

4 - ONMK 2023 lb Sessie 4

06-05-2023 - 9:00

Programmanr. 16  
06-05-2023 - 9:00

Heren, 800m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	tijd	RT	PARA
<b>Masters 20+</b>					
1.	Guus Hoogduin	ZVL-1886 Center	NED 200201069	<b>9:28.01</b>	+0.59
	50m: 31.36 31.36	250m: 2:54.99 36.48	450m: 5:18.38 35.80	650m: 7:43.18 36.01	
	100m: 1:06.18 34.82	300m: 3:31.29 36.30	500m: 5:54.32 35.94	700m: 8:19.25 36.07	
	150m: 1:42.25 36.07	350m: 4:06.70 35.41	550m: 6:30.84 36.52	750m: 8:54.46 35.21	
	200m: 2:18.51 36.26	400m: 4:42.58 35.88	600m: 7:07.17 36.33	800m: 9:28.01 33.55	
2.	Tom Balsen Versteeg	De Warande	NED 200005673	<b>9:32.72</b>	+0.63
	50m: 29.76 29.76	250m: 2:51.09 35.83	450m: 5:17.44 36.38	650m: 7:46.17 37.38	
	100m: 1:04.16 34.40	300m: 3:27.45 36.36	500m: 5:54.51 37.07	700m: 8:23.56 37.39	
	150m: 1:39.32 35.16	350m: 4:04.08 36.63	550m: 6:31.23 36.72	750m: 8:59.69 36.13	
	200m: 2:15.26 35.94	400m: 4:41.06 36.98	600m: 7:08.79 37.56	800m: 9:32.72 33.03	
3.	Jacob Mackloet	De Schotejil	NED 200001171	<b>9:32.77</b>	+0.72
	50m: 31.07 31.07	250m: 2:57.44 37.03	450m: 5:25.68 37.11	650m: 7:50.22 35.36	
	100m: 1:06.39 35.32	300m: 3:34.57 37.13	500m: 6:02.10 36.42	700m: 8:25.88 35.66	
	150m: 1:43.13 36.74	350m: 4:11.96 37.39	550m: 6:38.84 36.74	750m: 9:00.23 34.35	
	200m: 2:20.41 37.28	400m: 4:48.57 36.61	600m: 7:14.86 36.02	800m: 9:32.77 32.54	
4.	Tenzin Tieman	Old Dutch	NED 200005549	<b>9:41.74</b>	+0.61
	50m: 31.48 31.48	250m: 2:54.37 36.42	450m: 5:22.84 37.13	650m: 7:53.80 37.77	
	100m: 1:06.08 34.60	300m: 3:31.48 37.11	500m: 6:00.45 37.61	700m: 8:31.71 37.91	
	150m: 1:41.51 35.43	350m: 4:08.27 36.79	550m: 6:38.10 37.65	750m: 9:07.64 35.93	
	200m: 2:17.95 36.44	400m: 4:45.71 37.44	600m: 7:16.03 37.93	800m: 9:41.74 34.10	
5.	Jarmo van den Blink	Batavia Swim	NED 200100585	<b>10:26.66</b>	+0.77
	50m: 32.08 32.08	250m: 3:02.40 38.56	450m: 5:39.28 39.52	650m: 8:24.08 42.01	
	100m: 1:08.49 36.41	300m: 3:40.77 38.37	500m: 6:19.58 40.30	700m: 9:06.12 42.04	
	150m: 1:45.87 37.38	350m: 4:19.94 39.17	550m: 7:00.10 40.52	750m: 9:47.47 41.35	
	200m: 2:23.84 37.97	400m: 4:59.76 39.82	600m: 7:42.07 41.97	800m: 10:26.66 39.19	
6.	Bart Spaans	ACZ	NED 199902559	<b>10:49.59</b>	+0.60
	50m: 34.46 34.46	250m: 3:14.54 40.98	450m: 6:00.67 41.73	650m: 8:47.62 41.60	
	100m: 1:13.27 38.81	300m: 3:55.85 41.31	500m: 6:42.47 41.80	700m: 9:29.85 42.23	
	150m: 1:53.07 39.80	350m: 4:37.56 41.71	550m: 7:24.15 41.68	750m: 10:10.34 40.49	
	200m: 2:33.56 40.49	400m: 5:18.94 41.38	600m: 8:06.02 41.87	800m: 10:49.59 39.25	
7.	Robin van Peenen	ZVL-1886 Center	NED 200201059	<b>10:51.94</b>	+0.71
	50m: 32.17 32.17	250m: 3:12.47 41.35	450m: 6:00.08 42.15	650m: 8:48.67 42.25	
	100m: 1:10.30 38.13	300m: 3:53.98 41.51	500m: 6:42.11 42.03	700m: 9:30.98 42.31	
	150m: 1:50.27 39.97	350m: 4:36.10 42.12	550m: 7:24.31 42.20	750m: 10:11.81 40.83	
	200m: 2:31.12 40.85	400m: 5:17.93 41.83	600m: 8:06.42 42.11	800m: 10:51.94 40.13	
<b>Masters 25+</b>					
1.	Donny van den Bosch	Zwemlust-den Hommel	NED 199502001	<b>9:35.33</b>	+0.78
	50m: 30.94 30.94	250m: 2:52.06 36.25	450m: 5:21.85 37.97	650m: 7:50.03 36.36	
	100m: 1:04.56 33.62	300m: 3:28.58 36.52	500m: 5:59.29 37.44	700m: 8:26.00 35.97	
	150m: 1:39.99 35.43	350m: 4:06.34 37.76	550m: 6:36.80 37.51	750m: 9:01.55 35.55	
	200m: 2:15.81 35.82	400m: 4:43.88 37.54	600m: 7:13.67 36.87	800m: 9:35.33 33.78	
2.	Mike Schel	ESCA Zwemmen	NED 199403279	<b>9:42.03</b>	+0.75
	50m: 31.75 31.75	250m: 2:55.28 36.41	450m: 5:22.51 36.85	650m: 7:52.51 37.59	
	100m: 1:06.80 35.05	300m: 3:31.94 36.66	500m: 5:59.96 37.45	700m: 8:30.05 37.54	
	150m: 1:42.47 35.67	350m: 4:08.66 36.72	550m: 6:37.25 37.29	750m: 9:07.30 37.25	
	200m: 2:18.87 36.40	400m: 4:45.66 37.00	600m: 7:14.92 37.67	800m: 9:42.03 34.73	
3.	Jordy van Oel	WVZ	NED 199802003	<b>9:48.75</b>	+0.74
	50m: 31.50 31.50	250m: 2:59.75 37.80	450m: 5:29.30 37.49	650m: 7:58.50 37.65	
	100m: 1:07.46 35.96	300m: 3:36.82 37.07	500m: 6:06.24 36.94	700m: 8:35.85 37.35	
	150m: 1:44.54 37.08	350m: 4:14.54 37.72	550m: 6:43.65 37.41	750m: 9:12.95 37.10	
	200m: 2:21.95 37.41	400m: 4:51.81 37.27	600m: 7:20.85 37.20	800m: 9:48.75 35.80	
4.	Jelle Blankestijn	ZPC AMERSFOORT	NED 199803737	<b>9:51.48</b>	+0.75
	50m: 30.01 30.01	250m: 2:52.83 37.17	450m: 5:24.33 38.32	650m: 7:58.52 38.50	
	100m: 1:04.01 34.00	300m: 3:30.14 37.31	500m: 6:02.99 38.66	700m: 8:37.43 38.91	
	150m: 1:39.45 35.44	350m: 4:07.72 37.58	550m: 6:41.32 38.33	750m: 9:14.99 37.56	
	200m: 2:15.66 36.21	400m: 4:46.01 38.29	600m: 7:20.02 38.70	800m: 9:51.48 36.49	
5.	Lars Jacobsen	DWK	NED 199705453 S14	<b>10:09.58</b>	+0.84 769
	50m: 32.71 32.71	250m: 3:05.97 39.22	450m: 5:42.25 38.59	650m: 8:18.28 39.51	
	100m: 1:09.52 36.81	300m: 3:44.41 38.44	500m: 6:21.16 38.91	700m: 8:56.40 38.12	
	150m: 1:47.87 38.35	350m: 4:23.22 38.81	550m: 7:00.62 39.46	750m: 9:34.25 37.85	
	200m: 2:26.75 38.88	400m: 5:03.66 40.44	600m: 7:38.77 38.15	800m: 10:09.58 35.33	

Programmanr. 16, Heren, 800m vrije slag, Masters 25+

rang	naam	vereniging	tijd	RT	PARA			
6.	Wesley van der Luit	Sassenheim	<b>10:11.60</b>	+0.70				
	50m: 34.08	34.08	250m: 3:05.74	38.42	450m: 5:41.52	39.03	650m: 8:18.66	39.74
	100m: 1:11.08	37.00	300m: 3:44.40	38.66	500m: 6:20.44	38.92	700m: 8:57.98	39.32
	150m: 1:49.20	38.12	350m: 4:23.13	38.73	550m: 6:59.73	39.29	750m: 9:36.15	38.17
	200m: 2:27.32	38.12	400m: 5:02.49	39.36	600m: 7:38.92	39.19	800m: 10:11.60	35.45
7.	Colin Degenars	ZPCH	<b>10:43.47</b>	+0.82	654			
	50m: 34.31	34.31	250m: 3:13.97	40.58	450m: 5:59.50	42.11	650m: 8:45.50	41.71
	100m: 1:12.77	38.46	300m: 3:55.61	41.64	500m: 6:40.66	41.16	700m: 9:25.40	39.90
	150m: 1:52.51	39.74	350m: 4:36.97	41.36	550m: 7:22.86	42.20	750m: 10:05.46	40.06
	200m: 2:33.39	40.88	400m: 5:17.39	40.42	600m: 8:03.79	40.93	800m: 10:43.47	38.01
8.	Erik Baalbergen	ZVL-1886 Center	<b>10:49.41</b>	+0.81				
	50m: 33.16	33.16	250m: 3:14.59	40.85	450m: 6:00.11	41.43	650m: 8:48.36	41.52
	100m: 1:11.88	38.72	300m: 3:55.94	41.35	500m: 6:42.99	42.88	700m: 9:30.27	41.91
	150m: 1:52.09	40.21	350m: 4:36.85	40.91	550m: 7:24.72	41.73	750m: 10:11.27	41.00
	200m: 2:33.74	41.65	400m: 5:18.68	41.83	600m: 8:06.84	42.12	800m: 10:49.41	38.14
9.	Thijs van Hofweegen <i>PARA record (NED)</i>	ZPC AMERSFOORT	<b>11:11.97</b>	+0.93				
	50m: 33.93	33.93	250m: 3:21.86	42.66	450m: 6:13.14	42.62	650m: 9:04.78	42.62
	100m: 1:13.88	39.95	300m: 4:04.63	42.77	500m: 6:56.26	43.12	700m: 9:47.73	42.95
	150m: 1:56.70	42.82	350m: 4:47.74	43.11	550m: 7:38.82	42.56	750m: 10:30.85	43.12
	200m: 2:39.20	42.50	400m: 5:30.52	42.78	600m: 8:22.16	43.34	800m: 11:11.97	41.12

Masters 30+

1.	Tim Bunnik	Triton	<b>10:01.91</b>	+0.82				
	50m: 32.58	32.58	250m: 3:05.17	39.06	450m: 5:40.62	38.67	650m: 8:12.08	38.32
	100m: 1:09.41	36.83	300m: 3:43.82	38.65	500m: 6:18.72	38.10	700m: 8:49.66	37.58
	150m: 1:47.10	37.69	350m: 4:22.85	39.03	550m: 6:56.14	37.42	750m: 9:27.23	37.57
	200m: 2:26.11	39.01	400m: 5:01.95	39.10	600m: 7:33.76	37.62	800m: 10:01.91	34.68
2.	Sybrén Groenewegen	De Schotelijk	<b>10:01.99</b>	+0.88				
	50m: 33.67	33.67	250m: 3:06.23	38.52	450m: 5:41.19	38.34	650m: 8:14.46	38.12
	100m: 1:10.88	37.21	300m: 3:45.07	38.84	500m: 6:19.80	38.61	700m: 8:52.58	38.12
	150m: 1:49.03	38.15	350m: 4:23.90	38.83	550m: 6:58.26	38.46	750m: 9:30.25	37.67
	200m: 2:27.71	38.68	400m: 5:02.85	38.95	600m: 7:36.34	38.08	800m: 10:01.99	31.74
3.	Jelle Roks	De Blauwe Schuur	<b>10:09.18</b>	+0.77				
	50m: 32.60	32.60	250m: 3:04.04	38.66	450m: 5:40.15	39.16	650m: 8:14.98	38.78
	100m: 1:09.13	36.53	300m: 3:43.24	39.20	500m: 6:19.16	39.01	700m: 8:53.77	38.79
	150m: 1:46.67	37.54	350m: 4:21.75	38.51	550m: 6:57.36	38.20	750m: 9:32.14	38.37
	200m: 2:25.38	38.71	400m: 5:00.99	39.24	600m: 7:36.20	38.84	800m: 10:09.18	37.04
4.	Wessel Everloo	WS Twente	<b>10:12.22</b>	+0.90	759			
	50m: 33.81	33.81	250m: 3:07.91	38.43	450m: 5:42.21	37.84	650m: 8:17.60	38.72
	100m: 1:12.24	38.43	300m: 3:46.49	38.58	500m: 6:20.82	38.61	700m: 8:56.78	39.18
	150m: 1:51.08	38.84	350m: 4:25.44	38.95	550m: 6:59.62	38.80	750m: 9:35.64	38.86
	200m: 2:29.48	38.40	400m: 5:04.37	38.93	600m: 7:38.88	39.26	800m: 10:12.22	36.58
5.	Marc Hoogendam	Blue Marlins	<b>10:47.92</b>	+0.67				
	50m: 31.39	31.39	250m: 3:07.50	40.76	450m: 5:55.35	41.34	650m: 8:45.07	42.70
	100m: 1:08.17	36.78	300m: 3:49.69	42.19	500m: 6:37.92	42.57	700m: 9:27.11	42.04
	150m: 1:46.86	38.69	350m: 4:31.63	41.94	550m: 7:19.53	41.61	750m: 10:08.64	41.53
	200m: 2:26.74	39.88	400m: 5:14.01	42.38	600m: 8:02.37	42.84	800m: 10:47.92	39.28

Masters 35+

1.	Youri Vaes	PSV	<b>9:53.21</b>	+0.69				
	50m: 31.62	31.62	250m: 2:58.10	36.99	450m: 5:28.75	37.54	650m: 8:00.51	37.85
	100m: 1:07.02	35.40	300m: 3:35.61	37.51	500m: 6:06.85	38.10	700m: 8:38.98	38.47
	150m: 1:43.68	36.66	350m: 4:12.93	37.32	550m: 6:44.72	37.87	750m: 9:16.49	37.51
	200m: 2:21.11	37.43	400m: 4:51.21	38.28	600m: 7:22.66	37.94	800m: 9:53.21	36.72
2.	Niels Albrechts	De Schotelijk	<b>10:08.59</b>	+0.80				
	50m: 33.75	33.75	250m: 3:06.28	38.20	450m: 5:41.05	38.59	650m: 8:15.12	38.60
	100m: 1:11.02	37.27	300m: 3:44.90	38.62	500m: 6:19.22	38.17	700m: 8:54.22	39.10
	150m: 1:49.27	38.25	350m: 4:23.31	38.41	550m: 6:57.98	38.76	750m: 9:33.12	38.90
	200m: 2:28.08	38.81	400m: 5:02.46	39.15	600m: 7:36.52	38.54	800m: 10:08.59	35.47
3.	Sander van Tilburg	De Biesboschzwemmers	<b>11:41.75</b>	+0.82				
	50m: 37.19	37.19	250m: 3:32.55	44.66	450m: 6:32.39	45.12	650m: 9:32.71	45.14
	100m: 1:19.03	41.84	300m: 4:17.64	45.09	500m: 7:17.31	44.92	700m: 10:18.12	45.41
	150m: 2:03.23	44.20	350m: 5:02.43	44.79	550m: 8:01.77	44.46	750m: 11:01.22	43.10
	200m: 2:47.89	44.66	400m: 5:47.27	44.84	600m: 8:47.57	45.80	800m: 11:41.75	40.53

## Programmanr. 16, Heren, 800m vrije slag, Masters 35+

rang	naam	vereniging						tijd	RT	PARA
4.	Rudi Butselaar	GoSwim		NED	198700577			<b>12:54.49</b>	<b>+0.87</b>	
	50m: 38.77	38.77	250m: 3:44.87	49.29	450m: 7:03.23	50.55	650m: 10:25.88	50.48		
	100m: 1:21.96	43.19	300m: 4:33.55	48.68	500m: 7:54.59	51.36	700m: 11:15.94	50.06		
	150m: 2:08.39	46.43	350m: 5:22.54	48.99	550m: 8:44.61	50.02	750m: 12:06.46	50.52		
	200m: 2:55.58	47.19	400m: 6:12.68	50.14	600m: 9:35.40	50.79	800m: 12:54.49	48.03		
<b>Masters 40+</b>										
1.	Martijn Butter	OEZA		NED	197900231			<b>10:06.66</b>	<b>+0.87</b>	
	50m: 32.83	32.83	250m: 3:03.40	38.03	450m: 5:38.78	38.68	650m: 8:13.95	38.39		
	100m: 1:09.52	36.69	300m: 3:42.54	39.14	500m: 6:17.85	39.07	700m: 8:52.55	38.60		
	150m: 1:46.80	37.28	350m: 4:21.06	38.52	550m: 6:56.47	38.62	750m: 9:30.30	37.75		
	200m: 2:25.37	38.57	400m: 5:00.10	39.04	600m: 7:35.56	39.09	800m: 10:06.66	36.36		
2.	Frank v.d. Voordt	De Schotejil		NED	198302259			<b>10:18.51</b>	<b>+0.67</b>	
	50m: 34.14	34.14	250m: 3:10.70	39.90	450m: 5:51.14	38.73	650m: 8:24.62	37.81		
	100m: 1:12.18	38.04	300m: 3:51.47	40.77	500m: 6:30.09	38.95	700m: 9:03.09	38.47		
	150m: 1:50.90	38.72	350m: 4:31.81	40.34	550m: 7:08.29	38.20	750m: 9:41.18	38.09		
	200m: 2:30.80	39.90	400m: 5:12.41	40.60	600m: 7:46.81	38.52	800m: 10:18.51	37.33		
3.	Marcel Reefhuis	WS Twente		NED	198101381			<b>10:21.43</b>	<b>+0.68</b>	
	50m: 33.43	33.43	250m: 3:08.71	39.16	450m: 5:45.14	38.91	650m: 8:23.34	39.23		
	100m: 1:11.34	37.91	300m: 3:48.03	39.32	500m: 6:24.85	39.71	700m: 9:03.48	40.14		
	150m: 1:50.29	38.95	350m: 4:26.76	38.73	550m: 7:04.15	39.30	750m: 9:43.05	39.57		
	200m: 2:29.55	39.26	400m: 5:06.23	39.47	600m: 7:44.11	39.96	800m: 10:21.43	38.38		
4.	Luc Steijvers	ZVL-1886 Center		NED	198201661			<b>10:31.88</b>	<b>+0.78</b>	
	50m: 34.00	34.00	250m: 3:10.35	39.66	450m: 5:50.30	39.95	650m: 8:31.72	40.83		
	100m: 1:12.17	38.17	300m: 3:50.04	39.69	500m: 6:30.43	40.13	700m: 9:12.09	40.37		
	150m: 1:51.34	39.17	350m: 4:30.19	40.15	550m: 7:10.48	40.05	750m: 9:52.59	40.50		
	200m: 2:30.69	39.35	400m: 5:10.35	40.16	600m: 7:50.89	40.41	800m: 10:31.88	39.29		
5.	Ingmar Kooman	ZVL-1886 Center		NED	197901517			<b>12:03.77</b>	<b>+0.79</b>	
	50m: 37.68	37.68	250m: 3:38.80	46.23	450m: 6:42.68	46.22	650m: 9:48.93	46.59		
	100m: 1:21.38	43.70	300m: 4:25.20	46.40	500m: 7:28.63	45.95	700m: 10:34.74	45.81		
	150m: 2:06.84	45.46	350m: 5:11.03	45.83	550m: 8:15.89	47.26	750m: 11:20.55	45.81		
	200m: 2:52.57	45.73	400m: 5:56.46	45.43	600m: 9:02.34	46.45	800m: 12:03.77	43.22		
6.	Cetin Cetiner	Göztepe		TUR				<b>12:17.55</b>	<b>+0.93</b>	
	50m: 40.26	40.26	250m: 3:41.87	45.95	450m: 6:49.77	47.91	650m: 9:59.77	47.18		
	100m: 1:24.63	44.37	300m: 4:28.77	46.90	500m: 7:37.75	47.98	700m: 10:47.16	47.39		
	150m: 2:10.01	45.38	350m: 5:14.51	45.74	550m: 8:24.99	47.24	750m: 11:33.21	46.05		
	200m: 2:55.92	45.91	400m: 6:01.86	47.35	600m: 9:12.59	47.60	800m: 12:17.55	44.34		
NG.ZA	Steven Prins	HHZV PLONS		NED	197901833					
<b>Masters 45+</b>										
1.	Ben Rutten	Flemish Ardennes Swimming Team		BEL	11006/76			<b>9:53.35</b>	<b>+0.74</b>	
	50m: 32.60	32.60	250m: 2:57.32	36.62	450m: 5:26.30	37.62	650m: 7:58.72	38.48		
	100m: 1:08.00	35.40	300m: 3:34.01	36.69	500m: 6:04.16	37.86	700m: 8:37.18	38.46		
	150m: 1:44.17	36.17	350m: 4:11.21	37.20	550m: 6:42.47	38.31	750m: 9:15.79	38.61		
	200m: 2:20.70	36.53	400m: 4:48.68	37.47	600m: 7:20.24	37.77	800m: 9:53.35	37.56		
2.	Ivo Roozeboom	WVZ		NED	197700801			<b>10:00.04</b>	<b>+0.78</b>	
	50m: 32.37	32.37	250m: 3:05.21	38.40	450m: 5:38.01	37.84	650m: 8:09.53	38.00		
	100m: 1:09.73	37.36	300m: 3:43.55	38.34	500m: 6:15.74	37.73	700m: 8:47.42	37.89		
	150m: 1:48.25	38.52	350m: 4:21.98	38.43	550m: 6:53.40	37.66	750m: 9:25.03	37.61		
	200m: 2:26.81	38.56	400m: 5:00.17	38.19	600m: 7:31.53	38.13	800m: 10:00.04	35.01		
3.	Aart Kruis	MZ&PC		NED	197501383			<b>10:28.51</b>	<b>+0.73</b>	
	50m: 35.50	35.50	250m: 3:13.23	39.91	450m: 5:52.71	39.41	650m: 8:30.90	39.55		
	100m: 1:14.00	38.50	300m: 3:53.28	40.05	500m: 6:32.33	39.62	700m: 9:10.63	39.73		
	150m: 1:53.62	39.62	350m: 4:33.40	40.12	550m: 7:12.10	39.77	750m: 9:50.05	39.42		
	200m: 2:33.32	39.70	400m: 5:13.30	39.90	600m: 7:51.35	39.25	800m: 10:28.51	38.46		
4.	Victor Barnar	GoSwim		NED	197801805			<b>10:47.56</b>	<b>+0.88</b>	
	50m: 35.14	35.14	250m: 3:11.76	40.72	450m: 5:56.92	41.95	650m: 8:45.27	42.29		
	100m: 1:12.71	37.57	300m: 3:52.25	40.49	500m: 6:39.12	42.20	700m: 9:27.15	41.88		
	150m: 1:51.94	39.23	350m: 4:33.69	41.44	550m: 7:21.29	42.17	750m: 10:08.34	41.19		
	200m: 2:31.04	39.10	400m: 5:14.97	41.28	600m: 8:02.98	41.69	800m: 10:47.56	39.22		
5.	Dennis Dortland	NieMo Barracuda		NED	197800261			<b>10:47.76</b>	<b>+0.85</b>	
	50m: 33.67	33.67	250m: 3:15.13	40.87	450m: 6:00.71	41.82	650m: 8:46.72	41.94		
	100m: 1:12.00	38.33	300m: 3:55.91	40.78	500m: 6:41.95	41.24	700m: 9:27.05	40.33		
	150m: 1:53.04	41.04	350m: 4:37.25	41.34	550m: 7:23.59	41.64	750m: 10:08.07	41.02		
	200m: 2:34.26	41.22	400m: 5:18.89	41.64	600m: 8:04.78	41.19	800m: 10:47.76	39.69		

## Programmanr. 16, Heren, 800m vrije slag, Masters 45+

rang	naam	vereniging	tijd	RT	PARA
6.	Dymitr Bielski	Warsaw Masters Team	<b>11:50.30</b>	<b>+0.89</b>	
	50m: 38.03	38.03 250m: 3:33.95	45.05 450m: 6:36.58	45.03 650m: 9:37.36	44.56
	100m: 1:20.20	42.17 300m: 4:19.85	45.90 500m: 7:22.34	45.76 700m: 10:23.19	45.83
	150m: 2:04.38	44.18 350m: 5:05.06	45.21 550m: 8:07.44	45.10 750m: 11:07.78	44.59
	200m: 2:48.90	44.52 400m: 5:51.55	46.49 600m: 8:52.80	45.36 800m: 11:50.30	42.52

## Masters 50+

1.	Vedestas Seferlis	Kauno Takas	<b>9:44.15</b>	<b>+0.64</b>	
	50m: 31.64	31.64 250m: 2:57.37	37.09 450m: 5:26.42	37.48 650m: 7:55.26	37.27
	100m: 1:07.11	35.47 300m: 3:34.41	37.04 500m: 6:03.33	36.91 700m: 8:32.49	37.23
	150m: 1:43.46	36.35 350m: 4:11.73	37.32 550m: 6:40.70	37.37 750m: 9:09.94	37.45
	200m: 2:20.28	36.82 400m: 4:48.94	37.21 600m: 7:17.99	37.29 800m: 9:44.15	34.21
2.	Chris Kouwenhoven	De Grunte	<b>11:17.14</b>	<b>+0.95</b>	
	50m: 37.38	37.38 250m: 3:27.26	42.49 450m: 6:19.21	43.05 650m: 9:11.44	42.41
	100m: 1:19.36	41.98 300m: 4:10.22	42.96 500m: 7:02.53	43.32 700m: 9:54.75	43.31
	150m: 2:02.12	42.76 350m: 4:52.91	42.69 550m: 7:45.39	42.86 750m: 10:36.66	41.91
	200m: 2:44.77	42.65 400m: 5:36.16	43.25 600m: 8:29.03	43.64 800m: 11:17.14	40.48
3.	Wouter van der Stelt	De Biesboschzwemmers	<b>12:06.39</b>	<b>+0.86</b>	
	50m: 38.43	38.43 250m: 3:36.87	45.67 450m: 6:41.93	46.48 650m: 9:47.83	46.48
	100m: 1:21.15	42.72 300m: 4:23.09	46.22 500m: 7:28.32	46.39 700m: 10:34.37	46.54
	150m: 2:05.82	44.67 350m: 5:09.30	46.21 550m: 8:14.92	46.60 750m: 11:20.85	46.48
	200m: 2:51.20	45.38 400m: 5:55.45	46.15 600m: 9:01.35	46.43 800m: 12:06.39	45.54
4.	Ramon Alsina Munoz	Cercle De Natation Sportcity WolBEL	<b>12:27.89</b>	<b>+0.93</b>	
	50m: 41.34	41.34 250m: 3:45.55	47.17 450m: 6:56.27	47.46 650m: 10:06.80	47.25
	100m: 1:25.88	44.54 300m: 4:33.27	47.72 500m: 7:44.01	47.74 700m: 10:54.80	48.00
	150m: 2:11.90	46.02 350m: 5:21.18	47.91 550m: 8:31.75	47.74 750m: 11:42.81	48.01
	200m: 2:58.38	46.48 400m: 6:08.81	47.63 600m: 9:19.55	47.80 800m: 12:27.89	45.08
5.	Eric van den Blink	Batavia Swim	<b>15:32.58</b>	<b>+0.88</b>	
	50m: 44.93	44.93 250m: 4:34.12	1:00.91 450m: 8:37.15	1:02.11 650m: 12:39.62	1:02.11
	100m: 1:36.78	51.85 300m: 5:33.33	59.21 500m: 9:36.98	59.83 700m: 13:38.84	59.22
	150m: 2:35.21	58.43 350m: 6:35.42	1:02.09 550m: 10:37.40	1:00.42 750m: 14:37.85	59.01
	200m: 3:33.21	58.00 400m: 7:35.04	59.62 600m: 11:37.51	1:00.11 800m: 15:32.58	54.73

## Masters 55+

1.	John Hardeman	Zwemlust-den Hommel	<b>10:13.66</b>	<b>+0.81</b>	
	50m: 33.29	33.29 250m: 3:06.76	39.03 450m: 5:43.69	39.29 650m: 8:20.45	38.98
	100m: 1:10.57	37.28 300m: 3:45.96	39.20 500m: 6:23.17	39.48 700m: 8:59.46	39.01
	150m: 1:48.77	38.20 350m: 4:25.07	39.11 550m: 7:02.35	39.18 750m: 9:37.53	38.07
	200m: 2:27.73	38.96 400m: 5:04.40	39.33 600m: 7:41.47	39.12 800m: 10:13.66	36.13
2.	Jo-an Mudde	Arethusa	<b>10:25.54</b>	<b>+0.89</b>	
	50m: 35.31	35.31 250m: 3:13.42	39.61 450m: 5:52.53	39.60 650m: 8:31.25	38.88
	100m: 1:14.46	39.15 300m: 3:53.26	39.84 500m: 6:32.72	40.19 700m: 9:10.59	39.34
	150m: 1:53.93	39.47 350m: 4:32.86	39.60 550m: 7:12.56	39.84 750m: 9:48.39	37.80
	200m: 2:33.81	39.88 400m: 5:12.93	40.07 600m: 7:52.37	39.81 800m: 10:25.54	37.15
3.	Henri Michels	De Amstel	<b>10:59.25</b>	<b>+0.92</b>	
	50m: 35.32	35.32 250m: 3:16.35	41.15 450m: 6:04.04	42.04 650m: 8:52.42	42.59
	100m: 1:14.20	38.88 300m: 3:58.22	41.87 500m: 6:45.85	41.81 700m: 9:34.89	42.47
	150m: 1:54.26	40.06 350m: 4:40.16	41.94 550m: 7:27.73	41.88 750m: 10:17.45	42.56
	200m: 2:35.20	40.94 400m: 5:22.00	41.84 600m: 8:09.83	42.10 800m: 10:59.25	41.80
4.	Karol Lacko	Vysokoskolsky klub Univerzity kcSVKskeSVK16793	<b>11:08.97</b>	<b>+0.83</b>	
	50m: 39.38	39.38 250m: 3:29.82	42.68 450m: 6:16.50	41.60 650m: 9:05.02	42.08
	100m: 1:21.49	42.11 300m: 4:11.79	41.97 500m: 6:58.67	42.17 700m: 9:47.39	42.37
	150m: 2:04.68	43.19 350m: 4:53.37	41.58 550m: 7:40.75	42.08 750m: 10:28.72	41.33
	200m: 2:47.14	42.46 400m: 5:34.90	41.53 600m: 8:22.94	42.19 800m: 11:08.97	40.25
5.	Pascal Tourton	ZOB'66	<b>11:34.35</b>	<b>+0.97</b>	
	50m: 37.48	37.48 250m: 3:33.10	44.85 450m: 6:31.19	43.98 650m: 9:27.14	42.83
	100m: 1:18.96	41.48 300m: 4:17.65	44.55 500m: 7:15.86	44.67 700m: 10:11.12	43.98
	150m: 2:03.41	44.45 350m: 5:02.45	44.80 550m: 8:00.20	44.34 750m: 10:53.68	42.56
	200m: 2:48.25	44.84 400m: 5:47.21	44.76 600m: 8:44.31	44.11 800m: 11:34.35	40.67
6.	Leon Slingerland	WVZ	<b>12:00.16</b>	<b>+0.87</b>	
	50m: 36.99	36.99 250m: 3:36.49	46.40 450m: 6:43.03	46.74 650m: 9:48.56	45.88
	100m: 1:19.27	42.28 300m: 4:23.11	46.62 500m: 7:29.99	46.96 700m: 10:33.95	45.39
	150m: 2:04.51	45.24 350m: 5:10.10	46.99 550m: 8:16.59	46.60 750m: 11:18.61	44.66
	200m: 2:50.09	45.58 400m: 5:56.29	46.19 600m: 9:02.68	46.09 800m: 12:00.16	41.55
7.	Marcel Hoff	Aqua-Novio'94	<b>12:09.37</b>	<b>+0.88</b>	
	50m: 39.03	39.03 250m: 3:41.21	46.40 450m: 6:47.77	46.80 650m: 9:54.31	46.68
	100m: 1:23.21	44.18 300m: 4:27.76	46.55 500m: 7:34.32	46.55 700m: 10:40.86	46.55
	150m: 2:08.75	45.54 350m: 5:14.25	46.49 550m: 8:21.10	46.78 750m: 11:26.54	45.68
	200m: 2:54.81	46.06 400m: 6:00.97	46.72 600m: 9:07.63	46.53 800m: 12:09.37	42.83

Programmanr. 16, Heren, 800m vrije slag, Masters 55+

rang	naam	vereniging	tijd	RT	PARA			
8.	Joost de Kroon	AquAmigos	<b>12:21.23</b>					
	50m: 41.18	41.18	250m: 3:50.63	47.80	450m: 6:59.42	47.19	650m: 10:07.86	47.01
	100m: 1:26.93	45.75	300m: 4:38.20	47.57	500m: 7:46.63	47.21	700m: 10:53.87	46.01
	150m: 2:14.64	47.71	350m: 5:25.47	47.27	550m: 8:34.05	47.42	750m: 11:38.64	44.77
	200m: 3:02.83	48.19	400m: 6:12.23	46.76	600m: 9:20.85	46.80	800m: 12:21.23	42.59
9.	Marcel Nelissen	MZ&PC	<b>15:20.94</b>	+0.82				
	50m: 49.96	49.96	250m: 4:44.28	58.96	450m: 8:37.05	58.20	650m: 12:29.89	58.02
	100m: 1:47.39	57.43	300m: 5:42.39	58.11	500m: 9:35.75	58.70	700m: 13:28.65	58.76
	150m: 2:46.89	59.50	350m: 6:40.55	58.16	550m: 10:33.60	57.85	750m: 14:26.43	57.78
	200m: 3:45.32	58.43	400m: 7:38.85	58.30	600m: 11:31.87	58.27	800m: 15:20.94	54.51
10.	Adri Pasman	Zuiderzeezwemmers	<b>16:09.94</b>					
	50m: 52.59	52.59	250m: 5:05.34	1:02.88	450m: 9:11.51	1:00.85	650m: 13:14.50	1:00.54
	100m: 1:54.46	1:01.87	300m: 6:09.04	1:03.70	500m: 10:12.33	1:00.82	700m: 14:17.27	1:02.77
	150m: 2:58.06	1:03.60	350m: 7:10.04	1:01.00	550m: 11:12.85	1:00.52	750m: 15:15.07	57.80
	200m: 4:02.46	1:04.40	400m: 8:10.66	1:00.62	600m: 12:13.96	1:01.11	800m: 16:09.94	54.87

Masters 60+

1.	Jan Brink	ZPC De Zeeuwse Kust	<b>10:16.91</b>	+0.87				
	50m: 33.65	33.65	250m: 3:09.49	39.10	450m: 5:45.72	39.05	650m: 8:22.32	39.05
	100m: 1:12.62	38.97	300m: 3:48.36	38.87	500m: 6:24.87	39.15	700m: 9:01.18	38.86
	150m: 1:51.43	38.81	350m: 4:27.45	39.09	550m: 7:04.02	39.15	750m: 9:39.77	38.59
	200m: 2:30.39	38.96	400m: 5:06.67	39.22	600m: 7:43.27	39.25	800m: 10:16.91	37.14
2.	Johan Remmits	ZPC AMERSFOORT	<b>10:29.71</b>	+0.80				
	50m: 34.57	34.57	250m: 3:11.13	39.21	450m: 5:51.54	40.19	650m: 8:32.97	39.99
	100m: 1:12.55	37.98	300m: 3:51.05	39.92	500m: 6:32.29	40.75	700m: 9:12.95	39.98
	150m: 1:51.89	39.34	350m: 4:30.48	39.43	550m: 7:12.49	40.20	750m: 9:52.76	39.81
	200m: 2:31.92	40.03	400m: 5:11.35	40.87	600m: 7:52.98	40.49	800m: 10:29.71	36.95
3.	Menno Lomans	d'ELFT	<b>11:57.23</b>	+0.72				
	50m: 38.73	38.73	250m: 3:38.05	45.16	450m: 6:40.90	45.55	650m: 9:44.49	45.95
	100m: 1:22.84	44.11	300m: 4:23.66	45.61	500m: 7:26.98	46.08	700m: 10:29.98	45.49
	150m: 2:07.70	44.86	350m: 5:09.36	45.70	550m: 8:12.50	45.52	750m: 11:14.87	44.89
	200m: 2:52.89	45.19	400m: 5:55.35	45.99	600m: 8:58.54	46.04	800m: 11:57.23	42.36
4.	Casper Dollekamp	Steenwijk 1934	<b>13:14.73</b>	+0.77				
	50m: 39.87	39.87	250m: 3:50.42	48.73	450m: 7:14.42	51.36	650m: 10:40.95	51.26
	100m: 1:25.02	45.15	300m: 4:40.88	50.46	500m: 8:00.00		700m: 11:32.66	51.71
	150m: 2:12.60	47.58	350m: 5:30.52	49.64	550m: 8:58.68		750m: 12:23.89	51.23
	200m: 3:01.69	49.09	400m: 6:23.06	52.54	600m: 9:49.69	51.01	800m: 13:14.73	50.84
5.	Bart van Calker	WS Twente	<b>13:51.87</b>					
	50m: 45.06	45.06	250m: 4:10.03	53.12	450m: 7:41.52	53.04	650m: 11:17.74	53.72
	100m: 1:33.64	48.58	300m: 5:02.55	52.52	500m: 8:34.99	53.47	700m: 12:10.85	53.11
	150m: 2:24.61	50.97	350m: 5:55.32	52.77	550m: 9:29.03	54.04	750m: 13:04.10	53.25
	200m: 3:16.91	52.30	400m: 6:48.48	53.16	600m: 10:24.02	54.99	800m: 13:51.87	47.77
6.	Jan de Laat	AquAmigos	<b>15:07.48</b>					
	50m: 44.67	44.67	250m: 4:26.97	57.89	450m: 8:20.20	57.73	650m: 12:14.44	58.47
	100m: 1:36.88	52.21	300m: 5:24.55	57.58	500m: 9:18.52	58.32	700m: 13:13.00	58.56
	150m: 2:32.42	55.54	350m: 6:22.93	58.38	550m: 10:17.12	58.60	750m: 14:10.37	57.37
	200m: 3:29.08	56.66	400m: 7:22.47	59.54	600m: 11:15.97	58.85	800m: 15:07.48	57.11

Masters 65+

1.	Marten de Groot	HZ&PC Heerenveen	<b>10:32.07</b>	+0.86				
	<i>Nederlands Masters Record</i>							
	50m: 35.06	35.06	250m: 3:13.78	39.71	450m: 5:51.86	39.40	650m: 8:32.16	40.51
	100m: 1:14.39	39.33	300m: 3:53.14	39.36	500m: 6:31.33	39.47	700m: 9:12.57	40.41
	150m: 1:54.28	39.89	350m: 4:32.92	39.78	550m: 7:11.39	40.06	750m: 9:53.28	40.71
	200m: 2:34.07	39.79	400m: 5:12.46	39.54	600m: 7:51.65	40.26	800m: 10:32.07	38.79
2.	Henk Slomp	De Inktvis	<b>11:57.02</b>	+0.84				
	50m: 37.99	37.99	250m: 3:39.77	45.78	450m: 6:43.94	44.99	650m: 9:45.85	45.10
	100m: 1:22.22	44.23	300m: 4:26.36	46.59	500m: 7:29.86	45.92	700m: 10:32.19	46.34
	150m: 2:07.38	45.16	350m: 5:13.06	46.70	550m: 8:15.26	45.40	750m: 11:16.36	44.17
	200m: 2:53.99	46.61	400m: 5:58.95	45.89	600m: 9:00.75	45.49	800m: 11:57.02	40.66
3.	Jaap Vis	TriVia	<b>13:02.38</b>	+0.93				
	50m: 44.40	44.40	250m: 4:03.22	50.21	450m: 7:23.16	49.31	650m: 10:39.96	48.48
	100m: 1:32.81	48.41	300m: 4:53.59	50.37	500m: 8:12.79	49.63	700m: 11:29.35	49.39
	150m: 2:22.89	50.08	350m: 5:43.24	49.65	550m: 9:02.05	49.26	750m: 12:16.84	47.49
	200m: 3:13.01	50.12	400m: 6:33.85	50.61	600m: 9:51.48	49.43	800m: 13:02.38	45.54

## Programmanr. 16, Heren, 800m vrije slag, Masters 65+

rang	naam	vereniging							tijd	RT	PARA
4.	André Pantekoek	PSV	NED 195800321						<b>15:21.50</b>		
	50m: 47.71	47.71	250m: 4:47.61	1:02.02	450m: 8:48.91	59.29	650m: 12:42.57	57.31			
	100m: 1:45.46	57.75	300m: 5:49.18	1:01.57	500m: 9:47.02	58.11	700m: 13:38.79	56.22			
	150m: 2:44.76	59.30	350m: 6:49.08	59.90	550m: 10:45.38	58.36	750m: 14:34.05	55.26			
	200m: 3:45.59	1:00.83	400m: 7:49.62	1:00.54	600m: 11:45.26	59.88	800m: 15:21.50	47.45			

## Masters 70+

1.	Frans Heus	UZSC	NED 195100067						<b>13:51.97</b>		
	50m: 46.10	46.10	250m: 4:18.27	53.67	450m: 7:49.65	53.33	650m: 11:22.08	54.12			
	100m: 1:37.01	50.91	300m: 5:11.16	52.89	500m: 8:41.91	52.26	700m: 12:13.21	51.13			
	150m: 2:31.23	54.22	350m: 6:03.92	52.76	550m: 9:35.23	53.32	750m: 13:05.64	52.43			
	200m: 3:24.60	53.37	400m: 6:56.32	52.40	600m: 10:27.96	52.73	800m: 13:51.97	46.33			
2.	Piet Schop	De Bevelanders	NED 195000109						<b>16:00.02</b>	+0.70	
	50m: 50.04	50.04	250m: 4:53.22	1:02.17	450m: 8:57.20	1:00.15	650m: 13:00.26	1:00.70			
	100m: 1:47.57	57.53	300m: 5:54.84	1:01.62	500m: 9:58.97	1:01.77	700m: 14:01.29	1:01.03			
	150m: 2:48.65	1:01.08	350m: 6:55.74	1:00.90	550m: 10:59.23	1:00.26	750m: 15:02.61	1:01.32			
	200m: 3:51.05	1:02.40	400m: 7:57.05	1:01.31	600m: 11:59.56	1:00.33	800m: 16:00.02	57.41			

## Masters 75+

1.	Wout Hemmes	De Plons	NED 194800059						<b>13:30.84</b>		
	<i>Nederlands Masters Record</i>										
	50m: 44.55	44.55	250m: 4:12.00	52.93	450m: 7:40.48	52.15	650m: 11:03.71	50.86			
	100m: 1:35.22	50.67	300m: 5:03.93	51.93	500m: 8:31.58	51.10	700m: 11:53.74	50.03			
	150m: 2:26.85	51.63	350m: 5:56.39	52.46	550m: 9:22.01	50.43	750m: 12:43.63	49.89			
	200m: 3:19.07	52.22	400m: 6:48.33	51.94	600m: 10:12.85	50.84	800m: 13:30.84	47.21			
2.	Willem Putter	ZVVS	NED 194500135						<b>15:23.36</b>		
	50m: 48.44	48.44	250m: 4:41.61	59.05	450m: 8:38.14	59.27	650m: 12:34.34	59.17			
	100m: 1:44.82	56.38	300m: 5:40.39	58.78	500m: 9:37.28	59.14	700m: 13:33.44	59.10			
	150m: 2:43.27	58.45	350m: 6:39.68	59.29	550m: 10:36.11	58.83	750m: 14:30.52	57.08			
	200m: 3:42.56	59.29	400m: 7:38.87	59.19	600m: 11:35.17	59.06	800m: 15:23.36	52.84			

## Masters 80+

1.	Rob Hanou	PSV	NED 194300109						<b>16:08.42</b>		
	50m: 54.51	54.51	250m: 5:04.61	1:01.49	450m: 9:11.12	1:01.73	650m: 13:14.62	1:01.36			
	100m: 1:56.66	1:02.15	300m: 6:06.57	1:01.96	500m: 10:12.48	1:01.36	700m: 14:16.10	1:01.48			
	150m: 3:00.02	1:03.36	350m: 7:07.41	1:00.84	550m: 11:12.98	1:00.50	750m: 15:16.45	1:00.35			
	200m: 4:03.12	1:03.10	400m: 8:09.39	1:01.98	600m: 12:13.26	1:00.28	800m: 16:08.42	51.97			
2.	Geza Kaltenecker	AZC	NED 194200065						<b>16:28.17</b>	+0.93	
	50m: 52.22	52.22	250m: 5:05.00	1:03.11	450m: 9:20.16	1:02.64	650m: 13:30.19	1:01.47			
	100m: 1:54.64	1:02.42	300m: 6:09.91	1:04.91	500m: 10:23.99	1:03.83	700m: 14:31.88	1:01.69			
	150m: 2:58.07	1:03.43	350m: 7:13.61	1:03.70	550m: 11:26.22	1:02.23	750m: 15:31.54	59.66			
	200m: 4:01.89	1:03.82	400m: 8:17.52	1:03.91	600m: 12:28.72	1:02.50	800m: 16:28.17	56.63			

## Masters 85+

DIS	Nic Geers	PSV	NED 193800007								
	<i>VRA - Het keer- en/of eindpunt niet aangeraakt met enig lichaamsdeel.</i>										

Programmanr. 17  
 06-05-2023 - 10:45

Dames, 400m wisselslag

 Masters Open  
 Resultaten

rang	naam	vereniging						tijd	RT	PARA
<b>Masters 20+</b>										
1.	Valesca van den Bogert <i>Nederlands Masters Record</i>	Hieronymus	NED	200102138				<b>5:10.65</b>	+0.68	
	50m: 32.67 32.67	150m: 1:52.72 41.63	250m: 3:16.10 42.94	350m: 4:35.53 36.54						
	100m: 1:13.09 38.42	200m: 2:33.16 40.44	300m: 3:58.99 42.89	400m: 5:10.65 35.12						
2.	Roos Englebort	Hieronymus	NED	200200606				<b>5:20.55</b>	+0.72	
	50m: 34.47 34.47	150m: 1:54.74 40.85	250m: 3:21.17 46.36	350m: 4:44.71 37.45						
	100m: 1:13.89 39.42	200m: 2:34.81 40.07	300m: 4:07.26 46.09	400m: 5:20.55 35.84						
3.	Kim Vos	Triton Putten	NED	200000990				<b>5:39.50</b>	+0.75	
	50m: 32.72 32.72	150m: 1:59.49 46.55	250m: 3:32.68 47.06	350m: 5:00.70 39.82						
	100m: 1:12.94 40.22	200m: 2:45.62 46.13	300m: 4:20.88 48.20	400m: 5:39.50 38.80						
4.	Merel Visser	De Duinkickers	NED	199904398				<b>5:41.35</b>	+0.80	
	50m: 34.72 34.72	150m: 2:00.27 44.67	250m: 3:34.72 50.96	350m: 5:04.33 38.52						
	100m: 1:15.60 40.88	200m: 2:43.76 43.49	300m: 4:25.81 51.09	400m: 5:41.35 37.02						
5.	Anouk Vis	De Columbiaan	NED	200203322				<b>5:47.14</b>	+0.80	
	50m: 33.67 33.67	150m: 1:58.74 44.30	250m: 3:32.63 50.46	350m: 5:06.18 41.06						
	100m: 1:14.44 40.77	200m: 2:42.17 43.43	300m: 4:25.12 52.49	400m: 5:47.14 40.96						
<b>Masters 25+</b>										
1.	Tamara Grove	De Dolfijn	NED	199601266				<b>5:19.62</b>	+0.73	
	50m: 32.79 32.79	150m: 1:54.00 42.57	250m: 3:21.63 46.40	350m: 4:44.82 35.69						
	100m: 1:11.43 38.64	200m: 2:35.23 41.23	300m: 4:09.13 47.50	400m: 5:19.62 34.80						
2.	Anne Noom	Het Y	NED	199800062				<b>5:23.42</b>	+0.58	
	50m: 32.74 32.74	150m: 1:53.36 41.41	250m: 3:21.08 47.63	350m: 4:46.38 37.30						
	100m: 1:11.95 39.21	200m: 2:33.45 40.09	300m: 4:09.08 48.00	400m: 5:23.42 37.04						
3.	Fiona Meuffels	PSV	NED	199504366				<b>5:57.77</b>	+0.58	
	50m: 38.25 38.25	150m: 2:12.05 48.59	250m: 3:49.55 50.30	350m: 5:19.56 39.05						
	100m: 1:23.46 45.21	200m: 2:59.25 47.20	300m: 4:40.51 50.96	400m: 5:57.77 38.21						
4.	Aniek Garritsen	De IJsselmeeuwen	NED	199504290				<b>6:07.82</b>	+0.76	
	50m: 34.29 34.29	150m: 2:04.39 47.65	250m: 3:45.67 55.11	350m: 5:25.73 45.80						
	100m: 1:16.74 42.45	200m: 2:50.56 46.17	300m: 4:39.93 54.26	400m: 6:07.82 42.09						
<b>Masters 30+</b>										
1.	Nanda Wobben - de Vries	Steenwijk 1934	NED	199204328				<b>5:56.06</b>	+0.85	
	50m: 38.40 38.40	150m: 2:11.18 46.69	250m: 3:47.12 50.35	350m: 5:17.77 39.85						
	100m: 1:24.49 46.09	200m: 2:56.77 45.59	300m: 4:37.92 50.80	400m: 5:56.06 38.29						
2.	Jacyntha Plat	Steenwijk 1934	NED	199002956				<b>6:00.41</b>	+0.76	
	50m: 36.11 36.11	150m: 2:10.27 48.00	250m: 3:45.79 48.67	350m: 5:18.34 43.23						
	100m: 1:22.27 46.16	200m: 2:57.12 46.85	300m: 4:35.11 49.32	400m: 6:00.41 42.07						
3.	Elmi Roelofsen	Octopus-ZVV (SG)	NED	199008198				<b>6:06.53</b>	+0.92	
	50m: 36.45 36.45	150m: 2:06.20 44.99	250m: 3:44.84 53.54	350m: 5:25.27 44.16						
	100m: 1:21.21 44.76	200m: 2:51.30 45.10	300m: 4:41.11 56.27	400m: 6:06.53 41.26						
4.	Irmgard van Weeghel	ESCA Zwemmen	NED	199204834				<b>6:31.02</b>	+0.79	
	50m: 41.62 41.62	150m: 2:24.03 51.53	250m: 4:08.22 54.40	350m: 5:47.52 44.33						
	100m: 1:32.50 50.88	200m: 3:13.82 49.79	300m: 5:03.19 54.97	400m: 6:31.02 43.50						
<b>Masters 35+</b>										
1.	Viktória Háden-Felföldi	Iron Swim	HUN	66/3267				<b>5:24.92</b>	+0.69	
	50m: 33.21 33.21	150m: 1:53.16 41.59	250m: 3:21.85 47.97	350m: 4:48.23 37.85						
	100m: 1:11.57 38.36	200m: 2:33.88 40.72	300m: 4:10.38 48.53	400m: 5:24.92 36.69						
2.	Marlijn Hendriksen	DIO	NED	198806828				<b>5:42.37</b>	+0.76	
	50m: 36.12 36.12	150m: 2:03.60 45.92	250m: 3:36.78 47.86	350m: 5:04.27 39.52						
	100m: 1:17.68 41.56	200m: 2:48.92 45.32	300m: 4:24.75 47.97	400m: 5:42.37 38.10						
3.	Sara Holman	Kaiserslauterer SK	GER	444463				<b>5:54.56</b>	+0.85	
	50m: 38.99 38.99	150m: 2:11.62 46.89	250m: 3:47.84 51.83	350m: 5:18.37 38.69						
	100m: 1:24.73 45.74	200m: 2:56.01 44.39	300m: 4:39.68 51.84	400m: 5:54.56 36.19						

Programmanr. 17, Dames, 400m wisselslag, Masters 35+

rang	naam	vereniging	tijd	RT	PARA			
4.	Samantha van Eijk	De Geul	<b>6:03.13</b>	+0.79				
	50m: 39.69	39.69	150m: 2:12.99	46.32	250m: 3:51.04	51.26	350m: 5:24.50	40.38
	100m: 1:26.67	46.98	200m: 2:59.78	46.79	300m: 4:44.12	53.08	400m: 6:03.13	38.63
5.	Linda van Klei	GZC Donk	<b>6:12.97</b>	+0.79				
	50m: 39.81	39.81	150m: 2:18.11	51.26	250m: 3:58.17	51.99	350m: 5:32.82	42.63
	100m: 1:26.85	47.04	200m: 3:06.18	48.07	300m: 4:50.19	52.02	400m: 6:12.97	40.15
6.	Liesbeth van Mill	Zwemlust-den Hommel	<b>6:21.44</b>	+0.90				
	50m: 39.59	39.59	150m: 2:19.02	51.23	250m: 4:01.00	51.51	350m: 5:37.76	45.19
	100m: 1:27.79	48.20	200m: 3:09.49	50.47	300m: 4:52.57	51.57	400m: 6:21.44	43.68

Masters 40+

1.	Claudia Schönit	SV Gronau 1910 e.V.	<b>6:04.66</b>	+0.93				
	50m: 36.52	36.52	150m: 2:09.38	49.82	250m: 3:47.57	50.69	350m: 5:22.67	43.91
	100m: 1:19.56	43.04	200m: 2:56.88	47.50	300m: 4:38.76	51.19	400m: 6:04.66	41.99
2.	Linda Hoogendam	WVZ	<b>7:12.26</b>	+0.86				
	50m: 45.29	45.29	150m: 2:36.85	55.81	250m: 4:36.07	1:05.45	350m: 6:27.99	46.82
	100m: 1:41.04	55.75	200m: 3:30.62	53.77	300m: 5:41.17	1:05.10	400m: 7:12.26	44.27

Masters 45+

1.	Annett von Rekowski	SG Bayer	<b>5:50.28</b>	+0.74				
	50m: 37.01	37.01	150m: 2:05.63	46.01	250m: 3:41.91	52.24	350m: 5:13.17	38.64
	100m: 1:19.62	42.61	200m: 2:49.67	44.04	300m: 4:34.53	52.62	400m: 5:50.28	37.11
2.	Liselotte Joling	PSV	<b>5:55.46</b>	+0.82				
	50m: 37.47	37.47	150m: 2:08.88	47.79	250m: 3:46.17	51.06	350m: 5:18.08	40.29
	100m: 1:21.09	43.62	200m: 2:55.11	46.23	300m: 4:37.79	51.62	400m: 5:55.46	37.38
3.	Jolanda van Gendt	PSV	<b>6:25.22</b>	+0.79				
	50m: 41.07	41.07	150m: 2:19.61	48.52	250m: 4:01.24	53.75	350m: 5:40.52	44.46
	100m: 1:31.09	50.02	200m: 3:07.49	47.88	300m: 4:56.06	54.82	400m: 6:25.22	44.70
4.	Alina Spijkerman	DAW	<b>6:26.89</b>	+0.98				
	50m: 39.90	39.90	150m: 2:17.87	49.14	250m: 4:03.55	57.15	350m: 5:45.36	42.99
	100m: 1:28.73	48.83	200m: 3:06.40	48.53	300m: 5:02.37	58.82	400m: 6:26.89	41.53

Masters 50+

1.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	<b>6:02.93</b>	+0.86				
	50m: 36.82	36.82	150m: 2:10.95	52.07	250m: 3:52.87	48.46	350m: 5:23.42	39.99
	100m: 1:18.88	42.06	200m: 3:04.41	53.46	300m: 4:43.43	50.56	400m: 6:02.93	39.51
2.	Kathy Van Lindt	Cercle De Natation Sportcity WolBEL	<b>6:24.55</b>	+0.98				
	50m: 43.89	43.89	150m: 2:26.20	52.99	250m: 4:09.90	52.50	350m: 5:45.23	41.59
	100m: 1:33.21	49.32	200m: 3:17.40	51.20	300m: 5:03.64	53.74	400m: 6:24.55	39.32
3.	Bianca Groot	MSV-Zeemacht	<b>6:27.32</b>	+0.80				
	50m: 39.44	39.44	150m: 2:26.11	53.29	250m: 4:09.77	51.05	350m: 5:45.04	42.52
	100m: 1:32.82	53.38	200m: 3:18.72	52.61	300m: 5:02.52	52.75	400m: 6:27.32	42.28
4.	Annet Kootstra	SWOL 1894	<b>7:33.90</b>	+0.87				
	50m: 52.04	52.04	150m: 2:50.10	59.88	250m: 4:51.16	1:02.53	350m: 6:45.62	52.13
	100m: 1:50.22	58.18	200m: 3:48.63	58.53	300m: 5:53.49	1:02.33	400m: 7:33.90	48.28

Masters 55+

1.	Claudia Thielemann <i>Kampioenschapsrecord</i>	SG Bayer	<b>5:44.75</b>	+0.77				
	50m: 35.48	35.48	150m: 2:02.02	45.61	250m: 3:37.18	49.80	350m: 5:07.37	39.15
	100m: 1:16.41	40.93	200m: 2:47.38	45.36	300m: 4:28.22	51.04	400m: 5:44.75	37.38
2.	Laura Staal	Oceanus	<b>6:37.71</b>					
	50m: 44.85	44.85	150m: 2:29.08	51.19	250m: 4:13.57	53.93	350m: 5:53.80	44.31
	100m: 1:37.89	53.04	200m: 3:19.64	50.56	300m: 5:09.49	55.92	400m: 6:37.71	43.91
3.	Anita Steijger	WVZ	<b>6:59.47</b>	+0.95				
	50m: 43.26	43.26	150m: 2:32.20	55.44	250m: 4:23.55	58.57	350m: 6:11.75	47.08
	100m: 1:36.76	53.50	200m: 3:24.98	52.78	300m: 5:24.67	1:01.12	400m: 6:59.47	47.72
4.	K. van Nassau-van den Heuvel	Old Dutch	<b>7:25.97</b>					
	50m: 50.28	50.28	150m: 2:48.23	59.43	250m: 4:44.94	57.60	350m: 6:34.50	50.56
	100m: 1:48.80	58.52	200m: 3:47.34	59.11	300m: 5:43.94	59.00	400m: 7:25.97	51.47



Programmanr. 17, Dames, 400m wisselslag

Masters 60+

1. Pierrette Michel	Cercle De Natation Sportcity WoIBEL	CNSW/000835/62	<b>6:09.66</b>	+0.98
50m: 37.64 37.64	150m: 2:09.40 46.08	250m: 3:49.70 54.99	350m: 5:26.72 43.06	
100m: 1:23.32 45.68	200m: 2:54.71 45.31	300m: 4:43.66 53.96	400m: 6:09.66 42.94	
2. P. Tossings-van de Hooven	GZC Donk	NED 196100376	<b>6:48.28</b>	+0.90
50m: 42.90 42.90	150m: 2:29.76 53.33	250m: 4:21.87 58.21	350m: 6:04.91 44.54	
100m: 1:36.43 53.53	200m: 3:23.66 53.90	300m: 5:20.37 58.50	400m: 6:48.28 43.37	
3. Jeannette Ruesink	WS Twente	NED 196300212	<b>7:04.15</b>	
50m: 48.29 48.29	150m: 2:38.03 55.06	250m: 4:31.78 1:00.33	350m: 6:18.57 47.24	
100m: 1:42.97 54.68	200m: 3:31.45 53.42	300m: 5:31.33 59.55	400m: 7:04.15 45.58	
4. Patty Verhagen	PSV	NED 195900146	<b>7:15.91</b>	+0.96
50m: 51.11 51.11	150m: 2:43.15 54.49	250m: 4:39.34 1:03.42	350m: 6:29.70 47.01	
100m: 1:48.66 57.55	200m: 3:35.92 52.77	300m: 5:42.69 1:03.35	400m: 7:15.91 46.21	
5. Hannie Poletiek	TriVia	NED 195900278	<b>7:55.72</b>	+0.92
50m: 54.56 54.56	150m: 3:01.27 1:01.19	250m: 5:08.36 1:05.22	350m: 7:04.41 51.22	
100m: 2:00.08 1:05.52	200m: 4:03.14 1:01.87	300m: 6:13.19 1:04.83	400m: 7:55.72 51.31	

Masters 65+

1. Colette Crabbé	Cercle De Natation Sportcity WoIBEL	CNSW/004900/56	<b>6:21.10</b>	+0.87
<i>Europees Masters Record</i>				
50m: 38.96 38.96	150m: 2:14.96 50.15	250m: 4:00.23 55.20	350m: 5:40.03 43.75	
100m: 1:24.81 45.85	200m: 3:05.03 50.07	300m: 4:56.28 56.05	400m: 6:21.10 41.07	

Masters 70+

1. Antoinette Gilding-Tussaud	WS Twente	NED 195000038	<b>9:34.32</b>	
50m: 1:11.48 1:11.48	150m: 3:44.18 1:07.25	250m: 6:09.41 1:20.39	350m: 8:31.51 1:04.28	
100m: 2:36.93 1:25.45	200m: 4:49.02 1:04.84	300m: 7:27.23 1:17.82	400m: 9:34.32 1:02.81	

Programmanr. 18  
06-05-2023 - 11:21

4 x 100m vrije slag

Masters Open  
Resultaten

rang	vereniging	tijd	RT	PARA
<b>80+, Heren</b>				
1. Poseidon'56 1	Poseidon'56	NED	<b>3:49.87</b>	+0.69
Erik van Gemert	+0.69 27.33 55.85	John Smit	+0.24 26.93 57.20	
Sam Beer	+0.50 29.34 1:01.67	Ryan van den Ouden	+0.37 25.79 55.15	
2. ZVL-1886 Center 1	ZVL-1886 Center	NED	<b>3:55.91</b>	+0.72
Robin van Beek	+0.72 27.56 57.21	Erik Baalbergen	+0.16 28.16 1:00.26	
Guus Hoogduin	+0.33 27.32 58.17	Robin van Peenen	+0.34 27.78 1:00.27	
<b>100+, Heren</b>				
1. ESCA Zwemmen 1	ESCA Zwemmen	NED	<b>3:50.66</b>	+0.65
Sander de Vrugt	+0.65 27.42 57.41	Jurre Stammes	+0.39 26.75 57.32	
Peter Rothengatter	+0.25 27.10 56.16	Mees Laar	+0.44 28.61 59.77	
2. ZPC AMERSFOORT 2	ZPC AMERSFOORT	NED	<b>4:01.20</b>	+0.68
Wietse Wanninge	+0.68 25.97 55.45	Martijn Bartels	+0.29 27.73 59.07	
Jelle Blankestijn	+0.37 27.42 58.60	Thijs van Hofweegen	+0.41 31.65 1:08.08	
3. De Schotejil 1	De Schotejil	NED	<b>4:01.21</b>	+0.83
Sybren Groenewegen	+0.83 29.37 1:00.87	Niels Albrechts	+0.30 29.60 1:02.43	
David Kievit	+0.42 28.57 59.78	Jacob Mackloet	+0.32 27.48 58.13	
4. ZPCH 1	ZPCH	NED	<b>4:02.40</b>	+0.66
Lucas Muntinga	+0.66 28.77 1:01.61	Ruud Holswilder	+0.34 27.95 58.07	
Colin Degenars	+0.37 29.87 1:04.05	Remco de Heij	+0.49 28.53 58.67	
5. ZOB'66 2	ZOB'66	NED	<b>4:14.94</b>	+0.70
Julian Mes	+0.70 28.77 1:01.86	Ruben Stolk	+0.38 29.46 1:03.28	
Boaz Troost	+0.56 30.17 1:05.01	Ferry Blangé	+0.27 30.05 1:04.79	

## Programmanr. 18, Heren, 4 x 100m vrije slag, 100+

rang	vereniging				tijd	RT	PARA
6.	WVZ 2	WVZ		NED	<b>4:26.34</b>	+0.73	
	Jordy van Oel	+0.73	28.87	1:00.82	+0.53	31.43	1:04.69
	Ivar van Straaten	+0.27	31.10	1:07.64	+0.51	33.96	1:13.19
7.	Triton Putten 1	Triton Putten		NED	<b>4:40.11</b>	+0.63	
	Hans Stoffers	+0.63	28.29	1:00.63	+0.48	34.49	1:11.52
	Rick Vaarkamp	+0.53	38.36	1:23.74	+0.34	29.87	1:04.22

## 120+, Heren

1.	Blue Marlins 1 <i>Nederlands Masters Record</i>	Blue Marlins		NED	<b>3:45.50</b>	+0.69	
	Jonne Schaafsma	+0.69	27.45	55.40	+0.54	27.36	57.54
	Stefan Petersen	+0.37	27.48	58.50	+0.47	25.98	54.06
2.	NieMo Barracuda 1	NieMo Barracuda		NED	<b>4:05.07</b>	+0.83	
	Mark Hensen	+0.83	28.42	59.36	+0.28	29.57	1:03.14
	Robin van Beusekom	+0.42	30.18	1:04.31	+0.44	27.76	58.26
3.	SWOL 1894 2	SWOL 1894		NED	<b>4:26.24</b>	+0.79	
	Huib Scholing	+0.79	30.57	1:03.94	+0.46	31.12	1:06.98
	Albert van Piekeren	+0.53	30.78	1:06.77	+0.47	32.22	1:08.55
NG	ZV Hoogland 2	Zwemvereniging Hoogland		NED			

## 160+, Heren

1.	DAW 2	DAW		NED	<b>4:13.07</b>	+0.71	
	Alex Damen	+0.71	29.51	1:02.06	+0.57	31.97	1:06.70
	Dennis Kraakman	+0.54	30.56	1:05.20	+0.51	28.38	59.11
2.	Sassenheim 2	Sassenheim		NED	<b>4:28.75</b>	+0.80	
	Bogdan Androne	+0.80	33.27	1:11.55	+0.45	32.85	1:07.98
	Arjan Buijsse	+0.50	31.69	1:07.14	+0.54	30.74	1:02.08
3.	ZVL-1886 Center 2	ZVL-1886 Center		NED	<b>4:41.77</b>	+0.61	
	Luc Steijvers	+0.61	29.49	1:03.52	+0.54	36.33	1:17.78
	Otto Jansen		31.65	1:07.47	+0.25	33.63	1:13.00

## 200+, Heren

1.	ZPC De Zeeuwse Kust 1	ZPC De Zeeuwse Kust		NED	<b>4:22.44</b>	+0.77	
	Eelco van Gemert	+0.77	31.05	1:04.52	+0.62	30.94	1:05.40
	Ronald van Ombergen	+0.10	31.27	1:07.53	+0.46	30.31	1:04.99
2.	De Rog 3	De Rog		NED	<b>4:53.58</b>	+0.77	
	Jeroen Beckers	+0.77	34.43	1:11.83	+0.32	34.33	1:11.82
	Huib Van Kimmenade	+0.58	39.76	1:23.75	+0.35	31.26	1:06.18
3.	WS Twente 2	WS Twente		NED	<b>5:00.96</b>		
	Bart van Calker		39.99	1:22.08	+0.47	35.77	1:16.15
	Jack Barends		37.55	1:18.62	+0.62	30.82	1:04.11

## 240+, Heren

1.	CNSW 1 <i>Belgisch Masters Record</i>	Cercle De Natation Sportcity WolBEL			<b>4:27.47</b>	+0.92	
	Jean-Marie Cadiat	+0.92	34.33	1:12.23	+0.32	29.46	1:03.60
	Bruno Nahon	+0.59	33.45	1:10.76	+0.56	29.33	1:00.88
2.	De Rog 2	De Rog		NED	<b>4:35.35</b>		
	Rob Spetter		32.67	1:08.68	+0.40	34.01	1:08.64
	Roy Le Clercq	+0.64	34.33	1:14.39	+0.45	30.28	1:03.64

Programmanr. 18, 4 x 100m vrije slag

280+, Heren

1. PSV 1 <i>Nederlands Masters Record</i>	PSV			NED	<b>5:39.85</b>	+0.76	
Fred Ketting	+0.76	29.94	1:03.53	Jan Nuijten	+0.65	41.82	1:30.72
Rob Hanou	+0.60	48.74	1:41.81	André Pantekoek	+0.69	40.29	1:23.79
2. SWOL 1894 1	SWOL 1894			NED	<b>5:40.63</b>	+0.98	
Jappie Kuiper	+0.98	38.92	1:23.62	Rob Berkhof	+0.71	43.75	1:32.53
Be van der Ziel	+0.60	43.37	1:31.74	Harry Dokter	+0.71	35.02	1:12.74

80+, Dames

1. Steenwijk 1934 3	Steenwijk 1934			NED	<b>4:27.34</b>	+0.80	
Michelle van den Hoofdakker	+0.80	30.75	1:04.75	Sabine Lageweg	+0.34	32.15	1:09.48
Alies Wagter	+0.29	31.56	1:06.45	Nanda Wobben - de Vries	+0.44	32.05	1:06.66
2. ESCA Zwemmen 2	ESCA Zwemmen			NED	<b>4:33.82</b>	+0.71	
Moniek van Langevelde	+0.71	29.79	1:02.51	Rachel Verburgt	+0.31	34.63	1:13.31
Sanne Landman	+0.56	31.89	1:07.12	Cheyenne Verburgt	+0.27	33.77	1:10.88

100+, Dames

1. ZVL-1886 Center 3	ZVL-1886 Center			NED	<b>4:29.24</b>	+0.66	
Silke Molendijk	+0.66	29.14	1:00.54	Suzan Blankestijn	+0.56	32.94	1:09.11
Lonneke Graansma	+0.41	32.13	1:08.09	Margien Timmer	+0.51	33.26	1:11.50
2. PSV 2	PSV			NED	<b>4:32.92</b>	+0.74	
Larissa Jansen	+0.74	31.93	1:07.06	Diane Schoenmaker	+0.75	32.16	1:06.53
Fiona Meuffels	+0.29	31.54	1:07.89	Nanda van Heteren	+0.59	34.45	1:11.44
3. De Duck 2	De Duck			NED	<b>4:36.36</b>	+0.77	
Judith Kleinjan	+0.77	33.20	1:13.37	Leontine Groeneveldt	+0.19	32.91	1:10.34
Kimberley van Buren	+0.40	32.22	1:07.95	Noa de Bock	+0.44	30.85	1:04.70
4. ZPC AMERSFOORT 4	ZPC AMERSFOORT			NED	<b>4:37.97</b>	+0.71	
Lotte Eising	+0.71	31.65	1:08.17	Rosanne Bakker	+0.24	32.77	1:09.19
Jisca Majolee	+0.46	32.46	1:07.42	Eline Hendriks	+0.60	35.01	1:13.19
5. NieMo Barracuda 2	NieMo Barracuda			NED	<b>4:38.22</b>	+0.81	
Marijke Kommers	+0.81	33.29	1:09.66	Denise Boereboom	+0.57	29.87	1:03.70
Jacoline van den Beukel	+0.20	33.79	1:13.35	Tamara van den Brink	+0.44	33.91	1:11.51
6. Steenwijk 1934 1	Steenwijk 1934			NED	<b>4:57.38</b>	+0.79	
Lonneke Oenema	+0.79	36.89	1:18.58	Cynthia Koolman	+0.43	32.88	1:09.52
Charine Rozendom - de Ruiter	+0.69	37.42	1:19.52	Jacyntha Plat	+0.36	33.74	1:09.76
7. ZVL-1886 Center 4	ZVL-1886 Center			NED	<b>5:06.54</b>	+0.67	
Adela Vázquez García	+0.67	34.17	1:14.80	Cynthia van Veen	+0.54	36.82	1:19.86
Sanne de Ridder	+0.47	34.08	1:11.96	Maartje Hids	+0.11	38.03	1:19.92

120+, Dames

1. WVZ 1 <i>Nederlands Masters Record</i>	WVZ			NED	<b>4:07.52</b>	+0.70	
Nicole Bennis	+0.70	29.94	1:03.16	Delia Badoux	+0.27	29.83	1:03.23
Mabel Suij	+0.42	29.35	1:02.38	Leonie van Noord	+0.41	28.01	58.75
2. DAW 1	DAW			NED	<b>4:42.70</b>	+0.68	
Lianne Dekker	+0.68	33.44	1:10.57	Marouscha de Vries	+0.27	34.00	1:12.27
Alina Spijkerman	+0.82	34.90	1:12.01	Ilona Hogerheyde	+0.27	31.69	1:07.85
3. ZV Hoogland 3	Zwemvereniging Hoogland			NED	<b>4:55.72</b>	+0.84	
Nina Snippe	+0.84	34.19	1:11.67	Maaïke Karsten	+0.65	36.03	1:17.06
Eline Roeland	+0.51	35.09	1:13.77	Angela Giezen	+0.57	35.36	1:13.22

Programmanr. 18, 4 x 100m vrije slag

160+, Dames

1. ZPC AMERSFOORT 3	ZPC AMERSFOORT	NED	<b>4:32.24</b>	+0.78
Elisah Velgersdijk	+0.78 32.25 1:08.84	Marije Jansen	+0.49 30.82 1:05.61	
Jenny Bergwerff	+0.41 31.79 1:07.55	Lidia v. Bon-Rosenbrand	+0.35 32.79 1:10.24	
2. Sassenheim 1	Sassenheim	NED	<b>4:55.04</b>	+0.67
Maaïke Hofland	+0.67 38.11 1:22.22	Marinka vd Zwet	+0.41 33.66 1:13.55	
Marianne de Bruin	+0.28 34.13 1:11.50	Rianne Hofland	+0.45 32.81 1:07.77	
3. MSV-Zeemacht 1	MSV-Zeemacht	NED	<b>4:59.76</b>	+0.77
Bianca Groot	+0.77 34.24 1:10.35	Jet Kleine	+0.45 32.54 1:08.30	
Annette van Dok	+0.64 42.47 1:32.10	Suzanne Mosch	+0.49 32.38 1:09.01	
4. Steenwijk 1934 2	Steenwijk 1934	NED	<b>5:11.83</b>	+0.92
Ilse Blankvoort	+0.92 37.05 1:18.54	Getrude Corporaal	+0.32 32.47 1:08.02	
Wilna Heijman	+0.37 37.93 1:19.10	Leonie Scholten	+0.41 38.41 1:26.17	
5. De Rog 1	De Rog	NED	<b>5:41.35</b>	+0.62
Esther Vergeest	+0.62 38.03 1:18.72	Sandra Van der Helm	+0.55 39.92 1:24.84	
Ageeth Westenbrink	+0.59 42.62 1:28.18	Karin Vermeer	+0.29 42.38 1:29.61	

200+, Dames

1. PSV 3	PSV	NED	<b>4:45.01</b>	+0.70
Carla Geurts	+0.70 31.44 1:05.91	Gudule van der Meer	+0.43 32.63 1:09.38	
Jolanda van Gendt	+0.54 35.11 1:15.74	Jeanne Pettit	+0.58 34.69 1:13.98	
2. HZ&PC Heerenveen 1	HZ&PC Heerenveen	NED	<b>5:54.70</b>	+0.80
Peggi Hurenkamp	+0.80 37.24 1:17.93	Katinka Elders	+0.74 44.34 1:35.33	
Ineke Meijer	+0.38 49.70 1:44.34	Jannie Vennik	+0.61 36.98 1:17.10	

240+, Dames

1. CNSW 2	Cercle De Natation Sportcity WolBEL		<b>4:57.76</b>	+0.84
<i>Europees Masters Record</i>				
Colette Crabbé	+0.84 34.87 1:11.94	Claire Anthony	+0.61 41.52 1:24.38	
Pierrette Michel	+0.65 35.59 1:14.89	Nathalie Blondeel	+0.48 31.75 1:06.55	
2. WS Twente 1	WS Twente	NED	<b>6:01.38</b>	+0.83
Jeannette Ruesink	+0.83 39.23 1:21.66	Marijke Kraak-Beckers	+0.82 39.71 1:22.78	
Antoinette Gilding-Tussaud	+0.89 53.89 1:55.43	Evelien Naatje	+0.80 39.42 1:21.51	

Masters 80+

1. HZ&PC Heerenveen 2	HZ&PC Heerenveen	NED	<b>3:57.78</b>	+0.68
Leonie van Wier	+0.68 28.59 1:01.68	Remco Dijkstra	+0.29 26.63 57.25	
Lianne van Wier	+0.22 28.93 1:03.00	Jorian Darwinkel	+0.15 26.18 55.85	
2. De Columbiaan 1	De Columbiaan	NED	<b>4:02.55</b>	+0.79
Dave van den Nieuwendijk	+0.79 29.06 1:01.63	Daan Hogerhuis	+0.51 25.36 53.85	
Julia Notenboom	+0.25 29.09 1:01.73	Anouk Vis	+0.38 31.14 1:05.34	
3. MSV-Zeemacht 2	MSV-Zeemacht	NED	<b>4:08.65</b>	+0.91
Amber van der Kruk	+0.91 29.85 1:02.83	Mees Minneboo	+0.25 27.89 59.42	
Kyra Wesemann	+0.18 31.33 1:07.15	Jordi de Nijs	+0.25 27.73 59.25	

100+

1. ZPC De Zeeuwse Kust 2	ZPC De Zeeuwse Kust	NED	<b>4:03.85</b>	+0.50
Tom van Gils	+0.50 29.27 1:01.34	Kirsten Walraven	+0.54 29.94 1:02.94	
Eva van Elsen	30.29 1:04.47	Kalle van Gemert	+0.20 25.74 55.10	
2. VZC 1	VZC	NED	<b>4:04.03</b>	+0.77
Jelle Nap	+0.77 27.58 56.50	Amber Hesper	+0.38 30.62 1:03.28	
Olaf Achterberg	+0.36 27.06 56.53	Suzanne Lange	+0.32 32.01 1:07.72	
3. De Warande 1	De Warande	NED	<b>4:17.06</b>	+0.58
Nicko Kamphuis	+0.58 26.14 55.08	Marjolein van der Poel	+0.39 36.19 1:19.83	
Tom Balsen Versteeg	+0.32 26.74 56.55	Désirée Emmen	+0.36 30.83 1:05.60	
4. ZOB'66 1	ZOB'66	NED	<b>4:19.28</b>	+0.60
Wendy de Bruin	+0.60 33.19 1:08.04	Nina Tourton	+0.59 33.75 1:09.84	
Ian van Mullem	+0.04 28.27 1:01.64	Mart de Koning	+0.58 28.30 59.76	

## Programmanr. 18, Alle, 4 x 100m vrije slag, 100+

rang	vereniging				tijd	RT	PARA
5.	Blue Marlins 2	Blue Marlins	NED		<b>4:27.12</b>	+0.67	
	Marc Hoogendam	+0.67 28.67	1:00.63	Sacha van den Dobbelen	+0.43 32.12	1:10.16	
	Thomas Hesper	+0.56 28.69	1:00.38	Berinda van Dijk	+0.39 34.74	1:15.95	
6.	NDD 1	NDD	NED		<b>4:31.27</b>	+0.64	
	Rico Keizer	+0.64 28.74	1:01.17	Eva Engelen	+0.33 35.71	1:16.99	
	Sander Burgers	+0.54 31.13	1:04.53	Janine de Groot	+0.29 32.54	1:08.58	
<b>120+</b>							
1.	ACZ 1	ACZ	NED		<b>4:14.30</b>	+0.55	
	Mariska Scheel	+0.55 30.20	1:03.56	Bart Spaans	+0.37 29.67	1:02.99	
	Roos van Esch	+0.35 31.61	1:06.15	Kevin Kingma	+0.51 29.27	1:01.60	
2.	ZV Hoogland 1	Zwemvereniging Hoogland	NED		<b>4:16.05</b>	+0.74	
	Anne-Irene Ducheine	+0.74 32.15	1:08.23	Yuri van Omme	+0.16 28.51	1:00.47	
	Yvette Meijer	+0.41 34.58	1:13.05	Bas Dries	+0.40 25.42	54.30	
3.	Aqua-Novio'94 1	Aqua-Novio'94	NED		<b>4:21.34</b>	+0.66	
	Steven Uijl	+0.66 26.84	57.52	Joey Papaioannou	+0.22 25.98	57.06	
	Djamari Oetringer	+0.16 34.93	1:15.87	Petra Guijt	+0.35 33.62	1:10.89	
4.	DWK 1	DWK	NED		<b>4:26.26</b>	+0.95	
	Maarten Swiers	+0.95 31.35	1:05.85	Annabel Kuipers	+0.36 31.59	1:05.52	
	Iris van Aurich	+0.38 33.68	1:12.06	Lars Jacobsen	+0.68 30.05	1:02.83	
5.	WSS 1	Westland Swimming Stars	NED		<b>4:28.24</b>	+0.72	
	Pieter Broek	+0.72 29.65	1:03.32	Anouk van der Lans	+0.13 33.79	1:12.09	
	Mirjan den Drijver	+0.50 35.35	1:12.78	Nick Boekestijn	+0.50 28.33	1:00.05	
6.	De Duinkickers 1	De Duinkickers	NED		<b>4:47.31</b>	+0.70	
	Ruben de Boer	+0.70 32.64	1:09.16	Robert de Brauwer	+0.35 32.73	1:10.55	
	Saskia op den Velde	+0.53 37.04	1:21.78	Merel Visser	+0.37 31.85	1:05.82	
<b>160+</b>							
1.	Old Dutch 1	Old Dutch	NED		<b>4:48.46</b>	+0.74	
	Tenzin Tieman	+0.74 29.72	1:02.69	Patricia Brooijmans	+0.72 34.16	1:11.76	
	Pieter Husslage	+0.63 40.04	1:23.17	Chantal Verhoeff	+0.52 33.32	1:10.84	
2.	ESCA Zwemmen 3	ESCA Zwemmen	NED		<b>4:58.11</b>	+0.73	
	Mike Schel	+0.73 28.53	1:00.04	Yoka de Vegt-van Dijk	+0.78 42.12	1:28.23	
	Paul Rutten	+0.61 35.54	1:15.54	Imgard van Weeghel	+0.53 34.92	1:14.30	
<b>200+</b>							
1.	ZPC AMERSFOORT 5	ZPC AMERSFOORT	NED		<b>4:37.50</b>	+0.66	
	Henk Kuipers	+0.66 32.92	1:08.73	Monica Korndewal	+0.30 35.29	1:15.99	
	Henriëtte v. Norden	33.94	1:12.36	Rob van Vliet	+0.32 28.03	1:00.42	
2.	De Duck 1	De Duck	NED		<b>4:58.76</b>	+0.78	
	Geraldine Trainor	+0.78 33.89	1:12.10	Rachel Trainor	+0.45 37.25	1:18.34	
	Nico van Maanen	+0.25 34.33	1:16.95	Erik Saan	+0.56 32.26	1:11.37	
3.	CNSW 3	Cercle De Natation Sportcity WolBEL			<b>5:05.57</b>	+0.50	
	Valérie Rolland	+0.50 33.46	1:09.40	Philippe Godbille	+0.60 36.08	1:16.94	
	Isaline Manchel	+0.37 34.10	1:12.50	Christian Schoenaers	+0.82 39.97	1:26.73	
4.	GZC Donk 1 * 50m	GZC Donk	NED		<b>5:16.95</b>	+0.82	
	Peter Coffeng	+0.82 41.11	1:26.08	Pierre de Groot	+0.58 37.52	1:18.41	
	Petra Tossings-van de Hooven	+0.61 38.28	1:19.14	Jessica Venema	+0.51 33.67	1:13.32	
<b>240+</b>							
1.	ZPC AMERSFOORT 1 <i>Europees Masters Record</i>	ZPC AMERSFOORT	NED		<b>4:20.39</b>	+0.73	
	Edwin v. Norden	+0.73 30.48	1:03.62	Marjan Remmits-de Lange	+0.18 32.18	1:08.09	
	Atie Pijtak-Radersma	+0.22 33.45	1:09.83	Chester Marsman	+0.13 27.68	58.85	
2.	Steenwijk 1934 6	Steenwijk 1934	NED		<b>5:21.48</b>	+0.71	
	Casper Dollekamp	+0.71 34.74	1:14.62	Monica Bakker	+0.70 42.93	1:29.43	
	Korstiaan de Boer	+0.67 36.21	1:15.35	Linda Wibbelink	+0.61 38.98	1:22.08	

## Programmanr. 18, 4 x 100m vrije slag

280+

1. CNSW 4	Cercle De Natation Sportcity WolBEL				<b>6:52.09</b>	+0.83	
Thierry Schurmans	+0.83	38.89	1:23.54	Fernande Blondeel-Gourmet	+0.21	52.00	1:47.27
Brigitte Dugauquier	+0.63	48.00	1:42.20	Kevork Boyrazian	+0.63	56.16	1:59.08
2. PSV 5	PSV			NED	<b>7:06.77</b>		
Rob Hemesath		36.64	1:19.49	Carla Hensen	+0.74	46.33	1:37.45
Lies Hartman		1:05.64	2:23.45	Nic Geers	+0.69	51.26	1:46.38