

6 - ONMK 2023 lb Sessie 6

07-05-2023 - 9:00

 Programmanr. 29
 07-05-2023 - 9:00

Dames, 800m vrije slag

 Masters Open
 Resultaten

rang	naam	vereniging	tijd	RT	PARA			
Masters 20+								
1.	Laura Setz	Bubble	NED 200000130	9:25.69	+0.87			
	50m: 30.95	30.95	250m: 2:50.84	35.60	450m: 5:13.62	35.42	650m: 7:38.09	35.88
	100m: 1:04.93	33.98	300m: 3:26.65	35.81	500m: 5:49.63	36.01	700m: 8:14.26	36.17
	150m: 1:39.96	35.03	350m: 4:02.50	35.85	550m: 6:25.72	36.09	750m: 8:50.26	36.00
	200m: 2:15.24	35.28	400m: 4:38.20	35.70	600m: 7:02.21	36.49	800m: 9:25.69	35.43
2.	Marijke Drent	Bubble	NED 199906232	9:56.43	+0.80			
	50m: 33.12	33.12	250m: 3:03.31	37.72	450m: 5:35.93	38.12	650m: 8:07.49	37.62
	100m: 1:10.33	37.21	300m: 3:41.27	37.96	500m: 6:13.88	37.95	700m: 8:45.24	37.75
	150m: 1:47.93	37.60	350m: 4:19.40	38.13	550m: 6:52.01	38.13	750m: 9:21.86	36.62
	200m: 2:25.59	37.66	400m: 4:57.81	38.41	600m: 7:29.87	37.86	800m: 9:56.43	34.57
3.	Roos Englebort	Hieronymus	NED 200200606	9:59.08	+0.76			
	50m: 33.50	33.50	250m: 3:04.93	38.09	450m: 5:37.08	37.98	650m: 8:08.49	37.88
	100m: 1:10.43	36.93	300m: 3:43.02	38.09	500m: 6:14.96	37.88	700m: 8:46.44	37.95
	150m: 1:48.51	38.08	350m: 4:20.96	37.94	550m: 6:52.80	37.84	750m: 9:23.67	37.23
	200m: 2:26.84	38.33	400m: 4:59.10	38.14	600m: 7:30.61	37.81	800m: 9:59.08	35.41
4.	Myra Smulders	De Duinkickers	NED 199904308	10:14.08	+0.64			
	50m: 33.74	33.74	250m: 3:04.89	38.26	450m: 5:40.02	39.32	650m: 8:18.20	39.57
	100m: 1:11.01	37.27	300m: 3:43.34	38.45	500m: 6:19.44	39.42	700m: 8:57.71	39.51
	150m: 1:49.04	38.03	350m: 4:22.06	38.72	550m: 6:58.86	39.42	750m: 9:37.06	39.35
	200m: 2:26.63	37.59	400m: 5:00.70	38.64	600m: 7:38.63	39.77	800m: 10:14.08	37.02
5.	Selina Janssen	Neptunus'58	NED 199905974	11:03.05	+0.74			
	50m: 36.27	36.27	250m: 3:20.45	41.96	450m: 6:09.72	42.56	650m: 8:59.12	42.11
	100m: 1:16.00	39.73	300m: 4:02.60	42.15	500m: 6:52.11	42.39	700m: 9:41.04	41.92
	150m: 1:56.82	40.82	350m: 4:44.79	42.19	550m: 7:34.59	42.48	750m: 10:23.15	42.11
	200m: 2:38.49	41.67	400m: 5:27.16	42.37	600m: 8:17.01	42.42	800m: 11:03.05	39.90
6.	Danielle Thuijs	ZPCH	NED 200305302	11:07.48	+0.67			
	50m: 35.82	35.82	250m: 3:20.63	42.54	450m: 6:10.45	42.67	650m: 9:02.17	42.83
	100m: 1:15.29	39.47	300m: 4:02.83	42.20	500m: 6:53.45	43.00	700m: 9:44.98	42.81
	150m: 1:56.58	41.29	350m: 4:45.51	42.68	550m: 7:36.31	42.86	750m: 10:26.83	41.85
	200m: 2:38.09	41.51	400m: 5:27.78	42.27	600m: 8:19.34	43.03	800m: 11:07.48	40.65
7.	Ann Kathrin Wutz	SG Bayer	GER 258129	11:08.99	+0.51			
	50m: 35.03	35.03	250m: 3:16.48	41.15	450m: 6:05.54	43.24	650m: 9:01.12	44.19
	100m: 1:13.84	38.81	300m: 3:58.06	41.58	500m: 6:48.84	43.30	700m: 9:44.48	43.36
	150m: 1:54.66	40.82	350m: 4:40.11	42.05	550m: 7:33.30	44.46	750m: 10:28.01	43.53
	200m: 2:35.33	40.67	400m: 5:22.30	42.19	600m: 8:16.93	43.63	800m: 11:08.99	40.98
8.	Nasca van Dijk	De Marlijn (SG)	NED 200300816	11:36.74	+0.72			
	50m: 37.02	37.02	250m: 3:28.40	43.88	450m: 6:26.07	44.72	650m: 9:25.69	44.97
	100m: 1:18.51	41.49	300m: 4:12.31	43.91	500m: 7:10.75	44.68	700m: 10:10.51	44.82
	150m: 2:01.25	42.74	350m: 4:56.63	44.32	550m: 7:55.54	44.79	750m: 10:53.85	43.34
	200m: 2:44.52	43.27	400m: 5:41.35	44.72	600m: 8:40.72	45.18	800m: 11:36.74	42.89
9.	Isabelle Janssen	De Geul	NED 200006318	12:26.30	+0.86			
	50m: 40.11	40.11	250m: 3:43.25	47.18	450m: 6:53.78	48.44	650m: 10:06.11	47.69
	100m: 1:24.22	44.11	300m: 4:30.58	47.33	500m: 7:42.25	48.47	700m: 10:53.35	47.24
	150m: 2:09.64	45.42	350m: 5:17.42	46.84	550m: 8:30.51	48.26	750m: 11:40.61	47.26
	200m: 2:56.07	46.43	400m: 6:05.34	47.92	600m: 9:18.42	47.91	800m: 12:26.30	45.69
10.	Lieke van Hofwegen	De Rijn	NED 200105144	12:38.70	+0.67			
	50m: 39.76	39.76	250m: 3:48.42	48.00	450m: 7:03.23	47.75	650m: 10:18.14	47.90
	100m: 1:25.50	45.74	300m: 4:37.81	49.39	500m: 7:52.73	49.50	700m: 11:06.48	48.34
	150m: 2:11.99	46.49	350m: 5:26.07	48.26	550m: 8:40.84	48.11	750m: 11:52.76	46.28
	200m: 3:00.42	48.43	400m: 6:15.48	49.41	600m: 9:30.24	49.40	800m: 12:38.70	45.94
Masters 25+								
1.	Tamara Grove	De Dolfijn	NED 199601266	9:38.16	+0.71			
	50m: 31.77	31.77	250m: 2:53.72	36.00	450m: 5:19.87	36.97	650m: 7:47.83	37.37
	100m: 1:06.03	34.26	300m: 3:29.95	36.23	500m: 5:56.63	36.76	700m: 8:24.77	36.94
	150m: 1:41.71	35.68	350m: 4:06.35	36.40	550m: 6:33.54	36.91	750m: 9:02.18	37.41
	200m: 2:17.72	36.01	400m: 4:42.90	36.55	600m: 7:10.46	36.92	800m: 9:38.16	35.98
2.	Anne-Irene Ducheine	Zwemvereniging Hoogland	NED 199506824	10:27.09	+0.62			
	50m: 35.26	35.26	250m: 3:12.41	39.64	450m: 5:51.60	39.73	650m: 8:30.72	39.34
	100m: 1:13.89	38.63	300m: 3:52.64	40.23	500m: 6:31.82	40.22	700m: 9:09.92	39.20
	150m: 1:53.13	39.24	350m: 4:32.13	39.49	550m: 7:11.60	39.78	750m: 9:49.10	39.18
	200m: 2:32.77	39.64	400m: 5:11.87	39.74	600m: 7:51.38	39.78	800m: 10:27.09	37.99

Programmanr. 29, Dames, 800m vrije slag, Masters 25+

rang	naam	vereniging	tijd				RT	PARA
3.	Fiona Meuffels	PSV	NED	199504366	10:50.54		+0.74	
	50m: 35.24	35.24	250m: 3:15.49	41.19	450m: 6:03.00	42.35	650m: 8:49.90	41.69
	100m: 1:13.83	38.59	300m: 3:57.10	41.61	500m: 6:44.86	41.86	700m: 9:31.77	41.87
	150m: 1:53.71	39.88	350m: 4:38.80	41.70	550m: 7:26.13	41.27	750m: 10:12.38	40.61
	200m: 2:34.30	40.59	400m: 5:20.65	41.85	600m: 8:08.21	42.08	800m: 10:50.54	38.16
4.	Anouk Kuijlaars	PSV	NED	199401700	10:51.32		+0.78	
	50m: 35.08	35.08	250m: 3:13.92	40.73	450m: 6:00.58	41.71	650m: 8:48.83	41.84
	100m: 1:13.09	38.01	300m: 3:55.28	41.36	500m: 6:42.49	41.91	700m: 9:30.48	41.65
	150m: 1:52.56	39.47	350m: 4:37.08	41.80	550m: 7:24.78	42.29	750m: 10:12.10	41.62
	200m: 2:33.19	40.63	400m: 5:18.87	41.79	600m: 8:06.99	42.21	800m: 10:51.32	39.22
5.	Jisca Majolee	ZPC AMERSFOORT	NED	199403570	11:39.93		+0.77	
	50m: 38.40	38.40	250m: 3:34.61	45.10	450m: 6:34.79	44.59	650m: 9:33.75	44.09
	100m: 1:21.10	42.70	300m: 4:20.07	45.46	500m: 7:19.49	44.70	700m: 10:18.40	44.65
	150m: 2:04.72	43.62	350m: 5:05.26	45.19	550m: 8:04.33	44.84	750m: 11:01.06	42.66
	200m: 2:49.51	44.79	400m: 5:50.20	44.94	600m: 8:49.66	45.33	800m: 11:39.93	38.87
6.	Aniek Garritsen	De IJsselmeeuwen	NED	199504290	11:47.12		+0.73	
	50m: 37.14	37.14	250m: 3:33.88	45.15	450m: 6:35.00	44.59	650m: 9:35.87	45.32
	100m: 1:19.43	42.29	300m: 4:19.05	45.17	500m: 7:20.03	45.03	700m: 10:20.81	44.94
	150m: 2:03.79	44.36	350m: 5:04.49	45.44	550m: 8:05.20	45.17	750m: 11:05.36	44.55
	200m: 2:48.73	44.94	400m: 5:50.41	45.92	600m: 8:50.55	45.35	800m: 11:47.12	41.76
7.	Eline Hendriks	ZPC AMERSFOORT	NED	199802794	12:45.15		+0.85	
	50m: 41.31	41.31	250m: 3:52.88	49.96	450m: 7:09.56	48.69	650m: 10:24.68	48.54
	100m: 1:27.37	46.06	300m: 4:42.32	49.44	500m: 7:58.57	49.01	700m: 11:13.07	48.39
	150m: 2:14.90	47.53	350m: 5:32.17	49.85	550m: 8:47.91	49.34	750m: 12:00.05	46.98
	200m: 3:02.92	48.02	400m: 6:20.87	48.70	600m: 9:36.14	48.23	800m: 12:45.15	45.10

Masters 30+

1.	Leonie van Noort	WVZ	NED	199301752	9:35.48		+0.84	
	<i>Nederlands Masters Record</i>							
	50m: 32.18	32.18	250m: 2:55.55	36.29	450m: 5:21.40	36.63	650m: 7:46.97	36.49
	100m: 1:07.18	35.00	300m: 3:31.81	36.26	500m: 5:57.78	36.38	700m: 8:23.71	36.74
	150m: 1:43.03	35.85	350m: 4:08.14	36.33	550m: 6:34.03	36.25	750m: 9:00.10	36.39
	200m: 2:19.26	36.23	400m: 4:44.77	36.63	600m: 7:10.48	36.45	800m: 9:35.48	35.38
2.	Nanda Wobben - de Vries	Steenwijk 1934	NED	199204328	10:44.64		+0.80	
	50m: 34.80	34.80	250m: 3:15.32	40.81	450m: 5:59.41	41.42	650m: 8:43.90	41.01
	100m: 1:13.92	39.12	300m: 3:56.15	40.83	500m: 6:40.40	40.99	700m: 9:24.81	40.91
	150m: 1:53.94	40.02	350m: 4:37.01	40.86	550m: 7:21.80	41.40	750m: 10:05.22	40.41
	200m: 2:34.51	40.57	400m: 5:17.99	40.98	600m: 8:02.89	41.09	800m: 10:44.64	39.42
3.	Marijke Kommers	NieMo Barracuda	NED	199305334	11:00.83		+0.85	
	50m: 35.76	35.76	250m: 3:21.51	41.92	450m: 6:10.47	41.83	650m: 8:58.46	41.68
	100m: 1:15.76	40.00	300m: 4:04.13	42.62	500m: 6:52.85	42.38	700m: 9:40.26	41.80
	150m: 1:57.17	41.41	350m: 4:46.09	41.96	550m: 7:34.28	41.43	750m: 10:21.34	41.08
	200m: 2:39.59	42.42	400m: 5:28.64	42.55	600m: 8:16.78	42.50	800m: 11:00.83	39.49
4.	Nanda van Heteren	PSV	NED	198901728	11:15.33		+0.85	
	50m: 38.12	38.12	250m: 3:30.16	43.19	450m: 6:23.78	43.36	650m: 9:14.34	41.77
	100m: 1:20.16	42.04	300m: 4:13.49	43.33	500m: 7:07.03	43.25	700m: 9:56.01	41.67
	150m: 2:03.34	43.18	350m: 4:57.26	43.77	550m: 7:50.11	43.08	750m: 10:37.00	40.99
	200m: 2:46.97	43.63	400m: 5:40.42	43.16	600m: 8:32.57	42.46	800m: 11:15.33	38.33
5.	Irmgard van Weeghel	ESCA Zwemmen	NED	199204834	11:52.31		+0.84	
	50m: 38.54	38.54	250m: 3:34.76	45.05	450m: 6:36.41	45.56	650m: 9:37.92	45.25
	100m: 1:21.05	42.51	300m: 4:19.86	45.10	500m: 7:21.34	44.93	700m: 10:23.24	45.32
	150m: 2:05.19	44.14	350m: 5:05.34	45.48	550m: 8:06.78	45.44	750m: 11:08.51	45.27
	200m: 2:49.71	44.52	400m: 5:50.85	45.51	600m: 8:52.67	45.89	800m: 11:52.31	43.80
6.	Marjan Rikken	Octopus-ZVV (SG)	NED	199206114	12:44.60		+0.84	
	50m: 40.25	40.25	250m: 3:50.64	48.38	450m: 7:05.37	48.40	650m: 10:20.97	48.33
	100m: 1:26.97	46.72	300m: 4:39.75	49.11	500m: 7:54.58	49.21	700m: 11:10.40	49.43
	150m: 2:13.59	46.62	350m: 5:27.83	48.08	550m: 8:43.35	48.77	750m: 11:58.31	47.91
	200m: 3:02.26	48.67	400m: 6:16.97	49.14	600m: 9:32.64	49.29	800m: 12:44.60	46.29

Masters 35+

1.	Sabine Zimmermann	Aachener SV 06	GER	101578	9:45.63		+0.67	
	<i>Kampioenschapsrecord</i>							
	50m: 32.92	32.92	250m: 2:59.92	37.45	450m: 5:28.52	37.09	650m: 7:57.58	36.77
	100m: 1:08.79	35.87	300m: 3:37.24	37.32	500m: 6:06.58	38.06	700m: 8:34.73	37.15
	150m: 1:45.87	37.08	350m: 4:13.99	36.75	550m: 6:43.42	36.84	750m: 9:11.10	36.37
	200m: 2:22.47	36.60	400m: 4:51.43	37.44	600m: 7:20.81	37.39	800m: 9:45.63	34.53

Programmanr. 29, Dames, 800m vrije slag, Masters 35+

rang	naam	vereniging	tijd	RT	PARA			
2.	Viktória Háden-Felföldi	Iron Swim	10:00.03	+0.69				
	50m: 33.52	33.52	250m: 3:03.54	38.02	450m: 5:35.47	38.04	650m: 8:08.07	38.13
	100m: 1:10.54	37.02	300m: 3:41.49	37.95	500m: 6:13.49	38.02	700m: 8:46.38	38.31
	150m: 1:48.05	37.51	350m: 4:19.48	37.99	550m: 6:51.67	38.18	750m: 9:23.98	37.60
	200m: 2:25.52	37.47	400m: 4:57.43	37.95	600m: 7:29.94	38.27	800m: 10:00.03	36.05
3.	Jenny Schouten	MZ&PC	10:05.90	+0.69				
	50m: 33.39	33.39	250m: 3:03.77	38.50	450m: 5:37.36	38.82	650m: 8:12.02	38.60
	100m: 1:10.00	36.61	300m: 3:41.85	38.08	500m: 6:15.75	38.39	700m: 8:50.77	38.75
	150m: 1:47.67	37.67	350m: 4:19.77	37.92	550m: 6:54.77	39.02	750m: 9:29.15	38.38
	200m: 2:25.27	37.60	400m: 4:58.54	38.77	600m: 7:33.42	38.65	800m: 10:05.90	36.75
4.	Sara Holman	Kaiserslauterer SK	10:23.20	+0.84				
	50m: 34.49	34.49	250m: 3:11.16	39.44	450m: 5:49.16	39.55	650m: 8:27.25	39.67
	100m: 1:12.92	38.43	300m: 3:50.55	39.39	500m: 6:28.67	39.51	700m: 9:06.72	39.47
	150m: 1:52.34	39.42	350m: 4:29.98	39.43	550m: 7:08.19	39.52	750m: 9:45.65	38.93
	200m: 2:31.72	39.38	400m: 5:09.61	39.63	600m: 7:47.58	39.39	800m: 10:23.20	37.55
5.	Irene Snakenborg	De Inktvis	11:23.11	+0.88				
	50m: 36.67	36.67	250m: 3:26.81	43.41	450m: 6:21.37	43.98	650m: 9:16.13	43.76
	100m: 1:17.17	40.50	300m: 4:10.25	43.44	500m: 7:04.42	43.05	700m: 9:59.43	43.30
	150m: 2:00.00	42.83	350m: 4:54.04	43.79	550m: 7:48.70	44.28	750m: 10:42.32	42.89
	200m: 2:43.40	43.40	400m: 5:37.39	43.35	600m: 8:32.37	43.67	800m: 11:23.11	40.79
6.	Liesbeth van Mill	Zwemlust-den Hommel	11:43.31					
	50m: 37.82	37.82	250m: 3:30.83	44.28	450m: 6:27.88	44.33	650m: 9:27.68	45.37
	100m: 1:20.01	42.19	300m: 4:14.94	44.11	500m: 7:12.33	44.45	700m: 10:13.11	45.43
	150m: 2:03.14	43.13	350m: 4:59.12	44.18	550m: 7:57.12	44.79	750m: 10:58.80	45.69
	200m: 2:46.55	43.41	400m: 5:43.55	44.43	600m: 8:42.31	45.19	800m: 11:43.31	44.51
7.	Sandra Schellekens	Neptunus'58	11:57.40	+0.87				
	50m: 38.62	38.62	250m: 3:37.08	45.35	450m: 6:41.59	46.16	650m: 9:45.53	46.10
	100m: 1:21.52	42.90	300m: 4:23.14	46.06	500m: 7:27.44	45.85	700m: 10:31.07	45.54
	150m: 2:06.13	44.61	350m: 5:09.59	46.45	550m: 8:13.49	46.05	750m: 11:16.48	45.41
	200m: 2:51.73	45.60	400m: 5:55.43	45.84	600m: 8:59.43	45.94	800m: 11:57.40	40.92
8.	Angelique Wammes-Bouman	Zwemvereniging Hoogland	12:59.23	+0.81				
	50m: 42.78	42.78	250m: 3:57.79	49.42	450m: 7:15.97	49.47	650m: 10:34.24	49.35
	100m: 1:30.20	47.42	300m: 4:47.70	49.91	500m: 8:05.93	49.96	700m: 11:23.64	49.40
	150m: 2:19.08	48.88	350m: 5:37.15	49.45	550m: 8:55.32	49.39	750m: 12:12.90	49.26
	200m: 3:08.37	49.29	400m: 6:26.50	49.35	600m: 9:44.89	49.57	800m: 12:59.23	46.33

Masters 40+

1.	Ramona Linting	AZC	11:21.05	+0.75				
	50m: 36.41	36.41	250m: 3:25.34	43.34	450m: 6:18.93	43.29	650m: 9:12.38	43.03
	100m: 1:16.91	40.50	300m: 4:08.73	43.39	500m: 7:02.52	43.59	700m: 9:55.91	43.53
	150m: 1:59.21	42.30	350m: 4:52.05	43.32	550m: 7:45.96	43.44	750m: 10:38.69	42.78
	200m: 2:42.00	42.79	400m: 5:35.64	43.59	600m: 8:29.35	43.39	800m: 11:21.05	42.36
2.	Chantal Verhoeff	Old Dutch	11:39.94	+0.91				
	50m: 37.12	37.12	250m: 3:31.89	44.00	450m: 6:29.39	44.36	650m: 9:28.44	44.71
	100m: 1:19.53	42.41	300m: 4:16.34	44.45	500m: 7:13.93	44.54	700m: 10:13.21	44.77
	150m: 2:03.63	44.10	350m: 5:00.57	44.23	550m: 7:58.57	44.64	750m: 10:57.39	44.18
	200m: 2:47.89	44.26	400m: 5:45.03	44.46	600m: 8:43.73	45.16	800m: 11:39.94	42.55
3.	Jessica Venema	GZC Donk	11:46.72	+0.85				
	50m: 36.89	36.89	250m: 3:33.26	45.02	450m: 6:34.21	45.73	650m: 9:34.27	44.97
	100m: 1:18.70	41.81	300m: 4:18.71	45.45	500m: 7:19.32	45.11	700m: 10:19.39	45.12
	150m: 2:03.09	44.39	350m: 5:03.44	44.73	550m: 8:04.34	45.02	750m: 11:04.67	45.28
	200m: 2:48.24	45.15	400m: 5:48.48	45.04	600m: 8:49.30	44.96	800m: 11:46.72	42.05
4.	Linda Hoogendam	WVZ	12:33.60	+0.91				
	50m: 41.32	41.32	250m: 3:51.67	48.18	450m: 7:04.43	48.15	650m: 10:16.56	48.11
	100m: 1:28.04	46.72	300m: 4:39.39	47.72	500m: 7:52.23	47.80	700m: 11:03.54	46.98
	150m: 2:15.70	47.66	350m: 5:28.31	48.92	550m: 8:40.40	48.17	750m: 11:50.65	47.11
	200m: 3:03.49	47.79	400m: 6:16.28	47.97	600m: 9:28.45	48.05	800m: 12:33.60	42.95

Masters 45+

1.	Annett von Rekowski	SG Bayer	10:14.00	+0.80				
	50m: 34.58	34.58	250m: 3:08.77	39.16	450m: 5:44.98	39.23	650m: 8:20.09	38.96
	100m: 1:12.30	37.72	300m: 3:47.75	38.98	500m: 6:23.50	38.52	700m: 8:58.88	38.79
	150m: 1:50.92	38.62	350m: 4:26.84	39.09	550m: 7:02.41	38.91	750m: 9:37.17	38.29
	200m: 2:29.61	38.69	400m: 5:05.75	38.91	600m: 7:41.13	38.72	800m: 10:14.00	36.83
2.	Liselotte Joling	PSV	10:20.42	+0.85				
	50m: 35.19	35.19	250m: 3:09.60	38.72	450m: 5:46.69	39.31	650m: 8:23.83	39.79
	100m: 1:13.39	38.20	300m: 3:48.33	38.73	500m: 6:25.78	39.09	700m: 9:03.45	39.62
	150m: 1:52.04	38.65	350m: 4:27.41	39.08	550m: 7:04.91	39.13	750m: 9:42.79	39.34
	200m: 2:30.88	38.84	400m: 5:07.38	39.97	600m: 7:44.04	39.13	800m: 10:20.42	37.63

Programmanr. 29, Dames, 800m vrije slag, Masters 45+

rang	naam	vereniging					tijd	RT	PARA
3.	Alina Spijkerman	DAW	NED	197701220			11:18.04	+0.76	
	50m: 36.31	36.31	250m: 3:26.55	43.59	450m: 6:20.09	43.31	650m: 9:12.67	43.31	
	100m: 1:17.02	40.71	300m: 4:10.23	43.68	500m: 7:03.62	43.53	700m: 9:55.93	43.26	
	150m: 1:59.68	42.66	350m: 4:53.69	43.46	550m: 7:46.59	42.97	750m: 10:37.76	41.83	
	200m: 2:42.96	43.28	400m: 5:36.78	43.09	600m: 8:29.36	42.77	800m: 11:18.04	40.28	
4.	Natalija Boryshkevych	Ukraine Swim	UKR				11:38.80	+0.75	
	50m: 40.41	40.41	250m: 3:43.42	46.43	450m: 6:45.03	43.43	650m: 9:36.80	42.46	
	100m: 1:25.17	44.76	300m: 4:29.85	46.43	500m: 7:28.66	43.63	700m: 10:19.31	42.51	
	150m: 2:10.58	45.41	350m: 5:15.57	45.72	550m: 8:11.11	42.45	750m: 11:00.37	41.06	
	200m: 2:56.99	46.41	400m: 6:01.60	46.03	600m: 8:54.34	43.23	800m: 11:38.80	38.43	
5.	Petra Guijt	Aqua-Novio'94	NED	197600978			11:43.29	+0.86	
	50m: 38.46	38.46	250m: 3:36.53	44.81	450m: 6:35.32	44.41	650m: 9:33.77	44.97	
	100m: 1:22.01	43.55	300m: 4:21.59	45.06	500m: 7:19.84	44.52	700m: 10:18.29	44.52	
	150m: 2:07.05	45.04	350m: 5:06.51	44.92	550m: 8:04.33	44.49	750m: 11:02.35	44.06	
	200m: 2:51.72	44.67	400m: 5:50.91	44.40	600m: 8:48.80	44.47	800m: 11:43.29	40.94	
6.	Jannie Vennik	HZ&PC Heerenveen	NED	197601006			11:48.78	+0.88	
	50m: 38.50	38.50	250m: 3:35.55	44.80	450m: 6:36.42	45.39	650m: 9:35.52	44.99	
	100m: 1:21.37	42.87	300m: 4:20.49	44.94	500m: 7:21.23	44.81	700m: 10:19.93	44.41	
	150m: 2:05.72	44.35	350m: 5:05.92	45.43	550m: 8:05.99	44.76	750m: 11:05.13	45.20	
	200m: 2:50.75	45.03	400m: 5:51.03	45.11	600m: 8:50.53	44.54	800m: 11:48.78	43.65	
7.	Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	NED	197700138			14:29.37	+0.87	
	50m: 45.16	45.16	250m: 4:17.24	54.30	450m: 7:58.12	56.01	650m: 11:43.77	57.00	
	100m: 1:35.71	50.55	300m: 5:11.27	54.03	500m: 8:54.02	55.90	700m: 12:40.88	57.11	
	150m: 2:29.04	53.33	350m: 6:06.56	55.29	550m: 9:50.12	56.10	750m: 13:37.32	56.44	
	200m: 3:22.94	53.90	400m: 7:02.11	55.55	600m: 10:46.77	56.65	800m: 14:29.37	52.05	

Masters 50+

1.	Carla Geurts <i>Nederlands Masters Record</i>	PSV	NED	197100178			10:05.71	+0.75	
	50m: 33.58	33.58	250m: 3:05.50	37.98	450m: 5:38.47	38.27	650m: 8:12.32	38.33	
	100m: 1:11.09	37.51	300m: 3:43.72	38.22	500m: 6:17.16	38.69	700m: 8:50.74	38.42	
	150m: 1:49.34	38.25	350m: 4:22.04	38.32	550m: 6:55.59	38.43	750m: 9:28.99	38.25	
	200m: 2:27.52	38.18	400m: 5:00.20	38.16	600m: 7:33.99	38.40	800m: 10:05.71	36.72	
2.	Bianca Groot	MSV-Zeemacht	NED	197000652			10:53.26	+0.81	
	50m: 36.57	36.57	250m: 3:20.49	41.34	450m: 6:05.22	40.95	650m: 8:49.99	41.24	
	100m: 1:16.55	39.98	300m: 4:01.76	41.27	500m: 6:46.50	41.28	700m: 9:32.06	42.07	
	150m: 1:57.46	40.91	350m: 4:43.18	41.42	550m: 7:27.33	40.83	750m: 10:13.47	41.41	
	200m: 2:39.15	41.69	400m: 5:24.27	41.09	600m: 8:08.75	41.42	800m: 10:53.26	39.79	
3.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054			11:00.29	+0.83	
	50m: 36.90	36.90	250m: 3:24.84	42.22	450m: 6:13.11	41.26	650m: 8:58.30	41.29	
	100m: 1:17.90	41.00	300m: 4:07.15	42.31	500m: 6:54.21	41.10	700m: 9:39.30	41.00	
	150m: 1:59.99	42.09	350m: 4:49.83	42.68	550m: 7:35.74	41.53	750m: 10:20.81	41.51	
	200m: 2:42.62	42.63	400m: 5:31.85	42.02	600m: 8:17.01	41.27	800m: 11:00.29	39.48	
4.	Kathy Van Lindt	Cercle De Natation Sportcity WolBEL	CNSW/007949/71				11:04.49	+0.86	
	50m: 37.68	37.68	250m: 3:24.48	41.45	450m: 6:12.10	41.31	650m: 8:59.72	41.63	
	100m: 1:19.56	41.88	300m: 4:06.78	42.30	500m: 6:54.10	42.00	700m: 9:42.24	42.52	
	150m: 2:00.78	41.22	350m: 4:48.73	41.95	550m: 7:35.69	41.59	750m: 10:23.79	41.55	
	200m: 2:43.03	42.25	400m: 5:30.79	42.06	600m: 8:18.09	42.40	800m: 11:04.49	40.70	
5.	Annette de Visser	Oceanus	NED	197100602			11:16.75	+0.89	
	50m: 36.23	36.23	250m: 3:25.24	42.83	450m: 6:17.87	43.32	650m: 9:09.71	42.80	
	100m: 1:16.92	40.69	300m: 4:08.68	43.44	500m: 7:00.71	42.84	700m: 9:52.57	42.86	
	150m: 1:59.25	42.33	350m: 4:51.66	42.98	550m: 7:43.92	43.21	750m: 10:35.28	42.71	
	200m: 2:42.41	43.16	400m: 5:34.55	42.89	600m: 8:26.91	42.99	800m: 11:16.75	41.47	
6.	Iris van Aurich	DWK	NED	196900866			11:59.52	+0.76	
	50m: 38.52	38.52	250m: 3:40.33	46.15	450m: 6:44.46	45.97	650m: 9:48.08	45.36	
	100m: 1:22.08	43.56	300m: 4:26.56	46.23	500m: 7:30.45	45.99	700m: 10:34.26	46.18	
	150m: 2:08.07	45.99	350m: 5:12.45	45.89	550m: 8:16.32	45.87	750m: 11:18.68	44.42	
	200m: 2:54.18	46.11	400m: 5:58.49	46.04	600m: 9:02.72	46.40	800m: 11:59.52	40.84	
7.	Pascalie Janssen	Patrick-De Roersoppers (SG)	NED	197300852			12:30.27	+0.92	
	50m: 40.42	40.42	250m: 3:47.24	47.56	450m: 6:59.32	48.17	650m: 10:11.21	48.14	
	100m: 1:25.43	45.01	300m: 4:35.06	47.82	500m: 7:47.23	47.91	700m: 10:58.96	47.75	
	150m: 2:12.18	46.75	350m: 5:22.96	47.90	550m: 8:35.23	48.00	750m: 11:46.05	47.09	
	200m: 2:59.68	47.50	400m: 6:11.15	48.19	600m: 9:23.07	47.84	800m: 12:30.27	44.22	
8.	Cherry Bas-Ott	DAW	NED	197100464			12:39.32	+0.66	
	50m: 41.16	41.16	250m: 3:50.43	48.20	450m: 7:04.88	47.92	650m: 10:18.17	48.63	
	100m: 1:26.49	45.33	300m: 4:39.32	48.89	500m: 7:53.21	48.33	700m: 11:06.18	48.01	
	150m: 2:14.13	47.64	350m: 5:28.28	48.96	550m: 8:41.57	48.36	750m: 11:53.52	47.34	
	200m: 3:02.23	48.10	400m: 6:16.96	48.68	600m: 9:29.54	47.97	800m: 12:39.32	45.80	

Programmanr. 29, Dames, 800m vrije slag, Masters 50+

rang	naam	vereniging					tijd	RT	PARA
9.	Marijke Campfens	De Geul	NED 196900960				12:46.87	+0.64	
	50m: 40.03	40.03	250m: 3:49.07	48.78	450m: 7:07.06	49.81	650m: 10:23.73	49.35	
	100m: 1:25.06	45.03	300m: 4:38.06	48.99	500m: 7:56.20	49.14	700m: 11:12.21	48.48	
	150m: 2:12.50	47.44	350m: 5:27.62	49.56	550m: 8:45.38	49.18	750m: 12:00.76	48.55	
	200m: 3:00.29	47.79	400m: 6:17.25	49.63	600m: 9:34.38	49.00	800m: 12:46.87	46.11	
10.	Annet Kootstra	SWOL 1894	NED 197100344				13:26.94		
	50m: 45.28	45.28	250m: 4:07.45	52.10	450m: 7:33.35	51.96	650m: 10:58.47	51.70	
	100m: 1:34.27	48.99	300m: 4:58.16	50.71	500m: 8:24.01	50.66	700m: 11:48.07	49.60	
	150m: 2:25.02	50.75	350m: 5:50.21	52.05	550m: 9:16.09	52.08	750m: 12:38.30	50.23	
	200m: 3:15.35	50.33	400m: 6:41.39	51.18	600m: 10:06.77	50.68	800m: 13:26.94	48.64	
11.	Greta Wyma-Teitsma	DWK	NED 197100696				14:50.79	+0.98	
	50m: 48.60	48.60	250m: 4:31.40	55.89	450m: 8:17.72	57.47	650m: 12:05.54	57.28	
	100m: 1:44.18	55.58	300m: 5:27.92	56.52	500m: 9:14.76	57.04	700m: 13:02.23	56.69	
	150m: 2:39.31	55.13	350m: 6:24.31	56.39	550m: 10:12.01	57.25	750m: 13:58.12	55.89	
	200m: 3:35.51	56.20	400m: 7:20.25	55.94	600m: 11:08.26	56.25	800m: 14:50.79	52.67	

Masters 55+

1.	Claudia Thielemann <i>Kampioenschapsrecord</i>	SG Bayer	GER 333958				10:05.68	+0.64	
	50m: 34.88	34.88	250m: 3:07.85	38.33	450m: 5:40.85	38.11	650m: 8:13.43	38.32	
	100m: 1:12.89	38.01	300m: 3:46.16	38.31	500m: 6:18.87	38.02	700m: 8:51.31	37.88	
	150m: 1:50.98	38.09	350m: 4:24.49	38.33	550m: 6:56.99	38.12	750m: 9:29.09	37.78	
	200m: 2:29.52	38.54	400m: 5:02.74	38.25	600m: 7:35.11	38.12	800m: 10:05.68	36.59	
2.	Sandra Stuhr	SG Wiste	GER 132206				11:01.10	+0.84	
	50m: 38.23	38.23	250m: 3:24.52	41.65	450m: 6:11.27	41.63	650m: 8:57.87	41.84	
	100m: 1:19.72	41.49	300m: 4:06.27	41.75	500m: 6:52.74	41.47	700m: 9:39.31	41.44	
	150m: 2:01.45	41.73	350m: 4:48.18	41.91	550m: 7:34.48	41.74	750m: 10:21.02	41.71	
	200m: 2:42.87	41.42	400m: 5:29.64	41.46	600m: 8:16.03	41.55	800m: 11:01.10	40.08	
3.	Wilna Heijman	Steenwijk 1934	NED 196400506				11:41.62	+0.89	
	50m: 39.26	39.26	250m: 3:35.87	43.94	450m: 6:35.22	44.60	650m: 9:31.91	43.81	
	100m: 1:22.80	43.54	300m: 4:21.02	45.15	500m: 7:20.10	44.88	700m: 10:16.33	44.42	
	150m: 2:06.66	43.86	350m: 5:05.58	44.56	550m: 8:03.88	43.78	750m: 10:59.73	43.40	
	200m: 2:51.93	45.27	400m: 5:50.62	45.04	600m: 8:48.10	44.22	800m: 11:41.62	41.89	
4.	Henriëtte v. Norden	ZPC AMERSFOORT	NED 196800046				11:42.32		
	50m: 38.27	38.27	250m: 3:35.54	44.97	450m: 6:34.27	44.85	650m: 9:33.53	44.48	
	100m: 1:21.36	43.09	300m: 4:20.54	45.00	500m: 7:19.06	44.79	700m: 10:17.86	44.33	
	150m: 2:06.39	45.03	350m: 5:05.12	44.58	550m: 8:04.24	45.18	750m: 11:01.61	43.75	
	200m: 2:50.57	44.18	400m: 5:49.42	44.30	600m: 8:49.05	44.81	800m: 11:42.32	40.71	
5.	Laura Staal	Oceanus	NED 196700358				11:57.80	+0.85	
	50m: 38.31	38.31	250m: 3:36.87	45.57	450m: 6:40.43	46.09	650m: 9:44.82	46.37	
	100m: 1:21.40	43.09	300m: 4:22.32	45.45	500m: 7:26.49	46.06	700m: 10:30.78	45.96	
	150m: 2:06.12	44.72	350m: 5:08.39	46.07	550m: 8:12.27	45.78	750m: 11:16.38	45.60	
	200m: 2:51.30	45.18	400m: 5:54.34	45.95	600m: 8:58.45	46.18	800m: 11:57.80	41.42	
6.	Anita Steijger	WVZ	NED 196500628				12:39.02	+0.93	
	50m: 42.53	42.53	250m: 3:51.50	48.09	450m: 7:04.38	48.32	650m: 10:17.44	48.15	
	100m: 1:28.91	46.38	300m: 4:40.06	48.56	500m: 7:52.75	48.37	700m: 11:05.09	47.65	
	150m: 2:15.86	46.95	350m: 5:28.30	48.24	550m: 8:40.74	47.99	750m: 11:52.54	47.45	
	200m: 3:03.41	47.55	400m: 6:16.06	47.76	600m: 9:29.29	48.55	800m: 12:39.02	46.48	
7.	Erica Muller	De Geul	NED 196400412				13:48.73	+0.79	
	50m: 46.98	46.98	250m: 4:15.48	52.35	450m: 7:43.95	52.25	650m: 11:13.22	52.49	
	100m: 1:38.66	51.68	300m: 5:07.61	52.13	500m: 8:36.06	52.11	700m: 12:05.84	52.62	
	150m: 2:30.98	52.32	350m: 5:59.58	51.97	550m: 9:28.37	52.31	750m: 12:57.98	52.14	
	200m: 3:23.13	52.15	400m: 6:51.70	52.12	600m: 10:20.73	52.36	800m: 13:48.73	50.75	

Masters 60+

1.	Pierrette Michel <i>Kampioenschapsrecord, Belgisch Masters Record</i>	Cercle De Natation Sportcity WolBEL	CNSW/000835/62				11:10.33	+0.99	
	50m: 37.19	37.19	250m: 3:26.23	42.32	450m: 6:14.71	41.58	650m: 9:03.81	42.42	
	100m: 1:18.82	41.63	300m: 4:08.53	42.30	500m: 6:56.71	42.00	700m: 9:46.18	42.37	
	150m: 2:01.35	42.53	350m: 4:50.74	42.21	550m: 7:39.00	42.29	750m: 10:28.89	42.71	
	200m: 2:43.91	42.56	400m: 5:33.13	42.39	600m: 8:21.39	42.39	800m: 11:10.33	41.44	
2.	Esther van Lohuizen	PSV	NED 195900300				11:39.53	+0.77	
	50m: 39.14	39.14	250m: 3:37.52	44.94	450m: 6:36.46	44.95	650m: 9:33.96	44.51	
	100m: 1:22.71	43.57	300m: 4:21.77	44.25	500m: 7:20.91	44.45	700m: 10:17.80	43.84	
	150m: 2:07.90	45.19	350m: 5:06.83	45.06	550m: 8:05.44	44.53	750m: 11:00.66	42.86	
	200m: 2:52.58	44.68	400m: 5:51.51	44.68	600m: 8:49.45	44.01	800m: 11:39.53	38.87	

Programmanr. 29, Dames, 800m vrije slag, Masters 60+

rang	naam	vereniging							tijd	RT	PARA
3.	P. Tossings-van de Hooven	GZC Donk	NED 196100376						12:18.85	+0.96	
	50m: 40.90	40.90	250m: 3:46.16	46.78	450m: 6:53.99	46.81	650m: 10:01.60	47.03			
	100m: 1:26.28	45.38	300m: 4:33.26	47.10	500m: 7:40.68	46.69	700m: 10:48.78	47.18			
	150m: 2:12.74	46.46	350m: 5:20.10	46.84	550m: 8:27.50	46.82	750m: 11:35.08	46.30			
	200m: 2:59.38	46.64	400m: 6:07.18	47.08	600m: 9:14.57	47.07	800m: 12:18.85	43.77			
4.	Patty Verhagen	PSV	NED 195900146						12:24.76	+0.96	
	50m: 42.68	42.68	250m: 3:46.61	46.61	450m: 6:54.89	46.96	650m: 10:04.15	46.95			
	100m: 1:27.82	45.14	300m: 4:33.60	46.99	500m: 7:42.84	47.95	700m: 10:51.39	47.24			
	150m: 2:13.64	45.82	350m: 5:20.76	47.16	550m: 8:29.97	47.13	750m: 11:38.42	47.03			
	200m: 3:00.00	46.36	400m: 6:07.93	47.17	600m: 9:17.20	47.23	800m: 12:24.76	46.34			
NG.ZA	Nicole Feitler	Cercle de Natation Dudelange	LUX 4235								

Masters 65+

1.	Colette Crabbé	Cercle De Natation Sportcity WolBEL	CNSW/004900/56						11:33.83	+0.87	
	<i>Kampioenschapsrecord, Belgisch Masters Record</i>										
	50m: 38.55	38.55	250m: 3:32.11	43.52	450m: 6:28.97	44.52	650m: 9:25.77	44.14			
	100m: 1:21.04	42.49	300m: 4:15.89	43.78	500m: 7:13.29	44.32	700m: 10:09.54	43.77			
	150m: 2:04.93	43.89	350m: 5:00.05	44.16	550m: 7:57.46	44.17	750m: 10:52.90	43.36			
	200m: 2:48.59	43.66	400m: 5:44.45	44.40	600m: 8:41.63	44.17	800m: 11:33.83	40.93			
2.	Monica Bakker	Steenwijk 1934	NED 195600082						14:03.93	+0.85	
	50m: 47.36	47.36	250m: 4:19.79	53.54	450m: 7:51.27	52.97	650m: 11:26.11	53.80			
	100m: 1:39.17	51.81	300m: 5:12.67	52.88	500m: 8:45.01	53.74	700m: 12:19.49	53.38			
	150m: 2:32.76	53.59	350m: 6:05.36	52.69	550m: 9:38.94	53.93	750m: 13:12.79	53.30			
	200m: 3:26.25	53.49	400m: 6:58.30	52.94	600m: 10:32.31	53.37	800m: 14:03.93	51.14			
3.	Brigitte Dugauquier	Cercle De Natation Sportcity WolBEL	CNSW/011938/55						15:02.00	+0.97	
	50m: 49.59	49.59	250m: 4:39.28	57.65	450m: 8:26.22	56.81	650m: 12:12.70	56.46			
	100m: 1:46.86	57.27	300m: 5:36.79	57.51	500m: 9:22.74	56.52	700m: 13:10.64	57.94			
	150m: 2:45.00	58.14	350m: 6:32.72	55.93	550m: 10:19.55	56.81	750m: 14:07.60	56.96			
	200m: 3:41.63	56.63	400m: 7:29.41	56.69	600m: 11:16.24	56.69	800m: 15:02.00	54.40			

Masters 70+

1.	Ineke Meijer	HZ&PC Heerenveen	NED 195200034						18:43.61	+0.77	
	50m: 56.82	56.82	250m: 5:33.11	1:11.53	450m: 10:22.33	1:15.11	650m: 15:14.44	1:14.42			
	100m: 2:01.64	1:04.82	300m: 6:43.39	1:10.28	500m: 11:33.64	1:11.31	700m: 16:26.89	1:12.45			
	150m: 3:12.17	1:10.53	350m: 7:56.32	1:12.93	550m: 12:47.84	1:14.20	750m: 17:40.32	1:13.43			
	200m: 4:21.58	1:09.41	400m: 9:07.22	1:10.90	600m: 14:00.02	1:12.18	800m: 18:43.61	1:03.29			

Masters 75+

1.	Loekie van Huissteden	ZPC AMERSFOORT	NED 194500002						19:04.99		
	50m: 1:01.39	1:01.39	250m: 5:45.23	1:11.24	450m: 10:32.17	1:11.42	650m: 15:24.08	1:12.72			
	100m: 2:12.05	1:10.66	300m: 6:57.41	1:12.18	500m: 11:45.81	1:13.64	700m: 16:38.65	1:14.57			
	150m: 3:22.22	1:10.17	350m: 8:07.98	1:10.57	550m: 12:57.98	1:12.17	750m: 17:51.48	1:12.83			
	200m: 4:33.99	1:11.77	400m: 9:20.75	1:12.77	600m: 14:11.36	1:13.38	800m: 19:04.99	1:13.51			

Programmanr. 30
07-05-2023 - 10:48

Heren, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging							tijd	RT	PARA
Masters 20+											
1.	Nicko Kamphuis	De Warande	NED 199900887						4:51.88	+0.61	
	<i>Nederlands Masters Record</i>										
	50m: 29.64	29.64	150m: 1:44.07	39.32	250m: 3:04.84	41.07	350m: 4:20.13	33.04			
	100m: 1:04.75	35.11	200m: 2:23.77	39.70	300m: 3:47.09	42.25	400m: 4:51.88	31.75			
2.	Guus Hoogduin	ZVL-1886 Center	NED 200201069						4:57.71	+0.73	
	50m: 30.05	30.05	150m: 1:43.86	39.35	250m: 3:04.64	43.03	350m: 4:24.12	35.45			
	100m: 1:04.51	34.46	200m: 2:21.61	37.75	300m: 3:48.67	44.03	400m: 4:57.71	33.59			
3.	Tom Balsen Versteeg	De Warande	NED 200005673						5:08.95	+0.60	
	50m: 30.81	30.81	150m: 1:48.04	40.62	250m: 3:13.86	43.78	350m: 4:34.82	35.26			
	100m: 1:07.42	36.61	200m: 2:30.08	42.04	300m: 3:59.56	45.70	400m: 5:08.95	34.13			

Programmanr. 30, Heren, 400m wisselslag, Masters 20+

rang	naam	vereniging	tijd	RT	PARA			
4.	Remco de Heij	ZPCH	5:20.40	+0.71				
	50m: 31.58	31.58	150m: 1:51.52	42.75	250m: 3:19.95	46.55	350m: 4:45.09	38.72
	100m: 1:08.77	37.19	200m: 2:33.40	41.88	300m: 4:06.37	46.42	400m: 5:20.40	35.31
5.	David Kievit	De Schotejil	5:22.64	+0.80				
	50m: 31.23	31.23	150m: 1:52.47	42.27	250m: 3:19.74	45.24	350m: 4:44.25	38.56
	100m: 1:10.20	38.97	200m: 2:34.50	42.03	300m: 4:05.69	45.95	400m: 5:22.64	38.39
6.	Tom Blankestijn	ZPC AMERSFOORT	5:28.85	+0.70				
	50m: 31.23	31.23	150m: 1:51.46	43.42	250m: 3:23.51	49.76	350m: 4:52.48	37.95
	100m: 1:08.04	36.81	200m: 2:33.75	42.29	300m: 4:14.53	51.02	400m: 5:28.85	36.37
7.	Dion Staal	De Warande	5:59.27	+0.70				
	50m: 33.54	33.54	150m: 2:04.01	48.26	250m: 3:44.59	52.69	350m: 5:20.33	42.83
	100m: 1:15.75	42.21	200m: 2:51.90	47.89	300m: 4:37.50	52.91	400m: 5:59.27	38.94

Masters 25+

1.	Bert Duivenvoorde	Noordwijkerhout	5:10.41	+0.70				
	50m: 28.60	28.60	150m: 1:45.08	41.84	250m: 3:11.59	45.31	350m: 4:35.33	36.55
	100m: 1:03.24	34.64	200m: 2:26.28	41.20	300m: 3:58.78	47.19	400m: 5:10.41	35.08

Masters 30+

1.	Tim Bunnik	Triton	5:14.99	+0.81				
	50m: 33.13	33.13	150m: 1:52.78	40.17	250m: 3:18.35	46.00	350m: 4:39.66	35.32
	100m: 1:12.61	39.48	200m: 2:32.35	39.57	300m: 4:04.34	45.99	400m: 5:14.99	35.33
2.	Patrick Creemers	RZ	5:28.98	+0.72				
	50m: 34.31	34.31	150m: 2:05.34	45.62	250m: 3:34.09	44.60	350m: 4:54.59	35.70
	100m: 1:19.72	45.41	200m: 2:49.49	44.15	300m: 4:18.89	44.80	400m: 5:28.98	34.39
3.	Jeroen Burggraaf	De Blauwe Schuur	5:38.69	+0.83				
	50m: 34.83	34.83	150m: 2:01.61	43.88	250m: 3:32.80	48.01	350m: 4:59.49	39.31
	100m: 1:17.73	42.90	200m: 2:44.79	43.18	300m: 4:20.18	47.38	400m: 5:38.69	39.20

Masters 35+

1.	Yuri van Omme * 100	Zwemvereniging Hoogland	5:19.85	+0.80				
	50m: 32.59	32.59	150m: 1:56.19	50.36	250m: 3:21.54	43.26	350m: 4:43.21	37.57
	100m: 1:09.53	33.24	200m: 2:38.28	42.09	300m: 4:05.64	44.10	400m: 5:19.85	36.64
2.	Rob van Vliet	ZPC AMERSFOORT	5:32.19	+0.78				
	50m: 32.32	32.32	150m: 1:58.55	45.37	250m: 3:27.68	45.31	350m: 4:53.28	38.27
	100m: 1:13.18	40.86	200m: 2:42.37	43.82	300m: 4:15.01	47.33	400m: 5:32.19	38.91
3.	Niels Albrechts	De Schotejil	5:58.58	+0.74				
	50m: 38.84	38.84	150m: 2:10.58	46.06	250m: 3:51.10	56.93	350m: 5:23.81	36.83
	100m: 1:24.52	45.68	200m: 2:54.17	43.59	300m: 4:46.98	55.88	400m: 5:58.58	34.77

Masters 40+

1.	Mark Hensen	NieMo Barracuda	5:20.21	+0.69				
	50m: 31.82	31.82	150m: 1:50.95	41.44	250m: 3:19.04	45.90	350m: 4:43.97	37.45
	100m: 1:09.51	37.69	200m: 2:33.14	42.19	300m: 4:06.52	47.48	400m: 5:20.21	36.24
2.	Heijmen van Vliet	De Geul	5:28.85	+0.73				
	50m: 33.57	33.57	150m: 1:53.91	43.32	250m: 3:25.13	48.41	350m: 4:52.10	38.81
	100m: 1:10.59	37.02	200m: 2:36.72	42.81	300m: 4:13.29	48.16	400m: 5:28.85	36.75
3.	Frank v.d. Voordt	De Schotejil	5:40.85	+0.83				
	50m: 33.11	33.11	150m: 1:58.88	46.00	250m: 3:32.32	49.29	350m: 5:01.38	39.87
	100m: 1:12.88	39.77	200m: 2:43.03	44.15	300m: 4:21.51	49.19	400m: 5:40.85	39.47
4.	Marcel Reefhuis	WS Twente	5:46.37	+0.67				
	50m: 33.88	33.88	150m: 2:02.50	45.58	250m: 3:34.58	47.63	350m: 5:06.21	41.65
	100m: 1:16.92	43.04	200m: 2:46.95	44.45	300m: 4:24.56	49.98	400m: 5:46.37	40.16

Programmanr. 30, Heren, 400m wisselslag

Masters 45+

1. Eric Richelle	Plouf Club	BEL	PLOUF/006690/77	5:09.81	+0.79
50m: 33.02	33.02	150m: 1:51.34	40.78	250m: 3:14.16	43.89
100m: 1:10.56	37.54	200m: 2:30.27	38.93	300m: 3:58.62	44.46
350m: 4:36.19	37.57	400m: 5:09.81	33.62		
2. Dennis Brouwers	HZPC	NED	197800167	5:17.66	+0.85
50m: 35.01	35.01	150m: 1:55.33	38.03	250m: 3:20.22	47.80
100m: 1:17.30	42.29	200m: 2:32.42	37.09	300m: 4:07.21	46.99
350m: 4:43.07	35.86	400m: 5:17.66	34.59		
3. Vincent Versteeg	Zwemlust-den Hommel	NED	197701003	5:22.01	+0.74
50m: 32.97	32.97	150m: 1:56.62	42.54	250m: 3:22.75	43.83
100m: 1:14.08	41.11	200m: 2:38.92	42.30	300m: 4:08.55	45.80
350m: 4:44.94	36.39	400m: 5:22.01	37.07		
4. Kees Bakker	Gay Swim Amsterdam	NED	197501055	5:54.47	+0.56
50m: 38.17	38.17	150m: 2:09.40	46.83	250m: 3:44.52	49.78
100m: 1:22.57	44.40	200m: 2:54.74	45.34	300m: 4:34.20	49.68
350m: 5:14.20	40.00	400m: 5:54.47	40.27		
5. Marcel van Walt van Praag	Gay Swim Amsterdam	NED	197501425	7:08.86	+0.74
50m: 44.14	44.14	150m: 2:41.56	1:01.70	250m: 4:39.38	59.43
100m: 1:39.86	55.72	200m: 3:39.95	58.39	300m: 5:38.32	58.94
350m: 6:25.04	46.72	400m: 7:08.86	43.82		
6. Alfonso Verkerk	SCOM/De Zeehond'73 (SG)	NED	197601665	7:13.14	+0.76
50m: 43.96	43.96	150m: 2:41.35	1:03.57	250m: 4:45.23	1:00.38
100m: 1:37.78	53.82	200m: 3:44.85	1:03.50	300m: 5:43.48	58.25
350m: 6:29.71	46.23	400m: 7:13.14	43.43		

Masters 50+

1. Matthias Millers	SG Wuppertal	GER	113799	5:16.87	+0.86
50m: 32.14	32.14	150m: 1:50.63	41.28	250m: 3:18.18	47.42
100m: 1:09.35	37.21	200m: 2:30.76	40.13	300m: 4:06.05	47.87
350m: 4:43.66	37.61	400m: 5:16.87	33.21		
2. Vedestas Seferlis	Kauno Takas	LTU		5:18.05	+0.55
50m: 32.67	32.67	150m: 1:54.48	44.05	250m: 3:23.38	46.81
100m: 1:10.43	37.76	200m: 2:36.57	42.09	300m: 4:09.52	46.14
350m: 4:45.12	35.60	400m: 5:18.05	32.93		
3. René Beetsma	HZ&PC Heerenveen	NED	196900069	5:58.19	+0.78
50m: 34.76	34.76	150m: 2:05.98	47.74	250m: 3:45.35	53.05
100m: 1:18.24	43.48	200m: 2:52.30	46.32	300m: 4:36.71	51.36
350m: 5:18.09	41.38	400m: 5:58.19	40.10		
4. Bruno Nahon	Cercle De Natation Sportcity WolBEL	NED	CNSW/000390/70	6:00.78	
50m: 36.55	36.55	150m: 2:10.22	46.95	250m: 3:47.81	52.11
100m: 1:23.27	46.72	200m: 2:55.70	45.48	300m: 4:41.31	53.50
350m: 5:21.89	40.58	400m: 6:00.78	38.89		

Masters 55+

1. Heiko Boknecht	TSV Quakenbrück	GER	057598	5:37.70	+0.80
50m: 34.79	34.79	150m: 2:01.12	46.28	250m: 3:31.96	46.91
100m: 1:14.84	40.05	200m: 2:45.05	43.93	300m: 4:19.14	47.18
350m: 4:59.18	40.04	400m: 5:37.70	38.52		
2. Jan-Willem van den Berg	WVZ	NED	196801575	5:47.50	+0.70
50m: 35.37	35.37	150m: 2:04.15	44.65	250m: 3:36.37	48.09
100m: 1:19.50	44.13	200m: 2:48.28	44.13	300m: 4:25.78	49.41
350m: 5:07.37	41.59	400m: 5:47.50	40.13		
3. Hugues Herman	Cercle De Natation Sportcity WolBEL	NED	CNSW/009743/66	5:57.78	+0.68
50m: 37.53	37.53	150m: 2:10.38	46.10	250m: 3:47.20	51.16
100m: 1:24.28	46.75	200m: 2:56.04	45.66	300m: 4:40.15	52.95
350m: 5:19.49	39.34	400m: 5:57.78	38.29		
4. Eymert van Rooij	PSV	NED	196601631	6:28.89	+0.89
50m: 40.08	40.08	150m: 2:20.42	49.80	250m: 4:05.03	55.40
100m: 1:30.62	50.54	200m: 3:09.63	49.21	300m: 5:00.01	54.98
350m: 5:44.39	44.38	400m: 6:28.89	44.50		
5. Wiljam Nijenhuis	De IJssel	NED	196400547	6:42.94	+0.78
50m: 37.02	37.02	150m: 2:19.37	55.40	250m: 4:10.95	58.91
100m: 1:23.97	46.95	200m: 3:12.04	52.67	300m: 5:11.44	1:00.49
350m: 5:57.49	46.05	400m: 6:42.94	45.45		

Masters 60+

1. Jan Brink	ZPC De Zeeuwse Kust	NED	196200091	5:57.40	+0.85
50m: 40.48	40.48	150m: 2:11.66	43.22	250m: 3:45.91	51.45
100m: 1:28.44	47.96	200m: 2:54.46	42.80	300m: 4:38.38	52.47
350m: 5:19.29	40.91	400m: 5:57.40	38.11		
2. Ronald Grove	Triton	NED	196100161	6:26.13	+0.78
50m: 40.33	40.33	150m: 2:23.92	53.64	250m: 4:09.75	53.21
100m: 1:30.28	49.95	200m: 3:16.54	52.62	300m: 5:03.23	53.48
350m: 5:46.28	43.05	400m: 6:26.13	39.85		
3. Christian Schoenaers	Cercle De Natation Sportcity WolBEL	NED	CNSW/007131/59	8:21.45	
50m: 57.54	57.54	150m: 3:14.89	1:06.92	250m: 5:25.06	1:02.45
100m: 2:07.97	1:10.43	200m: 4:22.61	1:07.72	300m: 6:29.29	1:04.23
350m: 7:27.71	58.42	400m: 8:21.45	53.74		

Programmanr. 30, Heren, 400m wisselslag, Masters 60+

rang	naam	vereniging		tijd	RT	PARA
DIS	Rob Spetter	De Rog	NED 196201239			
<i>SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.</i>						

Masters 65+

1.	Paul Bunnik	Triton	NED 195600413	7:05.00	+0.92	
	50m: 40.80	40.80	150m: 2:33.66	1:00.12	250m: 4:30.62	1:00.03
	100m: 1:33.54	52.74	200m: 3:30.59	56.93	300m: 5:31.96	1:01.34
					350m: 6:19.54	47.58
					400m: 7:05.00	45.46

Masters 80+

1.	Rob Hanou	PSV	NED 194300109	9:39.61		
<i>Nederlands Masters Record</i>						
	50m: 1:12.47	1:12.47	150m: 4:00.34	1:16.61	250m: 6:26.76	1:12.67
	100m: 2:43.73	1:31.26	200m: 5:14.09	1:13.75	300m: 7:42.44	1:15.68
					350m: 8:41.63	59.19
					400m: 9:39.61	57.98

Programmanr. 128
07-05-2023

4 x 50m wisselslag

Masters Open
Resultaten

rang	naam	vereniging		tijd	RT	PARA
240+						
1.	ZPC AMERSFOORT 1	ZPC AMERSFOORT	NED	2:08.71	+0.71	
<i>Europees Masters Record, NMR startzwemmer</i>						
	Chester Marsman	69	+0.71	29.78	Marjan Remmits-de Lange	63
	Edwin v. Norden	63	+0.09	35.83	Atie Pijtak-Radersma	56
						+0.34
						+0.21
						32.84
						30.26

Programmanr. 31
07-05-2023 - 11:21

4 x 100m wisselslag

Masters Open
Resultaten

rang	naam	vereniging		tijd	RT	PARA
80+, Heren						
1.	MSV-Zeemacht 2	MSV-Zeemacht	NED	4:36.75	+0.69	
	Marco van der Wulp	+0.69	35.41	1:13.69	Jordi de Nijs	+0.38
	Boyd Wijkman	+0.24	35.36	1:19.21	Mees Minneboo	+0.10
						29.20
						27.04
						1:05.24
						58.61
2.	ZOB'66 2	ZOB'66	NED	4:38.63	+0.62	
	Daan Siebenheller	+0.62	33.26	1:09.55	Ian van Mullem	+0.28
	Boaz Troost	+0.59	35.19	1:17.35	Julian Mes	+0.33
						31.61
						28.29
						1:10.21
						1:01.52
3.	De Duck 1	De Duck	NED	5:02.20	+0.79	
	Dylan Kalden	+0.79	38.16	1:19.22	Mick van den Houten	+0.54
	Paco de Voogt	+0.47	37.82	1:22.99	Ryan van der Sluijs	+0.52
						30.16
						33.13
						1:08.02
						1:11.97

100+, Heren

1.	ESCA Zwemmen 1	ESCA Zwemmen	NED	4:19.46	+0.77	
	Peter Rothengatter	+0.77	31.47	1:07.96	Sander de Vrugt	+0.25
	Jurre Stammes	+0.44	32.13	1:09.00	Tim de Vrugt	+0.33
						28.56
						27.33
						1:03.16
						59.34
2.	Steenwijk 1934 3	Steenwijk 1934	NED	4:40.93	+0.78	
	Robert Braad	+0.78	32.36	1:07.41	Kylian Kooijman	+0.51
	Thomas van Scheepen	+0.36	38.81	1:23.15	Martijn Lageweg	+0.57
						29.97
						28.37
						1:09.80
						1:00.57
3.	Triton Putten 1	Triton Putten	NED	5:53.14	+0.88	
	Bartho Visser	+0.88	36.93	1:16.99	Rick Vaarkamp	+0.47
	Wolter Graaf	+0.54	46.55	1:39.82	Hans Stoffers	+0.30
						45.91
						33.50
						1:45.50
						1:10.83
DIS	De Warande 1	De Warande	NED		+0.66	
<i>EA - Te vroeg overgenomen., 4de zwemmer</i>						
	Tom Balsen Versteeg	+0.66	32.00	1:07.60	Craig Frankum	+0.64
						29.77
						1:10.61

Programmanr. 31, Heren, 4 x 100m wisselslag, 100+

rang	vereniging	tijd	RT	PARA
	Nicko Kamphuis	+0.33 31.53 1:08.39	Dion Staal	-0.16

120+, Heren

1.	Blue Marlins 7 Jonne Schaafsma Thomas Hesper	Blue Marlins +0.65 31.38 1:03.70 +0.69 33.70 1:13.20	NED Marc Hoogendam Jim Geestman	4:22.73 +0.20 29.70 1:07.97 +0.67 27.22 57.86	+0.65
2.	Zuiderzeewemmers 1 Ilmar Stoop Jarick Stoop	Zuiderzeewemmers +0.61 32.71 1:09.35 +0.34 33.18 1:14.55	NED Jesse van Dijk Gerko Versluis	4:32.27 +0.42 28.47 1:04.11 +0.05 29.33 1:04.26	+0.61
3.	ZPC AMERSFOORT 3 Jelle Blankestijn Vincent Bakker	ZPC AMERSFOORT +0.69 32.61 1:09.59 +0.36 35.28 1:17.27	NED Erwin Buist Martijn Bartels	4:37.11 +0.28 30.86 1:11.55 +0.16 27.78 58.70	+0.69
4.	NieMo Barracuda 1 Mark Hensen Robin van Beusekom	NieMo Barracuda +0.74 34.66 1:11.07 +0.38 36.99 1:20.92	NED Dennis Dortland Pascal van Haren	4:41.87 +0.27 31.67 1:11.17 +0.37 28.07 58.71	+0.74
5.	De Schotejil 1 David Kievit Sven Dubbeld	De Schotejil +0.85 32.71 1:07.43 +0.52 39.56 1:25.40	NED Frank v.d. Voordt Sybren Groenewegen	4:46.32 +0.61 32.89 1:12.61 +0.68 28.95 1:00.88	+0.85
6.	Bubble 1 Hendrik Broekema Tim Spejjer	Bubble +0.64 32.81 1:09.70 +0.39 32.92 1:13.72	NED Jorrik Kerdijk Alex Houwen	4:47.29 +0.45 29.44 1:07.65 +0.44 33.24 1:16.22	+0.64
7.	ZVL-1886 Center 3 Erik Baalbergen Robin van Peenen	ZVL-1886 Center +0.79 35.86 1:13.37 +0.65 33.00 1:13.38	NED Ingmar Kooman Andre Schaap	5:03.12 +0.36 35.25 1:04.29 +0.40 35.83 1:16.08	+0.79
8.	SWOL 1894 1 Peter Lommert Albert van Piekeren	SWOL 1894 +0.72 38.48 1:21.37 +0.32 36.29 1:18.07	NED Rutger Curfs Johan Wezenberg	5:12.34 +0.79 38.13 1:24.52 +0.25 31.27 1:08.38	+0.72

160+, Heren

1.	WVZ 3 Ivo Roozeboom Jan-Willem van den Berg	WVZ +0.66 33.65 1:09.22 +0.53 37.55 1:18.84	NED Jordy van Oel Leon Slingerland	4:43.19 +0.25 29.46 1:04.74 +0.31 32.73 1:10.39	+0.66
2.	DAW 2 Alex Damen Hans Schoenmakers	DAW +0.74 35.52 1:13.50 +0.35 39.23 1:27.10	NED Michel de Maesschalck Joost Hoetjes	4:43.62 +0.49 29.42 1:04.35 +0.19 27.72 58.67	+0.74
3.	ZPC AMERSFOORT 6 Ron Korzelius Jelle Opmeer	ZPC AMERSFOORT +0.65 38.68 1:19.99 +0.23 32.09 1:11.70	NED Tom Blankestijn Henk Kuipers	4:44.40 * +0.04 29.35 1:04.27 +0.04 32.46 1:08.44	+0.65

200+, Heren

1.	ZV Hoogland 2 Jos Kamps Paul de Boer	Zwemvereniging Hoogland +0.68 49.47 1:46.98 44.98 1:38.56	NED Rutger Stam Rudolf Meijer	6:06.03 34.30 1:24.03 34.90 1:16.46	+0.68
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240+, Heren

1.	De Rog 1 Erik Kamphuis Roy Le Clercq	De Rog +0.78 38.82 1:17.87 +0.72 44.38 1:35.27	NED Peter Bensen Rob Spetter	5:23.10 +0.52 35.90 1:18.79 34.68 1:11.17	+0.78
2.	CNSW 1 Hugues Herman Christian Schoenaers	Cercle De Natation Sportcity WolBEL +0.68 37.79 1:17.82 45.98 1:40.62	Bruno Nahon Philippe Godbille	5:34.45 35.94 1:18.75 34.48 1:17.26	+0.68
3.	PSV 5 Tom Bandsma Harold Matla	PSV +0.81 44.40 1:31.47 +0.76 39.95 1:22.88	NED Eymert van Rooij Nic Geers	6:04.54 +0.58 39.14 1:27.41 +0.85 50.73 1:42.78	+0.81

Programmanr. 31, 4 x 100m wisselslag

280+, Heren

1. PSV 1	PSV			NED	7:47.43	+0.87
André Pantekoek	+0.87	51.85	1:48.47	Rob Hanou	+0.63	1:17.34
Rob Hemesath	+0.59	44.65	1:36.07	Jan Nuijten	+0.78	42.27
						1:32.81

80+, Dames

1. Hieronymus 1 <i>Nederlands Masters Record</i>	Hieronymus			NED	4:36.61	+0.77
Nadja Roovers	+0.77	33.93	1:09.81	Selene Wortel	+0.50	30.35
Valesca van den Bogert	+0.56	34.98	1:16.64	Roos Englebert	+0.40	30.64
						1:06.79
2. Bubble 2	Bubble			NED	5:00.66	+0.66
Laura Setz	+0.66	34.68	1:13.10	Marijke Drent	+0.51	34.32
Sanne Kloezen	+0.51	38.25	1:24.75	Esmee Kloezen	+0.44	31.73
						1:07.51

100+, Dames

1. Zuiderzeewimmers 2	Zuiderzeewimmers			NED	4:59.10	+0.64
Annemarie ten Have	+0.64	36.68	1:17.50	Danique Stoop	+0.15	30.20
Gaby Zittersteijn	+0.38	41.78	1:28.29	Cynthia Smit	+0.38	30.58
						1:05.44
2. ESCA Zwemmen 2	ESCA Zwemmen			NED	5:15.79	+0.63
Moniek van Langevelde	+0.63	36.28	1:16.38	Sanne Landman	+0.47	32.77
Ijla Janssen	+0.44	41.25	1:30.66	Irmgard van Weeghel	+0.30	34.82
						1:14.83
3. NieMo Barracuda 2	NieMo Barracuda			NED	5:20.36	+0.84
Esmée Rolloos	+0.84	41.11	1:26.05	Denise Boereboom	+0.46	31.43
Marijke Kommers	+0.59	42.24	1:31.17	Tamara van den Brink	+0.67	33.93
						1:11.64
4. PSV 2	PSV			NED	5:21.58	+0.91
Nanda van Heteren	+0.91	40.16	1:22.80	Larissa Jansen		36.78
Fiona Meuffels		39.94	1:26.89	Anouk Kuijlaars		33.33
						1:09.17
5. De Duck 2	De Duck			NED	5:23.19	+0.77
Kimberley van Buren	+0.77	40.56	1:23.74	Noa de Bock	+0.61	35.36
Leontine Groeneveldt	+0.19	41.43	1:29.76	Judith Kleinjan	+0.60	33.09
						1:18.06
6. ZVL-1886 Center 2	ZVL-1886 Center			NED	5:31.29	+0.58
Adela Vázquez García	+0.58	39.60	1:24.07	Suzan Blankestijn		36.60
Maartje Hids		44.17	1:33.94	Margien Timmer		35.41
						1:20.33
7. Steenwijk 1934 2	Steenwijk 1934			NED	5:40.80	+0.87
Ilse Blankvoort	+0.87	44.67	1:31.13	Michelle van den Hoofdakker		32.38
Sabine Lageweg		44.07	1:34.83	Charine Rozendom - de Ruiter		37.16
						1:14.74
						1:20.10

120+, Dames

1. WVZ 1 <i>Nederlands Masters Record</i>	WVZ			NED	4:39.05	+0.65	
Mabel Suli	+0.65	34.53	1:10.52	Delia Badoux	+0.33	30.83	
Nicole Bennis	+0.38	36.64	1:20.23	Leonie van Noort	+0.10	28.30	
						58.99	
2. ZPC AMERSFOORT 4	ZPC AMERSFOORT			NED	5:08.10	+0.77	
Eline Hendriks	+0.77	40.44	1:22.65	Jisca Majolee		35.89	
Larissa Brak	+0.56	38.32	1:22.10	Marije Jansen	+0.39	30.67	
						1:17.98	
3. WVZ 2	WVZ			NED	5:37.44	+0.77	
Lisette Jursche-Prins	+0.77	40.76	1:25.49	Lauren van IJL		35.30	
Tessa Verheijdt		46.67	1:41.66	Sabine Koudijs		32.60	
						1:19.66	
DIS Steenwijk 1934 5	Steenwijk 1934			NED		+0.77	
<i>AE - De aangegeven zwemslag niet uitgevoerd., Derde zwemster</i>							
Getrude Corporaal	+0.77	38.84	1:21.49	Lonneke Oenema	+0.46		
Wilna Heijman	+0.51	51.39	1:51.02	Alies Wagter	+0.60		

Programmanr. 31, 4 x 100m wisselslag

160+, Dames

1.	DAW 1	DAW	NED	5:17.10	+0.74
	Alina Spijkerman	+0.74 40.12 1:22.78	Iona Hogerheyde	34.82 1:19.77	
	Laura Badoux	36.55 1:20.55	Jacqueline Tuin	34.70 1:14.00	
2.	ZPC AMERSFOORT 5	ZPC AMERSFOORT	NED	5:34.89	+0.87
	Henriëtte v. Norden	+0.87 40.44 1:24.90	Lotte Eising	+0.37 34.70 1:18.60	
	Monica Kornewal	+0.50 43.09 1:33.07	Talje Dijkhuis	+0.14 35.68 1:18.32	
3.	MSV-Zeemacht 1	MSV-Zeemacht	NED	5:35.80	+0.67
	Suzanne Mosch	+0.67 36.25 1:17.39	Jet Kleine	+0.30 34.69 1:18.13	
	Bianca Groot	+0.54 43.19 1:31.21	Annette van Dok	+0.08 41.69 1:29.07	
4.	GZC Donk 1	GZC Donk	NED	5:56.78	+0.78
	Jessica Venema	+0.78 42.34 1:29.06	Petra Tossings-van de Hooven	+0.59 43.04 1:34.24	
	Linda van Klei	+0.78 43.93 1:32.58	Ilonka van der Meer	+0.80 37.84 1:20.90	
5.	Montferland 1	Montferland	NED	6:15.71	+0.85
	Wilma Lammers-Wigman	+0.85 46.22 1:36.56	Noa Esman	+0.01 42.10 1:33.82	
	Irma de Winter	+0.07 51.12 1:49.41	Wilma van Velsen	+0.46 35.66 1:15.92	
6.	De Geul 1	De Geul	NED	6:23.67	+0.81
	Esmee Wijnmaalen	+0.81 40.37 1:22.36	Isabelle Janssen	+0.67 40.91 1:29.93	
	Roselinda van der Vlugt	+0.75 55.77 1:57.55	Erica Muller	42.81 1:33.83	
7.	De Rog 3	De Rog	NED	6:36.88	+0.83
	Ageeth Westenbrink	+0.83 52.54 1:49.88	Esther Vergeest	+0.30 42.64 1:31.06	
	Karin Vermeer	+0.44 52.11 1:50.48	Sandra Van der Helm	+0.54 41.15 1:25.46	

200+, Dames

1.	ESCA Zwemmen 3	ESCA Zwemmen	NED	6:07.33	+0.80
	Karin van der Star-Verhoeven	+0.80 44.22 1:33.48	Danique de Vegt	+0.52 35.74 1:24.02	
	Yoka de Vegt-van Dijk	+0.81 47.88 1:39.84	Marion Kolkman-Pluim	43.20 1:29.99	
2.	CNSW 3	Cercle De Natation Sportcity WolBEL	NED	6:12.05	+0.66
	Valérie Rolland	+0.66 39.81 1:22.82	Kathy Van Lindt	+0.72 42.04 1:29.98	
	Isaline Manchel	+0.32 43.49 1:31.73	Fernande Blondeel-Gourmet	52.57 1:47.52	
3.	Old Dutch 1	Old Dutch	NED	6:36.81	+0.67
	Patricia Brooijmans	+0.67 43.27 1:28.81	Chantal Verhoeff	+0.62 38.02 1:28.56	
	Karin van Nassau-van den Heuvel	+0.55 49.63 1:45.61	Karien Musters	53.41 1:53.83	

240+, Dames

1.	CNSW 2	Cercle De Natation Sportcity WolBEL	NED	5:34.98	+0.81
	<i>Europees Masters Record</i>				
	Pierrette Michel	+0.81 39.70 1:21.83	Claire Anthony	+0.42 40.34 1:35.41	
	Colette Crabbé	43.03 1:31.53	Nathalie Blondeel	+0.70 31.50 1:06.21	
DIS	PSV 3	PSV	NED		
	<i>EA - Te vroeg overgenomen., 2e overname</i>				
	Patty Verhagen	45.93 1:32.88	Jeanne Petit	-0.14	
	Anje Manuputtu	+0.74 56.90 2:02.34	Esther van Lohuizen		

Masters 80+

1.	ZVL-1886 Center 1	ZVL-1886 Center	NED	4:26.48	+0.67
	Guus Hoogduin	+0.67 30.83 1:04.35	Robin van Beek	+0.32 27.54 1:00.09	
	Lonneke Graansma	+0.44 37.11 1:22.11	Silke Molendijk	+0.17 28.88 59.93	
2.	De Columbiaan 1	De Columbiaan	NED	4:29.67	+0.68
	Anouk Vis	+0.68 35.27 1:14.19	Julia Notenboom	+0.32 31.66 1:09.68	
	Dave van den Nieuwendijk	+0.49 32.59 1:12.00	Daan Hogerhuis	+0.31 25.01 53.80	
3.	HZ&PC Heerenveen 2	HZ&PC Heerenveen	NED	4:52.77	+0.56
	Leonie van Wier	+0.56 36.22 1:15.94	Romy Jalving	36.18 1:23.44	
	Jorian Darwinkel	33.34 1:12.11	Rob van Wier	28.97 1:01.28	
4.	Het Ravijn 1	Het Ravijn	NED	5:31.28	+0.72
	Noa Boerma	+0.72 43.77 1:32.17	Marijn Heetkamp	33.59 1:15.45	
	Lotte de Vente	44.52 1:36.97	Richard Pieterse	30.66 1:06.69	

Programmanr. 31, 4 x 100m wisselslag

100+

1. ZPCH 1	ZPCH	NED	4:45.50	+0.70
Ruud Holswilder	+0.70 33.40 1:08.86	Kim Zwinkels	+0.12 31.13 1:07.95	
Remco de Heij	+0.59 36.42 1:17.39	Danielle Thuijs	+0.46 33.93 1:11.30	
2. De Rijn 1	De Rijn	NED	5:03.54	+0.72
Johan Krakou	+0.72 35.73 1:15.96	Jeroen Louwinger	+0.39 31.76 1:09.77	
Willemijn Hoving	+0.37 40.75 1:27.65	Lieke van Hofwegen	+0.18 33.09 1:10.16	

120+

1. ZV Hoogland 1	Zwemvereniging Hoogland	NED	4:41.74	+0.62
Anne-Irene Ducheine	+0.62 35.63 1:14.18	Bas Dries	+0.45 27.62 1:03.41	
Yuri van Omme	+0.37 33.44 1:10.78	Yvette Meijer	+0.71 34.94 1:13.37	
2. WSS 1	Westland Swimming Stars	NED	5:01.52	+0.65
Pieter Broek	+0.65 36.03 1:14.26	Nick Boekestijn	+0.52 31.12 1:09.93	
Mirjan den Drijver	+0.49 43.14 1:31.34	Annoeska Banen	+0.62 31.51 1:05.99	
3. De Duinkickers 1	De Duinkickers	NED	5:01.98	+0.77
Esther Poortvliet - Koedam	+0.77 39.85 1:21.65	Merel Visser	+0.61 33.77 1:13.67	
Renzo Strang	+0.42 35.21 1:17.94	Ruben de Boer	+0.14 32.23 1:08.72	
4. ZOB'66 1	ZOB'66	NED	5:25.19	+0.65
Harmen Reemst	+0.65 37.54 1:18.77	Nina Tourton	34.66 1:17.11	
Ferry Blangé	38.36 1:21.84	Danielle Schipper	41.53 1:27.47	
5. De Rog 2	De Rog	NED	5:33.65	+0.77
Vera Vergeest	+0.77 43.90 1:27.49	Arjan Verheij	+0.19 38.04 1:23.23	
Wijnand Vergeest	+0.49 45.73 1:36.72	Ilse Verheij	+0.64 31.93 1:06.21	

160+

1. PSV 4	PSV	NED	5:02.33	+0.71
Carla Geurts	+0.71 36.66 1:16.18	Richard Ricksen	+0.51 32.98 1:13.02	
Renee de Kok	+0.41 42.45 1:32.74	Youri Vaes	+0.28 28.58 1:00.39	
2. TRB-RES 1	TRB-RES	NED	5:04.77	+0.81
Edith Janssen-Koolen	+0.81 38.04 1:19.69	Maïke Korthout	+0.48 35.52 1:19.05	
Bas Kremers	+0.71 39.04 1:24.25	Sander van Elburg	+0.14 28.91 1:01.78	

200+

1. ZPC AMERSFOORT 2	ZPC AMERSFOORT	NED	4:57.13	+0.73
Johan Remmits	+0.73 35.13 1:12.24	Lidia v. Bon-Rosenbrand	+0.33 35.01 1:18.57	
Rob van Vliet	+0.41 36.78 1:18.91	Lesley Cordial	+0.63 31.90 1:07.41	
2. De Biesboschzwemmers 1	De Biesboschzwemmers	NED	5:23.58	+0.75
Nico Swart	+0.75 38.03 1:21.45	Paul Wijnja	+0.41 36.82 1:22.21	
Annette Wijnja-Visser	+0.38 41.86 1:30.54	Marjo Goelema-Koek	+0.45 32.16 1:09.38	
3. HZ&PC Heerenveen 1	HZ&PC Heerenveen	NED	5:41.33	+0.81
Peggi Hurenkamp	+0.81 43.35 1:29.32	René Beetsma	+0.38 34.38 1:15.06	
Marten de Groot	+0.53 46.62 1:39.03	Jannie Vennik	+0.70 37.02 1:17.92	
4. Steenwijk 1934 1	Steenwijk 1934	NED	5:55.87	+0.77
Leonie Scholten	+0.77 42.83 1:30.89	Pauline van Gelder - Dieker	+0.61 37.34 1:25.72	
Hans van Scheepen	50.56 1:48.95	Huyb Stegeman	+0.35 32.92 1:10.31	
5. De Duinkickers 2	De Duinkickers	NED	5:57.08	+0.66
Marcel Brittijn	+0.66 45.78 1:34.43	Robert de Brauwier	+0.50 40.56 1:27.87	
Inge Roskam	+0.57 43.98 1:33.79	Saskia op den Velde	+0.36 36.58 1:20.99	

240+

1. ZPC AMERSFOORT 1	ZPC AMERSFOORT	NED	5:00.59	+0.91
<i>Nederlands Masters Record</i>				
Edwin v. Norden	+0.91 36.06 1:14.24	Chester Marsman	+0.55 29.26 1:04.11	
Marjan Remmits-de Lange	+0.43 42.59 1:31.39	Atie Pijtak-Radersma	+0.29 33.66 1:10.85	
2. Steenwijk 1934 4	Steenwijk 1934	NED	6:05.14	+0.68
Guido Keutgen	+0.68 35.49 1:14.35	Linda Wibbelink	+0.53 50.94 1:48.34	
Casper Dollekamp	+0.52 42.29 1:33.67	Monica Bakker	+0.78 43.15 1:28.78	

Programmanr. 31, 4 x 100m wisselslag

280+

1. SWOL 1894 2 <i>Nederlands Masters Record</i>	SWOL 1894			NED	6:35.90		+0.84
Rob Berkhof	+0.84	53.90	1:50.11	Christine Nieuwenhuis	+0.36	45.13	1:43.87
Bea Swijnenberg	+0.34	52.64	1:50.16	Harry Dokter	+0.29	33.43	1:11.76