



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



6 - ONMK 2023 kb sessie 6

19-02-2023 - 9:00

Programmanr. 32 Heren, 800m vrije slag Masters Open Resultaten
19-02-2023 - 9:00

rang	naam	vereniging	tijd	RT	PARA			
Masters 20+								
1.	Ronis van Everdingen	DWK	NED 200300043	8:50.93	+0.89			
	50m: 28.57	28.57	250m: 2:39.09	32.76	450m: 4:50.93	33.14	650m: 7:07.15	34.28
	100m: 1:00.72	32.15	300m: 3:11.87	32.78	500m: 5:24.79	33.86	700m: 7:42.32	35.17
	150m: 1:34.08	33.36	350m: 3:45.51	33.64	550m: 5:58.56	33.77	750m: 8:17.15	34.83
	200m: 2:06.33	32.25	400m: 4:17.79	32.28	600m: 6:32.87	34.31	800m: 8:50.93	33.78
2.	Guus Hoogduin	ZVL-1886 Center	NED 200201069	8:57.97	+0.60			
	50m: 30.06	30.06	250m: 2:43.41	33.54	450m: 4:59.65	34.21	650m: 7:17.31	34.57
	100m: 1:02.83	32.77	300m: 3:17.55	34.14	500m: 5:34.05	34.40	700m: 7:51.57	34.26
	150m: 1:36.05	33.22	350m: 3:51.42	33.87	550m: 6:08.44	34.39	750m: 8:25.33	33.76
	200m: 2:09.87	33.82	400m: 4:25.44	34.02	600m: 6:42.74	34.30	800m: 8:57.97	32.64
3.	Tom Blankestijn	ZPC AMERSFOORT	NED 200201185	9:22.09	+0.67			
	50m: 30.35	30.35	250m: 2:50.50	35.55	450m: 5:13.23	35.85	650m: 7:37.36	35.83
	100m: 1:04.42	34.07	300m: 3:26.17	35.67	500m: 5:49.37	36.14	700m: 8:13.53	36.17
	150m: 1:39.54	35.12	350m: 4:02.07	35.90	550m: 6:25.51	36.14	750m: 8:48.96	35.43
	200m: 2:14.95	35.41	400m: 4:37.38	35.31	600m: 7:01.53	36.02	800m: 9:22.09	33.13
Masters 25+								
1.	Jeffrey Camphens	DWT	NED 199503113	8:55.59	+0.59			
	50m: 30.51	30.51	250m: 2:45.16	33.64	450m: 5:00.17	33.60	650m: 7:15.98	33.73
	100m: 1:03.90	33.39	300m: 3:18.59	33.43	500m: 5:34.14	33.97	700m: 7:49.90	33.92
	150m: 1:37.82	33.92	350m: 3:52.61	34.02	550m: 6:08.47	34.33	750m: 8:23.36	33.46
	200m: 2:11.52	33.70	400m: 4:26.57	33.96	600m: 6:42.25	33.78	800m: 8:55.59	32.23
2.	Mike Schel	ESCA Zwemmen	NED 199403279	9:11.74	+0.80			
	50m: 30.79	30.79	250m: 2:48.68	34.93	450m: 5:08.59	34.64	650m: 7:28.62	35.41
	100m: 1:04.63	33.84	300m: 3:23.77	35.09	500m: 5:43.06	34.47	700m: 8:03.85	35.23
	150m: 1:39.09	34.46	350m: 3:58.88	35.11	550m: 6:17.95	34.89	750m: 8:38.90	35.05
	200m: 2:13.75	34.66	400m: 4:33.95	35.07	600m: 6:53.21	35.26	800m: 9:11.74	32.84
3.	Donny van den Bosch	Zwemlust-den Hommel	NED 199502001	9:15.23	+0.78			
	50m: 31.24	31.24	250m: 2:51.44	35.43	450m: 5:13.93	35.22	650m: 7:33.98	34.42
	100m: 1:05.58	34.34	300m: 3:27.40	35.96	500m: 5:49.15	35.22	700m: 8:08.45	34.47
	150m: 1:40.62	35.04	350m: 4:03.18	35.78	550m: 6:24.43	35.28	750m: 8:42.63	34.18
	200m: 2:16.01	35.39	400m: 4:38.71	35.53	600m: 6:59.56	35.13	800m: 9:15.23	32.60
4.	Jordy van Oel	WVZ	NED 199802003	9:23.41	+0.63			
	50m: 29.87	29.87	250m: 2:52.06	36.24	450m: 5:15.52	35.80	650m: 7:39.24	35.83
	100m: 1:03.69	33.82	300m: 3:28.14	36.08	500m: 5:51.78	36.26	700m: 8:14.46	35.22
	150m: 1:39.26	35.57	350m: 4:04.11	35.97	550m: 6:27.77	35.99	750m: 8:49.67	35.21
	200m: 2:15.82	36.56	400m: 4:39.72	35.61	600m: 7:03.41	35.64	800m: 9:23.41	33.74
5.	Lars Jacobsen	DWK	NED 199705453	10:06.27	+0.84	782		
	50m: 31.66	31.66	250m: 3:01.10	38.23	450m: 5:36.96	38.87	650m: 8:12.54	38.12
	100m: 1:08.00	36.34	300m: 3:39.94	38.84	500m: 6:16.26	39.30	700m: 8:52.13	39.59
	150m: 1:45.33	37.33	350m: 4:18.97	39.03	550m: 6:55.06	38.80	750m: 9:31.36	39.23
	200m: 2:22.87	37.54	400m: 4:58.09	39.12	600m: 7:34.42	39.36	800m: 10:06.27	34.91
Masters 30+								
1.	Tim Bunnik	Triton	NED 199000505	9:38.83	+0.81			
	50m: 31.71	31.71	250m: 2:55.38	36.34	450m: 5:21.52	37.36	650m: 7:49.01	36.93
	100m: 1:06.93	35.22	300m: 3:31.42	36.04	500m: 5:58.61	37.09	700m: 8:26.17	37.16
	150m: 1:43.02	36.09	350m: 4:07.93	36.51	550m: 6:35.56	36.95	750m: 9:03.44	37.27
	200m: 2:19.04	36.02	400m: 4:44.16	36.23	600m: 7:12.08	36.52	800m: 9:38.83	35.39
2.	Wessel Everloo	WS Twente	NED 198906597	9:40.28	+0.68	892		
	50m: 32.19	32.19	250m: 2:57.45	36.08	450m: 5:24.57	36.90	650m: 7:53.31	36.95
	100m: 1:08.65	36.46	300m: 3:34.63	37.18	500m: 6:01.99	37.42	700m: 8:29.72	36.41
	150m: 1:45.45	36.80	350m: 4:10.66	36.03	550m: 6:40.03	38.04	750m: 9:06.97	37.25
	200m: 2:21.37	35.92	400m: 4:47.67	37.01	600m: 7:16.36	36.33	800m: 9:40.28	33.31



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Programmanr. 32, Heren, 800m vrije slag

Masters 35+

1. Niels Albrechts	De Schotejil	NED	198800039	9:40.78		
50m: 33.09	250m: 3:00.13	36.71	450m: 5:27.83	36.50	650m: 7:54.98	36.95
100m: 1:09.21	300m: 3:37.14	37.01	500m: 6:04.16	36.33	700m: 8:31.41	36.43
150m: 1:46.18	350m: 4:14.25	37.11	550m: 6:41.00	36.84	750m: 9:08.04	36.63
200m: 2:23.42	400m: 4:51.33	37.08	600m: 7:18.03	37.03	800m: 9:40.78	32.74
2. Rob van Vliet	ZPC AMERSFOORT	NED	198402459	10:00.85	+0.84	
50m: 30.83	250m: 3:00.21	38.06	450m: 5:34.47	38.44	650m: 8:08.36	38.33
100m: 1:06.77	300m: 3:38.87	38.66	500m: 6:13.01	38.54	700m: 8:46.22	37.86
150m: 1:44.19	350m: 4:17.28	38.41	550m: 6:51.54	38.53	750m: 9:24.14	37.92
200m: 2:22.15	400m: 4:56.03	38.75	600m: 7:30.03	38.49	800m: 10:00.85	36.71
3. Sander van Elburg	TRB-RES	NED	198800937	10:51.89	+0.90	
50m: 32.37	250m: 3:03.72	40.82	450m: 5:55.70	43.47	650m: 8:46.50	42.76
100m: 1:08.24	300m: 3:46.00	42.28	500m: 6:38.32	42.62	700m: 9:28.86	42.36
150m: 1:45.18	350m: 4:29.28	43.28	550m: 7:20.82	42.50	750m: 10:10.43	41.57
200m: 2:22.90	400m: 5:12.23	42.95	600m: 8:03.74	42.92	800m: 10:51.89	41.46

Masters 40+

1. Gergely Molnár	Iron Swim	HUN		9:21.83	+0.81	
50m: 31.52	250m: 2:54.15	35.60	450m: 5:16.21	34.96	650m: 7:38.02	35.23
100m: 1:06.82	300m: 3:29.99	35.84	500m: 5:51.76	35.55	700m: 8:13.19	35.17
150m: 1:42.60	350m: 4:05.62	35.63	550m: 6:27.36	35.60	750m: 8:48.40	35.21
200m: 2:18.55	400m: 4:41.25	35.63	600m: 7:02.79	35.43	800m: 9:21.83	33.43
2. Martijn Butter	OEZA	NED	197900231	9:37.77		
50m: 32.41	250m: 2:58.41	36.98	450m: 5:25.82	36.71	650m: 7:51.97	36.60
100m: 1:07.93	300m: 3:35.05	36.64	500m: 6:02.59	36.77	700m: 8:28.25	36.28
150m: 1:44.40	350m: 4:12.04	36.99	550m: 6:39.20	36.61	750m: 9:03.33	35.08
200m: 2:21.43	400m: 4:49.11	37.07	600m: 7:15.37	36.17	800m: 9:37.77	34.44
3. Frank v.d. Voordt	De Schotejil	NED	198302259	9:41.22	+0.80	
50m: 32.86	250m: 2:59.76	37.20	450m: 5:28.50	37.22	650m: 7:55.59	35.52
100m: 1:08.50	300m: 3:36.97	37.21	500m: 6:05.79	37.29	700m: 8:31.34	35.75
150m: 1:45.29	350m: 4:14.31	37.34	550m: 6:43.04	37.25	750m: 9:06.97	35.63
200m: 2:22.56	400m: 4:51.28	36.97	600m: 7:20.07	37.03	800m: 9:41.22	34.25
4. Mark Hensen	NieMo Barracuda	NED	197900497	9:52.52		
50m: 33.69	250m: 3:04.94	38.04	450m: 5:36.52	37.67	650m: 8:06.10	37.24
100m: 1:11.39	300m: 3:43.11	38.17	500m: 6:13.86	37.34	700m: 8:43.27	37.17
150m: 1:49.30	350m: 4:21.05	37.94	550m: 6:51.55	37.69	750m: 9:19.21	35.94
200m: 2:26.90	400m: 4:58.85	37.80	600m: 7:28.86	37.31	800m: 9:52.52	33.31
5. Marcel Reefhuis	WS Twente	NED	198101381	10:03.85	+0.56	
50m: 33.39	250m: 3:04.40	37.97	450m: 5:37.05	38.00	650m: 8:11.19	38.67
100m: 1:10.31	300m: 3:42.65	38.25	500m: 6:15.21	38.16	700m: 8:49.82	38.63
150m: 1:48.22	350m: 4:20.85	38.20	550m: 6:53.69	38.48	750m: 9:28.19	38.37
200m: 2:26.43	400m: 4:59.05	38.20	600m: 7:32.52	38.83	800m: 10:03.85	35.66
DIS Rob van Wanrooy	Feijenoord Zwemmen (SG)	NED	198202627			
<i>AF - De aangegeven afstand niet uitgezwommen.</i>						

Masters 45+

1. Ivo Roozeboom	WVZ	NED	197700801	9:33.32	+0.66	
50m: 30.95	250m: 2:57.38	37.13	450m: 5:25.15	36.51	650m: 7:50.22	35.89
100m: 1:06.79	300m: 3:34.43	37.05	500m: 6:01.83	36.68	700m: 8:25.91	35.69
150m: 1:43.59	350m: 4:11.50	37.07	550m: 6:37.97	36.14	750m: 9:01.10	35.19
200m: 2:20.25	400m: 4:48.64	37.14	600m: 7:14.33	36.36	800m: 9:33.32	32.22
2. Dennis Dortland	NieMo Barracuda	NED	197800261	10:12.35	+0.90	
50m: 32.93	250m: 3:08.66	39.43	450m: 5:45.87	39.00	650m: 8:21.34	38.43
100m: 1:10.42	300m: 3:47.95	39.29	500m: 6:24.78	38.91	700m: 8:59.38	38.04
150m: 1:49.64	350m: 4:27.47	39.52	550m: 7:03.96	39.18	750m: 9:36.68	37.30
200m: 2:29.23	400m: 5:06.87	39.40	600m: 7:42.91	38.95	800m: 10:12.35	35.67

Masters 50+

1. Vedestas Seferlis	Kauno Takas	LTU		9:33.12	+0.67	
<i>Lithuanian Masters Record</i>						
50m: 30.61	250m: 2:51.79	36.10	450m: 5:16.03	36.29	650m: 7:43.58	37.09
100m: 1:04.74	300m: 3:27.60	35.81	500m: 5:52.87	36.84	700m: 8:21.00	37.42
150m: 1:40.10	350m: 4:03.76	36.16	550m: 6:29.54	36.67	750m: 8:57.73	36.73
200m: 2:15.69	400m: 4:39.74	35.98	600m: 7:06.49	36.95	800m: 9:33.12	35.39



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Programmanr. 32, Heren, 800m vrije slag, Masters 50+

rang	naam	vereniging					tijd	RT	PARA
2.	Ingmar de Gelder <i>* 200, 800</i>	ZOB'66	NED 197000333				10:30.42		
	50m: 34.17	34.17	250m: 3:10.86	40.05	450m: 5:52.35	40.37	650m: 8:34.78	40.85	
	100m: 1:11.80	37.63	300m: 3:51.27	40.41	500m: 6:32.62	40.27	700m: 9:15.28	40.50	
	150m: 1:50.97	39.17	350m: 4:31.49	40.22	550m: 7:13.37	40.75	750m: 9:54.20	38.92	
	200m: 2:30.81	39.84	400m: 5:11.98	40.49	600m: 7:53.93	40.56	800m: 10:30.42	36.22	
3.	Casper van den Burgh	Sassenheim	NED 197201413				10:36.24	+0.83	
	50m: 34.59	34.59	250m: 3:12.15	39.81	450m: 5:52.59	40.29	650m: 8:35.03	40.82	
	100m: 1:13.23	38.64	300m: 3:51.84	39.69	500m: 6:32.86	40.27	700m: 9:16.00	40.97	
	150m: 1:52.41	39.18	350m: 4:32.13	40.29	550m: 7:13.57	40.71	750m: 9:56.47	40.47	
	200m: 2:32.34	39.93	400m: 5:12.30	40.17	600m: 7:54.21	40.64	800m: 10:36.24	39.77	
4.	Chris Kouwenhoven <i>* alle afstanden</i>	De Grunte	NED 197101669				11:06.00		
	50m: 35.56	35.56	250m: 3:21.68	42.01	450m: 6:11.29	42.46	650m: 9:00.89	42.29	
	100m: 1:16.16	40.60	300m: 4:04.11	42.43	500m: 6:53.90	42.61	700m: 9:43.09	42.20	
	150m: 1:57.66	41.50	350m: 4:46.50	42.39	550m: 7:35.96	42.06	750m: 10:25.48	42.39	
	200m: 2:39.67	42.01	400m: 5:28.83	42.33	600m: 8:18.60	42.64	800m: 11:06.00	40.52	

Masters 55+

1.	Jo-an Mudde	Arethusa	NED 196701457				10:14.10		
	50m: 35.01	35.01	250m: 3:10.54	39.19	450m: 5:47.18	38.97	650m: 8:21.96	38.65	
	100m: 1:13.14	38.13	300m: 3:49.80	39.26	500m: 6:25.92	38.74	700m: 9:00.15	38.19	
	150m: 1:51.99	38.85	350m: 4:29.11	39.31	550m: 7:04.65	38.73	750m: 9:38.22	38.07	
	200m: 2:31.35	39.36	400m: 5:08.21	39.10	600m: 7:43.31	38.66	800m: 10:14.10	35.88	
2.	Jon Christensen <i>Luxembourg Masters Record</i>	Luxembourg Sharks Swimming CLUX	10008				10:23.98	+0.66	
	50m: 35.40	35.40	250m: 3:13.65	39.44	450m: 5:50.91	39.18	650m: 8:28.76	39.29	
	100m: 1:14.40	39.00	300m: 3:53.08	39.43	500m: 6:30.18	39.27	700m: 9:07.74	38.98	
	150m: 1:54.27	39.87	350m: 4:32.52	39.44	550m: 7:09.81	39.63	750m: 9:46.48	38.74	
	200m: 2:34.21	39.94	400m: 5:11.73	39.21	600m: 7:49.47	39.66	800m: 10:23.98	37.50	
3.	Henri Michels	De Amstel	NED 196501587				10:33.69		
	50m: 35.08	35.08	250m: 3:12.62	40.34	450m: 5:52.71	40.12	650m: 8:34.60	40.70	
	100m: 1:13.10	38.02	300m: 3:52.23	39.61	500m: 6:33.18	40.47	700m: 9:14.91	40.31	
	150m: 1:52.70	39.60	350m: 4:32.28	40.05	550m: 7:13.53	40.35	750m: 9:55.83	40.92	
	200m: 2:32.28	39.58	400m: 5:12.59	40.31	600m: 7:53.90	40.37	800m: 10:33.69	37.86	
4.	Huyb Stegeman	Steenwijk 1934	NED 196701535				11:26.65		
	50m: 36.42	36.42	250m: 3:24.82	43.53	450m: 6:20.65	43.86	650m: 9:17.32	44.21	
	100m: 1:16.55	40.13	300m: 4:08.54	43.72	500m: 7:04.89	44.24	700m: 10:01.41	44.09	
	150m: 1:58.16	41.61	350m: 4:52.68	44.14	550m: 7:49.05	44.16	750m: 10:45.24	43.83	
	200m: 2:41.29	43.13	400m: 5:36.79	44.11	600m: 8:33.11	44.06	800m: 11:26.65	41.41	
5.	Pascal Tourton	ZOB'66	NED 196601343				11:39.90	+1.03	
	50m: 39.36	39.36	250m: 3:37.42	45.20	450m: 6:37.07	44.52	650m: 9:33.01	43.82	
	100m: 1:22.13	42.77	300m: 4:22.54	45.12	500m: 7:21.32	44.25	700m: 10:16.34	43.33	
	150m: 2:06.75	44.62	350m: 5:07.62	45.08	550m: 8:05.39	44.07	750m: 10:59.68	43.34	
	200m: 2:52.22	45.47	400m: 5:52.55	44.93	600m: 8:49.19	43.80	800m: 11:39.90	40.22	
6.	Leon Slingerland	WVZ	NED 196801707				11:40.43		
	50m: 37.54	37.54	250m: 3:32.95	44.94	450m: 6:33.52	44.41	650m: 9:32.78	44.33	
	100m: 1:20.44	42.90	300m: 4:17.94	44.99	500m: 7:18.70	45.18	700m: 10:17.38	44.60	
	150m: 2:03.91	43.47	350m: 5:03.57	45.63	550m: 8:03.26	44.56	750m: 11:00.32	42.94	
	200m: 2:48.01	44.10	400m: 5:49.11	45.54	600m: 8:48.45	45.19	800m: 11:40.43	40.11	
7.	Erik Saan <i>* 400</i>	De Duck	NED 196500769				12:44.70		
	50m: 42.09	42.09	250m: 3:55.84	48.44	450m: 7:15.17	49.56	650m: 10:30.53	49.33	
	100m: 1:28.99	46.90	300m: 4:47.15	51.31	500m: 8:05.41	50.24	700m: 11:18.63	48.10	
	150m: 2:17.94	48.95	350m: 5:36.14	48.99	550m: 8:52.86	47.45	750m: 12:04.26	45.63	
	200m: 3:07.40	49.46	400m: 6:25.61	49.47	600m: 9:41.20	48.34	800m: 12:44.70	40.44	

Masters 60+

1.	Johan Remmits	ZPC AMERSFOORT	NED 196201159				10:03.87		
	50m: 32.95	32.95	250m: 3:04.28	38.24	450m: 5:38.37	38.74	650m: 8:12.13	37.96	
	100m: 1:09.69	36.74	300m: 3:42.97	38.69	500m: 6:16.59	38.22	700m: 8:50.61	38.48	
	150m: 1:47.37	37.68	350m: 4:21.13	38.16	550m: 6:55.15	38.56	750m: 9:28.80	38.19	
	200m: 2:26.04	38.67	400m: 4:59.63	38.50	600m: 7:34.17	39.02	800m: 10:03.87	35.07	



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Programmanr. 32, Heren, 800m vrije slag, Masters 60+

rang	naam	vereniging	tijd	RT	PARA
2.	Jan Brink	ZPC De Zeeuwse Kust	10:10.46	+0.56	
	50m: 34.41 34.41	250m: 3:09.98 38.81	450m: 5:45.29 38.70	650m: 8:19.43 38.60	
	100m: 1:13.11 38.70	300m: 3:49.10 39.12	500m: 6:23.98 38.69	700m: 8:57.93 38.50	
	150m: 1:51.98 38.87	350m: 4:27.79 38.69	550m: 7:02.48 38.50	750m: 9:35.66 37.73	
	200m: 2:31.17 39.19	400m: 5:06.59 38.80	600m: 7:40.83 38.35	800m: 10:10.46 34.80	
3.	Gustav van den Berg	TriVia	10:26.90		
	50m: 37.30 37.30	250m: 3:18.96 40.45	450m: 5:59.76 40.04	650m: 8:35.29 38.36	
	100m: 1:17.31 40.01	300m: 3:59.23 40.27	500m: 6:39.00 39.24	700m: 9:13.40 38.11	
	150m: 1:57.64 40.33	350m: 4:39.46 40.23	550m: 7:18.19 39.19	750m: 9:51.07 37.67	
	200m: 2:38.51 40.87	400m: 5:19.72 40.26	600m: 7:56.93 38.74	800m: 10:26.90 35.83	
4.	Menno Lomans	d'ELFT	11:36.83	+0.81	
	50m: 38.01 38.01	250m: 3:32.04 44.52	450m: 6:30.26 44.29	650m: 9:27.94 45.11	
	100m: 1:20.23 42.22	300m: 4:16.98 44.94	500m: 7:14.84 44.58	700m: 10:12.59 44.65	
	150m: 2:03.51 43.28	350m: 5:01.87 44.89	550m: 7:59.08 44.24	750m: 10:56.39 43.80	
	200m: 2:47.52 44.01	400m: 5:45.97 44.10	600m: 8:42.83 43.75	800m: 11:36.83 40.44	
5.	Marius Ros	ZCNF'34	12:19.41		
	50m: 40.43 40.43	250m: 3:44.50 46.93	450m: 6:52.77 46.16	650m: 10:00.85 46.85	
	100m: 1:24.54 44.11	300m: 4:31.83 47.33	500m: 7:39.97 47.20	700m: 10:47.01 46.16	
	150m: 2:10.78 46.24	350m: 5:19.01 47.18	550m: 8:26.96 46.99	750m: 11:34.24 47.23	
	200m: 2:57.57 46.79	400m: 6:06.61 47.60	600m: 9:14.00 47.04	800m: 12:19.41 45.17	
6.	John Dam * alle tijden	ZIGNEA	12:44.46		
	50m: 40.47 40.47	250m: 3:53.34 49.17	450m: 7:10.49 49.34	650m: 10:26.10 49.23	
	100m: 1:26.96 46.49	300m: 4:43.21 49.87	500m: 7:59.39 48.90	700m: 11:14.40 48.30	
	150m: 2:15.72 48.76	350m: 5:31.70 48.49	550m: 8:48.49 49.10	750m: 12:01.64 47.24	
	200m: 3:04.17 48.45	400m: 6:21.15 49.45	600m: 9:36.87 48.38	800m: 12:44.46 42.82	

Masters 65+

1.	Marten de Groot <i>Europees Masters Record</i>	HZ&PC Heerenveen	9:58.48	+0.80	
	50m: 34.17 34.17	250m: 3:06.76 38.37	450m: 5:38.89 37.47	650m: 8:08.47 37.34	
	100m: 1:11.70 37.53	300m: 3:44.98 38.22	500m: 6:16.30 37.41	700m: 8:45.93 37.46	
	150m: 1:50.06 38.36	350m: 4:23.42 38.44	550m: 6:53.72 37.42	750m: 9:22.70 36.77	
	200m: 2:28.39 38.33	400m: 5:01.42 38.00	600m: 7:31.13 37.41	800m: 9:58.48 35.78	
2.	Henk Slomp	De Inktvis	11:24.73	+0.81	
	50m: 37.90 37.90	250m: 3:30.69 44.00	450m: 6:26.41 43.94	650m: 9:19.92 43.86	
	100m: 1:20.32 42.42	300m: 4:14.45 43.76	500m: 7:10.34 43.93	700m: 10:02.86 42.94	
	150m: 2:03.53 43.21	350m: 4:58.92 44.47	550m: 7:53.52 43.18	750m: 10:44.83 41.97	
	200m: 2:46.69 43.16	400m: 5:42.47 43.55	600m: 8:36.06 42.54	800m: 11:24.73 39.90	
3.	Jaap Vis	TriVia	12:17.82		
	50m: 42.15 42.15	250m: 3:48.71 46.87	450m: 6:55.40 47.40	650m: 10:00.31 47.00	
	100m: 1:28.17 46.02	300m: 4:35.54 46.83	500m: 7:41.48 46.08	700m: 10:46.86 46.55	
	150m: 2:14.80 46.63	350m: 5:21.86 46.32	550m: 8:27.33 45.85	750m: 11:33.69 46.83	
	200m: 3:01.84 47.04	400m: 6:08.00 46.14	600m: 9:13.31 45.98	800m: 12:17.82 44.13	
4.	Wolfgang Rossa	TPSK 1925 e.V.	12:39.41		
	50m: 42.78 42.78	250m: 3:53.61 47.96	450m: 7:02.05 46.98	650m: 10:14.74 48.53	
	100m: 1:29.71 46.93	300m: 4:40.39 46.78	500m: 7:49.81 47.76	700m: 11:03.55 48.81	
	150m: 2:17.64 47.93	350m: 5:27.69 47.30	550m: 8:37.87 48.06	750m: 12:23.43 50.97	
	200m: 3:05.65 48.01	400m: 6:15.07 47.38	600m: 9:26.21 48.34	800m: 12:39.41 50.50	
5.	Lex Hoogendam	ZZ&PC De Devel	13:13.93		
	50m: 41.31 41.31	250m: 3:54.47 49.52	450m: 7:18.51 51.31	650m: 10:41.86 50.62	
	100m: 1:27.74 46.43	300m: 4:45.03 50.56	500m: 8:09.70 51.19	700m: 11:32.46 50.60	
	150m: 2:16.12 48.38	350m: 5:36.18 51.15	550m: 9:00.81 51.11	750m: 12:23.43 50.97	
	200m: 3:04.95 48.83	400m: 6:27.20 51.02	600m: 9:51.24 50.43	800m: 13:13.93 50.50	

Masters 75+

1.	Willem Putter	ZVVS	14:24.43		
	50m: 45.70 45.70	250m: 4:23.55 55.05	450m: 8:05.21 56.53	650m: 11:45.45 54.34	
	100m: 1:38.26 52.56	300m: 5:19.65 56.10	500m: 8:59.08 53.87	700m: 12:41.59 56.14	
	150m: 2:32.94 54.68	350m: 6:13.81 54.16	550m: 9:54.70 55.62	750m: 13:35.24 53.65	
	200m: 3:28.50 55.56	400m: 7:08.68 54.87	600m: 10:51.11 56.41	800m: 14:24.43 49.19	



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Programmanr. 32, Heren, 800m vrije slag

Masters 80+

1. Geza Kaltenecker	AZC	NED	194200065	16:11.03			
50m: 49.65	49.65	250m: 4:57.49	1:03.54	450m: 9:11.23	1:02.43	650m: 13:18.60	1:02.19
100m: 1:48.88	59.23	300m: 6:01.93	1:04.44	500m: 10:14.00	1:02.77	700m: 14:19.78	1:01.18
150m: 2:49.96	1:01.08	350m: 7:05.23	1:03.30	550m: 11:15.33	1:01.33	750m: 15:19.35	59.57
200m: 3:53.95	1:03.99	400m: 8:08.80	1:03.57	600m: 12:16.41	1:01.08	800m: 16:11.03	51.68
2. Rob Hanou	PSV	NED	194300109	16:13.52			
50m: 54.86	54.86	250m: 5:03.07	1:02.67	450m: 9:07.06	1:00.82	650m: 13:16.13	1:01.88
100m: 1:56.54	1:01.68	300m: 6:05.08	1:02.01	500m: 10:07.84	1:00.78	700m: 14:16.36	1:00.23
150m: 2:59.32	1:02.78	350m: 7:06.33	1:01.25	550m: 11:11.72	1:03.88	750m: 15:17.06	1:00.70
200m: 4:00.40	1:01.08	400m: 8:06.24	59.91	600m: 12:14.25	1:02.53	800m: 16:13.52	56.46

Masters 85+

1. Frederik Hendrik de Bruijn	CN Aquamasters	ESP		14:25.82			
<i>Europees Masters Record, * 200m</i>							
50m: 50.43	50.43	250m: 4:27.04	54.75	450m: 8:03.35	54.94	650m: 11:45.00	56.09
100m: 1:43.54	53.11	300m: 5:21.02	53.98	500m: 8:57.86	54.51	700m: 12:38.57	53.57
150m: 2:38.58	55.04	350m: 6:14.75	53.73	550m: 9:53.55	55.69	750m: 13:33.44	54.87
200m: 3:32.29	53.71	400m: 7:08.41	53.66	600m: 10:48.91	55.36	800m: 14:25.82	52.38
2. Nic Geers	PSV	NED	193800007	18:19.86			
<i>* 50, 100, 200, 800m</i>							
50m: 57.81	57.81	250m: 5:32.83	1:10.39	450m: 10:21.17	1:12.68	650m: 15:05.83	1:09.51
100m: 2:04.54	1:06.73	300m: 6:43.08	1:10.25	500m: 11:34.43	1:13.26	700m: 16:17.63	1:11.80
150m: 3:13.69	1:09.15	350m: 7:55.33	1:12.25	550m: 12:46.10	1:11.67	750m: 17:22.81	1:05.18
200m: 4:22.44	1:08.75	400m: 9:08.49	1:13.16	600m: 13:56.32	1:10.22	800m: 18:19.86	57.05

Programmanr. 33
19-02-2023 - 10:29

Dames, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
Masters 20+								
1.	Kim Zwinkels	ZPCH	NED 200300422	5:13.27				
	50m: 33.55	33.55	150m: 1:50.37	39.24	250m: 3:16.27	44.52	350m: 4:38.99	36.98
	100m: 1:11.13	37.58	200m: 2:31.75	41.38	300m: 4:02.01	45.74	400m: 5:13.27	34.28
2.	Kim Vos	Triton Putten	NED 200000990	5:25.60				
	50m: 32.16	32.16	150m: 1:55.08	43.91	250m: 3:24.08	44.86	350m: 4:49.48	38.96
	100m: 1:11.17	39.01	200m: 2:39.22	44.14	300m: 4:10.52	46.44	400m: 5:25.60	36.12
3.	Romy Verhagen	De Dolfijn	NED 199906620	5:40.84	+0.73			
	50m: 36.27	36.27	150m: 2:03.72	43.18	250m: 3:33.99	48.68	350m: 5:03.20	38.73
	100m: 1:20.54	44.27	200m: 2:45.31	41.59	300m: 4:24.47	50.48	400m: 5:40.84	37.64
4.	Cynthia Koolman	Steenwijk 1934	NED 200300232	5:49.61	+0.69			
	50m: 39.82	39.82	150m: 2:10.57	41.97	250m: 3:41.91	50.54	350m: 5:11.29	39.42
	100m: 1:28.60	48.78	200m: 2:51.37	40.80	300m: 4:31.87	49.96	400m: 5:49.61	38.32
5.	Noa de Bock	De Duck	NED 200300318	6:02.37				
	50m: 37.08	37.08	150m: 2:09.34	48.35	250m: 3:49.47	52.76	350m: 5:24.15	41.69
	100m: 1:20.99	43.91	200m: 2:56.71	47.37	300m: 4:42.46	52.99	400m: 6:02.37	38.22
DIS	Merel Visser	De Duinkickers	NED 199904398					
	<i>SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.</i>							

Masters 25+

1. Manon Kloosterman	Zwemlust-den Hommel	NED	199702082	5:31.59	+0.91		
50m: 34.64	34.64	150m: 2:00.19	44.59	250m: 3:31.32	47.64	350m: 4:55.90	37.63
100m: 1:15.60	40.96	200m: 2:43.68	43.49	300m: 4:18.27	46.95	400m: 5:31.59	35.69
2. Chantal Beijer	DWT	NED	199700884	5:39.26			
50m: 35.89	35.89	150m: 2:01.89	42.82	250m: 3:32.52	47.09	350m: 5:01.52	39.52
100m: 1:19.07	43.18	200m: 2:45.43	43.54	300m: 4:22.00	49.48	400m: 5:39.26	37.74



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Programmanr. 33, Dames, 400m wisselslag

Masters 30+

1.	Maaïke Vooren	DAW	NED	199103324	5:25.39	+0.83		
	50m: 34.34	34.34	150m: 2:00.86	45.52	250m: 3:30.21	44.14	350m: 4:51.44	35.86
	100m: 1:15.34	41.00	200m: 2:46.07	45.21	300m: 4:15.58	45.37	400m: 5:25.39	33.95
2.	Jacyntha Plat	Steenwijk 1934	NED	199002956	5:42.60			
	50m: 35.85	35.85	150m: 2:06.03	45.12	250m: 3:36.32	45.99	350m: 5:03.84	40.32
	100m: 1:20.91	45.06	200m: 2:50.33	44.30	300m: 4:23.52	47.20	400m: 5:42.60	38.76
3.	Elmi Roelofsen	Octopus-ZVV (SG)	NED	199008198	5:50.63	+0.92		
	50m: 35.84	35.84	150m: 2:04.30	43.46	250m: 3:39.02	52.34	350m: 5:12.63	41.03
	100m: 1:20.84	45.00	200m: 2:46.68	42.38	300m: 4:31.60	52.58	400m: 5:50.63	38.00
4.	Melissa Zwaan	DAW	NED	199103666	5:57.21	+0.57		
	50m: 36.37	36.37	150m: 2:04.79	45.73	250m: 3:42.51	52.43	350m: 5:16.76	40.76
	100m: 1:19.06	42.69	200m: 2:50.08	45.29	300m: 4:36.00	53.49	400m: 5:57.21	40.45
5.	Irmgard van Weeghel	ESCA Zwemmen	NED	199204834	6:07.76			
	50m: 39.07	39.07	150m: 2:13.56	47.28	250m: 3:51.11	51.79	350m: 5:25.89	42.50
	100m: 1:26.28	47.21	200m: 2:59.32	45.76	300m: 4:43.39	52.28	400m: 6:07.76	41.87
6.	Marjan Rikken	Octopus-ZVV (SG)	NED	199206114	6:35.64			
	50m: 42.90	42.90	150m: 2:25.26	46.71	250m: 4:07.54	54.27	350m: 5:50.36	46.88
	100m: 1:38.55	55.65	200m: 3:13.27	48.01	300m: 5:03.48	55.94	400m: 6:35.64	45.28
DIS	Suzan Blankestijn	ZVL-1886 Center	NED	198900350				+0.66
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>							

Masters 35+

1.	Viktória Háden-Felföldi	Iron Swim	HUN		5:13.67	+0.77		
	<i>Kampioenschapsrecord, Hungarian Masters Record</i>							
	50m: 33.04	33.04	150m: 1:51.76	40.35	250m: 3:16.56	45.21	350m: 4:38.72	36.36
	100m: 1:11.41	38.37	200m: 2:31.35	39.59	300m: 4:02.36	45.80	400m: 5:13.67	34.95
2.	Marlijn Hendriksen	DIO	NED	198806828	5:29.27			
	50m: 34.67	34.67	150m: 1:57.42	43.40	250m: 3:27.36	47.13	350m: 4:52.68	38.29
	100m: 1:14.02	39.35	200m: 2:40.23	42.81	300m: 4:14.39	47.03	400m: 5:29.27	36.59
3.	Rianne Hofland	Sassenheim	NED	198801820	5:48.31			
	50m: 36.14	36.14	150m: 2:03.39	43.41	250m: 3:35.99	50.55	350m: 5:08.34	41.56
	100m: 1:19.98	43.84	200m: 2:45.44	42.05	300m: 4:26.78	50.79	400m: 5:48.31	39.97
4.	Samantha van Eijk	De Geul	NED	198806826	5:49.42	+0.61		
	50m: 38.46	38.46	150m: 2:06.73	43.45	250m: 3:40.16	48.90	350m: 5:12.30	40.30
	100m: 1:23.28	44.82	200m: 2:51.26	44.53	300m: 4:32.00	51.84	400m: 5:49.42	37.12
5.	Linda van Klei	GZC DONK	NED	198802088	5:55.02			
	50m: 37.11	37.11	150m: 2:08.23	46.74	250m: 3:43.42	50.18	350m: 5:15.23	41.83
	100m: 1:21.49	44.38	200m: 2:53.24	45.01	300m: 4:33.40	49.98	400m: 5:55.02	39.79
6.	Liesbeth van Mill	Zwemlust-den Hommel	NED	198702786	6:03.39			
	50m: 38.53	38.53	150m: 2:12.23	47.38	250m: 3:49.40	49.06	350m: 5:21.89	42.15
	100m: 1:24.85	46.32	200m: 3:00.34	48.11	300m: 4:39.74	50.34	400m: 6:03.39	41.50
7.	Renske Eilers	Zwemvereniging Hoogland	NED	198806072	6:16.65	+0.85		
	50m: 41.30	41.30	150m: 2:18.37	46.52	250m: 3:56.31	51.76	350m: 5:34.29	44.27
	100m: 1:31.85	50.55	200m: 3:04.55	46.18	300m: 4:50.02	53.71	400m: 6:16.65	42.36

Masters 40+

1.	Roos van Esch	ACZ	NED	198200468	5:40.06	+0.85		
	50m: 35.20	35.20	150m: 2:01.07	44.35	250m: 3:34.42	48.61	350m: 5:02.85	39.36
	100m: 1:16.72	41.52	200m: 2:45.81	44.74	300m: 4:23.49	49.07	400m: 5:40.06	37.21
2.	Linda Hoogendam	WVZ	NED	198300892	6:44.32	+0.70		
	50m: 43.40	43.40	150m: 2:26.99	51.11	250m: 4:17.47	1:00.19	350m: 6:02.66	44.27
	100m: 1:35.88	52.48	200m: 3:17.28	50.29	300m: 5:18.39	1:00.92	400m: 6:44.32	41.66

Masters 45+

1.	Liselotte Joling	PSV	NED	197500268	5:48.59			
	50m: 36.52	36.52	150m: 2:04.97	46.42	250m: 3:41.58	51.07	350m: 5:11.60	39.84
	100m: 1:18.55	42.03	200m: 2:50.51	45.54	300m: 4:31.76	50.18	400m: 5:48.59	36.99
2.	Melanie Kuiper	ZIGNEA	NED	197600350	6:02.36			
	50m: 38.90	38.90	150m: 2:13.49	46.39	250m: 3:52.17	51.90	350m: 5:25.66	40.25
	100m: 1:27.10	48.20	200m: 3:00.27	46.78	300m: 4:45.41	53.24	400m: 6:02.36	36.70



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Programmanr. 33, Dames, 400m wisselslag, Masters 45+

rang	naam	vereniging	tijd	RT	PARA
3.	Leontine Loeber	SwimGym	6:21.66		
	50m: 41.08 41.08	150m: 2:18.47 49.13	250m: 3:59.48 52.67	350m: 5:37.69 44.35	
	100m: 1:29.34 48.26	200m: 3:06.81 48.34	300m: 4:53.34 53.86	400m: 6:21.66 43.97	
4.	Jannie Vennik	HZ&PC Heerenveen	6:40.10		
	50m: 44.94 44.94	150m: 2:31.78 51.65	250m: 4:20.17 55.14	350m: 5:58.38 41.87	
	100m: 1:40.13 55.19	200m: 3:25.03 53.25	300m: 5:16.51 56.34	400m: 6:40.10 41.72	

Masters 50+

1.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	5:55.96		
	50m: 37.04 37.04	150m: 2:07.16 47.05	250m: 3:45.64 47.78	350m: 5:15.86 38.92	
	100m: 1:20.11 43.07	200m: 2:57.86 50.70	300m: 4:36.94 51.30	400m: 5:55.96 40.10	
2.	Bianca Groot	MSV-Zeemacht	6:07.49	+0.90	
	50m: 37.19 37.19	150m: 2:14.96 50.99	250m: 3:55.66 50.02	350m: 5:27.14 40.68	
	100m: 1:23.97 46.78	200m: 3:05.64 50.68	300m: 4:46.46 50.80	400m: 6:07.49 40.35	
3.	Jeanne Petit	PSV	6:17.28		
	50m: 35.49 35.49	150m: 2:10.37 51.12	250m: 3:54.33 52.42	350m: 5:33.35 44.16	
	100m: 1:19.25 43.76	200m: 3:01.91 51.54	300m: 4:49.19 54.86	400m: 6:17.28 43.93	
4.	Peggi Hurenkamp	HZ&PC Heerenveen	6:37.45	+0.71	
	50m: 40.06 40.06	150m: 2:18.83 51.32	250m: 4:05.29 56.49	350m: 5:50.47 47.43	
	100m: 1:27.51 47.45	200m: 3:08.80 49.97	300m: 5:03.04 57.75	400m: 6:37.45 46.98	
5.	Annet Kootstra	SWOL 1894	7:15.91		
	50m: 50.51 50.51	150m: 2:43.01 56.16	250m: 4:39.42 1:01.03	350m: 6:28.80 48.39	
	100m: 1:46.85 56.34	200m: 3:38.39 55.38	300m: 5:40.41 1:00.99	400m: 7:15.91 47.11	

Masters 55+

1.	Anita Steijger	WVZ	6:42.21	+0.77	
	50m: 43.15 43.15	150m: 2:27.56 53.18	250m: 4:15.13 55.90	350m: 5:58.75 46.08	
	100m: 1:34.38 51.23	200m: 3:19.23 51.67	300m: 5:12.67 57.54	400m: 6:42.21 43.46	
2.	K. van Nassau-van den Heuvel	Old Dutch	6:59.27	+0.93	
	50m: 47.41 47.41	150m: 2:38.82 55.76	250m: 4:28.43 55.45	350m: 6:13.59 47.94	
	100m: 1:43.06 55.65	200m: 3:32.98 54.16	300m: 5:25.65 57.22	400m: 6:59.27 45.68	

Masters 60+

1.	Pierrette Michel <i>Kampioenschapsrecord</i>	Cercle De Natation Sportcity WolBEL	5:57.96		
	50m: 36.85 36.85	150m: 2:05.67 43.54	250m: 3:43.27 54.19	350m: 5:17.40 42.12	
	100m: 1:22.13 45.28	200m: 2:49.08 43.41	300m: 4:35.28 52.01	400m: 5:57.96 40.56	
2.	P. Tossings-van de Hooven	GZC DONK	6:38.62		
	50m: 43.11 43.11	150m: 2:24.12 51.52	250m: 4:13.83 57.52	350m: 5:55.58 44.79	
	100m: 1:32.60 49.49	200m: 3:16.31 52.19	300m: 5:10.79 56.96	400m: 6:38.62 43.04	
3.	Patty Verhagen	PSV	6:56.23		
	50m: 51.90 51.90	150m: 2:38.55 50.48	250m: 4:28.67 58.73	350m: 6:12.95 44.51	
	100m: 1:48.07 56.17	200m: 3:29.94 51.39	300m: 5:28.44 59.77	400m: 6:56.23 43.28	
4.	Hannie Poletiek <i>* 100</i>	TriVia	7:30.53		
	50m: 53.76 53.76	150m: 2:53.48 57.69	250m: 4:51.33 1:01.01	350m: 6:41.61 48.15	
	100m: 1:55.79 1:02.03	200m: 3:50.32 56.84	300m: 5:53.46 1:02.13	400m: 7:30.53 48.92	

Masters 70+

1.	Antoinette Gilding-Tussaud	WS Twente	9:09.27 *		
	50m: 1:07.90 1:07.90	150m: 3:35.78 1:05.40	250m: 5:57.75 1:19.35	350m: 8:11.10 57.37	
	100m: 2:30.38 1:22.48	200m: 4:38.40 1:02.62	300m: 7:13.73 1:15.98	400m: 9:09.27 58.17	



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



Programmanr. 34
19-02-2023 - 11:10

4 x 100m vrije slag

Masters Open
Resultaten

rang	vereniging	tijd	RT	PARA
80+, Dames				
1.	HZ&PC Heerenveen 2	4:04.98	+0.68	
	Lianne van Wier	29.81	1:02.85	
	Inge Dekker	28.36	1:00.09	
	HZ&PC Heerenveen	+0.68 28.48 59.82		
		+0.53 29.38 1:02.22		
	NED	Rixt Meijer		
		Leonie van Wier		
80+, Heren				
1.	HZ&PC Heerenveen 1	3:42.45	+0.65	
	Jorian Darwinkel	+0.59 27.69	59.46	
	Richard Kuipers	+0.26 25.37	54.35	
	HZ&PC Heerenveen	+0.65 25.96 54.32		
		+0.08 25.53 54.32		
	NED	Rob van Wier		
		Remco Dijkstra		
2.	Feijenoord Zwemmen (SG) 1	3:47.26	+0.75	
	Pascal Nuijten	+0.46 27.50	57.99	
	Patrick Wyrdean	+0.49 25.30	55.82	
	Feijenoord Zwemmen (SG)	+0.75 24.51 51.82		
		+0.46 29.37 1:01.63		
	NED	Nick Boekestijn		
		Luuk van Holstein		
80+, Gemengd				
1.	DWK 1	3:54.36	+0.82	
	Ronis van Everdingen	+0.09 25.27	53.91	
	Anoeska van de Kraats		29.86	1:02.97
	DWK	+0.82 25.16 53.34		
		+0.33 30.36 1:04.14		
	NED	Max Voortman		
		Celine Schoenmaker		
2.	ZOB'66 1	4:01.83	+0.81	
	Mart de Koning		29.11	1:02.06
	Wendy de Bruin	+0.32 27.27	57.63	
	ZOB'66	+0.81 27.08 57.46		
		+0.23 30.10 1:04.68		
	NED	Rozemarijn van Haaff		
		Daan Siebenheller		
3.	Zuiderzeezwemmers 1	4:02.56	+0.68	
	Jarick Stoop	+0.36 29.37	1:03.77	
	Annemarie ten Have	+0.19 26.43	55.94	
	Zuiderzeezwemmers	+0.68 27.00 56.55		
		+0.16 30.37 1:06.30		
	NED	Dagmar Kruik		
		Ilmar Stoop		
4.	Steenwijk 1934 5	4:11.30	+0.78	
	Michelle van den Hoofdakker	+0.27 28.03	59.49	
	Sabine Lageweg		27.69	59.93
	Steenwijk 1934	+0.78 29.89 1:03.33		
		+0.30 31.66 1:08.55		
	NED	Martijn Lageweg		
		Kylian Kooijman		
DIS	ZPC AMERSFOORT 3			+0.63
	<i>EA - Te vroeg overgenomen., 2de zwemmer</i>			
	Kirsten Opmeer	+0.63 31.24	1:04.58	
	Jelle Opmeer			
	NED	Eline Hendriks		
		Jelle Blankestijn		
100+, Dames				
1.	Steenwijk 1934 1	4:23.77	+0.81	
	Getrude Corporaal		32.24	1:07.99
	Nanda Wobben - de Vries	+0.37 31.63	1:06.15	
	Steenwijk 1934	+0.81 31.12 1:05.33		
		30.84 1:04.30		
	NED	Jacyntha Plat		
		Cynthia Koolman		
2.	ZVL-1886 Center 1	4:28.29		
	Karen Stolk	94 30.26	1:04.43	
	Lonneke Graansma	99 31.86	1:06.40	
	ZVL-1886 Center	94 30.26 1:04.43		
		99 31.86 1:06.40		
	NED	Mariska Gach		
		Suzan Blankestijn		
3.	ESCA Zwemmen 1	4:31.73	+0.74	
	Moniek van Langevelde	+0.21 34.50	1:12.28	
	Cheyenne Verburgt		33.95	1:10.59
	ESCA Zwemmen	+0.74 29.01 1:00.09		
		+0.27 32.44 1:08.77		
	NED	Rachel Verburgt		
		Imgard van Weeghel		
4.	NieMo Barracuda 2	4:34.48		
	Esmée Rolloos	98 33.14	1:09.36	
	Jacoline van den Beukel	91 32.07	1:09.12	
	NieMo Barracuda	98 33.14 1:09.36		
		91 32.07 1:09.12		
	NED	Marijke Kommers		
		Tamara van den Brink		
5.	ZVL-1886 Center 4	4:56.01		
	Adela Vázquez García	93 33.07	1:12.08	
	Valerie Bakker	01 34.68	1:15.24	
	ZVL-1886 Center	93 33.07 1:12.08		
		01 34.68 1:15.24		
	NED	Margien Timmer		
		Maartje Hids		
DIS	De Kempvis 2			
	<i>EA - Te vroeg overgenomen., 2de zwemmer, * 50m</i>			
	Megan Vis	03 37.20	1:18.44	
	Ingrid Johannes	89		
	NED	Elisabeth Slagboom		
		Rianne Kreft - vd Hoeven		



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
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Programmanr. 34, 4 x 100m vrije slag

100+, Heren

1. ESCA Zwemmen 2	ESCA Zwemmen	NED	3:41.90	+0.81
Peter Rothengatter	+0.81 26.59 55.25	Mees Laar	+0.38 27.57 57.26	
Sander de Vrugt	+0.13 26.36 55.47	Jurre Stammes	+0.34 25.88 53.92	
2. ZVL-1886 Center 2	ZVL-1886 Center	NED	3:43.69	+0.61
Guus Hoogduin	+0.61 26.95 56.05	Robin van Peenen	27.94 58.62	
Robin van Beek	+0.22 25.79 54.23	Kristiaan Lenos	+0.32 25.80 54.79	
3. De Kempvis 1	De Kempvis	NED	3:55.00	+0.72
Ayrton Mooldijk	+0.72 28.51 1:01.55	Victor Poot	28.59 1:01.00	
Romero Hennep	+0.42 25.13 55.09	Erik Wegman	27.42 57.36	
4. Steenwijk 1934 3	Steenwijk 1934	NED	4:00.64	+0.74
Mike Koelewijn	+0.74 27.46 58.37	Rick Driezen	+0.20 26.39 56.90	
Thomas van Scheepen	+0.55 30.02 1:03.40	Jelle Heijman	+0.59 28.64 1:01.97	

100+, Gemengd

1. Blue Marlins 1	Blue Marlins	NED	3:57.97	+0.68
Marc Hoogendam	+0.68 28.06 58.99	Hanna Looi	30.57 1:04.25	
Jeroen Baars	24.03 50.56	Alisha Vieira	29.71 1:04.17	
2. De Duck 1	De Duck	NED	4:00.23	+0.64
Mick van den Houten	+0.64 28.00 58.53	Noa de Bock	30.31 1:03.43	
Kimberley van Buren	+0.28 30.55 1:05.01	Jesper Oranje	+0.30 25.36 53.26	
3. De Duinkickers 1	De Duinkickers	NED	4:17.42	+0.64
Ruben de Boer	+0.64 32.87 1:08.72	Myra Smulders	31.86 1:05.24	
Jeffrey Roest	+0.30 28.11 58.36	Merel Visser	31.52 1:05.10	

120+, Dames

1. WVZ 1	WVZ	NED	4:06.40	+0.77
<i>Nederlands Masters Record, NMR startzwemster</i>				
Delia Badoux	+0.77 29.14 1:00.68	Manon van Strien	+0.54 30.43 1:04.36	
Lauren van IJl	+0.51 29.87 1:03.13	Leonie van Noort	+0.50 27.97 58.23	
2. MSV-Zeemacht 1	MSV-Zeemacht	NED	4:25.61	+0.82
Bianca Groot	+0.82 32.81 1:08.15	Suzanne Mosch	+0.38 30.78 1:06.28	
Jet Kleine	+0.35 32.25 1:06.54	Kyra Wesemann	30.99 1:04.64	
DIS ZPC AMERSFOORT 2	ZPC AMERSFOORT	NED		+0.78
<i>EA - Te vroeg overgenomen., 2de zwemmer</i>				
Elisah Velgersdijk	+0.78 30.48 1:04.26	Lidia v. Bon-Rosenbrand		
Jisca Majolee	-0.23	Marije Jansen		

120+, Heren

1. ZPCH 1	ZPCH	NED	3:46.43	+0.67
Remco de Heij	+0.67 27.16 56.38	Ruud Holswilder	26.25 55.53	
László Jülich	+0.44 28.60 1:00.00	Thomas Vastenhout	25.76 54.52	
2. ZPC AMERSFOORT 5	ZPC AMERSFOORT	NED	3:52.82	+0.85
Bas Braun	+0.85 27.44 57.18	Martijn Bartels	27.55 58.18	
Rob van Vliet	27.49 58.95	Jeroen Zelsmann	27.25 58.51	
3. ZOB'66 2	ZOB'66	NED	4:04.73	+0.87
Ingmar de Gelder	+0.87 30.52 1:04.11	Boaz Troost	+0.20 29.24 1:02.24	
Ian van Mullem	+0.41 28.22 1:00.25	Julian Mes	+0.25 27.38 58.13	
4. ZVL-1886 Center 3	ZVL-1886 Center	NED	4:17.53	
Erik Baalbergen	98 28.27 58.80	Andre Schaap	75 35.18 1:14.92	
Gijs Ruijgrok	96 28.02 59.81	Jordy van der Drift	93 30.13 1:04.00	

Programmanr. 34, 4 x 100m vrije slag

120+, Gemengd

1.	NieMo Barracuda 1 Denise Boereboom Melissa van der Heijden	NieMo Barracuda 29.39 30.13	1:01.87 1:02.55	NED Pascal van Haren Mark Hensen	3:58.20 +0.09 26.62 56.51 27.26 57.27
2.	DAW 2 Felix Geenen Sandra Zwaanswijk	DAW +0.81 24.51 +0.40 32.03	52.16 1:08.85	NED Alex Damen Melissa Zwaan	4:04.86 +0.81 +0.47 27.76 58.00 +0.30 30.52 1:05.85
3.	TRB-RES 1 Wim van Duuren Sander van Elburg	TRB-RES +0.70 25.87 28.06	55.77 1:00.21	NED Ariane Krijt Edith Janssen-Koolen	4:09.13 +0.70 +0.53 33.03 1:09.14 30.09 1:04.01
4.	ZV Hoogland 1 Jamilla van Omme - van Veen Rutger Stam	Zwemvereniging Hoogland +0.60 29.43 +0.17 28.49	1:02.03 1:01.51	NED Yvette Meijer Yuri van Omme	4:13.41 +0.60 32.71 1:11.50 27.48 58.37
5.	Neptunus'58 1 Jeroen van Dinther Rob van de Ven	Neptunus'58 +0.72 30.08 +0.44 32.87	1:01.52 1:11.27	NED Selina Janssen Mirelle de Kort	4:23.49 +0.72 +0.42 31.44 1:05.42 +0.14 31.11 1:05.28
6.	AZC 1 Wim de Lange Jessica Braat	AZC +0.57 35.27 +0.34 31.48	1:13.96 1:07.50	NED Monique van Huizen Patrick Brouwer	4:30.76 +0.57 31.00 1:04.76 +0.65 30.80 1:04.54
7.	De Duinkickers 2 Robin Roskam Saskia op den Velde	De Duinkickers +0.96 36.72 36.48	1:18.11 1:18.24	NED Inge Roskam Kevin Roest	4:58.10 +0.96 39.57 1:23.55 +0.20 28.09 58.20

160+, Dames

1.	PSV 3 Larissa Jansen Nanda van Heteren	PSV +0.90 30.44 +0.55 33.72	1:03.99 1:10.29	NED Liselotte Joling Jeanne Petit	4:37.47 +0.90 +0.56 34.22 1:11.13 +0.27 33.88 1:12.06
2.	DWK 2 Jennie Resink-lindeboom Lindi Bos	DWK 42.02 30.87	1:26.62 1:05.82	NED Iris van Aurich Annabel Kuipers	4:48.50 34.05 1:12.35 +0.33 30.30 1:03.71
3.	Sassenheim 1 Marinka vd Zwet Yvonne van Nobelen - Kampschreur	Sassenheim +0.58 33.08 36.20	1:12.14 1:16.32	NED Maaïke Hofland Rianne Hofland	4:54.86 +0.58 36.36 1:19.46 +0.08 32.73 1:06.94
4.	Old Dutch 1 Chantal Verhoeff Johanna van Wijnen	Old Dutch +0.98 32.84 +0.16 34.84	1:10.65 1:12.73	NED Karin van Nassau-van den Heuvel Marleen Zantingh	4:56.40 +0.98 +0.51 38.86 1:21.24 +0.44 34.00 1:11.78
5.	De Geul 1 Marcha Admiraal Eline Molle	De Geul +0.79 28.84 35.62	1:00.64 1:15.70	NED Erica Muller Marijke Campfens	5:02.19 +0.79 41.98 1:31.38 35.68 1:14.47

160+, Heren

1.	Steenwijk 1934 4 Korstiaan de Boer Robert Braad	Steenwijk 1934 33.74 27.42	1:10.27 58.02	NED Patrick Wobben Lauren Vis	4:13.45 33.14 1:10.59 +0.26 25.83 54.57
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160+, Gemengd

1.	Kaisiadoriu Plaukiam 1 <i>Lithuanian Masters Record</i> Aleksandras Zamorskis Lina Bielinienė	Kaisiadoriu Plaukiam +0.67 27.86 33.16	58.43 1:08.12	LTU Ausra Razgune Raimondas Gincas	4:08.21 +0.67 +0.19 28.53 1:01.26 +0.45 28.47 1:00.40
2.	ZPC AMERSFOORT 6 Lotte Eising Ronald Pijtak	ZPC AMERSFOORT +0.66 31.07 +0.35 35.88	1:06.43 1:15.53	NED Monica Korndewal Martijn Giezen	4:34.44 +0.66 +0.43 34.61 1:13.56 27.85 58.92
3.	ZOB'66 3 Danielle Schipper Ruben Stolk	ZOB'66 39.70 +0.52 29.89	1:23.77 1:05.30	NED Nina Tourton Pascal Tourton	4:49.43 +0.59 34.21 1:10.85 +0.44 33.82 1:09.51



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
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Programmanr. 34, 4 x 100m vrije slag

200+, Dames

1.	HZ&PC Heerenveen 3	HZ&PC Heerenveen	NED	5:45.90	
	Peggi Hurenkamp	37.60	1:17.88	Katinka Elders	43.03 1:30.59
	Ineke Meijer	47.52	1:42.27	Jannie Vennik	+0.48 35.98 1:15.16

200+, Heren

1.	De Rog 1	De Rog	NED	4:31.55	
	Erik Kamphuis	33.45	1:07.15	Wijnand Vergeest	+0.45 33.01 1:09.66
	Roy Le Clercq	33.45	1:12.00	Peter Bensen	29.61 1:02.74
2.	ZVVS 1	ZVVS	NED	4:48.05	+0.72
	Bas van den Nouwelant	+0.72 28.83	1:00.64	Willem Putter	40.57 1:24.32
	Jeroen Hoeksel	35.45	1:17.70	Bram Piederiet	30.21 1:05.39

200+, Gemengd

1.	Feijenoord Zwemmen (SG) 2	Feijenoord Zwemmen (SG)	NED	4:27.02	+0.73
	Pieter Broek	+0.73 28.84	1:01.14	Netty Burik-Geijsen	+0.34 32.71 1:08.76
	Mirjan den Drijver	+0.45 33.75	1:10.29	Mark Nuijten	+0.24 31.93 1:06.83
2.	ZPC AMERSFOORT 4	ZPC AMERSFOORT	NED	4:33.59	+0.68
	Henk Kuipers	+0.68 32.13	1:07.43	Larissa Brak	32.35 1:08.51
	Henriëtte v. Norden	35.34	1:14.15	Ron Korzelius	+0.13 29.98 1:03.50
3.	Patrick-De Roersoppers (SG) 1	Patrick-De Roersoppers (SG)	NED	4:35.18	
	Pascalie Janssen	35.88	1:14.72	Arno Schrauwen	31.64 1:06.37
	Charles Bos	34.06	1:11.85	Sharon Wolfs	+0.37 29.25 1:02.24
4.	Steenwijk 1934 6	Steenwijk 1934	NED	4:47.39	+0.73
	Pauline van Gelder - Dieker	+0.73 32.77	1:09.66	Casper Dollekamp	33.78 1:10.50
	Leonie Scholten	36.47	1:19.94	Huyb Stegeman	31.78 1:07.29
5.	GZC DONK 2	GZC DONK	NED	4:47.45	
	Pierre de Groot	35.27	1:15.05	Jessica Venema	33.65 1:12.42
	Adrian Ortiz Buitrago	+0.69 33.42	1:13.66	Linda van Klei	+0.54 32.15 1:06.32
6.	DAW 1	DAW	NED	4:47.67	+0.87
	Steven Kliffen	+0.87 35.66	1:14.03	Alina Spijkerman	+0.73 33.36 1:09.55
	Erik Schweitzer	+0.71 37.56	1:18.00	Ilona Hogerheyde	+0.37 31.29 1:06.09
7.	SWOL 1894 1	SWOL 1894	NED	4:55.83	
	Annemarie Vuist-Blum	41.78	1:26.70	Albert van Piekeren	+0.18 30.06 1:03.91
	Christine Nieuwenhuis	38.54	1:19.98	Johan Wezenberg	30.30 1:05.24
8.	De Duinkickers 3	De Duinkickers	NED	5:03.39	+0.70
	Robert de Brauwer	+0.70 31.95	1:08.39	Esther Poortvliet - Koedam	33.14 1:10.05
	Christine Buist	39.92	1:25.50	Marcel Brittijn	+0.39 36.60 1:19.45
9.	AZC 2	AZC	NED	5:14.82	+0.66
	Ramona Linting	+0.66 35.11	1:13.27	Sandra Daamen-Posma	+0.42 37.96 1:22.30
	Geza Kaltenecker	43.74	1:34.80	Bas Onderstal	+0.29 30.41 1:04.45
10.	Hieronymus 1	Hieronymus	NED	5:20.90	+0.94
	Wim Donkersloot	+0.94 36.03	1:21.04	Lené Wessels	+0.40 36.69 1:21.01
	Hilly Brugmans	41.51	1:25.85	Marjolein Klunne	35.74 1:13.00

240+, Dames

1.	Steenwijk 1934 2 * 100m	Steenwijk 1934	NED	5:56.47				
	Inge Soeters	73	46.07	1:47.89	Linda Wibbelink	59	40.38	1:24.56
	Wilna Heijman	64	36.32	1:15.90	Monica Bakker	56	41.10	1:28.12

240+, Heren

1.	HZ&PC Heerenveen 4	HZ&PC Heerenveen	NED	4:59.93	+0.79
	Marten de Groot	+0.79 31.01	1:05.23	Bauke Posthumus	37.86 1:22.20
	Bert Jonker	+0.29 33.56	1:10.47	Wiebren Dijkstra	+0.21 38.78 1:22.03



Open Nederlandse Masters
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Programmanr. 34, 4 x 100m vrije slag

240+, Gemengd

1.	ZPC AMERSFOORT 1 <i>Wereld Masters Record</i>	ZPC AMERSFOORT		NED	4:13.40	+0.70		
	Marjan Remmits-de Lange	+0.70	32.46	1:07.63	Edwin v. Norden	29.56	1:00.62	
	Atie Pijtak-Radersma		32.95	1:08.41	Chester Marsman	+0.21 26.78	56.74	
2.	PSV 2	PSV		NED	4:36.41			
	Saskia Phaff	66	33.14	1:10.29	Gijsbert van der Leden	67 30.02	1:02.85	
	Patty Verhagen	59	38.20	1:19.37	Fred Ketting	60 30.20	1:03.90	
3.	TriVia 1	TriVia		NED	5:14.09			
	Jaap Vis		38.89	1:20.30	Margriet Pasma		37.62	1:19.26
	Hannie Poletiek		41.91	1:26.93	Theo Bakker	+0.47 31.92	1:07.60	
4.	GZC DONK 1	GZC DONK		NED	5:25.76			
	Peter Coffeng	57	40.37	1:25.18	Petra Tossings-van de Hooven	61 37.05	1:17.20	
	Lia Bijkerk	60	43.58	1:31.17	Willem Jan Ribberink	65 34.49	1:12.21	

280+, Gemengd

1.	PSV 4	PSV		NED	7:33.63		
	Lies Hartman	56	1:01.47	2:13.18	André Pantekoek	58 43.71	1:31.50
	Ineke Brouwers	52	53.86	1:59.43	Rob Hanou	43 51.87	1:49.52