanr. 5, Dames, 400m vrije slag, Masters 35+

rang	naam	vereniging	land	nummer	tijd	RT	PARA
	AFGEM Hanne Keijzer	DWT	NED	198503932			

Masters 40+

1.	Debbie van Rooijen	IJZPC	NED	198201402	5:06.51	+0.72				
	50m: 34.62	34.62	150m: 1:52.55	39.21	250m: 3:11.54	39.07	350m: 4:29.49	38.74	400m: 5:06.51	37.02
	100m: 1:13.34	38.72	200m: 2:32.47	39.92	300m: 3:50.75	39.21				
2.	Agnes van Brug	DAW	NED	198001726	5:26.47					
	50m: 36.16	36.16	150m: 1:57.64	41.55	250m: 3:21.92	42.12	350m: 4:45.83	41.58		
	100m: 1:16.09	39.93	200m: 2:39.80	42.16	300m: 4:04.25	42.33	400m: 5:26.47	40.64		
3.	Martine de Haart	Patrick-De Roersoppers (SG)	NED	197901492	5:31.42					
	50m: 35.93	35.93	150m: 1:57.08	41.29	250m: 3:22.39	42.85	350m: 4:49.13	43.51		
	100m: 1:15.79	39.86	200m: 2:39.54	42.46	300m: 4:05.62	43.23	400m: 5:31.42	42.29		
4.	Ramona Linting	AZC	NED	198301274	5:34.63					
	50m: 37.02	37.02	150m: 1:59.99	42.00	250m: 3:25.52	43.04	350m: 4:52.04	43.30		
	100m: 1:17.99	40.97	200m: 2:42.48	42.49	300m: 4:08.74	43.22	400m: 5:34.63	42.59		
5.	Eveline Hacquebord	IJZPC	NED	197901206	5:53.51	+0.85				
	50m: 38.59	38.59	150m: 2:05.78	44.29	250m: 3:36.19	45.12	350m: 4:52.93	46.29		
	100m: 1:21.49	42.90	200m: 2:51.07	45.29	300m: 4:22.64	46.45	400m: 5:53.51	44.58		
6.	Saskia op den Velde	De Duinkickers	NED	197901530	6:18.76 *	+0.99				
	50m: 41.52	41.52	150m: 2:15.18	47.84	250m: 3:51.26	47.74	350m: 5:29.93	49.79		
	100m: 1:27.34	45.82	200m: 3:03.52	48.34	300m: 4:40.14	48.88	400m: 6:18.76	48.83		

Masters 45+

1.	Liselotte Joling	PSV	NED	197500268	4:48.92				
	50m: 32.92	32.92	150m: 1:46.47	36.90	250m: 2:59.77	36.21	350m: 4:13.24	36.66	
	100m: 1:09.57	36.65	200m: 2:23.56	37.09	300m: 3:36.58	36.81	400m: 4:48.92	35.68	
2.	Melanie Kuiper	ZIGNEA	NED	197600350	5:05.12				
	50m: 34.06	34.06	150m: 1:49.36	38.17	250m: 3:07.69	39.34	350m: 4:27.20	39.81	
	100m: 1:11.19	37.13	200m: 2:28.35	38.99	300m: 3:47.39	39.70	400m: 5:05.12	37.92	
3.	Petra Guijt	RZC	NED	197600978	5:29.40 *				
	50m: 35.89	35.89	150m: 1:58.86	42.30	250m: 3:24.67	42.92	350m: 4:49.31	41.76	
	100m: 1:16.56	40.67	200m: 2:41.75	42.89	300m: 4:07.55	42.88	400m: 5:29.40	40.09	
4.	Alina Spijkerman	DAW	NED	197701220	5:31.16	+1.01			
	50m: 34.14	34.14	150m: 1:54.20	41.92	250m: 3:19.44	42.81	350m: 4:47.48	44.26	
	100m: 1:12.28	38.14	200m: 2:36.63	42.43	300m: 4:03.22	43.78	400m: 5:31.16	43.68	
5.	Karin van Dijk	THOR	NED	197601066	5:41.17				
	50m: 37.28	37.28	150m: 2:01.52	42.91	250m: 3:29.59	44.33	350m: 4:59.33	44.82	
	100m: 1:18.61	41.33	200m: 2:45.26	43.74	300m: 4:14.51	44.92	400m: 5:41.17	41.84	
6.	Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	NED	197700138	6:38.53				
	50m: 43.92	43.92	150m: 2:23.56	50.39	250m: 4:05.41	50.95	350m: 5:48.82	52.03	
	100m: 1:33.17	49.25	200m: 3:14.46	50.90	300m: 4:56.79	51.38	400m: 6:38.53	49.71	

Masters 50+

1.	Bianca Groot	MSV-Zeemacht	NED	197000652	5:04.68	+0.85			
	50m: 34.54	34.54	150m: 1:50.74	38.42	250m: 3:08.31	38.92	350m: 4:26.38	38.89	
	100m: 1:12.32	37.78	200m: 2:29.39	38.65	300m: 3:47.49	39.18	400m: 5:04.68	38.30	
2.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054	5:08.28				
	50m: 34.70	34.70	150m: 1:52.27	39.08	250m: 3:11.13	38.94	350m: 4:30.16	39.46	
	100m: 1:13.19	38.49	200m: 2:32.19	39.92	300m: 3:50.70	39.57	400m: 5:08.28	38.12	
3.	Dianna Dr Szokol	Nyiregyhazi Sportcentrum	HUN		5:08.57				
	50m: 35.84	35.84	150m: 1:52.95	38.77	250m: 3:11.15	39.37	350m: 4:29.95	39.50	
	100m: 1:14.18	38.34	200m: 2:31.78	38.83	300m: 3:50.45	39.30	400m: 5:08.57	38.62	
4.	Micky Grulms	Luxembourg Sharks Swimming CLUX	4029		5:11.70				
	50m: 36.02	36.02	150m: 1:54.36	39.23	250m: 3:13.09	39.48	350m: 4:33.04	39.82	
	100m: 1:15.13	39.11	200m: 2:33.61	39.25	300m: 3:53.22	40.13	400m: 5:11.70	38.66	
5.	Annette de Visser	Oceanus	NED	197100602	5:14.03				
	50m: 35.02	35.02	150m: 1:53.33	40.02	250m: 3:13.07	40.08	350m: 4:34.05	40.70	
	100m: 1:13.31	38.29	200m: 2:32.99	39.66	300m: 3:53.35	40.28	400m: 5:14.03	39.98	
6.	Inken Wemheuer	DWT	NED	197101016	5:32.06				
	50m: 37.43	37.43	150m: 2:01.52	42.78	250m: 3:27.82	42.98	350m: 4:52.79	42.21	
	100m: 1:18.74	41.31	200m: 2:44.84	43.32	300m: 4:10.58	42.76	400m: 5:32.06	39.27	



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Programmanr. 5, Dames, 400m vrije slag, Masters 50+

rang	naam		vereniging					tijd	RT	PARA		
7.	Cherry Bas-Ott		DAW			NED	197100464	6:08.84 *	+0.66			
	50m:	40.16	40.16	150m:	2:12.36	47.01	250m:	3:46.70	47.31	350m:	5:22.60	48.63
	100m:	1:25.35	45.19	200m:	2:59.39	47.03	300m:	4:33.97	47.27	400m:	6:08.84	46.24
8.	Annet Kootstra		SWOL 1894			NED	197100344	6:19.14				
	50m:	42.65	42.65	150m:	2:17.77	47.90	250m:	3:55.25	48.67	350m:	5:32.18	48.58
	100m:	1:29.87	47.22	200m:	3:06.58	48.81	300m:	4:43.60	48.35	400m:	6:19.14	46.96
9.	Nathasja Konijn		GZC DONK			NED	197100992	6:35.36	+0.81			
	50m:	42.66	42.66	150m:	2:20.19	49.30	250m:	4:02.34	51.32	350m:	5:45.48	51.64
	100m:	1:30.89	48.23	200m:	3:11.02	50.83	300m:	4:53.84	51.50	400m:	6:35.36	49.88
10.	Kristien Van de Moortel		Shark			BEL	ShaRK/20315/69	6:43.08				
	50m:	45.22	45.22	150m:	2:27.54	51.50	250m:	4:10.27	51.55	350m:	5:54.13	51.92
	100m:	1:36.04	50.82	200m:	3:18.72	51.18	300m:	5:02.21	51.94	400m:	6:43.08	48.95
11.	Greta Wyma-Teitsma		DWK			NED	197100696	6:55.59	+1.03			
	50m:	45.38	45.38	150m:	2:28.24	52.41	250m:	4:14.79	53.81	350m:	6:02.89	54.42
	100m:	1:35.83	50.45	200m:	3:20.98	52.74	300m:	5:08.47	53.68	400m:	6:55.59	52.70

Masters 55+

1.	Wilna Heijman		Steenwijk 1934			NED	196400506	5:25.44	+0.66			
	50m:	37.26	37.26	150m:	1:58.38	40.93	250m:	3:21.58	41.60	350m:	4:44.54	41.43
	100m:	1:17.45	40.19	200m:	2:39.98	41.60	300m:	4:03.11	41.53	400m:	5:25.44	40.90
2.	Anita Steijger		WVZ			NED	196500628	5:48.87 *	+0.75			
	50m:	39.85	39.85	150m:	2:06.67	43.97	250m:	3:35.49	44.44	350m:	5:05.24	44.94
	100m:	1:22.70	42.85	200m:	2:51.05	44.38	300m:	4:20.30	44.81	400m:	5:48.87	43.63
3.	K. van Nassau-van den Heuvel		Old Dutch			NED	196600188	6:10.43	+0.81			
	50m:	40.59	40.59	150m:	2:11.99	47.03	250m:	3:47.90	48.15	350m:	5:24.52	48.33
	100m:	1:24.96	44.37	200m:	2:59.75	47.76	300m:	4:36.19	48.29	400m:	6:10.43	45.91
4.	Erica Muller		De Geul			NED	196400412	6:47.23	+0.63			
	50m:	44.10	44.10	150m:	2:23.80	50.90	250m:	4:07.17	52.23	350m:	5:55.15	54.07
	100m:	1:32.90	48.80	200m:	3:14.94	51.14	300m:	5:01.08	53.91	400m:	6:47.23	52.08
5.	Baukje Ipema		HZ&PC Heerenveen			NED	196800964	7:32.22				
	50m:	49.44	49.44	150m:	2:41.06	56.87	250m:	4:37.53	58.50	350m:	6:35.31	58.53
	100m:	1:44.19	54.75	200m:	3:39.03	57.97	300m:	5:36.78	59.25	400m:	7:32.22	56.91

Masters 65+

1.	Margriet Pasma		TriVia			NED	195500088	6:02.72	+0.75			
	50m:	41.37	41.37	150m:	2:13.89	46.76	250m:	3:47.16	46.46	350m:	5:18.79	45.56
	100m:	1:27.13	45.76	200m:	3:00.70	46.81	300m:	4:33.23	46.07	400m:	6:02.72	43.93
2.	Monica Bakker		Steenwijk 1934			NED	195600082	6:45.48				
	50m:	45.27	45.27	150m:	2:25.09	50.44	250m:	4:07.99	51.60	350m:	5:52.85	52.76
	100m:	1:34.65	49.38	200m:	3:16.39	51.30	300m:	5:00.09	52.10	400m:	6:45.48	52.63
3.	Karien Musters		Old Dutch			NED	195800236	8:06.24				
	50m:	51.10	51.10	150m:	2:48.16	1:00.26	250m:	4:53.74	1:03.53	350m:	7:03.78	1:05.14
	100m:	1:47.90	56.80	200m:	3:50.21	1:02.05	300m:	5:58.64	1:04.90	400m:	8:06.24	1:02.46

Masters 70+

1.	Conny Boer-Buys		ZVVS			NED	195000006	6:21.22	+0.97			
	50m:	40.50	40.50	150m:	2:15.24	49.14	250m:	3:54.37	49.53	350m:	5:34.76	50.04
	100m:	1:26.10	45.60	200m:	3:04.84	49.60	300m:	4:44.72	50.35	400m:	6:21.22	46.46
2.	Geerdien Meerwaldt		De Geul			NED	195200058	8:56.44 *				
	50m:	58.95	58.95	150m:	3:12.66	1:06.24	250m:	5:29.42	1:07.30	350m:	7:50.07	1:11.54
	100m:	2:06.42	1:07.47	200m:	4:22.12	1:09.46	300m:	6:38.53	1:09.11	400m:	8:56.44	1:06.37

Masters 75+

1.	Loekie van Huissteden		ZPC AMERSFOORT			NED	194500002	8:56.15				
	50m:	1:00.25	1:00.25	150m:	3:14.06	1:07.66	250m:	5:32.06	1:10.23	350m:	7:49.56	1:07.90
	100m:	2:06.40	1:06.15	200m:	4:21.83	1:07.77	300m:	6:41.66	1:09.60	400m:	8:56.15	1:06.59



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Programmanr. 5, Dames, 400m vrije slag

Masters 85+

1. Marie Smits	Old Dutch	NED	193800004	8:50.10							
<i>Nederlands Masters Record</i>											
50m:	57.12	57.12	150m:	3:13.55	1:08.39	250m:	5:31.67	1:10.13	350m:	7:47.29	1:08.58
100m:	2:05.16	1:08.04	200m:	4:21.54	1:07.99	300m:	6:38.71	1:07.04	400m:	8:50.10	1:02.81

Programmanr. 6
17-02-2023 - 11:19

Heren, 100m rugslag

Masters Open
Resultaten

rang naam	vereniging	tijd	RT	PARA	50m	100m
Masters 20+						
1. Daan Hogerhuis	De Columbiaan	NED 200300317	1:00.45		29.14	1:00.45
2. Aron Paasse	De Schotejil	NED 200000099	1:01.28		30.08	1:01.28
3. Jasper Breugem	WVZ	NED 200000303	1:01.88		30.22	1:01.88
4. Ian Terlouw	ZPC Woerden	NED 200002345	1:03.03		29.86	1:03.03
5. Remco Dijkstra	HZ&PC Heerenveen	NED 200100789	1:04.14		29.78	1:04.14
6. David Kievit	De Schotejil	NED 199900325	1:05.03		31.78	1:05.03
7. Jacob Mackloet	De Schotejil	NED 200001171	1:06.26		31.84	1:06.26
8. Jeroen Louwinger	De Rijn	NED 199900583	1:08.15		32.58	1:08.15
9. Bartho Visser	Triton Putten	NED 200005595	1:14.27		34.93	1:14.27

Masters 25+

1. Felix Geenen	DAW	NED 199501085	1:01.68		29.15	1:01.68
2. Robin van Beek	ZVL-1886 Center	NED 199704023	1:01.75		29.72	1:01.75
3. Jordy van Oel	WVZ	NED 199802003	1:06.46		31.94	1:06.46
4. Hans Stoffers	Triton Putten	NED 199604027	1:07.03		32.09	1:07.03
5. Ian van Mullem	ZOB'66	NED 199602545	1:09.14		33.40	1:09.14
6. Martijn Lageweg	Steenwijk 1934	NED 199701323	1:09.15		33.30	1:09.15
7. Patrick Wyrdean	Feijenoord Zwemmen (SG)	NED 199702475	1:11.12		34.31	1:11.12

Masters 30+

1. Jesper Oranje	De Duck	NED 199200997	58.29		28.49	58.29	
<i>Nederlands Masters Record</i>							
2. Jelmer Meijer	HZ&PC Heerenveen	NED 199001961	1:01.99		30.15	1:01.99	
3. Olaf Achterberg	VZC	NED 199000011	1:05.59		31.55	1:05.59	
4. Patrick Brouwer	AZC	NED 199303715	1:10.67		33.94	1:10.67	
5. Wessel Everloo	WS Twente	NED 198906597	1:12.53	S14	569	35.40	1:12.53
6. Maarten Steekelenburg	De Geul	NED 199300479	1:23.34		39.70	1:23.34	
* 50m							

Masters 35+

1. Martijn Giezen	ZPC AMERSFOORT	NED 198500813	1:03.39		30.41	1:03.39
2. Robert Braad	Steenwijk 1934	NED 198600407	1:05.57		31.22	1:05.57
3. Pascal van Haren	NieMo Barracuda	NED 198704101	1:07.45		32.68	1:07.45
4. Arne-Willem Kroonen	MZ&PC	NED 198401297	1:15.81		35.58	1:15.81
5. Harmen Reemst	ZOB'66	NED 198702715	1:16.55		36.90	1:16.55

Masters 40+

1. Mark Hensen	NieMo Barracuda	NED 197900497	1:05.89		31.70	1:05.89
2. Ivan van Ommen	De Geul	NED 198201263	1:06.83		32.39	1:06.83
3. Arjan Prins	Dedemsvaart-AC	NED 198201383	1:07.66		32.39	1:07.66
4. Dirk Smit	Tiamat	NED 198101559	1:08.63		33.41	1:08.63
5. Marcel Reefhuis	WS Twente	NED 198101381	1:09.05		33.97	1:09.05
6. F. Cascales Miñana	Lille UC Natation	FRA 3228717	1:12.88		34.93	1:12.88



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Programmanr. 6, Heren, 100m rugslag, Masters 40+

rang naam	vereniging			tijd	RT	PARA	50m	100m
7. Rogier van Gent * 50 m	IJZPC	NED	198000405	1:17.22			36.28	1:17.22
8. Peter Lommert	SWOL 1894	NED	197900787	1:18.07			37.82	1:18.07

Masters 45+

1. Ruud Holswilder	ZPCH	NED	197800435	1:03.46			30.81	1:03.46
2. Ivo Roozeboom	WVZ	NED	197700801	1:03.76			31.44	1:03.76
3. Jasper van Heijst	Het Y	NED	197601699	1:07.39			32.51	1:07.39
4. Alex Damen	DAW	NED	197501371	1:07.97			32.80	1:07.97
5. Kees Bakker	Gay Swim Amsterdam	NED	197501055	1:09.98			33.86	1:09.98
6. Markus van Rest	WVZ	NED	197701197	1:11.54			34.50	1:11.54
7. Pieter Broek	Feijenoord Zwemmen (SG)	NED	197701637	1:11.99			34.21	1:11.99
8. Eric Hoekman	WS Twente	NED	197401531	1:14.56			36.67	1:14.56
9. Jeroen Hoeksel	ZVVS	NED	197401533	1:31.80			42.59	1:31.80

Masters 50+

1. Chester Marsman	ZPC AMERSFOORT	NED	196900671	1:04.40			31.21	1:04.40
2. Linas Kersevicius	Kauno Takas	LTU		1:08.40			33.23	1:08.40
3. Markus Löber	SSF Bonn 1905 e.V.	GER	444684	1:09.66			33.67	1:09.66
4. Mindaugas Sakys	Kaisiadoriu Plaukiam	LTU		1:12.03			35.24	1:12.03
5. Ramon de Bondt	ZPB H&L Productions	NED	197300105	1:12.60			34.55	1:12.60
6. René Beetsma	HZ&PC Heerenveen	NED	196900069	1:12.79			34.91	1:12.79
7. Bruno Nahon	Cercle De Natation Sportcity VFRAwe CNSW/000390/70			1:17.37			37.57	1:17.37
8. Korstiaan de Boer	Steenwijk 1934	NED	197101629	1:18.37			38.75	1:18.37

Masters 55+

1. Jan-Willem van den Berg	WVZ	NED	196801575	1:07.41			33.13	1:07.41
2. Guido Keutgen	Steenwijk 1934	NED	196801551	1:10.10			33.36	1:10.10
3. Hugues Herman	Cercle De Natation Sportcity VBELwe CNSW/009743/66			1:11.08			34.12	1:11.08
4. Ron Korzelius	ZPC AMERSFOORT	NED	196500513	1:15.23			36.26	1:15.23
5. Nico Swart	De Biesboschzwemmers	NED	196801475	1:17.31			37.18	1:17.31
6. Henri Michels	De Amstel	NED	196501587	1:18.38			38.85	1:18.38
7. Pascal Tourton	ZOB'66	NED	196601343	1:19.77			39.95	1:19.77
8. Andy Feyen	Zwemclub Iloka Kapellen	BEL	ZIK/11034/67	1:20.43			38.42	1:20.43
9. Bert Jonker	HZ&PC Heerenveen	NED	196600355	1:22.17			39.88	1:22.17
10. Hans Bijleveld	HHZV PLONS	NED	196601649	1:29.14			44.27	1:29.14

Masters 60+

1. Peter Bernsen <i>Nederlands Masters Record</i>	De Rog	NED	196301119	1:08.48			32.53	1:08.48
2. Johan Remmits	ZPC AMERSFOORT	NED	196201159	1:09.35			33.56	1:09.35
3. Erik Kamphuis	De Rog	NED	196001035	1:14.60			37.01	1:14.60
4. Clemens de Waal	De Ward	NED	196001063	1:16.11			36.98	1:16.11
5. Casper Dollekamp	Steenwijk 1934	NED	196301341	1:23.86			40.49	1:23.86
6. Evert-Jan Verweij	SWOL 1894	NED	196301143	1:23.95 *			40.53	1:23.95
7. Jack Barends	WS Twente	NED	196201011	1:31.84			45.74	1:31.84

Masters 65+

1. Hugo Bregman <i>Nederlands Masters Record, NMR 50 m</i>	WVZ	NED	195800069	1:10.02			33.54	1:10.02
2. Hans Piederiet	ZPC Numansdorp	NED	195400177	1:22.81			39.03	1:22.81
3. Paul Bunnik	Triton	NED	195600413	1:24.06			40.27	1:24.06
4. André Pantekoek	PSV	NED	195800321	1:36.52			47.04	1:36.52
5. Klaas Landeweer	IJZPC	NED	195600163	1:46.84			51.10	1:46.84



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Programmanr. 6, Heren, 100m rugslag

Masters 70+

1. Jean-Marie Cadiat	Cercle De Natation Sportcity VBELwe CNSW/000243/53			1:19.76	39.32	1:19.76
<i>Kampioenschapsrecord</i>						
2. Brend Brevé	PSV	NED	195200265	1:19.92	39.51	1:19.92
<i>Nederlands Masters Record</i>						
3. Ruud Ruiters	WVW Winterswijk	NED	195300169	1:25.03	41.65	1:25.03
4. Pierre Monnet	Entente Sportive Nanterre	FRA	2609667	1:37.38	48.69	1:37.38
5. Jos Kamps	Zwemvereniging Hoogland	NED	195100085	1:40.74	47.82	1:40.74
6. Rob Berkhof	SWOL 1894	NED	195200245	1:45.91	51.10	1:45.91
7. Piet Schop	De Bevelanders	NED	195000109	1:48.27	50.91	1:48.27

Masters 75+

1. Mans Buis	SWOL 1894	NED	194700133	1:54.18 *	54.21	1:54.18
2. Nico van Dongen	ZZ&PC De Devel	NED	194800159	2:30.04 *	1:10.83	2:30.04

Masters 80+

1. Rob Hanou	PSV	NED	194300109	1:58.72	55.86	1:58.72
2. Nico Baay	Old Dutch	NED	194200053	2:01.22	57.49	2:01.22

Programmanr. 7

Dames, 100m rugslag

Masters Open

17-02-2023 - 11:42

Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
Masters 20+								
1. Arianne Kooijinga	TriVia	NED	200001544	1:03.82			31.16	1:03.82
2. Merel Phaff	Nuenen	NED	200100434	1:05.43			32.21	1:05.43
3. Julia Notenboom	De Columbiaan	NED	200302596	1:07.07			32.37	1:07.07
4. Inge Dekker	HZ&PC Heerenveen	NED	200200476	1:07.37			32.01	1:07.37
5. M. van den Hoofdakker	Steenwijk 1934	NED	200302708	1:08.17			32.85	1:08.17
6. Laura Setz	Bubble	NED	200000130	1:08.19			32.47	1:08.19
7. Alessia Sluis	Dedemsvaart-AC	NED	200300896	1:10.16			33.77	1:10.16
8. Lauren van IJll	WVZ	NED	200001064	1:10.17			33.45	1:10.17
9. Lianne van Wier	HZ&PC Heerenveen	NED	200200438	1:10.38			33.58	1:10.38
10. Leonie van Wier	HZ&PC Heerenveen	NED	200200436	1:12.48			34.87	1:12.48
11. Cynthia Koolman	Steenwijk 1934	NED	200300232	1:13.03			36.01	1:13.03
12. Lindi Bos	DWK	NED	200101256	1:14.07			35.02	1:14.07
13. Jet Kleine	MSV-Zeemacht	NED	199903384	1:16.48			37.14	1:16.48
14. Iris Bastiaansen	De Amstel	NED	199902006	1:17.74			38.14	1:17.74
15. Iris van der Moolen	De Amstel	NED	199902052	1:18.03			37.27	1:18.03
16. Ageeth de Haan	Steenwijk 1934	NED	199901022	1:19.52			38.31	1:19.52
17. Mandy Swart	De Biesboschzwemmers	NED	199904916	1:20.07 *			38.70	1:20.07
18. Daphne van Rees	Octopus-ZVV (SG)	NED	200301766	1:21.12			39.29	1:21.12
19. Valerie Bakker	ZVL-1886 Center	NED	200103672	1:21.39			39.35	1:21.39
20. Leonie Smit	EZCL (SG)	NED	200301978	1:22.90			40.02	1:22.90
<i>* 50m</i>								

Masters 25+

1. Celine Schoenmaker	DWK	NED	199801976	1:04.93			31.20	1:04.93
<i>Kampioenschapsrecord</i>								
2. Tamara Grove	De Dolfijn	NED	199601266	1:06.03			31.88	1:06.03
3. Maaïke van Veen	Dedemsvaart-AC	NED	199700292	1:07.34			32.77	1:07.34
4. J. van Omme - van Veen	Zwemvereniging Hoogland	NED	199603192	1:08.14			32.70	1:08.14
5. Anne-Irene Ducheine	Zwemvereniging Hoogland	NED	199506824	1:08.69			33.44	1:08.69
6. Laura Compagner	Dedemsvaart-AC	NED	199804602	1:09.36			33.00	1:09.36
7. Manon van Strien	WVZ	NED	199400770	1:11.51			34.29	1:11.51



Open Nederlandse Masters
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Programmanr. 7, Dames, 100m rugslag, Masters 25+

rang naam	vereniging		tijd	RT	PARA	50m	100m
8. Chantal Beijer	DWT	NED 199700884	1:12.26			35.41	1:12.26
9. Suzanne Mosch	MSV-Zeemacht	NED 199400548	1:12.86			34.96	1:12.86
10. Janine de Groot	NDD	NED 199500092	1:13.71			34.95	1:13.71
11. Lotte Eising	ZPC AMERSFOORT	NED 199502098	1:15.76			36.67	1:15.76
12. Hjordis Wagenaar	TRI-X-Kufstein	NED 49731	1:16.79			36.47	1:16.79
13. Mariska Gach	ZVL-1886 Center	NED 199501760	1:17.69			38.12	1:17.69
14. Diane Schoenmaker	PSV	NED 199502920	1:18.27			37.24	1:18.27
15. Eline Hendriks	ZPC AMERSFOORT	NED 199802794	1:18.57			38.29	1:18.57
16. Anouk van der Lans	Feijenoord Zwemmen (SG)	NED 199801614	1:19.23			38.42	1:19.23
17. Chantal Lokhorst	Aqualero	NED 199401362	1:21.66			38.65	1:21.66
18. Cynthia van Veen	ZVL-1886 Center	NED 199606736	1:28.63			41.76	1:28.63

Masters 30+

1. Danique Stoop	Zuiderzeewimmers	NED 199106956	1:07.27			31.96	1:07.27
2. Denise Boereboom	NieMo Barracuda	NED 199202144	1:09.78			33.51	1:09.78
3. Jacyntha Plat	Steenwijk 1934	NED 199002956	1:10.57			33.89	1:10.57
4. Désirée Emmen	De Warande	NED 199204862	1:10.73			34.39	1:10.73
5. Elmi Roelofsen	Octopus-ZVV (SG)	NED 199008198	1:12.92 *			34.04	1:12.92
6. Getrude Corporaal	Steenwijk 1934	NED 199200380	1:16.24			36.29	1:16.24
7. Joëlle Vaes	DIO	NED 199007576	1:22.12			40.04	1:22.12
8. Marjan Rikken	Octopus-ZVV (SG)	NED 199206114	1:25.29			41.12	1:25.29
AFGEM Lotte Coenen	DES	NED 199301518					

Masters 35+

1. Jenny Schouten	MZ&PC	NED 198703674	1:10.16			34.34	1:10.16
2. Samantha van Eijk	De Geul	NED 198806826	1:12.40			35.40	1:12.40
3. Marije Jansen	ZPC AMERSFOORT	NED 198504088	1:14.51			34.82	1:14.51
4. Jolanda Kuiper-Crossen	Neptunia'24	NED 198600712	1:17.29			37.54	1:17.29
5. Hanneke Heymen	WS Twente	NED 198400968	1:18.85			37.71	1:18.85
6. Marieke van Dodeweerd	RZC	NED 198600896	1:23.80 *			40.50	1:23.80

Masters 40+

1. Ausra Razgune	Kaisiadoriu Plaukiam	LTU	1:09.16			32.79	1:09.16
<i>Kampioenschapsrecord, Lithuanian Masters Record</i>							
2. Roos van Esch	ACZ	NED 198200468	1:11.01			35.06	1:11.01
3. Elke Popma - Blox	Tiamat	NED 198200154	1:16.33			37.36	1:16.33
4. Angela Giezen	Zwemvereniging Hoogland	NED 198302796	1:18.32			39.38	1:18.32
5. Nadya Putter	ZVVS	NED 198301630	1:18.33			37.76	1:18.33
6. E. Poortvliet - Koedam	De Duinkickers	NED 198001824	1:20.88			39.96	1:20.88
7. Leonie Scholten	Steenwijk 1934	NED 197901560	1:24.41 *			40.39	1:24.41

Masters 45+

1. Melanie Kuiper	ZIGNEA	NED 197600350	1:17.05			37.69	1:17.05
2. Mirjan den Drijver	Feijenoord Zwemmen (SG)	NED 197500884	1:18.63			38.55	1:18.63
3. Karin van Dijk	THOR	NED 197601066	1:24.66			40.87	1:24.66
4. Petra Guijt	RZC	NED 197600978	1:30.13 *			44.81	1:30.13
5. Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	NED 197700138	1:38.78			48.00	1:38.78

Masters 50+

1. Edith Janssen-Koolen	TRB-RES	NED 197300898	1:16.09			36.51	1:16.09
2. Bianca Groot	MSV-Zeemacht	NED 197000652	1:22.42			40.24	1:22.42
3. Janine Franssen	Zwemsport Parkstad	NED 197101108	1:22.49			39.67	1:22.49
4. Marjolein Klunne	Hieronymus	NED 197101098	1:23.15			39.25	1:23.15
5. Peggi Hurenkamp	HZ&PC Heerenveen	NED 196900922	1:25.38			42.13	1:25.38
6. H. Manting-Holthuis	H2Oldambt	NED 197100246	1:30.95			43.95	1:30.95
DIS Nathasja Konijn	GZC DONK	NED 197100992					

RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.



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Programmanr. 7, Dames, 100m rugslag

Masters 55+

1. Henriëtte v. Norden	ZPC AMERSFOORT	NED	196800046	1:21.25	39.17	1:21.25
2. Annette Wijnja-Visser	De Biesboschwimmers	NED	196700528	1:21.90	39.06	1:21.90
3. Marinka vd Zwet	Sassenheim	NED	196500346	1:22.24	39.63	1:22.24
4. Roselinda van der Vlugt	De Geul	NED	196700710	1:47.87 *	53.13	1:47.87

Masters 60+

1. Marjan Remmits-de Lange	ZPC AMERSFOORT	NED	196300518	1:21.03	39.78	1:21.03
<i>Nederlands Masters Record</i>						
2. Margriet Grove-Lingeman	Triton	NED	196200080	1:24.19	40.41	1:24.19
3. Patty Verhagen	PSV	NED	195900146	1:31.64	45.72	1:31.64
4. Annemarie Vuist-Blum	SWOL 1894	NED	196300282	1:39.36	49.35	1:39.36
5. Jennie Resink-lindeboom	DWK	NED	196000142	1:39.77	48.82	1:39.77
6. Jenny Westervaarder	H2Oldambt	NED	196200424	1:49.71	53.16	1:49.71
NG.ZA Katinka Elders	HZ&PC Heerenveen	NED	196000292			

Masters 65+

1. Atie Pijtak-Radersma	ZPC AMERSFOORT	NED	195600048	1:20.80	39.54	1:20.80
<i>Nederlands Masters Record</i>						
2. Margriet Pasma	TriVia	NED	195500088	1:34.70	46.29	1:34.70

Masters 70+

1. Christine Nieuwenhuis	SWOL 1894	NED	195100022	1:37.24	47.60	1:37.24
<i>Nederlands Masters Record</i>						
2. A. Gilding-Tussaud	WS Twente	NED	195000038	1:51.81	54.35	1:51.81
3. Ineke Meijer	HZ&PC Heerenveen	NED	195200034	1:58.60	58.24	1:58.60