

2 - ONMK 2023 lb Sessie 2

05-05-2023 - 9:00

Programmanr. 3  
05-05-2023 - 9:00

Dames, 400m vrije slag

Masters Open  
Resultaten

rang	naam		vereniging				tijd	RT	PARA
<b>Masters 20+</b>									
1.	Laura Setz		Bubble		NED	200000130	<b>4:33.20</b>	+0.86	
	50m: 31.23	31.23	150m: 1:39.81	34.41	250m: 2:49.53	34.68	350m: 3:59.50	34.60	
	100m: 1:05.40	34.17	200m: 2:14.85	35.04	300m: 3:24.90	35.37	400m: 4:33.20	33.70	
2.	Marijke Drent		Bubble		NED	199906232	<b>4:50.49</b>	+0.80	
	50m: 32.62	32.62	150m: 1:46.18	37.06	250m: 3:00.06	36.97	350m: 4:14.44	37.14	
	100m: 1:09.12	36.50	200m: 2:23.09	36.91	300m: 3:37.30	37.24	400m: 4:50.49	36.05	
3.	Kim Vos		Triton Putten		NED	200000990	<b>5:00.05</b>	+0.72	
	50m: 30.81	30.81	150m: 1:43.14	37.48	250m: 3:00.64	38.94	350m: 4:20.83	40.46	
	100m: 1:05.66	34.85	200m: 2:21.70	38.56	300m: 3:40.37	39.73	400m: 5:00.05	39.22	
4.	Cynthia Koolman		Steenwijk 1934		NED	200300232	<b>5:09.34</b>	+0.67	
	50m: 33.75	33.75	150m: 1:51.50	39.55	250m: 3:10.97	40.01	350m: 4:31.22	40.06	
	100m: 1:11.95	38.20	200m: 2:30.96	39.46	300m: 3:51.16	40.19	400m: 5:09.34	38.12	
5.	Amber Hopman		De Aalscholver		NED	200106384	<b>5:54.41</b>		
	50m: 38.04	38.04	150m: 2:07.38	45.44	250m: 3:38.68	45.29	350m: 5:09.79	45.37	
	100m: 1:21.94	43.90	200m: 2:53.39	46.01	300m: 4:24.42	45.74	400m: 5:54.41	44.62	
6.	Welmoed Doornbos		De IJsselmeeuwen		NED	200203352	<b>5:55.99</b>	+0.75	
	50m: 36.39	36.39	150m: 2:05.36	45.92	250m: 3:37.19	46.09	350m: 5:10.67	46.29	
	100m: 1:19.44	43.05	200m: 2:51.10	45.74	300m: 4:24.38	47.19	400m: 5:55.99	45.32	
7.	Nana Dekkers		Neptunus'58		NED	200206220	<b>5:58.39</b>	+0.81	
	50m: 40.20	40.20	150m: 2:09.26	45.61	250m: 3:41.72	46.35	350m: 5:14.22	45.34	
	100m: 1:23.65	43.45	200m: 2:55.37	46.11	300m: 4:28.88	47.16	400m: 5:58.39	44.17	
<b>Masters 25+</b>									
1.	Tamara Grove		De Dolfijn		NED	199601266	<b>4:32.99</b>	+0.71	
	<i>Nederlands Masters Record</i>								
	50m: 31.27	31.27	150m: 1:40.33	34.88	250m: 2:50.02	34.77	350m: 3:59.71	34.86	
	100m: 1:05.45	34.18	200m: 2:15.25	34.92	300m: 3:24.85	34.83	400m: 4:32.99	33.28	
2.	Moniek van Langevelde		ESCA Zwemmen		NED	199803160	<b>4:58.72</b>	+0.76	
	50m: 34.24	34.24	150m: 1:50.72	38.69	250m: 3:06.80	37.77	350m: 4:22.74	37.86	
	100m: 1:12.03	37.79	200m: 2:29.03	38.31	300m: 3:44.88	38.08	400m: 4:58.72	35.98	
3.	Anne-Irene Ducheine		Zwemvereniging Hoogland		NED	199506824	<b>5:02.50</b>	+0.63	
	50m: 33.84	33.84	150m: 1:50.11	38.21	250m: 3:06.82	38.25	350m: 4:24.18	38.62	
	100m: 1:11.90	38.06	200m: 2:28.57	38.46	300m: 3:45.56	38.74	400m: 5:02.50	38.32	
4.	Karen Stolk		ZVL-1886 Center		NED	199403950	<b>5:14.36</b>	+0.74	
	50m: 33.61	33.61	150m: 1:51.22	39.28	250m: 3:12.95	40.87	350m: 4:35.31	41.18	
	100m: 1:11.94	38.33	200m: 2:32.08	40.86	300m: 3:54.13	41.18	400m: 5:14.36	39.05	
5.	Fiona Meuffels		PSV		NED	199504366	<b>5:18.99</b>	+0.70	
	50m: 33.97	33.97	150m: 1:52.21	40.22	250m: 3:14.99	41.91	350m: 4:38.67	41.21	
	100m: 1:11.99	38.02	200m: 2:33.08	40.87	300m: 3:57.46	42.47	400m: 5:18.99	40.32	
6.	Janine de Groot		NDD		NED	199500092	<b>5:31.43</b>	+0.80	
	50m: 34.96	34.96	150m: 1:55.99	41.71	250m: 3:21.62	43.19	350m: 4:49.16	43.86	
	100m: 1:14.28	39.32	200m: 2:38.43	42.44	300m: 4:05.30	43.68	400m: 5:31.43	42.27	
7.	Laura Scheffer		GoSwim		NED	199407222	<b>5:40.60</b>	+0.73	
	50m: 35.87	35.87	150m: 1:59.43	42.35	250m: 3:27.79	44.41	350m: 4:57.06	44.31	
	100m: 1:17.08	41.21	200m: 2:43.38	43.95	300m: 4:12.75	44.96	400m: 5:40.60	43.54	
8.	Eline Hendriks		ZPC AMERSFOORT		NED	199802794	<b>5:41.25</b>	+0.90	
	50m: 37.32	37.32	150m: 2:02.15	42.86	250m: 3:30.19	44.09	350m: 4:58.68	44.37	
	100m: 1:19.29	41.97	200m: 2:46.10	43.95	300m: 4:14.31	44.12	400m: 5:41.25	42.57	
9.	Nadine Scheeve		De Biesboschzwemmers		NED	199700684	<b>6:26.85</b>	+0.81	
	50m: 39.69	39.69	150m: 2:14.91	49.21	250m: 3:55.20	50.53	350m: 5:37.13	51.00	
	100m: 1:25.70	46.01	200m: 3:04.67	49.76	300m: 4:46.13	50.93	400m: 6:26.85	49.72	

Programmanr. 3, Dames, 400m vrije slag

Masters 30+

1.	Leonie van Noort <i>Nederlands Masters Record</i>	WVZ	NED	199301752	<b>4:36.20</b>	+0.84
	50m: 31.76 31.76	150m: 1:41.45 35.06	250m: 2:51.96 35.36	350m: 4:02.28 35.33		
	100m: 1:06.39 34.63	200m: 2:16.60 35.15	300m: 3:26.95 34.99	400m: 4:36.20 33.92		
2.	Nanda Wobben - de Vries	Steenwijk 1934	NED	199204328	<b>5:09.00</b>	+0.84
	50m: 34.48 34.48	150m: 1:51.92 39.52	250m: 3:11.45 40.01	350m: 4:31.52 39.81		
	100m: 1:12.40 37.92	200m: 2:31.44 39.52	300m: 3:51.71 40.26	400m: 5:09.00 37.48		
3.	Phedra Van Daele	Mega	BEL	MEGA/21311/93	<b>5:22.32</b>	+0.73
	50m: 34.88 34.88	150m: 1:54.33 40.57	250m: 3:17.42 41.72	350m: 4:41.63 42.38		
	100m: 1:13.76 38.88	200m: 2:35.70 41.37	300m: 3:59.25 41.83	400m: 5:22.32 40.69		
4.	Getrude Corporaal	Steenwijk 1934	NED	199200380	<b>5:25.91</b>	+0.64
	50m: 34.48 34.48	150m: 1:54.96 41.29	250m: 3:18.39 41.53	350m: 4:43.52 43.10		
	100m: 1:13.67 39.19	200m: 2:36.86 41.90	300m: 4:00.42 42.03	400m: 5:25.91 42.39		
5.	Nanda van Heteren	PSV	NED	198901728	<b>5:30.33</b>	+0.73
	50m: 36.45 36.45	150m: 2:00.33 42.74	250m: 3:26.51 42.90	350m: 4:51.02 41.79		
	100m: 1:17.59 41.14	200m: 2:43.61 43.28	300m: 4:09.23 42.72	400m: 5:30.33 39.31		
6.	Relinda Baas	TriVia	NED	198900144	<b>5:33.05</b>	+0.84
	50m: 36.44 36.44	150m: 1:58.20 41.63	250m: 3:23.42 43.35	350m: 4:50.13 43.46		
	100m: 1:16.57 40.13	200m: 2:40.07 41.87	300m: 4:06.67 43.25	400m: 5:33.05 42.92		
7.	Daphne Kievit	ZPC AMERSFOORT	NED	199207058	<b>5:44.97</b>	+0.86
	50m: 36.45 36.45	150m: 2:00.63 42.72	250m: 3:29.10 44.65	350m: 5:00.31 45.62		
	100m: 1:17.91 41.46	200m: 2:44.45 43.82	300m: 4:14.69 45.59	400m: 5:44.97 44.66		
8.	Irmgard van Weeghel	ESCA Zwemmen	NED	199204834	<b>5:45.48</b>	+0.77
	50m: 37.46 37.46	150m: 2:02.99 43.54	250m: 3:32.02 44.73	350m: 5:01.55 44.82		
	100m: 1:19.45 41.99	200m: 2:47.29 44.30	300m: 4:16.73 44.71	400m: 5:45.48 43.93		
9.	Joëlle Vaes	DIO	NED	199007576	<b>5:51.18</b>	
	50m: 38.45 38.45	150m: 2:05.87 44.37	250m: 3:36.88 45.38	350m: 5:08.02 44.93		
	100m: 1:21.50 43.05	200m: 2:51.50 45.63	300m: 4:23.09 46.21	400m: 5:51.18 43.16		
10.	Marjan Rikken	Octopus-ZVV (SG)	NED	199206114	<b>6:08.16</b>	+0.86
	50m: 39.09 39.09	150m: 2:10.51 46.99	250m: 3:46.01 47.29	350m: 5:22.36 47.56		
	100m: 1:23.52 44.43	200m: 2:58.72 48.21	300m: 4:34.80 48.79	400m: 6:08.16 45.80		
11.	Anouk Bloem	TRB-RES	NED	199000320	<b>7:33.64</b>	+0.97
	50m: 49.12 49.12	150m: 2:40.50 56.70	250m: 4:37.95 58.77	350m: 6:36.05 58.47		
	100m: 1:43.80 54.68	200m: 3:39.18 58.68	300m: 5:37.58 59.63	400m: 7:33.64 57.59		

Masters 35+

1.	Sabine Zimmermann <i>Kampioenschapsrecord</i>	Aachener SV 06	GER	101578	<b>4:42.14</b>	+0.80
	50m: 32.61 32.61	150m: 1:43.10 36.24	250m: 2:55.80 37.12	350m: 4:07.86 36.28		
	100m: 1:06.86 34.25	200m: 2:18.68 35.58	300m: 3:31.58 35.78	400m: 4:42.14 34.28		
2.	Viktória Hádén-Felföldi	Iron Swim	HUN	66/3267	<b>4:50.87</b>	+0.71
	50m: 33.26 33.26	150m: 1:46.44 36.72	250m: 3:00.60 37.19	350m: 4:14.57 36.72		
	100m: 1:09.72 36.46	200m: 2:23.41 36.97	300m: 3:37.85 37.25	400m: 4:50.87 36.30		
3.	Jenny Schouten	MZ&PC	NED	198703674	<b>4:52.32</b>	+0.80
	50m: 33.07 33.07	150m: 1:45.85 36.52	250m: 3:00.97 37.50	350m: 4:15.98 37.56		
	100m: 1:09.33 36.26	200m: 2:23.47 37.62	300m: 3:38.42 37.45	400m: 4:52.32 36.34		
4.	Sara Holman	Kaiserslauterer SK	GER	444463	<b>5:06.12</b>	+0.83
	50m: 34.58 34.58	150m: 1:52.39 39.18	250m: 3:10.64 38.92	350m: 4:28.83 38.85		
	100m: 1:13.21 38.63	200m: 2:31.72 39.33	300m: 3:49.98 39.34	400m: 5:06.12 37.29		
5.	Liesbeth van Mill	Zwemlust-den Hommel	NED	198702786	<b>5:40.09</b>	+0.75
	50m: 37.69 37.69	150m: 2:01.85 42.75	250m: 3:27.84 43.13	350m: 4:56.12 44.44		
	100m: 1:19.10 41.41	200m: 2:44.71 42.86	300m: 4:11.68 43.84	400m: 5:40.09 43.97		
6.	Isaline Manchel	Cercle De Natation Sportcity WolBEL	CNSW/001284/85	<b>5:43.70</b>	+0.75	
	50m: 40.01 40.01	150m: 2:07.78 44.01	250m: 3:34.53 42.69	350m: 5:00.88 43.42		
	100m: 1:23.77 43.76	200m: 2:51.84 44.06	300m: 4:17.46 42.93	400m: 5:43.70 42.82		
7.	Sandra Schellekens	Neptunus'58	NED	198503416	<b>5:47.24</b>	+0.80
	50m: 37.29 37.29	150m: 2:04.20 44.15	250m: 3:34.37 45.43	350m: 5:04.54 45.01		
	100m: 1:20.05 42.76	200m: 2:48.94 44.74	300m: 4:19.53 45.16	400m: 5:47.24 42.70		
8.	Sanne de Ridder	ZVL-1886 Center	NED	198502444	<b>5:48.94</b>	+0.79
	50m: 36.27 36.27	150m: 2:02.81 44.41	250m: 3:33.37 45.60	350m: 5:04.20 45.37		
	100m: 1:18.40 42.13	200m: 2:47.77 44.96	300m: 4:18.83 45.46	400m: 5:48.94 44.74		

## Programmanr. 3, Dames, 400m vrije slag, Masters 35+

rang	naam	vereniging					tijd	RT	PARA	
9.	Angelique Wammes-Bouman	Zwemvereniging Hoogland	NED	198403604					<b>6:16.65</b>	+0.78
	50m: 40.65	40.65	150m: 2:13.58	47.68	250m: 3:51.96	49.32	350m: 5:30.99	49.33		
	100m: 1:25.90	45.25	200m: 3:02.64	49.06	300m: 4:41.66	49.70	400m: 6:16.65	45.66		

## Masters 40+

1.	Anke Lambooj	De Vliet (SG)	NED	198001182					<b>5:13.98</b>	+0.81
	50m: 33.77	33.77	150m: 1:51.59	39.56	250m: 3:12.77	40.55	350m: 4:34.61	40.94		
	100m: 1:12.03	38.26	200m: 2:32.22	40.63	300m: 3:53.67	40.90	400m: 5:13.98	39.37		
2.	Debbie van Rooijen	IJZPC	NED	198201402					<b>5:18.61</b>	+0.79
	50m: 35.94	35.94	150m: 1:56.86	41.20	250m: 3:19.57	41.02	350m: 4:40.00	39.79		
	100m: 1:15.66	39.72	200m: 2:38.55	41.69	300m: 4:00.21	40.64	400m: 5:18.61	38.61		
3.	Ramona Linting	AZC	NED	198301274					<b>5:30.75</b>	+0.67
	50m: 35.53	35.53	150m: 1:56.74	41.23	250m: 3:21.94	42.70	350m: 4:48.06	42.96		
	100m: 1:15.51	39.98	200m: 2:39.24	42.50	300m: 4:05.10	43.16	400m: 5:30.75	42.69		
4.	Chantal Verhoeff	Old Dutch	NED	197900912					<b>5:39.11</b>	+0.94
	50m: 36.10	36.10	150m: 2:01.78	44.01	250m: 3:29.87	43.71	350m: 4:56.60	42.66		
	100m: 1:17.77	41.67	200m: 2:46.16	44.38	300m: 4:13.94	44.07	400m: 5:39.11	42.51		
5.	Linda Hoogendam	WVZ	NED	198300892					<b>5:59.53</b>	+0.83
	50m: 39.01	39.01	150m: 2:11.34	46.35	250m: 3:44.49	46.11	350m: 5:16.44	45.49		
	100m: 1:24.99	45.98	200m: 2:58.38	47.04	300m: 4:30.95	46.46	400m: 5:59.53	43.09		
6.	Aafke Groot	De Geul	NED	198302748					<b>6:22.38 *</b>	+0.90
	50m: 40.50	40.50	150m: 2:12.90	47.53	250m: 3:51.62	49.41	350m: 5:32.10	50.50		
	100m: 1:25.37	44.87	200m: 3:02.21	49.31	300m: 4:41.60	49.98	400m: 6:22.38	50.28		
7.	Simone Weijland	ZV 44	NED	197901610					<b>8:14.42</b>	
	50m: 46.60	46.60	150m: 2:43.52	1:01.85	250m: 4:55.62	1:06.24	350m: 7:11.07	1:08.20		
	100m: 1:41.67	55.07	200m: 3:49.38	1:05.86	300m: 6:02.87	1:07.25	400m: 8:14.42	1:03.35		

## Masters 45+

1.	Annett von Rekowski	SG Bayer	GER	97868					<b>4:55.84</b>	+0.77
	50m: 34.11	34.11	150m: 1:48.89	37.68	250m: 3:04.37	37.77	350m: 4:19.89	37.99		
	100m: 1:11.21	37.10	200m: 2:26.60	37.71	300m: 3:41.90	37.53	400m: 4:55.84	35.95		
2.	Liselotte Joling <i>Nederlands Masters Record</i>	PSV	NED	197500268					<b>4:56.23</b>	+0.87
	50m: 34.49	34.49	150m: 1:49.97	37.97	250m: 3:05.14	37.27	350m: 4:20.54	37.91		
	100m: 1:12.00	37.51	200m: 2:27.87	37.90	300m: 3:42.63	37.49	400m: 4:56.23	35.69		
3.	Nataliia Boryshkevych <i>Ukrainian Masters Record</i>	Ukraine Swim	UKR						<b>5:28.83</b>	+0.74
	50m: 37.17	37.17	150m: 2:01.59	42.97	250m: 3:26.75	42.16	350m: 4:50.01	40.74		
	100m: 1:18.62	41.45	200m: 2:44.59	43.00	300m: 4:09.27	42.52	400m: 5:28.83	38.82		
4.	Alina Spijkerman	DAW	NED	197701220					<b>5:32.17</b>	+0.80
	50m: 35.15	35.15	150m: 1:56.77	41.94	250m: 3:23.15	43.58	350m: 4:50.58	43.95		
	100m: 1:14.83	39.68	200m: 2:39.57	42.80	300m: 4:06.63	43.48	400m: 5:32.17	41.59		
5.	Petra Guijt	Aqua-Novio'94	NED	197600978					<b>5:42.47</b>	+0.84
	50m: 37.21	37.21	150m: 2:04.23	44.44	250m: 3:32.46	44.00	350m: 5:00.15	43.52		
	100m: 1:19.79	42.58	200m: 2:48.46	44.23	300m: 4:16.63	44.17	400m: 5:42.47	42.32		
6.	Anuschka Glazema-Boelema	Stadskanaal	NED	197701166					<b>6:06.27</b>	
	50m: 39.29	39.29	150m: 2:10.71	46.97	250m: 3:47.19	48.23	350m: 5:23.64	47.93		
	100m: 1:23.74	44.45	200m: 2:58.96	48.25	300m: 4:35.71	48.52	400m: 6:06.27	42.63		
7.	Ilonka van der Meer	GZC Donk	NED	197601168					<b>6:45.12</b>	
	50m: 44.88	44.88	150m: 2:25.85	51.34	250m: 4:09.69	52.28	350m: 5:55.71	53.06		
	100m: 1:34.51	49.63	200m: 3:17.41	51.56	300m: 5:02.65	52.96	400m: 6:45.12	49.41		
8.	Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	NED	197700138					<b>6:55.81</b>	+0.89
	50m: 44.45	44.45	150m: 2:27.90	52.19	250m: 4:14.81	54.05	350m: 6:04.08	54.99		
	100m: 1:35.71	51.26	200m: 3:20.76	52.86	300m: 5:09.09	54.28	400m: 6:55.81	51.73		
9.	Ria Voerman	De Duinkickers	NED	197401120					<b>7:34.70</b>	+0.90
	50m: 49.85	49.85	150m: 2:44.27	58.31	250m: 4:42.43	59.26	350m: 6:40.55	58.64		
	100m: 1:45.96	56.11	200m: 3:43.17	58.90	300m: 5:41.91	59.48	400m: 7:34.70	54.15		

Programmanr. 3, Dames, 400m vrije slag

Masters 50+

1.	Carla Geurts <i>Kampioenshabsrecord</i>	PSV	NED	197100178	<b>4:55.91</b>	+0.73
	50m: 33.26 33.26	150m: 1:47.20 37.08	250m: 3:02.48 37.94	350m: 4:18.71 38.35		
	100m: 1:10.12 36.86	200m: 2:24.54 37.34	300m: 3:40.36 37.88	400m: 4:55.91 37.20		
2.	Bianca Groot	MSV-Zeemacht	NED	197000652	<b>5:14.19</b>	+0.80
	50m: 35.36 35.36	150m: 1:53.36 39.26	250m: 3:12.94 39.75	350m: 4:33.88 40.26		
	100m: 1:14.10 38.74	200m: 2:33.19 39.83	300m: 3:53.62 40.68	400m: 5:14.19 40.31		
3.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054	<b>5:17.29</b>	
	50m: 35.79 35.79	150m: 1:55.94 40.60	250m: 3:17.38 40.90	350m: 4:38.50 40.22		
	100m: 1:15.34 39.55	200m: 2:36.48 40.54	300m: 3:58.28 40.90	400m: 5:17.29 38.79		
4.	Kathy Van Lindt	Cercle De Natation Sportcity WolBEL	CNSW/007949/71	<b>5:25.43</b>	+0.92	
	50m: 37.39 37.39	150m: 2:00.12 41.41	250m: 3:23.09 40.91	350m: 4:45.52 40.98		
	100m: 1:18.71 41.32	200m: 2:42.18 42.06	300m: 4:04.54 41.45	400m: 5:25.43 39.91		
5.	Annette de Visser	Oceanus	NED	197100602	<b>5:27.96</b>	+0.85
	50m: 35.49 35.49	150m: 1:57.25 41.91	250m: 3:21.84 42.41	350m: 4:46.78 42.39		
	100m: 1:15.34 39.85	200m: 2:39.43 42.18	300m: 4:04.39 42.55	400m: 5:27.96 41.18		
6.	Mariska van Doorn	Arethusa	NED	197200444	<b>5:44.05</b>	+0.88
	50m: 36.62 36.62	150m: 2:01.76 43.95	250m: 3:29.91 44.54	350m: 5:00.01 45.20		
	100m: 1:17.81 41.19	200m: 2:45.37 43.61	300m: 4:14.81 44.90	400m: 5:44.05 44.04		
7.	Cherry Bas-Ott	DAW	NED	197100464	<b>6:08.54</b>	+0.69
	50m: 39.55 39.55	150m: 2:10.51 46.71	250m: 3:46.04 47.85	350m: 5:22.34 47.32		
	100m: 1:23.80 44.25	200m: 2:58.19 47.68	300m: 4:35.02 48.98	400m: 6:08.54 46.20		
8.	Marijke Campfens	De Geul	NED	196900960	<b>6:09.92</b>	
	50m: 40.74 40.74	150m: 2:12.50 47.22	250m: 3:48.92 48.13	350m: 5:24.24 46.86		
	100m: 1:25.28 44.54	200m: 3:00.79 48.29	300m: 4:37.38 48.46	400m: 6:09.92 45.68		
9.	Annet Kootstra	SWOL 1894	NED	197100344	<b>6:30.93</b>	
	50m: 44.96 44.96	150m: 2:23.30 49.84	250m: 4:03.06 49.41	350m: 5:42.61 49.22		
	100m: 1:33.46 48.50	200m: 3:13.65 50.35	300m: 4:53.39 50.33	400m: 6:30.93 48.32		
10.	Nathasja Konijn	GZC Donk	NED	197100992	<b>6:39.12</b>	+0.90
	50m: 43.89 43.89	150m: 2:23.63 50.44	250m: 4:05.16 51.01	350m: 5:48.65 51.87		
	100m: 1:33.19 49.30	200m: 3:14.15 50.52	300m: 4:56.78 51.62	400m: 6:39.12 50.47		
11.	Annette Spies	LinK	NED	197001110	<b>6:42.24</b>	+0.93
	50m: 44.06 44.06	150m: 2:24.07 50.94	250m: 4:07.86 52.09	350m: 5:52.48 52.46		
	100m: 1:33.13 49.07	200m: 3:15.77 51.70	300m: 5:00.02 52.16	400m: 6:42.24 49.76		
12.	Kristien Van de Moortel	Shark	BEL	ShaRK/20315/69	<b>6:52.41</b>	+0.86
	50m: 46.13 46.13	150m: 2:31.06 53.33	250m: 4:17.05 52.80	350m: 6:02.89 53.21		
	100m: 1:37.73 51.60	200m: 3:24.25 53.19	300m: 5:09.68 52.63	400m: 6:52.41 49.52		

Masters 55+

1.	Claudia Thielemann <i>Kampioenshabsrecord</i>	SG Bayer	GER	333958	<b>5:00.09</b>	+0.76
	50m: 34.42 34.42	150m: 1:49.84 38.29	250m: 3:05.69 37.97	350m: 4:22.27 38.37		
	100m: 1:11.55 37.13	200m: 2:27.72 37.88	300m: 3:43.90 38.21	400m: 5:00.09 37.82		
2.	Henriëtte v. Norden	ZPC AMERSFOORT	NED	196800046	<b>5:38.59</b>	
	50m: 37.15 37.15	150m: 2:02.99 44.21	250m: 3:30.60 43.87	350m: 4:56.54 42.75		
	100m: 1:18.78 41.63	200m: 2:46.73 43.74	300m: 4:13.79 43.19	400m: 5:38.59 42.05		
3.	Wilna Heijman	Steenwijk 1934	NED	196400506	<b>5:40.53</b>	+0.85
	50m: 38.44 38.44	150m: 2:03.96 42.98	250m: 3:31.37 43.47	350m: 4:58.57 43.07		
	100m: 1:20.98 42.54	200m: 2:47.90 43.94	300m: 4:15.50 44.13	400m: 5:40.53 41.96		
4.	Anita Steijger	WVZ	NED	196500628	<b>6:07.31</b>	+0.92
	50m: 40.35 40.35	150m: 2:10.49 45.25	250m: 3:44.51 47.12	350m: 5:19.75 47.70		
	100m: 1:25.24 44.89	200m: 2:57.39 46.90	300m: 4:32.05 47.54	400m: 6:07.31 47.56		
5.	Sandra Daamen-Posma	AZC	NED	196800854	<b>6:41.54</b>	+0.88
	50m: 43.55 43.55	150m: 2:22.28 50.18	250m: 4:05.89 52.16	350m: 5:50.64 51.85		
	100m: 1:32.10 48.55	200m: 3:13.73 51.45	300m: 4:58.79 52.90	400m: 6:41.54 50.90		
6.	Nicky Slinger	HPC	NED	196600316	<b>6:46.65</b>	
	50m: 44.41 44.41	150m: 2:23.77 50.95	250m: 4:08.55 52.62	350m: 5:54.64 53.00		
	100m: 1:32.82 48.41	200m: 3:15.93 52.16	300m: 5:01.64 53.09	400m: 6:46.65 52.01		
7.	Machteld Stilting	ZPC AMERSFOORT	NED	196600716	<b>6:54.97</b>	+0.76
	50m: 44.54 44.54	150m: 2:25.72 51.65	250m: 4:12.14 53.63	350m: 6:02.75 56.00		
	100m: 1:34.07 49.53	200m: 3:18.51 52.79	300m: 5:06.75 54.61	400m: 6:54.97 52.22		

## Programmanr. 3, Dames, 400m vrije slag, Masters 55+

rang	naam	vereniging		NED			196600668	tijd	RT	PARA
8.	Cora Smulders	ESCA Zwemmen		NED			196600668	<b>7:40.94</b>	+0.79	
	50m: 49.31	49.31	150m: 2:46.91	59.38	250m: 4:45.87	59.37	350m: 6:45.91	59.66		
	100m: 1:47.53	58.22	200m: 3:46.50	59.59	300m: 5:46.25	1:00.38	400m: 7:40.94	55.03		

## Masters 60+

1.	Jacqueline Rolloos-Bakkers	NieMo Barracuda		NED			196300022	<b>6:14.28</b>	+0.86	
	50m: 40.49	40.49	150m: 2:15.60	48.44	250m: 3:52.62	48.58	350m: 5:29.50	48.65		
	100m: 1:27.16	46.67	200m: 3:04.04	48.44	300m: 4:40.85	48.23	400m: 6:14.28	44.78		
2.	Marion Kolkman-Pluim	ESCA Zwemmen		NED			196000330	<b>6:51.72</b>	+0.99	
	50m: 45.83	45.83	150m: 2:28.69	52.37	250m: 4:14.14	53.42	350m: 5:59.82	52.95		
	100m: 1:36.32	50.49	200m: 3:20.72	52.03	300m: 5:06.87	52.73	400m: 6:51.72	51.90		
3.	Lia Bijkerk	GZC Donk		NED			196000014	<b>7:10.53</b>	+0.96	
	50m: 47.46	47.46	150m: 2:36.96	55.21	250m: 4:27.81	54.73	350m: 6:18.91	54.93		
	100m: 1:41.75	54.29	200m: 3:33.08	56.12	300m: 5:23.98	56.17	400m: 7:10.53	51.62		
4.	Yoka de Vegt-van Dijk	ESCA Zwemmen		NED			196200420	<b>7:27.14</b>	+0.76	
	50m: 48.12	48.12	150m: 2:35.52	54.60	250m: 4:31.04	58.47	350m: 6:29.61	59.44		
	100m: 1:40.92	52.80	200m: 3:32.57	57.05	300m: 5:30.17	59.13	400m: 7:27.14	57.53		

## Masters 65+

1.	Margriet Pasma	TriVia		NED			195500088	<b>6:16.58</b>		
	50m: 42.51	42.51	150m: 2:18.72	49.05	250m: 3:56.42	48.57	350m: 5:32.00	46.95		
	100m: 1:29.67	47.16	200m: 3:07.85	49.13	300m: 4:45.05	48.63	400m: 6:16.58	44.58		
2.	Monica Bakker	Steenwijk 1934		NED			195600082	<b>7:03.32</b>	+0.55	
	50m: 45.48	45.48	150m: 2:30.69	53.67	250m: 4:19.27	54.52	350m: 6:08.76	54.79		
	100m: 1:37.02	51.54	200m: 3:24.75	54.06	300m: 5:13.97	54.70	400m: 7:03.32	54.56		
3.	Karien Musters	Old Dutch		NED			195800236	<b>8:38.65</b>		
	50m: 55.31	55.31	150m: 3:01.02	1:04.30	250m: 5:15.13	1:07.21	350m: 7:32.51	1:08.22		
	100m: 1:56.72	1:01.41	200m: 4:07.92	1:06.90	300m: 6:24.29	1:09.16	400m: 8:38.65	1:06.14		
4.	Lies Hartman	PSV		NED			195600116	<b>10:38.27</b>		
	50m: 1:02.57	1:02.57	150m: 3:42.01	1:22.39	250m: 6:29.87	1:24.21	350m: 9:16.19	1:21.66		
	100m: 2:19.62	1:17.05	200m: 5:05.66	1:23.65	300m: 7:54.53	1:24.66	400m: 10:38.27	1:22.08		

## Masters 70+

1.	Carla Hensen	PSV		NED			195300062	<b>7:07.40</b>		
	50m: 47.22	47.22	150m: 2:36.28	54.81	250m: 4:26.07	55.00	350m: 6:14.92	54.43		
	100m: 1:41.47	54.25	200m: 3:31.07	54.79	300m: 5:20.49	54.42	400m: 7:07.40	52.48		
2.	Geerdien Meerwaldt	De Geul		NED			195200058	<b>9:12.73</b>	+0.86	
	50m: 1:01.32	1:01.32	150m: 3:20.23	1:11.08	250m: 5:43.96	1:12.11	350m: 8:06.43	1:11.55		
	100m: 2:09.15	1:07.83	200m: 4:31.85	1:11.62	300m: 6:54.88	1:10.92	400m: 9:12.73	1:06.30		

## Masters 75+

1.	Loekie van Huissteden	ZPC AMERSFOORT		NED			194500002	<b>9:10.98</b> *		
	50m: 1:02.07	1:02.07	150m: 3:20.96	1:09.29	250m: 5:43.80	1:11.58	350m: 8:04.92	1:09.67		
	100m: 2:11.67	1:09.60	200m: 4:32.22	1:11.26	300m: 6:55.25	1:11.45	400m: 9:10.98	1:06.06		

Programmanr. 4  
05-05-2023 - 10:20

Heren, 400m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	tijd	RT	PARA
<b>Masters 20+</b>					
1.	Guus Hoogduin	ZVL-1886 Center	<b>4:32.18</b>	+0.60	
	50m: 29.68	29.68 150m: 1:36.70	34.49 250m: 2:47.24	35.46 350m: 3:58.62	35.48
	100m: 1:02.21	32.53 200m: 2:11.78	35.08 300m: 3:23.14	35.90 400m: 4:32.18	33.56
2.	Jacob Mackloet	De Schotejil	<b>4:33.54</b>	+0.69	
	50m: 30.11	30.11 150m: 1:40.34	35.56 250m: 2:51.41	35.20 350m: 4:00.55	33.76
	100m: 1:04.78	34.67 200m: 2:16.21	35.87 300m: 3:26.79	35.38 400m: 4:33.54	32.99
3.	Niels Kragt	Dedemsvaart-AC	<b>4:46.73</b>	+0.74	
	50m: 30.64	30.64 150m: 1:42.05	36.50 250m: 2:55.83	37.02 350m: 4:10.52	37.23
	100m: 1:05.55	34.91 200m: 2:18.81	36.76 300m: 3:33.29	37.46 400m: 4:46.73	36.21
4.	Robin van Peenen	ZVL-1886 Center	<b>5:05.76</b>	+0.73	
	50m: 30.11	30.11 150m: 1:43.45	37.94 250m: 3:03.25	40.48 350m: 4:25.67	41.04
	100m: 1:05.51	35.40 200m: 2:22.77	39.32 300m: 3:44.63	41.38 400m: 5:05.76	40.09
<b>Masters 25+</b>					
1.	Donny van den Bosch	Zwemlust-den Hommel	<b>4:36.23</b>	+0.76	
	50m: 30.36	30.36 150m: 1:37.58	34.40 250m: 2:48.48	35.82 350m: 4:00.74	36.25
	100m: 1:03.18	32.82 200m: 2:12.66	35.08 300m: 3:24.49	36.01 400m: 4:36.23	35.49
2.	Jelle Blankestijn	ZPC AMERSFOORT	<b>4:37.81</b>	+0.76	
	50m: 29.89	29.89 150m: 1:38.65	35.18 250m: 2:50.27	35.85 350m: 4:02.80	35.94
	100m: 1:03.47	33.58 200m: 2:14.42	35.77 300m: 3:26.86	36.59 400m: 4:37.81	35.01
3.	Bas Dries	Zwemvereniging Hoogland	<b>4:46.22</b>	+0.67	
	50m: 30.73	30.73 150m: 1:40.85	35.80 250m: 2:53.86	36.86 350m: 4:09.20	38.25
	100m: 1:05.05	34.32 200m: 2:17.00	36.15 300m: 3:30.95	37.09 400m: 4:46.22	37.02
4.	Jordy van Oel	WVZ	<b>4:47.38</b>	+0.73	
	50m: 30.85	30.85 150m: 1:43.15	36.85 250m: 2:58.03	37.16 350m: 4:13.31	37.60
	100m: 1:06.30	35.45 200m: 2:20.87	37.72 300m: 3:35.71	37.68 400m: 4:47.38	34.07
5.	Wesley van der Luit	Sassenheim	<b>4:53.44</b>	+0.75	
	50m: 33.03	33.03 150m: 1:46.72	37.09 250m: 3:02.94	38.31 350m: 4:17.69	36.88
	100m: 1:09.63	36.60 200m: 2:24.63	37.91 300m: 3:40.81	37.87 400m: 4:53.44	35.75
6.	Lars Jacobsen	DWK	<b>4:56.47</b>	+0.80	616
	50m: 31.83	31.83 150m: 1:46.16	38.26 250m: 3:03.01	38.70 350m: 4:21.19	39.41
	100m: 1:07.90	36.07 200m: 2:24.31	38.15 300m: 3:41.78	38.77 400m: 4:56.47	35.28
7.	Erik Baalbergen	ZVL-1886 Center	<b>5:07.06</b>	+0.82	
	50m: 31.61	31.61 150m: 1:47.39	39.00 250m: 3:08.36	40.86 350m: 4:29.17	40.62
	100m: 1:08.39	36.78 200m: 2:27.50	40.11 300m: 3:48.55	40.19 400m: 5:07.06	37.89
8.	Colin Degenars	ZPCH	<b>5:10.23</b>	+0.76	538
	50m: 33.32	33.32 150m: 1:50.88	39.44 250m: 3:11.57	40.15 350m: 4:32.54	40.97
	100m: 1:11.44	38.12 200m: 2:31.42	40.54 300m: 3:51.57	40.00 400m: 5:10.23	37.69
9.	Thijs van Hofweegen	ZPC AMERSFOORT	<b>5:27.57</b>	+0.92	818
	50m: 33.76	33.76 150m: 1:53.99	41.23 250m: 3:19.40	42.81 350m: 4:46.15	43.29
	100m: 1:12.76	39.00 200m: 2:36.59	42.60 300m: 4:02.86	43.46 400m: 5:27.57	41.42
10.	Rick Vaarkamp	Triton Putten	<b>6:58.31</b>		
	50m: 42.42	42.42 150m: 2:25.22	53.20 250m: 4:14.52	55.33 350m: 6:07.45	56.24
	100m: 1:32.02	49.60 200m: 3:19.19	53.97 300m: 5:11.21	56.69 400m: 6:58.31	50.86
<b>Masters 30+</b>					
1.	Tim Bunnik	Triton	<b>4:45.48</b>	+0.83	
	50m: 31.52	31.52 150m: 1:42.61	36.00 250m: 2:55.35	36.23 350m: 4:08.84	37.02
	100m: 1:06.61	35.09 200m: 2:19.12	36.51 300m: 3:31.82	36.47 400m: 4:45.48	36.64
2.	Patrick Creemers	RZ	<b>4:46.15</b>	+0.71	
	50m: 30.78	30.78 150m: 1:42.11	36.06 250m: 2:55.41	36.79 350m: 4:09.57	37.81
	100m: 1:06.05	35.27 200m: 2:18.62	36.51 300m: 3:31.76	36.35 400m: 4:46.15	36.58
3.	Wessel Everloo	WS Twente	<b>4:59.54</b>	+0.85	597
	50m: 33.27	33.27 150m: 1:49.64	38.75 250m: 3:06.77	38.17 350m: 4:22.78	38.43
	100m: 1:10.89	37.62 200m: 2:28.60	38.96 300m: 3:44.35	37.58 400m: 4:59.54	36.76
4.	Marc Hoogendam	Blue Marlins	<b>5:04.99</b>	+0.64	
	50m: 29.78	29.78 150m: 1:41.89	37.31 250m: 3:02.59	41.10 350m: 4:25.75	40.81
	100m: 1:04.58	34.80 200m: 2:21.49	39.60 300m: 3:44.94	42.35 400m: 5:04.99	39.24

**Programmanr. 4, Heren, 400m vrije slag, Masters 30+**

rang	naam	vereniging	land	nummer	tijd	RT	PARA	
5.	Ruben de Boer	De Duinkickers	NED	199301419	<b>5:33.95</b>	+0.71		
	50m: 37.47	37.47	150m: 2:02.91	43.09	250m: 3:28.96	42.71	350m: 4:52.73	41.49
	100m: 1:19.82	42.35	200m: 2:46.25	43.34	300m: 4:11.24	42.28	400m: 5:33.95	41.22
6.	Romke van Dijk	Zwemvereniging Hoogland	NED	199007679	<b>6:03.22</b>	+0.66		
	50m: 40.33	40.33	150m: 2:08.97	45.60	250m: 3:42.58	46.98	350m: 5:17.59	48.25
	100m: 1:23.37	43.04	200m: 2:55.60	46.63	300m: 4:29.34	46.76	400m: 6:03.22	45.63

**Masters 35+**

1.	Youri Vaes	PSV	NED	198402307	<b>4:37.81</b>	+0.71		
	50m: 30.53	30.53	150m: 1:39.09	35.13	250m: 2:50.91	36.00	350m: 4:03.17	35.90
	100m: 1:03.96	33.43	200m: 2:14.91	35.82	300m: 3:27.27	36.36	400m: 4:37.81	34.64
2.	Federico Cappello	Luxembourg Sharks Swimming CLUX		9598	<b>4:43.78</b>	+0.72		
	50m: 30.88	30.88	150m: 1:41.85	36.63	250m: 2:54.96	36.95	350m: 4:08.33	36.40
	100m: 1:05.22	34.34	200m: 2:18.01	36.16	300m: 3:31.93	36.97	400m: 4:43.78	35.45
3.	Niels Albrechts	De Schotelijl	NED	198800039	<b>4:55.94</b>	+0.81		
	50m: 33.30	33.30	150m: 1:47.24	37.05	250m: 3:04.00	38.77	350m: 4:20.61	37.82
	100m: 1:10.19	36.89	200m: 2:25.23	37.99	300m: 3:42.79	38.79	400m: 4:55.94	35.33
4.	Robert Braad	Steenwijk 1934	NED	198600407	<b>4:56.61</b>	+0.87		
	50m: 33.13	33.13	150m: 1:49.18	38.66	250m: 3:05.76	37.62	350m: 4:21.18	37.81
	100m: 1:10.52	37.39	200m: 2:28.14	38.96	300m: 3:43.37	37.61	400m: 4:56.61	35.43
5.	Rudi Butselaar	GoSwim	NED	198700577	<b>6:06.17</b>	+0.77		
	50m: 35.80	35.80	150m: 2:03.57	45.74	250m: 3:40.32	48.76	350m: 5:20.74	50.56
	100m: 1:17.83	42.03	200m: 2:51.56	47.99	300m: 4:30.18	49.86	400m: 6:06.17	45.43

**Masters 40+**

1.	Kristiaan Lenos	ZVL-1886 Center	NED	198301331	<b>4:47.00</b>	+0.76		
	50m: 30.41	30.41	150m: 1:39.68	35.01	250m: 2:53.73	37.41	350m: 4:10.50	38.43
	100m: 1:04.67	34.26	200m: 2:16.32	36.64	300m: 3:32.07	38.34	400m: 4:47.00	36.50
2.	Frank v.d. Voordt	De Schotelijl	NED	198302259	<b>4:57.30</b>	+0.68		
	50m: 33.72	33.72	150m: 1:49.08	38.16	250m: 3:05.19	37.97	350m: 4:20.85	37.91
	100m: 1:10.92	37.20	200m: 2:27.22	38.14	300m: 3:42.94	37.75	400m: 4:57.30	36.45
3.	Marcel Reefhuis	WS Twente	NED	198101381	<b>4:57.83</b>	+0.72		
	50m: 32.75	32.75	150m: 1:47.19	37.71	250m: 3:03.37	38.02	350m: 4:20.67	38.88
	100m: 1:09.48	36.73	200m: 2:25.35	38.16	300m: 3:41.79	38.42	400m: 4:57.83	37.16
4.	Cetin Cetiner	Göztepe	TUR		<b>5:53.07</b>	+0.87		
	50m: 37.70	37.70	150m: 2:03.60	44.28	250m: 3:35.94	46.55	350m: 5:08.36	46.24
	100m: 1:19.32	41.62	200m: 2:49.39	45.79	300m: 4:22.12	46.18	400m: 5:53.07	44.71

**Masters 45+**

1.	Ivo Roozeboom	WVZ	NED	197700801	<b>4:38.10</b>	+0.77		
	50m: 31.07	31.07	150m: 1:42.35	36.09	250m: 2:53.63	35.80	350m: 4:03.73	34.87
	100m: 1:06.26	35.19	200m: 2:17.83	35.48	300m: 3:28.86	35.23	400m: 4:38.10	34.37
2.	Dennis Brouwers	HZPC	NED	197800167	<b>4:42.47</b>	+0.65		
	50m: 32.11	32.11	150m: 1:43.47	36.34	250m: 2:55.89	35.53	350m: 4:06.95	35.36
	100m: 1:07.13	35.02	200m: 2:20.36	36.89	300m: 3:31.59	35.70	400m: 4:42.47	35.52
3.	Aart Kruis	MZ&PC	NED	197501383	<b>5:01.84</b>	+0.97		
	50m: 34.53	34.53	150m: 1:48.97	37.51	250m: 3:05.97	38.36	350m: 4:24.20	39.20
	100m: 1:11.46	36.93	200m: 2:27.61	38.64	300m: 3:45.00	39.03	400m: 5:01.84	37.64
4.	Eric Hoekman	WS Twente	NED	197401531	<b>5:25.01</b>	+0.87		
	50m: 34.13	34.13	150m: 1:52.85	40.59	250m: 3:17.80	42.68	350m: 4:43.49	43.36
	100m: 1:12.26	38.13	200m: 2:35.12	42.27	300m: 4:00.13	42.33	400m: 5:25.01	41.52
5.	Dymitr Bielski	Warsaw Masters Team	POL		<b>5:32.26</b>	+0.92		
	50m: 36.36	36.36	150m: 1:58.62	41.51	250m: 3:25.50	43.24	350m: 4:51.61	42.59
	100m: 1:17.11	40.75	200m: 2:42.26	43.64	300m: 4:09.02	43.52	400m: 5:32.26	40.65
6.	Andre Schaap	ZVL-1886 Center	NED	197501357	<b>6:10.81</b>			
	50m: 37.94	37.94	150m: 2:09.29	47.65	250m: 3:47.57	49.46	350m: 5:25.55	49.09
	100m: 1:21.64	43.70	200m: 2:58.11	48.82	300m: 4:36.46	48.89	400m: 6:10.81	45.26
7.	Tom Bandsma	PSV	NED	197701625	<b>6:11.97</b>	+0.87		
	50m: 37.94	37.94	150m: 2:07.45	46.32	250m: 3:45.55	49.60	350m: 5:25.46	50.53
	100m: 1:21.13	43.19	200m: 2:55.95	48.50	300m: 4:34.93	49.38	400m: 6:11.97	46.51

## Programmanr. 4, Heren, 400m vrije slag, Masters 45+

rang	naam	vereniging	land	nummer	150m	200m	250m	300m	350m	400m	RT	PARA
8.	Jeroen Hoeksel	ZVVS	NED	197401533	2:12.55	3:00.76	3:49.22	4:39.04	5:20.18	6:20.18	51.21	
	50m: 40.40	40.40			47.07	48.21	48.46	49.82	4:04.98	4:38.34	49.93	
	100m: 1:25.48	45.08							6:20.18			

## Masters 50+

1.	Matthias Millers	SG Wuppertal	GER	113799	1:40.72	2:16.62	2:52.79	3:28.85	3:58.34	4:38.34	+0.89	
	50m: 31.06	31.06			35.32	35.90	36.17	36.06	4:04.98	4:38.34	36.13	
	100m: 1:05.40	34.34							4:38.34		33.36	
2.	Vedestas Seferlis	Kauno Takas	LTU		1:41.41	2:17.73	2:54.55	3:30.75	4:07.04	4:40.35	+0.60	
	50m: 31.19	31.19			35.66	36.32	36.82	36.20	4:07.04	4:40.35	36.29	
	100m: 1:05.75	34.56							4:40.35		33.31	
3.	Richard Ricksen	PSV	NED	197000841	1:51.06	2:31.19	3:10.92	3:50.76	4:30.85	5:10.54	+0.89	
	50m: 34.01	34.01			39.32	40.13	39.73	39.84	4:30.85	5:10.54	40.09	
	100m: 1:11.74	37.73							5:10.54		39.69	
4.	Bruno Nahon	Cercle De Natation Sportcity WolBEL	CNSW/000390/70		1:51.56	2:31.04	3:11.31	3:51.50	4:31.75	5:11.15		40.25
	50m: 34.79	34.79			39.23	39.48	40.27	40.19	4:31.75	5:11.15	39.40	
	100m: 1:12.33	37.54							5:11.15			
5.	Frank van Nobelen	Sassenheim	NED	196900753	1:52.62	2:32.65	3:13.27	3:54.54	4:35.66	5:15.08	+0.84	
	50m: 34.91	34.91			39.70	40.03	40.62	41.27	4:35.66	5:15.08	41.12	
	100m: 1:12.92	38.01							5:15.08		39.42	
6.	Chris Kouwenhoven	De Grunte	NED	197101669	1:58.46	2:40.57	3:23.09	4:05.62	4:48.76	5:28.75	+0.93	
	50m: 35.74	35.74			42.19	42.11	42.52	42.53	4:48.76	5:28.75	43.14	
	100m: 1:16.27	40.53							5:28.75		39.99	
7.	Henri Verschoor	De Biesboschzwemmers	NED	197001041	2:01.05	2:43.20	3:25.75	4:07.99	4:49.78	5:30.56	+0.94	
	50m: 37.66	37.66			42.03	42.15	42.55	42.24	4:49.78	5:30.56	41.79	
	100m: 1:19.02	41.36							5:30.56		40.78	
8.	Wouter van der Stelt	De Biesboschzwemmers	NED	197200889	2:03.33	2:47.75	3:32.86	4:17.91	5:03.33	5:48.17	+0.84	
	50m: 37.92	37.92			43.89	44.42	45.11	45.05	5:03.33	5:48.17	45.42	
	100m: 1:19.44	41.52							5:48.17		44.84	
9.	Erwin Snip	ESCA Zwemmen	NED	197001555	2:12.31	3:00.10	3:48.79	4:37.89	5:26.80	6:13.19	+0.89	
	50m: 40.10	40.10			47.02	47.79	48.69	49.10	5:26.80	6:13.19	48.91	
	100m: 1:25.29	45.19							6:13.19		46.39	

## Masters 55+

1.	John Hardeman	Zwemlust-den Hommel	NED	196601615	1:46.17	2:24.15	3:02.47	3:40.53	4:18.81	4:55.72	+0.77	
	50m: 32.31	32.31			37.61	37.98	38.32	38.06	4:18.81	4:55.72	38.28	
	100m: 1:08.56	36.25							4:55.72		36.91	
2.	Hugues Herman	Cercle De Natation Sportcity WolBEL	CNSW/009743/66		1:50.39	2:29.34	3:07.92	3:45.86	4:23.09	4:59.36	+0.56	
	50m: 34.05	34.05			38.65	38.95	38.58	37.94	4:23.09	4:59.36	37.23	
	100m: 1:11.74	37.69							4:59.36		36.27	
3.	Karol Lacko	Vysokoskolsky klub Univerzity kcSVK skeSVK16793			1:56.70	2:36.31	3:16.20	3:56.73	4:37.54	5:17.46	+0.85	
	50m: 37.63	37.63			39.21	39.61	39.89	40.53	4:37.54	5:17.46	40.81	
	100m: 1:17.49	39.86							5:17.46		39.92	
4.	Henri Michels	De Amstel	NED	196501587	1:52.35	2:33.16	3:14.42	3:55.94	4:37.72	5:18.57	+0.85	
	50m: 34.70	34.70			39.83	40.81	41.26	41.52	4:37.72	5:18.57	41.78	
	100m: 1:12.52	37.82							5:18.57		40.85	
5.	Arno Schrauwen	Patrick-De Roersoppers (SG)	NED	196501355	1:59.52	2:41.67	3:23.89	4:06.14	4:48.12	5:28.14	+0.82	
	50m: 35.22	35.22			42.85	42.15	42.22	42.25	4:48.12	5:28.14	41.98	
	100m: 1:16.67	41.45							5:28.14		40.02	
6.	Leon Slingerland	WVZ	NED	196801707	2:02.51	2:47.76	3:32.89	4:18.13	5:03.17	5:45.27	+0.85	
	50m: 35.83	35.83			44.22	45.25	45.13	45.24	5:03.17	5:45.27	45.04	
	100m: 1:18.29	42.46							5:45.27		42.10	
7.	Marcel Nelissen	MZ&PC	NED	196501611	2:41.09	3:37.92	4:33.83	5:31.08	6:27.67	7:22.52	+0.83	
	50m: 48.64	48.64			56.89	56.83	55.91	57.25	6:27.67	7:22.52	56.59	
	100m: 1:44.20	55.56							7:22.52		54.85	
8.	Adri Pasman	Zuiderzeezwemmers	NED	196400573	2:34.97	3:36.65	4:40.13	5:45.15	6:51.11	7:55.25	1:05.96	
	50m: 44.37	44.37			57.59	1:01.68	1:03.48	1:05.02	6:51.11	7:55.25	1:04.14	
	100m: 1:37.38	53.01							7:55.25			



Programmanr. 4, Heren, 400m vrije slag

Masters 60+

1.	Johan Remmits	ZPC AMERSFOORT	NED	196201159			<b>5:04.07</b>	+0.81
	50m: 34.39	34.39	150m: 1:51.72	38.89	250m: 3:08.69	38.22	350m: 4:26.16	38.72
	100m: 1:12.83	38.44	200m: 2:30.47	38.75	300m: 3:47.44	38.75	400m: 5:04.07	37.91
2.	Paul Wijnja	De Biesboschzwemmers	NED	196301403			<b>5:27.76</b>	+0.79
	50m: 36.15	36.15	150m: 1:59.32	42.17	250m: 3:23.44	42.30	350m: 4:48.47	42.45
	100m: 1:17.15	41.00	200m: 2:41.14	41.82	300m: 4:06.02	42.58	400m: 5:27.76	39.29
3.	Casper Dollekamp	Steenwijk 1934	NED	196301341			<b>6:04.85</b>	+0.75
	50m: 38.51	38.51	150m: 2:09.40	46.22	250m: 3:45.45	48.47	350m: 5:22.26	47.22
	100m: 1:23.18	44.67	200m: 2:56.98	47.58	300m: 4:35.04	49.59	400m: 6:04.85	42.59

Masters 65+

1.	Marten de Groot	HZ&PC Heerenveen	NED	195800149			<b>4:54.43</b>	+0.78
	<i>Europees Masters Record</i>							
	50m: 34.21	34.21	150m: 1:49.36	37.75	250m: 3:04.29	36.97	350m: 4:18.22	37.06
	100m: 1:11.61	37.40	200m: 2:27.32	37.96	300m: 3:41.16	36.87	400m: 4:54.43	36.21
2.	Henk Slomp	De Inktvis	NED	195500359			<b>5:44.99</b>	+0.91
	50m: 37.82	37.82	150m: 2:05.80	44.70	250m: 3:34.99	45.17	350m: 5:05.32	44.47
	100m: 1:21.10	43.28	200m: 2:49.82	44.02	300m: 4:20.85	45.86	400m: 5:44.99	39.67
3.	Wim de Lange	AZC	NED	195800533			<b>6:01.21</b>	+0.73
	50m: 40.20	40.20	150m: 2:09.95	45.45	250m: 3:42.44	46.16	350m: 5:15.95	46.48
	100m: 1:24.50	44.30	200m: 2:56.28	46.33	300m: 4:29.47	47.03	400m: 6:01.21	45.26
4.	André Pantekoek	PSV	NED	195800321			<b>7:11.05</b>	
	50m: 45.30	45.30	150m: 2:37.99	57.60	250m: 4:33.45	57.91	350m: 6:24.28	55.55
	100m: 1:40.39	55.09	200m: 3:35.54	57.55	300m: 5:28.73	55.28	400m: 7:11.05	46.77

Masters 70+

1.	Jos Kamps	Zwemvereniging Hoogland	NED	195100085			<b>6:49.21</b>	+0.82
	50m: 40.78	40.78	150m: 2:19.43	50.51	250m: 4:05.45	53.66	350m: 5:55.23	54.93
	100m: 1:28.92	48.14	200m: 3:11.79	52.36	300m: 5:00.30	54.85	400m: 6:49.21	53.98
2.	Piet Schop	De Bevelanders	NED	195000109			<b>7:23.49</b> *	+0.71
	50m: 47.21	47.21	150m: 2:41.06	58.41	250m: 4:39.62	58.86	350m: 6:34.29	56.28
	100m: 1:42.65	55.44	200m: 3:40.76	59.70	300m: 5:38.01	58.39	400m: 7:23.49	49.20
DIS	Frans Heus	UZSC	NED	195100067				
	<i>AM - Gebruik gemaakt van hulpmiddelen of tape gebruikt op het lichaam., Horloge gedragen</i>							

Masters 75+

1.	Wout Hemmes	De Plons	NED	194800059			<b>6:31.55</b>	+0.92
	<i>Kampioenschapsrecord</i>							
	50m: 44.65	44.65	150m: 2:24.76	50.94	250m: 4:05.55	50.15	350m: 5:45.33	49.48
	100m: 1:33.82	49.17	200m: 3:15.40	50.64	300m: 4:55.85	50.30	400m: 6:31.55	46.22
2.	Willem Putter	ZVVS	NED	194500135			<b>7:19.64</b>	
	50m: 46.54	46.54	150m: 2:38.64	56.88	250m: 4:33.92	57.34	350m: 6:26.74	55.68
	100m: 1:41.76	55.22	200m: 3:36.58	57.94	300m: 5:31.06	57.14	400m: 7:19.64	52.90

Masters 80+

1.	Rob Hanou	PSV	NED	194300109			<b>7:54.65</b>	
	50m: 51.51	51.51	150m: 2:55.55	1:02.88	250m: 4:59.40	1:01.34	350m: 7:01.18	1:00.99
	100m: 1:52.67	1:01.16	200m: 3:58.06	1:02.51	300m: 6:00.19	1:00.79	400m: 7:54.65	53.47
2.	Geza Kaltenecker	AZC	NED	194200065			<b>8:02.05</b>	
	50m: 49.89	49.89	150m: 2:52.63	1:03.01	250m: 5:00.88	1:04.12	350m: 7:07.54	1:03.01
	100m: 1:49.62	59.73	200m: 3:56.76	1:04.13	300m: 6:04.53	1:03.65	400m: 8:02.05	54.51

Masters 85+

DIS	Nic Geers	PSV	NED	193800007				
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>							

Programmanr. 5  
05-05-2023 - 11:06

Dames, 100m vlinderslag

Masters Open  
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
<b>Masters 20+</b>								
1. Silke Molendijk	ZVL-1886 Center	NED	200100178	<b>1:04.81</b>	+0.71		30.85	1:04.81
2. Kim Vos	Triton Putten	NED	200000990	<b>1:10.54</b>	+0.68		32.02	1:10.54
3. Welmoed Doornbos	De IJsselmeeuwen	NED	200203352	<b>1:18.51</b>	+0.72		35.24	1:18.51
4. Lianne Dekker	DAW	NED	200305438	<b>1:24.66</b>	+0.72		38.25	1:24.66
5. Marouscha de Vries	DAW	NED	199906628	<b>1:28.37</b>	+0.74		39.35	1:28.37
6. Sheila ten Voorde	Octopus-ZVV (SG)	NED	199904538	<b>1:29.05</b>	+0.81		36.95	1:29.05
7. Cynthia Koolman	Steenwijk 1934	NED	200300232	<b>1:35.26</b>	+0.68		40.74	1:35.26
8. Dannique Koolen	De Vuursche	NED	199904048	<b>1:35.62</b>	+0.65	304	40.37	1:35.62
<b>Masters 25+</b>								
1. Marjolein Delno	VZC	NED	199400024	<b>1:05.07</b>	+0.76		30.19	1:05.07
2. Fenna de Groot	Feijenoord Albion Zwemclub	NED	199701796	<b>1:06.02</b>	+0.66		30.73	1:06.02
3. Nora Bohler	Schwammclub Déifferdang	LUX	15712	<b>1:11.43</b>	+0.73		32.26	1:11.43
<i>Luxembourg Masters Record</i>								
4. Linda Kamperman	Zwemlust-den Hommel	NED	199601238	<b>1:12.89</b>	+0.69		33.71	1:12.89
5. Rianne van Rijssen	Noord Veluwe	NED	199702360	<b>1:15.96</b>	+0.77		34.09	1:15.96
6. Jisca Majolee	ZPC AMERSFOORT	NED	199403570	<b>1:16.45</b>	+0.90		35.54	1:16.45
7. Eef Hollander	Blue Marlins	NED	199602074	<b>1:19.40</b>	+0.73		35.38	1:19.40
8. Rachel Trapman	De Duinkickers	NED	199606760	<b>1:25.10</b>	+0.76		38.72	1:25.10
9. Eline Molle	De Geul	NED	199404276	<b>1:28.62</b>	+0.69		39.43	1:28.62
10. Margien Timmer	ZVL-1886 Center	NED	199506760	<b>1:30.93</b>	+0.73		41.89	1:30.93
11. Melanie Zondag	Moby Dick	NED	199804476	<b>1:38.83</b>	+0.85		42.49	1:38.83
12. Cynthia van Veen	ZVL-1886 Center	NED	199606736	<b>1:39.92</b>	+0.68		41.39	1:39.92
<b>Masters 30+</b>								
1. Danique Stoop	Zuiderzeewemmers	NED	199106956	<b>1:07.79</b>	+0.73		31.16	1:07.79
2. Denise Boereboom	NieMo Barracuda	NED	199202144	<b>1:10.23</b>	+0.72		31.92	1:10.23
3. Liesa Vrielinck	Mega	BEL	MEGA/21320/93	<b>1:10.32</b>	+0.75		31.93	1:10.32
4. Lisa Klatten	WVZ	NED	199203628	<b>1:13.02</b>	+0.73		32.50	1:13.02
5. Nikki Hoogeboom	De IJsel	NED	199301196	<b>1:19.99</b>	+0.84		35.34	1:19.99
6. Leontine Groeneveldt	De Duck	NED	199303526	<b>1:26.26</b>			36.33	1:26.26
<b>Masters 35+</b>								
1. Viktória Háden-Felföldi	Iron Swim	HUN	66/3267	<b>1:07.59</b>	+0.75		31.52	1:07.59
2. Daniëlle Reijnders	AquAmigos	NED	198504234	<b>1:12.46</b>	+0.77		33.35	1:12.46
<b>Masters 40+</b>								
1. Delia Badoux	WVZ	NED	198000042	<b>1:09.63</b>	+0.74		31.49	1:09.63
2. Roos van Esch	ACZ	NED	198200468	<b>1:12.82</b>	+0.80		34.09	1:12.82
3. Miranda Pijnenburg	De Treffers	NED	198301216	<b>1:16.21</b>	+0.77		34.90	1:16.21
4. Elke Popma - Blox	Tiamat	NED	198200154	<b>1:19.35</b>	+0.72		37.13	1:19.35
5. Ramona Linting	AZC	NED	198301274	<b>1:24.11</b>	+0.70		38.77	1:24.11
6. Chantal Verhoeff	Old Dutch	NED	197900912	<b>1:24.93</b>	+0.92		37.26	1:24.93
7. Roelien Stegeman	ZV 44	NED	198102350	<b>1:36.02</b>	+0.83		43.35	1:36.02
<b>Masters 45+</b>								
1. Jeanette Seitz	SSV Ulm 1846	GER		<b>1:13.34</b>	+0.72		33.63	1:13.34
2. Katinka van Dongen	ZZ&PC De Devel	NED	197700190	<b>1:15.52</b>	+0.75		35.35	1:15.52
3. Ilona Hogerheyde	DAW	NED	197400224	<b>1:19.14</b>	+0.77		35.60	1:19.14
4. Mirjan den Drijver	Westland Swimming Stars	NED	197500884	<b>1:20.92</b>	+0.83		35.67	1:20.92
5. A. Glazema-Boelema	Stadskanaal	NED	197701166	<b>1:28.19</b>	+0.94		40.07	1:28.19
6. Inge Roskam	De Duinkickers	NED	197801296	<b>1:36.73</b>	+0.78		43.31	1:36.73
7. Sandra Van der Helm	De Rog	NED	197801340	<b>1:45.73</b>	+0.79		46.83	1:45.73

Programmanr. 5, Dames, 100m vlinderslag

Masters 50+

1. Jeanne Petit	PSV	NED	197001020	<b>1:15.67</b>	+0.79	34.90	1:15.67
2. Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054	<b>1:16.63</b>	+0.84	35.87	1:16.63
3. Valérie Rolland	Cercle De Natation Sportcity VBELwe CNSW/004276/71			<b>1:18.06</b>	+0.70	35.15	1:18.06
4. Bianca Groot	MSV-Zeemacht	NED	197000652	<b>1:27.04</b>	+0.80	38.18	1:27.04

Masters 55+

1. Petra Blum	SG Bayer	GER	274174	<b>1:27.40</b>	+0.86	38.89	1:27.40
2. Anita Steijger	WVZ	NED	196500628	<b>1:36.39</b>	+0.90	43.57	1:36.39
3. K. van Nassau-van den Heuvel	Old Dutch	NED	196600188	<b>1:46.60</b>	+0.72	49.64	1:46.60
4. Nicky Slinger	HPC	NED	196600316	<b>1:48.48</b>		47.76	1:48.48

Masters 60+

1. Marjan Remmits-de Lange	ZPC AMERSFOORT	NED	196300518	<b>1:21.47</b>	+0.79	36.12	1:21.47
<i>Nederlands Masters Record</i>							
2. Margriet Grove-Lingeman	Triton	NED	196200080	<b>1:29.65</b>	+0.79	40.21	1:29.65
3. Patty Verhagen	PSV	NED	195900146	<b>1:42.32</b>	+0.68	45.20	1:42.32
4. Lia Bijkerk	GZC Donk	NED	196000014	<b>1:56.51</b>	+0.90	52.28	1:56.51

Masters 65+

1. Claire Anthony	Cercle De Natation Sportcity VBELwe CNSW/001353/57			<b>1:33.16</b>	+0.86	41.63	1:33.16
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Masters 70+

1. Christine Nieuwenhuis	SWOL 1894	NED	195100022	<b>1:45.08</b>	*+0.72	45.86	1:45.08
2. F. Blondeel-Gourmet	Cercle De Natation Sportcity VBELwe CNSW/004901/52			<b>2:04.21</b>	*+0.85	56.58	2:04.21

Masters 85+

1. Marie Smits	Old Dutch	NED	193800004	<b>2:29.94</b>		1:11.26	2:29.94
<i>Nederlands Masters Record</i>							

Programmanr. 6  
05-05-2023 - 11:20

Heren, 100m vlinderslag

Masters Open  
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
<b>Masters 20+</b>								
1. Freek Hollander	Blue Marlins	NED	200103815	<b>1:02.13</b>	+0.79		28.36	1:02.13
2. Guus Hoogduin	ZVL-1886 Center	NED	200201069	<b>1:02.80</b>	+0.58		29.74	1:02.80
3. Jorian Darwinkel	HZ&PC Heerenveen	NED	200300565	<b>1:03.06</b>	+0.67		28.80	1:03.06
4. Gerard Willighagen	Poseidon'56	NED	200103663	<b>1:03.14</b>	+0.71		28.63	1:03.14
5. Kevin Roest	De Duinkickers	NED	200001223	<b>1:03.99</b>	+0.78		29.84	1:03.99
6. Tom Blankestijn	ZPC AMERSFOORT	NED	200201185	<b>1:04.51</b>	+0.68		29.42	1:04.51
7. Ryan van den Ouden	Poseidon'56	NED	199900377	<b>1:04.79</b>	+0.77		28.88	1:04.79
8. Remco de Heij	ZPCH	NED	200200161	<b>1:05.11</b>	+0.71		30.41	1:05.11
9. Niels Kragt	Dedemsvaart-AC	NED	200300155	<b>1:05.18</b>	+0.72		30.43	1:05.18
10. Jasper Bruegem	WVZ	NED	200000303	<b>1:06.40</b>	+0.69		29.47	1:06.40
11. David Kievit	De Schotelij	NED	199900325	<b>1:06.76</b>	+0.68		29.96	1:06.76
12. Jacob Mackloet	De Schotelij	NED	200001171	<b>1:07.40</b>	+0.74		30.65	1:07.40
13. Mick van den Houten	De Duck	NED	200302211	<b>1:07.58</b>	+0.75		30.35	1:07.58
14. Julian Mes	ZOB'66	NED	200103755	<b>1:09.19</b>	+0.74		31.05	1:09.19
15. Boaz Troost	ZOB'66	NED	200100371	<b>1:14.62</b>	+0.76		33.38	1:14.62

Programmanr. 6, Heren, 100m vlinderslag

Masters 25+

1. Mateusz Kobus	H2O	NED	199505963	<b>59.35</b>	+0.72	26.97	59.35
2. Bert Duivenvoorde	Noordwijkerhout	NED	199701805	<b>59.75</b>	+0.68	27.33	59.75
3. Robin van Beek	ZVL-1886 Center	NED	199704023	<b>1:00.10</b>	+0.70	28.26	1:00.10
4. Donny van den Bosch	Zwemlust-den Hommel	NED	199502001	<b>1:02.00</b>	+0.72	29.12	1:02.00
5. Jordi de Nijs	MSV-Zeemacht	NED	199801851	<b>1:05.24</b>	+0.65	29.73	1:05.24
6. Jordy van Oel	WVZ	NED	199802003	<b>1:05.68</b>	+0.75	30.53	1:05.68
7. Jorrik Kerdijk	Bubble	NED	199602135	<b>1:07.84</b>	+0.67	30.68	1:07.84
8. Ian van Mullem	ZOB'66	NED	199602545	<b>1:08.36</b>	+0.61	31.30	1:08.36
9. Paco de Voogt	De Duck	NED	199400859	<b>1:11.68</b>	+0.67	31.37	1:11.68
10. Rick Vaarkamp	Triton Putten	NED	199404979	<b>1:48.42</b>	+0.94	47.62	1:48.42

Masters 30+

1. Jeroen Baars	Blue Marlins	NED	199200031	<b>59.25</b>	+0.76	27.00	59.25
2. Michel de Maesschalck	DAW	NED	199101525	<b>1:04.21</b>	+0.74	29.30	1:04.21
3. Jesper Oranje	De Duck	NED	199200997	<b>1:06.34</b>	+0.89	30.02	1:06.34
4. Miguel Caro Van Der Poel	Club Natació Tàrraco	ESP		<b>1:07.26</b>	+0.84	31.62	1:07.26
5. Jeroen Burggraaf	De Blauwe Schuur	NED	199000467	<b>1:07.63</b>	+0.82	31.41	1:07.63
6. Tim Bunnik	Triton	NED	199000505	<b>1:08.49</b>	+0.77	31.21	1:08.49
7. Marc Hoogendam	Blue Marlins	NED	199007713	<b>1:09.02</b>	+0.65	30.88	1:09.02
8. Ruben Stolk	ZOB'66	NED	199005665	<b>1:09.36</b>	+0.67	32.91	1:09.36

Masters 35+

1. Rick Driezen	Steenwijk 1934	NED	198600713	<b>1:04.07</b>	+0.84	29.52	1:04.07
2. Rudi Butselaar	GoSwim	NED	198700577	<b>1:16.01</b>	+0.83	34.95	1:16.01

Masters 40+

1. Frank v.d. Voordt	De Schotejil	NED	198302259	<b>1:10.38</b>	+0.80	33.21	1:10.38
2. Rob van Wanrooy	Feijenoord Albion Zwemclub	NED	198202627	<b>1:15.40</b>	+0.72	33.46	1:15.40

Masters 45+

1. Casper Hut	HZ&PC Heerenveen	NED	197800471	<b>1:01.32</b>	+0.71	28.26	1:01.32
2. Edgar Thimister	ZEPS	NED	197501511	<b>1:04.82</b>	+0.65	29.63	1:04.82
3. Ruud Holswilder	ZPCH	NED	197800435	<b>1:07.35</b>	+0.72	30.18	1:07.35
4. Alex Damen	DAW	NED	197501371	<b>1:09.47</b>	+0.77	32.03	1:09.47
5. Jasper van Heijst	Het Y	NED	197601699	<b>1:09.60</b>	+0.74	30.19	1:09.60
6. Markus van Rest	WVZ	NED	197701197	<b>1:11.37</b>	+0.84	31.50	1:11.37
7. Kees Bakker	Gay Swim Amsterdam	NED	197501055	<b>1:13.21</b>	+0.65	35.33	1:13.21
8. Bas Spoelstra	AZ&PC De Futen	NED	197701573	<b>1:13.98</b>	+0.76	35.40	1:13.98
9. Eric Hoekman	WS Twente	NED	197401531	<b>1:21.58</b>	+0.88	35.64	1:21.58
10. Marcel van Walt van Praag	Gay Swim Amsterdam	NED	197501425	<b>1:32.92</b>	+0.75	44.14	1:32.92

Masters 50+

1. Frederic Tonus	Luxembourg Sharks Swimming	LUX	10449	<b>58.62</b>	+0.71	27.33	58.62
<i>Europees Masters Record</i>							
2. Antwan van Engen	De Ward	NED	197101577	<b>1:04.07</b>	+0.76	29.79	1:04.07
3. Chester Marsman	ZPC AMERSFOORT	NED	196900671	<b>1:04.89</b>	+0.81	30.43	1:04.89
4. René Beetsma	HZ&PC Heerenveen	NED	196900069	<b>1:15.17</b>	*+0.64	34.11	1:15.17
5. Bruno Nahon	Cercle De Natation Sportcity	VBEL	CNSW/000390/70	<b>1:17.22</b>	+0.81	35.04	1:17.22
6. Paul van den Heuvel	Arethusa	NED	197000441	<b>1:19.06</b>	+0.84	38.04	1:19.06
7. Hans Schoenmakers	DAW	NED	196900863	<b>1:22.89</b>	+0.83	36.33	1:22.89
8. Erwin Snip	ESCA Zwemmen	NED	197001555	<b>1:41.09</b>		43.54	1:41.09
DIS Taco Eikelenboom	AZ&PC De Futen	NED	196900275				
<i>AF - De aangegeven afstand niet uitgezwommen.</i>							

## Programmanr. 6, Heren, 100m vlinderslag

## Masters 55+

1. John Hardeman	Zwemlust-den Hommel	NED	196601615	<b>1:10.53</b>	+0.79	33.25	1:10.53
2. Wiljam Nijenhuis	De IJsel	NED	196400547	<b>1:18.01</b>	+0.86	35.14	1:18.01
3. Pascal Tourton	ZOB'66	NED	196601343	<b>1:23.31</b>		39.88	1:23.31
4. Robert de Brauwer	De Duinkickers	NED	196401383	<b>1:27.85</b>	+0.88	40.63	1:27.85

## Masters 60+

1. Johan Remmits	ZPC AMERSFOORT	NED	196201159	<b>1:15.25</b>	+0.80	35.36	1:15.25
2. Evert-Jan Verweij	SWOL 1894	NED	196301143	<b>1:24.34</b>		39.70	1:24.34

## Masters 65+

1. Hugo Bregman <i>Wereld Masters Record</i>	WVZ	NED	195800069	<b>1:05.82</b>	+0.83	30.73	1:05.82
2. Paul Bunnik	Triton	NED	195600413	<b>1:26.42</b>	+0.96	39.45	1:26.42

## Masters 70+

1. Piet Schop	De Bevelanders	NED	195000109	<b>1:59.20</b>	*+0.69	48.48	1:59.20
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## Masters 80+

1. Rob Hanou	PSV	NED	194300109	<b>2:40.27</b>		1:13.16	2:40.27
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