



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



4 - ONMK 2023 kb sessie 4

18-02-2023 - 9:00

Programmanr. 17
18-02-2023 - 9:00

Dames, 800m vrije slag

Masters Open
Resultaten

rang	naam		vereniging				tijd	RT	PARA
Masters 20+									
1.	Laura Setz		Bubble		NED	200000130	9:15.04		
	50m: 30.47	30.47	250m: 2:47.65	34.28	450m: 5:08.49	35.67	650m: 7:31.01	35.96	
	100m: 1:03.90	33.43	300m: 3:22.45	34.80	500m: 5:43.87	35.38	700m: 8:06.48	35.47	
	150m: 1:38.64	34.74	350m: 3:57.68	35.23	550m: 6:19.27	35.40	750m: 8:41.64	35.16	
	200m: 2:13.37	34.73	400m: 4:32.82	35.14	600m: 6:55.05	35.78	800m: 9:15.04	33.40	
2.	Amé Hulleman		DZ&PC		NED	200202794	9:21.15		
	50m: 31.51	31.51	250m: 2:51.71	35.35	450m: 5:13.62	35.62	650m: 7:36.17	35.50	
	100m: 1:05.96	34.45	300m: 3:27.07	35.36	500m: 5:49.43	35.81	700m: 8:10.90	34.73	
	150m: 1:41.04	35.08	350m: 4:02.38	35.31	550m: 6:25.12	35.69	750m: 8:46.15	35.25	
	200m: 2:16.36	35.32	400m: 4:38.00	35.62	600m: 7:00.67	35.55	800m: 9:21.15	35.00	
3.	Kim Zwinkels		ZPCH		NED	200300422	9:32.08		
	50m: 32.01	32.01	250m: 2:53.89	36.02	450m: 5:19.92	36.75	650m: 7:46.05	36.31	
	100m: 1:06.52	34.51	300m: 3:30.16	36.27	500m: 5:56.69	36.77	700m: 8:22.44	36.39	
	150m: 1:41.97	35.45	350m: 4:06.47	36.31	550m: 6:33.37	36.68	750m: 8:58.24	35.80	
	200m: 2:17.87	35.90	400m: 4:43.17	36.70	600m: 7:09.74	36.37	800m: 9:32.08	33.84	
4.	Marijke Drent		Bubble		NED	199906232	9:41.62		
	50m: 32.50	32.50	250m: 2:59.75	37.52	450m: 5:28.73	37.08	650m: 7:55.53	36.46	
	100m: 1:08.18	35.68	300m: 3:36.93	37.18	500m: 6:05.63	36.90	700m: 8:31.67	36.14	
	150m: 1:44.82	36.64	350m: 4:14.39	37.46	550m: 6:42.61	36.98	750m: 9:07.42	35.75	
	200m: 2:22.23	37.41	400m: 4:51.65	37.26	600m: 7:19.07	36.46	800m: 9:41.62	34.20	
5.	Myra Smulders		De Duinkickers		NED	199904308	10:21.47		
	50m: 33.46	33.46	250m: 3:05.76	38.85	450m: 5:44.23	40.13	650m: 8:24.63	40.02	
	100m: 1:09.82	36.36	300m: 3:45.16	39.40	500m: 6:24.50	40.27	700m: 9:04.62	39.99	
	150m: 1:48.10	38.28	350m: 4:24.28	39.12	550m: 7:04.71	40.21	750m: 9:44.00	39.38	
	200m: 2:26.91	38.81	400m: 5:04.10	39.82	600m: 7:44.61	39.90	800m: 10:21.47	37.47	
Masters 25+									
1.	Sietske Veldkamp		ZPC De Hof		NED	199501628	9:45.60	+0.73	
	50m: 32.00	32.00	250m: 2:57.52	36.78	450m: 5:25.44	37.37	650m: 7:54.39	37.08	
	100m: 1:07.89	35.89	300m: 3:34.18	36.66	500m: 6:02.75	37.31	700m: 8:31.67	37.28	
	150m: 1:44.23	36.34	350m: 4:11.14	36.96	550m: 6:39.98	37.23	750m: 9:09.22	37.55	
	200m: 2:20.74	36.51	400m: 4:48.07	36.93	600m: 7:17.31	37.33	800m: 9:45.60	36.38	
2.	Anne-Irene Ducheine		Zwemvereniging Hoogland		NED	199506824	9:54.71	+0.66	
	50m: 32.93	32.93	250m: 3:01.46	37.47	450m: 5:31.31	37.63	650m: 8:02.09	37.90	
	100m: 1:08.98	36.05	300m: 3:39.07	37.61	500m: 6:09.04	37.73	700m: 8:39.94	37.85	
	150m: 1:46.26	37.28	350m: 4:16.56	37.49	550m: 6:46.56	37.52	750m: 9:17.97	38.03	
	200m: 2:23.99	37.73	400m: 4:53.68	37.12	600m: 7:24.19	37.63	800m: 9:54.71	36.74	
3.	Chantal Beijer		DWT		NED	199700884	10:24.65		
	50m: 34.57	34.57	250m: 3:10.53	40.00	450m: 5:50.92	40.47	650m: 8:30.57	39.18	
	100m: 1:12.39	37.82	300m: 3:50.00	39.47	500m: 6:31.30	40.38	700m: 9:09.33	38.76	
	150m: 1:51.07	38.68	350m: 4:30.01	40.01	550m: 7:11.53	40.23	750m: 9:48.52	39.19	
	200m: 2:30.53	39.46	400m: 5:10.45	40.44	600m: 7:51.39	39.86	800m: 10:24.65	36.13	
4.	Karen Stolk		ZVL-1886 Center		NED	199403950	10:29.55		
	50m: 33.99	33.99	250m: 3:10.39	39.96	450m: 5:50.59	40.35	650m: 8:31.35	39.79	
	100m: 1:11.35	37.36	300m: 3:50.25	39.86	500m: 6:30.95	40.36	700m: 9:11.25	39.90	
	150m: 1:50.68	39.33	350m: 4:30.13	39.88	550m: 7:11.68	40.73	750m: 9:51.47	40.22	
	200m: 2:30.43	39.75	400m: 5:10.24	40.11	600m: 7:51.56	39.88	800m: 10:29.55	38.08	
5.	Kirsten Opmeer		ZPC AMERSFOORT		NED	199800014	10:30.57		
	50m: 33.97	33.97	250m: 3:10.49	39.83	450m: 5:51.00	39.78	650m: 8:32.45	40.51	
	100m: 1:11.78	37.81	300m: 3:50.77	40.28	500m: 6:31.23	40.23	700m: 9:12.58	40.13	
	150m: 1:50.84	39.06	350m: 4:31.03	40.26	550m: 7:11.65	40.42	750m: 9:52.81	40.23	
	200m: 2:30.66	39.82	400m: 5:11.22	40.19	600m: 7:51.94	40.29	800m: 10:30.57	37.76	
6.	Deborah Wissink		ZPC De Hof		NED	199503484	10:30.76	+0.65	
	50m: 33.88	33.88	250m: 3:10.04	39.46	450m: 5:49.55	40.37	650m: 8:31.03	40.77	
	100m: 1:12.05	38.17	300m: 3:49.65	39.61	500m: 6:29.71	40.16	700m: 9:11.00	39.97	
	150m: 1:50.94	38.89	350m: 4:29.42	39.77	550m: 7:09.90	40.19	750m: 9:51.14	40.14	
	200m: 2:30.58	39.64	400m: 5:09.18	39.76	600m: 7:50.26	40.36	800m: 10:30.76	39.62	
7.	Larissa Jansen		PSV		NED	199500660	10:41.21		
	50m: 35.81	35.81	250m: 3:15.92	40.70	450m: 5:59.42	40.70	650m: 8:41.79	40.55	
	100m: 1:14.98	39.17	300m: 3:56.92	41.00	500m: 6:40.19	40.77	700m: 9:22.22	40.43	
	150m: 1:54.80	39.82	350m: 4:37.58	40.66	550m: 7:20.72	40.53	750m: 10:02.52	40.30	
	200m: 2:35.22	40.42	400m: 5:18.72	41.14	600m: 8:01.24	40.52	800m: 10:41.21	38.69	



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Programmanr. 17, Dames, 800m vrije slag

Masters 30+

1. Leonie van Noort <i>Nederlands Masters Record</i>	WVZ	NED	199301752	9:16.42	+0.81
50m: 31.24 31.24	250m: 2:50.56 34.84	450m: 5:11.80 35.20	650m: 7:33.26 35.42		
100m: 1:05.34 34.10	300m: 3:25.77 35.21	500m: 5:47.12 35.32	700m: 8:08.60 35.34		
150m: 1:40.66 35.32	350m: 4:01.33 35.56	550m: 6:22.21 35.09	750m: 8:43.44 34.84		
200m: 2:15.72 35.06	400m: 4:36.60 35.27	600m: 6:57.84 35.63	800m: 9:16.42 32.98		
2. Maaike Vooren	DAW	NED	199103324	9:40.05	
50m: 33.56 33.56	250m: 2:59.68 37.04	450m: 5:26.61 36.67	650m: 7:53.05 36.14		
100m: 1:09.90 36.34	300m: 3:36.66 36.98	500m: 6:03.32 36.71	700m: 8:29.37 36.32		
150m: 1:46.15 36.25	350m: 4:13.49 36.83	550m: 6:39.99 36.67	750m: 9:05.20 35.83		
200m: 2:22.64 36.49	400m: 4:49.94 36.45	600m: 7:16.91 36.92	800m: 9:40.05 34.85		
3. Nanda Wobben - de Vries	Steenwijk 1934	NED	199204328	10:27.82	+0.86
50m: 34.15 34.15	250m: 3:09.81 39.55	450m: 5:50.27 40.52	650m: 8:30.46 40.23		
100m: 1:12.37 38.22	300m: 3:49.38 39.57	500m: 6:30.19 39.92	700m: 9:10.41 39.95		
150m: 1:51.01 38.64	350m: 4:29.75 40.37	550m: 7:10.28 40.09	750m: 9:49.79 39.38		
200m: 2:30.26 39.25	400m: 5:09.75 40.00	600m: 7:50.23 39.95	800m: 10:27.82 38.03		
4. Melissa Zwaan	DAW	NED	199103666	10:36.52	
50m: 34.22 34.22	250m: 3:12.52 40.02	450m: 5:53.04 39.85	650m: 8:34.33 40.57		
100m: 1:12.77 38.55	300m: 3:52.81 40.29	500m: 6:33.51 40.47	700m: 9:15.02 40.69		
150m: 1:52.57 39.80	350m: 4:32.79 39.98	550m: 7:13.87 40.36	750m: 9:56.11 41.09		
200m: 2:32.50 39.93	400m: 5:13.19 40.40	600m: 7:53.76 39.89	800m: 10:36.52 40.41		
5. Suzanne Lange	VZC	NED	199202998	10:38.02	
50m: 34.63 34.63	250m: 3:13.46 39.68	450m: 5:53.80 40.13	650m: 8:36.74 40.76		
100m: 1:13.51 38.88	300m: 3:53.59 40.13	500m: 6:34.35 40.55	700m: 9:17.63 40.89		
150m: 1:53.48 39.97	350m: 4:33.45 39.86	550m: 7:15.08 40.73	750m: 9:58.92 41.29		
200m: 2:33.78 40.30	400m: 5:13.67 40.22	600m: 7:55.98 40.90	800m: 10:38.02 39.10		
6. Danielle Vermeulen	Zwemlust-den Hommel	NED	199108534	10:40.72	+0.78
50m: 35.93 35.93	250m: 3:17.68 40.52	450m: 6:01.63 40.77	650m: 8:43.08 39.79		
100m: 1:15.55 39.62	300m: 3:58.61 40.93	500m: 6:42.21 40.58	700m: 9:22.87 39.79		
150m: 1:56.09 40.54	350m: 4:39.71 41.10	550m: 7:22.75 40.54	750m: 10:02.28 39.41		
200m: 2:37.16 41.07	400m: 5:20.86 41.15	600m: 8:03.29 40.54	800m: 10:40.72 38.44		
7. Nanda van Heteren	PSV	NED	198901728	10:53.60	
50m: 35.79 35.79	250m: 3:20.74 41.88	450m: 6:08.09 41.30	650m: 8:53.87 41.74		
100m: 1:15.88 40.09	300m: 4:03.27 42.53	500m: 6:49.66 41.57	700m: 9:35.12 41.25		
150m: 1:57.12 41.24	350m: 4:44.78 41.51	550m: 7:30.74 41.08	750m: 10:15.66 40.54		
200m: 2:38.86 41.74	400m: 5:26.79 42.01	600m: 8:12.13 41.39	800m: 10:53.60 37.94		
8. Suzan Blankestijn	ZVL-1886 Center	NED	198900350	11:00.16	
50m: 35.31 35.31	250m: 3:21.84 42.22	450m: 6:08.65 41.59	650m: 8:56.15 42.15		
100m: 1:15.87 40.56	300m: 4:03.23 41.39	500m: 6:50.57 41.92	700m: 9:37.86 41.71		
150m: 1:57.52 41.65	350m: 4:45.11 41.88	550m: 7:32.46 41.89	750m: 10:19.89 42.03		
200m: 2:39.62 42.10	400m: 5:27.06 41.95	600m: 8:14.00 41.54	800m: 11:00.16 40.27		
9. Jacqueline van den Beukel	NieMo Barracuda	NED	199100238	11:34.50	
50m: 37.33 37.33	250m: 3:27.05 42.52	450m: 6:23.64 44.83	650m: 9:23.56 44.55		
100m: 1:19.05 41.72	300m: 4:10.66 43.61	500m: 7:08.50 44.86	700m: 10:08.36 44.80		
150m: 2:01.82 42.77	350m: 4:54.56 43.90	550m: 7:53.80 45.30	750m: 10:52.94 44.58		
200m: 2:44.53 42.71	400m: 5:38.81 44.25	600m: 8:39.01 45.21	800m: 11:34.50 41.56		

Masters 35+

1. Viktória Háden-Felföldi <i>Hungarian Masters Record</i>	Iron Swim	HUN		9:37.37	
50m: 32.61 32.61	250m: 2:55.73 36.29	450m: 5:22.01 36.71	650m: 7:49.12 36.64		
100m: 1:07.65 35.04	300m: 3:32.10 36.37	500m: 5:58.48 36.47	700m: 8:25.80 36.68		
150m: 1:43.33 35.68	350m: 4:08.75 36.65	550m: 6:35.56 37.08	750m: 9:02.34 36.54		
200m: 2:19.44 36.11	400m: 4:45.30 36.55	600m: 7:12.48 36.92	800m: 9:37.37 35.03		
2. Jenny Schouten	MZ&PC	NED	198703674	9:47.40	
50m: 32.08 32.08	250m: 2:57.96 37.29	450m: 5:28.76 38.13	650m: 7:58.04 36.88		
100m: 1:07.17 35.09	300m: 3:35.87 37.91	500m: 6:06.06 37.30	700m: 8:35.26 37.22		
150m: 1:43.68 36.51	350m: 4:13.48 37.61	550m: 6:43.58 37.52	750m: 9:12.46 37.20		
200m: 2:20.67 36.99	400m: 4:50.63 37.15	600m: 7:21.16 37.58	800m: 9:47.40 34.94		
3. Irene Snakenborg	De Inktvis	NED	198603334	10:48.96	
50m: 34.91 34.91	250m: 3:14.16 40.57	450m: 5:59.89 41.72	650m: 8:46.81 41.74		
100m: 1:13.44 38.53	300m: 3:55.49 41.33	500m: 6:41.62 41.73	700m: 9:28.40 41.59		
150m: 1:53.34 39.90	350m: 4:36.65 41.16	550m: 7:23.30 41.68	750m: 10:09.63 41.23		
200m: 2:33.59 40.25	400m: 5:18.17 41.52	600m: 8:05.07 41.77	800m: 10:48.96 39.33		



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Programmanr. 17, Dames, 800m vrije slag, Masters 35+

rang	naam	vereniging	tijd	RT	PARA			
4.	Linda van Klei	GZC DONK	10:50.22					
	50m: 36.22	36.22	250m: 3:18.45	41.21	450m: 6:04.42	41.70	650m: 8:50.18	41.10
	100m: 1:15.64	39.42	300m: 3:59.80	41.35	500m: 6:46.04	41.62	700m: 9:31.47	41.29
	150m: 1:56.21	40.57	350m: 4:41.04	41.24	550m: 7:27.58	41.54	750m: 10:12.03	40.56
	200m: 2:37.24	41.03	400m: 5:22.72	41.68	600m: 8:09.08	41.50	800m: 10:50.22	38.19
5.	Liesbeth van Mill	Zwemlust-den Hommel	11:08.84					
	50m: 37.67	37.67	250m: 3:25.50	42.19	450m: 6:12.84	41.83	650m: 9:02.07	42.35
	100m: 1:18.96	41.29	300m: 4:07.15	41.65	500m: 6:54.94	42.10	700m: 9:44.55	42.48
	150m: 2:01.04	42.08	350m: 4:49.10	41.95	550m: 7:37.46	42.52	750m: 10:27.49	42.94
	200m: 2:43.31	42.27	400m: 5:31.01	41.91	600m: 8:19.72	42.26	800m: 11:08.84	41.35
6.	Nikki Roon	IJZPC	11:26.97					
	50m: 37.40	37.40	250m: 3:24.45	42.89	450m: 6:18.45	44.06	650m: 9:16.66	44.72
	100m: 1:18.02	40.62	300m: 4:07.55	43.10	500m: 7:02.82	44.37	700m: 10:01.00	44.34
	150m: 1:59.58	41.56	350m: 4:50.82	43.27	550m: 7:47.35	44.53	750m: 10:45.48	44.48
	200m: 2:41.56	41.98	400m: 5:34.39	43.57	600m: 8:31.94	44.59	800m: 11:26.97	41.49

Masters 40+

1.	Anke Lambooij	De Vliet (SG)	10:30.73	+0.89				
	50m: 33.53	33.53	250m: 3:10.79	40.54	450m: 5:50.72	39.90	650m: 8:31.95	40.66
	100m: 1:10.85	37.32	300m: 3:50.62	39.83	500m: 6:31.09	40.37	700m: 9:12.72	40.77
	150m: 1:50.14	39.29	350m: 4:30.80	40.18	550m: 7:11.22	40.13	750m: 9:52.86	40.14
	200m: 2:30.25	40.11	400m: 5:10.82	40.02	600m: 7:51.29	40.07	800m: 10:30.73	37.87
2.	Agnes van Brug	DAW	11:08.39					
	50m: 37.76	37.76	250m: 3:25.58	42.56	450m: 6:14.33	41.94	650m: 9:03.33	42.27
	100m: 1:18.83	41.07	300m: 4:07.99	42.41	500m: 6:56.40	42.07	700m: 9:45.49	42.16
	150m: 2:00.73	41.90	350m: 4:50.13	42.14	550m: 7:38.72	42.32	750m: 10:27.93	42.44
	200m: 2:43.02	42.29	400m: 5:32.39	42.26	600m: 8:21.06	42.34	800m: 11:08.39	40.46
3.	Jessica Venema	GZC DONK	11:25.78					
	50m: 37.14	37.14	250m: 3:25.80	43.34	450m: 6:20.62	43.78	650m: 9:16.51	44.12
	100m: 1:17.92	40.78	300m: 4:09.42	43.62	500m: 7:04.40	43.78	700m: 10:00.94	44.43
	150m: 1:59.62	41.70	350m: 4:53.23	43.81	550m: 7:48.30	43.90	750m: 10:45.12	44.18
	200m: 2:42.46	42.84	400m: 5:36.84	43.61	600m: 8:32.39	44.09	800m: 11:25.78	40.66
4.	Linda Hoogendam	WVZ	11:47.89	+0.80				
	50m: 38.24	38.24	250m: 3:34.91	44.52	450m: 6:34.78	44.91	650m: 9:36.65	45.41
	100m: 1:21.67	43.43	300m: 4:19.51	44.60	500m: 7:20.25	45.47	700m: 10:22.03	45.38
	150m: 2:05.77	44.10	350m: 5:04.39	44.88	550m: 8:05.26	45.01	750m: 11:06.86	44.83
	200m: 2:50.39	44.62	400m: 5:49.87	45.48	600m: 8:51.24	45.98	800m: 11:47.89	41.03

Masters 45+

1.	Liselotte Joling	PSV	10:05.32					
	50m: 34.42	34.42	250m: 3:05.39	37.66	450m: 5:39.45	38.88	650m: 8:12.21	38.13
	100m: 1:11.55	37.13	300m: 3:43.41	38.02	500m: 6:17.68	38.23	700m: 8:50.37	38.16
	150m: 1:49.51	37.96	350m: 4:21.51	38.10	550m: 6:55.83	38.15	750m: 9:28.78	38.41
	200m: 2:27.73	38.22	400m: 5:00.57	39.06	600m: 7:34.08	38.25	800m: 10:05.32	36.54
2.	Melanie Kuiper	ZIGNEA	10:26.48					
	50m: 35.27	35.27	250m: 3:12.77	40.23	450m: 5:53.44	40.01	650m: 8:32.12	39.00
	100m: 1:13.54	38.27	300m: 3:52.70	39.93	500m: 6:33.60	40.16	700m: 9:11.25	39.13
	150m: 1:52.91	39.37	350m: 4:33.15	40.45	550m: 7:13.55	39.95	750m: 9:49.97	38.72
	200m: 2:32.54	39.63	400m: 5:13.43	40.28	600m: 7:53.12	39.57	800m: 10:26.48	36.51
3.	Alina Spijkerman	DAW	11:13.51					
	50m: 37.19	37.19	250m: 3:27.56	42.91	450m: 6:19.21	42.75	650m: 9:09.43	42.36
	100m: 1:18.90	41.71	300m: 4:11.00	43.44	500m: 7:01.39	42.18	700m: 9:52.91	43.48
	150m: 2:01.83	42.93	350m: 4:53.52	42.52	550m: 7:43.91	42.52	750m: 10:35.20	42.29
	200m: 2:44.65	42.82	400m: 5:36.46	42.94	600m: 8:27.07	43.16	800m: 11:13.51	38.31
4.	Petra Guijt	RZC	11:24.46					
	50m: 38.07	38.07	250m: 3:30.60	43.53	450m: 6:24.71	43.21	650m: 9:17.52	42.87
	100m: 1:20.36	42.29	300m: 4:14.47	43.87	500m: 7:07.88	43.17	700m: 10:00.79	43.27
	150m: 2:03.85	43.49	350m: 4:58.22	43.75	550m: 7:51.32	43.44	750m: 10:44.66	43.87
	200m: 2:47.07	43.22	400m: 5:41.50	43.28	600m: 8:34.65	43.33	800m: 11:24.46	39.80

Masters 50+

1.	Bianca Groot	MSV-Zeemacht	10:32.74					
	50m: 35.70	35.70	250m: 3:13.34	39.72	450m: 5:52.23	39.73	650m: 8:32.05	40.03
	100m: 1:14.61	38.91	300m: 3:53.02	39.68	500m: 6:32.00	39.77	700m: 9:12.36	40.31
	150m: 1:54.17	39.56	350m: 4:32.67	39.65	550m: 7:11.85	39.85	750m: 9:52.91	40.55
	200m: 2:33.62	39.45	400m: 5:12.50	39.83	600m: 7:52.02	40.17	800m: 10:32.74	39.83



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
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Programmanr. 17, Dames, 800m vrije slag, Masters 50+

rang	naam	vereniging	tijd	RT	PARA
2.	Micky Grulms <i>Luxembourg Masters Record</i>	Luxembourg Sharks Swimming CLUX 4029	10:38.48		
	50m: 36.57 36.57	250m: 3:17.03 39.76	450m: 5:58.25 40.60	650m: 8:38.77 39.75	
	100m: 1:16.00 39.43	300m: 3:56.92 39.89	500m: 6:38.37 40.12	700m: 9:19.17 40.40	
	150m: 1:56.44 40.44	350m: 4:37.14 40.22	550m: 7:18.72 40.35	750m: 9:59.51 40.34	
	200m: 2:37.27 40.83	400m: 5:17.65 40.51	600m: 7:59.02 40.30	800m: 10:38.48 38.97	
3.	Annette de Visser	Oceanus NED 197100602	10:55.39 *		
	50m: 35.92 35.92	250m: 3:19.95 41.48	450m: 6:06.51 41.36	650m: 8:52.22 41.21	
	100m: 1:15.68 39.76	300m: 4:01.56 41.61	500m: 6:47.78 41.27	700m: 9:33.73 41.51	
	150m: 1:57.09 41.41	350m: 4:43.23 41.67	550m: 7:29.46 41.68	750m: 10:15.63 41.90	
	200m: 2:38.47 41.38	400m: 5:25.15 41.92	600m: 8:11.01 41.55	800m: 10:55.39 39.76	
4.	Karin Stein	ZVVS NED 197100554	10:56.68		
	50m: 37.13 37.13	250m: 3:18.57 41.10	450m: 6:04.68 41.68	650m: 8:52.27 42.13	
	100m: 1:16.57 39.44	300m: 3:59.81 41.24	500m: 6:46.74 42.06	700m: 9:34.08 41.81	
	150m: 1:56.92 40.35	350m: 4:41.54 41.73	550m: 7:28.53 41.79	750m: 10:16.00 41.92	
	200m: 2:37.47 40.55	400m: 5:23.00 41.46	600m: 8:10.14 41.61	800m: 10:56.68 40.68	
5.	Inken Wemheuer	DWT NED 197101016	11:32.38		
	50m: 37.77 37.77	250m: 3:31.93 44.62	450m: 6:30.31 44.43	650m: 9:26.06 43.94	
	100m: 1:19.81 42.04	300m: 4:16.85 44.92	500m: 7:13.81 43.50	700m: 10:09.40 43.34	
	150m: 2:03.25 43.44	350m: 5:01.37 44.52	550m: 7:57.85 44.04	750m: 10:52.49 43.09	
	200m: 2:47.31 44.06	400m: 5:45.88 44.51	600m: 8:42.12 44.27	800m: 11:32.38 39.89	

Masters 55+

1.	Wilna Heijman	Steenwijk 1934 NED 196400506	11:11.89		
	50m: 38.39 38.39	250m: 3:26.08 42.31	450m: 6:16.72 42.82	650m: 9:07.40 42.75	
	100m: 1:19.74 41.35	300m: 4:08.61 42.53	500m: 6:59.41 42.69	700m: 9:49.84 42.44	
	150m: 2:01.75 42.01	350m: 4:51.45 42.84	550m: 7:41.92 42.51	750m: 10:31.55 41.71	
	200m: 2:43.77 42.02	400m: 5:33.90 42.45	600m: 8:24.65 42.73	800m: 11:11.89 40.34	
2.	Laura Staal	Oceanus NED 196700358	12:21.48		
	50m: 40.54 40.54	250m: 3:45.31 46.93	450m: 6:53.84 46.95	650m: 10:01.50 47.08	
	100m: 1:25.87 45.33	300m: 4:32.22 46.91	500m: 7:41.01 47.17	700m: 10:48.71 47.21	
	150m: 2:11.86 45.99	350m: 5:19.74 47.52	550m: 8:27.63 46.62	750m: 11:35.68 46.97	
	200m: 2:58.38 46.52	400m: 6:06.89 47.15	600m: 9:14.42 46.79	800m: 12:21.48 45.80	

Masters 60+

1.	Dr. Barbara Gellrich <i>Kampioenschapsrecord, German Masters Record</i>	Mainzer Schwimmverein 01 GER 61226	10:48.22		
	50m: 35.79 35.79	250m: 3:18.84 41.28	450m: 6:04.16 41.18	650m: 8:48.83 41.07	
	100m: 1:15.51 39.72	300m: 4:00.30 41.46	500m: 6:45.41 41.25	700m: 9:29.69 40.86	
	150m: 1:56.24 40.73	350m: 4:41.65 41.35	550m: 7:26.80 41.39	750m: 10:10.03 40.34	
	200m: 2:37.56 41.32	400m: 5:22.98 41.33	600m: 8:07.76 40.96	800m: 10:48.22 38.19	
2.	P. Tossings-van de Hooven	GZC DONK NED 196100376	11:54.81		
	50m: 40.32 40.32	250m: 3:40.39 45.37	450m: 6:40.70 45.38	650m: 9:41.97 45.41	
	100m: 1:24.63 44.31	300m: 4:25.02 44.63	500m: 7:25.84 45.14	700m: 10:27.24 45.27	
	150m: 2:09.77 45.14	350m: 5:10.13 45.11	550m: 8:11.14 45.30	750m: 11:12.33 45.09	
	200m: 2:55.02 45.25	400m: 5:55.32 45.19	600m: 8:56.56 45.42	800m: 11:54.81 42.48	
3.	Patty Verhagen	PSV NED 195900146	11:56.44		
	50m: 41.93 41.93	250m: 3:40.51 45.12	450m: 6:41.15 45.18	650m: 9:42.93 45.58	
	100m: 1:25.94 44.01	300m: 4:25.75 45.24	500m: 7:26.51 45.36	700m: 10:28.04 45.11	
	150m: 2:10.48 44.54	350m: 5:10.87 45.12	550m: 8:11.92 45.41	750m: 11:12.96 44.92	
	200m: 2:55.39 44.91	400m: 5:55.97 45.10	600m: 8:57.35 45.43	800m: 11:56.44 43.48	

Masters 65+

1.	Monica Bakker	Steenwijk 1934 NED 195600082	13:52.15 *		
	50m: 46.88 46.88	250m: 4:11.60 52.28	450m: 7:42.17 52.40	650m: 11:14.97 53.44	
	100m: 1:36.30 49.42	300m: 5:04.39 52.79	500m: 8:35.37 53.20	700m: 12:08.22 53.25	
	150m: 2:27.44 51.14	350m: 5:56.86 52.47	550m: 9:28.39 53.02	750m: 13:01.21 52.99	
	200m: 3:19.32 51.88	400m: 6:49.77 52.91	600m: 10:21.53 53.14	800m: 13:52.15 50.94	

Masters 70+



Open Nederlandse Masters
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Programmanr. 17, Dames, 800m vrije slag, Masters 70+

rang	naam	vereniging					tijd	RT	PARA
1.	Conny Boer-Buys	ZVVS	NED 195000006				12:55.33		
	50m: 41.63	41.63	250m: 3:59.48	49.78	450m: 7:15.97	49.17	650m: 10:32.29	49.72	
	100m: 1:28.51	46.88	300m: 4:48.94	49.46	500m: 8:05.20	49.23	700m: 11:21.19	48.90	
	150m: 2:19.63	51.12	350m: 5:38.44	49.50	550m: 8:53.82	48.62	750m: 12:09.77	48.58	
	200m: 3:09.70	50.07	400m: 6:26.80	48.36	600m: 9:42.57	48.75	800m: 12:55.33	45.56	
2.	Gonnie Bak	PSV	NED 195100064				16:06.33		
	50m: 50.83	50.83	250m: 4:55.25	1:00.88	450m: 9:03.29	1:03.53	650m: 13:07.27	1:01.27	
	100m: 1:49.68	58.85	300m: 5:55.87	1:00.62	500m: 10:04.55	1:01.26	700m: 14:09.56	1:02.29	
	150m: 2:52.92	1:03.24	350m: 6:57.63	1:01.76	550m: 11:05.43	1:00.88	750m: 15:09.29	59.73	
	200m: 3:54.37	1:01.45	400m: 7:59.76	1:02.13	600m: 12:06.00	1:00.57	800m: 16:06.33	57.04	

Programmanr. 18
18-02-2023 - 10:28

Heren, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging					tijd	RT	PARA
Masters 20+									
1.	Guus Hoogduin * 100 m	ZVL-1886 Center	NED 200201069				4:44.37 *		
	50m: 29.41	29.41	150m: 1:39.54	36.84	250m: 2:56.94	40.90	350m: 4:12.85	34.27	
	100m: 1:02.70	33.29	200m: 2:16.04	36.50	300m: 3:38.58	41.64	400m: 4:44.37	31.52	
2.	Daan Hogerhuis	De Columbiaan	NED 200300317				4:49.27	+0.78	
	50m: 28.99	28.99	150m: 1:40.66	36.80	250m: 2:58.48	41.62	350m: 4:15.50	34.29	
	100m: 1:03.86	34.87	200m: 2:16.86	36.20	300m: 3:41.21	42.73	400m: 4:49.27	33.77	
3.	Aron Paasse	De Schotejil	NED 200000099				4:59.02	+0.59	
	50m: 30.88	30.88	150m: 1:44.38	38.09	250m: 3:05.51	42.40	350m: 4:24.28	35.58	
	100m: 1:06.29	35.41	200m: 2:23.11	38.73	300m: 3:48.70	43.19	400m: 4:59.02	34.74	
4.	David Kievit	De Schotejil	NED 199900325				5:03.18		
	50m: 30.64	30.64	150m: 1:46.74	39.68	250m: 3:07.75	42.24	350m: 4:27.15	36.23	
	100m: 1:07.06	36.42	200m: 2:25.51	38.77	300m: 3:50.92	43.17	400m: 5:03.18	36.03	

Masters 25+

1.	Jeffrey Camphens	DWT	NED 199503113				4:51.45	+0.71	
	50m: 30.93	30.93	150m: 1:45.89	39.23	250m: 3:05.65	41.28	350m: 4:19.77	33.31	
	100m: 1:06.66	35.73	200m: 2:24.37	38.48	300m: 3:46.46	40.81	400m: 4:51.45	31.68	
2.	Bert Duivenvoorde	Noordwijkerhout	NED 199701805				4:55.38		
	50m: 28.97	28.97	150m: 1:41.65	38.90	250m: 3:03.36	43.29	350m: 4:22.83	34.77	
	100m: 1:02.75	33.78	200m: 2:20.07	38.42	300m: 3:48.06	44.70	400m: 4:55.38	32.55	
3.	Donny van den Bosch	Zwemlust-den Hommel	NED 199502001				5:00.67	+0.73	
	50m: 29.39	29.39	150m: 1:42.47	38.87	250m: 3:05.67	44.29	350m: 4:25.52	36.61	
	100m: 1:03.60	34.21	200m: 2:21.38	38.91	300m: 3:48.91	43.24	400m: 5:00.67	35.15	

Masters 30+

1.	Tim Bunnik	Triton	NED 199000505				4:58.71		
	50m: 31.82	31.82	150m: 1:46.94	37.36	250m: 3:06.02	41.84	350m: 4:24.07	34.33	
	100m: 1:09.58	37.76	200m: 2:24.18	37.24	300m: 3:49.74	43.72	400m: 4:58.71	34.64	
2.	Jelmer Meijer	HZ&PC Heerenveen	NED 199001961				5:01.93	+0.85	
	50m: 32.04	32.04	150m: 1:47.19	37.67	250m: 3:08.32	44.58	350m: 4:28.05	35.62	
	100m: 1:09.52	37.48	200m: 2:23.74	36.55	300m: 3:52.43	44.11	400m: 5:01.93	33.88	
3.	Patrick Creemers	RZ	NED 199000579				5:21.63	+0.82	
	50m: 34.55	34.55	150m: 1:59.51	40.24	250m: 3:24.24	43.31	350m: 4:44.91	37.27	
	100m: 1:19.27	44.72	200m: 2:40.93	41.42	300m: 4:07.64	43.40	400m: 5:21.63	36.72	

Masters 35+

1.	Rob van Vliet	ZPC AMERSFOORT	NED 198402459				5:16.33		
	50m: 32.67	32.67	150m: 1:53.54	41.71	250m: 3:16.37	43.07	350m: 4:39.31	38.69	
	100m: 1:11.83	39.16	200m: 2:33.30	39.76	300m: 4:00.62	44.25	400m: 5:16.33	37.02	



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Programmanr. 18, Heren, 400m wisselslag, Masters 35+

rang	naam	vereniging	tijd	RT	PARA			
2.	Peter van de Bor	DWT	5:46.61	+0.80				
	50m: 34.91	34.91	150m: 2:02.64	41.92	250m: 3:37.14	50.19	350m: 5:05.62	40.00
	100m: 1:20.72	45.81	200m: 2:46.95	44.31	300m: 4:25.62	48.48	400m: 5:46.61	40.99
3.	Sander van Elburg	TRB-RES	6:09.00	+1.13				
	50m: 42.37	42.37	150m: 2:19.12	48.06	250m: 3:55.78	50.20	350m: 5:28.50	42.12
	100m: 1:31.06	48.69	200m: 3:05.58	46.46	300m: 4:46.38	50.60	400m: 6:09.00	40.50

Masters 40+

1.	Maxime Descatoire	Lille UC Natation	5:00.91	+0.74				
	50m: 30.97	30.97	150m: 1:47.06	39.70	250m: 3:09.17	43.21	350m: 4:27.53	34.98
	100m: 1:07.36	36.39	200m: 2:25.96	38.90	300m: 3:52.55	43.38	400m: 5:00.91	33.38
2.	Kristiaan Lenos * 100 m	ZVL-1886 Center	5:05.48					
	50m: 31.05	31.05	150m: 1:47.48	39.67	250m: 3:10.89	42.81	350m: 4:30.64	35.34
	100m: 1:07.81	36.76	200m: 2:28.08	40.60	300m: 3:55.30	44.41	400m: 5:05.48	34.84
3.	Gergely Molnár	Iron Swim	5:07.46	+0.74				
	50m: 30.78	30.78	150m: 1:49.03	41.82	250m: 3:13.36	44.20	350m: 4:33.12	34.66
	100m: 1:07.21	36.43	200m: 2:29.16	40.13	300m: 3:58.46	45.10	400m: 5:07.46	34.34
4.	Mark Hensen	NieMo Barracuda	5:10.92	+0.84				
	50m: 31.54	31.54	150m: 1:48.79	40.52	250m: 3:14.32	45.39	350m: 4:35.76	35.72
	100m: 1:08.27	36.73	200m: 2:28.93	40.14	300m: 4:00.04	45.72	400m: 5:10.92	35.16
5.	Frank v.d. Voordt	De Schotejil	5:15.51	+0.81				
	50m: 32.47	32.47	150m: 1:51.67	41.78	250m: 3:17.92	45.59	350m: 4:40.21	36.85
	100m: 1:09.89	37.42	200m: 2:32.33	40.66	300m: 4:03.36	45.44	400m: 5:15.51	35.30
6.	Arjan Prins	Dedemvaart-AC	5:27.89					
	50m: 35.68	35.68	150m: 1:58.56	42.53	250m: 3:27.54	47.27	350m: 4:53.01	37.47
	100m: 1:16.03	40.35	200m: 2:40.27	41.71	300m: 4:15.54	48.00	400m: 5:27.89	34.88
7.	Rob van Wanrooy	Feijenoord Zwemmen (SG)	5:53.79	+0.70				
	50m: 35.33	35.33	150m: 2:03.20	45.48	250m: 3:39.42	50.78	350m: 5:13.18	42.71
	100m: 1:17.72	42.39	200m: 2:48.64	45.44	300m: 4:30.47	51.05	400m: 5:53.79	40.61

Masters 45+

1.	Vincent Versteeg	Zwemlust-den Hommel	5:09.67	+0.67				
	50m: 32.56	32.56	150m: 1:51.54	40.35	250m: 3:14.25	42.37	350m: 4:33.71	34.63
	100m: 1:11.19	38.63	200m: 2:31.88	40.34	300m: 3:59.08	44.83	400m: 5:09.67	35.96
2.	Kees Bakker	Gay Swim Amsterdam	5:41.81	+0.69				
	50m: 36.33	36.33	150m: 2:02.91	44.21	250m: 3:36.86	49.88	350m: 5:04.57	39.71
	100m: 1:18.70	42.37	200m: 2:46.98	44.07	300m: 4:24.86	48.00	400m: 5:41.81	37.24

Masters 50+

1.	Vedestas Seferlis <i>Lithuanian Masters Record</i>	Kauno Takas	5:11.77	+0.69				
	50m: 31.53	31.53	150m: 1:50.18	42.11	250m: 3:17.55	46.22	350m: 4:38.86	35.94
	100m: 1:08.07	36.54	200m: 2:31.33	41.15	300m: 4:02.92	45.37	400m: 5:11.77	32.91
2.	Bruno Nahon	Cercle De Natation Sportcity WolFR	5:46.69					
	50m: 36.20	36.20	150m: 2:05.94	44.65	250m: 3:39.27	49.67	350m: 5:08.43	39.55
	100m: 1:21.29	45.09	200m: 2:49.60	43.66	300m: 4:28.88	49.61	400m: 5:46.69	38.26

Masters 55+

1.	Erlend Alstad	OI Svømming	5:15.56					
	50m: 32.73	32.73	150m: 1:53.10	41.46	250m: 3:19.31	43.23	350m: 4:41.05	36.82
	100m: 1:11.64	38.91	200m: 2:36.08	42.98	300m: 4:04.23	44.92	400m: 5:15.56	34.51
2.	Hugues Herman	Cercle De Natation Sportcity WolBEL	5:41.10					
	50m: 36.99	36.99	150m: 2:02.99	41.43	250m: 3:33.46	48.81	350m: 5:03.82	39.19
	100m: 1:21.56	44.57	200m: 2:44.65	41.66	300m: 4:24.63	51.17	400m: 5:41.10	37.28
3.	Jan-Willem van den Berg	WVZ	5:44.20					
	50m: 35.04	35.04	150m: 2:01.52	44.08	250m: 3:34.85	48.68	350m: 5:06.12	41.38
	100m: 1:17.44	42.40	200m: 2:46.17	44.65	300m: 4:24.74	49.89	400m: 5:44.20	38.08



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Programmanr. 18, Heren, 400m wisselslag, Masters 55+

rang	naam	vereniging	tijd	RT	PARA				
4.	Arnold de Rover	AZ&PC De Futen	5:44.61						
	50m: 39.01	39.01	150m: 2:05.95	44.60	250m: 3:38.18	48.49	350m: 5:06.73	38.67	
	100m: 1:21.35	42.34	200m: 2:49.69	43.74	300m: 4:28.06	49.88	400m: 5:44.61	37.88	

Masters 60+

1.	Jan Brink	ZPC De Zeeuwse Kust	5:39.97						
	50m: 37.49	37.49	150m: 2:06.00	43.27	250m: 3:36.42	47.94	350m: 5:04.05	39.12	
	100m: 1:22.73	45.24	200m: 2:48.48	42.48	300m: 4:24.93	48.51	400m: 5:39.97	35.92	
2.	Ronald Grove	Triton	6:17.20	+0.89					
	50m: 40.34	40.34	150m: 2:18.40	49.42	250m: 4:00.63	52.68	350m: 5:36.01	41.25	
	100m: 1:28.98	48.64	200m: 3:07.95	49.55	300m: 4:54.76	54.13	400m: 6:17.20	41.19	

Masters 65+

1.	Paul Bunnik	Triton	6:49.70						
	50m: 41.58	41.58	150m: 2:28.00	56.43	250m: 4:19.49	57.34	350m: 6:04.75	45.69	
	100m: 1:31.57	49.99	200m: 3:22.15	54.15	300m: 5:19.06	59.57	400m: 6:49.70	44.95	

Masters 80+

1.	Rob Hanou	PSV	9:28.62						
	<i>Nederlands Masters Record, *100 m</i>								
	50m: 1:10.35	1:10.35	150m: 3:54.24	1:15.58	250m: 6:18.91	1:11.63	350m: 8:31.28	1:00.50	
	100m: 2:38.66	1:28.31	200m: 5:07.28	1:13.04	300m: 7:30.78	1:11.87	400m: 9:28.62	57.34	

Programmanr. 19
18-02-2023 - 10:59

4 x 100m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA				
80+, Dames									
1.	Dedemsvaart-AC 2 * 100m	Dedemsvaart-AC	4:33.07						
	Maaïke van Veen	97	32.10	1:07.35	Michelle Zomerdijk	00	31.06	1:07.89	
	Alessia Sluis	03	35.40	1:16.28	Laura Compagner	98	28.02	1:01.55	
2.	HZ&PC Heerenveen 2	HZ&PC Heerenveen	4:37.67						
	Inge Dekker	02	32.29	1:07.73	Lianne van Wier	02	29.83	1:09.59	
	Rixt Meijer	97	38.28	1:21.63	Leonie van Wier	02	27.45	58.72	
3.	DWK 1	DWK	4:39.82						
	Celine Schoenmaker	31.61	1:05.76		Lindi Bos		33.84	1:13.41	
	Annabel Kuipers	35.87	1:17.11		Anoeska van de Kraats	+0.14	29.55	1:03.54	
4.	Bubble 1	Bubble	4:46.76						
	Laura Setz	32.86	1:09.17		Marijke Drent	+0.37	32.71	1:12.16	
	Sanne Kloezen	+0.44	37.04	1:18.49	Esmee Kloezen		31.39	1:06.94	
5.	ZPC De Hof 1	ZPC De Hof	4:48.90						
	Lianne Roescher	99	34.96	1:13.02	Linde Haverkate	99	31.98	1:09.78	
	Deborah Wissink	95	40.58	1:26.03	Elisa Haverkate	02	28.41	1:00.07	
6.	Octopus-ZVV (SG) 1	Octopus-ZVV (SG)	5:31.03						
	Daphne van Rees	39.25	1:20.68		Ilse Hallie	+0.37	39.60	1:27.67	
	Sheila ten Voorde	+0.62	41.19	1:28.77	Marjan Rikken		35.26	1:13.91	



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



Programmanr. 19, 4 x 100m wisselslag

80+, Heren

1.	HZ&PC Heerenveen 1 <i>Nederlands Masters Record</i>	HZ&PC Heerenveen	NED	3:58.07	
	Richard Kuipers	97 28.83	1:00.74	Jorian Darwinkel	03 27.35 1:00.92
	Gavin van der Werf	93 28.48	1:01.80	Remco Dijkstra	01 25.28 54.61
2.	ZVL-1886 Center 2	ZVL-1886 Center	NED	4:06.76	
	Guus Hoogduin	29.20	1:00.88	Robin van Beek	+0.31 26.88 58.55
	Robin van Peenen	30.94	1:09.30	Erik Baalbergen	+0.31 27.58 58.03
3.	ZOB'66 1	ZOB'66	NED	4:21.56	
	Daan Siebenheller	30.66	1:04.59	Mart de Koning	+0.37 28.43 1:02.47
	Boaz Troost	+0.56 34.77	1:16.24	Julian Mes	+0.16 27.17 58.26
4.	MSV-Zeemacht 2	MSV-Zeemacht	NED	4:35.41	
	Marco van der Wulp	03 33.68	1:11.54	Jordi de Nijs	98 29.22 1:03.51
	Derek Valkenier	92 38.43	1:22.90	Mees Minneboo	02 26.12 57.46

80+, Gemengd

1.	De Columbiaan 1	De Columbiaan	NED	4:23.32	
	Julia Notenboom	32.59	1:07.15	Kim de Jong	+0.71 32.94 1:13.69
	Dave van den Nieuwendijk	+0.55 30.42	1:07.27	Bas van Wieringen	+0.31 26.56 55.21
2.	de Veene 1	De Veene	NED	4:36.50	
	Kayleigh Westenberg	36.43	1:16.31	Diederick Schothans	+0.24 28.47 1:03.84
	Gideon Teeuw	33.35	1:11.65	Lindy Elkerbout	+0.33 30.76 1:04.70

100+, Dames

1.	Steenwijk 1934 1	Steenwijk 1934	NED	4:51.20	
	Michelle van den Hoofdakker	03 32.16	1:07.31	Nanda Wobben - de Vries	92 35.45 1:19.35
	Jacyntha Plat	90 36.23	1:18.29	Cynthia Koolman	03 31.93 1:06.25
2.	ZPC AMERSFOORT 4	ZPC AMERSFOORT	NED	5:01.11	
	Eline Hendriks	38.16	1:18.58	Kirsten Opmeer	+0.39 33.46 1:15.04
	Wendy van der Iest	37.40	1:21.31	Lotte Eising	+0.29 30.86 1:06.18
3.	ESCA Zwemmen 1	ESCA Zwemmen	NED	5:12.00	
	Moniek van Langevelde	34.07	1:10.84	Cheyenne Verburgt	34.74 1:19.09
	Ijla Janssen	+0.35 41.44	1:29.61	Rachel Verburgt	+0.10 34.18 1:12.46
4.	Neptunus'58 1	Neptunus'58	NED	5:13.50	
	Elke Schellekens	42.36	1:28.10	Selina Janssen	+0.41 33.11 1:12.78
	Mirelle de Kort	38.54	1:23.74	Sandra Schellekens	33.30 1:08.88
5.	De Duck 1	De Duck	NED	5:17.90	
	Judith Kleinjan	41.01	1:26.20	Noa de Bock	+0.41 34.59 1:15.13
	Kimberley van Buren	+0.41 40.09	1:25.89	Sandra Vermeulen	+0.56 34.01 1:10.68
6.	ZVL-1886 Center 3	ZVL-1886 Center	NED	5:37.47	
	Cynthia van Veen	40.77	1:27.20	Margien Timmer	39.77 1:27.27
	Maartje Hids	42.06	1:28.65	Valerie Bakker	+0.36 34.47 1:14.35
NG	ZVL-1886 Center 4	ZVL-1886 Center	NED		

100+, Heren

1.	De Kempvis 1	De Kempvis	NED	4:06.04	
	Joris Bezemer	28.91	1:01.59	Floyd van Duyvenbode	+0.48 27.71 1:01.26
	Romero Hennep	+0.24 30.04	1:06.28	Erik Wegman	26.80 56.91
2.	ESCA Zwemmen 2	ESCA Zwemmen	NED	4:07.21	
	Mike Schel	30.60	1:03.45	Peter Rothengatter	28.13 1:02.96
	Jurre Stammes	+0.29 30.21	1:05.87	Sander de Vrugt	26.13 54.93
3.	Poseidon'56 1	Poseidon'56	NED	4:10.89	
	Gerard Willighagen	01 28.38	1:00.91	Ryan van den Ouden	99 26.36 1:01.03
	John Smit	95 32.12	1:09.40	Sam Beer	96 27.99 59.55
4.	De Schotejil 1	De Schotejil	NED	4:14.97	
	Aron Paasse	29.14	1:00.59	Frank v.d. Voordt	+0.56 30.87 1:07.42
	David Kievit	+0.35 33.31	1:11.50	Jacob Mackloet	25.99 55.46
5.	Feijenoord Zwemmen (SG) 1	Feijenoord Zwemmen (SG)	NED	4:15.88	
	Pascal Nuijten	28.68	1:01.25	Jort Vizee	28.11 1:01.53
	Rob van Wanrooy	+0.42 34.28	1:15.17	Nick Boekestijn	+0.37 27.79 57.93



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



Programmanr. 19, Heren, 4 x 100m wisselslag, 100+

rang	vereniging	tijd	RT	PARA
6.	Steenwijk 1934	4:45.23		
	Martijn Lageweg	+0.53 29.48	1:05.13	
	Thomas van Scheepen	+0.68 34.14	1:11.38	

100+, Gemengd

1.	VZC	4:30.06		
	Olaf Achterberg	30.44 1:03.25	1:05.30	
	Lisanne Seising	36.67 1:18.99	1:02.52	
2.	De Duinkickers	4:49.73		
	Jeffrey Roest	97 32.87 1:07.40	1:10.81	
	Maaïke de Boer	90 39.29 1:23.43	1:08.09	
3.	De Kempvis	5:03.22		
	Victor Poot	33.89 1:09.63	1:30.53	
	Daniel van der Sluijs	+0.38 33.28 1:14.96	1:08.10	
4.	Het Ravijn	5:08.56		
	Tico Wind	34.58 1:14.55	1:24.62	
	William Kruihof	+0.06 36.08 1:19.06	1:10.33	

120+, Dames

1.	WVZ	4:38.67		
	Manon van Strien	34.03 1:11.49	1:07.13	
	Lauren van IJl	+0.60 37.70 1:21.04	59.01	
2.	ZPC AMERSFOORT	4:52.39		
	Marïje Jansen	35.30 1:14.43	1:14.06	
	Larissa Brak	36.38 1:19.56	1:04.34	
3.	De Biesboschzwemmers	5:03.05		
	Mandy Swart	37.72 1:19.86	1:18.10	
	Marjo Goelerna-Koek	36.91 1:20.94	1:04.15	
4.	Steenwijk 1934	5:18.53		
	Leonie Scholten	40.69 1:25.04	1:23.88	
	Ageeth de Haan	+0.35 39.58 1:24.12	1:05.49	
5.	ZOB'66	5:19.24 *		
	Nina Tourton	96 39.25 1:20.51	1:15.88	
	Rozemarijn van Haaff	02 35.94 1:19.23	1:23.62	
6.	De Duinkickers	5:32.54 *		
	Rachel Trapman	96 39.32 1:22.79	1:19.03	
	Inge Roskam	78 43.49 1:31.91	1:18.81	

120+, Heren

1.	ZPCH	4:18.16		
	Ruud Holswilder	30.84 1:03.49	1:06.44	
	Thomas Vastenhout	+0.30 31.34 1:07.51	1:00.72	
2.	ZPC AMERSFOORT	4:26.71		
	Jelle Blankestijn	30.85 1:04.57	1:02.62	
	Ron Korzelius	+0.17 36.43 1:20.23	59.29	
3.	Dedemsvaart-AC	4:27.45		
	Jesper Kloek	32.74 1:08.23	1:04.87	
	Kelvin Bergsma	34.61 1:16.71	57.64	
4.	SWOL 1894	4:34.80		
	Albert van Piekeren	84 32.71 1:08.94	1:08.82	
	Stefan van de Griff	87 34.38 1:15.56	1:01.48	
5.	De Duck	4:39.46		
	Erik Saan	39.98 1:23.88	56.15	
	Paco de Voogt	+0.47 36.76 1:18.81	1:00.62	
6.	ESCA Zwemmen	4:43.22		
	Koen Bak	03 37.14 1:17.45	1:09.28	
	Mees Laar	96 33.85 1:13.39	1:03.10	
7.	AZC	4:55.39		
	Patrick Brouwer	34.81 1:12.37	1:14.38	
	Ricardo van Dam	+0.27 36.07 1:15.37	1:13.27	



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
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Programmanr. 19, 4 x 100m wisselslag

120+, Gemengd

1.	ZV Hoogland 1 Anne-Irene Ducheine Yuri van Omme	Zwemvereniging Hoogland 32.84 1:08.99 32.04 1:09.10	NED Bas Dries Jamilla van Omme - van Veen	4:21.20 +0.30 27.25 1:01.54 +0.19 28.78 1:01.57
2.	NieMo Barracuda 1 Mark Hensen Melissa van der Heijden	NieMo Barracuda 31.95 1:05.87 +0.24 37.01 1:19.12	NED Denise Boereboom Pascal van Haren	4:28.70 +0.34 31.10 1:06.62 +0.08 26.57 57.09
3.	ZPC AMERSFOORT 3 Martijn Giezen Jelle Opmeer	ZPC AMERSFOORT 85 30.25 1:03.26 01 30.52 1:07.26	NED Lidia v. Bon-Rosenbrand Jisca Majolee	4:30.23 70 34.58 1:15.35 94 30.57 1:04.36
4.	Zuiderzeezwemmers 1 Annemarie ten Have Ilmar Stoop	Zuiderzeezwemmers 35.00 1:13.94 +0.48 31.73 1:10.03	NED Danique Stoop Gerko Versluis	4:35.08 29.89 1:07.65 +0.32 29.31 1:03.46
5.	TRB-RES 1 Edith Janssen-Koolen Robin Hermans	TRB-RES 36.73 1:17.16 34.31 1:15.22	NED Wim van Duuren Ariane Krijt	4:44.02 +0.20 28.02 1:03.28 +0.39 32.27 1:08.36
6.	DWT 1 Jeffrey Camphens Chantal Beijer	DWT 95 31.96 1:06.58 97 38.26 1:21.22	NED Peter van de Bor Inken Wemheuer	4:48.81 84 30.87 1:10.74 71 33.38 1:10.27
7.	De Amstel 1 Iris Bastiaansen Henri Michels	De Amstel 37.32 1:17.88 +0.37 40.07 1:26.64	NED Nick Sijmons Iris van der Moolen	4:49.32 27.15 59.84 +0.08 30.95 1:04.96
8.	Sassenheim 1 Maaïke Hofland Bogdan Androne	Sassenheim 41.24 1:25.28 +0.60 36.60 1:20.94	NED Rianne Hofland Wesley van der Luit	5:01.85 +0.55 34.35 1:15.41 +0.45 29.31 1:00.22
9.	Deltasteur 1 * 50 m Patrick de Jonge Marleen Welten	Deltasteur 34.93 1:14.78 38.31 1:21.68	NED Maud Heldoorn Alistair Critchell	5:11.45 +0.60 35.86 1:20.48 +0.14 34.27 1:14.51
10.	ZVL-1886 Center 5 Adela Vázquez García Mariska Gach	ZVL-1886 Center 93 39.19 1:22.52 95 42.65 1:30.57	NED Jordy van der Drift Ingmar Kooman	5:15.65 93 32.40 1:10.88 79 33.30 1:11.68
DIS	NieMo Barracuda 2 AA - De start ingezet voor het startsignaal (en wel gezwommen).	NieMo Barracuda	NED	

Esmée Rolloos, Marijke Kommers, Emiel Ghali, Robin van Beusekom

160+, Dames

1.	PSV 3 Diane Schoenmaker Trudy Ketting	PSV 95 36.54 1:16.57 70 37.81 1:21.64	NED Jeanne Petit Liselotte Joling	5:00.47 70 33.74 1:14.46 75 32.95 1:07.80
2.	DAW 2 Agnes van Brug Laura Badoux	DAW 80 43.09 1:27.65 82 37.12 1:20.01	NED Ilona Hogerheyde Maaïke Vooren	5:07.80 74 34.13 1:15.87 91 31.08 1:04.27
3.	HZ&PC Heerenveen 3 Lisette Dooper Michelle Frijlink	HZ&PC Heerenveen 38.54 1:19.65 +0.53 47.79 1:40.93	NED Peggi Hurenkamp Jannie Vennik	5:42.99 41.49 1:27.73 +0.24 35.32 1:14.68
4.	De Geul 1 Geerdien Meerwaldt Aafke Groot	De Geul 52 1:01.99 2:12.31 83 42.16 1:31.09	NED Marcha Admiraal Eline Molle	6:08.79 93 31.82 1:09.19 94 35.88 1:16.20



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
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Programmanr. 19, 4 x 100m wisselslag

160+, Heren

1. Steenwijk 1934 5	Steenwijk 1934	NED	4:24.24		
Robert Braad	31.27	1:05.32	Rick Driezen	28.55	1:01.55
Lauren Vis	+0.42 32.28	1:10.22	Huyb Stegeman	31.35	1:07.15
2. DAW 1	DAW	NED	4:38.85		
Alex Damen	33.16	1:08.62	Felix Geenen	+0.21 25.60	57.57
Dennis Kraakman	+0.43 34.08	1:14.84	Erik Schweitzer	36.36	1:17.82
3. ZVL-1886 Center 1	ZVL-1886 Center	NED	4:43.70		
Otto Jansen	37.16	1:16.90	Luc Steijvers	+0.26 31.78	1:15.59
Kristiaan Lenos	32.76	1:11.36	Gijs Ruijgrok	+0.20 27.81	59.85
4. ZOB'66 2	ZOB'66	NED	4:50.88		
Pascal Tourton	38.03	1:16.82	Ruben Stolk	+0.62 31.32	1:08.30
Harmen Reemst	36.95	1:20.73	Ingmar de Gelder	30.71	1:05.03

160+, Gemengd

1. Kaisiadoriu Plaukiam 1	Kaisiadoriu Plaukiam	LTU	4:39.44		
<i>Lithuanian Masters Record</i>					
Ausra Razgune	83 33.41	1:09.58	Aleksandras Zamorskis	71 28.87	1:04.14
Raimondas Gincas	74 35.48	1:16.71	Lina Beliniene	74 31.93	1:09.01
2. ZVVS 1	ZVVS	NED	5:02.50		
* 100 m					
Nadya Putter	38.65	1:19.78	Bram Piederiet	+0.36 31.76	1:10.84
Karin Stein	42.46	1:30.52	Bas van den Nouwelant	+0.30 29.23	1:01.36
3. DAW 3	DAW	NED	5:11.13		
Wouter Zijlstra	34.25	1:12.21	Alina Spijkerman	39.51	1:25.33
Hans Schoenmakers	+0.34 38.95	1:25.04	Sandra Zwaanswijk	32.86	1:08.55
4. DWK 2	DWK	NED	5:20.43		
Jennie Resink-lindeboom	48.75	1:40.34	Lars Jacobsen	+0.75 32.11	1:11.96
Iris van Aurich	41.74	1:27.66	Alex Resink	27.94	1:00.47
5. Patrick-De Roersoppers (SG) 1	Patrick-De Roersoppers (SG)	NED	5:47.92		
Eric Dumas	43.47	1:30.15	Sharon Wolfs	+0.56 35.63	1:28.87
Pascalie Janssen	+0.70 44.77	1:33.72	Charles Bos	+0.12 35.41	1:15.18

200+, Dames

DIS ESCA Zwemmen 4	ESCA Zwemmen	NED			
<i>SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.</i>					
Karin van der Star-Verhoeven	44.19	1:31.91	Danique de Vegt	+0.48	
Yoka de Vegt-van Dijk			Marion Kolkman-Pluim		

200+, Heren

1. WVZ 2	WVZ	NED	4:25.59		
<i>Nederlands Masters Record</i>					
Ivo Roozeboom	77 31.22	1:04.31	Hugo Bregman	58 29.23	1:03.17
Jan-Willem van den Berg	68 36.05	1:15.49	Markus van Rest	77 29.68	1:02.62
2. ZPC De Zeeuwse Kust 1	ZPC De Zeeuwse Kust	NED	4:37.84		
Eelco van Gemert	72 34.37	1:10.97	Sandy Pleyte	75 31.96	1:09.84
Ronald van Ombergen	72 34.93	1:14.79	Jan Brink	62 28.94	1:02.24
3. PSV 2	PSV	NED	4:39.52		
Fred Ketting	60 36.47	1:15.47	Gijsbert van der Leden	67 31.71	1:08.01
Harold Matfa	68 34.47	1:13.42	Edo Boonstra	68 30.11	1:02.62
4. De Rog 1	De Rog	NED	4:55.88		
Erik Kamphuis	38.18	1:17.43	Peter Bensen	+0.25 32.25	1:10.52
Arjan Verheij	37.48	1:19.15	Wijnand Vergeest	+0.40 32.60	1:08.78
5. HZ&PC Heerenveen 4	HZ&PC Heerenveen	NED	4:57.23		
Jelmer Meijer	30.27	1:01.44	René Beetsma	32.92	1:14.33
Wiebren Dijkstra	+0.36 45.24	1:37.99	Marten de Groot	29.37	1:03.47
6. De Biesboschzwemmers 2	De Biesboschzwemmers	NED	5:14.16		
Nico Swart	68 37.98	1:18.90	Paul Wijnja	63 34.41	1:16.50
Richard Tiemstra	63 42.52	1:31.30	Wouter van der Stelt	72 32.16	1:07.46



Open Nederlandse Masters
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Programmanr. 19, Heren, 4 x 100m wisselslag, 200+

rang	vereniging	tijd	RT	PARA
7.	Steenwijk 1934 6	5:26.69		
	Guido Keutgen	68 32.82 1:09.65	71 36.75 1:20.03	
	Hans van Scheepen	62 50.53 1:45.87	63 33.68 1:11.14	

200+, Gemengd

1.	Feijenoord Zwemmen (SG) 2	Feijenoord Zwemmen (SG)	NED	5:04.95	
	Mark Nuijten	37.95 1:17.04	Mirjan den Drijver	+0.61 35.42 1:17.04	
	Pieter Broek	+0.38 38.70 1:22.66	Netty Burik-Geijsen	32.55 1:08.21	
2.	ZPC AMERSFOORT 5	ZPC AMERSFOORT	NED	5:17.83	
	Henriëtte v. Norden	40.17 1:24.69	Rob van Vliet	30.84 1:08.10	
	Monica Korndewal	41.07 1:29.35	Ronald Pijtak	+0.36 36.22 1:15.69	
3.	Sassenheim 2 * 100 m	Sassenheim	NED	5:28.81 *	
	Yvonne van Nobelen - Kampschreur	42.89 1:29.13	Marinka vd Zwet	40.36 1:27.74	
	Frank van Nobelen	+0.21 40.43 1:27.14	Casper van den Burgh	30.59 1:04.80	
4.	AZC 2	AZC	NED	5:41.60	
	Monique van Huizen	40.69 1:22.45	Jessica Braat	33.58 1:15.37	
	Wim de Lange	+0.44 43.45 1:32.68	Geza Kaltenecker	42.69 1:31.10	
5.	Hieronymus 1	Hieronymus	NED	6:03.59	
	Lené Wessels	46.37 1:38.46	Marjolein Klunne	+0.69 38.80 1:26.36	
	Hilly Brugmans	+0.75 47.01 1:39.67	Wim Donkersloot	+0.45 36.05 1:19.10	
6.	GZC DONK 2	GZC DONK	NED	6:19.50	
	Nathasja Konijn	71 46.62 1:35.81	Clara Groenhorst	82 42.76 1:36.59	
	Peter Coffeng	57 50.90 1:51.83	Pierre de Groot	64 35.49 1:15.27	

240+, Dames

1.	Steenwijk 1934 3	Steenwijk 1934	NED	6:55.81	
	Inge Soeters	73 57.97 1:56.64	Linda Wibbelink	59 48.21 1:44.44	
	Wilna Heijman	64 48.04 1:45.16	Monica Bakker	56 42.86 1:29.57	

240+, Gemengd

1.	ZPC AMERSFOORT 1 <i>Europees Masters Record</i>	ZPC AMERSFOORT	NED	4:48.46	
	Atie Pijtak-Radersma	39.84 1:21.61	Chester Marsman	+0.41 29.49 1:04.21	
	Edwin v. Norden	35.72 1:16.30	Marjan Remmits-de Lange	31.73 1:06.34	
2.	GZC DONK 1	GZC DONK	NED	6:11.34	
	Lia Bijkerk	51.47 1:48.29	Petra Tossings-van de Hooven	42.88 1:30.51	
	Willem Jan Ribberink	-0.12 45.70 1:36.80	Adrian Ortiz Buitrago	+0.79 36.20 1:15.74	
3.	De Duinkickers 3	De Duinkickers	NED	6:31.90	
	Marcel Brittijn	45.49 1:32.51	Robert de Brauwer	+0.61 38.75 1:21.74	
	Annet Verhoeven - Steggerda	1:02.64 2:11.92	Christine Buist	41.42 1:25.73	
4.	PSV 4	PSV	NED	7:34.18	
	Lies Hartman	56 1:07.38 2:21.13	Tom Bandsma	77 43.54 1:39.40	
	Gonnie Bak	51 59.13 2:05.13	André Pantekoek	58 42.20 1:28.52	